TERMS & CONDITIONS

Effective Date: 10/10/2026
Last Updated: 18/11/2026

1. Introduction

Welcome to AtmaVid Foundation.

AtmaVid Foundation ("AtmaVid", "Foundation", "we", "our" or "us") is committed to making meditation, yoga, spiritual learning and human values accessible to everyone.

These Terms & Conditions govern your access to and use of the AtmaVid website, mobile application, digital content, programmes, workshops, online sessions, offline events and other services offered by the Foundation.

By accessing our website or mobile application, registering for a programme, making a payment or donation, or using any of our services, you agree to these Terms & Conditions.

If you do not agree with these terms, please discontinue using our website, application and services.

2. About AtmaVid Foundation

AtmaVid Foundation works towards promoting physical, mental, social and spiritual well-being through meditation, yoga, breathing practices, spiritual wisdom, human values and selfless service.

The Foundation may conduct free and paid programmes, workshops, retreats, online sessions and other activities from time to time.

3. Eligibility to Use Our Services

- You must provide accurate and complete information while registering or using our services.
- You must be legally capable of entering into an agreement under applicable laws.
- Minors may participate only with the consent and supervision of their parent or legal guardian.
- Parents or guardians are responsible for the activities of minors using our website, application or participating in our programmes.
- You must not use our services for any unlawful or unauthorised purpose.

4. Website and Mobile Application Usage

You agree to use the AtmaVid website and mobile application responsibly.

You shall not:

- Misuse, damage or attempt to disrupt the website or application.
- Attempt to gain unauthorised access to our systems, accounts or information.
- Upload harmful files, malicious software or misleading information.
- Use our platform to distribute unlawful, offensive or inappropriate content.
- Share your account credentials with others or allow unauthorised access to paid content.
- Attempt to copy, modify, reverse engineer or misuse our application or its features.

The Foundation reserves the right to suspend or restrict access to any account involved in misuse or violation of these terms, subject to applicable law.

5. Programme Registration and Participation

AtmaVid may offer free and paid programmes, meditation sessions, breathing practices, workshops, retreats and other learning activities.

- Registration must be completed through the prescribed process.
- Participants must provide correct information during registration.
- Programme fees, duration, schedules and participation instructions will be communicated before registration.
- Participants are expected to follow the instructions and guidelines provided by the teachers and organisers.
- The Foundation reserves the right to modify programme schedules, teachers, venues or formats when necessary.
- The Foundation may cancel, postpone or reschedule a programme due to unforeseen circumstances. In such cases, an alternative arrangement, including transfer to another programme or refund where applicable, will be communicated.
- Registration is generally personal and cannot be transferred to another individual without prior approval from the Foundation.

6. Donations and Contributions

AtmaVid Foundation accepts voluntary donations and contributions to support its charitable and social initiatives.

- Donations are voluntary and must be made through authorised payment channels.
- Donors are encouraged to provide accurate details while making donations.
- Donations will be utilised towards the objectives and activities of the Foundation.

- Tax benefits, if applicable, will be governed by the relevant provisions of Indian tax laws and the Foundation's eligibility under those provisions.
- A tax exemption receipt or certificate will be provided only where legally permitted and applicable.
- Donations do not create any ownership, membership or other entitlement in the Foundation.
- Donations are not payments for any specific service or guaranteed benefit.

7. Intellectual Property and Copyright

All content available on the AtmaVid website, mobile application and other official platforms is protected by applicable intellectual property and copyright laws.

This includes, but is not limited to:

- Videos, audio recordings and photographs.
- Meditation and breathing practice instructions.
- Recorded sessions, teachings and discourses of Shriji Atmananda.
- Programme manuals, training materials and educational resources.
- Books, articles, presentations and written content.
- Logos, designs, graphics, photographs and branding.
- The Foundation's original methods, learning materials and digital resources.

All such content is owned by AtmaVid Foundation, Shriji Atmananda or the respective rights holders, or is used under appropriate authorisation.

Without prior written permission from the Foundation or the relevant rights holder, you must not:

- Copy, reproduce, download, distribute or republish any content.
- Record, screen-record, photograph or capture online sessions or programmes.
- Share, forward or commercially distribute programme materials.
- Upload our videos, audios or other content to social media, websites or third-party platforms.
- Modify, translate, adapt or create derivative works from our content.
- Sell, rent, sublicense or commercially exploit our materials.
- Share paid content or provide access to restricted materials to others.

Access to content through the website or application does not grant ownership or copyright to the user.

Any unauthorised use, reproduction or distribution may result in suspension of access and legal action under applicable laws.

8. Recording and Use of Programme Materials

Participants are not permitted to independently record, photograph, screen-record or distribute any online or offline programme, session or teaching without prior written permission.

The Foundation may record certain sessions for educational, archival or promotional purposes, subject to applicable privacy and consent requirements.

Where participant images, voices or personal information are intended to be used in promotional materials, the Foundation will obtain appropriate consent where required by law.

9. Health and Meditation Disclaimer

AtmaVid offers meditation, breathing practices, yoga, spiritual learning and other well-being activities for educational and personal development purposes.

- Our programmes are not intended to diagnose, treat, cure or prevent any medical or psychological condition.
- Meditation, yoga and breathing practices are not substitutes for professional medical advice, diagnosis or treatment.
- Participants should consult a qualified healthcare professional before undertaking practices if they have relevant health concerns or medical conditions.
- Participants must inform the programme teacher or organiser of any relevant health limitations that may affect their participation.
- Participants must follow the instructions provided by the teachers and should not force themselves to perform any practice beyond their comfort or ability.
- Participants should stop a practice if they experience discomfort or unusual symptoms and seek appropriate professional guidance.

Participants are responsible for exercising reasonable care and making informed decisions about their participation.

The Foundation does not guarantee any particular physical, mental or spiritual outcome from participating in its programmes.

10. Privacy and Personal Information

AtmaVid Foundation respects the privacy of its visitors, participants, donors and users.

Personal information collected through the website, mobile application, registration forms, payment processes or other interactions will be handled in accordance with our Privacy Policy and applicable data protection laws.

We may collect information such as names, contact details, registration information and payment-related details for purposes including:

- Processing programme registrations.
- Providing access to our services and application.
- Communicating programme updates and important information.
- Managing donations and issuing receipts.
- Improving our services and user experience.
- Meeting legal and regulatory requirements.

We may use authorised third-party service providers for payment processing, hosting, communication and other operational requirements.

For more details, please refer to our Privacy Policy.

11. Third-Party Services and Links

Our website and application may contain links to third-party websites, payment gateways, video platforms or other external services.

These services may have their own terms, conditions and privacy policies.

The Foundation does not control third-party platforms and is not responsible for their content, security, availability or practices, except to the extent required under applicable law.

Users are encouraged to review the terms and privacy policies of such third-party services before using them.

12. Disclaimer of Warranties

We make reasonable efforts to ensure that our website, application and services are accurate, secure and accessible.

However:

- We do not guarantee uninterrupted or error-free access.
- Website and application features may occasionally be unavailable due to maintenance, technical issues or circumstances beyond our control.

- We do not guarantee that all digital content will remain available indefinitely.
- We do not guarantee specific results from any programme, teaching or practice.

Our services are provided subject to applicable legal requirements and consumer rights.

13. Limitation of Liability

To the extent permitted by applicable law, AtmaVid Foundation shall not be liable for indirect or consequential losses arising from the use of our website, application or services.

The Foundation shall not be responsible for:

- Losses arising from incorrect information provided by users.
- Unauthorised sharing of personal login credentials by users.
- Technical interruptions caused by external service providers.
- Personal decisions made by participants contrary to the instructions provided by programme teachers.
- Failure to follow safety instructions or disclose relevant health limitations.

Nothing in these terms excludes liability for negligence, wilful misconduct, fraud or any other liability that cannot legally be excluded or limited.

14. Suspension or Termination of Access

The Foundation reserves the right to suspend or terminate access to its website, application, content or programmes if a user:

- Violates these Terms & Conditions.
- Misuses or unlawfully distributes Foundation content.
- Engages in fraudulent or unauthorised activities.
- Disrupts programmes or creates an unsafe environment for other participants.
- Attempts to damage the reputation, systems or operations of the Foundation through unlawful conduct.

Where appropriate, the Foundation may provide prior notice before taking such action, subject to the circumstances and applicable law.

15. Changes to Website, Application and Services

The Foundation may update, modify, add or discontinue website features, application services, programmes, content or other offerings from time to time.

We may also revise these Terms & Conditions to reflect changes in our operations, services or applicable laws.

Updated terms will be published on our website with the revised effective date.

Continued use of our website, application or services after such changes will be subject to the updated terms, to the extent permitted by applicable law.

16. Governing Law and Jurisdiction

These Terms & Conditions shall be governed by and interpreted in accordance with the laws of India.

Subject to applicable law and the jurisdiction of competent authorities, courts having jurisdiction in Bengaluru, Karnataka, shall have jurisdiction over disputes arising from the use of our website, application or services.

17. Contact Us

For questions, clarifications or concerns regarding these Terms & Conditions, please contact:

AtmaVid Foundation

Email: office@atmavid.org
Website: www.atmavid.org

By accessing or using the AtmaVid website, mobile application or services, you acknowledge that you have read and understood these Terms & Conditions and agree to be bound by them.