



Yearly Status Report - 2018-2019

Part A

Data of the Institution

1. Name of the Institution	YMCA COLLEGE OF PHYSICAL EDUCATION
Name of the head of the Institution	DR. GEORGE ABRAHAM
Designation	Principal
Does the Institution function from own campus	Yes
Phone no/Alternate Phone no.	04424344816
Mobile no.	9444335355
Registered Email	ymcanandanam1920@gmail.com
Alternate Email	profgeorgeabraham@gmail.com
Address	497, ANNA SALAI, NANDANAM,
City/Town	CHENNAI
State/UT	Tamil Nadu
Pincode	600035
2. Institutional Status	

Autonomous Status (Provide date of Conformant of Autonomous Status)	20-Nov-1985
Type of Institution	Co-education
Location	Urban
Financial Status	Self financed and grant-in-aid
Name of the IQAC co-ordinator/Director	Dr. K. JOTHI DAYANANDAN
Phone no/Alternate Phone no.	04424344816
Mobile no.	9444335355
Registered Email	ymcanandanam1920@gmail.com
Alternate Email	jothidaya@gmail.com

3. Website Address

Web-link of the AQAR: (Previous Academic Year)	http://ymcacollege.ac.in/iqac-reports.aspx
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4. Whether Academic Calendar prepared during the year

Yes

if yes, whether it is uploaded in the institutional website:
Weblink :

<http://ymcacollege.ac.in/Calendar.aspx>

5. Accrediation Details

Cycle	Grade	CGPA	Year of Accrediation	Validity	
				Period From	Period To
1	A	86.70	2003	21-Mar-2003	20-Mar-2008
2	A	3.28	2013	05-Jan-2013	04-Jan-2018

6. Date of Establishment of IQAC

01-Feb-2003

7. Internal Quality Assurance System

Quality initiatives by IQAC during the year for promoting quality culture		
Item /Title of the quality initiative by IQAC	Date & Duration	Number of participants/ beneficiaries
BUCK MEMORIAL SPORTS FESTIVAL	30-Aug-2017 04	4600

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8. Provide the list of Special Status conferred by Central/ State Government-UGC/CSIR/DST/DBT/ICMR/TEQIP/World Bank/CPE of UGC etc.

Institution/Department/Faculty	Scheme	Funding Agency	Year of award with duration	Amount
YMCA COLLEGE OF PHYSICAL EDUCATION	00	UGC	2019 365	0

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9. Whether composition of IQAC as per latest NAAC guidelines:

Yes

Upload latest notification of formation of IQAC

[View File](#)

10. Number of IQAC meetings held during the year :

4

The minutes of IQAC meeting and compliances to the decisions have been uploaded on the institutional website

No

Upload the minutes of meeting and action taken report

No Files Uploaded !!!

11. Whether IQAC received funding from any of the funding agency to support its activities during the year?

No

12. Significant contributions made by IQAC during the current year(maximum five bullets)

Students are given wide choices in selecting or allocating during intensive teaching practices.

College is offering Internship to Physiotherapy colleges.

Leadership camp was conducted for 5 days at Yellagiri hill station.

Earn while learn scheme is rendered to students.

Scholarship to sportsman introduced with waive in fees.

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13. Plan of action chalked out by the IQAC in the beginning of the academic year towards Quality Enhancement and outcome achieved by the end of the academic year

Plan of Action	Achievements/Outcomes
To offer value added courses for students	About 72 Students enrolled in Distance Education Programme under Tamil Nadu Physical Education and Sports University for the academic year 201819. Various courses offered were PG Diploma in Yoga/ M.Sc., in Yoga (L.E)/ Diploma in Aerobic Instructor/ Diploma in Gym Instructor/ PG Diploma in Gym Instructor. The DDE PCP classes were conducted periodically under the staff coordinator Mr. Felix Arockkijaraj.
To appoint more faculty members to fulfill the requirement	The College Management appointed the following three new teaching staff. 1. Mr. Sathish Kumar 2. Mr. Sai Abhinav 3. Ms. Komala
To organise Annual Leadership Training Camp	Annual Leadership Training Camp was conducted at YMCA Yelagiri Camp Site between February 2019 and 126 students and 11 staff has attended. The camp was focused to enhance the leadership qualities of the students with lots of camp activities for 5 days.
To introduce Fees Concession and Wave for Students	Fees Concession and Waive for Students. ? Those who are getting gold medal at national level would get 100 mess fees waive. ? Silver or Bronze medalist would get 50 mess fees wave. ? Sports quota admission at UG PG level would be practiced and they would also be availing the scholarship ? All those medal winners should have participated in the recognized association at Junior or Senior level
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14. Whether AQAR was placed before statutory body ?	Yes
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Name of Statutory Body	Meeting Date
Management and IQAC members	01-Aug-2022

15. Whether NAAC/or any other accredited body(s) visited IQAC or interacted with it to assess the functioning ?	No
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16. Whether institutional data submitted to AISHE:	Yes
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Year of Submission	2018
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Date of Submission	08-Feb-2018
17. Does the Institution have Management Information System ?	No

Part B

CRITERION I – CURRICULAR ASPECTS

1.1 – Curriculum Design and Development

1.1.1 – Programmes for which syllabus revision was carried out during the Academic year

Name of Programme	Programme Code	Programme Specialization	Date of Revision
MPEd	001	Physical Education	27/06/2018
BPEd	002	Physical Education	27/06/2018
BPES	004	Physical Education	27/06/2018

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1.1.2 – Programmes/ courses focussed on employability/ entrepreneurship/ skill development during the Academic year

Programme with Code	Programme Specialization	Date of Introduction	Course with Code	Date of Introduction
PG Diploma	yoga and Naturopathy	18/08/2017	PGDYN-222	23/11/2018
PG Diploma	Yoga	18/08/2017	PGDY-220	23/11/2018
PG Diploma	Diploma in Gym/Fitness Instructor	18/08/2017	PGDFG-303	23/11/2018

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1.2 – Academic Flexibility

1.2.1 – New programmes/courses introduced during the Academic year

Programme/Course	Programme Specialization	Dates of Introduction
Nil	NIL	Nil

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1.2.2 – Programmes in which Choice Based Credit System (CBCS)/Elective Course System implemented at the College level during the Academic year.

Name of programmes adopting CBCS	Programme Specialization	Date of implementation of CBCS/Elective Course System
MPEd	Physical Education	03/07/2006
BPEd	Physical Education	07/07/2014

1.3 – Curriculum Enrichment

1.3.1 – Value-added courses imparting transferable and life skills offered during the year

Value Added Courses	Date of Introduction	Number of Students Enrolled
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Certificate course in Personal trainer	18/08/2018	90
Certificate course in Bharathiyam	18/08/2018	78
Certificate course in Taichi	18/08/2018	10
Certificate course in Silambam	18/08/2018	47
Certificate course in Band	18/08/2018	21
Certificate course in Yoga	18/08/2018	57
Certificate course in Orientation and Mobility	18/08/2018	33
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1.3.2 – Field Projects / Internships under taken during the year

Project/Programme Title	Programme Specialization	No. of students enrolled for Field Projects / Internships
MPed	Physical Education	47
BPed	Physical Education	197
BPES	Physical Education	56
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1.4 – Feedback System

1.4.1 – Whether structured feedback received from all the stakeholders.

Students	Yes
Teachers	Yes
Employers	Yes
Alumni	Yes
Parents	Yes

1.4.2 – How the feedback obtained is being analyzed and utilized for overall development of the institution? (maximum 500 words)

Feedback Obtained
<p>STUDENT'S FEEDBACK: In the academic year end Feedback Form is filled by students by calling them on one of the, on holidays. Filled in forms will be collected and submitted to the principal where he will maintain the confidentiality. The filled up feedback forms will be sent by the principal sends it to the college management and after analyzing it the management serves individual letter been signed by the college correspondent and secretary to those staff who need improvement and also serve individual letter to the teachers in which area they are lacking and where to improve upon. Based on which a follow up is done in the subsequent year and if there is no improvement a warning is served confidentially to the teacher and self improvement in teaching is been made by the faculty. TEACHER FEEDBACK: Feedback is received by the teachers and based on that the autonomy is given to them to transform the method of coaching, instruction and learning. The syllabus is intended by the teachers and based on the latest inclination and demands the liberty is given to teachers to present the required changes in the board of studies meeting and</p>

it's recorded and carried for resolving in the Academic Council Meeting and then in the governing Body Meeting. ALUMNI : Alumni get together on holidays as per their influence from the batch mates and as they complete their 10th or 25th years or according to their wish meet in the institution site and request for the sitting room in the campus to meet. They come from various places along with their family members, visit the college grounds and share their appreciation by gifting the teachers and have lunch or snacks, take photographs and break up. PARENTS: Parents are the affirm of the college. Their assistance is always in use. They sustain the institution inn rules and help in upholding the regulation of the college by following it and arrive at the campus as and when demanded by the authorities. They are invited to grace with their presence on the college day, Annual day, the cultural and the award ceremonies. They are also provided with the dine facilities served in the hostel with too little money. They can also use the guest house on prior request.

CRITERION II – TEACHING- LEARNING AND EVALUATION

2.1 – Student Enrolment and Profile

2.1.1 – Demand Ratio during the year

Name of the Programme	Programme Specialization	Number of seats available	Number of Application received	Students Enrolled
MPEd	Physical Education	60	137	46
BPEd	Physical Education	100	544	99
BPES	Physical Education	80	499	76
MSc	Fitness Exercise Rehabilitation and Nutritional Care	21	9	7

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2.2 – Catering to Student Diversity

2.2.1 – Student - Full time teacher ratio (current year data)

Year	Number of students enrolled in the institution (UG)	Number of students enrolled in the institution (PG)	Number of fulltime teachers available in the institution teaching only UG courses	Number of fulltime teachers available in the institution teaching only PG courses	Number of teachers teaching both UG and PG courses
2018	372	93	19	9	5

2.3 – Teaching - Learning Process

2.3.1 – Percentage of teachers using ICT for effective teaching with Learning Management Systems (LMS), E-learning resources etc. (current year data)

Number of Teachers on Roll	Number of teachers using ICT (LMS, e-Resources)	ICT Tools and resources available	Number of ICT enabled Classrooms	Numberof smart classrooms	E-resources and techniques used
21	18	0	8	2	0

[View File of ICT Tools and resources](#)

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2.3.2 – Students mentoring system available in the institution? Give details. (maximum 500 words)

Students mentoring system is given utmost importance in the college. In the beginning of the academic year the management with the help of Principal and IQAC coordinator nominates the mentor for each class with the number of students admitted. Each mentor is responsible for maintaining the attendance, sanction of OD, permission to go home etc. The mentor maintains the record of Continuous assessments, i.e CA-I, CA-II, CAIII, Assignment, Pre-semester and the Internal marks completely. They maintain the record in the prescribed format given by IQAC and in the end they counsel and guide the students regarding their internals, shortage of attendance, slow learning etc. The concerned mentor tries to maintain any disciplinary act and communicates to their parents and speaks personally to the student and parents and brings their problems to the Principal for action. Since, our college is purely residential men students are directly under the supervision of one Warden, one Deputy warden and four Sub-warden and women students are under the supervision one warden, one Deputy warden and one Matron. Any help needed by the students are also taken care of in the campus.

Number of students enrolled in the institution	Number of fulltime teachers	Mentor : Mentee Ratio
465	21	1:22

2.4 – Teacher Profile and Quality

2.4.1 – Number of full time teachers appointed during the year

No. of sanctioned positions	No. of filled positions	Vacant positions	Positions filled during the current year	No. of faculty with Ph.D
14	12	2	0	11

2.4.2 – Honours and recognition received by teachers (received awards, recognition, fellowships at State, National, International level from Government, recognised bodies during the year)

Year of Award	Name of full time teachers receiving awards from state level, national level, international level	Designation	Name of the award, fellowship, received from Government or recognized bodies
2018	Dr. K. Jothi Dayanandan	Associate Professor	Dr. G. P. Gautam Award For Life Time Achievement Award In Physical Education
2018	Dr. George Abraham	Principal	Best Physical Education Institutional Award

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2.5 – Evaluation Process and Reforms

2.5.1 – Number of days from the date of semester-end/ year- end examination till the declaration of results during the year

Programme Name	Programme Code	Semester/ year	Last date of the last semester-end/ year-end examination	Date of declaration of results of semester-end/ year- end examination
MPed	01	I	23/11/2018	18/02/2019
MPed	01	III	23/11/2019	18/02/2019
BPed	02	I	23/11/2019	18/02/2019
BPed	02	III	23/11/2019	18/02/2019

BPES	04	I	23/11/2019	18/02/2019
MPed	01	IV	11/04/2019	03/05/2019
BPed	02	IV	11/04/2019	03/05/2019
BPES	04	VI	11/04/2019	03/05/2019
MSc	05	IV	11/04/2019	03/05/2019
PG Diploma	06	Null	11/04/2019	03/05/2019
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2.5.2 – Average percentage of Student complaints/grievances about evaluation against total number appeared in the examinations during the year

Number of complaints or grievances about evaluation	Total number of students appeared in the examination	Percentage
0	327	00

2.6 – Student Performance and Learning Outcomes

2.6.1 – Program outcomes, program specific outcomes and course outcomes for all programs offered by the institution are stated and displayed in website of the institution (to provide the weblink)

<http://www.ymcacollege.ac.in/index.a>

2.6.2 – Pass percentage of students

Programme Code	Programme Name	Programme Specialization	Number of students appeared in the final year examination	Number of students passed in final year examination	Pass Percentage
01	MPed	Physical Education	45	45	100
02	BPed	Physical Education	95	95	100
04	BPES	Physical Education	49	49	100
05	MSc	Fitness Exercise Rehabilitation and Nutritional Care	7	7	100
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2.7 – Student Satisfaction Survey

2.7.1 – Student Satisfaction Survey (SSS) on overall institutional performance (Institution may design the questionnaire) (results and details be provided as weblink)

No Data Entered/Not Applicable !!!

CRITERION III – RESEARCH, INNOVATIONS AND EXTENSION

3.1 – Promotion of Research and Facilities

3.1.1 – The institution provides seed money to its teachers for research

No

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3.1.2 – Teachers awarded National/International fellowship for advanced studies/ research during the year

Type	Name of the teacher awarded the fellowship	Name of the award	Date of award	Awarding agency
International	NIL	Nil	Nil	Nil
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3.2 – Resource Mobilization for Research

3.2.1 – Research funds sanctioned and received from various agencies, industry and other organisations

Nature of the Project	Duration	Name of the funding agency	Total grant sanctioned	Amount received during the year
Nil	00	00	0	0
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3.2.2 – Number of ongoing research projects per teacher funded by government and non-government agencies during the years

0

3.3 – Innovation Ecosystem

3.3.1 – Workshops/Seminars Conducted on Intellectual Property Rights (IPR) and Industry-Academia Innovative practices during the year

Title of workshop/seminar	Name of the Dept.	Date
NIL	Nil	Nil
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3.3.2 – Awards for Innovation won by Institution/Teachers/Research scholars/Students during the year

Title of the innovation	Name of Awardee	Awarding Agency	Date of award	Category
Best Institute	YMCA College of Physical Education	Physical Education Foundation of India, New Delhi	10/08/2018	Best Institute in Physical Education
All India Inter-university	Mr.Kaushil Vishwadeep	Associations of Indian Universities	03/04/2018	Silver Medal, Gappling
Life Time Achievement Award In Physical Education	Dr. K. Jothi Dayanandan	Physical Education Foundation of India, New Delhi	10/08/2018	Dr. G. P. Gautam Award For Life Time Achievement Award In Physical Education
All India Inter-university	Kaushil Vishwadeep	Associations of Indian Universities	03/04/2018	Silver Medal
GFI National Grappling Championship	Kaushil Vishwadeep	Grappling Association of India	19/08/2018	Gappling

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3.3.3 – No. of Incubation centre created, start-ups incubated on campus during the year

Incubation Center	Name	Sponsored By	Name of the Start-up	Nature of Start-up	Date of Commencement
NIL	Nil	Nil	Nil	Nil	Nil
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3.4 – Research Publications and Awards

3.4.1 – Ph. Ds awarded during the year

Name of the Department	Number of PhD's Awarded
College of Physical Education	8

3.4.2 – Research Publications in the Journals notified on UGC website during the year

Type	Department	Number of Publication	Average Impact Factor (if any)
International	College of Physical Education	27	7.3
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3.4.3 – Books and Chapters in edited Volumes / Books published, and papers in National/International Conference Proceedings per Teacher during the year

Department	Number of Publication
College of Physical Education	6
College of Physical Education	4
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3.4.4 – Patents published/awarded during the year

Patent Details	Patent status	Patent Number	Date of Award
00	Nil	00	Nil
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3.4.5 – Bibliometrics of the publications during the last academic year based on average citation index in Scopus/ Web of Science or PubMed/ Indian Citation Index

Title of the Paper	Name of Author	Title of journal	Year of publication	Citation Index	Institutional affiliation as mentioned in the publication	Number of citations excluding self citation
Effect Of Concurrent Strength And Plyometric Training On Selected Biomotor Abilities	Dr. K.JOTHI	Recent Research in Science and Technology 2 (5), 124-126	2018	4	Nil	4
Arterial Blood Pressure	Dr. K.JOTHI	Recent Research in Science	2019	2	Nil	2

And Heart Rate Response To Exercise		and Technology 3 (2), 77-79				
Personal ity Traits: An analytical study between sedentary male and sports male	Dr. George Abraham	Science, Movement and Health	2018	3	Nil	3
Analysis of anthrop ometry, body compo sition and performanc e variables of young Indian athletes in southern region	Dr. George Abraham	Indian journal of science and technology	2019	1	Nil	1
Evaluation of body co mposition and somatotype characteri stics of male track and field athletes in India	Dr. George Abraham	Internat ional Journal of Multidisci plinary Research and Develo pment	2018	1	Nil	1
Comparison of motor fitness abilities of rural and urban school students	Dr. George Abraham	Journal of experim ental science	2019	1	Nil	1
Effects of Precooling on Thermor egulation and Perfor	Dr. George Abraham	Recent Research in Science and Technology	2019	1	Nil	1

mance of Long Distance Runners in Hot Humid Climate						
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3.4.6 – h-Index of the Institutional Publications during the year. (based on Scopus/ Web of science)

Title of the Paper	Name of Author	Title of journal	Year of publication	h-index	Number of citations excluding self citation	Institutional affiliation as mentioned in the publication
Effect Of Concurrent Strength And Plyometric Training On Selected Biomotor Abilities	Dr.K.JOTHI	Recent Research in Science and Technology 2 (5), 124-126	2018	1	3	Nil
Arterial Blood Pressure And Heart Rate Response To Exercise	Dr. K.JOTHI	Recent Research in Science and Technology 3 (2), 77-79	2018	1	1	Nil
Effect Of Concurrent Strength And Plyometric Training On Selected Biomotor Abilities	Dr.K.JOTHI	Recent Research in Science and Technology 2 (5), 124-126	2019	1	1	Nil
Arterial Blood Pressure And Heart Rate Response To Exercise	Dr. K.JOTHI	Recent Research in Science and Technology 3 (2), 77-79	2019	1	1	Nil
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3.4.7 – Faculty participation in Seminars/Conferences and Symposia during the year

Number of Faculty	International	National	State	Local
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Resource persons	0	6	0	0
Presented papers	24	0	0	0
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3.5 – Consultancy

3.5.1 – Revenue generated from Consultancy during the year

Name of the Consultan(s) department	Name of consultancy project	Consulting/Sponsoring Agency	Revenue generated (amount in rupees)
Nil	--0	Nil	0
No file uploaded.			

3.5.2 – Revenue generated from Corporate Training by the institution during the year

Name of the Consultan(s) department	Title of the programme	Agency seeking / training	Revenue generated (amount in rupees)	Number of trainees
Govt. Institute of Rehabilitation Medicine - College of Physiotherapy	Internship	Physiotherapy Internship	5000	5
UCA College of Physiotherapy	Internship	Physiotherapy Internship	19000	19
Govt. Institute of Rehabilitation Medicine - College of Physiotherapy	Internship	Physiotherapy Internship	5000	5
Govt. Institute of Rehabilitation Medicine - College of Physiotherapy	Internship	Physiotherapy Internship	5000	5
Govt. Institute of Rehabilitation Medicine - College of Physiotherapy	Internship	Physiotherapy Internship	4000	4
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3.6 – Extension Activities

3.6.1 – Number of extension and outreach programmes conducted in collaboration with industry, community and Non- Government Organisations through NSS/NCC/Red cross/Youth Red Cross (YRC) etc., during the year

Title of the activities	Organising unit/agency/ collaborating agency	Number of teachers participated in such activities	Number of students participated in such activities
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Inter school aerobics calisthenics competition	YMCA College funded	5	384
61th BUCK Memorial Sports Festival	College funded	23	4600
Summer Coaching Camp	College funded	16	527
Green Campus	College funded	1	86
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3.6.2 – Awards and recognition received for extension activities from Government and other recognized bodies during the year

Name of the activity	Award/Recognition	Awarding Bodies	Number of students Benefited
NIL	Nil	Nil	0
No file uploaded.			

3.6.3 – Students participating in extension activities with Government Organisations, Non-Government Organisations and programmes such as Swachh Bharat, Aids Awareness, Gender Issue, etc. during the year

Name of the scheme	Organising unit/Agency/collaborating agency	Name of the activity	Number of teachers participated in such activities	Number of students participated in such activities
NIL	Nil	Nil	0	0
No file uploaded.				

3.7 – Collaborations

3.7.1 – Number of Collaborative activities for research, faculty exchange, student exchange during the year

Nature of activity	Participant	Source of financial support	Duration
Paper presentation	12 Students of the college	College funded	02
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3.7.2 – Linkages with institutions/industries for internship, on-the- job training, project work, sharing of research facilities etc. during the year

Nature of linkage	Title of the linkage	Name of the partnering institution/ industry /research lab with contact details	Duration From	Duration To	Participant
Internship	Teaching	schools	23/01/2019	15/02/2019	266
internship, on-the-job training	Coaching	schools	23/01/2019	15/02/2019	46
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3.7.3 – MoUs signed with institutions of national, international importance, other institutions, industries, corporate

houses etc. during the year

Organisation	Date of MoU signed	Purpose/Activities	Number of students/teachers participated under MoUs
NIL	Nil	Nil	0
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CRITERION IV – INFRASTRUCTURE AND LEARNING RESOURCES

4.1 – Physical Facilities

4.1.1 – Budget allocation, excluding salary for infrastructure augmentation during the year

Budget allocated for infrastructure augmentation	Budget utilized for infrastructure development
220	150.53

4.1.2 – Details of augmentation in infrastructure facilities during the year

Facilities	Existing or Newly Added
Campus Area	Existing
Class rooms	Existing
Laboratories	Existing
Seminar Halls	Existing
Classrooms with LCD facilities	Existing
Value of the equipment purchased during the year (rs. in lakhs)	Newly Added
Classrooms with Wi-Fi OR LAN	Newly Added
Number of important equipments purchased (Greater than 1-0 lakh) during the current year	Newly Added
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4.2 – Library as a Learning Resource

4.2.1 – Library is automated {Integrated Library Management System (ILMS)}

Name of the ILMS software	Nature of automation (fully or partially)	Version	Year of automation
AutoLib	Partially	1.1	2012

4.2.2 – Library Services

Library Service Type	Existing		Newly Added		Total	
Text Books	139	129812	0	0	139	129812
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4.2.3 – E-content developed by teachers such as: e-PG- Pathshala, CEC (under e-PG- Pathshala CEC (Under Graduate) SWAYAM other MOOCs platform NPTEL/NMEICT/any other Government initiatives & institutional (Learning Management System (LMS) etc

Name of the Teacher	Name of the Module	Platform on which module is developed	Date of launching e-content
NIL	Nil	Nil	Nil

No file uploaded.

4.3 – IT Infrastructure

4.3.1 – Technology Upgradation (overall)

Type	Total Computers	Computer Lab	Internet	Browsing centers	Computer Centers	Office	Departments	Available Bandwidth (MBPS/ GBPS)	Others
Existing	47	1	1	1	1	1	5	100	0
Added	0	0	0	0	0	0	0	0	0
Total	47	1	1	1	1	1	5	100	0

4.3.2 – Bandwidth available of internet connection in the Institution (Leased line)

100 MBPS/ GBPS

4.3.3 – Facility for e-content

Name of the e-content development facility	Provide the link of the videos and media centre and recording facility
NIL	Nil

4.4 – Maintenance of Campus Infrastructure

4.4.1 – Expenditure incurred on maintenance of physical facilities and academic support facilities, excluding salary component, during the year

Assigned Budget on academic facilities	Expenditure incurred on maintenance of academic facilities	Assigned budget on physical facilities	Expenditure incurred on maintenance of physical facilities
23.95	20.31	23.95	40.32

4.4.2 – Procedures and policies for maintaining and utilizing physical, academic and support facilities - laboratory, library, sports complex, computers, classrooms etc. (maximum 500 words) (information to be available in institutional Website)

INFRASTRUCTURE MAINTENANCE : The institution ensures the maintenance of the infrastructure pertaining to physical, academic and support for maximum benefit to the students as well as teaching and nonteaching staff. The Estate Maintenance Department carryout the Maintenance work of Physical Facilities like maintenance of play fields since this college is practical oriented and physical education college we have to maintain the following fields and courts . Football fields -2, Fitness Centre-2, Hockey fields- 3, Cricket-2, Volleyball courts-3, Basketball-2, Badminton-7, Ball Badminton-2, Boxing Ring-1, Kho-kho-2, Kabbadi courts-2, Tennis Court -16, Handball courts-1, Track Field-2, Indoor Gym-1 Astro-turf hockey field-1, Table Tennis-14, Baseball-1, Softball diamond-1, Archery-50 mt. range Shooting Range-10 mts, Boot Camp-1, Swimming Pool, Mini Pool, Wadding Pool-25 mts, 10 mts 4 mts, Cricket Net Practice-16, Beach Volleyball-1, carrying out small repairs, electrical repairs, furniture repairs, painting, white washing etc. Indoor and Outdoor games Play Fields, Courts, Playground, Gym, Equipment and Yoga Meditation Centre are maintained by the staff In-charge, 3 Supervisors, 16 Markers and 4 Sweepers of the college. Maintenance of Academic Facilities : is carried out through two modes: Annual Maintenance Contract system (AMC) Maintenance and repairs through Service Centres Outside Agencies. The college AMC maintains annual contract. i) with Jayaseeni Software to maintain software in the Controller of Examinations office ii) with C-Soft Solutions to maintain software in the Accounts office iii) with Suresh Electricals to maintain Air Conditioner facilities in Campus

iv) with NexBase System to maintain the Computers, UPS Printers. v) with xxxx Services for House keeping LABORATORIES : Damaged equipment in the laboratories is replaced with new ones. For costly, big apparatuses, the repairs are carried out by technicians from outside agencies and service centres. Hence, the college does not maintain Annual Maintenance Contract. The college has a Technical Assistant to ensure proper upkeep of the support facilities. The damaged Sports materials are immediately replaced with new ones. There are electricians, masons, plumbers, carpenters deputed by management who ensure the maintenance of Administrative Blocks, Classrooms, Hostels and related infrastructure. Being residential college, there are separate workers for cleaning and maintaining the hostel zones and hostel mess.

<http://ymcacollege.ac.in>

CRITERION V – STUDENT SUPPORT AND PROGRESSION

5.1 – Student Support

5.1.1 – Scholarships and Financial Support

	Name/Title of the scheme	Number of students	Amount in Rupees
Financial Support from institution	University Blues, All India Inter University and National Competition position	314	1940070
Financial Support from Other Sources			
a) National	Nil	0	0
b) International	Nil	0	0

[View File](#)

5.1.2 – Number of capability enhancement and development schemes such as Soft skill development, Remedial coaching, Language lab, Bridge courses, Yoga, Meditation, Personal Counselling and Mentoring etc.,

Name of the capability enhancement scheme	Date of implementation	Number of students enrolled	Agencies involved
Bridge Course in English	18/08/2018	58	YMCA College
NET/ SET/Competition preparation	15/10/2018	26	YMCA College
Job Interview Etiquette Training	16/01/2019	23	YMCA College
a) P.G Diploma in Yoga b) P.G. Diploma in Gym / Fitness Trainer c) Diploma in Yoga d) Diploma in Gym and Fitness Training e) M.Sc., Yoga (Lateral Entry)	14/03/2019	9	Distance Education Programme under Tamil Nadu Physical Education and Sports University for the academic year

[View File](#)

5.1.3 – Students benefited by guidance for competitive examinations and career counselling offered by the institution during the year

Year	Name of the scheme	Number of benefited students for competitive examination	Number of benefited students by career counseling activities	Number of students who have passed in the comp. exam	Number of students placed
2018	NET/ SET/ Competition preparation	66	66	6	57

[View File](#)

5.1.4 – Institutional mechanism for transparency, timely redressal of student grievances, Prevention of sexual harassment and ragging cases during the year

Total grievances received	Number of grievances redressed	Avg. number of days for grievance redressal
0	0	0

5.2 – Student Progression

5.2.1 – Details of campus placement during the year

On campus			Off campus		
Name of organizations visited	Number of students participated	Number of students placed	Name of organizations visited	Number of students participated	Number of students placed
10	56	47	9	17	24

[View File](#)

5.2.2 – Student progression to higher education in percentage during the year

Year	Number of students enrolling into higher education	Programme graduated from	Department graduated from	Name of institution joined	Name of programme admitted to
2018	47	B.P.Ed	Physical Education	YMCA COLLEGE OF PHYSICAL EDUCATION	M.P.Ed
2019	15	M.P.Ed	Physical Education	YMCA College of Physical Education	M.Phil.
2018	40	B.P.Ed	Physical Education	T.N.P.S.U	M.P.Ed

[View File](#)

5.2.3 – Students qualifying in state/ national/ international level examinations during the year (eg:NET/SET/SLET/GATE/GMAT/CAT/GRE/TOFEL/Civil Services/State Government Services)

Items	Number of students selected/ qualifying
NET	6

[View File](#)

5.2.4 – Sports and cultural activities / competitions organised at the institution level during the year

Activity	Level	Number of Participants
TNPESU Intercollegiate Tournament in Archery, Boxing	Intercollegiate	144
View File		

5.3 – Student Participation and Activities

5.3.1 – Number of awards/medals for outstanding performance in sports/cultural activities at national/international level (award for a team event should be counted as one)

Year	Name of the award/medal	National/ Internaional	Number of awards for Sports	Number of awards for Cultural	Student ID number	Name of the student
2019	All India Inter-university	National	2	Nil	201801139	Kaushil Vishwadeep
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5.3.2 – Activity of Student Council & representation of students on academic & administrative bodies/committees of the institution (maximum 500 words)

STUDENTS' COUNCIL Social, Religious, Cultural, Recreational, Project Literacy activities of the students will be looked after by the students' council. The committee will consist of a Secretary, a Joint Secretary and members for Social, Religious, Recreational, Cultural, Project activities. The class representatives are nominated by the students on class basis and selected by the staff. The students' council will be assisted and guided by the warden and deputy wardens The constitution regulations and the functioning of the students' council will be explained by the Principal and the staff advisor deputy Sub wardens. In the beginning of the academic year the dy. Wardens and sub-wardens are nominated by the college authorities. Based on which there will be nomination of class representatives based on their willingness to act as a leader. Many students who wish to stand for the post introduces themselves in the general assembly in front of all the students and staff. Based on their capacities the faculty members meet for a meeting under the principal together along with the class registrar. The representatives are nominated and they are allocated the sub - department as Social, Religious, Cultural, Recreational, Project Literacy activities Based on their area the students will be functioning under the Students' Association. The committee will consist of a Secretary, a Joint Secretary and members for Social, Religious, Recreational, Cultural, Project activities. The association will be assisted and guided by the class registrar when required, the warden, deputy wardens Men and Women and the sub-wardens. The constitution regulations and the functioning of the students association will be explained by the Principal and the staff advisor deputy Sub wardens. It starts functioning after the Investiture ceremony. They conduct various competitions throughout the academic year and in the end of the academic year valedictory of Student's Association is done in a mega manner and prizes are distributed for the competitions held the various heads.

5.4 – Alumni Engagement

5.4.1 – Whether the institution has registered Alumni Association?

No

5.4.2 – No. of registered Alumni:

0

5.4.3 – Alumni contribution during the year (in Rupees) :

0

5.4.4 – Meetings/activities organized by Alumni Association :

00

CRITERION VI – GOVERNANCE, LEADERSHIP AND MANAGEMENT

6.1 – Institutional Vision and Leadership

6.1.1 – Mention two practices of decentralization and participative management during the last year (maximum 500 words)

Management played vital in the following ways: Gives equal role to participate in management committee, college governing body comm. To cater to the needs of the institution. The management pays the property tax, sewage tax and water tax, electricity bills etc. The Management keeps the generator ready in hand during electricity shut downs. The markers delegates the operations through various levels such as estate, government, students, controller of examinations, and maintenance of play fields and purchasing of equipment and disseminates power, functions and responsibility related to the academics. Gives equal role to participate in management committee, college governing body comm. To cater to the needs of the institution. The management transfers the control of the college actives to the local authorities and to the senior teachers rather than the nation council of YMCAs authority in all the planning and decision making.

6.1.2 – Does the institution have a Management Information System (MIS)?

No

6.2 – Strategy Development and Deployment

6.2.1 – Quality improvement strategies adopted by the institution for each of the following (with in 100 words each):

Strategy Type	Details
Curriculum Development	Ever year curriculum is modified and enriched based on the societal demand by the faculty members. All the members of the staff are invited and requested to bring the changes in the curriculum and freedom is given also to the students who also contribute and share their thoughts and contribute in the curriculum development
Teaching and Learning	Time table is prepared both for practical and theory by one of the faculty members for the practical and one of the faculty members for theory based on the UGC guide line for the allocation of work load. Being practical oriented college more work load is allotted for practical classes. Apart from this we invite coaches to handle specific activities like swimming, Taichi, Gymnastics, Kung-fu,

	and boxing.
Examination and Evaluation	<p>The controller of examination is one of the faculty members who put up the CA Test dates and all the circulars are updated in the college website. The COE also presents the reforms to be implemented and further approval in the Board of Studies, the panelist of examiners, the odd and the even semester results and it's taken for action to the Academic Council Meeting and is been further approved in the Governing Body Meeting</p>
Admission of Students	<p>Applications are issued through offline mode and online mode i.e in the college website. We are conducting written and practical exams in the in the selection trials. Admission is transparent and based the guidelines framed by NCTE, Government of Tamil Nadu and Tamil Nadu and Physical Education and Sports University. Results are put-up on the notice board.</p>
Industry Interaction / Collaboration	<p>College gives permission to students to officiate in the tournaments in local schools, colleges and for any company who organizes tournament for their institute and the companies on demand through the principal. Field visit and educational tour are provided to the outgoing students. Village Placement Program (VPP) is part of the curriculum. We also have Rotary club which functions under two faculty members and a set of student participate and contribute to the society Adoption of village and conduct of project meet is exclusively done by all the course students and they are tuned under officiating examination.</p>
Human Resource Management	<p>Being the physical education college the institution recognizes and inspires the faculty members to publish the papers in college Bi-annual National - Journal of Physical Education and Exercise Science with ISBN., encourages faculty and research scholars to publish with free of cost. College also insist to publish papers in national, international journals. The institution provides special CL to faculty to attend the seminars, workshops, conferences The faculty members are also give On Duty for attending the Refresher Course and Orientation courses in any part of India. They have</p>

written many reference books for the Tamilnadu Physical Education and Sports University and to publish books.

Admission of Students

Admission is as per Government. of Tamilnadu, NCTE and Tamilnadu Physical Education and Sports University. The applications filled, and call letter is given through return card and transparency is there in admission.

6.2.2 – Implementation of e-governance in areas of operations:

E-governance area	Details
Examination	<p>The controller of examination is one of the faculty members who runs the department with separate staff exclusively. The Jayaseeni Software is used to maintain the Controller of Examinations office. Examination department is well equipped with ICT tools necessary for examination purpose. As per the requirement of Examination department all the necessary equipments are provided by the college such as it prints the semester mark sheet and issued to student timely and in the end semester the consolidated mark-sheets are issued first to the outgoing students. The results are announced within twenty days of completion of examination and uploaded in the college website.</p>
Finance and Accounts	<p>The college uses C-Soft Solutions to maintain software in the Accounts office for clear operation of Finance and Accounts department of the College. The college management does regular finance audit and nation council also conducts annual audit and the report is transparent and is been presented in the Board of management meeting and finance committee meeting. This helps to increase the efficiency of staff towards the accuracy in financial transaction. The administrative office keeps all financial records separately as per the events and transactions made for. The administrative office maintains the Books of Accounts properly which helps in auditing procedure.</p>
Administration	<p>The college has an administrative wing with separate rooms for governing the academic and estate matters. The government wing functions with the Egovernances for filling government scholarship application through online</p>

and salary of government staff is done through and paying of fees through online and through cash collection from the office. The mentors send the communication to students and parents who create Whatsapp group. The use of smart phone with inbuilt social app like G mail and whatsapp they share the information to the students and get in touch with the parents too. The College Campus is equipped with CCTV cameras at every place, The CCTV is fixed in the women's hostel and Men's hostel and the warden and deputy warden monitor it through app in their smart phones.

Student Admission and Support

Applications are issued through offline mode and online mode i.e in the college website. We are conducting written and practical exams in the in the selection trials. Admission is transparent and based the guidelines framed by NCTE, Government of Tamil Nadu and Tamil Nadu and Physical Education and Sports University. Results are put-up on the notice board.

6.3 – Faculty Empowerment Strategies

6.3.1 – Teachers provided with financial support to attend conferences / workshops and towards membership fee of professional bodies during the year

Year	Name of Teacher	Name of conference/ workshop attended for which financial support provided	Name of the professional body for which membership fee is provided	Amount of support
2018	Dr. George Abraham	art" International National conference on Sports Medicine, Yoga, Fitness Therapy amp Rehabilitation (SYFTR),	Sri Balaji Medical College amp Hospital, Chrompet, Chennai,	3000
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6.3.2 – Number of professional development / administrative training programmes organized by the Colleges for teaching and non teaching staff during the year

Year	Title of the professional development programme organised for teaching staff	Title of the administrative training programme organised for non-teaching staff	From date	To Date	Number of participants (Teaching staff)	Number of participants (non-teaching staff)
Nil	00	00	Nil	Nil	0	0

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6.3.3 – No. of teachers attending professional development programmes, viz., Orientation Programme, Refresher Course, Short Term Course, Faculty Development Programmes during the year

Title of the professional development programme	Number of teachers who attended	From Date	To date	Duration
Refresher course	2	29/05/2018	18/06/2018	21
Refresher course	2	23/11/2018	13/12/2018	21
Refresher course	1	01/07/2018	21/08/2018	21

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6.3.4 – Faculty and Staff recruitment (no. for permanent recruitment):

Teaching		Non-teaching	
Permanent	Full Time	Permanent	Full Time
12	25	12	48

6.3.5 – Welfare schemes for

Teaching	Non-teaching	Students
<p>Staff quarters are provided with very reasonable rent for management staff and for government with HRA provided by government of Tamilnadu. Christmas gifts are given. Uniform like T-shirt, one track pant and a jogging shoe is gifted to all the teachers staff members. They are taken to Yellagiri along with students for 5 days leadership training camp. Teacher come with their children to one day picnic organized for the students. free Health and Physical Education Resource Centre.</p>	<p>Uniform is provided to all the office Assistants and ground markers by calling the tailor and by taking measurements. The office staff members are provided with light blue shirts and navy-blue pants and ground markers, and scavengers are provided with kaki shade dress. The non-teaching staff members can avail interest-free loan with easy installments. They were taken to Yelagiri hill station for three days with management expenses. Christmas dinner and gifts are given to the family members. free Health and Physical Education Resource Centre</p>	<p>free Health and Physical Education Resource Centre Earn and learn scheme is applicable. Students are provided with scholarship by government which is assisted and supported by office staff and they upload the applications through online and scholarships and credited directly to their account by government of Tamilnadu. Students are provided number of chances to learning officiating and gain experience. Students are provided with best uniform with three white T-shirts, 2 maroon track pants, one white track pant, Jogging shoes and blazer with individual measurement. Record note books, free library, gymnasium with weights for power building, Swimming pool any time accesses during working</p>

6.4 – Financial Management and Resource Mobilization

6.4.1 – Institution conducts internal and external financial audits regularly (with in 100 words each)

External Audit: Government of Tamilnadu: The Joint Director of Chennai Region makes annual audit with Three members comprising of One Superintendent and Two Assistant They verify related 1. Student fees collection and expenditure. 2. Attendance of Teaching and Non-teaching aided staff. 3. They verify the scholarship provided to student for B.C., M.B.C., SC, ST. 4. They check the service Registers of all the aided staff 5. All ledger books. 6. Applications received and amount collected. 7. Fees and receipt of the students. 8. College prospectus etc. Based on the same they send the audit reports to the college management for action. **MANAGEMENT AUDITING :** 1.The college uses C-Soft Solutions to maintain software in the Accounts office for clear operation of Finance and Accounts department of the College. 2. The college management does regular finance audit and nation council also conducts annual audit and the report is transparent and is been presented in the Board of management meeting and finance committee meeting. This helps to increase the efficiency of staff towards the accuracy in financial transaction.

6.4.2 – Funds / Grants received from management, non-government bodies, individuals, philanthropies during the year(not covered in Criterion III)

Name of the non government funding agencies /individuals	Funds/ Grnats received in Rs.	Purpose
YMCAs of India	1300000	Conducts Founders Day in the name of Buck Sports Festival Purchases Sports equipment University Blues and National and All India positioned and participants Provides Christmas Gifts and Dinner for 100 staff members ,their family and to 450 students worth
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6.4.3 – Total corpus fund generated

807801.70

6.5 – Internal Quality Assurance System

6.5.1 – Whether Academic and Administrative Audit (AAA) has been done?

Audit Type	External		Internal	
	Yes/No	Agency	Yes/No	Authority
Academic	Yes	College selects nominee and along with the IQAC Coordinator and Principal as Chairman	Yes	YMCA College committee
Administrative	Yes	Government of Tamilnadu,	No	YMCAs of India

6.5.2 – Activities and support from the Parent – Teacher Association (at least three)

1. In the beginning of the academic year Orientation program is organised for parents along with wards they are oriented with the rules and regulations of the hostel and the college. They also understand the structure and the routine activities of the college 2. The mentors, the Wardens and the class registrars coordinate with the parents of college students studying and staying in their respective hostels and preparing themselves according to the needs of the students. 3. Parents join during the Annual days, Christmas , Talent nights and any such cultural and festival and to encourage their wards. 4. They also fill the feedback form.

6.5.3 – Development programmes for support staff (at least three)

1. Encouraging them to acquire computer skills 2. Administrative Training 3. Markers are updated with the latest rules and regulation in marking the grounds and courts.

6.5.4 – Post Accreditation initiative(s) (mention at least three)

1. Starting BMS course by converting into two years course as like B.P.Ed 2. Enhancement in the infrastructure for class rooms. 3. Progression in internet facilities in campus. 4.To encourage students and teachers to present research papers in reputed journals

6.5.5 – Internal Quality Assurance System Details

a) Submission of Data for AISHE portal	Yes
b)Participation in NIRF	No
c)ISO certification	No
d)NBA or any other quality audit	No

6.5.6 – Number of Quality Initiatives undertaken during the year

Year	Name of quality initiative by IQAC	Date of conducting IQAC	Duration From	Duration To	Number of participants
2018	TNPESU Intercollegiate Tournament in Handball - Women Football Men Basketball-women Track Field Men Women	12/07/2018	08/10/2018	12/10/2018	220
2019	TNPESU Intercollegiate Tournament in Archery, Boxing	12/07/2018	20/09/2018	23/09/2018	140
2018	Annual Leadership Camp	14/12/2018	08/01/2019	12/01/2019	144

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CRITERION VII – INSTITUTIONAL VALUES AND BEST PRACTICES

7.1 – Institutional Values and Social Responsibilities

7.1.1 – Gender Equity (Number of gender equity promotion programmes organized by the institution during the year)

Title of the programme	Period from	Period To	Number of Participants	
			Female	Male
NIL	Nill	Nill	0	0

7.1.2 – Environmental Consciousness and Sustainability/Alternate Energy initiatives such as:

Percentage of power requirement of the University met by the renewable energy sources

1. Street light are LED Lamps and solar panels 2. Eco friendly sound proof generator 3. Planting and protecting trees 4. Tobacco free environment

7.1.3 – Differently abled (Divyangjan) friendliness

Item facilities	Yes/No	Number of beneficiaries
Ramp/Rails	Yes	2
Scribes for examination	Yes	1
Special skill development for differently abled students	Yes	21
Physical facilities	Yes	50
Any other similar facility	Yes	50

7.1.4 – Inclusion and Situatedness

Year	Number of initiatives to address locational advantages and disadvantages	Number of initiatives taken to engage with and contribute to local community	Date	Duration	Name of initiative	Issues addressed	Number of participating students and staff
2018	1	1	04/06/2018	180	Special School	Improving Physical, Mental and Emotional well being of children with Autism	24
2018	1	1	04/06/2018	90	Physical Training for Special	Physical Fitness and Training	10

					Children	to improve over all abilities	
2018	1	1	15/10/2018	3	White cane day celebration with Physically Impaired Population	Distribution of Cane to the physically impaired people	50
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7.1.5 – Human Values and Professional Ethics

Title	Date of publication	Follow up(max 100 words)
Nil	Nil	Nil

7.1.6 – Activities conducted for promotion of universal Values and Ethics

Activity	Duration From	Duration To	Number of participants
Independence Day Celebration	15/08/2018	15/08/2019	444
Teachers day	05/09/2018	05/09/2018	460
National Sports Day	29/08/2018	29/08/2018	460
Republic Day	26/01/2019	26/01/2019	356
Inter school aerobics	28/02/2019	28/02/2019	600
Calisthenics competition	28/02/2019	28/02/2019	600
Inter National Womans Day	08/03/2019	08/03/2019	77
Voter's Day Pledge	25/01/2019	25/01/2019	505
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7.1.7 – Initiatives taken by the institution to make the campus eco-friendly (at least five)

1. LED street lights with solar panels
2. Eco friendly sound proof generator
3. Planting and protecting trees
4. Tobacco and Smoke free environment
5. Bio waste management in the hostel and campus
6. Initiative to spot burning plastic and wastages

7.2 – Best Practices

7.2.1 – Describe at least two institutional best practices

YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM, CHENNAI-35 TWO INSTITUTIONAL BEST PRACTICES 2018-19 TWO INSTITUTIONAL BEST PRACTICES Best Practice-I 1. Title of the Practice: 'EARN WHILE YOU LEARN' SCHEME 2. Goal: The student trainees

pursuing M.P.Ed., B.P.Ed., B.P.E.S and D.P.Ed courses in the age group of 18 - 25 years will be permitted under this scheme. This scheme would provide opportunity to student- trainees to earn some extra money so that they can pay their loan and earn extra money during college days. 3. The Context: Being physical education courses a large numbers of students come from the economically weaker section and middle class family whose income is low. The students gain experience in officiating and practical training while learning.

4. The Practice: Being practical oriented college the students on weekends.

(Saturdays and Sundays) the Multi-National Companies invite officials and volunteers for organizing their sports day. In this regard the students inform their warden, deputy- warden and leave the college hostel and their coming and going is being watched carefully. 5. Evidence of Success: Gaining experience as coach, official and volunteer • Enable the students to discover their subject favorites and progress themselves into a career. • Disclosure the students to the field experience before actual occupation. • Give students hands on practice and self-confidence thereby makes them improved for taking up jobs in future. • Support the students' values of hard work and self-respect. • Provide opportunities to students to earn while learning to meet their expenses. • Encourage speaking in English. 6. Problems encountered and Resources required:

• The college authority and the teachers have to face great problems in identifying the students who need funds to meet their demands. • This is a challenging task and still great effort is necessary to give more support to the poor • Only meritorious students grab the opportunities. • At times only the qualified officials are only on demand and rest are deprived. • Women students are not permitted to go out without prior permission from their parents. 7. Note: After passing the different courses in physical education and sports sciences and hailing from a poor family the schools are able to absorb our college students and one of the most demanded and largely employed students are from YMCA College. Being in the heart of the city the students can travel and reach any part of Chennai and are back timely to their hostels and resume their daily routine. YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM, CHENNAI-35

TWO INSTITUTIONAL BEST PRACTICES 2018-19 TWO INSTITUTIONAL BEST PRACTICES BEST

PRACTICE-II 1. Title of the Practice: THE COURSES WITH SPECIAL EMPHASIS ON FITNESS, RECREATION AND COMPETITIVE SPORTS 2. Goal: Plenty of diversified

courses are introduced which are job oriented and with career options. 3. The Context: Recognizing Physical Education as a unifying activity of teacher education. Building a community with full potentials of leadership qualities with a strong base in physical education. Developing human resources to undertake extramural studies, extrusion programs in physical education and field out these activities to serve the nation. 4. The Practice: FITNESS ORIENTED PROGRAMS They are like Add-on courses on Fitness Management, Gym. Instructor courses and distance education courses of TNPESU in Fitness and wellness are offered at various levels and Adventure sports are taught and practiced as recreation during the course of education. RECREATION • Recreation and Camping are part of the curriculum to the bachelor's degree. • Recreational activities, through the Students' Association is a regular feature during the celebrations of the college (Onam, Deepawali, Pongal, Christmas, National day, Teachers day, one day Picnics, Educational Tours VPP, and Leadership Training Camp. • Retreat forms part of recreational activity to the teaching and non-teaching staff, Markers and students. Recreation centers at the hostels provide a variety of programs suited to the various levels of education. COMPETITIVE SPORTS • Interclass, Intramural and Intercollegiate competitions are very much encouraged among the students and players. Athletes who get selected for the State and National competitions prepare themselves for high level competitions by attending the coaching camps. • Training methods is a part of curriculum which gives a detailed plan of preparing teacher trainers. • Competitive sports among teachers students also are held during the inter-group competitions which paved the way for better understanding and interaction among teachers and

students. • The students are always taught to have the lib-rhythm which makes them have peak performance. 5. Evidence of Success: To build this academic institution of dynamic equilibrium with its social ecological and economic environment, striving continuously for excellence in physical education, research and technology. 6. Problems encountered and Resources required: This practice required a lot of time and it requires great patience to work in a team and in the end the students get tired and take extra leave.

Upload details of two best practices successfully implemented by the institution as per NAAC format in your institution website, provide the link

<http://www.ymcacollege.ac.in/best-practices.aspx>

7.3 – Institutional Distinctiveness

7.3.1 – Provide the details of the performance of the institution in one area distinctive to its vision, priority and thrust in not more than 500 words

Vision is to prepare physical education leaders of high academic caliber, with a holistic development of body, mind and spirit nurtured with a strong commitment to serve humanity reflecting Christian values. Mission is to strive for excellence in physical education and allied sciences through dynamic programmes and activities to empower youth with increased responsibility of serving the community. To pursue a global standard of excellence in teaching, learning, research and consultancy by self-evaluation and continuous improvement. To provide "knowledge - based service" to the sports industry and to satisfy the needs of the Nation. Training for Competitive Exams To prepare physical education leaders of high academic caliber, with a holistic development of body, mind and spirit nurtured with a strong commitment to serve humanity reflecting Christian values. With the motto of the institution "the Abundant Life" distinctively shows that the institution is one of its kind that deals not only with a professional domain but also provides training to serve the Nation through Physical Education and sport. Apart from transacting those envisaged in the curriculum, the college trains its students to clear the teacher eligibility tests at all levels. Teacher eligibility tests are mandatory for getting jobs at various levels of school and college education. The YMCA College of Physical Education provides training to students to clear competitive tests like SET, NET, etc. The Teacher Eligibility Test is conducted by the Government of Tamilnadu to assess the eligibility of teacher candidates for lower primary, upper primary and high school classes in the Government of Tamilnadu is conducted to select eligible candidates for Higher Secondary . There is the National Eligibility Test (NET) for teacher aspirants at M.P.Ed, M.Phil and PhD students to seek jobs at the universities, Colleges and poly-technique institutions. To meet the demands the college has given compulsory SET/NET as a Core subject where every student undergoing M.P.Ed undergoes this paper and trains himself for facing the competitive examinations. Apart from that SET/NET is allotted for preparations to these competitive exams. Students make effective use of this time. 10 percent of the students of the institution clear these exams each year. Teachers provide guidance to students in preparing and presenting the answers and improving their answering skills. Books of competitive exams are also made available to the students in the college library. Otherwise the students purchase such books which can enrich their knowledge.

Provide the weblink of the institution

<http://www.ymcacollege.ac.in/best-practices.aspx>

8.Future Plans of Actions for Next Academic Year

The YMCA College of physical education is a pioneer college established in 1920, first in the whole of South- East Asia. The following plan was made: Plan to

organize a series of National Seminar Workshop and FDP To uphold the wide. 1. Bridge course in English for two weeks during the beginning of academic year (B.P.E D.P.Ed) 2. Encourages to speak in English during the theory hours. 3. Computer Classes (all classes -Self Learning). 4. To further strengthen the ICT. 5. Plan to support the staff development facility and organize regular training programs. 6. Infrastructural expansion. 7. To arrange special programs for teaching/non-teaching staff. 8. Opening of college of Yoga. 9. Enhancing academic excellence. 10. Development of skills of the students by including core values among further by imparting value-based education. 11. Enhancement of infrastructural facilities. 12. Tree plantation 13. Organization of play day 14. NSS program