



## Yearly Status Report - 2019-2020

### Part A

#### Data of the Institution

<b>1. Name of the Institution</b>		YMCA COLLEGE OF PHYSICAL EDUCATION
Name of the head of the Institution		Dr. GEORGE ABRAHAM
Designation		Principal
Does the Institution function from own campus		Yes
Phone no/Alternate Phone no.		04424344816
Mobile no.		9444335355
Registered Email		ymcanandanam1920@gmail.com
Alternate Email		profgeorgeabraham@gmail.com
Address		497, ANNA SALAI, NANDANAM,
City/Town		CHENNAI
State/UT		Tamil Nadu
Pincode		600035
<b>2. Institutional Status</b>		

Autonomous Status (Provide date of Conformant of Autonomous Status)	20-Nov-1985
Type of Institution	Co-education
Location	Urban
Financial Status	Self financed and grant-in-aid
Name of the IQAC co-ordinator/Director	Dr. JACKSON SUTHARSINGH
Phone no/Alternate Phone no.	04424344816
Mobile no.	9841294776
Registered Email	ymcanandanam1920@gmail.com
Alternate Email	jacksonsutharsingh@gmail.com

### 3. Website Address

Web-link of the AQAR: (Previous Academic Year)	<a href="http://ymcacollege.ac.in/iqac-reports.aspx">http://ymcacollege.ac.in/iqac-reports.aspx</a>
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### 4. Whether Academic Calendar prepared during the year

Yes

if yes,whether it is uploaded in the institutional website:  
Weblink :

<http://ymcacollege.ac.in/Calendar.aspx>

### 5. Accreditation Details

Cycle	Grade	CGPA	Year of Accreditation	Validity	
				Period From	Period To
1	A	86.70	2003	21-Mar-2003	20-Mar-2008
2	A	3.28	2013	05-Jan-2013	04-Jan-2018

### 6. Date of Establishment of IQAC

01-Feb-2003

### 7. Internal Quality Assurance System

Quality initiatives by IQAC during the year for promoting quality culture		
Item /Title of the quality initiative by IQAC	Date & Duration	Number of participants/ beneficiaries
Internship Training-Physiotherapy	17-Jul-2019 40	26

National Sports Day	29-Aug-2019 1	451
National Youth Leadership Training Programme	10-Feb-2020 5	189
Book exhibition	15-Feb-2019 1	330
<a href="#">View File</a>		

**8. Provide the list of Special Status conferred by Central/ State Government- UGC/CSIR/DST/DBT/ICMR/TEQIP/World Bank/CPE of UGC etc.**

Institution/Department/Faculty	Scheme	Funding Agency	Year of award with duration	Amount
YMCA College of Physical Education	Autonomus Grant	UGC	2019 365	0
<a href="#">View File</a>				

**9. Whether composition of IQAC as per latest NAAC guidelines:**

Yes

Upload latest notification of formation of IQAC

[View File](#)

**10. Number of IQAC meetings held during the year :**

2

The minutes of IQAC meeting and compliances to the decisions have been uploaded on the institutional website

Yes

Upload the minutes of meeting and action taken report

[View File](#)

**11. Whether IQAC received funding from any of the funding agency to support its activities during the year?**

No

**12. Significant contributions made by IQAC during the current year(maximum five bullets)**

TNPESU Intercollegiate Competitions 2019 20 was conducted.

Seven days Faculty Development Programme was organized from 26th June 2020 to 3rd July 2020

Offered value added courses for students

Conducted campus Interview for students through placement cell in the campus

[View File](#)

**13. Plan of action chalked out by the IQAC in the beginning of the academic year towards Quality Enhancement and outcome achieved by the end of the academic year**

Plan of Action	Achievements/Outcomes
To organise Faculty Development Programme 7 days and to invite more experts from all over India	Organised Faculty Development Programme for 7 days and invited 21 experts from all over India through online mode. 275 participants were benefitted with this program.
To conduct TNPESU Intercollegiate Competitions 2019-20 in a mega manner	TNPESU Intercollegiate Competitions 2019-20 were conducted for Basketball, Boxing, Handball, Archery and Track & Field
To offer value added courses for students	The College is conducting Distance Education Programme on various courses. Through Online mode. a) P.G. Diploma in Gym / Fitness Trainer b) Diploma in Yoga c) Diploma in Gym and Fitness Training d) M.Sc., Yoga (Lateral Entry)
To increase the companies to come for placement in the campus.	In the First week of March 2020, about 20 students were placed On-campus and 44 students were placed Off-campus in various schools and sports companies as Physical Education Teachers and Sports Trainers.
<a href="#">View File</a>	

**14. Whether AQAR was placed before statutory body ?**

Yes

Name of Statutory Body	Meeting Date
Management and members of IQAC	27-Oct-2020

**15. Whether NAAC/or any other accredited body(s) visited IQAC or interacted with it to assess the functioning ?**

No

**16. Whether institutional data submitted to AISHE:**

Yes

Year of Submission

2020

Date of Submission

07-Feb-2020

**17. Does the Institution have Management Information System ?**

No

## Part B

### CRITERION I – CURRICULAR ASPECTS

#### 1.1 – Curriculum Design and Development

1.1.1 – Programmes for which syllabus revision was carried out during the Academic year

Name of Programme	Programme Code	Programme Specialization	Date of Revision
MPEd	01	Physical Education	01/07/2019
BPEd	02	Physical Education	01/07/2019
BPES	04	Physical Education	01/07/2019

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1.1.2 – Programmes/ courses focussed on employability/ entrepreneurship/ skill development during the Academic year

Programme with Code	Programme Specialization	Date of Introduction	Course with Code	Date of Introduction
MSc	Yoga	28/07/2020	MSY-111	28/08/2020
PG Diploma	Yoga	28/08/2020	PGDY-220	28/08/2020
PG Diploma	Fitness and Wellness management	28/08/2020	PGDY-206	28/08/2020
PG Diploma	Fitness and Nutrition	28/08/2020	PGDY-205	28/08/2020
PG Diploma	Gym Instructor	28/08/2020	PGDY-207	28/08/2020
BSc	Yoga	28/08/2020	BSY-003	28/08/2020

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#### 1.2 – Academic Flexibility

1.2.1 – New programmes/courses introduced during the Academic year

Programme/Course	Programme Specialization	Dates of Introduction
Nil	Nil	Nil

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1.2.2 – Programmes in which Choice Based Credit System (CBCS)/Elective Course System implemented at the College level during the Academic year.

Name of programmes adopting CBCS	Programme Specialization	Date of implementation of CBCS/Elective Course System
BMS	Orientation and Mobility	03/07/2019

#### 1.3 – Curriculum Enrichment

1.3.1 – Value-added courses imparting transferable and life skills offered during the year

Value Added Courses	Date of Introduction	Number of Students Enrolled
Certificate course in	28/11/2019	61

Special Olympics		
Certificate course in Communication Skill	28/11/2019	10
Certificate course in Fitness and Wellness	28/11/2019	76
<a href="#">View File</a>		

### 1.3.2 – Field Projects / Internships under taken during the year

Project/Programme Title	Programme Specialization	No. of students enrolled for Field Projects / Internships
BPEd	Physical Education	198
BPES	Physical Education	5
MPed	Coaching	46
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## 1.4 – Feedback System

### 1.4.1 – Whether structured feedback received from all the stakeholders.

Students	Yes
Teachers	Yes
Employers	Yes
Alumni	Yes
Parents	Yes

### 1.4.2 – How the feedback obtained is being analyzed and utilized for overall development of the institution? (maximum 500 words)

Feedback Obtained
<p>In the end of the Academic year, Student Feedback form is filled confidentially by the students, by calling the students on one of the holidays. Filled in forms will be collected and submitted to the Principal and he will maintain the confidentiality. Later the filled up feedback form will be sent by the principal to the college management. After analysing it, the management serves individual letter to each staff and request them and informs the teacher which area they are lacking and where to improve upon. Based on which, a follow up is done in the subsequent year and if there is no improvement a warning is served confidentially to the teacher and improvement in teaching is been made by the faculty. Feedback is received from the teachers also and based on that the freedom is given to them to modify the methodology of teaching and learning. The curriculum is designed by the teachers based on the latest trend and demands. The freedom is given to them to present it in the board of studies meeting and it's recorded. Alumni meet: On holidays as per the Alumni convenience, if they complete their 25 years or 10 years or according to their wish, they will meet in the college campus and also they will play a friendly matches with the current year students. They come from various places along with their family members, visit the campus and share their gratitude by gifting the teachers and have lunch or snacks, take photographs and disperse. Parents are the assert of the college. Their cooperation is always taken. They support the college hostel rules and help in maintain the discipline of the college by following it and reach the campus as and when demanded by the authorities. They are invited to attend the cultural and the award ceremonies. They are also provided with the lunch which will be served in the hostel.</p>

## CRITERION II – TEACHING- LEARNING AND EVALUATION

## 2.1 – Student Enrolment and Profile

### 2.1.1 – Demand Ratio during the year

Name of the Programme	Programme Specialization	Number of seats available	Number of Application received	Students Enrolled
MPhil	Physical Education	21	25	15
MPEd	Physical Education	60	88	60
BPEd	Physical Education	100	209	100
BPES	Physical Education	80	106	80
MSc	Fitness Exercise Rehabilitation and Nutritional Care	21	12	6

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## 2.2 – Catering to Student Diversity

### 2.2.1 – Student - Full time teacher ratio (current year data)

Year	Number of students enrolled in the institution (UG)	Number of students enrolled in the institution (PG)	Number of fulltime teachers available in the institution teaching only UG courses	Number of fulltime teachers available in the institution teaching only PG courses	Number of teachers teaching both UG and PG courses
2019	407	136	19	9	5

## 2.3 – Teaching - Learning Process

### 2.3.1 – Percentage of teachers using ICT for effective teaching with Learning Management Systems (LMS), E-learning resources etc. (current year data)

Number of Teachers on Roll	Number of teachers using ICT (LMS, e-Resources)	ICT Tools and resources available	Number of ICT enabled Classrooms	Number of smart classrooms	E-resources and techniques used
26	23	0	8	2	0

[View File of ICT Tools and resources](#)

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### 2.3.2 – Students mentoring system available in the institution? Give details. (maximum 500 words)

In YMCA College, the mentorship programme for students is given top priority. The mentor for each class is chosen by the college administration at the start of the academic year with the assistance of the principal and IQAC coordinator. Each mentor is in-charge of keeping track of attendance, OD approval, go-home permission, sick leave etc. The mentor entirely keeps track of all of the pre-semester, assignment, continuous assessment, and internal mark data. They keep the records in the format specified by IQAC, and at the conclusion, they will advise and give direction to the students regarding their internals, low attendance, slow learning, etc. The concerned mentor makes an effort to uphold any disciplinary actions, informs the students' parents, speaks directly with the student and parents, and brings the issues to the Principal for resolution. Since our college is a residential college, students are directly under the supervision of respective hostel Deputy Wardens. For male students, there is a Warden, a Deputy Warden, four Sub-Wardens, and one Matron. For female students, there is a Warden, a Deputy Warden, and one Matron. They also take care of whatever assistance the students may

require in hostels. Student counsellors from the teaching faculties help the students in a variety of ways, such as with inquiries, counselling and welfare support, advocacy support, student support services, organising and carrying out a number of student events throughout the year, educational and career-related events/services, operational and day-to-day matters, and general administration. Furthermore, the duties of the student counsellor include designing and overseeing counselling support programmes, offering educational and career advising, and assisting students with their emotional and professional development. Mentors support the students in this way.

Number of students enrolled in the institution	Number of fulltime teachers	Mentor : Mentee Ratio
543	26	1:21

## 2.4 – Teacher Profile and Quality

### 2.4.1 – Number of full time teachers appointed during the year

No. of sanctioned positions	No. of filled positions	Vacant positions	Positions filled during the current year	No. of faculty with Ph.D
14	12	2	0	18

### 2.4.2 – Honours and recognition received by teachers (received awards, recognition, fellowships at State, National, International level from Government, recognised bodies during the year )

Year of Award	Name of full time teachers receiving awards from state level, national level, international level	Designation	Name of the award, fellowship, received from Government or recognized bodies
2019	Dr. George Abraham	Principal	Yoga Sudar Award by Indian Young Olympic Federation at World Cup 2019
2019	Dr. George Abraham	Principal	Perasiriyar Kalamani National Award, 2019.
2019	Dr. George Abraham	Principal	Lifetime Achievement Award for Physical Education by International Researchers Connect 2019
2019	Dr. R. Prabu	Lecturer	Best Young Librarian Award (2019) from the Madras Library Association.

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## 2.5 – Evaluation Process and Reforms

### 2.5.1 – Number of days from the date of semester-end/ year- end examination till the declaration of results during the year

Programme Name	Programme Code	Semester/ year	Last date of the last semester-end/ year-end examination	Date of declaration of results of semester-end/ year- end examination
MPEd	01	IV	29/09/2020	27/11/2020



BPEd	02	IV	29/09/2020	27/11/2020
BPES	04	VI	29/09/2020	27/11/2020
MSc	05	IV	29/09/2020	27/11/2020
PG Diploma	06	End	29/09/2020	27/11/2020
<a href="#">View File</a>				

2.5.2 – Average percentage of Student complaints/grievances about evaluation against total number appeared in the examinations during the year

Number of complaints or grievances about evaluation	Total number of students appeared in the examination	Percentage
0	0	00

## 2.6 – Student Performance and Learning Outcomes

2.6.1 – Program outcomes, program specific outcomes and course outcomes for all programs offered by the institution are stated and displayed in website of the institution (to provide the weblink)

<http://www.ymcacollege.ac.in/index.a>

2.6.2 – Pass percentage of students

Programme Code	Programme Name	Programme Specialization	Number of students appeared in the final year examination	Number of students passed in final year examination	Pass Percentage
01	MPED	Physical Education	45	45	100
02	BPEd	Physical Education	95	95	100
04	BPES	Physical Education	49	49	100
05	MSc	Fitness Exercise Rehabilitation and Nutritional Care	7	7	100
06	PG Diploma	Sports Coaching	2	2	100

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## 2.7 – Student Satisfaction Survey

2.7.1 – Student Satisfaction Survey (SSS) on overall institutional performance (Institution may design the questionnaire) (results and details be provided as weblink)

NIL

## CRITERION III – RESEARCH, INNOVATIONS AND EXTENSION

### 3.1 – Promotion of Research and Facilities

3.1.1 – The institution provides seed money to its teachers for research

No

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### 3.1.2 – Teachers awarded National/International fellowship for advanced studies/ research during the year

Type	Name of the teacher awarded the fellowship	Name of the award	Date of award	Awarding agency
Nil	Nil	Nil	Nil	Nil
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### 3.2 – Resource Mobilization for Research

#### 3.2.1 – Research funds sanctioned and received from various agencies, industry and other organisations

Nature of the Project	Duration	Name of the funding agency	Total grant sanctioned	Amount received during the year
No Data Entered/Not Applicable !!!				
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#### 3.2.2 – Number of ongoing research projects per teacher funded by government and non-government agencies during the years

0
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### 3.3 – Innovation Ecosystem

#### 3.3.1 – Workshops/Seminars Conducted on Intellectual Property Rights (IPR) and Industry-Academia Innovative practices during the year

Title of workshop/seminar	Name of the Dept.	Date
FDP - Futuristic Approach and Professional Preparation in Physical Education	YMCA College of Physical Education	27/06/2020
<a href="#">View File</a>		

#### 3.3.2 – Awards for Innovation won by Institution/Teachers/Research scholars/Students during the year

Title of the innovation	Name of Awardee	Awarding Agency	Date of award	Category
Yoga Sudar Award	Dr. George Abraham	Indian Young Olympic Federation	30/06/2019	YOGA
Perasiriyar Kalamani National Award	Dr. George Abraham	Perasiriyar Kalamani	12/06/2019	General
Life Time Achievement Award In Physical Education	Dr. George Abraham	International Researchers Connect	12/10/2019	Physical Education
Best Young Librarian Award	Dr. Prabu	the Madras Library Association	14/11/2019	Library Science
<a href="#">View File</a>				

#### 3.3.3 – No. of Incubation centre created, start-ups incubated on campus during the year

Incubation Center	Name	Sponsored By	Name of the Start-up	Nature of Start-up	Date of Commencement
Nil	Nil	Nil	Nil	Nil	Nil

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### 3.4 – Research Publications and Awards

#### 3.4.1 – Ph. Ds awarded during the year

Name of the Department	Number of PhD's Awarded
Physical Education	2

#### 3.4.2 – Research Publications in the Journals notified on UGC website during the year

Type	Department	Number of Publication	Average Impact Factor (if any)
International	College of Physical Education	20	5.2
National	College of Physical Education	2	Nil

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#### 3.4.3 – Books and Chapters in edited Volumes / Books published, and papers in National/International Conference Proceedings per Teacher during the year

Department	Number of Publication
Physical Education College	4

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#### 3.4.4 – Patents published/awarded during the year

Patent Details	Patent status	Patent Number	Date of Award
00	Nil	00	Nil

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#### 3.4.5 – Bibliometrics of the publications during the last academic year based on average citation index in Scopus/ Web of Science or PubMed/ Indian Citation Index

Title of the Paper	Name of Author	Title of journal	Year of publication	Citation Index	Institutional affiliation as mentioned in the publication	Number of citations excluding self citation
Personality Traits: An analetical study between sedentary male and sports male	Dr. George Abraham	Science, Movement and Health	2019	0	-	1
Analysis of anthropometry, body composition and performance variables of young	Dr. George Abraham	Indian journal of science and technology	2019	0	-	6

Indian athletes in southern region						
Effect Of Concurrent Strength And Plyometric Training On Selected Biomotor Abilities	Dr. K.JOTHI	Recent Research in Science and Technology 2 (5), 124-126	2019	1	-	1
Arterial Blood Pressure And Heart Rate Response To Exercise	Dr. K.JOTHI	Recent Research in Science and Technology 3 (2), 77-79	2019	1	-	1
Comparison of motor fitness abilities of rural and urban school students	Dr. George Abraham	International Journal of Multidisciplinary Research and Development	2019	1	-	1
Effect of isotonic and isometric training on strength and power parameters	Dr. George Abraham	Indian journal of yoga exercise sports science and physical education	2019	2	-	2
Evaluation of body composition and somatotype characteristics of male track and field athletes in India	Dr. George Abraham	Journal of experimental science	2019	1	-	1

Efficacy of Selected Mobility Exercises and Participation in Special Games on Psychomotor Abilities, Functional Abilities and Game Performance among Intellectually Disabled Children of Under 14 Age	Dr. J. Samuel Jesudoss	World Academy of Science, Vol:6, No:11, 2012 Engineering and Technology International Journal of Psychological and Behavioral Sciences	2019	1	-	1
Communication skills: a cognitive-behavioural approach to enhance relationship skills in young sport coaches	Dr. Glory Darling Margaret	British Journal of Sports Medicine	2019	1	-	1
Communication skills: a cognitive-behavioural approach to enhance relationship skills in young sport coaches	Dr. S.Glady Kirubakar	British Journal of Sports Medicine	2019	1	-	1
<a href="#">View File</a>						

3.4.6 – h-Index of the Institutional Publications during the year. (based on Scopus/ Web of science)

Title of the Paper	Name of Author	Title of journal	Year of publication	h-index	Number of citations excluding self citation	Institutional affiliation as mentioned in the publication
Influence of different	Dr. George Abraham	International Journals of Multidi	2020	3	1	-

intensity aerobic dance on bmi among young boys		disciplinary Research Academy				
Personal ity Traits: An analytical study between sedentary male and sports male	Dr. George Abraham	Science, Movement and Health	2019	3	1	-
Analysis of anthrop ometry, body compo sition and performanc e variables of young Indian athletes in southern region	Dr. George Abraham	Indian journal of science and technology	2019	3	3	-
Evaluation of body co mposition and somatotype characteri stics of male track and field athletes in India	Dr. George Abraham	Journal of experim ental science	2019	3	1	-
Effect Of Concurrent Strength And Plyometric Training On Selected Biomotor Abilities	Dr. K.JOTHI	Recent Research in Science and Technology 2 (5), 124-126	2020	1	1	-
Arterial Blood Pressure And Heart	Dr. K.JOTHI	Recent Research in Science and	2019	1	1	-

Rate Response To Exercise		Technology 3 (2), 77-79				
Impact of different modes of circuit training on anaerobic power of adolescent boys	Dr. George Abraham	International journal of fitness, health, physical education and iron games	2019	3	1	-
Influence of resistance training and plyometric training on explosive power among university students	Dr. George Abraham	International Journal of Physical Education, Sports and Yogic Sciences	2020	3	1	-
ARTERIAL BLOOD PRESSURE AND HEART RATE RESPONSE TO EXERCISE	Dr. K.JOTHI	Recent Research in Science and Technology 3 (2), 77-79	2019	1	1	-
Effects of Precooling on Thermoregulation and Performance of Long Distance Runners in Hot Humid Climate	Dr. George Abraham	Recent Research in Science and Technology	2019	3	1	-
<a href="#">View File</a>						

3.4.7 – Faculty participation in Seminars/Conferences and Symposia during the year

Number of Faculty	International	National	State	Local
Resource persons	7	35	1	14

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### 3.5 – Consultancy

#### 3.5.1 – Revenue generated from Consultancy during the year

Name of the Consultan(s) department	Name of consultancy project	Consulting/Sponsoring Agency	Revenue generated (amount in rupees)
Govt. Institute of Rehabilitation Medicine - College of Physiotherapy	Internship in physiotherapy	Govt. Institute of Rehabilitation Medicine - College of Physiotherapy Govt. Institute of Rehabilitation Medicine - College of Physiotherapy	3000
Govt. Institute of Rehabilitation Medicine - College of Physiotherapy - Trichy	Internship in physiotherapy	Govt. Institute of Rehabilitation Medicine - College of Physiotherapy	1000
Govt. Institute of Rehabilitation Medicine - College of Physiotherapy - Trichy	Internship in physiotherapy	Govt. Institute of Rehabilitation Medicine - College of Physiotherapy	2000
Govt. Institute of Rehabilitation Medicine - College of Physiotherapy - Trichy	Internship in physiotherapy	Govt. Institute of Rehabilitation Medicine - College of Physiotherapy	8000
Govt. Institute of Rehabilitation Medicine - College of Physiotherapy	Internship in physiotherapy	Govt. Institute of Rehabilitation Medicine - College of Physiotherapy	6000

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#### 3.5.2 – Revenue generated from Corporate Training by the institution during the year

Name of the Consultan(s) department	Title of the programme	Agency seeking / training	Revenue generated (amount in rupees)	Number of trainees
NIL	Nil	00	0	0

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### 3.6 – Extension Activities

#### 3.6.1 – Number of extension and outreach programmes conducted in collaboration with industry, community and Non- Government Organisations through NSS/NCC/Red cross/Youth Red Cross (YRC) etc., during the year

Title of the activities	Organising unit/agency/ collaborating agency	Number of teachers participated in such activities	Number of students participated in such activities
Leadership Camp	YMCA College funded	12	188
Prisoners Reform Intervention	Tamil Nadu Prison Department	52	120



Support Mission (PRISM)			
Tree plantations	College funded	16	230
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3.6.2 – Awards and recognition received for extension activities from Government and other recognized bodies during the year

Name of the activity	Award/Recognition	Awarding Bodies	Number of students Benefited
NIL	Nil	Nil	0
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3.6.3 – Students participating in extension activities with Government Organisations, Non-Government Organisations and programmes such as Swachh Bharat, Aids Awareness, Gender Issue, etc. during the year

Name of the scheme	Organising unit/Agency/collaborating agency	Name of the activity	Number of teachers participated in such activities	Number of students participated in such activities
Swachh Bharat	NSS	Campus Cleaning	1	142
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### 3.7 – Collaborations

3.7.1 – Number of Collaborative activities for research, faculty exchange, student exchange during the year

Nature of activity	Participant	Source of financial support	Duration
International Conference	Students and staff	YMCA College	2
<a href="#">View File</a>			

3.7.2 – Linkages with institutions/industries for internship, on-the- job training, project work, sharing of research facilities etc. during the year

Nature of linkage	Title of the linkage	Name of the partnering institution/ industry /research lab with contact details	Duration From	Duration To	Participant
Schools	Intensive Teaching practice	YMCA COLLEGE OF PHYSICAL EDUCATION Nandanam, Chennai -35. Intensive Teaching practice 2019-2020 From 22-01-2020 To 14-02-2020 Women 1. ST. Michaels	22/01/2020	14/02/2020	344

Academy ,4th  
Cross Road  
,Gandhi  
Naga, Adyar  
Chennai -20  
(8) 2. C.S.I  
St. Ebba's  
Girls Higher

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3.7.3 – MoUs signed with institutions of national, international importance, other institutions, industries, corporate houses etc. during the year

Organisation	Date of MoU signed	Purpose/Activities	Number of students/teachers participated under MoUs
Nil	Nil	Nil	0
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## CRITERION IV – INFRASTRUCTURE AND LEARNING RESOURCES

### 4.1 – Physical Facilities

4.1.1 – Budget allocation, excluding salary for infrastructure augmentation during the year

Budget allocated for infrastructure augmentation	Budget utilized for infrastructure development
150	149

4.1.2 – Details of augmentation in infrastructure facilities during the year

Facilities	Existing or Newly Added
Campus Area	Existing
Class rooms	Existing
Laboratories	Existing
Seminar Halls	Existing
Seminar halls with ICT facilities	Existing
Value of the equipment purchased during the year (rs. in lakhs)	Newly Added
Classrooms with Wi-Fi OR LAN	Existing
Number of important equipments purchased (Greater than 1-0 lakh) during the current year	Newly Added
Others	Newly Added
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### 4.2 – Library as a Learning Resource

4.2.1 – Library is automated {Integrated Library Management System (ILMS)}

Name of the ILMS software	Nature of automation (fully or patially)	Version	Year of automation
AutoLib	Partially	1.1	2012

4.2.2 – Library Services

Library Service Type	Existing	Newly Added	Total
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Text Books	166	285370	139	129812	305	415182
e-Books	300000	5750	300000	5900	600000	11650
Journals	6500	5750	6500	5900	13000	11650
Digital Database	22	5750	22	5750	44	11500
CD & Video	120	0	135	0	255	0
<a href="#">View File</a>						

4.2.3 – E-content developed by teachers such as: e-PG- Pathshala, CEC (under e-PG- Pathshala CEC (Under Graduate) SWAYAM other MOOCs platform NPTEL/NMEICT/any other Government initiatives & institutional (Learning Management System (LMS) etc

Name of the Teacher	Name of the Module	Platform on which module is developed	Date of launching e-content
Nil	Nil	Nil	Nil
No file uploaded.			

#### 4.3 – IT Infrastructure

4.3.1 – Technology Upgradation (overall)

Type	Total Computers	Computer Lab	Internet	Browsing centers	Computer Centers	Office	Departments	Available Bandwidth (MBPS/GBPS)	Others
Existing	53	1	9	1	1	1	5	100	0
Added	2	0	0	0	0	0	0	0	0
Total	55	1	9	1	1	1	5	100	0

4.3.2 – Bandwidth available of internet connection in the Institution (Leased line)

100 MBPS/ GBPS
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4.3.3 – Facility for e-content

Name of the e-content development facility	Provide the link of the videos and media centre and recording facility
Nil	<a href="#">Nil</a>

#### 4.4 – Maintenance of Campus Infrastructure

4.4.1 – Expenditure incurred on maintenance of physical facilities and academic support facilities, excluding salary component, during the year

Assigned Budget on academic facilities	Expenditure incurred on maintenance of academic facilities	Assigned budget on physical facilities	Expenditure incurred on maintenance of physical facilities
0.12	1.23	3	1.23

4.4.2 – Procedures and policies for maintaining and utilizing physical, academic and support facilities - laboratory, library, sports complex, computers, classrooms etc. (maximum 500 words) (information to be available in institutional Website)

<b>INFRASTRUCTURE MAINTENANCE: The institution ensures the maintenance of the infrastructure pertaining to physical and academic support for maximum benefit</b>
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to the students as well as teaching and nonteaching staff. The Estate Maintenance Department carryout all the maintenance works in the college including the maintenance of play fields. Since this college is a practical oriented and physical education college, we have to maintain the following fields and courts. Football fields -2, Fitness Centre-2, Hockey fields-3, Cricket-2, Volleyball courts-3, Basketball-2, Badminton-7, Ball Badminton-2, Boxing Rink-1, Kho-kho-2, Kabbadi courts-2, Tennis Court -16, Handball courts-1, Track Field-2, Indoor Gym-1 Astro-turf hockey field-1, Table Tennis-3, Baseball-1, Softball diamond-1, Archery-50 mts range, Shooting Range-10 mts, Boot Camp-1, Swimming Pool, Mini Pool, Wadding Pool with the a length of 25 mts, 10 mts 4 mts respectively, Cricket Nets-16 and Beach Volleyball-1, Carrying out small repairs, electrical repairs, furniture repairs, painting and white wash are done by the supervision of the Estate Supervisor. Indoor and Outdoor games Play Fields, Courts, Playground, Gym, Equipment and Yoga Meditation Centre are maintained by the staff In-charge, 3 Supervisors, 16 Markers and 4 Sweepers of the college. Maintenance of Academic Facilities is carried out through two modes: Annual Maintenance Contract system (AMC) Maintenance and repairs through Service Centres Outside Agencies. The college maintains AMC by annual contract with i) Jayaseeni Software to maintain software in the Controller of Examinations office ii) C-Soft Solutions to maintain software in the Accounts office iii) Suresh Electricals to maintain Air Conditioner facilities in Campus iv) NexBase System to maintain the Computers, UPS Printers. v) Outsource services for House keeping LABORATORIES: Damaged equipment in the laboratories is replaced with new ones. For costly and big apparatus, the repair works are carried out by technicians from outside agencies and service centres. The college has a Technical Assistant to ensure proper upkeep of the support facilities. The damaged Sports materials are immediately replaced with new ones. There are electricians, masons, plumbers, carpenters deputed by management who ensure the maintenance of Administrative Blocks, Classrooms, Hostels and related infrastructure. Being residential college, there are separate workers for cleaning and maintaining the hostel zones and hostel mess.

<http://ymcacollege.ac.in>

## CRITERION V – STUDENT SUPPORT AND PROGRESSION

### 5.1 – Student Support

#### 5.1.1 – Scholarships and Financial Support

	Name/Title of the scheme	Number of students	Amount in Rupees
Financial Support from institution	University Blues and Scholarship from Govt. of Tamil Nadu	361	1886070
Financial Support from Other Sources			
a) National	00	0	0
b) International	00	0	0
<a href="#">View File</a>			

5.1.2 – Number of capability enhancement and development schemes such as Soft skill development, Remedial coaching, Language lab, Bridge courses, Yoga, Meditation, Personal Counselling and Mentoring etc.,

Name of the capability enhancement scheme	Date of implemetation	Number of students enrolled	Agencies involved
Bridge Course in English	08/07/2019	77	YMCA College

Distance Education Programme under Tamil Nadu Physical Education and Sports University for the academic year	08/06/2020	200	Distance Education Programme under Tamil Nadu Physical Education and Sports University for the academic year
Fitness Wellness	19/09/2019	76	YMCA College
Communication Skill	19/09/2019	10	YMCA College
<a href="#">View File</a>			

5.1.3 – Students benefited by guidance for competitive examinations and career counselling offered by the institution during the year

Year	Name of the scheme	Number of benefited students for competitive examination	Number of benefited students by career counseling activities	Number of students who have passed in the comp. exam	Number of students placed
2019	NET/ SET/C ompetition preparation	61	61	6	60
<a href="#">View File</a>					

5.1.4 – Institutional mechanism for transparency, timely redressal of student grievances, Prevention of sexual harassment and ragging cases during the year

Total grievances received	Number of grievances redressed	Avg. number of days for grievance redressal
0	0	0

## 5.2 – Student Progression

5.2.1 – Details of campus placement during the year

On campus			Off campus		
Name of organizations visited	Number of students participated	Number of students placed	Name of organizations visited	Number of students participated	Number of students placed
Schools	210	25	Schools	210	55
<a href="#">View File</a>					

5.2.2 – Student progression to higher education in percentage during the year

Year	Number of students enrolling into higher education	Programme graduated from	Department graduated from	Name of institution joined	Name of programme admitted to
2019	46	M.P.Ed	Physical Education	YMCA College, TNPESU, Pondicherry, SRM University	MPhil
2019	98	B.P.Ed	Physical	YMCA	M.P.Ed.

			Education	College, TNPESU, Pondicherry, SRM University	
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5.2.3 – Students qualifying in state/ national/ international level examinations during the year (eg:NET/SET/SLET/GATE/GMAT/CAT/GRE/TOFEL/Civil Services/State Government Services)

Items	Number of students selected/ qualifying
NET	6
<a href="#">View File</a>	

5.2.4 – Sports and cultural activities / competitions organised at the institution level during the year

Activity	Level	Number of Participants
TNPESU Intercollegiate Tournament in Athletics, Archery, Boxing, Netball and Taekwondo	InterCollegiate	156
National Sports Day	Interclass	470
MODEL/ PROJECT SPORTS MEET	Interclass	400
Talent Night	Interclass	470
Onam Festival Floral decoration	Interclass	470
Christmas Tree decoration with Manger Scene	Interclass	470
Pongal Cooking and Rangoli	Interclass	470
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### 5.3 – Student Participation and Activities

5.3.1 – Number of awards/medals for outstanding performance in sports/cultural activities at national/international level (award for a team event should be counted as one)

Year	Name of the award/medal	National/ Internaional	Number of awards for Sports	Number of awards for Cultural	Student ID number	Name of the student
2019	Inter University	National	98	0	-	Enclosed
<a href="#">View File</a>						

5.3.2 – Activity of Student Council & representation of students on academic & administrative bodies/committees of the institution (maximum 500 words)

STUDENTS' COUNCIL Social, Religious, Cultural, Recreational, Project Literacy activities of the students will be looked after by the students' council. The committee will consist of a Secretary, a Joint Secretary and members for Social, Religious, Recreational, Cultural, Project activities. The class representatives are nominated by the students on class basis and selected by the staff. The students' council will be assisted and guided by the warden and deputy wardens The constitution regulations and the functioning of the

students' council will be explained by the Principal and the staff advisor, deputy and sub wardens. In the beginning of the academic year the deputy wardens and sub-wardens are assigned by the college authorities. There will be a nomination of class representatives based on their willingness to act as a leader. Many students who wish to stand for the post, introduces themselves in the general assembly in front of all the students and staff. Based on their capacities, the faculty members, the principal along with the class registrar and deputy wardens will select the students representatives both men and women for each classes. The selected representatives are posted to the different sub - department as Social, Religious, Cultural, Recreational, Literacy activities.

Based on their area the students will be functioning under the Students' Association. The committee will consist of a Secretary, a Joint Secretary and members for Social, Religious, Recreational, Literacy and Cultural activities. The association will be assisted and guided by the class registrar, the warden, deputy wardens Men and Women and the sub-wardens when required. The constitution regulations and the functioning of the students association will be explained by the Principal and the staff advisor deputy Sub wardens. It starts functioning after the Investiture ceremony. They conduct various competitions throughout the academic year. The end of the academic year valedictory of Student's Association is done in a mega manner and prizes are distributed for the competitions held under the various heads.

#### 5.4 – Alumni Engagement

5.4.1 – Whether the institution has registered Alumni Association?

No

5.4.2 – No. of registered Alumni:

0

5.4.3 – Alumni contribution during the year (in Rupees) :

0

5.4.4 – Meetings/activities organized by Alumni Association :

00

### CRITERION VI – GOVERNANCE, LEADERSHIP AND MANAGEMENT

#### 6.1 – Institutional Vision and Leadership

6.1.1 – Mention two practices of decentralization and participative management during the last year (maximum 500 words)

Management played the vital role in the following ways: Management gives equal opportunity to participate in management committee and college governing body to cater the needs of the institution. The management pays the property tax, sewage tax, water tax and electricity bills etc. The Management keeps the generator ready in-hand during electricity breaks. The management delegates the operations through various levels such as estate, government, students, controller of examinations, maintenance of play fields, purchase of equipment, disseminates power, functions and responsibilities related to the academics. The management transfers the control of the college actives to the college administration and to the senior teachers under the direction of the National Council of YMCAs authority in all the planning and decision making.

6.1.2 – Does the institution have a Management Information System (MIS)?

No

## 6.2 – Strategy Development and Deployment

6.2.1 – Quality improvement strategies adopted by the institution for each of the following (with in 100 words each):

Strategy Type	Details
Curriculum Development	Every year curriculum is modified and enriched based on the societal demand by the faculty members. All the members of the staff are invited and requested to bring the changes in the curriculum and freedom is also given to the students who also contribute and share their thoughts and subsidize in the curriculum development.
Teaching and Learning	Time table is prepared both for practical and theory by one among the faculty members based on the UGC guide lines for the allocation of work load. Being practical oriented college more work load is allotted for practical classes. Apart from this, qualified coaches are invited to handle specific activities like swimming, Taichi, Gymnastics, Kung-fu, and boxing.
Examination and Evaluation	The controller of examination is one among the faculty members who put up the CA Test dates and all the circulars are updated in the college website. The COE also presents the reforms to be implemented and further approved in the Board of Studies. The panelist of examiners, the odd and the even semester results are taken for action to the Academic Council Meeting and it has been further approved in the Governing Body Meeting.
Industry Interaction / Collaboration	College gives permission to students to officiate in the tournaments in local schools, colleges and for any company who organizes tournament for their institute and the companies on demand through the principal. Field visit and educational tour are planned to the outgoing students. Village Placement Program (VPP) is part of the curriculum. We also have Rotary club which functions under two faculty members and a set of students participate and contribute to the society Adoption of village and conduct of project meet is exclusively done by all the course students and they are tuned for officiating examination .
Human Resource Management	Being the physical education college the institution recognizes and inspires the faculty members to publish the papers in college Bi-annual National -



Journal of Physical Education and Exercise Science with ISBN., encourages faculty and research scholars to publish with free of cost. College also insist to publish papers in national and international journals. The institution provides special CL to faculty to attend the seminars, workshops and conferences. The faculty members are also give On Duty for attending the Refresher Course and Orientation courses in any part of India. They have written many reference books for the Tamil Nadu Physical Education and Sports University and to publish books.

**Admission of Students**

Applications are issued through offline mode and online mode through the college website. We are conducting written and practical exams in the selection trials. Admission is transparent and based on the guidelines framed by NCTE, Government of Tamil Nadu and TNPESU. Results are put-up on the notice board.

**6.2.2 – Implementation of e-governance in areas of operations:**

E-governance area	Details
<p><b>Administration</b></p>	<p>The college has an administrative wing with separate rooms for governing the academic and estate matters. The government wing functions with the e-governances for filling government scholarship application through online and salary of government staff also done through online. The paying of fees by the students through online only. The mentors send the communication to students and parents who creates Whatsapp group. The use of smart phone with inbuilt social app like mail and whatsapp they share the information to the students and get in touch with the parents too. The College Campus is equipped with CCTV cameras at every place, The CCTV is fixed in the women's hostel and Men's hostel. The warden and deputy wardens monitor it through app in their smart phones.</p>
<p><b>Finance and Accounts</b></p>	<p>The college uses C-Soft Solutions to maintain software in the Accounts office for clear operation of Finance and Accounts department of the College. The college management does regular finance audit and national council also conducts annual audit and the report is transparent and is been presented in</p>

	<p>the Board of management meeting and finance committee meeting. This helps to increase the efficiency of staff towards the accuracy in financial transaction. The administrative office keeps all financial records separately as per the events and transactions made for. The administrative office maintains the Books of Accounts properly which helps in auditing procedure.</p>
Student Admission and Support	<p>Applications are issued through offline mode and online mode through the college website. We are conducting written and practical exams in the selection trials. Admission is transparent and based on the guidelines framed by NCTE, Government of Tamil Nadu and TNPESU. Results are put-up on the notice board.</p>
Examination	<p>The controller of examination is one of the faculty members who run the department with separate staff exclusively. The Jayaseeni Software is used to maintain the Controller of Examinations office. Examination department is well equipped with ICT tools necessary for examination purpose. As per the requirement of Examination department all the necessary equipment are provided by the college. It prints the semester mark sheets and issued to students in time.</p> <p>At the end of the semester the consolidated mark-sheets are issued first to the outgoing students. The results are announced within twenty days of completion of examination and uploaded in the college website.</p>

### 6.3 – Faculty Empowerment Strategies

6.3.1 – Teachers provided with financial support to attend conferences / workshops and towards membership fee of professional bodies during the year

Year	Name of Teacher	Name of conference/ workshop attended for which financial support provided	Name of the professional body for which membership fee is provided	Amount of support
2020	Dr. K.Jothi Dyanandan	International conference on sports management- 2020	Pondicherry University,	2000
2020	Dr. George Abraham	International conference on sports management-	Pondicherry University,	2000

2020

[View File](#)

6.3.2 – Number of professional development / administrative training programmes organized by the Colleges for teaching and non teaching staff during the year

Year	Title of the professional development programme organised for teaching staff	Title of the administrative training programme organised for non-teaching staff	From date	To Date	Number of participants (Teaching staff)	Number of participants (non-teaching staff)
2020	FDP - Futuristic Approach and Professional Preparation in Physical Education	-	27/06/2020	03/07/2020	25	0

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6.3.3 – No. of teachers attending professional development programmes, viz., Orientation Programme, Refresher Course, Short Term Course, Faculty Development Programmes during the year

Title of the professional development programme	Number of teachers who attended	From Date	To date	Duration
Refresher course	1	15/11/2019	28/11/2019	21
Refresher course	1	14/11/2019	27/11/2019	14
Refresher course	1	01/09/2019	31/12/2019	90

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6.3.4 – Faculty and Staff recruitment (no. for permanent recruitment):

Teaching		Non-teaching	
Permanent	Full Time	Permanent	Full Time
12	25	12	48

6.3.5 – Welfare schemes for

Teaching	Non-teaching	Students
Health and Physical Education Resource Centre, Staff quarters are provided with very reasonable rent for management staff and for government staff with HRA provided by government of Tamil Nadu. Christmas	Health and Physical Education Resource Centre Uniform is provided to all the office Assistants and ground markers by calling the tailor and by taking measurements. The office staff members are provided with light blue	Fees wave, 2. Scholarships 3. Educational loan, 4. Intercollegiate and inter-university and other competition participation sponsor 5. Earn and learn scheme is applicable. Students are provided

gifts are given. Uniform like T-shirt, track pant and jogging shoe are gifted to all the teaching staff members. Staff are taken to Yellagiri along with students for 5 days leadership training camp. Teacher come with their children to one day picnic organized for the students.

shirts and navy-blue pants. Ground markers, and scavengers are provided with kaki shade dress. The non-teaching staff members can avail interest-free loan with easy instalments. They were taken to Yelagiri hill station for three days with management expenses. Christmas dinner and gifts are given to the family members.

with scholarship by government which is assisted and supported by office staff and they upload the applications through online and scholarships and credited directly to their account by government of Tamilnadu. Students are provided number of chances to learn officiating and gain experience. Students are provided with best uniform with three white T-shirts, 2 maroon track pants, one white track pant, Jogging shoes and blazer with individual measurement. Record note books, free library, gymnasium with weights for power building, access to Swimming pool are also availed by students.

#### 6.4 – Financial Management and Resource Mobilization

##### 6.4.1 – Institution conducts internal and external financial audits regularly (with in 100 words each)

**External Audit: Government of Tamil Nadu:** The Joint Director of Chennai Region makes annual audit with three members comprising of One Superintendent and Two Assistant They verify 1. Student fees collection and expenditure. 2. Attendance of Teaching and Non-teaching aided staff. 3. Verify the scholarship provided to student belonging to B.C., M.B.C., SC ST categories 4. Check the service Registers of all the aided staff 5. All ledger books. 6. Applications received and amount collected. 7. Fees and receipt of the students. 8. College prospectus, Based on the same they send the audit reports to the college management for action. **MANAGEMENT AUDITING :** 1. The college uses C-Soft Solutions to maintain software in the Accounts office for clear operation of Finance and the Accounts department of the College. 2. The college management does regular finance audit and National Council also conducts annual audit and the report is transparent and is presented in the Board of management meeting and finance committee meeting. This helps to increase the efficiency of staff towards the accuracy in financial transaction.

##### 6.4.2 – Funds / Grants received from management, non-government bodies, individuals, philanthropies during the year(not covered in Criterion III)

Name of the non government funding agencies /individuals	Funds/ Grnats received in Rs.	Purpose
National Council of YMCAs of India	525000	Conducts Founders Day in the name of Buck Sports Festival, Purchases Sports equipment, honours the University Blues, National and All India

positioned and participants Provides Christmas Gifts and Dinner for 100 staff members, their family and to 450 students.

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6.4.3 – Total corpus fund generated

807801.70

### 6.5 – Internal Quality Assurance System

6.5.1 – Whether Academic and Administrative Audit (AAA) has been done?

Audit Type	External		Internal	
	Yes/No	Agency	Yes/No	Authority
Academic	Yes	College selects Nominee along with the IQAC Coordinator and Principal as a Chairman	Yes	College Committee constituted by the Principal
Administrative	Yes	Government of Tamil Nadu, Regional Joint Directorate of Collegiate Education	Yes	College management

6.5.2 – Activities and support from the Parent – Teacher Association (at least three)

1. In the beginning of the academic year Orientation program is organised for parents along with their wards. They are oriented with the rules and regulations of the hostel and the college. They also understand the structure and the routine activities of the college. 2. The mentors, the Wardens and the class registrars coordinate and direct the students to study and to have healthy staying experience in their respective hostels. Further they also prepare and mould them according to the needs of the students. 3. Parents are invited to join during the Annual days, Christmas, Talent nights and any such cultural and festivals and thereby to encourage their wards. 4. They also fill the feedback form.

6.5.3 – Development programmes for support staff (at least three)

1. Encouraging them to acquire computer skills 2. Administrative Training 3. The ground staff (Markers) are updated with the latest rules and regulation in marking the grounds and courts.

6.5.4 – Post Accreditation initiative(s) (mention at least three)

To encourage students and teachers to present research papers in reputed journals Progression in internet facilities in campus. Enhancement in the infrastructure for class rooms.

6.5.5 – Internal Quality Assurance System Details

a) Submission of Data for AISHE portal

Yes

b)Participation in NIRF	No
c)ISO certification	No
d)NBA or any other quality audit	No

6.5.6 – Number of Quality Initiatives undertaken during the year

Year	Name of quality initiative by IQAC	Date of conducting IQAC	Duration From	Duration To	Number of participants
2020	Annual Leadership Camp	17/02/2020	24/02/2020	28/02/2020	188
<a href="#">View File</a>					

**CRITERION VII – INSTITUTIONAL VALUES AND BEST PRACTICES**

**7.1 – Institutional Values and Social Responsibilities**

7.1.1 – Gender Equity (Number of gender equity promotion programmes organized by the institution during the year)

Title of the programme	Period from	Period To	Number of Participants	
			Female	Male
Nil	Nil	Nil	0	0

7.1.2 – Environmental Consciousness and Sustainability/Alternate Energy initiatives such as:

Percentage of power requirement of the University met by the renewable energy sources
1. Parking zones are kept in the entrance itself for the free of cost. 2. Emphasizing on plastic free campus 3. Plantations of 550 saplings were done and Measures are taken to protect the trees in the campus. 4. Alcohol Tobacco free environment. 5. Solar panels are erected in the streets of the campus. 6. All the hostel rooms and administrative blocks are facilitated with LED Lamps and solar panels.

7.1.3 – Differently abled (Divyangjan) friendliness

Item facilities	Yes/No	Number of beneficiaries
Ramp/Rails	Yes	2
Scribes for examination	Yes	1
Special skill development for differently abled students	Yes	21
Any other similar facility	Yes	50
Physical facilities	Yes	50

7.1.4 – Inclusion and Situatedness

Year	Number of initiatives to address locational advantages and disadvantages	Number of initiatives taken to engage with and contribute to local community	Date	Duration	Name of initiative	Issues addressed	Number of participating students and staff
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2019	1	1	04/07/2019	365	Special School	Improving Physical, Mental and Emotional	21
2019	1	1	04/07/2019	365	Physical Training for Special Children	Physical Fitness and Training to improve over all abilities	10
2019	1	1	15/10/2019	3	White cane day celebration with Physically Impaired Population	Distribution of Cane to the physically impaired people thereby developing a self-confidence and courage	50
<a href="#">View File</a>							

7.1.5 – Human Values and Professional Ethics

Title	Date of publication	Follow up(max 100 words)
Annual Leadership Training Camp	25/11/2019	Every year a Leadership training Camp will be organized for the outgoing students for five days in Yelagiri hills. This year the Leadership Training Camp was conducted between 24th to 29th February 2020. Attending the camp is a requirement for all the students for the completion of course at the college. The Camp is organized for imparting practical experience in organizing camps and to experience camp life under staff leadership. The Camp is organized to impart human values and ethics. Every day, a philosopher and resource persons are invited to

divulge the ethics, human values, moral values and also leadership qualities to make them a good citizen.

#### 7.1.6 – Activities conducted for promotion of universal Values and Ethics

Activity	Duration From	Duration To	Number of participants
Independence Day Celebration	15/08/2019	15/08/2019	480
Teachers day	05/09/2019	05/09/2019	501
National Sports Day	29/08/2019	29/08/2019	330
Republic Day	26/01/2020	26/01/2020	480
All Souls Day	02/11/2019	02/11/2019	456
World Week of Prayer	04/11/2019	08/11/2019	130
Prayer Cell	12/07/2019	02/03/2020	133
World Women's Day	06/03/2020	06/03/2020	8

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#### 7.1.7 – Initiatives taken by the institution to make the campus eco-friendly (at least five)

Diesel engine and sound proof generator is used when in emergencies.
Plantation of tree saplings were done regularly, and eco friendly campus is maintained.
Plastic, Alcohol and Tobacco free campus.
Sanitary dispenser used in women hostel. Dust pins are kept in all the places to make the tidy environment.
LED Bulbs and solar panels are used in all the classes, administrative blocks and streets.

### 7.2 – Best Practices

#### 7.2.1 – Describe at least two institutional best practices

YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM, CHENNAI-35 TWO INSTITUTIONAL BEST PRACTICES 2019-20 Best Practice-I 1. Title of the Practice: ADAPTED PHYSICAL EDUCATION FOR THE DIFFERENTIALLY ABLED A DIRECT SERVICE INITIATION OF THE PRACTICE The project came into existence in the year 1978, when the college authorities felt the need to take care of the differentially abled community. Initially the Christoffel Blinden Mission (West Germany) came forward to financially assist the Project for the Blind to strengthen the services of the college to the Blind Community. 2. Goal: Adapted Physical Education programmes were introduced at the college through the Invention of Adapted games by the college which caters to all the groups of differentially abled people. The Management came forward wholeheartedly, to accept the very idea of starting a Special School as a project of the Institution and to start the services to these special children under the concept, Charity Starts At Home. The school is benefitted by using the infrastructure, human capital and the expertise of our Faculty Members, the Sports Physician, Physiotherapist and Special Educators it has taken a lead in serving the Differentially Abled Population in India. 3. The Context: Now Adapted Physical Education Paper is a part of the M.P.Ed. and B.P.Ed. syllabus and made it as a core paper. OBJECTIVES OF THE PRACTICE o



Programmes offered by the project improve the Physical Fitness of the Differentially abled people o It offers O M training to the clients o This makes possible to integrate the special children with the normal school o It leads to training teachers of special schools and rehabilitation centers to be of more service to the differentially abled children. 4. The Practice: The entire project of differentially abled was gloriously growing when Prof. Dr. S.Jaimitra, (the project director, teaching faculty and the founder of the Adapted Games) promoted the Adapted Physical Education programmes giving impetus to **EQUITABLE ACCESS** to Physical Education for the differentially abled. This programme was further made effective, valuable and incredible as the course for the M.P.Ed. and B.P.Ed. Students. 5. Evidence of Success: This Best Practice not only has educative values but greatly influenced by the Social Values to be imbibed by the teachers. The benefits are manifold and cover various aspects of Human Life. The programme offered under the Project of the Differentially Abled encompasses the main objective of the institution, A service to the community - The programme trains leaders who can handle special children and children with other disabilities and to provide them with a Remedial Program. Serving such population includes, o Integrated Recreational Activities - The Children with the help of the students, are given group activities which influence the behavior of the children towards positive direction/perceptive of life. o Based on the disability, they are given therapy at the college Clinic by the Physiotherapist, under the headship of our college Medical Officer. o Seminars and workshops are conducted for the teachers of special schools on implementing special activities. o The students are given an opportunity to learn the Adapted Physical Education at the Masters' Degree level. 6. Problems encountered and Resources required o The differentially abled are assisted in all their competitions by the college students, particularly by those who have learnt Adapted Physical Education. o The Adapted games are popularized only through the College to various institutions by the Students. The NGO and other sponsors, Media should extend their hands for the promotion. 7. Note: Knowing the fact that, unless the physical fitness of the blind was improved, the O M (Orientation and Mobility) techniques cannot be taught to the blind successfully. This was done through the students of Bachelor of Mobility Science (BMS) , a one year degree programme, recognized by RCI and affiliated to Tamil Nadu Physical Education and Sports University.

Later the service was extended to all differentially abled, though the financial support was not extended. Best Practice-II 1. Title of the Practice: **SERVICE LEARNING- AN EXPERIMENTAL AND EXPERIENTIAL EDUCATION INITIATION OF THE PRACTICE** The college since its very inception has been providing Community Based Service Service learning Programme, directly and indirectly, is practiced by the students of the College with their active involvement in all the out-reach programmes. Service-learning becomes a method of teaching, learning and reflecting, youth service for the entire community through the activities of the College. As a teaching method, it falls under experimental education. More specifically, the sports programmes organized in and out of the campus integrate meaningful community service with instruction and reflection to enrich the learning experience, teach civic responsibility, encourage lifelong civic engagement, and strengthen communities for the common cause of health, fitness and wellness. 2. Goal: The Extra-Curricular, the Co-curricular and even the curricular activities always have a stint of Community orientation in all their programmes. One of the objectives of the college of Physical Education is to serve the community with the physical education leadership and providing the Overall Development of each domain of an Individual such as Physical, Mental, Moral, Spiritual and Social. 3. The Context: It enables learning in action. o Service-learning actively engages the students in meaningful and personally relevant service activities. o Service-learning projects work best, when they grow in the developmental abilities of the participants, by engaging in interesting service activities and exploring the context of the underlying

societal issues. o The outreach programmes extended to the Rural Population causes the growth opportunities. o The learning in action meets the curricular objectives. 4. The Practice: Service learning is practiced by offering community based programmes by the College. The calendar of the college carries larger activities in which the students practice the curricular aspects learnt as the theory. The knowledge of transferring the theoretical conceptual understanding is practiced in the perspective and framework of community service. The subjects namely Methods, Organization and Supervision include the course material which deals with the guidelines of marking the track for competition. The students who take up a Project Meet at the Rural Village, converts the practical knowledge into action and that forms the flexible tool to learn the art of marking the track. At the same time it forms the service for the school and the community. Thus, service learning meets both ends of Curricular Goals and Community Needs. 5. Evidence of Success: The impact of this Service Learning is listed with the background of the work done by the students and the staff. o The students take up Project Work at the rural areas, where there is very less awareness of sports related activities. Project meets are organized in schools in the rural areas. This act of helping the school/community gives the strong foundation on the specific knowledge which is part of their curriculum. o The M.Phil. Scholars and BPES Final Year students adopt a village every year to materialize the Village Placement Programme (VPP). They have to stay in the village to continue the programme. The activity carried out is normally in the form of health awareness through, Conducting Sports Competitions at the Village. The Class Registrar of the M.Phil and BPES Final Year takes special care of the programmes. o Rallies are organized by the College in which the students take up demonstrations of the activities learned at the College say Asanas, Aerobics and Stretching Exercises. There were occasions where the Demonstration of Physical Activities was done at Parks and Beach. The crowd, attracted by the demonstration will be motivated to understand the concept of Functional Fitness and Health. o The summer coaching camp is an annual feature of the college. The camp organized by the college is targeted for the orphans and financially poor students from various schools. The teachers and the students train them in the morning and evening. o The students take up Professional Services in various Schools and Colleges in officiating the tournaments. This is encouraged during the holidays as it gives a lot of new experience of officiating the matches. It is a rare opportunity with preparatory learning experience towards State level and National level officiating examinations. 6. Problems encountered and Resources required The students take up different Extension Activities to give out their services. It's very difficult to gather the women and children from the remote area. The teachers and students face lots of problem to go to those specific areas, to prepare the playfield, collect the obese women and teach the game. To achieve these service goals and academic goals there should be perfect coordination among the co-ordinators, teachers, students, and community partners. They should all have a sense of engagement, commitment, investment, and ownership. To develop this, participants evaluate what they bring to the experience and set goals, laying a sustainable foundation on which they can effectively build. 7. Note: The other modes of Service Learning accomplished are, N.S.S programme Remedial programme at the Special School Play Day Coastal Clean up Tree Planting White Cane day Activities for the Project of Disabled

Upload details of two best practices successfully implemented by the institution as per NAAC format in your institution website, provide the link

[http://ymcacollege.ac.in/pdf/best\\_practices\\_2019-20.pdf](http://ymcacollege.ac.in/pdf/best_practices_2019-20.pdf)

### 7.3 – Institutional Distinctiveness

7.3.1 – Provide the details of the performance of the institution in one area distinctive to its vision, priority and thrust in not more than 500 words

YMCA college of physical education which was established ten decades ago is visualized as a teacher training institution which prepares full-fledged leaders in Physical Education with over all development of physical ,mental ,moral and spiritual values who can contribute to the nation ,to create and sustain healthy citizens. Over ten decades, the YMCA College has continued to carve out a special space for themselves in quality physical education program.

MAJOR CONSIDERATIONS OF THE INSTITUTION The institution prepares teaching personnel who are physically fit, intelligent, emotionally stable, social minded, spiritually enlightened, recreationally competent, vocationally prepared and committed to the cause of health, physical education, sports and recreation to make the nation fit. Striving for excellence in physical education profession and allied sciences through dynamic programs and activities and also empower youth with increased responsibility of serving the community. To pursue global standard of excellence in teaching, learning, research and consultancy in physical education and also focusing on self-evaluation and continuous improvement. Provide knowledge -based services to the sports industry and to satisfy the needs of the society.

Provide the weblink of the institution

[Link: http://www.ymcacollege.ac.in/best-practices.aspx](http://www.ymcacollege.ac.in/best-practices.aspx)

### **8.Future Plans of Actions for Next Academic Year**

The YMCA College of physical education is a pioneer college established first in the whole of South- East Asia. We are entering the centenary year and we need to celebrate it in a mega manner. But being the pandemic situation it was planned to conduct online classes and examinations through online mode. The following plan was made : 1. In commemoration of 100th year of celebration it was decided t gift a wrist watch with 100th year inscribed inside the watch 2. Plan to organize a series of National Seminar Workshop and FDP through online mode. 3. To uphold the wide spread use of online teaching learning and evaluation platforms. 4. To further strengthen the ICT. 5. Plan to support the staff development facility and organize regular training programs. 6. To strengthen alumni participation. 7. Infrastructural expansion. 8. To arrange special programs for teaching/non-teaching staff. 9. Introduction of some more integrated courses 10. Enhancing academic excellence.