



# VIVEKANANDA COLLEGE

College with Potential for Excellence  
Residential & Autonomous – A Gurukula Institute of Life-Training  
Re-accredited (3<sup>rd</sup> Cycle) with 'A' Grade (CGPA 3.59 out of 4.00) by NAAC  
DBT Star College Scheme Funded  
Affiliated to Madurai Kamaraj University  
(Managed by Sri Ramakrishna Tapovanam, Tirupparaatturai, Trichy)  
**TIRUVEDAKAM WEST, MADURAI DISTRICT- 625 234, Tamil Nadu**  
Website [www.vivekanandacollege.ac.in](http://www.vivekanandacollege.ac.in)



## Promoting Physical Culture (HAND)

The students, irrespective of the year of their study, are engaged in physical activities, the 'hand' part in their routine. Being Gurukula College, the college believes in the words of Swami Vivekananda that "strength is life; weakness is death, muscles of iron and nerves of steel." To instill this philosophy in the students, the college prioritize physical training as an integral part of our curriculum. Every day, the students engage in physical exercises and Surya Namaskar in the morning, followed by Yogasanas in the evening. In addition, we provide martial training in forms such as gymnastics, karate, and silambam.

Through physical training, the college aims to cultivate a sense of health consciousness among our students. The college believes that a healthy body is essential for a healthy mind, and physical exercises help in maintaining overall well-being. Furthermore, the college emphasize the importance of self-confidence, courage, and confidence, which are essential values instilled through physical training. The college believes that a strong body fosters a strong mind, enabling our students to face challenges with resilience and determination.

The contribution of Gurukula System of the college to society is reflected in the young men who graduate as responsible citizens and serve the community with honour and dedication.





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## Enhancing Emotional Culture (HEART)

The Gurukula College emphasizes the importance of spiritual well-being in the holistic development of its students. The students are engaged in spiritual activities, including daily prayers, congregational worship, and spiritual education classes on national epics and Indian national education. The college instills values such as self-reliance, service, dignity of labor, and soul culture through day-to-day activities like campus cleaning, early morning study hours, and earning while learning for economically disadvantaged students. The practice of meditation and the presence of paintings of great sages and saints from all religions in the campus promote universalism and uphold the anchor of Indian civilization, which is spiritual. The college's disciplined and orderly environment fosters character building, right thinking, and right doing among the students. Gurukula College strives to revive and promote ancient practices that cultivate physical, mental, and spiritual well-being, shaping young individuals into active, balanced, and morally strong contributors to society.





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## Instituting Intellectual Curriculum (HEAD)

The curriculum at Gurukula College is designed to develop higher-order cognitive skills and follows the guidelines mandated by the Tamil Nadu Government for uniformity. The curriculum is structured under the restructured Choice Based Credit System (CBCS) since 2010. It consists of five parts: Part I, Part II, Part III, Part IV, and Part V. Part I focuses on languages such as Tamil, Sanskrit, and Hindi. Part II is dedicated to English language learning, which is mandatory for all students. Part III includes core courses, Ability Enhanced courses, and Discipline Specific Elective courses. Part IV encompasses Generic Electives, skill enhancement courses, environmental studies, and value education. Part V covers extension activities.

Apart from the statutory curriculum components, Gurukula College has introduced Part VI, which includes value-based courses such as physical education, spiritual education, wit for wisdom and humor for health, citizenship training, Self Study Scheme (SSS), general knowledge, and Intellectual Property Rights (IPR). The college also boasts a well-equipped library with internet facilities, an IGNOU Centre, UGC-sponsored Swami Vivekananda Studies Centre, smart classrooms, a common audio-visual hall, a common internet browsing lab, and an English Language Lab. The college also has modern laboratories. The college hosts frequent conferences, seminars, workshops, symposia, special lectures, and a science exhibition once every two years, promoting a culture of continuous learning and academic enrichment.





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## Overall Personality Development

The way in which students are trained through a well-designed daily routine makes the curriculum strong not only in the context of academic performance but also in the context of personality development. The important components of personality development are physical culture, which is cultivated in this college through various physical activities that not only make the students physically fit but also prepare them for uniform services and defense services. Emotional culture, enriched by this college through a set of spiritual activities, directly or indirectly upholds moral strength among the students and promotes universal brotherhood in their lives. Intellectual culture, which is excelled from this college through academic educative programs and inculcative programs, acts as a platform for the students to acquire and manifest their skills, values, and knowledge. The students realize that overall personality development through life training and character-building education is vital for success in their profession and personal life.

The students acquire a number of qualities such as knowledge (academic program), communication skills (English enrichment camp), self-confidence (daily activities), health (wholesome hand-pounded rice and ragi malt), interest (student-teacher relationship), cheerfulness and friendliness (living together), morality (no scope for negative thoughts), maturity (behavioral reforms), time management (falling in line with the daily routine), public speech (Articulation and Idea Fixation classes), leadership quality (being a captain for various activities in rotation), and discipline (the residual part of the gurukula pattern of life). Thus, the goals and objectives of the institution have been the motivating factors for self-development and empowerment of the students with competencies in all aspects. As such, students possessing the above qualities could be good citizens in the country, enhancing the quality of societal life in general.





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### PERSONAL DETAILS

1. Name of the Student : **HARISH KUMAR D**

2. Years of Study : **2017 - 20**      3. Programme : **B.A., Economics**

4. Roll Number : **17250**                      5. Register Number : **170104**

6. Date of Birth : **04-01-2000**              7. Mobile Number : **9003508004**

8. E-mail : **harishduraisingam123@gmail.com**      9. Blood Group : **B+ve**

10. Permanent Address : **v/o M.Duraisingam Moolakadal  
Aimman Street, West Street  
Thani - 625579**

11. Physique

	At the time of joining	At the time of leaving
1) Height (cm)	168	169
2) Weight (kg)	58	60


12. Why did you choose this Institution? **Discipline**

13. What values have you acquired from this life - training? **Self Discipline, Cooperation**

14. Response of Life-Training? **A**

(D-Outstanding;  
A-Very Good,  
B-Good, C-Satisfactory)

Date: **29.09.2020**




Give under the Seal of the College


Prize

1. I shall donate blood on my birthday

2. I shall not smoke in my life




Signature of the Student



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E-mail : [principal@vivekanandacollege.org](mailto:principal@vivekanandacollege.org)



### PERSONALITY ASSESSMENT CERTIFICATE

Awarded to : **HARISH KUMAR D**

Years of Study : **2017 - 20**                      Programme : **B.A.,**

Major : **Economics**

### HAND

#### Records of Physical Culture - Athletics

Performance in	1 Year	2 Year	3 Year
1) 100 Meter Dash (in seconds)	24.01	23.09	24.54
2) 400 Meter Dash (in seconds)	1:20.45	1:18.19	1:06.37
3) 800 Yard (in minutes)	4.41	5.15	3.80
4) 100 Yards (in seconds)	7	9	10

#### Yoga / Martial Arts

Participation and Efficiency in	Years Practiced	Grades Obtained	Years Practiced	Grades Obtained	Years Practiced	Grades Obtained
1) Hatha Yoga	164	A	161	A	160	A
2) Asana	81	A	82	A	84	A
3) Pranayama	48	A	46	A	44	A

#### 3. Games

Game	1 Year	2 Year	3 Year	
1) Football				
2) Basketball				
3) Volleyball				
4) Table Tennis	184	A	141	A

#### 4. Extra Curricular Activities

Activity	1 Year	2 Year	3 Year	
1) National Service Scheme	44	A	44	A
2) NCC	0	B	4	A

### HEART

#### Records of Refinements

Category	Grade-D	Grade-A	Grade-B	Grade-C	Grade Obtained
1. Response to Prayer	Disinclined	Willing	Fair	Satisfactory	B
2. Social Relationship	Everybody	Good	Fair	Satisfactory	A
3. Self expression	Spontaneous	Logical	Remarkable	Satisfactory	A
4. Adaptability	Support	Adapted	Adapted	Satisfactory	A
5. Leadership	Preponderant	Posteriority	Dependable	Satisfactory	B
6. Disposition	Calm	Relaxed	Quiet	Satisfactory	A
7. Bearing	Attracted	Respected	Normal	Satisfactory	A
8. Presentation Image	Head & Tail	Good	Fair	Satisfactory	A
9. Discipline	Everywhere	Good	Fair	Satisfactory	A
10. Knowledge & Religious Knowledge	Selected	Good	Fair	Satisfactory	A
11. Punctuality	Thorough	Regular	Fair	Satisfactory	B
12. Response to Life-Training	Disinclined	Willing	Fair	Satisfactory	B

### HEAD

#### Records of Academic Achievement

Part	Knowledge	Understanding	Reason/Action	Performance
Part - I : Tamil / Sanskrit / Hindi	A	A	A	A
Part - II : English	A	A	A	B
Part - III : Major	B	B	B	B
1. Allied (a)	B	B	B	B
(b)				

Assessment for each item is shown in the respective box

Grade: **D-Outstanding** (Above 75% marks)      **A-Very Good** (Above 60% below 75% marks)  
**B-Good** (Above 50% and below 60% marks)      **C-Satisfactory** (Above 40% and below 50% marks)

Overall Attendance: **555.5/584 Days**      **95.12 %**