

YMCA COLLEGE OF PHYSICAL EDUCATION

Chennai - 600 035

An Autonomous College Affiliated to the Tamil Nadu Physical Education and Sports University

A Project of National Council of YMCAs of India

Accredited by NAAC as "A" Grade College

Recognized by National Council of Teacher Education and
Government of Tamilnadu



IQAC (2009 – 2010)

I Q A C R E P O R T - 2 0 0 9 - 1 0

Part A

I. Action Plan for the Academic Year 2008-2009.

The plan of action chalked out by the IQAC at the beginning of the Academic year 2009-2010 towards Quality Enhancement and the outcome achieved by the end of the Academic Year 2009-2010.

1. To Conducting at least three staff development programme.
2. To Organizing at least one seminar for students and staff and one national workshop on Biomechanics.
3. Giving incentives to staff to take part in UGC Refresher courses and Orientation courses.
4. To construct a new Hostel for women with good amenities.
5. To organize many Community development programme in suburban and urban areas by the college.
6. Introducing elective course for B.P.Ed course.
7. Setting up the career guidance cell
8. Development programme/exposure programme for non-teaching staff
9. Construction of new basket ball courts.
10. Spoken English courses – Bridge course for first year students of all the courses shall be conducted and to continue with spoken English course for S.T/S.C Students of the college. In the afternoons special classes for students who are interested in learning.
11. Remedial Coaching for sportsmen: Systematic enrichment programme for advanced learners and remedial teaching to slow learners shall be given. Advanced learners shall be helped by providing extra coaching in sports by concerned faculty members.
12. Innovative Teaching: Teachers shall use audio- visual aids such as OHP, LCD,VCD etc. Seminars, Group discussions, workshops, Field trips, Inter- class exchange programmes, inter- disciplinary programmes, Guest lecturers shall be arranged.
13. Staff Training Programme: For teaching and non- teaching staff a minimum of one staff programmes shall be arranged.
14. Alumni Association: Since the Alumni is the backbone of every college, all outgoing students shall be persuaded to register themselves as members. Efforts shall be made to enroll as many students as possible.

15. PTA is another important association which plays a vital role in the development of the institution. In this context, PTA shall have regular meetings and foster mutual relationship.

PART-B

1. Activities reflecting the goals and objectives of the institution

College holds a reputed position among various physical education institutions in Taminadu. The College has well defined goals and objectives aimed at imparting quality education to its students, making them well disciplined and competent with a sense of concern to fellow beings. The various curricular and extra curricular activities of the institution are for overall development of the students.

2. The plan of action chalked out by the IQAC in the beginning of the year and it was more oriented towards the overall development of the college. Emphasis was given to both infrastructure and academic developments along with research developments. The main proposals in the action plan and the outcome achieved by the end of the year are:
 - Encouraged the teachers to apply for major and minor research projects and bring funds to the department. The proposal by Dr. Sheila Stephen is in progress.
 - Encouraged the teachers and students to use computer and internet.
 - Many of teachers and all the students got ample expertise in using computers.
 - Organized seminars and conferences.
 - Encouraged all out going classes to organized project sports meets

NSS/NCC Activities :

YMCA College has opted to serve the community by forming an NSS unit with the support of Tamilnadu Physical Education & Sports University. Mr.S.Abraham Davidson, Lecturer is nominated as the Programme Officer of NSS unit which started functioning from October 2009. 150 students were enrolled.

Week-end camps were conducted. Villages like karrikilli, Kancheepuram were visited and sports activities were thought. Competitions were conducted and prizes were distributed.

2. New academic programme initiated

- Bridge course was conducted at the college specifically for the freshers to develop their communication and soft skills from 3rd to 10th August 2009.
- As per the guide lines framed by university M.Phil course syllabus were changed .
- It was decided to change to 75 & 25 pattern of external and internal marks for M.P.Ed., B.P.Ed. & B.P.E degree courses.

Evening college – New courses

It was resolved to start the following New courses in Evening college.

- 1. B.Sc. Fitness Exercise Rehabilitation & Nutritional Care,**
- 2. Post Graduate Diploma in Swimming Coaching,**
- 3. Post Graduate Diploma in Cricket Coaching**

3. Innovations in curricular design and transaction

- Students of Master's degree were encouraged to go on educational tour.
- M.P.Ed – II year students went to Gwalior, Delhi , Amritsar and Agra They visited various institutions in Gwalior and Delhi from Feb to 3rd Mar, 2010
- To improve the ability in spoken English special classes were arranged by an expert in English everyday between 2.30 p.m. to 3.30 p.m. for undergraduate students of the college and maximum students were benefited by it.

4. Inter – disciplinary programmes started.

College is conducting computer courses for men and women students separately.

Timing: 2.00 to 3.30 pm for women students.

6.30 to 8.00 pm for men students

Talented and intelligent students are spotted out and special coaching is given to them in their area of specializations.

Following subjects are brought as elective subjects

Professional preparation / SLET and NET/TRBE

Environmental Science.

5. Examination Reforms implemented

The Academic Council members unanimously accepted that the names suggested as members of examiners may not be changed for 3 years. It was also felt that the assignment as examiners to various examinations shall be confidentially made by controller with the consultation of the Principal.

Credit system was introduced to B.P.Ed. course of study

Continuous Assessment Marks

To take up the Internal Continuous Assessment seriously by the students, a proposal was made to have internal minimum from the academic year 2009-10.

6. Candidates qualified for NET/SLET/GATE etc.

Two students of our college, Praveen Doss & Sujitha (M.Phil scholars) have cleared the UGC/NET examinations.

7. Initiative towards faculty development program

The yearly performance of teachers is evaluated by the students and teachers are given the report for pursuit and improvement. 09 faculty members are pursuing their higher education by undergoing Ph.D programme and teachers are encouraged to register for Ph.D Programme and are also given opportunity to attend seminar Research projects:

Dr. Glory Darling Margaret & Dr. J.M. Viswanath were awarded Ph.D. degree. Two faculty members submitted their Ph.D. in Pondicherry University and madras University respectively.

8. Total number of seminar and workshops conducted

SEMINAR ORGANIZED 2009-10

Keeping the current demands, expectations, requirements and necessities of the physical education faculties of schools and colleges, our college organized a Workshop on “Latest Changes and New Rules in Sports and Games” on 25th & 26th August 2009 for Physical Directors and Physical Education Teachers in Schools/Colleges to update their knowledge.

- One day workshop on “Sports for a Better Life” for Physical Educationists/Coaches/Sports Directors was organized on 6th January 2010 at the YMCA College Conference Hall.
- Workshop on “Strengthening and Conditioning” was conducted on 26th & 27th November 2009 for M.P.Ed., I & II. Mr.Robinson, Preventive Officer of Customs organized this camp. The experts from International Performance Sciences, USA., Mr. Scott O’ Dell and Mr.Crigh Schinck handled the session on weight training, speed, agility, plyometrics, and periodization for two days.
- National Workshop on ”Emerging Needs and Application of Biomechanics in Sports and Games” was conducted on 29th and 30th of March 2010. Eminent scientists from IIT, Madras, Anna University , Ramchandra Medical College , SAI Bangalore and faculty members of the college acted as resource persons. More than 450 delegates took part in and enriched their knowledge.

9.Research projects: Newly implemented projects -Nil

UGC has sanctioned Rs. 2, 86,000/- for the resource centre. With such additional facility we will able to constitute a ladder to reach the dazzling lighthouse of research.

10. patents generated if any :

Some of the faculty members of this college published books and articles in reputed journals and presented papers at various District level and State level Seminars. The names of those publications are given below :

- ❖ Dr. (Mrs.) Sheila Stephen & Mr. Simson Jesudoss, Principal attended International Conference on 20th & 21st August 2009 at Kanyakumari.
- ❖ Principal was a 'Resource person' at the Conference organized by St.John's International School for Physical Education Teachers on 27th & 28th August 2009.
- ❖ Principal serves as a member of the organizing committee (Souvenir) for the Asian Basketball Championship (ABC) conducted from 17th to 24th September 2009.
- ❖ Dr.K.Jothi Dayanandan, Reader was a Resource person in the National Consultation for Developing Training Manual on "Youth and Health changing Lifestyles and Health Hazards" from 28th & 29th May 2009.
- ❖ Dr.K.Jothi, Reader was a Resource person in "NSS Summer Mega Camp" from 23.06.09 to 28.06.09 held at RGNIYD Campus, Sriperumbudur.
- ❖ Dr.K.Jothi participated in American Aerobic Association workshop held at Bangalore from June 4th to 5th July 2009.
- ❖ Dr.K.Jothi, Reader presented a paper on "World Congress on Holistic Medicine" held at JIPMER, Pondicherry on 11th to 13th September 2009.
- ❖ Mr.E. Simson Jesudass, Lecturer, participated and presented a paper on "Fitness for Special children" in the National Seminar on 'Role of Fitness, in enhancing the quality of life', organized by the Students Welfare Council, Pondicherry University on 3rd & 4th April 2009.
- ❖ Mr.E.Simson Jesudass, Lecturer and Mr.Maniganda Ganesh, Lecturer presented papers at the International Conference from 20th to 22nd August 2009 on Sports Management at Kanyakumari.
- ❖ Mr.E.Simson Jesudass, Lecturer participated in the National Workshop on "Fitness to overcome Lifestyle Disease", organized by the Department of Physical Education and Sports, Pondicherry University on 24th Feb.2009.
- ❖ . Mr.S.Glady Kirubakar and Mrs.J.Glory Darling Margaret have published two books, i.e. "Play Ball Badminton" & "Tennis Skills".

11. New collaborative research programmes. Nil

RESEARCH ACTIVITIES

Research in Physical Education imparts the knowledge in a specific area and helps us to apply the results in developing the skills & sports performance.

Our college function as a research center, under university of Madras, and Sports University, to produce research scholars and Doctorates in Physical Education. This year alone, 15 M.Phil scholars have completed & around 7 have awarded Ph.D. degrees. At present, Dr. Sheila Stephen, Dr. S. Sivaramakrishnan, & Dr. Jothi Dayanandan are recognized guides.

YMCA College is proud to publish a research journal named “Journal of Physical Exercise & Sports Science” and this journal is recognized at the International level.

12. Research grants received from various agencies –

UGC has sanctioned Rs. 2, 86,000/- for the resource centre. With such additional facility we will be able to constitute a ladder to reach the dazzling lighthouse of research.

13. Details of research scholars guided by our college faculty

NAME OF THE FACULTY	NUMBER OF RESEARCH SCHOLARS	
Dr. Sheila Stephen	08 Ph.D	05 M.Phil.
Dr. Jothi Dayanandan. K	07 Ph.D	05 M.Phil.

Dr. S. Sivaramakrishnan,	Ph.D	05 M.Phil.
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14.Citation index of faculty members and impact factor -Nil

15.Honors or awards given to the faculty

Mrs..J.Glory Darling Margaret & Mr.J.M.Viswanath, Lecturers of YMCA College have successfully completed their Ph. D programs and are awarded the doctoral degree. Our heart felt congratulations for on this jubilant award.

16.Internal resources generated .

17.Details of departments getting SAP, COSIST (ASSIST)/DST, FIST, etc. assistance/recognition - Nil.

18. Community service

COMMUNITY SERVICES

- FFAMY was started in the year 2001. It offers consultancy to physiotherapist leading National and International level sports personalities, and also to young and old athletes in the field for fitness and sports trauma. Health, hygiene and sports trauma management is one of the best extension programmes of the college through FFAMY. Every year nearly 300 students from various Physiotherapy colleges undergo Internship training in Fitness Foundation Academy under the guidance of Dr.Kannan Pugazhendi, Director of FFAMY.
- FFAMY concentrates on extension services by providing career oriented programmes like Gym Instructor Course, Aerobics and Sports Injury Management. Its contribution is very much appreciated by everybody who steps in.

- **Play Day**

Play Day was celebrated at the College main track on 12th February 2010. Mrs.S.Lakshmi Sorubarani, Chief Inspector of Physical Education (Women) inaugurated the function and Mr.J.Ratnasigamani, Headmaster; YMCA Sports Higher Secondary School distributed the prizes at the valedictory function.

- **National Sports Day**

National Sports Day was honoured by organizing a Health Awareness Rally on Saturday, the 29th August 2009 from YMCA College to reach Natesan Park for a display of Aerobics & Yoga. Ms.Anu Hasan, film celebrity flagged off the rally. To reach the objectives of the rally, pamphlets was be

distributed to the public highlighting the importance of exercise. Nearly 450 students participated in the rally.

- **Obesity Awareness Run**

Obesity Foundation India organized Anti Obesity rally on 5th December 2009. Our college students 450 in numbers participated in this rally. Our college was awarded the “best participation” trophy on that day.

- **White Cane Day**

To commemorate the “founders of the white cane” (a mobility aid for the visually challenged people), our college organized ‘World White Cane Day Rally’ on 15th October 2009 at 10.30 A.M. With 60 visually challenged people (Men & Women), white canes were distributed by the college and they honoured the day with a short rally.

SPECIAL SCHOOL

- Our college makes a greater difference among professional institutions by having some healthy practices in the management of special school, sports school, and matriculation school and triangle tennis trust which is the mission and goal of the institution.
- Our students acted as officials for around 30 Inter School competitions in various games and sports, in the city.
- Staff members were utilized as selectors and Chief Referees in various sports competitions among corporate.
- Our College conducted 3 day internship training for the YMCA Secretary trainees to improve their leadership qualities and sports skills. Staff members shared their expertise in various areas of specializations.
- Our college extended the consultancy services to Government School for the blind, Poonamallee, and for the students of Diploma in Teaching for the Blind. Our faculty being trained in O & M & Adapted Physical Education, served as consultant.

19. Teachers and officers newly recruited

Ms. Naveena Priya	Lecturer
Mr. Karthikeyan	Lecturer
Mr. Pon. Anbarasu	Lecturer
Mr. Praveen Doss	Lecturer

NONTEACHING STAFF

Mr. Jose	Swimming Pool
Mr. Sivamani	Swimming Pool

20. Teaching – Non – Teaching staff ratio: 3:1

21. Improvements in the library services

Library automation was done. Web resources were also made. New curtains in the library windows were made and chairs were replaced. Seating capacity is 70.

22. New books/journals subscribed and their cost

Library Report (2009– 2010)

Books	10,536
No. of books added during 2009-10 (64)	21,870
Journals-	Foreign-04, Indian- 11
Reference Book	1206
Seating Capacity	70
Automation	Yes
Web resources	Yes

23. Number of courses for which student assessment of teachers is introduced and the action taken on student feedback

Teachers engaging classes for all programmes were assessed in a very systematic manner. We have considered twenty criteria, like their work performance, the mastery of the subject taught, efficiency in communicating the subject with students, punctuality and sincerity, involvement in research activities, approachability of the teacher etc. This questionnaire is prepared in accordance with the guidelines of UGC. The questionnaire was supplied to one master degree class students. Using another questionnaire, the Principal herself collected the feedback on each teacher. We provide an opportunity for parents to give oral feed back about the experience of their ward in the College, academic and infrastructural facilities etc., in the Parent Teacher meeting of each batch. The feedback are analysed and necessary steps to improve teacher performance are taken. All the teachers were graded high and no remarkable bad feedback was received since teachers teaching master degree are only six.

24. Stake holders

- a) Health Clubs
- b) Fitness Center
- c) Civil Service & Police Department
- d) Consultants.
- e) Physical Education Teachers

25. Unit cost of education**26. Computerization of administration and the process of admissions and examination results, issue of certificates**

The College has a well equipped office and effective administrative machinery. The office and the administration are computerized. The admission process to various under graduate and post graduate course are managed by computer software. The College accounts, the collection of fees, the disbursement of salary, and the accounts of the estate etc., are done with the proper Management Information systems. The

attendance of students and their examinations results are also computerized. The progress report of the students as well as certificates of students issued from the office are also prepared with use of computers.

ADMISSIONS

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

27. Increase in the infrastructural facilities

INFRASTRUCTURE DEVELOPMENT OF THE COLLEGE

- The NBA Cares New York, in partnership with HP, BFI; TATA Consultancy has donated \$ 25,000 towards the refurbishments of the Basketball court and the Basketball court was refurbished. The ground-breaking ceremony of old basketball court was organized on 11th December 2009. Muttamboo, the NBA Player initiated the ground-breaking ceremony. The court was dedicated on 6th of March, in the presence of National Council leaders, University representative and Basketball Association members.
- The construction of women's hostel which is funded by UGC is at the verge of completion.
- The class rooms were renovated
- New toilets were constructed
- A new Xerox machine was purchased with scanner and printer for the administrative office purpose

28. Technology upgradation

We have three well established laboratories with sports related equipments which are always used for research oriented programs.

1. Sports Psychology lab
2. Sports Bio mechanics lab
3. Exercise Physiology lab.

The college practices a vigorous culture of experimentation coupled with intense concentration on intellectual incubation for research.

Every year we develop nearly 80 scholars (M.P.Ed, M.Phil, and PhD) who complete the research work utilizing the resources available at the college.

29. Computerization and internet access and training to teachers and students

This year also the provision for the free Internet facility to students is continued. A new Internet Café was opened by the Principal. This facility received great appreciation from students and parents. All the Departments of the College have own computer facilities and other accessories. The College every year conducts an 'IT Vignan' programme with a view to maintain cent percent IT literacy in the campus.

30. Financial aid to students

The college always cares for the welfare of the students. The following scholarships are given to them apart from the Government scholarship.

- | | | | |
|---|---|-----------|---------|
| 1. Buck Memorial Scholarship | - | 12 x 5000 | = 60000 |
| 2. Dr. Amrit Kumar R. Moses Memorial Fund | - | 2 x 1500 | = 3000 |

Sl No.	Details of Scholarship	Students benefited	Amount in Rs.
1.	SC/ST Scholarship	119	6,44,650
2.	SC/ST Loan Scholarship	94	6,22,500
3.	Backward Scholarship	80	2,65,062
4.	MBC & DNC Scholarship	48	1,64,460

31. YMCA - Alumni

We have a very active alumni association. The association members meet once or twice in a year and various activities like family get-togethers, group discussions etc are conducted regularly. The department has a very active alumni association. The

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32. Support form the parent- teacher association and its activity

The Parent-Teacher Association shows keen interest in the academic activities of the college. They meet once or twice in a year and individual attention is given to each student by the interaction of the tutor and the parents.

33. Health services

Fitness Foundation Academy was started in the year 2001. It offers consultancy to physiotherapist leading National and International level sports personalities, and also to young and old athletes in the field for fitness and sports trauma. Health, hygiene and sports trauma management is one of the best extension programmes of the college through FFAMY. Every year nearly 300 students from various Physiotherapy colleges undergo Internship training in Fitness Foundation Academy under the guidance of Dr.Kannan Pugazhendi, Director of FFAMY.

FFAMY concentrates on extension services by providing career oriented programmes like Gym Instructor Course, Aerobics and Sports Injury Management. Its contribution is very much appreciated by everybody who steps in.

Obesity Foundation India organized Anti Obesity rally on 5th December 2009. Our college students 450 in numbers participated in this rally. Our college was awarded the “best participation” trophy on that day.

Special Awareness programme was conducted to spread the knowledge of H1 N1 Virus among the students. Dr.Kannan Pugazhendhi highlighted the importance of protective measures on 14th August 2009.

Student of the college were given free medical service throughout the year.

34. Performance in the sports activities

ACHIEVEMENTS OF STUDENTS

a. Buck Sports Festival

Our Founder Missionary of the institution Late Harry Crowe Buck is honoured and remembered by the college every year with a colourful and high spirited sports festival for about four days between 18th & 21st August 2009.

The Festival was declared open by Dr.K.Vaithianathan, Vice Chancellor, Tamilnadu Physical Education & Sports University. About 5000 competitors from various colleges and schools around Chennai participated in various games and athletic events. Mr.J.S. Jeyakardoss Correspondent & Secretary, YMCA College presided over the inaugural function.

b. Inter Collegiate Tournaments

Inter collegiate Tournaments of Tamil Nadu Physical Education & Sports University was organized by our college in Basketball, Hockey, Cricket and Handball from 12th to 14th October 2009. Mr.P.W.C. Davidar, I.A.S., Secretary to the Government of Tamilnadu, Dept. of Information & Technology inaugurated the tournament and Mr.J.S.Jeyakardoss; Correspondent & Secretary presided over the function.

The Results are given below:-

Sl.No.	Game	Position	
		Men	Women
1	Athletics	Overall championship	II Position
2.	Basketball	Winners	Winners
3.	Badminton	Runner-up	Winners
4	Ball Badminton	---	Runner-up
5.	Cricket	---	Winners
6.	Football	Winners	Winners
7.	Handball	Winners	Winners
8.	Hockey	Winners	Winners
9.	Kabaddi	Runner-up	--

10.	Kho-kho	Winners	--
11.	Table Tennis	Winners	---
12.	Tennis	---	Runner-up
13.	Volleyball	Winners	Runner up

c. Baseball Tournament

i. 6 Men students of our College represented Baseball Senior National which was held at Orissa during January 2010.

ii. 6 men students of our college represented Tamilnadu in South Zone (Senior) Baseball Tournament which was held in Kerala during January 2010 and secured the third place

d. Rugby Tournament

South India Inter Collegiate 7-A- Side Rugby Tournament was held at YMCA College on 22nd January 2010. 16 teams participated in this tournament. YMCA 'A' Men Team won the tournament. Our college women team participated and lost in the semi finals.

e. ABC Tournament:

M.P.Ed. I & II year students participated in the Opening ceremony & subsequent matches at ABC at Jawaharlal Nehru Stadium on 17th September 2009, as volunteers.

f. Six men players are participating in the Senior Nationals in Rugby to be conducted at Delhi from 28th February 2010.

UNIVERSITY REPRESENTATION

The number of students who represented the Tamil Nadu Physical Education and Sports University in various games are given below.

<i>Game</i>	<i>University Representation</i>	
	<i>Men</i>	<i>Women</i>
<i>ATHLETICS</i>	<i>4</i>	<i>2</i>
<i>BADMINTON</i>	<i>2</i>	<i>--</i>

<i>BASKETBALL</i>	9	8
<i>BALL BADMINTON</i>	2	4
<i>CRICKET</i>	5	--
<i>FOOTBALL</i>	11	10
<i>HANDBALL</i>	--	--
<i>HOCKEY</i>	9	--
<i>KABADDI</i>	4	2
<i>KHO-KHO</i>	4	1
<i>TABLE TENNIS</i>	2	--
<i>TENNIS</i>	--	1
<i>VOLLEYBALL</i>	3	---
<i>TOTAL</i>	54	28

GRAND TOTAL – 82

INTER PHYSICAL EDUCATION TOURNAMENT:

Inter physical education tournament is yet another learning experience extended to our students for mass participation and healthy competition.

35. incentives to outstanding sports persons

Out standing Sports Performers among men and women of our college are given incentives like uniform and playing kit and they are also encouraged to participate in the Nationals and Inter University Tournaments. College honored “College Colours during the College day. Best Sportsmen and Women are given selection in the college and seek various courses offered in the College based on the Government Norms for admission.

36. Activities of the guidance and the counseling cell

Colleges Student Association is formed with principal as a faculty member heading it as a Student Advisor. The Student Association will consist of some nominated student-members representing all the classes. The student-members are nominated on the basis of their merit in their respective classes.

The Student Association will help students starting from the initial problems at the time of their entry to the career planning in due course. The Student Association offers help to students on a variety of issues and practical problems related to academic, administrative, disciplinary, personal, social or emotional. All the members of the

Council shall work under a code of confidentiality. The counseling will be either at individual or group level on issues such as stress management, confidence building, creative expression, and many more as required from time to time. The Student Association also arranges for some interactive sessions to help the students with job hunting procedures and provide more information about the opportunities. The Student Association will arrange for the smooth flow of information from and to the administration and the department. The Student Association shall also be responsible and work for the maintenance of cordial and harmonious relationship between the staff and students in the college.

37 Placement services provided to students

PLACEMENT CELL

‘Placement cell’ is a boon to our college. This has been formed to increase the opportunities of employability and widening the scope for more students to serve the country at large.

38. Development Programmes To Non Teaching Staffs

Correspondent & Secretary organized a welcome lunch for all teaching and non-teaching staff on 2nd July 2008. Rev. John Daniel shared God’s message.

39. Best practice of the institution

- Project Sports Meet is organized.
- News letter is printed.
- First-aid course is conducted.
- Optional courses are conducted.
- Add-on courses are conducted during the off days.
- Educational Tours are provided.
- Officiating exams through the sports associations are provided.
- Student Grievance Boxes are provided and are being monitored.
- Student Feed Back regarding Teacher Evaluation academic and administrative matters is collected and analyzed

- Introduction of single identity card for students to be used at college.
- Strict adherence to academic schedule
- Focused programs through centers of excellence
- Opportunities to acquire soft skills
- Ensure uniform and objective evaluation of the students
- Opportunity offered to seek diploma courses to PG students
- Establishment of Foreign Relations Office to co-ordinate collaborative activities with foreign countries.
 - utilization of estate, leasing play fields, swimming pool, leasing of land ,minimizing expenditure, better management of hostels, outsourcing of services, rationalization of expenditure, introduction of self-financing courses and self-financing 'seats', cost effective delivery of education,
- SC/ST students are given extra computer education .
- Library facilities are available for the students appearing in competitive examinations.
- Biannual Journal of Sports Sciences was published

40. Linkages developed with National / International, Academic / Research Bodies

To evolve and keep pace with the changing time and development in educational system, the college has taken a step to have a strong linkage with Worchester University, London, and Springfield College of Physical Education, Massachusetts, U.S.A.

We have also established close links with the department of physical education of Madras Christian College, Queen Mary's College and SIET College under Cluster College Scheme.

Tamilnadu Physical Education & Sports University supports the college in conducting collaborative programs as distance education courses which enables our students to obtain additional degrees. 30 students have enrolled themselves for the Post Graduate Diploma in Yoga.

Our college has signed an MoU, with the Fitness Society of India for organizing Fitness related programs in India.

Two students (Joshua & Fredy Jose) were motivated to join the Worcester University for M.S. Programme in Sports Management.

41. Any other relevant information the institution wishes to add