



# 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, Tirupparaitturai, Trichy)  
**TIRUVEDAKAM WEST, MADURAI DISTRICT- 625 234, Tamil Nadu**  
Website [www.vivekanandacollege.ac.in](http://www.vivekanandacollege.ac.in)



## Best Practice-I

### Title

Gurukula Life Training with Modern Curriculum

### Objective

- To create awareness about the rich heritage for new graduates.
- To inculcate the right values among the graduates.

### The Context

It is important to promote the harmonious development of Hand, Heart, and Head, which enriches the personality of students. Our nation is in dire need of disciplined citizens of integrity and capability. The deterioration and degradation in society can be set right only by students who are physically, emotionally, and intellectually well-trained.

The three-faceted curriculum the college has introduced, therefore, consists of "Core subject-oriented, Skill-based academic components, and value inculcating." This fulfills the expectation. Our Extended Curriculum uplifts the downtrodden children of the nearby villages culturally, spiritually, and academically.

### The Practice

Life training and character-building education are offered through several activities throughout the day to inculcate several values. Right from the inception of the institution, discipline has been part of the institutional culture. Even before the college was conferred autonomy, value-based education formed an essential part of the curriculum. The same character-building and physical education orientation and value inculcation assumed authentic academic dimensions after the conferment of autonomy.



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## Daily Routine of the College

4.45 am	Waking up of Students
5.30 am - 7.00 am	Supervised Study Hour
7.05 am	Suriya Namaskar and Physical Jerks for all at the College Grounds
8.00 am - 8.10 am	Prayer – Congregational Worship for all at the Prayer Hall
8.10 am - 8.45 am	Breakfast- Serving by students in rotation
8.45 am - 9.40 am	Newspaper reading/ Library usage
9.40 am - 12.40 pm	Classes -Three Hours
12.55 pm -1.05 pm	Prayer – Congregational Worship for all at the Prayer Hall
1.10 pm - 1.45 pm	Lunch – Serving by students in rotation
2.00 pm - 4.00 pm	Classes – Two Hours
4.15 pm - 4.30 pm	Mass Drill (once a week on Thursdays) Asanas (thrice a week on Mondays, Tuesdays, Fridays)
4.15 pm - 4.25 pm	Refreshments (on non-asanas days)
4.30 pm - 4.45 pm	Refreshments (on asanas days)
4.45 pm – 6.00 pm	Sports and Games / NCC / NSS / Village Adoption
6.15 pm - 6.25 pm	Prayer – Congregational Worship for all
6.30 pm - 8.00 pm	Supervised Study Hour
8.10 pm - 8.45 pm	Supper – Serving by students in rotation
9.15 pm	Roll Call – Grievance Redressal for all
9.30 pm	Students go to bed, however provision is made for the willing students for extra study



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## Evidence of Success

- Reputation of graduates' proficiency for recruitment in companies for their disciplines and integrity.
- Tamil Nadu Police Service recruits a large number of graduates from the college.

## Problems encountered and Resources Required

- Students have difficulties doing physical jerks, asanas, etc., in the initial stage.
- Students find difficulties adapting to the Gurukula system in the modern world during the first year.
- Infrastructure facilities for the students need to be strengthened.