**Application for Enrolment in Online Yoga and Fitness Workout Batch**

Fill-in √ OR details at sky blue / yellow locations in this form and send to **scientificyoga.india@gmail.com**

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| --- | --- | --- |
| **Sr. No.** | **Field** | **Details** |
| 1 | **First Name** |  | Copy paste your photo here |
| 2 | **Middle Name** |  |
| 3 | **Last Name** |  |
| 4 | **Height** |  cm |
| 5 | **Weight** |  kg |
| 6 | **BMI** |  kg/m2 |
| 7 | **Age Group** |  | 10-30 yrs |
|  | 30-35 yrs |
|  | 36-40 yrs |
|  | 41-45 yrs |
|  | 46 yrs or more |
| 8 | **Residence Details**(Only Area, City, State & Country, no need to provide full address) |  |
| 9 | **Email** |  |
| 10 | **Mobile** (Optional) |  |
| 11 | **Educational Qualifications (All)** |  |
| 12 | **Duty / Profession** |  | Proud Home Care-taker of Family(No fees for Proud Home Care-taker of Family) |
|  | Military Service(No fees for Military Service Person) |
|  | Business |
|  | Service |
|  | Student |
|  | Other: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_ (provide details) |
| 13 | **Language Known** |  | Hindi |
|  | Any Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | English |
| 14 | **Food Habit** |  | Vegetarian |
|  | Eggs |
|  | Non-Vegetarian |
| 15 | **Other Habits** |  | Smoking |
|  | Tobacco |
|  | Alcohol |
| 16 | **Emergency Contact Person Name & Mobile No.** |  |
| 17 | **What you actually wish???** |  | To Learn & Perform Basic Yoga & exercises for fitness & to maintain health |
|  | To Learn & Perform Moderate Yoga & exercises for fitness & to maintain health |
|  | To Learn & Perform Advanced Yoga & exercise for complete fitness & health |
| 18 | **Write in Box Your Preference for Batches** (1 for first preference, 2 for second preference, then onwards) |  | Free Session on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Announcement No.: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | General Batch (Daily – Mon to Fri) |
|  | General Batch (Alternate Days – Mon, Wed, Fri) |
|  | Week-end Batch (Sat & Sun) |
|  | Ladies only Batch |
|  | Strength Focused Advanced Yoga Batch |
|  | Yoga Therapy Batch for Post COVID19 Rehabilitation |
|  | Yoga Therapy Batch for Diseases like PCOD/PCOS, Diabetes, Hypertension, Cardio Vascular Diseases, Arthritis, Constipation, Acidity, Digestive Diseases, Nutrition and Vitamin Deficiency Problems, Weakness, Laziness, Spinal Problems, Back-pain, Arthritis, Thyroid diseases, Hormonal diseases, Women Diseases, Infertility, Reproductive Organ Problems, Anxiety, Depression, Mood Disorders, Psychiatric Diseases, Multiple Sclerosis etc. |
|  | Yoga Therapy Training Batch for Doctors and Paramedical Professionals |
|  | Yoga Therapy Batch for Practicing Dentist’s Problems |
|  | Yoga Teacher Training Batch (for University Certificate of “Diploma in Yoga Teacher Training”) |
|  | Batch for Yoga Professional Certification at Yoga Certification Board, Government of India |
|  | Fee Reward Program |
| 19 | **Language Preference for Yoga Batch** |  | Hindi |
|  | Any Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | English |
| 20 | **Medical / Health History** | 1 | Past history or current presence of any health problem or diseases including surgery, caesarean delivery, kidney removal, liver problem, bone injury, back pain, Anaemia, Diabetes, Blood Pressure (high/low), Cardiovascular Diseases, Asthma, Thyroid, Gas/Acidity, Constipation, Psychiatric diseases etc. Nutrition/Vitamin Problems for Ca, VitD, VitB12, Iron, or any other etc. Have you any spinal problem, back problem, any injury to vertebrae or any other joint or bone. Best is show your medical reports or medical file to our doctor.**Yes/No**: If yes, also provide details |
|  |
| 2 | Are you taking or have taken any short or long acting medicines, injections or any therapy? **Yes/No**: If yes, also provide details |
|  |
| 3 | Have you ever done any regular gym exercise, sports, bicycling, swimming, dance, aerobics etc.**Yes/No**: If yes, also provide details |
|  |
| 4 | Do you have any preference for day and timing of Yoga (may be due to any children responsibility for school timing, job etc.)? **Yes/No**: If yes, also provide details |
|  |
| 21 | **Check-up**(Fill-in details with the help of your family physician. If required, our staff with do your check-up and will fill-in these details.) | Blood pressure:Heart rate / Pulse:SPO2:Any other findings:Name of Doctor:Stamp:Medical Council / Board Registration No.: |
| **Declaration:** I have been read and understood all instructions, terms & condition (as mentioned overleaf) and are acceptable to me. I understand & accept that, different body postures and exercise need to be performed during yoga session as per the instructions and I would like to enrol for yoga under your guidance. I am disclosing above information as per my wish and are true at the best of my knowledge. **Signature and Date:** (for soft copy submission, type your name, it is equivalent to your signature) |
| 22 | **Acknowledgement** | Application No.:Application form received from:Received By: |

***Important Instructions, Terms & Conditions***

1. We are a group of medical doctors / scientists / paramedical professionals (MBBS,MD / PhDs / paramedics in clinical / healthcare / medical research field) and we all are well set professional expert in our healthcare field. We are certified yoga professional / yoga therapist also and all our online general yoga sessions will be conducted by our experienced medical doctors / scientists / paramedics / supporting staff only. Our Yoga session are on “no name, no fame basis”, hence we have no organization / institute name yet.
2. Our method of conducting Yoga sessions are not only instructions, but our expert will also perform yoga with you, and the purpose of conducting yoga session is not only to keep your practice continue, but also to keep our practice continue. We are confident that we will be able to provide you correct, attentive and focused Yoga practices, which once you starts will never feel to discontinue and if you keep your efforts continued, we will keep you motivated and will not let you to discontinue doing Yoga practice.
3. Based on the information provided in this application form, we will evaluate and select participants to make groups for Yoga session and our Yoga expert of your batch will contact you accordingly. This is to make group of participants of similar education background, profession etc. so that Yoga session can be conducted easily with minimum efforts. If required, more information will be asked to you.
4. For health, we recommend Yoga as well as strengthening exercises. Hence, Yoga session will be conducted 3 days in a week and for rest of the days, you shall do exercises. If you are interested and possible, our expert may also guide you for exercises.
5. Yoga session will be conducted 3 days in a week (alternate days) online using Whatsapp Video call, MS Teams, Google Meet, Google Duo, Zoom or any other well-known web-based mode in a group of 10 to 40 participants. You need to check and ensure your device / system connectivity, power-supply and sufficient battery and security. You need to join the online class atleast 5 minute before scheduled time, because, once the online class starts at scheduled time, the teacher will not have opportunity to admit you in the online mode. We are also planning once in a month gathering of participant for a batch at nearby public place for Yoga session for correction of practice, because, it is not 100% possible to correct your Yoga practice online; but considering current COVID19 scenario, we cannot commit this face to face teaching plan.
6. In real world, there are many things which cannot be acquired by money, similar is for health and happiness. You cannot obtain health by paying money. You need to put sincere involved efforts, then only health and happiness can be developed.
7. The participant can opt for trial sessions and a small token fees / contribution of Rs.25 per trial session per participant towards to expenses involved for general yoga batch are expected from participants.
8. Fees for batches other general batch are depends on your area, city, state and country and our expert allotted for you will inform you the same; that if you agree the fees, then you may get enrolled by paying that fees directly to the yoga expert only.
9. It is preferred that participants join for yoga session from place with open air like at terrace / garden / clubhouse of any one participant’s society, because, actual effects & health benefits of Yoga can be experienced well if it is performed in open air in sun light.
10. After completing required procedures at home (water drinking, completing motion (if) etc.), you should join for Yoga on time with all requirements like 1 Yoga mat of >8 mm thickness & > 6ft length, Stretching Strip/Belt, Water bottle(optional), 1 pillow, wearing appropriate Stretchable Cloths. Let us know if you need any help for Yoga mat or any other above mentioned required items.
11. Make sure that you have not taken any food before 4hr of doing Yoga.
12. Ask question during Yoga or after completing Yoga, if have any difficulty or query or disturbance.
13. Focus on instruction & perform yoga as per instructions.
14. Keep mobile on vibration mode, preferably, don’t bring it during yoga. Fine of Rs.500 will be charged if your mobile rings sound.
15. Always come on time. If you remain absent without any intimation/without proper reasons; we will consider that you have discontinued & any other person may will be given a chance in your place.
16. If we may not able to come for Yoga (due to illness, out of station etc.), we will let you know in advance by whatsapp group message or by email; except in case of emergency or internet service problem in which we may not be able to intimate you in advance. Always read our latest whatsapp messages / email before coming for Yoga.
17. Yoga needs to be learned & performed with rhythmic breathing. It need to be started with warm-up exercises to build required muscles & stretching exercises for flexibility; then after considerable days of practicing these, classical yoga shall be performed. Sufficient rest, Calcium, Protein & Vitamins rich food need to be taken (e.g. 1 big glass milk / Calcium supplement, 40 min in Sun-light, 1 lemon, 1 banana, 1 big bowl pulses like mung/chana etc.). It can be troublesome & hazardous if yoga is performed incorrectly without any expert’s guidance or have not taken required nutrition because of dieting fashion.
18. Take caution while doing yoga if you have any past history or current presence of any important medical event / diseases including surgery, bone injury, fracture, back pain, spinal problem, back problem, any injury to vertebrae or any other joint or bone, Diabetes, BP high/low, Cardiac Diseases, Asthma, Thyroid, Gas/Acidity, Constipation, low HB, low platelets, delivery of baby with any complication or surgery, cesarean delivery of baby etc. Malnutrition for Ca, Vit D, Vit B12, Iron, Anaemia etc. Best if you let us know about it in advance.
19. There are many health problems and diseases which can be hidden / undiagnosed / unknown and may precipitate / appear upon doing Yoga, hence, please, take care and notify us if you experience any unhealthy condition anytime.
20. Preferably, woman shall not come for Yoga during menses (menstrual bleeding days).
21. You may have some strong muscles if you have ever done any gym exercise, sports, bicycling, swimming, dance, aerobics etc. That may limit you certain Aasana initially. Please, take caution to avoid over-stretching or muscle injury in such case. Best if you let us know about your sports or gym habit in advance.
22. You should not consider Yoga as fashion. You should not join Yoga by getting influenced / impressed by advertisements or any other factor. You should join Yoga by your uninfluenced wish & determination. You should join and perform yoga with us voluntarily & we will guide you at best of our knowledge. We will not be responsible for any health hazard or health problem which may occur with you on or after joining our Yoga batch / free sessions.
23. For your health and wellness, you should perform yoga as per our instructions. You should not over-do yoga or should not do yoga which is not instructed to you.
24. Do not compare yourself with others. It required considerable months or years to be able to do certain Aasana perfectly; you need to keep patience. Don’t do overstretching or don’t over-do Yoga, it may be dangerous.
25. Do not practice Yoga in presence of small immature children; because later-on, may be in your absence, such children try to copy it anytime and it may be injurious for them.
26. Questions will be asked to you to check your understanding about Yoga practices and if it is found that you are not able to grasp the instructions / guideline appropriately or you are not performing Yoga appropriately, you will not be benefited; and to avoid health hazard to you or to avoid disturbance to others, you will be instructed to discontinue doing Yoga with our batch. If possible and required, we may shift you from one batch to other batch depending on your ability to do yoga.
27. We are carrying out Yoga sessions upon your agreement and wish only. In case of any unavoidable circumstances, if we need to stop yoga session permanently, we will inform you the same.
28. For Yoga Teacher Training / Govt. of India Certification Batch; application form, exam fees and other related expenses are to be paid separately. Government recognized university certificate / Yoga Certification Board Certificate will be awarded to the successful students.