



Bihar Yoga Bharati

Institute of Advanced Studies in Yogic Sciences

QUESTIONNAIRE FOR INCOMING STUDENTS

The aim of this questionnaire is to find out your ability to adapt to the lifestyle you are expected to lead in the ashram while studying at Bihar Yoga Bharati. The experience of living in a *gurukul*, 'living as the family of the guru', in a yogic retreat situation, is as important as the academic pursuits. The dynamic balance between the head, heart and hands is what makes Bihar Yoga Bharati unique amongst the educational institutes in the world today.

ACADEMICS

1. Do you realize that the environment of the yogic institute is like a retreat and its lifestyle and discipline are different to other institutes?
Yes No
2. Do you think you could adapt to a closed campus where external movement is limited to a very few outings?
Yes No I'll try
3. Can you get up early morning everyday before 5 am for your first class of the day?
Yes No I'll try
4. Could you wear the simple, comfortable recommended dress of white pyjama and red/blue kurta (loose trousers and shirt), for formal activities?
Yes No
5. Can you accept that attendance in all classes is necessary and that at least 90% attendance is required to sit for exams?
Yes No
6. Could you accept that the lending facilities of the Library are restricted?
Yes No
7. Could you accept that, while studying in the institute, you will be living in a *gurukul*, sharing all the responsibilities, duties, and simple joys of an ashram resident in a retreat-like environment?
Yes No I'll try

ASHRAM/GURUKUL LIFE

8. Do you think you can adjust to a culture which is quite different in tradition and views to your own?
Yes No I'll try
9. Could you adjust to living in a sub-tropical climate where seasons and temperatures can be extreme?
Yes No I'll try
10. Could you adjust to a simple vegetarian diet, which is based on grains, vegetables and pulses?
Yes No I'll try
11. Could you adjust to fixed meal timings, with no snacks provided in between?
Yes No I'll try

12. Could you manage without fruits, nuts, salads, milk and cheese for long periods of time, since they are not part of the regular diet?
Yes No I'll try
13. Could you manage without cigarettes, alcohol and intoxicating drugs, use of which is prohibited on the campus?
Yes No I'll try
14. Could you manage without newspapers, television, radio and video?
Yes No
15. Could you manage without any individual cooking facilities?
Yes No
16. Could you manage with minimum communication facilities, such as restricted use of telephone on-campus?
Yes No I'll try
17. Could you live in a building which is locked throughout the night for security reasons?
Yes No I'll try
18. Could you live in a place where the lights are often out by 8.30 pm due to electricity shortage in the area?
Yes No I'll try
19. Could you share a room with one or two more students?
Yes No I'll try
20. Can you adjust to shared toilet and bathrooms facilities?
Yes No I'll try
21. Can you manage without hot water in winter?
Yes No I'll try
22. Since Munger is a rural area in the heartland of Bihar, can you manage with no access to external banking facilities, and slow encashment procedures on-campus?
Yes No
23. Can you remain silent during meals and tea-time and between 6:00p.m–6:00a.m.?
Yes No I'll try
24. In the spirit of selfless service, will you voluntarily work within the ashram in the garden, kitchen, offices, etc., as part of your daily routine?
Yes No I'll try
25. Can you live in a yogic community where close friendships and intimate relationships are not encouraged?
Yes No I'll try
26. Can you remain within the gurukul campus for the full duration of the four months, without going outside (which means no access to external banking facilities, no shopping or email/internet etc)?
Yes No

Full name of applicant:

..... Date:
Signature of applicant (*in full*)