



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



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IQAC ACTIVITIES FOR QUALITY CULTURE
2022-2023

The following Academic Programs and Celebrations were conducted through IQAC for the academic year 2022-23:

Sl. No.	Name of the Event	Date of Event	Event Organized/Coordinated
1	IQAC Conducted Staff Retreat on College Opening Day	20-06-2022	College Chapel
2	International Yoga Day Celebrated through IQAC	21-06-2022	International Webinar
3	Board of Studies Meeting	23-06-2022	Virtual mode (Zoom Cloud Meeting)
4	Academic Council Meeting	24-06-2022	Virtual mode (Zoom Cloud Meeting)
5	Governing Body Meeting	27-06-2022	Virtual mode (Zoom Cloud Meeting)
6	Career Advancement Program for second & third years	18-07-2022	IQAC
7	Students Orientation and Induction program for First years	01-08-2022	IQAC
8	Live Streaming of the Programme 'Drive Against Drug'	11-08-2022	IQAC
9	State Level Boxing Tournament	20-08-2022	IQAC
10	Welcome and Induction program for Evening College	14-09-2022	IQAC
11	Buck Memorial Sports Festival, 2022	20-09-2022	IQAC
12	World White Cane Day	15-10-2022	IQAC
13	IQAC & Staff Council Meeting	20-10-2022	Conference Hall
14	Career Advancement Program for B.P.Ed., M.P.Ed., and B.P.E.S.	29-11-2022	IQAC
15	Colloquium for M.P.Ed. II yr.	15-12-2022	IQAC
16	National Votes Day observed through IQAC	25-01-2023	Kho-Kho court
17	Workshop on Judo	10-01-2023	YMCA College Gymnasium Hall
18	Workshop on Yoga Practice and Natural Diet	11-01-2023	YMCA College Gymnasium Hall
19	Leadership Training Camp for Students	09-01-2023	Yelagiri, Tamil Nadu
20	Intensive Teaching & Coaching Practice	06-02-2023	Coordinated by Dr. J. Jackson Sutharsingh
21	International Women's Day	08-03-2023	College Gymnasium
22	Audio Visual awareness programme on Child abuse	-	IQAC
23	Career Guidance Programme	20-03-2023	IQAC
24	Book Exhibition	28-03-2023	Gymnasium Hall
25	National Seminar on Sustainable Youth Development	28-03-2023	Gymnasium Hall

S. J. Jackson
 Principal (i/c)



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26	Intramural Physical Activity Competition	28-03-2023	Pavilion ground
27	Campus Interview 2022-2023	03-04-2023	College Campus
28	Legal Literacy Camp	03-04-2023	College
29	Promotion of Teaching Staff (as per CAS)	-	Dr. S. Johnson Premkumar, Dr. J. Glory Darling Margaret, Dr. J. Jackson Sutharsingh, Dr. S. Gladys Kirubakar, Dr. S. Abraham Davidson, Mr. M. Felix Arokkiaraj, Dr. R. Prabu




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2.2.2. PAPERS PRESENTED BY M.P.Ed. STUDENTS IN THE NATIONAL/INTERNATIONAL CONFERENCE DURING THE YEAR 2017-18 UNDER THE GUIDESHIP OF THEIR MENTORS

Title of the Paper Published	Organised by	ISBN	Level/Date
<i>Exercise for Life Style Diseases</i>	Govt. college, Thirupunithura, Kerala	ISBN:978-81-926565-3-3	National Jan-18
<i>Exercise for Life Style Diseases</i>	Govt. college, Thirupunithura, Kerala	ISBN:978-81-926565-3-3	National Jan-18
<i>Impact of Plyometric Training with Yogic Practices on selected skill performance variables on intercollegiate women handball players</i>	Govt. college, Thirupunithura, Kerala	ISBN:978-81-926565-3-3	National Jan-18
<i>Misconception about Yoga</i>	Govt. college, Thirupunithura, Kerala	ISBN:978-81-926565-3-3	National Jan-18
<i>Yoga on Mental and Physical Health</i>	Govt. college, Thirupunithura, Kerala	ISBN:978-81-926565-3-3	National Jan-18
<i>Use of Yoga in Corporate Employees Stress Management</i>	Govt. college, Thirupunithura, Kerala	ISBN:978-81-926565-3-3	National Jan-18
Effect Of Tabata Training On Selected Physiological Variables Of Handball Players.	Proceedings Of The National Seminar On A Life Of Wellness, Food Habit And Yoga In Vogue , Sparsham 2018. Pp135-138	ISBN:978-81-926565-3-3	National Jan-18
Effect of Naturopathy Practices on People of Different Income Group In Chennai	Proceedings international on focus on mindfulness Glimpses of Neuroscience Education- 2017 : 1 pp93-97	Poocharam Printers, Karaikudi ISBN:978-8192-8690-87	international
Artificial Surfaces: A ReviewOf , The Influence Of Artificial Surface In Sports Performance	Proceedings Of The National Seminar On A Life Of Wellness, Food Habit And Yoga In Vogue, Sparsham 2018 pp 139-141	ISBN:978-81-926565-3-3	National Jan-18

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Influence Of Submaximal Exercise On Recovery Heart Rate In Various Age Groups On College Women	Proceedings Of The National Seminar On A Life Of Wellness, Food Habit And Yoga In Vogue, Sparsham 2018 pp 145-147	ISBN:978-81-926565-3-3	National Jan-18
Effect Of Hatha Yoga Practice On Selected Motor Fitness Variables Of Junior Athletes	Proceedings Of The National Seminar On A Life Of Wellness, Food Habit And Yoga In Vogue ,Sparsham 2018	ISBN:978-81-926565-3-3	National Jan-18
Tackling Lifestyle Diseases With Udiyana Bandha	Proceedings Of The National Seminar On A Life Of Wellness, Food Habit And Yoga In Vogue ,Sparsham 2018	ISBN:978-81-926565-3-3	National Jan-18
Combined effect of Yogic Practices and Jacobson's	Govt. college, Thirupunithura, Kerala	ISBN:978-81-926565-3-3	National
Progressive muscle relaxation training on selected physiological variables among			Jan-18
undergraduate obese men students			
A Body Mind Training model for Health and Wellness	Govt. college, Thirupunithura, Kerala	ISBN:978-81-926565-3-3	National Jan 2018
Effect of Cross Training on Selected physical Fitness variables among Men Football Players	Avinashilingam Institute for Home Science and Higher Education for Women	8 th & 9 th Feb 2018	International
Yoga- A Boon to Physical Education and Sports	Govt. college, Thirupunithura, Kerala	ISBN:978-81-926565-3-3	National Jan 2018
Combined effect of Yogic Practices and Jacobson's	Govt. college, Thirupunithura, Kerala	ISBN:978-81-926565-3-3	National Jan 2018
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Yoga- A Boon to Physical Education and Sports	Govt. college, Thirupunithura, Kerala	ISBN:978-81- 926565-3-3	National Jan 2018
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Number of Collaborative activities for research, faculty exchange, student exchange during the year-2018-19

SRI BALAJI MEDICAL COLLEGE & HOSPITAL, CHENNAI

(12 STUDENTS & RESEARCH SCHOLARS WERE PRESENTED PAPERS)

1. “*Yoga is an art*” International National conference on Sports Medicine, Yoga, Fitness Therapy & Rehabilitation (SYFTR), Sri Balaji Medical College & Hospital, Chrompet, Chennai, 11th and 12th March, 2019.
2. “*Rehabilitation exercise of low back pain*” International National conference on Sports Medicine, Yoga, Fitness Therapy & Rehabilitation (SYFTR), Sri Balaji Medical College & Hospital, Chrompet, Chennai, 11th and 12th March, 2019.
3. “*Rehabilitation exercise on ACL injury*” International National conference on Sports Medicine, Yoga, Fitness Therapy & Rehabilitation (SYFTR), Sri Balaji Medical College & Hospital, Chrompet, Chennai, 11th and 12th March, 2019.
4. “*Stress management through Yoga*” International National conference on Sports Medicine, Yoga, Fitness Therapy & Rehabilitation (SYFTR), Sri Balaji Medical College & Hospital, Chrompet, Chennai, 11th and 12th March, 2019.
5. “*Health related factor: an essential factor of life*” International National conference on Sports Medicine, Yoga, Fitness Therapy & Rehabilitation (SYFTR), Sri Balaji Medical College & Hospital, Chrompet, Chennai, 11th and 12th March, 2019.
6. “*Yoga and its health benefits*” International National conference on Sports Medicine, Yoga, Fitness Therapy & Rehabilitation (SYFTR), Sri Balaji Medical College & Hospital, Chrompet, Chennai, 11th and 12th March, 2019.
7. “*Rehabilitation exercises for shoulder dislocation*” International National conference on Sports Medicine, Yoga, Fitness Therapy & Rehabilitation (SYFTR), Sri Balaji Medical College & Hospital, Chrompet, Chennai, 11th and 12th March, 2019.
8. “*Yoga: An Indian Culture*” International National conference on Sports Medicine, Yoga, Fitness Therapy & Rehabilitation (SYFTR), Sri Balaji Medical College & Hospital, Chrompet, Chennai, 11th and 12th March, 2019.


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Number of Collaborative activities for research, faculty exchange, student exchange during the year-2019-20

PONDICHERRY UNIVERSITY, PUDUCHERRY (21 STUDENTS & RESEARCH SCHOLARS PRESENTED PAPERS)

Effect of yoga therapy on selected bio-chemical variables among menopausal women	International conference on sports management-2020	Pondicherry University,	11-12th March 2020	International
Effect of cardio-circuit training on physical fitness variables of high school kho-kho players	International conference on sports management-2020	Pondicherry University,	11-12th March 2020	International
Influence of specific circuit training program with and without mental practices on selected physical fitness variables among state level boxers.	International conference on sports management-2020	Pondicherry University,	11-12th March 2020	National
“Effect of indigenous activity on one leg explosive power among college men kabaddi players”,	International conference on sports management-2020	Pondicherry University,	11-12th March 2020	International
“Effect on circuit training programme on pulse rate and breath holding capacity for male football players”,	International conference on sports management-2020	Pondicherry University,	11-12th March 2020	International
“Computer application in physical education and sports”	International conference on sports management-2020	Pondicherry University,	11-12th March 2020	International
“Effect of complex training on strength among inter collegiate men volleyball players	International conference on sports management-2020	Pondicherry University,	11-12th March 2020	International
“Stress among sports team captain at university level”,	International conference on sports management-2020	Pondicherry University,	11-12th March 2020	International



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