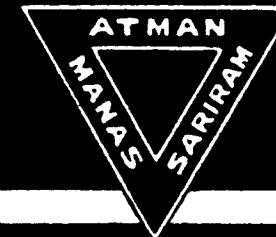


# VYAYAM

*A Quarterly Journal of Physical Education.*



303



MAY 1936

A Municipal Playground Programme

A High School Physical Education Programme—Mangalore

Physical Education in a Punjab College

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## AN APPRECIATION BY C. G. MACARTNEY

"Governor General" of Cricket.

*Madras, 5/2/36.*  
 Messrs. Sharmar & Co.,  
 Madras.  
 Dear Sirs,  
 I was delighted to visit  
 your premises this morning, & to  
 see the goods which you are  
 manufacturing for the sports trade.  
 The quality was first class, & I  
 can recommend them to any  
 players requiring first class  
 material.  
 With all good wishes, &  
 many thanks for your kindness,  
 Yours sincerely,  
 C. G. Macartney.

**SHARMAN & CO.**

**SPORTS SPECIALISTS,**  
**Mount Road, Madras.**

**Phone: 3544.**

**Branch: Coimbatore.**

## VYAYAM

ISSUED FEBRUARY, MAY, AUGUST AND NOVEMBER

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 NEWS AND NOTES.

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## Editorial

With this issue of Vyayam our College year comes to a close. Although there is much upon which to comment in College affairs and in developments throughout India we gladly give our editorial space to our students past and present. We may in fact call this An Old Boys' Number, and with a great deal of satisfaction we share with our readers the trials and the triumphs of our Old Boys and the fruitful experiences of the 1935-36 student group. When in such widely separated areas we find the message of the more abundant life being expressed in their own way—to meet their own peculiar situation—we realize anew that the lamps lighted during our Old Boys Ceremony are kept burning. So all over the Indian Empire we picture Old Boys sharing and serving, and to each one of them we send greetings from the Staff and from the students of 1935-36.

## A Modern Analysis of Physical Education

(Reprint from the 'George Williams College Bulletin'.)

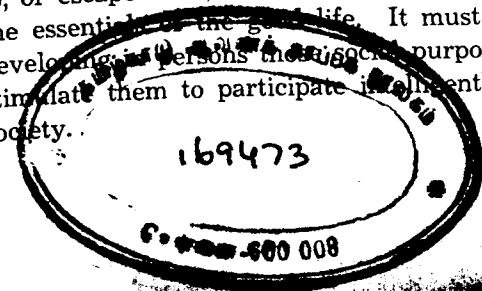
The possibilities of physical education in the current social setting are unprecedented in their dimensions. If we accept the conventional definition of physical education, as a use of physical activities as an avenue or a means for developing the whole person, the emerging opportunity and objectives are commensurate with the deep and varied needs of persons in contemporary social life.

First, there seems to be greater, not less opportunity to contribute to the physical well being and health needs of persons.

Second, with the centre of gravity of our society shifted from a culture of labour to a culture of potential leisure there is a compelling urgency for equipping the present and the future generations with the interests, appreciations, and abilities which will enable them to use leisure in ways that are personally satisfying and enriching and socially constructive.

Third, with the terrific strain on the personality of individuals growing out of the insecurity and uncertainty which engulf them, the contribution of physical education to the satisfaction of basic personality and mental hygiene needs stands as a conspicuous though largely unexplored field of potential opportunity.

Fourth, but physical education must do more than help persons adjust to, or escape from, a socio-economic environment that denies them many of the essentials of the good life. It must take its share of responsibility for developing in persons the right purposes, attitudes, and habits which will stimulate them to participate intelligently in the essential readjustments of society.



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The training of the professional physical educator should move along five broad lines. These are not coordinate aspects of his equipment and vary considerably in the amount of preparation they require.

1. A philosophy of the task of physical education consonant with the knowledge and the needs of contemporary society.
2. An understanding of persons and how they grow, based on insights and knowledge contributed by physiology, psychology and mental hygiene, educational psychology, and sociology.
3. Understanding and skill in the program and curriculum of physical education viewed from the standpoints of the teacher and the supervisor.
4. Insight concerning community forces and skill in community co-operation and organization.
5. Some insight and skill in the administrative aspects of physical education.

Obviously this task of preparing modern physical educators calls for a well equipped and diversified faculty. The physiologist, the psychologist, the health educator, the physician, the sociologist and other social scientists, the educator, and specialists in physical and recreational activities—all compose the faculty of physical education.

H. S. D.

## Physical Education Programme in Ganapathy High School, Mangalore

By

A. SURENDRANATH, B.A.

To start with, my central emphasis was put on the proper control of the work. As in former years, all the 500 boys are not reporting now at a time. Now a group of 60 to 70 are reporting in the morning, and another of equal number in the evening. For some days there was a fear and doubt in the minds of the teachers, parents and boys as to the launching of such a scheme for activities, the teachers especially being diffident for fear of losing the strength of the school, etc. I myself had to come from a mile distant not on a bicycle (as I have none) but walking in the rain. How then could I ask the boys to come? A study of the nearness of the residences and the eagerness of the boys to come in the morning was made by me with the full co-operation of my colleagues. As a result we found that nearly half the number of students in each class were prepared to come in the morning. As there are about 35 students in each of 2 divisions of a class I have grouped I and II Form morning students into one, i.e., 17 from each class would result in  $17 \times 4 = 68$  to 70 students for each period. The remaining students of the same

classes almost equal in number report in the evening. The drill master and myself are taking up the classes. One such group is required to report twice a week for required physical activities, and twice a week for required optional ones. Due to these heavy rains nothing is left to choose for the optional or required periods. It happens like this. If it rains just before the class begins, the number present is very little and no activity could be conducted in the rain. But when it rains during the activities we sometimes have the activities in our School Hall which measures 70' x 30' x 15' (15ft. at the lowest height). The attendance for required activities both in the morning and in the evening is good.

These morning and evening classes are organised for I Form to VI form. The IV and V classes have these required periods 3 times a week only in the evenings between 3-30 to 4-15. On all the days the game like cricket is played with a teacher in charge (not always supervising) of materials—not so much of students—very pitiable—visit it? Yes these things have to be changed. I find all is not so easily changeable. Few times easy, many times difficult. But in spite of it things that are wrong and detrimental have to be changed. Our Teachers' Association which is affiliated to the District Teachers' Guild is thinking of tackling such questions of educational importance. I have formed only yesterday a group in it for Physical activities subject. I am trying through this organ to raise the level of physical education in line with general educational trends, e.g., co-ordinating the work of one class with that of the others, standard of subjects or activities taught, their effects on pupils' mind, study, habits, health and on home affairs, syllabus, making better methods and men for teaching, health examinations, supervision, etc.

Meanwhile our Junior Cricket Matches for practice have begun. The other 489 boys and girls on the other hand are actively engaged in playing Cricket, Hockey, Basket-ball and Ring Tennis during this term both for required and optional periods, and in Intermediate and group competitions.

Now the morning and evening students are recently divided into 6 groups on height, weight and age basis. I have tried the grouping on their class basis for 2 months, and trying the grouping on efficiency basis in major games. A more thorough test on efficiency combined with or compared to the physical index basis will have to be tried after the monsoon.

The pupils of the kindergarten are now having 2 periods daily of 25 minutes each, one between 12 to 12-30 p.m. and another between 3-45—4.15 p.m., as against 1 period of 45 minutes daily of the past. The teachers in charge are fully co-operating and are well informed and taught the activities. I myself am going over there 2 times a week. Again the activities of Juniors in I to III Form boys is entrusted to one other colleague. He supervises as well as conducts the games. These teachers in charge volunteered to help when I approached them, and so this work is done not because of any compulsion from any higher authorities. Above all the Headmaster is himself a man after exploration, invention, changes for the better, and pioneering.

My Colleagues to whom I have entrusted the activities of the kindergarten, primary classes and Junior classes are trained teachers, sometime games secretaries, etc. Their interest has been roused never to go to sleep.

Meanwhile a games room about the size of a classroom has been assigned for stocking games materials and to be used as our dressing room—a sort of a locker-room with benches on all the 3 sides of it. It more than satisfies our immediate needs. Much needs be done to improve and equip it. It shall be done—on steady lines, though slow.

Our playground is being levelled. A small track of 200 yards with 2 jumping and a small Junior combined Hockey and Football field is to be marked on it, without restricting other post-monsoon activities like Basketball, Volley-ball, Badminton, Gymnastics, Ring Tennis and other games of low organisation. At present Cricket is wholly played by all students on the Maidan ¼ mile away as in former years, for want of sufficient grounds for the same in the school compound.

Intramurals in Cricket and Hockey for Sub-Juniors, Juniors, Seniors and open class are organised by the Intramural department of our school Games Association. The Intramural committee is executive in this respect, organising and conducting Intramural activities.

## Community Service through Bombay Municipal Public Playgrounds

By O. MOHAN SUNDERAM, B.A.

### Summary :

1. What is Modern Physical Education?
2. General Survey of the conditions in Bombay.
3. History, Location and the Equipment of the Playgrounds.
4. Types of play and activities.
5. Organization of activities and training in Leadership.
6. Programme of activities during the Monsoon Season.
7. Summary of the programme of the year.
8. A typical example of a day's programme of activities.
9. The other phases of community service.
10. The outstanding values of public playgrounds.
11. A plan of a Bombay playground.

### 1. WHAT IS MODERN PHYSICAL EDUCATION?

As an eminent psychologist analyses, the child is but a bundle of instincts. The play instinct in children is inherent, and any normal and healthy child in the world has the urge for play. It is therefore nothing short of a crime to prevent a child from playing, or not to give opportunities for the child to play. Attractive playgrounds of the type we have in the City of Bombay, need no special pleading, no laborious educational propaganda, no clash with orthodox public opinion to make them popular. A well organised

and supervised playground minimises many social evils and the fighting instinct of children is socialised. The child which later develops tuberculosis, defective posture, vicious or immoral tendencies is usually the child which has missed the priceless values of a vigorous, recreative, health-giving play life.

In short, Physical Education is nothing but wholesome education of the whole child, through physical activities and play. "We aim at harmonious functioning of the various faculties of the child, so that the child may be physically fit, mentally alert, socially amicable and morally stable." The modern physical education is no longer associated with mere exercise, and the drilling of the muscles, but aims at organic vigour or vitality; the neuromuscular co-ordination and the safety-skills; the proper attitudes and conduct; and lastly but not less important, the correct health habits. In other words, we aim at developing 'Physical Literacy' and creating 'Physical Consciousness.'

It is an admitted fact as proved by reliable statistics that the average span of human life in India, without taking into concern the heavy infantile mortality is appallingly far below that of most other countries in the world. The general health of our student population in Bombay, as revealed by recent medical investigations and reports, is simply deplorable. The reasons for this are many and varied, but the outstanding ones are undoubtedly the poverty, malnutrition, low vitality and low resistance, combined with the absence of play-life and lack of knowledge of abundant wholesome living. So it is evident that Physical and Health Education has a great part to play in the national rejuvenation, and in the improvement of the general health and life in India.

## 2. GENERAL SURVEY OF THE CONDITIONS IN BOMBAY

It will not be out of place, if I attempt to pen here a superficial survey of the various conditions that prevail in the city of Bombay, which either encourages or hampers, and which is conducive to the spread of modern physical education or retards the progress of it. It is a matter of common knowledge that Bombay is one of the most crowded cities of the world, congested beyond imagination at certain places, and most inadequately provided with open spaces in the congested areas. The area of the city is much less than that of Madras City, and the population is more than double. We find most of the Elementary and Primary Schools housed in the 1st and 2nd flats of tall buildings, with hardly any facility for games or physical activity. In the schools and colleges there is no compulsory Physical Education or 'Play for all' programmes. The institutions that fortunately have some facilities for these outdoor games, use them for coaching and training a small group of students which might form the representative team of the institutions to play in the Inter-School or Inter-Collegiate competitions. As cricket is the one game that is most popular in Bombay, it is encouraged even at the cost of others. And because of the specialization, and the training of the repre-

sentative teams, the majority of the students who really need to play are completely neglected. Though all the students in the institutions are taxed Gymkhana or Athletic fees, yet the privileges are almost entirely confined to the top-notchers of the representative teams. And for the Annual Sports, money is lavishly spent on costly trophies, medals and Tea, though very little is spent on the actual facilities for Sports and Athletic practice. If the finances of the department of Physical Education of these institutions is wisely administered, it would be possible to have "Play for all" programme for the entire student body.

Even amongst the non-student population Cricket seems to be the most popular game. The big clubs or the Gymkhanas which have restricted membership are most unfortunately confined to particular communities, thus killing the very vital of true sports. The same communal virus seems to infect most of the commercialised Gymnasiums or Physical Culture Institutions, and organisations which promote Military Drill and Training, Lathi Swinging, wrestling and Boxing, Lazim Drill, etc. Even the swimming baths are run on a communal basis. There are a large number of Athletic Clubs attached to firms and offices whose only activity is Cricket and that too only during the week-ends.

There are a large number of Social Welfare organisations in the city which are directly carrying on play-programme and other welfare work, as the popular Nagpada Neighbourhood House, and there are other institutions, as the Y.M.C.A., which in addition to their own activities undertake to supervise and direct welfare and play centres, financed by the Municipality, Port Trust, Railways, etc. The outstanding and the most prominent of these play centres are the three Y.M.C.A. Municipal Public Playgrounds. To even a casual observer, some of the benefits of these free public playgrounds are quite apparent. Every day more than 1,500 children visit these three playgrounds and enjoy the happy play life. During the playground hours, the whole atmosphere is simply vibrating with active life. To a more intimate observer who has seen a large number of boys literally brought up in the playground atmosphere, it will be easy to see the difference between the boys who had play life from their childhood, and those who missed it entirely. The former will be physically well-built, more lively in spirit, happy in temperament, social and amicable while the latter will be different in every respect. In the playgrounds we see a joyous community happy in one another's society. For any country such playgrounds are a national investment for building the youths who are the future citizens of the country.

## 3. HISTORY, LOCATION AND THE EQUIPMENT OF THE BOMBAY PLAYGROUNDS

In pursuance of a resolution which was passed at the All-India Social Workers' Conference urging all the Municipalities in India to equip and maintain two experimental play-centres for directed play, the Bombay Muni-

pality in the year 1924 and later after a year, sanctioned the cost and maintenance of three public playgrounds. The beginning had been most satisfactory, but even after 10 years, after seeing the vital necessity of these play-centres, and the usefulness of the already established playgrounds, no progress had been made. The Y. M. C. A. willingly accepted the responsibility as a challenge to greater service in the cause of Physical Education of the young people of the city. The whole of the equipment that was needed for the playgrounds was manufactured by the Bombay Municipal Workshop, erected and handed over to Y. M. C. A. It might be of interest to know that the entire initial cost of equipping each of the playgrounds was only Rs. 6,000, and it might be possible to get it done much cheaper through private contracts. Recurring grant for the maintenance of the equipment and the grounds, and for the supervising staff is provided for in the annual municipal budget.

These public playgrounds are situated in the most crowded parts of the city and they more or less form the three corners of an equilateral triangle. In the heart of congested areas, these open play-centres serve the purpose of 'lungs', so much so, hundreds of boys and girls, young and old, throng these public playgrounds during play hours. The Mustan Shah Bagh, and Willingdon Memorial Playgrounds are situated in localities, predominantly populated by Mohammedans mostly of the labour class. The Gilder Tank Playground serves a cosmopolitan group of all castes and communities, poor and rich, educated and illiterate, and youngmen of different vocations.

All the playgrounds are equipped alike, as well as provided with other facilities, so that there is similarity in the nature of programme of activities in all the three playgrounds.

The Children's Gymnasium is well-equipped with twelve sets of Swings for boys, and three for girls, twelve See-Saws, all of which are used throughout the play hours. The Giant Stride or the Merry-go-Round, and the Boat-swing or the Ocean-wave are always popular amongst the boys and girls, both young and old. The Sliding-chute continuously attracts streams of children ever flowing down it. In addition to these, there are the Sliding-rods, Climbing ladder, Low bars, and Low pair of rings for children.

Nor are the young-men and adults neglected. For vigorous muscular exercise and gymnastics, there is a variety of apparatus which includes the Parallel Bar, Horizontal Bar, High Rings, Trapeze, Horse and Buck, and the Horizontal Ladder.

All these pieces of gymnastic apparatus are all erected on the side of the playgrounds, so that the ground that is left in the middle is marked for the playing of various organised games, small area, major games as Volley-ball, Basket-ball, Playground-ball, the indigenous games of the type of Uth-u-thu, Atya-patya and Kho-kho, Nargolia or the game of seven stones, and for the practice of various athletic events such as Shot-put, High Jump, Long Jump, Pole-vault and Sprinting.

#### 4. TYPES OF PLAY AND ACTIVITIES

These can be roughly divided into three groups:—

(a) **Unorganised or Self-directed Activities** are of the type of play that is enjoyed on the Swings, See-Saws, Sliding-chute, Gliding Rod, etc., by children mostly of young years. This type of play requires no teaching, but only regulating and disciplining, so that even the shy and backward boy may get a chance to play, and the bullying be avoided.

(b) **Semi-organised or Semi-directed Activities** such as Gymnastics on Parallel Bars, Horizontal Bar, Rings, etc., and Sports practice such as Shot-put, High Jump, Long Jump, Pole-vault and Sprinting need but occasional guidance and help. The Supervisor is required to give attention to this type of play, but the older boys and young-men do a great deal independent of his help.

(c) **Organised and Directed Activities** include the indigenous games such as Uth-u-thu, Kho-kho, Nargolia, etc., which are mostly played during the monsoon months, and the highly specialised organised games as Volley-ball, Basket-ball, Playground Base-ball, etc., are played during the year in their particular seasons. The Supervisor gives most of his time to training the boys in the above games.

#### 5. ORGANISATION OF ACTIVITIES AND THE TRAINING IN LEADERSHIP

For carrying out a variety of activities at the same time, it is absolutely necessary that the Supervisor should have the help of volunteers and junior leaders. For this purpose suitable boys are chosen from amongst the boys themselves who have good ideals, and who are willing to help the backward boys, and they are given the necessary training and coaching from time to time so that they may lead the boys not only in the games, but also in the highest ideals of sportsmanship.

The semi-organized activities need just a look up now and then by the Supervisor but the organised activities need someone to umpire and control the game. In the absence of assistance through paid part-time workers, the Supervisor has entirely to depend upon the voluntary help. As has been stated, the maximum use of the playgrounds cannot be made, and its best values realised when the Director's chief activity is only to act as umpire of one or two Volley-ball and Basket-ball games each evening. If the larger use is to be achieved, the Supervisor must have assistance, and be free to move about, set up the maximum number of organised activities, provide leadership for each unit, and smooth out the kind of difficulties which are bound to arise in playground situations.

With the aid of voluntary leaders from outside the playground, it might be possible to carry on some activities. During the last year a Playground

Night School was conducted for the under-privileged boys with the help of a few enthusiastic student social workers. With the co-operation of some ladies, it is now possible to carry on a games programme for the girls twice a week at Gilder Tank Playground.

In addition to the leadership, it is quite essential to have some kind of classification of the children and boys for the different activities.

The following is the classification followed at the Bombay playgrounds :

**Seniors.** Over 17 years, over 100 lbs. and over 5' 3".

**Intermediates.** Below 17 years, below 100 lbs. and below 5' 3".

**Juniors.** Below 15 years, below 90 lbs., and below 5'.

**Midgets.** The smaller children that cannot fit into any organised activity but who want free play in the various apparatus.

#### 6. PROGRAMME OF ACTIVITIES DURING THE MONSOON MONTHS (JUNE—SEPT.)

The monsoon programme is considerably hampered due to the lack of sheltered space available in the playgrounds. But yet things are not allowed to slacken as regards the programme. Some activity or the other is carried on in order to keep up the interest of the participants.

At the beginning of the season, Basket-ball is most enthusiastically played even in the mud and the rain, and the boys are instructed as to how they could prevent chills and colds, by taking the necessary precautions. When the games of the type of Volley-ball and Basket-ball are not possible during the heavy rains, then the boys are interested in playing the indigenous games like Uth-u-thu, Atya-patya, Nargolia, etc. Side by side with these, Tournaments in In-door Games are held, followed by the Inter-Playground contest.

The latter part of the season is mainly devoted to coaching athletes for the Inter-Playground Sports Meet. In addition to these, efficiency tests, individual as well as team, are conducted in various events as Standing High and Long Jumps, Running High and Long Jumps, Shot-put and Pole-vault, Basket-ball Free-throw, Pull-ups and Dips on the apparatus.

#### 7. SUMMARY OF THE PROGRAMME OF THE YEAR

There are about seven Tournaments conducted during the year in the various out-door games at the different playgrounds and for the different classification groups. In addition to these, tournaments in in-door games, and Inter-Playground Sports Meet are conducted, and teams from the playgrounds take part in the other tournaments in the city and Olympic competitions and games.

**June—Aug.** Monsoon Season—Efficiency tests—In-door Games Tournaments.

**October.** Inter-Playground Sports Meet.

**Nov.—Dec.** Inter-playground Volley-ball League.

**Dec.—Feb.** Basket-ball Tournaments for Juniors, Intermediates and Seniors.

**March—April.** Volley-ball Tournaments.

**May.** Playground Base-ball Tournament.

#### 8. A TYPICAL EXAMPLE OF A DAY'S PROGRAMME OF ACTIVITIES CONDUCTED AT GILDER TANK PLAYGROUND.

##### Volley-ball Season for Seniors (March & April)

| Time.                       | Group.                           | Activities.                                     | Approximate Number. |
|-----------------------------|----------------------------------|-------------------------------------------------|---------------------|
| Morning.                    |                                  |                                                 |                     |
| 8—8-30                      | Juniors.                         | Volley-ball                                     | 12                  |
|                             | Mixed group                      | Basket-ball                                     | 8                   |
|                             |                                  | Shooting practice                               |                     |
| 8-30—9-45                   | Mixed group                      | Volley-ball                                     | 18                  |
|                             | Juniors                          | Basket-ball                                     | 16                  |
| Evening.                    |                                  |                                                 |                     |
| 4—5                         | Mixed group                      | In-door Games                                   |                     |
| 5—5-30                      | Mixed group                      | Volley-ball Net Practice & Basket-ball shooting | 15                  |
| 5-30—7                      | Seniors                          | Volley-ball—Court I                             | 20                  |
| 5-30—6-30                   | Intermediates & Senior Beginners | Volley-ball—Court II                            | 16                  |
|                             | Seniors                          | Basket-ball—4 Teams changing every 10 mts.      | 30                  |
| 6-30—7                      | Intermediates & Senior Beginners | Basket-ball                                     | 14                  |
|                             | Juniors                          | Volley-ball                                     | 12                  |
|                             | Juniors                          | Uth-uthu                                        | 10                  |
| 4—7                         | Interested Boys                  | Sports Practice—Pole Vault, High Jump, etc.     | 20                  |
| Fridays & Mondays.          |                                  |                                                 |                     |
| 5-30—6-30                   | Girls in two groups.             | Group games                                     | 15                  |
| Under leadership of Ladies. |                                  |                                                 |                     |

#### 9. THE OTHER PHASES OF COMMUNITY SERVICE

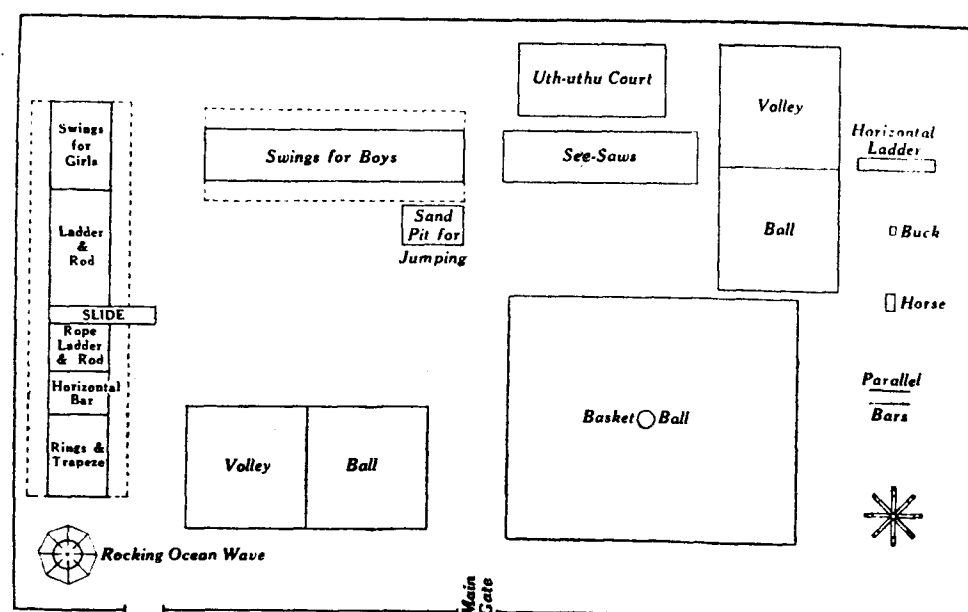
If one of the aims of Modern Physical Education is to develop character and good citizenship in the boys that take part in the games every day, the Director of the playground must study the boys closely, as well as maintain records of the individuals with regard to their home, habits, environments, friends, school and other details. In the games and other activities, the boy acts his thoughts, and bad qualities as selfishness, bullying, etc., could easily

be spotted out and corrected. Also unhygienic habits, (to say just one, spitting in the play court) could be corrected at once, and boys could be taught how they could be more clean and hygienic.

The Director should make himself one amongst the boys, in other words he should literally try to live amidst them, so that they will share their thoughts, emotions and feelings, and will not feel reserved to bring forward to the Director any of their personal and home problems. The Director should be a friend and a guide and a help and should always show genuine interest, sympathy and understanding. In many other ways, he can endear himself to the community in which he lives and works, by visiting the sick children in their homes, by writing letters, applications, petitions, etc., for the illiterate and uneducated people, by personally rendering First Aid to the injured, by giving advice on personal and private matters, health and diet, and in every other way seeking to serve the community in which he lives.

Through the medium of the playground activities, certain extension enterprises were attempted such as Night School for the under-privileged, Scouting, etc. Occasional outings or excursions to places of interest are arranged by interested groups of boys, and the Director has to give due encouragement to these. Through the help of some educated lady workers, it is possible now at Gilder Tank Playground to conduct games for girls also,

PLAN OF GILDER TANK PLAYGROUND, BOMBAY 1" = 20ft.



twice a week. During the monsoon season, it is hoped that the same group of leaders will initiate the girls in embroidery and other handicrafts.

#### 10. SOME OF THE OUTSTANDING VALUES OF OUR PUBLIC PLAYGROUNDS

The playgrounds offer open air, recreation and exercise. The supervised and organised games open opportunities for character building. We bring into one common fold boys and children belonging to different castes, communities, and religions, of different social status and of different vocations, and endeavour to make them live like one happy human family. When we see these future citizens in such cordial fellowship, we feel that the play life is the one field that would bring on the much desired national solidarity. Further in team games, the participants have to sink their individuality or rather blend it with others for the common goal of winning the game for the team, and it is this quality of team-work and co-operation that is so much needed in the daily, social, economical and political life of India to-day. Given an opportunity, any Indian youth can grow as strong, efficient and healthy, physically, mentally, morally and socially as any normal child in the world. Through the medium of supervised games and activities, we attempt to impart to the participants, the value of discipline and team-work, and these games undoubtedly open many opportunities for boys to mould their character, and practice the true ideals of citizenship.

#### The Department of Health and Physical Education, R. S. D. College, Ferozepore City

By

K. S. AKALI,

Physical Director R. S. D. College Ferozepore City.

The functions of this Department may be divided into the following four heads :—

1. Compulsory Physical Training for 1st and 3rd year classes.
2. Major Games for all students.
3. Physical and Medical Examination of the whole student-body.
4. General Health and Physical Education activities.

All sorts of activities of the Department are controlled and run by a governing body called "The Athletic Association". This body consists of the Principal (Patron), a professor who is keenly interested in Physical Education (President), Physical Director (Secretary), and Captains and Secretaries of all the Major Games and Sports of the College (Members).

#### A. COMPULSORY PHYSICAL TRAINING FOR FIRST YEAR CLASS

Attendance in Physical Training is compulsory for first year class. No student is given credit for attendance for more than three periods per week and that credit is given only when he properly takes part in the activities conducted by Physical Director.

As will be clear from the Physical Education Time Table six periods per week are given to first year class for Physical education. The whole class is divided into two groups A and B. Both groups report for P. T. on alternate days, that is to say, every student has to attend physical training period three times a week.

Compulsory Physical Training includes not only "Drills", but major and minor games, sports, athletics, calisthenics with and without apparatus, marching etc., etc. Some periods are also devoted to Theory along with practical training.

In order to broaden the scope of competitive play and give an incentive to participate in the Physical Education activities that are taught in the P. T. periods the whole class is divided into four groups each of which is subdivided into two teams—A and B. Each group is headed by a captain who is responsible for its organization and sending in teams for the competitions held between these four groups. This makes the P. T. period more interesting.

#### B. COMPULSORY PHYSICAL TRAINING FOR 3RD YEAR CLASS.

The same programme is observed in 3rd year as in First year. The only difference being that whole of 3rd year class reports for P. T. daily while the two groups of first year class come on alternate days. The reason is that there are only 60 students in 3rd year while there are about 114 students in first year class. Third year class is far more skilful than the first year group, as it is the second year of training for the former.

In order to measure the physical ability of every student and to let him know where he stands among other students, EFFICIENCY TESTS are held each year at the end of February. Credit is given to first and second places by awarding beautiful certificates to that effect.

#### C. HOSTEL PHYSICAL TRAINING.

Hostel Physical Training is compulsory for all those students who do not take part in the evening Major games. Programme of the activities conducted early in the morning on all days of the week except Sundays includes marching, drilling, calisthenics, athletics, boxing, gatka, and recreational and major games. Training is given in athletics and sports no doubt, but more emphasis is laid upon major games and a series of big muscle exercises required for the strong and sturdy hostlers.

#### PHYSICAL AND MEDICAL EXAMINATION

Physical and Medical Examination is compulsory for all the four classes of the College. Every student is required to undergo this test at least once a year. The services of Dr. Babu Lal Malhotra Esq., M.B., B.S., a qualified graduate medical practitioner have been secured for this purpose. The object in view to make such adequate examination may briefly be stated as under:—

1. To promote general health of the students.
2. To find postural defects and remove them.
3. To give "opportunity for the Director to make the personal acquaintance of every student. The value of a private conference with each student at the beginning of his college life cannot be over-estimated. Advice and counsel given under these circumstances has far greater influence than any amount of instruction given to the class as a whole."
4. To obtain "information which serves as a basis for directing the students in habits of right living with a view to securing the largest results from his College course and laying of a proper foundation for life after graduation!"
5. To obtain "data concerning the collective need of student body which data should serve in shaping the policy of the Department's activities. A study of statistics obtained in the physical examination reveal the weak points and abnormalities which are most common in the student body. The Director thus informed would make his plans accordingly and place the emphasis upon those phases of work which would ensure the greatest benefit to the largest.

#### ORGANIZED MAJOR GAMES

Provision is made by the College for Hockey, Football, Volley Ball, Basket Ball, Lawn Tennis, Ring Tennis, Playground Ball and Badminton. Facilities and equipment are also supplied for Boxing, Wrestling, Gatka, Gymnastics, Kabaddi, Tug-of-war and Athletics.

In order to get good results from these activities and to secure discipline, players of different games are divided into different teams. Each team has one Captain and one Secretary who are responsible for proper organization of their teams subject to the general control of the Physical Director. To meet with monetary needs the Budget is proportionally divided between all the major activities of the Department. Representative teams are given Regulation Uniforms at half price, and are also photographed at the College expense.

In addition to the facilities and necessary equipment each team is allowed to play two friendly matches per week with the local clubs. They are also allowed to go on Tours to other Colleges and other Universities. The Hockey Team has been going to the Delhi University for the last three years. After-match refreshments are given twice a week and when out on Tour the players are given third class Railway Fare (return) plus six annas per head per day. In special circumstances this T. A. may be sanctioned for more than six annas according to the conditions of the place to which the Team is on Tour.

A series of contests in games, athletics, gymnastics and other indigenous activities are held each year in January. These contests are divided into two groups—Games and Sports Tournaments. The main objective and aim of holding these Tournaments is to develop leadership, initiative, and self control of students and to encourage them to participate with greater enthusiasm in the activities in which they have a strong original interest. Credit is given to the players by awarding College Colours, Cups, Medals, Physical Efficiency Certificates and other special prizes for their best play, athletic ability and clean sportsmanship.

#### GENERAL HEALTH AND PHYSICAL EDUCATION ACTIVITIES

These activities of the Department are not limited to first year class only, but they cover under their scope general supervision of the College plant and College processes. Following are some of the important activities of this branch of Physical Education :

(a) *Corrective Class.* The most striking feature of the Department is the Corrective Class in which is done the most commendable work of correcting the physical defects and deformities in the students. The work is really full of carry-over values which are to be of enormous use to the students in their after life. It is a matter of great pleasure to mention here that the authorities have very kindly sanctioned, like the previous year, half seer of milk to be given daily to every poor and weak student, free from the College Funds.

(b) *Theoretical Work.* One period per week is also devoted to Theoretical work which includes lectures on Modern Physical education activities such as the Real significance of Physical Education, First Aid to the Injured, Rules of Games and Sports, Athletic Injuries, Preventible Diseases in India, Daily Health Habits, etc., etc. Provision has also been made for the students to pass the first examination in First Aid to the Injured through the Red Cross Society, Ferozepore Branch.

It is also a matter of pride to mention here that the Director, Panjab Veterinary Services, Punjab has allowed S. Dalip Sing Esq., Veterinary Asst., Surgeon, Ferozepore to deliver, in compliance with our request, a series of lectures to the first year class on "FIRST AID TO THE ANIMALS", on the first Saturday of every month. This is a great addition to the quality of the Department.

#### THE ATHLETIC ASSOCIATION

1. **Name.** The Governing body of the Department is called "The Athletic Association."

2. **Office-Bearers.** It is composed of a Patron (Principal), President (a professor keenly interested in the department), Vice-President (student), Secretary (Physical Director), Asst. Secretary (Student). President is nominated by the Principal while Vice-President and Asst. Secretary are elected by the Association every year.

3. **Membership.** Only those professors who are keenly interested in the Department can become members by paying an annual membership fee of one rupee per mensem.

All the captains and Secretaries of different games and sports are members of the Association.

**Committee System.** There is the Committee System and each branch of the Department is referred to a standing committee created for the purpose. The Committee examines and runs the work allotted to it and makes necessary recommendations. Following are the committees created by the Association each year:—

1. Games Committee ; 2. Sports and Athletics Committee ; 3. Physical & Medical Examination Committee ; 4. Compulsory Physical Education Committee.

#### COMMITTEE OFFICE HOLDERS

Secretary of the Athletic Association acts as the President of the Committees. Vice-President and Secretary are elected by every committee in its own way.

1. **Games Committee.** Its duty is to see that all Major Games run smoothly and on the equal level. It is responsible for holding Annual Games Tournaments and distribution of prizes to the best players.

2. **Sports Committee.** Its duty is to raise the standard of athletics in the College and to invite coaches from outside. It is also responsible for conducting the Annual Sports Meets of the College and giving prizes and certificates to the deserving athletes.

3. **Physical and Medical Examination Committee.** Its duty is to get all the four classes examined Physically and Medically at least once a year. It is also responsible for the "follow up work" and general health of the students. Poor students may be helped by the College by way of medicines, etc., at the recommendation of the committee.

4. **Compulsory Physical Training Committee.** Its duty is to hold inter-group and inter-class competitions according to the conditions prevailing and facilities available. It is also responsible for holding Physical Efficiency Tests giving prizes to the best players, around athletes, and true sportsmen.

5. **Meetings.** The Annual Meeting of the Association shall be held ordinarily in the First week of June each year. Extraordinary meetings may be convened by the President or by the Secretary in consultation with the President or on a written requisition signed by not less than 10 members.

Meetings of the Committees may be convened, whenever necessary, either by the President or by the Secretary.

Quorum for the meetings shall be two-third of the members on the rolls or 8, whichever is less. Quorum for the meeting of each committee shall be three.

#### GAMES TOURNAMENTS, SPORTS MEETS AND OTHER COMPETITIONS

1. **Games Tournaments.** Tournaments (inter-class) in the following Major games are held each year.

Hockey, Foot Ball, Volley Ball, Basket Ball, Lawn Tennis, Ring Tennis, Badminton, Tug-of-war, Kabaddi, and Playground Ball.

2. **Sports Meets.** The Annual Sports meets include the following items:—

Three miles race, one mile race, ½-mile race, 440 yards race, 220 yards, 100 yards, relay races, three legged and four legged races, running broad jump, running high jump, pole vault, javeline throw, discus throw, hammer throw, hop, step and jump, three miles cycle race, slow cycle race.

In addition to the games and sports tournaments, competitions are also held in Boxing, Gatka, Gymnastics and Mugdar Lifting, etc., etc. Besides these annual contests weekly inter-group and inter-class competitions are held regularly. The most important of them is the competition between first and third year classes in Marching, Drills and other Major and minor games. This meet is held on Saturday, that is why Saturday comes to be called THE SPORTS DAY in the College.

#### RULES FOR THE APPOINTMENT OF CAPTAINS AND SECRETARIES OF GAMES

1. Except in special cases where nomination is necessary the appointments are made by election.
2. Ordinarily these appointments are for one year but under special circumstances the same secretaries and captains can be allowed to continue for one year more.
3. As a general rule these offices are held by the students of senior class with reputation for good game, good behaviour and good controlling capacity, the objection can be waved off.
4. In case of University teams the members who took part in the last University Tournament and those who are most likely to be the members of the first eleven, will have the right to vote.
5. In case of difference and unsuitable election the Physical Director, in consultation with the President of the Athletic Association has the power to nominate the Captains and Secretaries. Any reference if necessary can be made to the Principal in the form of an appeal. The Principal's decision is final.

#### DUTIES OF CAPTAINS AND SECRETARIES

Captains' duties will be to control the team, to assign fields to various players under the direction and guidance of the Physical Director, and to look to the general behaviour of the individual player in the field and to see that he turns out a very good sportsman.

The secretaries will mark the attendance, put up notices for games, arrange refreshments, keep accounts of expenses incurred in connection with the game and carry on correspondence in connection with the games. They are junior to the Captains and are considered to be working under them.

The Physical Director has power to dismiss any Captain or Secretary, or fine him for proving inefficient or neglecting his duties.

#### NUMBER OF STUDENTS AND PLAYGROUNDS

|                |    |             |                      |    |             |
|----------------|----|-------------|----------------------|----|-------------|
| 4th year class | .. | 70 students | 1 Hockey ground      | .. | 25 students |
| 3rd year "     | .. | 65 "        | 1 Foot Ball ground   | .. | 25 "        |
| 2nd year "     | .. | 120 "       | 2 Basket Ball Courts | .. | 30 "        |
| 1st year "     | .. | 110 "       | 2 Tennis Courts      | .. | 20 "        |
|                |    |             | 3 Volley Ball Courts | .. | 60 "        |
| Total          | .. | 365 "       | 3 Ring Tennis Courts | .. | 20 "        |
|                |    |             | 2 Badminton Courts   | .. | 10 "        |
|                |    |             | Playground Ball      | .. | 20 "        |
|                |    |             | Total                | .. | 210 "       |

#### OTHER PHYSICAL TRAINING COURSES

1. Hostel Morning, P.T.
2. First Year Class, P.T.
3. Third Year Class, P.T.
4. Corrective Class.
5. Athletics, gymnastics, kabadi, gatka, boxing, etc., etc.

#### DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION Winter Time-Table.

|           | 1.<br>7-8 A.M.           | 2.<br>10 A.M. - 12 Noon                | 3.<br>12-50-1-30 P.M.    | 4.<br>2-10-2-50 P.M.        | 5.<br>3-4 P.M.    | 6.<br>5-6-30 P.M.     | 7. |
|-----------|--------------------------|----------------------------------------|--------------------------|-----------------------------|-------------------|-----------------------|----|
| Monday    | Hostel Marching & Drill. | Office work & Medical & Physical Exam. | 3rd Y. Marching & Drill. | 1st Y. March & Drill.<br>A. | Corrective Class. | Evening Games.        |    |
| Tuesday   | Basket-ball & Tennis.    | Do.                                    | Major games.             | Minor games.<br>(B)         | Do.               | Do.                   |    |
| Wednesday | Minor games.             | Do.                                    | Athletics.               | Athletics<br>A. & B.        | Do.               | Do.                   |    |
| Thursday  | Major games.             | Do.                                    | Inter-group compe.       | Inter-group compe.          | Do.               | Do.                   |    |
| Friday    | Drill.                   | Do.                                    | Theory.                  | Theory.                     | Do.               | Do.                   |    |
| Saturday  |                          |                                        | Sports Day Activities.   |                             | Do.               | Athletics (optional). |    |

## LIST OF REGISTERS AND OFFICE FILES

1. First Year Physical Education Register; 2. Third Year Physical Education Register; 3. Hostel Physical Education Register; 4. Correspondence Register; 5. Sports Equipment Register (Stock Book); 6. Issuing Register; 7. Physical Education Notices Register; 8. Physical Education Certificates Register; 9. Evening Major Games Register.

1. University Correspondence File; 2. General Correspondence File; 3. Sports Companies Bills File; 4. Sports Goods Orders File; 5. Sports Companies File; 6. Various Tournaments Files; 7. Annual Reports File; 8. Playground File; 9. Application File.

N.B.—Medical and Physical Examination Files and Registers.

## A NOTICE ISSUED BY THE PRINCIPAL

"In pursuance of the rules respecting Physical Education made obligatory on students by the University, the first year students are required to appear in Physical Education Examination (A written paper in Practical Hygiene and Sanitation, etc.), which will be held in April along with other subjects in the next Annual Examinations. This examination is considered equivalent to the examinations in other subjects so far as the question of promotion to the second year class is concerned."

PRINCIPAL, R. S. D. College, Ferozepore City.

## Learning by Doing in the Y.M.C.A. College

By

V. Azariah, B.A. (Hons.),  
President, Student Association.

You cannot become a foot-baller by exhausting a library of books on foot-ball techniques, or by witnessing countless number of matches, or by listening to learned discourses on the game. You must go into the field, kick the ball, run after it, roll after it and get an occasional bruised shin in the process. This is Learning By Doing—the only true method of acquiring mental or physical skills. A physical educator has a great many things to learn, such as marking the track, measuring the staggers, drawing up fixtures, umpiring, conducting sports meets, teaching games, etc., etc. He cannot learn better than by doing these things by himself in a practical way. A course of this nature—prosaically known as Normal practice—forms, therefore, an essential part of our programme of work. For the sake of convenience it can be dealt with under two heads:—I. Normal practice within the college premises, II. Normal practice outside the college.

## I. NORMAL PRACTICE WITHIN THE COLLEGE PREMISES.

(a) *The Weekly Friday Morning Classes.* Here the class is broken up into four squads, each under the supervision of one member of the staff, and

opportunity is given to students to teach recreational and formal activities. In the beginning of the year these were the classes we dreaded most, and not a few of us felt so ill at ease to assume charge of a class of our own classmates, and were so confused, that ridiculous errors such as "Right men on the short", "Go round the bundells", etc., were matters of common occurrence. But with the kindly help and criticism from the members of the staff, and with growing experience, we have now come to look upon these classes differently.

(b) *The Weekly Saturday Morning Classes.* Nearly 200 teachers from various schools of Madras and Saidapet (including pupil teachers from the Teachers' College, Saidapet) used to come to our compound on Saturday mornings to learn games and recreational activities, useful to themselves and to the school children in their charge. Five of us were given charge of one group of these teachers, and our work was supervised and directed by Mr. C. C. Abraham. We gave these men at first a variety of simple non-equipment games and later on taught them more and more advanced and organised games. We were far more at ease in these classes, and turned out (we believe) better work; because the men in our charge were total strangers, and because there was no chance of our little slips being remembered for ridicule in the hostel.

(c) *The Weekly Thursday Evening Classes.* Children from a neighbouring Corporation School used to come to our compound for an hour of play activities on Thursday evenings, and two of us were regularly sent to help them. Perhaps the children derived more benefit from these classes than ourselves. They were like weekly picnics to them. The first time they entered our grounds how they ran about and rolled on the soft beautiful grass!

(d) *Project Sports Meets.* We conducted three Project Sports Meets. The student body was divided into three groups and each group organised and conducted a sports meet between the other two groups. These meets were conducted entirely by the students, and they attended to duties like, drawing up lists of athletic events, sending out invitations, drawing up heats, marking the track, etc., etc., by themselves. The first one was not, indeed, the best. It was too slow. But the later ones were better and better.

The Inter-Scholastic Sports Meet which we conducted entirely by ourselves is a memorial sports meet instituted by the former students of the College on the occasion of Mr. Buck's happy recovery from a very grave illness in 1932. This is the only sports meet in Madras where Indian and Anglo-Indian Schools compete against each other. This year this sports meet was a splendid success and we gave such a good account of ourselves that the members of the staff who were a little dubious about our ability were thoroughly reassured.

(e) *Officiating in other Sports Meets.* This year there were no less than six first class sports meets conducted on our grounds. (1) Madras

Olympic Sports, (2) Madras Colleges' Sports, (3) Madras Schools' Sports, (4) Chingleput District Schools' Sports, (5) Law College Sports, (6) Margam Iyer School Sports. Our students shouldered a considerable part of the duties connected with the conduct of these several sports meets. The list of officials in each meet was so carefully prepared that every student had the opportunity of officiating in a variety of capacities.

It may be also mentioned that besides these, we helped to make history by conducting two sports meets for girls when sisters in our profession from the Lady Willingdon Training College officiated along with us.

(f) *Boxing Tournaments.* We are justly proud of the Stanley Boxing Ring as the only amateur boxing ring in Madras. We assisted the members of the staff to run off five boxing contests:—(1) The Madras Colleges' Boxing Contest, (2) The Madras Schools' Boxing Contest, (3) The Amateur Boxing Tournament, (4) The Scouts' Boxing Tournament, (5) The Olympic Boxing Contest. The students were sometimes given even the special distinction of acting as judges and Masters of Ceremonies.

## II. NORMAL PRACTICE OUTSIDE THE COLLEGE COMPOUND

A physical educator cannot afford to be exclusive and self-contained like the frog in the story which would not go beyond the well where it lived. Opportunities were therefore provided for us to go to the various schools and colleges of the city and enrich our experiences. The following are the types of activities we were engaged in:—

(a) *Umpiring.* It requires not only a well-informed but also a strong and impartial person to be an umpire. The very fact that our students were much in demand all over the city to umpire match games, speaks for the satisfactory way they did their work, and the reputation they have won for the College. We umpired matches in various parts of Madras in Volley-ball, Basket-ball, Foot-ball, Hockey and Cricket, and we put to good practical use the knowledge of the rules expounded to us in the class room.

(b) *Conducting Play-periods in Neighbouring Schools.* There are several schools in Madras which lack proper leadership, playing space, and facilities. Requests have often been made by such schools to the College to send some of us to conduct play periods. Our help, while it gave us valuable experiences, never failed to evoke the appreciation of the staff and students of these institutions. It may also be mentioned that on one particular occasion 16 groups of our students visited 16 different schools of Saidapet and spoke to the boys on health and sanitation.

(c) *Helping in Sports Meets.* In Madras more sports meets are conducted in February than there are days in the month. Meet follows meet in such rapid succession that Physical Directors in the city often have to seek

help from those who know the business. None of them hesitates to make a request to our staff for help, and in no instance is the help denied. This year we helped to conduct sports in the following institutions:—(1) St. Fabricius High School, (2) Ramakrishna Mission School, (3) Kellett High School, (4) Wesley High School, (5) Saidapet Model High School, (6) School of Indian Medicine, (7) Presidency College, (8) Medical School, (9) Buckingham and Carnatic Mills, (10) Todhunter Nagar Sports, (11) Inter-Y. M. C. A. Sports, and (12) Saidapet Leper Children's Sports.

It is thus we learn by doing. Goldsmith finely says of his Parson:—

'And, as a bird each fond endearment tries  
To tempt its new fledg'd offspring to the skies,  
He tried each art, reprov'd each dull delay  
Allured to brighter worlds, and led the way.

So are our professors. Of course, I am aware of the ridiculousness of comparing men like Niranjan Singh and Choudhry to fledglings just learning to fly. But the fact remains. Our professors do try every art, criticism, and instruction to tempt their "new fledged offsprings" to fly without help, though at times their discipline is not very much like "fond endearment" and their reproofs of each "dull delay" are reproofs indeed. They teach us to do, by doing themselves. Only a few days more and then from the sheltering motherly wings of the College, the birdlings having learnt to fly will wing their way to the many corners of India, there to rear birdlings of their own. We have lighted our torches here, and, we hope, we will not let them burn out, but carry them into the darker nooks of our country.

## Report of the Students' Association for the year 1935-36

The work of the Students' Association—the students' own association—began really with the election of the office-bearers on August 2nd 1935. Mr. P. M. Joseph, B.Sc., B.P.E., M.E.D., of the staff, was present at the chair in the early part of the proceedings, but with the election of Mr. V. Azariah, M.A., as President, he made the newly elected President carry on his office. The following office-bearers were elected on the same day:—

*President*—Mr. V. Azariah, M.A.

*Vice-President*—Mr. S. M. Aslam, B.A.

*General Secretary*—Mr. T. Srinivasa Gopalan, B.A., L.T.

*Treasurer*—Mr. K. C. Paul Choudhury, B.A.

*Religious Activities Secretary*—Mr. V. Henry Abraham Carr, B.A.

*Literary Activities Secretary*—Mr. S. V. Ghurye, B.A.

*Physical Activities Secretary*—Mr. M. Akram, B.A.

*Social Activities Secretary*—Mr. K. N. Sinha.

The association, in its endeavour to develop the 'whole-man', has four branches as is evident from above—the religious, the literary, the physical activities and the social branches. These four branches have, as far as was possible, done their best to contribute their best, by setting up suitable situations, to educate our members.

The religious activities were all carried on on Sundays, the social and literary on alternate Fridays as far as was convenient and the physical activities whenever opportunities presented themselves.

The reports of the various Secretaries are found below.

10-4-1936.

T. SRINIVASA GOPALAN,

### REPORT OF THE RELIGIOUS ACTIVITIES

We started with a business meeting in which it was decided that we should have lectures, discussions, retreats and study circles. Practically, however we found that study circles were impossible. Our Principal, Mr. Buck, was very particular that the subjects for lectures and the speakers should be so selected as to avoid religious friction. This timely hint helped us very much and our religious activities went on smoothly throughout the year. At the end of each lecture the students were given opportunity to ask questions and clear doubts. On the whole we had eleven lectures and one Religious Retreat. The subjects for lectures and discussions were proposed by the students themselves and the following is the list of the subjects and the corresponding speakers. We are extremely grateful to all of them for their inspiring messages. To listen to those who are meeting life's problems, and conquering them is a privilege. Our Sunday morning meetings have been to many of us real guide posts.

| Subjects.                                                           | Speakers.                         |
|---------------------------------------------------------------------|-----------------------------------|
| 1. "What is Religion?"                                              | Dr. Gibbon, D.D.                  |
| 2. "Religious Experience in Arabia"                                 | Dr. Paul Harrison.                |
| 3. Discussion on Religion                                           | President, Mr. Buck, M.A., M.P.E. |
| 4. "The Goal of Life"                                               | Dr. Stanley Jones.                |
| 5. "Life, Death and Immortality"                                    | Mr. Samuel, M.A., L.T.            |
| 6. How does Religion help to solve one's sexual and moral problems" | Mr. Solomon, M.A.                 |
| 7. Family Life and Fellowship                                       | Mrs. Hensman.                     |
| 8. The Meaning of Prayer                                            | Mr. O. Kandaswamy Chetty.         |
| 9. "Life, Death and Immortality"                                    | Mr. Samuel, M.A., L.T.            |
| 10. Religion and Life                                               | Mrs. Hensman.                     |
| 11. Religion and Science                                            | Dr. Frolick, D.D.                 |

### SOCIAL ACTIVITIES

Based on the principle that variety is the spice of life, this year our social programme was a long string of alternate socials and excursions. Our

objectives have been varied in nature—such as driving away the monotony of our daily routine, developing an initiative leadership, forming habits of loyalty and co-operation, getting moral training through social contact, developing the spirit of altruism through planning for the enjoyment of others, and learning the formalities of polite society.

The first social function was most enjoyable, inasmuch as we had something to eat and good music by our friends from different provinces to listen to. Then we had a moon-light dinner which was followed by folk-dance, Siva-dance, mimicry, etc., which were highly enjoyed and highly appreciated by everybody.

The next was a compulsory participation in singing. We had the good luck of putting up with all sorts of tunes in different languages. Thanks to our student body, we had more fun than music on this occasion.

An excursion to Thambaram gave us a beautiful and educative pastime. Our Christmas party was another most attractive function in our social activities. A number of guests, both ladies and gentlemen, were invited and they all enjoyed a variety of contests and games.

In the next session of the College, i.e., after Christmas vacation, we held another social to give a send off to the Madras athletes who were proceeding to Lahore for the All-India Olympic Competitions. This gave us another opportunity for coming into contact with some of the best athletes of this Province. Speeches that were made and songs that were sung at the close of this function, will never vanish from our memory.

Next to this we had excursions to Government Museum and to the Telephone Exchange, etc. The former was a combined literary and social excursion. These two excursions gave us a very beautiful chance of widening our knowledge, which has ever made men giants of achievements.

All is well that ends well; and we hope that our farewell party will be better than anything else we have arranged this year.

We wish the same Happy Days to the coming generations of this College.

K. N. SINHA,

Social Secretary.

### HOCKEY

"Justice to all, favouritism to none", is the principle on which games are treated in this College. Therefore, though Hockey deserves a more special treatment, only one day in the week is allotted to the game. But in spite of this, under the efficient coaching of our professors, we have picked up a good many of the finer points of the game and have been able to rise to a very decent standard of Hockey.

With the kind permission of Mr. Buck, our College team made a trip to Bangalore to play a series of matches in Hockey. It is noteworthy that this is the first time that the Y. M. C. A. College had ever gone out on a trip like this. During our short stay of three days in Bangalore, we played six matches, playing both in the morning and in the evening. But we were not lucky enough to win more than one match. But we enjoyed the trip and gained some real experiences out of it.

This year, we competed in the Inter-Collegiate Knock-out Hockey Tournament, where we came up to the finals. But the Medical College team which we met in the finals, being an excellent one, managed to win the trophy. We also conducted an Intramural Hockey Tournament, the division being made on the basis of huts. This helped not only to create an interest in the game, but also served to improve our standard of Hockey. We hope our successors will give a special preference to this "King of Games".

CHARLES VICTOR,  
*Hockey Captain.*

### WRESTLING

One of the most ancient of the arts of India, which is taught to us by our revered Bursar, Mr. N. K. Mia, is wrestling. This art is very popular in rural areas throughout India, specially Punjab and U. P., but here in this institution we are taught wrestling on modern lines.

Mr. Mia himself being a good wrestler and keenly interested in this activity coached us in all the intricacies, proper holds, their uses and abuses to us with great sympathy and no less effort. His theoretical as well as practical coaching made us so much interested and enthusiastic about it that we can really boast of its having a carry-over value for us.

Some of the students as Mr. Mohan Lal, Appan Jai, and B. Sahai picked up the art so efficiently that they participated in the Madras Olympic Wrestling with great success, and Mr. Mohan Lal being a heavy and bulky wrestler put up a good fight and earned 2nd place in his weight with great applause from the audience. B. Sahai defeated his opponent in the first bout with great agility.

Like Boxing, the art of Wrestling contributes a lot of self-confidence, courage, endurance, and agility. And one thing most noteworthy about it is that our very antagonist gives strength to our muscles, teaching us guarding, and ultimately helps us in making our bodies a real iron frame.

To conclude, we have not taken this art for ourselves, but hope to revive and introduce this ancient art throughout India in all the institutions wherever we go and serve.

B. SAHAI.

### WHO IS WHO IN FOOT-BALL TEAM

1. *Lodhi*. Captain. In any match reaches the peak of excellence. Plays as full-back. Ubiquitous on the field, covers his areas with such amazing agility and anticipation that the opponent plays into his hands. In dazzling display, quick direction of shots, complete control of the ball he appears a pastmaster. When the opponents storm his goal he darts like the flash of lightning and even before the opponent hears "Man on you" the ball is snatched. "Well Lodhi, avoid placing your hands on opponent's shoulders while heading the ball and you will be fit to walk into any Test Eleven."

2. *Md. Akram*. Plays as centre-half. He is reckoned as the best colt the College ever had. He is deadly in his attack. Moves about the field like whirl-wind. Sees the ball in the air. Darts to the spot like a sparrow. Either friend or foe in contact with him is not safe. Uses his head liberally and violently. He is remarkable for random shots and hurricane kicking with his hoofs (Boots). Although often unintentionally advantageous to opponents he is a strong fort-wall to the side. "Think at least once before you rush or kick and you will be good for any team"

3. *Darshan Singh*. Plays as back, quite confident in stopping and despatching the ball both with leg and head. Plays a clever game. Like the supporting picture in a talkie he assists Lodhi in making defence invulnerable. "You are really useful to the team although your merit was not recognised in the beginning."

4. *Ghosh*. A sprightly Bengal youth with a perfect build. Plays as goalie. The opponent that rushes into the goal to score a goal often forgets his job as he gazes at his abdominal muscles. Uses his Basket-ball skills to profound advantage and is often cheered loudly for seemingly impossible saves, but sometimes leaves silly goals. "Otherwise you are a brilliant goalie—boy!"

5. *Sreenivasa Gopalan*. Plays as right-half. Plays a careful game, all the time trying earnestly for excellence. Kicks violently, heads daringly, and plays vigorously; but, when once bankruptcy of stamina sets in, he requires artificial respiration. You must consume numbers of cod-liver oil bottles before entering a keen competition.

6. *Riaz*. Known as the "Budda" (old man), has the dash and pluck of an undaunted youth. Plays comfortably, in any position, a veteran's game. Puts his heart in the game. He is an asset to the team both in the field as well as outside. Cheers his mates both in success and defeat. His heading is unerring, passing is superb and dribbling is brief and successful. "Old man, how can we forget your saying 'every defeat is the Mount Road to success.'"

7. *Ramaswamy*. The little giant of the team with a sturdy musculature and short stature plays as left-half. Uses his heavy muscles in kicking to their optimum use. "It is not left leg but iron bar" the opponent often

complains. Gives stubborn defence even against the ablest dribbler while dribbling is a disease with him. Neck muscles as strong as that of the leg and heads the ball to towering heights. Puts every ounce of his energy into the game till the last drop of sweat comes out. "Don't laugh so profusely, you will become fatty and heavy."

8. *Henry*. Our centre-forward is richly endowed with German tendencies—hot tempered and individualistic. A gallant solo as far as he can, indulges in dribbling till the ball is snatched from him. It is said that one sparrow alone cannot make a summer, but this sparrow has often scored goals single-handed. "The team has always been depending on you to finish and success. Buck up, Henry."

9. *George John*.—As right out, runs fast, meets the ball in right place and raises to convenient heights. Plays a vigorous game till the visitation of fatigue. When the team is in despair he despatches from his wing so conveniently for the forwards to head or dash into the goal. "You deserve to play in the team more often than you were allowed."

10. *Narasimha Rao*.—Typical Andhra player, plays as left-out. Others have substitutes but not he. Plays a chronic off-side game. Uses his hands a good deal and the referees who were zealous to see and pull up minor breaches of rules have often failed to detect this. "Well played, Rao, you despatch the ball to the goal with mathematical accuracy."

11. *Charan Das*.—Right-out, is a speed-king. Possesses an over-abundance of fighting heart. Thrill comes just before the close of the game when he unleashes his great burst in a mighty effort to score a goal. In his freakish dash for the ball he is a close second to Akram. When we played against Loyola they tried on each other for grading and the fiercest had the severest wound. "Well boy! You are an example as to how a fighting heart is a determining factor in most trying moments in a match."

12. *Victor*.—The pride of this year's student body. It is difficult to say which game he does not play well and which athletic skill he has not. He has the makings of a good footballer, but alas! his small stature is a handicap. Still as 'left-in' or 'right-in' gives valuable assistance to Henry and often takes the opponents unawares as he gets dissolved in the crowd and escapes with the ball into the goal unnoticed. "Hallow Mickey! how we wish you had the height of Balwant Singh and the bulk of Mohan Lal."

13. *Gurucharan Singh*.—Our 'Snake Charmer.' When ever he plays in the team plays as left-in. He has developed a strange neuro-muscular co-ordination of slipping near the opponents' feet in an effort to stop or snatch the ball. Attacks like a leech and does not try to despatch the ball till he is actually disabled by opponents, "Otherwise you should have been valuable to the team."

14. *Loganathan*.—The baby of the team. He was required to play in most important matches as right-out. Eclipses even the best player in dribbling, and mastery over the ball, passes the ball very conveniently.

"If you had a proper stature you should have been a little idol to any team"

15. *Venkatramana*.—Also plays in matches.

"Who misses of wins the prize,  
Go lose or conquer as you can,  
But if you fall or if you rise,  
Be still, pray God, a gentleman."

"GOSSIPER."

### CRICKET.

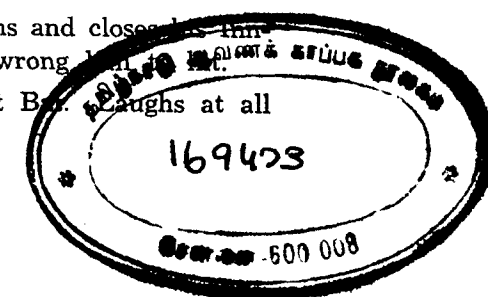
Our Cricket Team! Oh what a team!! What combination!!! What Team work!!!!

Considering the talent available, the regular practice we had, our team acquitted themselves very creditably. They played in all, eight matches in connection with the Inter-Collegiate Tournament. Lost four and won four. 50% success, not at all bad. Our skipper Mr. Vijayasarithi and N. Kandiah were chosen to play for the combined colleges team against Ceylon, the former captaining the combined team and gave a good account of themselves in the encounter.

The brunt of the bowling of the College was borne by both Kandiah and Vijayasarithi who were ably supported by Charles Victor, and S. V. Ghurye. The best bowling performance was that of Kandiah who, in one match, returned an analysis of eight wickets for 32 runs, while the best batting was that of Charles Victor and Vijayasarithi. The best score was 259 against Teachers' College. A feature of the cricket team was accurate bowling, good wicket keeping by Mr. C. C. Abraham, backed up by excellent fielding. Au Revoir!

### WHO IS WHO? AT A GLANCE

|                     |                                                                                                              |
|---------------------|--------------------------------------------------------------------------------------------------------------|
| M. G. Vijayasarithi | .. Our "Captain Cripple." The best allrounder we have.                                                       |
| N. Kandiah          | .. The Ceylon "Nondi." Right hand medium bowler with good action. Collects most of his runs on the leg side. |
| Charles Victor      | .. The "Shortie." useful slow Bowler. A good and sound bat and reserve wicket keeper.                        |
| S. V. Ghurye        | .. Our opening Bat who opens and closes his innings quickly. Chooses the wrong ball.                         |
| Lodhi               | .. Our excellent field, decent Bat. Laughs at all disappointments.                                           |



36  
MAY 21, 1936  
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## COVELONG CAMP

September, 1935.

The heart refuses to forget the scenes that it loves. It conjures up for ever phantoms of dead days which grow dearer and dearer as they swim farther and farther away in the sea of time. What pictures rise before the mind when the magic name of Covelong is uttered! Here are some: the boats moving as in a dream over quiet waters under the moon, the shores of Covelong beckoning welcome with their thousand coconut trees, the division of the student body into clans of Ibrahim and Yussuf and into smaller tribes under curious names such as "Flora," "Coins," etc., sea-swimming with ropes round the waist and strolling on the seashore singing and dancing and picking shells, the evening camp fires with stunts and demonstrations, the paper chase and Treasure Hunt, the sumptuous fare of fried fish, the final trip to the Seven Pagodas which speak to this day the rich ancient glory of India.

The world of assignments, examinations and P. T. classes we left behind, ran to Nature, and lived and moved and had our being in Nature. We became one with Nature and felt in our hearts the peace and tranquillity she gives, and listened to her message that "the same Spirit pervades through the universe."

Besides these, we gained real camping experiences. Our programme was wisely planned and skilfully directed. The presence of our professors with their instruction periods were of immense value to us. From them we learnt that the purpose of camp life is, "something to do, something to think of, something to enjoy in the woods, with a view always to character building." We hope, that in the future we too can conduct successfully camps of our own on the lines of Covelong Camp.

Long years hence, though I may not remember Covelong as a place of recreation, I will certainly think of it as a place where students from all over India gathered to forge the chains of social unity of India, where petty jealousies and prejudices succumbed to the strong foundation of new friendship; where manifold healthful habits were practised to result in moral manhood, and where the soul felt a spontaneous urge to worship its Creator in spirit and in truth. Indeed, those camp days are those which made a real contribution to our education, and which we long to live again.

SHEIKH MOHAMMAD ASLAM, B.A.  
Vice-President

## REPORT OF THE LITERARY ACTIVITIES

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one by one and asked them to speak on different funny topics. Though all were taken by surprise the students acquitted themselves honourably.

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The second resolution was moved by Chowdhry and supported by Appavu Jain and Karanakar Nair. Mohanlal opposed the resolution, and Showry Reddi and George John spoke in favour of the opposer. Speakers from gallery were Ghurye, Ashraf and Shrinivas Gopalan. The President expressed her joy at the well-organized meeting. After summing up the debate the President said "This debate is the best of all the first debates, and perhaps the best, ever held in the College."

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- Aslam ... *The "Stone Waller."* At one time scored 3 runs in 50 minutes.
- Akhram ... *The Gilbert of Y. M. C. A.* Swipes at every ball and trusts to Providence for the rest. Ran amok once, uprooting the stumps and knocking down the Wicket Keeper.
- Narayanaswami ... Our opening Bat. Has good understanding with Ghurye. Invariably runs himself out. He starts running immediately the ball is picked up.
- Charan Das ... A smart field in any position and decent hitter, but makes little runs.
- Riaz Ahmed ... *The Buddha.* W. G. Grace minus the beard. A hard working fielder.
- Dalip Singh ... *The 'Sick.'* Name-sake of the great cricketer "Duleep." Scored more "ducks" than runs, was about to break the record of "Ducks."
- Mohan Lall ... *"The Entertaining Wrestler."* Runs like a Bull. Once sent the whole team into rapture by scoring 13 runs at a critical period and that was the last.
- C. C. Abraham ... *"Our Staff Cricketer."* Of the 'Laugh and grow fat type.' Our Wicket Keeper. Puts up with all sorts of onslaughts with a smile. His best stroke is an elegant leg glance. Steals more runs than makes them.
- Dutt ... A decent field in the out-field. All balls bowled to him meet with the same fate. None too lucky.
- K. N. Sinha ... The "Almora" man. Full of muscles, capable of hitting the ball to the next village, but simply could not. The ball travels a trifle too fast for him. Right-handed medium paced bowler and a field.

### "FIGHT FOR THE PLAY GROUND BALL SHIELD"

(Presented by the C. Pians, 1935)

Let us at the very outset thank the Old Boys who instituted the play-ground ball Trophy making it the most popular event it is. Old Boys!! please note that we are keeping the flag hoisted by you flying.

Now the match itself:—Due to the small number of Special Certificate students the "Diplomas" had to face a combined and formidable side of Special and Government Certificates. The captains were Messrs. M. G. Vijayasarithi and K. A. K. Lodhi for the Diplomas and Special and Government Certificates respectively. The Diplomas had the sympathy of Mr. C. C. Abraham and Mr. N. K. Mia while the rest had the invaluable services of Mr. P. M. Joseph, Mr. Buck being the Umpire.

The Diplomas won the toss in the first match and took the field amidst a tornado of shouts "Come on the Govt. and Specials." This match may be regarded as a tame affair and the Diplomas won the match with a comfortable margin.

The second match of the series came on. It was the most interesting match, each side trying to win. Diplomas for the shield and the combined team to equalise. The play went on with a zest known only to those present—after all, the tables were turned. The Govt. and Specials had won the match. There was great jubilation in the circles of Govt. and Specials.

The final match day came:—

Each team took the field with one game to its credit and eagerly waiting to snatch the victory. The Government and Specials had shuffled their team and made it stronger and heavier. The captains tossed. The Diplomas won the toss and elected to field.

Inning after inning passed on each team striving their very best to forge ahead of the rivals. It was not until the 7th innings the Diplomas secured the lead. All the players were on their toes leaving nothing to chance. The atmosphere grew very tense. Eighth innings. A hushed silence. All could hear Mr. Buck saying, Strike one, Ball one, Strike two, Strike three and "Drop your paddle." The Diplomas came in to finish their innings and then an interesting situation occurred. Mr. Akhram and Mr. G. V. N. Rao of the Diplomas, somehow in the excitement, came on to 2nd base. A heated discussion took place. While the fielding side were thinking "of whom to put out" Akhram ran back to the 1st base. All Safe!!! In the ninth and final innings the Government and Specials tried in vain to wipe out the deficit. When two players were out the last man hit as hard as he possibly could—ran for all he was worth. A smart piece of fielding. A good throw and catch. Up went Mr. Buck's thumb and the "Diplomas" had won!!

Thus ended the memorable match fought in unconceivable enthusiasm and cordial relations.

The Teams were:—

*Diplomas.*

*Govt. & Specials*

M. G. Vijayasarithi  
(Captain)

Aslam  
Henry  
G. V. Narasimha Rao  
Akhram  
T. Srinivasa Gopalan  
Mohan Lall  
S. V. Ghurye  
Azariah, V.

*"Pitcher"*

*"Catcher"*

*1st Baseman*

*2nd "*

*3rd "*

*Right Long Fielder*

*Mid Fielder*

*In Fielder or Short Stop*

*Left Out Fielder*

N. Kandiya

Dutt

B. V. Narasimha Rao

S. S. Ghosh

Charan Das Gohur

K. A. K. Lodhi (Capt.)

Charles Victor

Riaz Ahmed

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- (1) Personal Challenge—assert yourself,
- (2) Professional Challenge—adjust yourself to changing ideas,
- (3) National Challenge.

This three-fold challenge can be answered by:—*Preparation* up-to-date information of the subject; *Co-operation* with the people in the field of education and others; and *Organization*. These practical answers will enable us to contribute to the growth of our Nation and enable our Nation to be on par with other Nations.

We were fortunate enough to have Dr. F. H. Gravely, Superintendent of the Government Museum, Madras, to talk to us on "South Indian Architecture." The lecture was very learned and interesting and was fully illustrated by means of beautiful slides. The lecturer traced the history of civilization in India on the basis of the ancient monuments of South India.

Dr. Gravely was kind enough to arrange for our visit to the Government Museum on 26—3—'36. He divided us into batches and each batch was taken round different sections by him and his able assistants. The adequate explanations about the specimens added much to our knowledge and interest.

In reviewing the programme of Literary Activities one will find that our main object was to give an opportunity to students to express their thoughts on the platform and thus get rid of stage-fright commonly found among Indian students. We discovered many new talents. At the end of the lectures the students asked questions and expressed their own views on subjects chosen by the lecturers. We derived considerable educative values out of our plan of literary activities.

We have to thank the speakers for their valuable talks to us. We thank all students for taking active part in our activities.

S. V. GHURYE, B.A.,  
Literary Activities Secretary.

#### ATHLETIC ACTIVITIES

Of all the Sports Meets conducted on our grounds during 1935-36 the Provincial Olympics was one of the outstanding ones, in as much as it gave us opportunities for conducting and participating.

A new page in the history of Madras Olympics was opened this year in the participation of women in Sports. Humble though a beginning it is, we expect and sincerely wish a bright future for the sports for women.

Among our representatives in the Olympics Balwant, Ghani, Niranjana and Ghosh deserve special mention. Balwant gave us not a little joy by winning the One Mile Race easily and much ahead of his competitors. Ghani showed brilliant form in the 440 yards and 220 yards Heats, but unfortunately and unexpectedly, he could not fare so well in the finals. Ghosh displayed good style in the Hurdle Races and Niranjana secured a place in the Shot-Put.

In the 4 x 110 yards and 4 x 440 Relay (represented by Victor, Narayanaswami, Walter and Ghani; Ghani, Charan, Balwant and Akram respectively), our brilliant performance was an eye-opener to the other capable competitors, as to how far the correct exchange of batons is the deciding factor in the Relay Races.

To crown our relations in several ways with the Olympics, a send-off dinner was given by our College to the Athletic Team that proceeded to Lahore to represent Madras in the All-India Olympics of 1936.

The Madras Inter-Collegiate Sports that came off on the third week of February gave us a still better opportunity for participation in sports with worthy rivals. Throughout the Sports Meet we were submitted to thrills as the chances of championship constantly oscillated between the Y.M.C.A. College and the Medical College. But as ill-luck would have it we made a faulty exchange in the 4 x 110 yards Relay which cost us the race. Balwant's deplorable staleness played an ugly trick on him in Mile Race and we lost the championship by a very narrow margin. But the most exciting part of the whole Meet came just before the finish of the Meet when Ghani unleashed his mighty energies in the finish of the 4 x 440 yards Relay and won the race amid applause. His Excellency the Governor in his short speech spoke appreciatively of Ghani's sensational finish.

We are also proud of our Samuel Earnest for his creating a new record in the 220 yards Hurdles Race. Our athletes like Akram (getting the first place in Pole Vault) Lodhi, Balasundaram, Ghosh, Charan Das, Mohan Lal, Niranjana, and Aslam deserve no less praise.

The Tug-of-War competition provided everyone with good fun. It appeared as if this event was meant for the Y.M.C.A. College only. In addition to participation on our own grounds Balwant represented our College in several other Collegiate Sports and won the trophies in every open One Mile Race.

In conclusion we congratulate all those who participated for their performance, and all those who conducted for the rich experience they thereby gained.

AKRAM,  
Athletic Secretary.

#### PHYSICAL ACTIVITIES

In reviewing the activities of this year we have much to be grateful to our Staff for their valuable guidance, and also congratulate ourselves for the rich experience we have reaped by participating and conducting different activities in and outside the college. Admittedly "Learning by Doing" is the best method of learning.

It is usual to say, "We have taken a step further this year", but we have two steps to boast of, one is the addition of Canoeing to our list of Intramural activities, and the other is the trip of our Hockey Team to Bangalore.

Thousand thanks to the last year's students for their generous present of a small canoe for our use. We have made the best use of their noble gift.

Great interest was shown in all the Intramural activities which consisted of Hockey, Football, Basketball, Canoeing, Volleyball, Tennis and Tenikoi. The football final was specially exciting as Hut No. II, who were absolutely confident of success, had to yield before the scientific game played by Hut No. III, the Champion of the year.

What pleases us more is the 100 per cent. response we had from the students which gave us a clear proof of how popular Intramural activities can be, especially when there is a big variety of activities.

We are highly pleased to have conducted three Dual Sports Meets which, besides creating an interest in us for sports, have made us familiar with the method of organising and conducting such Meets. Our experience in these Meets helped us to conduct several Sports Meets both in and outside our College.

We are specially proud of our Inter-Scholastic Sports this year. As this sport was instituted as a thanksgiving for the recovery of our worthy Principal. Mr. H. C. Buck, from a serious illness, we wanted to make it as grand as possible. The whole compound was decorated by Mr. Henry Abraham Carr and his committee members. Mr. Azariah was in charge of refreshments to the competitors and guests. The men who ran the sports were so tired that our Doctor Rajagopalan seeing Mr. Akram, our Athletic Secretary, at the end of the sports remarked, "The worn-out Soldier is coming home after achieving his goal." The marvellous success of the sports was due to everybody's honest work and hearty co-operation.

In addition to this we had the good fortune of helping in several boxing matches conducted in the Sir George Stanley Ring. Once we enlisted the admiration of all the spectators with our marvellous performance of undoing and refitting the Boxing Ring on a rainy evening.

With all these experiences a new spirit has been infused into us and we hope to keep up our enthusiasm for honest work, for, as somebody has truly said, "Honest labour is worship."

AKRAM,

*Physical Activities Secretary.*

### Leisure and Recreation

A paper presented by Dr. J. H. Gray, M.D., at a Physical Education Conference in Rangoon.

#### 1. THE BIOLOGICAL DEVELOPMENT OF HOME SAPIENS.

For me the most fascinating thing in the world is life, a living organism, and of all the innumerable varieties of life that are found, that of man, takes the preeminent place.

The recapitulation of the whole history of the human race that takes place with the beginning, growth and development of each individual is a never ending source of wonder. First of all, if there is one characteristic that

stands out above all others it is that life and activity are one and the same thing. Second, a study of the microscopical structures of the body, shows that activity is as essential to life as is air or water. An inactive body cell is a dead or dying one. Third, a study of the grosser structures again points out that they were made to use. Fourth, that their non-use is detrimental not only to their normal growth and best use, but that the foundations of growth, fundamentals of individual health and of racial vitality have been built not only on the use of these structures but upon their vigorous use. And fifth, that man's future existence depends on a continuation of the use of these structures in some form or other. This can be said to have been true of all stages in the development of man, from that of the primæval ooze, to aquatic existence and from the amphibian advance to a dry land and aerial existence. Life has been an incessant struggle using these physical structures as the motive power and it has been through such struggle that advance has come, while atrophy and retardation have and will follow a lack of it. This has been found to be true in the records found of man in prehistoric ages, by every race of man extant, in the recorded history of nations and civilisations one after the other and by national groups in more recent times. All down the pathway, whether in the struggle of man with the forces of nature, with other animal life, or with his own kind, it has been true; and every muscle in his body, the working of the vital organs, the responses of the endocrine glands, the reactions of the nervous system or what you will, tell the same story in their structure and in their functions. Perhaps we have stressed this point sufficiently and if we are agreed we can pass on to others. But to summarise let us put down as essential, activity in the use of the skeletal muscles, the need of stress in life and hence the need for planned recreation as one form of activity when conditions for it are not found.

#### 2. AN ABRUPT CHANGE IN MAN'S ENVIRONMENT, CAUSED BY HIMSELF, HAS TAKEN PLACE IN COMPARATIVELY RECENT TIMES.

In our English language we have a proverb which says "It is a long road that has no turning" to which we might add that even a long road may have an abrupt turn at the end of a very long straight stretch. Apply this to man and his upward climb and it certainly seems true, particularly of Western civilisation and becoming more so of the world generally. For after spending endless eons in climbing up to his present position as supreme in the life of the world; refusing to remain fixed as has plant life; or to depend on his instincts and intuitions, chiefly as has animal life; man with an insatiable desire to advance, to go somewhere, to move, to express himself through activity; together with his power to reason, to think, to invent and create; has made for himself a new and different world.

Consider for instance the spirit of Conquest, as shown in his determination to climb Mount Everest, to explore and to conquer the South Pole or to fly or move in the stratosphere beyond the atmosphere surrounding the Earth. The struggle for supremacy and for power, as instanced, in the last

Great War, by Japan in the Pacific or more recently still of the possibilities that may develop from the Abyssinian affray and one must almost conclude that this spirit seems to be the key-note or cause of it all even if at times uselessly employed, at others, constructively. We should also not fail to note that so-called success, so history indicates, has often been or may be the root cause or origin of man's downfall, unless he becomes aware in time of the consequence and acts accordingly.

And what has all this effort been for? To which one may reply—Conquest has been fundamentally for the purpose of gaining the control and use of power for the enjoyment of ease and luxury, or for fame, or in other words for the acquiring of leisure and its supposed benefits.

However, the sharp turn at the end of a long road, referred to above, seems to have come just at this point, the time of man's greatest triumph over nature and has resulted in what is commonly called, the Industrial Era. For our purposes this might be defined as the period when man has transferred from his own shoulders in a large measure at least, his own physical efforts for the carrying on of life, to the shoulders of far greater and stronger forces found in nature and then made them serve him. For example—(1) In harnessing the force occasioned by the expansive power of water when heated to the boiling point producing steam, man discovered a giant, who performs deeds of strength immeasurably greater than man himself ever dreamed of performing, though one should not decry some feats of human efforts alone such as the building of the pyramids in Egypt. Or

(2) By taking this same water and causing it to turn water wheels as it falls over a precipice, or to run through a tube which in turn generates electric power in vast amounts, another giant is here brought to heel, who performs marvellous feats of strength for man, as instanced at Niagara Falls in North America or at the Hydro-Electric plants at Bombay and at Sivasamudram in Mysore State in India.

(3) Nor must we fail to mention a third of these recent additions to be found in man's quiver of controlled natural forces—the combustion engine, when by taking natural products such as petroleum oil and air, mixing them in a chamber and igniting them with a spark, man has learned to produce through explosions an almost unlimited amount of power, which when applied to vehicles such as the motor-car, lorry, bus, tram, aeroplane, train or in numerous other ways, makes possible feats of almost unbelievable speed and extent thereby releasing the muscles of man from the physical effort that has been required for previous untold ages to do the work of the world and, which, as has already pointed out, has been the essential basis on which man has developed his individual vitality.

We therefore see that in a way the very foundations of man's physical existence have been profoundly altered, and in a comparatively short space of time; that his future existence is challenged and these new discoveries present great dangers for him as well as benefits if he permits them to undermine or destroy life, rather than support and enrich it. This being

so, our topic becomes a real and a vital one for each of us personally, as well as for the people of this province and not simply a pleasant excursion of the imagination.

Leisure in excess will destroy life and the application of recreation in the broader and better sense should act as an antidote. Leisure, the thing man has sought for, and gained by his conquest over nature now tends to become the enemy which may destroy him.

Now so far as Burma is concerned, one may point out and in a measure I will agree that such conditions do not as yet prevail to any marked extent and hence are not a problem for us. The reply to this being that the forces of industrialism are being felt in our midst, that they do exist in Rangoon and that the people of this Province should not wait till they are actually here but go out to meet them; that the world is so small in these days that Burma cannot escape, nor should she try to, but rather benefit by an early facing of such conditions which must and should become part of the normal life of this Province and people.

### 3. LET ME PLACE BEFORE YOU A CONCISE PICTURE OF PRESENT-DAY CONDITIONS

In summary again we therefore have come to a time in the racial development of Homo Sapiens in which:—

(1) Through a laborious process, taking unknown ages, man has developed a human mechanism, the foundation of which is physical activity and no other.

(2) Through his restless dissatisfaction, desire for conquest and creative genius man has succeeded in harnessing unestimated energy, extended his range of activity and passed on to the shoulders of non-human tireless forces, an increasing amount of the physical labour formerly required to maintain life.

(3) This change has come about so rapidly that it has caused an upset in the balance of life and already a loss in the vitality of the human race is noticeable. Statistics from nearly all countries of the world might be quoted both before the last Great War and since, to prove this point, but let me quote only a short para from the *Rangoon Gazette* of about December 22. It is entitled "Physical Illiterates" with a sub-heading of "BRITAIN WEIGHED DOWN" with C. 3's. London, December 4: A warning that Britain in carrying a far too high proportion of C. 3's—or "physical illiterates"—for safety among her population has been made in London by Dr. Cyril Norwood, formerly Headmaster of Harrow and now President of St. John's College, Oxford.

To remedy this, Dr. Norwood wants to see a cult of the body similar to that practised in ancient Rome, spring up in Great Britain.

Official planning of healthy recreations for all boys and girls up to the age of 18 and the establishment of free gymnasiums in every town would be included in this scheme. These plans Dr. Norwood outlined at a luncheon in connection with the National Institute of Indian Psychology.

"We had a wonderful practical experience worked out before our eyes in 1914-15," he said, when we saw pale round-shouldered, weedy youths turned into robust young men by nothing more subtle or scientific than a few short months of regular food, regular exercise, and regular sleep.

It was one of many lessons which the war taught, and which we failed to take to heart.

After the war we settled down comfortably to the old routine.

(4) This change to the machine age has so lessened not only the amount required but also the time necessary to produce the necessities of life in agriculture, the farm or factory. Man now finds he has more power than he can use, more machines with which to produce than the output from which can be used if these machines are run anywhere near to full capacity and the result has been, as we all so well know, a serious economic upset from which we have not yet recovered and a most unusual amount of unemployment and hence restlessness, suffering and dissatisfaction, because man cannot work and finds no outlet for the use of his physical energy.

(5) Leisure, which formerly meant freedom from drudgery, a chance to recreate and refresh the mind as well as the body has now come to mean, enforced idleness, long hours in the day, the week or the year when man must be idle, a time when worry, fear, even hunger and deprivation of the normal necessities of life, faces millions of people in the world generally and thousands here in Burma. Leisure, from something to be desired, has come to mean something to be feared.

Fortunately men are becoming more and more aware of the situation and attempts are being made to try and overcome the problem, and with some measure of success. Let me quote again from the *Gazette* of the 24th December another item entitled "Body and Mind" with the sub-heading "Britain has recaptured the old Greek Spirit."

London, Dec. 16 (By Air Mail). "Britain has recaptured the old Greek spirit, and harmony between the culture of mind and of body has been re-established", so declares Dr. Arthur MacNalty in his first annual report as Chief Medical Officer of the Board of Education. He recalls that in the Golden Age of Greek culture every young citizen spent hours daily playing a ball game, running, leaping, and throwing the discus, and then would bathe and go home to dinner. This physical training continued into middle age for it was a social stigma to be unwieldy and short of breath. Sun-bathing too had its devotees.

Coming to the present day in Britain, Dr. MacNalty writes:—"In this land of fog and mist-let us add, in this land of bright spring days and radiant

summers, the old Greek spirit has been recaptured and harmony between the training of the mind and the training of the body has been re-established. It is implicit in the aims and objects of State education; it is seen in the improved level of general education and knowledge; it is seen in the playing-fields and sports grounds of schools to-day, in the walking parties and cyclists that throng the roads and lanes of the countryside; in the great increase in the number of swimming baths, both open air and closed, in recent years, in the love of amateur sport and the increasing interest taken in the work of educational health authorities. While much has been achieved there is still much to be done."

Dr. MacNalty gives this warning; "At older ages anxious, nervous men frequently abuse muscular exercise, employing it as a means of resting the brain. By such ways these attempts are made to correct one mistake by committing another."

And what has just been said of England may be said also of other countries—Germany, Japan, America, Australia, China. Both as to, the realization of the National need and as to measures put into operation to overcome the problem. Can the same be said of Burma? If the work of this Conference can be turned into practical results I think it can be said that we at least have made a beginning toward an understanding of our problem and a solution of it.

#### 4. A PROGRAMME OF ACTIVITIES FOR RANGOON.

So let me also pass from the theoretical to the practical in this paper and so far as Rangoon is concerned attempt to place before you what might be called the application to ourselves of the conditions generally described previously.

I shall try to present what I sense and suggest under two main headings:—(1) The situation and (2) The remedy.

(1) *The situation.* Rangoon is a very young city, about 80 years old. From a fishing village on the banks of an unnamed stream it has become a city of more than 400,000 people in a remarkably short space of time. This may be considered an element of danger.

It is as cosmopolitan a city as any I am aware of, but while cosmopolitan in population it is still vigorously communally minded. This is both a source of weakness and strength. It has few traditions and has not had time to develop a civic consciousness spirit or pride. Few work and live for the city's good most do so for their community; or for their own. There are few "City Fathers" and no "old families" and municipal government might safely be described as a system of compromises between communities.

It is fortunately very modern in its town planning and in much of its work but also surprisingly conservative at times in its mental attitudes. It

leaps ahead with the unbounded spirit of youth in some things and sits back in its haunches and refuses to budge with almost mulish obstinacy as a result of our old racial or communal ideas and customs. Considerable has been done in the way of providing facilities for both leisure and recreation but much remains to be done, while a large part of what has been done has been carried out on distinctly communal or group lives, and co-ordination or a willingness to co-operate is too often sadly lacking.

(2) *The Remedy.* To prescribe a remedy for situation all too inadequately and perhaps not accurately described is not easy, as all will admit, but the following may be a start which the discussion at the conclusion may help to complete.

# 1. RECREATION MAY BE SAID TO HAVE DEVELOPED ALONG OR FOLLOWING GROUP LINES.

(1) *The Government Schools.* Since I am not in any way officially related to this group and others here are, I will leave the matter with those who have been assigned the task of bringing the problems of this group to your attention. As one of many interested onlookers in the city, I might, however, add that I believe we have a point of view which may have some merit.

(2) *The Rangoon Education Board Schools.* As a member of the Subcommittee on Physical Education of this Board I may be permitted to express an opinion at this time. I believe that the work that is being done at present is thoroughly worthwhile, but also that the programme and curriculum of activities is also thoroughly inadequate and the department is hopelessly understaffed. Any further suggestion should come from the writers of other papers.

(3) *The College Student Group.* This forms one of the most attractive groups in the city. The facilities for activities at its command are splendid and much is being done for and by them. If however, suggestions are in order they would be somewhat as follows:—(1) Put the work on a scientific basis, give it academic standing comparable with other departments and place it under skilled leadership. Voluntary or extra-curricular leadership on the part of the members of the staffs of the various colleges as at present done is splendid, and does create a wholesome friendly attitude between teacher and student but if we are to consider "education" as well as "recreation," skilled and responsible leadership is as necessary in this department of college life as in any other. The scattered activities should be brought under a common head and further developed. The aim should be to see to it that every College student gets a full course in physical education of the sort outlined in Mr. Buck's paper. A combination of what is being done at the Punjab University and at Calcutta University would be the sort of thing most desirable in my mind.

(4) *The European Group.* This group, well imbued with the spirit of recreation during leisure time and realizing its necessity in a tropical climate, has made ample provision for itself in a great variety of activities and is thoroughly well provided for.

(5) *Other Communal Group.* The same might be said of certain other of the smaller communal groups, but when the figures of all these are totalled, and subtracted from that of the whole population of the city there yet remains that larger mass of the common people still unprovided for, except in a very spasmodic and desultory sort of way.

(6) *The Common People.* These must be provided for by the State, the Corporation or by Voluntary Agencies. Let us enumerate what has been done on them in the past and try to estimate how effective such effects have been.

(1) *Projects promoted by Government* (a) 11 years ago the Government appointed a Committee to investigate conditions and make recommendations for the reservation of public play areas in Rangoon. The report shows that their work was well done, but their recommendations were never seriously carried out. The responsibility is, I believe, at present with the Rangoon Development Trust. I submit that the time has now come when an advance should be made. That additional adequate and satisfactory facilities to carry on recreational activities which do not exist at the present time, be provided for the general public.

(2) *Projects promoted by the Corporation.* (a) *Play grounds in Parks.* As one goes from Fytche Square to Theinbys Triangle and perhaps elsewhere, one sees what was once useful playground equipment in more or less disrepair. Who installed this and who is responsible for its upkeep, I do not know, but of this I am sure, that when equipment once installed is allowed to deteriorate or become dismantled it is usually for one cause only, a lack of trained leadership in charge of it and of a programme of activities for its effective use. If one goes to Colombo, Calcutta, Bombay or Madras, one finds live vigorous organizationed public play grounds under the charge of trained leaders. I submit that Rangoon ought equally to have adequate facilities, well organized and under trained and responsible leaders and that we should be ill content till such are a reality.

(b) *Opportunities for Women's Recreation.* This question has already been mentioned in this conference. The Corporation has set aside in East Rangoon an enclosed, walled-in plot of land of suitable size which, so far as I can discover, aside from, an occasional "pwe" being given, is not used. One can only suggest that it is not sufficient simply to set aside land and then consider that ones responsibilities are fulfilled. That is but the first step and if nothing more is done this first step is apt to do more harm than good. The women of Rangoon should take up this matter and see that the best use is made of this and other spaces which ought to be provided as well.

A poised and up-right bearing usually connotes strong mentality, health, self command and leadership. Almost, if not absolutely never, does a feeble-minded person stand erect.

9. The serious results of faulty posture is intimately associated with ill-health and inefficiency of the body.

10. The posture always proclaims the man and it is important to remember that good posture, clear skin and a happy expression are real evidences of health.

11. Parents and teachers should teach correct posture early in life as one of the essentials of health.

12. Erect posture is an expression of intelligence and character. It is also an index of physical efficiency.

13. Posture is a most important matter for health. Correct posture in walking, standing, and sitting and correct breathing are necessary for sound bodies.

14. In the erect position, the stomach must work better, the liver must work better, the bowels work better than if they are sagged, as they must be when the body is dropped.

If you agree with these statements answer the following questions:—

1. Is bad posture the result rather than the cause of ill-health?
2. Do we have more health, because we stand, walk or sit correctly?
3. Is bad posture so much a cause of the inefficiency as it is a result of the same forces that have made the man a failure?
4. If Posture is an index of Physical Efficiency, how can it be measured?
5. Is the correct position an expression of intelligence and character and does it connote strong mentality?
6. Do those with better postures have better scholarship abilities?
7. Does self command and leadership have any relationship with posture?
8. Is Posture an index of personality?
9. Does he who stands erect with a well poised, controlled and graceful body feel that he is master of himself and a leader of men?
10. Does Posture have any influence on health as measured by a Physical and Medical Examination?

The following are the findings of a study made by Mr. G. G. Deaver on Posture and its relation to Physical Fitness. Motor ability, vital capacity, intelligence, scholarship, leadership ability and health:—

1. The relation between posture and these factors is, in no instance very great.

2. There is a slight tendency for Physical fitness, motor ability and health to be related to posture, but there is no relation with vital capacity, intelligence, scholarship and personality.

### CONCLUSION

Until more studies have been conducted to prove that a relationship exists between posture and health, vital capacity, leadership, intelligence, etc., it does not seem that statements similar to those quoted should be made.

(Digest of an article by Mr. G. G. Deaver, M.P.E., M.D., on "Posture and its relation to mental and physical health", published in the *Research Quarterly*).

### D. H. Boulton, I.C.S.

#### AN APPRECIATION

April, 19, 1936.

The usual gay atmosphere of the closing week of the college year has been shadowed by the cabled news of the death of our friend Douglas H. Boulton, I. C. S. While details concerning his sudden illness are not yet available, we know that he was suddenly taken ill on ship-board landed at Gibraltar, and died following an emergent operation. A cable from Mrs. Boulton informs us that the end came peacefully.

A fortnight ago we were bidding him farewell, and regretting that for the eight months of his leave we would be deprived of his daily friendship, his interest and his counsel. The tragic and final loss we now have suffered is too new for adequate expression of a worthy tribute. Our own sense of loss will, we fear, increase as problems arise to be settled without the benefit of his wisdom.

Shortly after arriving in Madras three years ago as Deputy Secretary, Law—Education Department, he became interested in the Y. M. C. A. College and soon accepted its welfare as one of his responsibilities. His wide interests, keen mind and abiding sense of service, united with a lovable personality combined to make him an invaluable member of the Y. M. C. A. Board of Directors. When our College Council was formed he became one of its indispensable charter members. None of the College affairs were too small for his interest—whether it were a new Mess Hall, books for the Library, a Hostel Unit or the planting of a tree—he rejoiced with us in present progress, and in foundations laid for the future.

Personal friendship cannot be bound within the printed page nor adequately expressed therein. Personal grief is yet too keen for expression—as one visions years to come without the vigour and inspiration of his friendship.

To the qualities of his mind, was added that rare gift for friendship that transcends all barriers of nationality and creed. So wide was spread the circle of his life of service, it seems that not only of all the city of Madras, but much of the Presidency mourns his loss. As we remember in gratitude the inspiration he has been to so many—we realize anew that

"To live in hearts we leave behind  
Is not to die."

H. C. Buck.

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

#### ANNUAL REPORT: 1935-36.

The important task before the Executive Committee this year was to revise the constitution of the Association with a view to make the Association function better. The first meeting of the Executive Committee was held on 12th October 1935 when the existing constitution was read through and certain amendments recommended. Copies of this were circulated among the members of the Executive for further scrutiny. The Committee met again on the 23rd November when a final drafting was made. A few bye-laws were also added to the constitution. Printed copies of the draft constitution and the bye-laws were circulated among all the old boys for their approval. An appeal for co-operation and support in all the activities of the Association was also sent along with this. The Committee also decided at this meeting to have the Old Boys' day this year in April as was done last year, although we had requests from the Old Boys of Trichy, Coimbatore and Madura to have it on 23rd December. Perhaps the question of fixing a suitable time for our annual get-together needs to be discussed by this meeting.

The Executive Committee met again on Saturday the 22nd January to fix suitable dates for the celebration of the Old Boys' day as well as the programme of activities for the day. It was decided to have an Old Boys' week instead of a day, from April 8th to 11th. This the Committee thought was worth while since that would enable Old Boys who came to Madras, to spend more time at the college and to become familiar with some of the modern books and recent developments in Physical Education. An interesting programme was also drawn up. A note giving the dates and the detailed programme was published in *Vyayam* and reprints from it sent to all the Old Boys. The Committee met once again on 21st March to share the various responsibilities in connection with the Old Boys' week.

**Membership.** The response this year from the Old Boys has been encouraging to some extent. We have now more than 75 members as compared with 50 last year. Out of this 75, 50 are special members subscribing to *Vyayam* also. We are getting more and more Old Boys to take advantage of

this arrangement. It is our hope that very soon every Old Boy will be a special member.

**Vyayam.** The business manager reports that the membership of *Vyayam* is lowest during the year under review since the journal was started 7 years ago. Last year we had a total of 266 subscribers, but it is a matter of regret that this year it has fallen to 230 in spite of the fact that efforts were made to increase the circulation in various ways. During the year, free copies were sent to all old subscribers including the district boards with a special request to renew their subscriptions. But the response was not encouraging. The business manager is afraid that if things continue as they are at present a special appeal for funds to *Vyayam* may be necessary during 1936-37 in order to keep the journal free from financial difficulties. He is confident, however, that a combined effort from the Old Boys will help a good deal in making the journal a self-supporting one.

**Editing the Magazine.** Mr. Buck feels that the task of editing the magazine has become more and more a task for the editors and the other members of the staff. *Vyayam* as a journal, in his opinion, should be a medium through which the members of our profession should help one another. This becomes possible only if the Old Boys contribute such articles—articles which will stimulate thinking, which will inspire and educate the men in the field. The Old Boys' Association must think of ways and means to encourage Old Boys to write such articles and thereby make *Vyayam* what it should be to its members.

**Finance.** The accounts of the Association were audited and certified by Mr. T. V. Sivaprakasam. We have an opening balance of Rs. 48-11-11 for our work next year as compared with Rs. 31-8-2 of the previous year.

Before closing this report, we have to thank the out-going office-bearers of the Association for their splendid co-operation and strong support.

C. C. ABRAHAM,

P. R. SUBRAMANIAM,

Joint Secretaries.

### News and Notes

*To the Men who are leaving us:*—Another year of work is coming to a close. The group of students this year have had more opportunities and facilities than the men who have gone before them. More play, more healthy competitions, greater opportunities of helping in various sports meets and tournaments—all these helped to make the year's experiences rich and varied. The ten months spent at Saidapet will be, to the majority, a bright spot in their lives. Now the time has come for you to leave us. While going we wish you all a life full of health, happiness and real service. Remember that we want you to go out and help in building a new nation. The task is big and your help is indispensable.

Think of the College in terms of the happy times you had here. If there have been unhappy incidents forget them. Nobody meant any harm, or wanted to see you unhappy. We who remain in the College shall feel