

# **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 Tamilnadu Physical Education and Sports University  
Re-accredited by NAAC with 'A' Grade

Recognized by  
National Council for Teacher Education & Government of Tamilnadu

## **CALENDAR 2017 -2018**

## 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.

## 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](http://www.ymcacollegechennai.org)
6. Name, Address and Telephone No. of the Chairman  
Mr. Koshy Mathew  
YMCA College, Nandanam,  
Chennai – 600 035, Ph: 044 – 2436 2720  
[ymca\\_phy\\_edn@yahoo.co.in](mailto:ymca_phy_edn@yahoo.co.in)
7. Name, Address and Telephone No. of the Principal  
Dr. George Abraham  
Staff Quarters, YMCA College  
Phone : Off: 044 – 2981 9569  
E.mail : [profgeorgeabraham@gmail.com](mailto: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. 5-7

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

**Mr. Koshy Mathew**

*Chairman,  
YMCA College of Physical Education*

**Dr. Lebi Philip Mathew**

*President, NCYI*

**Mr. R.S. Shettian**

*Hony. Treasurer, YMVCA India  
Treasurer,  
YMCA College of Physical Education*

**Mr. Ch. R.P. Mani Kumar**

*National General Secretary,  
YMCA, India*

**Mr. Asokan Solomon**

*Vice - Chairman,  
YMCA College of Physical Education  
Regional Chairman  
Southern India Region of YMCAs*

**Mr. Paul Vazhakala**

*Board of Director  
YMCA College of Physical Education*

**Mr. Aswin Dairam**

*Board of Director  
YMCA College of Physical Education*

**Mr. R.Francis**

*Board of Director  
YMCA College of Physical Education*

**Mr. Martin King**

*Board of Director  
YMCA College of Physical Education*

**Dr. George Abraham**

*Principal Staff Representative  
YMCA College of Physical Education*

**Mr. Asir Pandian**

*Board of Director,  
YMCA College of Physical Education  
General Secretary, YMCA Madras*

**Adv.O.V. Joseph**

*Board of Director,  
YMCA College of Physical Education*

**Dr. R. Subramanian**

*Technical Scholastic,  
Board of Director,  
YMCA College of Physical Education*

**Mr. Ponraj Koildoss**

*Representative Alumni,  
Board of Director,  
YMCA College of Physical Education*

**Mr. Paulson Thomas**

*Regional Secretary,  
Southern India Region of YMCAs*



## 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., 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., Ph.D., Cert. in Aerobics., N.I.S (Cert. in Gymnastics),*

*Associate Prof.*

### **Dr. S. Johnson Premkumar,**

*M.A., M.P.Ed., M.Phil., B.MS, PGDY, N.I.S (Cert. in Handball), Ph.D., B.M.S.,*

*P.G.D.Y., N.I.S.*

*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., Ph.D., N.I.S (Cert. in Tennis)*

*N.I.S (Cert. in Cricket)*

*Asst. Prof.*

### **Dr. S. Abraham Davidson,**

*M.A, M.P.Ed., M.Phil., Ph.D.,*

*Asst.Prof*

### **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*

### **Mr. M. Felix Arokkiaraj,**

*M.P.Ed., M.Phil.,N.I.S ( Cert in Cricket) P.G.D.N.*

*Asst. Prof*

### **Dr. R.Prabu,**

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

*Librarian*

**Dr. Pon. Anbarasu,**

*M.Com., M.P.Ed., M.Phil., P.G.D.S.O., Ph.,D., N.I.S. (Cert. in Tennis),  
N.I.S. (Cert. in Hockey)*

*Asst.Prof*

**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. K. Karthikeyan,**

*M.P.Ed., M. Phil., P.G.D.Y*

*Asst. Prof.*

**Mr. B. Praveen Doss,**

*M.P.Ed., M.Phil., N.I.S (Certificate in Handball)*

**Ms. M. Sujatha,**

*M.P.Ed., M.Phil., N.I.S. (Certificate in Volleyball)*

*Asst. Prof.*

**Dr. Iyyappan,**

*M.P.Ed., M.Phil., Ph.D.,*

*Asst. Prof.*

**Mrs. C. Tharshini,**

*M.P.Ed., P.G.D.Y.,*

*Asst. Prof.*

**Rev. Dr. E. Abraham Jepasingh**

*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.,*

*English Lecturer*

**Mr. V. Balaraman,**

*M.A. B.Ed., M.Phil.,*

*Tamil Lecturer*

**Mrs. E. Hepsiba Beula,**

*B.P.T., M.I.A.P, M.Acu.,*

*Physiotherapist*

**K. Mugil,**

*M.P.T., (Sports) P.G. Diploma (Aerobics)*

*Physiotherapist*

**Mr. S. Maheswaran,**

*M.P.Ed., N.I.S., (Athletics)*

*Sports Trainer*

**Ms. Yagalakshmi,**

*M.P. Ed., M.Phil.,*

*Sports Trainer*

## **Administration**

**Mr. Paulson Thomas**, *M.S.W., M.Phil, Regional Secretary, NCYI of Administrative office YMCA College.*

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

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

**Mr. S. Martin Rajkumar**, *Markers Incharge*

**Mrs.Divya**, *M. Com, Accounts Officer*

**Mrs. C. Janet, B.Sc.** *Junior Assistant*

**Mr. Paul Murukeshan**, *Campus Supervisor*

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

**Mr. Sam**, *Asst. Supervisor*

## **Office Staff**

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

**Mrs. A. Carmel Salomi**, *B.Sc., Assistant (S.G.)*

**Mrs. Latha Sethu Madhavan**, *B.Com. Juniour Assistant*

**Mrs. A. Punitha Kala Mary**, *B.Com. Typist*

**Mrs. J. Uma Devi, M.A.**, *Junior Assistant*

**Mrs. Sherly Alex**, *Medical Attendant, Deputy Warden Women*

**Ms. Kavitha**, *Sub Warden*

**Mrs. Sheela Rajakumari**, *Jr. Assistant*

## **Office Assistants**

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

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

**Mr. Kamalakkannan**

**Mr. S.A.S. Jeyakumar**

## **Markers**

**Mr. Jalathian**

**Mr. S. Rajan**

**Mr. M. Munian**

**Mr. S. John Peter**

Mr. A. Kottaiah  
Mr. A. George  
Mr. M. Nagarajan  
Mr. G. Deepak  
Mr. Y. Prasad  
Mr. A. Mariappan  
Mr. K. Govindan  
Mr. T. Wilson  
Mr. Padmanaban  
Mr. Sivamani

**Gardener**

Mr. Thangaraj

**Electrician / Plumber**

Mr. Mohanasundaram, *Electrician Incharge.*

Mr. K.V.Kannan

**Service Staff**

Mr. Kannan

Mr.Y. Kondaiah

Mr. D. Rao

Mr. S. Yowan

**Project for the Disabled Staff**

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

## **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 கெழிலொழுக்கும்  
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!

## 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 2017. 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. 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. 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 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**

	<b>Timing</b>
<b>Break Fast</b>	8.30 a.m. – 9.15 a.m.
<b>Lunch</b>	1.30 p.m. – 2.15 p.m.
<b>Tea</b>	6.30 p.m. – 7.00 p.m.
<b>Dinner</b>	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' ASSOCIATION**

Social, Religious, Cultural, Recreational, Project & Literacy activities of the students will be looked after by the Students' Association. 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 association will be assisted and guided by the warden and deputy wardens.

The constitution regulations and the functioning of the students association 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 on every Saturday from 10.00 A.M. to 1.00 P.M. We offer 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 10 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.



### **Anti Ragging Redressal Committee**

Principal (convener)

Deputy Warden – Men

Deputy Warden – Women

4 students' Representatives (2 Men + 2 Women)

Overseas Students' Representative

Local Inspector of Police (Special Invitee)



# YMCA College of Physical Education

## Staff Responsibilities - 2017 - 2018

Members of Staff	Responsibilities
<b>Dr. George Abraham</b>	Director, Academic Affairs Warden-Men & Women Hostel Chief Editor-Journal, News Letter, College Magazine, Convener - Research Center, Resource Center, Examination Cell, Workshop, Seminar, Conference Chief Controller of Examinations, Internship Director
<b>Dr. K. Jothi Dayanandan</b>	IQAC Coordinator Journal Editorial Committee Member In charge Research Center Add-on Course Coordinator Academic Council Convener
<b>Dr. Johnson Premkumar. S</b>	Editor Journal, Board of Studies Convener Coordinator for Workshop, Seminar & Conference Program Coordinator for the Project for the Disabled Kinesiology & Bio-Mechanics Lab In-charge In-charge for Picnic, NSS Coordinator Coordinator for Coaching Lesson & Internship In-charge for Teaching Practice & Internship Extramural Director, Optional Course Coordinator Theory Coordinator
<b>Dr. Jackson Sutharsingh. J</b>	Controller of Examinations, Class Registrar – M.Phil. Journal Editorial Committee Member College Choir, In Charge for Syllabus Practical Coordinator, Evening College Coordinator



<b>Members of Staff</b>	<b>Responsibilities</b>
<b>Dr. J.Glory Darling Margret</b>	Journal Editorial Committee Member In Charge for Sports Psychological Lab Placement cell coordinator In-charge for Health Awareness Programme In-charge for Rural Sports In-charge Field Visits, & Rules Book In Charge Rotract Club(Women)
<b>Dr. Glady Kirubakaran</b>	Practical Supervisor In Charge exercise physiology Lab In charge National Day Celebrations In Charge for Awareness Programme In-charge for Trophies, Adventure Sports, Intramurals
<b>Dr. Abraham Davidson. S</b>	Deputy Warden (Men) Attendance In-Charge M.PED Class Registrar – M.PED II Journal & College Magazine Editorial Committee Member Anatomy and Physiology Lab In-charge
<b>Dr. Jerome David. S</b>	Class Registrar – BMS In-charge for Class Room & Staff Room Technology Press and Media In-charge for Record Books, Teaching Practice & Coaching lesson notebook, Music Therapy Lab In-charge
<b>Mr. Felix Arokkiaraj. M</b>	Class Registrar – – M.PED I Practical Supervisor In-charge for Website, Photography Distance Education, Attendance In-Charge for BPED –II Bio-Mechanics Lab In-charge

<b>Members of Staff</b>	<b>Responsibilities</b>
<b>Dr.J.Samual Jesudoss</b>	Class Registrar – B.Ped II Year-A In-charge for Chairs & Audio Visual In-charge for Band Group Intramurals, Anatomy and Physiology Lab In-charge
<b>Dr. Pon Anbarasu</b>	Class Registrar – B.Ped II Year-B Attendance In-Charge for B.Ped I Uniform In-charge In-charge for Store & Equipment In-charge for Yoga Lab Intramural Director(Men), Sub Warden (Men)
<b>Dr. James</b>	Class Registrar – B.Ped I Year-A Attendance In-Charge for D.Ped Uniform In-charge, Intramurals & ID Card In-charge for Remedial & Bridge Course In-charge for Test & Measurement Lab In-charge for Sports Exhibition & Advertisement, Sub Warden (Men)
<b>Dr. Prabhu. R</b>	In-charge for Library, Resource Center, Library Visits & Video Conferencing Staff Council Secretary Editor – News Letter Journal & College Magazine Editorial Committee Member College Chapel In-Charge , College Choir, Students Counselor (Men), In Charge Rotract Club(Men)
<b>Mr.Karthikeyan</b>	In Charge for Sports Psychological Lab In-charge for Store & Equipment Markers, In-charge for Extension Activities , Intramurals, Class Registrar – B.Ped I Year B, Attendance In-Charge for BPES In charge for NET&SET Training In charge for Student General Assembly, Sub Warden (Men)

<b>Members of Staff</b>	<b>Responsibilities</b>
<b>Ms. M.Sujatha</b>	Intramural Director (Women) In Charge exercise physiology Lab Class Registrar –BPES -1 In charge for NET&SET Training
<b>Dr. Iyyappan. I</b>	Class Registrar – D.PED -I In-charge for Officiating Intramurals In-charge for Trophies, Adventure Sports In-charge for Test & Measurement Lab
<b>Ms. Tharshini C</b>	In-charge for Sports News, Sports Exhibition Intramurals
<b>Mr. B.Praveen Doss</b>	Class Registrar –D.PED -II In charge for officiating In-charge for photography, Rural Sports Intramurals In Charge Fitness therapy Lab
<b>Dr. E.Abraham Jeabasingh</b>	English Teacher Student Councilor In Charge for Religious Affairs, Language Lab
<b>Mrs. Hepsiba Buela</b>	In-charge for Sports Physiotherapy Center In-charge for Sports Medicine & Nutrition Lab In-charge for General Health Check up (Women) Intramurals
<b>Mr. Mugil. K</b>	In-charge for Sports Physiotherapy Center In-charge for General Health Check up (Men) In-charge for Sports Medicine & Nutrition Lab Intramurals
<b>Mr.Maheswaran</b>	Sports Trainer Intramurals
<b>Ms.Yogalakshmi</b>	Sports Trainer , In charge Rules book Intramurals, National Day Program

<b>Members of Staff</b>	<b>Responsibilities</b>
<b>Mr.V.Balaraman</b>	Part Time Lecturer, Tamil
<b>Mrs. Sherly Alex</b>	Deputy Warden (women)
<b>Ms. Kavitha</b>	Sub Warden (women)

Date	Day	JUNE 2017	No. of working Days
1	Thursday		
2	Friday		
3	Saturday		
4	Sunday	Holiday	
5	Monday		
6	Tuesday		
7	Wednesday		
8	Thursday		
9	Friday		
10	Saturday	Holiday	
11	Sunday	Holiday	
12	Monday		
13	Tuesday		
14	Wednesday		
15	Thursday		
16	Friday	College reopens for staff	
17	Saturday		
18	Sunday		
19	Monday	M.P.ED. Selection test	
20	Tuesday	M.P.ED. Selection test	
21	Wednesday		
22	Thursday	B.P.E.S. / D.P.Ed. - Selection test	
23	Friday	B.P.E.S. / D.P.Ed. - Selection test	
24	Saturday		
25	Sunday		
26	Monday	B.P.ED. Selection test	
27	Tuesday	B.P.ED. Selection test	
28	Wednesday		
29	Thursday		
30	Friday		

Date	Day	JULY 2017	No.of working Days
1	Saturday		
2	Sunday	Holiday	
3	Monday	Class commences for all courses of study	1
4	Tuesday		2
5	Wednesday		3
6	Thursday		4
7	Friday		5
8	Saturday	Holiday	-
9	Sunday	Holiday	-
10	Monday		6
11	Tuesday		7
12	Wednesday	Division of Intramural Houses	8
13	Thursday		9
14	Friday		10
15	Saturday	Division of Optional / Add-on courses	11
16	Sunday	Holiday	-
17	Monday		12
18	Tuesday		13
19	Wednesday		14
20	Thursday	Last date for payment of I & III Semester fees	15
21	Friday	Talents' Night	16
22	Saturday	Optional / Add-on courses	17
23	Sunday	Holiday	-
24	Monday		18
25	Tuesday		19
26	Wednesday		20
27	Thursday		21
28	Friday	College Picnic	22
29	Saturday	Holiday	-
30	Sunday	Holiday	-
31	Monday		23
Total no. of working days = 23			

Date	Day	AUGUST 2017	No.of working Days
1	Tuesday		1
2	Wednesday		2
3	Thursday		3
4	Friday		4
5	Saturday	Optional / Add-on courses	5
6	Sunday	Holiday	-
7	Monday		6
8	Tuesday		7
9	Wednesday		8
10	Thursday		9
11	Friday		10
12	Saturday	Holiday	-
13	Sunday	Holiday	-
14	Monday	Krishna Jayanthi - Holiday	-
15	Tuesday	Independence Day - Holiday	-
16	Wednesday		11
17	Thursday		12
18	Friday		13
19	Saturday	Optional / Add-on courses	14
20	Sunday	Holiday	-
21	Monday	Buck Memorial Sports Festival	15
22	Tuesday	"	16
23	Wednesday	"	17
24	Thursday		18
25	Friday	Vinayakar Chaturthi - Holiday	-
26	Saturday	Optional / Add-on courses	19
27	Sunday	Holiday	-
28	Monday	Inauguration of Students' Association	20
29	Tuesday	National Sports Day	21
30	Wednesday	I Continuous Assessment	22
31	Thursday	I Continuous Assessment	23
Total no. of working days = 23 (Progressive Total = 23 +23 = 46 )			

Date	Day	SEPTEMBER 2017	No.of working Days
1	Friday		1
2	Saturday	<b>Bakrid - Holiday</b>	
3	Sunday	Holiday	
4	Monday		2
5	Tuesday	Teachers' Day Celebration	3
6	Wednesday	Intramural Investiture Ceremony	4
7	Thursday		5
8	Friday		6
9	Saturday	Holiday	-
10	Sunday	Holiday	-
11	Monday		7
12	Tuesday		8
13	Wednesday		9
14	Thursday		10
15	Friday	M.P.Ed. Model Sports Meet	11
16	Saturday	Optional / Add-on courses	12
17	Sunday	Holiday	-
18	Monday		13
19	Tuesday		14
20	Wednesday		15
21	Thursday	II Continuous Assessment	16
22	Friday	II Continuous Assessment	17
23	Saturday		18
24	Sunday	Holiday	-
25	Monday	Project Sports Meet - B.P.Ed. 'A' II year	19
26	Tuesday	"	20
27	Wednesday		21
28	Thursday	<b>Specially Declared Holiday</b>	-
29	Friday	<b>Ayutha Pooja - Holiday</b>	-
30	Saturday	<b>Vijaya Dasami - Holiday</b>	-
Total no. of working days =21 (Progressive Total = 46 + 21=67)			



Date	Day	OCTOBER 2017	No.of working Days
1	Sunday	Muharram - Holiday	-
2	Monday	Gandhi Jayanthi - Holiday	-
3	Tuesday		1
4	Wednesday		2
5	Thursday		3
6	Friday		4
7	Saturday	Optional / Add-on courses	5
8	Sunday	Holiday	-
9	Monday		6
10	Tuesday	Project Sports Meet - B.P.Ed. 'B' II year	7
11	Wednesday		8
12	Thursday		9
13	Friday		10
14	Saturday	Optional / Add-on courses	11
15	Sunday	Holiday	-
16	Monday		12
17	Tuesday	Specially Declared Holiday	-
18	Wednesday	Deepavali - Holiday	-
19	Thursday		13
20	Friday		14
21	Saturday	Optional / Add-on courses	15
22	Sunday	Holiday	-
23	Monday		16
24	Tuesday	TNPESU Inter Collegiate Tournament	17
25	Wednesday	TNPESU Inter Collegiate Tournament	18
26	Thursday	III Continuous Assessment	19
27	Friday	III Continuous Assessment	20
28	Saturday	Optional / Add-on courses	21
29	Sunday	Holiday	-
30	Monday	Internal Teaching Practice Exam MPed., BPed., BMS., & DPed.	22
31	Tuesday	"	23
Total no. of working days = 23 (Progressive Total = 67+23=90)			

Date	Day	NOVEMBER 2017	No.of working Days
1	Wednesday	Internal Coaching Lesson - MPed., & BPed.	1
2	Thursday	" All Souls Day	2
3	Friday		3
4	Saturday		4
5	Sunday	Holiday	-
6	Monday		5
7	Tuesday	Pre-Semester Examinations / Arrear Examinations	6
8	Wednesday	"	7
9	Thursday	"	8
10	Friday	"	9
11	Saturday	Holiday	-
12	Sunday	Holiday	-
13	Monday		10
14	Tuesday	Odd Semester Examiantions	
15	Wednesday	"	
16	Thursday	"	
17	Friday	"	
18	Saturday		
19	Sunday	Holiday	
20	Monday	II & IV Semester Begins	1
21	Tuesday		2
22	Wednesday		3
23	Thursday		4
24	Friday		5
25	Saturday	Optional / Add-on courses	6
26	Sunday	Holiday	-
27	Monday		7
28	Tuesday		8
29	Wednesday		9
30	Thursday	Specially Declared Holiday	-
Total no. of working days = 10, ( Progressive Total Odd Sem = 90+10=100 ) II & IV Semester = 09			

Date	Day	DECEMBER 2017	No.of working Days
1	Friday	Miladi Nabi - Holiday	-
2	Saturday	Holiday	-
3	Sunday	Holiday	-
4	Monday		1
5	Tuesday		2
6	Wednesday		3
7	Thursday		4
8	Friday		5
9	Saturday	Holiday	-
10	Sunday	Holiday	-
11	Monday		6
12	Tuesday		7
13	Wednesday		8
14	Thursday	I Continuous Assessment	9
15	Friday	I Continuous Assessment	10
16	Saturday	Optional / Add-on Courses	11
17	Sunday	Holiday	-
18	Monday		12
19	Tuesday	Carols and Christmas Celebrations	13
20	Wednesday		14
21	Thursday	Christmas Holidays begin	-
22	Friday	"	-
23	Saturday	"	-
24	Sunday	"	-
25	Monday	Christmas "	-
26	Tuesday	"	-
27	Wednesday	"	-
28	Thursday	"	-
29	Friday	"	-
30	Saturday	"	-
31	Sunday	Holiday	-
Total no. of working days = 14 ( Progressive Total = 09 + 14= 23 )			

Date	Day	JANUARY 2018	No.of working Days
1	Monday	<b>New Year - Holiday</b>	-
2	Tuesday	Christmas Holidays	-
3	Wednesday	"	-
4	Thursday	College Reopens after X-mas Holidays	1
5	Friday		2
6	Saturday		3
7	Sunday	Holiday	-
8	Monday		4
9	Tuesday		5
10	Wednesday		6
11	Thursday		7
12	Friday		8
13	Saturday	Holiday	-
14	Sunday	<b>Pongal - Holiday</b>	-
15	Monday	<b>Thiruvalluvar Day - Holiday</b>	-
16	Tuesday	<b>Uzhavar Thirunal - Holiday</b>	-
17	Wednesday	<b>Specially Declared Holiday</b>	-
18	Thursday		9
19	Friday	Intensive Teaching Practice / Coaching Lesson	10
20	Saturday	"	11
21	Sunday	Holiday	-
22	Monday	Intensive Teaching Practice / Coaching Lesson	12
23	Tuesday	"	13
24	Wednesday	"	14
25	Thursday	"	15
26	Friday	<b>Republic Day - Holiday</b>	-
27	Saturday	Intensive Teaching Practice / Coaching Lesson	16
28	Sunday	Holiday	-
29	Monday	Intensive Teaching Practice / Coaching Lesson	17
30	Tuesday	"	18
31	Wednesday	"	19
Total no. of working days = 19 ( Progressive Total = 23 +19 = 42 )			

Date	Day	FEBRUARY 2018	No. of working Days
1	Thursday	Intensive Teaching Practice / Coaching Lesson	1
2	Friday	"	2
3	Saturday	Optional / Add-on Courses	3
4	Sunday	Holiday	-
5	Monday	Intensive Teaching Practice / Coaching Lesson	4
6	Tuesday	"	5
7	Wednesday	"	6
8	Thursday	"	7
9	Friday	Intensive Teaching Practice / Coaching Lesson end	8
10	Saturday	Holiday	-
11	Sunday	Holiday	-
12	Monday		9
13	Tuesday		10
14	Wednesday		11
15	Thursday	II Continuous Assessment	12
16	Friday	II Continuous Assessment	13
17	Saturday	Optional / Add-on Courses	14
18	Sunday	Holiday	-
19	Monday		15
20	Tuesday		16
21	Wednesday		17
22	Thursday	Project Sports Meet - D.P.Ed	18
23	Friday		19
24	Saturday	Optional / Add-on Courses	20
25	Sunday	Holiday	-
26	Monday		21
27	Tuesday		22
28	Wednesday	National Science Day	23
Total no. of working days = 23 ( Progressive Total = 42+23 = 65 )			

Date	Day	MARCH 2018	No. of working Days
1	Thursday		1
2	Friday		2
3	Saturday	Optional / Add-on Courses	3
4	Sunday	Holiday	-
5	Monday		4
6	Tuesday	College Day	5
7	Wednesday		6
8	Thursday	III Continuous Assessment	7
9	Friday	III Continuous Assessment	8
10	Saturday	Holiday	-
11	Sunday	Holiday	-
12	Monday		9
13	Tuesday	Project Sports Meet - BMS	10
14	Wednesday		11
15	Thursday		12
16	Friday	Organization of Tournament - M.P.Ed. II	13
17	Saturday	Optional / Add-on Courses	14
18	Sunday	<b>Telugu New Year - Holiday</b>	-
19	Monday		15
20	Tuesday	Internal Teaching / Coaching Lesson Exams (MPed,BPEd, BMS & DPed)	16
21	Wednesday	"	17
22	Thursday	"	18
23	Friday		19
24	Saturday	Optional / Add-on Courses	20
25	Sunday	Holiday	-
26	Monday	External Teaching / Coaching Lesson Exams (MPed,BPEd & BMS)	21
27	Tuesday	"	22
28	Wednesday	"	23
29	Thursday	<b>Mahavir Jayanthi - Holiday</b>	-
30	Friday	<b>Good Friday - Holiday</b>	-
31	Saturday	Holiday	-
Total no. of working days = 23 ( Progressive Total = 65 + 23 = 88)			

Date	Day	APRIL 2018	No.of working Days
1	Sunday	Easter - Holiday	-
2	Monday		1
3	Tuesday		2
4	Wednesday	Annual Sports Day / Intramural Valedictory	3
5	Thursday		4
6	Friday	Hostel Day	5
7	Saturday	Optional / Add-on Courses	6
8	Sunday	Holiday	-
9	Monday		7
10	Tuesday	Pre-Semester Examination / Arrear Examinations	8
11	Wednesday	"	9
12	Thursday	"	10
13	Friday	" Farewell for Outgoing Students	11
14	Saturday	Dr. Ambedkar Birth Day/ Tamil New Year - Holiday	-
15	Sunday	Holiday	-
16	Monday		12
17	Tuesday	Even Semester Examiantions	
18	Wednesday	"	
19	Thursday	"	
20	Friday	"	
21	Saturday		
22	Sunday	Holiday	
23	Monday		
24	Tuesday		
25	Wednesday		
26	Thursday		
27	Friday	Last working day for staff	
28	Saturday		
29	Sunday	Holiday	
30	Monday		
Total no. of working days = 12 ( Progressive Total = 88 + 12 = 100 )			

## 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

Should'st 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)

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!



## NOTES

[illegible]

## NOTES

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## NOTES

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## NOTES

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## NOTES

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## NOTES

[illegible]

## NOTES

[illegible]



## NOTES

[illegible]

## NOTES

[illegible]

## NOTES

[illegible]

# 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			