We are pleased to announce the commencement of a long term residential course in Vedanta, Sanskrit and allied subjects for a period of three years, likely to start on 26th October 2020. This will be preceded by a one month course from 5th August to 3rd September, 2020.

- Separate application forms for the one month and long term course are appended. Those who wish to join the long term course have to go through the one month course while those who wish to join the one month course need not necessarily join the long term course.
- The last date for submission of application is 30th April, 2020. Those selected for the one month course will be intimated by the end of May 2020.
- Accommodation will be on shared basis for the one month course.
- Those who join the one month course and wish to continue for the long term course will not have direct entry but will go through the selection process.
- The teaching is offered free of any cost. However, the ashram is run on voluntary donations. So voluntary donations are welcome.
- Foreigners applying for the one month course may come on a visitor’s visa. Once selected for the long term course, process for student’s visa will be initiated.

Qualifications for joining the one month/three year course

- Graduates who know to read/write /speak good English.
- Students below the age of 40 years (subject to exceptions) and bachelors will be preferred for three year course.
- The climate in Rishikesh is extremely hot summers and extremely cold winters. Students must have the capacity to endure the same.
- A daily routine for students to follow is enclosed along with application forms for one month and three year courses along with the syllabus.
- All classes will be compulsory.

Completed application forms with a PP size photograph may be sent to avp3year2020@gmail.com. For any further details you may write to us at the same address.

RISHIKESH SWAMI SAKSHATKRTANANDA SARASWATI
16th January, 2020 CHIEF ACARYA
ANNEXURE – I

APPLICATION FOR ONE MONTH COURSE FROM 5TH AUG TO 3RD SEP 2020

NAME IN BLOCK LETTERS

DATE OF BIRTH

FULL ADDRESS

MOBILE NUMBER

EMAIL ID

EDUCATIONAL QUALIFICATIONS

PAST & PRESENT OCCUPATION

ANY EXPOSURE TO VEDANTA
IF YES, DETAILS

ANY PRIOR CONNECTION TO ARSHA VIDYA INSTITUTIONS? IF SO, HOW.

IF NEW TO ARSHA VIDYA, HOW DID YOU KNOW ABOUT US?

WHAT PROMPTS YOU TO ATTEND THIS COURSE?
ANNEXURE – I
APPLICATION FOR THREE YEAR COURSE FROM 26TH OCT 2020

NAME IN BLOCK LETTERS

DATE OF BIRTH

FULL ADDRESS

MOBILE NUMBER

EMAIL ID

EDUCATIONAL QUALIFICATIONS

PAST & PRESENT OCCUPATION

MEDICAL HISTORY
( WHETHER ANY PERSONAL ATTENTION NEEDED)

CONTACT PERSON IN CASE OF EMERGENCY
(NAME, ADDRESS AND PHONE NUMBER)

WHETHER YOU CAN READ/WRITE/SPEAK ENGLISH
ANY PRIOR KNOWLEDGE OF SANSKRIT
IF YES, DETAILS

WHY ARE YOU COMMITTING TO A THREE YEAR RESIDENTIAL COURSE?

IN WHAT FIELD YOU THINK YOU CAN SERVE THE ASHRAM FOR AN HOUR EVERY DAY

GIVE A BRIEF WRITE UP ON HOW YOU CAME TO VEDANTA
SYLLABUS FOR THREE YEAR COURSE

Vedanta

Introduction to Vedanta, Prakarana Granthas like Bhaja Govindam, Sadhana Pancakam, Tatvabodha, Vivekachudamani etc

Prasthanā traya –

- Mundakopanisad, Kathopanisad, Kenopanisad, Taittiriyopanisad, Mandukyopanisad, Chandogyopanisad (Sixth Chapter) with Sankara bhashyam
- Bhagavad Gita all 18 chapters with Shankara bhashyam
- Brahma Sūtra – Catussūtri with Shanakara Bhāshyam

Sanskrit

- From basics to Paninian grammar

Yoga

Minimum Exposure to Tarka and Mimamsa

Chanting

Meditation

SEVA (For one hour every day)
## DAILY SCHEDULE FOR THREE YEAR COURSE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>05.30 – 06.30am</td>
<td>Temple and Adhishtana puja</td>
</tr>
<tr>
<td>07.00 – 07.30am</td>
<td>Meditation</td>
</tr>
<tr>
<td>07.30 – 08.00am</td>
<td>Breakfast</td>
</tr>
<tr>
<td>08.30 – 09.30am</td>
<td>Vedanta class I</td>
</tr>
<tr>
<td>10.00 – 10.15am</td>
<td>Tea Break</td>
</tr>
<tr>
<td>10.15 – 11.15am</td>
<td>Sanskrit (all levels)</td>
</tr>
<tr>
<td>11.20 – 12.20pm</td>
<td>Yoga/Chanting</td>
</tr>
<tr>
<td>12.30 – 01.30pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>02.00 – 03.00pm</td>
<td>Seva</td>
</tr>
<tr>
<td>03.00 – 03.30pm</td>
<td>Tea break</td>
</tr>
<tr>
<td>04.00 – 05.00pm</td>
<td>Vedanta class II</td>
</tr>
<tr>
<td>05.00 – 05.45pm</td>
<td>Walk</td>
</tr>
<tr>
<td>06.00 – 07.00pm</td>
<td>Temple puja and Ganga Aarti</td>
</tr>
<tr>
<td>07.30 – 08.00pm</td>
<td>Dinner</td>
</tr>
<tr>
<td>08.00 – 09.00pm</td>
<td>Satsang</td>
</tr>
</tbody>
</table>