



The National Council of YMCA's Of India
Y.M.C.A.COLLEGE OF PHYSICAL EDUCATION

A Project of the National Council of YMCAs of India
(Autonomous College affiliated to Tamil Nadu Physical Education & Sports University)
Nandanam, Chennai – 600 035.



Alumni REFLECTIONS

2025



Dr. Pon. Anbarasu

Really happy to share my experience here from 1986-89 I did my sports hostel school here, then 2001-2004, did my bped, mped, 2014., completed my p.hd., and 2009 onwards working as a ASSISTANT PROFESSOR here till now (16 years).

Awesome moments here and 4 physical education p.hd scholar, and 12 p.hd yoga scholar (as a external expert and co guide).

YMCA COLLEGE 2009 ONWARDS SET THE YOGA LAB AND ACTING AS A TUTOR AND LAB INCHARGE here. I got

- 1)"YOGA BHARATHI",
- 2)"KARMA YOGI",
- 3) "LIGHT HOUSE OF YOGA ".
- 4)"YOGABHUSAN "

AWARDEE... ETC.

- 1)BEST PHYSICAL DIRECTOR AWARDEE ON 2008 AT TAMILNADU STATE .
- 2) INTERNATIONAL TENNIS OFFICIAL,
- 3) KABADDI STATE AND LEVEL 1 CERTIFY COACH,
- 4) Ñ.I.S., (CRT..) IN TENNIS
- 5)INTERNATIONAL YOGA REFEREE AND 4 TIMES GUINNESS MASS RECORD HOLDER FROM 2016 TO 2019.5) HOCKEY NATIONAL PLAYER

Dr.Pon.Anbarasu
B.P.Ed, M.P.Ed
2004



DR.A MERLIN THANKA DANIEL

M.P.ED 2000-2001

As an alumnus I would like to express my heartfelt gratitude to YMCA College of Physical Education for shaping my career. Overall my experience was exceptional, and I encourage current students to make the most of their time here. Thank you for providing me with a strong foundation that has enabled me to succeed in my profession.



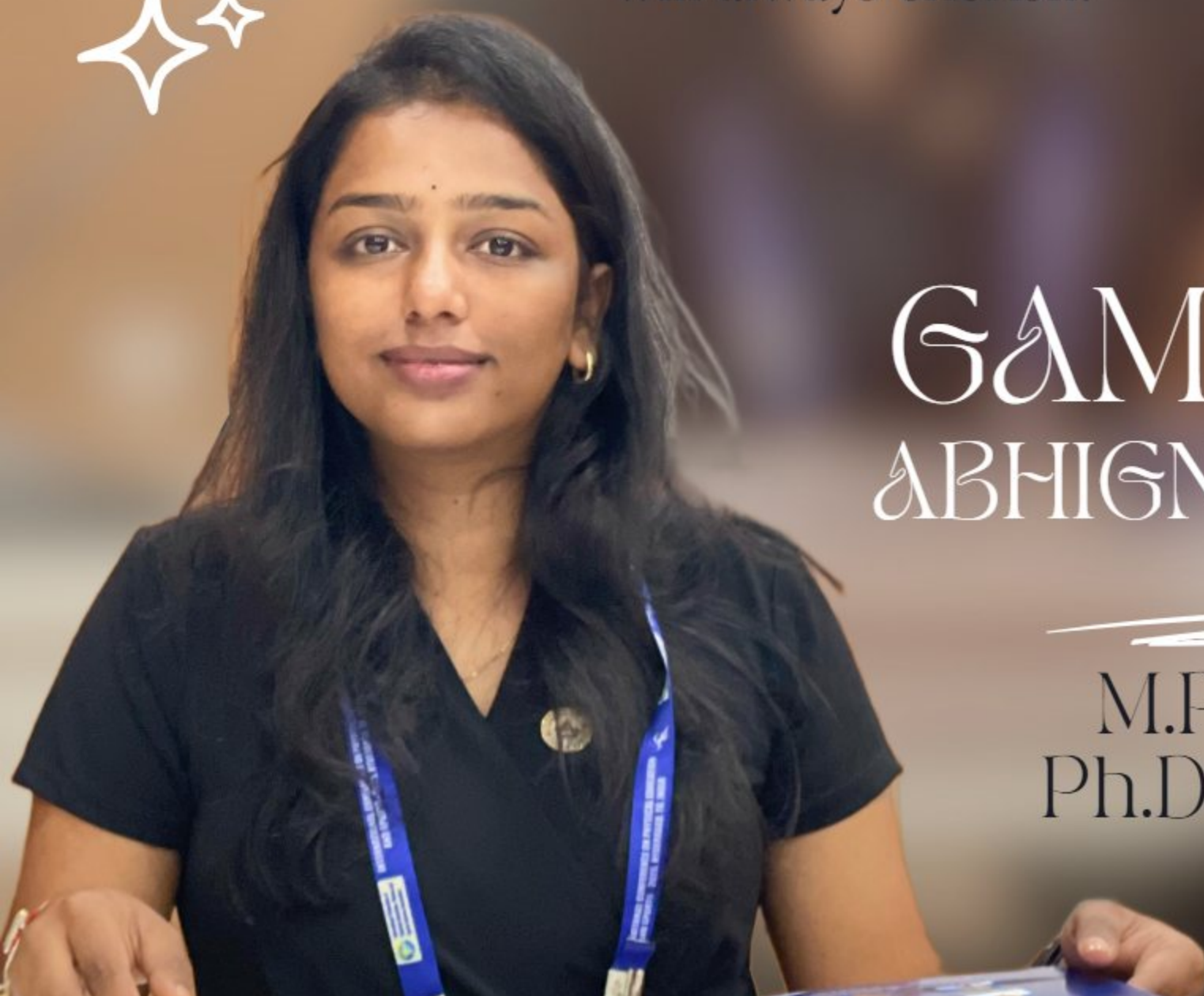
As a student from Hyderabad, pursuing my postgraduation during the COVID-19 lockdown period was a unique and challenging experience. The travel restrictions and safety concerns made it extremely difficult to manage essential academic responsibilities like submitting documents and participating in regular college activities.

Despite these hurdles, the faculty members of YMCA College of Physical Education provided incredible support and guidance throughout the course. Their dedication to ensuring academic continuity through well-structured online classes on Google Meet truly made a difference. Each session was thoughtfully planned and delivered, and the emphasis on practical knowledge, even in the virtual format, was commendable.



The collective effort of the teaching staff not only helped me stay on track academically but also inspired me to pursue further studies. It was during this time that I developed a strong interest in research, which eventually motivated me to begin my Ph.D. journey.

I extend my heartfelt gratitude to all the staff for their continuous encouragement, commitment, and care during those uncertain times. The support I received from 2020 to 2022 is something I will always cherish.



GAMPALA
ABHIGNA REDDY

M.P.Ed 2022
Ph.D-Pursuing





Ymca படித்ததை பெருமையாக
கருதுகின்றேன் நமது
கல்லூரியில் படித்ததால்
இப்போது அரசு வேலையில்
இருக்கின்றேன் ,
உடற்கல்விக்கு சிறப்பான
பயிற்சி தந்த உன்னத கல்வி
நிலையம்

N. Arumugam

N ARUMUGAM

B.P.Ed - 2013

ALUMNI REFLECTIONS



A. AMARAN

One of the best institution shaped my courier. Practical knowledge I earned. I earned life experience also.

**B.P.Ed., M.P.Ed
2016**



Dr. D. Natarajan

என்னை உயர்ந்து நிலைக்கு கொண்டு வந்தது YMCA கல்லூரி தான். வாழ்வு நாளில் மறக்க முடியாத கல்லூரி ஆகும்.

**B P E
2007**



Manash Barhoi

I feel lucky that i have done my Masters from YMCA...Which is better than other institutions where teachers are guiding in every situation..my favourite teachers are sir felix nd sir merlin..i hope YMCA will be the top college in India in the field of Physical education.

**M.P.Ed
2022**



Sureshkumar. K

போட்டிகள் நிறைந்த இந்த உலகில் தரமுள்ள ஓர் சிறந்த உடற்கல்வி ஆசிரியராக என்னை உறுவாக்கி இந்த சமுதாயத்தில் வளம் வர காரணமாக இருந்த நமது YMCA கல்லூரியை மனதார பாராட்டுகிறேன் நன்றி.

**B.P.Ed
2003**



S.VASUDEVAN
M.P.Ed(2024)

"Respected Principal, Teachers,

**As I reflect on my time at YMCA College, I'm so excited to share my overview
of my college life journey....**

**I've learned valuable lessons here - teamwork, resilience, and the importance
of pursuing my passions. Our college has provided a nurturing environment
that has helped me grow both academically and personally.**

**I'd like to thank our principal, teachers, and staff for their guidance and
support. Your dedication has made a lasting impact on my life.**

**I'll cherish the memories of our college life forever - from cultural events to
sports tournaments, and from laughter to tears. These experiences have
shaped me into the person I am today.**

Thank you, YMCA College!

**Thank you for an unforgettable journey. I'll always be grateful for the time
I've spent here."**

A Small Boy, A Big Dream

In 2018, I stepped into the gates of my college in Chennai with a bag full of dreams and a heart full of nerves. Coming from a small village in Kanyakumari, the city lights, sounds, and college life felt like a new planet. I had never seen anything like it before. Everything looked massive—including the buildings, the grounds, and the people. And in the middle of it all, I was the smallest guy in my class.

It was a physical education temple, and I had entered thinking sports was just about playing games and winning matches. But I was wrong. The college opened my eyes. Sports wasn't just play—it was science. A beautiful, powerful science of the body, the mind, and the soul. That realization changed me. That's when the small boy from a small village began to grow—not just in strength but in spirit.

Every professor I met had something different to offer. They were not just teachers; they were inspirers. From each of them, I picked up something—an idea, a habit, a mindset. Slowly, I found myself growing beyond the syllabus. I started reading, observing, and questioning. The transformation wasn't sudden, but it was deep. And somewhere in that journey, I became the fan favorite of my class.

Hostel life was another world. We lived like brothers—sharing food, clothes, and sometimes even secrets. To this day, I don't remember what my hostel room number was or which bucket, plate, or tumbler was mine—because I never used my own. We shared everything. And in that messy, loud, joyful chaos, I found family.

Culturals were wild. I'd dance without knowing how to dance, sing without knowing how to sing—and somehow, everyone enjoyed it. It wasn't about talent. It was about heart. And I had plenty of that.

In 2020, I completed my master's degree. Instead of joy, I felt something else—pain. Because by then, the college wasn't just a campus. It was my home. Leaving it felt like leaving a part of myself behind.

Today, I work as a teacher. And just like my professors inspired me, I try to light that same fire in my students—to show them that physical education is not just a subject, but a way of life.

Thison Dhas C

B.P.Ed., M.P.Ed

2018 - 2022

I entered as nothing... and came out with something. Something strong. Something real.

I still miss my college. If I ever get a chance to meet God, I'll ask Him for just one thing— "Please, give me back those golden days."



DR.V.MAHABOOB BASHA

B.P.ED, M.P.ED + M.PHIL

I proud, I am one of the alumni of YMCA College of Physical Education.

I am very happy to inform you. I am working top College of Chennai city.



2009 TO 2013

I learn more information and my lifestyle in the Sports studies. Thank you my lovely YMCA



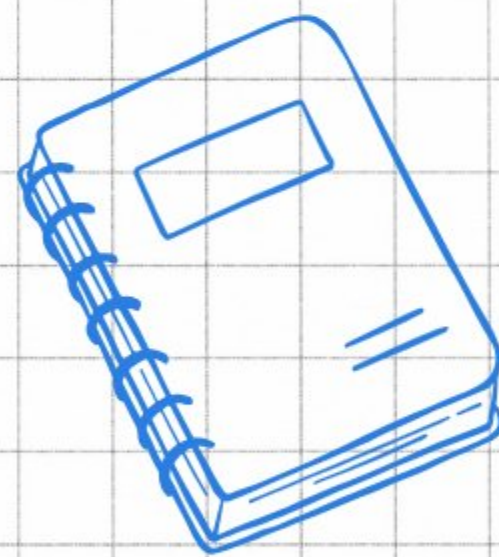
M.P.ED 2023

K. VEDAN SHATISH RAJ

THINGS I LOVE:

- ♥ YMCA gave me a life to build my dream & career. Its my home I feel proud to be a YMCA college of Physical Education student & now alumni

COZY VIBES, ALWAYS!





YMCA teach a lot of lessons to me ,it
shows me a right way in my life,

AKSHARA

B.P.ED , 2024

Akshara



Austin. L



M.P.S.d. 2012

உடற்கல்வித்துறைக்கு
பெருமை சேர்க்கும்
கல்லூரி





SANTHOSH KUMAR M
BPEd, MPed, MPhil (2018)

"Thanks for giving this opportunity sir,

Myself Santhosh Kumar. M, I was completed BPEd(2014-2015), MPed(2015-2017)and MPhil(2017-2018) at our Great Institution YMCA College of Physical Education, my career started from Ymca only, in this society now giving more respect and wishes to me that credit Ymca. Now I'm full satisfied with my job reason Ymca, every events my creativity will improving because I learned from all staff's.

**I'm happy to share my experience I produced 3 National medalist in CBSE Nationals
(Athletic, Boxing and Rifle shooting)**

I'm honored to received Best teacher award 2024-2025

Now I'm Selected for NCC ANO at TN Medical NCC unit

When I was joined my school I introduced Physical Education theory paper for XI, XII students they are writing for board exam and I'm CBSE Board Examiner last 3years all experience gained reason for YMCA.

Before I joined YMCA im nothing but after I completed my Course these opportunities I get everything done with YMCA.

Still I get chance to join YMCA I'm happily to join and enjoy the atmosphere. Still I'm missing each and everyone. I'm wishing to my Gurus, mentors, well wishers and professor from Ymca, your patience and guidance and support to all the students for molding to serve the society, I'm eagerly awaiting for see you all my dear Gurus, I pray for you all get happy and healthy life.


Thank you🙏"



A. Yuvaraj

BPE - 2007

After BPE passout from YMCA, I went on to pursue my PG, M.Phil, PhD, and PDF. Currently, I am working as Assistant Director of Physical Education at Rajiv Gandhi University, Arunachal Pradesh. My experience at YMCA College of Physical Education laid the foundation for my career and played a significant role in shaping my professional journey. Thank You.



2018-2022

Life since graduating from Y.M.C.A. College of Physical Education has been a journey of growth, both personally and professionally. The rigorous training, discipline, and values I absorbed there laid a strong foundation. I still remember early morning drills, the camaraderie with peers, and the encouragement from mentors who saw potential even when I doubted myself.

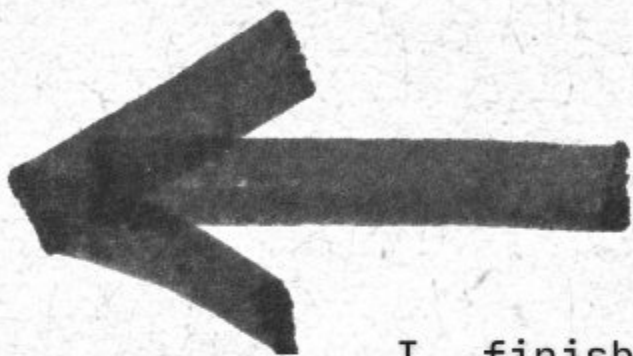
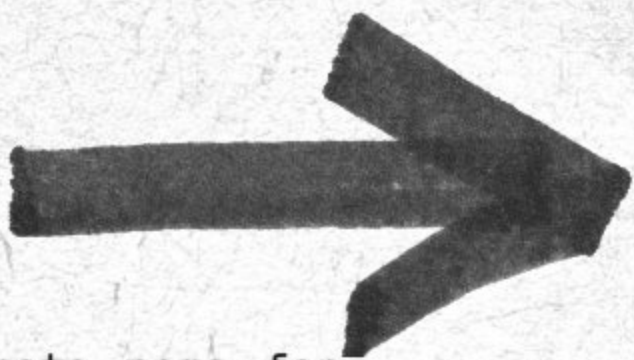
Those years taught me resilience, teamwork, and the importance of holistic wellness—lessons that continue to guide me. Today, I'm proud to say I got a government job at India's top-ranked engineering college, IIT Madras as a Physical Training Instructor. Whether I'm working with students, promoting fitness, or facing challenges, the spirit of Y.M.C.A. lives on in everything I do. It wasn't just a college—it was the beginning of who I've become.

Ashok M
M.P.Ed



DHARMASRI
B.P.ED 2023

Actually Thier is a separate name for
ymca college of physical education am
proud to be a ymcian 😊🌟

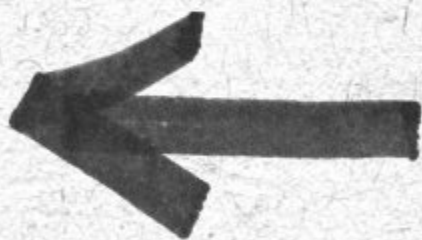


MR.P.NATARAJAN
B.P.ED 2010

I finished B.P.Ed that time i have
practical knowledge. After the studies I
don't have more theoretical knowledge. But
i learned theoretical knowledge. My life
is going good.

DR.LAISHRAM SHILA DEVI
M.PHIL.2015

Studying B.P.Ed., M.P.Ed., and M.Phil. at
YMCA College of Physical Education (2011-
2015) was truly life-changing. The college
gave me not just knowledge, but values,
discipline, and a strong foundation that
shaped who I am today. Every achievement
in my life traces back to my time at YMCA.
Forever grateful to this incredible
institution!



M.ANTONI SAMY
B.P.ED 2006

I am studying in YMCA my
personality on and knowledge
good behaviour

DR.A.S.SASIKUMAR
M.P.ED 2001

Great experience as a
student teacher. Its help me
apply in my working place



ALUMNI REFLECTIONS



G P ANTRIYA
BPES - 2005

I am a proud YMCA output. my life has been changed a lot and I'm proud to be a pet professional now

PROF R MOHANA KRISHNAN
BPES, BPED, MPED - 2003

I love YMCA College of Physical Education



M. PERIYA DURAI
C. PED - 2006

Am 20 years experience in Oasis matric School some memories and lovely moments



My experience at the YMCA College was transformative and foundational to my career. The faculty were not only knowledgeable but also genuinely passionate about physical education and student development. The college provided excellent facilities — from well-equipped gyms and courts to outdoor training spaces — which helped us gain hands-on experience. The curriculum was a great blend of theory and practice, allowing me to build a strong foundation in physical education principles while also developing my coaching and leadership skills. Regular workshops, inter-college competitions, and internships ensured we stayed connected to the latest trends in sports science and fitness.

Dr. R. Kishore Jani
M.P.Ed – 2011

ALUMNI REFLECTIONS



Darwin

BPES., B.P.ED 2022

I have been studying in this college for five years. I am currently working in the Tiruvannamalai Primary Education Office and am in a good position.

Alumni REFLECTIONS



Toner 2002
B.P.E.S, B.P.Ed, M.P.Ed

MY 2nd wife in YMCA college
memories 🤔

Arul Kumaran.P
M.P.Ed 2025

My passion & Mylife style all started YMCA
physical education only The world one of the
best place sports person & Basketball Game
Origin. also. Ymca. So I ❤️ loved my life time



VINOTHKUMAR C
D.P.Ed 2009

My career change hear only i
love my college

R.Jayachandran
D.P.Ed 2007

It made me a good teacher and
given an opportunity to live with
pride.



ALUMNI REFLECTIONS

Shubham Kumar Rai

Life after graduating from YMCA College of Physical Education (2021–2023) has been transformative. Coming from another state, adapting to Tamil Nadu's rich culture and the college's disciplined yet vibrant environment shaped me into a stronger, more passionate professional. YMCA didn't just train my body—it molded my spirit.



M.P.Ed 2023

R. VENKATESH

Life at college is the time when the teenage years end and we all dive deep into the ocean of new beginnings and possibilities. This golden period better equips you for all the challenges you'll face in life and creates a strong foundation of knowledge. Now I'm a FIFA International Football Referee.



M.Phil 2017

Dr. P. Ranjith Dona

Got the wisdom in my sports carrier,



M.P.Ed 1999



MPEd 2010

Dr. S. Gobi Krishnan

"YMCA was instrumental in shaping my career in physical education. Dr. Kannan Pugalanthi's classes and the expertise of other staff members provided valuable insights into societal needs. The blend of practical and theoretical classes offered me diverse sports exposure.

As a professional footballer in school and college, I was inspired to try new sports through YMCA's intramural programs. I'm proud to have participated in all the games, making it a truly enriching experience.

Those were indeed golden days in my professional education, and I'm grateful for the strong foundation YMCA provided."

ALUMNI REFLECTIONS



PRINCE DANIEL

Awesome and unforgettable memories

M PED, M PHIL 1999



DR N.RAJASEKAR

I love the YMCA College of Physical Education Chennai I have enjoyed my 6 years of life in YMCA, island a lot about sports and organisation of events. I am much proud to be a part of YMCA College of Physical Education

M Phil 1998



DR. K. KARTHIKEYAN

YMCA COLLEGE OF PHYSICAL EDUCATION Taught me the value of Time MANAGEMENT

B P Ed 2007



SURYA E

Good college Good education good sports good coaching all was super

BPES 2014

ALUMNI REFLECTIONS



RENJU MATHEW

It's wonderful 🥰🥰 I am proud of YMCA And my class teacher Dr. A.Merlin Thanka .Daniel sir ,he is my role model .🥰🥰

BPED 2015

RABIN SHARMA

It was great a learning experience and to be part of YMCA college of physical education is not less then a achievement.

M.P.ED 2022



DR. K. JAMILA JOTHIBAI

The experiences and values I gained at YMCA have made a lasting impact on my professional and spiritual career.

M.PHIL 2001



ALUMNI REFLECTIONS



Ajith Kumar. S

B.PED 2020

Life after graduating from Y.M.C.A. College of Physical Education has been fulfilling. The college shaped my discipline, confidence, and love for teaching. Now, I'm working in a school and recently had the joy of organizing and conducting our Sports Day—it felt amazing to put into action everything I learned at Y.M.C.A. Truly grateful for the foundation it gave me.

Dr. D. Nirmal Singh Rajibell

MPhil 2007

I completed my HPED, BPED, MPED, and MPhil at YMCA. I also completed my PhD under the guidance of Dr. Simson Jesudoss Sir. I worked as an Assistant Professor at YMCA College from 2011 to 2015. I learned so much from YMCA, both as a student and as a faculty member. It was this foundation that helped me become the Director of Physical Education at The American College. All credit goes to YMCA—thank you so much. ❤️🙏



GUBBALA MARYOLD

BPES, BPED, MPED 2025

As a student from Andhra Pradesh, I was drawn to YMCA College of Physical Education in 2018, fascinated by its discipline and commitment to sports and learning. Over the past seven years, I've grown both personally and professionally, thanks to the exceptional guidance of the faculty.

I'm grateful to Dr. Karthikeyan, my BPEs class registrar, who instilled enthusiasm in our class and motivated me to pursue UGC NET exams. Dr. Merlin and Dr. Simson were role models, imparting knowledge and leadership skills. During my MPED journey, Dr. Jackson Suthar Singh, my class registrar, provided valuable guidance and support. Dr. Prince, the medical officer, he says to me how to be disciplined and correct way and be a helpful hand when students needed.

This institution has become my second home, providing a nurturing environment that has helped me grow. I'm thankful to YMCA College of Physical Education and the chapel which help me to grow psychologically and spiritually for everything – the knowledge, skills, and memories that will stay with me forever.



“With the blessings of my teachers, parents, and hard work, I've achieved significant milestones. I've cleared UGC NET and PHD entrance exams twice, as well as the Army Public School TGT level exam.”



M.P.Ed 2024

ARUNPANDI S

First of all I want to thank my loveable professors and coaches for moulding me as good student.

Before coming this college I am not able play any game and I am not interested in this profession after 1 year I got so much interested and I finished my 3 three degrees in our college and now I am able to play any games.

And now also I really miss my college days in ymca . So I have to decided to pursue PhD next in our college.

Hemalatha Vasu

B.P.Ed 2023

My college journey was biggest happy in my life, because i have lot of knowledge and achievement in this college. i am successfully organized sports day in my school ,and my students achieve in state level competition. i am so happy with this. This all credits goes to my college and my best teachers thank you so much my Teachers and my special thanks to Dr.A.Merlin thanka Daniel sir for your Suppor, Guide and best Training in sports.





B. PEd 2004

Our batch was like stellar among people. All of them(BPE,BPEd, MP Ed) were very talented We were both good in studies as well as talented in playing all games. We were also very good in learning new games like adopted Football and mastering them. We were very active and I still really wonder how our teachers managed us!!!! They never hurt us and they always encouraged us to do things ,they made us bold to see the world without fear,self confidence was boosted up and we can teach physical Education anywhere in this world.Hats off to our Professors for making us what we are and we should be.May God bless them and their families with all the blessings from heaven. May God bless YMCA College of Physical Education and let her Legacy stand for ever and ever for generations to come.
With Love Robin .F

Amaldoss Robinson Jebakumar.F





IT WAS GOOD. COACHING AND TEACHING WAS TOO GOOD. FACULTIES USE TO CREATE INSIGHTS WHILE TEACHING. I PERSONALLY GOT INSPIRED BY SEEING THEM. BUT THERE ARE SOME FLAWS TOO SUCH AS, INFRASTRUCTURE CAN BE IMPROVED AND THERE IS NO SUCH LABORATORIES AVAILABLE FOR RESEARCH PURPOSES. WELL EQUIPPED AND MODERNISED LABORATORIES, ESPECIALLY HOSTEL FACILITIES (HYGIENE, CLEANLINESS AND QUALITY OF FOOD FOR VEGETARIANS) HAVE TO BE HIGHLY CONCENTRATED AND IT SHOULD BE DEVELOPED. ONE OF THE BASIC NEED IS WATER. WHILE I WAS STUDYING WE USE TO BRING FROM THE HOSTEL THAT WILL NOT BE SUFFICIENT AS CHENNAI'S CLIMATE WAS TOO HOT. SO, IT WOULD BE BETTER IF ANY WATER DISPENSER INSTALLED IN THE COLLEGE PREMISES AND ALSO IN THE INDOOR STADIUM.

G. Sushmitha

M.P.ED 2022



Santhosh

PhD 2022

Studying at the YMCA College of Physical Education in Chennai has been an enriching experience. As the first physical education college in South Asia, established in 1920 by Harry Crowe Buck, it boasts a rich legacy in promoting physical education and sports sciences . The institution offers comprehensive programs, including M.P.Ed, M.Phil, and Ph.D., each designed to provide both theoretical knowledge and practical skills. The faculty comprises highly qualified professionals, many holding doctoral degrees and certifications from esteemed bodies like the National Institute of Sports . Their dedication to teaching and mentorship has significantly contributed to my academic and personal growth. The college's commitment to excellence is further evidenced by its NAAC 'A' grade accreditation and recognition by the National Council for Teacher Education . Overall, the YMCA College has provided a solid foundation for my career in physical education and research.

RATI DEVI

BPE 2014

Incredible experience for explore many new chapters and we love to learn each games and sports in depth with dynamic staffs.



DEREK HUTSON I

BPED 2006

“YMCA College of Physical Education is more than just an institution to me — it’s the place that shaped my character. It instilled in me the values of discipline, time management, and sincerity, which continue to guide me in every aspect of life. I’m truly grateful for the foundation it gave me.”





Vidhu TS *MPEd 2015*

It's been 10 years since I graduated from Y.M.C.A. College of Physical Education, and I'm truly grateful for everything I learned there. The college played a big role in shaping me into the physical education teacher I am today. The support from the faculty, the practical training, and the values I gained have helped me grow both professionally and personally. When I work with others who graduated from different colleges, I always feel confident and proud of my background. We're not only doing well in our careers, but also keeping our college name high wherever we go.



மிகவும் சந்தோஷமாக உள்ளது அந்த கல்லூரியில் படித்தது அந்தக் கல்லூரியில் படித்து தான் நான் தற்பொழுது உடற்கல்வி ஆசிரியராக உள்ளேன் வெகு விரைவில் உடற்கல்வி இயக்குனர் ஆகி விடுவேன் என்ற நம்பிக்கை உள்ளது மிகவும் அங்கிருக்கும் பயிற்சி வல்லுநர்கள் மற்றும் முதல்வர் மிகவும் திறமை வாய்ந்தவர்கள் ஓய் எம் சி கல்லூரியை வாழ்வில் மறக்க முடியாத நினைவுகள் பல உள்ளது சொல்வதற்கு வார்த்தை இல்லை

Vanitha K *BPE 2009*



P K Anil Kumar

MPED 2000

Hello, I am proud alumnus of YMCA College, where I completed my BPED and MPED (1998-2000). My time at YMCA transformed me, shaping my nature and character. The college instilled in me the confidence to excel in the sports field and trained me to become a dedicated teacher and umpire. I'm grateful for the foundation YMCA provided, which has enabled me to reach where I am today."



DR. S.KAMALAKANNAN

B.P.E.S 1999

Dear YMCA College of Physical Education, Chennai,

As I reflect on my undergraduate days (1996-1999), nostalgia and gratitude flood my mind. My time at this esteemed institution was transformative, shaping my physical and mental capacities in lasting ways. I'm thankful for the exceptional education, mentorship, and lifelong friendships forged during those years.

Memories of laughter, camaraderie, and shared experiences still bring smiles. These friendships have endured, and I cherish the bond.

Though I've pursued further studies upto Doctorate degree my UG days remain foundational.

Thank you, YMCA College of Physical Education, for being a launchpad for personal and professional growth. I'm proud to be an alumnus.

*Warm regards,
Kamal.*



JAMES RAJA SINGH S

B.P.ED

2015

Life since graduating from Y.M.C.A. College of Physical Education has been an incredible journey of growth, challenges, and fulfillment. The foundation laid during my time at the college has been instrumental in shaping not only my career but also my outlook on life. The rigorous academic training, combined with practical exposure, instilled in me the discipline, resilience, and passion required to thrive in the field of physical education and sports.

More than just a college, YMCA was a place where I discovered my purpose. The mentorship I received, and the values of service, integrity, and leadership that the institution upholds have deeply influenced who I am today. It taught me the importance of holistic development—physical, mental, and emotional—which I now strive to instill in the students and athletes I mentor.

Today, as I contribute to the field of sports education and youth development, I carry the legacy of YMCA with pride and gratitude. I remain committed to upholding the spirit of excellence and community that defines the institution, and I am forever thankful for the role it played in shaping my identity and aspirations.

Thanks and regards,
James Raja Singh S
Alumnus,
Y.M.C.A. College of Physical Education
Nandhanam



P. Babu

B.PEd
2010



இந்தக் கல்லூரி எனது
வாழ்க்கையில் ஒரு
முக்கியமான அங்கம். இன்று
என் வாழ்க்கை சிறப்பாக
இருக்க காரணம் இந்த கல்லூரி
கற்றுக் கொடுத்த பாடம் தான்
நான் ஒருபேராக இதை நான்
என் வாழ்நாளில் மறக்க
மாட்டேன்.

♡♡
Dr. Divyavir Gladina I

B.PEd, M.PEd, MPhil, PhD
2013



Am ever great full for the
institution, YMCA is a pride, its
brand , am proud to be an
YMCA alumni





Jegan Kumar.M

M.P.Ed 2024

I am JEGAN KUMAR M. First of all I would like to thank my professors who guided me for seven years. I

completed my BPES, B.P.Ed & M

P.Ed in YMCA COLLEGE OF PHYSICAL EDUCATION. YMCA is like second home for me. I learnt many things about academics as well as which helps to do innovation in sports. I learnt a lot which helps to lead the life socially. I learnt how to organise sports meet, leadership camp, cultural programmes and so many things. There are no words to express what I had experienced in the college.

Each and every minute every moment is unforgettable for me. The seven years were a heaven for me because of my respected teachers, lovable friends, non-teaching staff, markers. I am remembering so many things while doing this testimony. Thanks a lot for giving me this opportunity to express my gratitude.



DR.C.PUSHPARANI

B.PED 1995

எனக்கு வாழ்க்கை அமைத்துக் கொடுத்த இடம். நான் 1995யில் course முடிக்க ஒரு மாதம் இருந்த நிலையில் 10 நாள் 16 interview attend பன்னினேன். 16 School யிலும் எனக்கு வேளை கிடைத்தது அதில் எது நமக்கு சரி என்று பார்த்து சேர்ந்தேன். அதற்கு மிகவும் முக்கியமாக இருந்தது எனது பேராசிரியர்கள் ஒழுக்கம் என்றால் அது எனது கல்லூரி காலை 5 மணியிலிருந்து இரவு 7 மணி வரை விளையாட்டு தவிர எதுவும் தெரியாது பிடித்தத்துடன் வாழ கசக்குமா ஒவ்வொரு நாளும் வாழ்ந்தோம் வளர்ந்தோம்.



Graduating from Y.M.C.A. College of Physical Education has been a transformative experience that has shaped me into the person I am today. The college's strong focus on physical education and research-oriented curriculum has provided me with a solid foundation in my field.

Key Takeaways from My Experience:

Development of Essential Skills: Through the college's emphasis on research, academic writing, and presentation skills, I've developed strong analytical and communication skills.

Diverse Career Opportunities: The college's reputation and 100% placement rate have opened doors to various career paths, including academia, research, and sports.

Well-Rounded Education: The college's facilities, such as the gym, library, and laboratories, have provided me with a comprehensive learning experience.

Networking Opportunities: Interacting with peers and faculty has helped me build a strong network that supports me in my personal and professional growth.

Life After Graduation:

Since graduating, I've navigated the challenges of transitioning from college to real life, learning to balance personal growth with career development. It's been a journey of self-discovery, with its share of twists and turns. I've come to realize that success is not a one-size-fits-all concept, and it's essential to be open to learning, growing, and exploring different paths.

The Impact of Y.M.C.A. College of Physical Education:

The college's emphasis on physical education has instilled in me a passion for fitness and well-being. The experience has taught me valuable life skills, such as teamwork, discipline, and time management, which have been instrumental in shaping my personality and approach to life.

NAVEENRAJ MK



B.P.E., M.P.ED.
2013

K EMMANUEL



K. Emmanuel

B.PED. , M.PED, MPHIL 2013

I love my YMCA college very much , Bcz I gain more knowledge in this college only . More loving and caring teachers and they all very knowledgeable and more experience. In this college gave me more loveable and understand friends from different district and then I love my YMCA hostel it's more fun and memorable days. Am so so proud to be YMCA student

ALUMNI REFLECTIONS



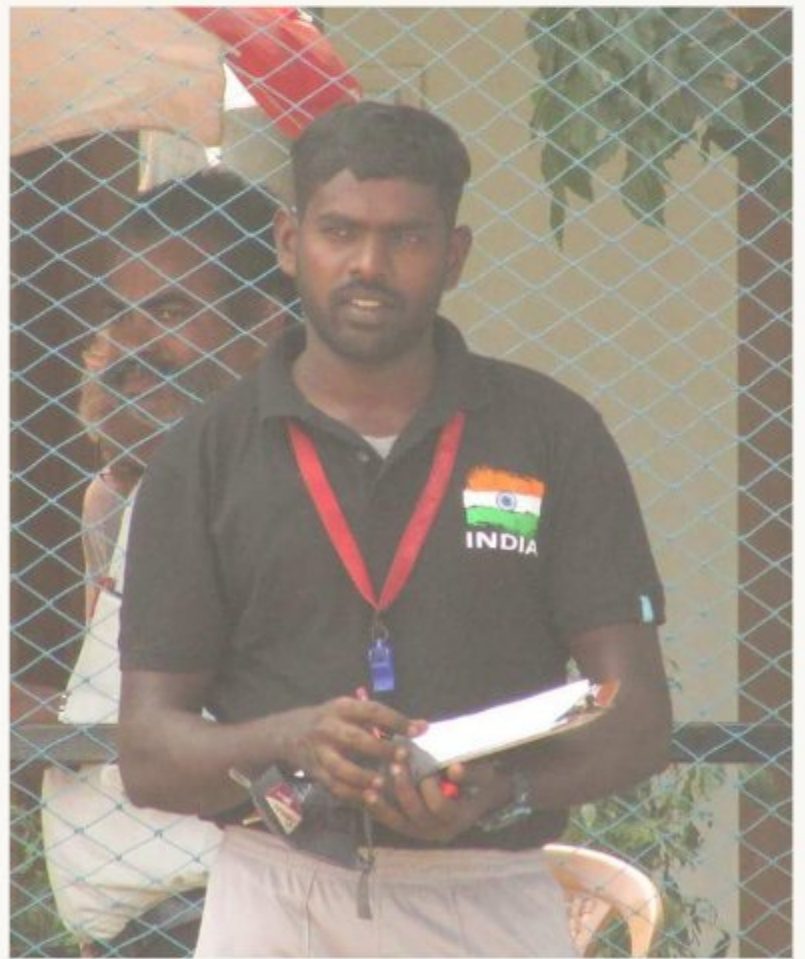
Babu Prasad B
M.Phil - 2009
"Really going good"



SOMANATHAN. T
HPED - 1998
"Very Nice"



Godwin Paul Capistran
M.P.Ed - 2004
"Good Memories"



Stephen Raj
M.P.Ed - 2016
"My life change totally thank you"

YMCA College of Physical Education

ஒரு நாட்டின் எதிர்காலம் வகுப்பறையில் தீர்மானிக்கப்படுகிறது என்று அறிஞர் பெருமக்கள் கூறியிருக்கிறார்கள்.

நான் பயின்ற என்னுடைய இளங்கலை உடற்கல்வியியல் பட்டைய படிப்பு தான் என்னுடைய எதிர்கால வாழ்க்கையை தீர்மானிப்பதாக அமைந்தது என நான் தீர்க்கமாக நம்பினேன் இன்றும் நம்புகிறேன்.

முதற்கண் எனக்கு இந்த கல்லூரியில் பயில்வரதற்கு வாய்ப்பு அளித்த நமது கல்லூரிக்கு என்னுடைய மனமார்ந்த நன்றிகள்..

வகுப்பறையில் என்னை பயிற்றுவித்த ஆசிரிய பெரு மக்கள்:

என்னுடைய வகுப்பு ஆசிரியர் பேராசிரியர் முனைவர் கிரேஸ் ஹெலினா நாகராஜன்

பேராசிரியர் திருமலை குமார் பேராசிரியர் ஜோதி தயானந்தன் பேராசிரியர் க்ளோரி

பேராசிரியர் ஜான்சன் பிரேம்குமார் என்னுடைய முதல்வர் முனைவர் பேராசிரியர் எஸ்தர் ரஞ்சினி மேடம்

அவர்களுக்கு என் மனமார்ந்த நன்றிகள்...

காலை 6:00 மணிக்கு தொடங்கும் Roll call மற்றும் அதன் பின்னே நடக்கும் பயிற்சி வகுப்புகள் வாழ்க்கையில் மறக்க முடியாத அனுபவங்கள் ..

மாதம் ஒரு முறை நடக்கும் Talent Show எனக்குள் இருந்த திறனை கண்டறிய உதவியது என நான் பிற்காலங்களில் அறிந்தேன்..

அங்கே எனக்கு பாடுவதற்கு கிடைத்த வாய்ப்பு நான் இங்கே அண்ணா பல்கலைக்கழகத்தில் கடந்த 15 ஆண்டுகளாக கல்லூரி கலை விழாவில் பாடுவதற்கான அடித்தளத்தை அமைத்து கொடுத்தது என நான் திடமாக நம்புகிறேன்.

நான் உங்களுக்கு ஒரு மிகச்சிறந்த தகவலை சொல்ல கடமைப்பட்டுள்ளேன் B. P. Ed A வகுப்பில் பயின்ற மூன்று நண்பர்கள் இந்தியாவின் மற்றும் தமிழ்நாட்டின் தலைசிறந்த தொழில்நுட்ப பல்கலைக்கழகங்களில் உடற்கல்வி துறையில் பணியாற்றி வருகிறோம்....

முதலாவதாக நண்பர் முனைவர் ஐயப்பன் அவர்கள் ஐஐடி திருப்பதியில் பணியாற்றுகிறார் ..

முனைவர் நண்பர் பாபு அவர்கள் என்ஐடி காரைக்காலில் பணியாற்றுகிறார் ..

நான் திருச்சி அண்ணா பல்கலைக்கழகத்தில் பணியாற்றுகிறேன் அப்படிப்பட்ட சிறப்பு மிகுந்த அந்த வகுப்பறையில் நான் மீண்டும் ஒரு நாள் வந்து அமர்ந்து என் பேராசிரியர்களின் பாடத்தை கவனிக்கும் வாய்ப்பை எங்களுக்கு நீங்கள் தருவீர்களானால் அதைவிட மிகச் சிறந்த பரிசு எங்களுக்கு ஒன்றும் இருக்க முடியாது என்பது என்னுடைய அசைக்க முடியாத நம்பிக்கை..

நான் பாண்டிச்சேரி பல்கலைக்கழகத்தில் படித்துக் கொண்டிருக்கும் பொழுது நடந்த சுவையான மற்றும் மறக்க முடியாத சம்பவத்தை உங்களுடன் பகிர்ந்து கொள்ள ஆசைப்படுகிறேன் ..

என்னுடைய முதல் பருவ தேர்வு முடிந்த பிறகு என்னுடைய பேராசிரியர் காலம் சென்ற முனைவர் கோவிந்தராஜலு அவர்கள் வகுப்பறையில் வந்து தடகளத்தில் என்னுடைய மதிப்பெண்ணை அறிவித்தார்கள் ..

எங்களுடைய விடைத்தாள்களை திருத்தம் செய்ய நம் கல்லூரி முதல்வர் பேராசிரியர் எஸ்தர் ரஞ்சினி அவர்கள் வந்திருந்தாகவும்,

வினாத்தாளை திருத்தம் செய்யும்போது ஒரு விடைத்தாளை தூக்கி காட்டி இதோ பாருங்கள் இந்த மாணவன் எவ்வளவு செம்மையாக செய்திருக்கிறான் போல் அல்லவா விடைத்தாள்கள் இருக்க வேண்டும் என்று என்னுடைய பேராசிரியரிடம் கூறியதாக சொன்னார்.

அதற்கு என் பேராசிரியர் மேடம் எஸ்தர் ரஞ்சினி அவர்களிடத்தில் கூறிய பதில் அவன் உங்களுடைய மாணவன் தான் என்பது ..

அதைக் கேட்டதும் எஸ்தர் ரஞ்சினி மேடம் அவர்கள் பெருமைப்பட்டார் என்று என்னுடைய வகுப்பறையில் வந்து என்னுடைய பேராசிரியர் காலம் சென்ற முனைவர் கோவிந்தராஜு அவர்கள் கூறினார்கள்...

அதைக் கேட்ட பொழுது என்னுடைய மனதிற்கு மிகப்பெரிய மகிழ்ச்சி ஏனெனில் வள்ளுவன் தன் திருக்குறளில் கூறியது போல மகன் தந்தைக்காற்றும் உதவி அவயத்து முந்தியிருப்பச் செயல் அதுபோல மேடம் உடைய மாணவன் இங்கே பாண்டிச்சேரியில் வகுப்பில் சிறந்து விளங்குவது அவர்களுக்கு பெருமை சேர்த்த தருணம் என் வாழ்நாளில் மறக்க முடியாத தருணம்...

இப்படியாக பல பல எண்ணங்கள் என் மனதில் இருந்தாலும் என்னுடைய ஓய் எம் சி ஏ வாழ்க்கை என் வாழ்க்கையில் மிகவும் பசுமையானது நன்றி..

Dr. A. MURUGAN

B. P. Ed - 2003



From Humble Beginnings to Global Opportunities

In 2002, I aspired to join the BPES course at YMCA College of Physical Education but was not selected due to my performance in volleyball. Undeterred, I reapplied in 2003 and was admitted, securing the 50th position on the selection list. This marked the beginning of a transformative journey.

During my undergraduate years (2003–2006), I dedicated myself to both academics and sports. Starting in Team B, my relentless effort led to my promotion to Team A. In 2006, I had the honor of representing Madras University and won the All India Inter-University Gold Medal—a highlight of my athletic career. That same year, I embraced Christianity, a decision that profoundly changed my life.

Gratefully, I secured a direct admission to the MPED program (2006–2008) at YMCA college got more 2 Universities TNPESU, topping the selection list. I further pursued an M.Phil. from same university in 2008–2009. Throughout these years, 1 All India 4 UNIVERSITY was my achievements. I acquired skills in various sports, including volleyball, basketball, football, ball badminton, table tennis, swimming, tennis, baseball, handball, and athletics. I also gained knowledge in areas like special education, first aid, fitness, and international tennis coaching.

Coming from a Tamil-medium government school in the village of Perumugai, Vellore district, I initially faced challenges with English. I wrote my BPES exams in Tamil because I struggled to pass the 12th exams, requiring three attempts. Recognizing the importance of English, I enrolled in spoken English classes during my college years, which significantly improved my proficiency.

My professional journey includes teaching in a matriculation school for a year, followed by five years in a CBSE school in Chennai, and three years in an IGCSE school in Kottivakkam. During the COVID-19 pandemic, I worked as a fitness trainer. For the past five years, I've been serving as a physical director in a CBSE school, handling health education for grades 11 and 12. Currently, I'm working in Cambodia, teaching the Cambridge syllabus, and have completed Cambridge courses in 2025. I'm now planning to pursue IB MYP and TEFL courses.

This journey has taught me that hard work never fails. I am deeply grateful to Jesus, my parents, my coach Mr. Merlin, Mr. Daniel, my lecturers, and the principals of YMCA College. To all current students: you're studying in a prestigious institution. Put in your best effort, and you'll soar like a vulture, reaching great heights. Remember, no one can compete with a dedicated YMCA student. Trust in Jesus, and He will transform your life, just as He did mine.

Study well and aim high. God bless you all.

Ranjith Kumar Velu



BPES. MPED, MPHIL
2003 -2009

D.VELAVAN

THE BEST PHYSICAL
EDUCATION COLLEGE IN
TAMILNADU

MPEd 2012



SENTHIL KUMAR

“GOOD RESPECT AND
GOOD JOB”

**BPEd, MPEd, MPhil
2013**

VAITHIYANATHAN R

“PROUD TO BE A PART OF A
PRESTIGIOUS INSTITUTION.”

B. P. E 2015





Dr. Kiruba Jebaseeli Azariah Zebaraj

M.Phil, M.P.Ed, B.P.Ed, H.P.Ed 1998 to 2003

It fills my heart with gratitude as I reflect on my journey after graduating from YMCA College of Physical Education. The college has been the foundation of my growth—professionally, personally, and spiritually. The discipline, values, and excellence imparted during my years at YMCA have guided me throughout my life. A special thanks from the bottom of my heart to Dr. Kirubakaran Sir and Dr. Sheila Stephen Ma'am—your mentorship, encouragement, and belief in me made a lifelong impact. Your guidance continues to inspire me in everything I do.

I am also deeply thankful to all my respected teachers—Dr. Amir kumar moses Sir, Dr. Kannan Pugazhendi Sir, Dr. Abraham Sir, Dr. Nagaraj Sir, Dr. Esther Ranjini Ma'am, Dr. Jothi Dayanandan Ma'am, Dr. Grace Helena Ma'am, Dr. Santhanam Sir, Dr. Ramaswamy Sir, Dr. Vijay Kumar Sir, Dr. Thirumalai Kumar Sir, Dr. Subramani sir, Dr. Glory Ma'am, Dr. Manialagu, and Mr. Narasimman Sir—for your valuable teachings and dedication. Each of you has played a vital role in shaping who I am today.

Currently serving as a Physical Education Teacher at Muscat, I take pride in coaching students, organizing sports events, leading championship-winning teams, and teaching physical education theory with the passion that YMCA instilled in me. YMCA was not just my college—it was my training ground for life. I will always remain a proud and grateful alumna.

“By God’s grace and the wisdom of my teachers, I found my purpose—to teach, to lead, and to uplift others through the power of physical education.”

With sincere thanks and respect,



CHINDHIYAA R S

B.PED 2023

Graduating from Y.M.C.A. College of Physical Education was a turning point in my life. It wasn't just a place where I earned my degree—it was where I discovered my potential, values, and passion for leadership in physical education. The rigorous training, dedicated faculty, and strong sense of community helped shape me into a confident, service-oriented individual.

Since graduating, life has been a journey of growth and purpose. I was qualified for the UGC NET exam for PhD Entrance, now preparing to clear JRF. I'm currently pursuing my Master's in Physical Education, actively involved in academic and research pursuits. My thesis explores the effect of real-time video feedback on performance improvements in hockey—an area inspired by the analytical thinking and practical exposure I gained at Y.M.C.A.

I also had the honor of serving as Vice President of the International Student Council at IOHSK and received awards like the IOHSK Distinguished Service Award and Dr. Thomas L. McKenzie International Student Scholarship. These global recognitions were rooted in the values of discipline, integrity, and service instilled in me during my time at Y.M.C.A.

Today, I continue striving for academic excellence while supporting my family and aspiring to become a Physical Education Director and a PhD scholar. Y.M.C.A. College laid the foundation—not just for my career, but for the person I am proud to be today.



D.VELAVAN

“GOOD MY SPORTS LIFE I
WILL MISS YOU MY
COLLEGE LIFE”

MPEd 2012



SENTHIL KUMAR

“GOOD RESPECT AND
GOOD JOB”

**BPEd, MPEd, MPhil
2013**

VAITHIYANATHAN R

“PROUD TO BE A PART OF A
PRESTIGIOUS INSTITUTION.”

B. P. E 2015



G. Rajalakshmi

M.P.Ed 2009



My Journey

I am Rajalakshmi G Assistant Professor & HoD of Saveetha Deemed to be University), Proud Alumni of YMCA, Happy to share my Journey After YMCA College of Physical Education:

Studying at YMCA College of Physical Education for my B.P.Ed and M.P.Ed (2006-2009) was one of the most Memorable and Transformative phases of my life. As one of the Oldest and most Respected Institutions in India, YMCA was more than just a college, It was a place where friendships were formed, values were instilled, and futures were shaped.

The experiences I had and the Memories we created together with classmates remain close to my heart. We laughed, we learned, we grew and those years laid the foundation for who I am today.

What truly made my time at YMCA special were the dedicated and inspiring Teachers. Every one of us had our favorite Professors, those who went beyond textbooks and lectures to truly guide and mentor us. I still hold deep respect and gratitude for the teachers who shaped our academic journey.

Today, I'm proud to be working as a Professor myself, and it's largely because of the inspiration I drew from them. The discipline, commitment, and passion they demonstrated have become values I carry into my own Classroom.

Looking back, I realize that YMCA didn't just educate me, It empowered me. It gave me the Confidence, Skills, and Support to pursue a meaningful career in Physical Education, and I will always be proud to be an Alumnus of such a Prestigious Institution.

Even today, what I admire most about YMCA is its Beautiful Trees. Please make every effort to preserve them. We hope to see our institution grow, achieve greater heights, and continue to make us proud in the years to come.

It is my desire to see YMCA reach International Standards and shine on the Global stage! Best Wishes!

Cheers
Proud Alumni



DR. KOSHY ALEXANDER VAIDYAN M.P.ED.

2003

My Journey After Passing Out from YMCA College of Physical Education, Madras—Striving to Be a "Perfect" Human Being

Completing my education at YMCA College of Physical Education, Madras, was not just an academic milestone—it was the foundation of a lifelong journey toward physical, mental, and spiritual excellence. While perfection is an aspirational ideal, my path has been guided by the YMCA's core values: "Body, Mind, and Spirit."

1. Body: Mastery of Physical Potential

As a trained physical educator, I've dedicated myself to fitness, sports science, and holistic health, training athletes while advocating for active lifestyles.

Became a certified youth work specialist, blending YMCA's teachings with modern youth work. Promoted adaptive sports for differently-abled communities, ensuring inclusivity in physical wellness.

2. Mind: Lifelong Learning & Leadership

Pursued advanced degrees in sports psychology to understand motivation and peak performance. Mentored young athletes and PE students, passing on YMCA's legacy of discipline and teamwork.

3. Spirit: Service & Ethical Living

Led YMCA youth camps focused on character-building and community service.

Volunteered with Ys Men International, organizing sports programs for underprivileged children. Practiced mindfulness and gratitude daily, nurturing emotional resilience.

The Impact of My Teachers at YMCA College of Physical Education:

My journey at YMCA College of Physical Education, Madras, was profoundly shaped by my teachers—mentors who embodied the institution's motto of "Body, Mind, and Spirit." Their influence extended far beyond textbooks. I received excellent training from all of my professors. They taught.

- ▶ Technical Mastery
- ▶ Holistic Development
- ▶ Values-Driven Leadership

Our professors lived the YMCA ethos, organizing rural sports camps to teach us service through sport. Their collective lesson: "A true physical education teacher builds not just athletes, but leaders."

Legacy: Today, I emulate their passion—whether coaching or advocating for inclusive fitness. Their voices still echo in my teaching: "Train hard, but uplift harder."


The "Perfect" Human Being?

Perfection is not an endpoint but a commitment to growth. The YMCA taught me that true excellence lies in

- ▶ Balancing physical vigor with intellectual curiosity.
- ▶ Serving others without expectation.
- ▶ Evolving while staying rooted in values.

Today, I measure success not by trophies but by lives impacted—whether through a student's breakthrough or a community transformed by sport. The journey continues, one rep, one lesson, one act of kindness at a time.

"The YMCA College of Physical Education, Madras, didn't just train my body—it shaped my soul."




SATHYA . J
BPED, BPES-2024
"DREAM PLACE"



C . SURENDRAN
MPED . MPHIL 2008
EXCELLENT 👍

Alumni Reflections



G. KALAIMANI
B.PED - 2014
VERY NICE EXPERIENCE



RAJA R K
MPED 2001
VERY SATISFIED

T.THENMOZHI

LEARNED INNOVATIVE
METHODS IN PHYSICAL
EDUCATION.

**B.P.E.S, B.Ped, M.SC (FERN)
2006**



DR.G.BOBBY

“SCULPTURING IN
PHYSICAL EDUCATION
PROFESSIONAL“

MPEd, 2009

DHAVATHIRUMANI R

EXCELLENT, GREAT AND
LEARNED A LOT OF LIFE
EXPERIENCES IN YMCA.

B. P. E 2010



