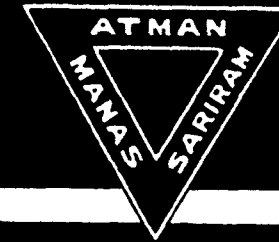


269

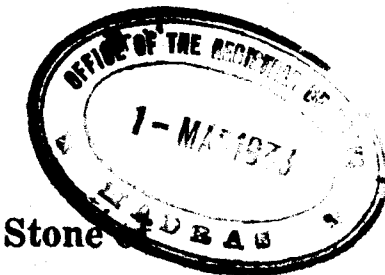
# VYAYAM

*A Quarterly Journal of Physical Education.*



1269

JANUARY, 1933.



The Governor Lays the Foundation Stone  
Massey Hall

The Y. M. C. A. College of Physical Education—  
Its Purpose

A Notable Service

The Indian Hockey Team Abroad

The Indian Track Team at Los Angeles

Indigenous Activities

Development for Recreation

Boxing in South India

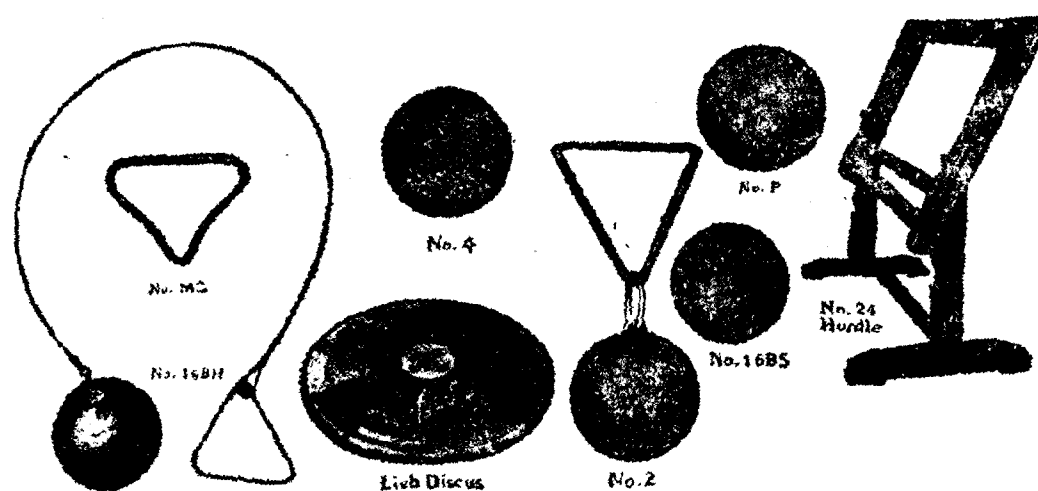
A Valuable Innovation

16 pms

**An Invitation to Athletes.**  
**Equip your Store from the Right House and**  
**Avail of the Special Offer.**



**Practical Manufacturers and Direct Importers.**



Phone: 3544.

**CONSULT YOUR NEED :—**

**SHARMAN & CO.**

**Sports & Scout Outfitters.**

**Mount Road, Madras.**

**VYAYAM**

ISSUED JANUARY, APRIL, JULY & OCTOBER

VOL. IV.

JANUARY, 1933

NO. 3.

# TABLE OF CONTENTS.

## FRONTISPIECE.

THE LAYING OF THE FOUNDATION STONE OF MASSEY HALL.—A reprint from the report published by "The Madras Mail".

THE Y. M. C. A. COLLEGE OF PHYSICAL EDUCATION: ITS PURPOSE.—H. C. Buck. A NOTABLE SERVICE.

THE INDIAN HOCKEY TEAM ABROAD.—Captain Lal Shah Bokhari.

THE INDIAN TRACK TEAM AT LOS ANGELES.—E. W. Mumby.

INDIGENOUS ACTIVITIES.—Sanjivi Kamath, B.A., B.L.

THE DEVELOPMENT OF RECREATION.—R. Dand.

BOXING IN SOUTH INDIA.—C. V. Nagaraja Sastri.

A VALUABLE INNOVATION.—M. K. Chandrasekhara Iyer.

OLD BOYS' NEWS AND NOTES.

## Management:

A Quarterly Magazine published jointly by the National Y. M. C. A. College of Physical Education, and its "Old Boys" Association.  
Y. M. C. A. College of Physical Education, Saidapet, Madras.

## Editorial Board:

H. C. BUCK, Editor-in-Chief.

HENRY LALL  
RAMACHANDRA RAO  
G. F. ANDREWS

DAVID HLA  
P. S. EASWARAMOORTHY  
J. S. SATHYANARAYANA

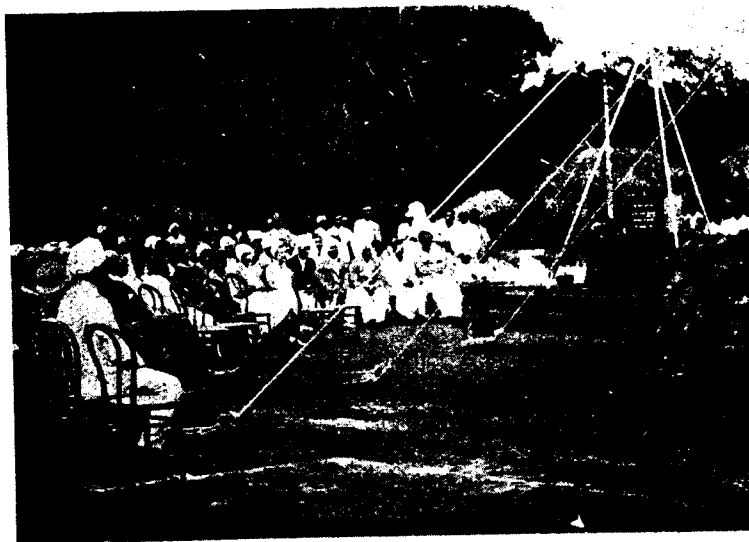
## SHIRALKAR

N. K. MIA, Business Manager.  
Saidapet, Madras.

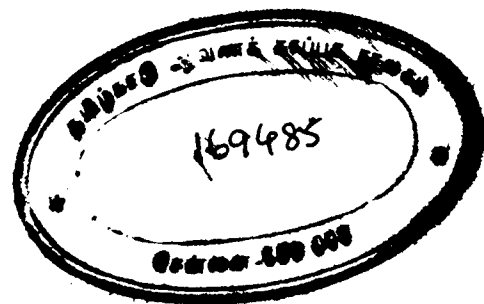
Contributions and original articles on subjects pertaining to Physical Education, Health or sports, are requested by the Editor.

Advertising: For space, rates and other particulars please address the Business Manager.

Subscriptions: Rs. 2-0-0 per annum post paid. Single copy, 10 p.



A PORTION OF THE AUDIENCE AT THE FOUNDATION  
STONE CEREMONY.



SL  
MAY 21 1927  
N 23

## The Governor Lays the Foundation Stone of Massey Hall

"This ceremony represents a very real advance in establishing in this country the value of games on its true basis. . . . I wish the Y. M. C. A. College of Physical Education all the success which its ideals deserve."

In these words His Excellency the Governor of Madras blessed the Y. M. C. A. College of Physical Education, at Saidapet, yesterday, when he laid the foundation stone of the Massey Hall, intended to be the permanent administrative building of the college.

A large and representative gathering of Europeans and Indians were present and as they went round the spacious playing fields of the college and inspected the equipment of the institution they must have been as much struck with the rapid progress made in the promotion of Physical Education in this Presidency as with the magnitude of the task which the Y. M. C. A. has so nobly undertaken and fulfilled. Details concerning the college and the texts of messages sent in connexion with its inauguration were published in *The Madras Mail* (Sports Supplement) on Monday. As Mr. Buck, Principal of the college, remarked in his article on the institution, the college is situated in a site "ideal for the purpose. Its sixty-three acres descend by three levels to the Adyar River, which forms its eastern boundary. Some of the finest trees in Madras shade its athletic fields. . . . It is a pioneer institution, the first of its kind in India," and, as Mr. R. Dann remarked yesterday at the function, it is "another very substantial nail in the coffin of that well-known calumny on the nature of this Presidency—that it is benighted."

### GOVERNOR'S ARRIVAL

A special shamiana was erected for the occasion, and the guests were received by Mr. and Mrs. Buck, Dr. J. H. Gray, Mr. P. V. George, Mr. R. Dann, Sir David Davidoss and the Hon. Mr. Justice Pakenham Walsh (President of the Central Y. M. C. A.). Loud cheers greeted His Excellency when he arrived, accompanied by his personal staff. The ceremony began with a prayer by the Rt. Rev. E. H. M. Waller, Bishop of Madras.

Mr. H. C. Buck, Principal of the College, then addressed the gathering. His Excellency replied as follows:

"I am sure that physical education is a matter of great importance to the welfare of the community in India, as elsewhere. In making itself responsible for this school, the Y.M.C.A. is doing a good work.

"In my view Physical Education, wisely conceived and sensibly practised, contributes to the health of both body and mind. It prevents faulty development, disciplines the senses, inspires a love of fresh air and open-air pursuits, and cannot fail to be of value to those who practise it when they come to seek employment and in their future struggle with fatigue, infection and the numerous other strains of modern life."

#### MESSAGE TO DONOR

The following resolution of thanksgiving to Col. Vincent Massey, of Toronto, who has made a gift towards the cost of the Massey Hall, so named in his honour, was unanimously passed:

"We, the friends and well-wishers of the Y. M. C. A. College of Physical Education, at Madras, India, assembled in the presence of Sir George Stanley, P.C., G.C.I.E., C.M.G., Governor for Madras, who has graciously come on this 17th day of January, 1933, to lay the foundation stone of the Massey Hall, do herewith instruct the Principal of this college to convey to Col. Vincent Massey, by cable and by post, the genuine appreciation of us all for his generous gift which makes possible the erection of this building."

Mr. R. Dann, Director of Town Planning, proposed a vote of thanks. He said, in part:

"This is a red-letter day in the history of the Y. M. C. A. All-India College of Physical Education.

"The stone which Your Excellency has so well and truly laid, inaugurates the construction of the permanent home of the college, a building which, we hope, is destined to play an important part in the physical development of the coming generations of young India; and we trust that the future development and character of the college will be such that it will be an increasing gratification to Your Excellency that your name is so prominently associated with it. This, as has been pointed out, is a pioneer institution, the first of its kind in India, another very substantial nail, I venture to think, in the coffin of that well-known calumny with respect to the nature of this Presidency. This is not the place, nor would it be becoming the modesty of a Madrassi, to mention other directions in which Madras is in the forefront, but I might humbly suggest that when, in the near future, Madras becomes autonomous, the words "Madras Leads" might be appropriately inscribed on its escutcheon as a perpetual reminder of the fact that this is no longer the 'benighted province'.

#### LOCAL CLIMATE

"It may be of interest to Your Excellency to know that other parts of India were considered for the location of the College and that at least one

tempting offer was made of site and equipment elsewhere, but it was considered for several reasons, of which our much maligned climate is not the least, that if a site could be secured, Madras would be the most suitable location. We trust that the reflected Glory that will accrue to Madras owing to the reputation and success of the college may be more than ample compensation to Your Excellency's Government for the splendid gift of this site.

"I have been glad to support the scheme in my official capacity for I have for several years visualised the old Agricultural Farm as a great future recreational area for the City, and now, because of this Institution, my dream for the future has become a present reality. Mr. Buck has stressed the need for foresight in the provision of play areas. This, may I add, is particularly necessary in a poor country where we cannot afford to correct past errors or pay fancy prices for land. 'Where there is no vision the people perish' is a very true saying in such conditions."

His Excellency and the guests then inspected the grounds and the interesting thatched buildings. And His Excellency then departed amid rousing cheers.

[Reprinted from "The Madras Mail"—January 18, 1933.]

### The Y. M. C. A. College of Physical Education— Its Purpose

(An address delivered by H. C. Buck on the occasion of the laying of the foundation stone of Massey Hall by H. E. the Governor of Madras.)

To those of us who have been pioneering in the promotion of comprehensive, scientific physical education and in the training of qualified leadership for the profession, it is a source of great satisfaction to have reached that stage of progress which permits us to lay the foundation stone of our first permanent building. We rejoice that we will soon be able to occupy structures more substantial than thatched huts. To us this permanent building symbolizes one more step forward in our efforts to secure for Physical Education recognition as "Education", and its introduction as an essential part of the curriculum of every school and college. The laying of this foundation stone is symbolic of foundations laid for more wholesome playing and therefore for more abundant living by the young men and boys of India.

If we were interested in Physical Education as a mere exercise process rather than because of its inherent educational values, the old system of dull, formal physical training conducted by illiterate "Drill Masters" might still claim our attention. In that case this administration building with its offices, classrooms, and library would not have been made possible by its donor nor would the Madras Government have been interested in giving us this beautiful 63 acre site. But with the building and playing fields serving as laboratories in the promotion of wholesome, happy living, we trust the donors may enjoy the fruition of their hopes for the development of a happier

## GOVERNOR'S ADDRESS

## "A Very Real Advance"

"Mr. Buck, Ladies and Gentlemen,—

"It is with very great pleasure that I have come here to-day to lay the foundation stone of the Y. M. C. A. College of Physical Education because I feel that the ceremony represents a very real advance in establishing in this country the value of games on its true basis.

"I am in entire agreement with you, Sir, when you say that physical exercise alone is not a cure for all ills; and I think there is no doubt that often in the past the value of play has been overstressed so that it tends to become an obsession instead of a recreation. There is, I feel sure, no danger that this will happen in your College. I have had the privilege of perusing your curriculum of studies and I find that through all its numerous phases the quintessence of the training imparted to the student lies in showing how the right use of physical education helps to teach the true ideals of citizenship.

## SMALL BEGINNINGS

"I have been very interested in hearing from you, Sir, how from very small beginnings and in spite of a certain amount of discouragement at the start this College has progressed, outgrowing its various quarters until it is now on the verge of becoming the largest institution of its kind in India. Its activities are many. The primary object of the College is of course the training of young men as qualified Physical Directors, but your objects do not stop there, and in your subsidiary aims of providing courses for school teachers and of making the area a playground for the City, you are performing a work for which Madras will be grateful. The need for more playgrounds for the use of the youth of the City is very great and the Government are doing what they can towards providing more facilities; but this is also a form of social service in which the property-owners of Madras can play a useful part by setting aside unoccupied lands as playgrounds, and I hope they will not prove deaf to this appeal.

## FIRST STAGE

"The ceremony which I am about to perform marks the first stage of a scheme which I shall look forward to seeing in full being by the time I leave Madras. I thank you, Sir, for your great kindness in inviting me here to-day for the purpose of laying the foundation stone of the Massey Hall and I wish the Y. M. C. A. College of Physical Education all the success which its ideals deserve."

Dr. J. H. Gray handed to His Excellency a copper box in which His Excellency placed a 1932 coin, a photograph of the present student body of the College, a copy of the prospectus of the College and a copy of the state-

ment presented by the Principal earlier in the course of the proceedings, a copy of "Vyayam" the college magazine, and a copy of each of the principal newspapers published in Madras on Monday.

His Excellency then placed in the box a copy of the Special Sports supplement issued by The Madras Mail on Monday in connexion with the function. The editor and staff of The Madras Mail were warmly congratulated on all sides for the valuable contribution which the supplement constituted in the promotion of interest in sports and physical education.

Mr. C. W. Spencer, Director of Messrs. Gannon Dunkerly and Company, Engineers and Contractors, who will construct the Massey Hall, next presented His Excellency with a silver trowel, suitably engraved. The copper box was then placed in position and the foundation stone was lowered, His Excellency declaring that it had been well and truly laid.

The Hon. Mr. Justice Pakenham Walsh then read telegrams received from His Excellency the Viceroy, the Metropolitan, (who is the chairman of the National Council of the Y. M. C. A.) and from Mr. Rallia Ram, General Secretary of the National Council of the Y.M.C.A. of India, Burma and Ceylon.

## VICEROY'S MESSAGE

His Excellency the Viceroy's message read as follows:

"On the occasion of the opening of the Massey Hall by His Excellency the Governor of Madras it is a great pleasure to me, with some knowledge of the excellent service rendered in the past by the Y.M.C.A. College of Physical Education to congratulate very warmly those responsible for its activities on this fine addition to its equipment; very particularly as it is the gift of a member of the Massey family of Toronto, of whose generous assistance in all that pertains to the bringing up of young men and women with healthy mind and healthy bodies, I have had ample experience in Canada. There can be no doubt that love of physical exercise does much to assist in the production of useful citizens, and I, therefore, sincerely trust that this most valuable institution may be able to carry on its great work with increasing vigour and activity and continue to turn out young citizens who will prove loyal, useful servants to their Motherland and to the British Empire."

"May every success attend this development of your great and beneficial scheme" was the blessing of the Metropolitan of India, while the telegram from Mr. Rallia Ram was as follows: "Greetings,—May the administration building be the means of blessing to generations of young men and contribute to the extension of His Kingdom."

Messages of good will had also been received from the Rt. Hon. Sir Samuel Hoare, Secretary of State for India, the Rt. Hon. Lord Irwin, and the Rt. Hon. Viscount Goschen, Sir Samuel Hoare said:—

healthier, sturdier Indian Youth. In accepting these generous and useful gifts we have been entrusted with a grave responsibility.

#### COLLEGE'S ORIGIN

The Y. M. C. A. College of Physical Education came into existence to fulfil the need for training educated teachers of physical activities. For many years India has been content with an ineffective "Drill Master" system in its schools and colleges. It has been an uphill struggle gradually to secure recognition of the fact that an individual's hours of play form one of the most important parts of his life, and that it is vital to provide for these play periods specially trained teachers whom we call Physical Directors, who understand the principles and methods by which play should be guided.

We are not among those who extravagantly claim that play necessarily develops character, and that physical exercise is a cure-all. Our experience has taught us that play may actually destroy rather than build character. But we are convinced that properly organised programmes of Physical Education under purposeful leadership may be one of the greatest educational forces for character development. The purpose of this institution has been to give a more wholesome interpretation to Physical Education and to shift the emphasis from meaningless "drill" to activities suited to the nature and needs of the participants.

The person to whom India as a whole is most indebted for this desirable transfer of emphasis is Dr. J. H. Gray, who under the auspices of the Y. M. C. A. came to Calcutta in 1908 and served as Adviser to the Government of Bengal on Physical Education. Transferred for some years to China, he was instrumental in starting a Training Institution for that country and in developing the Far Eastern Olympics in which India now participates. But fortunately for this college, he has during the past several years been serving India as the National Y. M. C. A. Physical Director and has been able to devote a large portion of his time to the Y. M. C. A. College.

#### 1920 LANDMARK

From 1908 until 1920 the pioneering work in improving leadership and in giving a rational interpretation consisted chiefly in conducting short-time courses for the physical training teachers already in service. Then in 1920 we started in the Madras Y. M. C. A. on the Esplanade, the first really adequate course extending over a period of one year. This was attempted in spite of the fact that we were told that no educated men would come forward to prepare for the new profession of Physical Education and that no employment could be secured for such leaders following their training. However we made a beginning, with great faith and five college graduates deputed as students. We were unfailingly supported by the generosity of the Board of Directors of the local Y. M. C. A., the co-operation of its General Secretary. Mr. McClelland, and by financial support from the National Council of the Y. M. C. A. In 1921, the second year, we had only 3 students, and the

pessimists began to firmly register their doubts. But the third year brought us 12 students and since then the steady increase in quantity and quality has been most gratifying. This year we had on our rolls at the opening session 85 students, many applicants being prevented from registering, because even thatch and bamboo hostels have limited expansion. Some students were so eager to be admitted that they very sportingly took up residence in the bamboo structure intended for a store-room.

The years since 1920 have been eventful ones. By 1924 we had outgrown the facilities on the Esplanade and moved the college to Royapettah, where through the continued kindness of the local Y. M. C. A. we were permitted to occupy the 5 acre site of the Royapettah Branch. There it was possible to enlarge our programme because of the more adequate facilities provided for major games.

#### CRITERIA OF SUCCESS

We do not however measure progress merely by equipment. Our criteria of success is the growth of the play and health habits among children and adults, and the increase of facilities for play provided by educational institutions and municipal bodies.

Madras may be proud of the recommendations of the Beasley Committee appointed by the Government in 1928 to consider measure for improving Physical Education in the Boys' Secondary Schools of this Presidency. Its work was quickly followed by a Committee appointed to consider the play problems of the Elementary Schools. In 1927 the University of Madras led India in making Physical Education a requirement for its colleges. Andhra University is now preparing to follow suit. It has been a privilege and a pleasure to share in these developments.

Madras has not been alone in this progress. Burma has made great strides in developing her play programme, and we are proud of the work of our students there. The Punjab has generally sent us a large number of students, and developments there are most gratifying. The University of Punjab has recently legislated that for every 250 students in a college, there must be on the staff at least one qualified Physical Director.

We have been happy to receive yearly a delegation of students from Bengal. Rapid progress has been made in that province, and its University has now provided that from 1936 every student seeking admission to its affiliated colleges must pass an entrance examination in both handicrafts and physical efficiency.

Private institutions for promoting physical activities have been springing up all over the country. And in Madras even the casual observer may note the increasing informal groups of players, and admire the ingenuity with which they play games in most unlikely spots.

### LACK OF "PLAY SPACE"

It is deeply regrettable that in Madras City this new enthusiasm for play and games is often dampened by lack of play space. Madras, with a population of 6,000,000 people, should provide at least 60 properly equipped and supervised playgrounds, or one for every 10,000 population. In the congested areas of the city, the streets are crowded with children who have no other place to play. It is unfortunate that with the many open areas which could still be economically utilized for playgrounds, the city has not yet taken advantage of its opportunities. The suitable open spaces are rapidly disappearing and unless prompt action is taken the expense of developing a system of public playgrounds, which every city requires, will be tremendously increased.

During our sojourn in Royapettah we attempted, in addition to the training of specialists, to supply recreation to some of the schools and clubs of Madras City thus handicapped for lack of play areas. But demands in both branches of service became too great for the small Royapettah compound. The Madras Government fully appreciated our difficulties and we are here to-day because Government set aside this land to enable us to render a larger and more effective service.

In April 1932 the new Saidapet property was officially turned over to us. At once we began the erection of temporary quarters and the preparation of the playing fields. In July, just three months after taking over the land, we began our present year's work.

In addition to the regular day's work for our 85 students who are preparing to become specialists in this profession, and the Saturday morning classes for school teachers from Madras and Saidapet, it has been a pleasure to welcome to our playing fields, teams from the schools and clubs of Madras. Already they have played more than 75 matches here.

During the next month the Provincial Olympic Sports, the Inter-Collegiate Sports and the Madras Schools Sports will be conducted here.

### FUTURE DEVELOPMENT

We therefore visualize our future development under three heads:

1. The training of educated young men to become qualified Physical Directors. This is the first charge upon our resources, for only as this profession is appreciated and understood may it realize its possibilities.
2. Our second activity will be, as in the past, the direction of Saturday classes and short vacation courses in play and games for teachers who wish to be of greater service to the children whom they teach. This year almost 200 school teachers come here on Saturday morning for such training.
3. And finally we visualize this area as a Play Centre for Madras, developing as we are, facilities for all sorts of major and minor games, both foreign and indigenous.

In addition to these facilities, we possess in the cocoanut tope adjoining Mount Road an ideal site for a Children's Playground. When funds permit, or a generous friend meets the cost, we plan to develop there a model scheme for small children, so that adults using the major games courts may bring along the smaller members of their family for a few hours of play under the supervision of our students.

Madras is greatly in need of a large, scientifically constructed and hygienically clean swimming pool, supplied with shower baths, chlorinated water etc., and conducted under adequate supervision. Eventually we hope to construct such a pool here, which may be an asset to the people of Madras, as well as to our students.

A boat-house and facilities with which to enjoy the Adyar River which forms our eastern boundary, is another of our projects.

### ACKNOWLEDGMENTS

For the opportunity of developing this play and sports centre, we are deeply indebted to the Government of Madras for the alienation of the land, ideal for our purposes. In this connexion we must express our gratitude to Mr. A. F. W. Dixon, I.C.S., whose enthusiasm for sports is not confined to his own personal enjoyment of his beloved specialities Cricket and Rowing—but who as a true sportsman wishes everyone to play also. His help and support have been unfailing and we are grateful for an opportunity to publicly express our deep and lasting appreciation.

We regret that it was impossible for Colonel Vincent Massey of Toronto, Canada, to be present to-day. The building whose corner stone is now to be laid will be called "Massey Hall" as a slight token of our gratitude for the vision of India's needs and the generosity to meet them which prompted his splendid gift.

Our gratitude can be but very inadequately expressed to our architect Mr. Schaetti, who has planned so wisely and so beautifully for our needs two gifts, the land and the building. Our thanks are also due to Mr. R. Dann and to Mr. P. V. George for invaluable service rendered as members of our Advisory Committee. Our deep appreciation is especially due to Mr. Littlehales, Mr. Grieve, Mr. Smith, Mr. Candeth, Dr. Subbaroyan, Mr. Statham, and Rao Bahadur R. Krishna Rao Bhonsle.

Often we have felt that no institution in India was so poorly equipped nor operated upon a smaller income than ours. We are convinced however that none may claim a more devoted staff nor a more loyal group of students, past and present. Staff and students, realizing the trust imposed upon us with these beautiful acres and this splendid building, conscious that our work has just begun, press forward into larger service for the Youth of India, remembering the words that are to be inscribed over the entrance to Massey Hall.

*"That Ye Might Have Life. And Have it More Abundantly".*

## A Notable Service

The daily newspaper forms one of the most effective educational factors in modern life. An outstanding example of newspaper service rendered to a worthy cause, has been recently furnished by "The Madras Mail."

In connection with the laying of the Foundation Stone of Massey Hall by H. E. the Governor of Madras, A. A. Hayles, Esq., Editor of the "Madras Mail," issued a Special Sports Supplement, on January 16th. Its interesting table of contents included two brilliant articles on the development of sports and amusements among Indians and Europeans. Leading exponents of sport kindly contributed interesting articles on the various major games played in Madras. The recreational possibilities of the city were explored by the Director of Town Planning and the history and development of the athletic organizations of Madras formed a further valuable section.

The publication of such a Supplement is of value as a historical document. The records of past achievements are, it was discovered, extremely difficult to find, and much of value has been lost.

But the major service such a publication renders is in the focusing of public attention upon the possibilities and the needs of urban areas. The "Madras Mail" Supplement revived the past, pictured the present facilities and needs for recreation, and graphically depicted the possibilities which may be developed by Madras in the future. Its publication points the way to other cities in India, where a similar newspaper service would likewise be of immense value. The Staff and students of the Y.M.C.A., College of Physical Education are grateful for an opportunity to publicly express to the "Madras Mail" and to all contributors to the Supplement their gratitude for and appreciation of such a notable service to the cause of physical education.

---

## The Indian Hockey Team Abroad

By

CAPTAIN LAL SHAH BOKHARI

It was at Amsterdam in 1928 that India surprised the world by winning the championship so easily without a single goal having been scored against it. They also set a standard at hockey for the rest of the nations to follow, and I noticed in all the countries we played our superiority as a hockey playing nation was ungrudgingly acknowledged by all. So it was not an easy task for this cheerful band of fifteen men led by me and managed by Messrs. G. D. Sondhi and P. Gupta to perform. To retain the championship was only a secondary thing, for there is a record greater than the scoreboard and that is what we all aspired to achieve. "To show fair play on the street as well as on the field" was our motto. I am proud to say that the Team never lacked this essential and each one of the members 'played the game'.

Our rallying point was Bhopal, and it was from here that the process of welding a number of brilliant individuals into a team which was later to gain the admiration of the world for its fluency, precision, and spirit of sportsmanship began. After playing in Bombay, Bangalore, Madras and Colombo, we sailed by the N. Y. K. SS "Haruna Maru" for Singapore. Barring one or two the whole lot turned out to be born sailors, and we all enjoyed our voyage around the globe. We played against All Malayan on the 6th of June, and beat them by seven goals to one. The ship sailed immediately after for Hong Kong where a match had been arranged. But owing to rain we had to content ourselves by going round the city for sightseeing, and eventually each one of us returned to the boat having added half a maund to our already heavy luggage by shopping right and left. We then sailed for Shanghai, and after a day's stay landed in Kobe on the 14th of June. We met Kansai Combined Eleven and the Kobe Recreation Club and beat them by twenty goals to nil and sixteen goals to nil respectively. The Japan Hockey Association arranged two matches for the Team at Tokio. The first match against All Japan was won easily by eleven goals to nil; but in our second encounter against Wasada University we just averted defeat as we had to play on a wet and slippery ground in light crepe-soled-shoes. The score was five goals to three in our favour. Though Japan entered International contest at hockey for the first time last year the game is being played there since 1901. Our visit was an eye opener to the Japanese, and they have now set their hearts to play the part of a sedulous ape. In the short span of four weeks when we met the Japanese the second time at Los Angeles we could

see that they had remarkably improved their standard all round. Somehow they believed that we Indians had wrists of different type and that was why we could flick the ball with ease in any direction and in any manner with grace and ease. No wonder quite a number of us had crowds around us examining our wrists and some of them happened to be doctors! They failed to realize that India, as far as hockey was concerned, had many advantages in the way of possessing innumerable good playing fields and enjoyed dry climatic conditions all over the country apart from the unrivalled popularity of the game itself. It will not be out of place here to mention that we all thoroughly enjoyed our short stay in that country of the 'rising sun' and we can never forget the loving kindness, the unfailing courtesy and the lavish hospitality extended to us by its people.

Before we actually reached our destination, Los Angeles, we were afforded opportunities of paying flying visits to Hono Lulu and San Francisco. At both places we were heartily received, luxuriously entertained and thousands flocked to say us 'Aloha'. After 4 days voyage we reached Los Angeles on the 9th of July and were carried to the Olympic Village. To our disappointment we learnt that no hockey teams from Europe were participating in the Olympic Games. So our retention of world championship title was a foregone conclusion. But it must be said to the credit of the Team that with all the multifarious duties they were required to perform as "missionaries" of India, none of the members forgot his foremost duty of keeping fit for the final contests.

The Olympic Village afforded us a unique opportunity of understanding young men of other nations, and I am glad to say that each one of us availed of this opportunity to the fullest. Olympic Village, in my opinion, was one of the greatest and boldest experiments ever undertaken by the organizers of the Olympic Games. To have housed these different nations in one place, to have looked after each one's comforts—particularly when requirements of one individual were different from the other—so successfully, and to have afforded each one of us all the opportunities to feel at home and to have the best of times was a tremendous task. It was magnificently accomplished and more than adequately met. I can confidently say that there was not a soul who did not go back to his country full of admiration for the officials in charge of the Olympic Village. The conditions in the village were in every respect ideal. Amidst clean surroundings we enjoyed a temperate and bracing climate and good wholesome food. It will be more for the organization of the Olympic Village rather than the number of records which have been smashed to pieces—which by the way is by no means a mean achievement—that the names of the organizers of the Olympic games of the year 1932 will be written in letters of gold in the history of Olympic Games.

The people of Los Angeles left no stone unturned to make each of us feel as one of them. We from Northern India who were so proud of our hospitality had to take our hats off before them. Every athlete, no matter

what corner of the world he came from, had friends waiting outside the Olympic Village who would only be too pleased to do anything for him. Los Angeles afforded us plenty of scope for education, and we availed ourselves of this opportunity. In return we made it a point to attend their club gatherings, their social functions and their churches. It was on these occasions that we enlightened them about India, its culture and civilization.

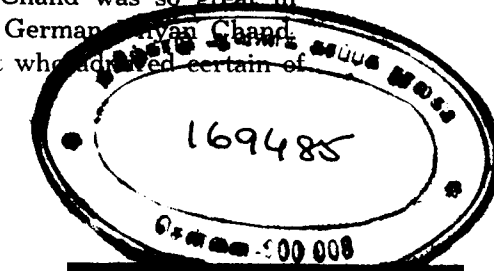
The Team experienced no difficulty in retaining the championship. We beat Japan and America by 11 to 1 and 24 to 1 goal respectively. Later at Philadelphia we beat the American side a second time by 20 goals to 1. By then they had slightly improved their game. I cannot adequately express how grateful we all are—for the matter of that I should say the whole of India—to our friends in America in whom we shall always have an abiding interest. I take this opportunity of assuring them that we have not been slow to let India know what it owes to the people of California.

After a few days stay at New York the Team sailed for England. We attempted to get a match in England but were not successful, hockey then being out of season. The German Hockey Federation offered us generous terms if we could play a certain number of games on the continent. The offer was accepted, and nine matches in 14 days were played in Europe. Our tour in Europe required us to travel all night, sitting up in the railway carriage and snatching as many winks of sleep as we possibly could. At the end of our journey we had to face opponents who though they were not as skilled as we in hockey, were fresher and more powerful; with the added advantage of playing on grounds to which they were accustomed and before friends who cheered them for success. It is a matter of great satisfaction that every match resulted in a win for the Indian team with the following score:—

- Sept. 2 v West Germany at Essen, 5—1.
- Sept. 4 v All Holland at Amsterdam, 9—1.
- Sept. 6 v North Germany at Hamburg, 14—2.
- Sept. 8 v Berlin Hockey Club at Berlin, 4—1.
- Sept. 9 v Middle Germany at Leipzig, 8—3.
- Sept. 11 v All Germany at Munich, 6—0.
- Sept. 13 v Czecho Slovakia at Prague, 12—0.
- Sept. 14 v All Austria at Vienna, 6—1.
- Sept. 15 v All Hungary at Budapest, 5—0.

Personally I am not so proud of victories, as I attach greater importance to giving our best on all occasions than to always winning. There was not a single team or nation with which we played who did not take defeat at our hands with a smile. They seem to recognize most cheerfully that they lost to a better team, and to a team that played in a truly sportsmanlike fashion. The admiration for Dhyan Chand was so great in Germany that they called their best hockey player German Dhyan Chand. I am quite sure that the enthusiasts in the continent who admired certain of

SL  
M/1 m 211 m 29 v  
N35



our players will not before long be calling their players the Rup Singh, Hammond, Jaffar and Pinniger of their countries.

Every member of the party enjoyed the tour immensely, not withstanding the strenuous tour we had to undertake. Our travel through the continent was made pleasant by the goodwill and hospitality shown to us by Mr. Evers (President of the German Hockey Association), and all the hockey officials of all the places visited. I will conclude by quoting from the remarks of Mr. H. K. Greer, President of the Hockey Association of America.

" . . . . . no one who has not actually faced such players on the field can really know how good they are . . . . . and I have no hesitation in saying that the play of the members of the Indian team surpassed even the advanced reports that had come to us. What impressed me most was the marvellous stick handling and perfect ball control, the nimble foot-work and steady hand-stopping, the accurate passing and quick, deadly shooting. . . . India should be proud of the Team which has represented it so nobly on what must be one of the most extended hockey tours in history; for, what is probably most important, we found the Indian contingent, both on the field and off, splendid sportsmen and thorough gentlemen. Being the best hockey team in the world was merely in addition to that."

### The Indian Track Team at Los Angeles

By

E. W. MUMBY,

*Coach and Manager.*

Our trip to America was necessarily a long one. We were approximately 50 days on the way and about 44 of those days on board a boat. We had a stop over in Japan for 9 days which proved very beneficial, because we secured the use of a running track from the Kobe, Japan, municipality and had 5 days of practice there. This gave me an opportunity to see the three men in action and to learn from their styles just what was necessary to be done during the six weeks of practice that we were to have in Los Angeles.

We arrived in Los Angeles, on June 11th and we were met by American representatives, as well as by Lal Chand Mehra who had been appointed by the American Committee as our "attache" in America. Although the Olympic Village was not yet completed we were admitted and for the first three weeks we were there alone except for Zabala, the winner of the marathon race, from Argentina. We were privileged to mess with the men in charge of the village at the Administration Dining Hall for the first four weeks. This proved to be a very fine asset to all of us because we were well known by everyone connected with the Village and the Games. Our first few weeks of practice was interrupted each day by press men and camera men, for which America is noted, but we were left alone as soon as other

teams began to arrive. For the first three weeks we accepted many invitations but as time drew nearer to the competition we accepted none, and as the Indian Hockey Team was in full swing, we were not missed.

I believe that you will get a better picture of the Indian team if I take them one by one throughout the practice and competition. First and foremost was the selection of a coach to assist me in my work in training the men from India. After many coaches had been seen and had actually helped our men on the field, including the coach of the American team, we selected G. H. Ayers Esq., M.A., Track and Field Athletics Coach at South Pasadena High School, California.

Mervyn Sutton—(Captain) 110 meters High Hurdles, 100 Meters Flat Race, Relay Race.

M. Sutton competed in the three events listed above. He was on the Olympic Team that went to the Far Eastern Games at Tokyo, Japan, in 1930.

The work with him began at Colombo and onward with discussions about his events, and the starting of a few exercises to loosen up his hip muscles for the hurdles. We took a great deal of time in Kobe to measure his strides, and the actual length of the strides or jumps over the hurdles. We found that he made an average jump of 16 feet some inches at each hurdle and that at the last two hurdles he covered 18 feet. Knowing that it was impossible for him to win any points for India, and to be of any use to India in training others with this style, I started out to change his style to an actual step over the hurdle, and to cut down the amount of time that he spent in the air from making such long jumps at each hurdle. This was a long and very slow job, because it was a very difficult matter for him to forget his old style, and to change his mental attitude in regard to beating the gun in all three events.

Due to the very keen competition both in the various Indian Railway meets and the Provincial meets, he had a very bad habit of trying to think out just when the starter was going to shoot the gun, and if he was not in actual motion, he would be wavering in his holes on his toes, or on the tips of his fingers. This same difficulty was found with R. A. Vernieux.

During the first three weeks I tried my best to eliminate this very bad defect because no matter how well they learned all the other points in the new style, they were lost in any short race without learning how to start from a perfectly stationary position and with a very quick reaction to the sound of the pistol. We attended two big Track and Field meets in California where the Americans were having their elimination contest and here we saw many such starts. From actually seeing men that were likely members of the U. S. A. team never move from their holes unless the gun went off, the men saw that they actually had to learn how to start. At the end of the fourth week Sutton had mastered the start.

Now to return to hurdling. We had difficulty in treating some very sharp pains that Sutton would have in his shins after doing only a few hurdles in practice, besides this we could not get the right action over the hurdle because he did not seem to be able to make the right movement with his left arm. The difficulty really was that he actually thought that he was doing as he was told, and he could not realise that he was not. We found the remedy in having some slow motion moving pictures taken of him as well as of the other two men, at frequent intervals, to show them in a very convincing manner their faults, as well as their improvements. As soon as he was able to do the hurdles right we let him run through the 110 meters. His timing was over 16 seconds and he was very much discouraged. One could not blame him because he had come to win, and instead of getting better he was getting worse, but Coach Ayers and I stuck to the belief that a well learned event would be of more value to India than points and an old style; because at Sutton's old style we doubted if he would ever come under 15 seconds and it was necessary to come to 14 and  $3/5$  sec. to be in the winning at all. However Sutton stuck with us and on the day before he was to compete he ran the hurdles through by himself against time, and in the middle of the race he went back to his old style for two hurdles, but did them in 15 sec. flat. This was very gratifying both to him as well as to us. He felt that he could do better and wanted to run them again and we let him and again he did them in 15 flat after a very bad start. He was given a great deal of practice in the 100 meters and the relay which aided him in speed for the hurdles.

Sutton was the first of our team to go on the field for 100 meters and in his group of six he ran fourth and was thus eliminated, but his timing was under 11 sec. and there were at least two men there who were worse than he.

Two days later he appeared for his first heat in the hurdles. This is undoubtedly his race and he should add to it the 440 yards low hurdles. In a heat of six men he had to come third to get into the semi-final. For the first six hurdles he was with the winning three, but the 7th and 8th hurdles he dropped back a little because he went back to his old style for those two hurdles. But he gathered himself together at the 9th hurdles and did the last two hurdles in splendid style, and pulled up to third place with a time of 14 and  $4/5$  sec. This was the best he had ever done, but the fine thing about the race was that he knew exactly what he had done wrong. He would have been second had he kept to the new style all the way and would have cut down another  $1/5$  of a second on his timing. This looked very good to us as well as to him and we had full hopes of his coming into the finals. During the four heats Sutton was the only one that did not knock down a single hurdle. In the semi-final race he had some very keen competition with one man from America, Lord Burghley and Finlay of Great Britain as the three best men, and he had to beat one of them to get in the final race. The American man had been running in 14 and  $2/5$  sec. so we counted him as

first with Lord Burghley second and Sutton had Finlay of Great Britain to beat, plus the two men from the other nations.

The race was on, and up to the 5th hurdle Sutton's foot was even with all the rest, but Finlay who was running next to him knocked down the 5th and 6th hurdles, and this upset Sutton a little. He took the 7th hurdle poorly and lost his balance a little, pulled up very well in the last three hurdles but was unable to pull up to third place and lost out by a bare foot. However, Sutton was again the only one that did not knock down a hurdle in his semi-final. We had hoped that he would be in the final but lack of experience at the new style was the cause, and we have nothing whatsoever to complain about. I fully believe that if we could have had one week more with some real competition, Sutton would have been at least fourth if not third in the final.

In connection with Sutton's hurdling there is one thing about the track and the run up for the jumps that is worth mentioning because of the many hurdles that were knocked down, and the large amount of fouls that took place in the jumps. The composition of the running track was such that the track would not dig out from under one's feet, but the foot would actually stay where the spikes hit the ground, thus there was no give or loss of distance. This fact brought the runners to the hurdles or the take off board a few inches ahead of the usual point. This caused the men in the jumps to find a new starting point in 3 jumps, and the hurdlers had to shorten their strides, therefore by the time the hurdlers reached the fifth hurdle they were so close that the hurdle was knocked down as the hurdler was going up, and the men in the jumps would over step the take off board by feet. In this connection Mehr Chand Dhawan, our hop-step-and jump man, had to set his starting mark back 3 feet so that he would actually hit the board. He fouled twice and finally got one jump that was good, but not good enough to get him into the finals. In the jumps a man there from Hatai by the name of Cator was entered in the Long Jump. He practised on the same field with us and he could jump 25 feet without any effort in practice and had jumped 26 feet, but in the actual competition he fouled three times and was disqualified, and thus most likely lost the championship of the world.

Another incident took place in the hop-step-and jump that is also worthy of mention. Nambhu, the world's Champion in the hop-step-and jump fouled on both of his first two trials and just missed on the third jump, he was so frightened that he would foul the third time that he cut his steps very short, and made a very poor jump, but got in the first six by just a few inches, and then in the three jumps in the final he had found his distance and beat the world's record and won first place. In the final of the hurdles Finlay of Great Britain knocked down three hurdles and was disqualified. Actually the track was covered with knocked over hurdles. I believe that this point has been taken in hand by the International Committee and that

hereafter jumpers and hurdlers will have at least a little practice on the track on which they are going to compete.

The story about Sutton ends with the running of the Relay Race. He ran fourth, and the team took fourth place and thus lost out of being in the finals. We used Dick Carr, the right extreme of the Hockey Team, as our fourth man. With DeCosta we would have been in the final without any doubt.

Mehr Chand Dhawan—Hop-Step and Jump, and Relay Race.

He has a very good idea of the theory of his event and other events in connection with athletics, and I soon found out that my greatest difficulty was to convince him that he could not fit himself into any theory of any book and find himself a record breaker.

Mehr Chand has a wonderful spring in his legs and excellent rhythm in all of his movements. We soon found out that his leg and arm movements at the time of the take off were a handicap to him, instead of being an actual asset. The slow motion picture showed up his movements, and even then it took a great deal of careful analysis to convince him that his movements had to be changed. After he was once convinced it was hard for him to forget the old habits. Added to this difficulty he was unfortunate in having a boil on his knee cap which terminated all of his practice for a few days. This loss of a few days brought forth in his mind the perfectly natural question, as was the case with Sutton, "Would I not be better at the old style and stand a better chance of placing than by trying to learn this new style within the days that are left. However we convinced him to carry on at the new style, and one day he was off to see Oda of Japan in action and there he saw for himself some splendid use of the arms and legs that were useful. This giving in to the Coaches' system of training was one of the greatest difficulties we had. I am convinced that Mehr Chand can within the next two years easily increase his distance to 49 or 50 feet, and he could have done above 48 at Los Angeles if he had three good jumps and no new measurements to contend with, due to the composition of the run-up to the take off board. Mehr Chand did a good deal of starting in preparation for the Relay Race, but had little practice with the Discus.

R. A. Vernieux—100 and 200 meters and the Relay Race.

There is no denying the fact that Vernieux is a fast man and that he is capable of better timing in his events, but he has one very great defect to overcome. As mentioned before, I learned in Kobe that his start was very bad both as to form, and as to waiting for the gun with perfect control of his body. We were able to correct a great deal of his wobbly movements at the start and get his line of action straight down the track but to get him to relax and to save energy for the final spurt at the end he was never able to master. However, he did make some headway. He was in good physical condition and ran a beautiful race in the 100 meters and was nosed out of third place by a man from Japan. He ran his heat in 10 and 4/5 sec. and

he was on that day capable of running it in 10 and 3/5 had conditions been suitable. Elliot from New Zealand with whom he was able to keep level, and occasionally beat was able to get into finals of the 200 meters. Vernieux could have been there as well except for his lack of ability to start. An actual example: In his heat of the 100 meters all the Athletes were on their marks and set waiting for the gun, and one of the men moved and the starter had to give them another start. This fact made Vernieux a different and a worse athlete than he would have been had he gone off with the first gun. There was every possibility of his being 2nd or 3rd had the first start been a good one, but one would have had to have perfect conditions for him in all the rest of the races for him to be in the final. He realizes his weakness which can be corrected, and which must be corrected if he is to be a world beating athlete. In the final of the 200 meters one of the most noticeable facts about the race was that when the runners went to their marks and were set, all of the Athletes except Metcalf and Tolan, the two Negroes of America, left their marks. It was a very noticeable fact that the winning runners in the meet were not of the kind that left their marks before the report of the gun. In the 200 meters race there were only four in Vernieux's heat and he came up a very poor fourth. As the lead off man in the Relay Race he held his own and ran true to form, but his team mates could not hold the pace set by the other teams.

Dick Carr—Relay Team.

After showing him a slow motion picture he made very rapid progress and his corrections were soon made but we were not able to have him on the field daily as he had to be off with the Hockey Team now and then. Much of our time here was spent in the passing of the baton. Anyway hats off to Dick who willingly filled up the gap and gave the Indian Team the glorious experience of running in the Relay. They all did their best and that is all that we asked.

British Empire vs. America Games at San Francisco.

Sutton was chosen as an extra in the Hurdles but should have been put straight in ahead of Harper of Great Britain. The rest of the Committee would not hear of it and we had to have a trial match. Sutton became disinterested and when he should have won by yards, lost by inches. However Sutton and Vernieux went along as extras to San Francisco for the meet, but did not run. There were no Field events in competition there and thus Mehr Chand was not taken.

N. C. Malik—400 meters and 1,500 meters Swimming.

Malick arrived with the Hockey Team one month after we did, and Mr. G. D. Sondhi gave me the task of seeing that Malick got his practice and that a suitable coach was secured for him. Through the aid of the Olympic Committee at the Village I was able to secure Harry E. Pierson who was coaching, and acting as a judge at the American elimination contests. It was unfortunate that Malick could not speak English, and because he could not

I went with him nearly every time for practice to interpret the instruction given by the coach. He practised twice a day, once at the Olympic pool and once at a pool in the city. With two practices with Malick and one with the other three men I found that my days in Los Angeles were pretty well filled. With Coach Harry E. Pierson acting as judge at the various swimming meets in Los Angeles he was able to take Malick with him. Thus Malick soon picked up the ways of the meets. Malick is certainly a willing worker and he practised for a long time, and most willingly. This was a great advantage for the short time that we had at our disposal. Malick began week by week to cut time off of the record that he had made in India, and his starting and foot action were greatly improved. We had some slow motion pictures made of him as well, and he too was able to improve from looking at them, because with him as well as with the others there were some things that he was doing wrong which he actually thought he was doing right. Only seeing seemed to be convincing. With four men competing at a time in the swimming Malick was fourth in both cases, but he swam well and from all that I saw of the swimming he got the greatest applause from the audience of anyone there. When he finished the clapping was simply tremendous. There is no doubt, but that Malick did well and will make splendid improvement.

#### Wrestling.

I am very much interested in wrestling. I went to see the wrestling under the olympic rules and I am convinced that, had India sent either of the two men that were provisionally chosen that they would have done very well indeed. The rules are so very like the rules in India, that India's wrestlers can easily pick up the differences.

### Indigenous Activities

By

SANJIVI KAMATH, B.A., B.L.

It is easy to speak but it is difficult to write on indigenous sports activities in Madras. A time was when every village and when every important street in a big town had its own Talimkhana to which people resorted, as if it were a temple of physical culture. But those days have gone and they were bound to go. Our grand parents used to start the day's work with a morsel of cold rice and curds or in some parts of the West Coast, where cocoanuts grow in luxuriant abundance, with a chota of beaten rice mixed with tender cocoanut and jaggery. They found this sustaining enough. But times have changed. We have taken to a more fashionable diet and with it to more fashionable modes of bodily exercise. In those days one could see, as one went into a village, a few big granite stones, smooth and polished and of different weights, kept under a spreading tree and a villager, as he passed by, would try his strength in lifting them. But we have improved upon it and we have got the 'Barbell' with its graduated series of weights.

Hanuman, the monkey God, has been the Titular Deity of the physical culturist, and under his auspices training in physical culture has been carried on from time immemorial in India. The beautiful picture of Hanuman carrying bits of mountains on his shoulders—a veritable embodiment of health and strength—is a familiar sight in every Talimkhana, which has served, for all time, as an ideal to the Indian physical culture student.

### RELIGION AND PHYSICAL CULTURE

Real physical culture has been the basis on which the daily routine of an orthodox Hindu has been shaped. The religious and intellectual practices of the Hindu were grounded on an efficient system of physical culture. The advice which a Purohit gives to a Hindu boy at the Upanayanam ceremony, when the boy is invested with the sacred thread, which lays emphasis on a morning walk, a cold bath, and regular sandhya is a discourse on physical culture and healthy living. The daily Sandhyavandanam, which every twice-born Hindu has to perform, is a system of physical culture in which emphasis is laid on breath control, concentration and certain movements of the body. A cold bath in the river or at a well every morning, followed by Surya Namaskars and circumambulating the Tulasi plant, was laid down as the minimum requirement in the life of a Hindu to inaugurate the work of the day.

A perusal of the ancient literature on the subject shows that the Indian system of physical culture was more individualistic than group. Emphasis was laid more upon the attainment of individual perfection in bodily strength and vigour, than upon developing a team spirit through games or large mass drill and exercises. Importance was therefore attached to the development of the power of concentration, as, without concentration, no exercise could produce an adequate result. Drona, who was one of the greatest teachers of physical culture of ancient India, had a device whereby, in training his students in archery, a favourite exercise of ancient days, he would cause an artificial bird to be placed on a tree and direct each student to concentrate his attention on it. Only the student, who replied that he saw only the bird and no part of the tree, would succeed in having a shot.

### INDIVIDUAL SYSTEM

Individual systems of exercise popular with our forefathers and made the subjects of tournaments and public demonstrations, were wrestling, archery, mace or club swinging, lathi play and sword fencing. Bhima and Jimuta are great names in the history of wrestling, and an account of their encounter is given in Chapter XIII of Virata Parva of the Mahabharata. Arjuna was the foremost archer of his time, and among others may be mentioned Abhimanyu and Ekalavya, all of whom were the pupils of Drona. The war of the Mahabharata was concluded with a mace encounter between Duryodhana and Bhima, an example of the skill which they had attained in mace or club swinging. A game similar to football is also mentioned in Adi

Parva but no rules of the game are described. Sword fencing and lathi play were favourite pastimes and there is hardly a puranic story which is depicted in the modern cinemas or talkies in which a demonstration of these ancient exercises is not given.

The systems of physical exercises that have come down to us from ancient days bear an intimate relation to the general scheme of education that was prevalent in India down to the British occupation. The Aryan system of education, otherwise known as the Gurukula system, emphasised imparting all forms of instruction, physical, intellectual and moral, under the direct auspices of a guru or a preceptor who was an all round person like Dronacharya, in an Ashrama far removed from the congestion of a madding crowd and the bustle and dust of city life. The active life which the pupils had to lead in the open air, surrounded often by wild beasts, developed a vitality and personal energy far superior to that which the modern games are calculated to develop. The pupils had so much of walking and running to do in the ordinary course of their daily routine, that by way of regular physical exercise, they did not require more than training the limbs of their body by some postures, more or less of a sedantary type, and Dandals, Baskies, Surya Namaskars and Asanas are exercises of this type which have come to us directly as a legacy from the past.

#### SOME PHYSICAL EXERCISES

Climatic conditions also had their own influence in shaping the systems of physical culture in vogue in India. In cold countries, quick movements of the body alone could contribute warmth, and the big open air games that have developed in the west are a direct result of the climatic conditions prevailing there. But in a hot country as in India, physical culture can be resorted to without enervating influence only early in the morning or late in the evening, when the weather would be pleasant and hence games in the open air were given less prominence than exercises in-doors.

The different types of exercises that have been transmitted to us from ancient India may be briefly summarised as follows:

##### WITHOUT APPARATUS

Dandals.  
Baskies.  
Surya Namaskars.  
Yogic Asanas.  
Pranayama.  
Wrestling.

##### WITH APPARATUS

Swinging jodies.  
Swinging Karla or the Mace.

Sword play including Sultana.  
Lathi play or stick fencing both with single and double sticks including Bana.  
Rolling the Santholas.  
Archery.

#### DANDALS AND BASKIES

Each of these two forms a system of exercises, in the main supplementary to each other. There are at least 30 varieties of Dandals and 20 varieties of Baskies. The Dandals, while they do not neglect the lower limbs, yet lay their main emphasis on the upper part of the body above the navel, while the Baskies give development to the lower limbs. These exercises, as others of a like nature, are usually practised within closed doors to avoid draught, as the body, during the performance, is under great strain and subject to heavy perspiration. Experts practise these exercises after smearing their body with cocoanut or gingelly oil so as to increase the muscular tension and the general complexion of the skin. These exercises, unlike some of the others, have been practised by the masses both among men and women as a whole, as no religious significance was attached to them and they could be practised without any special training under a guru or a preceptor.

#### SURYA NAMASKARS

This is a system of exercises which was formerly the exclusive privilege of the higher castes, as the exercise was looked upon chiefly as a religious practice, conducive to the health and vigour of the body. The worship of the sun was the main incentive and each exercise was accompanied by the repetition of a sloka in praise of the sun. The system depends more on repetition of the same exercise in different directions and in certain specified intervals than upon the difference in the postures. This exercise like the Gayatri, is to be performed 28, 108, or 1,008 times according to the convenience, endurance and leisure of the performer, immediately after the morning cold bath either in a river or at a well and under modern conditions under a tap.

#### YOGIC ASANAS AND PRANAYAMA

These two forms of exercises could be practised only by a privileged few and never without the direct instruction and under the personal supervision of an expert in the art. The Pranayama lay emphasis on the control and regulation of the breath while the Yogic Asanas extend the scope of this exercise to the body assuming different postures. These exercises can never form part of a regular scheme of physical instruction, as they can be practised only by a select few, who will have the strength of mind to observe a strict mode of life and code of morality. The yogic system is valuable as it

claims to have a curative value for certain diseases such as diabetes and obesity.

### WRESTLING

I need not dwell on this most important item of indigenous physical culture as it is so well known and so largely practised as an integral part of every Talimkhana.

### EXERCISES WITH APPARATUS

These exercises are undoubtedly of great value both for development of physical strength and a high degree of physical skill. Exercises with jodies, karlas and santholas are helpful only for the development of the muscles of the hands and of the chest. If these exercises alone are practised without others, they may tend to a disproportionate development of the upper part of the body which will add to ugliness and besides, may wreck the heart and the nervous system. Sword play and lathi play are of immense value as defensive arts and though they were being practised mainly by the fighting tribes, they, or at least the lathi play, have attained popularity among the masses specially in Northern India, where even women have been taught the use of the lathi or the stick. They develop great dexterity in the body and the beauty and agility of physical movements and their value in a course of indigenous system cannot be over-estimated. Archery develops concentration and precision as no other exercise does to the same extent.

The above systems, valuable as they were and as they will always be, were fast sinking into obscurity as they ceased to be fashionable with the members of our cultured classes. With the spread of English education, Swedish and other systems came into vogue, and on account of their spectacular effect they easily caught the public eye and were rapidly introduced into schools and colleges. Indian systems of exercises were neglected and were practised if at all, by a few not so much for their intrinsic physical cultural value, but for the contribution which they made to the training of athletes for demonstrations during Muharram and Dasara celebrations. They ceased to be amateur and began to develop a professional tinge.

### THE SHIVAJI VYAYAM MANDAL

It is at this stage that the Shivaji Vyayam Mandal came into existence. Nationalism was in the air in all departments of public activity in India and the cry in the physical culture world was taken up by the Shivaji Vyayam Mandal. When the 300th Birthday of Sri Chatrapathi Shivaji Maharaj was celebrated, there was a talk all round of erecting a memorial, and the public of the Province have to be thankful that the contemplated memorial, instead of taking the shape of stone or brick and mortar, took the shape of life and blood in the form of Shivaji Vyayam Mandal, inaugurated to train the youth of the country in all systems of indigenous physical culture, not

exclusive of, but with due regard to, all that was best in the western system. The Shivaji Vyayam Mandal has organised a few branches and has been carrying on a regular training class for instructors once in every year during the Christmas holidays for a period of three weeks.

Fortunately for South India, the Shivaji Vyayam Mandal has not been left alone in its mission. The demonstrations which the Shivaji Vyayam Mandal gave in the Gokhale Hall, in the Park Fairs, in the Health Exhibitions, and on other occasions of big gathering, roused public interest on a large scale and physical culture clubs based on the model of the Shivaji Vyayam Mandal, have been springing up in several parts of the city and the Presidency.

The Mysore Government was the first to take up the cause of indigenous physical culture as early as 1919, when, as the result of the deliberations of the Economic Conference, then an important limb in the Development Department of the Government, a full-time organiser of indigenous physical culture (Prof. M. V. Krishna Rao) was appointed, with a salary and allowances, and the initial work done by the Professor was of great value in resuscitating the indigenous system. Though later the Professor was put on grant-in-aid basis, the message of the indigenous system had spread far and wide and public interest was effectively enlisted in its cause and several institutions of a similar nature have grown up in Bangalore under Prof. K. V. Iyer, Prof. Sundaram and others.

As a result of the interest of the Chief of Oudh, who has published a book in different languages, the Surya Namaskar system has come into vogue in different parts of India. Education Departments of the Government in some of the provinces have sanctioned its introduction in some of the schools.

### YOGIC PHYSICAL CULTURE

Yogic physical culture has received its main inspiration from the "Kaivalyadhama" in Lonavla, Bombay, an institution which has grown up under the direct auspices of Swami Kuvali Ananda (formerly Prof. Gune, M.A.), under whom several exponents of the art have undergone a period of training. The institution is publishing a quarterly journal "Yoga Mimamsa" devoted to a comprehensive treatment and discussion of the subject. Shri Yogendra of Bulsor, in the Bombay Presidency, is another authority on the subject.

That the art of archery as practised in the days of Ramayana and Mahabharata, is not dead was demonstrated a couple of years ago by Prof. G. Appa Rao of Bezvada, who deservedly styles himself as the Kaliyuga Arjuna. He is a great exponent of the art which is of such immense value to a physical culture student.

Like many other arts of ancient India the indigenous system of physical culture being mainly imparted, as it was, from master to pupil, became lost, in many respects, when the succession of discipleship was interrupted. Our

shore in some respects cuts us off from the sea and we must develop it as the sea recedes.

#### AN EXAMPLE FROM CALCUTTA

I have already referred to the fact that in Calcutta the Improvement Trust has created a considerable number of playing fields amongst its other activities. It has also created what is known as the "Excavation area", a beautiful park in which a large lake which was formed by excavating the space between a large number of tanks and ponds, the soil being used for reclamation of other tanks and low lying surrounding areas. This lake is proving very valuable for boating and other aquatic recreation, very valuable forms of physical development which are noticeable in Madras by their absence. Even our one small public swimming bath is out of use! We have a potential "excavation" area in the unsightly and unsavoury amphibious region near Basin Bridge which is to-day such a bad advertisement of the City just outside one of its main gates—the Central Station.

In passing I should like to refer to one very noticeable comparison between Madras and Calcutta, the beauty of the Maidan. There the general orderliness and unbroken greenness of the grass is in great contrast to Madras open spaces and there is one fundamental difference, the "grazing line" is in its right place about 7 to 8 feet above the level of the ground. The vandalism which mars the beauty of our avenues and parks with a knife on a long stick appears to be unknown in Calcutta!

It may be interesting to compare Madras with London in respect of public parks, recreation grounds and open spaces and playgrounds. In the latter they number over 1,000 covering more than 33,000 acres. At the same rate Madras should have over 100 parks and recreation open spaces covering 2,000 acres of land.

#### AN OPPORTUNITY FOR PHILANTHROPISTS

In addition in London there are several hundred open spaces which belong to private parties which are available for use by persons living in surrounding areas together with large numbers provided by clubs and institutes for themselves and by various firms and offices for their employees. The schools and colleges also provide their own recreation areas to a very large extent and their grounds are not included in the above enumeration. It has yet to be realised that it is a mistake to throw the whole burden of providing recreation areas on the local authority or the Government as much may be done by other means. Many of the recreation areas of London were originally private parks or gardens which have been given by the owner or acquired and given by someone else. This is a form of public benefaction which might be warmly commended. There are numbers of "parks" with the names of well known citizens attached to them and I am sure the Corporation would be only too pleased to

give the name of any donor to any playing field that he may care to give to the public.

One of the latest and the most notable additions to the public open spaces in London is a part of the Foundling Hospital Site. Many gifts, including about 10,000 pennies from girl guides, have gone to make up the Rs. 17 lakhs which have been subscribed to secure that site as play ground for the children of the neighbourhood in perpetuity.

Town Planning to-day is playing a prominent part in securing and reserving open spaces, public and private. Owners of property have realised that by giving up a part of their land for the purpose the remainder has had an enhanced value which has converted their charity into good business. Many others have agreed to their open spaces being reserved as such in Town Planning schemes thereby undertaking that such areas shall not be built upon in future even though they are not thrown open to general use by the public.

It is desirable in this respect to encourage the creation and upkeep of playing fields no matter by whom they are made or used as by so doing the competition for, and pressure on, existing spaces is relaxed.

For this reason the City should be very thankful that the Y.M.C.A. College of Physical Education has provided a considerable number of playing fields of all kinds at Saidapet just outside the City boundary. Already large numbers of youths have been able to indulge in organised games in the College grounds.

[Reprinted from "The Madras Mail" Sports Supplement, Jan. 16, 1933.]

#### SPORTSMAN'S PRAYER

Dear Lord, in the battle that goes on through life,  
I ask but a field that is fair,  
A chance that is equal with all in the strife,  
The courage to do and to dare:  
And if I should win, let it be by the code.  
With my faith and my honour held high;  
And if I should lose, let me stand by the road,  
And cheer as the winners go by.  
Lord, teach me to conquer, if conquer I can,  
Having shown my worth in the fray;  
But if I should lose, let me lose like a man  
And not like a coward, I pray.  
Let me say "There they ride" on whom honour's  
bestowed  
Since they played the game better than I;  
Let me stand, with a smile, by the side of the road,  
And cheer as the winners go by.

## Boxing in South India

### PLEA FOR INTER-COLLEGE MATCHES

By

C. V. NAGARAJA SASTRI.

Boxing is a sport of classical origin. Not only did the Greeks and the Romans know about it but also the ancient Hindus. The sport, as we now know it, was developed mainly in England, particularly during the last century. The prevailing opinion is that it is a brutal sport. So it was, till slowly and slowly the rules and the regulations made it just as much brutal as a quarter mile race. That it is a manly sport none can dispute.

The history of boxing in Madras can only be traced up to the advent of the East India Company. As soon as the Company started maintaining an army the sport began to exist and it is mainly due to its influence that Madras was able to know anything about it. The organised regimental tournaments, with the rings in the open, made the local populace follow it. There are reports of instances where chokras were used as sparring partners, and in the course of time they became proficient enough successfully to contest some informal bouts. The officers of the Police Force, recruited from the army also introduced the sport in the force. The Port Staff Club has done a lot to encourage boxing in recent years and of course one can see the influence of Police officers in this. The Club has a stadium where contests are staged—that is saying a lot. The sport was also developed in the Railway Institute and generally speaking the Eurasians (I prefer this word since it refers to two large continents) always eagerly took to it.

#### WOMEN CANNOT BOX

While tracing the history of boxing in Madras it is quite impossible to omit mentioning Gentleman Gunboat Jack. He has done a lot to keep the interest in boxing alive through the many tournaments he has organised. No doubt he developed the professional aspect of it. It is indeed a pity that he encouraged women to box!! They cannot box since they are inclined to lose their tempers and go for tearing the hair and eyes out. But perhaps Mr. Jack thought that the gloves would make such an occurrence impossible. In recent years the Secretary of State for Home Affairs in England stopped a bout between two women who were billed to fight. But in Madras it is a pity that this method is not resorted to.

#### DIFFICULT TO CLASSIFY

It is rather difficult to classify the boxing in Madras as either amateur or professional. It is highly probable that there has been very little strict

amateur boxing, except in recent years, in the colleges. Even many of the army and police boxers accept money prizes. Let us divert for example and take the annual park fair sports where even school boys accept money prizes. This is against the strict amateur rules. Similarly some boxers when they accept money prizes should lose their amateur status. I have come across a college boxer who had boxed in the Gunboat Jack's ring and accepted a money prize. Before the war the circus troupes like those of Sandow and Ramamurthi had a set of boxers who threw out challenges to the audience to come and fight their men. Though they go down in the history of boxing in Madras, they developed the professional aspect of it by offering money prizes. According to strict rules in all athletics, even pot-hunting is professionalism since only laurels should be hunted. It must also be admitted that the art for art's sake and sport for sport's sake theory may be carried too far, and we frequently come across reports of prominent amateurs losing their status for this or for that.

In recent years, throughout the world, professional boxing has developed the cramp of insincerity. Hitting with open gloves and prolonging a fight by fooling are factors much in evidence. Hence it is that amateurs are necessary for steadying the sport and keeping it clean. The boxing tournaments held in the grounds of some of the local clubs every week are purely and simply money-making propositions. They should not even be considered as developing the best in the sport.

#### WORK OF THE Y. M. C. A.

The Y.M.C.A. has done a lot in encouraging amateur boxing and Mr. Buck has been personally interested in it. Without the personal touch nothing could be achieved here. It is indeed a great pleasure to learn that the Y.M.C.A. College of Physical Education is to be opened by His Excellency Sir George Frederick Stanley, the Governor of Madras, who was no mean boxer in his day, and is a great patron and enthusiast of the sport in Madras. There is no doubt that the new institution will develop boxing and make for the organisation of an Amateur Boxing Association on the lines of the English A.B.A. There is a lot to be done to encourage the sport in the schools and colleges. Through the initiative of Mr. R. M. Statham, C.I.E., a boxing club was opened in August 1930 in the Presidency College and a tournament was arranged between that college and the Engineering College in December of the same year. The presence of H. E. Sir George Frederick Stanley had a magnetic influence on the boys who, in spite of being new to the sport and quite unused to boxing in public, put up a wonderful show. The Engineering College won the tournament. The experiment succeeded and the Secretaries of the respective clubs who were themselves student-boxers are to be congratulated. The next year Mr. Fyson took a keen interest in the tournament and again our boxing-Governor was present. The show was a marked success and it was pleasing to hear from the connoisseur of the sport that the boys had improved since the previous year. A new event was in-

roduced in which a Presidency boy fought a Loyola representative. There was a criticism that the boys were not hitting hard enough. But the fact is that the eight ounce heavy gloves were unable to hurt much. These gloves were purposely given especially in regard to the fact that the sport is new, and there should be no discouragement.

If the sport is to be popularised it should be taken up by all the colleges, and as His Excellency remarked it would indeed be fine to see an inter-collegiate boxing tournament in Madras. I do not know why the boxing tournament between the Presidency and Engineering Colleges was not held in December 1932. It seems such a pity to leave gaps since it is terribly difficult to repair them. I do hope that the new Y. M. C. A. College will step in and take up the conduct of a boxing tournament on the lines of the schools, colleges, cadets and hospitals tournament of the Stadium Club, Holborn, London. The heads of colleges and schools are slow to encourage this sport.

#### A TEAM GAME

Boxing is both a team game as well as an individualistic one. As a member of the team the boxer has to be enthusiastic whereas in the ring he has to shoulder all the responsibility alone. It is perhaps possible to rectify small faults in other games, but in boxing they are the Nemesis. The boxer is taught to take physical discomfort, anything from a bleeding noses to a sweet dream, smilingly. It teaches the control of the temper and minimises the number of bullies in educational institutions. It not only creates a sense of sportsmanship par excellence, but also keeps one agile and fit.

Its charm lies in the training one has to undergo before the bouts. It is devised to improve not only the muscles, but also quickness, agility, and energy. Every muscle is exercised. No boxer can go into the ring untrained and last more than three three-minute rounds. Training might be an important factor in other sports, but it is specially emphasised in boxing.

[Reprinted from "The Madras Mail" Sport Supplement, Jan. 16, 1933.]

### A Valuable Innovation

By

M. K. CHANDRASEKHARA IYER,

Jammalamadugu International Fellowship.

Under the auspices of the international fellowship Jammalamadugu a rural reconstruction camp was arranged at Moragudi (a village 1½ miles from Jammalamadugu) from 29th September to 4th October 1932.

Rev. D. Scopes the Convener for the Sub-Committee on Rural Reconstruction planned the whole scheme. The boy scouts of the Community School, Cuddappah and the C. M. B. M. School, Jammalamadugu were active through out.

The boy scouts swept and cleaned the streets and lanes. A bore-hole latrine was put up and a road was also laid for over a furlong connecting the Taluk Board with the village. Materials for another latrine were collected. Some influential men of the place have agreed to put up a latrine with these materials.

Every evening and night short dialogues and scenes on Hygiene, Cleanliness and some diseases were enacted. A scene from "Pranasamrakshani" on the evils of drink enacted by the C. M. B. M. boy scouts was very much appreciated.

Mr. Sarma of the District Co-operative Federation gave a very interesting magic lantern lecture on Rural Reconstruction and Co-operation. There was also a kalakshepam by Mr. Devadas on Health and Sanitation. It was just like a Harikatha kalakshepam and it had a good educative value.

The London Mission staff took an active part and the doctors of the London Mission Hospital attended to many patients who approached them for consultation. For some, medicines and treatment were given at the camp and for others prescriptions were given to be taken to the hospital.

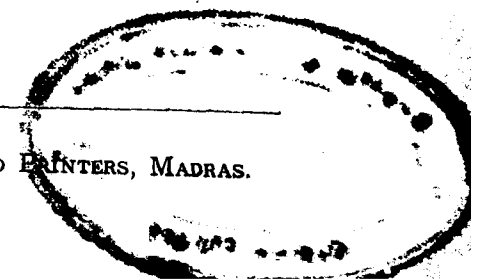
Miss F. Noble, the Joint Secretary of the Fellowship, went about advising the women on the need for cleanliness, domestic economy and prevention of diseases, etc. Mr. M. K. Chandrasekhara Iyer, the Joint Secretary of the Fellowship appealed to the people for the abolition of the untouchability and urged the caste Hindus to try their utmost to uplift the Harijanas. There were various other lectures by Mr. Scopes, Mr. Babu Rao, Dr. Isiak Peter and others.

The local Health Inspector Mr. Krishnamoorthy, who is a member of the Sub-Committee on Rural Reconstruction rendered active co-operation through out.

It is a pity that one evening's programme was not gone through on account of rain. The co-operation of the influential gentlemen of Jammalamadugu could not be had on account of the excitement prevailing due to the elections to the Local Board. The Rural Reconstruction Sub-Committee of the International Fellowship, Jammalamadugu thanks all those who co-operated with them in making the Rural Reconstruction Camp at Moragudi a success.

EDITED BY

H. C. BUCK, AND PRINTED BY THE G. S. PRESS, LINO PRINTERS, MADRAS.



## Old Boys' Association of the Y. M. C. A. College of Physical Education, Saidapet

We are sure this issue of *Vyayam* will bring glad news to all the Old Boys of this College. The valuable and faithful work which Mr. Buck has been doing for the cause of Physical Education in this country has been given recognition to by this Majesty's Government by the award of the Kaiser-ind medal. We are sure the old boys will join us in offering him our warmest and heartiest congratulations.

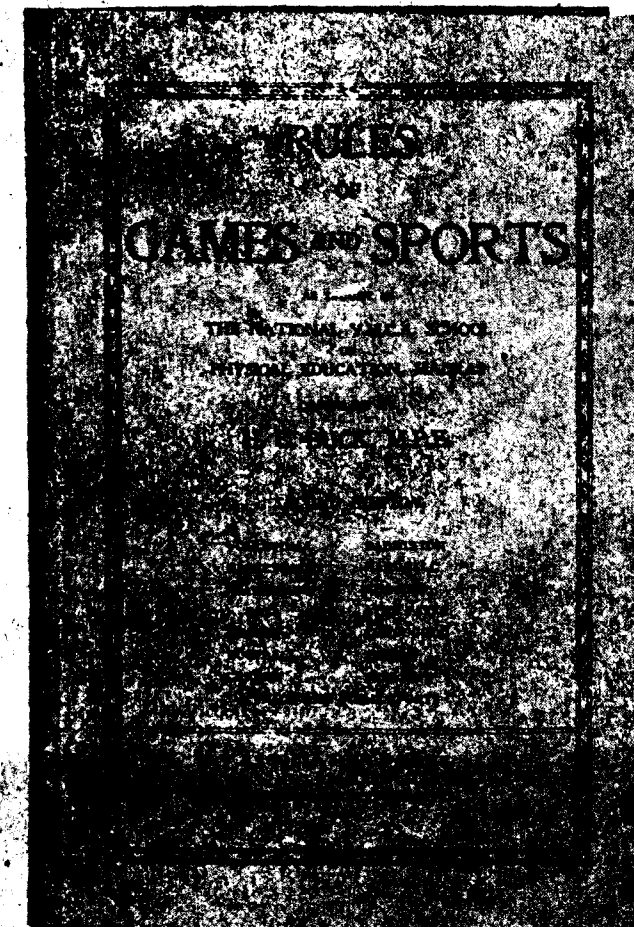
Jan. 17th was a great day for the College. On that day, the corner stone laying ceremony of the new administration buildings was performed by His Excellency the Governor of Madras in the presence of a distinguished gathering, an account of which will be found elsewhere. The old boys must be happy to hear of the progress the College is making towards providing adequate facilities for the training of its future students. The building is now under construction and we hope that we may have the classes, office, and laboratory in the "Massey Hall" from next year.

With this issue of *Vyayam* goes the fourth, perhaps our last appeal to the old boys to contribute something towards the proposed permanent structure to be put up by the old boys. The response so far has not been very encouraging. Our ambition was to raise Rs. 1,000. Of the 200 or more of the old boys only 31 have come forward with their contributions and the amount raised to-date is Rs. 229. May we urge you to do your part to make this project a success.

We thankfully acknowledge the following contributions.

|                       |       |                         |      |
|-----------------------|-------|-------------------------|------|
| 1. Henry Lall         | .. 25 | 17. S. Lakshminarayanan | .. 4 |
| 2. Prof. Jagan Nath   | .. 25 | 18. J. K. Neogi         | .. 5 |
| 3. G. F. Andrews      | .. 10 | 19. K. Sankerlingam     | .. 3 |
| 4. M. Singha          | .. 10 | 20. P. R. Subramaniam   | .. 1 |
| 5. S. C. Sen          | .. 10 | 21. K. V. S. Sharama    | .. 1 |
| 6. K. R. Dube         | .. 7  | 22. Taj. Ahmed Khan     | .. 4 |
| 7. C. Sathyanandam    | .. 5  | 23. M. A. Varughese     | .. 3 |
| 8. Alfred Motiram     | .. 5  | 24. A. G. Kanakaraj     | .. 5 |
| 9. B. M. David        | .. 5  | 25. K. Narasimhachar    | .. 5 |
| 10. S. Raju           | .. 5  | 26. E. S. Arumugam      | .. 4 |
| 11. S. R. Thyagarajan | .. 5  | 27. P. A. Devassy       | .. 5 |
| 12. P. Ganguli        | .. 4  | 28. Harbail Singh       | .. 5 |
| 13. C. C. Abraham     | .. 25 | 29. P. N. Chakravarthy  | .. 5 |
| 14. N. K. Mia         | .. 15 | 30. K. I. Ipathu        | .. 5 |
| 15. M. A. Mallick     | .. 10 | 31. Subrama Chetty      | .. 5 |
| 16. Aziz Khan         | .. 3  |                         |      |

Sincerely yours,  
C. C. ABRAHAM,  
C. A. ABRAHAM,  
Secretaries.



Second Edition  
Paper Re. 1 With Sixteen Illustrations Pages: 186

## RULES OF GAMES AND SPORTS

AS TAUGHT IN THE NATIONAL  
Y. M. C. A. COLLEGE OF PHYSICAL EDUCATION, MADRAS.

COMPILED BY H. C. BUCK, M. P. E.

CONTENTS: Volleyball, Basketball, Playground Ball, Hockey, Football, Cricket, Badminton, Handball, Kho-Kho, Atya Patya, Chedgudu, Tennis, Teni-Koit, Track and Field Sports.

HANDBOOK OF PHYSICAL ACTIVITIES FOR INDIAN SCHOOLS. By A. C. Noehren, M.D. Revised and enlarged, containing detailed instructions regarding modern technique of conducting Tournaments and Sports Meets, and suggested plans for athletic administration, by H. C. Buck, M.P.E. Profusely Illustrated on Art Paper. Re. 1-2.

ASSOCIATION PRESS, 5, Russell Street, CALCUTTA.

Sole Agents for the Student Christian Movement, London.



MY 10/24/1928  
N 33