



The National Council of YMCAs of India
Y.M.C.A. College of Physical Education



A Project of the National Council of YMCAs of India
(Autonomous College Affiliated to Tamil Nadu Physical Education & Sports University)
Registered under UGC Act

**ANNUAL REPORT ON THE ACTIVITIES OF COLLEGE
DURING THE ACADEMIC YEAR 2021-2022**

ADMISSIONS - 2021-2022:

Men and women students were admitted to various courses of study as per the guidelines of Government of Tamil Nadu, National Council for Teacher Education (NCTE) and Tamil Nadu Physical Education and Sports University.

STUDENTS STRENGTH 2021-2022:

S. No.	NAME OF THE COURSE	MEN	WOMEN	TOTAL
1.	D.P.Ed I Year	8	6	14
2.	D.P.Ed II Year	5	1	6
3.	B.P.E.S I Year	57	11	68
4.	B.P.E.S II Year	63	12	75
5.	B.P.E.S III Year	58	14	72
6.	B.P.Ed I Year	62	37	99
7.	B.P.Ed II Year	72	24	96
8.	M.P.Ed I Year	38	22	60
9.	M.P.Ed II Year	43	17	60
13.	M.Sc. (FERN) I Year	13	7	20
14.	M.Sc. (FERN) II Year	3	2	5
	TOTAL	422	153	575

The activities of the YMCA College of Physical Education for the period from September to November 2021 are reported and during the period under report, the College was functioning well resuming all routine curriculums in the midst of few days of flooded situation. On 1st September the College was reopened after a long day of leave due to the COVID-19 Pandemic.

Independence Day Celebration:

75th Independence Day was celebrated on 15th August 2021 at the pavilion ground. Principal Dr. George Abraham was the Chief Guest and hoisted the National Flag and gave a special address. Mr. Rajjiv George, Administrator cum Estate Manager and Mrs. Pon Rani, Headmistress, YMCA College Sports School felicitated address followed by Special Address by Teaching and non-teaching staff of YMCA College and YMCA College Sports School participated in the events organized. Around 100 academy students with their parents also participated enthusiastically and reflected their patriotism by saluting the national flag.

Sweets were distributed after the programme and earlier the program started with the prayer song by the students.

National Sports Day Celebration:

9th National Sports day was celebrated on 29th August 2021 at the Gymnasium Hall, YMCA College of Physical Education. Correspondent and Secretary Mr. J. Benjamin Franklin was the Chief Guest and spoke about the significance of National Sports Day and its significance with the great contribution of Major Dhyana Chand to the Nation. Dr. George Abraham, Principal gave the special address on how the involvement in sports changes the personality of an individual and society. Mr. Rajjiv George, Administrator cum Estate Manager, Mr. J. Moses, Executive secretary and Mr. S. Jegan, Project Secretary felicitated. Teaching and non-teaching staff of YMCA College and YMCA College, Sports Academy Coaches and Students participated in the sports events organised. Around 100 academy students and their parents participated. Minor Games were conducted and the students enthusiastically participated. Prizes were given to all the participants. Sweets were distributed at the end of the programme. The programme started with the prayer song and ended with the National Anthem.

Teachers' Day Celebration:

On 5th September Teachers day was celebrated at the college indoor sports Hall. Correspondent Secretary Mr. Benjamin Franklin, Principal Prof. Dr. George Abraham, Administrator & Restate Manager Mr. Rajjiv George, Executive Secretary Mr. J. Moses all the Faculty members with Students participated in the celebration. Games were conducted for all the staff members by the students at the end of the program.

World Physiotherapy Day:

On 8th September YMCA College celebrated World Physiotherapy Day with students. The importance of Physiotherapy in Physical Education and the role of the Department of Physiotherapy were oriented by the Principal Dr. George Abraham. In appreciation of the service of the College Physiotherapist, Dr. Muhil was honoured with the shawl by the Correspondent Mr. Benjamin Franklin.

Book Exhibition:

On 30th September 2021, YMCA College organized Book Exhibition in the campus inviting publishers M/s Tamilnadu Book House, Chennai, T.R. Publications, Chennai, Navin Book Suppliers, Coimbatore and Sports Publications, New Delhi. All the faculty members reviewed the books exhibited and selected a list of text books which are very useful for their academic purpose.

200th birthday celebration of Sir George Williams:

As per the guidance of NCYL, on October 11th YMCA College celebrated Sir George Williams' 200th birthday in a special way. In commemoration of the celebration, we planted 200 fruit saplings in the YCPE Camps in the presence of Dr. Vincent George, Regional chairman YMCA SIR & President YMCA Madras who was the guest of the occasion. The

college officials -Administrator & Estate Manager Mr. Rajjiv George, Principal Dr. George Abraham, and Executive Secretary Mr. J. Moses were present at the occasion along with faculty members.

Inauguration of Tennis Academy, Triangle Park, dedication of renovated Tomb of the Founder of the College Harry Crowe Buck Tomb and inauguration of Synthetic Badminton Court

Inauguration of the Twelve Tennis Courts at the College campus after being reconditioned as per the standard procedures was held on 20th October 2021. President NCYI Hon'ble Justice Jacob Benjamin Koshy (Retd), inaugurated the Courts by cutting ribbon and unveiling the plaque and addressed the gathering tracing out the efforts taken to resume back the holdings of the properties by the leaders. National General Secretary NCYI, Mr. Bertram Devadas felicitated and Executive Secretary YCPE Mr. J. Moses offered the opening prayer.

Triangle Park with the huge YMCA emblem construction at the entrance of the College was inaugurated jointly by General secretary YMCA Madras & President AOS Mr. Asir Pandian, Chairman - SIR of YMCAs & President YMCA Madras Dr. Vincent George, President NCYI Hon'ble Justice Jacob Benjamin Koshy (Retd), and National General Secretary NCYI Mr. Bertram Devadas. Earlier Mr. Eldo George Pallikkara dedicated the block with the prayer.

Dedication of renovated Harry Crowe Buck Tomb was dedicated and opened by the Chairman - SIR of YMCAs & President YMCA Madras Dr. Vincent George and a prayer of dedication was offered by Dr. Johnson Premkumar.

Inauguration of Synthetic Badminton Court: A newly formed Synthetic Badminton Court was inaugurated by National General Secretary NCYI Mr. Bertram Devadas.

The dignitaries graced the occasion were - Chairman SIR of YMCAs Dr. Vincent George, National General secretary NCYI, Mr. Bertram Devadas, Treasurer YCPE Mr. V.K. Varghese, General secretary YMCA Madras & President AOS Mr. Asir Pandian, Administrator YCPE Mr. Rajjiv George, Principal YCPE Dr. George Abraham, Mr. A. Manohar Sam, Regional Secretary SIR, and National Executive members Mr. Eldo George Pallikkara, Mr. Thomas Chacko, Mr. Benny Joseph, Mr. P.T. Vinu, Mr. K.M. Thomas, Mr. Jose Nettikkadan and one Bombay Executive, two Delhi executive participated in the inaugural function. All these programmes were organized by the officials – the Correspondent & Secretary Mr. Benjamin Franklin, Administrator & Estate Manager Mr. Rajjiv George, Principal Dr. George Abraham and the Executive Secretary Mr. Moses with the active participation of the faculty members and non-teaching staff.

Exposure Training program for the Secretary- Trainees: The orientation programme in physical education for YMCA Secretary – Trainees of YMCA Training & Leadership Dept. of NCYI under the leadership and the guidance of the Director Mr. Rajiv Kunwar John was

held from 25th to 31st October 2021 at the college campus. The practical sessions were conducted from morning 6 am to 8 am and evening 4 pm to 6 pm and the theory classes from 10 am to 11 am (1st session), and 11:15 am to 12:15 pm (2nd session) every day by Assistant Professors of YMCA College Physical Education. The areas of subjects taught were - Physical Education, Recreation, Fitness and Rules of Games & Sports, Contribution of YMCA towards the development of Physical Education in India and Health Education & Nutrition. The practical sessions were conducted for Aerobics, Volleyball, Basketball and Football, Yoga, Kabaddi, Cricket, Kho-Kho, Shuttle Badminton, Throw Ball and Handball, Recreational activities and Silambam. All trainee Secretaries along with Director participated enthusiastically in all sports and games and maintained excellent punctuality for all the activities. Sightseeing and the visit to YMCA Madras was done on the final day. The certificates and mementos were given to all the YMCA Trainee Secretaries.

Dr. K. Karthikeyan, Assistant Professor YCPE was the programme co-coordinator and organized the exposure program meticulously with the guidance of Principal Dr. George Abraham. Mr. Jegan, Project secretary, YCPE coordinated the arrangements for food and accommodation.

Intramural inauguration and investiture ceremony: College Intramural inauguration and Investiture Ceremony was held on 27th October 2021 at Pavilion ground at 4. 30 pm in the presence of College Principal Dr. George Abraham, Administrator Mr. Rajjiv George, Executive Secretary Mr. Moses, Mr. Rajiv Kunwar John, YMCA Training Director and Teaching staff members. Intramural competitions are the competitions conducted among the students of YMCA College. The benefits of intramural competition are extended to almost all the students of the institution in order to achieve the aim of education All Round Development of a student.

The students have been divided into 12 houses (8 house for men and 4 house for women) for the purpose of competition. The 12 houses are namely Bakthi, Spoorthi, Keerthi, Jothi, Moorthi, Preethi, Sakthi, Santhi for men and Shalini, Sarojini, Ranjini and Padmini for women. The house must be of homogeneous in nature. The following students were selected for the positions were - Men's group Secretary Mr. Sathish from M.P.Ed. II, Joint Secretary Mr. S. Daisan from M.P.Ed. II year and Women's group Secretary S. Priyadharshini from M.P.Ed. II year, Joint Secretary G. Mohana from M.P.Ed. II year. Then the House Captain and Vice-Captain were selected equally according to their achievements in all the 12 houses. Then the students were divided equally under different houses with the help of teachers, secretaries and captains. Each house consists of 56 for men 36 for women.

Then the Guests of honor, YMCA College officials honoured intramural Secretaries, Joint Secretaries, Captions & vice Captions by providing their batches. Handball match for women and volleyball match for men were conducted followed by the function.

All Souls Day – Thanks Giving Service: All Souls Day service was held on 2nd November 2021 at 7am near the tomb of Founder Principal of the College H.C. Buck in the presence of College officials, Teaching staffs and students.

Inauguration of Uni-Y: We have planned to initiate Uni-Y forum in our college and conducted an orientation program for the students on the scope and benefit of the forum - on Monday 22nd November 2021 4 p.m. at Gymnasium Hall. All the officials of the college Administrator Mr. Rajjiv George, Principal Dr. George Abraham, Executive Secretary Mr. Moses encouraged the students to get involved in Uni-Y activities. Mr. Ivan Sunil Daniel, Secretary YMCA Madras participated as guest speaker oriented the students with functional procedures of Uni-Y. Formation of Uni-Y Club at YCPE was held on 24th November 2021 at 3 pm. Dr. Bobby, Asst. Prof. coordinated the programme. The following Uni-Y members were selected among the members as Office-bearers for one year term.

1. Treasurer – Mr. Nijay Joseph - M. P. Ed. I year
2. Vice-President – Administration – Miss Steffy - M. P. Ed. I year.
3. Vice-President – Programmes - Miss Gampala Abhigna Reddy - M. P. Ed. II year
4. Joint- Secretary - Mr. Jeevanantham - B.P.E.S. III year.
5. Secretary - Miss R. Divya Bharath . M. P. Ed. I year.
6. President – Mr. Anoop J. Kalloor - M. P. Ed. II year.,

All the office bearers were installed by Mr. J. Moses, Executive Secretary YCPE with the orientation of their roles and responsibilities. All the office bearers expressed their commitment and assurance of adoption of formal procedures and growing together. Earlier Dr. George Abraham addressed the student gathering on the scope and development of leadership through Uni-Y forum and the meeting ended with the prayer offered by Dr. Glory Darling Margret followed by vote of thanks proposed by Mr. Jegan, Project Secretary YCPE.

Participation of Uni-Y in Regional Young Peace Makers 2021 and National Students Assembly 2022: It was decided to make the Uni-Y team to participate in the Regional Young Peace Makers 2021 program scheduled to be held from 26th to 28th November 2021 at Karaikudi and National Students Assembly proposed to be held in Mysore, from 14th to 16th January 2022 organized by NCYI - Youth Empowerment, Gender, Sports/Physical Recreation, and Media & Communication.

Academies Membership details: Yearly Membership fee Rs.2, 000 + GST (18%) and Half-yearly Membership fee Rs.1, 200 + GST (18%) are collected from the activity members.

Details of the Infrastructure Developmental Works:

1. Roads on the Entrance gate (In & Out) were raised.
2. The ditch in between the Roads on the Entrance gate (In & Out) was raised and Centenary Triangle Park was developed.
3. Triangle Tennis Court was handed over to us and its being developed for the tennis coaching in the name of YMCA Tennis Academy.
4. All academies such as Gymnastics, Basketball, Football, Athletics, Archery, Shooting, Boxing, Cricket, Badminton and Tennis were developed and concern coaching is going on.

5. Quarters which needed minor repairs were done up.
6. Tomb of Mr. Harry Crowe Buck was renovated.
7. Sir George Williams Garden was developed to commemorate 200th birthday of Sir George Williams, Founder of YMCA Movement
8. Boys Hostel was repaired with sufficient facilities were provided.
9. Water facilities to both the Hostels were done up.
10. Road was developed for the conveniences of the staff residents near the Cricket Ground.

Impact of monsoon rain: Due to the heavy down pour of rain, academic activities and functioning of academies have been slowed down compared to normal situation. Water logged in few parts of the campus and was attended to now and then. Aged trees (two) which were expected to fall down near the staff quarters were cut off by giving auction.

Covid-19 Vaccination Camp: Covid-19 Vaccination Camps were conducted on 03.09.2021, 27.09.2021 and 29.09.2021 and 62 students and staff were vaccinated. Medical checkup were conducted for all the first year students.

Plastic awareness programme: On 11-12-2021 at YMCA college campus, we had an inaugural function at 10:15 am in front of Massey hall. Dr. K. Karthikeyan, programme co-ordinator welcomed the gathering. The programme inaugurated by Mr. Benjamin Franklin, correspondent and secretary and addressed the gathering and explained the importance of environment and usage of plastics. Dr. George Abraham, Principal gave a speech on accumulation of plastic in society, Mr. Rajjiv George, Administrator and Estate manager pointed out the values of go green products and refuse of plastic products. Mr. Moses, Executive Secretary revealed the disuse of plastic in house and society. Teaching staff and more than 100 students were participated in the inaugural function. After the inaugural function the plastic awareness programme co-ordinator was divided the students into 10 groups and each group was assigned different location to clean the campus. They collected waste plastic product and disposed at the end.

Intercollegiate Tournaments – Tamil Nadu Physical Education Sports University 2021-2022: The Intercollegiate Tournaments on various games and sports were organized by various affiliated colleges of TNPESU. As a part of these tournaments, the YMCA College of Physical Education was assigned the responsibility to organize Archery (Men & Women), Basketball (Men & Women), Hockey (Men & Women) and Handball (Women). By the effort of all the staff members, in most of the competitions our college secured the positions as mentioned below and many of our college students were selected to represent the Inter University competitions. The inauguration was held on 14th December 2021 and Prof. V. Gopinath, Registrar, TNPESU inaugurated the tournament and Mr. Mohammed Riaz, Olympian, (Arjuna Awardee) participated as a guest of honour.

S.NO	NAME OF GAMES	MEN	WOMEN
1	Archery	Winners	Runners
2	Athletics	Runners	Runners
3	Ball Badminton	-	Winners
4	Badminton	-	Runners

5	Basketball	Winners	Winners
6	Boxing	Winners	Winners
7	Chess	Winners	-
8	Cricket	Runners	Runners
9	Football	Third Position	Third Position
10	Handball	Winners	Winners
11	Hockey	Winners	Third Position
12	Judo	Winners	Winners
13	Kabaddi	-	Third Position
14	Volleyball	-	Runners
15	Table Tennis		Winners
16	Tennis	Winners	Runners



Figure 1 - Hockey Men & Women

Christmas Day Celebration: The college Christmas Day was celebrated on 21st December 2022 evening at the college grounds. YMCA College students Choir, Friends Missionary Prayer Band, Lay Men Evangelical Fellowship, Rupavathy Ministries and Dr. Vedhagnanam presented Christmas carols. Rt. Rev. Dr. Devasahayam, Former CSI Bishop of Chennai Diocese was the special speaker shared the Christmas message with the contextual reflection of national and global realities. The college officials – Correspondent & Secretary Mr. Benjamin Franklin, Principal Dr. George Abraham, Administrator Mr. Rajjiv George and the Executive Secretary Mr. Moses greeted and conveyed their wishes to the gathering. Students and staff members with families participated in the celebration. Special Christmas gifts were presented to all the staff members. The program ended with sumptuous dinner.



Figure 2 - Christmas Celebration

Observance of Voters' Day: Voter day was observed on 25-01-2022 at 11:00 am at the college in front of the Massey hall. All the voters from our college took the oath on voting. Dr. George Abraham, principal of our college briefed the importance of our voting right. The voters repeated the pledge read by the programme co-ordinator Dr. K. Karthikeyan, assistant professor followed by vote of thanks.



Figure 3 - Voter's Day Pledge

73rd Republic day celebration: 73rd Republic day was celebrated on 26th January 2022. Dr. George Abraham, Principal hoisted the National Flag. Mr. J. Moses, Executive secretary gave his special address followed by felicitation address by Mrs. Ponrani, Headmistress, YMCA College Sports School. Dr. George Abraham, Principal gave the Chief Guest address. Teaching and non-teaching staff of YMCA College and YMCA College Sports School participated enthusiastically and reflected their patriotism by saluting the national flag.



Figure 4 - Republic Day Celebration

Observance of Martyrs day: Martyrs day was observed on 29th February 2022, since 30th was Sunday. The martyrs' day was observed in front of the Massey hall at 11 a.m. Dr. George Abraham, principal of the college briefed the importance of Martyrs' day. Two minutes silence was observed by all the staff members of the college in respect and remembrance of the Martyrs. The pledge was taken to promote national unity and against untouchability by all the staff members. Vote of thanks was delivered by the programme coordinator Dr. K. Karthikeyan.



Figure 5 - Martyrs Day Observance

Intensive Teaching Practice: 174 students of B.P. Ed -II (Bachelor of Physical Education), B.P.E.S -III (BACHELOR OF PHYSICAL EDUCATION &SPORTS) and D.P.Ed (Diploma in Physical Education) had their Intensive Teaching Practice from 7th March 2022 to 19th March 2022 had undergone teaching practice in schools around Chennai city to gain Teaching Practice experience in 43 schools. The staff members went as observer and value to supervise and assess the performance of our students at various institutions. Dr.S.Johnson Premkumar, Coordinator of Intensive Teaching Practice.

Financial Awareness Programme: Our College organized a financial awareness program on 7th March, 2022 in Gymnasium hall. Mrs. Guruvara Nagveni, Senior management, India Post Payments bank and Mr. Bhoopathy, Manager, India Post Payments Bank, Chennai has given talk on Account Opening, Savings &Investment, Aadhar – Mobile Update, All kinds of Insurance product(Car, Two-wheelers, health etc.) and All kinds of Post office products and Services.. All the Staff & Students attended the programme.

International Women's Day: Our College celebrated International Women's day on 8th March 2022, Ms. Beulah Azariah, Chief Executive, Emmaus Community welfare fund, Chennai, her given talk on 'GENDER EQUALITY TODAY FOR A SUSTAINABLE TOMORROW'. All the Staff & Students attended the programme. All the officers of YCPE, faculty members and the students participated. The resource person Mrs. Beulah Azariah shared her thoughts on the women development through interactive session where the students actively participated and got clarified their doubts. All the officials of the YCPE facilitated the Women's Day Celebration. Earlier Dr. Jothi Dayanadam welcomed the guests and the gathering and the meeting ended with the vote of thanks proposed by Dr. Komala, Dr. Glory Darling Margret coordinated the programme well.



Figure 6 - Women's Days Celebration

Inter School Aerobics, Calisthenics & Minor Games Competition 2021-2022: After the completion of Intensive Teaching Practice of the students in the local schools, on 18th March 2022 the college organized Inter School Aerobics, Calisthenics and Minor Games competition for the schools where YMCA college students worked with for gaining experience in teaching mass activity for display in important days. This programme was coordinated by Dr. S. Johnson Premkumar. Eight schools participated in the Sports competition. The winners and participants were given Cups and Certificates to all participants.



Figure 7 - Inter School Competitions

YMCA National Youth Assembly: The National Council of YMCAs of India organized YMCA National Youth Assembly at Mysore International youth hostel from 18th to 20th March 2022. The Theme of the Assembly is "Healing a Broken World". UNI-Y members (seven) of the YMCA College of Physical Education participated in the assembly accompanied by Mr. Jegan, Project Secretary.



Figure 8 - National Youth Assembly

CULTURAL ACTIVITIES - Talent Night: Talent Nite was conducted on 25th March 2022 at 6.00p.m. Mr. J. Moses, Executive Secretary was the Guest of the occasion. Students performed variety of programme and exhibited their talents. The programme was organized by Dr. A. Merlin Thanka Daniel (Deputy Warden Men) and Dr. Jemil Priskillal (Deputy Warden Women).



Figure 9 - Cultural Activity

Village Placement Programme – BPES: As per the direction of Tamil Nadu physical Education & Sports University, the B.P.E.S-III students have to undergo the VPP Program as per the prescribed schedule given by TNPESU. Dr. K. Karthikeyan was appointed as a Nodal officer for the Village placement Program. The VPP was started on 24th to 30th March 2022. Around 60 students participated in this VPP programme and 10 local pockets (Arumbakkam, Ayanavaram, AshokPillar, Chinnamalai, Ennore, Kundrathur, Marina Beach, Saidapet, Virugambakkam and Nandanam YMCA campus) were chosen in an around Chennai for social activities, such as Recreational activities, Assessment & Grouping, Flexibility, Cardio Respiratory Fitness, Muscular strength, Muscular Endurance and Experts talk. More than thousand members from the local communities aged from 5 to 60 were benefitted out of the programme.

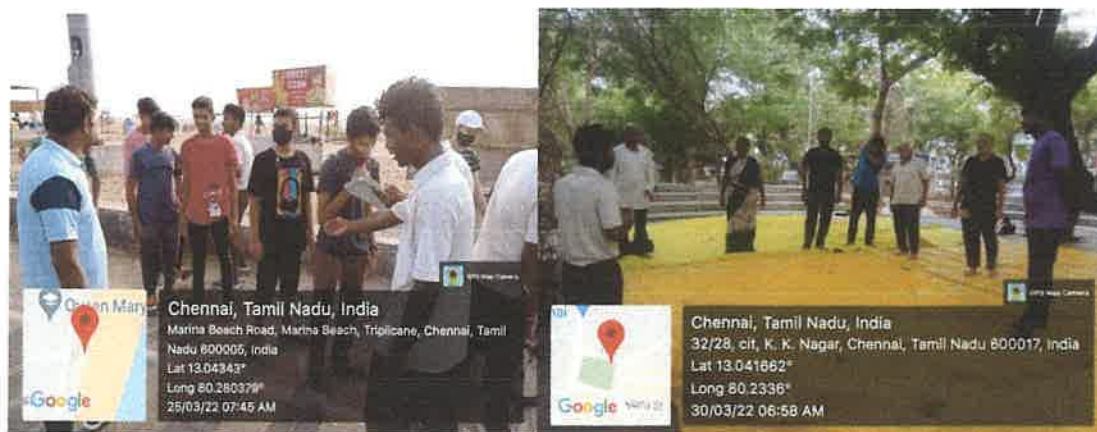


Figure 10 - Village Placement Programme

Government Aided posts: With the efforts and the follow-up of the officers of YCPE Mr. Benjamin Frankiln, Dr. George Abraham and Mr. Rajjiv George, the college got benefited with the sanction of 14 government aided staff members (Library Asst. 1, Watchman 1, Cleanliness workers 1, Gardener 1, Markers 7, Lifeguard & Swimming Poll cleaner 1). Total posts applied were nineteen and twelve were sanctioned. The Board of Management of YCPE recorded their appreciation for the sustained efforts of the officers in getting the posts sanctioned.

Gym inaugural function:



Figure 11 - Gym

The newly renovated Gym was inaugurated on 28th March 2022 by the National President of NCYT Justice JB Koshy (Retd.) in the presence of the Southern Regional Chairman & President YMCA Madras Dr. Vincent George, Correspondent & Secretary Mr. J. Benjamin Franklin, AOS President and General Secretary YMCA Madras Mr. Asir Pandian, Principal Dr. George Abraham, Administrator & Estate Manager Mr. Rajjiv George, the Director of the Y.S. Sports Clinic Dr. Arumugam, the Chairman of YMCA Boys' Division Adv. Wilsto Dhaspin, Executive Secretary Mr. J. Moses, Medical Officer YCPE Dr. Prince Boaz Edwin, Dr. Glory Darling Margret, Physiotherapist Mr. Muhilan and the Gym Instructor Mr. Suresh.

Thanks to Y.S. Sports Clinic for sponsoring the renovation cost of the building and the shifting and the placement of Gym equipment.

YMCA Retirees visit to the College: The members of the Association of YMCA Secretary-Retirees visited the YMCA College on 29th March 2022 and they were taken for guided tour inside the campus' grounds and infrastructure. The students performed arts& cultural activities at the Buck Theatre merrily witnessed by the guests. Mr. T. Thomas, former NGS shared his memories of the glorious past and Mr. John Varghese, former NGS complimented the efforts of the College. Mr. Rajjiv George welcomed the gathering and M., J. Moses greeted the guests. Dr. Glory Darling Margret coordinated the programme.



Figure 12 - YMCA Retirees Retreat

Academies – YCPE: The activities of the Academies were strengthened after the lift of the restrictions of the pandemic situation. On an average 307 members of the academies are making uses of the facilities of the sports' skills available in the College campus. Mr. Jegan, Asst. Project Secretary YCPE has been looking after the management of Academies well under the guidance of the college officials. The total income from the Academies during the period under report was Rs.27,95,084/-.

Campus Interview: Our College placement cell provides wide range of job opportunities for the students who complete their education. 6 institutions such as Skale Fitness & Health Company, Little Spartan Fitness Company, T.S.T. Rajah Girl's Matriculation Higher Secondary School, St. Joseph Matriculation Higher Secondary School, Mugalivakkam, Poonammallee and Butt Road visited our campus on 11th May 2022. Forty five students attended the interview and Thirty nine students were placed in various schools and sports companies as Physical Education Teachers and Sports Trainers. The programme was coordinated by Dr. S. Abraham Davidson, Assistant Professor cum Placement Cell Coordinator.

Inauguration of Intramural Competitions & Annual Sports Meet 2021-2022: On 20th May 2022 at 07:00 am in the Pavilion ground the Intramural Competitions & Annual Sports Meet were inaugurated by Mr. Jossy Mathew, International Athlete (SAF Games Gold Medalist) Sports Officer, Superintendent of Chennai Customs, in the presence of Correspondent & Secretary Mr. J. Benjamin Franklin, the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J.

Moses. The programme was organized by the Intramural Directors Dr. J. Komala, Assistant Professor and Mr. B. Praveen Doss, Assistant Professor.

Valedictory Function of Intramural Competitions & Annual Sports Meet 2021-2022: On 20th May 2022 at 04:00 am in the Pavilion ground the Intramural Competitions & Annual Sports Meet were celebrated and Mrs. Angela Lincy Robin, International Athlete (SAF Games Gold Medalist) Assistant Manager, Indian Bank called as Chief Guest, with the presence of Correspondent & Secretary Mr. J. Benjamin Franklin, the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses. The programme was organized by the Intramural Directors Dr. J. Komala, Assistant Professor and Mr. B. Praveen Doss, Assistant Professor.

Hostel Day & Valedictory Function of Students Association: On 27th May 2022 at 06:00 pm at the Buck Open Air Theatre, the inmates and Wardens of the Hostel celebrated the Hostel Day and Valedictory function of Students Association. The Correspondent & Secretary Mr. J. Benjamin Franklin called as Chief Guest. The celebration was performed in the presence of the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses. The celebration was organized by Dr. A. Merlin Thanka Daniel, Assistant Professor cum Deputy Warden (Men's Hostel), Dr. J. Jemil Priskillal, Assistant Professor cum Deputy Warden (Women's Hostel), Mr. Praveen Doss, Assistant professor cum Sub Warden, Mr. K. Mugil, Physiotherapist cum Sub Warden, Mr. R. Aswin, Sub Warden, Ms. G. Prema Kumari, Matron.

UNI-Y Valedictory function 2021-2022: On 28th May 2022 at 10:30 am was celebrated in the 2nd year B.P.Ed., Classroom. The Correspondent & Secretary Mr. J. Benjamin Franklin called as Chief Guest. The celebration was performed in the presence of the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses. The celebration was organized by Dr. G. Bobby, Assistant Professor cum UNI-Y Coordinator.

Internal Quality Assurance Cell: The Internal Quality Assurance Cell [IQAC] spearheads the quality initiatives of the institution. Benchmarks are set in tune with goals of higher education in India and the vision and mission of the institution. The cell meticulously plans the quality drive of the institution by ensuring the quality culture, institutionalizing and internalizing quality parameters in adherence to the norms of National Assessment and Accreditation Council of India. The academic and administrative processes execute the quality enhancement strategies developed by the cell to create a dynamic and innovative environment in the campus. Institutional and external mechanisms are in place to monitor the thrust for quality. The following are the programmes were organized under IQAC during the academic year 2021-22

S.No	Date	Title	Participants	No : of Beneficiaries
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1	18.09.2020	Action plan 2020-21 & 2021-22	IQAC Committee Members	15
2	08.03.2021	Women And Leadership – International Women’s Day	Women staff and students	75
3	20.09.2021	Access to E resources through N- LIST	M.P.Ed. students	42
4	21.09.2021	Professional Preparation for Skill and Competent	M.P.Ed. students	39
5	22.09.2021	Nutrition Immunity and COVID-19	M.P.Ed. students	44
6	23.09.2021	Crimes Precaution and Security in cyber space	M.P.Ed. students	44
7	24.09.2021	Fundamentals of Human rights	M.P.Ed. students	52
8	1 st & 2 nd November 2021	Faculty Workshop on Outcome Based Education	Teaching Staff	22
9.	1 st & 2 nd February 2022	Marking Play fields in Sports and Games	Ground Staff	10
10	13.05.2022	Building team through relationships to achieve organizational Goals	Administrative staff	25
11	27.05.2022	Performance excellence through role expectations of teachers and class room management	Teaching Staff	22

List of National/ International Conferences and Workshops:

- 1. International Conference on Challenges & Strategies: A mark to win Tokyo Olympics – 2020 - Date: July 10, 2021**
Chief Guest: Hon. Justice Kurian Joseph (retd.) and the Guest of Honour: Hon. Justice J.B. Koshiy (retd.)
- 2. International Conference on Strategic Preparedness and Response Plan for Physical Education - Date: July 17, 2021**
Chief Guest: Prof. G. Ravindran, Principal, Koviloor Andavar College of Physical Education & Sports Science. Guest of Honour: Prof. Archana Chahal, HOD, Central University of Allahabad.
Resource Persons: Dr. Liandi Vd Berg, Senior Lecturer from North West University, South Africa; Dr. Rakesh Tomar from King Fahd University of Petroleum & Minerals, Saudi Arabia
- 3. International Conference on Managerial Approach in Physical Education and Sports – MAPES - Date: July 24, 2021**
Chief Guest: Dr. (Mrs.) Esther Ranjini, Former Principal, YMCA College of Physical Education.

Guest of Honour: Prof. K. Murugavel, Registrar (i/c) from Bharathiar University; Prof. Rajesh Kumar, Chairman & Principal, Dept. of Physical Education from Osmania University; Prof. Zamirullah Khan, Chairman & HOD, Dept. of Physical Education from Aligarh Muslim University.

Resource Persons: Dr. Antoanela Oltean, Associate Professor from Ovidius University of Constanta, Romania; Dr. Larion Alin, Vice Dean from Ovidius University of Constanta, Romania.

4. International Conference on Psychological Preparedness on Peak Performance – PPOPP - Date: July 31, 2021

Chief Guest: Prof. L.B. Laxmikanth Rathod, Vice Chancellor, Palamuru University.

Guest of Honour: Prof. S. Bevinson Peribharaj, Former Director, Principal from Alagappa University; Prof. Abhimanyu Singh, HOD from BHU, Varanasi; Dr. Ch. VST. Saikumar, Principal & Secretary from SRMC Maruthi College of Physical Education.

Resource Persons: Dr. Varghese C Antony from King Fahd University of Petroleum & Minerals; Dr. Germina Cosma, Professor from University of Craiova, Romania.

5. International Conference on Education & New Learning Technologies - Date: August 7, 2021

Chief Guest: Prof. N. S. Santhosh Kumar, Vice Chancellor, The Tamil Nadu Dr. Ambedkar Law University.

Guests of Honour: Prof. Chinnappa Reddy, Former Professor & Director from SK University & Sports Advisor to Govt. of Andhra Pradesh; Prof. M.L. Kamlesh, Former Principal from Sports Authority of India, LNCPE, Trivandrum; Prof. Jose James, Former Registrar & Director of Physical Education from M.G. University; Prof. R. Subramanian, Dean (Academics) & Head from National Sports University.

Resource Persons: Dr. Jewelson M. Santos, Associate Professor from PanPacific University, Philippines; Dr. T. Pratheepan, Senior Librarian from UVA Wellasa University, Sri Lanka

6. International Conference on New Norm for Enhancing Physical Activity Health and Lifestyle Management - Date: August 14, 2021

Chief Guest: Prof. Pratap Singh Tiwari, Former Vice Chancellor, Gulbarga University, India.

Guest of Honour: Prof. Pathros P. Matthai, Former Principal, YMCA College & Former Director and Dean, Faculty of Physical Education from University of Kerala; Prof. L.R. Vaidyanathan, Former Dean, Faculty of Education & Principal, UCPE from Bangalore University; Dr. B. Ramachandra Reddy, Former Faculty from YMCA College of Physical Education, Chennai; Dr. Gurdeep Singh, Former Head & Secretary Sports Board Association of Indian Universities from New Delhi.

Resource Persons: Dr. Garry Kuan, Associate Professor from University Sains Malaysia; Dr. Kaukab Azeem from King Fahd University of Petroleum & Minerals, Saudi Arabia.

7. International Conference on Biomechanics in Sports performance - Date: August 21, 2021

Chief Guest: Prof. N. Panchanatham, Vice Chancellor, Tamil Nadu Teachers Education University.

Guest of Honour: Dr. S. Sivaramakrishnan, Former Controller of Examinations from YMCA College of Physical Education; Prof. Sudarsan Bhowmick, Former Dean and HOD from University of Kalyani.

Resource Person: Dr. S. Viswanath, Senior Sports Biomechanist, National Sports Institute.

8. International Conference on Modern Approach on Kinanthropometry Nutrition on Growth & Development - Date: August 28, 2021

Chief Guest: Dr. Dilip Kumar Dureha, Former Vice Chancellor, LNIPE, Gwalior.

Guest of Honour: Prof. E.J. Jacob, Former Director of Physical Education from University of Calicut, Kerala; Prof. Lucy Verghese, Former Principal from Govt. Physical Education College, Kerala; Dr. Suresh H. Deshpande, Director from H.V.P. Mandal, Amvarati, Maharastra; Dr. L.K. Singh, Former Principal from Abhruehi Institute of Physical Education, Guwahati, Assam.

Resource Persons: Prof. Wan Abdul Manan Wan Muda, Professor from Alma Ata University, Yogyakarta, Indonesia; Dr. Ferman Konukman from Qatar University, Qatar; Dr. Anup Adhikari, Exercise Physiologist, Red Cross Training Partner, ISAK from Canada; Dr. Lee Kwan Meng, Associate Member from University Putra Malaysia, Malaysia.

9. International workshop on Physical Literacy: A paradigm Shift Required - Date: October 12, 2021

Chief Guest & Resource Person: Nigel Green, Chairperson of IPLA

Special Guest: Dr. Amit Malik, Indian Ambassador, IPLA; Prof. K.V. Rajasekhar, Director of Physical Education & Sports Science from University of Hyderabad.

10. Workshop on Pencak Silat & Officiating Examination organized by YCPE in association with Tamil Nadu Pencak Silat Association on 19th & 20th April 2022 in the YMCA College Buck Theatre with the felicitations of Correspondent & Secretary Mr. J. Benjamin Franklin, the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses. The Principal Dr. George Abraham gave his presidential address. Tamil Nadu Pencak Silat Association's, Executive Committee Member of Indian Pencak Silat Federation Mr. G.P. Maheshbabu called as Resource Persons. And the workshop was organized by the Assistant professors Dr. J. James & Dr. J. Samuel Jesudoss.

11. Workshop on Taekwondo & Officiating Examination organized by YCPE in association with Tamil Nadu Taekwondo Association on 21st April 2022 in the YMCA College Buck Theatre with the felicitations of Correspondent & Secretary Mr. J.

Benjamin Franklin, the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses. The Principal Dr. George Abraham gave his presidential address. The International Basketball Player (Former Indian Team Captain) Mrs. Prasana Jayasankar called as Chief Guest. Tamil Nadu Taekwondo Association's President Mr. S. Vijay and 5th Dan Black Belt (Korea), International Coach Level-1, International Referee Mr. B. Ramalinga Bharathy are called as Resource Persons. And the workshop was organized by the Assistant professors Dr. J. James & Dr. J. Samuel Jesudoss.

12. Workshop on Fencing & Officiating Examination organized by YCPE in association with Tamil Nadu Fencing Association on 22nd and 23rd April 2022 in the YMCA College Buck Theatre with the felicitations of Correspondent & Secretary Mr. J. Benjamin Franklin, the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses. The Principal Dr. George Abraham gave his presidential address. The international Volleyball Player Mr. M. Mukesh Lal called as Chief Guest. Chief Coach, founder of fencing in Tamil Nadu, C.A. Bhavani Devi Olympic Player Coach Mr. P. Viswanathan called as Resource Person. And the workshop was organized by the Assistant professors Dr. J. James & Dr. J. Samuel Jesudoss.

13. Workshop on Kabaddi & Officiating Examination was inaugurated on 4th May 2022 in YMCA College Buck Theatre in the presence of the Correspondent & Secretary Mr. J. Benjamin Franklin, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses. The Principal Dr. George Abraham called as Chief Guest. The programme was organized by the Assistant Professor Dr. Pon. Anbarasu.

14. Summer Coaching camp on various sports and games was inaugurated on 7th May 2022 in the YMCA College Buck Theatre in the presence of Correspondent & Secretary Mr. J. Benjamin Franklin, the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses and the International Basketball Player Mr. Vineeth Revi Mathew, International Para Archer Mr. A. Sabari Nathan, International Tennis Player Mr. Ramesh Krishnan, International Football Player Mr. Raman Vijayan, International Athlete Ms. Sharatha Narayana were called as Guests of Honour.

15. Fitness & Diet written by the Principal Dr. George Abraham was launched on 7th May 2022 in the YMCA College Buck Theatre in the presence of Correspondent & Secretary Mr. J. Benjamin Franklin, the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses and the International Basketball Player Mr. Vineeth Revi Mathew, International Para Archer Mr. A. Sabari Nathan, International Tennis Player Mr. Ramesh Krishnan, International Football Player Mr. Raman Vijayan, International Athlete Ms. Sharatha Narayana were released the book.

Principal's Visit:

1. 27-29th December 2021, the Principal has attended 19th General Body Meeting of AIACHE at Kanyakumari and the Principal has been elected as a Vice President of AIACHE for three years.
2. The Principal met the Officials of the University Grants Commission – Southern Eastern Regional Office (UGC-SERO) at Hyderabad, Telangana for Autonomous Status and for various grants.
3. The Principal met the Vice-Chancellor and the Registrar of the Tamil Nadu Physical Education Sports University at Chennai for three-time for various official matters.

ACHIEVEMENTS OF TEACHING STAFF:**1. Dr. George Abraham, Principal**

- The Principal has been nominated as Executive member of International Association of Physical Education and Sports incorporated.
- The Principal has received International award as Eminent Professor award by London Tamil Academy of Language and Arts, London on September 2021
- The Principal has received International Academy Excellence award by International federation Physical Education, Fitness & Sports Science Associations on 5th December 2021 at Hyderabad.
- The Principal has been invited as a Chief Guest of 6 Sports day functions/tournaments conducted by various schools and organizations.
- The Principal has been invited as a Chief Guest of two national conferences.
- The Principal has been invited as Resource Person/ Key note Addressee for seven International and eight National Seminars/ Conferences/ Webinars organized by Colleges and Universities.
- The Principal has conducted International workshops on Physical Literacy: A paradigm Shift.
- The Principal has conducted National workshop on Physical Literacy in Indian Contest.
- The Principal has conducted National workshop on outcome based education.
- The Principal has conducted National workshop on seven workshops and six awareness programmes during this academic year 2021-2022.
- The Principal has published 14 articles in reputed journals/ UGC Cartelist.
- The Principal has presented thirteen papers in National Conferences.
- The Principals has published ten books.
 1. Physical Literacy – Dr. George Abraham
 2. Physical Fitness & Wellness – Dr. George Abraham
 3. Exercise Physiology – Dr. George Abraham
 4. Fitness & Diet – Dr. George Abraham
 5. Kinesiology – Dr. George Abraham
 6. Health Education – Dr. George Abraham


7. Sports Management – Dr. George Abraham
8. Sports Bio Mechanics – Dr. Ashokan K & Dr. George Abraham
9. Scientific Principles of Sports Training – Dr. George Abraham
10. Athletic Care & Rehabilitation – Dr. George Abraham

2. Dr. K. Jothi, Associate Professor

- She has been authored for seven international and national journals viz. SCOPUS, and EBSCO.
- Guided for two Ph.D. thesis viz. “Combined And Isolated Effect of Yoga And Resistant Training On Selected Physical Physiological And Psychological Variables Among Post-Partum Women” and “Status Analysis of Selected Health Related Fitness Variables And Psychological Profiles Among Engineering College Men.”
- Attended as Resource person/ Speaker for 21 National & International Conferences/ Workshops/ Seminars/ Webinars.

3. Dr. J. James

- Has organized three workshops on Pencak Silat & Officiating Examination, Taekwondo & Officiating Examination, and Fencing & Officiating Examination were conducted from 19 April to 23 April 2022 in our college, 225 students participated and received officiating pass certificates.
- Has participated and presented a paper at the International conference on Sports Science and Physical Education (ICSSPE) held in Dubai, United Arab Emirates on 03rd to 04th June, 2022.
- Has awarded with IFERP World Excellent paper award for the category Best presentation. Best Content at the IFERP International Conference held in Dubai, United Arab Emirates on 03rd to 04th June, 2022.


Principal (i/c)
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