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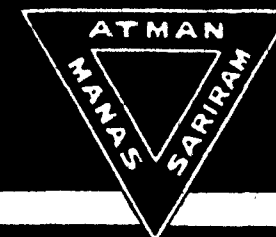
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VYAYAM

A Quarterly Journal of Physical Education.



MAY, 1939

Student Life at Y.M.C.A. College
Problem of Youth Welfare
Students' Association Report
Old Boys' Association



VYAYAM

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Reginald Dann—Friend of the College

"We live in deeds, not years ;
In thoughts, not breaths ;
In feelings, not in figures on a dial.
We should count time by heart-
throbs. He most lives
Who thinks most, feels the noblest,
acts the best."



Reginald Dann



In the life of every person and every institution, there may always be found in the background, one or two persons who, above all others, have been a solid rock of friendship, courage and advice in times of need. In the life of the Y. M. C. A. College, Reginald Dann was such a friend. With Mrs. Dann he arrived in Madras when the College was believed in by very few and its underlying purpose understood by an even smaller group. A pioneer himself, Reginald Dann built truly and sturdily in stone and brick and steel, and was by nature and by profession drawn at once to a College that, through a new channel, was attempting to build sturdy characters and strong, useful bodies.

From the day he first knew the College and understood its purpose, he was its staunch friend. It is not easy, at any time, adequately to express gratitude to a friend whose advice and generous kindness constantly meets one's problems almost before they are realized. When that friend's life comes to an early close, and the entire span of a noble career lies before one, gratitude is joined with thanksgiving for the privilege of knowing such a man.

For Reginald Dann his professional career was not just a means of earning a livelihood. His work as an Architect and Town Planning expert was but a happy expression of his own character and personality. Building schools, hospitals, offices and homes fascinated him. In his own work his aim was fixed upon securing solid foundations and following an honest plan with unvarying sincerity. These high professional ideals brought him very close in spirit to an educational institution devoted to preparing young men for the profession of physical education. Many of the students came to know him well. They, and we, are better because his path crossed ours. He was not given to a quick expression of his feelings. His convictions were too deep for easy utterance. But we know that he cherished, almost as though it were his own, this prayer, written by another noble soul :

"I would be true for there are those who trust me,
I would be pure for there are those who care.
I would be strong, for there is much to suffer,
I would be brave for there is much to dare.
I would be friend of all, the foe, the friendless,
I would be giving, and forget the gift.
I would be humble, for I know my weakness,
I would look up, and laugh, and love, and lift."

Editorials

1938—39

With this issue of Vyayam the College year of 1938-39 draws to a close. Appropriately, therefore, it is largely a Student and College number.

It has been a good year. Of seventy two men who entered (including three short course boy's work men) sixty two have carried through to sit for the examinations—a good record of persistence and faithfulness. Mr. and Mrs. Buck returned from their American visit, August 2, and so have supplied their enthusiastic leadership practically throughout the year. Naturally the regular routine, now well established, has been followed. Perhaps there has been less of brilliant individualism and special stunts than in some years, but, if so, the year has been marked by a spirit of cordial sympathetic co-operation.

At the same time there have been outstanding changes and evidences of progress. Two striking things were the calling of P. M. Joseph to the Principalship of the new Government Physical Training Institute at Bombay and the awarding of a Fellowship for Graduate Study at Springfield College to C. C. Abraham. Both of these are evidences of the great reputation of the College and a tribute to the ability of our Colleagues. Fortunately these valuable staff members were able to help us start the year off in good shape before departing for the scenes of their conquests. The finest reports come from them. Joseph, with his usual skill and tact, is facing the problems of organizing a new pioneer proposition and "C.C." is deep in a thesis on health education and all the many opportunities which Springfield College offers—including a New England winter with two feet of snow.

In their absence the writer has filled in as best he could and with assistance from A. Narayanaswamy, B.Sc. (Hons.), G. W. Trutwein, B.A., and Ajit Kumar Singh, B.A., all of last year's class, Mr. Buck and Mr. Mia have organized the year's work in a smooth and successful fashion. "C.C." returns early in September, and plans are practically completed for considerable strengthening of the staff for next year.

Discussion of further developing the curriculum by the addition of a second year's advanced course in affiliation with Madras University leading to a Bachelor of Physical Education (B.P.E.) degree has been in progress. Unquestionably this is a timely and important advance. Men fitting themselves for administrative educational positions have already been remaining at the College two years and they need the degree and the broader background in general education which such a course will offer. The necessary preliminary steps have been taken and while many details remain to be worked out it is hoped that the programme may be available by 1940.

Material improvement has come to the College through the generous gift of Col. K. G. Pandalai, I.M.S., making possible two new hostel units—the

Pandalai and Kamala Hostels. Another gift will add still another hostel unit in memory of Mr. Reginald Dann whose untimely death took a great friend of the College. Thus next year will see practically the entire student body well housed in permanent hostels. A start has also been made toward a swimming pool, a piece of equipment necessary for a phase of instruction greatly needed at the College. Such evidences of confidence and appreciation and co-operative spirit are a great encouragement to Mr. and Mrs. Buck, the Staff and the Student Body. Twenty years of pioneering begins to bear fruit!

The usual year of successful athletic competition resulted in the special triumph of winning the Wilson Cup in football and other events at least scored "moral victories."

Outside, Old Boys have covered themselves with glory and reflected honour on the College by events which they have been too modest to mention and which have occurred too frequently for us to chronicle. But the conferring of the Gold Kaiser Hind Medal upon D. J. Samuel of 1936-'37 for conspicuous heroism in the great railway wreck at Ayyalur, Trichinopoly, on 21st August, 1938 is a matter of rejoicing for us all. Likewise the efficient managership given by Jagan Nath to the Manavadar State Hockey team on its visit to New Zealand represents an efficient and appreciated International contribution.

The reputation of a College lies with its Old Boys. What they do, proves the value of the training they received while students. Some eight hundred Old Boys of the Y.M.C.A. College of Physical Education are now scattered all over India and in other countries. They can assist their College not only by their work and the reputation they make, but in other definite ways. One way, especially, is to find the right kind of student prospects and direct their attention to the College and to the possibility of preparing for leadership in Physical Education. The present drought and the increasing competition of state physical education schools in India make the recruiting of an adequate student body for next year more of a problem than it has ever been before. No one knows so well who should come to the Y.M.C.A. College of Physical Education for training as our Old Boys.

Let each Old Boy earnestly canvass his field and see whether he has not a desirable B.A. man who should be interested. The Old Boys could easily send Mr. Buck a hundred such students for next year. I believe they will!

E. B.

SOME OBSERVATIONS ON SCHOOL AND COLLEGE TRACK AND FIELD ATHLETICS

During the past School and College year it has been our privilege and pleasure to observe and to assist with numberless inter-school and inter-Collegiate Sports Competitions. During such experiences one cannot help but note both the values and the defects of the activities.

One commendable feature is the marked improvement in the spirit of sportsmanship that has gradually developed during the past twenty years. Another is the great increase in the number of participants. This is all to the good and is a matter for real rejoicing. But there has not been the desired improvement in attention to technique, in standard of performance, in willingness to train, in pride in being physically fit, nor in being ashamed of being physically unfit.

Too many athletes still show a great lack of coaching, of training, and of conditioning, and at the same time too little aspiration to become physically skillful and physically fit.

As physical education teachers we need to check up on our work to see whether the fault lies with us. Are we coaching our boys and men in athletic activities, are we attempting to create in them a pride in performing well, and a pride in having sufficient endurance and strength to make a creditable showing in competition? As a matter of fact the physical condition and skill of our school boys and college students to some extent reveals the effectiveness or inefficiency of our work as teachers. I do not mean to say that a physical education teacher is a failure if he does not produce winning teams and champion athletes. There are higher values than these to be sought through physical education. But I do mean to say that in the compulsory physical education periods, as well as in the optional ones, more attention needs to be given to coaching and developing the natural skills such as those employed in athletics and games.

One way in which teachers can create a greater interest in their physical education periods is to introduce physical efficiency tests of various types and standards and keep regularly posted on the notice board the actual performance of all pupils and of their achievement and progress in physical skills. This creates a desire to improve, develops a habit of practice, and a demand to be coached and trained. Plan your programme so that coaching and training will be demanded by large numbers of your students as a result of wholesome incentives given by you. Then arrange your grounds, facilities, and time-table so that you can coach your athletes to make creditable showings and to be in such physical condition as will easily stand the strain of competition.

Do not let it be said of you that your athletes appear in competitions, not having been taught the essential fundamentals. It is your privilege to so prepare your boys and men prior to competitions that you need not be ashamed of their spirit, their physical condition, or their technique in performance.

H. C. B.

TO THE ATHLETES OF THE WORLD*

A greeting from the Minister of the Interior, Urho Kekkonen. President of the Finnish Olympic Committee, former Olympic Champion (Finnish Championship for the High Jump in 1924 and 1925, former World Champion in the standing hop, step and jump) to the athletes of all nations:—

"We have now reached the last year of the XIth Olympiad inaugurated on such a majestic scale by the Berlin Games. The truly magnificent splendour staged by our German hosts, the scenes of unbounded animation which reigned in their Stadium, cannot easily be forgotten. We had never witnessed the like.

It has been said that the Berlin Games were the incarnation of energy and the triumph of will-power. I should like the Games which we are now preparing with all that solicitude we dedicate to sport, to take place in a spirit of harmony and friendship. We have no wish to emulate the feat of having organized the most spectacular show in the history of the Games. Our desire is to make of the Games, which we have coveted so long and so eagerly, a meeting of the pick of the youth of all nations.

Let us not forget that sport is a game,—perhaps the most admirable of all games, where strength, intelligence and youth lead to victory. Sport has brought us closer to each other and developed that spirit of fellowship which comes from the frank and open rivalry of sportsmen doing their best and striving to surpass themselves.

Not in vain did the ancient Greeks place athletics under the protection of Zeus Philios, the god of friendship. In these times of unrest, an effort should be made to dissipate the antagonisms which the conditions of modern life seem to promote. But I feel sure that all athletes agree that the effort is worth making.

We are conscious that during the sixteen days of the Olympic Games the eyes of the world will be focussed upon us. Finland, a far off and peaceable country, desires to strengthen the bonds uniting our Games with those of ancient times.

Fellow athletes, Finnish sport has been entrusted with a fine and worthy task for 1940 and our satisfaction knows no bounds. We want to offer next year the very finest we know of friendly rivalry and stern competition in the best sporting spirit.

URHO KEKKONEN.

Finland is evidently well on the way with preparations for a "safe and sane" XIIth Olympiad in which friendship and fellowship will be stressed rather than the spectacular elements of recent Olympiads. The January 1939, Olympic News-Service gives the programme, July 20—August 4, and Vyayam wishes President Kekkonen and his National Committee every success in developing the "best sporting spirit" among the Nations.

From *Olympic News-Service*, No. 3, January, 1939.

Throughout the entire period of training it is our attempt to provide for the students a variety of life-like experiences which may develop in them the desire, the habit, and the ability for making life in educational institutions happy, wholesome and profitable. It is our belief that physical education and health education should contribute values to general education, not merely by constructing a dependable foundation of good physique and sound health, but also by ensuring good social conduct, ethical character, and skills for leisure time recreation. We realize that in physical education we are dealing not alone with bodily structure and functions, but with personalities, emotions, and character as well; and the experiences provided in the programme of activities must therefore cater to and shape all these aspects of life. We desire that life in the Y.M.C.A. College may be such that our students under training to become physical educators may appreciate these essential facts and translate them into their profession. We want them to become much more than mere body-builders. They must learn to develop programmes and leadership qualities that may enable them to influence lives for wholesome abundant living.

Following are some of the experiences provided in our attempts to prepare our students for leadership:—

1. *The Medical and Physical Examination*:—Immediately upon admission into the College our students are required to undergo a thorough Medical and Physical Examination. This is done for two reasons. (a) For the benefit of the student themselves. (b) As a means of teaching our students how such Health Service work should be organized and conducted in educational institutions where they may be employed as Physical Educators.

Remediable defects are treated medically or surgically; postural and physical deficiencies are treated by means of specially prescribed physical exercises, health instruction is given according to the discovered needs; protective inoculations and vaccinations are given and everything possible is done to cause the students to take proper interest in protecting and improving their own health and physique, and in learning how to introduce Medical Inspection, Health Service and Health Education into other educational institutions. We believe that good health is essential for success in any and every educational procedure and that a Health Service, Health Supervision, and Health Instruction programme such as our students have should be the normal experience of all students in all educational institutions.

In so far as developing Health Habits is concerned, our students are required to keep hostels neat and clean, to take pride in their surroundings, to provide themselves with nutritious food, and to put into daily practice the laws of hygiene and sanitation which they are taught in the class room.

2. *Physical Life*:—Our students are required to participate in a very comprehensive programme of physical activities consisting of a happy combination of a great variety of indigenous and other national exercises and

games. The activities range from those suitable for the youngest children all the way up to, and including, those suitable for mature adults. At all age levels the activities taught and practiced include those that are individualistic and those of a group nature. Emphasis is placed on natural activities



Volley Ball Team, 1938-1939



Boxing and Wrestling Team, 1938-1939

rather than on artificial ones, because we believe that better results can thus be obtained, and in a more enjoyable more satisfying manner.

This varied programme of physical activities is required of our students in order to give them the actual experience of what they later should

teach. Not only do they participate in these activities, but they also do practice teaching in them.

Our 65 acre site splendidly laid out for every aspect of physical education activity, indigenous and international, provides the physical experiences necessary to prepare them as leaders of a modern comprehensive programme.

Through such a varied physical activities programme we are aiming at the following results :—

(a) *A Sturdy Body.*

Our students practice and study the methods of developing strong, well built, symmetrical bodies possessing good posture, grace and poise.

(b) *A Healthy Body.*

The various physiological functions of the body must be kept in good condition by suitable exercises if we are to be physically fit. Our students must have the knowledge and the experience of suitable activities.

(c) *A Skillful Body.*

The fundamental physical skills must be practiced regularly to prevent physical illiteracy, and to ensure self-respect and enjoyable physical experiences.

(d) *Good Social Conduct.—(Ethical Group Effort)*

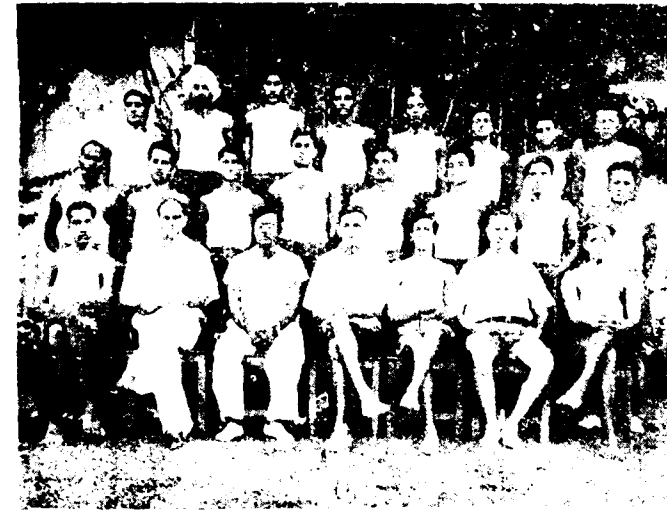
In at least three quarters of his waking hours every adult now lives and moves and has his being in a succession of group efforts. The vital problem is how to make group activity a happy and satisfying experience for people. Through our games and other group activities we attempt to develop the kind of leadership that may enable physical education to make a real contribution toward teaching people to live and work happily and ethically in groups.

(e) *Wise Use of Leisure.*

Modern physical education must be such that it provides individuals and groups with knowledge and ability in activities which they can use to good advantage on their own initiative, for enjoyable recreation during their leisure time. The modern physical director must be able to train students in wise use of leisure time.

3. *Intellectual Life* :—It is not enough for a physical education teacher to be able to perform well and to teach physical activities according to

an accepted technique. He has to know much more than the "how". He must also know the "why". He must have a thorough knowledge of the human body and of the effects of exercise on it. He must understand human nature, how to cater to it, and how to shape it. He must understand the



Basket-Ball Team, 1938-1939



Foot-ball Team, 1938-39

essential principles of living as revealed by such sciences as biology, psychology, sociology, etc., and must learn to develop programmes based on these principles. The physical director must be an educator, not a mere exerciser, and so he must so prepare himself by a proper study of such subjects as will

enable him to select and conduct activities for desirable outcomes. We attempt to provide our students with intellectual and social experiences that may enable them to merit the same status as their fellow educators.

4. *Projects* :—Believing in the principle that we learn only by doing, we give our students many opportunities or projects in the actual promotion of physical education and health education. These projects consists of surveys, social service, special studies, public playground work, conducting street play, conducting boys clubs, coaching and refereeing games, organizing and conducting tournaments and sports meets, conducting physical education classes in schools and colleges, giving health instruction, etc.



Winners. Intra Mural, 1938-1939.

5. *Inter-Collegiate Competitions* :—The Y.M.C.A. College is a member of the Madras Collegiate Athletic Association; of the Olympic Association; and of the Amateur Boxing Association. Our students thus have full opportunity for participating in activities outside of the routine of the regular training programme. Aside from the experience of participation in important competitions, there are the social and ethical values derived from these relationships. The college usually stands near the top in so far as championships are concerned.

6. *The Student Association* :—To provide experiences in self-expression and self-development, and to afford opportunities for the students to co-operate with the staff in the activities of the College, there is a well organized and efficiently conducted Student Association, with student office-bearers and varied activities permitting self-government and self-discipline. Each year the student-body organizes this Association and elects its President, Vice-President, Secretary and Treasurer. The Association has its Literary Section with a Literary Secretary responsible, a Social Section with a Social Secretary, a Religious Section with a Religious Secretary, and an Athletic

Section with its Athletic Secretary. Enjoyable and profitable programmes are developed by the students and participated in by students and staff. The Student Association and its activities help to make College life more enjoyable, the students feel that the College is really theirs, that they have a share in maintaining the high standards set by the institution, and a co-operative relationship is set up between students and staff that is good for both parties.

7. *A Cosmopolitan Student Body* :—The fact that the Y.M.C.A. College is an All-India Institution makes it unique in its Cosmopolitan nature, and in the opportunity that this presents for social education, and in helping to build up inter-sectional and inter-religious friendships. Our students come to us from all parts of India, Burmah and Ceylon. We have also had them from Egypt, Siam, and Africa, and have visions of the institution becoming the College of Physical Education for the Orient. As students with such vastly different backgrounds learn to live together, work together, play together, eat together and exchange points of view, the artificial barriers which so often keep people apart vanish, and they learn that the brotherhood of man is a possibility. This opportunity of learning to live happily with others of totally different backgrounds is an experience that we crave for larger and larger numbers of the youth of the country. We would therefore urge young men to come to this institution for this experience alone, if for no other. The world to-day needs men who are tolerant and respectful of the other person's point of view and of his different manner of living. For those who wish to try the experiment the Y.M.C.A. College of Physical Education offers a rare opportunity.

The Wardha Education Scheme and Physical Education

By

P. K. MANOCHA, B.A.,

Student, Y.M.C.A. College of Physical Education, 1938-39.

"The time appears to have come when education should recognize certain verities de M de La Palisse. First and foremost is the obvious truth that education exists for the child and not the child for education and, secondly, that though the subjects be many, the child is one, and that therefore whatever education is given to it, that education must be a "Whole" in itself."

An earnest attempt seems to have been made recently by Rev. Father Siqueira in a Weekly to discuss, the Wardha Educational scheme, presenting its positive and negative sides. I find myself quite in agreement with the writer regarding his view that there should be provision for higher education and teaching of religion. *"Ethics must be taught and pupils must experience ethical situations, make ethical choices, be led, influenced, guided into right ethical reaction, if a high ethical citizenship is to result. The church cannot do it alone. If it is to be accomplished the school must take it in hand."

A SERIOUS OMISSION!

To my mind, one of the very important needs of the country, which even Father Siqueira has forgotten, has been omitted in the Wardha scheme with the result that it is far from being a perfect solution of the problem. I refer to the problem of Health and Physical Education.

A MISCONCEPTION

The reason for not giving Physical Education its due place in the Wardha Scheme seems to be either the misconception of Physical Education as purely an exercise-giving agency, or the lack of knowledge of its supreme importance in education. A responsible authority on this scheme, while delivering a lecture on it in Madras, replying to my question as to 'the place of Physical Education in Wardha Scheme' said "O, there isn't any need of it as the students will get ample exercise through manual labour". But Physical Education is not merely exercise. Really Physical Education has suffered greatly from the fact that it has been thought of too often exclusively in terms of exercise, muscle building, perspiration, metabolism, or excretion.

PLAY.

Those who have studied the effect of various forms of exercises-work, manual labour and play, are now quite generally united in the belief that the major part of Physical Education should be through games and play. If all

*Dr. E. Berry, M.P.E., Ed.D., *Philosophy of Athletics*, pages 10-13.

sorts of exercises were health giving, the 'rickshaw coolie' should have possessed the best of health and physique. Not all types of exercise, but exercise on the playground gives the opportunity for allround development. Further, the greatest values that come from the playground are the social and moral ones: social adaptation, open-mindedness to the view points of others, ability to win without boasting, to lose without rancor, to put team play above individual triumph and co-operation above selfishness. There is no doubt that "England won her battles on her athletic fields".

THE CONTRIBUTION OF PHYSICAL EDUCATION TO GENERAL EDUCATION.

The supreme goal of the school in a democracy is the production of "Good Citizens". In the words of Dr. Berry "The fundamental conception is the rapidly growing conviction among psychologists, general educators and teachers of physical education alike that big-muscle activity is fundamental and that there is underlying it a psychology of basic importance to general education. This will furnish the explanation of the social values which our present team game athletics so highly develop. In these activities come many social situations, ethical choices and emotional states that inherently affect character. No other activity in our educational programme gives opportunity for such direct and powerful training of the characteristics that make for good citizenship".

The school is coming more and more to be regarded as a place where people should gain experience in better living, rather than a filling station for knowledge or information. Physical Education only and no other activities of the school exercises achieves so significantly the fundamental tendencies and emotion out of which must develop the habits, attitude and ideals necessary to a better social order.

Above and beyond all these "practical" considerations physical education has important contributions to make to a highly worthwhile objective just beginning to be recognized in education, that of helping the individual to achieve a life filled with wholesome activity which brings him satisfaction, joy and deep appreciation. The educational world—along with the world in general—is moving away from the old conception of life as a value of tears and sorrows. Physical education is activity and as activity it becomes a part of the "Happy life".

FROM THE VIEW POINT OF HEALTH.

There has been a considerable awakening concerning the physical need of our people and the duty of the school in this respect. Formerly, the matter of health was not a school problem. Considered economically alone, the annual loss in man and woman power due to sickness is a staggering total. Large numbers of children suffer from defects and many of these defects would not be discovered or removed if the school did not insist. The success

of the pupil is seriously delayed and often prevented unless these defects are corrected. Add to this the sorrow and suffering involved and one realises that to allow it to become even worse is inexcusable. The modern school, therefore, must conduct health instruction of an extremely important type. Good health and an adequate physique are fundamentals to citizenship in a democratic "melting pot" like India.

"If education seeks to develop in young people certain vocational skills, physical education also seeks to develop skills, and skills that play a part in vocational success. If education yearns to foster high character in future citizens, physical education aspires likewise to such achievement. No worthy purpose of education need lack support, for physical education touches vocational interest with joy, citizenship with a sense of justice, sociability with sympathy, family relationships with recreational activities, and leisure time with the skills and enthusiasms for wholesome living."

EDUCATION OF THE WHOLE MAN.

Education should be thought of, not as a frill or ornament attached to the institution or the school but rather as an integral phase of the project of educating the *whole man*. The word *whole man* needs a definition and description. "It is extremely difficult if not impossible to frame an ideal of the completely educated man", says L.P. Jacks, D.D., LL.D. D.Litt., "And then it is that I begin to realize my own need of education. I see the point where my own education was most neglected. In all this piecemeal procedure of our education one thing was constantly lost sight of—the whole man, the whole boy, who is mind, body, character and soul all in one".

The whole man is primarily and essentially a citizen in the United Kingdom of earth and Heaven, his body, mind inseparably and positively dependent one on the other.

This knowledge of the linking together of the various elements in the human mechanism has brought educators to a realization of the necessity of cultivating the physical welfare of the school child. It indicates the obscurity of any scheme of education which in its devotion to intellectual interests would neglect the physical foundations at the basis of all human accomplishments and human happiness. It is this realization, more than anything else, which has accounted for the universal acceptance of physical education as an important element in the modern school curriculum.

THE TASK FOR THE EDUCATORS.

Finally what is the task of the educator? Again I quote Jacks for I can hardly find better word than his:—

*"What have we educators to say to all that? First of all, I think, to make a confession. We are largely responsible for the state of things. We have not deliberately planned or promoted it, but we have done little to pre-

vent it. Ever since education became universal we have held the key to the position, but we have been deficient in the vision and the skill which the use of the key requires. By educating people piecemeal, as though human nature were a patchwork, made up of mind, body, character and soul, each subdivided again into I know not how many faculties and aptitudes, and each with a special subject allotted to it—by educating them this way and neglecting the education of the whole man, without whom none of these divisions has any meaning at all, we have left them in a condition where spiritual confusion is bound to overtake them".

And then he adds, "we must follow up this confession by repentance and amendment. We must take our own education in hand. And I suggest that we begin by schooling ourselves in the conception of the whole man, or, if you will, the whole woman, and never lose sight of him in his wholeness, from the first stage of his education as a child to the last stage as an adult. Let us get rid of patchwork conception and piecemeal practice; of the mind to be educated by one method, the character by another, the body by a third—or perhaps not educated at all—and produce not whole men or whole women, but lopsided creatures in whom the creator himself has some difficulty in recognizing his own image. I suggest this as the first step. Let us turn our thoughts to the whole man and take him or at least the idea of him, as the lodestar of our educational practice, and fairly tackle the problem of multiplying "beautiful people" on the face of the earth".

The Education of the whole Man, L. P. Jacks, p. 55, 59-60.

Tests of the Fundamental Physical Skills

BY

H. C. BUCK, M.P.E., M.A.,

Principal, Y.M.C.A. College of Physical Education, Saidapet, Madras

As teachers of physical education we are aware that the introduction of various types of "Efficiency Tests" or "Motor Ability Tests" into the required programme serves as an incentive or motivating force to practice and improve the fundamental skills of running, jumping, throwing, climbing, etc. We all appreciate the very real value of this self-testing portion of the physical education programme. But when we really get down to formulating suitable efficiency tests for boys and for men we are at a loss because we do not have the facts and figures of the performances of large numbers of boys by ages, nor have we collected any facts on college students to enable us to know how high or how far the average college student can jump, how fast he can run, how far he can throw, etc. We know fairly well what the *good* athlete of high school college athlete. But we know little or nothing of the actual ability of boys and men who never reach the level of inter-school and inter-collegiate competition.

The schools and colleges of India are badly in need of suitable efficiency tests, and the Y.M.C.A. College of Physical Education has decided to collect the necessary data for formulating them. For this we need the help of every physical education teacher in every school and college. We request you to conduct large numbers of tests and send us the results for compiling, tabulating and working into experimental efficiency tests. You should conduct tests in running, jumping, vaulting, throwing, pull-ups, dips, etc., make very careful timings and measurements of actual performances, tabulating carefully; giving the name, age, weight, height, school class, etc. as well as the actual time, height, or distance of the performance.

We trust that you will all go to work on this at once and as you collect your data please send them to H. C. Buck, Y.M.C.A. College of Physical Education, Saidapet, Madras. Your hearty co-operation in this will enable us to make a very real contribution to physical education in India.

Also, there is talk now of making Physical Education an examination subject for the S.S.L.C. and for the T.S.L.C. Such information as we are about to collect on the ability of large numbers of students will be of immense help in formulating suitable examinations in Physical Education. We count on your assistance in collecting the data.

The Problem of Youth Welfare in Bengal

BY

JAMES BUCHANAN, M.A.,

Government Physical Director, Bengal.

In its widest sense, the term Youth Welfare concerns many different aspects of educational and social life, and the problems are so varied that it is, *naturally*, impossible for one individual or department to tackle them all. They can only be adequately dealt with if each department of Government, and each public organisation, and every private individual interested in such questions, selects a particular aspect of the problem and does something towards its solution: and if a co-ordinating agency is set up to ensure that all efforts are related to each other in such a way as to avoid wasteful expenditure of energy or of funds.

Working on the principal that a forest can only be cut down by tackling the individual trees, the Education Department of the Government of Bengal have selected their own particular section of the forest,—a fairly large one—and have initiated a scheme designed to deal with the question of physical welfare. Already they are taking steps to relate this to the question of medical welfare through the co-ordination of their work with the Public Health Department, but meantime the work already started is on the following lines:—

- (a) The physical welfare of young people is being developed first through schools and colleges. In every District an Organiser of Physical Education has been appointed to visit the institutions and demonstrate improved methods of organising and teaching physical activities, and to conduct special training courses for teachers from High, Middle, and Primary schools. He will also assist in the development of voluntary school organisations, such as Inter-School Sports Associations, Scouting, Bratachari, and Junior Red Cross, thus co-ordinating the curricular part of the physical education scheme with voluntary movement closely related to physical welfare.
- (b) Physical Education has, of course, been compulsory in Government and Government-aided schools for over 10 years, but there has been a shortage of efficient teachers. This has now been provided by the conversion of the Training Centre for Physical Education, which has existed since 1932, into a permanent College of Physical Education, with a larger staff and double the previous accommodation.
- (c) Provision of free medical inspection and tiffin supply in all schools is out of the question, because of the enormous cost.

But a study of these questions has been begun by selecting about 90 High Schools in which these will be introduced. The schools selected will be those that already employ trained physical instructors and conduct a systematic programme of physical education, the intention being to ascertain what tangible results can be expected from all-round attention to health education. These schools will also be assisted in purchasing apparatus and improving other facilities for physical education.

- (d) The other main problem is that of helping youths who do not attend schools or colleges. The method of solution has been indicated for a number of years by spontaneous growth in all parts of the province of clubs which organise games, sports, and exercises for young people. Since 1933 Government have assisted such clubs financially, but now a real effort is to be made to improve and systematise the method of helping them and of extending the club idea to every village and community. The plan is mainly one of co-ordinating private effort with that of official agencies, and it consists of setting up in every District a Youth Welfare Council which will study the needs of youth, give direct assistance to existing clubs, establish new ones, and recommend what grants are required for further developments. On the Councils official and non-official organisations, and individuals will be fully represented.
- (e) In the work of each Council it is necessary to have one touring officer who can personally study the work, progress, and requirements of clubs, in order to keep the Council fully informed, and one who can also give the clubs immediate practical assistance in the form of demonstrations and suggestions regarding all kinds of physical activities. For this reason, the District organisers of Physical Education have been selected as Secretaries of the Councils.
- (f) Despite the great public interest that has already been shown in the physical welfare of youth, much remains to be done in the way of propaganda, both for further popularising the movement and in the way of explanation of methods. This has been provided for by the purchase of cinema projectors and films, and by allotting funds for the expenses of demonstration parties of experts in sports, games, gymnastics, etc., who will tour throughout the province.

Such is, briefly, an outline of the scheme which has been started at a cost of Rs. 2,50,000. But the implications of the scheme go much further. Improvement of physical education, if unrelated to any spiritual or moral

influence, is in danger of cultivating that attitude which glorifies the value of mere physical size and strength, or the gladiatorial outlook which aims at the production of small numbers of champion athletes and large numbers of passive spectators.

The scheme aims, however, at something more vitally important. The spirit that it is desired to arouse, is that of increasing physical fitness for the definite purpose of being more competent to meet the difficulties of every day life, to carry on work of a social service character, and to raise the standard of health and vigour, mental as well as physical, of the nation as a whole. With this in view steps have been taken to co-ordinate physical welfare work with the many agencies now concerned with village reconstruction and rural development, improved sanitation, health propaganda, etc. For example, in schools the physical education programme is closely related to educational and moral influences through improved methods of general school organisation and through association with the spirit of service cultivated in the work of Scouts, Bratachari, and Red Cross movements; in clubs it is a condition of grants-in-aid that the members should engage in social service work of one kind or another, such as village health propaganda, clearing of jungles and tanks, adult education classes, training centres of unemployed, or other activities of a public and voluntary character.

Although, therefore, the scheme is based upon the improvement of physical welfare, it will be seen that it is capable of expansion within itself, and also of close co-operation with those other aspects of youth welfare which have either been tackled or are likely to be taken up in the near future from other directions. Further, it marks a very important stage in the process of removing the idea, which is unfortunately so prevalent, that the interests of Government cannot coincide with the interests of particular organisations or individuals. The scheme is one for the benefit of youth, and it is therefore one that cannot fail to attract the active support of all who believe this to be a question of urgent importance in Bengal.

The Rural Uplift School, Jammalmadugu

By

K. SITARAMAIAH, B.A., DIP.,
Physical Director in Charge.

The Rural Uplift School, Jammalmadugu, Cuddapah District, is the second experimental institution in the Presidency. It was held under the auspices of the Prohibition Movement, to improve upon its own beneficent effects upon the villagers. The objects of the School are :—

1. To pick up young men of some status from villages,
2. To teach them new ways of village life, discussing topics such as agriculture, sanitation, health, co-operation, and others connected with village life,
3. And to teach them many games useful for village recreation.

These young men, after the one month's training, are expected in turn, to go and teach their fellow villagers the new ways of life, and run village recreation clubs.

These men are called village guides, *Grama Sevakas*.

The number of candidates that were taken was 50 from among the three surrounding taluks. Their status was of either property or education. Thus there were about 20 school teachers, one village munsiff and a branch postmaster come on leave. In age mostly they are below 35. They also represented all communities. Fifteen, however, were from urban groups.

The regular staff of the school were the Physical Director and an Instructor.

Their training consisted of lectures, magic lantern shows, cinema shows, exhibitions, demonstrations, etc. The topics covered were Rural Recreation, Agriculture, Co-operation, Education, Handicrafts, Health, Sanitation, First Aid, Scouting, Veterinary, Forest and Civics. They had 8 magic lantern shows on Health and Agricultural topics and 3 cinema shows on Health. There was one demonstration by the Touring Van of Associated Cement works. During the whole month agricultural implements, etc., were kept for exhibition. Handicrafts were provided as spare time activities such as tape weaving, market bag making, malt preparing, spinning, etc.

The day began with physical activities from 7 to 8-30, except on Sundays, when there were lectures only. Between 9 and 11, or 12, lectures were given by competent officials and non-officials on their respective subjects. Up to 3 p.m. students had rest and spare time activities. At 3 p.m. we started for a neighbouring village or spent the evening with games among ourselves and with any willing to play from 4-30 to 6 p.m., then a campfire at

8-30 p.m. for an hour. The final whistle for the day was given at 10 p.m. for bed.

As seen, games occupied most of the students time and programme. They were taught about 80 games in the whole month. Of course it was a principle to teach indigenous, non-equipment, non-costly, simple, small area, large participation games for fun, exercise (light or heavy) and recreation. The only equipment we had was a volley ball (inflated always with a cycle pump) with which we played about 10 simple games. The others were about 15 circle games, 15 relay games, 15 tag games and about 25 ordinary games like kho kho, chedugudu, etc. In addition, they were taught various bhaskis and dandals and four or five forms of kummi steps (folk dancing). All the activities were held in the small but sandy compound of the school itself.

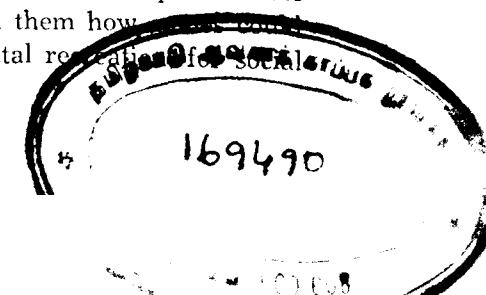
Mornings were reserved for students of the school only and for teaching new activities. In the evenings, we all went to a village or occasionally some groups of students went to the villages which had already been visited and in which Sports clubs were already formed. Others groups had games among themselves with outsiders participating. Sometimes students were asked to lead a game or two in their group or for the school boys who assembled.

As a typical example of our village visits, the march to Ponnathota, a village 3 miles from the campus with about 800 population, is given here. We started in fours singing national, agriculture, co-operation or health songs, crossed the river, and by 4-30 p.m. reached the village. There again we marched through the few streets singing songs followed by an increasing village crowd and finally assembled in a sufficiently large space in the midst of the village.

The District Collector, the Deputy Registrar of Co-operative Societies, the Assistant Director of Agriculture, the Tahsildar, the Veterinary Assistant Surgeon and Agricultural Demonstrator were our guests in the village.

At 5 p.m. we began playing games. At first we played dodge ball among ourselves. This created great interest and lusty laughter among the village spectators as each ball hit a player in the circle. After a few minutes, the play was stopped and the villagers were invited to join the game. They were already stimulated. So shyly but readily about 30 joined us. Continuing we played a number of games like dodgeball, nondi, nosetag, Hindu tag, brothers, individual chedugudu, etc., for an hour and a half amidst hilariously loud laughter and the gleaming joy of the village spectators, about 400 in number, young and old, men and women.

After this was over, we were all seated and the Physical Director explained to the villagers, the aims and objects of the Rural Uplift School and the purpose of our visit. In brief detail he told them how they could be played for physique, for health, for fun, for mental recreation.



values like sportsmanship, teamspirit, etc., and above all for efficiency to work more, earn more and live more happily. After they were exhorted to play daily and regularly for an hour or two, the Village Sports Club was founded with an enthusiastic young Secretary and 20 members. They were also invited to the Inter-Village Chedugudu and Sports competitions, at the end of the month.

These chedugudu matches and sports events were held during the last three days of the school. Altogether 8 villages entered though it was a very hard time (harvest) for them. One team from Moragudi village came in procession and Bhajana and the Ponnathota team exhibiting a placard with the name of their new club "Sree Veerayamaya Vyayama Sangham"! The Bharatmata Club of the Kannelur village knocked off the shield offered by the Collector and presented in the closing function. The same village won the Tug-of-War event also. Among the students prizes were specially given to intramural winners and the best village sports club organiser.

The School closed with another four day Rover Camp organised by the Provincial Organising Commissioner.

That the students were not given any certificates is one notable feature of this school. Instead they were awarded a cloth badge and a scarf with the imprint of a special monogram. The monogram is a triangular shield with a five petalled lotus in two lines of water in the angle and the rising sun with simple lines of rays above. In the space between is inscribed "Grama Sevaka" in Telugu. As an addition to the courses in the Salem Schools, four or five handicrafts were introduced as spare time activities and a special Rover's training was given at the end. Another very important observation I wish to make here is that though games are supposed to be the main object of the school, other things like the lectures were introduced and emphasised and, I fear, the value that was attached in the Salem schools to games was not at the same level in the school here. From the general point of values of games I wish to make two observations. In play caste distinctions have no place. For instance I was surprised to see in the villages Brahmins and Harijan playing with us though they would not meet in the village like that. The second is that play and sports are the one best agency to do away with the communal calamity of the country. For illustration, though no body tried to make it so, one village club was named after a Hindu God as "Sri Veeranjaneya Club" and its secretary is a young Muhammadan. It is well for us to spread play and sports in the village life so that this caste system may be gotten rid of and so that communal feelings which have been developing in towns may be prevented from entering into the villages. Play has indeed more value than the majority realise!

Madras Provincial Physical Education Association Conference

Madras—August 1939.

The Executive Committee of the Madras Provincial Physical Education Association resolved at their meeting held recently to hold the next Provincial Physical Education Conference at Madras during August 1939.

It was also resolved at that meeting that all the Physical Directors and Physical Training Instructors in Madras, Saidapet, Guindy and Tambaram be requested to serve as members of the Working Committee of the Conference. Among other things the Committee will be in charge of the programme of the Conference which will include addresses, discussions, exhibition and demonstrations.

Those interested in the Conference and who intend to participate in the same are requested to communicate with the Hony. Secretary, Madras Provincial Physical Education Association, Saidapet, Madras.

G. F. ANDREWS, M.A., Ph.D.

International Games

By

N. K. MIA,

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

In recent years India has been sending her sons to different parts of the world to take part in National and International Competition in games and athletics. Our cricket, tennis, football, pingpong and hockey players have all been visiting different continents to learn what others have to offer. But in the case of hockey our men have been specially invited as the exponents of a high class hockey, to visit other countries and give them what is best in us. While we take pride in our achievements in the game of hockey, we cannot shut our eyes to the fact that losing or winning a game does not bring any credit to any nation unless it is accompanied by other virtues as well—the qualities of a gentleman both on and off the field. Perhaps we have not always measured up to this expectation in every field of sport. The reasons are many, but at least in the case of hockey our men have proved time and again that one can always expect from them the highest traditions of sportsmanship which are so much valued by all.

While it is a great honour to represent one's own country in any sphere of activity yet one must not forget that such honour and privileges are not without their due share of obligations. As unofficial ambassadors of our country a great responsibility rests on such representatives to show to the world what is best in our Indian Culture and Civilization. While we talk about the doings of our men with a certain amount of pride, and rightly so, we fail very often to appreciate the great part usually played by the Manager of the team.

It is no exaggeration, that on him, as the true guide and chief representative rests the great responsibility of bringing out what is best in our men. This is not an easy task; one must be a man of vision to lead others to this desired goal.

It is the hidden hand of the Manager which, more than anything else, is responsible for the chorus of praise and admiration that emanates from others.

No doubt our men have been admired for their skill and suppleness in the game but more than that, as the letter below will amply testify, they have been loved and cherished more for their fine spirit of gentlemanliness. Such was the case with regard to the New Zealand Hockey Tour by the Manavadar State Hockey Association. This credit is in no small measure due to Prof. Jagan Nath, an old student of our College, for so ably managing the tour.

It is not the first time; once before in 1936 during the Berlin Olympics he had proved beyond any doubt that India can well be proud of a man of Prof. Jagan Nath's Calibre. He has shown more than once that he can be depended upon and the honour of our Country is quite safe in his hands.

We in the College feel proud of Prof. Jagan Nath and wish him greater success in the future. Cheers for Prof. Jagan Nath!

True Copy

*Christchurch,
NEW ZEALAND.
November, 29th 1938.*

THE HON. SECRETARY,
MANAVADAR STATE HOCKEY
ASSOCIATION,
INDIA.

Dear Sir,

On behalf of the New Zealand Hockey Association it gives us very much pleasure to tender this report on the recent tour of New Zealand by your representative team from the Manavadar State Hockey Association.

At the outset we wish to record our sincere thanks both to the Indian Hockey Federation for granting the necessary permission for this tour, and to His Highness the Nawab of Manavadar, through whose help and generosity the tour was made possible. You will all be pleased to know that the visit of your team has been of much help to New Zealand, not only in the advancement of hockey, but also in the cementing of the friendly relations between the peoples of India and New Zealand.

The Manager of the team, Professor Jagan Nath, the Captain, Mr. S. M. Hussain, the Vice-Captain, Mr. Shahabuddin, and all the members of the team proved to be of a very fine type, and their conduct both on and off the playing fields was at all times exemplary. As exponents of the highest class of hockey, for which India is famous, they proved to be a really first-class combination. Although our own standard of hockey has improved since the All India team toured New Zealand in 1935, yet the Manavadar team won all three matches against New Zealand representative teams by comfortable margins. It was a pleasure and an honour for our players to have the privilege of playing against such worthy opponents, and there is no doubt that our own play will continue to improve as a result of this visit.

The conduct of the Manavadar players left nothing to be desired. All of the representatives of our Association who have travelled with the team have reported in the highest terms. At all times the Manager, Captain, and players were most willing to co-operate with us and to comply with our many requirements. This added materially to our pleasure in having them as our guests. Our visitors also added to their prestige by the true sportsmanship they exhibited on the occasion of the one match of the tour in which they were beaten.

It is with pleasure that we record special appreciation of the outstanding service rendered to New Zealand by the Manager of the team, Professor Jagan Nath. His splendid work has won high opinions not only from hockey

officials throughout New Zealand, but also from leading educationalists, business men, and from members of the New Zealand Government. Professor Jagan Nath proved to be a good speaker who had the happy grace of always saying the right thing. He addressed meetings of various kinds in all parts of New Zealand, including Rotary Clubs, Overseas Clubs, Empire Societies, and Schools. He was able to explain India and its people in a way that was conducive to the establishment of goodwill and friendship as between the two portions of the British Empire. His addresses to the pupils of secondary schools and colleges in all the towns visited by the Manavadar team were especially helpful and were of high educational value.

Our Association has received letters of appreciation of these addresses from the headmasters of the colleges and schools that were visited. A kind letter of appreciation of the Manager and the Team has also been received from the Right Honourable, the Prime Minister of New Zealand. We detail hereunder a copy of a letter received from the Principal of the Wellington Technical College which is typical of the letters which have been forwarded to our Association.

" I wish to express through you our appreciation to Professor Jagan Nath for his illuminating address to the students at the College yesterday afternoon.

By request he spoke first of Hockey as the adopted game of India and subsequently of India itself. His advocacy of Hockey as a game of skill superior to many other games so common amongst Western people was cleverly but fairly sustained, and must result in stimulating interest in its development.

I thank him particularly for his illuminating and thoughtful talk about India and the Indians. His statement of the Eastern philosophy as evinced in Indian thought and action ; his illustration of the friendly attitude of the Indians to other people ; his advocacy of a clearer understanding and a closer union between Empire Units was most impressive.

For these thoughts and the expression of them we are his debtors. I shall be gratified if you will convey to him this expression of our thanks.

Faithfully yours,

(Sd.) R. RIDLING,

Director,

Wellington Technical College."

Another very helpful feature of the tour was the willing co-operation of the Manager, Captain and senior members of the team in making interesting, instructive and friendly speeches at dinners, public functions, and in talks over the radio. These speeches did a tremendous amount of good, and it gives us much pleasure to place this on record. In conclusion, it gives us pleasure to record that we have very happy

recollections of your team's visit. We feel sure that the friendships made and comented, and the good work done for the game of hockey, will be of a lasting character.

Yours faithfully,

(Sd.) H. S. J. GOODMAN,

President,

(Sd.) W. H. DOWN,

Hony. Secretary,

New Zealand Hockey Association.

Copy

DOMINION OF NEW ZEALAND

PRIME MINISTER'S OFFICE,
WELLINGTON.

16th November, 1938.

Dear Mr. Goodman.

Thank you very much for your letter of the 9th November and also for enclosing for my information copy of one from Professor Jagan Nath, Manager of the Prince of Manavadar's State Hockey Team which recently toured New Zealand.

My colleagues and I are most grateful for the expression of appreciation conveyed through you on behalf of the Manager and members of the team. We were most happy to meet Professor Jagan Nath and his team and anything we were able to do to make them feel welcome and to enjoy their stay among us was a real pleasure.

I acknowledge with thanks your Association's and your own personal message of appreciation.

Yours truly,

(Sd.) M. J. Savage,

H. S. J. Goodman, Esq.,
President,

New Zealand Hockey Association,
Christchurch.

Students' Association

ANNUAL REPORT, 1938-39

The first General Body Meeting of the Students' Association was held on 5—8—1938, in Massey Hall, at 8-30 p.m., with Mr. P. M. Joseph, the advisor to the Students' Association, in the chair. Then ten among our students were elected as Office Bearers for the year 1938-39. These ten formed the Members of the Executive Body of our Association. Duties of our association were assigned as follows to the members of the executive:—

President	..	Nazir Ahmed, B.A.
Vice-President	..	Amarnath Goyal, B.A.
General Secretary	..	P. Moses, B.A., B.Ed.
Treasurer	..	Joginder Singh, B.A.
Social Secretaries	..	S. L. Ogale, B.A., and Suraj Lal, B.A.
Athletic Secretaries	..	T. J. Francis, B.A., and S. Srinivasan, B.Sc.
Literary Secretary	..	Om Prakash, B.A.
Religious Secretary	..	S. V. Naidu, B.Sc.

The Inaugural Meeting of our association was held on 26—8—38, when Mr. H. C. Buck, M.A., M.P.E., our popular Principal, presided. The President's introductory remarks were followed by the introduction of our student body by Mr. P. M. Joseph to the Hon. Dr. T. S. S. Rajan, the Minister of Public Health for the Government of Madras. We were very fortunate in having the Hon. Dr. T. S. S. Rajan as the speaker for the evening. The honourable speaker said that the correlation of the mind to the body was the secret of all Physical Education, which, he continued, must be a health insurance of the highest order. Violation of the natural laws of health, the speaker, pointed out, was an offence against God. The Hon. Speaker concluded his inaugural address by reminding us that every student of the College should be the standard-bearer of health in this country; and every one had a mission to perform.

We were very sorry to lose Mr. P. M. Joseph who had accepted a post in Bombay Government. But thanks are due to our Principal and the members of our staff, who had shared among themselves the responsibility of directing our affairs, Mrs. Buck, M.A., was put in charge of our literary and social activities; Mr. N. K. Mia in charge of our athletic activities; and our Principal in charge of the other aspects of our activities. In this respect we were very lucky, I must say, for we had three advisors instead of one.

Welcome and farewell meetings have occupied a major portion of our functions. We were indeed very happy to welcome into our midst Mr. and

Mrs. Buck after their short furlough in their native land, the United States. We arranged for three farewell meetings in connection with the departure of three of our staff members, Mr. C. C. Abraham, Mr. P. M. Joseph, and Mr. G. W. Trutwein. Each of them appreciated very much our spirit of loyalty and gratitude and the souvenir we had given them.

I appreciate very much the spirit of brotherhood and equality shown by the members of our association. I honestly believe that we have proved that people can live together in spite of the existence of different religious beliefs, languages, social customs and manners. If such a thing was possible in this College of Physical Education, I do not see any reason why it should not be possible in the different countries of the world.

This year's group of students, I am tempted to believe, is the luckiest of all the groups that have come here before. Though two of our lecturers left our College, we were fortunate in having with us Dr. E. Berry, M.P.E., Ed.D., who has upon his shoulders the work of those two who had left us during this year. No other student body, I am sure, have had the privilege of receiving instructions from two such eminent men as Mr. H. C. Buck and Dr. E. Berry.

Our camp programme, under the able supervision of Mr. N. K. Mia, went on very happily. We were also lucky in the field of games and sports. We were runners-up in the Madras Presidency Olympic and Madras Inter-Collegiate Track and Field Sports, in which we lost the championship only by a narrow margin of three points. We won this year the knock-out Inter-Collegiate Football Championship. Several schools and colleges in the city of Madras have taken our help in conducting their sports and all of them appreciated very much our services.

We gave a Physical Education Demonstration on our grounds. The Hon'ble Dr. P. Subbarayan, Minister of Public Instruction, and several other people who attended that day, appreciated very much our demonstration.

On behalf of our association I tender our heartiest thanks to our Principal, and all the members of our staff for their active co-operation and guidance.

P. MOSES,
General Secretary.

RELIGIOUS ACTIVITIES

Under the Religious Section of our Students' Association, the functions celebrated are partly social and partly religious. The functions celebrated are Deepavali and Ram Navami for Hindus, Guru Nanak's Birthday for Sikhs, Idd for Mohammadans, and Christmas for Christians. Common dinners were arranged for Deepvali, Idd and Christmas. Bhajanas with musical accompaniments were arranged for Hindu functions including Sikhs. Presents in the form of small toys, were given at the time of Christmas. On the day of Idd, a speech by Mr. Mohammad Abdul Huq, a lecturer in Moham-

madan College (Madras) was delivered. He explained clearly the service-motive of all religions with emphasis on Islam. On the Deepavali night, fire works were lighted by the students, and the guests of the night.

S. VENKATADRI NAIDU.

Secretary.

LITERARY ACTIVITIES

During the year we listened to some very valuable speeches made by well-known men as well as holding meetings for the purpose of encouraging students to tear away the veil of stage-fright.

In the beginning Mr. Satyamurthi, M.L.A., gave an eloquent talk in connection with the playground movement in Madras. The meeting attracted also several outsiders.

The main object of conducting literary functions was surprisingly achieved by meetings held under Mrs. Buck's presidentship. She extended a chance to each student to express himself on the platform on some funny topic. Many a red face was witnessed with shivering nervousness.

A second meeting of the same kind followed. The students responded marvellously. Nerve shattering anxiety gave birth to full confidence and the sound vibrations had no stammering. We found many talented speakers. (Public speaking, now, has become a 'leisure time' art and we face the problem 'how to check'). Various prizes were also awarded to the speakers.

Dr. Paul F. Russell, M.D., M.P.H., gave us a brief but bright picture of 'Malaria and its Prevention.'

In the third term the Fridays were mostly occupied with Boxing and Wrestling Tournaments. Dr. Mukerjee, M.L.A., President, All-India Indian Christian Association delivered two lectures. The speaker reviewed the present-day Indian economic, political and social life and exhorted the students to help their down-trodden countrymen in order to promote education, sanitation and nationalism.

We thank all the speakers and listeners who have co-operated with us. We also believe students will use this art with discretion.

OM. PRAKASH NAYAR,

Secretary

SOCIAL ACTIVITIES

The Social functions alone give us the real relief and a worthy change from our 'monotonous' programme of varied, 'interesting' physical activities. This year the social functions were a great attraction. All enjoyed them because there was 'singing, speaking, dancing and eating'. Of course many

sang, spoke and danced, though they did not learn the respective arts, but every one ate well as we are all well versed in that art, which is racially old.

The send-off to Messrs. "C. C.", Joseph, and Trutwein were over with a mixed feeling of joy and sorrow. We also spent a nice time with our guest Mr. Chinchalkar, a magician. Every body still remembers the Adyar Trip. The final social function of 14th April was crowded with various activities. The 50 metres dash for the members of the staff was a great attraction because everybody thought within himself, "we made them run at least once!" The 'Fish-Pond' was another important feature; the members of the staff seem to have enjoyed it most.

Thanks for the co-operation, Friends!

S. L. OGALÉ,

SURAJ LAL,

Secretaries.

PHYSICAL ACTIVITIES

The Physical activities section of the Students' Association conducted the Intra-mural and the Extra-mural activities.

INTRA-MURALS

For the intra-murals the whole student body was divided into 4 units, Bull-Vergins, Pukchas, Lions and Y.M.C.A. Reds. Tournaments were run on the league basis and cent percent participation was emphasised.

Speed-ball came in as a new item this year and enthusiasm ran highest there.

Bull-Vergins won the Championship. Best congratulations for Bull-Vergins!

BULL-VERGINS

Won many an intra-mural event. Every victory was followed by a noisy dance. Photo was taken. Tea was arranged.

PUKCHAS

Well fought and came second.

Composed of Cowlers and Wrestlers. Had very high hopes in Volleyball.

Y. M. C. A. REDS

"Blue Wins." That is their maxim. The Olympic Pentathlon Champion came from this group.

EXTRA-MURALS

We played various matches with other teams in several sports. Our teams played for the Olympics but did not meet with success.

ATHLETICS

We had a few good athletes this year. Mr. P. Jeyaraj won the Pentathlon Championship and also broke the Madras Record in 100 Metres in the Olympics placing it at 11.2 seconds.

Mr. Jogendir Singh broke the Inter-Collegiate Records for Pole-Vault, clearing 10' 6". We monopolised the Relay races in the Olympics and in the Inter-Collegiate Sports. The team consisted of Mr. Jeyaraj, Francis, Irudayan and Jogendir Singh. We came next to the Champions both in Olympics and Inter-Collegiate Sports.

7th Inter-Scholastic Sports were conducted by the Students' Association. Nine Schools competed this year. St. Mary's European School won this year also. The organisation of the meet was excellent under the directorship of Mr. A. Narayanaswamy.

TENNIS

The tennis courts were used frequently both by beginners and veterans. Even on week-ends those two courts groaned under the heavy steps of some beginners.

Under the auspices of the Students' Association, a Doubles Tennis Knock-out Tournament was conducted in which all the Staff members took part. The final round matches were exciting and Mr. Saddique and Manocha won the Championship. An interesting party followed the matches.

PING PONG

A Singles Tournament was conducted under the auspices of the Students' Association.

S. C. Ratha won the Championship beating Jogendir Singh in the Finals. The standard of the game was high.

FOOT-BALL

With students coming from all parts of India, we started rather shakily without any combination and organized team play. Consequently we had our ups and downs. I may say—ups only, for we did not suffer even a single defeat in any of the matches throughout the year. We did not enter the Inter-Collegiate League, as our heavy and busy programme did not allow it. But we are contented that we defeated the league champions in one friendly match, by a fair margin of 2 goals to nil.

We took part in the Inter-College Wilson Cup Knock-out Tournament, and our team gave an excellent account of itself by winning the Championship for the second time in the history of the College. Our outstanding matches were against the Engineering College (League Champions), and the Medical College. We met the Engineers in the Semi-final and in a well contested and clean game defeated them 1—love. We played the final of the tournament against the Medical Team. It was a hard game and a hard time too, for us. They took the lead in the second half, and it was a real

challenge to our skill, strength and stamina. We fought with courage and enthusiasm for the honour of our institution and for the glory of sport, with the result that the public saw Hloosla Hloosla bringing the equaliser—bravo LHaa! We played 12 minutes extra but the match ended in a draw.

In our replay we were seriously handicapped because we played without two of our best players Hla and Jeyaraj. But the substitutes proved their real worth and since the aim was high, the result was good. We won the final by 1—love. This is the short history of our foot-ball team. At the end I consider it a privilege to thank all the members of the team who gave me wonderful co-operation on the way to success.

RASUL,
Captain.

HOCKEY

This year our hockey team did fairly well but it failed to maintain the traditional prestige of the college.

With a group of new students coming from all parts of India, we were in the beginning, at the great disadvantage of not being well organised in combined team play.

Any how, we were able to raise a good side.

We took part in the Madras Colleges League Tournament and also played some friendly games.

Though we lost as many matches as we won, our players exhibited an excellent spirit, enjoyed hard contests and played a clean game.

Late in the season, we realised that we finally had a good team.

We are greatly indebted to Mr. N. K. Mia, who took keen interest in coaching our team.

We will be separated after a few days and we sincerely wish better luck for the students to come hereafter.

ABDUL HASAN SADDIQUI,
Captain.

PLAYGROUND BALL

Several of our students have considerably improved their skills in Playground Ball under the expert coaching given by our staff members. We played some friendly matches with the Anne Beasant High School and the Fabricius High School teams; and I am glad to say that we did not lose even a single match. The game between our team and that of the Old Boys' Association of our College was very exciting, interesting and worth witnessing. This year, I am sure, we have a fairly good team, which, as our staff members say, is better than previous year's.

P. MOSES,
Captain.

CRICKET

We entered the Inter-Collegiate Cricket League with the hopes and aspirations of coming out as Champions, but found ourselves in third place at the close of the league schedule. We played eight matches—won five, drew one and lost two. In such a small number of matches we were lucky enough to come across two most exciting games. First was against the Engineering College which we won by 2 runs and the second against the Pachayappa's College which we lost by 3 runs—an interesting illustration of "As you sow, so shall you reap."

I think readers will excuse me, as in spite of great effort I have not been able to restrain myself from giving a bird's eye view of the first match. We were all out for 69, and their fall of wickets was as follows:—

I for 0 ; 2 for 1 ; 3 for 15 ; 4 for 16 ; 5 for 16 ; 6 for 39 ; 7 for 48 ; 8 for 55 ; 9 for 67 and 10 for 67.

In addition to League Fixture, we played three friendly games with teams from outside, two of which we won easily and the third was drawn.

The Team at a glance:—

Nazir Ahmad (skipper)—All in all in the field, but has been unlucky with the bat.

Srinivasan—Our best all rounder, has a bright cricket career before him.

Narayanaswamy—Our experienced member, very aggressive batsman.

Wallace—Our opening batsman, was very consistent in scoring.

Rege—Our wicket-keeper and second opening batsman, slowest run getter.

Lele—Started his season with a century, but lost his form immediately afterwards.

Patel—Good field, tried to "put life in cricket" when it was dead for the rest of the team.

Deo—His knee trouble proved troublesome for the team also, though he himself was always sympathetic.

Frank—No body will believe that he can hit sixers as he actually did. It was in the last match that we discovered that he could take wickets as well.

Saddiqi—Our Khalifa Cricketer, most consistent in scoring ducks.

Murari—Our "slogger" cricketer, saves more runs than he scores.

Rasul—Meets the ball like an advanced cricketer but soon gets out like a novice.

Amar—Our "Official" scorer, takes pride in his being a name sake of a great Indian Cricketer.

NAZIR AHMAD,
Captain.

TUG-OF-WAR

Though we don't believe in the values of this activity, yet we had to form a team any how to show our desire to co-operate with others. The team came into existence with the coming of the Inter-Collegiate Annual Sports on January 13—14, 1939 and was neglected as soon as it proved its worth by winning the Championship. We defeated all the Colleges without any appreciable effort on our part with the exception of Medical College, against which the pull was so hard that none from either team spared an ounce of his energy. Limbs had become so powerless that we, unconscious of ourselves, were just sticking to the rope, while the huge mass of humanity on the other side was giving way, partially due to its inferiority complex and to a great extent due to the refined team spirit which is only the lot of students of our College.

Team consisted of:—

Nazir (Captain) : Akbar, Suraj, Rasul, Murari, Gogte, Ogale; Mulmulay.

NAZIR AHMAD,
Captain.

VOLLEY BALL

We played a number of friendly matches and participated in the Madras Olympics and the Inter-Collegiate Tournaments. We played for the sake of play and gave a good account of ourselves on the participation side rather than the winning one. We lacked combination only, as we could not get enough time to practice due to our otherwise busy program.

JOGINDER SINGH,
Captain.

WRESTLING

It was quite pleasing to see, right from the beginning of the year, that students took great interest in this art, under the able guidance of our Bursar, Mr. N. K. Mia. In the beginning of the year, our student body was divided into four groups according to their past merits, but at the end it was found that some of us were misplaced. However, many of the students were seen practicing enthusiastically in the evening before the Olympic Tournament.

Our College sent in a team of five wrestlers to compete in the Madras Olympic Wrestling Tournament. I am proud to note that Messrs. Y. P. Lele and Akbar Khan who were the outstanding wrestlers throughout the Tournament, won the Championship and 2nd place, in the Bantam weight and Feather weight respectively, with great applause. Mr. D. G. Mulmulay stood second in his weight class and Mr. J. R. Rege, after winning a series of

bouts lost in the semi-finals with credit. But for the vaccination before the eve of the Tournament, we would have seen Mr. K. S. Gupta also shining.

Y. P. LELE,
Captain.

BOXING

We started on the fundamentals of Boxing right from the beginning of the year, at a slow rate of twice a month, under the able coaching of Mr. Joseph and Mr. Vedagiri.

We were progressing all right, when suddenly an upper-cut in the form of Mr. Joseph's departure brought us down to the floor; but still we fought our way gamely as we are taught to do, and entered two men for Novice Boxing.

John Wallace was runner up in feather weight losing gallantly to a soldier from K. O. R. R., while Ratha, our Welter Weight, lost to a tough opponent from Central Y.M.C.A. The fight was so close that it not only gave us a good exhibition of Boxing but also a new phrase "Blue Wins."

In the Inter-Collegiates we entered three men. Our hopes in Bantam Weight were shattered when Rege after defeating Mohiuddin, the Novice Champion, was stopped from further participation because of a cut below the eye. Wallace in the Feather Weight division lost in the Semi-Final in a closely contested fight while Nazir Ahmad, our Light Heavy Weight man, was Runner-up in his weight class.

We could not send our men into the Olympic Boxing as our members became Wrestling and Track-minded by that time.

Our Boxing Club has not produced champions but we hope it has produced good promoters and coaches who will coach to fight "Clean and straight."

J. R. REGE,
Captain.

BASKET BALL

Our achievements in the game were not in proportion to the quality and quantity of coaching we received. We did not strike good form at all.

In all we played three friendly games against outside teams. One against Crompet Club; another with 'Teachers' College team, and another with the Central College team, Bangalore. We won against Crompet club, but badly lost against the other two teams.

We competed in the Olympics also. We were easily eliminated in the 1st round itself.

Many of us actually began the game after coming here. Our progress is quite commendable. But I think more match practice is what will improve our College team to a great extent.

Speaking about the note-worthies of the team, I might be permitted to mention Messrs. S. Srinivasan and S. C. Frank—the first of whom was the Sky-scraper and the 2nd, the foundation (I mean the shortest man!) of the team. Others were good fighters. S. C. Ratha has the making of a good Basket Ball player in him.

A. NARAYANASWAMY,
Captain.

T. J. FRANCIS,
S. SRINIVASAN,
Secretaries.

College News

BY

A. NARAYANASWAMY, B.Sc. (HONS.), DIP.

General:—Our work this term was even more steady and satisfying than before. The New Year dawned on us with great hopes and good cheer. Some students who had gone to their homes for the Christmas Holidays returned with renewed vigour and enthusiasm—determined to achieve great things!

College Health:—Except for one "Chronic" malaria case the general health of the student body has been very enviable. One more battle (perhaps the last!) against communicable diseases was fought; viz., Vaccination against Small-pox. This time many suffered for weeks of a sore arm. The battle was courageously fought and easily won!

College Sports and Athletics:—All the excitement in this direction is practically over for the year. Our achievements are quite worthy of our effort, and something to be proud of. In the Olympics and the Inter-Collegiate Sports meet, our Athletic Team secured the 2nd place. P. Jeyraj was the Pentathlon Champion; Y. P. Lele was the champion in Wrestling in his weight class.

Our College Football team were the winners in the Wilson Cup Knock-out tourney. Our team showed both skill and fight in the final encounter with the Medicals.

Social Side:—The "Old Boys" day did come off on the "1st of April" though many were suspecting that it might all be a fake. A large majority of the present boys were "ceremoniously" 'intimated' to the 'fold' of the old boys.

An exciting soft-ball match between the 'olds' and 'news', a grand dinner, after dinner speeches, and the mysterious initiation ceremony—covered the evening of the memorable April 1st 1939. Best of luck for the old boys!!

We are looking forward for a quite and recuperative fortnight before the Final Examinations begin. The very best of Luck to the "new old" boys!

Old Boys' Association Notes

BY

• A. K. SINGH, B.A., DIP.

AND

V. D. PITCHAI PILLAI, B.A., L.T.

George V. David (Uncle) 1937-38 :

He has introduced a very interesting programme in Voorhee's High School, Vellore. Inter-House Competitions in various games are a striking feature of the programme in which 24 class teachers are helping. Introduction of a proper uniform for physical activities has been successful, and Uncle is looking forward to many other new activities. Best of luck Uncle!

Thomas Jacob, B.A., (1933-34) :—

He has taken up the Rural Recreation work at Salem. He is working hard to keep the clubs and tournaments running and to have more trained leaders. His task is hard because of the climatic conditions and the superstitious and orthodox people. We all hope that he will have good luck in his efforts.

G. K. Borah (from Assam) 1937-38 :—

He has been appointed in T. T. V. High School, Madras. He is trying to do something in spite of the existing handicap.

P. I. Joseph, M.A., 1937-38 :—

He has left Salem and has taken up a job in C. M. S. College, Kottayam as a Physical Director and lecturer in Logic.

E. J. S. Ram, B.A., 1933-34 :—

Has been appointed the Welfare Officer for Bombay. He is organizing a Recreation programme for the public throughout Bombay Presidency. We are sure that his experience of all these years and his study at the Social School will enable him to perform his duty successfully and bring joy to the people of Bombay.

Altaf Ali, B.A., 1937-38 :—

Writes to us from Jamia Millia, Delhi, that he has now realised that it is a tough fight for the pioneers of Physical Education as people do not understand our view point. He might come here for a second year Course.

Sri R. V. Narasimhan :—

The District Registrar of Co-operative Societies, Cuddapah writes of Sri R. V. Narasimhan as follows :—

"It gives me great pleasure to forward to you an extract from the Official Report of the Rural Uplift School, Jammalmadugu concerning

report of Mr. R. V. Narasimham, Physical Instructor. It is unanimous opinion of every one of us that he is eminently cut out for teaching rural games. His masterly voice in giving commands, his ability in leading the pupils and quick eye in detecting the mistakes committed by them and his knack in putting them in the way, helped considerably to keep the class in trim. In my personal opinion, if this is the type of Instructors who are turning up from your Institute, I see a great future for the physical regeneration of India at no distant date."

EXTRACT FROM REPORT.

"In this connection I wish to place on record the appreciable service rendered by Sri R. V. Narasimhan, Physical Instructor, who never spared himself in maintaining high discipline and team spirit among the students. In simple style and in entertaining way he taught almost all the games to the students in a short space of time."

THE CELEBRATIONS OF THE OLD BOYS' DAY, 1ST APRIL, 1939.

A new feature that marked this year's Old Boys' Day was the starting of the celebration 9-30 A.M. with a hearty welcome of the Old Boys' by a representative of the *Alma-Mater* to her loving fold, followed by a Presidential Address.

Dr. E. Berry on behalf of the college was much pleased to welcome the Old Boys and said that the honour of an institution depends upon those who pass out from her. He felt that the appointment of one of its Old Boys, (Mr. P. M. Joseph) as the Principal of the pioneer Government Training Institute in Bombay, the granting of a Fellowship to another (Mr. C. C. Abraham) by the Springfield College of Physical Education, the awarding of the Kaiser-i-Hind Medal to a third (Mr. J. Samuel) are ample proof of the good work that the college has been doing. He said that there are many ways in which the Old Boys can help the College and threw a challenge calling the Old Boys to help in the immediate need of adding to the strength of the college by recruiting work, as it is done in students' institutions of other countries.

Mr. L. K. Govindarajulu, B.A., B.L., Director of Physical Education of the Annamalai University, in his presidential address referred to the various difficulties under which the men in the profession are working and stressed the need for patience, tact and hard work in spite of adverse forces that tend to strangle sound Physical Education in this country; some of them created by persons in responsible positions. "You must never be discouraged" was the key to success in his work in the Annamalai University.

In the afternoon the Business Meeting was held. After the reading of the minutes of the previous General Body Meeting, the Joint Secretary read the report of the work of the year in which he stated that the Travancore National Bank crash has resulted in the losing of all the funds of the 'Vyayam'

and stressed the need for support by the Old Boys at this financial crisis. In spite of more than six hundred students that have passed out of the college, only sixty were members of the old Boys' Association of which the Association, cannot be proud. It is in unity that our strength lies.

A committee to investigate the proper scientific indices for classification for games and sports taking into consideration the measurements of all the pupils of all the schools rather than only the athletes, as was done previously, reported on its work. It is hoped that the final results of the investigation will be announced by December next. It will be a contribution to Physical Education if the Old Boys of the college in various Districts and Provinces work out such indices for their own use, and forward their findings to the Central Committee to work out classification indices for our country.

The Business Manager of 'Vyayam' gave his report and the financial statement. It was felt that 'Vyayam' does not help schools vitally and the Editor-in-Chief was requested to send out a questionnaire to discover ways and means to improve its usefulness to schools.

It was resolved to request the Old Boys to send exhibits on Physical Education for the ensuing Madras Provincial Education Conference to the Joint Secretary who is the convenor of the section by the 30th of April 1939. Such a help is also needed in connection with the Provincial Physical Education Association Conference which comes off in August next.

It was also resolved to send congratulatory messages to Mr. P. M. Joseph on his appointment as the Principal of the Physical Training Institute in Bombay, to Dr. G. F. Andrews on his re-election to the Senate of the Madras University and to Mr. J. Samuel on the award of the Kaiser-i-Hind Medal for his valuable services in the Iyyaloor Train Disaster. It was also resolved to send greetings to our Honorary Secretary, Mr. C. C. Abraham, B.A., in U.S.A.

Dr. G. F. Andrews was unanimously elected as the O. B. A. Representative on the College Council. The appeal of the Principal of the college for funds for the Dann Memorial was placed before the meeting and it was resolved to request all the Old Boys to contribute their utmost.

The following Office-Bearers were elected for the year 1939-'40:—
President—Mr. C. A. Abraham, B.A., Physical Director, Madras Christian College; Vice-President—Mr. V. Azaria, M.A., Physical Director, Central Y.M.C.A.; Honorary Secretary and Treasurer—Mr. C. C. Abraham, B.A.; Joint Secretary—Mr. V. D. Pitchai Pillai, B.A., L.T., Physical Director, E. L. M. Fabricius High School, Madras; Members of the Executive Committee—Messrs. S. Absalom, A. K. Varadan, B.A., T. Sreenivasagopalan, B.A., L.T.; P. Subbaramayya, B.A., B.Ed., N. K. Mia and M. A. Raza.

The following were elected to the 'Vyayam':—Editor-in-Chief—Mr. H. C. Buck; Joint Editors—Dr. E. Berry, Mrs. M. M. Buck; Associated Editors—Messrs. L. K. Govindarajulu, C. A. Abraham, M. G. Vijayasathy, K. Y. Mangrulkar, Satyanarayana Raju, P. M. Joseph, S. Vedantha Desigan, Dr. H. Gray, C. C. Abraham; Business Manager—Mr. N. K. Mia.