YMCA COLLEGE OF PHYSICAL EDUCATION

Chennai – 600 035

A Project of the National Council of YMCAs of India
(An Autonomous College Affiliated to Tamil Nadu Physical Education & Sports University)
Re-accredited by NAAC with Grade 'A', recognized by NCTE and Government of Tamil Nadu

CENTENARY CELEBRATION

&



Registration Free

INTERNATIONAL CONFERENCE ON CHALLENGES & STRATEGIES: A MARK TO WIN TOKYO OLYMPICS - 2020

Date: 10th July, 2021, Time: 10.00 AM to 01.00 PM



ABOUT THE COLLEGE

Harry Crowe Buck founded the YMCA College of Physical Education at Madras, in the year 1920 which is the first in South East Asia. He played a key role in promoting sports and establishing Olympic movement in India. He has been called as "The Father of Physical Education in India". The University Grants Commission and the University of Madras conferred the status of autonomy upon our college in 1987 by virtue of its reputed services to humanity through physical education, health education, recreational activities and its allied sciences. YMCA College of Physical Education is affiliated to the Tamil Nadu Physical Education and Sports University, Re-accredited by NAAC with Grade 'A', recognized by NCTE and Government of Tamil Nadu

YMCA COLLEGE & OLYMPIC MOVEMENT

The most significant work of the YMCA in the field of physical education was to make it possible for India to be represented in the Olympics. H C Buck was the manager of the Indian team in 1924, an athletic coach, and Principal of the YMCA Physical Training School at Madras. He was also one of the founding members of the Olympic movement in India and the Indian Olympic Association. In a short span of two months, each members were well trained by H. C. Buck were they broke their own record in the Olympic competition. At the inaugural ceremony on an opening day, the Indian team, smoothly dressed with the word INDIA printed in bold capitals across the chest, marched proudly carrying their banner. The credit for building the morale and discipline of the team at Paris should go to Buck and Marry Buck. The team conducted itself so well that even the newspapers showered the highest praise on the demeanour of the Indian team.

In commemoration of the Centenary year celebration, the college takes pleasure of inviting you to the International Conference on CHALLENGES & STRATEGIES: A MARK TO WIN TOKYO OLYMPICS-2020 through virtual mode on July 10th 2021 at 10.00 am. This conference brings together more than 20 Indian Olympians and Vice-chancellors of various Sports Universities in the country. They would bring to light the best of discussions on the direction and growth of sports in our country and address the challenges and strategies the Indian Olympic team has kept ahead at Tokyo 2020 Olympics. With immense pleasure, YMCA College invites all enthusiasts to join the International Conference scheduled over the online platform, Zoom Meet. This virtual meet with minimal registration formalities is accessible to anyone around the nation. E - Certificates signed by Olympians will be issued to all the participants.

As a token of appreciation, YMCA College would Honour the Olympians with "CAYSE AWARD" which will be awarded by the Vice –Chancellors of different Sports Universities in India.

CAYSE AWARD

(CENTINNIAL AWARD OF YMCA COLLEGE FOR SPORTS EMINANCE)

10TH JULY, 2021 10 AM TO 1 PM

Chief Guest



Hon. Justice Kurian Joseph (Retd.)
(Retired Judge - Supreme Court)
Chairman , YMCA College

Guest of Honour



Hon. Justice J. B. Koshy (Retd.)
(Retired Chief Judge - Patna High Court)
President of Indian YMCAs



Mr. J. Benjamin Franklin
Correspondent & Secretary
Chairman of the Conference



Dr. George Abraham
Principal
Gen: Convener



Mr. Rajjiv George
Administrator & Estate Manager

Organizing Secretaries



Dr. K. Jothi Dayanandan
Associate Professor



Dr. J. Glory Darling Margaret
Assistant Professor

Organizing Committee Members

Dr. S. Johnson Premkumar, Asst. Prof.
Dr. J. Jackson Sutharsingh, Asst. Prof.
Dr. S. Glady Kirubakar, Asst. Prof.
Dr. S. Jerome David, Asst. Prof.
Dr. E. Simson Jesudoss, Asst. Prof.
Dr. S. Abraham Davidson, Asst. Prof.
Mr. M. Felix Arokkiaraj, Asst. Prof.
Dr. A. Merlin Thanga Daniel, Asst. Prof.
Dr. R. Prabu, Librarian
Dr. J. Samuel Jesudoss, Asst. Prof.
Dr. Pon. Anbarasu, Asst. Prof.

Dr. J. James, Asst. Prof.
Mr. B. Praveen Doss, Asst. Prof.
Dr. K. Karthikeyan, Asst. Prof.
Dr. J. Komala, Asst. Prof.
Dr. G. Bobby, Asst. Prof.
Dr. S. Sathish Kumar, Asst. Prof.
Mr. K. Mugil, Physiotherapist
Rev. Dr. E. Abraham Jepasingh, Asst. Prof.
Mr. V. Balaraman, Asst. Prof.
Mrs. T. Mebelda, Computer Faculty

10TH JULY, 2021 **10 AM TO 1 PM**

HONOURED GUEST'S



Lt. Gen. Jagbir Singh Cheema
VC, MBSPS University
Punjab



Dr. Sheila Stephen
VC, TNPESU
Tamil Nadu



Dr. Arjunsinh Rana
VC, SGS University
Gujarat



Prof. S. Mukherjee
VC (Officiating), LNIPE
Gwalior



Prof. Jitendra Naruka
Former VC, LNIPE
Gwalior
Madhya Pradesh



Prof. Alok Banerjee
Former VC
University of Kalyani
West Bengal



Prof. A. K. Uppal
Former Dean, LNIPE
Gwalior
Madhya Pradesh



Prof. R. Thirumalaisamy
Former VC, TNPESU
Tamil Nadu



Dr. Jatinkumar Soni
Former VC
SGS University
Gujarat



Prof. K. Vaithiyanathan
Former VC, TNPESU
Tamil Nadu



Prof. A. M. Moorthy
Former VC, TNPESU
Tamil Nadu

10TH JULY, 2021 **10 AM TO 1PM**

RENOWNED OLYMPIANS



Padma Shri. M. P. Ganesh
Hockey
1972 Munich Olympics
Padma Shri & Arjuna Awardee



Padma Shri. Charles Borromeo
Athletics
1984 Los Angeles Olympics
Padma Shri & Arjuna Awardee



Padma Shri. P T Usha
Athletics
4 Olympics: 1980, 1984, 1988 & 1992
Padma Shri & Arjuna Awardee



Padma Shri. Shiny Wilson
Athletics
4 Olympics: 1984,1988, 1992 & 1996
Padma Shri & Arjuna Awardee



Padma Shri. Limba Ram
Archery
1988, 1992 & 1996 Olympics
Padma Shri & Arjuna Awardee



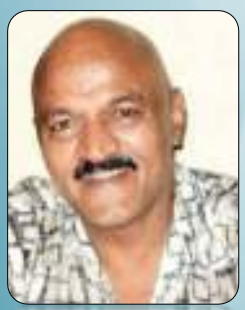
Padma Shri. K. M. Beenamol
Athletics
2004 Athens Olympics
Padma Shri & Arjuna
Rajiv Gandhi Khel Ratna Awardee



Padma Shri. Anju Bobby George
Athletics
2004 Athens Olympics
Bronze Medalist in
World Championships (Paris, 2003)
Padma Shri, Arjuna &
Rajiv Gandhi Khel Ratna Awardee



Col. Balbir Singh Kular
Hockey
1968 Olympics
Arjuna awardee



B. P. Govinda
Hockey
1972 Olympics
Arjuna Awardee

10TH JULY, 2021 **10 AM TO 1PM**

RENOWNED OLYMPIANS



Charles Cornelius
Hockey
1972 Munich Olympics
Dhyan Chand Awardee



T.C .Yohannan
Athletics
Former Asian Record
1976 Montréal Olympics
Arjuna Awardee



V. Baskaran
Hockey
Indian Team Captain
Gold Medal
1980 Moscow Olympics
Arjuna Awardee



M. Tamil Selvan
Weight Lifting
1980 Olympics
Arjuna Awardee



Venkatesan Devarajan
Boxing
1992 Olympics
Arjuna Awardee



Sebastian Xavier
Swimming
1996 Atlanta Olympics
Arjuna Awardee



Bobby Aloysius
Athletics
2000 Sydney Olympics
Dhyan Chand Awardee



Jincy Philip
Athletics
2000 Sydney Olympics
Dhyan Chand Awardee



Abhinn Shyam Gupta
Badminton
2004 Athens Olympics
Arjuna Awardee

10TH JULY, 2021 **10 AM TO 1PM**

RENOWNED OLYMPIANS



P.R. Sreejesh
Hockey, Indian Team Captain
2016 & 2020 Tokyo Olympics
Arjuna Awardee



Perumal Subramanian
Athletics
1980 Moscow Olympics



Harbhajan Singh
Basketball
1980 Moscow Olympics



Purukottam Ramachandran
Athletics
2000 Sydney Olympics



Renjith Maheswary
Athletics
2008, 2012 & 2016 Olympics



Sajan Prakash
Swimming (Qualified)
2016 & 2020 Tokyo Olympics



Sreeshankar Murali
Long Jump (Qualified)
2020 Tokyo Olympics

10TH JULY, 2021 **10 AM TO 1PM**

PROGRAM INSTRUCTIONS

- E-certificate will be provided based on registration and attendance in all the sessions.
- **The certificates will be signed by the Olympians.**
- Zoom meeting ID and YouTube link will be communicated further the registration.

As a token of appreciation, YMCA College would Honour the Olympians with **"CAYSE AWARD"** which will be awarded by the Vice –Chancellors of different Sports Universities in India.

CAYSE AWARD
(CENTINNIAL AWARD OF YMCA COLLEGE FOR SPORTS EMINANCE)



Click Here To Register

For queries, please contact

Dr. K. Jothi Dayanadan
Associate Professor
9444335355

Dr. J. Glory Darling Margaret
Assistant Professor
9444886080

10TH JULY, 2021 | **10 AM TO 1 PM**

YMCA COLLEGE OF PHYSICAL EDUCATION

Nandanam, Chennai - 600035.

CENTENARY CELEBRATIONS

National workshop on
Practical Aspects of Strength and Conditioning
for Sports Performance
16th March, 2021

ENTRY FORM

Name : _____

Class : _____

Roll No. : _____

Email Id : _____

Phone : _____

Signature of the Participant

YMCA COLLEGE OF PHYSICAL EDUCATION

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CENTENARY CELEBRATIONS

National Workshop
on
Practical Aspects of
Strength and Conditioning
for Sports Performance

16th March, 2021
at Gymnasium



Organising Committee

Hon. Justice J. B. Koshy
(Retd. Chief Justice Patna High Court)
National President YMCAs India

Hon. Justice Kurian Joseph
(Retd. Supreme Court Judge)
Chairman

Mr. Bertram Devadass
General Secretary YMCAs India

Mr. J. Benjamin Franklin
Correspondent & Secretary

Mr. Rajjiv George
Administrator & Estate Manager

Convenor
Dr. George Abraham
Principal

Organising Secretary
Dr. (Mrs.) Kjothi Dayanandan
Associate Professor

Members

Dr. S. Johnson Premkumar, Asst. Prof.
Dr. J. Lucknow Sathyasingh, Asst. Prof.
Dr. J. Glory Darling Margaret, Asst. Prof.
Dr. S. Cindy Kirubakar, Asst. Prof.
Dr. S. Jerome David, Asst. Prof.
Dr. E.Dinson Jayadhas, Asst. Prof.
Dr. S. Abraham Daniel, Asst. Prof.
Mr. M. Felix Arokiaraj, Asst. Prof.
Dr. A. Merlin Thanka Daniel, Asst. Prof.
Dr. R. Prabhu, Librarian
Dr. J. Samuel Jesudasan, Asst. Prof.
Dr. Pon. Anbarasan, Asst. Prof.
Dr. J. James, Asst. Prof.
Mr. R. Praveen Dass, Asst. Prof.
Dr. S.Karthikeyan, Asst. Prof.
Dr.J. Romulo, Asst. Prof.
Dr. A. Bobby, Asst. Prof.
Mr. K. Muthu, Asst. Prof.
Mrs. T. Mahendra, Librarian Grade

ABOUT THE COLLEGE

Established in the year 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 1996 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 popularising many new programmes by taking the lead in many pioneering ventures. In order to turn 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 a whole and thereby to stand first in serving the good cause of our nation.

The College is celebrating its Centenary Year in this regard the college management has decided to organize a series of Workshops, Seminars and Conferences. To start with A National workshop on Practical aspects of strength and conditioning for Sports Performances.

Aims and Objectives of the Workshop

- Good organizational skills to direct and supervise initial assessment of an athlete's injury or illness in order to provide emergency or continued care.
- Evaluate athletes' readiness to play and provide participation clearances when necessary and warranted.
- Develop training programs and routines designed to improve athletic performance & advise athletes on the proper use of equipment.
- Travel with teams in order to be available at sporting events and taking care of the pre event and the post event nutrition and hydration of the players.
- Provide safe and effective instruction of all cardiovascular and weight training equipments.
- Conduct equipment orientations & evaluate exercise equipment along with ability to use and operate a variety of strength training and cardiovascular equipment.

RESOURCE PERSON
Mr. K. SATHISH KUMAR
NSCA CSCS (certified strength and condition specialist)
Certified Trainer /Gym Instructor Progressive Fitness USA



YMCA COLLEGE OF PHYSICAL EDUCATION

Nandanam, Chennai - 600035.

CENTENARY CELEBRATIONS

National workshop on

Sports Injury Management, Rehabilitation and First Aid

17th March, 2021

REGISTRATION FORM

Name : _____

Designation/Class : _____

Email Id : _____

Phone : _____

State : _____

Signature of the Participant

YMCA COLLEGE OF PHYSICAL EDUCATION

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CENTENARY CELEBRATIONS

National Workshop

on

Sports Injury Management, Rehabilitation and First Aid

17th March, 2021

at Indoor Gymnasium



Organising Committee

Hon. Justice JB Koshy
(Retd. Chief Justice Patna High Court)
National President YMCAs of India

Hon. Justice Kurian Joesph
(Retd. Supreme Court Judge)
Chairman

Mr. Bertram Devadas
General Secretary YMCAs of India

Mr. J. Benjamin Franklin
Correspondent & Secretary

Mr. Rajjiv George
Administrator & Estate Manager

Convenor

Dr. George Abraham
Principal

Organising Secretary

Dr. S. Gladv Kiruhakar, Asst. Prof.

Members

Dr. (Mrs.) S.Jothi Dhanasekaran, Associate Professor
Dr. S. Johnson Priyadarshan, Asst. Prof.
Dr. J. Jackson Sathyasingh, Asst. Prof.
Dr. J. Glory Darling Margaret, Asst. Prof.
Dr. S. Jerome David, Asst. Prof.
Dr. Clarence Jayadass, Asst. Prof.
Dr. S. Abraham Davidson, Asst. Prof.
Mr. M. Felix Arokiaraj, Asst. Prof.
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Dr. S. Prabhu, Librarian
Dr. J. Samuel Jeyadass, Asst. Prof.
Dr. Pon. Asharaya, Asst. Prof.
Dr. J. James, Asst. Prof.
Mr. B. Praveen Dass, Asst. Prof.
Dr. K.Karthikeyan, Asst. Prof.
Dr.J. Kamala, Asst. Prof.
Dr. G. Robby, Asst. Prof.
Mr. Satbish Kumar, Asst. Prof.
Mr. K. Mugil, Physiotherapist
Mrs. T. Mabella, Computer Faculty

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The College is celebrating its Centenary Year in this regard the college management has decided to organize a series of Workshops, Seminars and Conferences. National workshop o Sports Injury Management, Rehabilitation and First Aid will be one of the important milestone on the journey of YMCA College.

Aims and Objectives of the Workshop

- To understand types of sports injuries.
- To impart the knowledge of prevention of sports injuries.
- To develop on field injury management skills.
- To minimize sports injury and learn to avoid.
- Return to sports with proper rehabilitation.
- Learning to provide First aid for the sports injuries
- Good organizational skills to direct and supervise initial assessment of an athlete's injury or illness to order to provide emergency or continued care.
- Evaluate athletes' readiness to play and provide participation clearances when necessary and warranted.



RESOURCE PERSON
Mr. D. Vincent Jeyaraj MPT PACPT
Assistant Professor SRM IST
Ex- Field Injury Management Specialist

YMCA COLLEGE OF PHYSICAL EDUCATION

Nandanam, Chennai - 600035.

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Autonomous College Registered under UGC Act
Affiliated to Tamil Nadu Physical Education & Sports University
Recognized by the National Council for Teacher Education & Government of Tamil Nadu

INTERNATIONAL CONFERENCE ON "STRATEGIC PREPAREDNESS AND RESPONSE PLAN FOR PHYSICAL EDUCATION PROFESSIONALS"

Date: 17th July 2021 Time: 10:30 AM to 01.00 PM

Registration Link : https://forms.gle/mc5dmoBb1w7ZSqYHA

Registration **FREE**

Platform : zoom YouTube

ABOUT THE COLLEGE

Harry Crowe Buck founded the YMCA College of Physical Education at Madras, in the year 1920 which is the first in South East Asia. He played a key role in promoting sports and establishing Olympic movement in India. He has been called as "The Father of Physical Education in India". The University Grants Commission and the University of Madras conferred the status of autonomy upon our college in 1987 by virtue of its reputed services to humanity through physical education, health education, recreational activities and its allied sciences. YMCA College of Physical Education is affiliated to the Tamil Nadu Physical Education and Sports University, Re-accredited by NAAC with Grade 'A', recognized by NCTE and Government of Tamil Nadu

Organising Committee

Hon. Justice JB Koshy
(Retd. Chief Justice Patna High Court)
National President YMCAs of India

Hon. Justice Kurian Joesph
(Retd. Supreme Court Judge)
Chairman

Mr. J. Benjamin Franklin
Correspondent & Secretary

Mr. Rajjiv George
Administrator & Estate Manager

Dr. George Abraham
Principal cum Convenor

Organising Secretaries

Dr. S. Glady Kirubakar, Asst. Prof

Dr. S. Jerome David, Asst. Prof.

Members

Dr. (Mrs.) K. Jothi Dayanandan, Asso. Prof.
Dr. S. Johnson Premkumar, Asst. Prof.
Dr. J. Jackson Sutharsingh, Asst. Prof.
Dr. J. Glory Darling Margaret,Asst. Prof.
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Dr. K.Karthikeyan, Asst. Prof.

Dr.J. Komala, Asst. Prof.
Dr. G. Bobby, Asst. Prof.
Mr. Sathish Kumar, Asst. Prof.
Mr. K. Mugil, Physiotherapist
Mrs. T. Mabelda, Computer Faculty
Dr. Abraham Jebasingh, Part-time English Teacher
Mr. Balaraman Part-time Tamil Teacher



Chief Guest

Prof. G. Ravindran

Principal
Koviloor Andavar College of Physical Education &
Sports Science, Koviloor, Karaikudi



Guest of Honour

Prof. Archana Chahal

HoD, Dept. of Physical Education,
Central University of Allahabad, Allahabad, UP.

Resource Persons



Dr. Liandi Vd Berg

Senior lecturer, Sport Business
Management, North-West University Vanderbijlpark,
South Africa

Competitive intelligence of sports coaches, teams and athletes
11 am - 12 Noon



Dr. Rakesh Tomar

Physical Education Department
King Fahd University of Petroleum & Minerals
Dhahran, Saudi Arabia

Reflexion on sports nutrition: Strategies for enhancing performance
12 Noon - 1 pm

Program Instructions :

➲ E-certificate will be provided based on registration and attendance in all the sessions

➲ Conference Zoom & Youtube link will be communicated in the whatsapp group and through e-mail.

Contact

Dr. S. Glady Kirubakar
Assistant Professor
Mob No. : 9940412283

Dr. S. Jerome David,
Assistant Professor
Mob No. : 9841284831

e-mail : sparpjuly21@gmail.com

About the Conference……..

Conference will highlight about the competitive intelligence and the reflexion of the sports nutrition for enhancing performance. Participants of the conference will gain strategic knowledge about the competitive intelligence and the response plan for peak performance. Conference will also enhance your knowledge with rich input of sports nutrition for sports performance.

Target participants …..

*Physical education teachers
* Physical trainers
* Coaches
* Fitness trainers
* Gym instructors
* Sports nutritionists
* Yoga instructors
* Sports psychologists
* Professionals from sports industry
* Professionals from fitness industry
* Sports Activists
*Physical education teacher trainees
* Athletes
* Sports marketing professionals

YMCA COLLEGE OF PHYSICAL EDUCATION

Nandanam, Chennai - 600035.

CENTENARY CELEBRATIONS

National workshop on

Neoteric Research Methods, Application of Statistical Techniques in Physical Education and Sports

18th March, 2021

REGISTRATION FORM

Name : .....

Designation/Class : .....

Email Id : .....

Phone : .....

Signature of the Participant

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CENTENARY CELEBRATIONS

National Workshop

on

Neoteric Research Methods, Application of Statistical Techniques in Physical Education and Sports

18th March, 2021

at YMCA College Gymnasium

SPSS

Organising Committee

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(Retd. Chief Justice Patna High Court)
National President YMCAs of India

Hon. Justice Kurian Joseph
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Chairman

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Dr. J. Jackson Nathaniel singh, Asst. Prof.
Dr. J. Glory Darling Margaret, Asst. Prof.
Dr. S. Jemima David, Asst. Prof.
Dr. C.Hanse Jeyakaran, Asst. Prof.
Dr. S. Abraham Darshanan, Asst. Prof.
Ms. M. Kala Arokiamary, Asst. Prof.
Dr. G. Murthy Thanika Daniel, Asst. Prof.
Dr. R. Prabhu, Librarian
Dr. J. Samuel Jesudhas, Asst. Prof.
Dr. Pon. Ashwanth, Asst. Prof.
Dr. J. Sahaya, Asst. Prof.
Mr. R. Praveen Rose, Asst. Prof.
Dr. K.Karthikeyan, Asst. Prof.
Dr.I. Kennedy, Asst. Prof.
Dr. G. Bobby, Asst. Prof.
Mr. Sathish Kumar, Asst. Prof.
Mr. K. Magil, Physiotherapist
Mrs. T. Mahalaksmi, Computer Faculty

ABOUT THE COLLEGE

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The College is celebrating its Centenary Year in this regard the college management has decided to organize a series of Workshops, Seminars and Conferences. National workshop on Nonparametric Research Methods, Application of Statistical Techniques in Physical Education and Sports will be one of the important milestone on the journey of YMCA College.

Aims and Objectives of the Workshop

- Literature search
- Writing research proposal
- Research designs
- Data collection instrument including validity and reliability
- Data collection techniques and methods
- Sample size estimations
- Test of significance
- Use of SPSS
- Analysis and interpretation of data
- Qualitative research

RESOURCE PERSON

Dr. P. Mahendra Varman M.E.,Ph.D.,
Department of Econometrics,
University of Madras
Former Director of National Institute of Labour Economics and Research



YMCA COLLEGE OF PHYSICAL EDUCATION

Nandanam, Chennai - 600035.

CENTENARY CELEBRATIONS

National Workshop on
Swiss Ball and Core Strengthening
19th March, 2021

ENTRY FORM

Name : _____

Class : _____

Roll No. : _____

Email id : _____

Phone : _____

Signature of the Participant

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CENTENARY CELEBRATIONS

National Workshop on Swiss Ball and Core Strengthening

19th March, 2021 at Gymnasium

Organising Committee

Hon. Justice JB Koshy
(Hon'ble Chief Justice Patna High Court)
National President YMCAs of India

Hon. Justice Kurian Joesph
(Hon'ble Supreme Court Judge)
Chairman

Mr. Bertram Devadas
General Secretary YMCAs of India

Mr. J. Benjamin Franklin
Correspondent & Secretary

Mr. Rajjiv George
Administrator & Exam Manager

Convenor
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Dr. S. Gladi Kiruhakar Asst. Prof.
Dr. S. Jerome David, Asst. Prof.
Dr. T.Arnon Jesudasy, Asst. Prof.
Dr. S. Abraham Davidson, Asst. Prof.
Mr. M. Felix Arokkiaraj, Asst. Prof.
Dr. A. Merlin Thanka Daniel, Asst. Prof.
Dr. R. Prabhu, Librarian
Dr. J. Samuel Jesudasu, Asst. Prof.
Dr. Pon. Sabastian, Asst. Prof.
Dr. J. Jasmin, Asst. Prof.
Mr. K. Praveen Rose, Asst. Prof.
Dr. S.Karthikeyan, Asst. Prof.
Dr.J. Kamala, Asst. Prof.
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Mr. K. Magil, Physiotherapist
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Established in the year 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 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 as a whole and thereby to stand first to serving the good cause of our nation.

The College is celebrating its Centenary Year in this regard the college management has decided to organize a series of Workshops, Seminars and Conferences. To start with A National workshop on Practical aspects of strength and conditioning for Sports Performance has been initiated.

Swiss Ball Origins

Remarkably given its popular name, the Swiss Ball is actually an Italian creation. In the early 1960s, Aquilino Cosani, an Italian plastics manufacturer created what he termed the 'Pezzi Ball', a large inflatable ball whose sole purpose was to aid in gymnastic exercise.

Unbeknownst to Cosani at the time, his 'Pezzi Ball' would have much wider applications than gymnastics. Within a decade of his creation, Cosani's invention was being used by physical therapists across Europe for a range of different applications from cerebral palsy to spinal injuries. Particularly influential in the growth of the Swiss Ball during this period were English physical therapists Dr. Elseth Kong and Mary Quentin who, inspired by the Bobath method of stroke/neuro-developmental rehabilitation, developed paediatric neurological rehab programs using 'Pezzi' Balls.

Benefits

- Find neutral spine position.
- Learn proper posture.
- Increase lumbar (low back) mobility.
- Increase abdominal and back muscle strength.
- Increase balance and stability.
- Develop overall control and strength of the core body muscles.



RESOURCE PERSON
Mr. S.Arumraj BPEd, MSc(Yoga), MPEd
Fitness Consultant

YMCA COLLEGE OF PHYSICAL EDUCATION

A Christian Minority Institution
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INTERNATIONAL CONFERENCE ON "MANAGERIAL APPROACH IN PHYSICAL EDUCATION AND SPORTS"- MAPES

Date: 24th July 2021 Time: 10:00 AM to 01.00 PM

Registration Link : https://forms.gle/tnPSBDGUN8fr1C5VA

Registration **FREE**

Platform : zoom YouTube

ABOUT THE COLLEGE

Harry Crowe Buck founded the YMCA College of Physical Education at Madras, in the year 1920 which is the first in South East Asia. He played a key role in promoting sports and establishing Olympic movement in India. He has been called as "The Father of Physical Education in India". The University Grants Commission and the University of Madras conferred the status of autonomy upon our college in 1987 by virtue of its reputed services to humanity through physical education, health education, recreational activities and its allied sciences. YMCA College of Physical Education is affiliated to the Tamil Nadu Physical Education and Sports University, Re-accredited by NAAC with Grade 'A', recognized by NCTE and Government of Tamil Nadu

Organising Committee

Hon. Justice J.B. Koshy
(Retd. Chief Justice, Patna High Court)
National President YMCAs of India

Hon. Justice Kurian Joesph
(Retd. Supreme Court Judge)
Chairman

Mr. J. Benjamin Franklin
Correspondent & Secretary

Dr. George Abraham
Principal & Convenor

Mr. Rajjiv George
Administrator & Estate Manager

Mr. Moses J
Executive Secretary

Mr. S. Jegan
Project Secretary

Organising Secretaries

Dr. E. Simson Jesudass Asst. Prof.
Dr. S. Abraham Davidson Asst. Prof.

Members

Dr. (Mrs.) K. Jothi Dayanandan, Asso. Prof.
Dr. S. Johnson Premkumar, Asst. Prof.
Dr. J. Jackson Sutharsingh, Asst. Prof.
Dr. J. Glory Darling Margaret,Asst. Prof.
Dr. S. Glady Kirubakar, Asst. Prof
Dr. S. Jerome David, Asst. Prof.
Mr. M. Felix Arokkiaraj, Asst. Prof.
Dr. A. Merlin Thanka Daniel, Asst. Prof.
Dr. R. Prabhu, Librarian
Dr. J. Samuel Jesudoss, Asst. Prof.
Dr. Pon. Anbarasu, Asst. Prof.
Dr. J. James, Asst. Prof.
Mr. B. Praveen Doss, Asst. Prof.
Dr. K.Karthikeyan, Asst. Prof.
Dr.J. Komala, Asst. Prof.
Dr. G. Bobby, Asst. Prof.
Mr. Sathish Kumar, Asst. Prof.
Mr. K. Mugil, Physiotherapist
Mrs. T. Mabelda, Computer Faculty
Dr. Abraham Jebasingh, Part-time English Teacher
Mr. Balaraman Part-time Tamil Teacher

Chief Guest



Dr. (Mrs.) Esther Ranjini
Former Principal
YMCA College of Physical Education
Chennai

Guest of Honour



Prof. K. Murugavel
Registrar (i/c),
Bharathiar University, Coimbatore



Prof. Rajesh Kumar
Chairman & Prinicipal
Dept. of Physical Education, Osmania University



Prof. Zamirullah Khan
Chairman & HOD
Dept. of Physical Education, Aligarh Muslim University

Resource Persons



Dr. Larion Alin
Vice Dean, Faculty of Physical Education & Sports,
Ovidius University of Constanta, Romania

Strategic Management in Sports performance



Dr. Antoanela Oltean
Associate Professor, Faculty of Physical Education & Sports,
Ovidius University of Constanta, Romania

Physical Activities for Differently abled

Program Instructions :

- E-certificate will be provided based on registration and attendance in all the sessions
- Conference Zoom & Youtube link will be communicated in the whatsapp group and through e-mail.

Contact

Dr. E. Simson Jesudass
Assistant Professor
Mob No. : 9444255744

Dr. S. Abraham Davidson
Assistant Professor
Mob No. : 9444296258

e-mail : mapesjuly21@gmail.com

About the Conference……..

Conference will highlight about the management strategies in sports performance. Participants of the conference will gain knowledge about the physical activities for differently abled children.

Target participants …..

*Physical Education Teachers
* Physical Trainers
* Coaches
* Fitness Trainers
* Gym Instructors
* Special Educators
* Yoga Instructors
* Sports Psychologists
* Professionals from Sports Industry
* Professionals from Fitness Industry
* Sports Activists
*Physical Education Teacher Trainees
* Athletes
* Sports Marketing Professionals

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INTERNATIONAL CONFERENCE ON "PSYCHOLOGICAL PREPAREDNESS ON PEAK PERFORMANCE "- PPOPP

Date: 31st July 2021 Time: 10:00 AM to 01.00 PM

CLICK

Registration Link : https://forms.gle/WyNRmufpVZb9U3Lj8

Registration **FREE**

Platform : zoom YouTube

ABOUT THE COLLEGE

Harry Crowe Buck founded the YMCA College of Physical Education at Madras, in the year 1920 which is the first in South East Asia. He played a key role in promoting sports and establishing Olympic movement in India. He has been called as "The Father of Physical Education in India". The University Grants Commission and the University of Madras conferred the status of autonomy upon our college in 1987 by virtue of its reputed services to humanity through physical education, health education, recreational activities and its allied sciences. YMCA College of Physical Education is affiliated to the Tamil Nadu Physical Education and Sports University, Re-accredited by NAAC with Grade 'A', recognized by NCTE and Government of Tamil Nadu

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Dr. J. James, Asst. Prof.
Mr. B. Praveen Doss, Asst. Prof.
Dr. K.Karthikeyan, Asst. Prof.

Dr.J. Komala, Asst. Prof.
Dr. G. Bobby, Asst. Prof.
Dr. S. Sathish Kumar, Asst. Prof.
Mr. K. Mugil, Physiotherapist
Mrs. T. Mabelda, Computer Faculty
Rev. Dr. E. Abraham Jebasingh, Asst. Prof (Part-time)
Mr. V. Balaraman Asst. Prof (Part-time)

Chief Guest



Prof. L.B. Laxmikanth Rathod
Vice - Chancellor
Palamuru University, Mahabubnagar,
Telangana

Guest of Honour



Prof. S. Bevinson Perinbaraj
Former Director, Principal
College of Physical Education,
Alagappa University, Karaikudi, TN



Prof. Abhimanyu Singh
HOD, Department of Physical Education,
BHU, Varanasi, U.P.



Dr. Ch. VST. SAIKUMAR
Principal & Secretary
SRMV, Maruthi College of Physical Education
Coimbatore, TN



Prof. DEEPAK BHIKAJI MANE
Director of Sports &
HOD, Department of Physical Education
Savitribai Phule Pune University, Pune, MS

Resource Persons



Dr. Varghese C Antony
Physical Education Department,
King Fahd University of Petroleum & Minerals, Saudi Arabia

Mental Skills and Psychological Preparation for Peak Performance



Dr. Germina Cosma
Professor, Department of Theory and Methodology of
Motor Activities, University of Craiova, Romania

Dark Triad and aggression in Sport

Program Instructions :

- E-certificate will be provided based on registration and attendance in all the sessions
- Conference Zoom & Youtube link will be communicated in the whatsapp group and through e-mail.

Contact

Mr. M. Felix Arokkiaraj
Assistant Professor
Mob No. : 9444287403

Dr. A. Merlin Thanka Daniel
Assistant Professor
Mob No. : 9444109052

e-mail : ppoppymcacollege100@gmail.com

About the Conference……..

Conference will highlight about the psychological preparation for higher performance in sports & games. Participants of the conference will gain the knowledge about the psychological principles needed for higher performance of athletes.

Target participants …..

*Physical Education Teachers
* Physical Trainers
* Coaches
* Fitness Trainers
* Gym Instructors
* Special Educators
* Yoga Instructors
* Sports Psychologists
* Professionals from Sports Industry
* Professionals from Fitness Industry
* Sports Activists
*Physical Education Teacher Trainees
* Athletes
* Sports Marketing Professionals

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INTERNAL QUALITY ASSURANCE CELL (IQAC)

You are Cordially Invited to the

FACULTY WORKSHOP ON OUTCOME BASED EDUCATION

Module I

Date: 1st & 2nd November 2021 **Time: 2:00 PM**

Mode : Online

Resource Person



Mrs. S. SATHYA, M.Sc., M.Phil., P.B.D.C.S.,
IQAC Director & Associate Prof. of Computer Science
The Standard Fireworks Rajaratnam College for Women
Sivakasi, Tamil Nadu

Dr. George Abraham
Principal & Convener

Dr. J. Glory Darling Margaret
Organising Secretary &
IQAC Coordinator

IQAC Committee Members

Dr. K. Jothi Dayanandan, Asso. Prof.
Dr. S. Johnson Premkumar, Asst. Prof.
Dr. J. Jackson Sutharsingh, Asst. Prof.
Dr. S. Glady Kirubakar, Asst. Prof
Dr. R. Prabu, Librarian

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Executive Secretary

Mr. S. Jegan
Project Secretary

OUTCOME-BASED EDUCATION (OBE):

Outcome-Based Education (OBE) is a pedagogical model that entails the restructuring of curriculum, pedagogy and assessment practices to reflect the achievement of high-order learning, as opposed to a mere accumulation of course credits. Outcome-Based Education helps prepare graduates to this end by combining hyper-specialized knowledge with dynamic and cross-sectional capabilities, through revolutionizing curriculums. The knowledge, skills and attributes that students take away at the end of a program or course are more valuable than what, or how, something is taught. OBE, on the other hand, is an education system built on specific outcomes. It focuses on the skill sets of students to acquire the completion of their educational programme. Activities in or outside the classroom are designed in a manner so as to helps students achieve these outcomes.

OBJECTIVES:

Our UG and PG courses are with fairly well restructured contents and have been under choice based credit and semester system. Although their overall standard is quite good, their structure, composition, procedures and credit administration are to be further fine tuned to incorporate the features of OBE. The workshop is to foster the values of Outcome Base Education (OBE) and fabricate the competence of the Faculty Members so as to aid its institutionalization in the Teaching Learning System and other Academic Processes of the Institution. The progress and execution of good academic processes in institutionalize approach is by concerning not only teachers but also students and their continuous improvement in assuring the quality of the outcome of any of the programmes of the Institution. The workshop will have sufficient discussions, deliberations, as to fine tuning of the academic processes and can drastically improvise the quality of the outcome, which will not only seamlessly facilitate the Institution in getting the NAAC Accreditation of the programme but will also develop buoyancy amongst the stakeholders, in a sustainable manner. In this workshop , there will be technical sessions on the following topics, by the resource person.

- Outcome-based Education Framework & Mechanism (Vision, Mission & PEO)
- Graduate Attributes) & Student Learning Outcomes (GA, PO & CO)
- Bloom Taxonomy and Design of Learning Outcomes & Mapping Outcomes

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YMCA INDIA

INTERNAL QUALITY ASSURANCE CELL (IQAC)

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FACULTY WORKSHOP ON OUTCOME BASED EDUCATION

Module I

Date: 1st & 2nd November 2021 **Time: 2:00 PM**

Programme Schedule

DAY 1 - 01/11/2021 (MONDAY)

02:00 PM	Opening Prayer	: Dr. J. Jackson Sutharsingh
02:02 PM	Welcome Address	: Dr. J. Glory Darling Margaret
02:05 PM	Greetings	: **Dr. George Abraham** Principal **Mr. J. Benjamin Franklin** Correspondent & Secretary **Mr. Rajjiv George** Administrator & Estate Manager
02:10 PM	Introduction of the Resource Person	: Dr. S. Glady Kirubakar
02:15 PM	Technical Session	: Mrs. S. SATHYA IQAC Director & Associate Prof. of Computer Science The Standard Fireworks Rajaratnam College for Women, Sivakasi, Tamil Nadu.
	Vote of Thanks	: Dr. S. Abraham Davidson

DAY 2 - 02/11/2021

(TUESDAY)

Programme Schedule

02:00 PM	Opening Prayer	: Dr. A. Merlin Thanka Daniel
02:02 PM	Welcome Address	: Mr.M. Felix Arokkiaraj
02:05 PM	Felicitation	: **Dr. GEORGE ABRAHAM** Principal
02:10 PM	Technical Session	: **Mrs. S. SATHYA** IQAC Director & Associate Prof. of Computer Science The Standard Fireworks Rajaratnam College for Women, Sivakasi, Tamil Nadu.
	Vote of Thanks	: Dr. J. Glory Darling Margaret

YMCA COLLEGE OF PHYSICAL EDUCATION

CHENNAI, TAMILNADU

ONE WEEK - FACULTY DEVELOPMENT PROGRAMME

ON

FUTURISTIC APPROACH AND PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION

DATE : 27th JUNE - 3rd JULY 2020

CERTIFICATE OF APPRECIATION

Special Recognition to

Dr. S. Glady Kirubakar

in appreciation of his/her esteemed support as the Organizing Commitee Member for the conduct of One Week - Faculty Development Programme on

"Futuristic Approach and Professional Preparation in Physical Education"

from 27th June to 3rd July, 2020.



Dr. S.JOHNSON PREMKUMAR
ORGANIZING SECRETARY

Dr. J.JACKSON SUTHARSINGH
ORGANIZING SECRETARY

DR. GEORGE ABRAHAM
PRINCIPAL & CONVENOR

YMCA COLLEGE OF PHYSICAL EDUCATION

CHENNAI, TAMIL NADU - 35

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INDIA

Celebrating 7th International Day of Yoga - 2021

&

One Day International Virtual Conference on Yogic Practices for Healthy Life

Date: 21st June 2021, Time: 10.00 AM to 12.00 PM

NO ENTRY FEE

Click Here To Register

Management Committee

HON. JUSTICE KURIAN JOSEPH (RETD.)
Chairman

HON. JUSTICE J. B. KOSHY (RETD.)
President, NCYI

MR. BERTRAM DEVADAS
General Secretary, NCYI

MR. J. BENJAMIN FRANKLIN
Correspondent & Secretary

MR. V. K. VARGHESE
Treasurer

MR. RAJJIV GEORGE
Administrator & Estate Manager

Resource Persons



DR. YUVA DAYALAN , HONG KONG
Yogacharya, Guinness World Record Holder
Session I : 10.00 to 11.00 AM



DR. BRIAN SIDDHARTHAN INGLE, IRLAND
Somatic Yoga Teacher
Session II : 11.00 AM to 12.00 PM

Convener



DR. GEORGE ABRAHAM
Principal

Organizing Secretaries



DR. PON. ANBARASU
Assistant Professor
9444224620



DR. J. KOMALA
Assistant Professor
9791857741

Organizing Committee Members

Dr. (Mrs.) K. Jothi Dayanadan, Associate Prof.
Dr. S. Johnson Premkumar, Asst. Prof.
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Rev. Dr. E. Abrahan Jepasingh , Asst. Prof.
Mr. V. Balaraman, Asst. Prof.
Mrs. T. Mabelda, Computer Faculty

zoom LIVE

ABOUT THE COLLEGE

YMCA College of Physical Education is a pioneer institution in the field of Physical Education and Sports in India and it was established in the year 1920. The college today stands as a Monument to the Missionary Vision, Courage and Faith of its founder Late Harry Crowe Buck towards development of physical education and sports. The University Grants Commission and the University of Madras conferred the status of Autonomy upon our college in 1987 by virtue of its reputed services to humanity through physical education, health education, recreational activities and its allied sciences. The YMCA College is affiliated to the Tamil Nadu Physical Education and Sports University, Re-accredited by NAAC with Grade 'A' and recognized by NCTE.

PROGRAMME INSTRUCTIONS

- E-certificate will be provided based on registration and attendance in both sessions.
- Zoom meeting ID and YouTube link will be communicated further after registration.
- Only limited number of seats are available, participation is strictly based on "First come first serve" basis.



Click Here TO REGISTER