


YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM, CHENNAI-35
TWO INSTITUTIONAL BEST PRACTICES 2018-19
TWO INSTITUTIONAL BEST PRACTICES
BEST PRACTICE-I

1. **Title of the Practice:** 'EARN WHILE YOU LEARN' SCHEME
2. **Goal:** The student trainees pursuing M.P.Ed., B.P.Ed., B.P.E.S., and D.P.Ed., courses in the age group of 18 years onwards will be permitted under this scheme. This scheme would provide opportunity to student-trainees to earn some extra money so that they can pay their loan and earn extra money during college days.
3. **The Context:** Being physical education courses a large numbers of students come from the economically weaker section and middle class family whose income is very low. The students gain experience of officiating and practical training while learning.
4. **The Practice:** Being practical oriented college the students on weekends (Saturdays & Sundays) the Multinational Companies invite officials and volunteers for organizing their sports day. In this regard the student informs their Warden, Deputy Warden and leaves the college hostel and their coming and going is being watched carefully.
5. **Evidence of Success:** Gaining experience as coach, official and volunteer
 - Enables the students to discover their subject favorites and progress themselves into a career.
 - Disclosures the students to the field experience before actual occupation.
 - Gives students hands on practice and self-confidence thereby makes them improved for taking up jobs in future.
 - Supports the students' values of hard work and self-respect.
 - Provides opportunities to students to earn while learning to meet their expenses.
 - Encourages speaking in English.
6. **Problems encountered and Resources required:**
 - The College authority and the teachers have to face great problems in giving the entire student who need funds to meet their demands.
 - This is a challenging task and still great effort is necessary to give more support to the poor
 - Only meritorious students grab the opportunities.
 - Sometimes only the qualified officials are only on demand and rest are deprived.
 - Women students are not permitted to go out without the permission of their parents.
7. **Note:** After passing the different courses in physical education and sports sciences and hailing from a poor family the schools are able to absorb our college students and one of the most demanded and largely employed students are from YMCA College. Being in the heart of the city the students can travel and reach any part of Chennai and are back timely to the hostels and resume their daily routine.


Dr. K. Jothi Dayanandan
Associate Professor cum IQAC Coordinator


Dr. George Abraham
Principal

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1. **Title of the Practice: THE COURSES WITH SPECIAL EMPHASIS ON FITNESS, RECREATION AND COMPETITIVE SPORTS**
2. **Goal:** Plenty of diversified courses are introduced which are job oriented and with career options.
3. **The Context:** Recognizing Physical Education as a unifying activity of teacher education. Building a community with full potentials of leadership qualities with a strong base in physical education. Developing human resources to undertake extramural studies, extrusion programs in physical education and field out these activities to serve the nation.
4. **The Practice:**
FITNESS ORIENTED PROGRAMS: They are like Add-on courses on Fitness Management, Gym. Instructor courses and distance education courses of TNPESU in Fitness and wellness are offered at various levels and Adventure sports are taught and practiced as recreation during the course of education.

RECREATION

- Recreation and Camping are part of the curriculum to the Bachelor's degree.
- Recreational activities, through the Students' Association is a regular feature during the celebrations of the college (Onam, Deepawali, Pongal, Christmas, National day, Teachers day, one day Picnics, Educational Tours VPP, and Leadership Training Camp.)
- Retreat forms part of recreational activity to the teaching and non-teaching staff, Markers and students. Recreation centers at the hostels provide a variety of programs suited to the various levels of education.

COMPETITIVE SPORTS

- Interclass, Intramural and Intercollegiate competitions are very much encouraged among the students and players. Athletes who get selected for the State and National competitions prepare themselves for high level competitions by attending the coaching camps.
 - Training methods is a part of curriculum which gives a detailed plan of preparing teacher trainers.
 - Competitive sports among teachers & students also are held during the inter-group competitions which paved the way for better understanding and interaction among teachers and students.
 - The students are always taught to have the lib-rhythm which makes them have peak performance.
5. **Evidence of Success:** To build this academic institution of dynamic equilibrium with its social ecological and economic environment, striving continuously for excellence in physical education, research and technology.
 6. **Problems encountered and Resources required:** This practice required a lot of time and it requires great patience to work in a team and in the end the students get tired and take extra leave.


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