

The National Council of YMCAs of India
YMCA COLLEGE OF PHYSICAL EDUCATION



INDIA

A Christian Minority Institution
Nandanam, Chennai - 600 035.



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

CALENDAR
2021 - 2022

THE COLLEGE PRAYER

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

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

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

COLLEGE SONG

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

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

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

PARTICULARS OF THE COLLEGE

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

1. Name of the College with full postal Address:
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.ymcollege.ac.in**
6. Name, Address and Telephone No. of the Chairman
Hon. Justice Kurian Joseph (Retd.)
YMCA College of Physical Education, Nandanam, Chennai – 600 035,
Ph: 044 – 2434 4816 Email: ymca_phy_edn@yahoo.co.in
7. Name, Address and Telephone No. of the Correspondent & Secretary
Mr. Benjamin Franklin
YMCA College of Physical Education, Nandanam, Chennai – 600 035,
Ph: 044 – 2434 4816 Email: ymca_phy_edn@yahoo.co.in
8. Name, Address and Telephone No. of the Principal
Dr. George Abraham
Staff Quarters, YMCA College of Physical Education, Nandanam, Chennai -600035
Phone : Off : 044 – 2981 9569 E.mail : profgeorgeabraham@gmail.com
9. Year of establishment : 1920, Autonomous College Since 1986, Accredited by NAAC in 2003 Reaccredited by NAAC in 2012
10. Details of Course Offered : (Regular)

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

Evening College

M.Sc., Fitness, Exercise Rehabilitation and Nutritional Care – Two Years
P.G.D.S.C (Cricket, Tennis, Swimming) – One Year
Details of Teaching and Non Teaching Staff: Furnished in Page Nos. 5-8

YMCA COLLEGE OF PHYSICAL EDUCATION
BOARD OF MANAGEMENT 2021-2022

Hon. Justice Kurian Joseph (Retd)
Chairman

Mr, V.K. Varghese
Treasurer

Mr. J. Benjamin Franklin
Correspondent & Secretary

Hon. Justice Jacob Benjamin Koshy
National President, Ex-officio

Mr. Bertram Devadas,
National General Secretary,
Ex-officio

Mr. R.S. Shettian
National Treasurer,Ex-officio

Dr. George Abraham
Principal

Mr. Johnson .K,
Member

Mr. Jose Rabi Wilson
Member

Mr. Gideon Thangaraj
Member

Mr.Asir Pandian
Member

Er.V.Sahaya Raj
Member

Mr.Vargheese Moolan
Member

Dr. J. Sathiah
Representative Alumni

Regular Invitees:

Dr.R. Subramaian
Technical /Scholastic

Dr.S.Johnson Premkumar
Staff Representative

Mr.Rajjiv George
Administrator & Estate
Manager

Mr. Vincent George
Regional Chairman

Mr. C.A Sen George
Internal Auditor

Mr. A. Manohar Sam
Regional Secretary

Mr. Moses Joshua
Executive Secretary

PRINCIPAL

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 (Phy.Edn), Ph.D(Business Admi), Ph.G.D.Y, P.G.D.H.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 Hand ball) Ph.D. Senior Scale Asst. Prof.

Dr. J. Jackson Sutharsingh

M.P.Ed., M.Phil., N.I.S. Diploma in Football, Ph.D. Senior Scale Asst. Prof.

Dr. J. Glory Darling Margaret

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

Dr. S. Glady Kirubakar

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

Dr. S. Jerome David

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

Dr. E.Simson Jesudass

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

Dr. S. Abraham Davidson

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

Mr. M. Felix Arokkiaraj

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

Dr. A. Merlin Thanka Daniel

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

Dr. Pon. Anbarasu

M.Com., M.Sc.(Yoga), M.Sc.(Yoga Therapy), M.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.

Dr. J. James

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

Asst. Prof.

Mr. B. Praveen Doss

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

Asst. Prof.

Dr. K.Karthikeyan

B.A.,M.P.Ed., M.Phil., PGDY N.I.S. (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), M.Sc.(Psy),Ph.D.,

Asst. Prof.

Dr. S. Sathish Kumar

M.P.Ed., D.Y., Ph.D.

Asst. Prof.

Dr. J. Jemil Priskillal

B.A, M.P.Ed, M.Phil, 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 Counselling,
P.G.Dip. in Intercultural Education, B.Ed., B.Min., Ph.D. (Part time)

Asst.Prof.
(English)

Mr. V. Balaraman

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

Asst. Prof.
(Tamil)

Dr. F. Zainabunissa Begum

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

Asst.Prof
(Hindi)

Mrs. T. Mabelda

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

Computer Faculty

Department of Administration

Mr. J. Benjamin Franklin

Correspondent and secretary.

Dr. George Abraham

Principal

Mr. Rajjiv George

Administrator and Estate Manager

Mr. J. Moses

Executive Secretary (NCYI)

Mr. S. Jagan

Project Secretary. (NCYI)

Office Staff

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

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

Mr. S. Martin Rajkumar, M.A(His).M.A (P.S) M.L.I.S, *Junior Assistant*

Mrs. C. Janet, B.Sc., *Junior Assistant, P.S to Principal*

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

Mrs. Sheela Rajakumari, B.A., *Junior Assistant C.O.E Office*

Mr. S. Murugesan, B.Com., *Record Clerk*

Mr. R. Arunkumar, B.E., *P.A. to Correspondent & Secretary*

Department of Accounts

Mr. V. Rajesh, B.Com., *Accountants Officer*

Mr. R.A. Ganesh Karthik, B.Com., *Casher*

Network Technician

Mr. Aswin, *ITI*

Office Assistants

Mr. S. Baskaran, (Spl. Grade)

Mrs. K. Jeeva, (Spl. Grade)

Mr. E. Kamalakannan, Lib. Assistant

Mr. V. Mohanasundaram, OA cum *Electrician*

Mr. K.V. Kannan, OA cum *Plumber & Electrician*

Mr. R. Ganesh Driver cum Office Assistant

Markers

Mr. K. Govindan
Mr. M. Jalathaiyan
Mr. S. John Peter
Mr. A. George
Mr. M. Nagarajan
Mr. T. Wilson
Mr. Y. Prasad
Mr. K. Sivamani
Mr. E. Vijaya Kumar
Mr. Gandham David

GYM

Mr. B. Suresh

Service Staff

Mr. M. Kannan
Mr. Y. Kondaiah
Mr. D. Rao
Mr. S. Yowan

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
Mr. A. Arul murugan B.A.,(Tamil), Dip. in CP
Mrs. P. Jeya, *Teacher*

Driver

Mr. P. Siva

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

NATIONAL ANTHEM

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

தமிழ்தாய் வாழ்த்து

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

PREFACE

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



THE COLLEGE CREST

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

From its inception since 1920 to the present, the YMCA College has pursued the goal of education towards the wholesome empowerment of men/women and to 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 turnout to be a creative and productive groups of leaders in physical education, sports and recreation, the college has now proposed a number of choices of subjects asmajors and activity options. The combination of our past experiences and our future thrusts and new vision would enable as a whole and thereby to stand first in serving the good cause of our nation.

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



GENERAL COLLEGE RULES

1. College fees should be paid on or before specified date. Defaulters names will be removed from the rolls.
2. Fees once paid shall not be refunded to student, who leaves or discontinues on his or her own accord.
3. No fees shall be adjusted from the scholarship that a student may expect to receive.
4. COLLEGE WORKING HOURS
 - Practical - Morning 6.00 a.m. to 8.00 a.m.
 - Daily Worship - 9.30 a.m. to 9.50 a.m.
 - Theory - 10.00 a.m. to 1.00 p.m.
 - Practical - Evening 4.00 p.m. to 6.00 p.m.(Christian students should attend worship regularly)
5. Students should report 5 minutes before the scheduled time for all classes. (Theory and 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 thereafter.
6. If a student is absent for three successive days without prior permission / leave, his or her name will be removed from the rolls. Readmission of students may be done in genuine cases at the discretion of the Principal. In all such cases, the student has to pay a special readmission fee of Rs.2000/-
7. Students who do not report on time on the reopening day will not be permitted to continue the course for any cause or reason.
8. Students absenting themselves with / without a leave for one session in a day's programme will be marked as half a day leave / absent and students absenting themselves with / without a leave letter for more than one session will be marked as one day leave / absent.
9. Medical and Fitness certificate should be produced (if the student has been hospitalized) on the day of reporting back to the college.
10. Students who fall sick when they go home for weekend or holidays should send the leave letter along with Medical Certificate within two days to the Principal through the respective deputy warden and college Doctor/ Physiotherapist. They should also bring the fitness certificate when they report to college after recovery. If they fail to do so, leave will not be granted to them for their absence and they will not be permitted either to stay in the hostel or to attend classes thereafter.

GENERAL CODE OF CONDUCT

1. Students are expected to behave themselves within and outside college campus in such a way as to maintain the good name of the college as well as their own.
2. Students are expected to wear neat, decent and simple dress that conforms 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 be taken 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 at 9.30 a.m. on all working days, and all others are welcome.
17. Disciplinary action will be taken for violating the rules of co-education of the college.
18. No students shall be taken part in any physical abuse or manhandling. Violated students are liable to be suspended or summarily dismissed from the college.
19. Men and Women Students are not allowed to talk unnecessarily and frequently. Unprofessional interaction between men and women students are strictly restricted.
20. Violation of co-educational rules of the college will be strictly dealt with and the students involved are liable to be expelled from the college.

HOSTEL RULES

General

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

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

HOSTEL RULES FOR MEN

1. Students should take care of the items of furniture supplied to them and also the water taps, electrical installation etc., any damage or loss of hostel property will be liable for recovery of its cost.
2. The hostel should always 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. Dhobies 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/ physiotherapist 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, 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 9.50a.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 hostel. Money should be deposited in the nearest savings bank.

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 re-admission fee Rs.2000/-
3. A Student will be fined Rs.50/- if he or she is absent without permission during week-ends.
4. Students will be suspended or may be dismissed from the college for any serious violation of hostel rules.



LIBRARY

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

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

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

Only sheets of paper or one 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.

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

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

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

SPECIAL FEATURES OF TRAINING

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

TEACHING PRACTICE / INTERNSHIP

On Wednesday mornings there will be teaching practice at the college when students do practice teaching in activities and games among themselves. A teaching record book has to be maintained. There will be internal grading by the staff concerned.

During the course of the year, special arrangements will be made for internship where the students will be assigned teaching practice classes in the YMCA college sports Higher Secondary School and other schools in the city. All the students are expected to prepare the lessons in advance and get them approved by staff who supervise the classes.

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

ANNUAL LEADERSHIP TRAINING CAMP

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

INTRAMURAL COMPETITIONS

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

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

These competitions are conducted by a committee consisting of the Intramural Directors, two Intramural Secretaries, two joint secretaries, 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 and schedule of the competitions will be formulated by the Intramural committee.

STUDENTS COUNCIL

Social, Religious, Cultural, Recreational, Project & Literacy activities of the students will be looked after by the students' council. The committee will consist of a Secretary, a Joint Secretary and members of Social, Religious, Cultural, Recreational, Project & Literacy activities.

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

COMPUTER EDUCATION

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

OPTIONAL COURSES

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

ADD-ON 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 organisation by conducting projects sports meets and inter class competitions.

PROJECT OF THE COLLEGE

1. Project Physical Education for the visually Disabled

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 behavior 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 project 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, Aerobics and Sports Injury Management courses.

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

COLLEGE SCHOLARSHIPS

Buck Memorial Scholarship

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

Dr. Amritkumar R. Moses Memorial Scholarship

There are two scholarships of Rs.1,500/- each for M.P.Ed. and B.P.Ed. students who 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 Inter University / 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 (Convenor)

Two Senior Faculties

Dr. Merlin Thanka Daniel, Deputy Warden (Men)

Dr. J. Jemil Priskillal, Deputy Warden (Women)

4 Students' Representatives (2Men + 2Women)

Overseas Students' Representative (One)

Local Inspector of Police (Special Invitee)

2. Disciplinary Committee

Dr. George Abraham, Principal (Convenor)

Dr. S. Johnson Premkumar

Dr. J. Jackson Sutharsingh

Dr. J. Glory Darling Margaret

Dr. E. Simson Jesudoss

Dr. S. Abraham Davidson

Dr. Merlin Thanka Daniel, Deputy Warden (Men)

Dr. J. Jemil Priskillal, Deputy Warden (Women)

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

3. Purchase Committee

Mr. Benjamin Franklin, Correspondent & Secretary

Dr. George Abraham, Principal

Mr. Rajjiv George, Administrator & Estate Manager

Dr. S. Johnson Premkumar, Assistant Professor

Dr. J. Glory Darling Margaret, Assistant Professor

Dr. S. Abraham Davidson, Assistant Professor

Mr. M. Felix Arokkiaraj, Assistant Professor

Mr. Moses Joshua, Executive Secretary

4. Admission Committee

Mr. Benjamin Franklin, Correspondent & Secretary

Dr. George Abraham, Principal (Convenor)

Dr. K. Jothi Dayanandan

Dr. S. Johnson Premkumar

Dr. J. Jackson Sutharsingh

Dr. J. Glory Darling Margaret

Concern Staff In-Charge for Admission

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

Dr. S. Glady Kirubakar MPed

Dr. E. Simson Jesudass BPEd

Dr.S. Abraham Davidson BPEd

Dr. S. Jerome David B.M.S

Mr. M. Felix Arokkiaraj DPEd

Dr. A. Merlin Thanka Daniel M.Sc, P.G Dip



YMCA College of Physical Education Staff Responsibilities 2021-2022

Staff Members	Responsibilities
Dr. George Abraham	Chief Controller of Examinations Chief Editor- Journal, News Letter, College Magazine. Director- Research Center, Resource Center, Examination Cell. Director of Academic Affairs, Workshop, Seminar, Conference Webinar and Sports Academies Internship Director Warden for Men & Women Hostel
Dr. K. Jothi Dayanandan	Academic Council Convener, Camp Director Coordinator for Coaching lesson Admission Committee member Anti-Ragging Redressal Committee Member Journal Editorial Board Member Virtual anti-harassment cell member
Dr. S. Johnson Premkumar	Optional Course Coordinator Editor of College Calendar Admission Committee member Coordinator for teaching Practice & Internship In- charge for Syllabus Disciplinary Committee member Kinesiology Lab In-charge Anti Ragging Redressal Committee Member Program Coordinator for the Project for the Disabled Journal editorial board member
Dr. J. Jackson Sutharsingh.	Controller of Examinations Journal editorial board member Anti-Ragging Redressal Committee member Admission Committee member, Disciplinary Committee member

Staff Members	Responsibilities
Dr. J. Glory Darling Margaret	IQAC coordinator, Board of Studies Convener Staff Council Secretary, College Journal Editor Rotract Club in charge, Anti-ragging Redressal Committee member Sports psychology lab in charge, disciplinary committee member Virtual anti-harassment cell member
Dr. S. Gladly Kirubakar	Theory Coordinator. College Chaplin In charge for exercise Physiology lab, Anti-ragging Redressal Committee member Class registrar & Attendance in-charge of M.Phil, Journal editorial board member
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 In- charge for Trophies
Dr. E. Simson Jesudass	In-charge of Add on Course Extramural Director Evening college coordinator. Journal editorial board member Disciplinary committee member
Dr. S. Abraham Davidson	NSS Coordinator Journal Editorial board Member Disciplinary committee member Anatomy and Physiology Lab In –charge Class registrar & Attendance in-charge of MPEd II. Placement cell Coordinator
Mr. M. Felix Arokkiaraj	Practical Coordinator Coordinator for online programme Class Registrar & Attendance in- charge of M.P.Ed –I Year Biomechanics Lab In- charge In-charge for college website Uniform in charge

Staff Members	Responsibilities
Dr. A. Merlin Thanka Daniel	Deputy Warden (Men). In-charge for Picnic In-charge for filed Visits ditor of college magazine Secretary of YMCA College Alumni Association Disciplinary committee member. In Charge for Student Council & literacy Society & Cultural programme (Men)
Dr. R. Prabu	In-charge for Library, Resource Center Library Visits & Video Conferencing, Editor News Letter Journal Editorial Committee Member. In charge of AIACHE, Roctract Club in charge
Dr. J. Samuel Jesudoss	In-charge for Store, Equipment & Markers ID card In-charge In-charge for Test & measurement lab Class Registrar & Attendance In charge of BPed II Year-A.
Dr. Pon Anbarasu	In charge for sports exhibition In charge for remedial & bridge course In charge of Yoga lab, In-charge for sports quiz Class Registrar & Attendance In charge - BPed II Year-B. In charge of extension activities
Dr. J. James	In-charge for chairs & Stage arrangements, Adventure Sports, extension activities In-charge for fitness Therapy lab In-charge for Advertisement. Class Registrar & Attendance In charge of B.P.Ed I Year - A
Mr. B. Praveen Doss	Sub Warden (Men), Intramural coordinator In- Charge for Test & Measurement lab Editorial committee member of college magazine In-charge for officiating (Students) Extension Activities, In charge for Trophies Class Registrar & Attendance In charge of BPed I Year -B In Charge for Student Council & literacy, Society & Cultural programme (Men)

Staff Members	Responsibilities
Dr. K. Karthikeyan	Assistant Practical coordinator In charge for National Day Celebrations In-charge for Officiating (Students) In charge for NET/SET training, Sports Psychology Lab-In-charge. Class Registrar & Attendance In charge of BPES III Year Extension activities
Dr. J. Komala	Intramural Director (Women) Class Registrar & Attendance In charge for BPES – II year Editorial committee member of college magazine, Literacy Society & Cultural Programme (Women) In- charge for Yoga Lab Fitness Therapy lab In charge for Officiating (Students) In charge for Students General assembly
Dr. G. Bobby	In charge of DPED Examinations. In-charge for Class room & Staff room technology, In-charge for Band Group, Photography & Exhibition activities Class Registrar & Attendance In charge for BPES – I Year, In-charge for Kinesiology lab & Fitness Therapy lab
Dr. S. Sathish Kumar	In charge for Students General Assembly & Sports News Class Registrar & Attendance in charge for DPED– II Year In-charge Audio Visual & Exhibitions, Extension Activities, In-charge for distribution of YMCA rules book, Students uniform Bio- Mechanics Lab in-charge

Staff Members	Responsibilities
Dr. J. Jemil Priskillal	Deputy Warden (Women) Class Registrar & Attendance in charge for DPEd- I Year In Charge for Student Council In charge for distribution of students' uniform Editorial committee member of college magazine Literacy Society & Cultural Programme (Women) In charge for officiating (Students) In charge for Students General assembly Disciplinary committee member, Exercise physiology lab incharge.
Mr. K. Mugil.	Sub Warden (Men). In-charge for General Health Checkup In-charge for health awareness program In-charge for Sports Medicine & Nutrition Lab, Disciplinary Committee member, In-charge for Sports Physiotherapy Center. Editorial committee member of college magazine In Charge for Student Council, literacy Society & Cultural Programme (Men).
Rev. Dr. E. Abraham Jebasingh	In charge for Religious Affairs In charge of Bridge Course Language Lab in charge, Student Counselor
Mr. V. Balaraman	Language Lab in charge.
Dr. F. Zainabunissa Begum	Language Lab in charge Student Counselor
Mrs. T. Mabelda	In-charge for Computer Lab & Language Lab In-charge for College Website, in charge for online Programme/classes, In-charge for Students attendance software Virtual anti-harassment cell member

Date	Day	June 2021	No. of working Days
1	Tuesday		
2	Wednesday		
3	Thursday		
4	Friday		
5	Saturday	Holiday	
6	Sunday	Holiday	
7	Monday		
8	Tuesday		
9	Wednesday		
10	Thursday		
11	Friday		
12	Saturday	Holiday	
13	Sunday	Holiday	
14	Monday		
15	Tuesday		
16	Wednesday		
17	Thursday		
18	Friday		
19	Saturday	Holiday	
20	Sunday	Holiday	
21	Monday	International Yoga Day Organize Internal conference	
22	Tuesday		
23	Wednesday		
24	Thursday		
25	Friday		
26	Saturday	Holiday	
27	Sunday	Holiday	
28	Monday		
29	Tuesday		
30	Wednesday		

Total No. of working days =

Date	Day	July 2021	No. of working Days
1	Thursday		
2	Friday		
3	Saturday	Holiday	
4	Sunday	Holiday	
5	Monday		
6	Tuesday		
7	Wednesday		
8	Thursday		
9	Friday		
10	Saturday	International conference on CAYSE-21	
11	Sunday	Holiday	
12	Monday		
13	Tuesday		
14	Wednesday		
15	Thursday		
16	Friday		
17	Saturday	International conference on SPARP-21	
18	Sunday	Holiday	
19	Monday		
20	Tuesday		
21	Wednesday	Bakrid Holiday	
22	Thursday		
23	Friday		
24	Saturday	International conference on MAPES-21 Founder Harry Crowe Buck Memorial Day	
25	Sunday	Holiday	
26	Monday		
27	Tuesday		
28	Wednesday		
29	Thursday		
30	Friday		
31	Saturday	International conference on PPOPP-21	

Total No. of working days =

Date	Day	August 2021	No. of working Days
1	Sunday	Holiday	
2	Monday		
3	Tuesday		
4	Wednesday		
5	Thursday		
6	Friday		
7	Saturday	International conference on EDULEARN-2021	
8	Sunday	Holiday	
9	Monday	D.P.Ed Selection Trails	
10	Tuesday	B.P.E.S Selection Trails	
11	Wednesday	B.P.E.S Selection Trails	
12	Thursday	B.P.E.S Selection Trails	
13	Friday	M.P.Ed Selection Trails	
14	Saturday	M.P.Ed Selection Trails	
15	Sunday	International conference on NEPAHLM-2021	
16	Monday	Independence Day	
17	Tuesday	B.P.Ed Selection Trails	
18	Wednesday	B.P.Ed Selection Trails	
19	Thursday		
20	Friday	Muharram holiday	
21	Saturday	International conference on BIOSPE-2021	
22	Sunday	Holiday	
23	Monday	online classes for M.P.Ed II, B.P.Ed II B.P.E.S II & II D.P.Ed II	1
24	Tuesday		2
25	Wednesday		3
26	Thursday		4
27	Friday		5
28	Saturday	Internal conference on MAKING-2021	6
29	Sunday	National Sports Day	
30	Monday	Krishna Jayanthi holiday	
31	Tuesday		7

Total No. of working days =

Date	Day	September 2021	No. of working Days
1	Wednesday	Off line classes for M.P.Ed II .B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	8
2	Thursday	Teaching practice and internship teaching practice M.P.Ed II .B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	9
3	Friday	Teaching practice and internship teaching practice M.P.Ed II .B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	10
4	Saturday	Teaching practice and internship teaching practice M.P.Ed II .B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	11
5	Sunday	Holiday Teacher's day	12
6	Monday	Teaching practice and internship teaching practice M.P.Ed II .B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	13
7	Tuesday	Teaching practice and internship teaching practice M.P.Ed II .B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	14
8	Wednesday	World Physiotherapy Day Teaching practice and internship teaching practice M.P.Ed II .B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	15
9	Thursday	Teaching practice and internship teaching practice M.P.Ed II .B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	16
10	Friday	Vinayakar Chaturthi	
11	Saturday	Teaching practice and internship teaching practice M.P.Ed II .B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	17
12	Sunday	Holiday	
13	Monday	Teaching practice and internship teaching practice M.P.Ed II .B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	18
14	Tuesday	Teaching practice and internship teaching practice M.P.Ed II .B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	19
15	Wednesday	Teaching practice and internship teaching practice M.P.Ed II .B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	20
16		Teaching practice Exam M.P.Ed II .B.P.Ed II, B.P.E.S, III ,D.P.Ed II	21
17	Friday	Teaching practice Exam M.P.Ed II .B.P.Ed II, B.P.E.S, III ,D.P.Ed II	22
18	Saturday		23
19	Sunday	Holiday	
20	Monday	Teaching practice and coaching practice. B.P.Ed II, B.P.E.S II, III ,D.P.Ed II IQAC workshop on Access to E-Resources through N List Programme	24
21	Tuesday	Teaching practice and coaching practice . B.P.Ed II, B.P.E.S II, III ,D.P.Ed II IQAC workshop on Professional Preparation for Skill &Competency	25
22	Wednesday	Teaching practice and coaching practice . B.P.Ed II, B.P.E.S II, III ,D.P.Ed II IQAC workshop on Crimes, precaution and Security in Cyber Space	26
23	Thursday	Teaching practice and coaching practice . B.P.Ed II, B.P.E.S II, III ,D.P.Ed II IQAC workshop on Nutrition Immunity & COVID 19	27
24	Friday	Teaching practice and coaching practice . B.P.Ed II, B.P.E.S II, III ,D.P.Ed II IQAC workshop on Fundamentals of Human Rights	28
25	Saturday		29
26	Sunday	Holiday	
27	Monday	Teaching practice and coaching practice B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	30
28	Tuesday	Teaching practice and coaching practice B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	31
29	Wednesday	Teaching practice and coaching practice B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	32
30	Thursday	Teaching practice and coaching practice B.P.Ed II, B.P.E.S II, III ,D.P.Ed II	33

Total No. of working days =

Date	Day	October 2021	No. of working Days	
1	Friday	Talent night	34	
2	Saturday	Gandhi Jayanthi		
3	Sunday	Holiday		
4	Monday	Class for M.P.Ed. I, B.P.Ed. I, B.P.E.S. I & D.P.Ed I starts	35	1
5	Tuesday		36	2
6	Wednesday		37	3
7	Thursday		38	4
8	Friday		39	5
9	Saturday		40	6
10	Sunday	Holiday		
11	Monday	Ist C.A.Test M.P.Ed II .B.P.Ed II B.P.E.S II & II D.P.Ed II	41	7
12	Tuesday	Ist C.A.Test M.P.Ed II .B.P.Ed II B.P.E.S II & II D.P.Ed II	42	8
13	Wednesday		43	9
14	Thursday	Ayutha pooja Holiday		
15	Friday	Vijayadasami Holiday		
16	Saturday		44	10
17	Sunday	Holiday		
18	Monday		45	11
19	Tuesday	Milad-un- Nabi Holiday		
20	Wednesday	Intramural Division	46	12
21	Thursday		47	13
22	Friday		48	14
23	Saturday		49	15
24	Sunday	Holiday		
25	Monday	Class Representative Selection	50	16
26	Tuesday		51	17
27	Wednesday	Intramural Division Inauguration	52	18
28	Thursday		53	19
29	Friday	Talent night	54	20
30	Saturday	M.P.Ed II Coloquium	55	21
31	Sunday	Holiday		

Total No. of working days =

Date	Day	November 2021	No. of working Days	
1	Monday	IQAC Workshop on outcome Based Education	56	22
2	Tuesday	All souls day , IQAC Workshop on outcome Based Education	57	23
3	Wednesday		58	24
4	Thursday	Deepavali		
5	Friday	Special declare Holiday		
6	Saturday	Holiday		
7	Sunday	Holiday		
8	Monday		59	25
9	Tuesday		60	26
10	Wednesday		61	27
11	Thursday	National Education Day	62	28
12	Friday		63	29
13	Saturday		64	30
14	Sunday	Holiday Children's Day		
15	Monday		65	31
16	Tuesday		66	32
17	Wednesday	lird C.A.Test M.PEd II .B.PEd II B.P.E.S II & II D.PEd II Ind C.A.Test M.PEd I .B.PEd I B.P.E.S I D.PEd I+	67	33
18	Thursday	lird C.A.Test M.PEd II .B.PEd II B.P.E.S II & II D.PEd II Ind C.A.Test M.PEd I .B.PEd I B.P.E.S I D.PEd I+	68	34
19	Friday		69	35
20	Saturday		70	36
21	Sunday	Holiday		
22	Monday		71	37
23	Tuesday		72	38
24	Wednesday		73	39
25	Thursday	Founder Harry Crowe Buck 137th Birthday	74	40
26	Friday		75	41
27	Saturday		76	42
28	Sunday	Holiday		
29	Monday		77	43
30	Tuesday		78	44

Total No. of working days =

Date	Day	December 2021	No. of working Days	
1	Wednesday		79	45
2	Thursday		80	46
3	Friday	IIIRD C.A.Test M.P.Ed II .B.P.Ed II B.P.E.S II & II D.P.Ed II IIIRD C.A.Test M.P.Ed I .B.P.Ed I B.P.E.S I D.P.Ed I+	81	47
4	Saturday	IIIRD C.A.Test M.P.Ed II .B.P.Ed II B.P.E.S II & II D.P.Ed II IIIRD C.A.Test M.P.Ed I .B.P.Ed I B.P.E.S I D.P.Ed I+	82	48
5	Sunday	Holiday		
6	Monday		83	49
7	Tuesday		84	50
8	Wednesday		85	51
9	Thursday		86	52
10	Friday		87	53
11	Saturday		88	54
12	Sunday	Holiday		
13	Monday	Inauguration of Student Association	89	55
14	Tuesday	Inauguration of Intercollegiate Tournament	90	56
15	Wednesday	Intercollegiate Tournament		57
16	Thursday	Intercollegiate Tournament		58
17	Friday			59
18	Saturday	Picnic		60
19	Sunday	Holidays		
20	Monday		1	61
21	Tuesday	Christmas Celebration	2	62
22	Wednesday		3	63
23	Thursday	Christmas Holidays starts		
24	Friday			
25	Saturday	Christmas		
26	Sunday	Holiday		
27	Monday	Holiday		
28	Tuesday			64
29	Wednesday			65
30	Thursday			66
31	Friday			67

Total No. of working days =

Date	Day	January 2022	No. of working Days	
1	Saturday	New Years Day		
2	Sunday	Holiday		
3	Monday	College starts after Christmas holidays	98	68
4	Tuesday		99	69
5	Wednesday	M.P.Ed II First Best and Second Best coaching practice Internal Exam . B.P.Ed II, B.P.E.S III	100	70
6	Thursday	M.P.Ed II First Best and Second Best coaching practice Internal Exam . B.P.Ed II, B.P.E.S III	101	71
7	Friday	M.P.Ed I Model Sports Meet	102	72
8	Saturday		103	73
9	Sunday	Holiday		
10	Monday	Pre- Semester Exam for M.P.Ed II, B.P.Ed II, B.P.E.S II, III	104	74
11	Tuesday	Pre- Semester Exam for M.P.Ed II, B.P.Ed II, B.P.E.S II, III	105	75
12	Wednesday	Pre- Semester Exam for M.P.Ed II, B.P.Ed II, B.P.E.S II, III	106	76
13	Thursday	Pre- Semester Exam for M.P.Ed II, B.P.Ed II, B.P.E.S II, III	107	77
14	Friday	Pongal Holiday Thiruvalluvar Day Holiday		
15	Saturday	Maatu Pongal Holiday		
16	Sunday	Kaanu Pongal Holiday		
17	Monday			
18	Tuesday			78
19	Wednesday			79
20	Thursday	Semester Exam for M.P.Ed II, B.P.Ed II, B.P.E.S II, III		80
21	Friday	Semester Exam for M.P.Ed II, B.P.Ed II, B.P.E.S II, III		81
22	Saturday	Semester Exam for M.P.Ed II, B.P.Ed II, B.P.E.S II, III		82
23	Sunday	Holiday		
24	Monday	Semester Exam for M.P.Ed II, B.P.Ed II, B.P.E.S II, III, Teaching practice Internal Exam M.P.Ed I & 1st Best and II Best Teaching Practice Internal.B.P.E.S II, ,D.P.Ed I		83
25	Tuesday	Teaching practice Internal Exam M.P.Ed I & 1st Best and II Best Teaching Practice Internal.B.P.E.S.II, ,D.P.Ed I		84
26	Wednesday	Republic Day		
27	Thursday	IIIrd C.A.Test M.P.Ed I .B.P.Ed I B.P.E.S I D.P.Ed I		85
28	Friday	IIIrd C.A.Test M.P.Ed I .B.P.Ed I B.P.E.S I D.P.Ed I		86
29	Saturday	Annual Leadership camp for , B.P.Ed II, B.P.E.S II , D.P.Ed II		87
30	Sunday	Annual Leadership camp for , B.P.Ed II, B.P.E.S II , D.P.Ed II		
31	Monday	Annual Leadership camp for , B.P.Ed II, B.P.E.S II , D.P.Ed II Pre- Semester Exam for M.P.Ed I, B.P.EdI, B.P.E.S I & D.P.Ed I		88

Total No. of working days =

Date	Day	February 2022	No. of working Days	
1	Tuesday	Annual Leadership camp for , B.P.Ed II, B.P.E.S II , D.P.Ed II Pre- Semester Exam for M.P.Ed I, B.P.EdI, B.P.E.S I& D.P.Ed I	6	89
2	Wednesday	Annual Leadership camp for , B.P.Ed II, B.P.E.S II , D.P.Ed II Pre- Semester Exam for M.P.Ed I, B.P.EdI, B.P.E.S I& D.P.Ed I	7	90
3	Thursday	Pre- Semester Exam for M.P.Ed I, B.P.EdI, B.P.E.S I	8	
4	Friday	Semester Exam for M.P.Ed I, B.P.EdI, B.P.E.S	9	
5	Saturday	Semester Exam for M.P.Ed I, B.P.EdI, B.P.E.S	10	
6	Sunday	Holiday		
7	Monday	Semester Exam for M.P.Ed I, B.P.EdI, B.P.E.S	11	1
8	Tuesday	Semester Exam for M.P.Ed I, B.P.EdI, B.P.E.S	12	2
9	Wednesday		13	3
10	Thursday	Ist C.A.Test M.P.Ed II, B.P.Ed II, B.P.E.S II, III D.P.Ed II	14	4
11	Friday	Ist C.A.Test M.P.Ed II, B.P.Ed II, B.P.E.S II, III D.P.Ed II	15	5
12	Saturday		16	6
13	Sunday	Holiday		
14	Monday		17	7
15	Tuesday		18	8
16	Wednesday		19	9
17	Thursday		20	10
18	Friday	B.P.Ed II A Project Sports Meet	21	11
19	Saturday		22	12
20	Sunday	Holiday		
21	Monday		23	13
22	Tuesday		24	14
23	Wednesday		25	15
24	Thursday		26	16
25	Friday	B.P.Ed II B Project Sports Meet	27	17
26	Saturday		28	18
27	Sunday	Holiday		
28	Monday		29	19

Total No. of working days =

Date	Day	March 2022	No. of working Days	
1	Tuesday	Ind C.A.Test M.P.Ed II .B.P.Ed II B.P.E.S II ,III D.P.Ed II Ind C.A.Test M.P.Ed I .B.P.Ed I B.P.E.S I D.P.Ed I	30	20
2	Wednesday	Ind C.A.Test M.P.Ed II .B.P.Ed II B.P.E.S II ,III D.P.Ed II Ind C.A.Test M.P.Ed I .B.P.Ed I B.P.E.S I D.P.Ed I Ash Wednesday	31	21
3	Thursday		32	22
4	Friday	B.PES III Project Sports Meet	33	23
5	Saturday		34	24
6	Sunday	Holiday		
7	Monday		35	25
8	Tuesday	D.P.Ed II Project Sports Meet	36	26
9	Wednesday		37	27
10	Thursday		38	28
11	Friday	M.P.Ed II Project	39	29
12	Saturday		40	30
13	Sunday	Holiday		
14	Monday		41	31
15	Tuesday		42	32
16	Wednesday		43	33
17	Thursday		44	34
18	Friday		45	35
19	Saturday	Holiday	46	36
20	Sunday	Holiday		
21	Monday		47	37
22	Tuesday		48	38
23	Wednesday	Internal Exam for Coaching lesson M.P.Ed II, B.P. Ed II, B.P.E.S III Internal Teaching practice Examination M.P.Ed I B.P.Ed II, B.P.E.S II	49	39
24	Thursday	Internal Exam for Coaching lesson M.P.Ed II, B.P. Ed II, B.P.E.S III Internal Teaching practice Examination M.P.Ed I B.P.Ed II, B.P.E.S II	50	40
25	Friday		51	41
26	Saturday		52	42
27	Sunday	Holiday		
28	Monday		53	43
29	Tuesday	External Exam for Coaching lesson M.P.Ed II, B.P. Ed II, B.P.E.S III External Teaching practice Examination M.P.Ed I B.P.Ed II, B.P.E.S II	54	44
30	Wednesday	External Exam for Coaching lesson M.P.Ed II, B.P. Ed II, B.P.E.S III External Teaching practice Examination M.P.Ed I B.P.Ed II, B.P.E.S II	55	45
31	Tuesday		56	46

Total No. of working days =

Date	Day	April 2022	No. of working Days	
1	Friday	Annual Sports Meet, Intramural Validatory Function	57	47
2	Saturday		58	48
3	Sunday	Holiday		
4	Monday		59	49
5	Tuesday	IIIrd C.A.Test M.P.Ed II .B.P.Ed II B.P.E.S II ,III D.P.Ed II IIInd C.A.Test M.P.Ed I .B.P.Ed I B.P.E.S I D.P.Ed I	60	50
6	Wednesday	IIIrd C.A.Test M.P.Ed II .B.P.Ed II B.P.E.S II ,III D.P.Ed II IIInd C.A.Test M.P.Ed I .B.P.Ed I B.P.E.S I D.P.Ed I	61	51
7	Thursday		62	52
8	Friday		63	53
9	Saturday		64	54
10	Sunday	Holiday		
11	Monday		65	55
12	Tuesday		66	56
13	Wednesday		67	57
14	Thursday	Mandy Thursday, Mahavir Jayanti , Dr.Ambedkar jayanti, Tamil New years day		
15	Friday	Good Friday Holiday		
16	Saturday	Holiday		
17	Sunday	Easter Holiday		
18	Monday		68	58
19	Tuesday		69	59
20	Wednesday		70	60
21	Thursday		71	61
22	Friday		72	62
23	Saturday	Student Association Validatory Function and Hostel Day	73	63
24	Sunday	Holiday		
25	Monday	Mahavir Jayanthi		
26	Tuesday		74	64
27	Wednesday		75	65
28	Thursday		76	66
29	Friday		77	67
30	Saturday		78	68

Total No. of working days =

Date	Day	May 2022	No. of working Days	
1	Sunday	May Day		
2	Monday	Pre-semester Exam M.P.Ed II, B.P. Ed II, B.P.E.S II & III	79	69
3	Tuesday	Pre-semester Exam M.P.Ed II, B.P. Ed II, B.P.E.S II & III	80	70
4	Wednesday	Pre-semester Exam M.P.Ed II, B.P. Ed II, B.P.E.S II & III	81	71
5	Thursday	Pre-semester Exam M.P.Ed II, B.P. Ed II, B.P.E.S II & III	82	72
6	Friday	M.P.Ed II Thesis Viva-voce	83	73
7	Saturday			74
8	Sunday	Holiday		
9	Monday	Semester Exam M.P.Ed II, B.P. Ed II, B.P.E.S II & III		75
10	Tuesday	Semester Exam M.P.Ed II, B.P. Ed II, B.P.E.S II & III		76
11	Wednesday	Semester Exam M.P.Ed II, B.P. Ed II, B.P.E.S II & III		77
12	Thursday	Semester Exam M.P.Ed II, B.P. Ed II, B.P.E.S II & III		78
13	Friday			79
14	Saturday			80
15	Sunday	Holiday		
16	Monday			81
17	Tuesday			82
18	Wednesday	Pre-semester Exam M.P.Ed II, B.P. Ed II, B.P.E.S II & III		83
19	Thursday	Pre-semester Exam M.P.Ed II, B.P. Ed II, B.P.E.S II & III		84
20	Friday	Pre-semester Exam M.P.Ed II, B.P. Ed II, B.P.E.S II & III		85
21	Saturday	Pre-semester Exam M.P.Ed II, B.P. Ed II, B.P.E.S II & III		86
22	Sunday	Holiday		
23	Monday	Semester Exam for M.P.Ed I, B.P.EdI, B.P.E.S		87
24	Tuesday	Semester Exam for M.P.Ed I, B.P.Ed I, B.P.E.S I		88
25	Wednesday	Semester Exam for M.P.Ed I, B.P.EdI, B.P.E.S		89
26	Thursday	Semester Exam for M.P.Ed I, B.P.Ed I, B.P.E.S I		90
27	Friday	Summer Vacation		
28	Saturday			
29	Sunday	Holiday		
30	Monday			
31	Tuesday			

Total No. of working days =

Date	Day	June 2022	No. of working Days
1	Wednesday	Summer Vacation Starts	
2	Thursday		
3	Friday		
4	Saturday		
5	Sunday	Holiday	
6	Monday		
7	Tuesday		
8	Wednesday		
9	Thursday		
10	Friday		
11	Saturday		
12	Sunday	Holiday	
13	Monday		
14	Tuesday		
15	Wednesday		
16	Thursday		
17	Friday		
18	Saturday		
19	Sunday	Holiday	
20	Monday		
21	Tuesday		
22	Wednesday		
23	Thursday		
24	Friday		
25	Saturday		
26	Sunday	Holiday	
27	Monday		
28	Tuesday		
29	Wednesday		
30	Thursday		

Total No. of working days =

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!
Ohs what peace we often forfeit,
Ohs 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 life troubles last,
And our eternal home.

PRAISE HIM

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

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

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

STAND UP FOR JESUS

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

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

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

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

THERE SHALL BE SHOWERS OF BLESSING

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

Refrain:

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

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

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

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

LEAD, KINDLY LIGHT

Lead, kindly light, amid the encircling gloom,

Lead thou me on;

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

Lead thou me on;

Keep thou my feet; I do not ask to see

The distant scene: one step enough for me.

I was not ever thus, nor prayed that thou

Shouldst lead me on;

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

Lead thou me on;

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

Pride ruled my will: remember not past years.

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

Will lead me on,

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

The night is gone,

And with the morn those angel faces smile,

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

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

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

Refrain:

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

(Refrain)

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

(Refrain)

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

(Refrain)

HEAVEN CAME DOWN AND GLORY FILLED MY SOUL

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

CHORUS:

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

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

HOW GREAT THOU ART (O LORD MY GOD)

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

Refrain:

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

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

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

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

THEORY TIME TABLE

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

