

# YOGIC LIFESTYLE FOUNDATION

(An International Organization registered and approved under Govt. of NCT of Delhi)

22\67-68, Basement, main market road, Opp. – Karnataka bank ATM,

West Patel Nagar, Delhi -110008

## APPLICATION FORM

Sr. NO. 001

For Admission to

### Yogic Lifestyle Foundation Programme

[A part time course of One Month (50Hrs.)]

Affix Attested

passport size photo

1. Name (in capital letters) : .....
2. Father's/ Husband's Name : .....
3. Mother's Name : .....
4. Date of Birth : .....
5. Age : .....
6. Sex (M/F) : .....
7. Nationality : .....
8. Marital Status : .....
9. Blood Group : .....
10. Complete Correspondence Address:.....  
.....
11. Permanent Address : .....
  
.....

12. Mobile No:.....

13. Office/ Home Contact No.....

13. E-mail: .....

14. Details of Educational Qualification: please enclose self-attested photocopies of the certificates.  
(From High School / 10<sup>th</sup> class onward)

Name of the passes exam	Board \ Univ.	Year of passing	Division of % of marks	Subject

15. Why do you wish to undertake this course?  
.....

**CERTIFICATE**

**THIS IS CERTIFIED THAT THE INFORMATION FURNISHED ABOVE IS TRUE TO THE BEST OF MY KNOWLEDGE AND BELIEF AND THAT NOTHING HAS BEEN CONCEALED OR MISREPRESENTED. I CERTIFY THAT I GIVE MY CONSENT TO UNDERTAKE THE YOGA TRAINING AT MY OWN. I WILL ABIDE BY ALL THE RULES AND REGULATIONS OF THE INSTITUTE**

Date:

Place:

.....  
**Signature of the Candidate**

.....  
**(FOR OFFICE USE ONLY)**

**Enrolment no** .....

**Date** .....

## YLFP Information

- **Duration:** Foundation Course in Yogic Lifestyle Foundation Programme (YLFP) a part-time course of one month durations of 50 hours (Practical, theory, Workshops and Study tour)

- **Eligibility:** A curious soul.

- **Timings:** (i) Morning Batch: 06:00 AM to 09:00 AM (Sat & Sun), Or / both timings

(II) Evening Batch: 03:00 PM to 06:00 PM (Sat & Sun)

- **Course Fees:** Rs. 7000/-

- **Medium of instruction:** Hindi/English

- **Health Criteria:** No person with acute/chronic /communicable ailments is allowed to take admission to this course.

- **Batch Schedule:** 02.04.17 to 30.04.17

- **Attendance and Participation Certificate:** 100% attendance is essential. The participation certificate shall be awarded only to the participants who have fulfilled the minimum attendance criteria as above.

- **Documents (copy) to be attached** with admission form for YLFP

1. Any of identity proof with photo (Preferably Adhar card)
2. Address proof
3. D.O.B. proof

- **Dress Code:** The dress shall be T-shirt and trousers or Kurta-pyjama for men and T-shirt and trousers or Salwar-kameej for women participants or as per the recommendation of

concerned Yoga Teacher. Participants should also carry a note book and pen to note the essentials of teachings.

- **Note:** Additional information regarding the course can be obtained through website of [www.yogiclifestyle.org](http://www.yogiclifestyle.org) or contact no: 9211809787, 9818777720

The Course Coordinator, (YLFP),

Phone: 9211809787, 9818777720, Email: [info@yogiclifestyle.in](mailto:info@yogiclifestyle.in)

### **Yogic Lifestyle Rules & Regulations**

**Candidates will have to abide by the rules and regulation of the Institute under any programme.**

1. Rs. 500 will be charged on each cheque bouncing.
2. Cash refund facility is not available in any condition
3. Irregular attendance, habitual idleness, disobedience or unbecoming conduct in the premises will render a student liable not to continue the course and his/her name shall be removed from the roll.
4. Use of Cell Phones by the students during class hours (both Theory and Practical) is strictly forbidden.
5. The student's concerned shall compensate any damage caused to the property of the Institute.
6. Students are responsible for the loss or damage of books, equipment, tools and instruments used by them and necessary deductions will be made from the caution money deposited by them.
7. Student shall behave themselves in such a manner that it shall not disturb peace and tranquillity of any other student, teacher etc.
8. Absence from any activity of the scheduled program is a gross breach of discipline.
9. YOGIC LIFESTYLE shall take no responsibility during the course for any injury sustained by the student through all precautions will be taken to prevent accidents.
10. Permission for leave or absence from classes must be taken in writing from the Course Coordinator / Director in advance. In case of illness, a Medical Certificate may be submitted in time as per guidelines.
11. No Union / Association shall be formed by the students.
12. Students should not visit the Staff Faculties / Members during class hours.
13. Students should keep in mind that they are here not merely to study the ancient discipline of Yoga, but also apply the same discipline and lifestyle to themselves.

14. The Director's decision will be final in all matters related to discipline and smooth conduct of the course.
15. Following are strictly forbidden / prohibited within the Institute.
  - a) Possession or use of alcoholic drinks / beverages.
  - b) Possession or use of addictive or Hallucinogenic drugs.
  - c) Psychotropic drugs.
  - d) Smoking & chewing tobacco / Gutka Pouch / Chewing gum etc.
  - e) Gambling / Playing cards or games involving money or other valuables or other articles.
  - f) Ragging / teasing / harassment in any form is prohibited and punishable.
  - g) Students must attend Yoga practical classes in the morning daily; they must come empty stomach and carry their meal to be taken after practical class.
16. During course a tour to spiritual place close to nature may be arranged as per the demand by the student. The cost of the tour shall be borne by the students.
17. The students shall be required to follow the rules and regulations prescribed in the syllabus and also amended / framed by the Yogic Lifestyle for improvement in the quality of teaching, training and discipline, from time to time.
18. In case of any dispute, the case will be dealt under jurisdiction of Delhi Courts only.
19. All valuables money shall be properly secured by the students. The Institute will not be responsible for loss of any valuables.
20. YOGIC LIFESTYLE reserves the right to change, delete, alter and add any of the rules and regulations as and when necessary, without prior notice.