

**APPLICATION FORM**  
**YOGA CHAKRA / YOGA VIDYA TRAINING**  
**2025**

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.)**

Tick	TRAINING (for national and overseas applicants)	DATE
<b>YOGA CHAKRA TRAINING</b>		
<input type="checkbox"/>	Raja Yoga / Bhakti Yoga Training	22 <sup>nd</sup> September to 30 <sup>th</sup> September 2025
<input type="checkbox"/>	Hatha Yoga / Karma Yoga Training	3 <sup>rd</sup> October to 11 <sup>th</sup> October 2025
<b>YOGA VIDYA TRAINING</b>		
<input type="checkbox"/>	Pratyahara & Dharana Training	22 <sup>nd</sup> March to 28 <sup>th</sup> March 2025
<input type="checkbox"/>	Progressive Yoga Vidya Training	1 <sup>st</sup> November to 15 <sup>th</sup> November 2025

*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: \_\_\_\_\_

**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: .....

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        Other
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 Chakra and Yoga Vidya Trainings are conducted in English medium and proficiency is required. If during admission English is found to be insufficient you will not be eligible.**

**ASHRAM EXPERIENCE**

22. 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 .....
23. Have you visited any other ashram? Y / N    If yes, give details:
- | Year  | Ashram name, location | Duration of stay | Activity/involvement |
|-------|-----------------------|------------------|----------------------|
| ..... | .....                 | .....            | .....                |
| ..... | .....                 | .....            | .....                |

**YOGA EXPERIENCE**

24. Have you participated in any yoga 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):
- .....
- .....
- .....
25. 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: .....
26. 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:
- .....
- .....

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27. What is the aim of your yoga practice (physical health / mental wellbeing / concentration / emotional wellbeing / psychic / spiritual / other)? .....

28. My reason and intention for participating in the training is: .....

**EMPLOYMENT & PROFESSION**

29. Professional qualifications: .....

30. Present occupation/profession: .....

**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.): .....

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**LIFESTYLE**

38. List any form of exercise that you do during the week: .....
39. How many days of the week do you exercise?.....
40. List any habits, such as alcohol, drugs, smoking, tea, coffee, etc.....
41. Do you have any dietary restrictions? Y / N If yes, give details: .....

**MEDICAL DETAILS**

42. Do you have any current physical health problems, allergies, illnesses or diseases? Y / N  
If yes, give details including medication being taken, restrictions in and management of the condition:  
.....  
.....
43. Have you suffered from any major illness in the past? Y / N If yes, give details:  
a) .....  
b) .....
44. Do you have any current mental health issues, i.e. anxiety, panic attacks, depression, etc.? Y / N  
If yes, give details including medication being taken, restrictions in and management of the condition:  
.....  
.....
45. 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:  
.....  
.....
46. Are you taking any medication/s at present? Y / N If yes, give name and for what condition:  
a) .....  
b) .....  
c) .....

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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)

*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)