



## Himalayan Yoga & Meditation Centre

### Student Information Form

This form is for all students practicing yoga and meditation with **Himalayan Yoga and Meditation Centre, Six Mile**. This is required to keep track of your health and to ensure that you receive safe and proper training/instructions.

Name: \_\_\_\_\_

Postal Address: \_\_\_\_\_

Mobile Number: \_\_\_\_\_

Emergency Contact Person(name/relation): \_\_\_\_\_

Contact number of emergency contact person: \_\_\_\_\_

DOB: \_\_\_\_\_

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

Gender: Male/Female

Select Your Batch:

- Yoga 3 days a week (Monday – Wednesday – Friday)
- Yoga 5 days a week (Monday – Friday)

Choose Your Timings:

- 6:00 AM – 7:00 AM
- 7:05 AM – 8:05 AM
- 8:10 AM – 9:10 AM
  
- 4:00 PM – 5:00 PM
- 5:05 PM – 6:05 PM
- 6:10 PM – 7:10 PM
- 7:15 PM – 8:15 PM

Cont.

Health Issues (Tick the one applicable to you):

<ul style="list-style-type: none"><li>• Addiction</li><li>• Allergies</li><li>• Anxiety</li><li>• Arthritis</li><li>• Asthma</li><li>• Back Problem</li><li>• Constipation</li><li>• Depression</li><li>• Diabetes</li><li>• Hair related problems</li><li>• Headache</li><li>• Heart Problems</li><li>• Hepatitis</li><li>• Hernia</li><li>• High/Low Blood Pressure</li><li>• Indigestion</li><li>• Infertility</li><li>• Kidney Problems</li></ul>	<ul style="list-style-type: none"><li>• Liver Problems</li><li>• Migraine</li><li>• MTP (Medical Termination of Pregnancy) {surgical/without surgery in the last 2 months}</li><li>• Night Blindness</li><li>• Obesity</li><li>• Pains (Joints, Muscles, Back, etc.,)</li><li>• PCOS/PCOD</li><li>• Enlarged Prostate</li><li>• Sinusitis (sinus infection)</li><li>• Spondylosis</li><li>• Stress</li><li>• TB</li><li>• Thyroid</li><li>• Weak Immunity</li><li>• Not listed above _____</li></ul>
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I have read and accepted the following:

1. I hereby declare that the above information is true to the best of my knowledge. I understand that depending on the medical condition, I will not be permitted to do certain asanas.
2. If I do not abide by the suggestions of the instructor/faculties of the Himalayan Yoga and Meditation Centre, I will be solely responsible for injuries if any.
3. I understand that the instructors of the Himalayan Yoga and Meditation Centre will suggest the best course of asana/treatment depending on my representation of my health status. In case of any discomfort, I must intimate the instructors immediately. Himalayan Yoga and Meditation Centre will not be responsible for injuries if any.
4. I also understand that the fee, once paid, will not be refundable.
5. I understand that sometimes, some parts of our yoga sessions will be photographed and recorded on video. This is to be used for promotional purposes of the centre on the social media handles and website of the Himalayan Yoga and meditation Centre. I will not have any objection on such recordings as long as my privacy is respected.

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Signature of student/practitioner/participant