



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

**ANNUAL REPORT ON THE ACTIVITIES OF COLLEGE
DURING THE ACADEMIC YEAR 2018-2019**

REOPENING DAY

The new academic year 2018-19 started on 18th June with a Staff Retreat at the college chapel. Mr. Jebasingh Moses shared the words of God.

Reopening Day of the college for Students was on 5th July 2018. Special Prayer & Motivational Talk was given by evangelist Mr. Jebasingh Moses.

ADMISSIONS- 2018-2019

Men and women students were admitted to various courses of study as per the guidelines of Government of Tamil Nadu, National Council for Teacher Education (NCTE) and Tamil Nadu Physical Education and Sports University.

STUDENTS STRENGTH 2018-2019

S. No.	NAME OF THE COURSE	MEN	WOMEN	TOTAL
1.	D.P.Ed I Year	18	08	26
2.	D.P.Ed II Year	14	05	19
3.	B.P.E.S I Year	63	14	77
4.	B.P.E.S II Year	54	7	61
5.	B.PEd I Year	82	17	99
6.	B.PEd II Year	76	23	99
7.	M.P.Ed I Year	42	04	46
8.	M.P.Ed II Year	41	06	07
9.	M. Phil	14	02	16
10.	Ph. D (regular)	03	-	03
11.	Ph. D (Part Time)	15	10	25
12.	M.Sc (FERN) I Year	05	01	06
13.	M.Sc (FERN) II Year	03	01	04
14.	PGDSC (Swimming)	-	01	01
15.	PGDSC (Tennis)	03	-	02
	TOTAL	430	99	529

BUCK MEMORIAL SPORTS FESTIVAL

61th BUCK Memorial Sports Festival was conducted on 30th & 31st July and 1st August 2018. Around 4600 athletes and players from 94 institution participated in 27 sport. Track and Field has been introduced for college students' category. Dr. S. Johnson Premkumar was the organizing secretary of the Buck Memorial Sports Festival.

PICNIC

To get a relax from the tight and hefty academic activities a one- day picnic for staff and students to Vandaloor and Kishkintha Amusement Park was organized on 28th July 2018. It was coordinated by Dr. S. Johnson Premkumar.

NSS PROGRAMME

Various Programme were carried out by NSS in the campus during the academic year. Dr. S. Johnson Premkumar was the NSS coordinator.

CULUTURAL & LITERARY ACTIVITIES

- **Talent Night** was conducted every month. The Programme was organized by Dr. Pon. Anbarasu.
- **ONAM** was celebrated The programme was organized by Dr. Pon. Anbarasu & Mrs. Komala.
- **CHRISTMAS** was celebrated in the YMCA college premises. College Correspondent & Secretary Mr. Koshy Mathew was the Chief Guest. The performance of our Christmas papa added more color to the programme.
- The students of the College celebrated “**PONGAL FESTIVAL**” in the campus under the leadership of Dr. Pon Anbarasu.

EXTENSIVE TEACHING AND COACHING PRACTICE

Students of second year M.P.Ed, B.P.Ed and D.P.Ed went for Extensive Teaching and Coaching Practice to various schools around Chennai city to gain practical experience in teaching and coaching.

EXTERNAL TEACHING PRACTICE EXAMINATION

External Teaching Practice Examination conducted for our college students.

Date of Examination	Class
26.03.2019	B.P.Ed I & II
27.03.2019	M.P.Ed I & II
28.03.2019	D.P.Ed II

INTERNSHIP TRAINING- PHYSIOTHERAPY

B.P.T students came from different Colleges for Internship in our college

IMPORTANT NATIONAL AND INTERNATIONAL DAYS

Independence Day Celebration

71st Independence Day was celebrated on 15th August 2018. Dr. George Abraham, Principal hoisted the Flag and Independence Day message delivered by Mr. Rajiv Kunwar John, Director, YMCA Secretaries training department. The programme was coordinated by Dr. Glady Kirubakar.

National Sports Day

Inter class Hockey Tournament was conducted on 29th August as a mark of National Sports Day. Students were highlighted about the achievements of legend Hockey player

Major Dyan Chand. The programme was organized by M.P.Ed II year students along with Dr. Gladly Kirubakar.

Teachers Day

Teachers Day Celebration was conducted on 5th September 2018 by M.P.Ed II and M.Phil students.

Republic Day

On 26th January 2019 Republic day flag hoisting ceremony was conducted at 6.00a.m in the college pavilion ground. Our Principal, Dr. George Abraham, hoisted the flag and delivered the Republic Day Message to the staff and students.

MODEL/ PROJECT SPORTS MEET

College has conducted four project sports meet and one sport tournament during 2018-19 academic year.

TNPESU INTERCOLLEGIATE RESULTS 2018-19

About 47 players / athletes from YMCA College of Physical Education represented Tamil Nadu Physical Education and Sports University at South Zone and All India Inter University Tournaments in various sports and games during 2018-19.

S.NO	NAME OF GAMES	MEN	WOMEN
1	BALL BADMINTON	2	
2	BADMINTON	1	
3	BASKETBALL	3	
4	BOXING	4	
5	CRICKET	2	3
6	FOOTBALL	4	4
7	HANDBALL	5	3
8	HOCKEY	4	1
9	NETBALL	3	
10	VOLLEYBALL	2	1
12	TENNIS	3	
13	TABLE TENNIS	1	
14	TAEK WONDO		1
TOTAL		34MEN	13WOMEN

RESULTS OF TAMIL NADU PHYSICAL EDUCATION & SPORTS UNIVERSITY INTERCOLLEGIATE TOURNAMENT 2018-19

MEN SECTION

Winners

1. Ball Badminton
2. Cricket

Runners

1. Football
2. Hockey
3. Handball
4. Table Tennis

WOMEN SECTION

Runner

1. Volleyball

College has received many medals for Archery and Boxing for both Men and Women category in Tamil Nadu Physical Education University Inter collegiate Competitions.

ALL INDIA INTERUNIVERSITY COMPETITION

1. Mr. Vishwadeep Kaushik has secured Two Bronze Medals for Grappling in All India Inter University Grappling Championship.

BOOK EXHIBITION

The Book Exhibition held on 15th February, 2019 at Conference Hall, was inaugurated by our Principal, Dr. George Abraham, organized by college librarian Dr. Prabhu.

All Souls Day

All Souls Day was remembered on 2nd November 2018. Students and staff were gathered near the tomb of leaders of YMCA College and offered floral tribute.

World Week of Prayer

World Week of Prayer was remembered at the College

Prayer Cell

Regular prayer and meditation are the important factors to satisfy the soul and add Christian based values in life. The prayer cell is functioning effectively every day at 9.00 am and 7pm in the college chapel by boys and girls.

DISTANCE EDUCATION PROGRAMME

About 72 Students have enrolled in Distance Education Programme under Tamil Nadu Physical Education and Sports University for the academic year 2018-19. The various courses offered were PG Diploma in Yoga/ M.Sc., in Yoga (L.E)/ Diploma in Aerobics Instructor/ Diploma in Gym Instructor/ PG Diploma in Gym Instructor. The DDE- PCP classes were conducted periodically under the staff coordinator Mr. Felix Arockkijaraj.

NEW TEACHING STAFF

The College Management has appointed the following three new teaching staff.

1. Mr. Sathish Kumar
2. Mr. Sai Abhinav

STAFF ACHIEVEMENTS

1. Dr. Johnson Premkumar is nominated as coach cum manager of handball women team for South Zone Inter University Handball (Women) Tournament.
2. Mr. Sai Abhinav, Assistant Professor is nominated as coach of football team for South Zone Inter University Football (Men & Women) Tournaments.
3. Principal Dr. George Abraham was acted as a Resource Person of the 29th National conference of Sports Psychology, titled *Self Talk: A tool of Performance Development*, NIT, Warangal, Andhra Pradesh, 29th to 31st March, 2019.
4. Principal Dr. George Abraham was acted as a Chair Person of the Global Conference of Physical Education at Acharya Nagarjuna University (ANU), Guntur, Andhra Pradesh, 11th to 13th October 2018.
5. Principal Dr. George Abraham was acted as a Chair Person of National conference of Sports Psychology, NIT, Warangal, Andhra Pradesh, 29th to 31st March, 2019.
6. Principal Dr. George Abraham was acted as a Chair Person of International National conference on Sports Medicine, Yoga, Fitness Therapy & Rehabilitation (SYFTR), Sri Balaji Medical College & Hospital, Chrompet, Chennai, 11th and 12th March, 2019.
7. Principal Dr. George Abraham has Received Samaj Ratna Award at Nashik, Mumbai, 17th August 2018.
8. Principal Dr. George Abraham has received the Appreciation Award from NAPESS (National Association of Physical Education and Sports Sciences), New Delhi on 12th October 2018.
9. Principal Dr. George Abraham has Received Distinguished Professor award for the futuristic and outstanding best practices in the field of Education, 2nd December, 2018.
10. Principal Dr. George Abraham has Received Outstanding Faculty award for the futuristic and outstanding best practices in the field of Education, 2nd December, 2018.

PRINCIPAL'S VISITS

- ❖ Principal was the Chief Guest of the Annual Sports Meet of St. William's Anglo Indian School, Royapettah, Chennai on 19th July, 2018.
- ❖ Chief Guest of the 41st Annual Sports Meet of Ebenezer Marcus Matrc. Hr. Sec, School, Ambattur, Chennai on 21st August, 2018.
- ❖ Chief Guest of the Yoga World Festival, Mahabelipuram, Chennai on 26th August, 2018.
- ❖ Chief Guest of the Sports Day of Holy Angels Metric Hr. Secondary School, Chennai on August, 2018.
- ❖ Chief Guest of the 36th Sports Meet of Shri Jawanthraj Tejarj Surana Jain Vidyalaya, Park Town, Chennai on 4th September, 2018.
- ❖ Chief Guest of the 23rd Tamil Nadu Inter District Junior Athletic Meet, Jawaharlal Nehru Stadium, Chennai on 19th September, 2018.
- ❖ Chief Guest of the XVI Chennai District Masters Athletic Meet, Nehru Stadium, Chennai on 30th September, 2018.
- ❖ Chief Guest of the Boot Camp Marathon Challenges, Chennai on October, 2018.
- ❖ Chief Guest of the Sports Meet of Sri Sathya Sai Institution of Educare, Chrompet, Chennai on November, 2018.


- ❖ Chief Guest of the 49th Annual Sports Day of National Public School, Chennai on 21st December, 2018.
- ❖ Chief Guest of the Annual Sports Day of Sri Krish International School, Kovur, Chennai on 22st December, 2018.
- ❖ Chief Guest of the 5th Sports Day of D A V Public School, Chennai on 12th January, 2019.
- ❖ Chief Guest of the Sports Day of BVM Global School, Perumbakkam, Chennai on 12th January, 2019.
- ❖ Chief Guest of the Sports Day of Stella Matutina College of Education, Ashok Nagar, Chennai on 24th January, 2019.
- ❖ Chief Guest of the Republic day and Sports Day celebration of Arsha Vidya Mandir Senior Secondary School, Guindy, Chennai on 26th January, 2019.
- ❖ Chief Guest of the Sports Day of Holy Prince Matriculation Higher Secondary School, Madipakkam, Chennai on 2nd February, 2019.
- ❖ Chief Guest of the 6th Annual Sports Day of Sri Chaitanya School, Mandaveli, Chennai on 11th February, 2019.
- ❖ Chief Guest of the Sports Day of SSS Jain College for Women, T Nagar, Chennai on 12th February, 2019.
- ❖ Chief Guest of the Sports Day of Holy Tiaana Vidhyasrm School, on 16th February, 2019.
- ❖ Chief Guest of the Sports Day of Chellammal Women College, Guindy on 02nd March, 2019.
- ❖ Chief Guest of the Sports Day of Juvanile Rehabilitation Programme, Juvenile Home, Purasawlkam On 2nd March, 2019.
- ❖ Chief Guest of the Sports Day of Nazreth College for Women, Avadi on 05th March, 2019.
- ❖ Chief Guest of the Annual Sports Day of NKT National College of Education for Women, Triplicane on 06th March, 2019.
- ❖ Chief Guest of the Annual Sports Day of Nazareth College of Arts and Science, Avadi on 11th March, 2019.
- ❖ Chief Guest of the Annual Sports Day of Sri Padmavathi Mahila Viswavidyalaya (SPMVV), Tirupati on 18th March, 2019.

STUDENTS CORNER

- All the M.Phil Scholars & M.P.Ed –II year students attended a **Colloquium** for finalizing the Topic of research work on 18-01-2019. All the teaching staff and Principal attended.
- Students of M.P.Ed II year & B.P.Ed II year went for **Intensive coaching classes** from 24thJan to 09th Feb 2019 between 2 p.m and 6 p.m. to various schools around Chennai city to gain practical experience in teaching and coaching under the supervision of Physical Education Teacher/ Physical Director/ Coach of the corresponding Institution. They handled Intensive Coaching classes whenever the teams are practicing in the corresponding institution.

PLACEMENT CELL

Our college placement cell provides wide range of job opportunities for the students who complete their education. Institutions from all over Tamil Nadu visited our campus on 4th April 2018. About 60 students were placed in various schools and sports companies as Physical Education Teachers and Sports Trainers. The programme was coordinated by Dr. (Mrs.). J. Glory Darling Margaret.


Principal (i/c)
YMCA COLLEGE OF PHYSICAL EDUCATION
NANDANAM, CHENNAI-600 035



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**ANNUAL REPORT ON THE ACTIVITIES OF COLLEGE
DURING THE ACADEMIC YEAR 2019-2020**

REOPENING DAY

The new academic year 2019-20 started on 16th June with a Staff Retreat at the college chapel. Reopening Day of the college for Students was on 3rd July 2019.

ADMISSIONS- 2019-2020

Men and women students were admitted to various courses of study as per the guidelines of Government of Tamil Nadu, National Council for Teacher Education (NCTE) and Tamil Nadu Physical Education and Sports University.

STUDENTS STRENGTH 2019-2020

S. No.	NAME OF THE COURSE	MEN	WOMEN	TOTAL
1.	D.P.Ed I Year	12	03	15
2.	D.P.Ed II Year	19	06	25
3.	B.P.E.S I Year	63	13	76
4.	B.P.E.S II Year	59	14	73
5.	B.P.E.S III Year	45	05	50
6.	B.P.Ed I Year	74	22	96
7.	B.P.Ed II Year	77	18	95
8.	M.P.Ed I Year	52	08	60
9.	M.P.Ed II Year	42	04	46
10.	M. Phil	14	02	16
11.	Ph. D (regular)	06	-	06
12.	M.Sc (FERN) I Year	06	-	06
13.	M.Sc (FERN) II Year	07	-	07
	TOTAL	476	95	571

NSS PROGRAMME

Various Programme were carried out by NSS in the campus during the academic year 2019-20. Dr. S. Johnson Premkumar was the NSS coordinator.

CULUTURAL & LITERARY ACTIVITIES

- **Talent Nite** was conducted every month. The Programme was organized by Dr. J. James
- **Onam** was celebrated. The programme was organized by Dr. J James & Mrs. Komala.
- **Christmas** was celebrated in the YMCA college premises. The performance of our Christmas papa added more color to the programme.

- The students of the College celebrated “Pongal Festival” in the campus under the leadership of Dr. J James.

EXTENSIVE TEACHING AND COACHING PRACTICE

Students of second year M.P.Ed, B.P.Ed and D.P.Ed were undergone Extensive Teaching and Coaching Practice to gain practical experience in teaching and coaching.

EXTERNAL TEACHING PRACTICE EXAMINATION

External Teaching Practice Examination conducted for our college students.

INTERNSHIP TRAINING- PHYSIOTHERAPY

Twenty six B.P.T students came from different Colleges for Internship in our college during the academic year 2019-20.

1. Three B.P.T students came from Trichy Government College of Physiotherapy for Internship in our college and they completed their Internship on 17th July 2019.
2. Three B.P.T students came from Government College of Physiotherapy, K. K Nagar for Internship in our college and they completed their Internship on 16th August 2019.
3. Eight B.P.T students came from Trichy Government College of Physiotherapy for Internship in our college and they completed their Internship on 19th November 2019.
4. Twelve B.P.T students came from Government College of Physiotherapy, K. K Nagar for Internship in our college and they completed their Internship on 17th December 2019.

IMPORTANT NATIONAL AND INTERNATIONAL DAYS

Independence Day Celebration

72st Independence Day was celebrated on 15th August 2018. Dr. George Abraham, Principal hoisted the Flag and delivered the Independence Day message. The programme was coordinated by Dr. J. Samuel Jesudas.

National Sports Day

Students were highlighted about the achievements of legend Hockey player Major Dyan Chand. The programme was organized by M.P.Ed II year students along with Dr. J. Samuel Jesudas

Teachers Day

Teachers Day Celebration was conducted on 5th September 2019 by M.P.Ed II and M.Phil students.

Republic Day

On 26th January 2020 Republic day flag hoisting ceremony was conducted at 6.00a.m in the college pavilion ground. Our Principal, Dr. George Abraham, hoisted the flag and delivered the Republic Day Message to the staff and students. College Estate Manager Mr. Rajjiv George also was present in this function.

MODEL/ PROJECT SPORTS MEET

The college has conducted only two project sports meet and one sport tournament during the 2019-20 academic years because of Covid- 19 issue.

TNPESU INTERCOLLEGIATE COMPETITIONS 2019-20

About 220 students from the YMCA College of Physical Education were represented in Tamil Nadu Physical Education and Sports University Competitions/Tournaments in various sports and games during 2019-20.

RESULTS

Men Section

Winners

1. Basketball
2. Badminton

Runners

1. Hockey
2. Ball Badminton

More over college students have received many medals for Archery, Boxing and Athletics for both Men and Women category in Tamil Nadu Physical Education University Intercollegiate Competitions.

INTER UNIVERSITY COMPETITIONS

Sixty six (66) boys and thirty two (32) girls from YMCA College of Physical Education have represented Tamil Nadu Physical Education and Sports University for South Zone and All India Inter University Tournaments/competitions in various sports and games such as Athletics, Archery, Ball Badminton, Badminton, Basketball, Boxing, Chess, Cricket, Football, Handball, Hockey, Judo, Kabaddi, Kho -Kho, Karate, Netball, Rugby, Volleyball, Table Tennis, Target ball, Swimming, Weight Lifting, Wrestling, and Yoga during 2019-20.

BOOK EXHIBITION

The Book Exhibition held on 15th February, 2019 at Conference Hall, was inaugurated by our Principal, Dr. George Abraham, organized by college librarian Dr. Prabhu.

ALL SOULS DAY

All Souls Day was remembered on 2nd November 2019. Students and staff were gathered near the tomb of the leaders of YMCA College and offered floral tribute.

WORLD WEEK OF PRAYER

World Week of Prayer was remembered at the College

PRAYER CELL

Regular prayer and meditation are the important factors to satisfy the soul and add Christian based values in life. The prayer cell is functioning effectively every day at 9.00 am and 7 .00 pm in the college chapel by boys and girls.

DISTANCE EDUCATION PROGRAMME

About 72 Students have enrolled in Distance Education Programme under Tamil Nadu Physical Education and Sports University for the academic year 2019-20. The various courses offered were PG Diploma in Yoga/ M.Sc., in Yoga (L.E) / Diploma in Aerobics

Instructor/ Diploma in Gym Instructor/ PG Diploma in Gym Instructor. The DDE- PCP classes were conducted periodically under the staff coordinator Mr. Felix Arockkijaraj.

STAFF ACHIEVEMENTS

1. Principal Dr. George Abraham has received the **Yoga Sudar Award** by Indian Young Olympic Federation at World Cup 2019 on 30th June 2019. He has received the **Perasiriyar Kalamani National Award, 2019**. He has received the **Lifetime Achievement Award** for Physical Education by International Researchers Connect 2019 on 12th October 2019. He has been invited as a Guest of Honour/Chief Guest for **Two National Webinar/Conferences**. He has published **Ten** articles in UGC approved, International reputed Journals. He has invited as a Key note Speaker/Resource Person/Invited Speaker for **Twelve National and Four International Webinar/Seminar/Conferences**. He has presented **Four** papers in International and one paper in National Seminars/Conferences.
2. Dr. Jothi Dayanandan has published **Six** articles in UGC approved, International reputed Journals. She has invited as a Key note Speaker/Resource Person/Invited Speaker for **Twenty Three National/State level and Four international Seminar/Conferences**. She has invited **Two** times as a Resource Person for Refresher Course conducted by UGC HRD, Bharathiar University, Two times for UGC HRD, Madras University and one time for UGC HRD, Kannur University.
3. Dr. Johnson Premkumar was acting as an organizing secretary for the seven days Faculty Development Programme.
4. Dr. J Jackson Sutharsingh has published **Seven** articles in UGC approved International reputed Journals. He acted as an organizing secretary for the seven days Faculty Development Program.
5. Dr. J Glory Darling has invited as a Resource Person/Invited Speaker for **Four National Seminar/Conferences**.
6. Dr. Abraham Davidson has published **One** article in UGC approved the National reputed Journal.
7. Dr. R. Prabu has participated UGC sponsored Refresher Course in Library and Information Science at UGC- HRDC Centre, University of Madras. He has received the **Best Young Librarian Award (2019) from the Madras Library Association**. He has published one article in reputed Journal.
8. Dr. J. Samuel Jesudoss has published one book "Statistics for Physical Education" by Jesus Printers.
9. Dr. Pon Anbarasu has invited as the Syndicate member of Salem Periyar University.
10. Dr. Komala has awarded Ph. D degree from Madras University. She has been invited as a Key note Speaker/Resource Person/Invited Speaker for **One National/State level and One international Seminar/Conferences**
11. Dr. Bobby has attended one online national level workshop and one International workshop.

STUDENTS CORNER

- All the M.Phil Scholars & M.P.Ed –II year students attended a **Colloquium** for finalizing the Topic of research work. All the teaching staff and Principal attended.

- Students of M.P.Ed II year & the B.P.Ed II year undergone **Intensive coaching classes** between 2 p.m. and 6 p.m.

PLACEMENT CELL

Our college placement cell provides a wide range of job opportunities for the students who complete their education. Institutions from all over Tamil Nadu visited our campus during the first week of March 2020. About 20 students were placed in various schools and sports companies as Physical Education Teachers and Sports Trainers. The programme was coordinated by Dr. (Mrs.). J. Glory Darling Margaret.

COVID -19 PANDEMIC

As per the lockdown declaration of the government of Tamil Nadu due to covid – 19 pandemic on 13th March 2020, college was closed and unable to continue regular classes and conduct examination on schedule time.

ONLINE CLASSES

Due to the covid- 19 predicament the classes were conducted online after 13th March 2020.

EXAMINATIONS

The Pre-Semester and Odd Semester Examinations for all the courses of M.P.Ed., B.P.Ed and B.P.E.S were conducted in the month of November, 2019.

The Terminal Pre-Semester and Even Semester Examinations for the Final year Students of M.P.Ed., B.P.Ed and B.P.E.S were conducted in the month of September, 2020. It was supposed to be conducted in the month of April, 2020. But, due to Covid19- Pandemic, the examinations were conducted as per the following schedule:

Pre-Semester Examinations for Terminal Semester:

DATE	FORENOON	AFTERNOON
25.09.2020	10.00 AM TO 11.30 AM	2.00 PM TO 3.30 PM
26.09.2020	10.00 AM TO 11.30 AM	2.00 PM TO 3.30 PM

Semester Examinations for Terminal Semester:

DATE	FORENOON	AFTERNOON
28.09.2020	10.00 AM TO 11.30 AM	2.00 PM TO 3.30 PM
29.09.2020	10.00 AM TO 11.30 AM	2.00 PM TO 3.30 PM

The Examinations were conducted through **Online Mode**. The single valuation system was followed. Results were published within five days and consolidated Mark Statements were issued to the students after the one week of terminal semester examinations.


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REOPENING DAY

The new academic year 2020-21 started on 17th August as per University direction with a Staff Retreat at the college chapel, Rev. Dr. Paul Birla shared the word of God. The online classes have started for students on 14th September.

ADMISSIONS 2020-2021

Men and women students were admitted to various courses of study as per the guidelines of Government of Tamil Nadu, National Council for Teacher Education (NCTE), Tamil Nadu Physical Education and Sports University and YMCA College.

STUDENTS STRENGTH 2020-2021

S. No.	NAME OF THE COURSE	MEN	WOMEN	TOTAL
1.	D.P.Ed I Year	02	01	03
2.	D.P.Ed II Year	10	01	11
3.	B.P.E.S I Year	68	12	80
4.	B.P.E.S II Year	59	14	73
5.	B.P.E.S III Year	55	13	68
6.	B.PEd I Year	75	25	100
7.	B.PEd II Year	74	22	96
8.	M.P.Ed I Year	32	14	46
9.	M.P.Ed II Year	51	08	59
10.	M. Phil	-	-	-
11.	Ph. D (regular)	04	-	04
12.	Ph. D (Part Time)	22	5	27
13.	M.Sc (FERN) I Year	03	03	06
14.	M.Sc (FERN) II Year	05	01	06
	TOTAL	460	119	579

INTERNSHIP TRAINING

Six B.P.T students came from the Government College KK Nagar, Chennai for Internship in our college and they have completed their Internship on 9th October 2020.

IMPORTANT NATIONAL AND INTERNATIONAL DAYS

Independence Day Celebration

74th Independence Day was celebrated on 15th August 2020. Mr. Benjamin Franklin, Correspondent and Secretary hoisted the Flag and the Principal Dr. George Abraham had delivered the Independence Day message to Staff, the Administrator and Estate Manager Mr. Rajjiv George was also present there.

National Sports Day

National Sports Day was celebrated on 29th August 2020. Principal delivered his speech through online and he highlighted about the achievements of legendary Hockey player Major Dyan Chand.

Teachers Day

The teachers' day was celebrated on 5th September 2020 and the Principal has delivered the teachers' day message.

All Souls Day

All Souls Day was remembered on 2nd November 2020. The administrative & academic staff were gathered near the tomb of leaders of YMCA College and offered floral tribute.

WORLD WEEK OF PRAYER

World Week of Prayer was remembered at the College from 8th November to 14th November 2020 with a Theme "RAYS OF HOPE".

Republic Day

On 26th January 2021 Republic day flag hoisting ceremony was conducted at 6.00a.m in the college pavilion ground. College Correspondent & Secretary Mr. J Benjamin Franklin hoisted the flag and delivered the Republic Day Message to the staff and students. College Principal Dr. George Abraham and the Estate Manager Mr. Rajjiv George also were present in this function.

PRAYER CELL

Prayer and meditation are the important factors to satisfy the soul and add Christian based values in life. The prayer cell is functioning effectively every working day at 9.50am in the college office room.

DISTANCE EDUCATION PROGRAMME

About 103 Students have enrolled in Distance Education Programme under Tamil Nadu Physical Education and Sports University for the academic year 2020-21. The various courses offered were PG Diploma in Yoga/ M.Sc., in Yoga (L.E)/ Diploma in Aerobics Instructor/ Diploma in Gym Instructor/ PG Diploma in Gym Instructor. The DDE- online classes were conducted periodically under the staff coordinator Mr. Felix Arockiaraj.

The College is conducting Distance Education Programme on various courses. We have conducted contact classes for the following courses during the month between August and October 2020.

- a) P.G Diploma in Yoga
- b) P.G. Diploma in Gym / Fitness Trainer
- c) Diploma in Yoga
- d) Diploma in Gym and Fitness Training
- e) M.Sc Yoga (Lateral Entry)

CONTINUOUS ASSESSMENT (CA) TEST

The first Continuous Assessment (CA) was conducted through online mode for 2nd year MPed, BPEd, BPES and 3rd year BPES on 19th and 20th November 2020. Respective subject teachers have received the students' answer script directly from their mail and evaluated.

FRESHER'S DAY

Virtual Inaugural function for the fresher's of this academic 2020-21 was conducted on 23rd November 2020. Faculty members and students of B.P.E.S I, B.P.Ed I, M.P.Ed I & D.P.Ed I year were participated along with their parents. Principal Dr. George Abraham has welcomed the new students' and highlighted the glorious history of the YMCA College and the scientific physical education programme at the college. Correspondent & Secretary Mr. J. Benjamin Franklin has inaugurated the function and placed the contributions of YMCA movement to India and its services. Mr. Rajiv George, Administrator and Estate Manager advised the students to work hard and build a career that will be a blessing to the society. The students were motivated to attend the online classes regularly until further notification.

TNPESU STATE LEVEL INTERCOLLEGIATE TOURNAMENTS 2020-21

Participation in games and sports are always enjoyable. The Teacher Trainees gain experience in organizing different tournaments. Students from our college use to participate in various games and sports organized by different institutions in and around Chennai. Moreover, they use to participate in the Intercollegiate Tournaments organized by affiliated colleges of Tamil Nadu Physical Education and Sports University, out of which the University team representing the Tamil Nadu Physical Education and Sports University in the Interuniversity tournaments will be selected. Due to pandemic situation this year no such tournaments were organized.

Extramural competitions help the students to develop the base of knowledge in their own game of choices. It also helps in developing the experience in competing different games and sports. It also helps in the development of sportsmanship. It also provides the knowledge of new rules and regulations and their interpretations. It gives vast knowledge on organization and administration. Students learn to adapt to different playing conditions and environment.

The only tournament organized this academic year (2020-21) is by the Tamil Nadu Physical Education and Sports University. One hundred and twenty five (125) Men and One hundred and fourteen (114) Women from our College participated in the State level Tournaments for Men and Women on 11th and 12th of March 2021, organized by the Department of Physical Education, Tamil Nadu Physical Education and Sports University. Our students participated in various sports and games such as Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho and Volleyball. They participated with full enthusiasm and great vigor. Women students secured the runner-up position in Basketball and Hockey. Men students secured the runner-up position in Cricket.

STAFF ACHIEVEMENTS

1. Principal Dr. George Abraham has Received INTERNATIONAL AWARD of PERASIRIYAR EMAYAM award 2020 on 5th October 2020. He has been invited as a Guest of Honour/Chief Guest for **Four** National/International Webinar/Conferences.

He has published **thirteen** articles in UGC approved, International reputed Journals. He has invited as a Key note Speaker/Resource Person/Invited Speaker for **Eighteen** National and **Seven** International Webinar/Seminar/Conferences. He has presented one paper in International and Seminars/Conferences.

2. Dr. Jothi Dayanandan has published **three** articles in UGC approved, International reputed Journals. She has invited as a Key note Speaker/Resource Person/Invited Speaker for **Seven** National/State level and **one** international Seminar/Conference. She has invited as a Chair person for two interviews by different institutions..
3. Dr. J Jackson Sutharsingh has published **three** articles in UGC approved International reputed Journals.
4. Dr. J Glory Darling has invited as a Resource Person/Invited Speaker for **Seven** National Seminar/Conferences. She has published **three** articles in UGC approved International reputed Journals.
5. Dr. J. Samuel Jesudoss has participated Three Faculty Development Programme
6. Dr. Pon Anbarasu has invited as the Guest Speaker by Volleyball association of Pondicherry.
7. Dr. Komala has attended Three Faculty Development Programme.

STUDENTS CORNER

- All the M.Phil Scholars & M.P.Ed –II year students attended a **Colloquium** for finalizing the Topic of research work. All the teaching staff and Principal attended.

PLACEMENT CELL

Our college placement cell provides a wide range of job opportunities for the students who complete their education. About 20 students were placed in various schools and sports companies as Physical Education Teachers and Sports Trainers. The programme was coordinated by Dr. J. Glory Darling Margaret.

COVID -19 PANDEMIC

As per the lockdown declaration of the government of Tamil Nadu due to covid – 19 pandemic, college was closed up to October 2021 and continued regular classes between November 2020 and March 2021 then conduct examination on schedule time.

ONLINE CLASSES

Due to the covid- 19 pandemic the theory classes were conducted on virtual mode.

EXAMINATIONS

The Pre-Semester and Odd Semester Examinations for all the course of M.P.Ed., B.P.Ed and B.P.E.S were conducted in the months of January and February 2021.

The Terminal Pre-Semester and Even Semester Examinations for the 1st year students were conducted in June –July 2021 and the final year Students of M.P.Ed., B.P.Ed and B.P.E.S were conducted in the month of May, 2021.

The arrear examinations for odd semester were conducted in February 2021 and the even semester was conducted in the months of June – July 2021. The Examinations were conducted through **Online Mode**. The single valuation system was followed.



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

**ANNUAL REPORT ON THE ACTIVITIES OF COLLEGE
DURING THE ACADEMIC YEAR 2021-2022**

ADMISSIONS - 2021-2022:

Men and women students were admitted to various courses of study as per the guidelines of Government of Tamil Nadu, National Council for Teacher Education (NCTE) and Tamil Nadu Physical Education and Sports University.

STUDENTS STRENGTH 2021-2022:

S. No.	NAME OF THE COURSE	MEN	WOMEN	TOTAL
1.	D.P.Ed I Year	8	6	14
2.	D.P.Ed II Year	5	1	6
3.	B.P.E.S I Year	57	11	68
4.	B.P.E.S II Year	63	12	75
5.	B.P.E.S III Year	58	14	72
6.	B.P.Ed I Year	62	37	99
7.	B.P.Ed II Year	72	24	96
8.	M.P.Ed I Year	38	22	60
9.	M.P.Ed II Year	43	17	60
13.	M.Sc. (FERN) I Year	13	7	20
14.	M.Sc. (FERN) II Year	3	2	5
	TOTAL	422	153	575

The activities of the YMCA College of Physical Education for the period from September to November 2021 are reported and during the period under report, the College was functioning well resuming all routine curriculums in the midst of few days of flooded situation. On 1st September the College was reopened after a long day of leave due to the COVID-19 Pandemic.

Independence Day Celebration:

75th Independence Day was celebrated on 15th August 2021 at the pavilion ground. Principal Dr. George Abraham was the Chief Guest and hoisted the National Flag and gave a special address. Mr. Rajjiv George, Administrator cum Estate Manager and Mrs. Pon Rani, Headmistress, YMCA College Sports School felicitated address followed by Special Address by Teaching and non-teaching staff of YMCA College and YMCA College Sports School participated in the events organized. Around 100 academy students with their parents also participated enthusiastically and reflected their patriotism by saluting the national flag.

Sweets were distributed after the programme and earlier the program started with the prayer song by the students.

National Sports Day Celebration:

9th National Sports day was celebrated on 29th August 2021 at the Gymnasium Hall, YMCA College of Physical Education. Correspondent and Secretary Mr. J. Benjamin Franklin was the Chief Guest and spoke about the significance of National Sports Day and its significance with the great contribution of Major Dhyhan Chand to the Nation. Dr. George Abraham, Principal gave the special address on how the involvement in sports changes the personality of an individual and society. Mr. Rajjiv George, Administrator cum Estate Manager, Mr. J. Moses, Executive secretary and Mr. S. Jegan, Project Secretary felicitated. Teaching and non-teaching staff of YMCA College and YMCA College, Sports Academy Coaches and Students participated in the sports events organised. Around 100 academy students and their parents participated. Minor Games were conducted and the students enthusiastically participated. Prizes were given to all the participants. Sweets were distributed at the end of the programme. The programme started with the prayer song and ended with the National Anthem.

Teachers' Day Celebration:

On 5th September Teachers day was celebrated at the college indoor sports Hall. Correspondent Secretary Mr. Benjamin Franklin, Principal Prof. Dr. George Abraham, Administrator & Restate Manager Mr. Rajjiv George, Executive Secretary Mr. J. Moses all the Faculty members with Students participated in the celebration. Games were conducted for all the staff members by the students at the end of the program.

World Physiotherapy Day:

On 8th September YMCA College celebrated World Physiotherapy Day with students. The importance of Physiotherapy in Physical Education and the role of the Department of Physiotherapy were oriented by the Principal Dr. George Abraham. In appreciation of the service of the College Physiotherapist, Dr. Muhil was honoured with the shawl by the Correspondent Mr. Benjamin Franklin.

Book Exhibition:

On 30th September 2021, YMCA College organized Book Exhibition in the campus inviting publishers M/s Tamilnadu Book House, Chennai, T.R. Publications, Chennai, Navin Book Suppliers, Coimbatore and Sports Publications, New Delhi. All the faculty members reviewed the books exhibited and selected a list of text books which are very useful for their academic purpose.

200th birthday celebration of Sir George Williams:

As per the guidance of NCYL, on October 11th YMCA College celebrated Sir George Williams' 200th birthday in a special way. In commemoration of the celebration, we planted 200 fruit saplings in the YCPE Camps in the presence of Dr. Vincent George, Regional chairman YMCA SIR & President YMCA Madras who was the guest of the occasion. The

college officials -Administrator & Estate Manager Mr. Rajjiv George, Principal Dr. George Abraham, and Executive Secretary Mr. J. Moses were present at the occasion along with faculty members.

Inauguration of Tennis Academy, Triangle Park, dedication of renovated Tomb of the Founder of the College Harry Crowe Buck Tomb and inauguration of Synthetic Badminton Court

Inauguration of the Twelve Tennis Courts at the College campus after being reconditioned as per the standard procedures was held on 20th October 2021. President NCYI Hon'ble Justice Jacob Benjamin Koshy (Retd), inaugurated the Courts by cutting ribbon and unveiling the plaque and addressed the gathering tracing out the efforts taken to resume back the holdings of the properties by the leaders. National General Secretary NCYI, Mr. Bertram Devadas felicitated and Executive Secretary YCPE Mr. J. Moses offered the opening prayer.

Triangle Park with the huge YMCA emblem construction at the entrance of the College was inaugurated jointly by General secretary YMCA Madras & President AOS Mr. Asir Pandian, Chairman - SIR of YMCAs & President YMCA Madras Dr. Vincent George, President NCYI Hon'ble Justice Jacob Benjamin Koshy (Retd), and National General Secretary NCYI Mr. Bertram Devadas. Earlier Mr. Eldo George Pallikkara dedicated the block with the prayer.

Dedication of renovated Harry Crowe Buck Tomb was dedicated and opened by the Chairman - SIR of YMCAs & President YMCA Madras Dr. Vincent George and a prayer of dedication was offered by Dr. Johnson Premkumar.

Inauguration of Synthetic Badminton Court: A newly formed Synthetic Badminton Court was inaugurated by National General Secretary NCYI Mr. Bertram Devadas.

The dignitaries graced the occasion were - Chairman SIR of YMCAs Dr. Vincent George, National General secretary NCYI, Mr. Bertram Devadas, Treasurer YCPE Mr. V.K. Varghese, General secretary YMCA Madras & President AOS Mr. Asir Pandian, Administrator YCPE Mr. Rajjiv George, Principal YCPE Dr. George Abraham, Mr. A. Manohar Sam, Regional Secretary SIR, and National Executive members Mr. Eldo George Pallikkara, Mr. Thomas Chacko, Mr. Benny Joseph, Mr. P.T. Vinu, Mr. K.M. Thomas, Mr. Jose Nettikkadan and one Bombay Executive, two Delhi executive participated in the inaugural function. All these programmes were organized by the officials – the Correspondent & Secretary Mr. Benjamin Franklin, Administrator & Estate Manager Mr. Rajjiv George, Principal Dr. George Abraham and the Executive Secretary Mr. Moses with the active participation of the faculty members and non-teaching staff.

Exposure Training program for the Secretary- Trainees: The orientation programme in physical education for YMCA Secretary – Trainees of YMCA Training & Leadership Dept. of NCYI under the leadership and the guidance of the Director Mr. Rajiv Kunwar John was

held from 25th to 31st October 2021 at the college campus. The practical sessions were conducted from morning 6 am to 8 am and evening 4 pm to 6 pm and the theory classes from 10 am to 11 am (1st session), and 11:15 am to 12:15 pm (2nd session) every day by Assistant Professors of YMCA College Physical Education. The areas of subjects taught were - Physical Education, Recreation, Fitness and Rules of Games & Sports, Contribution of YMCA towards the development of Physical Education in India and Health Education & Nutrition. The practical sessions were conducted for Aerobics, Volleyball, Basketball and Football, Yoga, Kabaddi, Cricket, Kho-Kho, Shuttle Badminton, Throw Ball and Handball, Recreational activities and Silambam. All trainee Secretaries along with Director participated enthusiastically in all sports and games and maintained excellent punctuality for all the activities. Sightseeing and the visit to YMCA Madras was done on the final day. The certificates and mementos were given to all the YMCA Trainee Secretaries.

Dr. K. Karthikeyan, Assistant Professor YCPE was the programme co-coordinator and organized the exposure program meticulously with the guidance of Principal Dr. George Abraham. Mr. Jegan, Project secretary, YCPE coordinated the arrangements for food and accommodation.

Intramural inauguration and investiture ceremony: College Intramural inauguration and Investiture Ceremony was held on 27th October 2021 at Pavilion ground at 4. 30 pm in the presence of College Principal Dr. George Abraham, Administrator Mr.Rajjiv George, Executive Secretary Mr. Moses, Mr. Rajiv Kunwar John, YMCA Training Director and Teaching staff members. Intramural competitions are the competitions conducted among the students of YMCA College. The benefits of intramural competition are extended to almost all the students of the institution in order to achieve the aim of education All Round Development of a student.

The students have been divided into 12 houses (8 house for men and 4 house for women) for the purpose of competition. The 12 houses are namely Bakthi, Spoorthi, Keerthi, Jothi, Moorthi, Preethi, Sakthi, Santhi for men and Shalini, Sarojini, Ranjini and Padmini for women. The house must be of homogeneous in nature. The following students were selected for the positions were - Men's group Secretary Mr.Sathish from M.P.Ed. II, Joint Secretary Mr. S. Daisan from M.P.Ed. II year and Women's group Secretary S.Priyadharshini from M.P.Ed. II year, Joint Secretary G.Mohana from M.PEd. II year. Then the House Captain and Vice-Captain were selected equally according to their achievements in all the 12 houses. Then the students were divided equally under different houses with the help of teachers, secretaries and captains. Each house consists of 56 for men 36 for women.

Then the Guests of honor, YMCA College officials honoured intramural Secretaries, Joint Secretaries, Captions & vice Captions by providing their batches. Handball match for women and volleyball match for men were conducted followed by the function.

All Souls Day – Thanks Giving Service: All Souls Day service was held on 2nd November 2021 at 7am near the tomb of Founder Principal of the College H.C. Buck in the presence of College officials, Teaching staffs and students.

Inauguration of Uni-Y: We have planned to initiate Uni-Y forum in our college and conducted an orientation program for the students on the scope and benefit of the forum - on Monday 22nd November 2021 4 p.m. at Gymnasium Hall. All the officials of the college Administrator Mr. Rajjiv George, Principal Dr. George Abraham, Executive Secretary Mr. Moses encouraged the students to get involved in Uni-Y activities. Mr. Ivan Sunil Daniel, Secretary YMCA Madras participated as guest speaker oriented the students with functional procedures of Uni-Y. Formation of Uni-Y Club at YCPE was held on 24th November 2021 at 3 pm. Dr. Bobby, Asst. Prof. coordinated the programme. The following Uni-Y members were selected among the members as Office-bearers for one year term.

1. Treasurer – Mr. Nijay Joseph - M. P. Ed. I year
2. Vice-President – Administration – Miss Steffy - M. P. Ed. I year.
3. Vice-President – Programmes - Miss Gampala Abhigna Reddy - M. P. Ed. II year
4. Joint- Secretary - Mr. Jeevanantham - B.P.E.S. III year.
5. Secretary - Miss R. Divya Bharath . M. P. Ed. I year.
6. President – Mr. Anoop J. Kalloor - M. P. Ed. II year.,

All the office bearers were installed by Mr. J. Moses, Executive Secretary YCPE with the orientation of their roles and responsibilities. All the office bearers expressed their commitment and assurance of adoption of formal procedures and growing together. Earlier Dr. George Abraham addressed the student gathering on the scope and development of leadership through Uni-Y forum and the meeting ended with the prayer offered by Dr. Glory Darling Margret followed by vote of thanks proposed by Mr. Jegan, Project Secretary YCPE.

Participation of Uni-Y in Regional Young Peace Makers 2021 and National Students Assembly 2022: It was decided to make the Uni-Y team to participate in the Regional Young Peace Makers 2021 program scheduled to be held from 26th to 28th November 2021 at Karaikudi and National Students Assembly proposed to be held in Mysore, from 14th to 16th January 2022 organized by NCYI - Youth Empowerment, Gender, Sports/Physical Recreation, and Media & Communication.

Academies Membership details: Yearly Membership fee Rs.2, 000 + GST (18%) and Half-yearly Membership fee Rs.1, 200 + GST (18%) are collected from the activity members.

Details of the Infrastructure Developmental Works:

1. Roads on the Entrance gate (In & Out) were raised.
2. The ditch in between the Roads on the Entrance gate (In & Out) was raised and Centenary Triangle Park was developed.
3. Triangle Tennis Court was handed over to us and its being developed for the tennis coaching in the name of YMCA Tennis Academy.
4. All academies such as Gymnastics, Basketball, Football, Athletics, Archery, Shooting, Boxing, Cricket, Badminton and Tennis were developed and concern coaching is going on.

5. Quarters which needed minor repairs were done up.
6. Tomb of Mr. Harry Crowe Buck was renovated.
7. Sir George Williams Garden was developed to commemorate 200th birthday of Sir George Williams, Founder of YMCA Movement
8. Boys Hostel was repaired with sufficient facilities were provided.
9. Water facilities to both the Hostels were done up.
10. Road was developed for the conveniences of the staff residents near the Cricket Ground.

Impact of monsoon rain: Due to the heavy down pour of rain, academic activities and functioning of academies have been slowed down compared to normal situation. Water logged in few parts of the campus and was attended to now and then. Aged trees (two) which were expected to fall down near the staff quarters were cut off by giving auction.

Covid-19 Vaccination Camp: Covid-19 Vaccination Camps were conducted on 03.09.2021, 27.09.2021 and 29.09.2021 and 62 students and staff were vaccinated. Medical checkup were conducted for all the first year students.

Plastic awareness programme: On 11-12-2021 at YMCA college campus, we had an inaugural function at 10:15 am in front of Massey hall. Dr. K. Karthikeyan, programme co-ordinator welcomed the gathering. The programme inaugurated by Mr. Benjamin Franklin, correspondent and secretary and addressed the gathering and explained the importance of environment and usage of plastics. Dr. George Abraham, Principal gave a speech on accumulation of plastic in society, Mr. Rajjiv George, Administrator and Estate manager pointed out the values of go green products and refuse of plastic products. Mr. Moses, Executive Secretary revealed the disuse of plastic in house and society. Teaching staff and more than 100 students were participated in the inaugural function. After the inaugural function the plastic awareness programme co-ordinator was divided the students into 10 groups and each group was assigned different location to clean the campus. They collected waste plastic product and disposed at the end.

Intercollegiate Tournaments – Tamil Nadu Physical Education Sports University 2021-2022: The Intercollegiate Tournaments on various games and sports were organized by various affiliated colleges of TNPESU. As a part of these tournaments, the YMCA College of Physical Education was assigned the responsibility to organize Archery (Men & Women), Basketball (Men & Women), Hockey (Men & Women) and Handball (Women). By the effort of all the staff members, in most of the competitions our college secured the positions as mentioned below and many of our college students were selected to represent the Inter University competitions. The inauguration was held on 14th December 2021 and Prof. V. Gopinath, Registrar, TNPESU inaugurated the tournament and Mr. Mohammed Riaz, Olympian, (Arjuna Awardee) participated as a guest of honour.

S.NO	NAME OF GAMES	MEN	WOMEN
1	Archery	Winners	Runners
2	Athletics	Runners	Runners
3	Ball Badminton	-	Winners
4	Badminton	-	Runners

5	Basketball	Winners	Winners
6	Boxing	Winners	Winners
7	Chess	Winners	-
8	Cricket	Runners	Runners
9	Football	Third Position	Third Position
10	Handball	Winners	Winners
11	Hockey	Winners	Third Position
12	Judo	Winners	Winners
13	Kabaddi	-	Third Position
14	Volleyball	-	Runners
15	Table Tennis		Winners
16	Tennis	Winners	Runners



Figure 1 - Hockey Men & Women

Christmas Day Celebration: The college Christmas Day was celebrated on 21st December 2022 evening at the college grounds. YMCA College students Choir, Friends Missionary Prayer Band, Lay Men Evangelical Fellowship, Rupavathy Ministries and Dr. Vedhagnanam presented Christmas carols. Rt. Rev. Dr. Devasahayam, Former CSI Bishop of Chennai Diocese was the special speaker shared the Christmas message with the contextual reflection of national and global realities. The college officials – Correspondent & Secretary Mr. Benjamin Franklin, Principal Dr. George Abraham, Administrator Mr. Rajjiv George and the Executive Secretary Mr. Moses greeted and conveyed their wishes to the gathering. Students and staff members with families participated in the celebration. Special Christmas gifts were presented to all the staff members. The program ended with sumptuous dinner.



Figure 2 - Christmas Celebration

Observance of Voters' Day: Voter day was observed on 25-01-2022 at 11:00 am at the college in front of the Massey hall. All the voters from our college took the oath on voting. Dr. George Abraham, principal of our college briefed the importance of our voting right. The voters repeated the pledge read by the programme co-ordinator Dr. K. Karthikeyan, assistant professor followed by vote of thanks.



Figure 3 - Voter's Day Pledge

73rd Republic day celebration: 73rd Republic day was celebrated on 26th January 2022. Dr. George Abraham, Principal hoisted the National Flag. Mr. J. Moses, Executive secretary gave his special address followed by felicitation address by Mrs. Ponrani, Headmistress, YMCA College Sports School. Dr. George Abraham, Principal gave the Chief Guest address. Teaching and non-teaching staff of YMCA College and YMCA College Sports School participated enthusiastically and reflected their patriotism by saluting the national flag.



Figure 4 - Republic Day Celebration

Observance of Martyrs day: Martyrs day was observed on 29th February 2022, since 30th was Sunday. The martyrs' day was observed in front of the Massey hall at 11 a.m. Dr. George Abraham, principal of the college briefed the importance of Martyrs' day. Two minutes silence was observed by all the staff members of the college in respect and remembrance of the Martyrs. The pledge was taken to promote national unity and against untouchability by all the staff members. Vote of thanks was delivered by the programme coordinator Dr. K. Karthikeyan.



Figure 5 - Martyrs Day Observance

Intensive Teaching Practice: 174 students of B.P. Ed -II (Bachelor of Physical Education), B.P.E.S –III (BACHELOR OF PHYSICAL EDUCATION &SPORTS) and D.P.Ed (Diploma in Physical Education) had their Intensive Teaching Practice from 7th March 2022 to 19th March 2022 had undergone teaching practice in schools around Chennai city to gain Teaching Practice experience in 43 schools. The staff members went as observer and value to supervise and assess the performance of our students at various institutions. Dr.S.Johnson Premkumar, Coordinator of Intensive Teaching Practice.

Financial Awareness Programme: Our College organized a financial awareness program on 7th March, 2022 in Gymnasium hall. Mrs. Guruvara Nagveni, Senior management, India Post Payments bank and Mr. Bhoopathy, Manager, India Post Payments Bank, Chennai has given talk on Account Opening, Savings &Investment, Aadhar – Mobile Update, All kinds of Insurance product(Car, Two-wheelers, health etc.) and All kinds of Post office products and Services.. All the Staff & Students attended the programme.

International Women’s Day: Our College celebrated International Women’s day on 8th March 2022, Ms. Beulah Azariah, Chief Executive, Emmaus Community welfare fund, Chennai, her given talk on ‘GENDER EQUALITY TODAY FOR A SUSTAINABLE TOMORROW’. All the Staff & Students attended the programme. All the officers of YCPE, faculty members and the students participated. The resource person Mrs. Beulah Azariah shared her thoughts on the women development through interactive session where the students actively participated and got clarified their doubts. All the officials of the YCPE facilitated the Women’s Day Celebration. Earlier Dr. Jothi Dayanadam welcomed the guests and the gathering and the meeting ended with the vote of thanks proposed by Dr. Komala, Dr. Glory Darling Margret coordinated the programme well.



Figure 6 - Women's Days Celebration

Inter School Aerobics, Calisthenics & Minor Games Competition 2021-2022: After the completion of Intensive Teaching Practice of the students in the local schools, on 18th March 2022 the college organized Inter School Aerobics, Calisthenics and Minor Games competition for the schools where YMCA college students worked with for gaining experience in teaching mass activity for display in important days. This programme was coordinated by Dr. S. Johnson Premkumar. Eight schools participated in the Sports competition. The winners and participants were given Cups and Certificates to all participants.



Figure 7 - Inter School Competitions

YMCA National Youth Assembly: The National Council of YMCAs of India organized YMCA National Youth Assembly at Mysore International youth hostel from 18th to 20th March 2022. The Theme of the Assembly is "Healing a Broken World". UNI-Y members (seven) of the YMCA College of Physical Education participated in the assembly accompanied by Mr. Jegan, Project Secretary.



Figure 8 - National Youth Assembly

CULTURAL ACTIVITIES - Talent Night: Talent Nite was conducted on 25th March 2022 at 6.00p.m. Mr. J. Moses, Executive Secretary was the Guest of the occasion. Students performed variety of programme and exhibited their talents. The programme was organized by Dr. A. Merlin Thanka Daniel (Deputy Warden Men) and Dr. Jemil Priskillal (Deputy Warden Women).



Figure 9 - Cultural Activity

Village Placement Programme – BPES: As per the direction of Tamil Nadu physical Education & Sports University, the B.P.E.S-III students have to undergo the VPP Program as per the prescribed schedule given by TNPESU. Dr. K. Karthikeyan was appointed as a Nodal officer for the Village placement Program. The VPP was started on 24th to 30th March 2022. Around 60 students participated in this VPP programme and 10 local pockets (Arumbakkam, Ayanavaram, AshokPillar, Chinnamalai, Ennore, Kundrathur, Marina Beach, Saidapet, Virugambakkam and Nandanam YMCA campus) were chosen in an around Chennai for social activities, such as Recreational activities, Assessment & Grouping, Flexibility, Cardio Respiratory Fitness, Muscular strength, Muscular Endurance and Experts talk. More than thousand members from the local communities aged from 5 to 60 were benefitted out of the programme.



Figure 10 - Village Placement Programme

Government Aided posts: With the efforts and the follow-up of the officers of YCPE Mr. Benjamin Frankiln, Dr. George Abraham and Mr. Rajjiv George, the college got benefited with the sanction of 14 government aided staff members (Library Asst. 1, Watchman 1, Cleanliness workers 1, Gardener 1, Markers 7, Lifeguard & Swimming Poll cleaner 1). Total posts applied were nineteen and twelve were sanctioned. The Board of Management of YCPE recorded their appreciation for the sustained efforts of the officers in getting the posts sanctioned.

Gym inaugural function:



Figure 11 - Gym

The newly renovated Gym was inaugurated on 28th March 2022 by the National President of NCYI Justice JB Koshy (Retd.) in the presence of the Southern Regional Chairman & President YMCA Madras Dr. Vincent George, Correspondent & Secretary Mr. J. Benjamin Franklin, AOS President and General Secretary YMCA Madras Mr. Asir Pandian, Principal Dr. George Abraham, Administrator & Estate Manager Mr. Rajjiv George, the Director of the Y.S. Sports Clinic Dr. Arumugam, the Chairman of YMCA Boys' Division Adv. Wilsto Dhaspin, Executive Secretary Mr. J. Moses, Medical Officer YCPE Dr. Prince Boaz Edwin, Dr. Glory Darling Margret, Physiotherapist Mr. Muhilan and the Gym Instructor Mr.Suresh.

Thanks to Y.S. Sports Clinic for sponsoring the renovation cost of the building and the shifting and the placement of Gym equipment.

YMCA Retirees visit to the College: The members of the Association of YMCA Secretary-Retirees visited the YMCA College on 29th March 2022 and they were taken for guided tour inside the campus' grounds and infrastructure. The students performed arts& cultural activities at the Buck Theatre merrily witnessed by the guests. Mr. T. Thomas, former NGS shared his memories of the glorious past and Mr. John Varghese, former NGS complimented the efforts of the College. Mr. Rajjiv George welcomed the gathering and M., J. Moses greeted the guests. Dr. Glory Darling Margret coordinated the programme.



Figure 12 - YMCA Retirees Retreat

Academies – YCPE: The activities of the Academies were strengthened after the lift of the restrictions of the pandemic situation. On an average 307 members of the academies are making uses of the facilities of the sports' skills available in the College campus. Mr. Jegan, Asst. Project Secretary YCPE has been looking after the management of Academies well under the guidance of the college officials. The total income from the Academies during the period under report was Rs.27,95,084/-.

Campus Interview: Our College placement cell provides wide range of job opportunities for the students who complete their education. 6 institutions such as Skale Fitness & Health Company, Little Spartan Fitness Company, T.S.T. Rajah Girl's Matriculation Higher Secondary School, St. Joseph Matriculation Higher Secondary School, Mugalivakkam, Poonammallee and Butt Road visited our campus on 11th May 2022. Forty five students attended the interview and Thirty nine students were placed in various schools and sports companies as Physical Education Teachers and Sports Trainers. The programme was coordinated by Dr. S. Abraham Davidson, Assistant Professor cum Placement Cell Coordinator.

Inauguration of Intramural Competitions & Annual Sports Meet 2021-2022: On 20th May 2022 at 07:00 am in the Pavilion ground the Intramural Competitions & Annual Sports Meet were inaugurated by Mr. Jossy Mathew, International Athlete (SAF Games Gold Medalist) Sports Officer, Superintendent of Chennai Customs, 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. The programme was organized by the Intramural Directors Dr. J. Komala, Assistant Professor and Mr. B. Praveen Doss, Assistant Professor.

Valedictory Function of Intramural Competitions & Annual Sports Meet 2021-2022: On 20th May 2022 at 04:00 am in the Pavilion ground the Intramural Competitions & Annual Sports Meet were celebrated and Mrs. Angela Lincy Robin, International Athlete (SAF Games Gold Medalist) Assistant Manager, Indian Bank called as Chief Guest, with 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. The programme was organized by the Intramural Directors Dr. J. Komala, Assistant Professor and Mr. B. Praveen Doss, Assistant Professor.

Hostel Day & Valedictory Function of Students Association: On 27th May 2022 at 06:00 pm at the Buck Open Air Theatre, the inmates and Wardens of the Hostel celebrated the Hostel Day and Valedictory function of Students Association. The Correspondent & Secretary Mr. J. Benjamin Franklin called as Chief Guest. The celebration was performed in the presence of the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses. The celebration was organized by Dr. A. Merlin Thanka Daniel, Assistant Professor cum Deputy Warden (Men's Hostel), Dr. J. Jemil Priskillal, Assistant Professor cum Deputy Warden (Women's Hostel), Mr. Praveen Doss, Assistant professor cum Sub Warden, Mr. K. Mugil, Physiotherapist cum Sub Warden, Mr. R. Aswin, Sub Warden, Ms. G. Prema Kumari, Matron.

UNI-Y Valedictory function 2021-2022: On 28th May 2022 at 10:30 am was celebrated in the 2nd year B.P.Ed., Classroom. The Correspondent & Secretary Mr. J. Benjamin Franklin called as Chief Guest. The celebration was performed in the presence of the Principal Dr. George Abraham, the Administrator & Estate Manager Mr. Rajjiv George, and the Executive Secretary Mr. J. Moses. The celebration was organized by Dr. G. Bobby, Assistant Professor cum UNI-Y Coordinator.

Internal Quality Assurance Cell: The Internal Quality Assurance Cell [IQAC] spearheads the quality initiatives of the institution. Benchmarks are set in tune with goals of higher education in India and the vision and mission of the institution. The cell meticulously plans the quality drive of the institution by ensuring the quality culture, institutionalizing and internalizing quality parameters in adherence to the norms of National Assessment and Accreditation Council of India. The academic and administrative processes execute the quality enhancement strategies developed by the cell to create a dynamic and innovative environment in the campus. Institutional and external mechanisms are in place to monitor the thrust for quality. The following are the programmes were organized under IQAC during the academic year 2021-22

S.No	Date	Title	Participants	No : of Beneficiaries

1	18.09.2020	Action plan 2020-21 & 2021-22	IQAC Committee Members	15
2	08.03.2021	Women And Leadership – International Women’s Day	Women staff and students	75
3	20.09.2021	Access to E resources through N- LIST	M.P.Ed. students	42
4	21.09.2021	Professional Preparation for Skill and Competent	M.P.Ed. students	39
5	22.09.2021	Nutrition Immunity and COVID-19	M.P.Ed. students	44
6	23.09.2021	Crimes Precaution and Security in cyber space	M.P.Ed. students	44
7	24.09.2021	Fundamentals of Human rights	M.P.Ed. students	52
8	1 st & 2 nd November 2021	Faculty Workshop on Outcome Based Education	Teaching Staff	22
9.	1 st & 2 nd February 2022	Marking Play fields in Sports and Games	Ground Staff	10
10	13.05.2022	Building team through relationships to achieve organizational Goals	Administrative staff	25
11	27.05.2022	Performance excellence through role expectations of teachers and class room management	Teaching Staff	22

List of National/ International Conferences and Workshops:

- 1. 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.)
- 2. 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
- 3. 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.

4. 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.

5. 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 Lae University.

Guests of Honour: Prof. Chinnappa Reddy, Former Professor & Director from SK University & Sports Advisor to Govt. of Andra 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 Wellassa University, Sri Lanka

6. 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.

7. 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.

8. 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, Maharastra; 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.

9. 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.

10. Workshop on Pencak Silat & Officiating Examination organized by YCPE in association with Tamil Nadu Pencak Silat Association on 19th & 20th 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.

11. Workshop on Taekwondo & Officiating Examination organized by YCPE in association with Tamil Nadu Taekwondo Association on 21st 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 5th 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.

12. Workshop on Fencing & Officiating Examination organized by YCPE in association with Tamil Nadu Fencing Association on 22nd and 23rd 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.

13. Workshop on Kabaddi & Officiating Examination was inaugurated on 4th 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.

14. Summer Coaching camp on various sports and games was inaugurated on 7th 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.

15. Fitness & Diet written by the Principal Dr. George Abraham was launched on 7th 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. 27-29th December 2021, the Principal has attended 19th 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 5th 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 03rd to 04th 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 03rd to 04th June, 2022.


Principal (i/c)
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ANNUAL REPORT 2022-2023

- College Opening Day:** The Academic year 2022-2023 started with a staff retreat held on 20-06-2022 at the College Chapel. Rev. Selvasekar shared the word of God and prayed for the blessing of the College.
- Admissions 2022-2023:** Men and women students were admitted to the following degree/diploma programs as per the guidelines of Tamil Nadu Physical Education and Sports University and Government of Tamil Nadu and the National Council for Teacher Education (NCTE) during the academic year 2022-2023.

Sl. No.	Name the degree/diploma programs	No. of men students admitted	No. of women students admitted	Total no. men & women students admitted.
Faculty of Teacher Training in Physical Education				
1.	Diploma in Physical Education (D.P.Ed.) - 2 yrs.	02	01	03
2.	Bachelor of Physical Education (B.P.Ed.) - 2 yrs.	65	34	99
3.	Master of Physical Education (M.P.Ed.) - 2 yrs.	46	13	59
Faculty of Physical Education and Sports				
4.	Bachelor of Physical Education and Sports (B.P.E.S.) - 3 yrs.	59	20	79
Evening College				
1.	Master of Science in Fitness, Exercise, Rehabilitation, and Nutrition Care (M.Sc. in FERN)	05	03	08
2.	Post Graduate Diploma in Sports Coaching -Swimming/Cricket/Tennis (P.G.D.S.C.)	01	02	03
Total				251



S.S.P.
Principal (i/c)

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3. **International Yoga Day:** In celebration of International Yoga Day, an International Webinar on 'Yogic Practices Excel the human Life Span' through virtual mode on 21-06-2022 at 04:00 pm.
4. **Board of Studies Meeting:** Board of Studies meeting was held on 23-06-2022 through virtual mode (Zoom Cloud Meeting). The Principal chaired the meeting. The Teaching Staff from YMCA College other Universities were participated.
5. **Academic Council Meeting:** Academic Council meeting held on 24-06-2022 through virtual mode (Zoom Cloud Meeting). The Principal chaired the meeting. The Academic Delegates from YMCA College other Universities were participated.
6. **Governing Body Meeting:** Governing Body meeting was held on 27-06-2022 through virtual mode (Zoom Cloud Meeting). The Chairman Honorable Justice Kurian Joseph (Retd.) chaired the meeting. The Academic Delegates, other Experts, Government Nominee, UGC nominee, and University nominees were participated.
7. **Start of classes for second years & third year:** The classes for second years & third year started on 18-07-2022.
8. **Students Admission:** Hundred Seats (Maximum) filled in B.P.Ed., Sixty Seats (Maximum) filled in M.P.Ed., Eighty Seats (Maximum) filled in B.P.E.S., and Two seats filled in D.P.Ed.
9. **Start of Classes for First years:** The classes for the first years started on 01-08-2022.
10. **Division for Intramural Houses:** The division of men and women in Intramural Houses was held at the College stadium on 10-08-2022 at 03:30 pm.
11. **Live Streaming of the Programme 'Drive Against Drug':** As per the instruction received from the Tamil Nadu Government, the College Authorities decided to organize Drive Against




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Drugs (DAD) Programme among students on 11-08-2022 at 10:30 a.m., in the YMCA College Buck Open Air Theatre for the live streaming screen. Dr. J. James, Organizing Secretary welcomed the gathering. The programme was inaugurated by Honorable Chief Minister of Tamil Nadu Thiru. M. K. STALIN on live streaming by taking the lead and administering a pledge against drug abuse to a few lakhs of students across the state and he briefed about the need for preventing College/School students from getting addicted to drugs. After the live streaming programme Dr. George Abraham, Principal delivered his speech on the eradication of drugs among the college students. Mr. Rajjiv George, Administrator cum Estate manager enlightens the students about completely eliminating drug abuse and drug-free Tamil Nadu. The teaching staff of YMCA College, YMCA School, and 650 students participated in the Live Streaming, Programme ended with National Anthem.



12. **Independence Day Celebration:** The 75th Independence Day was celebrated on 15th August 2022 at 08:00 am at the Buck Open Air Theatre, YMCA College of Physical Education, Nandanam, Chennai. The programme started with the prayer song followed by the proceedings as per the protocol. Dr. George Abraham, Principal was the Chief Guest and hoisted the National Flag. Mr. Rajjiv George, Administrator cum Estate Manager gave his felicitation address followed by Special Address by Mrs. Ponrani, Headmistress, YMCA College Sports Hr. Sec. School. Teaching and non-teaching staff of YMCA College and YMCA College Sports School participated in the event. Around 650 Students from school



S. J. George
Principal (i/o)

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and college participated enthusiastically and reflected their patriotism by saluting the National flag. Sweets were distributed after the programme.



13. **State Level Boxing Tournament:** Y.M.C.A. College and Y.M.C.A. Madras jointly conducted State Level Boxing Tournament on 20-08-2022. Hon'ble Minister of Health and Family Welfare, Thiru. Ma. Subramanian inaugurated the tournament.
14. **College Picnic programme:** College Picnic programme was organized on 26-08-2022 at MGM water theme park. The staff and students participated.
15. **National Sports Day Celebration:** The 10th National Sports day was celebrated on 29th August 2022 at 07:00 am at the Gymnasium Hall, YMCA College of Physical Education, Nandanam, Chennai. The programme started with the prayer song. Dr. George Abraham, Principal of the College was the Chief Guest shared the significance of National Sports Day. Mr. Rajjiv George, Administrator cum Estate Manager, delivered his felicitation address. Teaching, non-teaching staff members and 550 Students of YMCA College have participated. Inter Class Hockey Matches were conducted at the at the Hockey Turf Ground and the students participated eagerly. Certificates were given to all the participants, the Winner and Runner up were awarded with Trophies, the programme ended with the Sweets Distribution.




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16. **Teachers Day Celebration:** In remembrance of former President Bharat Ratna Sarvepalli Radhakrishnan, Teachers Day was celebrated on 05-09-2022 at the Gymnasium Hall. The programme started with the prayer song. Dr. George Abraham, Principal was the Chief Guest and spoke about the significance of National Teachers Day. The teaching staff and Students participated in the programme. Minor Games were conducted and the teachers participated eagerly. Prizes and gifts were given to all the teachers. The Programme ended with National Anthem.




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The National Council of YMCAs of India
YMCA COLLEGE OF PHYSICAL EDUCATION
(Autonomous College affiliated to Tamil Nadu Physical Education & Sports University)
Registered Under U.P. Act
Nandanam, Chennai - 600035

Cordially invites you to the celebration of
Teachers' Day

 **5 SEP 2022**

Time: @ 4.00 P.M
Venue: Gymnasium Hall

Organizing Committee

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


Organizing Secretary
Dr. J. James
Assistant Professor



17. Start of Evening College, Add-on Courses and Optional Courses: The Evening College class was started on 14.09,2022. The Class Division of Add-on Courses and Optional Courses were held on 15-09-2022 and 16-09-2022 respectively.

18. Buck Memorial Sports Festival, 2022: In the fond memory of the leader Mr. Harry Crowe Buck, the 65th Buck Memorial Sports Festival was organized from 20-Sep-2022 to 23-Sep-2022. Students from different Schools and Colleges participated in this Mega Event. Dr. R.




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Ravanan, Regional Joint Director of Collegiate Education was inaugurated the programme. Mr. Riaz Mohammad, Olympian & Arjuna Awardee and Mr. Venkatesan Devarajan, Olympian & Arjuna Awardee were the Guest of Honours. Administrator cum Estate Manager Mr. Rajjiv George felicitated the event, Principal Dr. George Abraham was the Convener and Dr. Simson Jesudass was the organizing Secretary of the Sports Festival.

19. World White Cane Day was observed on Saturday, 15-10-2022.
20. Inauguration of Students Council & Investiture Ceremony was held on Monday, 17-10-2022 at 10:00 am in the Gymnasium Hall.
21. Staff Council Meeting was held on Thursday, 20-10-2022 by 12:30 pm in the Conference Hall.
22. M.P.Ed. I yr. Model Sports Meet was held on Tuesday, 01-11-2022.
23. All Souls Day was observed on Wednesday, 02-11-2022 by 07:00 am.
24. Odd Semester Examinations for B.P.Ed., M.P.Ed., and B.P.E.S., were held from 24-11-2022 to 28-11-2022.
25. Even semester classes for B.P.Ed., M.P.Ed., and B.P.E.S. were started on 29-11-2022.
26. M.P.Ed. II yr. The colloquium was held on 15-12-2022 from 10:00 am to 05:30 pm.
27. Christmas Celebration: The Christmas program was celebrated on 21st December 2020 by 05:30 p.m., in the College Gymnasium Hall. Rev. K. Dhanasingh, Gurukul Lutheran Technological College and Research Institute, Thoothukudi Nazareth diocese was the Chief Guest delivered the God's message and prayed for the gathering.




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28. **Reopening of College after Christmas Vacation:** College reopened after Christmas vacation with the General Assembly on 04-01-2023.
29. **National Votes Day:** As per the direction of the Government, the voters' day was observed on 25-01-2023 by 03:00 pm at the Kho-Kho court. Dr. J. James, Assistant Professor, administered the pledge along with Officers of the College, Teaching staff, Non-teaching staff, and the students.
30. **74th Republic Day** was celebrated on 26-01-2023 at 07:00 am at the Buck Open Air Theatre. The Correspondent & Secretary, Mr. J. Benjamin Franklin, hoisted the National Flag and delivered the Chief Guest's address.
31. **Workshop on Judo** was organized in association with Tamil Nadu Judo Association on 10th January 2023 at 10:00 am in the YMCA College Gymnasium Hall. NDIO National Referee Mr. M Manikandan, and Chennai District Judo Association Secretary & TNJA Executive Committee Member Mr. D. Sarathy were called Resource Persons.
32. **Workshop on Yoga Practice and Natural Diet** was organized by the YMCA College of Physical Education on 11th January 2023 at 10:00 am in the YMCA College Gymnasium Hall. The Guinness World Record Holder & Yogachary Dr. T.A. Krishnan was called Resource Person. He demonstrated the Yoga practices and explained the natural diet.
33. **Leadership Training Camp for Students** was held from 09-01-2023 to 12-01-2023 at Yelagiri, Tamil Nadu
34. **Intensive Teaching & Coaching Practice** for M.P.Ed.II/ B.P.E.S.III/ B.P.Ed.II/ D.P.Ed.II from 06th February 2023 to 01st March 2023. Coordinated by Dr. J. Jackson Sutharsingh, Associate Professor.



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35. **International Women's Day:** organized on 8th March 2023, in College Gymnasium special address. By Dr. K. Perinbam, Assistant Professor of Botany, Government Arts College for Men (Autonomous)
36. **B.P.Ed. II yr. 'A' Section' Project Sports 'VICTORIOUS BLAZE 2K23'** on 10th March 2023 by 06:30 p.m inaugurated by Indian Volleyball Player Mr. Guru Prashanth,(GST & Central Exercise Department')And the National Kabaddi Player Mr. C. Sajin, I.C.F. Railways presided over the closing coordinated by Dr. A. Merlin Thanka Daniel, Assistant Professor
37. As per the Chief Minister's propaganda, the Tamil Nadu Police has conducted Audio Visual awareness programme on Child abuse for our College students and for School students.
38. **National Service Scheme** students of our College had participated in the Campus cleaning programme held on 15th March 2023 in the YMCA College premises with the guidance of Dr. A. Merlin Thanka Daniel, Assistant Professor cum NSS Program officer.
39. **B.P.Ed. II yr. 'B' Section' Project Sports Meet** organized 'NIKE on 16th March 2023 by 06:15 a.m. chief guest inagurated.by The Indian Basketball Player Mr. Baladhaneshwar Poiyamozhi And the Indian Athletes Ms. R. Vithya and Ms. R. Nithya presided over the closing ceremony coordinated by Dr. J. Samuel Jesudoss, Assistant Professor
40. 7 students of various courses of study qualified Tamil Nadu State Volleyball Referees Examination: The students have appeared from our College and passed the Tamil Nadu State Volleyball Referees Examination held from 17th to 19th March 2023 at Sivagangai.
41. 6 students various courses of study qualified Tamil Nadu State Handball Referees Examination- 2023 organized by Maruthi College of Physical Education, Coimbatore.
42. The Principal i/c was attended TNPESU's 13th Convocation Day: Tamil Nadu Physical Education and Sports University on Sunday, 19th March 2023 at 11:00 a.m. at Tamil Nadu Open University Convocation Hall. Hon'ble




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43. The General Assembly Monday on 20th March 2023. Sis. M. Merlin Amirtharaj brought the God's word and prayed for the students and staff.
44. Career Guidance Programme: The Motivational Speaker Rtn. T.N. Santhoosh Kumar was the Chief Guest of the programme on 20th March 2023 at 02:30 p.m. The programme was organized by Dr. R. Prabu, Librarian cum Staff Coordinator.
45. D.P.Ed. II yr. Project Sports Meet: 'ZEAL 2K23' on 21st March 2023 by 06:00 a.m. The Principal i/c Dr. S. Johnson Premkumar chief guest and inaugurated the meet The Correspondent & Secretary Mr. P. Asir Padian and the Treasurer Mr. S. Samuel Kirubanandan presided over the closing ceremony and distributed the prizes. The Meet was organized by Dr. G. Bobby, Assistant Professor.
46. B.P.E.S. III yr. Project Sports Meet: 'Transformation 2K23' The National Football Player Mr. Fredy Chief guest inaugurated on 24th March 2023 by 06:15 a.m.' The National Boxer cum YMCA College Alumni Mr. P. Karthick Pechimuthu, presided over the closing ceremony and distributed the prizes. The meet was organized by Mr. B. Praveen Doss, Assistant Professor cum Competition Director.
47. M.P.Ed. II yr. Project Interclass Volleyball matches On 27th March 2023 was inaugurated by Mrs. R.P. Sripriya Srinivasan, Superintendent in Commercial Department, Southern Railways. Chief Guest for Valedictory Mr. D. Selvaprabu International Volleyball Player, Manager of Indian Overseas Bank was the function.
48. Book Exhibition was conducted on 28th March 2023 in the Gymnasium Hall. Dr. Esther Ranjini, Former Principal of our College was the Chief Guest and inaugurated the exhibition. This Exhibition was organized by Dr. R. Prabu, College Librarian
49. The National Seminar on Sustainable Youth Development through Physical Education and Sports was held on 28th March 2023 by 09:30 a.m., in the Gymnasium Hall of our College.




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Dr. Esther Ranjini, Former Principal of our College was the Chief Guest inaugurated and delivered the keynote address. Dr. S. Thirumalai Kumar, Professor of Physical Education and Dr. P. Rajinikumar, Associate Professor of Biomechanics, TNPESU were invited as Resource Persons. 55 papers presented in the seminar out of this the special award was given to the best paper. The Valedictory function was held on the same day by 04:30 p.m. Dr. S. Thirumalai Kumar, Professor of Physical Education, Tamil Nadu Physical Education and Sports University was the Chief Guest distributed the certificates. Dr. J. Samuel Jesudoss, Assistant Professor has organized the seminar.

50. **The Intramural Physical Activity Competition conducted On 28th March 2023 at 06:00 am at Pavilion ground** Mrs. S. Viji, Physical Education Teacher of Holy Angels AI Higher Secondary School and Mr. D. Alwin, Physical Education Teacher of CSI St. Thomas Higher Secondary School are the judges for Intramural Physical Activity Competitions. The programme was organized by the Intramural Directors Dr. J. Komala, Assistant Professor and Mr. B. Praveen Doss, Assistant Professor.
51. **Valedictory Function of Intramural Competitions & Annual Sports Meet: On 29th March 2023 at 06:15 a.m., in the Pavilion ground.** Meet inaugurated by Dr. (Mrs.) S. Selvalakshmi, Associate Professor of Yoga, TNPESU and Dr. D. Sathiakumar, Director of the School of Distance Education, Tamil Nadu Physical Education and Sports University presided over the valedictory function and distributed the prizes in the presence of the Correspondent & Secretary Mr. P. AsirPandian, Treasurer Mr. Samuel Kirubanandan, and the Principal incharge Dr. S. Johnson Premkumar. The programme was organized by the Intramural Directors Dr. J. Komala, Assistant Professor and Mr. B. Praveen Doss, Assistant Professor.
52. **Student's Council has conducted Drawing, Elocution, Poetry, and Essay competitions on 30th March 2023 and 31st March 2023.**
53. **Campus Interview 2022-2023: Our College Placement Cell organized the campus interview on 03-04-2023 on the College Campus.**




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54. **Legal Literacy Camp:** The District Legal Services Authority, Chennai has organized a Legal Literacy Camp on 03-04-2023 by 10:30 a.m., in our College. . A Judge and two advocates delivered the awareness to the staff and the students who were participated.
55. **External Teaching Practice/ Coaching Lesson Examination:**B.P.Ed. &M.P.Ed. I & II years was held on 10th& 11th April 2023 and for B.P.E.S. II & III years was held on 12th& 13th April 2023.
56. **Pre-semester Examination of Even Semester:** for B.P.Ed. &M.P.Ed. I & II years held on 12th, 13th, 19th, & 20th April 2023 and for B.P.E.S. I,II, & III years held on 17th to 20th April 2023.
57. **Tamil Nadu & Puducherry - Inter-Physical Education Tournaments** was hosted by TNPESU, Chennai. Various Specialization Teams from UG/Diploma Degree programs have participated from 10th to 12th April 2023 and from PG/Professional (B.P.Ed./M.P.Ed) degree programs have participated from 17th to 20th April 2023. In UG/Diploma programs: **Volleyball** (Men-Runner, Women-Runner), **Tennis** (Men – Winner), **Cricket** (Men – Runner), **Football** (Men-Runner), **March past - II**; **Kho-Kho** (Men – Runner), **Athletics** (Women: P.R. Ramya-Triple jump 3rd place, A. Thrisha 800m 2nd place, M. Sutharshini-Discussthrow 2nd place)(Men: M.Agilan & B. Benceles & M.D. Daison Manoj & K M Prajith- 4x100m relay 3rd place, U Devakumar-Long jump 2nd place & Triple jump 3rd place, K M Prajith-100m 3rd place, M. Agilan-200m 3rd place, S Dinesh-5km race walking 3rd place, G S Prince Jerome-shotput 1st place, S. Ashok Kumar-Javelin 1st place & shotput 3rd place.

PG/Professional programs: **Volleyball** (B.P.Ed. Men – Winner), **Cricket** (B.P.Ed. Women – Winner), **Basketball** (Men & Women - Winner), **Athletics** (Women: S. Juhi Sulthana-High Jump 2nd place & Long Jump 3rd place, S. Yamuna Rani-4x400m mixed relay 3rd place, M.S. Nandhini & G. Monisha & Juhi Sulthana -4x100m relay 3rd place)(Men: Ramasamy-100mts 1st place, 200mts 2nd place, Individual Championship, S.Sowtham-4x400m mixed relay 3rd place, 4x400m relay 3rd place, S. Vishva-Pole Vault 1st place, S. Vignesh & Pinto




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Raynier- 4x400m 3rd place, Samuel Ravi & K. Parveen Raj 4x400m relay 3rd place, R. Praveen Raj-Javelin 2nd Place) OVERALL CHAMPIONSHIP MEN

58. **College Day, Hostel Day, & Valedictory of Uni-Y and Rotaract Club, Students Council 2022-2023:** On 20th April 2023 by 06:30 p.m., College Day, Hostel Day, & Valedictory of Uni-Y and Rotaract Club, Students Council for the academic year 2022-2023 were celebrated at the Pavilion Ground. Rev. Fr. Dr. Thisai Gerry, Chaplin of YMCA College of Physical Education was the Chief Guest delivered the keynote address and prayed for the gathering.

59. **College Farewell Day:** On 21st April 2023 by 06:30 p.m., Farewell day function was held on the Buck Open Air Theatre. Pastor Reenukumar, Senior Pastor of Rock Eternal Church was the Chief Guest presided over the function and brought the word of God and prayed for the gathering.

60. **Intercollegiate Tournament:** Football (Men – Runner), Netball (Women – Runner), Basketball (Men & women – Winner), Handball (Women – Winner), Cricket (Women – Runner), Targetball (Men & Women – Runner), Hockey (Men – Winner), Badminton (Women – Runner), Ball Badminton (Women – Runner), Yoga (Women – Runner), Tennis (Women – Runner, Men – Winner), Karate (Women – Winners), Judo (Ms. Jayasarathi & Ms. Sandhiya), Athletics (Women: S. Juhi Sulthana-High jump and Heplathlon 18th Place, Indu Swetha-20km Walking 3rd place, Nandhini- Long jump 2nd place, Sandhiya-High jump 1st place and 400m Hurdle 2nd place, P. Archana Devi-400m 18th place)

61. **Promotion of Teaching Staff:**

Dr. S. Johnson Premkumar, Dr. J. Glory Darling Margaret, Dr. J. Jackson Sutharsingh, Dr. S. Gladly Kirubakar have been promoted from Assistant Professor grade to Associate Professor Grade.

Dr. S. Abraham Davidson and Mr. M. Felix Arokkiaraj are in Senior Scale.

Dr. R. Prabu, Librarian is from Senior Scale to Selection Grade.



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