**FAQ Global Study Student Advising:**

1. What is the purpose of this study abroad?

This course aims to inspire and empower the next generation of conscious leaders and social entrepreneurs working toward achieving the UN's Sustainable Development Goals (SDGs).

2. What is the daily schedule like?

The purpose of the course is to develop students to exercise their mind, body, and energy to their fullest possibilities and break their limitations. The schedule will be intense. We will use yoga as a tool to develop leadership capabilities. There will be two yoga sessions daily. The morning session will start as early as 6am and afternoon session around 4 or 5pm. Lights out around 9:30pm.

3. What type of housing accommodations are available for students?

The accommodation will be double occupancy at Isha Yoga Center’s Nalanda Conference Center, where business executives stay during leadership programs.

4. Is interview required?

Yes, once you complete your application. The course team will contact you for an interview. This is to ensure that you aware of what is expected of you during the program and that you will have a successful study abroad experience.

5. What will make me a good candidate for this course?

India has a very different culture than the western world. When students are open to new experiences and willing to break their limitations, they will get the most out of the course. Mental and physical fitness will prepare students to experience the intense program in a transformative way.

**South India’s Cultural Background**

*Before applying to the study abroad, become familiar with India’s long-standing cultural practices and norms to ensure you are prepared to adapt in a new environment.*

1. Indian meals are traditionally consumed with the right hand, as the left hand is considered unclean in Indian culture. Using the right hand to eat is a sign of respect and part of proper etiquette. You will be expected to eat with your right hand during the program.
2. In Southern India, including the state of Tamil Nadu where Coimbatore is located, people commonly eat meals served on banana leaves instead of plates. This eco-friendly practice has been a tradition for centuries, as banana trees are native to the Indian subcontinent. The leaves impart a unique aroma and flavor to the food. During your stay, you will have the opportunity to experience this age-old custom of eating on banana leaves.
3. Sitting on the Floor: At the accommodations you will be staying at during the program, it is common to sit cross-legged on the floor while eating meals. Don't be surprised if you are expected to sit in this cross-legged position on the ground for dining, as it is considered a normal practice in traditional Indian settings. Be prepared to adapt to this way of seated dining during your stay.
4. Vegetarian Cuisine: A large portion of Indians, especially in the state of Tamil Nadu, follow a vegetarian diet. At the course location, only wholesome vegetarian meals will be served. Moreover, drugs in any form are strictly prohibited at the course location.
5. Spice Levels: South Indian cuisine, especially in Tamil Nadu, is widely known for being quite spicy and flavorful. Get ready to experience spices that may be different than what you're used to.
6. When visiting Hindu temples in India, it is customary to remove your shoes and walk barefoot as a mark of respect. The floors are considered sacred ground. Be prepared to go barefoot when touring the ancient outdoor temples around Coimbatore as part of embracing the local traditions.
7. Indian temples are not just historical sites but active places of worship for Hindus. Therefore, modest dress by covering your legs, shoulders and midriff is expected when visiting these sacred spaces out of respect for the long-standing local culture. .
8. Greeting: In India, the traditional greeting is "Namaskaram," meaning “I bow to the divinity in you”. It is accompanied by bringing both palms together in a prayer-like gesture. This signifies respect and hospitality towards other beings. You will likely experience and be expected to reciprocate this warm greeting during your stay.
9. The word "yoga" comes from the Sanskrit root "yuj" which means "to unite" or "to join." It represents the union of mind, body and spirit. Yoga originated in ancient India over 5,000 years ago as a spiritual practice to achieve enlightenment. This study abroad gives you a unique chance to learn the classical yoga techniques from the land of its origin and experience its mind-body benefits firsthand.