



Y.M.C.A COLLEGE OF PHYSICAL EDUCATION

A PROJECT OF THE NATIONAL COUNCIL OF YMCA'S OF INDIA

ACCREDITED WITH GRADE 'A' BY NAAC IN 3RD CYCLE

AFFILIATED TO TAMILNADU PHYSICAL EDUCATION & SPORTS UNIVERSITY

NANDANAM, CHENNAI – 600035



IQAC – Action Plan – Academic Year 2026 – 2027



Students Induction Program
July 6th 2026 to July 10th 2026

Invitation



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IQAC PRESENTS STUDENTS INDUCTION PROGRAMME

Futuristic Approach and Professional Preparation in Physical Education



**06 JULY 2026
TO 10 JULY 2026**



10.00 A.M.



**Venue: Y.M.C.A
College of Physical
Education**

Programme highlights:

- General Orientation
- Teaching Profession and Orientation on B.P.Ed and M.P.Ed Programmes
- The Modern PE Educator
- AI in Supporting People with Visual Impairment
- Inclusive Physical Education
- Transforming from Athlete to Teacher
- Tech in the Field and
- Yoga for Healthy Life
- Learning Resources and Services
- Digital Literacy – Cyber Security
- Bridge Course – English
- Field Visits to Anna Centenary Library, Planetarium and Y.M.C.A Special School.



Participants:
First-year M.P.Ed, B.P.Ed
and BPES students;
total 240 students.



**Hon. Justice Kurian Joseph
(Retd.)
Chairman**

**Mr. M. Jeyanesakumar
Correspondent
& Secretary.**

**Mr. Gunaseelan
Treasurer**

**Dr. George Abraham
Principal**

**Mr. Samson Mathew
Administrative Officer cum
Executive Secretary**

**Dr.J.Glory Darling Margaret
IQAC Coordinator**

ACTION PLAN

S.No	Name of the Programme	Nature of the Programme	Date	Number of students	Objectives	Learning Outcomes
1	Ice Breaking Session	Student Induction Program (SIP)	06.07.2026 To 10.07.2026	M.P.ED I Year (60) B.P.ED I Year (100) BPES I year (80) Total 240	To strengthen rapport among students and establish a positive learning environment, while developing the ability to build a supportive and collaborative classroom atmosphere.	Ice-breaking sessions help students quickly build rapport and boost confidence in interacting with peers. They strengthen communication and teamwork skills through collaborative activities. Ultimately, they foster inclusivity and create a supportive classroom environment.
	Teaching Profession & Orientation on B.P.Ed , M.P.Ed Programme				To become aware of the teaching profession & B.P.Ed. M.P.Ed curriculum	Understand the structure and expectations of the B.Ed. program and teaching profession
	Principal's instruction on Code of Conduct				To inform student-teachers about the code of conduct of the college, Comprehend and adhere to the code of conduct at Y.M.C.A College of Physical Education	To inform student-teachers about the code of conduct at College or Comprehend and adhere to the code of conduct at Y.M.C.A College of Physical Education.
	Exhibition Matches				Exhibition matches between seniors and newcomers provide a friendly platform for interaction and inspiration. They instill team spirit and sportsmanship while easing the transition to college-level competition, they strengthen sporting culture and build community among students.	Exhibition matches help newcomers understand game flow, rules, and tactics while comparing their skills with seniors. They also build confidence, teamwork, and cultural integration, making freshers feel welcomed into the college community.
	Field Visit to Anna Centenary Library, Planetarium & Special School			240	Field visit to the Anna Centenary Library, Planetarium, and a Special School are to expose students to diverse learning environments, enrich their academic knowledge, spark scientific curiosity, and nurture empathy and social responsibility.	Include gaining awareness of advanced academic and scientific resources, developing critical thinking through experiential learning, and building inclusivity and communication skills by engaging with differently-abled peers. Altogether, such visits promote holistic development by combining knowledge, science, and social values in real-world contexts.

	Campus Tour				The purpose of the visit is to explore potential academic institutions, foster a sense of belonging, and deepen students' understanding of campus life. Through this experience, students become familiar with campus facilities, infrastructure, and institutional resources, enabling them to utilize these effectively for academic and professional growth..	The visit aims to explore academic institutions, foster a sense of belonging, and enhance students' understanding of campus life. It helps them become familiar with campus facilities, infrastructure, and institutional resources, enabling effective use for both academic and professional development..
	Content Enrichment/ Foundation Course-English			BPES I year (80)	The bridge course conducted in English aimed to bridge gaps in students' subject knowledge and strengthen their foundational understanding. It was designed to enrich technical skills, enhance subject expertise, and build confidence in using English for academic and professional communication.	As a result of the course, students gained clarity in core concepts and improved technical proficiency. They developed stronger subject knowledge with practical application skills and became more confident and effective in English communication, supporting both their academic progress and career development.

Description :

The **Student Induction Programme (SIP)** was conducted at **Y.M.C.A. College of Physical Education** from **06 July 2026 to 10 July 2026** for **240 first-year students** (M.P.Ed. – 60, B.P.Ed. – 100, and BPES – 80). The programme was designed to help students transition smoothly into college life by familiarizing them with the institution's academic environment, professional expectations, campus facilities, and support services.

The programme included **ice-breaking activities, orientation to the B.P.Ed. and M.P.Ed. programmes, the Principal's address on the Code of Conduct, exhibition matches, a campus tour, a field visit to the Anna Centenary Library, Planetarium, and a Special School, and a Foundation Course in English.** These activities promoted interaction, teamwork, communication, discipline, experiential learning, inclusivity, and language development.

The Student Induction Programme enabled students to develop a sense of belonging, understand the teaching profession and institutional values, become familiar with campus resources, strengthen communication skills, and prepare themselves for successful academic and professional growth in the field of Physical Education.

ACTIVITY- 1 REPORT (2026-2027)

I. Event Overview

Name of the Activity : STUDENT INDUCTION PROGRAMME Futuristic Approach and Professional Preparation in Physical Education			
Date	Time	Department / Committee	Coordinator Name
06/07/2026 TO 10/07/2026	10.00 am	Physical Education	Dr. J.Glory Darling Margaret
Venue		Activity for class / group & Student number	Nature : Academic / co-curricular / extra-curricular /social/ other
YMCA College of Physical of Education		Physical Educationists & Sports Fraternity	Academic

II. BRIEF INFORMATION ABOUT THE ACTIVITY

M.P.ED I YEAR

06.07.2026 : **GENERAL ORIENTATION**



07.07.2026 :

Topic / Subject of the activity	"THE MODERN PE EDUCATOR"	
Objective for conducting the activity	Learning Outcomes	
To empower Physical Education educators with modern pedagogical skills, digital technologies, innovative teaching practices, and evidence-based approaches to enhance teaching, learning, and student outcomes.	→ Apply innovative and learner-centred teaching strategies in Physical Education. → Integrate digital tools, AI, and educational technologies into teaching and assessment. → Design outcome-based lesson plans and engaging learning experiences. → Promote research, professional ethics, and continuous professional development in Physical Education.	
Resource Person	Dr.J.Jackson Suntharsingh Associate Professor	
Methodology	Lecturer	

08.07.2026 :

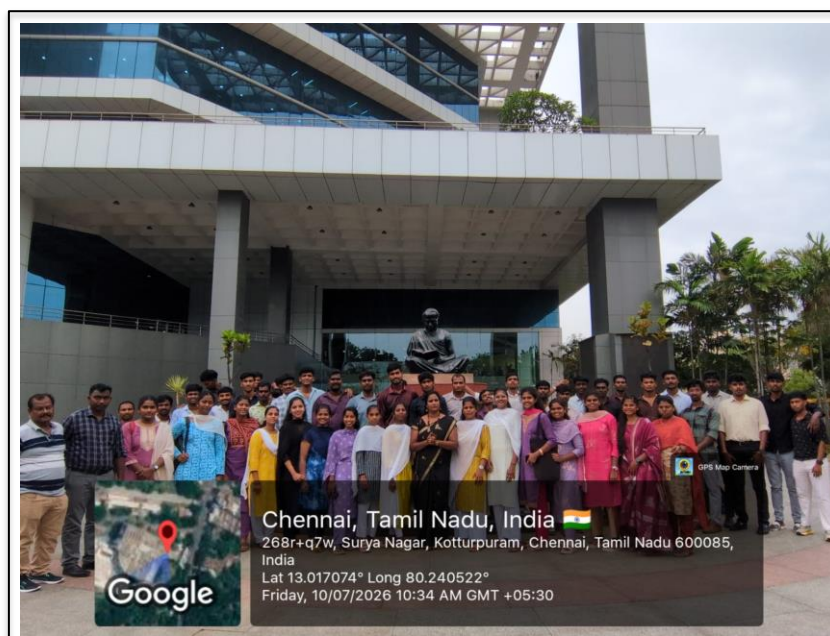
Topic / Subject of the activity	"AI IN SUPPORTING PEOPLE WITH VISUALLY IMPAIRED"	
Objective for conducting the activity	Learning Outcomes	
To introduce participants to AI-powered technologies that enhance accessibility, independence, mobility, communication, and learning opportunities for people with visual impairment.	→ Understand the role of AI in supporting individuals with visual impairment. → Identify AI-based assistive technologies for navigation, reading, and daily living. → Explore practical applications of AI to promote inclusive education and sports participation. → Recommend suitable AI tools to improve accessibility and quality of life for people with visual impairment.	
Resource Person	Dr.K.Jothi Associate Professor	
Methodology	Lecturer	

09.07.2026 :

Topic / Subject of the activity	"INCLUSIVE PHYSICAL EDUCATION"	
Objective for conducting the activity	Learning Outcomes	
To equip educators with the knowledge and skills to design and deliver inclusive Physical Education programmes that ensure equitable participation, accessibility, and meaningful learning experiences for all students, including those with disabilities.	→ Understand the principles and practices of inclusive Physical Education. → Adapt teaching strategies, activities, and assessments to meet diverse learner needs. → Create safe, accessible, and supportive learning environments for all students. → Promote participation, equity, and inclusion through appropriate instructional and assistive approaches.	

Resource Person	Dr.Simson Jesudass Assistant professor	
Methodology	Lecturer	

10.07.2026 : FIELD VISIT ANNA LIBRARY



ATTENDANCE SHEET	attendance sheet\M.P.Ed 1 yr.pdf
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B.P.ED I YEAR

06.07.2026 : GENERAL ORIENTATION

07.07.2026 :

Topic / Subject of the activity	"TRANSFORMING FROM ATHLETE TO TEACHER"	
Objective for conducting the activity	Learning Outcomes	
To prepare aspiring and early-career Physical Education teachers for a successful transition from competitive sport to the teaching profession by developing pedagogical, leadership, communication, and classroom management skills.	→ Understand the roles and responsibilities of a Physical Education teacher. → Apply effective teaching, communication, and classroom management strategies. → Design learner-centred and outcome-based Physical Education lessons. → Demonstrate professionalism, ethical practices, and leadership in educational settings.	
Resource Person	Dr.J.Samuel Assistant Professor	Dr.J.James Assistant Professor
Methodology	Lecturer	

08.07.2026 :

Topic / Subject of the activity	"TECH IN THE FIELD" / "YOGA FOR HEALTHY LIFE"		
Objective for conducting the activity	Learning Outcomes		
To familiarize participants with emerging technologies used in Physical Education and sports, enabling them to enhance teaching, training, performance analysis, and student engagement through digital innovations.	→ Identify and use digital tools and sports technologies in Physical Education. → Apply wearable devices, fitness apps, and performance analysis tools in teaching and training. → Integrate technology to improve student learning, assessment, and engagement. → Evaluate the benefits and ethical considerations of technology in Physical Education and sports.		
To promote the practice of yoga as a holistic approach to improving physical health, mental well-being, and overall quality of life through regular and mindful practice.	→ Understand the principles and health benefits of yoga. → Practice basic yoga postures, breathing techniques, and relaxation methods safely. → Incorporate yoga into daily routines to enhance physical and mental well-being. → Promote yoga as a healthy lifestyle practice for stress management and overall wellness.		
Resource Person	Mr.Praveen Assistant Professor		Dr.Pon Anbarasu Assistant Professor
Methodology	Lecturer		

09.07.2026 :

Topic / Subject of the activity	"LEARNING REASOURCES & SERVICES" / "DIGITAL LITERACY - CYBER SECURITY"		
Objective for conducting the activity	Learning Outcomes		
To familiarize participants with the learning resources, academic support services, and digital platforms available to enhance learning, research, and professional development.	→ Identify and effectively use library, digital, and online learning resources. → Access academic support services and institutional learning platforms. → Utilize e-resources, databases, and educational technologies for self-directed learning. → Apply available learning support services to improve academic performance and lifelong learning.		
To enhance participants' digital literacy and cybersecurity awareness by promoting safe, responsible, and ethical use of digital technologies in academic and professional environments.	→ Demonstrate essential digital literacy skills for learning and communication. → Identify common cyber threats such as phishing, malware, and online fraud. → Apply best practices for protecting personal and institutional data. → Practice safe, ethical, and responsible use of digital technologies and online platforms.		
Resource Person	Dr.Prabhu Librarian		Mr.Felix Arokiaraj 
Methodology	Lecturer		



10.07.2026 : FIELD VISIT PLANETARIUM



ATTENDANCE SHEET :	attendance sheet\B.P.Ed 1 yr A.pdf	attendance sheet\B.P.Ed 1 yr B.pdf
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B.P.E.S I YEAR

06.07.2026 : GENERAL ORIENTATION

07.07.2026 – 09.07.2026 :

Topic / Subject of the activity	"BRIDGE COURSE - ENGLISH"	
Objective for conducting the activity	Learning Outcomes	
To strengthen students' English language proficiency by improving their communication through listening, speaking, reading and writing skills for academic success and professional development.	→ Communicate effectively in English in academic and professional settings. → Improve reading comprehension, vocabulary, and writing skills. → Develop confidence in speaking and listening through interactive activities. → Apply English language skills for classroom learning, presentations, and career readiness.	
Resource Person	Mrs.Serene Grace	
Methodology	Lecturer	

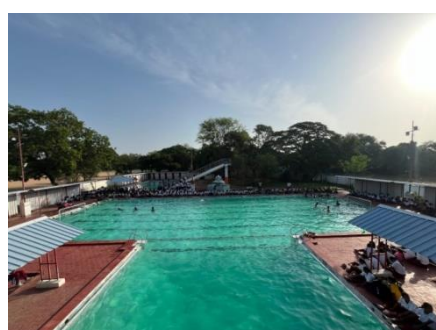
10.07.2026 : FIELD VISIT Y.M.C.A SPECIAL SCHOOL



ATTENDANCE SHEET

[attendance sheet\B.P.E.S 1st yr.pdf](#)

ADDITIONAL PHOTOS OF STUDENT INDUCTION PROGRAMME :



FEEDBACK

INDUCTION PROGRAMME FEED BACK FORM - ANNA CENTRARY LIBRARY VISITS.

This is to express our sincere appreciation to Anna Centenary Library for providing an excellent learning environment. Our students found the visit highly informative and inspiring. The library's vast collection of books, peaceful atmosphere, and well-maintained facilities encouraged reading and learning.

The visit was very useful for enhancing the student's knowledge and motivating them to develop good reading habits. We thank the library staff for their support and hospitality. We look forward to visit again in the future.

Thanking you,

Yours Obediently,

Place: Chennai

Date: 10.07.2026

Forwarded to
IAC co-ordinator

LIBRARIAN

1. M. J. Senthil
2. S. Raji
3. A. K. J.
4. K. J.
5. P. J.

Certificate

E-Certificates Issued to Students Who Participated in the Student Induction Programme Conducted from 6th to 10th July 2026 (Sample E-Certificate attached)



Click the link below to watch the Student Induction Programme video:

Video Link: https://drive.google.com/file/d/1lgiBMeBqxpjXLpvqXRdDtewtE3kSHnc/view?usp=drive_link

Dr. George Abraham
The Principal



Dr. J. Glory Darling Margaret
IQAC Coordinator