PREKSHA PRASHIKSHAK CERTIFICATE EXAMINATION

DATE:	Place:
-------	--------

REGISTRATION FORM: LEVEL I

Sex	Name						•			
Occupation : Business /Service Other		<u> </u>								
Mobile No. : Phone No. Email ID : Education Appearing for Level O Level II O Sr. Level O Other O Level Detail of 8 days residential camp Key Faculty Organized by Details of 15 day training for level	Date of birth	:		Sex			Marital	Status		
Mobile No. : Phone No. Email ID : Education Appearing for Level O Level II O Sr. Level O Other O Detail of 8 days residential camp Key Faculty Organized by Details of 15 day training for level I	•	:	Business /Se	ervice	С	Other				
Email ID : Education Appearing for Level Comparison	Address	:					. -			
Email ID : Education Appearing for Level Comparison										
Email ID : Education Appearing for Level Comparison										
Email ID : Education Appearing for Level Comparison										
Appearing for Level I O Level II O Sr. Level O Other O Detail of 8 days residential camp Flace : Date :	Mobile No.	:			F	Phone N	lo.			
Detail of 8 days residential camp Key Faculty Details of 15 day training for level I Key Faculty Crganized by Knowledge 1. Basic Knowledge of Preksha Meditation 2. Full Kayotsarg 3. Four steps of Preksha Meditation 4. Yogic Exercises: Head, Eyes, Ears, Shoulder and Hands 5. Asan: Tadasan, Trikonasan, Padhastasan, Uttanpadasan Sarvangasan, Matsyasan, Pavanmuktasan, Bhujangasan, Sashankasan and Ardhmatsendrasan Sarvangasan, Matsyasan, Pavanmuktasan, Bhujangasan, Sashankasan and Ardhmatsendrasan Yes O No O 6. Pranayam: Anulom-Vilom; Kapalbhati, Ujjai Yes O No O Ready to take Responsibilities 1. Self Preksha Meditation Practice: 3 hours per week 2. Preksha Meditation Practice to other: 50 hours per year	Email ID	:			E	Educatio	n			· · ·
Detail of 8 days residential camp Key Faculty Organized by Explace: Note in the property of the property o	Appearing for	:	Level I O	Level II	o	Sr. L	evel O	Other C))	
Key Faculty Organized by	Level	Ů								
Details of 15 day training for level I Key Faculty Organized by Key Faculty Organized by Showledge 1. Basic Knowledge of Preksha Meditation 2. Full Kayotsarg 3. Four steps of Preksha Meditation 4. Yogic Exercises: Head, Eyes, Ears, Shoulder and Hands Sarvangasan, Matsyasan, Padhastasan, Uttanpadasan Sarvangasan, Matsyasan, Pavanmuktasan, Bhujangasan, Sashankasan and Ardhmatsendrasan Sarvangasan, Matsyasan, Pavanmuktasan, Bhujangasan, Sashankasan and Ardhmatsendrasan Yes O No O 6. Pranayam: Anulom-Vilom; Kapalbhati, Ujjai Yes O No O Ready to take Responsibilities 1. Self Preksha Meditation Practice: 3 hours per week 2. Preksha Meditation Practice to other: 50 hours per year	-	:	Place:			Date:				
Details of 15 day training for level I Key Faculty Organized by I. Basic Knowledge of Preksha Meditation Yes O No O I. Basic Knowledge of Preksha Meditation Yes O No O I. Basic Knowledge of Preksha Meditation Yes O No O I. Basic Knowledge of Preksha Meditation Yes O No O I. Basic Knowledge of Preksha Meditation Yes O No O I. Self Preksha Meditation Practice: 3 hours per week I. Self Preksha Meditation Practice to other: 50 hours per year	residential camp									
Knowledge : 1. Basic Knowledge of Preksha Meditation Yes O No O 2. Full Kayotsarg Yes O No O 3. Four steps of Preksha Meditation Yes O No O 4. Yogic Exercises : Head, Eyes, Ears, Shoulder and Hands Yes O No O 5. Asan : Tadasan, Trikonasan, Padhastasan, Uttanpadasan Sarvangasan, Matsyasan, Pavanmuktasan, Bhujangasan, Sashankasan and Ardhmatsendrasan Yes O No O 6. Pranayam : Anulom-Vilom; Kapalbhati, Ujjai Yes O No O Ready to take Responsibilities : 1. Self Preksha Meditation Practice : 3 hours per week 1. Preksha Meditation Practice to other : 50 hours per year			Key Faculty		(Organiz	zed by			
Knowledge 1. Basic Knowledge of Preksha Meditation Yes O No O 2. Full Kayotsarg Yes O No O 3. Four steps of Preksha Meditation Yes O No O 4. Yogic Exercises: Head, Eyes, Ears, Shoulder and Hands Yes O No O 5. Asan: Tadasan, Trikonasan, Padhastasan, Uttanpadasan Sarvangasan, Matsyasan, Pavanmuktasan, Bhujangasan, Sashankasan and Ardhmatsendrasan Yes O No O 6. Pranayam: Anulom-Vilom; Kapalbhati, Ujjai Yes O No O Ready to take Responsibilities 1. Self Preksha Meditation Practice: 3 hours per week 2. Preksha Meditation Practice to other: 50 hours per year		:	Place :		•	Date:				
Knowledge 1. Basic Knowledge of Preksha Meditation Yes O No O 2. Full Kayotsarg Yes O No O 3. Four steps of Preksha Meditation Yes O No O 4. Yogic Exercises: Head, Eyes, Ears, Shoulder and Hands Yes O No O 5. Asan: Tadasan, Trikonasan, Padhastasan, Uttanpadasan Sarvangasan, Matsyasan, Pavanmuktasan, Bhujangasan, Sashankasan and Ardhmatsendrasan Yes O No O 6. Pranayam: Anulom-Vilom; Kapalbhati, Ujjai Yes O No O Ready to take Responsibilities 1. Self Preksha Meditation Practice: 3 hours per week 2. Preksha Meditation Practice to other: 50 hours per year	training for level I									
2. Full Kayotsarg 2. Full Kayotsarg 3. Four steps of Preksha Meditation 4. Yogic Exercises: Head, Eyes, Ears, Shoulder and Hands 5. Asan: Tadasan, Trikonasan, Padhastasan, Uttanpadasan Sarvangasan, Matsyasan, Pavanmuktasan, Bhujangasan, Sashankasan and Ardhmatsendrasan Sashankasan and Ardhmatsendrasan Fes O No O 6. Pranayam: Anulom-Vilom; Kapalbhati, Ujjai Yes O No O Ready to take Responsibilities 1. Self Preksha Meditation Practice: 3 hours per week 2. Preksha Meditation Practice to other: 50 hours per year			Key Faculty	•	(Organiz	zed by			
3. Four steps of Preksha Meditation Yes O No O 4. Yogic Exercises: Head, Eyes, Ears, Shoulder and Hands Yes O No O 5. Asan: Tadasan, Trikonasan, Padhastasan, Uttanpadasan Sarvangasan, Matsyasan, Pavanmuktasan, Bhujangasan, Sashankasan and Ardhmatsendrasan Yes O No O 6. Pranayam: Anulom-Vilom; Kapalbhati, Ujjai Yes O No O Ready to take Responsibilities 1. Self Preksha Meditation Practice: 3 hours per week 2. Preksha Meditation Practice to other: 50 hours per year	Knowledge	:	1. Basic Knowledge of Preksha Meditation Yes O No O							
4. Yogic Exercises: Head, Eyes, Ears, Shoulder and Hands Yes O No O 5. Asan: Tadasan, Trikonasan, Padhastasan, Uttanpadasan Sarvangasan, Matsyasan, Pavanmuktasan, Bhujangasan, Sashankasan and Ardhmatsendrasan Yes O No O 6. Pranayam: Anulom-Vilom; Kapalbhati, Ujjai Yes O No O Ready to take Responsibilities 1. Self Preksha Meditation Practice: 3 hours per week 2. Preksha Meditation Practice to other: 50 hours per year			2. Full Kayotsarg Yes O No O							
5. Asan : Tadasan, Trikonasan, Padhastasan, Uttanpadasan Sarvangasan, Matsyasan, Pavanmuktasan, Bhujangasan, Sashankasan and Ardhmatsendrasan Yes O No O 6. Pranayam : Anulom-Vilom; Kapalbhati, Ujjai Yes O No O Ready to take Responsibilities 1. Self Preksha Meditation Practice : 3 hours per week 1. Preksha Meditation Practice to other : 50 hours per year			3. Four steps of Preksha Meditation Yes O No O							
Sarvangasan, Matsyasan, Pavanmuktasan, Bhujangasan, Sashankasan and Ardhmatsendrasan Yes O No O 6. Pranayam: Anulom-Vilom; Kapalbhati, Ujjai Yes O No O Ready to take Responsibilities 1. Self Preksha Meditation Practice: 3 hours per week 2. Preksha Meditation Practice to other: 50 hours per year			4. Yogic Exercises: Head, Eyes, Ears, Shoulder and Hands Yes O No O							
Sashankasan and Ardhmatsendrasan Yes O No O 6. Pranayam : Anulom-Vilom; Kapalbhati, Ujjai Yes O No O Ready to take Responsibilities 1. Self Preksha Meditation Practice : 3 hours per week 2. Preksha Meditation Practice to other : 50 hours per year			5. Asan : Tadasan, Trikonasan, Padhastasan, Uttanpadasan							
6. Pranayam : Anulom-Vilom; Kapalbhati, Ujjai Yes O No O Ready to take Responsibilities : 1. Self Preksha Meditation Practice : 3 hours per week : 2. Preksha Meditation Practice to other : 50 hours per year			Sarvangasan, Matsyasan, Pavanmuktasan, Bhujangasan,							
Ready to take Responsibilities 1. Self Preksha Meditation Practice: 3 hours per week 2. Preksha Meditation Practice to other: 50 hours per year										
Responsibilities : 2. Preksha Meditation Practice to other : 50 hours per year			6. Pranayam : Anulom-Vilom; Kapalbhati, Ujjai Yes O No O							
. I Treatment Tractice to other 100 Hours per year		:	Self Preksha Meditation Practice : 3 hours per week							
: 3. Timely submission of report as prescribed by the Preksha Foundation	Responsibilities	:	2. Preksha Meditation Practice to other: 50 hours per year							
		:	3. Timely su	bmission of rep	ort as	s prescrib	ed by the	Preksha Fo	ounda	ition

The information given above is correct.

Date :	Signature
--------	-----------