

## Application for Enrolment in Online Yoga Teacher Training Course

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

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	<input type="checkbox"/>	10-30 yrs
		<input type="checkbox"/>	30-35 yrs
		<input type="checkbox"/>	36-40 yrs
		<input type="checkbox"/>	41-45 yrs
		<input type="checkbox"/>	46 yrs or more
8	Residence Details (House Number, Society Name, Area, Landmark, City with postal pincode, State & Country)		
9	Email		
10	Mobile Phone Number		
11	Educational Qualifications (All)		
12	Duty / Profession	<input type="checkbox"/>	Proud Home Care-taker of Family (House-wife, House-daughter, House-sister etc.)
		<input type="checkbox"/>	Military Service
		<input type="checkbox"/>	Business
		<input type="checkbox"/>	Service
		<input type="checkbox"/>	Student
		<input type="checkbox"/>	Other: _____ (provide details)
13	Language Known	<input type="checkbox"/>	Hindi
		<input type="checkbox"/>	Any Other _____
		<input type="checkbox"/>	English

14	<b>Food Habit</b>		Vegetarian
			Eggs
			Non-Vegetarian
15	<b>Other Habits</b>		Smoking
			Tobacco
			Alcohol
16	<b>Applying for</b>	<b>Write ✓ in Box OR if multiple courses, then write your preferences (1 for first preference, 2 for second preference, then onwards)</b>	
			Yoga Therapy Training Batch for Doctors and Paramedical Professionals
			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
17	<b>Emergency Contact Person Name &amp; Mobile Numbers</b>		
18	<b>Language Preference</b>		Hindi
			Any Other _____
			English
19	<b>Medical / Health History</b>	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.
			<b>Yes/No:</b> If yes, also provide details
		2	Are you taking or have taken any short or long acting medicines, injections or any therapy?
			<b>Yes/No:</b> If yes, also provide details
		3	Have you ever done any regular gym exercise, sports, bicycling, swimming, dance, aerobics etc.
			<b>Yes/No:</b> If yes, also provide details

		4	<p>Do you have any preference for day and timing of Yoga (may be due to any children responsibility for school timing, job etc.)?</p> <p><b>Yes/No:</b> If yes, also provide details</p>
20	<p><b>Check-up</b> (Fill-in details with the help of your family physician. Let us know if you don't have access to any doctor to certify this, our doctor will do the needful)</p>	<p>Blood pressure:</p> <p>Heart rate / Pulse:</p> <p>SPO2:</p> <p>Any other findings:</p> <p>Name of Doctor:</p> <p>Stamp:</p> <p>Medical Council / Board Registration No.:</p>	
<p><b>Declaration:</b> I have read and understood all instructions, terms &amp; condition (as mentioned overleaf) and are acceptable to me. I understand &amp; 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.</p> <p><b>Signature and Date:</b></p>			
21	<b>Acknowledgement</b>	<p>Application No.:</p> <p>Application form received from:</p> <p>Received By:</p>	

### **Important Instructions, Terms & Conditions of the Course**

- 1) We are a group of medical doctors / scientists / paramedical professionals (MBBS,MD / PhDs / paramedics in clinical / healthcare / medical research field) & also certified yoga professional / yoga therapist. Your lead teacher is recognized by Yoga Vidya Gurukul to conduct Yoga Teacher Training Course (Diploma Course).
- 2) The course as well as examination will be conducted online using Whatsapp Video call, MS Teams, Google Meet, Google Duo, Zoom or any other well-known web-based mode. You need to check and ensure your device / system connectivity, power-supply and sufficient battery and security.
- 3) 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 meeting, especially in practical yoga class.
- 4) Following are the eligibility criteria for enrolment into the course.
  - 4.1) Healthy individuals (physically + mentally) with no or minimum experience of yoga.
  - 4.2) Yoga practitioners who have been doing yoga and want to become yoga teachers.
  - 4.3) Minimum age is 18 years. For applicant over the age of 60, a fitness certificate is necessary.
  - 4.4) Have serious commitments for understanding the Yoga lifestyle, applications and philosophy.
  - 4.5) Yoga aspirants who want to learn the TRADITIONAL YOGA & techniques to teach the same.
  - 4.6) For course in English language, the candidate should be able to read, write and understand English instructions and should be able to interact in English language.
  - 4.7) For course in Gujarati language, the candidate should be able to read, write and understand Gujarati instructions and should be able to interact in Gujarati language.
  - 4.8) The candidate shall have atleast SSC / 10th standard pass from any government approved school board.
  - 4.9) The candidate shall have valid photo identity proof.
- 5) Following are the requirement of facility with the candidate should have for the course study and examination.
  - 5.1) Device (e.g. mobile phone, notepad or computer) with good internet connection
  - 5.2) Device supporting e-meetings software like MS Team meetings, Google Drive, Google Meet, Zoom, Internet browsing, WhatsApp. The student need to make sure that there is adequate space, proper lightings; and the camera of the student's device is set such that complete view of the student's various yoga poses can be observed by the teacher and the examiner in the e-meetings, the video of the device is kept on throughout all the sessions.
  - 5.3) E-mail account regularly operated by the student
  - 5.4) Availability for morning time for approx. 1.5 hrs for practical / practice classes
  - 5.5) Availability for minimum 25 hours per week which includes approximately 10 hrs of lectures (live and recorded) and 10 hrs of yoga practice (guided and self-practice) and 5 hours of study (Total of Contact Hours and Non-Contact Hours is more than 200 Hours)
  - 5.6) Availability for weekend days micro-lessons, meeting, discussion, doubt solving session of approx. 1 hr
  - 5.7) Availability for Theory Viva and Practical Exam as per announcement
  - 5.8) Availability for timely submission of weekly assignment submission

5.9) Availability for essay writing, submission and presentation

- 6) This course is NOT for someone who only wants certification or just some yoga practice. This is a course demanding serious commitments for understanding the Yoga lifestyle, applications and philosophy.
- 7) If participant is expecting modified versions of physical exercises in the name of Yoga then this is not the course for him/her.
- 8) This online course may not give the same experience as residential course conducted at the institute facility.
- 9) Based on the information provided in this application form, we will evaluate and select participants to make groups for the course. 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.
- 10) Keep mobile on vibration mode, preferably, don't bring it during classes.
- 11) 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.
- 12) If we may not able to attend the scheduled class (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 the class.
- 13) There are many health problems and diseases which can be hidden / undiagnosed / unknown and may precipitate / appear upon doing Yoga in the class, hence, please, take care and notify us if you experience any unhealthy condition anytime. We will not be responsible for any health hazard or health problem which may occur with you on or after joining our Yoga course.
- 14) Preferably, woman shall not practice Yoga during the classes in menses (menstrual bleeding days), but should have to remain present in the class.
- 15) There is going to be a selection process for admission in the course.