



# SWAMY VIVEKANANDA YOGA RESEARCH & HOLISTIC HEALTH TRUST (R)

#2, "Siddharuda Nilaya, Near Anriya Apartments, 8<sup>th</sup> Main, 13<sup>th</sup> Cross, Judicial Layout, Allalandra, GKVK Post, Bangalore-560 065,  
Mob: +91 9986 327 243, +91 9886 629 823 +91 8553 639 376, +91 9449 166 245  
Email: devarajyoga58@gmail.com, website : www.atmadarshanayoga.in

Please affix a  
Recent  
Passport size  
photograph

*Yoga*  
is not just about  
exercise of hands and legs,  
but a complete education and  
transformation of ones  
Physical, Psychological &  
Spiritual life.



Registered Yoga School



Registered Yoga Teacher



Yoga Alliance International

## YOGA / ATMADARSHANA YOGA - APPLICATION FORM

1. Name of the Applicant (in block letters)

2. Address

#

3. Communication details

Phone

                    

Mob

Email

4. Date of Birth

DD   MM     YYYY Age   years

5. Sex

Male  Female

6. Qualification

7. Profession

8. Experience in Yoga

9. Good Habits

10. Bad Habits

11 Any Other relevant Information

Please submit the application one day before the program starts

12. Vegetarian / Non-Vegetarian

Veg

Non-veg.

13. Any Expectation from Yoga Course

14. Course Name

15. Conducted At

1. Purpose of Life

Free Yoga Kit for Atmadarshana Yoga Participants

Side Bag ▪ Pen ▪ Scribling Pad ▪ Atmadarshana Book ▪ Atmadarshana Board ▪ Neti Pot

2. Psychosomatic Disease if Any (like Obesity, BP, Sinusitis, Back pain, knee pain etc.)

3. Personality Problems If Any (like Memory, concentration, self Confidence, moral courage etc)

4. Family Problems if Any

5. Other problems

DD		MM		YYYY			
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Applicant's Signature

---

Note: Bring two passport size photos

## FEED BACK FORM

1. Name of the Teacher
2. Name of the Student
3. Is this Yoga / Atma Darshana Yoga Course beneficial for you?  Yes  No
4. Did this Course cover your Expectations?  Yes  No
5. Are You Interested in joining the Advanced Course?  Yes  No
6. Has Yoga / Atma Darshana Yoga helped in  Total Personality Development  Psychosomatic disorders  Family Relationship

7. How do you rate the presentation/ Teaching of the course :

Excellent	Very Good	Good	Poor
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

8. Write a Few sentences about the course and your Experiences :

Applicant's Signature

DD	MM	YYYY
<input type="text"/>	<input type="text"/>	<input type="text"/>

### *About the Trust*

#### *Yogi Devaraj*

Prime mover of the Trust. Dream project is formed with the help of group of committed Yoga Teachers / Therapists / Counselors, who took keen interest in spreading yoga for holistic health by conducting regular Yoga Classes / Therapies / Counseling. Many yoga camps were conducted specially in North Bengaluru. The trust conducted

- State Level conference on Yoga and Naturopathy during 2009.
- Took leading role in taking up "Stop Diabetes Mellitus (SDM)" program in Bengaluru creating network of more than 200 Yoga Teachers, Therapists & Counselors during 2010.
- Is an initiator for International Conference on Yoga and

Naturopathy held with grand success during February 2012, in association with Dept. of AYUSH, Govt. of Karnataka and Yoga and Naturopathy organisations.

- Conducted International Conference on Yoga, Ayurveda & Spirituality during January 2013. All these Conferences gave vibrant health messages to the public.

#### **The trust has vision as follows**

- Establishing an independent, unique, university of Holistic Health comprising all complementary and alternative health systems in Gurukula method.
- Creating world wide network of healers of different therapies.
- Creating the documentation and research base for all possible therapies and healing systems of the world.

All Donations are exempted under 80 (G) of IT Act