

**APPLICATION FORM
YOGA VIDYA TRAINING
2024**

Bihar School of Yoga
Ganga Darshan
Munger
Bihar 811201, India

Recent Photo

Please fill in this application form in **CAPITAL LETTERS using black ink**. All personal information disclosed here will be treated confidentially.

All participants are expected to abide by the rules of the ashram, maintain the discipline and also participate in the daily activities and seva. Admission policy is selective and a personal introduction is preferred when accepting applications. Bihar School of Yoga reserves the right of admission to any training, program or event.

The training being applied for is: (Please send separate application if you are applying for more than 1 trainings.)

Note: The application for the following training closes on 10th February 2024.

Tick	TRAINING (for national and overseas applicants)	DATE
	Bihar Yoga Traditional Teachings for Yoga Teachers ▪ <i>open to those who have a minimum of 5 years of training in the Satyananda Yoga Tradition</i>	1 st March to 30 th March 2024
	Pratyahara & Dharana Training	1 st April to 7 th April 2024

Note: The application for the following training closes on 31st May 2024.

	Hatha Yoga / Karma Yoga Training	22 nd September to 30 th September 2024
	Raja Yoga / Bhakti Yoga Training	3 rd October to 12 th October 2024
	Progressive Yoga Vidya Training ▪ <i>open to those who have participated in Yoga Vidya training before</i>	17 th October to 30 th October 2024
	Kriya Yoga / Jnana Yoga Training ▪ <i>open to those who have participated in Hatha / Karma Yoga and Bhakti / Raja Yoga trainings</i>	3 rd November to 10 th November 2024
	Hatha Yoga Yatra 5 ▪ <i>open to those who have participated in Hatha Yoga Yatra or Progressive Yoga Vidya Training</i>	24 th September to 30 th September 2024
	Raja Yoga Yatra 5 ▪ <i>open to those who have participated in Raja Yoga Yatra or Progressive Yoga Vidya Training</i>	6 th October to 12 th October 2024

For nationals only:

I enclose herewith the advance remittance of Rs. 3,000/- in favour of Bihar School of Yoga, Munger, payable at Munger as application fee for processing the application, which I understand is non-refundable and non-transferable.

Demand draft No. _____ Dated: _____ Bank: _____

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A. Have you participated in any Yoga Vidya Training conducted by Bihar School of Yoga or Yogic Studies conducted by Bihar Yoga Bharati before? Yes / No. If yes, please give details (training name and year):

.....
.....
.....

B. Do you have any experience in Satyananda Yoga training? If yes, please give details, including name of training, place and year of participation.

.....
.....
.....

Please give the name of a Satyananda Yoga teacher as your reference, and his/her contact email:

Name: Email:

Note: For applicants for Bihar Yoga Teacher Training, please attach a written referral from a recognized Satyananda Yoga teacher

C. Do you have any other previous Yogic training? Yes / No. If yes, give details including course name, place, duration, syllabus, teacher/s, etc. Please attach a copy of certificates attained and your curriculum vitae (CV):

.....
.....
.....

FOR OFFICE USE ONLY

Application form received on: By: post / hand / other along with:

2 Photos (affixed to form) Aadhaar card (national) Passport copy (overseas)

Curriculum Vitae (CV) List of current medications Medical report

Declaration by applicant Other:

For Bihar Yoga Teacher Training: Written referral

Admission letter sent on: By: post / hand / other

For nationals:

Application fee: Rs. 3,000/- received: Yes Receipt no. Date:

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PERSONAL INFORMATION

1. Full name:
2. Spiritual name (if any):
3. Diksha: Mantra / Jignasu / Karma / Poorna (circle one) Given by:
4. Sex: Male Female
5. Age in years: Date of birth: Day Month Year
6. Marital status: Married Unmarried
7. Name and age of husband/wife; name/s and age/s of children, if any:
.....
.....
8. Permanent address:
.....
..... Pin/Zip
9. Full Postal address (if different from permanent address):
.....
..... Pin/Zip
10. Your email ID: Website:
11. Phone number: Mobile: Home: Work:
12. Family contacts: Father: Mother: Other:
13. In case of emergency, please contact: Name:
Relation: Phone:
Email:

PERSONAL IDENTIFICATION

14. Present nationality: Nationality at birth:
15. Birthplace: City: State: Country:
16. Facebook ID: Twitter ID:
17. Drivers license no.: valid until:
18. *For nationals:* Aadhaar Card:
For Overseas applicants: Passport no. Valid until:.....

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19. Native language:
20. English proficiency: Fluent Average Poor
21. Spoken languages and level of proficiency:

Note: The Yoga Vidya Training is conducted in English medium and proficiency is required. If during admission English is found to be insufficient you will not be eligible.

EMPLOYMENT & PROFESSION

22. Professional qualifications:
23. Present occupation/profession:
- Company name and address:
- Name of reference: Position:
- Contact number: Email:

ASHRAM EXPERIENCE

24. Have you stayed at Munger ashram before? Y / N If yes, list periods of ashram experience:
- | | | |
|------------|----------------|---------------|
| Year | Duration | Purpose |
| Year | Duration | Purpose |
| Year | Duration | Purpose |
25. Have you visited any other ashram? Y / N If yes, give details:
- | Year | Ashram name, location | Duration of stay | Activity/involvement |
|-------|-----------------------|------------------|----------------------|
| | | | |
| | | | |

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YOGA EXPERIENCE

26. Do you have experience in yoga teaching? Yes / No If yes, as:
- Yoga Teacher Yoga Consultant Yoga Therapist
- a) Give details:
-
-
- b) Place of teaching (home, ashram, hospital, school, etc.):
- c) Duration:
- d) Location (city, town, village):
- e) Country:
- f) Name and contact details of a person as reference:
-
27. List the major books on yoga, sannyasa and spiritual life you have read:
-
-
28. Have you written any papers, articles and/or books on yoga or related topics? Yes / No
- If yes, provide details:
-
-
29. Propagation (conducted / organised / participated), please list (give details on a separate sheet if required):
-
-
-
-
- a) Yoga camps:
- b) Lectures/seminars on yoga:
- c) Sadhana programs:
30. What is the aim of your yoga practice (physical health / mental wellbeing / concentration / emotional wellbeing / psychic / spiritual / other)?
-
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SOCIAL ACTIVITIES

- 31. List your main hobbies and skills:
- 32. Do you prefer solitude or the company of others?
- 33. Are you active in public life in any capacity? Y / N If yes, give details:
- 34. Are you or any member of your family related to any political or religious organizations? Y / N
If yes, give details:
- 35. Have you ever been prosecuted for any criminal offence? Y / N If yes, give full details of offence committed
and sentence undergone:
- 36. Are you willing to participate in the ashram activities wholeheartedly? Y / N
- 37. List the skills you have to assist with ashram activities (driving / gardening / electrical / musical / IT /
computer, etc.):
- 38. My reason and intention for participating in the training is:

LIFESTYLE

- 39. List any form of exercise that you do during the week:
- 40. How many days of the week do you exercise?.....
- 41. Frequency of yoga asana, pranayama practice: days per week.
- 42. Frequency of yoga nidra practice: days per week.
- 43. Frequency of mantra practice:..... days per week.
- 44. How many hours per day do you work professionally?.....Hours.
- 45. How many hours per night do you sleep? Hours.

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- 46. How many days of the week do you eat non-vegetarian food?
- 47. List any habits, such as alcohol, drugs, smoking, tea, coffee, etc.....
.....
- 48. Do you have any dietary restrictions? Y / N If yes, give details:
.....

MEDICAL DETAILS

- 49. Are you taking any medication/s at present? Y / N If yes, give name and for what condition:
 - a)
 - b)
 - c)
- 50. If you have any current physical health problems, allergies, illnesses or diseases, give full details on a SEPARATE SHEET; including medication being taken, restrictions in and management of the condition, and provide below the contact details and phone number of your doctor in the case of an emergency:
.....
- 51. Have you suffered from any major illness in the past? Y / N If yes, give details:
 - a)
 - b)
 - c)
- 52. Do you have a history of any mental health issues, i.e. anxiety, panic attacks, depression, etc.? Y/N
If yes, give details of symptoms, duration, treatment and present condition:
.....
.....
.....
- 53. If you have any current mental or emotional health issues please give full details on a SEPARATE SHEET; including medication being taken, restrictions in management of the issue, and provide below the contact details and phone number of your doctor in the case of an emergency.
.....
- 54. Have you ever been tested positive for Covid-19? Yes / No.
If Yes, please specify date (month / year):

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DECLARATION BY THE APPLICANT

1. *I, the undersigned, declare that the information given in this application is true, complete and accurate to the best of my knowledge.*
2. *I understand that if during the interview and admission procedure it is found that the information given in this form is incorrect, I will not be eligible.*
3. *I understand that proficiency in Hindi / English language is required. If during the interview and admission procedure my Hindi / English is found to be insufficient I will not be eligible.*
4. *I further declare that there are no criminal or civil litigation or charges against me.*
5. *I am solely responsible for my health, welfare and medication while I undergo yoga training in the campus.*
6. *I am of sound physical, mental and emotional health. If found to be not in good health, I will leave the training and campus for proper medical care.*
7. *In case of any emergency or unforeseen medical situation or treatment, all expenses will be borne by me and I will not hold Bihar School of Yoga liable in any regard in relation to the same.*
8. *I will contribute to and participate in all the activities of the ashram wholeheartedly in the spirit of nishkama seva (service without personal motive).*
9. *During my stay I will lead a life of sanyam (restraint in thought, word and deed), sahayoga (willing cooperation) and shanti (harmony & peace) and follow all the rules of Bihar School of Yoga, Ganga Darshan Campus.*
10. *If I am not able to follow the above, and/or the Administration asks me to leave, I agree to do so at the earliest.*

Signed

Date.....

Checklist of documents to enclose with this application:

- 2 current passport-size photos (affixed to form)
- Photocopy of Aadhaar card (national applicant)
- Photocopy of passport (overseas applicant)
- Medical details (including Medical Report or Medical Fitness Certificate)
- Copy of CV
- For Bihar Yoga Traditional Teachings for Yoga Teachers: Written referral from a recognized Satyananda Yoga teacher

For national applicant:

- Application fee for processing the application by demand draft no. for Rs.3,000/-
- Self-addressed, stamped envelope for Registered Post (national applicant)