



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



ISSUE - 1 July-September 2026

IQAC NEWS LETTER



Dr. George Abraham

Principal Message

It gives me great pleasure to present the IQAC Newsletter of YMCA College of Physical Education, showcasing our academic, research, student development and extension initiatives.

I appreciate the sincere efforts of IQAC Coordinator, faculty, students and IQAC team in fostering a culture of quality, innovation and continuous improvement. May this newsletter reflect our collective journey towards excellence and inspire us to achieve greater milestones together.

IQAC Vision & Mission

“To create a vibrant culture of quality, innovation and continuous learning that inspires excellence in teaching, research and professional practice in Physical Education and Sports.”

“To provide quality education and holistic professional development in Physical Education and Sports, nurturing competent, ethical and socially responsible leaders committed to excellence and service to humanity.”

Coordinator Message

I am delighted to present this edition of the IQAC Newsletter, showcasing the academic initiatives, student activities, research endeavours, extension programme, and quality enhancement practices of YMCA College of Physical Education. I sincerely appreciate everyone who contributed to making these initiatives meaningful and impactful.



Dr. J. Glory Darling Margaret



STUDENT INDUCTION PROGRAMME



Futuristic Approach and Professional Preparation in Physical Education | 6–10 July 2026

Y.M.C.A. College of Physical Education, Chennai, organised a Programme titled “Futuristic Approach and Professional Preparation in Physical Education” from 6th to 10th July 2026, organised and coordinated by Dr. J. Glory Darling Margaret, IQAC Coordinator, for 240 first-year students from the B.P.E.S., B.P.Ed., and M.P.Ed. programmes. The programme commenced with an inspiring address by the Principal, who shared his valuable hands-on experiences and professional insights. His words motivated the newly admitted students and encouraged them to approach their academic journey with confidence, discipline and a positive professional outlook.

Across the week, sessions included:

Dr.K.Jothi, Associate Professor - AI in Supporting people with visually impaired
Dr.J.Jackson Suntharsingh, Associate Professor - The Modern PE Educator
Dr.Simson Jesudass, Assistant Professor - Inclusive Physical Education
Mr.Felix Arokiaaraj - Digital Literacy - Cyber Security
Dr.J.Samuel, Assistant Professor, - Transision from Athlete to Teacher B.P.Ed I A
Dr.J.James, Assistant Professor - Transforming from Athlete to Teacher B.P.Ed I B
Dr.Pon Anbarasu, Assistant Professor - Yoga For Healthy Life
Mr.Praveen, Assistant Professor - Tech In The Field
Dr.Prabhu, Librarian - Learning Resources and Services.

Field Visit :

Anna Library Visit - Dr.Merlin, Dr.Prabhu, Dr.Komala,
Planetarium Visit - Dr.James, Dr.Praveen, Dr.Bobby, Dr.Jemil
Y.M.C.A Special Scool Visit - Mr.Aswin, Mr.Mugil
Mrs.Serene Grace - Bridge Course - English
Ice Breaking - Dr.Komala, Dr.Bobby, Mr.Tony, Mr.Paul, Mr.Jeeva



STUDENT INDUCTION PROGRAMME



Field visit Planetarium

The B.P.Ed. I Year students of our College participated in an educational field visit to the Planetarium. The visit provided students with an opportunity to gain knowledge through direct observation and interactive learning beyond the classroom. The experience encouraged curiosity, scientific thinking and experiential learning, making the visit both informative and engaging for the students. The visit introduced students to basic concepts of astronomy, space science, the solar system and celestial phenomena through interactive exhibits and visual presentations. It also helped students connect theoretical knowledge with practical and visual experiences, making learning more meaningful and enjoyable.

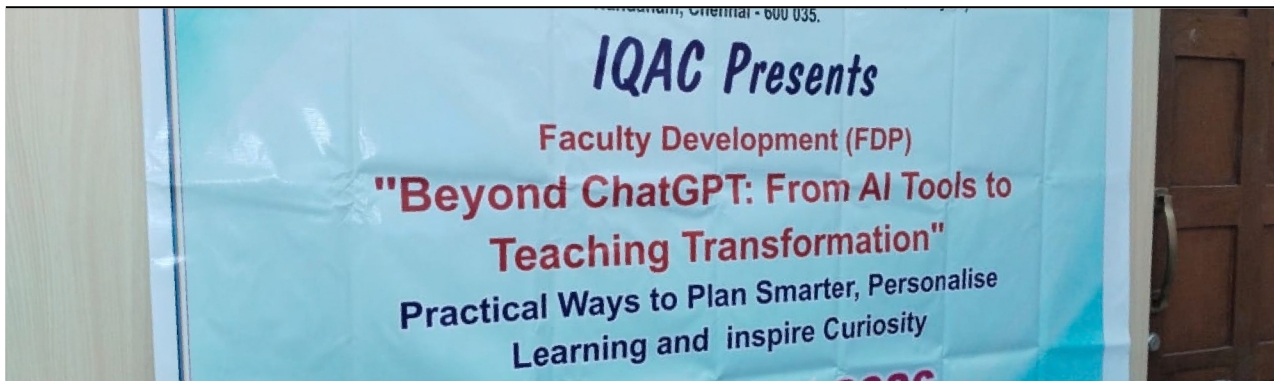


Field visit Anna Library

The M.P.Ed I year students of our college visited the Anna Centenary Library, Chennai. The visit encouraged students to make purposeful use of library facilities for academic learning, research, reference work and self-directed learning. It provided an opportunity to connect classroom learning with real-world information and knowledge resources.



FACULTY DEVELOPMENT PROGRAMME



Beyond Chatgpt: From AI tools to teaching transformation”

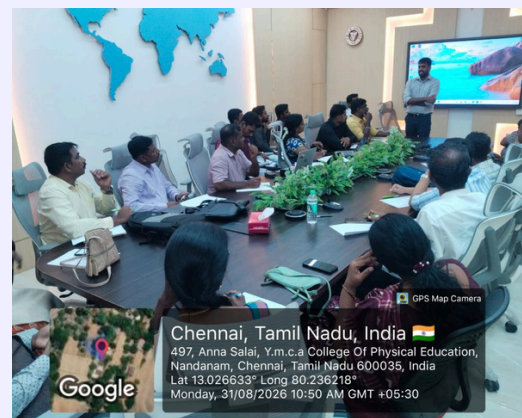
FDP 1 31.08.'26: Practical Ways to Plan Smarter, Personalise Learning and Inspire Curiosity

Faculty Development Programme (FDP-1) titled “Beyond ChatGPT: From AI Tools to Teaching Transformation” on 31 August 2026. The session focused on the theme “Practical Ways to Plan Smarter, Personalise Learning and Inspire Curiosity.”

The session explored how AI can support lesson planning, content creation, personalised learning, assessment, classroom engagement and innovative teaching practices.

The resource person, Dr. Avinaash, Founder, e21 Designs, shared practical insights and demonstrated how AI-powered tools can be meaningfully integrated into academic practices. The interactive session encouraged faculty members to explore technology beyond ChatGPT and consider innovative ways of using AI to enhance teaching effectiveness.

A total of 25 faculty members participated in the programme. The session provided valuable exposure to contemporary AI applications and encouraged faculty members to adopt technology-enabled approaches for creating engaging, learner-centred and effective educational experiences.



CAREER GUIDANCE



Career Opportunity in the PE and Sports Industry : 02.09.2026

Programme on “Career Opportunities in the PE and Sports Industry” on 02 September 2026. The programme was conducted to provide students with a broader understanding of the emerging career pathways and professional opportunities available in the field of Physical Education and Sports.

The session focused on the diverse career avenues available beyond traditional teaching roles, including sports management, fitness and wellness, sports coaching, sports technology, sports events, entrepreneurship, sports administration and allied sectors. The programme also highlighted the importance of developing professional skills, industry exposure and continuous learning for career advancement.

The session provided students with valuable insights into the changing landscape of the PE and sports industry and encouraged them to explore career opportunities aligned with their interests, skills and professional aspirations.



The programme was attended by M.P.Ed II Year students (54), B.P.Ed II Year – Section A (40) and B.P.Ed II Year – Section B (43), with a total participation of 137 students. The programme served as a meaningful platform for students to understand current industry expectations and prepare themselves for diverse professional opportunities in the PE and sports sector.



SKILL DEVELOPMENT PROGRAMME

ON THE OCCASION OF
WORLD LITERACY DAY

Digital Competency – Based
Physical Education
Curriculum for Students
09.09.2026



On the occasion of World Literacy Day, YMCA College of Physical Education, Chennai, organised a special educational initiative titled “Digital Competency-Based Physical Education Curriculum for Students” on 09 September 2026. The programme was organised with the objective of promoting digital literacy, technology-enabled learning and innovative approaches to Physical Education among school students.

The programme emphasised that literacy in the present educational context extends beyond reading and writing to include the ability to access, understand, evaluate and effectively use digital information and technology. In this regard, the initiative focused on integrating digital competencies into Physical Education to make learning more interactive, relevant and engaging. The programme reinforced the importance of preparing young learners with both physical competencies and digital competencies, enabling them to become informed, active and technology-aware learners. It also strengthened the connection between teacher education, school education and community-oriented learning.

INSTITUTIONAL VALUES AND BEST PRACTICES PROGRAMME



ON THE OCCASION OF WORLD DEMOCRACY DAY

**Human Rights, Democracy
and Good Citizenship :
15.09.2026**

On the occasion of the International Day of Democracy, YMCA College of Physical Education, Chennai, organised an awareness programme on “Human Rights, Democracy and Good Citizenship” on 15 September 2026. The programme was organised by Dr. James, Assistant Professor, and aimed to sensitise students to the importance of human rights, democratic values, equality, dignity, freedom and responsible citizenship. The session highlighted the significant role of young people in building a responsible, inclusive and democratic society. Students were encouraged to understand both their rights and responsibilities and to practise values such as respect, tolerance, fairness, participation and social responsibility in their personal, academic and community life.



The initiative reinforced the institution's commitment to promoting institutional values, constitutional principles, human dignity and good citizenship among students. It served as a meaningful platform for nurturing socially responsible and value-oriented future professionals.



INSTITUTIONAL VALUES AND BEST PRACTICES PROGRAMME

ON THE OCCASION OF WORLD TOURISM DAY

Sports Events as a Catalyst for Tourism and Economic Development 28.09.2026

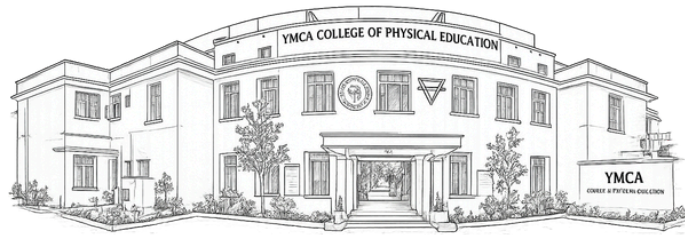


The Internal Quality Assurance Cell (IQAC) of YMCA College of Physical Education, Chennai, organised a special programme on “Sports Events as a Catalyst for Tourism and Economic Development” on 28 September 2026 at 10.00 a.m. at the M.P.Ed. I Year Classroom, on the occasion of World Tourism Day.

The programme focused on the growing importance of sports tourism and the role of sporting events in promoting destinations, attracting visitors and creating economic opportunities. The session highlighted areas such as sports event management, destination promotion, employment generation, entrepreneurship and the contribution of sports events to local economic development.

The programme provided students with valuable insights into the emerging opportunities at the intersection of sports and tourism, encouraging them to explore sports tourism as a potential career and professional avenue. The initiative also reflected the institution’s commitment to providing students with meaningful exposure to contemporary developments in the sports and tourism sectors. The programme was organised by Mr. Praveen Dass, Assistant Professor

TEACHING-LEARNING AND EVALUATION PROGRAMME



Tech-Driven Physical Education: Tools for the Next Gen PE Teachers 28.09.2026

Empowering Future PE Teachers Through Technology

The integration of technology is transforming the way Physical Education is taught and experienced. Digital platforms, wearable devices, fitness applications, video analysis and data-driven assessment tools are providing teachers with new ways to monitor performance, personalise learning and engage students.

For future Physical Education teachers, developing digital competence alongside professional and pedagogical skills is becoming increasingly important. Technology can support everything from lesson planning and fitness assessment to performance analysis and student feedback, while still keeping movement and active participation at the heart of Physical Education.

The programme encouraged students to explore these possibilities and develop a technology-enabled, innovative and learner-centred approach that they can carry forward into their future teaching practice.

Key Focus Areas:

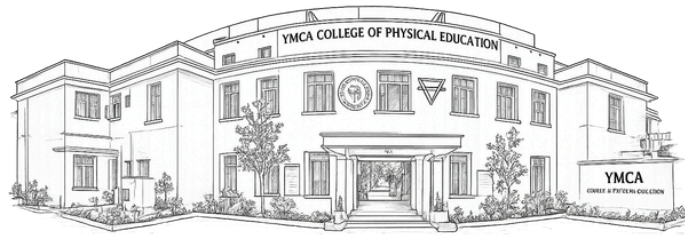
Digital Tools • Fitness Technology •
Performance Analysis • Smart Assessment •
Innovative Teaching • Digital Competency

The Internal Quality Assurance Cell (IQAC) of YMCA College of Physical Education, Chennai, organised an insightful session on “Tech-Driven Physical Education: Tools for the Next-Gen PE Teachers” on 28 September 2026.

The programme focused on the growing role of technology and digital tools in Physical Education, providing students with practical insights into how technology can be integrated into teaching, learning, assessment and fitness-related activities. The session introduced participants to innovative technology-enabled approaches that can make Physical Education more engaging, interactive and effective.

The session provided valuable exposure to emerging trends in technology-driven Physical Education and encouraged students to adopt innovative approaches in their future professional practice. The programme was a meaningful step towards preparing next-generation PE teachers for an increasingly technology-enabled educational environment.

STUDENT SUPPORT AND PROGRESSION



Viksit Bharat Young Leaders Dialogue (VBYLD) 2027 – Student Participation

YMCA College of Physical Education, Chennai, encouraged its students to participate in the Viksit Bharat Young Leaders Dialogue (VBYLD) 2027, a flagship youth engagement initiative aligned with the vision of Viksit Bharat @2047. The initiative aims to empower young minds by providing opportunities to share their ideas, demonstrate leadership skills and contribute to the nation's development.

Students were encouraged to take part in the VBYLD Quiz, launched on 17 August 2026 through the MY Bharat and MyGov portals. The programme promotes active youth participation, democratic values, national integration and responsible citizenship. Through this initiative, students were motivated to enhance their knowledge, develop leadership qualities and contribute meaningfully towards building a developed India.

The VBYLD 2027 Dialogue is scheduled to be held from 10–12 January 2027 at Bharat Mandapam, New Delhi, offering selected participants an opportunity to present their ideas and engage in discussions on India's future.

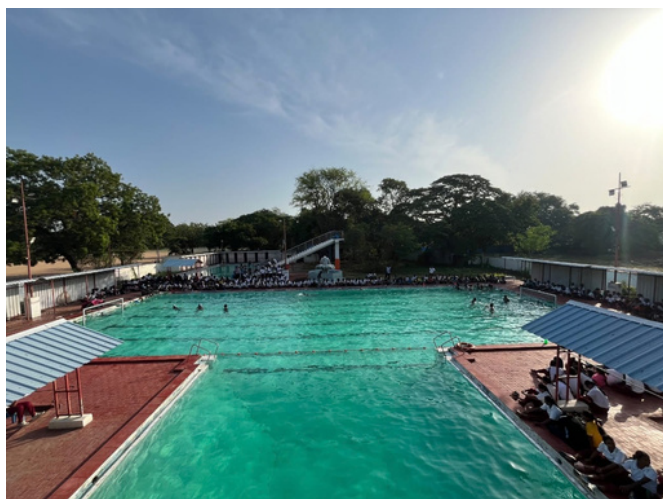
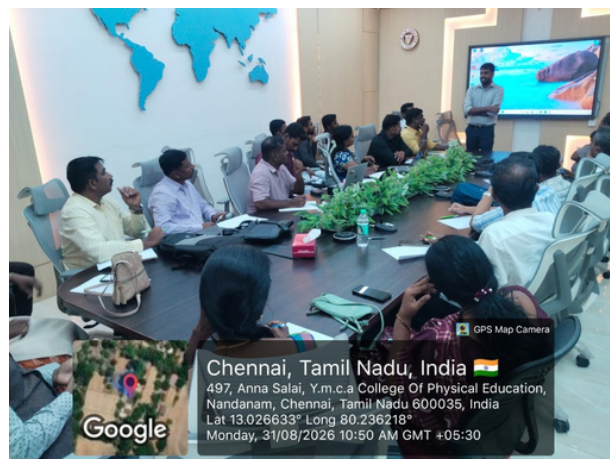


QR Code - VBYLD Quiz



Quiz is live on MY Bharat Portal till 30th Sep 2026

GALLERY



UPCOMING EVENTS

Upcoming Events

As we continue our journey towards academic excellence and quality enhancement, the IQAC will be organising a series of upcoming programmes focusing on:

- Academic excellence
- Teaching and learning
- Research and innovation
- Infrastructure and learning resources
- Student support and progression
- Governance and institutional development
- Institutional values and best practices.

These programmes will provide opportunities for student development, faculty development and institutional development, contributing to a culture of continuous learning, professional growth and quality enhancement.

Stay tuned for more updates and upcoming programmes!



ஒய்.எம்.சி.ஏ. உடற்கல்வியியல் கல்லூரி (தன்னாட்சி)

Y.M.C.A. College of Physical Education (Autonomous)

A project of The National Council of YMCAs of India



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