

CODE OF CONDUCT & ASHRAM GUIDELINES

Program: Tapas, Svadhyaya, Ishwara Pranidhana (90-Day Immersion)

Institute: Bharat Yogavidya Kendra, Madanapalle

Preamble: The Spirit of Tapas

This program is an intensive spiritual immersion (*Sadhana*). The rules below are not merely administrative regulations; they are the container that holds the energy of your practice. By signing this document, you are voluntarily accepting these disciplines (*Tapas*) to facilitate your own inner transformation.

1. The Vow of Seclusion (Ashram Boundary)

- **Premises Restriction:** For the full duration of 90 days, participants are **strictly prohibited** from leaving the Ashram premises.
- **Exceptions:** The only exception to this rule is a medical emergency requiring hospitalization or an urgent external doctor's consultation, which must be approved by the Program Director.
- **Visitors:** Participants are not permitted to host guests, friends, or family members in their dormitory or the program areas during the course duration.

2. Mandatory Attendance & Punctuality

- **Full Participation:** 100% attendance is required for all sessions, including morning Kriya, Arti, Seva, and evening discussions. "picking and choosing" sessions is not permitted.
- **Punctuality:** Participants must be seated in the Yogashala or Temple **5 minutes before** the start of any session. Late entry is disruptive and will not be permitted.
- **Illness:** If a participant is unwell and cannot attend a session, they must immediately inform the Resident Teacher. Frequent absence, even due to health, may lead to a review of the participant's suitability to continue.

3. The Discipline of Silence (Mauna)

- **Designated Silence:** Silence must be strictly observed during:
 - All meals.
 - Inside the Temple and Yogashala at all times.
 - From 9:00 PM (Lights Off) until after breakfast the next morning.
- **Noble Silence:** Outside of these times, speech should be limited, soft, and necessary. Avoid gossip (*Prajalpa*), political debates, or worldly discussions that distract from Sadhana.

4. Digital Detox & Devices

- **Usage Policy:** To ensure deep immersion, the use of mobile phones, tablets, and laptops is heavily restricted.
- **Designated Times:** Devices may only be used during designated free time (if applicable) and only in personal quarters. Devices are **strictly forbidden** in the Yogashala, Temple, Dining Hall, and common areas.
- **Content:** Participants are advised to refrain from consuming entertainment (movies, news, social media) that conflicts with the introspective nature of the course.

5. Dress Code & Modesty

- **Attire:** Participants must wear the provided Ashram T-shirts or modest, loose-fitting clothing (whites/light colors preferred) during practice.
- **Decorum:** Shoulders and knees must be covered at all times outside the dormitory. Tight-fitting activewear, shorts, or sleeveless tops are not permitted in common areas or the Temple.

6. Diet & Prohibitions (Yamas & Niyamas)

- **Sattvic Diet:** Only the vegetarian meals provided by the Ashram kitchen may be consumed. Outside food is not permitted.
- **Zero Tolerance Substances:** The possession or consumption of alcohol, tobacco, cigarettes, e-cigarettes, or non-prescription drugs is **strictly prohibited**. Violation of this rule will result in immediate expulsion.
- **Brahmacharya:** Participants are expected to maintain celibacy and conduct themselves with purity in thought and action during the program. Romantic or sexual fraternization is not permitted.

7. Accommodation & Cleanliness (Saucha)

- **Personal Space:** Participants are responsible for keeping their bed and personal storage area neat and clean at all times.
- **Energy Conservation:** Lights and fans must be switched off when leaving the room. Water should be used sparingly.
- **Dormitory Rules:** Silence must be maintained in the dormitory to respect the rest of fellow Sadhakas.

8. Medical & Liability

- **Disclosure:** Participants must disclose any pre-existing physical or mental health conditions prior to joining.
- **Responsibility:** While the Ashram provides basic first aid, Bharat Yogavidya Kendra is not responsible for any aggravation of existing medical conditions. All external medical costs are the responsibility of the participant.

9. Zero Tolerance & Refund Policy

- **Breach of Conduct:** The Ashram reserves the right to ask a participant to leave the program **immediately** if they:
 - Violate the boundary/seclusion rule.
 - Possess prohibited substances.
 - Consistently disrupt the schedule or group harmony.
 - Show disrespect to the Teachers, Staff, or Tradition.
- **No Refund:** In the event of expulsion due to disciplinary reasons, or if a participant chooses to leave the program voluntarily before completion, **fees will strictly NOT be refunded** under any circumstances.

DECLARATION

I, _____, have carefully read and understood the Code of Conduct for the *Tapas, Svadhyaya, Ishwara Pranidhana* program.

I understand that this program is a spiritual discipline, not a vacation. I hereby agree to abide by all the rules and regulations laid out by Bharat Yogavidya Kendra. I acknowledge that failure to adhere to these rules may result in my dismissal from the program without refund.

Signature: _____

Date: _____ **Place:** _____