

**Daily Time Table of Students in Gurukul: A Study of Gurukul in
Devghat, Tanahun**

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Abstract

This study aims to show the timetable applied / practiced by the students in Gurukuls , especially with reference to Mahesh Gurukul located in Devghat, Tanahun. Gurukul has got credit in the development of an innate sense of concentration of students to involve them in their study. The students will be around the environment of a teacher so that they can develop physical, mental, cognitive and spiritual goodness in them according to their regular timetable. Gurukul is an education system of receiving education under the full guidance of a guru/teacher. This system has been in practice since ancient times. In Gurukul education, Sanskrit language is considered as the first and oldest language used since the past time period. It has also got its own unique teaching style. Its value is that it reflects the culture in education system. There are around two hundred fifty Gurukuls in Nepal. The curriculum of traditional Gurukul education had been prepared by a guru/ teacher and would be completed within a fixed time. Furthermore, particular subjects would be completed by students within the given time period. In this context, the learners had to follow real time to complete the study of Bhagawat, Puranas or Vedas etc. It is to be understood that Gurukul education plays significant role for children who have not access to another type of formal education. It is generally related to teacher-centered method of learning. Gurukul education system has been established on Hindu religious and cultural practices. There are only three ways to get education in Gurukul education system: knowledge gained through Guru's service, cooperation of skill and friendly environment. Gurukul education has followed particular and certain time table to promote their traditional norms and values. So, all students and teachers should follow the time table fixed by Gurukul. The methodology of this paper is opened ended interview with head teacher and teachers and focus group discussion was held with students.

Keywords: Gurukul Education, Time table, Learning environment, Teacher centered education

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Introduction

Gurukul consists of two terms, guru and kula. According to Alex (2019), Etymologically, guru means teacher and Kula means family. So, we can say that Gurukul means such type of educational institution in which Guru and Shisya stay together to continue getting education. Gurukul education system is mostly found in India and Nepal in which residential system of education is applied. Education system is found easy in Gurukul system. Therefore, Gurukul means not only school but also home with the nature of educational institution. Gurukul is known as such type of place where the students come to be as a part of the guru's family member for some time to get knowledge and learn the culture of the Vedas and Vedic education system. Generally, the meaning of the word 'Guru' is recognized as a religious teacher and spiritual guide according to Hindu philosophy. Guru is also known as a teacher. Everybody can trust teacher in society. In another sense, Guru has been believed to have got vast knowledge and skills on a particular subject. So, Guru has transmitted knowledge to his students. In Sanskrit and Hindu literature, a Sanskrit slogan has mentioned that a guru is recognized as Brahma, Vishnu and Maheshwor, who has got vast knowledge about universe, religion and morality. Regarding Gurukul system, Alex (2019) has stated that the word guru is a Sanskrit term that indicates someone who is a "teacher, guide, expert or master" of certain field of knowledge . In this sense, Guru is a respected person who can guide concerned people and society with specific knowledge in a particular field. In addition, guru is mentioned in different terms by different writers and researchers. The concept of Gurukul education has a rich heritage which is based on values and principles of time. It develops students' innate sense of concentration to involve them in their study. The students will be around the environment of a teacher so that they can develop physical, mental, cognitive and spiritual goodness in them. Regarding Gurukul education system, Brooks (1992) has also mentioned that the Gurukul system of education works on the holistic development of a child inculcating and promoting values in them, such as- discipline, self-reliance, right attitude, empathy, creativity and strong ethics. This situation sharpens the students' analytical skills since their childhood and they can be good critical thinkers.

Similarly, Joshi (2021) has mentioned that Gurukul education system existed between a Guru and students since long ago. In this system a good relationship between students and a teacher would be maintained. The guru used to impart the knowledge such as- religion, Sanskrit language and literature, scriptures, medicine, philosophy, warfare, crafts, astrology, history etc. The learning would be linked with real life situation. It was not just like memorization for exam. In Gurukul education, the students used to study interdisciplinary courses in Sanskrit language so that they could get diverse knowledge and skills.

Regarding ancient history of higher education, Wari (2015) has stated that the Gurukul education system was related to residential education system. The home of a teacher would be the central place for the education of the students. He has further stated that Takshashila or Taxila (now in Pakistan) was the first university of the world which was established in 700 BC. Although it was center of learning of Vedic education and Buddhism, it was not so much well

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managed as Nalanda University. This historical background shows that there were advanced educational institutions in Indian territories in the past. Both the Vedic and Buddhist education flourished in India. Although Buddha was born in Nepal, his teachings spread in India where he died, too.

Furthermore, Pareek (2021) has mentioned that the study was common in Vedic education system and education was meant to develop balanced life style; the students would stay at the home of a teacher until their study was completed. In this way, gurukul education system is known as a residential education system.

Objective

The main objective of this study is to present the time table of Mahesh Gurukul. More specifically, it will show that Gurukul education follows the certain time table of Gurukul.

Methodology

This is a qualitative study and the methodology applied is related to qualitative technique. The process of data collection is through observation. So this is also based on a fieldwork study of Mahesh Gurukul located in Debhaghat Dham of Nepal. And data analysis process is interpretive; moreover, content analysis is done for this study.

Results and Discussion

Time table is a plan that gives a list of events or tasks and the time at which each one should happen or be done. Time table is one of the most important factors of students in their school activities. A time table helps to achieve desired goals through the exams to increase knowledge through study for better results. It also avoids mismanagement of time and directs the students and teachers towards long term progress. Students need time table to develop their punctuality through which they can achieve their goals.

Gurukul education system is based on Hindu philosophy. Like that in the past, students in Gurukuls stay near the teachers, at the place of teacher. Teacher is regarded as all in all individual for the life of the students in Gurukuls. In Gurukuls, the classes are managed from class six to ten. Although policy is formed to manage class from class one to ten, it has not been applied in practical aspects. Regarding to run classes in Gurukul, Curriculum Development Center (CDC) (2011) has mentioned curriculum from class one to ten to run in Gurukuls. The students are enrolled after they have completed their 'Upanayan', a process of ritual in Hinduism. This ritual is generally completed at the age of eight for Brahmins and at the age of twelve for Kashyatriyas.

The researcher visited the schools and observed different activities performed by the students. There are some ethical rules and regulations in Gurukuls, which the students have to maintain. In this way, the students in Gurukuls get up early in the morning at four o'clock and do their ritual performance. There are some other people who take care of the children. The students, except sick one, have to get up early in the morning. After that, they have to complete their daily activities such as going to bath room, toilet and taking a bath. As far as possible, students are active to get up early in the morning as their natural duty. If some of the students become

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lazy to get up in their routine more often, they are fined of Rupees one hundred. But in general situation, students don't be lazy in Gurukuls. To support this situation of Gurukuls, Jha (2016) has mentioned that it will be duty of students to get up at 5:30 am regularly and they should go to school to take the classes to be held from 7 am to 1:30 pm. Jha has also focused that when they return back home from school they have to take lunch and be fresh and they should take their dinner by at 8:30 pm and then they should read for a while and go to bed for a sleep. In this way, Gurukul education is running in a system of time table. Both the students and teachers follow the time table strictly. Their psychology is also developed in such a way that they think doing work in a right time helps them keeping their body and soul together, which is the sense of happy life. When the students get up, they go to take bath in their bathrooms. After taking bath, the students revised their courses for some time. It is also found that the students engage for their morning prayer from 5 to 5:30 am. Regarding the habit of getting up early in the morning, Monoj (2016) has also supported the students' habit like that of in Gurukul School by mentioning the timetable of getting up early at 5:30 am and going to bed lately in the night. In all Gurukuls, they have built a temple of lord Shiva where eleven students perform morning prayer and read the hymns of lord Shiva from the book named Rudri. During the time of 5 to 5:30 am, two students perform ritual activities known as 'Hawan' which is ritual in Hindu religion to respect Gods and Goddesses. In this way, it was found that thirteen students were fixed for morning prayer and Rudripath. If any students become absent, the teacher manages another student to make the number thirteen for morning ritual performance. These activities will be their regular duties from which they do not want to be back. They will feel shocked if they could not do their duties at a particular time.

The students are always alert in their duties to perform their work. All of the students become ready from 6 to 6:20 am to perform 'Morning Arati'. After the performance of Arati, some water is poured on the statue of lord Shiva. They have also managed for the flow of water to come out. There is an ethical and religious view point in the mind of the students and teachers in Gurukuls that they do not have to walk being above the place from where the water flows. This situation shows that Gurukul education system is related to high ethical system. The students have to learn Arati by heart. It was also found that the students would not read Rudri and Ved before their teachers would teach them. The learning of Rudri and Ved was found to be important aspect of Gurukul education system.

It was also observed by the researcher that in a Gurukul school named as Mahesh Gurukul, the students used to bow on the sandals and show their respect to the founder teacher of the school, Shree 1008 Dr Swami Ramananda Giri. It was also found that the students would not speak directly taking the name of their Gurus but if asked they would write and show it. The students have maintained great respect towards their teachers which is found less in modern English education system.

By observation, the researcher found that all of the students had to go for yoga in their particular time which is for basically physical and mental exercise. They have to complete their yoga before 7 am. Regarding the importance of Yoga, Indra (2017) has mentioned that stress is a

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major obstacle to academic achievement and stress gets overcome by the activities of Yoga, which have been as boon to boost student's performance. Yoga has been important activity to improve memory for students to improve academic performance. It is to be known that if students are in stress, they cannot learn properly. In such cases, the performance of yoga avoids stress in students and makes their memory power strong.

And after that they would go for breakfast which would be such bitten rice (chiura), bhujija, bread and tea. The students have to be ready for their school prayer after 7 o'clock and they have to chant 'swastikbachan' in Sanskrit language. And after that the students would sing 'National Anthem' with national music. The activity of time table is related to highly scientific adjustment of life. Similarly it was also observed that after completing National Anthem, a student would read short poem, sing a short song and he would also mention contemporary events. In this way, a kind of system in Gurukul education was observed by the researcher. Gurukuls have also run classes during the morning time which is child friendly environment in Gurukuls. It is thought that the best way for a student to succeed in life is to use time wisely. Those who try to understand the definition of life well and want to be strong and successful; they must have made good use of their time.

The researcher wanted to find the real activities of the students linking them with time. Regarding this point, the researcher observed that after school prayer, the students went towards their classes being in their proper line. Generally, classes were run from 7:30 am to 10 am, and after that all of the students and the teachers would go to their dining. Before taking food, all of them had to chant hymns from Vedas in one voice. After taking food, the classes would be held regularly from 10:30 to 2 pm. After they are completed their study, learning process, all of the students would go for taking snack. After that the students would do their homework till 3:30 pm. After they had completed their homework, the students would chant Srimad Bhagawad Gita upto four o'clock, all of them together at a time.

After chanting Srimad Bhagawad Gita, the students would go to their playground and play games freely according to their interest. It was also observed that the students would be engaged for evening prayer and Arati together and would go for their meal from 6:30 to 7 pm. After that the students would study from 7 to 9:30 pm and after 9:30 they would go to bed for sleeping. In this way the researcher observed the daily education system planned in Gurukuls. The students have fixed their time table to go to sleep after 9 pm and they have to get up at 5 am in the morning. The management of time in Gurukuls was completed in well planned formed which made the Gurukuls as unique place for education. It is also found that Gurukul education system has supported the popular statement "Early to bed and Early to rise that makes a men health, wealthy and wise". All of the Gurukuls participated in this research have followed the same systems. Researcher also found that although all Gurukuls do not have similar timetable of allocation of different activities, they follow similar activities during whole day of their activities. All Gurukuls do their assigned activities every day. Moreover, summer and winter timetable of Gurukuls were found different.

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It is found that in Nepalese education context, some schools have been running during the morning time which is not so much favourable time for learning purpose. Regarding early morning class, Hershner and Chervin (2014) have stated that students will get problems for early morning classes. In such classes, many students are found sleepy which will be risky process for achieving goals of education. Early morning class hampers learning situation of the students which will be related to falling asleep in classes. Morning classes can be inviting conflicts with family and friends of the students. In the course of doing focus group discussion for selected students in the study, the researcher found that some students disagree the morning timetable especially winter season as stated by them. Students showed dissatisfaction and difficulty to winter's timetable of school. It should be known that everything in this world runs according to time and things will be changed according to time. In this sense, manna (2019) said that people have to manage their works in their particular time. There is always time to begin work without delay which shows people will not be old in their life.

Findings

The researcher found that almost all students agreed the morning timetable of Gurukuls in course of discussing with students through focus group discussion but some students expressed their views to change the school's morning timetable, mainly in winter season. Balancing, maintaining and changing the school's operation timetable as per the condition of seasons, Gurukuls have formed a good relationship between the timetable and activities done in Gurukuls and the researcher could say that the timetable is seen child friendly from the perspective of students but except winter seasons. The students have known their daily schedule such as school work, housework, sleeping hours, waking hours, exercise, meals, etc. They should be organized according to plan and time. The students should work hard and have fun and good habits should never be postponed. In this way, maintaining daily timetable in Gurukul is itself moving towards progress. It is because timetable makes students and teachers active and creative.

It is found that students went to the shelter of guru for the purpose of getting education in Gurukuls and guru provided the knowledge to students without any plan and fixed timetable but the researcher has found that in today's Gurukuls, all activities are done by gurus and students in accordance with timetable. By observing the management of timetable, it can be said that ancient Gurukuls were conducted on the basis of the principle of idealism theory but present Gurukuls have been conducting based on transforming design with proper management and time table.

Conclusion

Many people are left behind because they cannot manage their time properly. Such a subject can sometimes be caused by negligence or not knowing how to use it. The best way to handle this situation is to use time wisely. Gurukul education system has been as a teacher of all education system, in my view. All other educational systems have been developed with

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reference to Gurukul education system. As science has given priority of time for the origin and creation of different things and creations, in the same way, before the development of modern science, our Vedas and religious text have given priority to time. It is also true that certain favour of progress comes only one time in life; and someone who grabs this time becomes a successful person but on the other hand someone who cannot grab the opportunity of time will be the cause of an unsuccessful person. Regarding this point, Gurukul education systems are high creditable for the success in life.

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