

Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION

A Christian Minority Institution

Nandanam, Chennai - 600 035.

(A Project of the National Council of YMCAs of India)



An Autonomous College, Registered under UGC act,
Affiliated to Tamil Nadu Physical Education & Sports University
Re-accredited by NAAC with 'A' Grade, Recognized by
National Council for Teacher Education & Government of Tamil Nadu

CALENDAR 2025 - 2026

THE COLLEGE PRAYER

We Praise thee O God that ever Thou didst bring us into the fellowship of the College. We give Thee thanks for the adventures in friendship and in knowledge that we have shared together, and pray that as we go on to fulfill our great vocation, the ties that bind us to Thee and to one another may grow stronger with the years.

Be Thou our teacher and guide, for it Thou dost teach us we cannot learn amiss, and if Thou dost guide us we cannot go astray. May we ever remember that it is in giving that we receive, it is in pardoning that we are pardoned, it is dying to self that we are born to life eternal.

So may we live in fellowship with Thee until all pure and just and noble things of God and men are precious to us and we find nothing worth seeking but that which is hateful in Thine eyes and nothing to fear but that which is precious to Thee, we pray in the Name of Jesus Christ, our Saviour. -AMEN

COLLEGE SONG

Now Sing for YMCA College, let hearts and voices blend,
To celebrate her praises, whose fame shall have no end:
While fellowship makes holy, while eager hope elates,
And visioned youth come thronging, her spacious gates.

May victory descending o'er keep her banners bright,
And dye with new effulgence, our rare maroon and white
Bring fairness with thee winging and energy to dare,
Together shall be guardian her field so fair.

Earth wide may happy boyhood lift high its wand'ring eyes
Strong youth bring back the vision, of earthy paradise
To follow truth to wisdom nor faint thro' faltering fears,
Be this Thy task in India, thro' all the years.

PARTICULARS OF THE COLLEGE

(as per DCE E.No. 19447/pp 4/2000 dt 11.4.2000)

1. Name of the College with full Postal Address:
Y.M.C.A. College of Physical Education
Old No. 333, New No. 497, Annasalai, Nandanam, Chennai – 600 035.
2. Name of the Educational Agency:
The National Council of YMCAs of India,
Bharat Yuvak Bhavan, Post Box No. 14, Jai Singh Road, New Delhi – 110001
3. Name of the Members of the Board of Management: Furnished in Page No. 4.
4. College Telephone No.: **044 – 24344816 / 93422 04126**
5. Website : **www.ymcacollege.ac.in**
6. Name, Address and Telephone No. of the Chairman
Hon. Justice Kurian Joseph (Retd.)
YMCA College of Physical Education, Nandanam, Chennai – 600 035,
7. Name, Address and Telephone No. of the Correspondent & Secretary
Mr. P. Asir Pandian
YMCA College of Physical Education, Nandanam, Chennai – 600 035,
Ph: 044 – 2434 4816 Email: cs@ymcacollege.ac.in
8. Name, Address and Telephone No. of the Principal i/c
Dr. S. Johnson Premkumar,
Staff Quarters, Y.M.C.A. College of Physical Education, Nandanam, Chennai -600035
Phone : Off : 044 – 2981 9569 E.mail : principal@ymcacollege.ac.in
9. Year of Establishment : 1920, Autonomous College Since 1986, Accredited by NAAC in 2003 Reaccredited by NAAC in 2012
10. **Details of Course Offered : (Regular)**

Ph. D	Part Time and Full Time
M.P.Ed.	Full Time – Two Years
B.P.Ed.	Full Time – Two Years
B.M.Sc	Full Time – Two Years
B.P.E.S.	Full Time – Three Years
D.P.Ed.	Full Time – Two Years

Evening College

M.Sc., Fitness, Exercise Rehabilitation and Nutritional Care – Two Years
P.G.D.S.C (Cricket, Tennis, Swimming) – One Year

Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION

BOARD OF MANAGEMENT 2025-2026

Hon. Justice Kurian Joseph (Retd)

Chairman

Justice J.B. Koshy (Retd.)

Vice-Chairman

Mr. P. Asir Pandian

Correspondent & Secretary

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Members

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Mr. B. Ravikumar David

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Mr. V. Arthur Paul Rajendran

Mr. S. Samuel Kirubanandan

Mr. Tamil Selvan C. Samuel

Member National Executive, NCYI

Dr. S. Johnson Premkumar

Principal (i/c), Staff Representative

Adv. G. Victor Devasahayam

Alumni (Co-opted)

Dr. Bevinson Perinbaraj

Member - Technical Scholastic

Mr. C.A.Sen George

Internal Auditor

Fr. Benadict Barnabas

Member - National Executive, NCYI

Ex - Officio

Dr. Vincent George

President NCYI

Mr. Noel C. Amanna

Vice - President NCYI

Mr. Rejji George

Treasurer NCYI

Mr. N.V. Eldo

National General Secretary NCYI

Mr. G. Sundarsingh Barnabas

Asst. National General Secretary NCYI

PRINCIPAL (i/c)

Dr. S. Johnson Premkumar

M.A., M.P.Ed., M.Phil., B.M.S., P.G.D.Y., N.I.S.(Cert in Hand ball) Ph.D.

MEMBERS OF FACULTY

Dr. (Mrs.) K. Jothi

M.Sc., M.P.E., M.Phil., Cert in Aerobics, N.I.S. (Cert in Gymnastics), Ph.D.

Asso. Prof.

Dr. (Mrs.) J. Glory Darling Margaret

M.P.E., M.Sc., Cert. in Aerobics, N.I.S. (Cert in Athletics), Ph.D.

Asso. Prof.

Dr. J. Jackson Sutharsingh

M.P.Ed., M.Phil., N.I.S. Diploma in Football, Ph.D.

Asso. Prof.

Dr. S. Glady Kirubakar

M.P.Ed., M.Phil., M.B.A, P.G.D.C.A., N.I.S. (Cert in Tennis & Cricket), Ph.D.

Asso. Prof.

Dr. S. Jerome David

M.A., B.M.S., M.P.Ed., M.Phil., N.I.S. (Cert in TT and H.F.M.), Ph.D.

Asst. Prof.

Dr. E.Simson Jesudass

B.Sc., M.P.E.S., M.Phil., Ph.D.

Asst. Prof.

Dr. S. Abraham Davidson

M.A., M.P.Ed., M.Phil., Ph.D.

Asst. Prof.

Mr. M. Felix Arokkiaraj

M.P.Ed., M.Phil., N.I.S. (Cert in Cricket)

Asst. Prof.

Dr. A. Merlin Thanka Daniel

M.P.Ed., M.Phil., N.I.S. Diploma in Volleyball, Ph.D.

Asst. Prof.

Dr. R. Prabu

M.L.I.S., M.Phil., Ph.D.

Librarian

Dr. Prince Boaz Edwin

M.D(Physician), Diploma in Football Medicine

Medical Officer
cum Lecturer

Mr. K. Mugil

M.P.T.(Sports), P.G.Diploma(Aerobics), P.G.D.Y.T.

Physiotherapist

Dr. J. Samuel Jesudoss

M.P.Ed., M.Phil., P.G.D.S.O, P.G.D.Y., N.I.S. (Cert in Volleyball), Ph.D.

Asst. Prof.

Dr. Pon. Anbarasu

M.Com., M.Sc.(Yoga), M.Sc.(Yoga Therapy), M.PEd., M.Phil., P.G.D.S.F.,
N.I.S. (Cert in Tennis) N.I.S. (Cert in Hockey), Ph.D.

Asst. Prof.

Dr. J. James

M.A.,M.Sc.(Yoga), P.G.D.C.A., P.G.D.F.M., P.G.D.S.F., C.F.A.I.S.T.E., P.G.D.A.I.,
P.G.D.M.D.P.N., M.PEd., M.Phil., H.W.B., L.L.B.,Ph.D.,

Asst. Prof.

Mr. B. Praveen Doss

M.PEd., M.Phil., N.I.S. (Cert in HandBall)

Asst. Prof.

Dr. K.Karthikeyan

B.A.,M.PEd., M.Phil., PGDY N.I.S. (Cert in Athletics) Ph.D.

Asst. Prof.

Dr. (Mrs.) J.. Komala

M.PEd., M.Phil., TTC, PGDY, Ph.D

Asst. Prof.

Dr. G. Bobby

M.PEd., M.Phil., M.Sc.(Yoga), M.Sc.(Psy),Ph.D.,

Asst. Prof.

Dr.(Mrs.) V. Merin Girija

BMS,M.A,M.Sc(Yoga),M.PEd., Ph.D

Asst. Prof.

Mr.S.Tony Deva Amirtham

B.S.C Phs, B.P.E.d , M.PEd

Teaching Asst.

Mrs. M.Deepa Saranya

M.P.T.

Physiotherapist

Mr. P.R.Paul Vivin Moran

B.P.E.S, B.P.Ed, M.PEd

Teaching Asst.

Mr. A.S. Aswin

B.Sc., B.P.Ed., M.PEd., Diploma in Yoga., UGC-NET

Asst. Prof.

Dr. (Mrs.).F. Zainabunissa Begum

M.A., B.Ed., M.Phil., Phd (Hindi) Diploma in Translation

Part time
(Hindi)

Mrs. R. Regi

M.A., M.Ed., M.Phil

Part time
(Tamil)

Mrs. S.Karthiha

B.Com. DELF-B2

Part time
(French)

Mrs.Serene Grace

M.A (Eng)

Part time

(English)

NCYI Secretaries

Mr. T. John Sudarshan B.Com(CA), MBA(HR), TALLY (ERP 9)

Administrative Officer

Mr. I.V. Blesso D. Jenkins, M.A (English), M.Phil(English)

Project Secretary

OFFICE STAFF

Mrs. V. Latha	Sethu Madhavan, B.Com.,	Assistant
Mr. S. Martin Rajkumar,	MA(His).MA(PS)MLIS	Junior Assistant
Mrs. C. Janet, B.Sc.		Junior Assistant.
Mrs. B. Rose Mary	M.Com.	Typist
Mrs. Divya Mary Danny,	M.Com.	Junior Assistant
Mrs. D.Sheela Rajakumari,	B.A.	Junior Assistant
Mr. V. Rajesh, B.Com.,	M.B.A.	Accounts Officer
Mr. R. Arunkumar,	B.E.	P.S to Principal
Mr. J. Ebenezer Jasker,	M.Com, MBA (Fin)	Assistant Accountant
Mrs. K. Jeeva		Office Assistant (Spl.Grade)
Mr. E. Kamalakannan		Library Assistant
Mr.S.Murugesan		Gardener
Mr. K.V. Kannan		Office Assistant
Mr. R. Aswin		Office Assistant
Mr. R. Ganesh		Waterman
Mr. Saravanan		Junior Assistant
Mr. B. Suresh Kumar		Gym Instructor
Mr. Gladson Subakumar		Mess Manager
Mr. J. Shalin Solomon		Asst. Electrician
Mr. P. Siva		Driver
Mr. M.Dinesh		Office Assistant

Markers (Ground Staff | Scavengers | Watchman)

Mr. A.George

Mr. M. Nagarajan

Mr. T.Wilson

Mr. Y.Prasad

Mr. K.Sivamani

Mr. E. Vijaya Kumar

Mr. Gandham David

Mr. Addanki David, (Life Guard cum Summing Pool cleaner)

Mr. A. Manoj

Mr. Ravi

Mr. Rajkumar

Mr. C. Kondaiah

Mr. D. Rao

Mr R. Venkatesh

Mess (Men's Hostel)

Mr.M. Muthuras

Mess (Men's Hostel)

Mrs. M. Veerammal

Mess Women's Hostel)

Mrs. Devi

Mess (Women's Hostel)

Mrs. D. Revathi

Mess (Women's Hostel)

SPECIAL SCHOOL (Project of College)

Mrs. Kavitha, M.A (Psy), M.Ed (Spl.Ed), Snr.D.S.E., P.G.D.L.D., P.G.D.T.R
Headmistress

Mrs. P. Jeya, Teacher

Mrs. Devi (Shadow Teacher)

Mrs. Valli (Service Staff)

VISION

“To prepare Physical Education Leaders of High Academic Calibre, with a holistic development of Body, Mind and Spirit nurtured with a strong commitment to serve humanity reflecting Christian Values”.

THE LORD'S PRAYER

Our Father, which art in heaven, Hallowed be thy name; Thy Kingdom come; Thy will be done in earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, As we forgive them that trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory forever and ever.

-AMEN

NATIONAL ANTHEM

Jana Gana Mana
Adhinayaka Jay He
Bharata Bhagya Vidhata
Panjab Sindhu Gujarat Maratha
Dravida Utkala Banga
Vindhya Himachal Yamuna Ganga
Uchchala Jaladhi Taranga
Tava Subha Name Jaage
Tave Subha Aashish Mange
Gaahe Tava Jay Gaatha
Jana Gana Mangal Daayak Jay He
Bharat Bhagya Vidhata
Jay he Jay he Jay he
Jay Jay Jay Jay He

தமிழ்தாய் வாழ்த்து

நீராருங் கடலுடுத்த நிலமடந்தைக் கெழிலொழுகும் சீராரும்
வதனமெனத் திகழ்பரதக் கண்டமிதில் தெக்கணமும்
அதற்சிறந்த திராவிடர்நல் திருநாடும் தக்கசிறு
பிறைநுதலும் தரித்தநறுந் திலகமுமே அத்திலக
வாசனைபோல் அனைத்துலகும் இன்பமுற எத்திசையும்
புகழ்மணக்க இருந்தபெருந் தமிழணங்கே!தமிழணங்கே!
உன் சீரிளமைத்
திறம்வியந்து செயல்மறந்து
வாழ்த்துதுமே! வாழ்த்துதுமே!!
வாழ்த்துதுமே!!!

PREFACE

We welcome you to the fellowship of the college. It is our object to develop a worthy community dedicated to the pioneering work in the field of Physical Education and Sports amongst our students and staff members. We grow as we enable everyone around us to grow. The residential life at the college is rewarding and enriching experience and may we learn to live most and serve best through Physical Education.



THE COLLEGE CREST

The college crest expresses its Educational Philosophy. The triangle in the crest symbolizes the aspects of the whole man. ATMAN, MANAS, SARIRAM (Spirit, Mind and Body). The triangle is enclosed by the circle representing harmonious blend of these aspects and union of the entire country to which the students commit to serve. The oil lamp in the center is an expression of the idea that light is the kernel of life and growth.

From its founding in 1920 to the present, the YMCA College has pursued the goal of Education of the complete man/woman and the service of all men and women.

The University Grants Commission and the University of Madras through the Government of Tamilnadu, Education Department conferred the status of AUTONOMY upon our college in the year 1986 by virtue of its reputed services to humanity through Physical Education, Health education, Recreation and its Allied Science.

Since then, the college has been introducing and popularizing many new programmes by taking the lead in many pioneering ventures. In order to turn creative and productive groups of leaders in Physical Education, Sports and Recreation, the college has now proposed a number of choices of subject majors and activity options. The combination of our past experiences, our future thrusts and new vision would enable as a whole and thereby to stand first in serving the good cause of our nation.

To make use of the privilege of autonomy effectively, a team work is essential. This team consists of the College authorities from National Council of YMCAs of India, Chairman, Secretary, Correspondent, Principal, Staff, Students and Community Representatives. The University Grants Commission, Tamil Nadu Physical Education and Sports University, NCTE and Government of Tamil Nadu are strengthening our sources. The whole academic process in the college can be generated, designed and developed for the cause of students through an effective link between the above said partners. Autonomy means freedom. Here in our context most appropriately this freedom is used to suit to the learners' need and to the users expectation, by offering courses of study designed by the academic team of the college. It need not be a rigid package but a flexible and innovative one to elevate the standard of the product and to upgrade their worthiness. The college has been accredited by NAAC with Grade 'A' in March 2003 and reaccredited by NAAC with Grade 'A' in 2012.

GENERAL COLLEGE RULES

1. College fees should be paid on or before specified date.
Defaulters' names will be removed from the rolls.
2. Fees once paid shall not be refunded to student, who leaves or discontinues on his or her own accord.
3. No fees shall be adjusted from the scholarship that a student may expect to receive.
4. COLLEGE WORKING HOURS
Practical - Morning 6.00 a.m. to 8.00 a.m.
Daily Worship - 9.30 a.m. to 9.50 a.m.
Theory - 10.00 a.m. to 1.00 p.m.
Practical - Evening 4.00 p.m. to 6.00 p.m.
(Christian students should attend worship regularly)
5. Students should report 5 minutes before the scheduled time for all classes. (Theory and Practical)
6. Students who report late will be fined.

CERTIFICATE OF PROGRESS

Certificate of progress depends on regularity of attendance and performance in announced, unannounced tests and pre-semester examinations. A retest will be conducted in exceptional cases of justified absence such as illness, official participation in games, etc. No retest will be permitted if prior permission is not obtained from the Principal.

ATTENDANCE AND LEAVE OF ABSENCE

1. Every student should attend all classes (theory and practical) regularly and punctually. Attendance will be taken in theory and practical of any kind prescribed by the college.
2. The Annual Certificate of attendance of progress required by the Government and the University for admission to Government and Semester examinations will not be granted, unless
 - (I) The Student has attended the required number of theory and practical classes as prescribed by the college, i.e., 90 percent of attendance in theory and practical classes for 100 working days in one semester.

(II) The Principal is satisfied that the students progress and conduct have been satisfactory.

3. Leave is given for sickness and injury. Generally leave will not be granted for any other reason except in extraordinary circumstances.
4. Application for leave should be made on the prescribed form and submitted to the Principal through the deputy wardens. No student should be absent himself / herself without a written leave letter duly sanctioned well in advance.
5. Absence without leave during the working day shall be considered absent; for one whole day for which he /she should pay a fine of Rs. 50/- per day. If a student repeatedly absents himself or herself for any part of the classes, he/she may be asked to discontinue the course thereafter.
6. If a student is absent for three successive days without prior permission / leave, his or her name will be removed from the rolls. Readmission of students may be done in genuine cases at the discretion of the Principal. In all such cases, the student has to pay a special readmission fee of Rs.2000/-
7. Students who do not report on time on the reopening day will not be permitted to continue the course for any cause or reason.
8. Students absenting themselves with / without a leave for one session in a day's programme will be marked as half a day leave / absent and students absenting themselves with / without a leave letter for more than one session will be marked as one day leave / absent.
9. Medical and Fitness certificate should be produced (if the student has been hospitalized) on the day of reporting back to the college.
10. Students who fall sick when they go home for weekend or holidays should send the leave letter along with Medical Certificate within two days to the Principal through the respective deputy warden and college Doctor/ Physiotherapist. They should also bring the fitness certificate when they report to college after recovery. If they fail to do so, leave will not be granted to them for their absence and they will not be permitted either to stay in the hostel or to attend classes thereafter.

GENERAL CODE OF CONDUCT

1. Students are expected to behave themselves within and outside college campus in such a way as to maintain the good name of the college as well as their own.
2. Students are expected to wear neat, decent and simple dress that confirms to the dress regulations laid down by the college. Students should be in proper uniform for the classes / programs as instructed by the Principal. Wearing lungi is not permitted in the class, mess hall, inside the college campus and particularly when they go out of the campus.
3. Silence should be maintained during library hours and while moving from class to library etc. In the class room perfect silence should be maintained.
4. Students shall not loiter in groups in the lobby or along the corridor, staircase, etc. or anywhere in the campus during college hours.
5. When students are free they are expected to go to the library or to the hostels, with the permission of the Principal or engage themselves silently in study or useful pursuits in the campus.
6. Students should not leave the class without the permission of the staff concerned.
7. Students should cultivate the habit of reading notices (displayed on the college and hostel notice boards).
8. Students are forbidden to organize or attend any meeting in the college or collect money for any purpose without the prior written permission of the Principal.
9. Organized absence from classes and instigating the students to be absent or conducting strike is a serious breach of discipline for which the students may be dismissed from the college.

10. No students shall take part in any anti-social or subversive activities. No students shall be a member of any organization or association not connected with the college, without prior written permission from the Principal. Students violating the rules are liable to be suspended or summarily dismissed from the college.
11. Smoking, drinking and gambling in the premises of the college is strictly prohibited.
12. Student should not throw waste paper or rubbish in class rooms or on roads. Writing on walls or on college furniture will be seriously dealt with. Such habits should not prevail in the college.
13. Classroom furniture should not be moved out without the permission of the staff concerned.
14. Good manners demand that every student should greet the members of staff on their first meeting of the day.
15. No student is allowed to enter college office and the staff rooms without permission.
16. Christian students should compulsorily attend morning chapel service at 9.30 a.m. on all working days, and all others are welcome.
17. Disciplinary action will be taken for violating the rules of co-education of the college.
18. No students shall take part in any physical abuse or manhandling. Violated students are liable to be suspended or summarily dismissed from the college.
19. Men and Women students are not allowed to talk unnecessarily and frequently. Unprofessional interaction between men and women students is strictly restricted.
20. Violation of co-educational rules of the college will be strictly dealt with and the students involved are liable to be expelled from the college.

HOSTEL RULES

General

The College is completely residential for all the students. All students are expected to reside in their respective hostels

Women's hostel area will be out of bounds for men and visitors. The Principal is the warden of the college men's and women's hostels. The hostels are managed by the deputy wardens under the supervision of the Principal.

HOSTEL RULES FOR MEN

1. Students should take care of the items of furniture supplied to them and also the water taps, electrical installation etc. Any damage or loss of hostel property will be liable for recovery of its cost.
2. The hostel should always be kept clean and the properties of the hostel should be properly arranged and maintained.
3. Students are advised to avoid valuable and excess cash with them. They are advised to keep their boxes or suitcases always locked and to deposit excess money if any at the post office/bank. The college management will not be responsible for any loss.
4. Writing or pasting anything on walls or windows and doors are prohibited. Students found guilty of such acts will be severely dealt with.
5. Sanitary arrangements provided for the benefit of the students must be used properly.
6. Bathing near the wells or under the taps is prohibited. They can use only bathrooms.
7. Radio, Audio, Video System, Iron Box, Table fans and extra lamp should not be installed.
8. Guests are not allowed to stay in the hostel.
9. Students shall not organize or address any meeting in the hostels without prior permission from the deputy warden / sub wardens.

10. Both men and women students will observe perfect silence at their respective hostels from 9.00 p.m to 10.30 p.m. on all days.
11. Lights in the room shall be put off by 10.30 p.m. Students are not permitted to stay outside the campus at night. Violations of these rules will be severely dealt with.
12. Roads and regular foot paths only should be used.
13. Students are not permitted to use mobile phones during the class hours (both theory and practical) in the college and silence hours in the hostel and the mess hall.
14. Students are not allowed to use any type of motor vehicles during their stay at the hostel.

LEAVE RULES

15. Students who are sick must report to the deputy warden at the assembly and submit their leave application in the prescribed form at 6.00 a.m.
16. Those who are sick and others who require medical help will have to report to the college medical officer/ physiotherapist between 8.30 a.m. and 9.30 a.m.
17. Leave for reasons other than being sick should be obtained from the Principal through the respective deputy wardens well in advance.
18. Students who leave the hostel for weekends should inform the wardens and obtain permission before they leave the hostel. The weekend permission cannot be extended.

DISCIPLINE & CONDUCT

19. Students should bear in mind that utmost discipline and order should be maintained during their stay in the campus. They should not disturb others by singing, whistling, shouting, etc., Shouting and passing remarks during any meeting or sports meet or any function are strictly prohibited. Pin drop silence should be maintained during functions.
20. Drinking and smoking are strictly prohibited and will be seriously dealt with.

21. College banians should not be worn outside the college limits except on special occasion.
22. During the working hours of the college, no student should be in the hostel except those who are sick and permitted by the deputy wardens and the Principal.
23. Prior permission of the principal through the deputy warden concerned should be obtained to leave the city limits.
24. The hostel committee should be responsible to look after the sanitation and cleanliness of room, etc.,
25. Growing long hair, beard and side bands are strictly prohibited for men students for any cause.
26. Students who do not pay their mess fees on time will not be allowed to take food in the hostel mess.
27. Students should not enter the dining hall in athletic costumes or lungie. They should be properly dressed.
28. Students should bring their own plates and tumblers. Washing hands in the plate is forbidden in the dining hall.
29. Entry into the kitchen is strictly prohibited.
30. Students should not enter the dining hall before the bell and they will not be served food after the mess is closed.
31. No private cooking is allowed in the room or the hostel premises.
32. Students are not allowed to have private arrangements with mess servants on any matter relating to mess.
33. Students are expected to leave the mess hall as soon as they finish their meals.
34. An orderly way of sitting is required and students shall not shout or make noise in the dining hall.
35. Food shall not be taken to the rooms for any reason without prior permission from the deputy warden.

Mess timing

	Timing
Break Fast	8.30 a.m. - 9.15 a.m.
Lunch	1.30 p.m. - 2.15 p.m.
Tea	6.30 p.m. - 7.00 p.m.
Dinner	7.45 p.m. - 8.30 p.m.

36. Students who wish to visit their native place, relatives' house, friends' house on weekend / holidays should get permission from the deputy warden and should sign the register kept for this purpose in the hostels before they leave the college campus.
37. **INDULGING IN RAGGING BY THE STUDENTS IS STRICTLY PROHIBITED. STUDENTS INDULGING IN RAGGING ARE LIABLE TO BE DISMISSED..**
38. Students are expected to involve themselves actively in all National and International Days observed/celebrated at the College. Hundred percent attendance is expected.

HOSTEL RULES FOR WOMEN.

1. Women students are not permitted to go out of the campus, without the permission from the deputy warden.
2. Students going out of the campus should sign the register kept with deputy warden, giving the particulars. Students will be permitted to go out in groups of three or four only.

3. Visitors (including the relatives) will be permitted only on Sundays between 12 noon to 6 p.m. Visitors should produce the visitors' cards (with photo) issued by the college whenever they visit their wards.
4. Students shall obtain permission to meet the visitors and necessary entry will be made in the visitors' book maintained. Visitors should use only the visitors' entry and leave the campus by 6.00 p.m.
5. When women students go for vacation, only their parents should come and take their wards.
6. Students may leave the hostels for the chapel at 9.20 a.m. and for the theory classes only by 9.50 a.m. and return to the hostel immediately after the theory classes. This should be strictly followed.
7. Students are expected to dress themselves; always in decent dress befitting the teacher-trainees. Specified dress-code should be strictly followed by the students.
8. Women students are not permitted to visit the staff quarters without the prior permission of the deputy warden.
9. All the letters received or posted by the students are subject to censor if necessary, by the college authorities.
10. Violation of co-educational rules of the college will be strictly dealt with and the students involved are liable to be expelled from the college.
11. Students are specially warned not to keep large sum of money or jewels with them in the hostel. Money should be deposited in the nearest savings bank.

12. Indulging in ragging by the students is strictly prohibited.

Students indulging in ragging are liable to be dismissed.

13. Women students who are sick or injured and others who require medical assistance are permitted to consult the college Medical Officer / Physiotherapists.

N.B. : Other rules and regulations given for men are applicable to women also. Further detailed instructions will be displayed on the notice board, from time to time.

IMPORTANT

1. A student has to pay a fine of Rs.250/- on the first day and thereafter Rs.50/- per day if he or she does not report on time on the reopening day after vacation.

2. If any student is absent for three successive working days, his/her name will be removed from the roll. In all such cases, the student has to pay a special re-admission fee Rs.2000/-

3. A Student will be fined Rs.50/- if he or she is absent without permission during week-ends.

4. Students will be suspended or may be dismissed from the college for any serious violation of hostel rules.



LIBRARY

The college has a library with new books and magazines in Physical Education and Recreation and other related subjects of study. Students are advised to make the best use of the library. College library is primarily a reference library.

Library Hours: The library will remain open from 9.00 a.m. to 1.00 p.m., 2.00 to 4.00 p.m. and 7.00 to 9.00 p.m. on all weekdays.

The library will remain closed on all holidays and during vacation.

Only sheets of paper or one note book can be taken inside the library for taking notes.

During the regular library periods students shall be present in the library, until the period is over.

Writing in books, magazines etc., tearing of pages, drawing diagrams and figures on the pages, will be seriously dealt with. All students are individually and collectively responsible for the safety of the books.

Cost of books if lost or damaged will be recovered from the entire students' body. Students found in possession of library books are liable to be dismissed.

The librarian will always be present in the library to help and guide the students.

Other rules will be exhibited on the bulletin board from time to time.

SPECIAL FEATURES OF TRAINING

In order to ensure the wholesome development of the students, the college provides opportunities for the students to engage in Curricular, Co-Curricular, Extra-Curricular and Extension activities. These include:

TEACHING PRACTICE / INTERNSHIP

On Wednesday mornings there will be teaching practice at the college when students do practice teaching in activities and games among themselves. A teaching record book has to be maintained. There will be internal grading by the staff concerned. During the course of the study, special arrangements will be made for internship where the students will be assigned teaching practice classes in the YMCA college sports Higher Secondary School and other schools in the city. All the students are expected to prepare the lessons in advance and get them approved by staff who supervise the classes.

The staff-in-charge of teaching practice will give further instructions during such periods.

ANNUAL LEADERSHIP TRAINING CAMP

This will be held for five days. Attending the camp is a requirement for all students for the completion of course at the college. This is organized for imparting practical experience in organizing camps and to experience camp life under staff leadership.

INTRAMURAL COMPETITIONS

Intramural Programme is an interesting phase of the training programme at the college. Intramural competitions in all major games and sports are conducted throughout the training period on Wednesday evenings and also some special days.

The men will be divided into eight houses and the women into four houses.

These competitions are conducted by a committee consisting of the Intramural Directors, two Intramural Secretaries, two joint secretaries, captains and vice-captains of various houses.

Tournaments will be conducted on league or knock-out basis. For cent percent participation, there may be A and B divisions. The intramural champions will be decided on point system of scoring. The details of rules and regulations and schedule of the competitions will be formulated by the Intramural committee.

STUDENTS COUNCIL

Social, Religious, Cultural, Recreational, Project & Literacy activities of the students will be looked after by the students' council. The committee consists of a Secretary, a Joint Secretary and members of Social, Religious, Cultural, Recreational, Project & Literacy 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 wardens and deputy wardens. The constitution regulations and the functioning of the students' council will be explained by the Principal and the staff advisors (deputy and sub wardens).

COMPUTER EDUCATION

The college has a well equipped air-conditioned computer lab. Computer courses are offered to all the students on important software application programmes by qualified staff from YMCA College of Physical Education, Chennai. Merit certificates are awarded by the college to students who successfully complete the requirements of the computer courses. Browsing facilities are also open to students as per the students' working hours. Computer lab is facilitated with a language lab.

OPTIONAL COURSES

The college, under autonomy, offers optional practical courses for all the students on every saturday morning in Bharathiam, Boxing, Yoga, Orientation and Mobility training, Gym Instructor Training, Band, Karate, Taichi and Silambam

ADD-ON COURSE

The college, under autonomy, offers add-on courses for all the students. The college offers the following courses for the students. Fitness Management, Event Management, Sports Nutrition, Soft Skills, Special Olympics & Adventure Sports and Sports Therapy & Rehabilitation. Students can opt for anyone course of study in an academic year.

RESEARCH CENTRE

The Tamil Nadu Physical Education and Sports University has offered a status of “Research Centre” to the college, which is functioning with 15 Research Laboratories.

There is a Resource Centre attached to the Research Centre which is funded by UGC.

PROJECT SPORTS MEET / INTER CLASS COMPETITIONS

Students are encouraged to develop leadership qualities and gain valuable experiences in organisation by conducting projects sports meets and inter class competitions

PROJECTS OF THE COLLEGE

1. Mary Buck Project for the Differently abled

Project Physical Education for the Visually Impaired was started in the year 1982 by YMCA College of Physical Education and funded by Christoffel Blinden Mission till 2002. Now it is funded by YMCA College of Physical Education and named as Mary Buck Project for the Differently abled. Prof. S. Jaimithra invented Volleyball, Kabbadi, Kho-Kho, Tennis and Table Tennis for the Visually Impaired in the year 1983.

Project offers the following services:

- * Teaching Orientation & Mobility * Adapted games
- * Daily living skills * Organising Seminars & Conferences

2. YMCA School for Intellectually Disabled

YMCA Special School for mentally challenged children was started in June 2006. The school functions with volunteers and helpers to serve the needs of special children. The special school offers the following services..

- Special Education
- Integrated Education
- Sustained and durable behavior management therapy
- Physiotherapy
- Adapted sports and games
- Recreation Therapy Aqua therapy, Adopted Yoga, Gymnastics Calisthenics

The school adopts new educational techniques and novel teaching strategies based on modern psychological principles.

3. FFAMY (Fitness Foundation Academy)

Fitness Foundation Academy is a service oriented project of Y.M.C.A College of Physical Education. It renders commendable service in providing fitness to the community at large. It has its aim of working as a 'Rehabilitation Centre' to the public in general and for Athletes / Players in particular. FFAMY concentrates on extension services by providing fitness oriented programmes like GYM instructor, Aerobics and Sports Injury Management courses; Provides internship programme for physiotherapy students of various institutions.

The college offers various programmes towards fitness to the society through Women Fitness Centre and Multi Gym.

COLLEGE SCHOLARSHIPS

Buck Memorial Scholarship

About 20 students are benefitted by the Buck Memorial scholarship every year who are poor and whose parents' income is low. Each deserving student will be given Rs. 5000/- as scholarship.

Dr. Amritkumar R. Moses Memorial Scholarship

There are two scholarships of Rs.1,500/- each for M.P.Ed. and B.P.Ed. students who secure high percentage of marks in:

(a) M.P.Ed (Final Year)

(b) B.P.Ed. (Final Year)

(The scholarship will be given only at the end of the final year)

Dr. Kirubakaran Memorial Scholarship

This scholarship is awarded to the student who is outstanding in Hockey.

Cash Awards for Sports Achievers

Cash awards are given to sportsmen who secure position in all India Inter University / Inter State / National approved Competition.

- I Position: Rs.30000/-
- II Position : Rs.20000/-
- III Position : Rs.10000/-

Representing Country by approved Associations / Federation Rs. 50000/-

The students who participate in the Inter University / National Competitions - Rs.1000 per student.

NET /SLET/ SET qualifying students during the course of study - Rs.5000/-

Fees Concession and Waive for Students.

Those who are getting Gold Medal at National level would get 100% mess fees waiver and Silver or Bronze medalist would get 50% mess fees waiver.

I. Sports quota admission at UG & PG level would be practiced and they would also be availing the scholarship.

ii. Medal Winners should have participated in the recognized association at Junior or Senior level.

VARIOUS COMMITTEES

1. Anti Ragging Redressal Committee

Dr. S. Johnson Premkumar, Principal (i/c)
(Convenor)

Dr. K. Jothi, Associate Professor

Dr.J.Jackson Sutharsingh, Associate Professor

Dr. S. Gladys Kirubakar, Associate Professor

Dr.E.Simson Jesudass, Assistant Professor

Dr. K. Karthikeyan, Deputy Warden (Men)

Dr. V. Merin Girija, Deputy Warden (Women)

4 Students Representatives (2Men + 2Women)

Overseas Students Representative (One)

Local Inspector of Police (Special Invitee)

2. Disciplinary Committee

Dr. S. Johnson Premkumar, Principal (i/c) (Convenor)

Dr.J.Glory Darling Margaret, Associate Professor

Dr.J.Jackson Sutharsingh, Associate Professor

Dr.E.Simson Jesudass, Assistant Professor

Dr.S. Abraham Davidson, Assistant Professor

Dr. Karthikeyan, Deputy Warden (Men)

Dr. Merin Girija, Deputy Warden (Women)

All sub wardens

3. Purchase Committee

Mr.P.Asir Pandian, Correspondent & Secretary

Dr. S. Johnson Premkumar, Principal (i/c)

Mr.T.John Sudharshan, Administrative Officer

Mr. I.V. Blesso.D. Jenkins, Project Secretary
Dr. K. Jothi, Associate Professor
Dr. A. Merlin Thanka Daniel, Assistant Professor
Dr. Merin Girija, Assistant Professor

4. Admission Committee

Constituted as per the instruction of the Government
under the supervision of the Principal as convener.

5. Internal Complaints Committee

Dr. J. Glory Darling Margaret,
Associate Professor as Presiding Officer.
Ph.: 9444886080 email: drjgdpe@gmail.com

6. Staff In-charge for Admission to the various Courses of Study

Dr. E. Simson Jesudass	M.P.Ed
Dr. S. Abraham Davidson	B.P.Ed
Dr. S. Jerome David	B.M.Sc
Mr. M. Felix Arokkiaraj	BPES
Dr. A. Merlin Thanka Daniel	D.P.Ed
Dr. J. Samuel Jesudoss	M.Sc. & P.G. Dip

7. Grievance and Redressal Committee

Dr. K. Johnson Premkumar - Principal (i/c)
Dr. K. Jothi, Associate Professors
Dr. J. Glory Darling Margaret, Associate Professor
Dr. J. Jackson Sutharsingh, Associate Professor
Dr. s. Abraham Davidson, Assistant Professor
Dr. K. Karthikeyan, Deputy Warden (Men)
Dr. V. Merin Girija, Deputy Warden (Women)

YMCA College of Physical Education

Staff Responsibilities 2025 - 2026

Staff Members	Responsibilities
Dr. S.Johnson Premkumar	➤ Chief Controller of Examinations ➤ Chief Editor-Journal News Letter & College Magazine. ➤ Chairman - Internal complaint cell ➤ Director-Research Centre, ➤ Resource Centre, Examination Cell Academic affairs ➤ Affairs, Workshop, Seminar, Conference, Webinar and Sports Academies, ➤ Camp cruzier ➤ Warden Men& Women Hostels.
Dr.K.Jothi	➤ Camp Director ➤ Optional Course Coordinator ➤ Admission Committee member ➤ Anti-Ragging Redressal Committee Member ➤ Journal Editorial board Member ➤ Disciplinary committee member.
Dr.J.Glory Darling Margaret	➤ Controller of Examinations ➤ Academic Council Convener ➤ Presiding officer - Internal Complaint Cell ➤ Anti-ragging Redressal Committee member ➤ Sports Psychology lab in charge ➤ Disciplinary Committee member ➤ Admission Committee member ➤ Editor Journal.
Dr.J.Jackson Sutharsingh	➤ Theory Coordinator & IQAC Coordinator ➤ Board of Studies Convener ➤ Journal editorial board member ➤ Anti-Ragging Redressal Committee member ➤ Admission Committee member, ➤ Disciplinary Committee member ➤ Internal complaint cell Member ➤ In-charge for Computer lab ➤ Best Practices
Dr.S.Glady Kirubakar	➤ Practical Coordinator ➤ Admission Committee member ➤ In-charge for Exercise Physiology lab ➤ Anti-ragging Redressal Committee member. ➤ Disciplinary Committee Member ➤ Journal Editorial Board Member ➤ Nodal officer BC & MBC Scholarship ➤ In charge Mobilization for Research

Staff Members	Responsibilities
Dr.S.Jerome David	➤ In-charge for Record Books, Teaching Practice & Coaching Lesson Note Book ➤ In-charge Aqua Therapy & Music Therapy labs, ➤ Press and Media ➤ Class Registrar B.M.Sc II year (Mentor)
Dr.E.Simson Jesudass	➤ Staff Council Secretary ➤ Coaching & Teaching Practice coordinator ➤ Evening college coordinator ➤ Editor – College Calendar, ➤ Journal Editorial Board Member ➤ Disciplinary Committee Member, ➤ Anti-Ragging Redressal Committee Member ➤ In-charge for Kinesiology & Biomechanics lab ➤ Nodal officer NSP Minorities Scholarship ➤ In-charge for Para Sports & Special School
Dr. S. Abraham Davidson	➤ Journal Editorial board Member ➤ Nodal officer UMIS, ➤ In-charge Anatomy and Physiology lab, Students discipline in-charge ➤ In charge for Store Equipment & Markers
Mr.M.Felix Arokkiaraj	➤ Placement Cell Coordinator ➤ In-charge for Picnic ➤ Coordinator for online programme ➤ Field visits ➤ In-charge for sports quiz. ➤ In-charge for Language lab ➤ Class Registrar (Mentor) M.P.Ed-II Year ➤ In charge for workshop & seminar ➤ NSS Coordinator
Dr.A.Merlin Thanka Daniel	➤ Extramural Director, ➤ In-charge of students Uniform (Men) ➤ Secretary of YMCA College Alumni Association ➤ In-charge for Syllabus (M.P.Ed & B.P.Ed) ➤ Test & Measurement Lab In-charge ➤ Journal Editorial Board Member ➤ Class Registrar MPED. I Year (Mentor)

Staff Members	Responsibilities
Dr.R.Prabu	➤ Chapel In-charge ➤ In-charge for Resource Center, ➤ Library Visits ➤ In-charge of AIACHE ➤ Rotract Club. ➤ Editor News Letter ➤ Journal Editorial Committee Member ➤ In-charge of college website & online publications. ➤ In-charge for on-line courses ➤ Collaboration & linkages
Dr. Prince Boaz Edwin	➤ College Medical Officer ➤ In-charge for General Health Check up ➤ In-charge for health awareness program ➤ In-charge for Sports Medicine & Nutrition Lab ➤ Disciplinary Committee member ➤ In-charge for Clinic & Sports Physiotherapy Centre.
Mr.K.Mugil	➤ In-charge for General Health Check up ➤ In-charge for health awareness programme ➤ In-charge for Sports Medicine & Nutrition Lab ➤ In-charge for Sports Physiotherapy Centre ➤ Editorial committee- member of college magazine
Dr.J.Samuel Jesudoss	➤ Intramural Director (Men) ➤ In-charge for Syllabus(, B.M.Sc ,M.Sc., P.G D,) ➤ Asst Theory Coordinator ➤ In-charge for National Days & Special Days Celebrations ➤ Outreach activates ➤ Class Registrar B.P.Ed .IIA (Mentor)
Dr. Pon Anbarasu	➤ In-charge of Add on Course ➤ Asst. coaching & Teaching Practice ➤ In-charge for sports exhibition ➤ In charge of Yoga lab ➤ In charge for environmental, club YGG ➤ Class Registrar BPED.II – B (Mentor)

Staff Members	Responsibilities
Dr.J. James	➤ ID card In charge ➤ Assistant Practical coordinator ➤ Sports Exhibition ➤ In-charge for Extension Activities, ➤ In-charge students discipline during programmes, ➤ Class Registrar BPed. I - A (Mentor)
Mr.B. Praveen Doss	➤ In charge for syllabus(B.P.E.S) ➤ In Charge for Class rooms ➤ In charge for awareness Program ➤ Nodal Officer SC Scholarship, ➤ Asst In-charge for Computer lab ➤ Class Registrar BPed.I – B .(Mentor)
Dr.K. Karthikeyan	➤ Deputy Warden (Men) ➤ In-charge for Student Council (Men) - Mentor ➤ Editor College Magazine ➤ In-charge for Officiating(Students) ➤ In charge for NET/SET training ➤ Kinesiology & Biomechanics Lab Assistant In-charge. ➤ Students Staff Feedback ➤ Students support & progression ➤ Student discipline committee
Dr.J.Komala	➤ Intramural Director(Women) ➤ In charge for Students General assembly ➤ Asst In-charge for Yoga Lab ➤ In-charge for YMCA Buck rules book. ➤ In-charge for VPP, ➤ Class Registrar BPES . III Year.
Dr.G.Bobby	➤ In-charge of UniY, ➤ In-charge for Class room technology, ➤ In-charge for Band Group, ➤ In-charge for technology lab ➤ Photography ➤ In-charge of DPed Examinations. ➤ Sub Warden (Men) ➤ Class Registrar BPES II Year (Mentor)

Staff Members	Responsibilities
Dr.V.Merin Girija	➤ Deputy Warden(Women) ➤ In-charge of UniY ➤ In Charge for Student Council ➤ Editorial Committee Member of College Magazine ➤ In charge for officiating(Women) ➤ Disciplinary committee member ➤ In charge of students Uniform (Women). ➤ Class Registrar B.M.Sc. I Year. (Mentor) ➤ Students support & progression
Mr.S.Tony Deva Amirtham	➤ In-charge for Chairs & Stage arrangements ➤ Asst In-Charge for Test & Measurement lab ➤ Distribution In-charge for students Uniform ➤ Distribution In-charge for Buck rules book ➤ Sub Warden (Men) ➤ Class Registrar DPed.II Year (Mentor)
Ms.M.Deepa Saranya	➤ Asst for General Health Check up ➤ Asst for health awareness programme ➤ Asst for Sports Medicine& Nutrition Lab ➤ Disciplinary Committee member, ➤ Asst for Sports Physiotherapy Centre
Mr.P.R. Paul Vivin Moran	➤ Asst for Chairs & Stage arrangements ➤ Asst in charge for UniY ➤ Asst Distribution In-charge for students Uniform ➤ Asst Distribution In-charge for Buck rules book ➤ Sub Warden (Men) ➤ Class Registrar DPed.I Year
Mr.A.S.Aswin	➤ Asst In charge Rotaract Club ➤ Asst for Class room technology, ➤ Asst for Band Group, ➤ Asst for Exercise Physiology Lab ➤ Sub Warden (Men) ➤ Asst DPed. Examinations. ➤ Class Registrar BPES I Year (Mentor)
Dr.ZainabunissaBegum	➤ Part-time Hindi Faculty, ➤ Language Lab in charge (Hindi).
Mrs.R.Reji	➤ Part-time Tamil faculty ➤ Language Lab in charge (Tamil) ➤ Student Counsellor.(Women) ➤ Tamil Literary In-charge.
Mrs. S.Karthiha	➤ Part-time French Faculty ➤ Language Lab in- charge (French).
Mrs. Serene Grace	➤ Part-time English Faculty ➤ Language Lab in- charge (English) ➤ In-charge for remedial & bridge course,

Date	Day	June 2025	No. of working Days
1	Sunday	Holiday	
2	Monday		
3	Tuesday		
4	Wednesday		
5	Thursday		
6	Friday	Y.M.C.A Foundation Day (181 YEAR)	
7	Saturday		
8	Sunday	Holiday	
9	Monday		
10	Tuesday		
11	Wednesday		
12	Thursday	World Day Against Child Labour	
13	Friday		
14	Saturday	Holiday - Bakrid (Idul Azha)	
15	Sunday	Holiday	
16	Monday	Staff Retreat	
17	Tuesday		
18	Wednesday	M.P.Ed Selection Trials	
19	Thursday	B.P.E.S Selection Trials & D.P.Ed Selection Trials	
20	Friday		
21	Saturday	International YOGA Day	
22	Sunday	Holiday	
23	Monday	B.P.Ed Selection Trials / Olympic day	
24	Tuesday	B.P.Ed Selection Trails	
25	Wednesday	M.SC Selection Trails & P.G.D.S.C Selection Trails	
26	Thursday	International day Against DRUG Abuse ment	
27	Friday		
28	Saturday		
29	Sunday	Holiday	
30	Monday		

Date	Day	July 2025	No. of working Days
1	Tuesday		
2	Wednesday	Reopening of College - Induction Program P.T.A	1
3	Thursday	Induction Program of Students and Orientation Programme	2
4	Friday	Induction Program	3
5	Saturday	Induction Program	
6	Sunday	Holiday - Muharram	
7	Monday	Induction Program	4
8	Tuesday	Induction Program	5
9	Wednesday	Induction Program	6
10	Thursday		7
11	Friday		8
12	Saturday	1 Special Programmes during Theory Hours and Exhibition Matches	
13	Sunday	Holiday	
14	Monday	Educational Development day Kalvi Valarchi Naal	9
15	Tuesday	Students Association office Bearers Selection	10
16	Wednesday	Intramural Inauguration	11
17	Thursday		12
18	Friday	Picnic	13
19	Saturday		
20	Sunday	Holiday	
21	Monday		14
22	Tuesday	Buck Memorial Sports Festival	15
23	Wednesday	Buck Memorial Sports Festival	16
24	Thursday	Buck Memorial Sports Festival	17
25	Friday	Buck Memorial Sports Festival	18
26	Saturday		
27	Sunday	Holiday	
28	Monday	Investiture Ceremony of Students Council	19
29	Tuesday		20
30	Wednesday		21
31	Thursday		22

Date	Day	August 2025	No. of working Days
1	Friday	College Inception Day	23
2	Saturday		
3	Sunday	Holiday	
4	Monday		24
5	Tuesday		25
6	Wednesday	Workshop / Seminar	26
7	Thursday		27
8	Friday		28
9	Saturday		
10	Sunday	Holiday	
11	Monday		29
12	Tuesday		30
13	Wednesday	CIA - I (Continuous Internal Assessment)	31
14	Thursday	CIA - I (Continuous Internal Assessment)	32
15	Friday	Independence Day	
16	Saturday	Holiday - Krishna Jayanthi	
17	Sunday	Holiday	
18	Monday		33
19	Tuesday		34
20	Wednesday		35
21	Thursday		36
22	Friday		37
23	Saturday		
24	Sunday	Holiday	
25	Monday	Model Meet M.PEd - I Year	38
26	Tuesday		39
27	Wednesday	Holiday - Ganesh Chaturthi	
28	Thursday		40
29	Friday	National Sports Day	41
30	Saturday		
31	Sunday	Holiday	

Date	Day	September 2025	No. of working Days
1	Monday		42
2	Tuesday		43
3	Wednesday		44
4	Thursday		45
5	Friday	Holiday - Milad-un-Nabi / Teachers Day	
6	Saturday		
7	Sunday	Holiday	
8	Monday		46
9	Tuesday		47
10	Wednesday		48
11	Thursday	Workshop & officiating athletics	49
12	Friday	Workshop & officiating athletics	50
13	Saturday		
14	Sunday	Holiday	
15	Monday		51
16	Tuesday		52
17	Wednesday	CIA - II (Continuous Internal Assessment)	53
18	Thursday	CIA - II (Continuous Internal Assessment)	54
19	Friday	Project Sports Meet “B.P.Ed II A”	55
20	Saturday		
21	Sunday	Holiday	
22	Monday		
23	Tuesday		56
24	Wednesday		57
25	Thursday	Orientation Program Of Special School Teachers	58
26	Friday		59
27	Saturday		
28	Sunday	Holiday	
29	Monday		61
30	Tuesday		62

Date	Day	October 2025	No. of working Days
1	Wednesday	Holiday - Ayutha pooja	
2	Thursday	Holiday - Vijaya Dasami / Gandhi Jayanti	
3	Friday		63
4	Saturday		
5	Sunday	Holiday	
6	Monday		64
7	Tuesday		65
8	Wednesday		66
9	Thursday		67
10	Friday		68
11	Saturday	Y.M.C.A Founder George william Birthday	
12	Sunday	Holiday	
13	Monday		69
14	Tuesday		70
15	Wednesday	World White Cane day	71
16	Thursday	Project Sports Meet "B.P.E.d II" B / World White Cane day	72
17	Friday		73
18	Saturday		
19	Sunday	Holiday	
20	Monday	Holiday - Deepavali	
21	Tuesday		74
22	Wednesday		75
23	Thursday		76
24	Friday		77
25	Saturday		
26	Sunday	Holiday	
27	Monday		78
28	Tuesday		79
29	Wednesday	CIA - III (Continuous Internal Assessment)	80
30	Thursday	CIA - III (Continuous Internal Assessment)	81
31	Friday	Project Sports Meet "B.P.E.S III"	82

Date	Day	November 2025	No. of working Days
1	Saturday		
2	Sunday	Holiday / All Souls Day Practical Exam - Internal	
3	Monday		83
4	Tuesday		84
5	Wednesday	Practical Exam - Internal	85
6	Thursday		86
7	Friday		87
8	Saturday		
9	Sunday	Holiday	
10	Monday		88
11	Tuesday	National Education day / Pre - Semester Examination	89
12	Wednesday	Pre - Semester Examination	90
13	Thursday	Pre - Semester Examination	
14	Friday	Pre - Semester Examination	
15	Saturday		
16	Sunday	Holiday	
17	Monday		
18	Tuesday	Semester Examination	
19	Wednesday	Semester Examination	
20	Thursday	Semester Examination	
21	Friday	Semester Examination	
22	Saturday		
23	Sunday	Holiday	
24	Monday		
25	Tuesday	Annual LeaderShip Training Camp / NSS CAMP / Workshop / Harry Crowe Buck Birthday Founders Day	1
26	Wednesday	Annual LeaderShip Training Camp / NSS CAMP / Workshop/ VPP / Constitution day of india	2
27	Thursday	Annual LeaderShip Training Camp / NSS CAMP / Workshop/ VPP	3
28	Friday	Annual LeaderShip Training Camp / NSS CAMP / Workshop/ VPP	4
29	Saturday		
30	Sunday	Holiday	

Date	Day	December 2025	No. of working Days
1	Monday		6
2	Tuesday		7
3	Wednesday	B.M.Sc Project I & II Year / World Disaster Day / international day of persons with disabilities	8
4	Thursday		9
5	Friday		10
6	Saturday		
7	Sunday	Holiday	
8	Monday		11
9	Tuesday		12
10	Wednesday		13
11	Thursday		14
12	Friday		15
13	Saturday		
14	Sunday	Holiday	
15	Monday		16
16	Tuesday		17
17	Wednesday	Inter Class Christmas Tree Competition	18
18	Thursday	Christmas Carols	19
19	Friday	P.T.A Meeting	20
20	Saturday		
21	Sunday	Holiday	
22	Monday		21
23	Tuesday	Christmas Holiday	
24	Wednesday	Christmas Holiday	
25	Thursday	Christmas	
26		Christmas Holiday	
27	Saturday	Christmas Holiday	
28	Sunday	Christmas Holiday	
29	Monday	Christmas Holiday	
30	Tuesday	Christmas Holiday	
31	Friday	Christmas Holiday	

Date	Day	January 2026	No. of working Days
1	Thursday	New year	
2	Friday	Christmas Holiday	
3	Saturday	Christmas Holiday	
4	Sunday	Holiday	
5	Monday	College Re - opens after Christmas Vacation	22
6	Tuesday		23
7	Wednesday		24
8	Thursday	Continuous Internal Assessment -CIA- I	25
9	Friday	Continuous Internal Assessment -CIA- I	26
10	Saturday		
11	Sunday	Holiday	
12	Monday		27
13	Tuesday	Bogi - Holiday	
14	Wednesday	Pongal Celebration	
15	Thursday	Thiruvalluvar Day - Holiday	
16	Friday	Uzhavar Thirunal - Hoilday	
17	Saturday		
18	Sunday	Holiday	
19	Monday		28
20	Tuesday		29
21	Wednesday	Teaching Practice - Internship Starts	30
22	Thursday		31
23	Friday		32
24	Saturday		
25	Sunday	Holiday	
26	Monday	Republic Day	
27	Tuesday		33
28	Wednesday		34
29	Thursday		35
30	Friday	Martyrs' Day	36
31	Saturday		

Date	Day	February 2026	No. of working Days
1	Sunday	Holiday	
2	Monday		37
3	Tuesday		38
4	Wednesday		39
5	Thursday		40
6	Friday		41
7	Saturday		
8	Sunday	Holiday	
9	Monday		42
10	Tuesday		43
11	Wednesday		44
12	Thursday	Teaching Practice - Internship Ends	45
13	Friday	Play day	46
14	Saturday		
15	Sunday	Holiday	
16	Monday		47
17	Tuesday		48
18	Wednesday	ASH - WEDNESDAY	49
19	Thursday		50
20	Friday	Project Sports Meet "D.P.E.d "	51
21	Saturday		
22	Sunday	Holiday	
23	Monday		52
24	Tuesday		53
25	Wednesday	National Seminar	54
26	Thursday	Continuous Internal Assessment -CIA- II	55
27	Friday	Continuous Internal Assessment -CIA- II	56
28	Saturday		

Date	Day	March 2026	No. of working Days
1	Sunday	Holiday	
2	Monday		57
3	Tuesday		58
4	Wednesday		59
5	Thursday		60
6	Friday		61
7	Saturday		
8	Sunday	Holiday / Internatioal Womes' day	
9	Monday		62
10	Tuesday		63
11	Wednesday	Internal teaching / Coaching practice exam	64
12	Thursday	Internal teaching / Coaching practice exam	65
13	Friday	Internal teaching / Coaching practice exam	66
14	Saturday		
15	Sunday	Holiday	
16	Monday	External teaching / Coaching practice exam	
17	Tuesday		67
18	Wednesday		68
19	Thursday	Project Sports Meet - II "M.P.E.d "	69
20	Friday	Holiday - Telugu New Year	70
21	Saturday		71
22	Sunday	Holiday	
23	Monday		
24	Tuesday		72
25	Wednesday	Intramural Annual Meet	73
26	Thursday		74
27	Friday	College day	75
28	Saturday		76
29	Sunday	Holiday - Palm Sunday	
30	Monday		77
31	Tuesday	Holiday - Mahavir Jayanti	

Date	Day	April 2026	No. of working Days
1	Wednesday		78
2	Thursday	Manday Thursday	79
3	Friday	Good Friday	
4	Saturday		
5	Sunday	Holiday - Easter	
6	Monday	Continuous Internal Assessment -CIA- III	81
7	Tuesday	Continuous Internal Assessment -CIA- III	82
8	Wednesday		83
9	Thursday		84
10	Friday		85
11	Saturday		
12	Sunday		
13	Monday	Hostel day & Student Association Validity function	86
14	Tuesday	Holiday - Tamil New Year /Dr.B.R.Ambedkar's Birthday	
15	Wednesday	Pre - Semester Examination	87
16	Thursday	Pre - Semester Examination	88
17	Friday	Pre - Semester Examination	89
18	Saturday	Pre - Semester Examination	
19	Sunday	Holiday	
20	Monday	Exam Hall Ticket issue day /Farewell day / Alumni Initiation Ceremony	90
21	Tuesday		91
22	Wednesday	Semester Examination	
23	Thursday	Semester Examination	
24	Friday	Semester Examination	
25	Saturday	Semester Examination	
26	Sunday	Holiday	
27	Monday		
28	Tuesday		
29	Wednesday		
30	Thursday	Last Working day for Teaching Staff	

Date	Day	May 2026	No. of working Days
1	Friday	May day	
2	Saturday		
3	Sunday	Holiday	
4	Monday		
5	Tuesday		
6	Wednesday		
7	Thursday		
8	Friday		
9	Saturday		
10	Sunday	Holiday	
11	Monday		
12	Tuesday		
13	Wednesday		
14	Thursday		
15	Friday		
16	Saturday		
17	Sunday	Holiday	
18	Monday		
19	Tuesday		
20	Wednesday		
21	Thursday		
22	Friday		
23	Saturday		
24	Sunday	Holiday	
25	Monday		
26	Tuesday		
27	Wednesday	Holiday - Bakrid / Eid al Adha	
28	Thursday		
29	Friday		
30	Saturday		
31	Sunday	Holiday	

WHAT A FRIEND

What a Friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry
Everything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
All because we do not carry
Everything to God in prayer!

Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged,
Take it to the Lord in prayer.
Can we find a friend so faithful
Who will all our sorrows share?
Jesus knows our every weakness,
Take it to the Lord in prayer.

Are we weak and heavy-laden,
Cumbered with a load of care?
Precious Savior, still our refuge—
Take it to the Lord in prayer;
Do thy friends despise, forsake thee?
Take it to the Lord in prayer;
In His arms He'll take and shield thee,
Thou wilt find a solace there.

O GOD, OUR HELP IN AGES PAST

O God, our help in ages past,
Our hope for years to come,
Our shelter from the stormy blast,
And our eternal home.

Under the shadow of Thy throne
Thy saints have dwelt secure;
Sufficient is Thine arm alone,
And our defence is sure.

Before the hills in order stood,
Or earth received her frame,
From everlasting Thou art God,
To endless years the same.

A thousand ages in Thy sight
Are like an evening gone;
Short as the watch that ends the night
Before the rising sun.

Time, like an ever-rolling stream,
Bears all its sons away;
They fly forgotten, as a dream
Dies at the opening day.

O God, our help in ages past,
Our hope for years to come,
Be Thou our guard while life shall last,
And our eternal home.

PRAISE HIM

Praise Him! Praise Him! Jesus our blessed Redeemer
Sing, O earth, His wonderful, love proclaim
Hail Him! Hail Him! Highest archangels in glory
Strength and honour give to His holy name
Like a shepherd, Jesus will guard His children
In His arms He carries them all day long
Praise Him! Praise Him! Tell of His excellent greatness
Praise Him! Praise Him! Ever in joyful song !

Praise Him! Praise Him! Jesus our blessed Redeemer
For our sins He suffered and bled and died
He, our rock, our hope of eternal salvation
Hail Him! Hail Him! Jesus the crucified
Loving Savior, meekly enduring sorrow,
Crowned with thorns that cruelly pierced His brow;
Once for us rejected, despised, and forsaken,
Prince of Glory, ever triumphant now.

Praise Him! Praise Him! Jesus our blessed Redeemer
Heavenly portals loud with hosannas ring
Jesus, Saviour, reigneth for ever and ever
Crown Him! Crown Him! Prophet and Priest and King
Death is vanquished! Tell it with joy, ye faithful
Where is now Thy victory, boasting grave?
Jesus lives! No longer Thy portals are cheerless;
Jesus lives the mighty and strong to save.

STAND UP FOR JESUS

Stand up! stand up for Jesus! Ye soldiers of the cross;
Lift high His royal banner, It must not suffer loss:
From vict'ry unto vict'ry, His army shall He lead,
Till every foe is vanquished, And Christ is Lord indeed.

Stand up! stand up for Jesus! The trumpet call obey;
Forth to the mighty conflict, In this His glorious day.
Ye that are men, now serve Him against unnumbered foes;
Let courage rise with danger. And strength to strength oppose.

Stand up! stand up for Jesus! Stand in His strength alone;
The arm of flesh will fail you; Ye dare not trust your own.
Put on the Gospel armor, and watching unto prayer,
Where calls the voice of duty, be never wanting there.

Stand up! stand up for Jesus! the strife will not be long:
This day the noise of battle, the next the victor's song;
To him that overcometh a crown of life shall be;
He, with the King of glory, shall reign eternally.

THERE SHALL BE SHOWERS OF BLESSING

There shall be showers of blessing
This is the promise of love
There shall be seasons, refreshing
Sent from the Saviour above.

Refrain:

Showers of blessing
Showers of blessing we need:
Mercy drops 'round us are falling
But for the showers we plead.

There shall be showers of blessing
Precious reviving again
Over the hills and the valleys
Sound of abundance of rain.

There shall be showers of blessing
Send them upon us, O Lord;
Grant to us now a refreshing,
Come, and now honor Thy Word.

There shall be showers of blessing
Oh, that today they might fall
Now as to God we're confessing
Now as on Jesus we call

LEAD, KINDLY LIGHT

Lead, kindly light, amid the encircling gloom,

Lead thou me on;

The night is dark, and I am far from home;

Lead thou me on;

Keep thou my feet; I do not ask to see

The distant scene: one step enough for me.

I was not ever thus, nor prayed that thou

Shouldst lead me on;

I loved to choose, and see my path; but now

Lead thou me on;

I loved the garish day, and, spite of fears,

Pride ruled my will: remember not past years.

So long thy pow'r hath blest me, sure it still

Will lead me on,

O'er moor and fen, o'er crag and torrent, till

The night is gone,

And with the morn those angel faces smile,

Which I have loved long since, and lost a while.

I AM THINE, O LORD, I HAVE HEARD THY VOICE

I am Thine, O Lord, I have heard Thy voice,
and it told Thy love to me;
But I long to rise in the arms of faith,
And be closer drawn to Thee.

Refrain:

Draw me nearer, nearer, blessed Lord,
to the cross where Thou hast died;
Draw me nearer, nearer, nearer, blessed Lord,
to Thy precious, bleeding side.
Consecrate me now to Thy service, Lord,
by the pow'r of grace divine;
let my soul look up with a steadfast hope,
And my will be lost in Thine.

(Refrain)

O the pure delight of a single hour
that before Thy throne I spend,
when I kneel in prayer, and with thee, my God,
I commune as friend with friend!

(Refrain)

There are depths of love that I yet may know
Ere Thee face to face I see;
There are heights of joy that I yet may reach
Ere I rest in peace with thee.

(Refrain)

HEAVEN CAME DOWN AND GLORY FILLED MY SOUL

Oh what a wonderful, wonderful day
Day I will never forget
After I'd wandered in darkness away,
Jesus my Savior I met
Oh what a tender, compassionate friend,
He met the need of my heart
Shadows dispelling, with joy I am telling,
He made all the darkness depart!

CHORUS:

Heaven came down and glory filled my soul
When at the cross the Savior made me whole
My sins were washed away
My night was turned to day
Heaven came down and glory filled my soul

Now I've a hope that will surely endure
After the passing of time;
I have a future in heaven for sure.
There in those mansions sublime.
And its because of that wonderful day
What at the cross I believed;
Riches eternal And blessings supernal
From His precious hand I received.

HOW GREAT THOU ART (O LORD MY GOD)

O Lord my God, When I in awesome wonder,
Consider all the worlds Thy Hands have made;
I see the stars, I hear the rolling thunder,
Thy power throughout the universe displayed.

Refrain:

Then sings my soul, My Saviour God, to Thee,
How great Thou art! How great Thou art!
Then sings my soul, my Saviour God, to Thee,
How great Thou art, How great Thou art!

When through the woods, and forest glades I wander,
And hear the birds sing sweetly in the trees.
When I look down, from lofty mountain grandeur
And see the brook, and feel the gentle breeze.

And when I think, that God, His Son not sparing;
Sent Him to die, I scarce can take it in;
That on the Cross, my burden gladly bearing,
He bled and died to take away my sin.

When Christ shall come, with shout of acclamation,
And take me home, what joy shall fill my heart.
Then I shall bow, in humble adoration,
And then proclaim: "My God, how great Thou art!"

THEORY TIME TABLE

I SEMESTER				II SEMESTER			
DAY	10-11	11-12	12.-1.00	DAY	10-11	11-12	12-1.00
Mon				Mon			
Tue				Tue			
Wen				Wen			
Thu				Thu			
Fri				Fri			

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2025

- CALENDAR -

January - 01

M	T	W	T	F	S	S
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February - 02

M	T	W	T	F	S	S
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March - 03

M	T	W	T	F	S	S
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April - 04

M	T	W	T	F	S	S
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May - 05

M	T	W	T	F	S	S
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June - 06

M	T	W	T	F	S	S
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July - 07

M	T	W	T	F	S	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August - 08

M	T	W	T	F	S	S
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September - 09

M	T	W	T	F	S	S
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October - 10

M	T	W	T	F	S	S
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November - 11

M	T	W	T	F	S	S
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December - 12

M	T	W	T	F	S	S
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2026

- CALENDAR -

January							February							March							April							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
					1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14	5	6	7	8	9	10	11	
11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21	12	13	14	15	16	17	18	
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28	19	20	21	22	23	24	25	
25	26	27	28	29	30	31								29	30	31					26	27	28	29	30			
May							June							July							August							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1	1	2	3	4	5	6		1	2	3	4				1	2	3	4				
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	
24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29	
31																					30	31						
September							October							November							December							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1	1	2	3	4	5			1	2	3	4	5	6	7	1	2	3	4	5			
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	
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27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31			

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30	Mr. Rajkumar	9940650355	
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34	Mrs. Devi Shadow Teacher	9962872698	
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NOTES

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