

YMCA 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 and Sports University
Re-accredited by NAAC with 'A' Grade

Recognized by
National Council for Teacher Education & Government of Tamil Nadu

CALENDAR 2019-2020

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 in 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.

"You might well remember that nothing can bring you success but yourself" - Napoleon Hill

PARTICULARS OF THE COLLEGE

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

1. Name of the College with full postal Address:
YMCA College of Physical Education,
Old No. 333 New No. 497, Annasalai, Nandanam,
Chennai 600 035.
2. Name of the Educational Agency:
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 Fax No. : 2430 2720
5. Website : www.ymcacollegechennai.org
6. Name, Address and Telephone No. of the Chairman and Correspondent
Hon. Justice Kurian Joseph (Retd.)
Interim Chairman

YMCA College, Nandanam,
Chennai – 600 035, Ph: 044 – 2434 4816
ymca_phy_edn@yahoo.co.in
7. Name, Address and Telephone No. of the Principal & Secretary
Dr. George Abraham
Staff Quarters, YMCA College
Phone : Off: 044 – 2981 9569
E.mail : profgeorgeabraham@gmail.com
8. Year of establishment : 1920
Autonomous College Since 1986
Accredited by NAAC in 2003
Reaccredited by NAAC in 2012
9. Details of Courses Offered: (Regular)

Ph.D	Part Time and Full Time
M.Phil.	Full time - One Year
M.P. Ed	Full Time – Two Years
B. P. Ed.	Full Time – Two Years
B.M.S	Full Time - One Year
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
10. Details of Teaching and Non Teaching Staff: Furnished in Page Nos. 5-8

And let us not be weary in well doing: for in due season we shall reap, if we faint not. **Galatians 6:9**

Members of the Board of Management
YMCA College of Physical Education
Chennai - 600 035.

Hon.Justice Kurian Joseph(Retd.)
Interim Chairman
YMCA College of Physical Education

Mr. Asokan Solomon
Vice - Chairman,
YMCA College of Physical Education
Vice President, NCYI

Mr. R.S. Shettian
Treasurer,
YMCA College of Physical Education
Hony. Treasurer, NCYI

Mr. Bertram Devadas
Officiating National General Secretary, NCYI

Hon.Justice JB Koshy (Retd.)
President, NCYI

Dr. George Abraham
Principal & Secretary
YMCA College of Physical Education

Mr. Asir Pandian
Correspondent
YMCA College Sports Hr.Sec School
General Secretary, YMCA Madras

Mr. Paul Vazhakala

Mr. Aswin Dairam

Mr. R.Francis

Mr. Martin King

Adv.O.V. Joseph

Mr.M. Jeayanesakumar

Mr. Ponraj Koildoss
Representative Alumni

Dr. R. Subramanian
Technical Scholastic

Dr.S. Johnson Premkumar
Staff Representative

PRINCIPAL & SECRETARY

Dr. George Abraham, M.A.(Economic) M.A.,(Population Studies) M.Sc.,(Yoga) M.B.A(H.R.M) M.S.W, M.P.E.S., M.Phil., Ph.D., P.G.D.Y., P.G.D.H.M., P.G.D.F.M., P.G.D.H.R., P.G.D.P.A., A.D.Acu

MEMBERS OF FACULTY

Dr. (Mrs) K. Jothi Dayanandan

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

Dr. S. Johnson Premkumar

M.A., M.P.Ed., M.Phil., B.M.S., P.G.D.Y., N.I.S (Cert. in Handball), Ph.D. Asst. Prof.

Dr. J. Jackson Sutharsingh

M.P.Ed., M.Phil., N.I.S (Football), Ph.D. Asst.Prof.

Dr. J. Glory Darling Margaret

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

Dr. S. Gladly Kirubakar

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

Dr. S. Jerome David

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

Dr. E.Simson Jesudass

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) P.G.D.N. Asst. Prof

Dr.A.Merlin Thanka Daniel

MP.Ed., M.Phil., N.I.S.(Volleyball) Asst. Prof.

Dr. R. Prabu

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

Dr. J. Samuel Jesudoss

M.P.Ed., M.Phil., P.G.D.So., N.I.S.(Cert. in volleyball), Ph.D. Asst. Prof

Dr. Pon. Anbarasu

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

Trust in the LORD with all thine heart; and lean not unto thine own understanding. **Proverbs 3:5**

Dr. J.James

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.P.Ed., M.Phil., H.W.B., Ph.D.

Asst.Prof

Mr. B. Praveen Doss

M.P.Ed., M.Phil., N.I.S (Cert. in Handball) Ph.D.

Asst. Prof.

Mr. K. Karthikeyan

M.P.Ed., M.Phil., P.G.D.Y., NIS (Cert.in Athletics) Ph.D.

Asst. Prof.

Dr. R. Rajesh

M.P.Ed., M.Phil., PGDY, NIS (Cert. in Athletics), Ph.D.

Asst. Prof.

Dr. J. Komala

M.P.Ed., M.Phil., TTC, PGDY., Ph.D.

Asst. Prof.

Dr. G. Bobby

M.P.Ed., M.Phil., M.Sc. (Yoga), Ph.D.

Asst. Prof.

Mr. S. Sathish Kumar

M.P.Ed., Ph.D.

Asst. Prof.

Mr .V. Sai Abhinav

M.P.Ed., P.G.D.F., Ph.D.

Asst. Prof.

Mr. K. Mugil

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

Physiotherapist

Rev. Dr. E. Abraham Jepsingh

M.A.(Eng), M.A (Bib Studies), M.Th(Missiology) P.G.Dip. in Parent Counseling,
P.G.Dip. in Intercultural Education, B.Ed., B. Min., Ph.D.

Asst. Prof.
(English)

Mr. V. Balaraman

M.A. B.Ed., M.Phil. (Tamil) (Part Time)

Asst. Prof.

Mrs. T. Mabelda

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

Computer Faculty

Administration - NCYI Secretaries

Mr. Christopher Vijay, *B.Com. Project Secretary, NCYI*

Administrative Assistants

Mr. D.Rajiv George, Estate Manager

Mr. S.Paul Murugesan, Campus Supervisor

Mr. Alex Santhinivas, *Dip. In Electronics, Maintenance Supervisor*

Mr. S.D. Gnanaraj, *B.A. D.C.A. Office Manager*

Mr. V. Baskaran

Mr. N. Kishore Kumar, *B.A. (Eng. Lit.)*

Mr. Sam, Asst. Campus Supervisor

Office Staff

Mrs. A. Punitha Kala Mary, *B.Com. Junior Assistant*

Mrs.V.Latha Sethu Madhavan, *B.Com. Typist*

Mr. S. Martin Rajkumar, *Library Assistant*

Mrs. C. Janet, *B.Sc. Junior Assistant, Secretary-Principal Office*

Mrs. Divya Mary Danny, *M. Com, Junior Assistant*

Mrs. Sheela Rajakumari, *B.A. Junior Assistant*

Mr. V. Rajesh, *B.com. Accountant*

Mrs. Sherly Alex, *Medical Attendant*

Ms. R.D. Ruba Devi, *MBA, Accounts Assistant*

Ms. Anusha Padmini *M.Com., Accounts Assistant*

Office Assistants

Mr. S. Baskaran, *(Spl. Grade)*

Mrs. K. Jeeva, *(S.G)*

Mr. E. Kamalakkannan

Markers

Mr.M. Jalathaiyan

Mr. S. Rajan

Mr. M. Munian

Mr. S. John Peter

Mr. A. Kotaiah

Mr. A. George

Mr. M. Nagarajan

Mr. T. Wilson

Mr. G. Deepak

Mr. Y. Prasad

Mr. K. Govindan

Mr. K. Sivamani

Mr. E. Vijaya Kumar

Mr. Gandham David

Mr. P.M. Viswanathan

Gardener

Mr. K. Thangaraj (Spl. Grade)

Electrician / Plumber

Mr. V. Mohanasundaram, Electrician Incharge

Mr. K.V.Kannan, Plumber cum Electrician

Service Staff

Mr.M.Kannan

Mr.Y. Kondaiah

Mr. D. Rao

Mr. S. Yowan

Mr. M.Santhosh Kumar, Driver

Special School

Mr. N. Ravichandran,

B.Sc., M.A., B.Ed., P.G.D.S.E., C.G.T., T.I.C., (Agri) Headmaster cum Educator

Mrs. P.Jeya, Teacher

Mrs. R. Lalitha, Care Taker

Mr. Arul Murugam, Spl Educator

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, who art in heaven
Hallowed be thy name. thy Kingdom
come. Thy will be done on earth as it
is in Heaven. Give us this day our
daily bread, and forgive us our
trespasses, as we forgive those who
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

தமிழ்த்தாய் வாழ்த்து

நீராரும் கடலுடுத்த நிலமடந்தைக் கெழிசொழுகும்
சீராரும் வதனமெனத் திகழ்பரதக் கண்டமிதில்,
தெக்கணமும் அதிற்சிறந்த திராவிட நல் திருநாடும்
தக்கசிறு பிறைநுதலும் தரித்தநருந் திலகமுமே!
அத்திலக வாசனைப்போல் அனைத்துலகும் இன்பமுற
எத்திசையும் புகழ்மணக்க இருந்தபெறுந்
தமிழணங்கே!! தமிழணங்கே!!
உன் சீரிளமைத் திறம்வியந்து செயல் மறந்து
வாழ்த்துதுமே! வாழ்த்துதுமே! வாழ்த்துதுமே!

— பேராசிரியர் மனோன்மணியம் பெ. சுந்தரம் பிள்ளை

NATIONAL ANTHEM

Jana gana mana adhinayaka, jaya he
Bharatha bhagya vidhata
Punjaba Sind Gujarata Maratha
Dravida Ukkala banga
Vindhya Himachala Yamuna Ganga
Ucchala Jaladhi Taranga
Tava Subha name jage,
Tava subha asisa mage,
Gahe tava jaya gatha,
Jana gana mangala dayaka jaya he
Bharata bhagya vidhata
Jaya he, jaya he, jaya he,
Jaya jaya jaya jaya he!

“Kind words can be short and easy to speak, but their echoes are truly endless.” - Mother Theresa

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. We grow as we enable everyone around us to grow. The residential life at the college, is a 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 symbolises 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 centre 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 out a 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 and our future thrusts and new vision would enable us to carry on and continue the ideals of YMCA movement 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 15th July 2019. 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 Practicals)
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 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 shall be asked to pay a fine of Rs.50/- per day. If a student repeatedly absent himself or herself for any part of the classes, he / she may be asked to discontinue the course there after.
 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 at 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 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 this 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 on all working days, while all others are welcome.
17. Disciplinary action will be taken for violating the rules of co-education of the college. Men and Women Students are not allowed to talk unnecessarily and frequently. Unprofessional interaction between men and women students are strictly restricted.
18. 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 / savings 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 overnight in the hostel unless prior permission is obtained from the deputy warden concerned.
9. Students shall not organize or address any meeting in the hostels without prior permission from the deputy warden / sub wardens.
10. Dhobbies authorized by the college only may be engaged.
11. 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.
12. 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.
13. Roads and regular foot paths only should be used.
14. 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.
15. Students are not allowed to use any type of motor vehicles during their stay at the hostel.

LEAVE RULES

16. 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.
17. Those who are sick and others who require medical help will have to report to the college medical officer between 8.30 a.m. and 9.30 a.m.
18. Leave for reasons other than being sick should be obtained from the Principal through the respective deputy wardens well in advance.
19. 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

20. 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.
21. Drinking and smoking are strictly prohibited and will be seriously dealt with.
22. Students must be in the hostel by 8.30 p.m. on all days. 'Late comers' will be severely dealt with and continued irregularity will lead to dismissal from the college.
23. College banians should not be worn outside the college limits except on special occasion.
24. 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.
25. Prior permission of the principal through the deputy warden concerned should be obtained to leave the city limits.
26. The hostel committee should be responsible to look after the sanitation and cleanliness of room, etc.
27. Growing long hair, beard and side bands are strictly prohibited for men students for any cause.

28. Students who do not pay their mess dues on time will not be allowed to take food in the hostel mess.
29. Students should not enter the dining hall in athletic costumes or lungie. They should be properly dressed.
30. Students should bring their own plates and tumblers. Washing hands in the plate is forbidden in the dining hall.
31. Entry into the kitchen is strictly prohibited.
32. Students should not enter the dining hall before the bell and they will not served food after the mess is closed.
33. No private cooking is allowed in the room or the hostel premises.
34. Students are not allowed to have private arrangements with mess servants on any matter relating to mess.
35. Students are expected to leave the mess hall as soon as they finish their meals.
36. An orderly way of sitting is required and students shall not shout or make noise in the dining hall.
37. 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.

38. Students who wish to visit their native place, relatives' house or 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.

39. INDULGING IN RAGGING BY THE STUDENTS IS STRICTLY PROHIBITED. STUDENTS INDULGING IN RAGGING ARE LIABLE TO BE DISMISSED.
40. Students are expected to involve themselves actively in all National and International Days observed and 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 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 the 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 by 1.15 p.m. 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 jewellery with them in the hotels. Money should be deposited in the nearest savings bank. Management will not be responsible for any loss.
 12. Students are not permitted to use electronic gadgets such as laptops, ipad and mobile phones and so on at the hostel and the college.
 13. Indulging in ragging by the students is strictly prohibited. Students indulging in ragging are liable to be dismissed.
 14. 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 special readmission fee of 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. 1.00 p.m.; 2.00 to 4.00 p.m. and 7.00 p.m. to 9 p.m. on all weekdays.

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

Only sheets of paper or one exercise 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.

Costs 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 year, special arrangements will be made for internship where by 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.

The men students 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, the 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 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 will consist of a Secretary, a Joint Secretary and members for Social, Religious, Recreational, Cultural, Project & activities.

The class representatives are nominated by the students on class basis and selected by the staff. The students' council will be assisted and guided by the warden and deputy wardens.

The constitution regulations and the functioning of the students' council will be explained by the Principal and the staff advisor deputy & Sub wardens.

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, Karate, Taichi and Silambam.

ADD - ON COURSES

The college, under autonomy, offers add-on courses for all the students. The College offers 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.

CAREER ORIENTED PROGRAMME

The college offers Career Oriented Program in Martial Arts and Personal Training for under graduate students.

RESEARCH CENTRE

The Tamil Nadu Physical Education and Sports University has offered a status of a 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 experience in organization 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 Disabled 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 disabled in the year 1983.

Project offers the following services:

- * Teaching O & M
- * Adapted games
- * Daily living skill
- * Organising Seminar

2. YMCA School for Intellectual Disabilities

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

- ▶ Special Education
- ▶ Integrated Education

- ▶ Sustained and durable behaviour management therapy
- ▶ Physiotherapy
- ▶ Adapted sports and games
- ▶ Recreation Therapy such as Aqua therapy, Yogasana, 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 of YMCA 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 Course, Aerobics and Sports Injury Management.

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



COLLEGE SCHOLARSHIPS

Buck Memorial Scholarship

About 20 scholarships are awarded to students 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 secured high percentage of marks in:

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

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

(Only at the end of the final year, the scholarship will be given.)

Dr. Kirubakaran Memorial Scholarship

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

Cash Awards for Sports Achievers

All India Inter University / Inter State / National approved Competition position

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

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

The students who are participating Interuniversity/ National Competitions – Rs. 1000/- each student

NET/ SET Qualifying students during the course of study: Rs. 5000/-
Fees Concession and Wave for Students.

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

- i. Sports quota admission at UG & PG level would be practiced and they would also be availing the scholarship.
- ii. All those Medal Winners should have participated in the recognized association at Junior or Senior level.

VARIOUS COMMITTEES

1. Anti Ragging Redressal Committee

Dr. George Abraham, Principal & Secretary (Convener)

Two Senior Faculties

Dr. J. Glory Darling, Deputy Warden (Women)

Dr. J. James, Deputy Warden (Men)

4 Students' Representatives (2 Men + 2 Women)

Overseas Students' Representative

Local Inspector of Police (Special Invitee)

2. Disciplinary Committee

Dr. George Abraham, Principal & Secretary (Convener)

Dr. S. Johnson Premkumar

Dr. J. Jackson Sutharsingh

Dr. J. Glory Darling, Deputy Warden (Women)

Dr. J. James, Deputy Warden (Men)

Mr. K. Mugil, Medical Doctor/ Physiotherapist (Special Invitee) and all sub wardens.

3. Purchase Committee

Dr. George Abraham, Principal & Secretary (Convener)

Mr. Chiristopher Vijay

Dr. S. Johnson Premkumar

Dr. J. Jackson Sutharsingh

Staff In-charge (who is going to purchase equipment, material etc)

4. Admission Committee
Dr. George Abraham, Principal & Secretary (Convener)
Dr. S. Johnson Premkumar
Dr. J. Jackson Sutharsingh
Concern Staff In-Charge for Admission

Staff In-charge for Admission

Courses of Study

Dr. Jackson Sutharsingh. J

MPed

Dr. Abraham Davidson. S

BPES

Dr. Glory

BPed

Mr. Felix Arokkiaraj. M

DPed

Dr. Jerome David. S

BMS

Dr. S. Johnson Premkumar

M.Phil



YMCA College of Physical Education

Staff Responsibilities 2019-2020

Members of Staff	Responsibilities
Dr. George Abraham Principal & Secretary	Chief Controller of Examinations Chief Editor-Journal, News Letter, College Magazine Convener - Research Center, Resource Center, Examination Cell, Workshop, Seminar, Conference Director Academic Affairs Internship Director, Warden-Men & Women Hostel
Dr. Jothi Dayanandan. K	Admission Committee member, Academic Council Convener, Anti Ragging Redressal Committee Member, Camp Director, Disciplinary Committee member, Journal Editorial Committee Member
Dr. Johnson Premkumar. S	IQAC Coordinator, Optional Course Co- ordinator, Extramural Director, Board of Studies Convener, Admission Committee member, College Journal Editor ,NSS Coordinator, Theory Coordinator, Coordinator for Coaching lesson, Teaching Practice & Internship, Disciplinary Committee member, Kinesiology Lab In-charge, Anti Ragging Redressal Committee Member, Program Coordinator for the Project for the Disabled.
Dr. Jackson Sutharsingh. J	Controller of Examinations, Evening College Coordinator, In-charge for Syllabus & Question Paper setting. College Calendar Editor, Anti Ragging Redressal Committee member Admission Committee member, Disciplinary Committee member, In charge of College Choir, Journal Editorial Committee member
Dr. Glory Darling Margaret.J	Staff Council Secretary, Deputy Warden(Women) Placement cell Coordinator, In charge of Research centre, Anti ragging Redressal Committee member, Coordinator for Workshop, Seminars & Conferences, Journal Editorial Committee Member Sports psychology lab in - charge

“A good plan today is better than a great plan tomorrow” - George S Patton

Members of Staff	Responsibilities
Dr. Glady Kirubakar. S	Intramurals Director, In-charge for Picnic, Editor of College Magazine In charge for exercise Physiology lab, In-charge for sports quiz, Journal editorial committee Member, Class registrar & Attendance Incharge of M. Phil, College Chaplin, Secretary of YMCA College Alumni Association
Dr. Jerome David. S	Class Registrar of BMS In-charge for, Record Books, Teaching Practice & Coaching Lesson Note Book, Music Therapy Lab In-charge Press and Media in-charge
Dr. Simson Jesudass. E	Additional In charge for IQAC, Additional In charge for Coaching lesson, Teaching Practice & Internship, Journal Editorial Committee member, In –charge for Anatomy and Physiology Lab, Rules Book, Class Registrar-M.Sc.(FERN),
Dr. Abraham Davidson. S	Practical Coordinator, Students' Counselor, Students' Uniform In- charge, Anatomy and Physiology Lab In –charge, Journal Editorial Committee Member
Mr. Felix Arokkiaraj. M	In-charge of Add on Course, Distance Education Co-coordinator, Class Registrar & Attendance In-charge of M.PEd –II Year, Updation of college portal, Biomechanics Lab In-charge, In-charge for college website
Dr.A.Merlin ThankaDaniel	In-charge for Field Visits, Additional coordinator for NSS, In-charge for Test & Measurement lab
Dr. Prabhu. R	In-charge for Library, Resource Center, Library Visits & Video Conferencing, Updation of college portal, Editor News Letter, Journal Editorial Committee Member
Dr. Samuel Jesudoss. J	Class Registrar & Attendance In-charge of MPEd I Year, ID card In-charge, In-charge for Test & measurement lab, In-charge for chairs & Stage arrangements, Adventure Sports, In charge for National Day Celebrations

Members of Staff	Responsibilities
Dr. Pon. Anbarasu	Class Registrar & Attendance In charge of BPED II Year-A, In charge for sports exhibition In charge for remedial & bridge course. In charge of Yoga Lab
Dr. James. J	Deputy Warden(Men) Class Registrar & Attendance In charge – BPED II Year-B In Charge for Student Council & literacy Society& Cultural program (Men). In-charge for fitness therapy lab, In- charge for Advertisement.
Mr.Praveen Doss. B	Class Registrar &Attendance In charge of B.PED I Year - A In- Charge for Test & Measurement lab, In-charge for officiating(Students),In charge for Extension Activities In charge for Trophies
Mr.Karthikeyan. K	In-charge for Store, Equipment &Markers Class Register & Attendance In charge of BPED I Year -B In-charge for Officiating (Students), Assistant Practical Co-coordinator Incharge for NET/SET training, Sub Warden(Men) In charge for Students General Assembly, In Charge for Student Council, Literacy Society& Cultural program (Men) Sports Psychology Lab-In-charge
Dr.R.Rajesh	Class Registrar & Attendance In charge of BPES III Year In-charge for Trophies, In-charge for Exercise physiology Lab, In charge for Students General Assembly, Sub warden (men), In Charge for Student Council , literacy Society& Cultural program (Men) In-charge for Sports News, Audio Visual & Exhibition Extension Activities, Students Uniform

“It is better to err on the side of daring than the side of caution” - Alvin Toffler

Members of Staff	Responsibilities
Dr. J. Komala	Class Registrar & Attendance In charge for BPES – II year, Sub Warden(Women), Intramural Director (Women), Fitness Therapy lab, In Charge for Student Council, Literacy Society & Cultural Program(Women), In-charge for Yoga Lab, In charge for Officiating(Students) In charge for Students General assembly
Dr. G. Bobby	Class Registrar & Attendance In charge for BPES – I Year, In charge of DPED Examinations, In-charge for Kinesiology lab & Fitness Therapy lab In-charge for Class room & Staff room technology In-charge for Band Group, Photography & Exhibition activities In-charge for Class Room & Staff room Technology
Mr.S.Sathish Kumar	Class Registrar & Attendance In charge for DPED– II Year Sub Warden (men),In-charge for Sports News, Audio Visual& Exhibitions Extension Activities, In-charge for distribution of YMCA rules book, Uniform for Students, Bio-Mechanics Lab in-charge, In Charge for Student Council, Literacy Society& Cultural program(Men)
Mr.V.Sai Abhinav	Class Registrar & Attendance In charge for DPED– IYear In-charge for Sports Exhibitions, Extension Activities, Anatomy and Physiology Lab In-charge, In-charge for Class room & Staff room technology

Members of Staff	Responsibilities
Rev. Dr. E. Abraham Jepasingh	In charge for Religious Affairs Language Lab, Students' Counselor
Mr. V. Balaraman	Language Lab, Students' Counselor
Mr. Mugil. K	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 Sports Physiotherapy Center
Mrs.Mabelda. T	Coordinator for AIACHE Programme, In-charge for Computer Lab & Language Lab In-charge for College Website, In-charge for Students Attendance Software Apart from the regular duty preparation of Salary Slip and Salary Disbursement Register.

"The end result of wisdom is... good deeds" - Babylonian Talmud

Date	Day	JUNE 2019	No.of working Days
1	Saturday	Holiday	
2	Sunday	Holiday	
3	Monday		
4	Tuesday		
5	Wednesd	Ramzan - Holiday	
6	Thursdayay		
7	Friday		
8	Saturday	Holiday	
9	Sunday	Holiday	
10	Monday		
11	Tuesday		
12	Wednesday		
13	Thursday		
14	Friday		
15	Saturday	Holiday	
16	Sunday	Holiday	
17	Monday	College Reopens for Staff	
18	Tuesday		
19	Wednesday		
20	Thursday		
21	Friday		
22	Saturday	Holiday	
23	Sunday	Holiday	
24	Monday		
25	Tuesday		
26	Wednesday		
27	Thursday		
28	Friday		
29	Saturday	Holiday	
30	Sunday	Holiday	

In all thy ways acknowledge him, and he shall direct thy paths. **Proverbs 3:6**

Date	Day	JULY 2019	No.of working Days
1	Monday	Holiday	
2	Tuesday		
3	Wednesday	Class commences for all courses of study	1
4	Thursday		2
5	Friday		3
6	Saturday	Holiday	-
7	Sunday	Holiday	-
8	Monday		4
9	Tuesday		5
10	Wednesday		6
11	Thursday		7
12	Friday		8
13	Saturday	Holiday	-
14	Sunday	Holiday	-
15	Monday		9
16	Tuesday		10
17	Wednesday	Division of Intramural Houses	11
18	Thursday		12
19	Friday		13
20	Saturday	Holiday	-
21	Sunday	Holiday	-
22	Monday	Inauguration of Students' Council	14
23	Tuesday		15
24	Wednesday		16
25	Thursday		17
26	Friday		18
27	Saturday	Holiday	-
28	Sunday	Holiday	-
29	Monday		19
30	Tuesday		20
31	Wednesday		21
Total no. of working days = 21			

“When you realize there is nothing lacking... the whole world belongs to you” - Lao Tsu

Date	Day	AUGUST 2019	No.of working Days
1	Thursday		1
2	Friday		2
3	Saturday	Holiday	-
4	Sunday	Holiday	-
5	Monday		3
6	Tuesday		4
7	Wednesday		5
8	Thursday		6
9	Friday		7
10	Saturday	Holiday	-
11	Sunday	Holiday	-
12	Monday	Bakrid Holiday	-
13	Tuesday		8
14	Wednesday		9
15	Thursday	Independence Day - Holiday	
16	Friday		10
17	Saturday	Holiday	-
18	Sunday	Holiday	-
19	Monday		11
20	Tuesday		12
21	Wednesday		13
22	Thursday		14
23	Friday	Krishna Jayanthi Holiday	-
24	Saturday	Holiday	-
25	Sunday	Holiday	-
26	Monday	I Continuous Assessment	15
27	Tuesday	I Continuous Assessment	16
28	Wednesday		17
29	Thursday	National Sports Day	18
30	Friday		19
31	Saturday	Holiday	-
Total no. of working days = 19 (Progressive Total = 21+19=40)			

For all have sinned, and come short of the glory of God; **Romans 3:23**

Date	Day	SEPTEMBER 2019	No.of working Days
1	Sunday	Holiday	-
2	Monday	Vinayakar Chathurthi - Holiday	-
3	Tuesday		1
4	Wednesday		2
5	Thursday	Teachers' Day Celebration	3
6	Friday	M.P.Ed. I Year Model Sports Meet	4
7	Saturday	Holiday	-
8	Sunday	Holiday	-
9	Monday	Specially Declared Holiday	-
10	Tuesday	”	-
11	Wednesday	Muharram-Holiday	-
12	Thursday		5
13	Friday		6
14	Saturday	Holiday	-
15	Sunday	Holiday	-
16	Monday		7
17	Tuesday		8
18	Wednesday		9
19	Thursday		10
20	Friday		11
21	Saturday	Holiday	-
22	Sunday	Holiday	-
23	Monday		12
24	Tuesday		13
25	Wednesday		14
26	Thursday	II Continuous Assessment	15
27	Friday	II Continuous Assessment	16
28	Saturday	Holiday	-
29	Sunday	Holiday	-
30	Monday		17
Total no. of working days = 17 (Progressive Total = 40+17=57)			

“Sometimes you just have to jump and grow your wings on the way down” - Les Brown

Date	Day	OCTOBER 2019	No.of working Days
1	Tuesday		1
2	Wednesday	Gandhi Jayanthi - Holiday	-
3	Thursday		2
4	Friday		3
5	Saturday	Holiday	-
6	Sunday	Holiday	-
7	Monday	Ayutha Pooja - Holiday	-
8	Tuesday	Vijaya Dasami - Holiday	-
9	Wednesday		4
10	Thursday		5
11	Friday		6
12	Saturday	Holiday	-
13	Sunday	Holiday	-
14	Monday		7
15	Tuesday		8
16	Wednesday		9
17	Thursday		10
18	Friday		11
19	Saturday	Holiday	-
20	Sunday	Holiday	-
21	Monday		12
22	Tuesday	TNPESU Inter Collegiate Tournament & Athletic meet	13
23	Wednesday	”	14
24	Thursday	”	15
25	Friday		16
26	Saturday	Holiday	-
27	Sunday	Deepavali-Holiday	-
28	Monday	Holiday	-
29	Tuesday	III Continuous Assessment / Arrear Examination	17
30	Wednesday	III Continuous Assessment	18
31	Thursday		19
Total no. of working days = 19(Progressive Total =57+19 =76)			

For the righteous LORD loveth righteousness; his countenance doth behold the upright. **Psalms 11:7**

Date	Day	NOVEMBER 2019	No.of working Days
1	Friday		1
2	Saturday	All Souls Day	2
3	Sunday	Holiday	-
4	Monday		3
5	Tuesday		4
6	Wednesday	Internal Teaching Practice / Coaching Lesson Examinations	5
7	Thursday	”	6
8	Friday		7
9	Saturday		8
10	Sunday	Milad-un-Nabi - Holiday	-
11	Monday		9
12	Tuesday	Pre-Semester Examinations / Arrear Examinations	10
13	Wednesday	”	11
14	Thursday	”	12
15	Friday	”	13
16	Saturday	Holiday	-
17	Sunday	Holiday	-
18	Monday		14
19	Tuesday	Odd Semester Examinations	
20	Wednesday	”	
21	Thursday	”	
22	Friday	”	
23	Saturday	Holiday Semester Break	
24	Sunday	Holiday Semester Break	
25	Monday	II&IV Semester Begins / Annual Leadership Training Camp	1
26	Tuesday	”	2
27	Wednesday	”	3
28	Thursday	”	4
29	Friday	”	5
30	Saturday	Holiday	-
Total no. of working days = 14 (Progressive Total = 76 + 14 = 90) II & IV Semester Working Day = 05			

“Your life does not get better by chance, it gets better by change - **Jim Rohn**

Date	Day	DECEMBER 2019	No.of working Days
1	Sunday	Holiday	
2	Monday		1
3	Tuesday		2
4	Wednesday		3
5	Thursday		4
6	Friday	BPEd II year A Project Sports meet	5
7	Saturday	Holiday	-
8	Sunday	Holiday	-
9	Monday		6
10	Tuesday		7
11	Wednesday		8
12	Thursday		9
13	Friday	BPEd II year B Project sports meet	10
14	Saturday	Holiday	-
15	Sunday	Holiday	-
16	Monday		11
17	Tuesday		12
18	Wednesday		13
19	Thursday	Carols and Christmas Celebrations	14
20	Friday		15
21	Saturday	Christmas Holidays begin	-
22	Sunday	"	-
23	Monday	"	-
24	Tuesday	"	-
25	Wednesday	Christmas "	-
26	Thursday	"	-
27	Friday	"	-
28	Saturday	"	-
29	Sunday	"	-
30	Monday	"	-
31	Tuesday	"	-
Total no. of working days = 15 (Progressive Total = 05+ 15 = 20)			

For I know that my redeemer liveth, and that he shall stand at the latterday upon the earth: **Job 19:25**

Date	Day	JANUARY 2020	No.of working Days
1	Wednesday	New Year	-
2	Thursday	Christmas Holidays	-
3	Friday	"	-
4	Saturday	"	-
5	Sunday	"	-
6	Monday	College Reopens after X-mas Holidays	1
7	Tuesday		2
8	Wednesday		3
9	Thursday	I Continuous Assessment	4
10	Friday	"	5
11	Saturday	Holiday	-
12	Sunday	Holiday	-
13	Monday	Specially Declared Holiday	-
14	Tuesday	Pogi Holiday	-
15	Wednesday	Pongal Holiday	-
16	Thursday	Thiruvalluvar Day Holiday	-
17	Friday	Kannum Pongal Holiday	-
18	Saturday	Holiday	-
19	Sunday	Holiday	-
20	Monday		6
21	Tuesday		7
22	Wednesday	Intensive Teaching Practice / Coaching Lesson	8
23	Thursday	"	9
24	Friday	"	10
25	Saturday	Holiday	-
26	Sunday	Republic Day - Holiday	-
27	Monday	Intensive Teaching Practice / Coaching Lesson	11
28	Tuesday	"	12
29	Wednesday	"	13
30	Thursday	"	14
31	Friday	"	15
Total no. of working days = 15 (Progressive Total =20 +15 =35)			

"Happiness is not a station to arrive at, but a manner of traveling" - Margaret Lee Runbeck

Date	Day	FEBRUARY 2020	No. of working Days
1	Saturday	Holiday	-
2	Sunday	Holiday	-
3	Monday	Intensive Teaching Practice / Coaching Lesson	1
4	Tuesday	"	2
5	Wednesday	"	3
6	Thursday	"	4
7	Friday	"	5
8	Saturday	Holiday	-
9	Sunday	Holiday	-
10	Monday	Intensive Teaching Practice / Coaching Lesson	6
11	Tuesday	"	7
12	Wednesday	"	8
13	Thursday	"	9
14	Friday	"	10
15	Saturday	Holiday	-
16	Sunday	Holiday	-
17	Monday		11
18	Tuesday	Intensive Teaching Practice / Coaching Lesson Ends	12
19	Wednesday		13
20	Thursday		14
21	Friday		15
22	Saturday	Holiday	-
23	Sunday	Holiday	-
24	Monday		16
25	Tuesday		17
26	Wednesday	Ash Wednesday	18
27	Thursday	II Continuous Assessment	19
28	Wednesday	"	20
29	Saturday	Holiday	-
Total no. of working days = 20 (Progressive Total =35+20=55)			

For God sent not his Son into the world to condemn the world; but that the world through him might be saved. John 3:17

Date	Day	MARCH 2020	No.of working Days
1	Sunday	Holiday	-
2	Monday		1
3	Tuesday		2
4	Wednesday		3
5	Thursday		4
6	Friday	Project Sports Meet B.P.E.S III & D.P.Ed II	5
7	Saturday		6
8	Sunday	Holiday	-
9	Monday		7
10	Tuesday		8
11	Wednesday		9
12	Thursday		10
13	Friday	Organization of Tournament - M.P.Ed. II	11
14	Saturday		12
15	Sunday	Holiday	-
16	Monday		13
17	Tuesday		14
18	Wednesday	Annual Sports Day & Intramural valedictory	15
19	Thursday	III Continuous Assessment	16
20	Friday	"	17
21	Saturday		18
22	Sunday	Holiday	-
23	Monday		19
24	Tuesday		20
25	Wednesday	Telugu New Year - Holiday	-
26	Thursday		21
27	Friday	College Day	22
28	Saturday		23
29	Sunday	Holiday	-
30	Monday		24
31	Tuesday	Internal Teaching / Coaching Lesson Examinations	25
Total no. of working days = 21 (Progressive Total = 55+25=80)			

"By failing to prepare, you are preparing to fail" - Benjamin Franklin

Date	Day	APRIL 2020	No.of working Days
1	Wednesday	Internal Teaching / Coaching Lesson Examinations	1
2	Thursday	External Teaching / Coaching Lesson Examinations	2
3	Friday	"	3
4	Saturday	Hostel Day & Students Council Valedictory	4
5	Sunday	Holiday	-
6	Monday	Pre Semester / Arrear Examination	5
7	Tuesday	"	6
8	Wednesday	"	7
9	Thursday	"	8
10	Friday	Good Friday Holiday	-
11	Saturday		9
12	Sunday	Easter - Holiday	-
13	Monday	Farewell for Outgoing Students	10
14	Tuesday	Dr. Ambedkar Birth Day/ Tamil New Year - Holiday	
15	Wednesday	Even Semester Examiantions	
16	Thursday	"	
17	Friday	"	
18	Saturday	"	
19	Sunday	Holiday	
20	Monday		
21	Tuesday		
22	Wednesday		
23	Thursday		
24	Friday	Last working day for staff	
25	Saturday		
26	Sunday	Holiday	
27	Monday		
28	Tuesday		
29	Wednesday		
30	Thursday		
Total no. of working days = 10 (Progressive Total = 80+10 = 90)			

For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. **Isaiah 55:8**

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!
Oh, what peace we often forfeit,
Oh, 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 defense 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 troubles last,
And our Eternal Home.

PRAISE HIM

**Praise Him! Praise Him! Jesus, our blessed Redeemer!
Sing, ye saints! His wonderful love proclaim!
Hail Him! Hail Him! mightiest angels in glory;
Strength and honor give to His holy name!
Like a shepherd, Jesus will feed His people,
In His arms He carries them all day long;
O ye saints that live in the light of His presence,
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 hosannahs ring!
Jesus, Savior, 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 Savior 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 th' 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't 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 has blest me, sure it still

Wilt 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 awhile.

- Amen

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 power 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 cannot know
till I cross the narrow sea;
there are heights of joy that I may not reach
till I rest in peace with thee.

(Refrain)

"You might well remember that nothing can bring you success but yourself" - Napoleon Hill

HEAVEN CAME DOWN AND GLORY FILLED MY SOUL

O what a wonderful, wonderful day-
Day I will never forget;
After I'd wandered in darkness away,
Jesus my Savior I met.
O 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
And 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 works Thy hand hath made
I see the stars, I hear the mighty 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 hear 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 shall I bow in humble adoration
And there proclaim, my God, how great Thou art!

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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			
Wed				Wed			
Thur				Thur			
Fri				Fri			

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