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YMCA COLLEGE OF PHYSICAL EDUCATION

Chennai – 600 035



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



CENTENARY CELEBRATION



&



Registration
Free

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

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



Chief Guest



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

Guest of Honour



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



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



Dr. George Abraham
Principal
Gen: Convener



Mr. Rajjiv George
Administrator & Estate Manager

Organizing Secretaries



Dr. K. Jothi Dayanandan
Associate Professor



Dr. J. Glory Darling Margaret
Assistant Professor

Organizing Committee Members

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

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

10TH JULY, 2021



10 AM TO 1 PM

HONOURED GUEST'S



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



Dr. Sheila Stephen
VC, TNPESU
Tamil Nadu



Dr. Arjunsinh Rana
VC, SGS University
Gujarat



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



Prof. Jitendra Naruka
Former VC, LNIPE
Gwalior
Madhya Pradesh



Prof. Alok Banerjee
Former VC
University of Kalyani
West Bengal



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



Prof. R. Thirumalaisamy
Former VC, TNPESU
Tamil Nadu



Dr. Jatinkumar Soni
Former VC
SGS University
Gujarat



Prof. K. Vaithyanathan
Former VC, TNPESU
Tamil Nadu



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

10TH JULY, 2021



10 AM TO 1 PM

RENOWNED OLYMPIANS



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



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



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



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



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



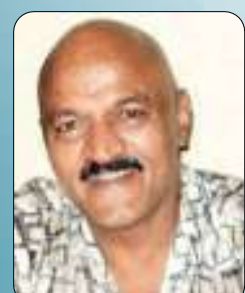
Padma Shri. K. M. Beenamol
Athletics
2004 Athens Olympics
Padma Shri & Arjuna
Rajiv Gandhi Khel Ratna Awardee



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



Col. Balbir Singh Kular
Hockey
1968 Olympics
Arjuna awardee



B. P. Govinda
Hockey
1972 Olympics
Arjuna Awardee

10TH JULY, 2021



10 AM TO 1 PM

RENOWNED OLYMPIANS



Charles Cornelius
Hockey
1972 Munich Olympics
Dhyan Chand Awardee



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



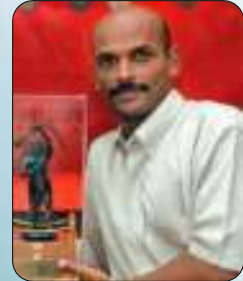
V. Baskaran
Hockey
Indian Team Captain
Gold Medal
1980 Moscow Olympics
Arjuna Awardee



M. Tamil Selvan
Weight Lifting
1980 Olympics
Arjuna Awardee



Venkatesan Devarajan
Boxing
1992 Olympics
Arjuna Awardee



Sebastian Xavier
Swimming
1996 Atlanta Olympics
Arjuna Awardee



Bobby Aloysius
Athletics
2000 Sydney Olympics
Dhyan Chand Awardee



Jincy Philip
Athletics
2000 Sydney Olympics
Dhyan Chand Awardee



Abhinav Shyam Gupta
Badminton
2004 Athens Olympics
Arjuna Awardee

10TH JULY, 2021



10 AM TO 1 PM

RENOWNED OLYMPIANS



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



Perumal Subramanian
Athletics
1980 Moscow Olympics



Harbhajan Singh
Basketball
1980 Moscow Olympics



Purukottam Ramachandran
Athletics
2000 Sydney Olympics



Renjith Maheswary
Athletics
2008, 2012 & 2016 Olympics



Sajan Prakash
Swimming (Qualified)
2016 & 2020 Tokyo Olympics



Sreeshankar Murali
Long Jump (Qualified)
2020 Tokyo Olympics

10TH JULY, 2021



10 AM TO 1PM

PROGRAM INSTRUCTIONS

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

➤ **The certificates will be signed by the Olympians.**

➤ Zoom meeting ID and YouTube link will be communicated further the registration.

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

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



[Click Here
To Register](#)

For queries, please contact

Dr. K. Jothi Dayanadan
Associate Professor
9444335355

Dr. J. Glory Darling Margaret
Assistant Professor
9444886080

10TH JULY, 2021



10 AM TO 1 PM

YMCA COLLEGE OF PHYSICAL EDUCATION
Nandanam, Chennai - 600035.

CENTENARY CELEBRATIONS

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

ENTRY FORM

Name : _____

Class : _____

Roll No. : _____

Email Id : _____

Phone : _____

Signature of the Participant



YMCA COLLEGE OF PHYSICAL EDUCATION

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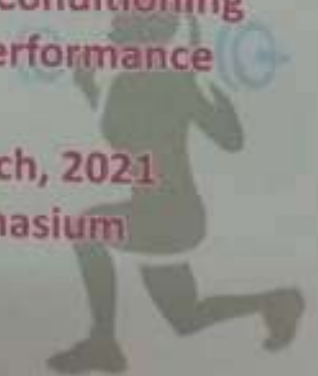
Affiliated to Tamil Nadu Physical Education & Sports University

Recognized by the National Council for Teacher Education & Government of Tamil Nadu

CENTENARY CELEBRATIONS

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

**16th March, 2021
at Gymnasium**



Organising Committee

Hon. Justice J. B. Koshy
(Retd. Chief Justice Panna High Court)
National President YMCA India

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

Mr. Bertram Devadass
General Secretary YMCA India

Mr. J. Benjamin Franklin
Correspondent & Secretary

Mr. Rajiv George
Administrator & Estate Manager

Commoner

Dr. George Abraham
Principal

Organising Secretary
Dr. (Mrs.) K.Jothi Dayasandaa
Associate Professor

Members

Dr. S. Jaganath Prasadhamar, Asst. Prof.
Dr. J. Jaganath Sankaralingh, Asst. Prof.
Dr. J. Gincy Darling Margaret, Asst. Prof.
Dr. S. Gladys Kirishankar Asst. Prof.
Dr. S. Jaganath David Asst. Prof.
Dr. E.Emmanuel Jaganathan, Asst. Prof.
Dr. S. Abraham Davidsson, Asst. Prof.
Mr. M. Jaija Arakkilang Asst. Prof.
Dr. A. Marlin Thomas Dental Asst. Prof.
Dr. R. Pradeep, Librarian
Dr. J. Samuel Jaganathan, Asst. Prof.
Dr. Poo. Sakthiaman, Asst. Prof.
Dr. J. Jagan, Asst. Prof.
Mr. R. Praveen Kumar, Asst. Prof.
Dr. S. Karthikeyan, Asst. Prof.
Dr. J. Sumanth, Asst. Prof.
Dr. A. Sridhar, Asst. Prof.
Mr. K. Manoj, Asst. Prof.
Mrs. T. Mahalinga, Commoner Member

ABOUT THE COLLEGE

Established in the year 1920 to the present, the YMCA College has pursued the goal of education of the complete man/woman and the service of all men and women.

The University Grant Commission and the University of Madras through the Government of Tamilnadu, Education Department conferred the status of AUTONOMY upon our college in the year 1986 by virtue of its reputed services to Humanity through Physical education, Health education, Recreation and its Allied Science.

Since then, the college has been introducing and popularizing many new programmes by taking the lead in many pioneering ventures. In order to turn a creative and productive groups of leaders in physical education, sports and recreation, the college has now proposed a number of choices of subject majors and activity options. The combination of our past experiences and our future thrusts and new vision would enable us as a whole and thereby to stand first in serving the good cause of recreation.

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

Aims and Objectives of the Workshop

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

RESOURCE PERSON

Mr. K. SATHISH KUMAR

NSCA CSCS (certified strength and conditioning specialist)

Certified Trainer /Gym Instructor - Programme Fitness USA



YMCA COLLEGE OF PHYSICAL EDUCATION
Nandanam, Chennai - 600035.

CENTENARY CELEBRATIONS

National workshop on
**Sports Injury Management,
Rehabilitation and First Aid**
17th March, 2021

REGISTRATION FORM

Name : _____
Designation/Class : _____
Email Id : _____
Phone : _____
State : _____

Signature of the Participant



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CENTENARY CELEBRATIONS

**National Workshop
on
Sports Injury Management,
Rehabilitation and First Aid**

**17th March, 2021
at Indoor Gymnasium**



Organising Committee

Hon. Justice JB Koshy

(Retd. Chief Justice Patta High Court)
National President YMCA of India

Hon. Justice Kurian Joesph

(Retd. Supreme Court Judge)
Chairman

Mr. Bertram Devadas

General Secretary YMCAs of India

Mr. J. Benjamin Franklin

Correspondent & Secretary

Mr. Rajjiv George

Administrator & Extra Manager



Cumtutor

Dr. George Abraham

Principal

Organising Secretary

Dr. S. Gladys Kirubakar, Asst. Prof.

Members

Dr. (Mrs.) R. Jothi Sundaraman, Assistant Professor
Dr. S. Johnson Prabhakaran, Asst. Prof.
Dr. J. Jackson Sathyanarayana, Asst. Prof.
Dr. J. Gary Darling Margaret, Asst. Prof.
Dr. S. James David, Asst. Prof.
Dr. Lakshmi Sundaram, Asst. Prof.
Dr. S. Myrland Duraidass, Asst. Prof.
Mr. M. Felix Anandharaj, Asst. Prof.
Dr. A. Netha Thavala Dasan, Asst. Prof.
Dr. K. Prathibha, Librarian
Dr. J. Samuel Josephine, Asst. Prof.
Dr. Poo. Satharasa, Asst. Prof.
Dr. J. James, Asst. Prof.
Mr. B. Praveen Dasu, Asst. Prof.
Dr. K. Rathinam, Asst. Prof.
Dr. J. Kamala, Asst. Prof.
Dr. C. Rajide, Asst. Prof.
Mr. Sathish Kumar, Asst. Prof.
Mr. K. Niggl, Physiotherapist
Mrs. T. Mahalinga, Committee Faculty

ABOUT THE COLLEGE

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The University Grants Commission and the University of Madras through the Government of Tamil Nadu Education Department conferred the status of AUTONOMY upon our college in the year 1986 by virtue of its reputed services to Humanity through Physical education, Health education, Recreation and its Allied Science.

Since then, the college has been introducing and popularizing many new programmes by taking the lead in many pioneering ventures. In order to turn a creative and productive group of leaders in physical education, sports and recreation, the college has now proposed a number of choices of subject majors and activity options. The combination of our past experiences and our future thrusts and new vision would enable us as a whole and thereby to stand first in serving the good cause of our nation.

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

Aims and Objectives of the Workshop

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

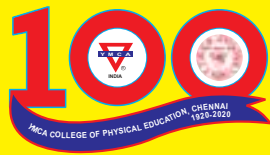
RESOURCE PERSON

Mr. D. Vincent Jeyaraj MPT MPT

Assistant Professor IISM IIT

Dr - Field Injury Management Specialist





YMCA COLLEGE OF PHYSICAL EDUCATION

Nandanam, Chennai - 600035.

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

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

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

Registration **FREE**

Platform :



ABOUT THE COLLEGE

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

Organising Committee

Hon. Justice JB Koshy

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

Hon. Justice Kurian Joesph

(Retd. Supreme Court Judge)
Chairman

Mr. J. Benjamin Franklin

Correspondent & Secretary

Mr. Rajjiv George

Administrator & Estate Manager

Dr. George Abraham

Principal cum Convenor

Organising Secretaries

Dr. S. Gladly Kirubakar, Asst. Prof

Dr. S. Jerome David, Asst. Prof.

Members

Dr. (Mrs.) K. Jothi Dayanandan, Asso. Prof.

Dr. S. Johnson Premkumar, Asst. Prof.

Dr. J. Jackson Sutharsingh, Asst. Prof.

Dr. J. Glory Darling Margaret, Asst. Prof.

Dr. E. Simon Jesudass, Asst. Prof.

Dr. S. Abraham Davidson, Asst. Prof.

Mr. M. Felix Arokkiaraj, Asst. Prof.

Dr. A. Merlin Thanka Daniel, Asst. Prof.

Dr. R. Prabhu, Librarian

Dr. J. Samuel Jesudoss, Asst. Prof.

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Dr. J. James, Asst. Prof.

Mr. B. Praveen Doss, Asst. Prof.

Dr. K. Karthikeyan, Asst. Prof.

Dr. J. Komala, Asst. Prof.

Dr. G. Bobby, Asst. Prof.

Mr. Sathish Kumar, Asst. Prof.

Mr. K. Mugil, Physiotherapist

Mrs. T. Mabelda, Computer Faculty

Dr. Abraham Jebasingh, Part-time English Teacher

Mr. Balaraman Part-time Tamil Teacher



Chief Guest

Prof. G. Ravindran

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



Guest of Honour

Prof. Archana Chahal

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

Resource Persons



Dr. Liandi Vd Berg

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



Dr. Rakesh Tomar

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

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

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

Program Instructions :

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

Contact

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

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

e-mail : sparpjuly21@gmail.com

About the Conference.....

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

Target participants

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

YMCA COLLEGE OF PHYSICAL EDUCATION
Nandanam, Chennai - 600035.

CENTENARY CELEBRATIONS

**National workshop on
Neoteric Research Methods,
Application of Statistical Techniques in
Physical Education and Sports
18th March, 2021**

REGISTRATION FORM

Name : _____

Designation/Class : _____

Email Id : _____

Phone : _____

Signature of the Participant



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CENTENARY CELEBRATIONS

**National Workshop
on
Neoteric Research Methods,
Application of Statistical
Techniques in Physical Education
and Sports**

**18th March, 2021
at YMCA College Gymnasium**

SPSS

Organising Committee

Hon. Justice JB Koshy

(Retd. Chief Justice Panna High Court)
National President YMCA of India

Hon. Justice Kurian Joesph

(Retd. Supreme Court Judge)
Chairman

Mr. Bertram Devadas

General Secretary YMCA of India

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Administrator & Estate Manager



Dr. George Abraham

Principal

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Members

- Dr. Mrs. J. K. Jothi Desayachandran, Executive Director
- Dr. S. Johnston Prabhakaran, Asst. Prof.
- Dr. J. Jackson Kathiravelu, Asst. Prof.
- Dr. J. Glory Darling Wargames, Asst. Prof.
- Dr. S. Jerome David, Asst. Prof.
- Dr. C. Rama Sankaran, Asst. Prof.
- Dr. S. Sridharan Duraisami, Asst. Prof.
- Mr. M. Kala Arambalingam, Asst. Prof.
- Dr. S. Murthy Thandha Duraim, Asst. Prof.
- Dr. S. Prabha, Librarian
- Dr. J. Sathyanarayana, Asst. Prof.
- Dr. P. Subramanian, Asst. Prof.
- Dr. J. Sathya, Asst. Prof.
- Mr. S. Praveen Kumar, Asst. Prof.
- Dr. S. Karthikeyan, Asst. Prof.
- Dr. J. Kanna, Asst. Prof.
- Dr. S. Balaji, Asst. Prof.
- Mr. Sathya Kumar, Asst. Prof.
- Mr. S. Raju Perumalaperumal
- Mr. T. Manohar, Computer Faculty

ABOUT THE COLLEGE

Established in the year 1928 to the present, the YMCA College has pursued the goal of education of the complete man/woman and the service of all men and women.

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Since then, the college has been introducing and popularizing many new programmes by taking the lead in many pioneering ventures. In order to turn a creative and productive group of leaders in physical education, sports and recreation, the college has now proposed a number of choices of subject matters and activity options. The combination of our past experiences and our future thrusts and new vision would enable us as a whole and thereby to stand first in serving the good cause of our nation.

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

Size and Objectives of the Workshop

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

RESOURCE PERSON

Dr. P. Mahendra Varman M.L.Ph.D.

Department of Economics,

University of Madras

Senior Director of National Institute of Labour Economics and Research



YMCA COLLEGE OF PHYSICAL EDUCATION
Nandanam, Chennai - 600035.

CENTENARY CELEBRATIONS

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

ENTRY FORM

Name : _____
Class : _____
Roll No. : _____
Email id : _____
Phone : _____

Signature of the Participant



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CENTENARY CELEBRATIONS

**National Workshop
on
Swiss Ball and
Core Strengthening**

**19th March, 2021
at Gymnasium**

Organising Committee

Hon. Justice JB Koshy

(Hon. Chief Justice Panna High Court)
National President YMCA of India

Hon. Justice Kurian Joseph

(Hon. Supreme Court Judge)
Chairman

Mr. Bertram Devadas

General Secretary YMCA of India

Mr. J. Benjamin Franklin

Correspondent & Secretary

Mr. Rajjiv George

Administrator & Ex-Officio

Convener

Dr. George Abraham

Principal

Organising Secretary

Dr. (Mrs.) K.Juthi Deyananda

Associate Professor

Members

- Dr. S. Johnson Prasadkumar, Asst. Prof.
Dr. J. Jackson Sathuramathi, Asst. Prof.
Dr. J. Mary Darling Nageswari, Asst. Prof.
Dr. S. Gladys Kirubakaran, Asst. Prof.
Dr. S. Jeyamma David, Asst. Prof.
Dr. Edmon Jesudasy, Asst. Prof.
Dr. S. Abraham Davidsson, Asst. Prof.
Mr. W. Felix Arakkattam, Asst. Prof.
Dr. A. Marlin Tharika David, Asst. Prof.
Dr. R. Pradeep, Librarian
Dr. J. Sarwan Jayakumar, Asst. Prof.
Dr. Padi. Subramani, Asst. Prof.
Dr. J. Jeyamma, Asst. Prof.
Mr. B. Praveen Kumar, Asst. Prof.
Dr. K. Karthikeyan, Asst. Prof.
Dr. J. Kandasamy, Asst. Prof.
Dr. G. Balaji, Asst. Prof.
Mr. Sathish Kumar, Asst. Prof.
Mr. K. Magesh, Physiotherapist
Mrs. T. Malavika, Convener Faculty

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Swiss Ball Origins

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

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

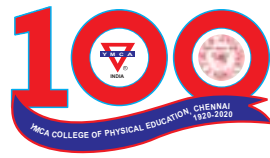
Benefits

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

RESOURCE PERSON

Mr. S.Arjunraj arjunraj@ymca.org,
Resource Consultant





YMCA COLLEGE OF PHYSICAL EDUCATION

A Christian Minority Institution
A Project of the National Council of YMCAs of India
Autonomous College Registered under UGC Act
Affiliated to Tamil Nadu Physical Education & Sports University
Recognized by the National Council for Teacher Education & Government of Tamil Nadu

INTERNATIONAL CONFERENCE ON “MANAGERIAL APPROACH IN PHYSICAL EDUCATION AND SPORTS”- MAPES

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

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

Registration **FREE**

Platform :



ABOUT THE COLLEGE

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

Organising Committee

Hon. Justice J.B. Koshy

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

Mr. J. Benjamin Franklin

Correspondent & Secretary

Mr. Rajjiv George

Administrator & Estate Manager

Mr. Moses J

Executive Secretary

Mr. S. Jegan

Project Secretary

Hon. Justice Kurian Joesph

(Retd. Supreme Court Judge)
Chairman

Dr. George Abraham

Principal & Convenor

Organising Secretaries

Dr. E. Simson Jesudass Asst. Prof.

Dr. S. Abraham Davidson Asst. Prof.

Members

Dr. (Mrs.) K. Jothi Dayanandan, Asso. Prof.
Dr. S. Johnson Premkumar, Asst. Prof.
Dr. J. Jackson Sutharsingh, Asst. Prof.
Dr. J. Glory Darling Margaret, Asst. Prof.
Dr. S. Gladys Kirubakar, Asst. Prof.
Dr. S. Jerome David, Asst. Prof.
Mr. M. Felix Arokkiaraj, Asst. Prof.

Dr. A. Merlin Thanka Daniel, Asst. Prof.
Dr. R. Prabhu, Librarian
Dr. J. Samuel Jesudoss, Asst. Prof.
Dr. Pon. Anbarasu, Asst. Prof.
Dr. J. James, Asst. Prof.
Mr. B. Praveen Doss, Asst. Prof.
Dr. K. Karthikeyan, Asst. Prof.

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

Chief Guest



Dr. (Mrs.) Esther Ranjini

Former Principal
YMCA College of Physical Education
Chennai

Guest of Honour



Prof. K. Murugavel

Registrar (i/c),
Bharathiar University, Coimbatore



Prof. Rajesh Kumar

Chairman & Principal
Dept. of Physical Education, Osmania University



Prof. Zamirullah Khan

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

Resource Persons



Dr. Larion Alin

Vice Dean, Faculty of Physical Education & Sports,
Ovidius University of Constanta, Romania

**Strategic Management in
Sports performance**



Dr. Antoanela Oltean

Associate Professor, Faculty of Physical Education & Sports,
Ovidius University of Constanta, Romania

**Physical Activities for
Differently abled**

Program Instructions :

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

Contact

Dr. E. Simson Jesudass

Assistant Professor
Mob No. : 9444255744

Dr. S. Abraham Davidson

Assistant Professor
Mob No. : 9444296258

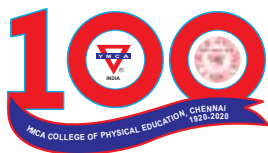
e-mail : mapesjuly21@gmail.com

About the Conference.....

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

Target participants

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



YMCA COLLEGE OF PHYSICAL EDUCATION

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Recognized by the National Council for Teacher Education & Government of Tamil Nadu

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

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

CLICK

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

Registration **FREE**

Platform :



ABOUT THE COLLEGE

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

Organising Committee

Hon. Justice J.B. Koshy

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

Mr. J. Benjamin Franklin

Correspondent & Secretary

Mr. Rajjiv George

Administrator & Estate Manager

Mr. Moses J

Executive Secretary

Mr. S. Jegan

Project Secretary

Hon. Justice Kurian Joesph

(Retd. Supreme Court Judge)
Chairman

Dr. George Abraham

Principal & Convenor

Organising Secretaries

Mr. M. Felix Arokkiaraj, Asst. Prof.

Dr. A. Merlin Thanka Daniel, Asst. Prof.

Members

Dr. (Mrs.) K. Jothi Dayanandan, Asso. Prof.

Dr. S. Johnson Premkumar, Asst. Prof.

Dr. J. Jackson Sutharsingh, Asst. Prof.

Dr. J. Glory Darling Margaret, Asst. Prof.

Dr. S. Gladys Kirubakar, Asst. Prof.

Dr. S. Jerome David, Asst. Prof.

Dr. E. Simson Jesudass, Asst. Prof.

Dr. S. Abraham Davidson, Asst. Prof.

Dr. R. Prabu, Librarian

Dr. J. Samuel Jesudoss, Asst. Prof.

Dr. Pon. Anbarasu, Asst. Prof.

Dr. J. James, Asst. Prof.

Mr. B. Praveen Doss, Asst. Prof.

Dr. K. Karthikeyan, Asst. Prof.

Dr. J. Komala, Asst. Prof.

Dr. G. Bobby, Asst. Prof.

Dr. S. Sathish Kumar, Asst. Prof.

Mr. K. Mugil, Physiotherapist

Mrs. T. Mabelda, Computer Faculty

Rev. Dr. E. Abraham Jebasingh, Asst. Prof (Part-time)

Mr. V. Balaraman, Asst. Prof (Part-time)

Chief Guest



Prof. L.B. Laxmikanth Rathod

Vice - Chancellor
Palamuru University, Mahabubnagar,
Telangana

Guest of Honour



Prof. S. Bevinson Perinbaraj

Former Director, Principal
College of Physical Education,
Alagappa University, Karaikudi, TN



Prof. Abhimanyu Singh

HOD, Department of Physical Education,
BHU, Varanasi, U.P.



Dr. Ch. VST. SAIKUMAR

Principal & Secretary
SRMV, Maruthi College of Physical Education
Coimbatore, TN



Prof. DEEPAK BHIKAJI MANE

Director of Sports &
HOD, Department of Physical Education
Savitribai Phule Pune University, Pune, MS

Resource Persons



Dr. Varghese C Antony

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



Dr. Germina Cosma

Professor, Department of Theory and Methodology of
Motor Activities, University of Craiova, Romania

**Mental Skills and Psychological
Preparation for Peak Performance**

**Dark Triad and aggression
in Sport**

Program Instructions :

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

Contact

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

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

e-mail : ppoppymcollege100@gmail.com

About the Conference.....

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

Target participants

- *Physical Education Teachers
- * Gym Instructors
- * Professionals from Sports Industry
- *Physical Education Teacher Trainees
- * Physical Trainers
- * Special Educators
- * Professionals from Fitness Industry
- * Athletes
- * Coaches
- * Yoga Instructors
- * Professionals from Fitness Industry
- * Sports Marketing Professionals
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INTERNAL QUALITY ASSURANCE CELL (IQAC)

You are Cordially Invited to the

FACULTY WORKSHOP ON OUTCOME BASED EDUCATION

Module I

Date: 1st & 2nd November 2021

Time: 2:00 PM

Mode : Online

Resource Person



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

Dr. George Abraham
Principal & Convener

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

IQAC Committee Members

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

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

Mr. J. Benjamin Franklin
Correspondent & Secretary

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Administrator & Estate Manager

Mr. Moses J
Executive Secretary

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Project Secretary

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INTERNAL QUALITY ASSURANCE CELL (IQAC)

You are Cordially Invited to the

FACULTY WORKSHOP ON OUTCOME BASED EDUCATION

Module I

Date: 1st & 2nd November 2021

Time: 2:00 PM

Programme Schedule

DAY 1 - 01/11/2021 (MONDAY)

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

DAY 2 - 02/11/2021

(TUESDAY)

Programme Schedule

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



YMCA COLLEGE OF PHYSICAL EDUCATION

CHENNAI, TAMILNADU



ONE WEEK - FACULTY DEVELOPMENT PROGRAMME

ON

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

DATE : 27th JUNE - 3rd JULY 2020

CERTIFICATE OF APPRECIATION

Special Recognition to

Dr. S. Gladly Kirubakar

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

Dr. S. JOHNSON PREMKUMAR
ORGANIZING SECRETARY

Dr. J. JACKSON SUTHARSINGH
ORGANIZING SECRETARY

DR. GEORGE ABRAHAM
PRINCIPAL & CONVENOR





YMCA COLLEGE OF PHYSICAL EDUCATION

CHENNAI, TAMIL NADU - 35

A Project of the National Council of YMCAs of India
(An Autonomous College Affiliated to Tamil Nadu Physical Education & Sports University)
Recognized by the National Council for Teacher Education & Government of Tamil Nadu



Celebrating 7th International Day of Yoga - 2021



One Day International Virtual Conference on Yogic Practices for Healthy Life

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



Resource Persons



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

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



Management Committee

HON. JUSTICE KURIAN JOSEPH (RETD.)
Chairman

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

MR. BERTRAM DEVADAS
General Secretary, NCYI

MR. J. BENJAMIN FRANKLIN
Correspondent & Secretary

MR. V. K. VARGHESE
Treasurer

MR. RAJJIV GEORGE
Administrator & Estate Manager

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- Dr. (Mrs.) K. Jothi Dayanadan, Associate Prof.
- Dr. S. Johnson Premkumar, Asst. Prof.
- Dr. J. Jackson Sutharsingh, Asst. Prof.
- Dr. J. Glory Darling Margaret, Asst. Prof.
- Dr. S. Gladly Kirubakar, Asst. Prof.
- Dr. S. Jerome David, Asst. Prof.
- Dr. E. Simson Jesudoss, Asst. Prof.
- Dr. S. Abraham Davidson, Asst. Prof.
- Dr. S. Merlin Thanga Daniel, Asst. Prof.
- Mr. M. Felix Arokkiaraj, Asst. Prof.
- Dr. R. Prabu, Librarian
- Dr. J. Samuel Jesudoss, Asst. Prof.
- Dr. J. James, Asst. Prof.
- Mr. B. Praveen Doss, Asst. Prof.
- Dr. K. Karthikeyan, Asst. Prof.
- Mr. K. Mugil, Physiotherapist
- Dr. G. Bobby, Asst. Prof.
- Dr. S. Sathish Kumar, Asst. Prof.
- Rev. Dr. E. Abraham Jepasingh, Asst. Prof.
- Mr. V. Balaraman, Asst. Prof.
- Mrs. T. Mabelda, Computer Faculty

Convener



DR. GEORGE ABRAHAM
Principal

Organizing Secretaries



DR. PON. ANBARASU
Assistant Professor
9444224620



DR. J. KOMALA
Assistant Professor
9791857741





YMCA COLLEGE OF PHYSICAL EDUCATION

CHENNAI, TAMILNADU



ONE WEEK - FACULTY DEVELOPMENT PROGRAMME
ON

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

DATE : 27th JUNE - 3rd JULY 2020

CERTIFICATE OF PARTICIPATION

This certificate is presented to

Dr. S. JOHNSON PREMKUMAR

Assistant Professor,
Y.M.C.A College of Physical Education

has participated in the

One Week - Faculty Development Programme on
"Futuristic Approach and Professional Preparation in Physical Education"
from 27th June to 3rd July, 2020.



Dr. S. JOHNSON PREMKUMAR
ORGANIZING SECRETARY

Dr. J. JACKSON SUTHARSINGH
ORGANIZING SECRETARY

Dr. GEORGE ABRAHAM
PRINCIPAL & CONVENOR



FIT
INDIA

Annamalai University



Department of Physical Education

*"International Marathon Webinar" One week Online Faculty Development Program
on*


Rebooting and the Opportunities of Physical Education and Sports


Dr.S.JOHNSON PREMKUMAR


YMCA College of Physical Education

Has Participated In The One

Through Online from 20-07-2020 to 26-07-2020.


Dr. P.V. Shelvam
Professor & Director
Program Director


Dr. W. Vinu
Assistant Professor/
Director of Physical Education
Program Coordinator


Dr. R. Saravanan
Assistant Professor/
Director of Physical Education
Program Coordinator



BHARATHIAR UNIVERSITY

COIMBATORE - 641 046



CERTIFICATE OF PARTICIPATION

Presented to

Dr/Mr/Mrs/Ms. S. JOHNSON PREMKUMAR

ASSISTANT PROFESSOR

YMCA COLLEGE OF PHYSICAL EDUCATION, CHENNAI

for participating in the "7 Day Faculty Development Programme" on "Revival of Health, Fitness and Entrepreneurial Opportunities through Physical Education" organised by Department of Physical Education, under RUSA II (BEICH), Bharathiar University, Coimbatore held from 08.07.2020 to 14.07.2020.

e - Certificate No: **DPEBU089**

Dr. S. AKILA
Organising Secretary
Dept of Physical Education
Bharathiar University

Dr. P. ANBALAGAN
Organising Secretary
Dept of Physical Education
Bharathiar University

Dr. RUPA GUNASEELAN
Professor & Director
Coordinator RUSA Phase II
Bharathiar School of Management and Entrepreneur
Development (BSMED), Bharathiar University

Dr. K. MURUGAVEL
Convener & Head
Dept of Physical Education
Bharathiar University



BHARATHIAR UNIVERSITY

COIMBATORE - 641 012



CERTIFICATE

OF

Presented to

Dr/Mr/Mrs/Ms. J. JACKSON SUTHARSINGH

ASSISTANT PROFESSOR

YMCA COLLEGE, CHENNAI

for participating in the 7 DAY Forum on Entrepreneurial Opportunities organised by Department of Physical Education, under RUSA II (BEICH), Bharathiar University, Coimbatore held from 08.07.2020 to 14.07.2020.

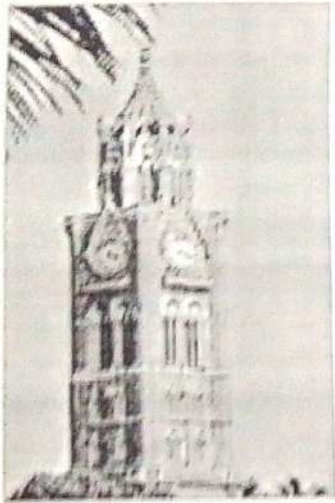
e - Certificate No: **DPEBU282**

Dr. S. AKILA
Organising Secretary
Dept of Physical Education
Bharathiar University

Dr. RUPA GUNASEELAN
Professor & Director
Coordinator RUSA Phase II
School of Management and Entrepreneur
(SMED), Bharathiar University

Dr. K. MURUGAVELU
Convener & Head
Dept of Physical Education
Bharathiar University

54



मुंबई विद्यापीठ
University of Mumbai

E- Certificate

This is to certify that

Dr. J. Jackson Sutharsingh

YMCA College of Physical Education, Chennai

has successfully participated in the Online International Faculty Development Program
'Futuristic Approach for Quality in Education, Innovation and Assessment with New and Norms 2020-21'
Organized by **Department of Physical education , University of Mumbai, Mumbai,**
Maharashtra, India held from 29th August to 2nd September 2020

FDP Themes
Click down for
Recorded Videos

Educational Reform

Curriculum & Pedagogy

Educational Technology

Research & Issues

Approaches In Higher Education

Dr. Madhuri P. Sadgir
Organising Secretary,
Assistant Professor,
Dept. of Physical Education
University of Mumbai, Mumbai

Dr. Manohar Mane
Convener & Head
Dept. of Physical Education
University of Mumbai, Mumbai

Dr. Anil Kumar
IC 2020
International Faculty
University of Mumbai, Mumbai



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

(Estd. by the Govt. of Tamil Nadu Under Act No.9 of 2005 - A State Govt. University)

Accredited with "B++" Grade by NAAC

ONE WEEK FACULTY DEVELOPMENT PROGRAMME - 2021

PROMOTING EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS POST LOCK DOWN (COVID - 19)
- AN INNOVATIVE AND PROFESSIONAL APPROACH

CERTIFICATE OF PARTICIPATION

This is to certify that Prof./Dr./Mr./Ms. JACKSON SUTHARSINGH of

ASSISTANT PROFESSOR, YMCA COLLEGE OF PHYSICAL EDUCATION

has participated in the *ONE WEEK FACULTY DEVELOPMENT PROGRAMME on PROMOTING EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS POST LOCK DOWN (COVID - 19) - AN INNOVATIVE APPROACH AND PROFESSIONAL APPROACH* organized by Department of Physical Education, TNPESU on 1st - 7th February, 2021.

Dr. S. MANIKANDAN
Organizing secretary
Professor and Head
Department of Physical Education
TNPESU

Dr. V. GOPINATH
Registrar
TNPESU

Dr. SHEILA STEPHEN
Vice Chancellor
TNPESU



SWAYAM ONLINE COURSE CERTIFICATION

This Certificate is awarded to
GLORY DARLING MARGARET J
for successfully completing the 4 credit course
COMMUNICATION TECHNOLOGIES IN EDUCATION
(offered by Dr. Dhaneswar Harichandan, Professor cum Director Incharge,
Institute of Distance and Open Learning, University of Mumbai, Mumbai,
Maharashtra)

with a consolidated score of 56% marks
in the proctored examination held on 22-05-2019



Roll No.: 501955

Dr. (Mrs) Pankaj Mittal
Additional Secretary, UGC
National Coordinator

Dr. Vinod P. Patil
Director, Board of Examinations and Evaluation
University of Mumbai, Mumbai, Maharashtra



UGC - HUMAN RESOURCE DEVELOPMENT CENTRE
BHARATHIAR UNIVERSITY
COIMBATORE - 641 046, TAMIL NADU

Ranked as No. 1 among the HRDCs in Tamil Nadu by NAAC

UGC - Sponsored Refresher Course

Certificate of Participation




This is to certify that

Dr. S. GLADY KIRUBAKAR
ASSISTANT PROFESSOR
DEPARTMENT OF PHYSICAL EDUCATION
YMCA COLLEGE OF PHYSICAL EDUCATION
NANDANAM
CHENNAI - 600 035



13 DEC 2018

has participated in the UGC - Sponsored - Refresher Course in Physical Education, Sports Sciences & Yoga (1D) conducted by UGC - Human Resource Development Centre, Bharathiar University held from 23.11.2018 to 13.12.2018 and obtained A grade.


Dr. G. Kumaresan
Course Co-ordinator


Dr. V. Richard Paul
Director i/c

Dr. N. Jeyakumar
Member, Vice-Chancellor Committee



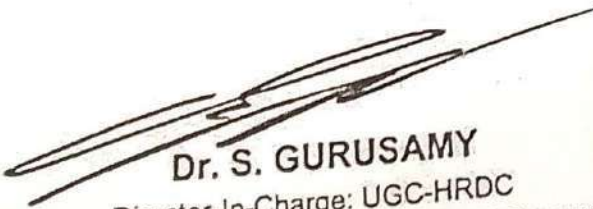
UNIVERSITY GRANTS COMMISSION
HUMAN RESOURCE DEVELOPMENT CENTRE (HRDC)
UNIVERSITY OF MADRAS



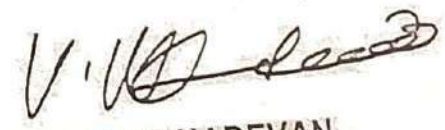
UGC Sponsored
Refresher Course in Physical Education & Yoga- Batch VII
(From November 15, 2019 to November 28, 2019)

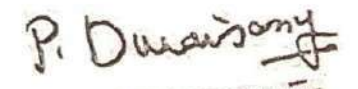
CERTIFICATE OF PARTICIPATION

This is to certify that Dr. S. Abraham Davidson, Assistant Professor, YMCA College of Physical Education, Nandanam, Chennai – 600 035 (Affiliated to Tamil Nadu Physical Education and Sports University) participated in the UGC Sponsored Refresher Course in Physical Education & Yoga- Batch VII held from November 15, 2019 to November 28, 2019. The grade obtained is 'A'.


Dr. S. GURUSAMY

Director-In-Charge: UGC-HRDC
Professor and Head - Department of Commerce
University of Madras

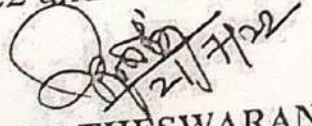

Dr. V. MAHADEVAN
Course Co-ordinator
Director of Physical Education
University of Madras

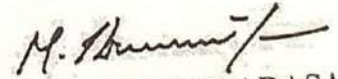

Prof. P. DURAISAMY
Ph.D., D. Econ. Sc. [Paris]
Vice-Chancellor
University of Madras

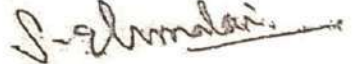


UNIVERSITY GRANTS COMMISSION
HUMAN RESOURCE DEVELOPMENT CENTRE (HRDC)
UNIVERSITY OF MADRAS, CHENNAI - 600 005
UGC SPONSORED
REFRESHER COURSE IN RESEARCH METHODOLOGY
BATCH - I
(online)
(from 08.07.2022 to 21.07.2022)
CERTIFICATE OF PARTICIPATION

This is to certify that Dr. S. ABRAHAM DAVIDSON, Assistant Professor, Department of Physical Education, YMCA College of Physical Education, Chennai – 600 035 (affiliated to Tamil Nadu Physical Education and Sports University) has participated in the UGC Sponsored Refresher Course in Research Methodology (Inter/Multi-disciplinary), Batch – I (online) held from 08.07.2022 to 21.07.2022 and obtained Grade “A”


Prof. V. P. MATHESWARAN
Director i/c
UGC – Human Resource Development Centre
University of Madras


Dr. M. THAMILARASAN
Course Co-ordinator
Professor and Head
Department of Sociology
University of Madras


Prof. S. ELUMALAI
Registrar i/c
University of Madras



SWAYAM ARPIT ONLINE COURSE CERTIFICATION

This Certificate is awarded to

RETHINADHAS PRABU

for successfully completing the ARPIT Course for

Career Advancement Scheme(CAS) promotion

Emerging Trends & Technologies in Library & Information Services

with a "A" Grade in the proctored examination held on 16.02.2020

Indian Institute of Technology, Delhi

Authorized Signatory of Institution (Course Coordinator)

Indian Institute of Technology, Delhi

Authorized Signatory of AICTE

www.swayam.gov.in

Date of Issue : 30/06/2020




UNIVERSITY GRANTS COMMISSION
 HUMAN RESOURCE DEVELOPMENT CENTRE (HRDC)
 UNIVERSITY OF MADRAS





UGC Sponsored
 Refresher Course in Library & Information Science - Batch IV
 (From November 14, 2019 to November 27, 2019)

CERTIFICATE OF PARTICIPATION

This is to certify that Dr. R. Prabu, Librarian, YMCA College of Physical Education, Nandanam, Chennai - 600 035 (Affiliated to Tamil Nadu Physical Education & Sports University) participated in the UGC Sponsored Refresher Course in Library & Information Science - Batch IV held from November 14, 2019 to November 27, 2019. The grade obtained is 'A'


Dr. S. GURUSAMY
 Director-In-Charge: UGC-HRDC
 Professor and Head - Department of Commerce
 University of Madras


Dr. V. CHANDRAKUMAR
 Course Co-ordinator
 Professor and Head
 Department of Library & Information Science
 University of Madras


Prof. P. DURAISAMY
 Ph.D., D. Econ. Sc. [Paris]
 Vice-Chancellor
 University of Madras



ST. CHRISTOPHER'S COLLEGE OF EDUCATION
&
UNITED BOARD FOR CHRISTIAN HIGHER EDUCATION IN ASIA



Certificate

This is to certify that Dr. R. Prabu of YMCA College of Physical Education, Nandanam, has participated in the training programme, "Faculty Development Programme for young faculty of Colleges and Universities" organised by St. Christopher's College of Education, funded by United Board for Christian Higher Education in Asia from 10.01.2020 to 14.01.2020.

Consultant,
Director of South Asia Programs
United Board, New York.



P. Nithi Durakanyam

Principal
St. Christopher's College of Education
Vepery, Chennai - 7.



Government of India
Ministry of Human Resource
Development

*Teaching Learning Centre
Ramanujan College
University of Delhi*

Sponsored by

MINISTRY OF HUMAN RESOURCE DEVELOPMENT
PANDIT MADAN MOHAN MALAVIYA
NATIONAL MISSION ON TEACHERS AND TEACHING

Certificate

This is to certify that

Dr. R. PRABU

of

YMCA College of Physical Education

successfully completed Two Weeks Faculty Development Programme on
"MANAGING ONLINE CLASSES and CO-CREATING MOOCS"
from April 20 - May 06, 2020.



Dr. S.P. AGGARWAL
(Principal)
Director, TLC
Ramanujan College

Dr. NIKHIL RAJPUT
(Convenor)
Assistant Director, TLC
Ramanujan College



YMCA COLLEGE OF PHYSICAL EDUCATION

CHENNAI, TAMILNADU



ONE WEEK - FACULTY DEVELOPMENT PROGRAMME

ON

FUTURISTIC APPROACH AND PROFESSIONAL
PREPARATION IN PHYSICAL EDUCATION

DATE : 27th JUNE - 3rd JULY 2020

CERTIFICATE OF APPRECIATION

Special Recognition to

Dr. R. Prabu

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



Dr. S. JOHNSON PREMKUMAR
ORGANIZING SECRETARY

Dr. J. JACKSON SUTHARSINGH
ORGANIZING SECRETARY

DR. GEORGE ABRAHAM
PRINCIPAL & CONVENOR



A STATE UNIVERSITY OF TAMIL NADU
 ESTABLISHED UNDER THE ACT OF 1956
 DEPARTMENT OF LIBRARY AND INFORMATION SCIENCE &
 MADRAS LIBRARY ASSOCIATION, TAMIL NADU



JOINTLY ORGANIZED INTERNATIONAL VIRTUAL SHORT TERM COURSE ON
 "LIBRARY SERVICES IN DIGITAL ENVIRONMENT"

Certificate of Appreciation

Is Hereby Awarded To



Dr. R. Prabhu, Librarian

YMCA College of Physical Education, Chennai, Tamilnadu, India.

*For his/her excellent lecture on "Research Management Tools and Techniques" delivered during the
 Short-Term Course from 12/05/2021 - 14/05/2021 conducted by
 Mother Teresa Women's University, Kodankanal and Madras Library Association, Tamil Nadu.*

[Signature]

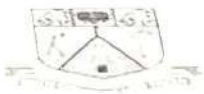
Dr. C. Hilda Devi,
 Registrar,
 Mother Teresa Women's University

[Signature]

Dr. P. Sembiamadevi,
 Organizing Secretary,
 Deputy Librarian & Head
 Mother Teresa Women's University

[Signature]

Dr. K. Nithyanandam,
 President,
 Madras Library Association



Department of Physical Education

*"International Marathon Webinar" One week Online Faculty Development Program
on
Rebooting and the Opportunities of Physical Education and Sports*

Dr. A MERLIN THANKA DANIEL

Ymca college of physical education

Has Participated In The One

Through Online from 20-07-2020 to 26-07-2020.

Dr. P.V. Shelvam
Professor & Director
Program Director

Dr. W. Vinu
Assistant Professor/
Director of Physical Education
Program Coordinator

Dr. R. Saravanan
Assistant Professor/
Director of Physical Education
Program Coordinator

YMCA COLLEGE OF PHYSICAL EDUCATION

CHENNAI, TAMILNADU



INDIA

ONE WEEK - FACULTY DEVELOPMENT PROGRAMME
ON

FUTURISTIC APPROACH AND PROFESSIONAL
PREPARATION IN PHYSICAL EDUCATION

DATE : 27th JUNE - 3rd JULY 2020

CERTIFICATE OF PARTICIPATION

This certificate is presented to

Dr.A.MERLIN THANKA DANIEL

of

YMCA college of physical education

has participated in the

**One Week - Faculty Development Programme on
"Futuristic Approach and Professional Preparation in Physical Education"**

from 27th June to 3rd July, 2020.



Dr. S. JOHNSON PREMKUMAR
ORGANIZING SECRETARY

Dr. J. JACKSON SUTHARSINGH
ORGANIZING SECRETARY

DR. GEORGE ABRAHAM
PRINCIPAL & CONVENER

HUMAN RESOURCE DEVELOPMENT CENTRE



Lakshmi Bai National Institute of Physical Education, Gwalior

(NAAC Accredited A++ Deemed University)

(Government of India, Ministry of Youth Affairs and Sports)



UGC - SPONSORED REFRESHER COURSE [ONLINE]

This is to certify that Dr. A. Merlin Thanka Daniel

Designation Assistant Professor College/University YMCA College of Physical Education


Place Nandanam (Tamil Nadu) Affiliated to Tamil Nadu Physical Education Sports University

Participated in online Refresher Course in the Subject Physical Education

held from 13/03/2021 to 26/03/2021 and obtained Grade

A


Director


Narendra Yadav
Course Coordinator


Vice-Chancellor



ANNAMALAI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

CERTIFICATE



This is to certify that Dr. E.SIMSON JESUDASS, Assistant Professor, YMCA College of Physical Education has participated in the One week Online Course on "Adapted Physical Education" conducted by the Department of Physical Education, Faculty of Education, Annamalai University from 16/05/2020 to 22/05/2020.

P.V.

Dr. P.V. SHELVAM
Professor & Director,
Dept. of Physical Education.

R. Gnanadevan

Dr. R. GNANADEVAN
Dean,
Faculty of Education.

10/3
ICATION





YMCA COLLEGE OF PHYSICAL EDUCATION

CHENNAI, TAMILNADU



INDIA

ONE WEEK - FACULTY DEVELOPMENT PROGRAMME
ON

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

DATE : 27th JUNE - 3rd JULY 2020

CERTIFICATE OF APPRECIATION

Special Recognition to

Dr.E.Simson Jesudass

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



Dr. S. JOHNSON PREMKUMAR
ORGANIZING SECRETARY

Dr. J. JACKSON SUTHARSINGH
ORGANIZING SECRETARY

DR. GEORGE ABRAHAM
PRINCIPAL & CONVENOR



UNIVERSITY GRANTS COMMISSION
HUMAN RESOURCE DEVELOPMENT CENTRE (HRDC)
UNIVERSITY OF MADRAS, CHENNAI



UGC SPONSORED
FACULTY INDUCTION PROGRAMME, BATCH-IV
(on-line)
(from 01.02.2021 to 02.03.2021)

CERTIFICATE OF PARTICIPATION

This is to certify that **Dr. E. SIMSON JESUDASS**, Assistant Professor, YMCA College of Physical Education, Nandanam, Chennai – 600 035 (affiliated to **Tamil Nadu Physical Education and Sports University**) has participated in the UGC Sponsored **Faculty Induction Programme, Batch – IV (on-line)** from 01.02.2021 to 02.03.2021 and obtained Grade " **A⁺** "

[Signature]
Prof. R. R. KRISHNAMURTHY
Director i/c
UGC – Human Resource Development Centre
University of Madras

[Signature]
Dr. N. GODHANTARAMAN
Course Co-ordinator
UGC – Human Resource Development Centre
University of Madras

Dr. N. MATHIVANAN
Registrar i/c
University of Madras



UNIVERSITY GRANTS COMMISSION
HUMAN RESOURCE DEVELOPMENT CENTRE
BHARATHIDASAN UNIVERSITY
Accredited with 'A+' Grade by NAAC in the Third Cycle
TIRUCHIRAPPALLI - 620 023, TAMIL NADU



**UGC-Sponsored Online Refresher Course in
Physical Education & Sports Science**

Certificate of Participation

This is to certify that



Dr. E. SIMSON JESUDASS

Assistant Professor
YMCA College of Physical Education
Nandanam, Chennai

*(Affiliated to Tamil Nadu Physical Education & Sports University)
participated in the UGC-Sponsored Online Refresher
Course in Physical Education & Sports Science
from 20.10.2021 to 02.11.2021
and obtained the Grade 'A'.*

R. Kalidasan

Dr. R. KALIDASAN
Professor & Head

Department of Physical Education and Yoga
Coordinator

Senthilnathan

Dr. S. SENTHILNATHAN
Director (FAC)



Gopinath

Dr. G. GOPINATH
Registrar i/c



**UNIVERSITY GRANTS COMMISSION
HUMAN RESOURCE DEVELOPMENT CENTRE (HRDC)**

UNIVERSITY OF MADRAS, CHENNAI - 600 005

UGC SPONSORED

REFRESHER COURSE IN RESEARCH METHODOLOGY

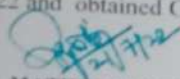
BATCH - I

(online)


(from 08.07.2022 to 21.07.2022)

CERTIFICATE OF PARTICIPATION

This is to certify that **Dr. S. ABRAHAM DAVIDSON**, Assistant Professor, Department of Physical Education, YMCA College of Physical Education, Chennai - 600 035 (affiliated to **Tamil Nadu Physical Education and Sports University**) has participated in the UGC Sponsored Refresher Course in **Research Methodology (Inter/Multi-disciplinary), Batch - I (online)** held from 08.07.2022 to 21.07.2022 and obtained Grade "A"


Prof. V. P. MATHESWARAN
Director i/c
UGC - Human Resource Development Centre
University of Madras


Dr. M. THAMILARASAN
Course Co-ordinator
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Department of Sociology
University of Madras


Prof. S. ELUMALAI
Registrar i/c
University of Madras

UNIVERSITY GRANTS COMMISSION

HUMAN RESOURCE DEVELOPMENT CENTRE



Lakshmibai National Institute of Physical Education, Gwalior
(NAAC Accredited A++ Deemed University)
(Government of India, Ministry of Youth Affairs and Sports)



ज्ञान-विज्ञान विमुक्तये

UGC - SPONSORED REFRESHER COURSE [ONLINE]

This is to certify that Mr. Felix Arokkiaraj. M

Designation Assistant Professor College/University YMCA College of Physical Education

Place Chennai (Tamil Nadu) Affiliated to Tamil Nadu Physical Education and Sports University

Participated in online Refresher Course in the Subject Physical Education

held from 14/03/2023 to 27/03/2023 and obtained Grade A


Director


Course Coordinator


Vice-Chancellor

HUMAN RESOURCE DEVELOPMENT CENTRE



Lakshmibai National Institute of Physical Education, Gwalior
(NAAC Accredited A++ Deemed University)
(Government of India, Ministry of Youth Affairs and Sports)



UGC - SPONSORED REFRESHER COURSE [ONLINE]

This is to certify that Dr. A. Merlin Thanka Daniel

Designation Assistant Professor College/University YMCA College of Physical Education

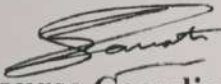
Place Chennai (Tamil Nadu) Affiliated to TNPESU

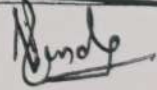
Participated in online Refresher Course in the Subject Physical Education

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A+


Director


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UNIVERSITY GRANTS COMMISSION

HUMAN RESOURCE DEVELOPMENT CENTRE



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UGC - SPONSORED REFRESHER COURSE [ONLINE]


This is to certify that Dr. E. Simson Jesudass

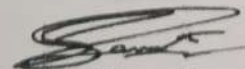
Designation Assistant Professor College/University YMCA College of Physical Education

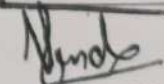
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