



The National Council of YMCAs of India  
**Y.M.C.A. College of Physical Education**



*A Project of the National Council of YMCAs of India*  
(Autonomous College Affiliated to Tamil Nadu Physical Education & Sports University)  
Registered under UGC Act

## WORKSHOP/ SEMINAR 2020-21

S.no	Date	Event	Convener	Organizing Secretaries	Organizing Members	Beneficiaries
1.	27 <sup>th</sup> June-3 <sup>rd</sup> July 2020	Online One week FDP- Futuristic Approach & Professional Preparation in Physical Education	Dr. George Abraham	Dr. S. Johnson Premkumar & Dr. J. Jackson Sutharsingh	All Teachers	More than 1000
2.	08.03.2021	<b>IQAC</b> - Workshop on Women & Leadership	Dr. George Abraham	Dr. J. Glory Darling Margaret	-	75
3.	16.03.2021	National Workshop on Practical aspects of strength and conditioning for sports performance	Dr. George Abraham	Dr. K. Jothi Dayanandhan	All Teachers	B.PEd- I Year M.P.Ed- I yr & II Yr
4.	17.03.2021	National Workshop on Sports Injury Management Rehabilitation and first Aid	Dr. George Abraham	Dr. S. Gladly Kirubakar	All Teachers	B.PEd- I Year M.P.Ed- I yr & II Yr
5.	18.03.2021	National Workshop on Neoteric Research Methods Applications of Statistical	Dr. George Abraham	Dr. S. Gladly Kirubakar	All Teachers	B.PEd- I Year M.P.Ed- I yr & II Yr



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		Techniques in Physical Education & Sports				
6.	18.03.2021	National Workshop on Life saving skill management	Dr. George Abraham	Mr. Felix Arockkiaraj	All Teachers	B.PEd- I Year M.P.Ed- I yr & II Yr
7.	19.03.2021	National Workshop on Swissball and Core strengthening	Dr. George Abraham	Dr. K. Jothi Dayanandhan	All Teachers	B.PEd- I Year M.P.Ed- I yr & II Yr
8	21.06.2021	7 <sup>th</sup> International Day of Yoga on Yogic Practices for Healthy life	Dr. George Abraham	Dr. Pon Anbarasu Dr. Komala	All Teachers	506



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**IQAC – INTERNAL QUALITY ASSURANCE CELL**  
**ACTIVITY- 1 REPORT( 2020-21)**

**I. BASIC DETAILS**

<b>Name of the Activity : ONE WEEK FACULTY DEVELOPMENT PROGRAMME</b> <b>Futuristic Approach and Professional Preparation in Physical Education</b>			
<b>Date</b>	<b>Department / Committee</b>		<b>Coordinator Name &amp; Phone Number</b>
27.06.2020-03.07.2020	Physical Education		Dr. Johnson Premkumar & Dr. J. Jackson Sutharsingh
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
10.00 am	YMCA College of Physical of Education	Physical Educationists & Sports Fraternity	Academic

**II. Brief information about the Activity**

<b>Topic / Subject of the activity</b>	<b>Futuristic Approach and Professional Preparation in Physical Education</b>
<b>Objective for conducting the activity</b>	<ul style="list-style-type: none"> <li>➤ To bring the academicians and professional people in physical education and sports on a common platform</li> <li>➤ to discuss the various aspects of futuristic approaches in physical education , sports training triggered by COVID-19.</li> <li>➤ To share the views of the participants to plan upward mobility in scientific sports training and coaching and physical education for future aspirants in the fields</li> <li>➤ To discuss and acquire the knowledge of latest trends, issues related to physical education , scientific sports training and coaching</li> <li>➤ To encourage the professionals to implement proper teaching methods in physical education and sports training programme to enhance their professional excellence</li> <li>➤ To help the professionals to overcome the stress , fear and anxiety caused by the pandemic globally</li> </ul>
<b>Methodology</b>	Lecturer

<p><b>Outcome</b></p>	<p>Update the latest trends developed in physical education , coaching methodology style and technique of training that will enhance the performance of the professionals .</p>
<p><b>Resource Persons</b></p>	 <p>The schedule grid shows the following sessions:</p> <ul style="list-style-type: none"> <li><b>Inauguration at 11:00AM</b></li> <li><b>Day 5 (01/07/2020):</b> <ul style="list-style-type: none"> <li>11:30 AM - 1:00 PM: Dr. G. Vasanthi, Dept of Physical Education and Sports, Pondicherry University. Topic: LATEST TECHNOLOGIES IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS SCIENCE.</li> <li>11:00 AM - 12:30 PM: Dr. Sonalee Singh, Head, School of Journalism and Mass Communication, Devi Ahilya Vishwavidyalaya, Indore. Topic: LANGUAGE OF SPORTS JOURNALISM.</li> </ul> </li> <li><b>Day 6 (02/07/2020):</b> <ul style="list-style-type: none"> <li>10:30 AM - 11:40 AM: Dr. Biju Lona.K, Associate Professor and Head, Dept. of Physical Education, P.M. Govt College, Kerala. Topic: WALK BACK TO WINE: FORWARD - A YOGIC PERSPECTIVE.</li> <li>11:50 AM - 1:00 PM: Dr. S. Thirumalai Kumar, Professor, Dept of Physical Education, TNPSU, Tamilnadu. Topic: KNOW THYSELF FOR THE BETTERMENT OF PHYSICAL ACTIVITY AND SPORTS PERFORMANCE.</li> <li>10:30 AM - 11:40 AM: Dr. Dhinu. M.R., Associate Professor &amp; Head, Dept. of Physical Education &amp; Sports, Sree Sankaracharya University of Sanskrit, Kerala. Topic: GENDER ISSUES IN SPORT.</li> <li>11:50 AM - 1:00 PM: Dr. L. Thambal Singh, Head, Department of Physical Education and Sports Science, Manipal University, Imphal. Topic: FACTORS DETERMINING SPORTS TALENT.</li> </ul> </li> <li><b>Day 7 (03/07/2020):</b> <ul style="list-style-type: none"> <li>10:30 AM - 11:40 AM: Dr. Grace Helina, Professor and Head, Dept of Exercise Physiology and Biomechanics, TNPSU, Tamilnadu. Topic: FACTORS AFFECTING PERFORMANCE.</li> <li>11:30 AM - 1:00 PM: Dr. Sarita Tyagi, Associate Professor, IGIPSS, Delhi. Topic: ASSESSING INTENSITY OF TRAINING FOR ATHLETES.</li> <li>10:30 AM - 11:40 AM: Dr. Soni John.T, Associate Professor, Dept. of BPE, Christ College, Irinjalakkuda. Topic: PREPARING PSYCHOLOGICALLY FOR THE COMPETITIONS: THE PROS AND CONS.</li> <li>11:30 AM - 12:30 PM: Ms. Jothi Kulasekaran, Nutritionist, Chennai. Topic: DISORDERED EATING AND EXERCISE PATTERN.</li> </ul> </li> <li><b>Valedictory at 12:30 PM</b></li> </ul>

**III. Proofs attached : Letters / student list of participants / certificate / document / photos**

Programme proposal	Boucher & Schedule	Certificate
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**YMCA COLLEGE OF PHYSICAL EDUCATION**  
 CHENNAI, TAMILNADU  
**ONE WEEK - FACULTY DEVELOPMENT PROGRAMME**  
 ON  
**FUTURISTIC APPROACH AND PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION**  
 DATE : 27<sup>th</sup> JUNE - 3<sup>rd</sup> JULY 2020

**HON. JUSTICE J.B. KOSHY (RETD.)**, PRESIDENT, NCY  
**HON. JUSTICE KURIAN JOSEPH (RETD.)**, CHAIRMAN, YMCA COLLEGE

**DR. GEORGE ABRAHAM**, PRINCIPAL, CONVENOR

**SPEAKERS:**

- Dr. G. VASANTHI, Professor, Dept of Physical Education and Sports, Pondicherry University
- Dr. BIJU LONA.K, Associate Professor and Head, Dept. of Physical Education, P.M. Govt College, Kerala
- Dr. S. THIRUMALAI KUMAR, Professor, Dept of Physical Education, TNPSU, Tamilnadu
- Dr. GRACE HELINA, Professor and Head, Dept of Exercise Physiology and Biomechanics, TNPSU, Tamilnadu
- Dr. SARITA TYAGI, Associate Professor, IGIPSS, Delhi
- Dr. SONI JOHN.T, Associate Professor, Dept. of BPE, Christ College, Irinjalakkuda
- Dr. JOSEPH SINGH, Professor, L.N.J.P.E., Gwalior
- Dr. SONALEE SINGH, Head, School of Journalism and Mass Communication, Devi Ahilya Vishwavidyalaya, Indore
- Dr. L. THAMBAL SINGH, Head, Department of Physical Education and Sports Science, Manipal University, Imphal
- Dr. DHINU M.R. Associate Professor & Head, Dept of Physical Education & Sports, Sree Sankaracharya University of Sanskrit, Kerala
- Ms. JOTHI KULASEKARAN, Nutritionist, Chennai

**ORGANIZING SECRETARIES:**

- Dr. S. JOHNSON PREMKUMAR, 94443 13887
- Dr. J. JACKSON SUTHARSHIN, 98412 94778

**MEMBERS:**

- Dr. K. Jothiprasanna, Associate Prof.
- Dr. J. Glory Darling Margaret, Asst. Prof.
- Dr. S. Jeyapriyadarshini, Asst. Prof.
- Dr. S. Jerome David, Asst. Prof.
- Dr. E. Senthil Kumar, Asst. Prof.
- Dr. S. Abraham Davidson, Asst. Prof.
- Dr. A. Senthil Thangam Daniel, Asst. Prof.
- Mr. M. Felix Anickkiam, Asst. Prof.
- Dr. P. Prathibha, Librarian
- Dr. J. Saravathi, Asst. Prof.
- Dr. J. Suresh, Asst. Prof.
- Dr. J. James, Asst. Prof.
- Mr. S. Praveen Dasa, Asst. Prof.
- Mr. K. Karthikeyan, Asst. Prof.
- Dr. B. Rajesh, Asst. Prof.
- Dr. S. Kamala, Asst. Prof.
- Dr. G. Bobby, Asst. Prof.
- Mr. S. Sathish Kumar, Asst. Prof.
- Mr. V. Sai Abhinav, Asst. Prof.
- Mr. K. Senthil, Physiotherapist
- Rev. Dr. E. Abraham Jeyasingh, Asst. Prof.
- Mr. V. Gokarman, Asst. Prof.
- Mrs. T. Malavika, Computer Faculty

FOR REGISTRATION - <https://forms.gle/bicDkTvueKB5YtpSA>

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**PREAMBLE ABOUT OUR 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. Back 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 1986 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.

**ABOUT THE FDP**

The main purpose of this FDP is to bring together the Physical Education Professionals, Coaches, Sports Directors, Scientists, Sports Medics, Psychologists, Players, Scholars, Students, Administrators, Stake Holders, and General public to discuss the latest trends developed in physical education, coaching, methodology, style and technique of training, load management, health, yoga skills, motivation, acclimatization, will power that will enable them to update, achieve & enhance the performance of professionals and students to the collective level after the age of COVID 19.

**OBJECTIVES OF THE FDP**

- To bring the academicians and professional people in Physical education and sports on a common platform to discuss the various aspects of futuristic approaches in physical education, sports training and coaching triggered by COVID 19.
- To share the views of the participants to plan upward mobility in scientific sports training & coaching and physical education for future aspirants in the field.
- To discuss and acquire the knowledge of latest trends, issues related to physical education, scientific sports training and coaching.
- To encourage the professionals to implement proper teaching methods in physical education and sports training programme to enhance their professional excellence.
- To help the professionals to overcome the stress, fear and anxiety caused by the pandemic globally.

**PROGRAM INSTRUCTIONS**

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

**REGISTRATION DETAILS**  
 REGISTRATION FEES: RS. 100

**ACCOUNT DETAILS:**

A/C NAME : YMCA COLLEGE OF PHYSICAL EDUCATION  
 A/C NO : 60642010000323  
 BANK : SYNDICATE BANK  
 IFSC : SYNB00066004  
 BRANCH : NANDANAM  
 GOOGLE PAY : 9841294776

**CONTACT**  
 E-Mail: fdp.ymca.college@gmail.com

FOR REGISTRATION : <https://forms.gle/bicDkTvueKB5YtpSA>

### PROGRAMME SCHEDULE



**Prof. JITENDRA NARUKA**  
 CHIEF GUEST  
 FORMER VICE CHANCELLOR OF LNPE, GWALIOR



**Dr. PIYUSH JAIN**  
 GUEST OF HONOUR  
 GENERAL SECRETARY, PEFI

Day - 1	Day 2	Day 3	Day 4
<p><b>27/06/2020</b></p> <p><b>Inauguration at 11:00AM</b></p> <p>Timing: 11:30 AM - 1:00 PM  <b>Dr. G. Vasanthi</b>                      Professor                      Dept of Physical Education and Sports                      Pondicherry University                      TOPIC: LATEST TECHNOLOGIES IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS SCIENCE</p>	<p><b>28/06/2020</b></p> <p>Timing: 10:30 AM-11:40 AM  <b>Dr. Biju Lona.K</b>                      Associate Professor and Head                      Dept. of Physical Education                      P.M. Govt College, Kerala                      TOPIC: WALK BACK TO MOVE FORWARD - A YOGIC PERSPECTIVE</p> <p>Timing: 11:30 AM-1:00 PM  <b>Dr. S. Thirumalai Kumar</b>                      Professor                      Dept. of Physical Education                      TNPSU, Tamilnadu                      TOPIC: KNOW YOURSELF FOR THE BETTERMENT OF PHYSICAL ACTIVITY AND SPORTS PERFORMANCE</p>	<p><b>29/06/2020</b></p> <p>Timing: 10:30 AM-11:40 AM  <b>Dr. Grace Helina</b>                      Professor and Head                      Dept. of Exercise Physiology and Biomechanics                      TNPSU, Tamilnadu                      TOPIC: FACTORS AFFECTING PERFORMANCE</p> <p>Timing: 11:30 AM-1:00 PM  <b>Dr. Sarita Tyagi</b>                      Associate Professor                      IIPRESS, Delhi                      TOPIC: ASSESSING INTENSITY OF TRAINING FOR ATHLETES</p>	<p><b>30/06/2020</b></p> <p>Timing: 10:30 AM-11:40 AM  <b>Dr. Soni John.T</b>                      Associate Professor                      Dept. of SPE, Christ College                      Bangalore                      TOPIC: PREPARING PSYCHOLOGICALLY FOR THE COMPETITIONS, THE PROS AND CONS</p> <p>Timing: 11:30 AM-1:00 PM  <b>Dr. Joseph Singh</b>                      Professor                      L.N.P.E., Gwalior                      TOPIC: VIDEO ANALYSIS OF SPORTS PERFORMANCE</p>
<p><b>Day 5</b></p> <p><b>01/07/2020</b></p> <p>Timing: 11:00 AM - 12:30 PM  <b>Dr. Sonatee Singh</b>                      Head                      School of Journalism and Mass Communication                      Sri Krishna Vivekananda, Kerala                      TOPIC: LANGUAGE OF SPORTS JOURNALISM</p>	<p><b>Day 6</b></p> <p><b>02/07/2020</b></p> <p>Timing: 10:30 AM-11:40 AM  <b>Dr. Dhinu.M.R.</b>                      Associate Professor &amp; Head                      Dept. of Physical Education &amp; Sports                      Sri Sakunthala University of Health &amp; Kerala                      TOPIC: GENDER ISSUES IN SPORT</p> <p>Timing: 11:30 AM-1:00 PM  <b>Dr. L. Thambal Singh</b>                      Head                      Department of Physical Education and Sports Science                      Bangor University, Ireland                      TOPIC: FACTORS DETERMINING SPORTS TALENT</p>	<p><b>Day 7</b></p> <p><b>03/07/2020</b></p> <p>Timing: 11:00 AM - 12:30 PM  <b>Ms. Jothi Kulasekaran</b>                      Assistant                      Chennai                      TOPIC: DISORDERED EATING AND EXERCISE PATTERN</p> <p><b>Valedictory at 12.30 PM</b></p>	



## YMCA COLLEGE OF PHYSICAL EDUCATION

CHENNAI, TAMILNADU

**ONE WEEK - FACULTY DEVELOPMENT PROGRAMME ON**

**FUTURISTIC APPROACH AND PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION**

**DATE : 27<sup>th</sup> JUNE - 3<sup>rd</sup> JULY 2020**

**CERTIFICATE OF APPRECIATION**

Special Recognition to

**Dr. S. Gladly Kirubakar**

*in appreciation of his/her esteemed support as the Organizing Committee Member for the conduct of One Week - Faculty Development Programme on "Futuristic Approach and Professional Preparation in Physical Education" from 27<sup>th</sup> June to 3<sup>rd</sup> July, 2020.*



**DR. S. JOHNSON PREMKUMAR**  
 ORGANIZING SECRETARY



**DR. J. JACKSON SUTHARSINGH**  
 ORGANIZING SECRETARY



**DR. GEORGE ABRAHAM**  
 PRINCIPAL & CONVENOR



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**IQAC – INTERNAL QUALITY ASSURANCE CELL**  
**ACTIVITY- 2 REPORT( 2020-21)**

**IV. BASIC DETAILS**

<b>Name of the Activity</b> Workshop on Women & Leadership			
<b>Date</b>	<b>Department / Committee</b>		<b>Coordinator Name &amp; Phone Number</b>
08.03.2021	Physical Education		Dr. J. Glory Darling Margaret
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
2.15 pm	YMCA College of Physical of Education	Women students & staff	Academic

**V. Brief information about the Activity**

<b>Topic / Subject of the activity</b>	Women & Leadership
<b>Objective for conducting the activity</b>	<ul style="list-style-type: none"> <li>➤ Commit to gender parity in leadership.</li> <li>➤ Implement laws and regulations that guarantee a safe and open environment for women’s participation and leadership.</li> <li>➤ Establish policies and practices that encourage women’s leadership and promote gender parity.</li> <li>➤ Invest in and develop public services and programs that enable women to succeed as leaders.</li> <li>➤ Enable and support women’s organizations and movements.</li> <li>➤ Change the narrative on women in leadership, and confront socio-cultural drivers of gender inequality.</li> </ul>
<b>Methodology</b>	Lecturer
<b>Outcome</b>	<ul style="list-style-type: none"> <li>• To educate the power of women leaders</li> </ul>
<b>Resource Person</b>	Dr.E. Pauline Rajesh – Psychologist Shalom Family Counseling Center, Chennai

**VI. Proofs attached : Letters / student list of participants / certificate / document / photos**

Programme proposal	Boucher & Schedule	Certificate
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**100**

**INTERNAL QUALITY ASSURANCE CELL**

**International Womens' Day - 2021**  
WORKSHOP ON  
**WOMEN AND LEADERSHIP**

Topic: LEAD BY EXAMPLE      Date: 8<sup>th</sup> March 2021  
Time: 2.15 pm                      Venue: YMCA College

Dr. E. PAULINE RAJESH  
Psychologist

All are cordially invited

Mr. J. Benjamin Franklin      Mr. Rajiv George      Dr. George Abraham  
Correspondent & Secretary      Administrator      Principal & Convener

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

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**INTERNAL QUALITY ASSURANCE CELL**

**International Womens' Day - 2021**  
WORKSHOP ON  
**WOMEN AND LEADERSHIP**

S.NO.	Name	Designation	E-mail id	Contact Number
1.	PONRANI . E	Headmistress	ponrani.danuj@gmail.com	9444410616
2.	QUEENSLY SORJES P	B.T.Hai (Male)	queenslyse@gmail.com	9841035572
3.	JULIET .G	B.T.Asst (Female)	julietvedha@gmail.com	9710746734
4.	Vijayakumari .T	R.L.	vijayakumari.t@gmail.com	9940265772
5.	VAJITHA NEELAVENI.P	B.T Asst (F)	venithajohnson@gmail.com	9790702513
6.	MRS UNICE PRINA ABRAHAM	B.T ASST (Male)	uniceprina@gmail.com	9677118214
7.	SHEVONUS SHIBIRABEGUM	B.T ASST - Tamil	shevonusshibirabegum@gmail.com	9766471494
8.	EUGENI ANITHA PRESTIGE	B.T ASST (SC)	prestige@gmail.com	9940022565
9.	Lydia Arnachayam	Saidaraman	lydiavero@gmail.com	9884426308

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**INTERNAL QUALITY ASSURANCE CELL**

**International Womens' Day - 2021**  
WORKSHOP ON  
**WOMEN AND LEADERSHIP**

S.NO.	Name	Designation	E-mail id	Contact Number
10.	MABEL DA .T	Computer Teacher	mabeljerm@gmail.com	9445366624
11.	MYTHILI .R	Student	mythi1241091@gmail.com	9940592430
12.	K.Kavayalashmi	Student	kavayalashmi@gmail.com	9789122022
13.	V. VINITHA	Student	vinitha.v@gmail.com	9056663064
14.	A. SAINIJA	Student	sainijaja@gmail.com	8072375610
15.	T. Dhiruba	Student	dhirubalalal@gmail.com	9361448370
16.	M. Gayathri	Student	gayathripalhan@gmail.com	7350441614
17.	P. Leekavathi	Student	leekavathi@gmail.com	8045860755
18.	P. Jayanthi	Student	jayanthi1994@gmail.com	8109755044
19.	A. Akshara	Student	akshara1992@gmail.com	8200852926

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**Centenary Celebration**

**Certificate of Participation**

**INTERNAL QUALITY ASSURANCE CELL**

**INTERNATIONAL WOMEN'S DAY**

This is to Certify that

**Ms. JENO RAJI . S**

has attended Workshop on  
**WOMEN AND LEADERSHIP**  
on 8<sup>th</sup> March 2021  
at  
**YMCA COLLEGE OF PHYSICAL EDUCATION**

Mr. J. Benjamin Franklin      Mr. Rajiv George      Dr. George Abraham  
Correspondent & Secretary      Administrator & Estate Manager      Principal & Convener

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

Healthy Growth leads to  
Prosperity in Y.M.C.A. College of  
Physical Education (1988-1993)  
Health and Knowledge  
are wealth



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**ACTIVITY- 3 REPORT( 2020-21)**

**I. BASIC DETAILS**

<b>Name of the Activity</b> : National Workshop on Practical Aspects of strength & Conditioning for sports performance			
<b>Date</b>	<b>Department / Committee</b>		<b>Coordinator Name &amp; Phone Number</b>
16.03.2021	Physical Education		Dr. K. Jothi Dayanandhan
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
10.00 am	YMCA College of Physical of Education	B.P.E.S I Year B.P.E.S III Year B.P.Ed- I Year M.P.Ed- I & II Year	Academic

**II. Brief information about the Activity**

<b>Topic / Subject of the activity</b>	Practical aspects of strength & Conditioning for sports performance
<b>Objective for conducting the activity</b>	<ul style="list-style-type: none"> <li>• Provide effective instruction on strength training and the equipment orientation</li> <li>• Good organizational skills to direct &amp; supervise initial assessment of athletes injury or illness in order to provide emergency or continued care</li> <li>• Evaluate athlete's readiness to play</li> <li>• Develop strength training programme routines</li> <li>• Pre event &amp; Post event nutrition and hydration care</li> </ul>
<b>Methodology</b>	Demonstration
<b>Outcome</b>	<ul style="list-style-type: none"> <li>• To enhance the physical and sports performance of athletes while reducing the likelihood of injury</li> </ul>
<b>Resource Person</b>	Mr.K. Sathishkumar NSCA – Certified Trainer , National Strength & Conditioning Association & Certified Strength and Conditioning Specialists CSCS

**III. Proofs attached : Letters / student list of participants / certificate / document / photos**

<b>Programme proposal</b>	<b>Boucher &amp; Schedule</b>	<b>Certificate</b>
<b>Activity Photograph</b>	<b>Photographs</b>	








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<p><b>YMCA COLLEGE OF PHYSICAL EDUCATION</b> Nandanam, Chennai - 600035.</p> <p><b>CENTENARY CELEBRATIONS</b></p> <p>National workshop on <b>Practical Aspects of Strength and Conditioning</b> 16th March, 2021</p> <p><b>ENTRY FORM</b></p> <p>Name : _____</p> <p>Class : _____</p> <p>Roll No. : _____</p> <p>Email Id : _____</p> <p>Phone : _____</p> <p>Signature of the Participant</p>	 <p><b>YMCA COLLEGE OF PHYSICAL EDUCATION</b> Nandanam, Chennai - 600035.</p> <p>A Christian Minority Institution A Project of the National Council of YMCAs of India Autonomous College Registered under UGC Act Affiliated to Tamil Nadu Physical Education &amp; Sports University Recognized by the National Council for Teacher Education &amp; Government of Tamil Nadu</p> <p><b>CENTENARY CELEBRATIONS</b></p> <p><b>National Workshop on Practical Aspects of Strength and Conditioning for Sports Performance</b></p> <p><b>16th March, 2021 at Gymnasium</b></p> 	<p><b>Organising Committee</b></p> <p><b>Hon. Justice J. B. Koshy</b> (Ret. Chief Justice Patta High Court) National President Y.M.C.A. India</p> <p><b>Hon. Justice Karian Joseph</b> (Ret. Supreme Court Judge) Chairman</p> <p><b>Mr. Bertram Devasdas</b> General Secretary Y.M.C.A. India</p> <p><b>Mr. J. Benjamin Franklin</b> Correspondent &amp; Secretary</p> <p><b>Mr. Rajaji George</b> Administrator &amp; Tissue Manager</p> <p><b>Censor</b> <b>Dr. George Abraham</b> Principal</p> <p><b>Organising Secretary</b> <b>Dr. (Mrs.) K. Jothi Dayasundari</b> Associate Professor</p> <p><b>Members</b> Dr. S. Johnson Perumalvar, Asst. Prof. Dr. J. Jackson Sathyanarayana, Asst. Prof. Dr. J. Geey Dorling Margaret, Asst. Prof. Dr. S. Chandu Karthickar, Asst. Prof. Dr. S. Jerome David, Asst. Prof. Dr. S. Simon Jeyaraman, Asst. Prof. Dr. S. Abraham Davidhosa, Asst. Prof. Mr. M. Kishor Anandaram, Asst. Prof. Dr. A. Merlin Thanka David, Asst. Prof. Dr. R. Prabha, Librarian Dr. J. Saravali Jayaraman, Asst. Prof. Dr. P. Anandaraman, Asst. Prof. Dr. J. James, Asst. Prof. Mr. B. Praveen Das, Asst. Prof.</p>	<p><b>ABOUT THE COLLEGE</b></p> <p>Established in the year 1920 to the present, the Y.M.C.A. College has pursued the goal of education of the complete man, woman and the spiritual development of man.</p> <p>The Stannary Grant 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 the repeated services to Humanity through Physical education, Health education, Recreation and Life Education.</p> <p>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 group of leaders in physical education, sports administration, the college has now proposed a number of doctoral degrees and evening options. The combination of our past experience and our future thrust and new vision would enable us to achieve and thereby to stand first in serving the good cause of our nation.</p> <p>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.</p> <p><b>Aims and Objectives of the Workshop</b></p> <ul style="list-style-type: none"> <li>• Good organizational skills to direct and supervise initial assessment of an athlete's injury or illness in order to provide emergency or first aid care.</li> <li>• Evaluate athletes' readiness to play, and provide participation clearance when necessary and warranted.</li> <li>• Develop training programs and routines designed to improve athletic performance &amp; achieve athletes on the proper use of equipment.</li> <li>• 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.</li> <li>• Provide safe and effective instruction of all fundamental and weight training equipment.</li> <li>• Conduct equipment or situations, &amp; maintain exercise equipment along with ability to use and operate a variety of strength training and cardiovascular equipment.</li> </ul> <p><b>RESOURCE PERSON</b> <b>Mr. K. SATHISH KUMAR</b> YMCA CSC (qualified strength and condition specialist) Certified Trainer (Gym Instructer - Progressive Fitness USA)</p> 
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**ACTIVITY-4 REPORT( 2020-21)**

**BASIC DETAILS**

<b>Name of the Activity</b> : Sports Injury Management , Rehabilitation and First Aid			
<b>Date</b>	<b>Department / Committee</b>		<b>Coordinator Name &amp; Phone Number</b>
17.03.2021	Physical Education		Dr. S. Gladly Kirubakar
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
10.00 am	YMCA College of Physical of Education	B.P.E.S I Year B.P.E.S III Year B.P.Ed- I Year M.P.Ed- I & II Year	Academic

**Brief information about the Activity**

<b>Topic / Subject of the activity</b>	Sports Injury Management , Rehabilitation and First Aid
<b>Objective for conducting the activity</b>	Provide effective instruction on Sports Injury Management , Rehabilitation and First Aid <ul style="list-style-type: none"> <li>• Understand the types of sports injuries</li> <li>• Impart the knowledge of prevention of sports injuries</li> <li>• Field injury management skills</li> <li>• Prevention of sports injuries</li> <li>• Return to sports with proper rehabilitation</li> <li>• Providing first aid for sports injuries</li> <li>• Organizational skills to direct and supervise initial assessment of athlete's injury care</li> <li>• Evaluate athletes' readiness to play</li> </ul>
<b>Methodology</b>	Demonstration & hands on experience
<b>Outcome</b>	To enhance knowledge on injury management , rehabilitation and first in on field . , injuries that occur at the time of exercise should get more attention, to provide appropriate treatment. Enhancing <u>Primary prevention</u> - the target is the pre-injury phase that includes the requirements of the physical preseason and the effort to properly train the trainer and athlete. . <u>Secondary strategies</u> aim to reduce the effects of injury events. Encourage early research that noted the ability to perform, for example athletes, can practice conditioning drills that incorporate proprioception to teach them how to recover from fall. <u>Post injury phase or tertiary prevention</u> , the goal is to minimize the long term detrimental effects of an injury event
<b>Resource Person</b>	Mr.D.Vincent Jeyaraj , Assistant Professor SRMIST On field injury management specialist








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**Proofs attached : Letters / student list of participants / certificate / document / photos**

<b>Programme proposal</b>	<b>Brochure</b>	<b>Certificate</b>
<b>Activity Photograph</b>	<b>Photographs</b>	

<p><b>YMCA COLLEGE OF PHYSICAL EDUCATION</b> Nandanam, Chennai - 600035.</p> <p><b>CENTENARY CELEBRATIONS</b></p> <p>National workshop on <b>Sports Injury Management, Rehabilitation and First Aid</b> 17th March, 2021</p> <p><u>REGISTRATION FORM</u></p> <p>Name : _____</p> <p>Designation/Class : _____</p> <p>Email Id : _____</p> <p>Phone : _____</p> <p>State : _____</p> <p>Signature of the Participant _____</p>	   <p><b>YMCA COLLEGE OF PHYSICAL EDUCATION</b> Nandanam, Chennai - 600035.</p> <p>A Christian Missionary Institution A Project of the National Council of YMCAs of India Autonomous College Registered under UGC Act Affiliated to Tamil Nadu Physical Education &amp; Sports University Recognized by NAAC with 'A' Grade Recognized by the National Council for Teacher Education &amp; Government of Tamil Nadu</p> <p><b>CENTENARY CELEBRATIONS</b></p> <p><b>National Workshop</b> ON <b>Sports Injury Management, Rehabilitation and First Aid</b></p> <p><b>17th March, 2021</b> at Indoor Gymnasium</p> 	<p><b>Organising Committee</b></p> <p><b>Hon. Justice JB Koshy</b> <i>(Hon. Chief Justice, Tamil Nadu High Court)</i> National President Y.M.C.A. of India</p> <p><b>Hon. Justice Kurian Joseph</b> <i>(Hon. Justice, Chief Justice)</i> Chairman</p> <p><b>Mr. Bertram Devas</b> General Secretary Y.M.C.A. of India</p> <p><b>Mr. J. Benjamin Franklin</b> Coordinator &amp; Secretary</p> <p><b>Mr. Rajiv George</b> Administrator &amp; Event Manager</p> <p><b>Committee</b></p> <p><b>Dr. George Abraham</b> Principal</p> <p><b>Organising Secretary</b> <b>Dr. S. Gladys Kirubakar, Asst. Prof.</b></p> <p><b>Members</b></p> <p>Dr. (Mrs) K. Lakshmi Devi, Associate Professor Dr. S. Johnstone Prabhakaran, Asst. Prof. Dr. S. Jackson Subramaniam, Asst. Prof. Dr. S. Gladys Kirubakar, Asst. Prof. Dr. S. Saravanan, Asst. Prof. Dr. S. Elanbaan, Asst. Prof. Dr. S. Abraham Theodoran, Asst. Prof. Dr. M. Ravi Shankar, Asst. Prof. Dr. A. Mohan Thandazhagan, Asst. Prof. Dr. R. Prabha, Librarian Dr. S. Sumantharan, Asst. Prof. Dr. P. Anandhan, Asst. Prof. Dr. J. Jeyamma, Asst. Prof. Dr. M. S. Praveen Kumar, Asst. Prof. Dr. K. Karthikeyan, Asst. Prof. Dr. Jayaraman, Asst. Prof. Dr. C. Sridhar, Asst. Prof. Dr. R. Megh, Physiotherapist Mrs. T. Mahadevi, Computer Faculty</p>	<p><b>ABOUT THE COLLEGE</b></p> <p>Established in the year 1920 in the present, the YMCA College has pursued the goal of education of the complete man/woman and the service of all men and women.</p> <p>The University Grants Commission and the University of Madras through the Government of Tamil Nadu, Education Department conferred the status of AUTONOMY upon our college in the year 1986 by virtue of its registered services to Humanity through Physical Education, Health Education, Recreational and Allied Science.</p> <p>Since then, the college has been introducing and popularizing many new programmes by taking the lead in many pioneering ventures. In order to have a creative and productive groups of scholars in physical education, sports and recreation, the college has now proposed a number of choices of subject major and activity options. The combination of our past experiences and our future dreams and new vision would enable us as a whole and thereby to reach far in serving the good cause of our nation.</p> <p>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 Sports Injury Management, Rehabilitation and First Aid will be one of the important activities on the program of YMCA College.</p> <p><b>Aims and Objectives of the Workshop</b></p> <ul style="list-style-type: none"> <li>To understand types of sports injuries.</li> <li>To develop and build injury management skills.</li> <li>To manage sports injury well and to recover.</li> <li>Return to sports with proper rehabilitation.</li> <li>Learning and providing first aid to the sports injuries.</li> <li>Good organizational skills to direct and organize initial assessment of an athlete's injury or illness in order to provide emergency or first aid.</li> <li>Include athletes' readiness to play, and provide participative discussion when necessary and warranted.</li> </ul> <p><b>REGISTERED FACULTY</b> <b>Mr. D. Vincent Jayaram</b> (Asst. Prof.) Associate Professor 1987-87</p> 
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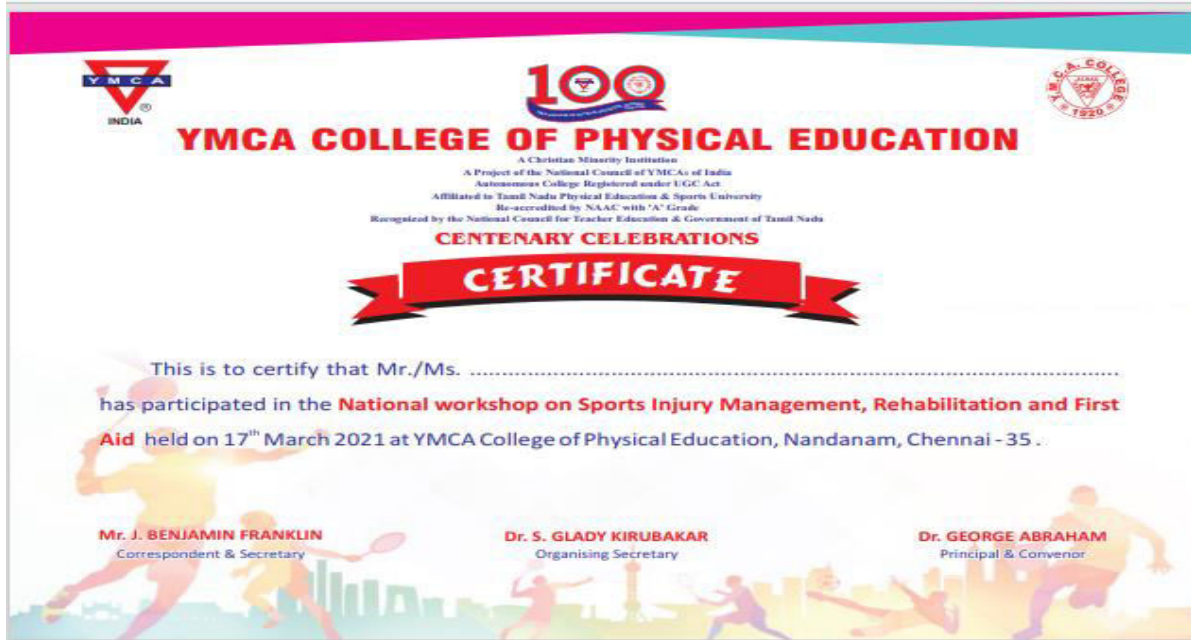




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**ACTIVITY- 5 REPORT( 2020-21)**

**BASIC DETAILS**

<b>Name of the Activity</b> : National Workshop on Neoteric Research Methods , Application of statistical Techniques in Physical Education			
<b>Date</b>	<b>Department / Committee</b>		<b>Coordinator Name &amp; Phone Number</b>
18.03.2021	Physical Education		Dr. S. Gladly Kirubakar
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
10.00 am	YMCA College of Physical of Education	M.P.Ed students	Academic

**Brief information about the Activity**

<b>Topic / Subject of the activity</b>	Neoteric Research Methods , Application of statistical Techniques in Physical Education
<b>Objective for conducting the activity</b>	Provide effective instruction on Neoteric Research Methods , Application of statistical Techniques in Physical Education Literature search <ul style="list-style-type: none"> <li>• skills to improve in writing research proposal</li> <li>• Methods in data collection including validity &amp; reliability</li> <li>• Test of significance</li> <li>• Uses of SPSS</li> <li>• Analysis and Interpretation of data</li> <li>• Qualitative research</li> </ul>
<b>Methodology</b>	Demonstration & hands on experience
<b>Outcome</b>	To enhance statistical knowledge in establishing a sample size, analyze the sample and signify the hypothesis, applying SPSS and for interpretation of the data the physical and sports performance of athletes
<b>Resource Person</b>	Dr. P. MahendraVarman, Department of Econometrics, University of Madras , Former Director of National Institute of Labour Economics and Research

**Proofs attached : Letters / student list of participants / certificate / document / photos**


<b>Programme proposal</b>	<b>Brochure</b>	<b>Certificate</b>
<b>Activity Photograph</b>	<b>Photographs</b>	



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<p><b>YMCA COLLEGE OF PHYSICAL EDUCATION</b> Nandanam, Chennai - 600035.</p> <p><b>CENTENARY CELEBRATIONS</b></p> <p>National workshop on <b>Neoteric Research Methods, Application of Statistical Techniques in Physical Education and Sports</b> 18th March, 2021</p> <p><b>REGISTRATION FORM</b></p> <p>Name : _____</p> <p>Designation/Class : _____</p> <p>Email Id : _____</p> <p>Phone : _____</p> <p>Signature of the Participant</p>		<p><b>Organising Committee</b></p> <p><b>Hon. Justice JB Koshy</b> (Hon. Chief Justice Panna High Court) National President YMCAs of India</p> <p><b>Hon. Justice Kurian Joseph</b> (Hon. Supreme Court Judge) Chairman</p> <p><b>Mr. Bertram Devadas</b> General Secretary YMCAs of India</p> <p><b>Mr. J. Benjamin Franklin</b> Correspondent &amp; Secretary</p> <p><b>Mr. Rajiv George</b> Administrator &amp; Estate Manager</p> <p><b>Dr. George Abraham</b> Principal</p> <p><b>Organising Secretary</b> <b>Dr. S. Gladly Kirubakar, Asst. Prof.</b></p> <p><b>Members</b></p> <p>Dr. (Mrs) K. Jothi Dayamandam, Associate Professor Dr. S. Johnson Premkumar, Asst. Prof. Dr. J. Jackson Satharasingh, Asst. Prof. Dr. J. Glory Darling Margaret, Asst. Prof. Dr. S. Jerome David, Asst. Prof. Dr. T. Simon Jeyarada, Asst. Prof. Dr. K. Prabhu, Librarian Mr. M. Felix Arakkhara, Asst. Prof. Dr. A. Merlin Thanka Daniel, Asst. Prof. Dr. S. Abraham Davidson, Asst. Prof. Dr. J. Samuel Jeyarada, Asst. Prof. Dr. Pan. Anbarasu, Asst. Prof. Dr. J. James, Asst. Prof. Mr. R. Praveen Doss, Asst. Prof. Dr. K. Karthikeyan, Asst. Prof. Dr. J. Gomala, Asst. Prof. Dr. S. Bobby, Asst. Prof. Mr. Sathish Kumar, Asst. Prof. Mr. K. Mogil, Physiotherapist Mrs. T. Mahabala, Computer Faculty</p>	<p><b>ABOUT THE COLLEGE</b></p> <p>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.</p> <p>The University Grants Commission and the University of Madras through the Government of Tamil Nadu, 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.</p> <p>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 prepared 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 in serving the good cause of our nation.</p> <p>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 Neoteric Research Methods, Application of Statistical Techniques in Physical Education and Sports will be one of the important milestones on the journey of YMCA College.</p> <p><b>Aims and Objectives of the Workshop</b></p> <ul style="list-style-type: none"> <li>Literature search</li> <li>Writing research proposal</li> <li>Research designs</li> <li>Data collection instruments including validity and reliability</li> <li>Data collection techniques and methods</li> <li>Sample size estimation</li> <li>Test of significance</li> <li>Use of SPSS</li> <li>Analysis and interpretation of data</li> <li>Qualitative research</li> </ul> <p><b>RESOURCE PERSON</b> <b>Dr. P. Mahendra Varman</b> M.S., Ph.D., Department of Biomechanics, University of Madras, Former Director of National Institute of Labour Ergonomics and Research</p> 
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CENTENARY CELEBRATIONS

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**CENTENARY CELEBRATIONS**

**CERTIFICATE**

This is to certify that Mr./Ms. ....  
has participated in the **National workshop on Neoteric Research, Application of Statistical Techniques in Physical Education and Sports** held on 18<sup>th</sup> March 2021 at YMCA College of Physical Education, Nandanam, Chennai - 35.

**Mr. J. BENJAMIN FRANKLIN**  
Correspondent & Secretary

**Dr. S. GLADLY KIRUBAKAR**  
Organising Secretary

**Dr. GEORGE ABRAHAM**  
Principal & Convenor



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**ACTIVITY – 6 REPORT( 2020-21)**

**BASIC DETAILS**

<b>Name of the Activity : National workshop on Life saving skill management</b>			
<b>Date</b>	<b>Department / Committee</b>		<b>Coordinator Name &amp; Phone Number</b>
19.03.2021	Physical Education		Mr. Felix Arockkiaraj
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
10.00 am	YMCA College of Physical of Education	B.P.E.S I Year B.P.E.S III Year B.P.Ed- I Year M.P.Ed- I & II Year	Academic

**Brief information about the Activity**

<b>Topic / Subject of the activity</b>	Life saving skill management
<b>Objective for conducting the activity</b>	Provide effective instruction on <ul style="list-style-type: none"><li>extinguishing fire and protecting life and property in case of fire.</li><li>Phases of Fire Fighting Operation</li><li>temperature of a fire</li><li>ABC type fire extinguisher</li></ul>
<b>Methodology</b>	Demonstration & hands on experience
<b>Outcome</b>	To enhance knowledge to fight fires and provide relief measures in times of calamities and disasters
<b>Resource Person</b>	Mr. S. Syed Mohamed shah & Mr.D. Prabakaran,  Tamil Nadu Fire and Rescue Services, Chennai

**Proofs attached : Letters / student list of participants / certificate / document / photos**

<b>Programme proposal</b>	<b>Brochure</b>	<b>Certificate</b>
<b>Activity Photograph</b>	<b>Photographs</b>	





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<p><b>YMCA COLLEGE OF PHYSICAL EDUCATION</b> Nandanam, Chennai - 600035.</p> <p><b>CENTENARY CELEBRATIONS</b></p> <p>National Workshop on <b>Life Saving Skill Management</b> 18th March, 2021</p> <p><u>REGISTRATION FORM</u></p> <p>Name : _____</p> <p>Designation/Class : _____</p> <p>Email Id : _____</p> <p>Phone : _____</p> <p>Signature of the Participant</p>	<p><b>YMCA COLLEGE OF PHYSICAL EDUCATION</b> Nandanam, Chennai - 600035.</p> <p>A Christian Minority Institution A Project of the National Council of YMCAs of India Autonomous College Registered under UGC Act Affiliated to Tamil Nadu Physical Education &amp; Sports University Recognized by NAAC with 'A' Grade Recognized by the National Council for Teacher Education &amp; Government of Tamil Nadu</p> <p><b>CENTENARY CELEBRATIONS</b></p> <p><b>National Workshop on Life Saving Skill Management</b></p> <p><b>18th March, 2021 at YMCA College Gymnasium</b></p>	<p><b>Organising Committee</b> <b>Hon. Justice JB Koshy</b> (Hon. Chief Justice Panch High Court) National President Y.M.C. of India</p> <p><b>Hon. Justice Kurian Josph</b> (Hon. Supreme Court Judge) Chairman</p> <p><b>Mr. Bertram Devasas</b> General Secretary Y.M.C. of India</p> <p><b>Mr. J. Benjamin Franklin</b> Correspondent &amp; Secretary</p> <p><b>Mr. Rajiv George</b> Administrator &amp; Estate Manager</p> <p><b>Dr. George Abraham</b> Principal</p> <p><b>Organising Secretary</b> <b>Mr. M. Felix Arokkiaraj</b>, Asst. Prof.</p> <p><b>Members</b> Dr. P.N.V. R. Jothi Sivasubramanian, Associate Professor Dr. J. Indraneel Prabhakaran, Asst. Prof. Dr. J. Jackson Satharasingh, Asst. Prof. Dr. G. Ganesan Duraijogayamani, Asst. Prof. Dr. K. Chidhi Kishorekani, Asst. Prof. Dr. K. Jeremy David, Asst. Prof. Dr. K. Kishore Prasad, Asst. Prof. Dr. K. Manikumar Chandrasekaran, Asst. Prof. Dr. K. Pradeep, Librarian Dr. J. Suresh Babu, Asst. Prof. Dr. K. Aravindhan, Asst. Prof. Dr. K. P. Prasad, Asst. Prof. Dr. J. James, Asst. Prof. Dr. R. Praveen Dasan, Asst. Prof. Dr. K. Kiranbabu, Asst. Prof. Dr. J. Ramakrishna, Asst. Prof. Dr. S. Bobby, Asst. Prof. Mr. Subhiksha Senthil, Asst. Prof. Mr. K. Nagi, Physiotherapist Mrs. V. Manikanya, Computer Faculty</p> <p><b>ABOUT THE COLLEGE</b> 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.</p> <p>The University Grants Commission and the University of Madras through the Government of Tamil Nadu, Education Department conferred the status of AUTONOMY upon our college in the year 1986 by virtue of its special order to the Ministry through Physical Education, Health Education, Recreation and Art Allied Section.</p> <p>Since then, the college has been introducing and popularizing many new programmes by taking the lead in many pioneering ventures. In order to have a creative and productive groups of students in physical education, sports and recreation, the college has now proposed a number of choices of subject majors and activity systems. The combination of our past experiences and our future dreams and new vision would enable us as a whole and thereby to stand first in serving the population of our nation.</p> <p>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 Life Saving Skill Management will be one of the important milestones on the journey of YMCA College.</p> <p><b>Aims and Objectives of the Workshop</b></p> <ul style="list-style-type: none"> <li>• Programmes to experience the thrill of swimming and lifeguarding.</li> <li>• Improve teaching and learning management.</li> <li>• Develop your mind and body through rigorous mental and physical training.</li> </ul> <p><b>RESOURCE PERSONS</b> <b>Mr. S. Syed Mohamed Shih</b> Nandanam Office Principal, Tamil Nadu</p> <p><b>Mr. B. Prabhakaran</b> 098</p>
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**CENTENARY CELEBRATIONS**

**CERTIFICATE**

This is to certify that Mr./Ms. ....  
has participated in the **National Workshop on Life Saving Skill Management** held on 18<sup>th</sup> March 2021  
at YMCA College of Physical Education, Nandanam, Chennai - 35 .

**Mr. J. BENJAMIN FRANKLIN**  
Correspondent & Secretary

**M. FELIX AROKKIARAJ**  
Organising Secretary

**Dr. GEORGE ABRAHAM**  
Principal & Convener

**ACTIVITY- 7 REPORT( 2020-21)**

Saidapet, Nandanam, Chennai - 600035  
Phone : 24344816, 24361069; Email : office@ymcacollege.ac.in



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**BASIC DETAILS**

<b>Name of the Activity : National workshop on Swiss Ball and core Strengthening</b>			
<b>Date</b>	<b>Department / Committee</b>		<b>Coordinator Name &amp; Phone Number</b>
19.03.2021	Physical Education		Dr. K. Jothi Dayanandhan
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
2.00 pm	YMCA College of Physical of Education	B.P.E.S I Year B.P.E.S III Year B.P.Ed- I Year M.P.Ed- I & II Year	Academic

**Brief information about the Activity**

<b>Topic / Subject of the activity</b>	Swiss Ball and Core Strengthening
<b>Objective for conducting the activity</b>	Provide effective instruction on Swiss Ball and Core Strengthening which help to reduce stiffness, lessen fatigue, and improve strength in muscles.
<b>Methodology</b>	Demonstration & hands on experience
<b>Outcome</b>	To enhance knowledge on posture , lumbar mobility , abdominal & back strength , balance and stability , over all control , strength of core body muscles
<b>Resource Person</b>	Mr.S. Arunraj , Fitness Consultant , Chennai

**Proofs attached : Letters / student list of participants / certificate / document / photos**

<b>Programme proposal</b>	<b>Brochure</b>	<b>Certificate</b>
<b>Activity Photograph</b>	<b>Photographs</b>	



# The National Council of YMCAs of India Y.M.C.A. College of Physical Education



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<p align="center"><b>YMCA COLLEGE OF PHYSICAL EDUCATION</b> Nandanam, Chennai - 600035.</p> <p align="center"><b>CENTENARY CELEBRATIONS</b></p> <p align="center">National Workshop on <b>Swiss Ball and Core Strengthening</b> 19th March, 2021</p> <p align="center"><u>ENTRY FORM</u></p> <p>Name : _____</p> <p>Class : _____</p> <p>Roll No. : _____</p> <p>Email Id : _____</p> <p>Phone : _____</p> <p>Signature of the Participant _____</p>	<p><b>YMCA COLLEGE OF PHYSICAL EDUCATION</b> Nandanam, Chennai - 600035.</p> <p>A Christian Minority Institution A Project of the National Council of YMCAs of India Autonomous College Registered under UGC Act Affiliated to Tamil Nadu Physical Education &amp; Sports University Recognized by the National Council for Teacher Education &amp; Government of Tamil Nadu</p> <p align="center"><b>CENTENARY CELEBRATIONS</b></p> <p align="center"><b>National Workshop on Swiss Ball and Core Strengthening</b></p> <p align="center"><b>19th March, 2021 at Gymnasium</b></p>	<p><b>Organising Committee</b></p> <p><b>Hon. Justice JB Koshy</b> <i>Hon. Chief Justice of India</i> National President Y.M.C.A. of India</p> <p><b>Hon. Justice Kurian Joseph</b> <i>Chief Justice</i> Hon. Supreme Court Judge</p> <p><b>Mr. Bertram Devadas</b> General Secretary Y.M.C.A. of India</p> <p><b>Mr. J. Benjamin Franklin</b> Convenor &amp; Secretary</p> <p><b>Mr. Rajiv George</b> In-Charge &amp; Team Manager</p> <p><b>Commodor</b> <b>Dr. George Abraham</b> Principal</p> <p><b>Organising Secretary</b> <b>Dr. (Mrs.) K. Lakshmi Devisudaman</b> Associate Professor</p> <p><b>Members</b></p> <p>Dr. S. Johnson Preshamur, Asst. Prof. Dr. J. Johnson Subramaniam, Asst. Prof. Dr. J. Cleary Parthasarathy, Asst. Prof. Dr. S. Claudy Kirubakaran, Asst. Prof. Dr. S. James David, Asst. Prof. Dr. S. Krishna Venkatesh, Asst. Prof. Dr. S. Abraham Das Mann, Asst. Prof. Dr. M. Kishor Anandaram, Asst. Prof. Dr. A. Muthu Thiruvananthapuram, Asst. Prof. Dr. R. Prabha, Lecturer Dr. L. Suresh Sundaram, Asst. Prof. Dr. P. Anandaraman, Asst. Prof. Dr. J. James, Asst. Prof. Mr. R. Praveen Das, Asst. Prof. Dr. K. Karthikeyan, Asst. Prof. Dr. S. Sankar, Asst. Prof. Dr. G. Babbar, Asst. Prof. Mr. Sathish Kumar, Asst. Prof. Mr. G. Mohan, Physiotherapist Mr. T. Mahalingam, Computer Faculty</p>	<p align="center"><b>ABOUT THE COLLEGE</b></p> <p>Established in the year 1920 to the present, the Y.M.C.A. College has pursued the goal of education of the completeness (holism) and the service of all men and women.</p> <p>The University Grants Commission and the University of Madras through the Government of Tamil Nadu, Education Department conferred the status of AUTONOMY upon our college in the year 1988 by virtue of its request for service to Humanity through Physical Education, Health Education, Recreation and its allied Science.</p> <p>Since then, the college has been introducing and popularizing many new programmes by taking the lead in many pioneering ventures. In order to foster a creative and productive group of leaders in physical education, sports and recreation, the college has now proposed a number of courses of subject matters and activity options. The combination of our past experience and our future thrust and new vision would make us an individual and develop to stand first in serving the good cause of our nation.</p> <p>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.</p> <p><b>Swiss Ball Origins</b></p> <p>Remarkably given its popular name, the Swiss Ball is actually an Italian creation. In the early 1960s, Angelo Ferrarini, an Italian plastic manufacturer created what he termed the "Pezzi Ball", a large inflatable ball whose sole purpose was to aid gymnastic exercise.</p> <p>Understand it as casual at the time, the "Pezzi Ball" would have much wider applications than gymnastics. Within a decade of its creation, Cantini'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. Derek King and Mary Quinlan who, inspired by the Italian method of stretching/developmental rehabilitation, developed a number of paediatric/neurological rehab programs using "Pezzi" Balls.</p> <p><b>Benefits</b></p> <ul style="list-style-type: none"> <li>• Find neutral spine position.</li> <li>• Learn proper posture.</li> <li>• Increase lumbar (low back) mobility.</li> <li>• Increase abdominal and back muscle strength.</li> <li>• Increase balance and stability.</li> <li>• Develop overall control and strength of the core body muscles.</li> </ul> <p><b>RESPONSE PERSON</b> <b>Mr. G. Arunraj</b> (with photo), J.M.A. Course Convener</p>
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The National Council of YMCAs of India  
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**ACTIVITY- 8 REPORT( 2020-21)**

**BASIC DETAILS**

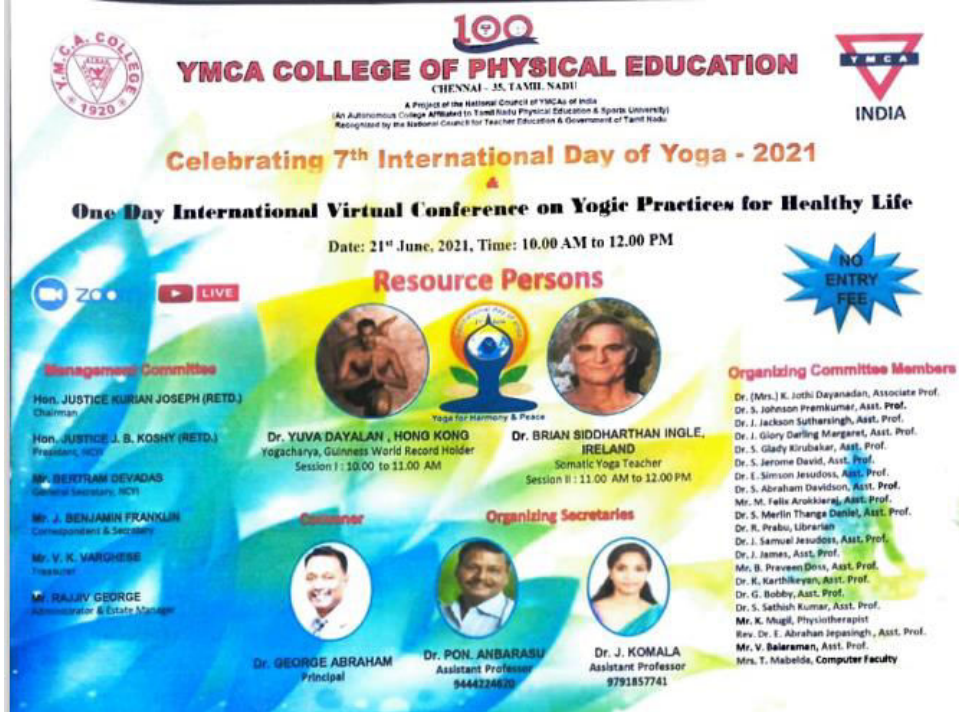
<b>Name of the Activity</b> : 7th International Day of Yoga on Yogic Practices for Healthy life			
<b>Date</b>	<b>Department / Committee</b>		<b>Coordinator Name &amp; Phone Number</b>
21.06.2021	Physical Education		Dr. Pon Anbarasu Dr. Komala
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
10.00 am	Online -YMCA College of Physical of Education	All students and teachers	Academic

**Brief information about the Activity**

<b>Topic / Subject of the activity</b>	Yogic Practices for Healthy life
<b>Objective for conducting the activity</b>	Yoga Improves Mental Health- Physical Well Being- Better Physical Health- improving the body postures
<b>Methodology</b>	Lecture
<b>Outcome</b>	To enhance knowledge on posture , lumbar mobility , abdominal & back strength , balance and stability and Mental Health- Physical Well Being- Better Physical Health
<b>Resource Person</b>	Mr. Brian Siddarthath, Ireland Dr. Yuva Dayalan , Hong Kong

**Proofs attached : Letters / student list of participants / certificate / document / photos**

<b>Programme proposal</b>	<b>Brochure</b>	<b>Certificate</b>
<b>Activity Photograph</b>	<b>Photographs</b>	



**100**  
**YMCA COLLEGE OF PHYSICAL EDUCATION**  
 CHENNAI - 35, TAMIL NADU  
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 (An Autonomous College Affiliated to Tamil Nadu Physical Education & Sports University)  
 Recognized by the National Council for Teacher Education & Government of Tamil Nadu

**Celebrating 7<sup>th</sup> International Day of Yoga - 2021**  
**One Day International Virtual Conference on Yogic Practices for Healthy Life**  
 Date: 21<sup>st</sup> June, 2021, Time: 10.00 AM to 12.00 PM

**Resource Persons**

**Management Committee**  
 Hon. JUSTICE KIRIAN JOSEPH (RETD.)  
 Chairman  
 Hon. JUSTICE J. B. KOSHY (RETD.)  
 President, NCU  
 Mr. SUDHAN DEVADAS  
 National Secretary, NCU  
 Mr. J. BENJAMIN FRANKLIN  
 Correspondent & Secretary  
 Mr. V. K. MARGHESE  
 Treasurer  
 Mr. RAJIV GEORGE  
 Administrator & Estate Manager

**Organizing Committee Members**  
 Dr. (Mrs.) K. Jothi Dayanadan, Associate Prof.  
 Dr. S. Johnson Premkumar, Asst. Prof.  
 Dr. J. Jackson Sutharsingh, Asst. Prof.  
 Dr. J. Glory Darling Margarat, Asst. Prof.  
 Dr. S. Gladly 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. S. Merlin Thanga Daniel, Asst. Prof.  
 Dr. R. Prabhu, Librarian  
 Dr. J. Samuel Jesudoss, Asst. Prof.  
 Dr. J. James, Asst. Prof.  
 Mr. B. Praveen Doss, Asst. Prof.  
 Dr. H. Karthikeyan, Asst. Prof.  
 Dr. G. Bobby, Asst. Prof.  
 Dr. S. Sathish Kumar, Asst. Prof.  
 Mr. K. Mugil, Physiotherapist  
 Rev. Dr. E. Abraham Jepsasingh, Asst. Prof.  
 Mr. V. Balaraman, Asst. Prof.  
 Mrs. T. Mabelde, Computer Faculty

**Resource Persons**  
 Dr. YUVA DAYALAN , HONG KONG  
 Yogacharya, Guinness World Record Holder  
 Session I : 10.00 to 11.00 AM  
 Dr. BRIAN SIDDHARTHAN INGLE,  
 IRELAND  
 Somatic Yoga Teacher  
 Session II : 11.00 AM to 12.00 PM

**Organizing Secretaries**  
 Dr. GEORGE ABRAHAM  
 Principal  
 Dr. PON. ANBARASU  
 Assistant Professor  
 9444324620  
 Dr. J. KOMALA  
 Assistant Professor  
 9791857741

**NO ENTRY FEE**

**YMCA COLLEGE OF PHYSICAL EDUCATION**  
 CHENNAI-35, TAMIL NADU

**7<sup>th</sup> International Day of Yoga - 2021**  
**One Day International Virtual Conference on Yogic Practices for Healthy Life**

**PROGRAM SCHEDULE**

<b>Welcome Address</b>	:	Dr. J. Komala, Asst. Prof.
<b>Chief Guest Introduction</b>	:	Dr. S. Gladly Kirubakar, Asst. Prof.
<b>Chief Guest Address</b>	:	Prof. A. M. Moorthy, Former VC, TNPSU
<b>Guest of Honour Introduction</b>	:	Dr. S. Abraham Davidson, Asst. Prof.
<b>Guest of Honour</b>	:	Dr. R. Elangovan, Prof. & Head, MAHER University
<b>Special Address</b>	:	Dr. George Abraham, Principal
<b>Felicitation Address</b>	:	Mr. J. Benjamin Franklin, Correspondent & Secretary Mr. Rajiv George, Administrator & Estate Manager
<b>1<sup>st</sup> Session</b>	:	Dr. Yuva Dayalan, Yogacharya
<b>Chair Person</b>	:	Dr. K. Jothi Dayanathan, Associate Prof.
<b>Co-Chair Person</b>	:	Dr. J. Glory Darling Margrate, Asst. Prof.
<b>E-certificate issue</b>	:	Mr. M. Felix Arokkiaraj, Asst. Prof.
<b>2<sup>nd</sup> Session</b>	:	Dr. Brian Siddharthan Ingle, Somatic Yoga Teacher
<b>Chair Person</b>	:	Dr. S. Johnson Premkumar, Asst. Prof.
<b>Co-Chair Person</b>	:	Dr. J. Jackson Sutharsingh, Asst. Prof.
<b>E-certificate issue</b>	:	Dr. S. Merlin Thanga Daniel, Asst. Prof.
<b>Vote of Thanks</b>	:	Dr. Pon. Anbarasu, Asst. Prof.



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**IQAC - WORKSHOP/ SEMINAR 2021-22**  
**ACTIVITY REPORT**

S.No	Date	Title	Participants	No : of Beneficiaries
1	20.09.2021	Access to E resources through N-LIST	M.P.Ed students	42
2	21.09.2021	Professional Preparation for Skill and Competent	M.P.Ed students	39
3	22.09.2021	Nutrition Immunity and COVID-19	M.P.Ed students	44
4	23.09.2021	Crimes Precaution and Security in cyber space	M.P.Ed students	44
5	24.09.2021	Fundamentals of Human rights	M.P.Ed students	52
6	1 <sup>st</sup> & 2 <sup>nd</sup> November 2021	Faculty Workshop on Outcome Based Education	Teaching Staff	22
7	1 <sup>st</sup> & 2 <sup>nd</sup> February 2022	Marking Play fields in Sports and Games	Ground Staff	10
8	13. 05 . 2022	Building team through relationships to achieve organizational Goals	Administrative staff	25
9	27. 05.2022	Performance excellence through role expectations of teachers and class room management	Teaching Staff	22



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**IQAC – INTERNAL QUALITY ASSURANCE CELL**

**ACTIVITY- 1 REPORT( 2021-22)**

**I. BASIC DETAILS**

<b>Name of the Activity</b> Workshop on Access to E resources through N- LIST			
<b>Date</b>	<b>Department / Committee</b>		<b>Coordinator Name &amp; Phone Number</b>
20.09.2021	Physical Education		Dr. J. Glory Darling Margaret
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
10.00 am	YMCA College of Physical of Education	M.P.Ed students-42	Academic

**II. Brief information about the Activity**

<b>Topic / Subject of the activity</b>	Access to E resources through N- LIST
<b>Objective for conducting the activity</b>	<ul style="list-style-type: none"> <li>➤ To provide access to selected UGC-INFNET e-resources to technical institutions</li> <li>➤ To provide access to selected INDEST e-resources to selected universities and 6000 govt. aided colleges.</li> <li>➤ To act an monitoring agency for colleges, impart training programs and monitoring all activities involved in the process of providing effective access to e- resources to colleges</li> </ul>
<b>Methodology</b>	Lecturer & Demonstration
<b>Outcome</b>	<ul style="list-style-type: none"> <li>➤ To provide access to information to support teaching, learning, research</li> </ul>
<b>Resource Person</b>	Dr. ABU. K .S E- Learning Publishing Manager , ALISAN Company , Ireland Chennai

**III. Proofs attached : Letters / student list of participants / certificate / document / photos**

Programme proposal	Boucher & Schedule	Certificate
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# The National Council of YMCAs of India Y.M.C.A. College of Physical Education



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Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION  
INTERNAL QUALITY ASSURANCE CELL (IQAC)  
WORKSHOP ON  
**Access to E-Resources through N LIST Programme**  
Date: 20<sup>th</sup> September, 2021 Time: 10:00 AM

**ABOUT THE WORKSHOP**  
N-LIST stands for "National Library and Information services Infrastructure for Scholarly Content". It will enhance the research scholars, academicians, Physical Education professionals to get access to selected electronic resources including e-journals and e-books.  
The main advantages of this programme are  

- Remote access to e-resources with User Id and password.
- Ambitious programme extending e-resources to colleges at affordable cost.
- Provides multiple access of 24 hours a day and 7 days a week.
- With facility for advance online publication, research papers are available online two months ahead of the print.

**Organising Committee**  
**Hon. Justice J.B. Koshy**  
 (Retd. Chief Justice, Panna High Court)  
 National President YMCAs of India  
**Mr. J. Benjamin Franklin**  
 Correspondent & Secretary  
**Mr. Rajiv George**  
 Administrator & Estate Manager  
**Mr. Moses J**  
 Librarian Secretary  
**Mr. S. Jegan**  
 Project Secretary

**Hon. Justice Kurian Joeshp**  
 (Retd. Supreme Court Judge)  
 Chairman  
**Dr. George Abraham**  
 Principal & Convener

**Organising Secretary & IQAC Coordinator**  
**Dr. J. Gary Darling Margaret**

**IQAC Committee Members**  
**Dr. K. Jothi Dayanandan**, Asst. Prof.  
**Dr. S. Johnson Preemkumar**, Asst. Prof.  
**Dr. J. Jackson Sutharsingh**, Asst. Prof.  
**Dr. S. Gladys Kirubakaran**, Asst. Prof.  
**Dr. R. Prabhu**, Librarian

**Resource Person**  
**Dr. Abu K S**  
 E-Learning Publishing Manager  
 ALISON Company, Ireland

*IQAC ACCESS TO E-RESOURCES THROUGH N-LIST PROGRAMME*

S.NO	Roll No.	NAME OF THE STUDENTS	20.09.2021
1	101	BHARATHI K	Present
2	102	BHAVITHA M	Present
3	103	CINCY B CHRISTOPHER	Present
4	104	GAMPALA ABHIGNA REDDY	Present
5	105	LINCY J	Present
6	106	MALATHI R	Present
7	107	MARIYA FERNADEZ	Present
8	108	MCHAYNA D	Present
9	109	PADMAPRIYAA K S	Present
10	110	PRIVAGHARSHINI S	Present
11	111	KALITHI D	Present
12	112	SARITHA K	Present
13	113	SHIVANI S	Present
14	114	SUSHMITHA G	Present
15	115	TIRNA D	Present
16	116	VIGNESHWARI M	Present
17	117	WINDOHA A	Present
18	118	BREHARSHINI P M	Present
19	119	ALFI SHRINE SINGH P	Present
20	120	ANJOP J KALLOR	Present
21	121	ANU S	Present
22	122	ARBAJALI	Present
23	123	ARUN CHANDER A	Present
24	124	ARUN KUMAR D	Present
25	125	ARVIND M	Present
26	126	ARVIND N	Present
27	127	ASHA M	Present
28	128	BALAJI C	Present
29	129	BALAJI C	Present
30	130	BRETTIO GODWIN S A	Present
31	131	BRETTIO KAAH AITHAN N	Present
32	132	CHINMADURAI M	Present
33	133	DALIBABU S	Present
34	134	FELIXHRO S D	Present
35	135	GOPH S	Present
36	136	HARAJI	Present
37	137	REBIN KUMAR J	Present
38	138	DEEPA KUMAR S	Present
39	139	KARTHIK S	Present
40	140	KASIMATYAN K	Present
41	141	LEKSHMI LEEDETRU	Present
42	142	MAHESWARAN B	Present
43	143	MANASH BARHOI	Present
44	144	ROSHINI K	Present
45	145	NITHESH KUMAR S	Present
46	146	RABIN SHARMA	Present

20.09.2021

47	147	RAJA ELAIYAN K	Present
48	148	ROHIT B KAMATHI	Present
49	149	SATHISH KUMAR M A	Present
50	150	SATHYAVANAN M	Present
51	151	SILAS M	Present
52	152	STALIN KUMAR B	Present
53	153	STEVE AUSTIN A	Present
54	154	SUDARVANNAN D	Present
55	155	SURENDER A	Present
56	156	THAMIZHENDHI P	Present
57	157	THANGAPANDI G	Present
58	158	THISON DHAS C	Present
59	159	VINOTH M	Present
60	160	VISWA PRASANT M	Present
Men	43		
Women	17		
Total	60		

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**Centenary Celebration**  
**Certificate of Participation**  
INTERNAL QUALITY ASSURANCE CELL

This is to Certify that  
 Mr./Ms. PRINYA DHRESHMI S  
 has Participated in the Workshop on  
**ACCESS TO E-RESOURCES THROUGH N LIST PROGRAMME**  
 on 20<sup>th</sup> September 2021  
 at  
**Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION**

**Mr. J. Benjamin Franklin**  
Correspondent & Secretary

**Mr. Rajiv George**  
Administrator & Estate Manager

**Dr. George Abraham**  
Principal & Convener

**Dr. J. Gary Darling Margaret**  
Organising Secretary & IQAC Coordinator





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**IQAC – INTERNAL QUALITY ASSURANCE CELL**

**ACTIVITY- 2 REPORT( 2021-22)**

**I. BASIC DETAILS**

<b>Name of the Activity: Workshop on Professional Preparation for Skill &amp; Competency</b>			
<b>Date</b>	<b>Department / Committee</b>		<b>Coordinator Name &amp; Phone Number</b>
20.09.2021	Physical Education		Dr. J. Glory Darling Margaret
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
10.00 am	YMCA College of Physical of Education	M.P.Ed students -39	Academic

**II. Brief information about the Activity**

<b>Topic / Subject of the activity</b>	<b>Professional Preparation for Skill &amp; Competency</b>
<b>Objective for conducting the activity</b>	<ul style="list-style-type: none"> <li>➤ To provide Professional competencies such as knowledge, skills, and abilities that will equip you for success in the workplace and lifelong career management.</li> <li>➤ To provide abilities bringing together soft and hard skills. To enhance students to competently manage tasks assigned to them as part of their role. .</li> <li>➤ To improve workforce skills, reducing frustration in student teachers , and strengthens the team for higher performance.</li> <li>➤ .</li> </ul>
<b>Methodology</b>	<b>Lecturer &amp; Demonstration</b>
<b>Outcome</b>	➤ To implement most effective way of providing proper learning and training for a highly responsive workforce and sustainable profitability
<b>Resource Person</b>	Mr. Jeyasingh Paul, Designated Partner & India Manager PAE India Support Center , LLP

**III. Proofs attached : Letters / student list of participants / certificate / document / photos**

Programme proposal	Boucher & Schedule	Certificate
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# The National Council of YMCAs of India Y.M.C.A. College of Physical Education



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92121\_1.00 PM

Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION  
Nandanam, Chennai - 600 035  
A Project of the National Council of YMCAs of India  
Autonomous College Registered under UGC Act  
Affiliated to Tamil Nadu Physical Education & Sports University

INTERNAL QUALITY ASSURANCE CELL (IQAC)

**WORKSHOP ON**  
**Professional Preparation for Skill & Competency**

Date: 21<sup>st</sup> September 2021 Time: 10:00 AM Venue: YMCA College

**ABOUT THE WORKSHOP**  
The workshop will enhance the research scholars, academicians, students, Physical Education professionals to develop their knowledge, skills and competency. Skill is the specific ability that can be applied in a specific setting in order to accomplish a predefined desired result. Competency is the combination of skills, knowledge and behavior that is exercised in order to effectively perform the duties of a job. Teaching competencies such as Communication and interpersonal skills, organization and planning, classroom management, facilitation and engagement, assessment and coaching, collaboration and teamwork, caring and inclusiveness, flexibility and adaptability will be taught to the students to carefully consider and continue to develop their professional skills. The workshop will help students reflect on the experiences that develop these skills and prove they know how to apply their skills and knowledge to get things done in their profession.

**Hon. Justice J.B. Koshy**  
(Ret. Chief Justice, Pusa High Court)  
National President YMCAs of India

**Hon. Justice Kurian Joseph**  
(Ret. Supreme Court Judge) Chairman

**Mr. J. Benjamin Franklin**  
Correspondent & Secretary

**Mr. Rajni George**  
Administrator & Estate Manager

**Mr. Moses J**  
Executive Secretary

**Mr. S. Jegan**  
Project Secretary

**Resource Person**  
**Mr. Jeyasingh Paul**  
Designated Partner & India Manager  
PAE India Support Center LLP

**Dr. George Abraham**  
Principal & Convener

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

**IQAC Committee Members**  
Dr. K. Jethi Dayanandan, Asst. Prof.  
Dr. S. Johnson Premkumar, Asst. Prof.  
Dr. J. Jackson Sutharsingh, Asst. Prof.  
Dr. S. Gladys Kirubakar, Asst. Prof.  
Dr. R. Prabhu, Librarian

**WOMEN**

S.NO	Roll No.	NAME OF THE STUDENTS	21 SEPTEMBER 2021
1	101	SHARATHI K	AB
2	102	BHAVITHA M	AB
3	103	CINCY B CHRISTOPHER	AB
4	104	GAMPALA ABHIGNA REDDY	AB
5	105	LINCY J	AB
6	106	MALATHI R	AB
7	107	MARIYA FERNANDEZ	AB
8	108	MOHANA G	AB
9	109	PADHMAPRIYAA K S	AB
10	110	PRIVADHARSHINI S	AB
11	111	RAJATHI D	AB
12	112	SARITHA K	AB
13	113	SHIVANI S	AB
14	114	SUSHRITHA G	AB
15	115	TEENA D	AB
16	116	VIGNESHWARI M	AB
17	117	VINDHIA A	AB
18	118	ABHARISHI P M	AB
19	119	ALZI SHRENI SINGH P	AB
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23	123	ARJUN CHANDER A	AB
24	124	ARJUN KUMAR D	AB
25	125	ARVIND M	AB
26	126	ARVIND R	AB
27	127	ASHOK M	AB
28	128	BALAJI C	AB
29	129	BALAJI K	AB
30	130	BEBITTO GODWIN S A	AB
31	131	BRITTO KASIN ANITHAN N	AB
32	132	CHINNADURAI M	AB
33	133	DILLIBABU S	AB
34	134	FELISHTRO S D	AB
35	135	GIGISH S	AB
36	136	ISRAEL J	AB
37	137	JEBIN KUMAR J	AB
38	138	JOSEPH KUMAR S	AB
39	139	KARTHICK S	AB
40	140	KASINAYAN K	AB
41	141	LEKETOLLIE LIEZETSU	AB
42	142	MAHESWARAN B	AB
43	143	MANASH BARHOI	AB
44	144	MOORTHY R	AB
45	145	NITESH KUMAR S	AB
46	146	RABIN SHARMA	AB

47	147	RAJA ELAIYAN K	AB
48	148	MOHIT B KAMATH	AB
49	149	SATHISH KUMAR M A	AB
50	150	SATHYAVANAN M	AB
51	151	SILAS M	AB
52	152	STALIN KUMAR B	AB
53	153	STEVE AUSTIN A	AB
54	154	SUDARVANNAN D	AB
55	155	SURENDER A	AB
56	156	THAMIZHENDHI P	AB
57	157	THANGAPANDI G	AB
58	158	THISON DHAS C	AB
59	159	VINDITH M	AB
60	160	VISWA PRASANT M	AB

**Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION**  
The National Council of YMCAs of India  
**Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION**  
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(Autonomous College Affiliated to Tamil Nadu Physical Education & Sports University)  
Registered under UGC Act

**Centenary Celebration**  
**Certificate of Participation**  
INTERNAL QUALITY ASSURANCE CELL

This is to Certify that  
Mr./Ms. PRIVADHARSHINI S  
has Participated in the Workshop on  
**PROFESSIONAL PREPARATION FOR  
SKILL AND COMPETENCY**  
on 21<sup>st</sup> September 2021  
at  
**Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION**

Mr. J. Benjamin Franklin  
Correspondent & Secretary

Mr. Rajni George  
Administrator & Estate Manager

Dr. George Abraham  
Principal & Convener

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



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**IQAC – INTERNAL QUALITY ASSURANCE CELL**  
**ACTIVITY- 3 REPORT( 2021-22)**

**I. BASIC DETAILS**

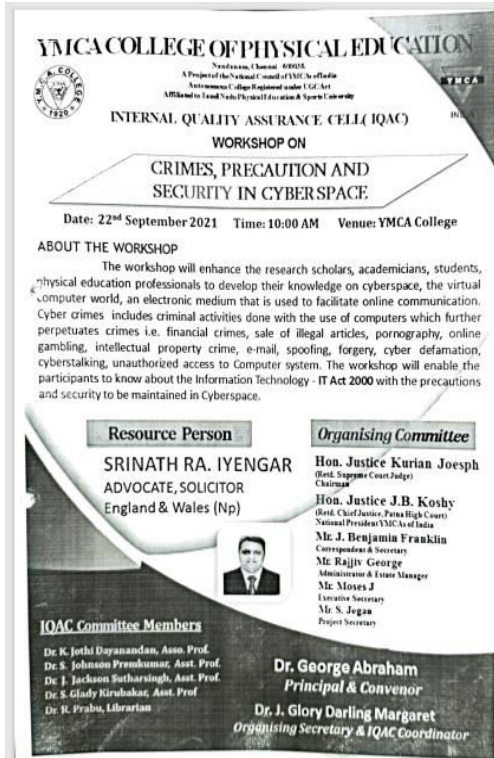
<b>Name of the Activity:</b> Workshop on Crimes Precaution and Security in cyber space			
<b>Date</b>	<b>Department / Committee</b>		<b>IQAC Coordinator</b>
22.09.2021	Physical Education		Dr. J. Glory Darling Margaret
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
10.00 am	YMCA College of Physical of Education	M.P.Ed students -44	Academic

**II. Brief information about the Activity**

<b>Topic / Subject of the activity</b>	<b>Crimes Precaution and Security in cyber space</b>
<b>Objective for conducting the activity</b>	<ul style="list-style-type: none"> <li>➤ To provide knowledge to ensure that the confidentiality, integrity, and availability of data and systems is preserved.</li> <li>➤ Focuses on the pre-emption, prevention and prosecution of cybercrimes such as offenses against the confidentiality, integrity and availability of computer data and systems, computer-related offenses, and content-related offenses.</li> </ul>
<b>Methodology</b>	Lecturer
<b>Outcome</b>	<ul style="list-style-type: none"> <li>➤ To make efforts to create mass awareness for the prevention of cybercrimes in the country.</li> <li>➤ Create measures intended to protect cyberspace networks, related hardware and devices software, and the information they contain and communicate, including software and data from all threats including threats to national security.</li> </ul>
<b>Resource Person</b>	Mr. Srinath RA Iyengar Advocate , solicitor England & Wales ( Np)

**III. Proofs attached : Letters / student list of participants / certificate / document / photos**

Programme proposal	Boucher & Schedule	Certificate
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**YMCA COLLEGE OF PHYSICAL EDUCATION**  
 Chennai, Chennai - 600035  
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**INTERNAL QUALITY ASSURANCE CELL (IQAC)**  
**WORKSHOP ON**  
**CRIMES, PRECAUTION AND SECURITY IN CYBERSPACE**

Date: 22<sup>nd</sup> September 2021 Time: 10:00 AM Venue: YMCA College

**ABOUT THE WORKSHOP**  
 The workshop will enhance the research scholars, academicians, students, physical education professionals to develop their knowledge on cyberspace, the virtual computer world, an electronic medium that is used to facilitate online communication. Cyber crimes includes criminal activities done with the use of computers which further perpetuates crimes i.e. financial crimes, sale of illegal articles, pornography, online gambling, intellectual property crime, e-mail, spoofing, forgery, cyber defamation, cyberstalking, unauthorized access to Computer system. The workshop will enable the participants to know about the Information Technology - IT Act 2000 with the precautions and security to be maintained in Cyberspace.

**Resource Person**  
**SRINATH RA. IYENGAR**  
 ADVOCATE, SOLICITOR  
 England & Wales (Np)

**Organising Committee**  
 Hon. Justice Kurian Joosph  
 (Retd. Judge, Court Judge)  
 Chairman  
 Hon. Justice J.B. Koshy  
 (Retd. Chief Justice, Puna High Court)  
 National President YMCAs of India  
 Mr. J. Benjamin Franklin  
 Correspondent & Secretary  
 Mr. Rajiv George  
 Administrator & Estate Manager  
 Mr. Moses J  
 Executive Secretary  
 Mr. S. Jegaa  
 Project Secretary

**Dr. George Abraham**  
 Principal & Convener

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

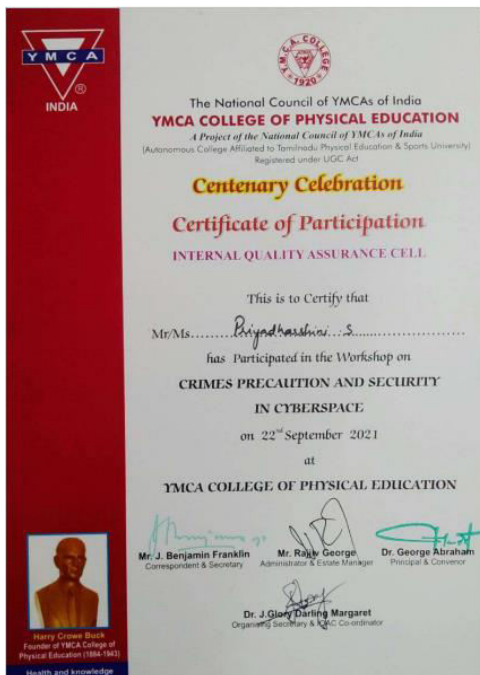
**IQAC Committee Members**  
 Dr. K. Jothi Dhananandan, Asst. Prof.  
 Dr. S. Johnson Prabhakar, Asst. Prof.  
 Dr. J. Jackson Satharasingh, Asst. Prof.  
 Dr. S. Gladys Kiruhakar, Asst. Prof.  
 Dr. R. Prabu, Librarian

**IQAC CRIMES PRECAUTION AND SECURITY IN CYBERSPACE**

YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM, CHENNAI - 600035  
 AFFILIATED WITH TAMIL NADU PHYSICAL EDUCATION & SPORTS UNIVERSITY  
 MEMO. ORDER 21.03.2021

Sl. No.	Name	Topic of the Presentations
1	101 ANANDAN K	
2	102 ANANDAN K	
3	103 ANANDAN K	
4	104 ANANDAN K	
5	105 ANANDAN K	
6	106 ANANDAN K	
7	107 ANANDAN K	
8	108 ANANDAN K	
9	109 ANANDAN K	
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56	156 ANANDAN K	
57	157 ANANDAN K	
58	158 ANANDAN K	
59	159 ANANDAN K	
60	160 ANANDAN K	
Men		43
Women		21
Total		64

47	147 ANANDAN K	
48	148 ANANDAN K	
49	149 ANANDAN K	
50	150 ANANDAN K	
51	151 ANANDAN K	
52	152 ANANDAN K	
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56	156 ANANDAN K	
57	157 ANANDAN K	
58	158 ANANDAN K	
59	159 ANANDAN K	
60	160 ANANDAN K	
Men		43
Women		21
Total		64



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**Certificate of Participation**  
**INTERNAL QUALITY ASSURANCE CELL**

This is to Certify that  
 Mr/Ms. *Rajiv George*  
 has Participated in the Workshop on  
**CRIMES PRECAUTION AND SECURITY**  
**IN CYBERSPACE**  
 on 22<sup>nd</sup> September 2021  
 at  
**YMCA COLLEGE OF PHYSICAL EDUCATION**

Mr. J. Benjamin Franklin  
 Correspondent & Secretary

Mr. Rajiv George  
 Administrator & Estate Manager

Dr. George Abraham  
 Principal & Convener

Dr. J. Glory Darling Margaret  
 Organising Secretary & IQAC Co-ordinator

**Dr. Harry O'Brien**  
 Founder of YMCA College of Physical Education (1884-1941)

Health and knowledge





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**IQAC – INTERNAL QUALITY ASSURANCE CELL**  
**ACTIVITY- 4 REPORT( 2021-22)**

**I. BASIC DETAILS**

<b>Name of the Activity:</b> Workshop on Nutrition Immunity and COVID-19			
<b>Date</b>	<b>Department / Committee</b>		<b>IQAC Coordinator</b>
23.09.2021	Physical Education		Dr. J. Glory Darling Margaret
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
10.00 am	YMCA College of Physical of Education	M.P.Ed students -44	Academic

**II. Brief information about the Activity**

<b>Topic / Subject of the activity</b>	<b>Nutrition Immunity and COVID-19</b>
<b>Objective for conducting the activity</b>	<ul style="list-style-type: none"> <li>➤ To provide knowledge on nutrition during the Covid-19 pandemic management.</li> <li>➤ Enable to understand the Influence of foods and nutrients on COVID-19 recovery</li> <li>➤ Nutritional Impact and Its Potential Consequences on COVID-19 Severity</li> <li>➤ To improve workforce skills, reducing frustration in student teachers , and strengthens the team for higher performance.</li> </ul>
<b>Methodology</b>	Lecturer
<b>Outcome</b>	<ul style="list-style-type: none"> <li>➤ To provide adequate knowledge with Strengthening the Immune System and Reducing Inflammation and Oxidative Stress through Diet and Nutrition</li> </ul>
<b>Resource Person</b>	Dr. R. M .Shobana , Assistant Professor Department of Home Science, SIET College for Women, Chennai

**III. Proofs attached : Letters / student list of participants / certificate / document / photos**

Programme proposal	Boucher & Schedule	Certificate
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**YMCA COLLEGE OF PHYSICAL EDUCATION**  
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Affiliated to Tamil Nadu Physical Education & Sports University

**INTERNAL QUALITY ASSURANCE CELL (IQAC)**

**WORKSHOP ON  
NUTRITION IMMUNITY & COVID 19**

Date: 23<sup>rd</sup> September 2021 Time: 9:30 AM Venue: YMCA College

**ABOUT THE WORKSHOP**

The workshop will enhance the research scholars, academicians, Physical Education professionals to develop knowledge on the immune system. The immune system protects the host from pathogenic organisms (bacteria, viruses, fungi, parasites). The immune system is always active, carrying out surveillance, but its activity is enhanced if an individual becomes infected. This heightened activity is accompanied by an increased rate of metabolism, requiring energy sources, substrates for biosynthesis and regulatory molecules, which are all ultimately derived from the diet. The gut micro biota plays a role in educating and regulating the immune system version. The workshop will enable the participants to know about the adequate nutrition which helps to reduce the risk and impact of virus infections, as well as to build a more resilient immune system over the long term.

**Resource Person**

**Dr. George Abraham**  
Principal & Convenor

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

**Organising Committee**

**Hon. Justice Kurian Joeshph**  
(Retd. Supreme Court Judge, Chairman)

**Hon. Justice J.B. Koshiy**  
(Retd. Chief Justice, Panna High Court  
National President YMCAs of India)

**Mr. J. Benjamin Franklin**  
Correspondent & Secretary

**Mr. Rajiv George**  
Administrator & Estate Manager

**Mr. Moses J**  
Executive Secretary

**Mr. S. Jigga**  
Project Secretary

**Dr. R.M.SOBANA**  
Assistant Professor  
Dept of Home Science  
JBAS College for Women, Chennai

**IQAC Committee Members**

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



**IQAC Nutrition Immunity & COVID-19**

S.NO	ROLL NO	NAME OF THE CANDIDATE	DATE
1	101	ANURAGH K	
2	102	ANURAGH K	
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60	160	ANURAGH K	

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**Centenary Celebration**

**Certificate of Participation**

**INTERNAL QUALITY ASSURANCE CELL**

This is to Certify that  
Mr./Ms. Pragnathashini S.  
has Participated in the Workshop on  
**NUTRITION IMMUNITY & COVID 19**  
on 23<sup>rd</sup> September 2021  
at  
**YMCA COLLEGE OF PHYSICAL EDUCATION**

**Mr. J. Benjamin Franklin**  
Correspondent & Secretary

**Mr. Rajiv George**  
Administrator & Estate Manager

**Dr. George Abraham**  
Principal & Convenor

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

**Henry Crown Book**  
Founder of YMCA College of Physical Education (1986-1987)  
Health and knowledge are wealth



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**IQAC – INTERNAL QUALITY ASSURANCE CELL**

**ACTIVITY- 5 REPORT( 2021-22)**

**I. BASIC DETAILS**

<b>Name of the Activity:</b> Workshop on Fundamentals of Human rights			
<b>Date</b>	<b>Department / Committee</b>		<b>IQAC Coordinator</b>
24.09.2021	Physical Education		Dr. J. Glory Darling Margaret
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
10.00 am	YMCA College of Physical of Education	M.P.Ed students -52	Academic

**II. Brief information about the Activity**

<b>Topic / Subject of the activity</b>	<b>Fundamentals of Human rights</b>
<b>Objective for conducting the activity</b>	<ul style="list-style-type: none"> <li>➤ To protect human beings from any kind of discrimination and injustice all over the world. .</li> <li>➤ Enable to understand To promote and protect the constitutional fundamental rights of common people. To get public help in solving social problems.</li> <li>➤ Create or remove social evils especially from the weaker sections of the society..</li> <li>➤ Influencing the development of the law and government policy</li> </ul>
<b>Methodology</b>	Lecturer
<b>Outcome</b>	<b>To gain adequate knowledge on</b> <ul style="list-style-type: none"> <li>➤ Empowering of Human Rights, Culture, Health, Education, Socio-Economic, Development, Language, Land, Water, Forest and Biodiversity.</li> <li>➤ Educating for Conflict Resolution, Negotiation and Peace building capacities.</li> <li>➤ Empowering the poor for Financial Freedom for self and country.</li> </ul>
<b>Resource Person</b>	Mr. Ahilan Joe Woutres , Assistant Professor , Department of Physical Education , Loyola College , Chennai

**III. Proofs attached : Letters / student list of participants / certificate / document / photos**

Programme proposal	Boucher & Schedule	Certificate
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**INTERNAL QUALITY ASSURANCE CELL (IQAC)**  
WORKSHOP ON  
*Fundamentals of Human Rights*  
Date: 24<sup>th</sup> September 2021 Time: 10:00 AM Venue: YMCA College

**ABOUT THE WORKSHOP**  
Human rights are based on dignity, equality and respect to humans irrespective of their religion, race, caste, sex and place of birth. They are the sections of the Constitution of India that provides people with their rights. These Fundamental Rights are considered as basic human rights. These sections are the vital elements of the constitution, which was developed between 1947 and 1949 by the Constitution of India. The six fundamental rights in India are Right to Equality, Right to Freedom, Right against Exploitation, Right to Freedom of Religion, Cultural and Educational Rights, and Right to Constitutional Remedies. The workshop will enable the research scholars, academicians, physical education professionals to know about the basic rights that belong to all human. They embody key values in our society such as fairness, dignity, equality and respect. Participants will understand that these rights give us power and enable us to speak up and to challenge poor treatment from a public authority.

**RESOURCE PERSON**

**Dr. George Abraham**  
Principal & Convenor

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

**Mr. Ahilan Joe Woutres**  
Assistant Professor,  
Dept. of History  
Loyola College, Chennai

**Organising Committee**  
**Hon. Justice Kurian Joeshp**  
(Retd. Supreme Court Judge), Chairman  
**Hon. Justice J.B. Koshy**  
(Retd. Chief Justice, Puna High Court)  
National President YMCAs of India  
**Mr. J. Benjamin Franklin**  
Correspondence & Secretary  
**Mr. Rajiv George**  
Administrative & Estate Manager  
**Mr. Moses J**  
Executive Secretary  
**Mr. S. Jegan**  
Project Secretary

**IQAC Committee Members**  
Dr. K. Jothi Dayanandan, Asst. Prof.  
Dr. S. Johnson Premkumar, Asst. Prof.  
Dr. J. Jackson Sutharsingh, Asst. Prof.  
Dr. S. Gladys Kirubakar, Asst. Prof.  
Dr. R. Prabhu, Librarian

**IQAC FUNDAMENTALS OF HUMAN RIGHTS**

YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM, CHENNAI - 600035  
AFFILIATED WITH TAMIL NADU PHYSICAL EDUCATION & SPORTS UNIVERSITY  
MPED - II2020-23,202 WOMEN

S.NO	REG. NO.	NAME OF THE STUDENTS	DATE
1	101	BHARATHI K	
2	102	BHANTHIRA M	
3	103	LINCY B CHRISTOPHER	
4	104	GAMFALA ABHIGNA REDDY	
5	105	LADY J	
6	106	MALATHI K	
7	107	MARINA FERNANDEZ	
8	108	MOHANA G	
9	109	PADMAKANYA K S	
10	110	PRAYAGARSHMI S	
11	111	RAJITHA D	
12	112	SARITHA K	
13	113	SHYVANI S	
14	114	SUCHANTHA G	
15	115	TEENA D	
16	116	VINODHARANI M	
17	117	VINDHA A	
18	118	ABHARISHI P M	
19	119	ALSI SHREYA SINGH P	
20	120	ANGOP J KALLOR	
21	121	ANI S	
22	122	ARJUN ALI	
23	123	ARJUN CHANDER A	
24	124	ARJUN KUMAR D	
25	125	ARJUN M	
26	126	ARJUN A	
27	127	ASAND M	
28	128	BALAJI C	
29	129	BHARAT K	
30	130	BHARATI GOOWIN S A	
31	131	BHARATI KANNANATHAN N	
32	132	CHANDRAN M	
33	133	CHIBBARU S	
34	134	CHIDAMBARAM S D	
35	135	COOPER S	
36	136	ISRAEL J	
37	137	JAYAN KUNAR J	
38	138	JOSEPH KUNAR S	
39	139	KARTHIK S	
40	140	KARTHIK K	
41	141	LEKSHMI LEKSHMI	
42	142	MAHESH KUNAR B	
43	143	MANISH BASHAR	
44	144	MOORTHY K	
45	145	NETESH KUNAR S	
46	146	RAJIN SHARMA	
47	147	RAJALAYAN K	
48	148	RACHIT B KAMARTH	
49	149	RAGHAVAN M A	
50	150	SATHANANAN M	
51	151	SHARAD M	
52	152	SUBIN KUNAR B	
53	153	SUBIN KUNAR A	
54	154	SUBIN KUNAR D	
55	155	SUBIN KUNAR B	
56	156	THANENDHRI P	
57	157	THANENDHRI G	
58	158	THANENDHRI C	
59	159	VINDHA M	
60	160	VINODHARANI M	

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**Centenary Celebration**  
**Certificate of Participation**  
INTERNAL QUALITY ASSURANCE CELL

This is to Certify that  
Mr./Ms. Prayadharshini S  
has Participated in the Workshop on  
**FUNDAMENTALS OF HUMAN RIGHTS**  
on 24<sup>th</sup> September 2021  
at  
**YMCA COLLEGE OF PHYSICAL EDUCATION**

Mr. J. Benjamin Franklin  
Mr. Rajiv George  
Dr. George Abraham  
Correspondence & Secretary    Administrative & Estate Manager    Principal & Convenor

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

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

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**IQAC – INTERNAL QUALITY ASSURANCE CELL**  
**REPORT ON WORKSHOP / SEMINAR 2021-22**

**ACTIVITY- 6**

**I. BASIC DETAILS**

<b>Name of the Activity : FACULTY WORKSHOP ON OUTCOME BASED EDUCATION- MODULE 1</b>			
<b>Date</b>	<b>Department / Committee</b>		<b>Coordinator Name &amp; Phone Number</b>
1 <sup>st</sup> & 2 <sup>nd</sup> November 2021	Physical Education- <b>IQAC</b>		Dr .J. Glory Darling Margaret
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
2.00 pm	YMCA College of Physical of Education	Teaching Faculty - 26	Academic

**II. Brief information about the Activity**

<b>Topic / Subject of the activity</b>	<b>OUTCOME BASED EDUCATION</b>
<b>Objective for conducting the activity</b>	<ul style="list-style-type: none"> <li>• Tuned to incorporate the features of OBE</li> <li>• To foster the values of OBE and fabricate the competence of the faculty members to aid its institutionalization in the teaching and learning system and other academic processes of the institution.</li> <li>• To enable the knowledge on outcome based education frame work &amp; Mechanism ( Vision , Mission &amp; PEO)</li> <li>• Graduate Attributes , Student Learning Outcomes ( GA PO &amp; CO)</li> <li>• Blooms Taxonomy and design of Learning outcomes &amp; Mapping Outcomes.</li> </ul>
<b>Methodology</b>	Lecture and Demonstration
<b>Outcome</b>	<ul style="list-style-type: none"> <li>• <b>To incorporate the features of OBE into physical education curriculum</b></li> </ul>
<b>Resource Person</b>	<b>Mrs. Sathya , M.SC ., M.Phil.,P.B.D.C.S , IQAC Advisor &amp; Associate Professor of Computer Science , S.F.R.C College for Women, Sivakasi</b>

- **Proofs attached : Letters / student list of participants / certificate / document / photos**

<b>Programme proposal</b>	<b>Boucher &amp; Schedule</b>	<b>Certificate</b>
<b>Activity Photograph</b>	<b>Photographs</b>	

**IQAC – INTERNAL QUALITY ASSURANCE CELL**  
**FACULTY WORKSHOP ON OUTCOME BASED EDUCATION**

The first session of the Outcome Based Education webinar was conducted by Mrs. Sathya , M.SC ., M.Phil.,P.B.D.C.S , IQAC Advisor & Associate Professor of Computer Science , S.F.R.C College for Women, Sivakasi .She shared her insights on different theories and taxonomies related to OBE, frame work & mechanism .She explained the graduate attributes and student learning outcomes ( GA, PO & CO). She discussed the major factors concerning

the bloom Taxonomy and design of learning outcomes & mapping outcomes . it has enabled the teachers with the knowledge to effectively communicate to the higher authorities of the Institute the need of curriculum design, classroom and institute infrastructure reforms and other relevant resources required to conduct OBE. Finally it helped the faculty to understand the role of quality control in effective execution of OBE.



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**INTERNAL QUALITY ASSURANCE CELL (IQAC)**

*You are Cordially Invited to the*

**FACULTY WORKSHOP ON OUTCOME BASED EDUCATION**

**Module I**

Date: 1<sup>st</sup> & 2<sup>nd</sup> 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

**Organising Committee**

**Hon. Justice Kurian Josep**  
 (Retd. Supreme Court Judge)  
 Chairman

**Hon. Justice J.B. Koshy**  
 (Retd. Chief Justice, Patta High Court)  
 National President Y.M.C.A. of India

**Mr. J. Benjamin Franklin**  
 Correspondent & Secretary

**Mr. Rajaji George**  
 Administrator & Estate Manager

**Mr. Moses J**  
 Executive Secretary

**Mr. S. Jegan**  
 Project Secretary

**IQAC Committee Members**

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

**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 help 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 improve 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 & PED)
- Graduate Attributes & Student Learning Outcomes (GA, PO & CO)
- Bloom Taxonomy and Design of Learning Outcomes & Mapping Outcomes



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**INTERNAL QUALITY ASSURANCE CELL (IQAC)**

*You are Cordially Invited to the*

**FACULTY WORKSHOP ON OUTCOME BASED EDUCATION**  
**Module 1**

Date: 1<sup>st</sup> & 2<sup>nd</sup> November 2021 Time: 2:00 PM

**Programme Schedule**  
DAY 1 - 01/11/2021 (MONDAY)

02:00 PM	Opening Prayer	: Dr. J. Jackson Subharsingh
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. Rajiv George
	Administrator & Estate Manager	
02:10 PM	Introduction of the Resource Person	: Dr. S. Gladly 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

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**INTERNAL QUALITY ASSURANCE CELL ( IQAC )**

*Certificate*

**FACULTY WORKSHOP ON OUTCOME BASED EDUCATION**  
**MODULE 1**

This is to Certify that Dr/Mr/Mrs. P.D.N. ANBARASU.....  
Assistant Professor / Associate Professor has Participated as a delegate in the workshop  
organized by the YMCA College of Physical Education

**1st & 2nd November 2021**

Mr. J. Benjamin Franklin  
Correspondent & Secretary

Dr. (Mrs.) J. Glory Darling Margaret  
Organizing Secretary & IQAC Coordinator

Dr. George Abraham  
Principal & Convener



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**IQAC – INTERNAL QUALITY ASSURANCE CELL**  
**REPORT ON WORKSHOP / SEMINAR 2021-22**

**ACTIVITY- 7**

**I. BASIC DETAILS**

<b>Name of the Activity:</b> Workshop on Marking Play Fields in Sports & Games – Ground Staff			
<b>Date</b>	<b>Department / Committee</b>		<b>IQAC Coordinator</b>
31 <sup>st</sup> January .2022& 3 <sup>rd</sup> February 2022	Physical Education		Dr. J. Glory Darling Margaret
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
2.30 pm	YMCA College of Physical of Education	Ground staff -10	Academic

**II. Brief information about the Activity**

<b>Topic / Subject of the activity</b>	<b>Marking Play Fields in Sports &amp; Games</b>
<b>Objective for conducting the activity</b>	<ul style="list-style-type: none"> <li>➤ To provide knowledge on marking play fields of various sports and games</li> <li>➤ Enable to understand the latest methods and changes in the rules related to marking playfields</li> <li>➤ Quick and more precise accurate method of marking</li> <li>➤ To improve workforce skills, reducing frustration among ground staff for efficient work attitude..</li> </ul>
<b>Methodology</b>	<b>Lecturer &amp; demonstration</b>
<b>Outcome</b>	➤ To provide adequate knowledge with systematic accurate and latest playfield measurements.
<b>Resource Person</b>	Dr. J. Samuel Jesudass Assistant Professor & Dr. K.Karthikeyan Assistant Professor YMCA College of Physical Education, Chennai

- **Proofs attached : Letters / student list of participants / certificate / document / photos**

<b>Programme proposal</b>	<b>Boucher &amp; Schedule</b>	-
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**INTERNAL QUALITY ASSURANCE CELL (IQAC)**  
*You are Cordially Invited to the*  
**WORKSHOP ON MARKING PLAYFIELDS IN  
SPORTS & GAMES – GROUND STAFF**

**Date: 31<sup>st</sup> January & 1<sup>st</sup> February 2022 Time: 2.30 - 4.00 PM**

**OBJECTIVES:** Playfield marking workshops are intended to the ground staff of YMCA College of Physical Education who are directly linked with the execution of marking for all games and track & field events. This workshop covers every aspect of the marking and maintenance of the play field facilities, and responds to the various changes in rules and regulations in marking.

**Resource Persons**

  
**Dr. J. Samuel Jesudoss**  
Assistant Professor  
YMCA College of Physical Education.

  
**Dr. K. Karthikeyan**  
Assistant Professor  
YMCA College of Physical Education.

**Dr. George Abraham**  
*Principal & Convener*

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

**Organising Committee**

**Hon. Justice Kurian Joseph**  
*(Chief, Supreme Court Judge)*  
Chairman

**Hon. Justice J.B. Kishy**  
*(Chief, Circuit Justice, Panna High Court)*  
National President, Y.M.C.A. of India

**Mr. J. Benjamin Franklin**  
Convenor, National & International

**Mr. Rajiv George**  
Administrative & Estate Manager

**Mr. Moses J**  
Executive Secretary

**Mr. S. Jagan**  
Deputy Secretary

**IQAC Committee Members**

Dr. K. Jothi Dayanandan, Asst. Prof.  
Dr. S. Johnson Prabhakar, Asst. Prof.  
Dr. J. Jackson Sureshbabu, Asst. Prof.  
Dr. S. Gladys Karthika, Asst. Prof.  
Dr. R. Prasad, Librarian





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**IQAC – INTERNAL QUALITY ASSURANCE CELL**  
**REPORT ON WORKSHOP / SEMINAR 2021-22**

**ACTIVITY- 8**

**I. BASIC DETAILS**

<b>Name of the Activity:</b> Workshop on Building team through relationships to achieve organizational Goals			
<b>Date</b>	<b>Department / Committee</b>		<b>IQAC Coordinator</b>
13.05.2022	Physical Education		Dr. J. Glory Darling Margaret
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
10.30 am	YMCA College of Physical of Education	Administrative staff 25	Academic

**II. Brief information about the Activity**

<b>Topic / Subject of the activity</b>	<b>Building team through relationships to achieve organizational Goals</b>
<b>Objective for conducting the activity</b>	<ul style="list-style-type: none"> <li>➤ To provide knowledge on importance of team work</li> <li>➤ Enable to understand effectiveness of Teamwork leads to better outcomes and effectiveness</li> <li>➤ Create and promote strong working relationships through team work</li> <li>➤ Understand the challenges of teamwork</li> </ul>
<b>Methodology</b>	Lecturer & demonstration
<b>Outcome</b>	➤ Achieve organizational goals through team work
<b>Resource Person</b>	Dr. A. David Mohan (Retd.) Chief Manager – Cum Principal United India Insurance Company Corporate Training Centre Chennai

- **Proofs attached : Letters / student list of participants / certificate / document / photos**

<b>Programme proposal</b>	<b>Boucher &amp; Schedule</b>	-
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**INTERNAL QUALITY ASSURANCE CELL (IQAC)**

*You are Cordially Invited to the*  
**ADMINISTRATIVE STAFF - WORKSHOP ON**  
**"Building Team Through Relationships To Achieve Organizational Goals"**

**Date: 13<sup>th</sup> May 2022 Time: 10.00 A.M. Venue: College Conference Hall**

**Objectives:** Well-designed team building activities make sure each member gets an opportunity to take charge of their share of responsibilities. The team achieves a much-larger task than an individual could accomplish. Because the team works together through a challenge to meet their goal, cooperation and collaboration become necessary. The common goal gets placed before personal feelings so the team becomes stronger by completing the tasks together and achieving success. This carries over to collaborative tasks in the office, where employees work together on objectives to fulfill the institutions vision. This workshop aims to build team through relationships to achieve organizational goals.

**Resource Person**

**A. DAVID MOHAN**, M.A, MBA, PG.DIP (PR), PG.DIP (HRM)  
People Management, University of California  
Chief Manager & Principal  
Corporate Learning Centre  
United India Insurance Co.Ltd., Chennai



**Dr. George Abraham**  
Principal & Convener  
**Dr. J. Glory Darling Margaret**  
Organising Secretary &  
IQAC Coordinator

**Organising Committee**  
Hon. Justice Kurian Joeshph  
(Retd. Supreme Court Judge)  
Chairman  
Mr. J. Benjamin Franklin  
Correspondent & Secretary  
Mr. Rajjiv George  
Administrator & Estate Manager  
Mr. Moses J  
Educative Secretary  
Mr. S. Jegan  
Project Secretary

**IQAC Committee Members**  
Dr.K. Iothi Dayanandan, Asso. Prof.  
Dr.S. Johnson Premkumar, Asst. Prof.  
Dr. J. Jackson Sutharsingh, Asst. Prof.  
Dr.S. Gladly Kirubakar, Asst. Prof  
Dr. R. Prabu, Librarian

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**Certificate of Participation**  
INTERNAL QUALITY ASSURANCE CELL

This is to Certify that

Mr /Ms.....


has Participated in the Workshop on

**BUILDING TEAM THROUGH RELATIONSHIPS  
TO ACHIEVE ORGANIZATIONAL GOALS**

on 13<sup>th</sup> May 2022

at

**YMCA COLLEGE OF PHYSICAL EDUCATION**



**Henry Crowe Buck**  
Founder of YMCA College of  
Physical Education (1884-1941)  
Health and knowledge  
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Mr. J. Benjamin Franklin  
Correspondent & Secretary

Mr. Rajjiv George  
Administrator & Estate Manager

Dr. George Abraham  
Principal & Convener

Dr. J. Glory Darling Margaret  
Organising Secretary & IQAC Co-ordinator





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**IQAC – INTERNAL QUALITY ASSURANCE CELL  
REPORT ON WORKSHOP / SEMINAR 2021-22**

**ACTIVITY- 9**

**I. BASIC DETAILS**

<b>Name of the Activity:</b> Workshop on Performance Excellence through role expectations of teachers and class room management			
<b>Date</b>	<b>Department / Committee</b>		<b>IQAC Coordinator</b>
27.05.2022	Physical Education		Dr. J. Glory Darling Margaret
<b>Time</b>	<b>Venue</b>	<b>Activity for class / group &amp; Student number</b>	<b>Nature : Academic / co curricular / extra curricular /social/ other</b>
10.00 am	YMCA College of Physical of Education	Teaching staff 22	Academic

**II. Brief information about the Activity**

<b>Topic / Subject of the activity</b>	<b>Performance Excellence through role expectations of teachers and class room management</b>
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<b>Objective for conducting the activity</b>	<ul style="list-style-type: none"><li>➤ Providing mentorship</li><li>➤ Inspiring learners &amp; Nurturing healthy curiosity in learners</li><li>➤ Creating meaningful learning experiences</li><li>➤ Leveraging technology to support learning</li><li>➤ Mediating and liaising &amp; Researching learning strategies.</li><li>➤ Plan, prepare and deliver quality and effective teaching and learning programs</li><li>➤ Maintain your competency and current knowledge of relevant curriculum programs.</li></ul>
<b>Methodology</b>	Lecturer & demonstration
<b>Outcome</b>	➤ Performance Excellence through role expectations of teachers
<b>Resource Person</b>	Dr. A. David Mohan (Retd.) Chief Manager – Cum Principal United India Insurance Company Corporate Training Centre Chennai

- Proofs attached : Letters / student list of participants / certificate / document / photos

Programme proposal	Boucher & Schedule	-
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**INTERNAL QUALITY ASSURANCE CELL (IQAC)**

**WORKSHOP**  
ON  
**PERFORMANCE EXCELLENCE THROUGH ROLE EXPECTATIONS  
OF TEACHERS AND CLASS ROOM MANAGEMENT**

For  
**TEACHING STAFF**

Date: 27<sup>th</sup> May 2022  
Time - 10:00 A.M.  
Venue : Conference Hall



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INDIA

**YMCA COLLEGE**  
1920

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**Certificate of Participation**  
INTERNAL QUALITY ASSURANCE CELL

This is to Certify that

Dr /Mr /Ms.....

has Participated in the Workshop on

**PERFORMANCE EXCELLENCE THROUGH  
ROLE EXPECTATIONS OF TEACHERS AND  
CLASS ROOM MANAGEMENT**

on 27<sup>th</sup> May 2022

at

**YMCA COLLEGE OF PHYSICAL EDUCATION**

Mr. J. Benjamin Franklin  
Correspondent & Secretary

Mr. Rajjiv George  
Administrator & Estate Manager

Dr. George Abraham  
Principal & Convenor

Dr. J. Glory Darling Margaret  
Organising Secretary & IQAC Co-ordinator

**Harry Cross Back**  
Founder of YMCA College of  
Physical Education (1884-1943)

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**National/ International Conferences and Workshops 2021-22**

**International Conference on Challenges & Strategies: A mark to win Tokyo Olympics – 2020 - Date: July 10, 2021**

**Chief Guest:** Hon. Justice Kurian Joseph (retd.) and the Guest of Honour: Hon. Justice J.B. Koshy (retd.)

**1. International Conference on Strategic Preparedness and Response Plan for Physical Education - Date: July 17, 2021**

**Chief Guest:** Prof. G. Ravindran, Principal, Koviloor Andavar College of Physical Education & Sports Science. Guest of Honour: Prof. Archana Chahal, HOD, Central University of Allahabad.

**Resource Persons:** Dr. Liandi Vd Berg, Senior Lecturer from North West University, South Africa; Dr. Rakesh Tomar from King Fahd University of Petroleum & Minerals, Saudi Arabia

**2. International Conference on Managerial Approach in Physical Education and Sports – MAPES - Date: July 24, 2021**

**Chief Guest:** Dr. (Mrs.) Esther Ranjini, Former Principal, YMCA College of Physical Education.

**Guest of Honour:** Prof. K. Murugavel, Registrar (i/c) from Bharathiar University; Prof. Rajesh Kumar, Chairman & Principal, Dept. of Physical Education from Osmania University; Prof. Zamirullah Khan, Chairman & HOD, Dept. of Physical Education from Aligarh Muslim University.

**Resource Persons:** Dr. Antoanela Oltean, Associate Professor from Ovidius University of Constanta, Romania; Dr. Larion Alin, Vice Dean from Ovidius University of Constanta, Romania.

**3. International Conference on Psychological Preparedness on Peak Performance – PPOPP - Date: July 31, 2021**

**Chief Guest:** Prof. L.B. Laxmikanth Rathod, Vice Chancellor, Palamuru University.

**Guest of Honour:** Prof. S. Bevinson Peribaraj, Former Director, Principal from Alagappa University; Prof. Abhimanyu Singh, HOD from BHU, Varanasi; Dr. Ch. VST. Saikumar, Principal & Secretary from SRMC Maruthi College of Physical Education.

**Resource Persons:** Dr. Varghese C Antony from King Fahd University of Petroleum & Minerals; Dr. Germina Cosma, Professor from University of Craiova, Romania.

**4. International Conference on Education & New Learning Technologies - Date: August 7, 2021**

**Chief Guest:** Prof. N. S. Santhosh Kumar, Vice Chancellor, The Tamil Nadu Dr. Ambedkar Law University.

**Guests of Honour:** Prof. Chinnappa Reddy, Former Professor & Director from SK University & Sports Advisor to Govt. of Andhra Pradesh; Prof. M.L. Kamlesh, Former Principal from Sports Authority of India, LNCPE, Trivandrum; Prof. Jose James, Former Registrar & Director of Physical Education from M.G. University; Prof. R. Subramanian, Dean (Academics) & Head from National Sports University.

**Resource Persons:** Dr. Jewelson M. Santos, Associate Professor from PanPacific University, Philippines; Dr. T. Pratheepan, Senior Librarian from UVA Wellasa University, Sri Lanka

**5. International Conference on New Norm for Enhancing Physical Activity Health and Lifestyle Management - Date: August 14, 2021**

**Chief Guest:** Prof. Pratap Singh Tiwari, Former Vice Chancellor, Gulbarga University, India.

**Guest of Honour:** Prof. Pathros P. Matthai, Former Principal, YMCA College & Former Director and Dean, Faculty of Physical Education from University of Kerala; Prof. L.R. Vaidyanathan, Former Dean, Faculty of Education & Principal, UCPE from Bangalore University; Dr. B. Ramachandra Reddy, Former Faculty from YMCA College of Physical Education, Chennai; Dr. Gurdeep Singh, Former Head & Secretary Sports Board Association of Indian Universities from New Delhi.

**Resource Persons:** Dr. Garry Kuan, Associate Professor from University Sains Malaysia; Dr. Kaukab Azeem from King Fahd University of Petroleum & Minerals, Saudi Arabia.

**6. International Conference on Biomechanics in Sports performance - Date: August 21, 2021**

**Chief Guest:** Prof. N. Panchanatham, Vice Chancellor, Tamil Nadu Teachers Education University.

**Guest of Honour:** Dr. S. Sivaramakrishnan, Former Controller of Examinations from YMCA College of Physical Education; Prof. Sudarsan Bhowmick, Former Dean and HOD from University of Kalyani.

**Resource Person:** Dr. S. Viswanath, Senior Sports Biomechanist, National Sports Institute.

**7. International Conference on Modern Approach on Kinanthropometry Nutrition on Growth & Development - Date: August 28, 2021**

**Chief Guest:** Dr. Dilip Kumar Dureha, Former Vice Chancellor, LNIPE, Gwalior.

**Guest of Honour:** Prof. E.J. Jacob, Former Director of Physical Education from University of Calicut, Kerala; Prof. Lucy Verghese, Former Principal from Govt. Physical Education College, Kerala; Dr. Suresh H. Deshpande, Director from H.V.P. Mandal, Amvarati, Maharashtra; Dr. L.K. Singh, Former Principal from Abhruehi Institute of Physical Education, Guwahati, Assam.

**Resource Persons:** Prof. Wan Abdul Manan Wan Muda, Professor from Alma Ata University, Yogyakarta, Indonesia; Dr. Ferman Konukman from Qatar University, Qatar; Dr. Anup Adhikari, Exercise Physiologist, Red Cross Training Partner, ISAK from Canada; Dr. Lee Kwan Meng, Associate Member from University Putra Malaysia, Malaysia.

**8. International workshop on Physical Literacy: A paradigm Shift Required - Date: October 12, 2021**

**Chief Guest & Resource Person:** Nigel Green, Chairperson of IPLA

**Special Guest:** Dr. Amit Malik, Indian Ambassador, IPLA; Prof. K.V. Rajasekhar, Director of Physical Education & Sports Science from University of Hyderabad.

**9. Workshop on Pencak Silat & Officiating Examination** organized by YCPE in association with Tamil Nadu Pencak Silat Association on 19<sup>th</sup> & 20<sup>th</sup> April 2022 in the YMCA College Buck Theatre with the felicitations of Correspondent & Secretary Mr. J. Benjamin Franklin, the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses. The Principal Dr. George Abraham gave his presidential address. Tamil Nadu Pencak Silat Association's, Executive Committee Member of Indian Pencak Silat Federation Mr. G.P. Maheshbabu called as Resource Persons. And the workshop was organized by the Assistant professors Dr. J. James & Dr. J. Samuel Jesudoss.

**10. Workshop on Taekwondo & Officiating Examination** organized by YCPE in association with Tamil Nadu Taekwondo Association on 21<sup>st</sup> April 2022 in the YMCA College Buck Theatre with the felicitations of Correspondent & Secretary Mr. J. Benjamin Franklin, the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses. The Principal Dr. George Abraham gave his presidential address. The International Basketball Player (Former Indian Team Captain) Mrs. Prasana Jayasankar called as Chief Guest. Tamil Nadu Taekwondo Association's President Mr. S. Vijay and 5<sup>th</sup> Dan Black Belt (Korea), International Coach Level-1, International Referee Mr. B. Ramalinga Bharathy are called as Resource Persons. And the workshop was organized by the Assistant professors Dr. J. James & Dr. J. Samuel Jesudoss.

**11. Workshop on Fencing & Officiating Examination** organized by YCPE in association with Tamil Nadu Fencing Association on 22<sup>nd</sup> and 23<sup>rd</sup> April 2022 in the YMCA College Buck Theatre with the felicitations of Correspondent & Secretary Mr. J. Benjamin Franklin, the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses. The Principal Dr. George Abraham gave his presidential address. The international Volleyball Player Mr. M. Mukesh Lal called as Chief Guest. Chief Coach, founder of fencing in Tamil Nadu, C.A. Bhavani Devi Olympic Player Coach Mr. P. Viswanathan called as Resource Person. And

the workshop was organized by the Assistant professors Dr. J. James & Dr. J. Samuel Jesudoss.

**12. Workshop on Kabaddi & Officiating Examination** was inaugurated on 4<sup>th</sup> May 2022 in YMCA College Buck Theatre in the presence of the Correspondent & Secretary Mr. J. Benjamin Franklin, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses. The Principal Dr. George Abraham called as Chief Guest. The programme was organized by the Assistant Professor Dr. Pon. Anbarasu.

**13. Summer Coaching camp on various sports and games** was inaugurated on 7<sup>th</sup> May 2022 in the YMCA College Buck Theatre in the presence of Correspondent & Secretary Mr. J. Benjamin Franklin, the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses and the International Basketball Player Mr. Vineeth Revi Mathew, International Para Archer Mr. A. Sabari Nathan, International Tennis Player Mr. Ramesh Krishnan, International Football Player Mr. Raman Vijayan, International Athlete Ms. Sharatha Narayana were called as Guests of Honour.

**14. Fitness & Diet written by the Principal Dr. George Abraham** was launched on 7<sup>th</sup> May 2022 in the YMCA College Buck Theatre in the presence of Correspondent & Secretary Mr. J. Benjamin Franklin, the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses and the International Basketball Player Mr. Vineeth Revi Mathew, International Para Archer Mr. A. Sabari Nathan, International Tennis Player Mr. Ramesh Krishnan, International Football Player Mr. Raman Vijayan, International Athlete Ms. Sharatha Narayana were released the book.

#### **Principal's Visit:**

1. 27-29<sup>th</sup> December 2021, the Principal has attended 19<sup>th</sup> General Body Meeting of AIACHE at Kanyakumari and the Principal has been elected as a Vice President of AIACHE for three years.
2. The Principal met the Officials of the University Grants Commission – Southern Eastern Regional Office (UGC-SERO) at Hyderabad, Telangana for Autonomous Status and for various grants.
3. The Principal met the Vice-Chancellor and the Registrar of the Tamil Nadu Physical Education Sports University at Chennai for three-time for various official matters.

#### **ACHIEVEMENTS OF TEACHING STAFF:**

##### **1. Dr. George Abraham, Principal**

- The Principal has been nominated as Executive member of International Association of Physical Education and Sports incorporated.

- The Principal has received International award as Eminent Professor award by London Tamil Academy of Language and Arts, London on September 2021
- The Principal has received International Academy Excellence award by International federation Physical Education, Fitness & Sports Science Associations on 5<sup>th</sup> December 2021 at Hyderabad.
- The Principal has been invited as a Chief Guest of 6 Sports day functions/tournaments conducted by various schools and organizations.
- The Principal has been invited as a Chief Guest of two national conferences.
- The Principal has been invited as Resource Person/ Key note Addressee for seven International and eight National Seminars/ Conferences/ Webinars organized by Colleges and Universities.
- The Principal has conducted International workshops on Physical Literacy: A paradigm Shift.
- The Principal has conducted National workshop on Physical Literacy in Indian Contest.
- The Principal has conducted National workshop on outcome based education.
- The Principal has conducted National workshop on seven workshops and six awareness programmes during this academic year 2021-2022.
- The Principal has published 14 articles in reputed journals/ UGC Cartelist.
- The Principal has presented thirteen papers in National Conferences.
- The Principals has published ten books.
  1. Physical Literacy – Dr. George Abraham
  2. Physical Fitness & Wellness – Dr. George Abraham
  3. Exercise Physiology – Dr. George Abraham
  4. Fitness & Diet – Dr. George Abraham
  5. Kinesiology – Dr. George Abraham
  6. Health Education – Dr. George Abraham
  7. Sports Management – Dr. George Abraham
  8. Sports Bio Mechanics – Dr. Ashokan K & Dr. George Abraham
  9. Scientific Principles of Sports Training – Dr. George Abraham
  10. Athletic Care & Rehabilitation – Dr. George Abraham

## **2. Dr. K. Jothi, Associate Professor**

- She has been authored for seven international and national journals viz. SCOPUS, and EBSCO.
- Guided for two Ph.D. thesis viz. “Combined And Isolated Effect of Yoga And Resistant Training On Selected Physical Physiological And Psychological Variables Among Post-Partum Women” and “Status Analysis of Selected Health Related Fitness Variables And Psychological Profiles Among Engineering College Men.”
- Attended as Resource person/ Speaker for 21 National & International Conferences/ Workshops/ Seminars/ Webinars.



### **3. Dr. J. James**

- Has organized three workshops on Pencak Silat & Officiating Examination, Taekwondo & Officiating Examination, and Fencing & Officiating Examination were conducted from 19 April to 23 April 2022 in our college, 225 students participated and received officiating pass certificates.
- Has participated and presented a paper at the International conference on Sports Science and Physical Education (ICSSPE) held in Dubai, United Arab Emirates on 03<sup>rd</sup> to 04<sup>th</sup> June, 2022.
- Has awarded with IFERP World Excellent paper award for the category Best presentation. Best Content at the IFERP International Conference held in Dubai, United Arab Emirates on 03<sup>rd</sup> to 04<sup>th</sup> June, 2022.