

YMCA COLLEGE OF PHYSICAL EDUCATION

Nandanam, Chennai - 600 035

An Autonomous College Affiliated to the Tamil Nadu Physical Education and Sports University
A Project of National Council of YMCAs of India Accredited by NAAC as "A" Grade College
Recognized by National Council of Teacher Education and Government of Tamilnadu



IQAC 2018-2019

INTERNAL QUALITY ASSURANCE CELL- IQAC 2018-19

Name of the IQAC co-ordinator/Director : Dr. K. JOTHI DAYANANDAN

Web-link of the AQAR: : <http://ymcacollege.ac.in/iqacreports.aspx>

7. Accreditation Details

Cycle	Grade	CGPA	Year of Accreditation	Validity	
				Period From	Period To
1	A	86.70	2003	21-Mar-2003	20-Mar-2008
2	A	3.28	2013	05-Jan-2013	04-Jan-2018

8. Date of Establishment of IQAC

01-Feb-2003

9. Internal Quality Assurance System

Quality initiatives by IQAC during the year for promoting quality culture		
Item /Title of the quality initiative by IQAC	Date & Duration	Number of participants/ beneficiaries
BUCK MEMORIAL SPORTS FESTIVAL	30-Aug-2017 04	4600

8. Provide the list of Special Status conferred by Central/ State Government- UGC/CSIR/DST/DBT/ICMR/TEQIP/World Bank/CPE of UGC etc.

Institution/Department/ Faculty	Scheme	Funding Agency	Year of award with duration	Amount
YMCA COLLEGE OF PHYSICAL EDUCATION	00	UGC	2019 365	0

YMCA COLLEGE OF PHYSICAL EDUCATION
Nandanam, Chennai – 600 035, Tamil Nadu
IQAC COMPOSITION 2017-2019

Sl.NO.	NAME OF THE MEMBER	DESIGNATION
CHAIRPERSON		
1.	Dr. GEORGE ABRAHAM	Principal
SENIOR ADMINISTRATIVE OFFICER		
2.	Mr. KOSHY MATHEW	Correspondent & Secretary
3.	Mr. PAULSON THOMAS	Finance Officer
INTERNAL MEMBERS		
4.	Dr. S. JOHNSON PREMKUMAR	Asst. Professor
5.	Dr. J. JACKSON SUTHARSINGH	Asst. Professor
6.	Dr. J. GLORY DARLING MARGARET	Asst. Professor
7.	Dr. S. GLADY KIRUBAKAR	Asst. Professor
8.	Dr. PRABU	Librarian
9.	Dr. K. JOTHI	Controller of Examinations
EXTERNAL EXPERTS		
10.	Dr. SUNDARARAJ	Director, Dept. of Phy. Edn, Anna Uni.,
11.	Dr. SUBRAMANIAN	Professor, Dept. of Coaching & Training, TNPSU, Chennai
COORDINATOR OF IQAC		
12.	Dr. Mrs. K. Jothi	Associate Professor

SIGNIFICANT CONTRIBUTIONS MADE BY IQAC DURING 2018-19

- Students are given wide choices in selecting or allocating during intensive teaching practices.
- College is offering Internship to Physiotherapy colleges.
- Leadership camp was conducted for 5 days at Yellagiri hill station.
- Earn while learn scheme is rendered to students.
- Scholarship to sportsman introduced with waive in fees.

Plan of action chalked out by the IQAC 2018-19

Plan of Action	Achievements/Outcomes
To offer value added courses for students	About 72 Students enrolled in Distance Education Programme under Tamil Nadu Physical Education and Sports University for the academic year 201819. Various courses offered were PG Diploma in Yoga/ M.Sc., in Yoga (L.E)/ Diploma in Aerobic Instructor/ Diploma in Gym Instructor/ PG Diploma in Gym Instructor. The DDE PCP classes were conducted periodically under the staff coordinator Mr. Felix Arockkiaraj.
To appoint more faculty members to fulfill the requirement	The College Management appointed the following three new teaching staff. 1. Mr. Sathish Kumar 2. Mr. Sai Abhinav 3. Ms. Komala
To organise Annual Leadership Training Camp	Annual Leadership Training Camp was conducted at YMCA Yelagiri Camp Site between February 2019 and 126 students and 11 staff has attended. The camp was focused to enhance the leadership qualities of the students with lots of camp activities for 5 days.
To introduce Fees Concession and Wave for Students	Fees Concession and Waive for Students. ? Those who are getting gold medal at national level would get 100 mess fees waive. ? Silver or Bronze medalist would get 50 mess fees wave. ? Sports quota admission at UG PG level would be practiced and they would also be availing the scholarship ? All those medal winners should have participated in the recognized association at Junior or Senior level

Minutes of the 1st meeting of the IQAC (Internal Quality Assessment Cell) of YMCA College of Physical Education held on 12th July 2018 at conference Hall of YMCA College of Physical Education, Nandanam, Chennai 600035 at 5.00p.m

Members Present:-

Dr. George Abraham	-	Chairperson/Principal
Senior Administrative Officers		
Mr. Koshy Mathew	-	Chairman YCPE Board of Management
Mrs. Divya Mary Dany	-	Finance Officer
Internal Members – Senior Teachers		
Dr. S. Johnson Premkumar	-	Asst.Professor
Dr. J. Glory Darling Margaret	-	Asst.Professor
Dr. J. Jackson Sutharsingh	-	Asst.Professor
Dr. S. Gladly Kirubakar	-	Asst.Professor
Dr. R. Prabu	-	Librarian

Agenda 1: Prayer

The meeting started with a word of prayer by Dr. J. Glory Darling Margaret, Assistant professor

Agenda : 2 BUCK SPORTS FESTIVAL 2018

Dates:

Principal Dr. George Abraham informed the dates for BUCK SPORTS FESTIVAL 2018 as 1st, 2nd and 3rd August 2018. He presented the organizing committee members and the coordinators of various sports and games.

Entries:

Dr. S. Johnson Premkumar, organizing secretary informed that entry forms will be ready for distribution in the forth coming week and the last date for receiving the filled in entries was fixed on 25th July 2018. It was decided to distribute the entries to various institutions through social media , post and by hand through the students for better and quick response.

Trophies:

Dr. S. Johnson Premkumar, organizing secretary highlighted the events, trophies, medals and programme of last year and said that “ROLLING TROPHY” will be introduced from this year onwards for all sports and games. Further, Individual medals and Team trophies will be given for the first three positions. Staff members were asked to give the number of medals and trophies required for their games. He requested the coordinators of various to the give the names of winners and runner up of last year.

Bonafide Certificates :

It was instructed by Dr. S. Johnson Premkumar ,the organizing secretary to check and receive the Bonafide certificates of the Players and athletes by the coordinators of various sports concerned before the start of the matches.

Events:

Dr. K. Jothi Dayanandhan suggested to restrict the events for Archery in various categories. It was suggested to substitute Shooting Competition and introduce Taekwondo for which Mr. Rajesh , Assistant Professor will be coordinator. It was decided to include Boxing for which Mr. Sathish , Assistant Professor will be the coordinator.

Principal Dr. George Abraham suggested to include 400 mts for college men and

women in Track & Field Meet.

Preliminary Rounds :

Preliminary Round matches required for the sports and games concerned could be conducted from 30th July 2018

System of Play:

Dr. S. Johnson Premkumar ,the organizing secretary informed the coordinators of various games to conduct matches on “League cum Knock out system of play” in Buck Sports Festival .

Any other Business

1. TNPESU Intercollegiate Tournament

Dr. S. Johnson Premkumar, Extramural Director that the following Intercollegiate Tournaments will be conducted in YMCA College of Physical Education in 2018-19

Handball - Women

Football - Men

Basketball- women

Track & Field – Men & Women

The tentative date was fixed between 8th October – 12th October 2018.

As there were no points for discussion , the meeting came to an end.

Dr. K.Jothi Dayanandant
IQAC Co-ordinator

Dr. George Abraham
Principal

Minutes of the 2nd meeting of the IQAC (Internal Quality Assessment Cell) of YMCA College of Physical Education held on 05.09.2018 at conference Hall of YMCA College of Physical Education, Nandanam, Chennai 600035 at 3.00p.m

Members Present:-

Dr. George Abraham	-	Chairperson/Principal
Senior Administrative Officers		
Mr. Koshy Mathew	-	Chairman YCPE Board of Management
Mrs. Divya Mary Dany	-	Finance Officer
Internal Members – Senior Teachers		
Dr. S. Johnson Premkumar	-	Asst.Professor
Dr. J. Glory Darling Margaret	-	Asst.Professor
Dr. J. Jackson Sutharsingh	-	Asst.Professor
Dr. S. Gladly Kirubakar	-	Asst.Professor
Dr. R. Prabu	-	Librarian

Agenda 1: Prayer

The meeting started with a word of prayer by Dr.S. Johnson Premkumar, Assistant Professor

Agenda 2: Teachers Day

Principal Dr. George Abraham wished all the teachers a “Happy Teachers Day”and highlighted the contribution of Dr. Sarvepalli Radhakrishnan who was a philosopher, scholar, teacher, and politician and his dedicated work towards education . All the Teachers shared about the inspirational values that they experienced in their teachers at school and colleges.

He informed that the management will honour the teachers by giving Rs. 2000/- as cash . He gave a surprised Grand Lunch for all the teachers on the same day.

Agenda 3 : Intercollegiate Tournaments

Principal Dr. George Abraham informed that YMCA College of Physical Education is organizing TNPESU Inter collegiate Tournaments in Football, Handball, Archery , Boxing and Athletics Championship in the month of September and October 2018. A separate meeting will be conducted to discuss the staff responsibilities regarding the conduct of the Tournaments.

As there were no points for discussion , the meeting came to an end.

Dr.K.Jothi Dayanandan
IQAC Co-ordinator

Dr. George Abraham
Principal

Minutes of the 3rd meeting of the IQAC (Internal Quality Assessment Cell) of YMCA College of Physical Education held on 17.09.2018 at conference Hall of YMCA College of Physical Education, Nandanam, Chennai 600035 at 11.00a.m

Members Present:-

Dr. George Abraham	-	Chairperson/Principal
Senior Administrative Officers		
Mr. Koshy Mathew	-	Chairman YCPE Board of Management
Mrs. Divya Mary Dany	-	Finance Officer
Internal Members – Senior Teachers		
Dr. S. Johnson Premkumar	-	Asst. Professor
Dr. J. Glory Darling Margaret	-	Asst. Professor
Dr. J. Jackson Sutharsingh	-	Asst. Professor
Dr. S. Gladly Kirubakar	-	Asst. Professor
Dr. R. Prabu	-	Librarian

Agenda 1: Prayer

The meeting started with a word of prayer by Dr. Abraham Davidson, Assistant Professor

Agenda 2 : Intercollegiate Tournaments

Principal Dr. George Abraham informed that YMCA College of Physical Education is organizing TNPESU Inter collegiate Tournaments in Football, Handball, Archery and Boxing between 20th and 23rd September 2018

He informed that Mr. Sukumar , Secretary , Chennai Football Association has contented to be the chief guest to inaugurate the Tournament.

Dr. S. Johnson Premkumar, Organizing Secretary , informed that the above mentioned Intercollegiate Tournament is preponed due to the advancement of Interuniversity competitions. Further , he allotted the staff responsibilities as follows

Dr. J. Samuel Jesudass expressed that there is a need to purchase flags and ply cards and the estimated amount would be Rs. 5000/-.

Dr. James requested to inform well in advance the number of staff and officials to whom the food has to be provided . The players can have food at the rate of

Breakfast- Rs. 35 /- Lunch – Rs. 50 /- Dinner – Rs. 35/-

Mr. K.Karthikeyan, staff incharge for accommodation said that men staff from various college can be accommodated in the guest house. Players from various colleges will be accommodated in the class rooms and hostels. Mr. Sathish was asked to make necessary arrangements.

Dr. S. Johnson Premkumar, Organizing Secretary suggested to conduct Managers meeting at 8.00am in the class room on 20th September. Further the budget for the Intercollegiate Tournament was discussed.

Agenda 3: Any Other matter

Principal informed that he was invited by Dr. Sheila Stephen ,Vice Chancellor, TNPESU along with Dr. K.Jothi , Dr. S. Johnson Premkumar to discuss about the mass display of Physical Activity in one of the Chief Ministers Programme which is scheduled in the month of October 2018.

Dr. K. Jothi said that she would like to prepare a “Figure Marching” display with 120

students .Principal asked her to prepare the budget and submit to the university

As there were no points for discussion, the meeting came to an end with a word of prayer by Dr. S. Gladly Kirubakar.

Dr. Jothi Dayanandan
IQAC Co-ordinator

Dr. George Abraham
Principal

Minutes of the 4th meeting of the IQAC (Internal Quality Assessment Cell) of YMCA College of Physical Education held on 14.12.2018 at conference Hall of YMCA College of Physical Education, Nandanam, Chennai 600035 at 11.00a.m

Members Present:-

Dr. George Abraham	-	Chairperson/Principal
Senior Administrative Officers		
Mr. Koshy Mathew	-	Chairman YCPE Board of Management
Mrs. Divya Mary Dany	-	Finance Officer
Internal Members – Senior Teachers		
Dr. S. Johnson Premkumar	-	Asst.Professor
Dr. J. Glory Darling Margaret	-	Asst.Professor
Dr. J. Jackson Sutharsingh	-	Asst.Professor
Dr. R. Prabu	-	Librarian

Agenda 1: Prayer

The meeting started with a word of prayer by Dr. S. Johnson Premkumar Assistant Professor

Agenda 2 : Carols and Christmas Celebration

Dr. George Abraham , Principal informed that Carols and Christmas Celebration will be celebrated on 20th January 2018 at the Kho-Kho court. Invitation has been extended to the Retired Bishop who will deliver the Christmas message. The responsibilities of staff was informed as follows

Master of Ceremony	: Dr. E. Abraham Jebasingh , Mr. Balaraman
College Choir	: Dr. J. Jackson Sutharsingh, Dr. Prabhu, Mr. Christopher Vijay, Dr. Bobby
Christmas Dinner	: Dy. Wardens (Men & Women) & Sub Wardens
Dance	: Mrs. Hepziba & Mrs. Mabelda
Stage Arrangements & Decoration	: Dr. Ponanbarasu, Mr. B. Praveendoss, Mr. R. Rajesh, Mrs. J. Komala
Chair and Table Arrangements	: Dr. J. Samuel Jesudass, Mr. v. Sai Abinav
Christmas Gifts & Mementoes	: Dr. J. Jackson Dr. J. James, Dr. I.Iyappan, Dr. R. Prabhu
Photographs	: Mr. M.Felix Arockiaaraj, Dr. G. Bobby
Manger Scene	: Dr. S. Gladly Kirubakar , Dr. S. Jerome David, Dr. G. Bobby
Invitation & Reception	: Dr. K. Jothi Dayanandhan, Mr. Sathish Kumar
PA system	: Mr. K.Karthikeyan
Santa Clause	: Mr. B. Praveendass
Candles / Song sheets / Cake	: Mrs. Hepziba , Mr. Mugil
General Discipline	: All Teachers
Refreshments Guests & Staff	: Dr. Ponanbarasu , Mr. Sathish Kumar
Over all Supervision & Cleanlinesss (Including water & Wash room)	: Mr. Alex Santha Nivas , Mr. Sam
Over all Programme Coordinator	: Dr. George Abraham.

Agenda : 2 Annual Leadership Camp

The Principal informed that the Annual Leadership Camp will be conducted between 8th and 12th January 2019 at YMCA Camp site , Yelagiri. Dr. S. Jonson Premkumar , Camp Director presented the Budget . 144 students from B.P.Ed,- II , B.P.E.S – II , D.P.Ed- II along with 11 staff will participate in the camp. It was decided to have 6 units as follows.

Women : 1 Unit - 33 students

Men – 5 Units (4 Units - 29 Students & 1 Unit – 28 Students)

Dr. George Abraham – Camp Cruiser

Dr. S. Johnson Premkumar – Camp Director

Dr. J. Jackson Sutharsingh – Programme Director

Dr. S. Gladly Kirubakar

Dr. Abraham Davidson

Dr. J. Samuel Jesudass

Dr. Ponanbarasu

Dr. G. Bobby

Mrs. Komala

Mr. Sai Abinav

Mr. Mugil

Dr. Prabhu

- First Aid & Medical

- Special Talk

Unit Directors

It was decided to divide the Units on 17th December 2018 at 4.00 pm.. Principal informed that Students who do not participate the camp have to redo the course.

Agenda : 3 Intensive Teaching and Coaching Lesson

Dr. S. Johnson Premkumar , the coordinator informed that Intensive Teaching and Coaching Lesson will be conducted between 23rd January 2019 and 15th February 2019. BP.Ed- II Year, M.P.Ed II Year will undergo Coaching lesson and B.P.Ed I Year and D.P.Ed II Year will undergo Teaching Practice in full working hours of the schools and colleges. The intimation letters will be sent to all schools and colleges on 18th December 2019.

Agenda : 3 Christmas Holidays & Reopening Day

The Principal informed that the college will be closed for Christmas vacation from 22nd December 2019 and will be reopened on 7th January 2019 at 6.00 am

Agenda : 4 Pongal Holidays

The Principal informed that the college will be closed for Pongal Holidays from 12th January 2019 to 16th January 2019.

Pongal Celebration will be conducted on 7th January at 7.30 am – 11.00 am. Mr. Praveendass will coordinate the programme. The Budget and the programme has to be discussed with the Principal and to be submitted at the earliest for approval.

Agenda 5. Colloquium for M.P.Ed

It was decided to allot the guide first to the students and then to conduct colloquium for M.P.Ed. . It will be conducted on 21st December 2018 at the M.P.Ed Class room. The guides can be allotted preferably in relation to the specialized concerned. Dr. S. Johnson PremKumar will coordinate the programme.

Agenda : 6 Optional And Add on Courses

Dr. S. Johnson Premkumar the optional Course Coordinator and Mr. Felix Arockkijaraj Add on Course coordinator asked the willingness of the staff for handling classes . Principal informed that 10 classes should be conducted before the certification of the programme.

Any Other Matter

1. Inter class Christmas tree and Manger Scene competition

Inter class Christmas tree and Manger Scene competition will be conducted at 10.00am on 19th December 2018 in the respective class rooms. . Dr. James and Sub wardens will coordinate the programme. . The guidelines for the competition will be drawn by Dr. Jackson Sutharsingh. The Principal informed that Rs. 5000/- will be allotted for the programme for the purchase of prizes.

2. Students Discipline

It was instructed to discipline the men students on their hair style and altering the track pants which is to be confined with the college rules.

Women students have to be instructed to report to their hostels in time after the practical classes.

3. Project Meet

- 1) Students should not be imposed with huge amount for the conduct of Project Sports meet
- 2) More Technical aspect of the meet to be taught to the students
- 3) Marking of the ground should be done by the students
- 4) Demonstration to be restricted by one .
- 5) Staff should be present during the preparation of the meet along with the students.
- 6) Women students should not be allowed to work in early hours in the morning and late hours in the evening .
- 7) Project meet should end late by 6.30 pm
- 8) Equipment has to be returned within 45 minutes after the completion of the meet.
- 9) Students can avail rest in the consecutive morning practicals alone after project meet and should be back to theory class by 10.00 am.
- 10) Teaching faculty should report for the morning practicals following the project meet as the classes concerned are left without teachers.
- 11) Crackers to be strictly prohibited for the meet
- 12) Combined Events should be conducted in Annual Sports meet .
- 13) Two days of meet preparation will be allotted for B.P.E.S ,B.P.Ed & M.P.Ed classes and four days of preparation will be allotted for D.P.Ed classes.

As there were no points for discussion, the meeting came to an end with a word of prayer by Dr. Prabhu

Dr. Jothi Dayanandan
IQAC Co-ordinator

Dr. George Abraham
Principal

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IQAC 2019-2020

INTERNAL QUALITY ASSURANCE CELL- IQAC 2019-20

Name of the IQAC co-ordinator/Director : Dr. S.JOHNSON PREMKUMAR

Web-link of the AQAR (Previous Academic Year) : <http://ymcacollege.ac.in/iqacreports.asp>

Accreditation Details

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Internal Quality Assurance System

Quality initiatives by IQAC during the year for promoting quality culture		
Item /Title of the quality initiative by IQAC	Date & Duration	Number of participants/ beneficiaries
BUCK MEMORIAL SPORTS FESTIVAL	30-Aug-2017 04	4600

8. Provide the list of Special Status conferred by Central/ State Government-UGC/CSIR/DST/DBT/ICMR/TEQIP/World Bank/CPE of UGC etc.

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YMCA COLLEGE OF PHYSICAL EDUCATION	00	UGC	2019 365	0

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Nandanam, Chennai – 600 035, Tamil Nadu
IQAC COMPOSITION 2017-2019

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CHAIRPERSON		
1.	Dr. GEORGE ABRAHAM	Principal
SENIOR ADMINISTRATIVE OFFICER		
2.	Mr. KOSHY MATHEW	Correspondent & Secretary
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INTERNAL MEMBERS		
4.	Dr. S. JOHNSON PREMKUMAR	Asst. Professor
5.	Dr. J. JACKSON SUTHARSINGH	Asst. Professor
6.	Dr. J. GLORY DARLING MARGARET	Asst. Professor
7.	Dr. S. GLADY KIRUBAKAR	Asst. Professor
8.	Dr. PRABU	Librarian
9.	Dr. K. JOTHI	Controller of Examinations
EXTERNAL EXPERTS		
10.	Dr. SUNDARARAJ	Director, Dept. of Phy. Edn, Anna Uni.,
11.	Dr. SUBRAMANIAN	Professor, Dept. of Coaching & Training, TNPSU, Chennai
COORDINATOR OF IQAC		
12.	Dr. Mrs. K. Jothi	Associate Professor

Quality initiatives by IQAC during the year for promoting quality culture- 2019-20

Item/Title of the quality initiative by IQAC	Date	Duration	Number of participants / beneficiaries
Internship Training- Physiotherapy	17-07-2019	40	26
National Sports Day	29-08-2019	1	451
National Youth Leadership Training Programme	10-02-2020	1	189
Book Exhibition	15-02-2019	1	330

Significant contributions made by IQAC during the current year 2019-20

- TNPESU Intercollegiate Competitions 2019 20 was conducted.
- Seven days Faculty Development Programme was organized from 26th June 2020 to 3rd July 2020
- Offered value added courses for students
- Conducted campus Interview for students through placement cell in the campus

Plan of action chalked out by the IQAC in the beginning of the academic year towards Quality Enhancement and outcome achieved by the end of the academic year

Plan of Action	Achievements/Outcomes
To organise Faculty Development Programme 7 days and to invite more experts from all over India	Organised Faculty Development Programme for 7 days and invited 21 experts from all over India through online mode. 275 participants were benefitted with this program.
To conduct TNPESU Intercollegiate Competitions 2019-20 in a mega manner	TNPESU Intercollegiate Competitions 2019-20 were conducted for Basketball, Boxing, Handball, Archery and Track& Field
To offer value added courses for students	The College is conducting Distance Education Programme on various courses. Through Online mode. a) P.G. Diploma in Gym / Fitness Trainer b) Diploma in Yoga c) Diploma in Gym and Fitness Training d) M.Sc., Yoga (Lateral Entry)
To increase the companies to come for placement in the campus.	In the First week of March 2020, about 20 students were placed On-campus and 44 students were placed Off-campus in various schools and sports companies as Physical Education Teachers and Sports Trainers.

Minutes of the IQAC Meeting held on 26.07.2019

Members Present:-

Dr. George Abraham - Principal cum Chairman
Dr. S. Johnson Premkumar -Assistant Professor cum Coordinator

Internal Members:

Dr. K. Jothi Dayanandan -Associate Professor
Dr. J. Glory Darling Margaret -Assistant Professor
Dr. J. Jackson Sutharsingh -Assistant Professor
Dr. S. Glady Kirubakar -Assistant Professor
Dr. R. Prabu -Librarian

Agenda 1: Prayer The meeting started with a word of prayer by Dr. J. Glory Darling Margaret, Assistant Professor.

Agenda 2: Absence of apology Apologies were received from Dr. Samuel Jesudoss and Dr. R. Rajesh

Agenda 3: Picnic Responsibilities Dr. George Abraham, Principal allotted the responsibilities of the staff and schedule. Dr. S. Glady Kirubakar, Picnic coordinator said that 562 students will be taken with the staff in 12 buses.

Agenda 4: Selection & Inauguration of Students' Council Dr. J. James Deputy warden said the selection of the Students' Council will be conducted on 29th July 2019 and the Inauguration of Students' Council shall be organized on 5th August 2019. Principal asked all the sub wardens and Mrs. Komala to plan and organize these programs. Dr. James added that Talent night programme will be organized on last Friday of every month.

Agenda 5: Intramural Investiture Ceremony Dr. S. Glady Kirubakar and Dr. J. Komala Intramural Directors are requested to organize the Intramural Investiture Ceremony on 7th August 2019.

Agenda 6: BUCK Memorial Sports Festival It was planned to organize the Buck Memorial Sports Festival between 27th – 29th August 2019. Dr. S. Johnson Premkumar, Extramural Director request the staff members to give the list of winners and runner up of last year to collect the Trophies.

Dr. K.Karthikeyan was asked by the Principal to start the work on maintaining the play field and ensure the availability of equipments necessary for the tournament

Dr. Pon. Anbarasu and Dr. J. Komala expressed their willingness to conduct Inter collegiate Yoga Competition.

Dr. K. Jothi Dayanandhan expressed that TNPESU Vice Chancellor, Registrar, Directorate of collegiate Education; Regional Director of Collegiate Education can be invited as the Chief Guest of BUCK Memorial Sports Festival.

Agenda 7: TNPESU Inter Collegiate Tournaments Dr. S. Johnson Premkumar Extramural Director said that the TNPESU has allotted seven games and Track & Field Meet to be organized at YMCA College of Physical Education. It was decided to organize between 4th and 6th September 2019.

Agenda 8: Add on / Optional Courses It was resolved to have Add on and Optional Courses for 3 weeks per month on Tuesday (Add on Course) and Thursday (Optional Course) between 2.30 – 3.45 pm. Dr. S. Johnson Premkumar, Optional Course Coordinator and Mr. Felix Arokkiaraj Add on Course Coordinator are asked to start the classes from the month of August 2019.

Agenda 9: Independence Day Celebration Principal asked Dr. Samuel Jesudass staff in charge for National Day Celebration to plan and prepare the programme.

Agenda 10: Model Sports Meet Principal asked Mr. Felix Arokkiaraj Class Registrar of M.P.Ed I Year to organize the Model Sports Meet before BUCK Memorial Sports Festival.

Any Other Matter

1. Principal informed that he has asked the office Manager to prepare the June month pay bill for the management staff and submit.
2. Dr. K. Jothi Dayanandhan said that officials has to be invited from the Associations to organize the Inter Collegiate Tournaments And Track & Field Meet
3. Dr. Abraham Davidson informed that one woman and two men students are willing to practice swimming between 5.00 – 6.00pm in the college swimming pool and requested Principal for permission and guidance to send the students.
4. Mr. K. Karthikeyan informed Principal that the Public Addressing System in college is not functioning properly and hence requested for hiring the same for any college programme.
5. Mr. K. Karthikeyan circulated the forms to all the staff for the request of the equipment in their specialization for the forth coming BUCK Memorial Sports Festival and TNPESU Inter Collegiate Tournaments.
6. Dr. Abraham Davidson expressed that Sub warden remuneration for the year 2017-18 is still pending for payment.

As there were no points for discussion, the meeting came to an end with a word of prayer by Dr. S. Johnson Premkumar.



Dr. S. Johnson Premkumar
IQAC Coordinator



Dr. George Abraham
Principal

YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM, CHENNAI – 6000 35

Minutes of the IQAC Meeting held on 17.02.2020

Members Present:-

Dr. George Abraham - Principal cum Chairman
Dr. S. Johnson Premkumar -Assistant Professor cum Coordinator

Internal Members:

Dr. K. Jothi Dayanandan -Associate Professor
Dr. J. Glory Darling Margaret -Assistant Professor
Dr. J. Jackson Sutharsingh -Assistant Professor
Dr. S. Glady Kirubakar -Assistant Professor
Dr. R. Prabu -Librarian

Agenda 1: Prayer The meeting started with a word of prayer by Dr. E.Simson Jesudass Assistant Professor

Agenda 2: Picnic Dr. George Abraham Principal requested the Picnic coordinator to inform the programme details to the staff. Dr. S. Glady Kirubakar stated that it is planned to visit Mahabalipuram & MGM amusement park on 21.02.2020. A total of 550 students (457 boys and 93 girls) along with teaching faculties will accompany the students in 12 buses. The Programme and responsibilities are as follows

PROGRAMME

8.00 AM	Assembly & Attendance	- Class Registrars
8.25 Am	Prayer	
8.30 Am	Instruction	- Dr. S. Glady Kirubakar
	Travel to Mahabalipuram	
10.00 Am	Mahabalipuram	- Entry Ticket (Dr. J. Samuel Jesudass)
11.45 Am	Attendance at Mahabalipuram & Travel to MGM Dizzee World	- Class Registrars
12.45 Pm	Lunch at MGM	- Dr. J. James
1.45 Pm	MGM Rides	
3.45 Pm	Snacks at MGM	- Dr.Ponanbarasu, Dr. G. Bobby, Mr.V.SaiAbinav, Mr. S.Sathish Kumar
5.30 Pm	Attendance at MGM Back to College	- Class Registrars

Agenda 3: Annual Leadership Training Camp Dr. George Abraham Principal & Camp Cruiser requested the Camp Director to highlight schedule of the camp. Dr. K. Jothi Dayanandan said the

camp is scheduled between 23rd and 28th of February 2020 at YMCA Campsite Yelagiri. 189 students (151 boys & 38 girls) and 9 teachers will accompany the students.

Camp Cruiser - Dr. George Abraham

Camp Director - Dr. K.Jothi Dayanandan

Program Director - Dr.S.Glady Kirubakar

Unit Directors - Dr. S. Abraham Davidson, Dr. A. Merlin Thanka Daniel, Dr. S. Samuel Jesudass, Dr. Pon. anbarasu, Mr. K. Karthikeyan, Dr. G. Bobby, Mr. Mugil

Agenda 4: International Conference Principal asked the teachers to help the Masters Degree students and M.Phil Scholars to present papers in International Conference on Sports Management and Women role in sports and Entrepreneurship 2020 on 11th& 12th March 2020 at Pondicherry. He said that the registration fees will be paid to the staff and students. The following teachers will guide the students to present paper and accompany them to the conference.

1. Dr. K. Jothi Dayanandan
2. Dr. Bobby
3. Mr. Sai Abinav
4. Dr. Rajesh
5. Mr. Sathish

Agenda 5: Officiating Exam

Principal said that staff members who would like to organize officiating exam in the concerned specialization can organize Officiating exams. It was planned to organize for Track & Field but since no preferred dates are available in the month of March 2020 it has been postponed to the next academic year.

Any other Matter

1. Campus Interview for the outgoing students will be conducted on 23rd March 2020.
2. Principal instructed the staff members to be on time for the theory and practical classes

As there were no points for discussion, the meeting came to an end with a word of prayer by Dr. S. Abraham Davidson.



Dr. S. Johnson Premkumar
IQAC Coordinator



Dr. George Abraham
Principal



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WORKSHOP/ SEMINAR 2020-21

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



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



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

I. BASIC DETAILS

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

II. Brief information about the Activity

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



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PREAMBLE ABOUT OUR COLLEGE:

YMCA College of Physical Education is a pioneer institution in the field of Physical Education and Sports in India and it was established in the year 1920. The college today stands as a Monument to the Missionary Vision, Courage and Faith of its founder Late Henry Druce. Rich knowledge development of physical education and sports. The University Grants Commission and the University of Madras conferred the status of Autonomy upon our college in 1986 by virtue of its reputed services to humanity through Physical education, health education, recreational activities and its allied sciences. The YMCA College is affiliated to the Tamil Nadu Physical Education and Sports University. Re-accredited by NAAC with Grade 'A' and recognized by NCTE.

ABOUT THE FDP:

The main purpose of this FDP is to bring together the Physical Education Professors, Coaches, Sports Directors, Scientists, Sports Medics, Physiologists, Players, Scholars, Students, Administrators, State Hostels, and General public to discuss the latest trends (especially in physical education), coaching, methodology, style and techniques of training, team management, health, yoga skills, nutrition, acclimatization, will power that will enable them to update, achieve & enhance the performance of professionals and students to the collective level after the age of COVID-19.

OBJECTIVES OF THE FDP:

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

PROGRAM INSTRUCTIONS

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

REGISTRATION DETAILS
REGISTRATION FEES: RS. 100

ACCOUNT DETAILS:

A/C NAME : YMCA COLLEGE OF PHYSICAL EDUCATION
A/C NO : 6604201990323
BANK : SYMCCATE BANK
IFSC : SYMB0006664
BRANCH : BANGARAH
GOOGLE PAY : 9841204778

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



FOR REGISTRATION : <https://forms.gle/bicDkTvueKB5YpSA>

PROGRAMME SCHEDULE



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



Dr. FIYUSH JAIN
GUEST OF HONOUR
GENERAL SECRETARY, PEPI

Day - 1	Day 2	Day 3	Day 4
<p>27/06/2020</p> <p>Inauguration at 11:00AM</p> <p>Timing: 11:30 AM - 1:00 PM Dr. G. Vasanthi Professor Dept of Physical Education and Sports Tamil Nadu Physical Education and Sports University Topic: LATEST TRENDS AND ISSUES IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS SCIENCE</p>	<p>28/06/2020</p> <p>Timing: 10:30 AM - 11:00 AM Dr. Biju Lona K Associate Professor and Head Dept. of Physical Education P.M. Govt College Health Topic: INFLUENCE OF COVID-19 ON SPORTS PERFORMANCE</p> <p>Timing: 11:30 AM - 1:00 PM Dr. S. Thirumal Kumar Professor Dept. of Physical Education T.M.P.S.V. Tamil Nadu Topic: KNOW YOURSELF FOR THE IMPROVEMENT OF PHYSICAL, ACTIVE AND SPORTS PERFORMANCE</p>	<p>29/06/2020</p> <p>Timing: 10:30 AM - 11:45 AM Dr. Grace Helina Professor and Head Dept of Sports Physiology and Biomechanics LNPE, Tamil Nadu Topic: FACTORS AFFECTING PERFORMANCE</p> <p>Timing: 11:30 AM - 1:00 PM Dr. Sarita Tyagi Associate Professor T.M.P.S.V. Tamil Nadu Topic: ASSESSING INTENSITY OF TRAINING FOR ATHLETES</p>	<p>30/06/2020</p> <p>Timing: 10:30 AM - 11:45 AM Dr. Soni John T Associate Professor And. JIPPE Govt College Hospitals Topic: TRAINING DEVELOPMENTALLY FOR THE COMPETITORS, THE PROS AND CONS</p> <p>Timing: 11:30 AM - 1:00 PM Dr. Joseph Singh Professor LNPE, Tamil Nadu Topic: VIDEO ANALYSIS OF SPORTS PERFORMANCE</p>
<p>Day 5</p> <p>01/07/2020</p> <p>Timing: 11:00 AM - 12:30 PM Dr. Bonatee Singh Head Dept. of Journal and Mass Communication T.M.P.S.V. Tamil Nadu Topic: LANGUAGE OF SPORTS JOURNALISM</p>	<p>Day 6</p> <p>02/07/2020</p> <p>Timing: 10:30 AM - 11:45 AM Dr. Dhritu M. R. Associate Professor & Head Dept. of Physical Education & Sports The Government University of Sport & Health Topic: GENDER ISSUES IN SPORT</p> <p>Timing: 11:30 AM - 1:00 PM Dr. L. Thambal Singh Head Department of Physical Education and Sports Studies Bangalore University, Bengaluru Topic: FACTORS DETERMINING SPORTS TALENT</p>	<p>Day 7</p> <p>03/07/2020</p> <p>Timing: 11:30 AM - 12:30 PM Ms. Jothi Kulasekaran Associate Professor Topic: UNORDERED EATING AND EXERCISE PATTERN</p> <p>Valedictory at 12:30 PM</p>	



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 & CONVERSOR



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

IV. BASIC DETAILS

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

V. Brief information about the Activity

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

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

Programme proposal	Boucher & Schedule	Certificate
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INTERNAL QUALITY ASSURANCE CELL

International Womens' Day - 2021
WORKSHOP ON
WOMEN AND LEADERSHIP

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

Dr. E. PAULINE RAJESH
Psychologist



All are cordially invited

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

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

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INTERNAL QUALITY ASSURANCE CELL

International Womens' Day - 2021
WORKSHOP ON
WOMEN AND LEADERSHIP

S.NO.	Name	Designation	E-mail id	Contact Number
1.	PONRANI - E	Headmistress	ponrani.daniel@gmail.com	9444610616
2	QUEENSLY SORTESEF	B.T.Ast (Math)	queensly20@gmail.com	9841035772
3	JULIES .G	B.T.Ast (Math)	juliesvedha@gmail.com	9712746774
4	Vijayakamesh .T	R.L	vijaykamesh1@gmail.com	9946264772
5	VALENTINA NILLAKENI.P	B.T.Ast (Math)	valentina.jayaram@gmail.com	9710702523
6	MRS UNICE PRINCE ABRAHAM	B.T.Ast (Math)	uniceprince@gmail.com	9677118214
7	SILVIA ANITA SURESHKUMAR	B.T.Ast - Tamil	silviaanita@gmail.com	9744414444
8	EUGENIE ANITHA PESTING	B.T. ASST (Sci)	peesting@gmail.com	9740022561
9	Lylia Arundhagan	Headmistress	lyliavero@gmail.com	9884426502

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INTERNAL QUALITY ASSURANCE CELL

International Womens' Day - 2021
WORKSHOP ON
WOMEN AND LEADERSHIP

S.NO.	Name	Designation	E-mail id	Contact Number
10.	MABELDA .T	Computer Teacher	mabelda@gmail.com	9445756624
11.	MYTHILI .R	Student	mythiliraj@gmail.com	9948592450
12.	P. Karthikeyan	Student	karthikeyan@gmail.com	9787229222
13.	V. Vinita	Student	vinita@rediffmail.com	9056463884
14.	A. SRINJYA	Student	srinjayaa@gmail.com	8632937560
15.	T. Shreya	Student	shresha1604@gmail.com	935448370
16.	M. Gayathri	Student	gayathri1604@gmail.com	7350476164
17.	P. Lakshmi	Student	lakshmi1604@gmail.com	8048867755
18.	P. Jayashree	Student	jayashree1604@gmail.com	8602925044
19.	A. Archana	Student	archana1604@gmail.com	8008540205

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Centenary Celebration

Certificate of Participation

INTERNAL QUALITY ASSURANCE CELL
INTERNATIONAL WOMEN'S DAY

This is to Certify that
Dra. Ms. **JENO RAJI .S**
has attended Workshop on
WOMEN AND LEADERSHIP
on 8th March 2021
at
YMCA COLLEGE OF PHYSICAL EDUCATION

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

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

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Health and Knowledge go together



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ACTIVITY- 3 REPORT(2020-21)

I. BASIC DETAILS

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

II. Brief information about the Activity

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

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

Programme proposal	Boucher & Schedule	Certificate
Activity Photograph	Photographs	



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ACTIVITY-4 REPORT(2020-21)

BASIC DETAILS

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

Brief information about the Activity

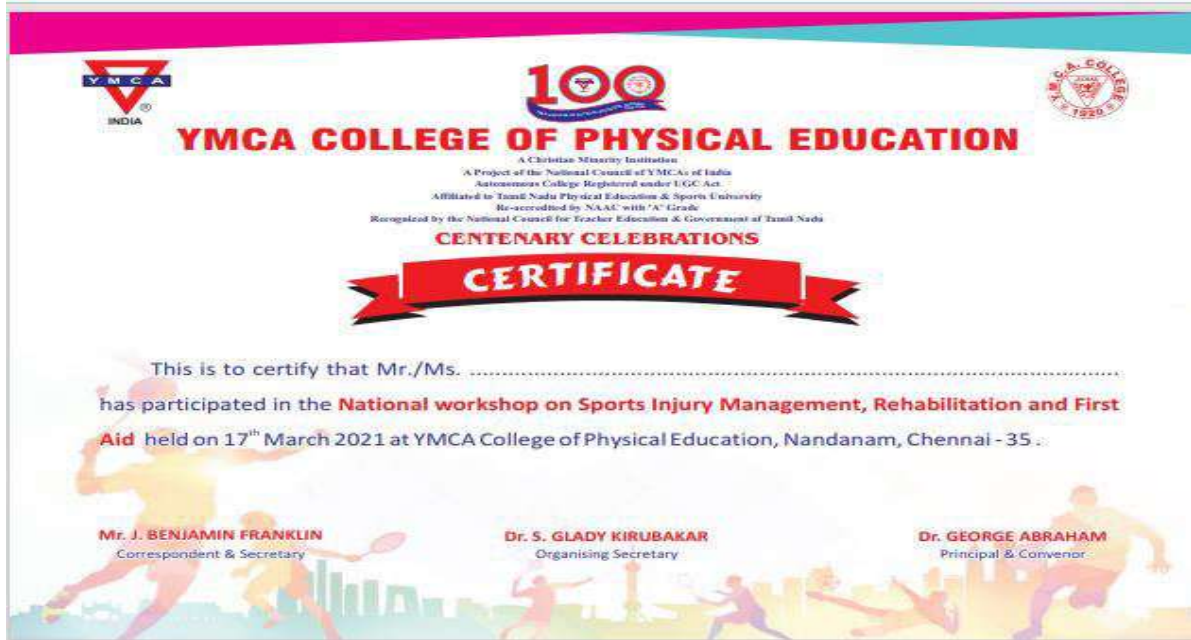
Topic / Subject of the activity	Sports Injury Management , Rehabilitation and First Aid
Objective for conducting the activity	Provide effective instruction on Sports Injury Management , Rehabilitation and First Aid <ul style="list-style-type: none">• Understand the types of sports injuries• Impart the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



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ACTIVITY- 5 REPORT(2020-21)

BASIC DETAILS

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

Brief information about the Activity

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

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

Programme proposal	Brochure	Certificate
Activity Photograph	Photographs	



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ACTIVITY – 6 REPORT(2020-21)

BASIC DETAILS

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

Brief information about the Activity

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

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

Programme proposal	Brochure	Certificate
Activity Photograph	Photographs	



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BASIC DETAILS

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

Brief information about the Activity

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

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

Programme proposal	Brochure	Certificate
Activity Photograph	Photographs	



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ACTIVITY- 8 REPORT(2020-21)

BASIC DETAILS

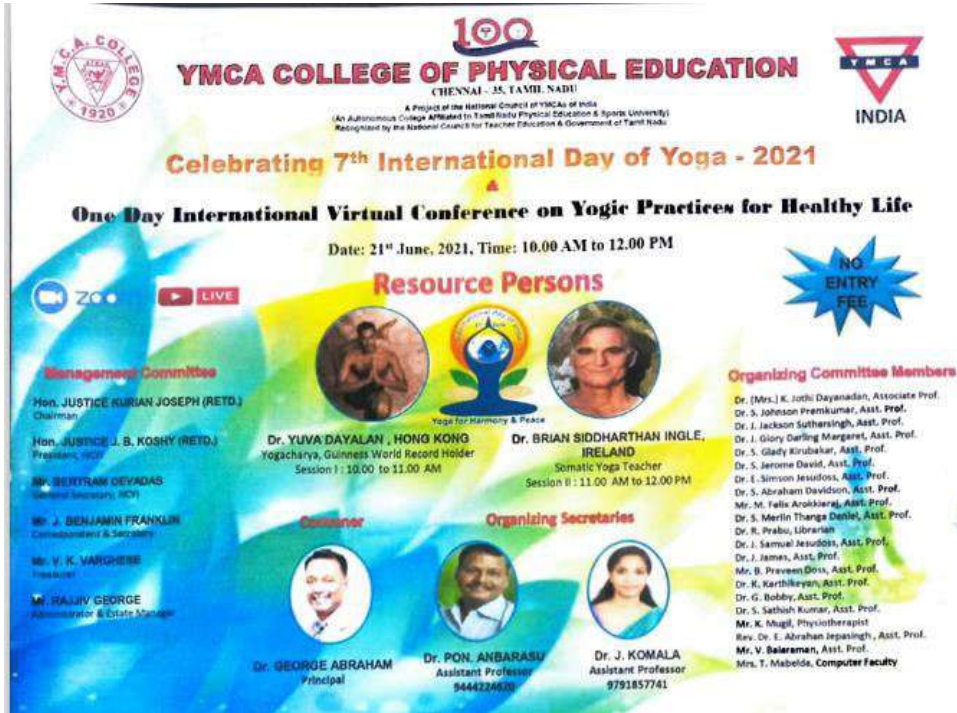
Name of the Activity : 7th International Day of Yoga on Yogic Practices for Healthy life			
Date	Department / Committee		Coordinator Name & Phone Number
21.06.2021	Physical Education		Dr. Pon Anbarasu Dr. Komala
Time	Venue	Activity for class / group & Student number	Nature : Academic / co curricular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

Brief information about the Activity

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

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

Programme proposal	Brochure	Certificate
Activity Photograph	Photographs	



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YMCA COLLEGE OF PHYSICAL EDUCATION
 CHENNAI - 35, TAMIL NADU
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

Management Committee
 Hon. JUSTICE KIRIAN JOSEPH (RETD.)
 Chairman
 Hon. JUSTICE J. B. KOSHY (RETD.)
 President, ICSI
 Mr. BEJTRAM GEVADAS
 National Secretary, NCI
 Mr. J. BENJAMIN FRANKLIN
 Correspondent & Secretary
 Mr. V. K. MARGHERIE
 Treasurer
 Mr. RAJJIV GEORGE
 Administrator & Estate Manager

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

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

Organizing Committee Members
 Dr. (Mrs.) K. Jothi Dayanadan, Associate Prof.
 Dr. S. Johnson Premkumar, Asst. Prof.
 Dr. J. Jackson Sutharsingh, Asst. Prof.
 Dr. J. Glory Darling Margrate, Asst. Prof.
 Dr. S. Gladly Kirubakar, Asst. Prof.
 Dr. S. Jerome David, Asst. Prof.
 Dr. E. Simson Jesuloss, Asst. Prof.
 Dr. S. Abraham Davidson, Asst. Prof.
 Mr. M. Felix Arokkiaraj, Asst. Prof.
 Dr. S. Merlin Thanga Daniel, Asst. Prof.
 Dr. R. Prabhu, Librarian
 Dr. J. Samuel Neeloboss, Asst. Prof.
 Dr. J. James, Asst. Prof.
 Mr. B. Praveen Doss, Asst. Prof.
 Dr. K. Karthikeyan, Asst. Prof.
 Dr. G. Bobby, Asst. Prof.
 Dr. S. Sathish Kumar, Asst. Prof.
 Mr. K. Mugil, Physiotherapist
 Rev. Dr. E. Abraham Jepsasingh, Asst. Prof.
 Mr. V. Balaraman, Asst. Prof.
 Mrs. T. Mabelde, Computer Faculty

NO ENTRY FEE

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

YMCA COLLEGE OF PHYSICAL EDUCATION
 CHENNAI-35, TAMIL NADU

7th International Day of Yoga - 2021
One Day International Virtual Conference on Yogic Practices for Healthy Life

PROGRAM SCHEDULE

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



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



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IQAC - WORKSHOP/ SEMINAR 2021-22
ACTIVITY REPORT

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



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IQAC – INTERNAL QUALITY ASSURANCE CELL

ACTIVITY- 1 REPORT(2021-22)

I. BASIC DETAILS

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

II. Brief information about the Activity

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

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

Programme proposal	Boucher & Schedule	Certificate
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WORKSHOP ON
Access to E-Resources through N LIST Programme
Date: 20th September, 2021 Time: 10:00 AM

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

The main advantages of this programme are

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

Organising Committee

Hon. Justice J.B. Koshy
Hon. Justice Kurian Joeshy
Dr. George Abraham
Dr. J. Chay Darling Margaret

Resource Person
Dr. Abu K S

IQAC Guarantee Members
Dr. K. Jothi Dayanandini, Asst. Prof.
Dr. S. Johnson Perumalvar, Asst. Prof.
Dr. J. Jackson Satharalingh, Asst. Prof.
Dr. S. Gladys Kirubakaran, Asst. Prof.
Dr. R. Prabha, Librarian

IQAC ACCESS TO E-RESOURCES Through N-LIST PROGRAMME

S.NO	Roll No.	NAME OF THE STUDENTS	20.09.2021
1	101	IBHARATHI K	Present
2	102	IBHARATHI M	Present
3	103	IBHARATHI S	Present
4	104	GANPALABHUSINI REEDY	Present
5	105	IBHARATHI R	Present
6	106	IBHARATHI R	Present
7	107	IBHARATHI R	Present
8	108	IBHARATHI G	Present
9	109	PALZHANSHIRALI K S	Present
10	110	IBHARATHI R	Present
11	111	IBHARATHI S	Present
12	112	IBHARATHI S	Present
13	113	IBHARATHI S	Present
14	114	SUSMITHA G	Present
15	115	IBHARATHI S	Present
16	116	IBHARATHI M	Present
17	117	IBHARATHI A	Present
18	118	IBHARATHI M	Present
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42	142	IBHARATHI S	Present
43	143	IBHARATHI S	Present
44	144	IBHARATHI S	Present
45	145	IBHARATHI S	Present
46	146	IBHARATHI S	Present

20.09.2021

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

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Registered under UGC Act

Centenary Celebration

Certificate of Participation
INTERNAL QUALITY ASSURANCE CELL

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

Mr. J. Benjamin Franklin
Mr. Rajiv George
Dr. George Abraham
Dr. J. Chay Darling Margaret



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IQAC – INTERNAL QUALITY ASSURANCE CELL

ACTIVITY- 2 REPORT(2021-22)

I. BASIC DETAILS

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

II. Brief information about the Activity

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

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

Programme proposal	Boucher & Schedule	Certificate
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INTERNAL QUALITY ASSURANCE CELL (IQAC)
WORKSHOP ON
Professional Preparation for Skill & Competency

Date: 21st September 2021 Time: 10:00 AM Venue: YMCA College

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

Hon. Justice J.B. Keshy
(Hon. Chief Justice, Pondicherry Court)
National President, YMCA of India
Mr. J. Benjamin Franklin
Convenor & Secretary
Mr. Rajini George
Administrator & Data Manager
Mr. Moses J
Executive Secretary
Mr. S. Jegan
Project Secretary

Hon. Justice Kavian Joseph
(Hon. Supreme Court Judge, Chairman)
Resource Person
Mr. Jayasingh Paul
Designated Partner &
India Manager
PAE India Support Center LLP

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

IQAC Committee Members
Dr. K. Jothi Dayanandan, Asst. Prof.
Dr. S. Johnson Praxasimar, Asst. Prof.
Dr. J. Jackson Satharajam, Asst. Prof.
Dr. S. Gincy Kirubakaran, Asst. Prof.
Dr. R. Praba, Librarian

Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION, NANDANAM, CHENNAI - 600 035.
AFFILIATED WITH TAMIL NADU PHYSICAL EDUCATION & SPORTS UNIVERSITY
MPED - 6(2020-21, 2021-22) WOMEN

S.NO	Roll No.	NAME OF THE STUDENTS	21 SEPTEMBER 2021
1	101	SHARATH K	AB
2	102	BIHATHIHA M	AB
3	103	CINCY B CHRISTOPHER	AB
4	104	GAMPALA ABHIGNA REDDY	AB
5	105	LINCY J	AB
6	106	KALATHI R	AB
7	107	MARIYA FERNANDEZ	AB
8	108	MOHANA G	AB
9	109	PADHMAPRIYA K S	AB
10	110	PRIVADHARSHINI S	AB
11	111	RAJATHI D	AB
12	112	SARITHA K	AB
13	113	SHIVANI S	AB
14	114	SUSHMITHA G	AB
15	115	TEENA D	AB
16	116	VIGNESHWARI M	AB
17	117	VINDOHA A	AB
18	118	ABEJATHISH P PAT	AB
19	119	ABHI SHRENI SINGH P	AB
20	120	ANDHOOP J KALLOR	AB
21	121	ANU S	AB
22	122	ARHAJ ALI	AB
23	123	ARUN CHANDER A	AB
24	124	ARUN KUMAR D	AB
25	125	ARVIND M	AB
26	126	ARVIND R	AB
27	127	ASHOK M	AB
28	128	BALAJI C	AB
29	129	BALAJI K	AB
30	130	BEBITTO GODWIN S A	AB
31	131	BRITTO KASINATHAN N	AB
32	132	CHINNADURAI M	AB
33	133	DILLIBABU S	AB
34	134	FELISTRO S D	AB
35	135	GOPHS	AB
36	136	IBRAHIM I	AB
37	137	JEBIN KUMAR J	AB
38	138	JOSEPH KUMAR S	AB
39	139	KARTHICK S	AB
40	140	KASINAYAN K	AB
41	141	LEKOTULLIE LIEZIETU	AB
42	142	MAHESWARAN B	AB
43	143	MANASH BARHOI	AB
44	144	MADHURI K	AB
45	145	NETHESH KUMAR S	AB
46	146	RABIN SHARMA	AB

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

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Centenary Celebration
Certificate of Participation
INTERNAL QUALITY ASSURANCE CELL

This is to certify that
Mr./Ms. **PRINADHARSHINI S**
has participated in the Workshop on
**PROFESSIONAL PREPARATION FOR
SKILL AND COMPETENCY**
on 21st September 2021
at
Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION

Mr. J. Benjamin Franklin
Convenor & Secretary
Mr. Rajini George
Administrator & Data Manager
Dr. George Abraham
Principal & Convenor
Dr. J. Glory Darling Margaret
Organising Secretary & IQAC Coordinator



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

I. BASIC DETAILS

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

II. Brief information about the Activity

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

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

Programme proposal	Boucher & Schedule	Certificate
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Nandanam, Chennai - 600035
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INTERNAL QUALITY ASSURANCE CELL (IQAC)
WORKSHOP ON
CRIMES, PRECAUTION AND SECURITY IN CYBERSPACE

Date: 22nd September 2021 Time: 10:00 AM Venue: YMCA College

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

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

Organising Committee
Hon. Justice Kurian Joesp
Retd. Supreme Court Judge
Chairman
Hon. Justice J.B. Koshy
Retd. Chief Justice, Panna High Court
National President YMC of India
Mr. J. Benjamin Franklin
Correspondent & Secretary
Mr. Rajiv George
Administrator & Estate Manager
Mr. Manoj J
Executive Secretary
Mr. S. Jegan
Project Secretary

IQAC Committee Members
Dr. K. Jothi Deyanandan, Asst. Prof.
Dr. S. Johnson Prabhakaran, Asst. Prof.
Dr. J. Jackson Rethinasingham, Asst. Prof.
Dr. S. Gladys Kirubakaran, Asst. Prof.
Dr. R. Prabu, Librarian

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

Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION, NANDANAM, CHENNAI - 600035
AFFILIATED TO TAMIL NADU PHYSICAL EDUCATION & SPORTS UNIVERSITY
MADRAS UNIVERSITY, CHENNAI - 600 009

WORKSHOP ON CRIMES, PRECAUTION AND SECURITY IN CYBERSPACE

Sl. No.	Name	Mobile No.	Participated
1	SRINATH RA. IYENGAR		
2	SRINATH RA. IYENGAR		
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IQAC – INTERNAL QUALITY ASSURANCE CELL
ACTIVITY- 4 REPORT(2021-22)

I. BASIC DETAILS

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

II. Brief information about the Activity

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

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

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

**WORKSHOP ON
NUTRITION IMMUNITY & COVID 19**

Date: 23rd September 2021 Time: 9:30 AM Venue: YMCA College

ABOUT THE WORKSHOP

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

Resource Person

Dr. George Abraham
Principal & Convenor

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

Organising Committee

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

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

Mr. J. Benjamin Franklin
Correspondent & Secretary

Mr. Rajiv George
Administrator & Estate Manager

Mr. Moses J
Treasurer

Mr. S. Vignay
Project Secretary

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

IOAC Committee Members

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



IQAC Nutrition Immunity & COVID-19

S.NO	ROLL NO	NAME OF THE CANDIDATE	DATE
1	101	BRINDHARANI K	
2	102	BRINDHARANI K	
3	103	CHANDRA SHEKHAR S	
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Centenary Celebration

Certificate of Participation

INTERNAL QUALITY ASSURANCE CELL

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

Mr. J. Benjamin Franklin
Correspondent & Secretary

Mr. Rajiv George
Administrator & Estate Manager

Dr. George Abraham
Principal & Convenor

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

Henry Cowles Bhaskar
Founder of YMCA College of Physical Education (1886-1921)
Health and knowledge are wealth



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IQAC – INTERNAL QUALITY ASSURANCE CELL

ACTIVITY- 5 REPORT(2021-22)

I. BASIC DETAILS

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

II. Brief information about the Activity

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

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

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

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

RESOURCE PERSON

Dr. George Abraham
Principal & Convenor

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

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

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

IQAC Committee Members
Dr. K. Jothi Dayanandan, Asso. Prof.
Dr. S. Johnson Premkumar, Asst. Prof.
Dr. J. Jackson Satharasingh, Asst. Prof.
Dr. S. Gladly Kirubakar, Asst. Prof.
Dr. R. Prabou, Librarian

IQAC FUNDAMENTALS OF HUMAN RIGHTS

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AFFILIATED WITH TAMIL NADU PHYSICAL EDUCATION & SPORTS UNIVERSITY
MPED - 12020-23, 2021 WOMEN

S.NO	DOB	NAME OF THE STUDENTS	ATTENDANCE
1	301	BHARATHI K	
2	302	BHANTHRA M	
3	303	LINCY B CHRISTOPHER	
4	104	GRAPALA ABHISMA REDDY	
5	105	LINCY	
6	106	MALATHI K	
7	107	AMARNA FERMANDEZ	
8	108	SARATHA G	
9	309	PADMAKESAVANA K S	
10	310	PRIVADHARSHINI S	
11	311	PARVATHI D	
12	112	SARITHA E	
13	113	SHYVANI S	
14	114	SACHINATHA G	
15	315	TEENA D	
16	316	VANDHAKKARI M	
17	317	VINGITHA A	
18	318	ABEYARATHN P M	
19	319	ALY SHREYA SINGH P	
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Centenary Celebration
Certificate of Participation
INTERNAL QUALITY ASSURANCE CELL

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

Mr. J. Benjamin Franklin
Convenor & Secretary

Mr. Rajiv George
Administrative & Estate Manager

Dr. George Abraham
Principal & Convenor

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

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

ACTIVITY- 6

I. BASIC DETAILS

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

II. Brief information about the Activity

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

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

Programme proposal	Boucher & Schedule	Certificate
Activity Photograph	Photographs	



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



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

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

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

YMCA COLLEGE OF PHYSICAL EDUCATION
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Affiliated to Tamil Nadu Physical Education & Sports University

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 Women's Rajarajam College for Women
Sivakasi, Tamil Nadu

Dr. George Abraham
Principal & Convener

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

Organising Committee:

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

Hon. Justice J.B. Kishy
(Retd. Chief Justice, Tamil Nadu)
National President Y.M.C.A. (Tamil Nadu)

Mr. J. Benjamin Franklin
Organising Secretary

Mr. Rajin George
Administrative & Exam Manager

Mr. Moses J
Executive Secretary

Mr. S. Arjun
Project Secretary

IQAC Committee Members

Dr. K. Jothi Dayanandan, Asst. Prof.
Dr. S. Jaganathan Premkumar, Asst. Prof.
Dr. J. Jackson Matharasan, Asst. Prof.
Dr. S. Gladys Kirubakaran, Asst. Prof.
Dr. R. Prabu, Librarian

OUTCOME-BASED EDUCATION (OBE):

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

OBJECTIVES:

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

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



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Nandanam, Chennai - 600 035
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INTERNAL QUALITY ASSURANCE CELL (IQAC)

You are Cordially Invited to the

FACULTY WORKSHOP ON OUTCOME BASED EDUCATION
Module 1

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

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Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION
(Autonomous College Affiliated To Tamil Nadu Physical Education & Sports University)
Nandanam, Chennai - 600 035

INTERNAL QUALITY ASSURANCE CELL (IQAC)

Certificate

FACULTY WORKSHOP ON OUTCOME BASED EDUCATION
MODULE 1

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

1st & 2nd November 2021

Mr. J. Benjamin Franklin
Correspondent & Secretary

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

Dr. George Abraham
Principal & Camerer



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

ACTIVITY- 7

I. BASIC DETAILS

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

II. Brief information about the Activity

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

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

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


You are Cordially Invited to the
WORKSHOP ON MARKING PLAYFIELDS IN SPORTS & GAMES – GROUND STAFF

Date: 31st January & 1st February 2022 Time: 2.30 - 4.00 PM

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

Resource Persons


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


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

Organising Committee:

Hon. Justice Kurian Joseph
(Chief Justice, Madras High Court)
 Chairman

Hon. Justice J.B. Kishy
(Chief Justice, Panna High Court)
 National President, N.C.A. of India

Mr. J. Benjamin Franklin
Convenor & Secretary

Mr. Rajiv George
Administrative & Estate Manager

Mr. Manoj J
Executive Secretary

Mr. S. Jagan
Project Secretary

IQAC Committee Members

Dr. K. Jothi Dayanandan, Asst. Prof.
 Dr. S. Johnson Prabhakar, Asst. Prof.
 Dr. J. Jackson Sudarshan, Asst. Prof.
 Dr. S. Gladys Karthikeyan, Asst. Prof.
 Dr. R. Prabhakar, Librarian



Chennai, Tamil Nadu, India
 26GP+GH6, Y.M.C.A College of Physical Education, Nandanam,
 Chennai, Tamil Nadu 600035, India
 Lat 13.026479°
 Long 80.236215°
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 MCA COLLEGE OF PHYSICAL EDUCATION
 Google LOCATION

GPS Map Camera



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

ACTIVITY- 8

I. BASIC DETAILS

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

II. Brief information about the Activity

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

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

Programme proposal	Boucher & Schedule	-
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Nandanam, Chennai - 600 035

INTERNAL QUALITY ASSURANCE CELL (IQAC)

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

Date: 13th May 2022 Time: 10.00 A.M. Venue: College Conference Hall

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

Resource Person

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



Dr. George Abraham
Principal & Convener

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

Organising Committee

Hon. Justice Kuttann Joeseph
(Retd. Justice Court Judge)
Chairman

Mr. J. Benjamin Franklin
Correspondent & Secretary

Mr. Rajjiv George
Administrator & Estate Manager

Mr. Moses J
Educative Secretary

Mr. S. Jegan
Project Secretary

IQAC Committee Members

Dr. K. Iothi Dnyananadan, Asst. Prof.

Dr. S. Johnson Premkumar, Asst. Prof.

Dr. J. Jackson Sutharsingh, Asst. Prof.

Dr. S. Gladly Kirubakar, Asst. Prof.

Dr. R. Prabu, Librarian

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Certificate of Participation

INTERNAL QUALITY ASSURANCE CELL

This is to Certify that

Mr./Ms.....


has Participated in the Workshop on

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

on 13th May 2022

at

YMCA COLLEGE OF PHYSICAL EDUCATION



Henry Crowe Buck
Founder of YMCA College of
Physical Education (1884-1943)
Health and knowledge
are wealth.

Mr. J. Benjamin Franklin
Correspondent & Secretary

Mr. Rajjiv George
Administrator & Estate Manager

Dr. George Abraham
Principal & Convener

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



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

ACTIVITY- 9

I. BASIC DETAILS

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

II. Brief information about the Activity

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

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

Programme proposal	Boucher & Schedule	-
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The National Council of YMCAs of India
YMCA COLLEGE OF PHYSICAL EDUCATION
 (Autonomous College affiliated to Tamil Nadu Physical Education & Sports University)
 Nandanam, Chennai – 600 035.

INTERNAL QUALITY ASSURANCE CELL (IQAC)

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

For
TEACHING STAFF



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



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Y.M.C.A. College of Physical Education



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Certificate of Participation
INTERNAL QUALITY ASSURANCE CELL

This is to Certify that

Dr /Mr /Ms.....


has Participated in the Workshop on

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

on 27th May 2022

at

YMCA COLLEGE OF PHYSICAL EDUCATION



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

Health and knowledge
are wealth

Mr. J. Benjamin Franklin
Correspondent & Secretary

Mr. Rajjiv George
Administrator & Estate Manager

Dr. George Abraham
Principal & Convenor

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

National Council of YMCAs of India



YMCA COLLEGE OF PHYSICAL EDUCATION



Nandanam, Chennai - 600 035

An Autonomous College Affiliated to the Tamil Nadu Physical Education and Sports University

A Project of National Council of YMCAs of India

Accredited by NAAC as "A" Grade College

Recognized by National Council of Teacher Education and Government of Tamil Nadu

College website:- <https://www.ymcacollege.ac.in>



IQAC REPORT

2022-2023



The Internal Quality Assurance Cell (IQAC) was established in the year 1996 at Y.M.C.A. College to promote quality enhancement of all aspects of college functioning. Over the years it has evolved mechanisms and procedures to ensure efficient, effective and progressive performance of academic and administrative tasks and to maintain relevance and quality of the academic programs.

IQAC focuses on quality enhancement of teaching, learning, evaluation, research, extension and consultancy opportunities.

The IQAC meets periodically to review the progress of the college and its quality enhancement based on the criteria suggested by the National Assessment and Accreditation Council (NAAC) and suggests actions for further strengthening and sustaining the quality. The qualities of the academic programs are ensured through constant monitoring.

Objectives

- To create and implement quality standards for the institution's numerous administrative and academic operations.
- To assist in the construction of a learner-centered environment that supports high-quality instruction and faculty development so they can embrace the skills and technologies needed for interactive teaching and learning.
- To plan student, parent, and stakeholder feedback responses on institutional processes related to quality.
- To plan workshops both within and between institutions, lectures on quality-related topics, and quality circle promotion.
- To record different initiatives and actions aimed at raising standards of quality
- To serve as the Institution's nodal office for organizing actions pertaining to quality, such as adoption.
- To create an institution-wide culture of sustainability and quality.



IQAC COMPOSITION 2022-2024

Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION

Nandanam, Chennai - 600035, Tamil Nadu

IQAC Composition 2022-2024

Sl. No.	Designation	Name
1.	Chairperson	Dr. George Abraham Principal
2.	Teacher Representative 1	Dr. Johnson Premkumar Associate Professor
3.	Teacher Representative 2	Dr. J. Glory Darling Margaret Associate Professor
4.	Teacher Representative 3	Dr. J. Jackson Sutharsingh Associate Professor
5.	Teacher Representative 4	Dr. S. Glady Kirubakar Associate Professor
6.	Teacher Representative 5	Dr. E. Simson Jesudass Assistant Professor
7.	One Member from Management	Mr. S. Samuel Kurbanandan Treasurer
8.	Senior Administrative Officer	Mr. T. John Sudarshan Executive Secretary cum Administrative Officer
9.	Local Society	Mr. Paul Vivin Moran Uni-Y
10.	Students	Mr. Tony Deva Amirtham M.P.Ed. II
11.	Alumni	Mr. Vijay Director, Smart 7 Wellness
12.	Employer	Mr. P. Asir Pandian Correspondent and Secretary
13.	Industrialist	Mr. Vincent Sahayaraj
14.	Stakeholder	Mr. Solomon Gladson St. Savio Hr. Sec. School, Velachery
15.	Coordinator of the IQAC	Dr. K. Jothi Associate Professor



IQAC REPORT 2022-2023

The college has adopted the following mechanisms / processes for internal quality checks through IQAC.

- Self-appraisal reports submitted by teachers every year.
- Students' feedback on various academic programs is received to understand and evaluate their impact on and usefulness to students.
- Organization of workshops of Quality Assurance and Management at regular intervals to sensitize the faculty on these issues.
- Maintenance of Y.M.C.A. College Student Academic Management System.
- Academic Quality Assurance of faculty induction.

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

1. **IQAC Conducted Staff Retreat on 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.
2. **International Yoga Day Celebrated through IQAC:** 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.
3. **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. Our College IQAC facilitated to organize BOS Meeting.
4. **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. Our College IQAC facilitated to organize Academic Council Meeting.



5. **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. Our College IQAC facilitated to organize governing Body Meeting.
6. **Career advancement Program was conducted on the first day of classes for second years & third year through IQAC:** The classes for second years & third year started on 18-07-2022.
7. **Students Orientation and Induction program was conducted on the first day of Classes for First years through IQAC:** The classes for the first years started on 01-08-2022.
8. **Live Streaming of the Programme 'Drive Against Drug' through IQAC:** As per the instruction received from the Tamil Nadu Government, the College Authorities decided to organize Drive Against 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.
9. **State Level Boxing Tournament under the guidance of IQAC:** 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.



10. **IQAC Welcomed and induction program was conducted on the first day 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.

11. **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. Ramanan, 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. **IQAC** assisted in organization of Buck Memorial Sports Festival, 2022

12. **World White Cane Day** was observed under the support of **IQAC** on Saturday, 15-10-2022.

13. **Inauguration of Students Council & Investiture Ceremony** was held through **IQAC** on Monday, 17-10-2022 at 10:00 am in the Gymnasium Hall.

14. **IQAC & Staff Council Meeting** was held on Thursday, 20-10-2022 by 12:30 pm in the Conference Hall.

15. **IQAC conducted and career advancement program on the first day of even semester classes for B.P.Ed., M.P.Ed., and B.P.E.S.**

Even semester classes were started on 29-11-2022.

16. **IQAC conducted colloquium for M.P.Ed. II yr.**

The colloquium was held on 15-12-2022 from 10:00 am to 05:30 pm.

17. **National Votes Day observed through IQAC:** 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.



18. **Workshop on Judo** was organized in association with Tamil Nadu Judo Association by IQAC on 10th January 2023 at 10:00 am in the YMCA College Gymnasium Hall. National Referee Mr. M Manikandan, and Chennai District Judo Association Secretary & TNJA Executive Committee Member Mr. D. Sarathy were called Resource Persons.

19. **Workshop on Yoga Practice and Natural Diet** was organized under IQAC 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.

20. **Leadership Training Camp for Students** was held from 09-01-2023 to 12-01-2023 at Yelagiri, Tamil Nadu. IQAC members played their role to organize Leadership camp.

21. **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. IQAC members assisted the coordinator in conducting the program.

22. **IQAC Organized 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)

23. **Career Guidance Programme was conducted under the assistance of IQAC:** 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.

24. **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 with a guidance of IQAC.

25. **The National Seminar on Sustainable Youth Development through Physical Education and Sports** was held under the guidance of IQAC on 28th March 2023 by 09:30 a.m., in the Gymnasium Hall of our College. 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.

26. **The Intramural Physical Activity Competition conducted** under the guidance of IQAC 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.
27. **Valedictory Function of Intramural Competitions & Annual Sports Meet** organized under the guidance of IQAC: 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 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.
28. **Campus Interview 2022-2023:** Our College Placement Cell organized the campus interview on 03-04-2023 on the College Campus under the guidance of IQAC.
29. **Legal Literacy Camp** under the guidance of IQAC: 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.
30. **IQAC facilitated the 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.

Action Plan

The college IQAC coordinated the promotions of faculty members for various stages by screening and forwarding the CAS application with necessary grading in accordance with the Government of Tamil Nadu Higher Education Department Standard Operating Procedure for Promotion. Till date around 09 government aided teachers have successfully been promoted as per CAS 2018/ other promotion schemes.

The IQAC Meetings in the year 2022-23 focused on preparations for NAAC Peer team visit scheduled in 2024. Joint meetings with teaching and non-teaching staff were held to discuss and implement quality initiatives in all spheres of college activities. The meetings consistently focused on the activities and future plans of various departments and societies of the college.

Future Action Plan

Acknowledging the common objective of fostering collaboration in the fields of education, physical education and research, our college plans to work with a number of universities and colleges situated in and around Chennai.

Our college is intending to have MoU with Industries, Organizations, Associations and Institutes for the benefit of the students and faculty for the development of high quality education and to go in hand with the latest technology.

Furthermore, our college intends to establish staff and student exchange programs with colleges and institutions globally.



Principal (i/c)
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