

Chinmaya Eswar Gurukula (CEG) - Cochin

Student Checklist - Arrival at Campus

Things to Note:

Dress code: Modest and comfortable Indian clothing.

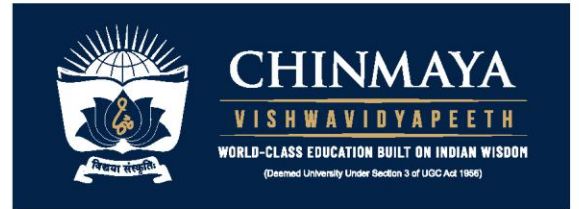
- Men: No shorts and sleeveless tees outside the room. Please carry one or two extra traditional kurta pyjamas for special occasions.
- Women: No shorts / tights / sleeveless/ revealing clothes. Please carry one or two extra Indian traditional clothes for special occasions.

Essential Things to carry:

- Personal stationery (Note books – at least 6, plain A4 sheets, pens, pencils, rulers, erasers, files, folders, markers etc.)
- Laptop/Tablet- if available.
- Yoga mat. (Available for purchase in the campus)
- At least one pair of sweater / shawl / jacket to keep you warm during rains.
- At least two pairs of clothes which are comfortable for exercise/yoga.
- A good quality raincoat (preferably full cover) for rains.
- A good quality umbrella for rains (rains are heavy and umbrellas may get damaged)
- Sports shoes for walking / jogging/ exercise sessions.
- Medication (for common ailments – first aid) / multi-vitamin / pain-balm / electrolyte packets, etc.
 - Student should have their own medication in special cases.
- Mosquito repellent
- Torch light (candles are not permitted in rooms)
- Any electronics (including chargers) will have to be 220V compatible and you will need an adapter plug.
- Bed sheets & pillow covers- Beddings and one pillow will be provided. Please carry an extra pillow if needed.
- Personal hygiene accessories, including toiletries

Amenities/ Services available at the Campus:

- Twin sharing room with attached bathroom.
- Cot, mattress and pillow.
- A bucket and mug will be provided.
- Three Indian vegetarian meals per day, including morning and evening tea/ coffee.
- Cafeteria for light refreshments.
- Doctor/ nurse will be available for a short time every week at the campus.
- Purified drinking water and hot water will be available at dining room and other common places in hostels and class room complex.



What to Expect:

- All students and their parents/ guardians have to mandatorily sign an anti-ragging undertaking (UGC Guidelines and undertaking attached for reference)
- BSNL, Vodafone, IDEA & Reliance mobile connections have good network coverage. Airtel services have weak signals.
- A general store, medical store and ATM is available within 1 km radius however we strongly suggest to keep sufficient stock of specialized medications.
- Fill/Submit the medical form provided. This information provided will remain confidential and will be accessed and used only in case of physical/mental health related issues/emergencies. Hence please disclose all relevant information.

What is Strictly Forbidden:

- Smoking, consumption of alcohol and drugs are strictly forbidden. Students found to be in possession, use or even harbouring any of these substances will be handed over to the appropriate law-enforcement agencies and will be permanently dismissed from the University.
- Non-vegetarian food is strictly forbidden on campus.