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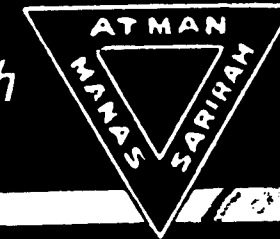
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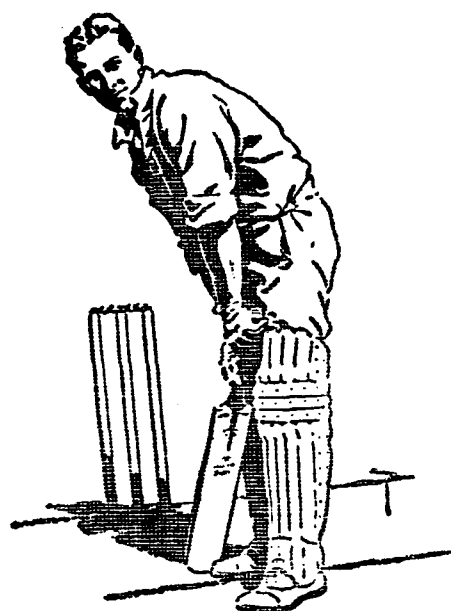
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Saidapet, Madras 15.
Editor: Mr. L. K. Govindarajulu, B.A., B.L., Professor and Director of Physical
Education, Annamalai University, Annamalai Nagar, S. India.
Business Manager: Mr. J. P. Thomas, B.A., L.T., M.Ed., Y. M. C. A. College of Physical
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A Quarterly Journal of Health & Physical Education

Editor :

Mr. L. K. Govindarajulu, B.A., B.L.

Associate Editors :

Mr. C. C. Abraham, B.A., M.P.E.,

Mr. A. K. Singh, B.A., M.S.

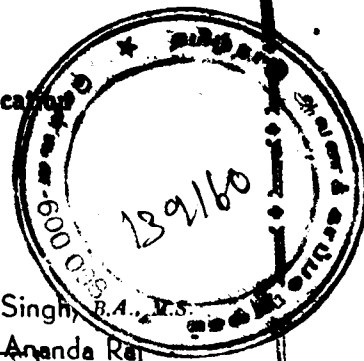
,, P. M. Joseph, B.Sc., B.P.E., M.Ed.

,, M. R. Ananda Raj

Dr. K. V. Varkey

Business Manager :

Mr. J. P. Thomas, B.A., L.T., M.Ed.



RECREATION AND SOCIAL PROGRESS

We have devoted this issue to a discussion of the problem of Recreation and its importance to a free people. We publish articles from the pen of two well known experts in the field who have seen the best that the United States can offer to students of Recreation and have for nearly two decades taught the importance of recreation to professional students of Physical Education. We also publish in this issue brief accounts of Recreation work in three well-known industrial organizations in South India and a brief article on the Recreational amenities provided by the premier municipality of the State—the Madras Corporation. We made an endeavour to obtain information on what the Madras State has done to Recreation but no information was forthcoming. From what little we have been able to present to our readers in this issue, it must be clear that Recreation is an important aspect of human life; and social progress as well as individual happiness are closely connected with Recreation.

Recreation is one of the most significant forms in which human intelligence has expressed itself; and so its history is coeval with the history of man. Since the days man drew his crude pictures on cave walls or cut out his drawings on bone or danced to the simple notes of a drum round the fire in jubilation or thanksgiving or collected the scalps of his enemies to indicate his valour, to the present day of the talkie and television, sculpture and fine-arts, of active sports and games, and of hobbies varying from label collecting to libraries, it is a long story of human effort to satisfy the creative urge and

fill in idle hours, or to meet the demand for adventure and activity or else to fulfill the irrepressible desire to come together for a common end. Man's use of leisure has thus been through ages a test of his capacity to use his opportunities wisely for creative effort or constructive endeavour. The great epics of the world, its sculptures and poems, its music, dance and drama, its pictures and sculptures, its jewels and clothes, its buildings and monuments, in fact the very patterns of living as humanity has progressed through the eons of history are the result of man's use largely of his leisure. But in the recent centuries, the rapid growth of large cities and the development of factories have brought in dangers that have seriously effected the attitude of man to work and achievement and restricted his opportunities for the good use of his leisure. In Western countries such dangers have been more numerous and devastating than in the East, but the basic problem of recreation all over the world is just the same. The dangers of the misuse of leisure vary, however, in intensity from region to region with the variations in the pattern of civilization with the differences specially in the opportunities offered for education. In India we have had a type of culture in which the labour of community living was shared for many centuries by a system of castes devoted to different types of work — a system which contributed ultimately to social solidarity and progress. In this culture, though life was mainly rural, great contributions to creative effort became possible and thus in every village we had organizations of people for both pleasure and profit; and life, revolving largely as it did till recent decades around religion, the centre of village activity was a religious centre of the village — the little temple or else the hall of common worship, the Hall of *Bajan*. Music, very much like the choir singing of the Christian Church, and rural dances formed a regular feature of village rituals and festivities and their pattern varied richly from season to season and region to region; and dramatic shows generally devoted to the visualization of epic incidents, punctuated the year's activities. The places of worship and their orderliness and beauty were always a matter of common interest because, despite distinctions, the entire village congregated at these places of worship in a truly democratic endeavour which kept the rural population busy in the weeks of rest between seasonal agricultural effort. Even otherwise, the young boys and girls found plenty to do. A variety of games were always played at the village to fill up the evening hours or the moonlit nights, and at all times partly because of the way trades were organized and mastered and partly because of the opportunities there were for adventure or for the indulgence of curiosity, in the abundance of unspoilt nature around them, boys and girls were happily too busy to be troublesome either at the home or in the community. In this way the idle and the indolent were kept away from mischief and at the same time the

cultural traditions of the country were continued and their progress maintained. The stupendous achievement of that civilization can only be seen in the way that civilization has survived periodical political upheavals and disastrous foreign invasions. To-day, however, owing partly to the impact of Western civilization and the inroad of democratic notions among the ignorant and ill-disciplined and owing partly to the false sense of security which the British indirectly engendered in the country during two centuries of foreign domination, traditions have gone overboard and the sense of values has been badly affected. There is thus nothing now in the village or the small town except vague vestiges to remind us of the heydays of self-centred, self-contained and progressive rusticity in which respect for institutions and recognition of individual capacity were at once most pronounced. Even the leadership of community activities that devolved on certain families as a matter of hereditary privilege has now been lost; and in place of the mutual goodwill and the ordered peace and achievement that resulted from well directed seasonal effort we are tending to social anarchy and wasteful and destructive individuality striding about in overcrowded and drab townships.

The growth of urban centres has brought with it new problems of social organization to this country. The town dweller living ordinarily in overcrowded houses and preoccupied with a calling that takes him away from home for the greater part of the day, is faced with the problem of escaping from a dull and dry routine of uninteresting desk work and journeying under strain and often in considerable haste to and from the seat of his work. The housewife at home has little to relieve the frightful monotony of her daily task; and even children do not get the freedom to play or run about except under the fear of dangerous and fast moving traffic. Barring commercial shows like the talkie, there is generally little diversion for the city dweller. Apart from these unhappy handicaps of environment and the dire poverty and want which assail all our people in common, the city dweller in India lives almost by himself and has little to bring him into happy and profitable relationship with the community around him. We, therefore, consider it necessary that before any effort is made to present schemes of recreation to this country, rapid social changes must be induced partly through environmental modification so as to bring about a spirit of give and take in the population and to inculcate a social sense in one and all. We believe that we have had great traditions for recreation in this land till recent decades, and it is a false notion to think that the Indian temperament has been opposed to play and to other similar diversions. The more one studies the foundations of our former social life

the greater should be our conviction that we have been misled by varying factors into this present social anarchy in which there is more difference than agreement among the people.

In a brief editorial like this it is hardly possible for us to describe at length the factors that have led us to this unhappy state or even to detail the manner in which we can counteract the forces of disintegration and disharmony which the clash of ideologies to-day is encouraging. All that we can do is to commend to our readers the suggestions for a Recreational policy and programme which Mr. P. M. Joseph and Mr. A. K. Singh have made in their contributions to this issue. We may also add that as a preliminary to the institution of measures for providing recreation to our people both in the city and in the village, the Government should consider this subject as an important aspect of community life, deserving of preferential consideration, for in the present confusion in which society finds itself there is an emergent need to wean away the idle and the indolent from mischief, to divert the hardworked labourer and the desk worker with activity that will at once be satisfying and profitable and to provide the young and the growing with opportunities for innocent adventure or helpful play that will keep them away from destruction and delinquency.

Though Government has or must have the primary responsibility for recreation, other agencies should help in this national work and should contribute their best to recreation so as to produce a better and more integrated and more happy society than we have. The Editor is aware of the effort now being made to study social tensions in this country; and that study should reveal that among the many factors that have contributed to the growing social unrest in this country, one of the most significant is the rapid loss of opportunities for recreation that once relieved the strain of hard work and helped to keep people occupied in pleasant and diverting arts, crafts and hobbies. Educational programmes and the work of Youth Clubs, Scouting and other Service Organizations, Sports and Games Clubs, the home and the family, Municipalities and Panchayats have all a part to play in reviving the opportunities and recreating the amenities for recreation. Unlike as of old, the village cannot be the sole unit for consideration. As rural and urban centres, industries and agriculture, and every hard-worked profession should receive equal consideration in this effort, in a land so vast and so poverty stricken and with problems so gigantic as ours, leadership becomes the first consideration of any organizational effort. Leaders in thousands will ultimately be necessary and the necessary finance to support this profession and provide the amenities must be found in every phase of this stupendous work. The more quickly we give thought to this problem the better it will be in the long run to the people as well as their Government.



THE HEALTH SERVICES AND OUR FUTURE

The Hon'ble Shri Rajkumari Amrit Kaur, the Central Minister for Health, is reported to have said in her recent tour of Trivandrum that if the health of the people suffered there could be no production and no well-being; but, peculiarly enough, she seems to have added "It was necessary therefore that private philanthropy should aid Government in making increased funds available for health services". The Hon'ble Minister is all the time aware of the great financial stringency that baulks all good efforts both at the Centre and in the States and so it is that she feels the need to build up a welfare fund in the country and appeals to the public to contribute liberally towards an expansion of our health services. We feel, however, that as long as Government is not in a position to concert adequate measures for the institution of health services for the benefit of our people in all stages of their growth and development and for the expeditious extension of the expectation of life in this country, private philanthropy can be but of very limited use to a land so vast as ours and stricken with such colossal poverty and persistent want and famine as we have experienced. Until there is an appreciable rise in the standards of our living, and this is a problem of production too, health services must remain largely ineffective, for the basis of all health is good nutrition—nutrition as we understand it in terms of food, exercise, rest, clothing and housing.

In another speech at Trivandrum, the same Hon'ble Minister is also reported to have stressed the need to promote children's health and to provide for their medical examination. Whatever the limitations of our health services may be to-day, there is no doubt that one of the most important aspect of those services is the welfare of children. The importance of this problem can never be under-rated because if the health of children suffers their growth and development and consequently their future also suffer. The Editor has been connected with the medical examination of youths in a university for over two decades and it has been his lot to note with increasing regret the perceptible fall in our physical standards almost from year to year. Ignorance and the tragic folly of the nation's diatetic habits, poverty and famine, bad living conditions and insufficient clothing, the lack of suitable home environment, lax discipline in schools, undue emphasis on intellectual attainments and the want of due recognition for physical skills are among the principal causes that

have contributed to the deterioration in the health standards of our school and college pupils. Unless this problem is faced expeditiously both at the national level and in the States, our political freedom must be lost at no distant date, as no C, people can ever remain an A, nation.

NATIONAL GAMES

Citizens of Madras should regard it as a privilege that this premier city of the state should be given the opportunity of organising and conducting the XV National Games in February next. The best athletes of the country will then be here to show their skill and valour, and to compete for the honour of representing this country in the World Olympics at Helsinki later in the year. The Games are to be held at the Corporation Stadium and the popular Commissioner of the Corporation, its Mayor and the city fathers are doing their best to make the Stadium a fitting avenue for these National Games. A new Pavilion at considerable cost is getting finished and every arrangement needed to ensure the smooth and successful conduct of the games is under way. A very influential committee of the citizens of the city and an able and well-informed body of experts are to organize and conduct the eleven sections of the Games. Huge funds are, however, necessary to conduct these Games and we earnestly hope the leading citizens of Madras will rise to the occasion and contribute liberally to making the Games a great success.

* BOOK REVIEWS

APPLIED ANATOMY AND KINESIOLOGY—By Wilbur Pardon Bowen, M.S. Sixth Edition Revised, by Henry A. Stone, M.S., Lea & Febiger, Philadelphia (published October, 1949), Reprinted 1950, 390 pp., \$ 4.75.

Prof. W. P. Bowen's book *Applied Anatomy and Kinesiology* is an old and classical text book on the mechanism of muscular movements and the book has been for long an authoritative source on an important field of study in the Training Colleges of Physical Education providing for advanced studies. The book is now in its 6th Edition and has been revised by Mr. H. A. Stone of the University of California. The book has been divided into six parts and these pertain to General Principles of Kinesiology and Kinesiology of the Upper Limb, the Lower Limb and the Trunk, the Integration and Classification of Muscle Action and lastly General Kinesiology. The first part contains six brief but valuable chapters on the use of the science Kinesiology, and description of the Skeletal Framework, Muscular Control, Mechanical Principles and the Chemistry of Muscular Action—all of which must be familiar to any Physical Director with any claim to a knowledge of physical development. The chapters on parts of the upper limb, lower limb and the trunk describe the movements of different portions of the body including breathing movements and they must necessarily have a close bearing upon studies of posture so essential to all students of hygiene. There is a detailed description of erect posture in part six wherein its biological and corrective aspects are dealt with at some length, and the value of good posture is also borne out by a description in the rest of this part of walking

running and jumping, of different games and sports including swimming and diving and the occupations of daily life. Part five of the book is an excellent treatment of the team work among muscles and there is a brief recapitulation of muscle action for the benefit of the earnest student. 234 engravings and 15 illustrations in colour add to the technical excellence of the book and its completeness. Questions and exercises at the end of each chapter are given in abundance and are indicative of the high purpose of the book as a text on a somewhat very difficult subject of Physical Education. A useful bibliography is appended to almost every chapter.

We commend this book to all Libraries on Physical Education and to the attention of every Physical Director interested in Physical Training as a science of physical betterment.

A SURVEY OF CONDITIONS REGARDING MILITARY STUDIES, RECREATION, HEALTH AND PHYSICAL EDUCATION IN INDIA. (1950-'51).

We have received a stencilled pamphlet giving a brief survey of developments in India in the field of Physical Education, Health and Recreation, the National Cadet Corps and related fields during the last two years. Prof. D.B. Kothiwale has wide experience of the subject both as a Lecturer in the Training Institute for Physical Education, Kandivli, and as Sectional Secretary for

Military Studies, Recreation, Health and Physical Education in the All India Federation of Educational Associations; and he has taken great pains to collect brief data pertaining to the different trends in the fields and in the different states of the country. From a survey of these conditions and from an indication of public interest in the subject obtained from the fact that new organizations for sports and games and youth welfare, have been formed, Mr. Kothiwale comes to the conclusion that there is keenness in the country to promote Health and Physical Education. But, he says, progress is bound to be slow unless adequate finance is made available for a full development of these schemes both of the Government and the public—schemes which have been impelled by our new freedom.

The pamphlet contains a useful bibliography indicating the sources of Mr. Kothiwale's information.

VELLORE MEDICAL COLLEGE MAGAZINE

We acknowledge the receipt of the 'Vellore Medical College Magazine', September, 1951. It has been well planned and sumptuously produced and the material, both serious and diverting, is of high quality. It does credit to the institution which has a high reputation for efficiency and is impelled by an admirable spirit of service. The magazine is well illustrated.

RECREATION BUILDS PERSONALITY

By

A. K. Singh, B.A., M.S.

Vice-Principal, Y.M.C.A. College of Physical Education, Madras-15.



Recreation, like work, love and worship, has been a form of human activity since the beginning of the history of man. Man has always indulged in the celebration of festivals, dances, games and music, and these activities have been a part of human life. This fact stirs one's thinking and one wonders why such activities have been a part of man's life? Is there any need for such activities and have they any value for the people?

Sociological studies show that man has found outlets for self-expression and has attained personal development through music, dance and games. These activities have been associated with leisure, and people deliberately and spontaneously choose them for participation. The modern conception of Recreation is that when a person desires to do something and chooses an activity for the sake of participation only, it is called Recreation. Such activities provide an opportunity for self-expression and people get fun, pleasure, relaxation and satisfaction; and they help to develop personality. These activities re-invigorate the participant's body, mind and spirit, and enable him to live an abundant life.

Play and Recreation are often used synonymously for a good reason. Both are leisure-time activities, both are motivated by pleasure, and both serve as diversions from the daily occupations of life. However, there is a very subtle difference between the two. Play is primarily associated with the child while Recreation is essentially for the adult. Play has great importance for the child, because through play it learns about the world, and comes to know reality. The child weaves the world into simpler patterns through his imagination, and acquires understanding, security and power, and as it grows, his play activities gradually fuse with reality, which progressively becomes palpable and dominant. Aggression which is a biological heritage in the child gets diverted and sublimated through play; other-

wise, but for play, this quality of the child will tend to antagonise other children and adults as well. And, aggression leads to antagonism and antagonism leads to the child's rejection or its punishment; and this in turn will lead the child into increasing resentment and maladjustment. Further, healthy emotions and a vigorous intellect require the full release of the play impulse in the child; and if opportunities for play are denied, the child becomes distorted. Play is vital to the child and it helps to develop both body and intellect—the total personality of the child.

Recreation implies the elements of play, but it does not suggest primary growth, as in the case of the child. For the adult, recreation serves the purpose of relaxation from effort and tension. It brings into action the areas of the body and mind that are neglected during the daily occupations of the adult. Recreation helps to give rest to the muscles, nerves and brain cells that become tired in the pursuit of daily routine, and restores the psychological and physical balance of the individual. Thus the participation of the adult in pleasurable activities of his choice during his leisure result in re-creation. Recreation activities chosen out of the free will of participants naturally meet people's needs, interests and fancies and are in contrast with the occupations for earning or professions, into which people generally drift by chance or circumstance or by force of external considerations.

Recreation is an essential human activity and has been such since ages past. It is a vital phase of the living process, it serves everyone and belongs to all. Recreation has so many aliases that it is not easily identified by a majority of the people. Elderly people are tempted to visualise recreation, where they see barefooted boys messing around the home or on the street and indulging in delinquent acts of plucking mangoes from the neighbour's garden or throwing stones at one another. Educators and social

* The Editor has been compelled by considerations of economy to print this matter in this new position.

reformers consider recreation as a panacea for all evil and they talk of recreation in terms of Character Building, Delinquency Preventing, Citizenship Training, Social Education, etc. To some, recreation is just a way of spending time and to these, indulgence in any fancied social or anti-social activity is Recreation. Recreation is also considered by some as the antithesis of work.

Recreation is essentially associated with leisure. But to some people, their work may be a source of pleasure and satisfaction. For example, Thomas Edison was so completely absorbed in creative work that he felt no need for recreation outside his work. There are many artists and businessmen so engaged in enterprises that they get the kind of satisfaction from their work that is usually associated with recreation. However, recreation is a leisure-time activity to most people, because, it is through recreation only that they get any satisfaction and pleasure. Recreation is any form of activity in which one feels a sense of freedom and self-forgetfulness and in which participation is wholehearted and productive of satisfaction and the joy of achievement.

The activities that are considered as recreation take a variety of forms—swimming, fishing, camping, singing, dramatising, dancing, painting, playing games, etc. But, an activity which is recreation to one may be drudgery to another; one man's recreation may be another man's work—and, worse than work, mere boredom. For example, fishing may be an ideal form of recreation for some, whereas to a fisherman it will be work. At one time a certain activity may be recreation to an individual but at another time it may not appeal as such. It is difficult to classify some of the activities of the adult as recreation, specially activities included in the Adult Education Programme. They have a place in both work and recreation. The child playing in the sand, the girl keeping house with her dolls, the boy playing with a ball, the young couple listening to music or playing cards, a

connoisseur collecting precious stones—all these are examples of recreational activities. The difference between recreational activities and any other type of activity primarily is, in the attitude of the people engaging in them, in the objectives sought, and in the methods of conducting them. Nevertheless, the important thing to remember is that recreation is an attitude or spirit which finds expression in a variety of activities and which provides a way of rich and joyful living to people of all ages—children, youths and adults.

VALUES OF RECREATION

Recreation is as old as mankind. Rituals, festivities consisting of dance and music, contests and combats, were the forms of recreation for the primitive. Man has always indulged in some form of recreation or diversion. It is an essential form of human activity and will always remain so. The ancient civilization of the Greeks which is a source of inspiration even to-day, was the result of the pursuit of leisure. Culture and civilization are built on the proper use of leisure of the people. Discoveries, and inventions even, are often the outcome of activities meant for leisure or diversion.

Modern civilization with its complex life has dissolved the need for recreation more than at any other time in the history of man. The present mode of life has broken up the old simple way of living, and modern cities with large populations have created many difficult problems. Family ties have been broken up or threatened and urban life has brought about a sort of loneliness to people. Industries and machines have produced "goods and leisure." The tempo of life is at its highest, and the equilibrium of living has vanished. In these circumstances, it is leisure which will help the people to live happily and efficiently. A prominent exponent of recreation therefore says, "Our leisure must be in two qualities, first, Play, in order to relieve strain—this must take the place of any artificial escape; and second, Recreation, to build up our bodies so that they will be prepared to meet the strain."

Recreation is motivated by pleasure and is a diversion from the daily occupation of life. It helps people to grow fully and its values and importance are as great as that of health and sanitation, education, fire or police protection. The importance of recreation should not be considered from the point of view of participation alone, but for its value in developing the attitude and the personality of the individual. The significance and importance of recreation can be determined by the motives impelling participants, and the purpose recreation serves in meeting the needs of balanced living. The choice of recreation depends on inner tension and character structure. A person with speculative temperament may choose games of chance, while those with aggressive tendencies may participate in games of skill or in competitive sports. Every individual has his own reasons for selecting and participating in different types of recreation. Choice of activity and the play behaviour of individuals depend on their interest, sex, age, race, intelligence, and individual differences. Those who follow a life of sedentary ease, need an opportunity for active and vigorous activities. Others, whose occupation involves considerable muscular strain may prefer those activities which help to provide relaxation and mental satisfaction. Recreation is often attained through balance rather than rest.

Recreation should result in certain values to the participants. Recreation serves different purposes for different people, and it may have different meanings to the same individual at different times. Recreation results in pleasure, because it satisfies some craving or need. Mr. S. R. Slavson in his book "Recreation and Total Personality" mentions the values of recreation as follows:—"Some of the services of recreation to the individual may be classified as those that serve as complementary experiences, as having compensatory values, as serving to discharge aggression, as patterns for regression, as escape from reality, as satisfying social hunger and as resources for solitude." Let me elaborate this statement.

Complementary Experience:—Modern civilization with complex life has made people urban-minded and they congregate in congested cities. Machine-age has deprived people of creative effort and they are forced into occupations that are monotonous and require the use of but a limited number of muscles and nerves, whereas man is made in such a way that he must use for his own preservation many sets of muscles and nerves in normal existence. Whenever a normal use of the body is restricted by environmental conditions as now the organism is thrown into a state of unbalance, and the individual becomes restless, irritable, depressed, and needs change. The person craves for diversions during his leisure which complement his daily occupation and provide him with an opportunity to re-establish his organic and emotional equilibrium.

Compensation:—Recreation frequently provides compensation for organic lacking and counteracts emotional monotony. People like to take up during their leisure, activities which will provide new experience and are also exciting and stimulating. Many people choose activities on the basis of weakness, feelings of inferiority, and unconscious strivings. A person who is shy and receding in company may try to excel in a game to hold the attention of others. An unattractive girl may assume a boy's pose and may become an expert at boy's games thus compensating for her inadequacy.

Discharge for Aggressive Drives:—Competition of any kind ordinarily stimulates the discharge of aggressive tendencies. Wrestling, boxing and other competitive indoor and outdoor games that involve rivalry satisfy the ego of the participants; and such recreation provides an outlet for aggression, which, if denied, may become the source of danger to the person and to society.

Regressive Values:—Once in a while, people want to throw off restraint and forget the decorum of daily life. People may go to the

beach and bury their legs in sand or splash water on each other in a pool, shout and laugh loudly, and run about at a picnic. Such behaviour is ordinarily considered unbecoming of adults, yet indulged in the right environment, does a lot of good to them. Regression is sanctioned through recreation; and it is then often applauded. Most people retain in spite of their maturity, "Infantile" needs and call for an outlet, and like to indulge in what is known as "horse-play".

Escape from Reality:—The tempo of life in modern society is at its highest; and there has arisen the need to escape from its pressure. Frustration, monotony and anxiety are the outcomes of modern life; and it is necessary for people to escape from them whenever it is possible. Certain recreation activities like reading fiction, seeing the talkies, going on travel and similar diversions enable, people to forget their worries and get absorbed in pleasures and fancies. Everyone indulges in wishful thinking at sometime or the other. Magic and miracle have been a part of the life of the primitive man and even amongst civilized people, they still have a place in modern life. People like to have their palms read and fortunes told and spend a considerable amount for this pleasure. Satisfaction of the "escape motive" is accordingly a major need of the people and it is usually met through fables, stories, the theatre, cinemas and fiction.

Satisfaction of Social Hunger:—The very concept of recreation brings to our mind, association with others. Man cannot exist in isolation and he craves for human society. The basic needs of human beings are a sense of security, a sense of belonging, recognition and new experience. Recreation meets these needs to a very large extent. Every human action from the beginning to the end of life is learnt in society. Habits are formed, and behaviour patterns and attitudes are developed, language is learnt, customs and morals are passed on only through society. As family life has

become disintegrated and the primary groups have grown weak in the present-day society, recreation provides the opportunity to form secondary groups which are based on interest and attitude, such as clubs, teams, societies, etc. Recreation in groups helps to sharpen the interests of the individual and to socialise him; and this in turn results in inter-action among participants. Pleasurable experience with others, enable an individual to adjust to society and to become more acceptable to society and to be friendly, and to secure understanding. Recreation in a true sense, is social education and recreational activities provide opportunities for the satisfaction of the social needs of the people. In the participation of activities with others, the individual goes through the group process and obtains satisfaction for his social desires and also his biological and psychological demands.

Resource for Solitude:—The capacity to be alone is an indication of a well-organised intellectual and emotional development. Recreation has indeed many social and group values, but it provides also opportunities to develop the inner resources of a person and enables him to live by himself at certain times, instead of having to escape into a group. It is not always possible to find a group for activity, and it is often difficult to find a conducive group. There are plenty of recreational activities which can be enjoyed alone, such as painting, handicrafts, hobbies, music, reading for pleasure, etc. Such cultural pursuits develop inner poise and self-sufficiency, and a person is seldom at a loose end to engage himself during his leisure.

In these ways recreation thus becomes a fundamental and universal human need and a common heritage of all people. Recreation is therefore a vital and significant segment of modern living and it is an essential aspect of a well-ordered democratic society, a positive force in the lives of everyone, a potent power for the prevention of the many evils that tend to assail an urban and industrial civilization.

RECREATION FOR YOUTH*

By

P. M. JOSEPH, B.Sc., B.P.E., M.Ed.

Principal, Training Institute for Physical Education, Kandicli, Bombay.

In the promotion of better international understanding and mutual good will the centre of gravity is shifting from the West to the East. Asia, with its ancient culture and its vast millions, is being recognised as worthy of notice and consultation, in the solving of world problems. This is particularly true of the South East Asian Countries like India, Burma, Ceylon, Indonesia and Philippines which have emerged out of the grip of the West. More than its political significance this emergence has meant the freeing of the spirit of a cultured people with their own faith and ways of thinking. They are realizing that they are to play a leading part in the world of to-morrow, a world that to-day is so much torn asunder with suspicion and bitter hatred. In this shaping of to-morrow the youth of Asia must be trained to play their part. We are assembled to study the problems of this resurgent Youth and to plan for their welfare and development.

LEISURE AND RECREATION

We have a special responsibility to give our serious thought to the Leisure and Recreation of Youth.

Leisure is the surplus time remaining after the practical necessities of life have been attended to. It is that part of the day that is not tied up with vocational pursuits and the routine tasks of life. Leisure, however, does not mean idleness, or inactivity, even though many people idle away their leisure time. Inactivity is not the nature of Youth. Leisure time for them may be play-time, or it may be mischief-time. Leisure is an opportunity for engaging in activities which are enjoyable and enriching. Organized recreation is an attempt to make leisure enjoyable and enriching.

The pursuit of happiness, love of adventure, and desire for achievement are great driving forces for Youth and are most fully realized

through recreation. The strain to which the city Youth is subjected owing to the crowding, the noise and the rushing about, has to be counteracted through activities which are healthful, relaxing and constructive. The dullness and drabness of rural life can be made interesting and colourful through properly organized Recreation.

Recreation is no longer thought of in its limited sense of amusement or entertainment. To-day its meaning and function are much wider and deeper. In its simple form recreation is what one does during his leisure time for the fun of doing it. Real fun and satisfaction come from creative experiences. Recreation is an experience which supplements the ordinary and necessary aspects of living in such a way as to make life full, complete and enjoyable. Though participated in the odd moment or in between the more serious aspects of living, recreation is a major contributor to personal growth. Physical fitness, knowledge and mastering of a variety of personal skills, social integration, citizenship training and character building are all possible through well planned and directed recreation. Ill spent leisure becomes a social liability. Moral degradation and anti-social tendencies are the direct result of leisure time ill spent.

The importance of providing recreation has been recognized in Western countries. One of the best organized recreation movements in the world is seen in the U.S.A. *The Recreation Year Book* for 1946 records an annual expenditure of 54 million dollars and more than 31,000 employed leaders, in that country. To day recreation is being accepted in all progressive countries as an essential community service like education and health.

RECREATION IN ASIA

Recreation, associated with play and fun, has not been in favour in oriental countries

* Note:—This is an extract of a paper presented by the author at the Seminar on Youth Welfare, Simla, held from 1st to 21st Novr. '51, under the auspices of the United Nations Technical Assistance Administration.

Play came to be considered as fit only for the idle and the rich. Elders would not tolerate the play of the young especially of Youth, who could do productive work. But all work and no play makes life a drudgery. Life in the Asian countries, in the recent centuries, has been a miserable drudgery. With the impact of the West, Youth, more than all others, is demanding freedom instead of suppression, and a right to enjoy life instead of mere existence. Intelligently planned leisure can make the biggest contribution to the enrichment and enjoyment of life for the vast millions of these so far backward countries.

ORGANIZATION OF RECREATION

Recreation must essentially be the responsibility of the State. Ultimately it is the Government of a country that is responsible for the welfare of its people, and recreation is a welfare activity. The help and co-operation of private agencies and the people themselves, however, will and must form an appreciable factor to effectively discharging this responsibility of Government. There may be central direction of policies and financial aid, but details of what the people want must be left to the people. Thus, in a village, it is the people of that village who must decide what their best form of recreation is and arrange it according to their choice. A Youth organization, from its experience of Youth, will be best able to say what activities will be most useful and enjoyable to its members. There is, however, always a tendency for higher authorities to presume what is good for those under them, and then impose it on them.

Each centre, that is established must be given a major voice to decide its programme. Each city and town should have its own scheme of recreation, each taluka or country should have its own scheme for its rural areas. Each co-operating private agency must have a large measure of freedom to organize its activities. Given proper guidance from a central agency of the Government, this freedom

will lead to efficiency and take a healthy direction.

Central Government :—The Central Government should have a Department of Recreation which may be set up separately or it may form a part of the Ministry of Social Welfare. The Central organization must evolve policies, issue directions, supply information and generally co-ordinate the recreational efforts of the whole country. It must also be the agency to keep up international contacts. Certain central facilities should be organized by this national agency such as training facilities, research centres, statistical bureaus, model centres, pilot schemes and well maintained parks, beauty spots and preserves. It must deal with the National Head Quarters of the various Youth organizations, working in the field of recreation. The central agency must have large enough finance at its disposal to discharge its responsibilities and also to aid the regional Governments. The Central or Federal Government has larger financial resources and must have a definite share in helping the State Governments in the promotion of Recreation among Youth.

State Governments :—Every State or Regional Government should have a Department of Recreation, either independently or attached to some existing department, to promote recreation in its territory, in a general way, and to co-ordinate the various agencies engaged in similar work in its jurisdiction. Training of workers for the State acting as a clearing house and information centre on State problems in the field, and rendering financial aid will be some of the direct responsibilities of the State Department.

Municipal and Rural Boards :—It is at this level that recreation centres are organized. Municipalities and Rural Boards should have Officers to promote and control recreation, and to co-operate with private agencies.

At each level a special branch should look after the Recreational activities of Youth. The

organization of Recreation by official agencies should be on a community basis. Within the scheme of community recreation, a specialist or special agency must be entrusted with this very important problem of Recreation for Youth

Private Agencies :—Youth organizations such as the Boy Scouts, Girl Guides, Y.M.C.A., Y.W.C.A., Youth Clubs, Young Farmers' Clubs, Youth Hostels Associations, etc., have their own respective programmes. All these, however, have recreation as an important activity. These agencies should be encouraged to provide an even more varied programme of leisure time activities. Payment of liberal grants and subsidies will help to extend their activities but caution must be exercised to see that exclusive religious, political or communal ideologies are not propagated or emphasised.

Urban Centres :—Separate community recreation centres must be established by the Municipality whenever such work is not being looked after properly by a local community or a well functioning private agency. These centres should be modelled to cater to all ages and both sexes. Separate facilities and programmes must be arranged for Children, Youths and Adults with suitably planned buildings, gymnasium, swimming pool, craft room, library, assembly hall, etc. and facilities to attract the whole community, particularly Youths. Well laid out and spacious play grounds and necessary play apparatus must be given. Location of such centres must be in the vicinity of the residences of the people using them. Proximity and easy accessibility are factors in making these centres popular and well attended. The running of the centre should be, wherever possible, made a responsibility of the adjoining community. In all urban extensions and town planning schemes, liberal provision must be made for developing community centres.

Rural Areas :—It is the balance between toil, rest and play that makes for rich living. Rural areas are usually drab places. With the

amenities and attractions of cities the village Youths feel restless and dissatisfied over the daily chores and hard labour. There are also seasons when there is very little work to be done in the farm and the Youths have much free time on hand. Except for a Village Festival or a nearby Fair there is very little coming in the form of fun and entertainment. Youth needs more than this. The country cousin is as restless, adventurous and fun seeking as the town boy. Devoid of such opportunities he either loafs morosely or gets into company with others perhaps chit-chatting innocently but sometimes also getting into mischief. It is doubtful whether he would ever use his free time gainfully.

When we tackle the question of providing recreation for rural areas, especially in a country like India, we are so struck by the vastness of the project. Any attempted solution involves heavy finances, a giant organization and almost an army of leaders a fifteen year plan may be drawn up for the upliftment of our rural areas with special emphasis given to the development of local community spirit through the agency of well organized community centres. Special allotments of large amounts should be made every year by Government to implement the plan. To keep the costs down a good beginning could be made, to organize recreation in villages, if the village school can be used as a community centre, with the school teacher (with some special training) as the leader, and the education department functioning as the supervising agency. As and when finances improve, separate facilities can be built up. There should be nothing objectionable in using a rural school as a community centre. Education, now being treated as a fundamental need, there will soon be a school in every village, if there is not one there already. In the construction of new school buildings its possible use as a community centre should be borne in mind. The school should be equipped with extra large playgrounds, where non-pupils also can play and recreate themselves. In the training of rural

teachers instruction should be given also in community organization, community welfare and community recreation.

PROGRAMME

Youth's response to organised reaction will depend on the programme offered. If it is interesting and attractive, attendance will be high, and participation wholehearted. In programme planning many important factors are to be considered.

Does an activity bring enjoyment and satisfaction? Can it contribute to the participants in improved physical, mental and social values? Questions like these should be applied to each activity by the leader.

Participation by youth in planning the programme is very desirable. Such cooperative planning will evoke greater enthusiasm to join the activities.

Variety is the essence of freshness, and freshness will encourage greater response. Activities popular in a community must get priority of promotion in the beginning. The programme should be evaluated to judge their popularity and value.

The background, capacity, age and sex of the group must be recognised.

The activities selected should be presented in integrated and clear cut schedules. Leaders should plan for progressive programmes that will help the participants to develop a sense of achievement and give them an opportunity to try something better. Stagnation and repetition stultify the enthusiasm of youth.

The following are the accepted major areas of recreation. Programmes can be developed under each of these heads.

1. *Arts and Crafts including Hobbies and Collections*—Basketry, book binding, cooking, metal work, carpentry, needle work, painting,

sculpture, etc., collection of stamps, coins, nature specimens.

2. *Dancing*—Classic, folk, gymnastic and social.

3. *Dramatics*—Carnivals, pageants, story telling, stage shows, drama, etc.

4. *Literary Activities*—Book clubs, discussion groups, debates, lectures, public speaking, writing, etc.

5. *Music*—Instrumental, vocal, choir, community singing, symphonies, etc.

6. *Nature Study and Outing*—Hiking, picnicking, excursions, trips, travel, camping, fishing, hunting, aquatics, boating, etc.

7. *Social Events*—Festivals, celebrations, parties, dinners, etc.

8. *Sports and Games*—Contests, tag games, combat games, water sports, team games, track and field sports, dual sports, observation games, rifle clubs, etc.

While youth has a natural interest in the areas of recreation other than presented above, their participation in them will depend on availability of facilities and expert leadership But a recreation programme to be successful must be planned around local needs and local interests. Recreation programmes for the youth must be planned *with* the youth rather than *for* them.

FACILITIES

Urban Areas—As pointed out above, youth's first recreational preference is physical activities. Provision of playgrounds, therefore, must be given a priority. Playgrounds for youth must have fields for playing all kinds of vigorous games. One acre for every 1,500 population in towns with playgrounds three to seven acres in extent will serve the needs of a neighbourhood. Larger areas, 15 to 20 acres in extent, with more elaborately laid out playgrounds, stadia, swimming pools and recreation buildings should be interspersed in large cities on the basis of one for every fifty thousand

population. Track and field athletics, Football, Hockey, Basketball, Volleyball, Tennis, and games indigenous to the country, should be provided on these grounds. Recreation buildings should have gymnasia, social rooms, libraries and reading rooms, games rooms, art and craft rooms, club rooms, and an assembly hall with a stage.

Every city should develop, in its neighbourhood, suitable spots for picnics, outing and camping. Minimum facilities such as shelter, water supply and cooking places should form a part of such centres.

Rural Areas :—The recreational facilities for rural communities may be developed around an existing institution, the school building, the village office or the village rest-house. I would advocate the idea of a village school situated in close proximity of the houses in the village, constructed and developed in the form of a community centre, with ample playgrounds adjoining a well, a garden, a few large shady trees, all enclosed with a suitable fence, forming a sort of *park of culture and recreation*. This must be a community institution planned by the community, maintained by the community and ultimately financed by the community. Government should render financial aid to the community to maintain these facilities. Youth will play an important part in running such a centre.

LEADERSHIP

There is a general feeling that play and recreation being spontaneous activities do not need guidance or control. It is also felt that youths and adults do not readily take to being led and directed in recreation. But experiments have proved that supervised playgrounds are better patronised and more largely attended than unsupervised playgrounds and unsupervised centres deteriorate into lawless places. Playgrounds and other facilities are not extensively used unless leadership stimulates and directs the activities. To throw

open a centre without leadership is not an invitation to many to participate in enjoyable activities but a licence for the few, which may become a community liability and a nuisance. Youth is peculiarly the period of storm and stress and uncontrolled actions. Direction and guidance during this critical period is necessary and will pay.

Voluntary and paid Leadership :—Leadership may be voluntary or paid, part-time or full-time. Voluntary workers have made valuable contributions in many areas of human endeavour, e.g., Y.M.C.A. and the Scout Associations. Even now they depend a great deal on voluntary helpers. But no project or movement of any large magnitude can subsist entirely on voluntary workers. Paid, full-time professionally trained leaders are necessary for organising and promoting recreation. It is paid workers, on the job, who inspire, recruit and direct the volunteers.

In the early stages, for financial and other reasons, community projects will have, however, to depend almost entirely on the inspiration, guidance and service of community-conscious citizens. It is when a movement gets well established that the services of the paid men are brought in. Even then, projects such as community recreation will have to depend on help given by volunteers. There are many situations when, youth can be entrusted with major responsibilities in the management of their own affairs. Greater success can, however, be assured if they are guided by professionally trained experts.

Training Leaders :—In addition to personal qualities such as good health, pleasing appearance, alert intelligence, wholesome temperament, infectious enthusiasm and dependable character, a competent leader must be equipped with upto-date professional knowledge, satisfactory academic education, special professional training and field experience constitute professional preparation.

Professional institutions will have to be started and maintained by Universities, Government or competent private agencies. Physical recreation making up a large part of any recreation programme, for some time to come, it may be worth considering whether training for recreation may not be undertaken in co-ordination with existing physical education in colleges. Separate instruction can be given to suit this field of work, wherever necessary. In course of time, more specialized training can be evolved. Recreation work being essentially a part of community service will have to be studied in its broader aspects with psychology and sociology as fundamental subjects. In addition to theoretical studies the trainees must be given instruction in practical skills such as a variety of physical activities, arts and crafts, music, dramatics, etc. The course should include field work involving the actual conduct of recreation programmes. Special short courses lasting one to two months, holiday courses, week end classes, special clinics and discussion groups should also be organised to prepare part-time workers, club leaders and volunteers. If the field is to attract high calibre young men and women to join its ranks attractive salaries will have to be offered. Similarly superior posts, with administrative duties at Municipal, Regional, State and National levels will have to be created.

FINANCE

Who is to finance such recreation—urban as well as rural? Three solutions seem possible (1) Government must make the necessary provision from its general revenue, considering it as essential as the provision of education, public health measures, or transport. (2) Government must pass legislation to enable Local Bodies and Municipalities to collect a special recreation levy to be used for financing recreation. A suggestion, made some time ago, by a committee appointed in Bombay, that all the proceeds of entertainment taxes should be pooled to form a recreation fund is also worth considering. (3) The community (on a geographical basis) should undertake to develop its

own community house and community programme with recreation as one of the activities.

In the early stages, Government may do well to follow two lines of action. (1) To undertake a few pilot schemes in various parts of the country where model recreation programmes are started, entirely at Government cost and gradually working towards one hundred percent community support. (2) To offer every rural or urban centre, started either by the local people or by a well constituted non-official agency, a satisfactory grant-in-aid with necessary rules and regulations. Government and Municipalities can help by offering or procuring necessary ground, constructing required building and properly equipping them so that the private agencies or the local people do not have to raise large initial funds to start activities.

Provision of recreation facilities, however, in the final analysis, is a responsibility of Government and Government cannot escape this responsibility. Functionally it is a community responsibility and every member of the community must share in it.

COMMERCIAL RECREATION

Commercial recreation is a feature of modern times and it has come to stay: Cinemas, circus, exhibitions, stage shows. Some people frown on commercial recreation. But we cannot stop it. What we can do is to see that their efforts are directed along wholesome channels and their standards are elevating.

CONCLUSION

In closing, I want to emphasize that Recreation must form a part of community life. Youth is a stage of life with its peculiar problems. A well-cared for youth, physically fit, with his ambitions and desires satisfied, not frustrated, with opportunities for close contact with each other, and with ability to earn a living for himself or contribute to the family purse, will become a social asset. Such youths become the pride of their nation. They can usher in an era of better international understanding and world progress.

THE MADRAS CORPORATION AND ITS CONTRIBUTION TO SPORTS

By

Rao Sahib K. S. Ranga Rao,
Vice-President, Board of Control for Cricket in India

I am not exaggerating when I say that no Corporation in India or Ceylon has done so much for Sports and Recreation as the Madras Corporation has done. Large credit for this must be given to our former dynamic Commissioner Mr. J. P. L. Shenoy and his worthy successor our present Commissioner, Mr. C. Narasimham. Much has been done and very much more remains to be done. Let me now go one by one through the important contributions which the Corporation of Madras has done to Sport in Madras.



Rao Sahib K. S. RANGA RAO

The Stadium behind the Corporation offices in the People Park is perhaps one of the biggest Stadia in India. It is ideally situated in the heart of the city—being easily accessible by train, bus and tram. The ground is near My Lady's Garden which is perhaps the greenest spot in Madras. The

water supply is copious as it is so close to the Kilpauk Water Works. It can easily accommodate about 30,000 people. The pitch has been carefully laid with expert advice. Hockey and Football can easily be played on either side of the pitch. Athletic meets can also be easily held. The 1952 National Games will be staged at this stadium, in the third week of February 1952. The stadium is well provided with many entrances and turnstiles and with modern conveniences. At the moment, the corporation is constructing a modern and up-to-date sports pavilion at a cost of 2½ Lakhs of Rupees. The pavilion is expected to be ready by early February, 1952. So far, good use of this ground has been made for the Hockey and Football matches and Athletic meets. It is regrettable that very little Cricket has been played on the ground. All that remains to be done is to put up covers over the stands. As a useful composite stadium, this will compare favourably with the other stadia in India.

Tennis Stadium: The Tennis Stadium in Egmore has three courts; and the semi-circular gallery can easily accommodate about 8,000 persons. There is a small but elegant Club House near those courts. All important Tennis tournaments are being played there. The only essential improvement the corporation can still effect is to put up a cover for the stands facing the western side. The corporation has done well in placing one or two courts at the disposal of the Madras Provincial Lawn Tennis Association for coaching and other purposes.

The Swimming Pool on the Marina is a beauty. Situated near the sea and in picturesque surroundings this pool is about the largest and best in the East. I am informed reliably that a pool of this dimension is in Batavia. This

pool is 110 metres by 36½ metres and in this pool, big swimming events can be easily held. On the northern side of the pool, we have modern dressing rooms and bath rooms while on the southern side we have a good canteen.

The following improvements are suggested to increase the usefulness of the pool.

(1) Now, swimming can be done only on Saturday, Sunday and Monday every week. The other days are taken for draining, cleaning and filling up. It is high time that the corporation installs an automatic plant to clean the water so that swimming can be made possible on all days of the week. The cost of installing such a plant may be prohibitive now but ere long the corporation may find the finances for it.

(2) Now swimming stops at 6 p.m. Night swimming will be popular during the hot weather. The corporation must install concealed lighting to facilitate night swimming.

(3) The present Diving Board may meet with requirement; but it is desirable to install a spring Diving Board.

The corporation runs also Royal Bath at at Peoples Park; but it is just an ordinary one.

Gymnasia for Children: The corporation has provided gymnasium for children on the Marina at two places. It is a pleasing sight to see hundreds of children playing on the slides,

swings etc., in the evenings. It would be greatly appreciated if the corporation would make the marina hum with activity by the children of Madras. Could there then be a greater joy to see than the children playing and enjoying themselves?

In addition to these, the corporation maintains and runs 17 play fields and a number of parks. Good use of this is made by school going children.

The corporation would do well to appoint a qualified officer to look after the stadia, swimming pools and playfields. This is of paramount importance.

The income that the corporation derives from the entertainment tax on sports events must be earmarked for effecting improvements for the stadia, swimming pools and playfields exclusively.

The corporation should not allow any more buildings to be erected in the open spaces of the city.

We can pat on the corporation and say "Well done". There is however, room for improvement; and the corporation could and should render greater service for Madras Sports. Will they? I say 'yes'. Let us salute the Madras Corporation!

TIMING 'SPRINT' RACES

By

J. P. THOMAS, B.A., L.T., M.Ed.

'Speed' is the watch word in modern competitive sports, particularly in Sprint races. With the advanced scientific studies in the technique of running, every movement of the arm, trunk and legs of the athlete has assumed importance as a means of increasing speed. These studies have paid high dividends in national and international meets, where records are constantly bettered. This craze for speed in athletics has brought problems in its trail to the Timers at the Finish.

Three timers, each provided with a stop watch capable of recording accurately to a tenth of a second, are commonly required for timing sprint events. The most satisfactory timing is one where all the three watches agree, but in practice such agreement cannot be seen. Human error creeps in constantly and where timing not only for the first place but also for the second, and third places is involved, the problem gets complicated, and the results go in doubt. The timers for a sprint race stand at the finish of the race, say 100 metres, away from the starter and watch for a clear cut stimulus — viz. the flash of the starter's gun. The Stimuli are: (1) Flash, (2) Smoke, and (3) Sound and the first of the stimuli indicates the commencement of the race to start the stop-watch. The important factor is the reaction time of the Timer to the flash and his power to distinguish the flash from the stimuli that follow in rapid succession. However small these time-intervals may be, it is only these fractions of a second which create world records. Psychologists have proved that the reaction time to a stimulus differs from person to person.

The next problem is at the finish of a race when the watches are to be stopped. While the flash of the gun is a clear-out indication of the commencement of the race, there is no such marked stimulus at the finish to help the timer; and contact with the finish yarn by the winner

is not a clear-cut stimulus. The athletes reach their maximum speed during the last part of the race, and in the highly excited, strained atmosphere, the timer may be tempted to watch continuously or unconsciously follow the competitors from a distance to the finish line and thus in anticipation of the finish, may stop the watch too soon or too late. In the whirlwind of blurred stimuli occurring with split second rapidity, the timer may seem to lose control over his own sense of time.

The third problem is dependent upon the watch itself, which being built for a precision of a tenth of a second, registers only to the nearest tenth when it is stopped. Some watches have a time lag, as they do not start or stop instantaneously when the knob is pressed at the start and finish.

In International athletic meets, these problems loom large and the organisers have to resort to highly complicated technical devices for timing sprint races. The "Kirby two-eyed camera" constructed by the American Telephone and Telegraph Company is, for instance, a contrivance to photograph with a high speed camera the face of a stop watch which is electrically connected to the starter's pistol. By subtracting the readings on the photographs of the stop watch made at the beginning of the race and at the finish, the time taken in running the race is calculated to the nearest tenth of a second. There can be no doubt about the accuracy of the timing: but it is nerve-racking for a large number of spectators and competitors to wait for the result till the photographs are developed. To avoid this delay a stop watch indicating hundredths of a second is used, being started and stopped by hand by a timer; and the recording of this watch is announced as soon as the race is over but always subject to verification by the photographic record of the two-eyed camera.

Apart from the photo finish of sprint races, further innovations in the construction of watches have also been attempted by watch makers. In America and in Europe, national meets have assumed the significance of national festivals and therefore record crowds collect in sports arenas. To keep up the spectators' interest constantly alive, clocks have been constructed with large dials ranging from 10 feet to 15 feet or more to enable spectators to follow the timed-progress of a race.

The Mercer Electric Race Timing clock is an example where the clock is started and stopped automatically; and it is subject to no human error. The clock gives instantaneous timing in alternatively one hundredth, one tenth or one fifth of a second and begins to operate immediately as the trigger of starter's gun is pressed and stops instantly when a light ray crosses the track at the finish, when the winner crosses the finish line.

These mechanical devices for timing the races, however reliable and infallible they may be, are, it must be admitted, prohibitive in cost, and require meticulous care and a high degree of technical skill in their working. These may not meet the needs of our schools, colleges, and State Meets. Therefore, there is a definite need for the organizers of important meets to pay attention to certain details in timing races with ordinary stop watches.

The correct use of a stop watch requires instruction and practice. Discrimination must be made in the choice of stop watches and the personnel handling them. In places where Sports meets are held regularly, a permanent team of timers interested in this type of work should be trained in the art of using a stop watch. Only a trained group of timers can reduce errors to a minimum, and the reaction time to a stimulus can be improved only with practice.

The first requisite to good timing is a good watch. Stop watches require constant cleaning and adjusting. It is better to have two sets of

stop watches one for practice and the other for competitive meets. Each watch should be numbered and assigned to the same timer at every meet. All stop watches used in regular meets should be checked and certified by a competent watch-maker before use.

The Timers take their position at the finish, in a line with the finish tape and at right angles to the line of the track, and keep their view along the finish line and of the finish tape or yarn. They must be able to see from their places at the finish the flash of the starter's gun distinctly and distinguish between the smoke and the sound of the gun which follows. The watch should be grasped firmly and steadily in such a way that it can be started by the index finger without any sweeping or swaying motion of the arm. Every timer must as far as possible get himself used to the behaviour of a particular watch and he should use the same watch whenever called upon to officiate.

From the moment the timers see the flash and start their watches, their attention must be totally confined to the finish line and the vertical plane over it. They should scrupulously avoid paying attention to the athletes coming down the track. Then only they can be ready to snap the watch when the runner breasts the finish yarn, that is, when the torso of the winning athlete crosses the finish line. Each timer should retain his watch-reading until it has been seen and checked by the Chief Timer or, if required, by the Referee.

Three timers should time every event. In case two of their watches agree and the third disagrees, the time shown by the two whose watches agree, should be taken as the official time. If all the watches disagree, the time indicated by the watch recording the middle time should be the official time. Time should always be taken from the flash of the pistol. If for any reason only two watches record the time of an event, and they disagree, the longer time of the two should be accepted. No records are allowed unless three watches record the time though they need not agree.

HIGH JUMP—A FEW DETERMINING FACTORS

By

C. TIRUNARAYANAN, M.A., L.T., D.P.E.

Lecturer, Y.M.C.A. College of Physical Education, Madras-15.

The modern man is the inheritor and custodian of some of the attributes and activities of ancient man. Of these, Jumping—either for distance or for height—is one. Hence jumping is a natural activity for the human being. Every human being can jump a certain height or distance unless he is crippled or physically incapacitated. But for producing the best performance in High-Jump there are many determining factors which we shall explain below.

The factors may be classified under two categories:—

(i) *Those concerning the Individual*, (e.g.) Age, Height and Weight, Energy, Training and Technique, Temperament. Effect of the keenness of the competition and the encouragement of the spectators etc.

(ii) *Physical Factors*. (e.g.) The pull due to Gravity (variation at Latitudes and Altitudes); Resistance of air to movement etc.

Let us now deal at some length on each of the factors coming under these two categories.

I. *Those concerning the individual.*

(i) *Age*: It is an old saying that "Age is a matter of feeling, not of years". But this conception cannot be carried to extremes in actual life. It is really difficult for a person after a certain age to be at his best in an activity where physical exertion is required. Hence the age factor plays its own leading part in determining the performance of an athlete.

(ii) *Height and Weight*: Height and Weight play a very large part in the performance of an individual. The greater the height of the athlete, the greater must naturally be the height he should clear. A stream lined athlete, standing about 6' 6", who could combine with his attitude the spring and the modern co-ordination could clear a good height—even over 7'. The greater the weight of the athlete,

the greater will be the difficulty to go higher and higher because the pull due to gravity is proportional to the weight of the body.

(iii) *Energy*: Energy varies with individuals. An athlete has to put forth a certain amount of energy to clear a certain height. If he has to clear a greater height, he must put forth greater energy to clear the increased height. Hence it naturally follows that the greater the energy an athlete is able to expend, the greater will be the height he will normally clear.

(iv) *Training and Technique*: Mere expenditure of energy alone will not bring the desired result. Training and its outcome, Technique are important factors for one's performance. Training must be on the right path so that it brings about co-ordination, form, skill etc. Even training with regard to diet, rest and sleep is important for an athlete's performance. Training mainly manifests itself in proper Technique. In High-Jump if an athlete develops the proper technique suited to him, he will not spend more energy than is needed for clearing a given height. He will conserve his energy as much as possible in his earlier clearances of heights so that he will be able to put forth greater amount of energy as the height increases gradually.

(v) *Temperament*: The mood of an individual varies at different times and this may hold good even in the case of a trained athlete. On certain days the athlete has a happy mood when he is able to clear a height greater than he would normally clear or think of clearing. Most probably the temperament of an individual is determined by the imperceptible secretion of some of the glands which goes a long way in determining one's performance in any type of activity.

(vi) *Keenness of the Competition and the Encouragement of the Spectators*: This is a factor which many an individual performer might himself have experienced in any type of

activity. Let us for a moment suppose that an individual would normally clear 5 ft. When the competition becomes keen and when the encouragement of the spectators serves as an incentive, the same individual may clear a greater height and win in the competition. Hence we can say that competition and encouragement produce their due effect on the performance of an individual.

II. Physical Factors.

(i) *The pull due to Gravity*: It was Newton that opened the eyes of the world to the immemorial phenomenon of a thing falling to Earth when sent high in the air. The fall of a body towards the Earth is due to the pull exerted by the Earth (Gravitation). We should remember that the pull is always made to the centre of the Earth.

The force of attraction due to gravity is proportional to $\frac{1}{R^2}$ (R =Radius). Earth, it is said, is having the shape of an orange (elliptical shape) flattened at the Poles and bulging at the sides. As we go higher and higher towards the Poles the pull due to gravity is greater because the distance between us and the centre of the Earth is reduced. As we come nearer and nearer towards the Equator the pull is less because the distance between us and the centre of Earth is increased. Hence we say that the pull of a body on the surface of the Earth due to gravity is greatest at the Poles and least at the Equator.

This gravitation will have its effect on the performance of an individual. The greater the pull due to gravity the less will be the height he will clear, the lesser the pull the greater will be the height he will clear. This can be illustrated very well by considering the gravitation of different planets. Suppose an athlete clears 5' on the Earth. The reader will be surprised to note that the same athlete can clear a height of 30' in the moon. Much more will he be surprised to hear that the same athlete will be able to clear only about 2½ ft. in the planet Jupiter. The mystery behind this is that the pull due to gravity in the

Moon is 6 times less than that of the Earth and in the Jupiter it is 2 times greater than that of the Earth.

Even in the same planet (Earth), gravitation varies with Latitude and Altitudes. Other things being equal, the performance of an athlete at 13° Latitude must definitely and naturally be greater than his performance at 23° Latitude because the pull due to gravity is greater at 23° Latitude than at 13° Latitude — though this difference in height may be small!

So is the case with Altitude. At the same Latitude there may be different Altitudes. Other things being equal, the performance of an athlete at an Altitude of 5,000 ft. must naturally be greater than his performance at an altitude of 500 ft. however infinitesimal it may be. This is due to (1) variation in gravity and (2) decrease in the mean air pressure owing to altitude.

(ii) *Resistance of air to Movement*: It is a scientific principle that solids have more power of resistance than liquids, and that air or gas has got the least power of resistance. The reason is that air particles are so ill-knit together that they cannot offer much resistance. But at the same time we must realise the fact that air will certainly resist any movement against it, however negligible it may seem to be. Hence, if an athlete tries to jump high in the air, air certainly resists his movement. To counteract this as well as the pull due to gravity he must put forth progressively greater amount of energy for each effort at great heights.

The above factors are to be borne in mind by an athlete who wishes to improve upon his performance. Further in my opinion, the authorities who decide the records of performances may take at least three important factors (out of the above) into consideration viz., 1. The height of the athlete, 2. The latitude and altitude of the place, and 3. The air pressure of the place at the time of competition.



RECREATION FACILITIES OF THE MADURA MILLS CO. LTD., MADURAI

The Company has a subsidized Welfare Association called "The Madura Mills Labour Welfare Association;" with the following objects among others:—

- To run schools for the education of workers and their children.
- To provide healthy recreation,
- To arrange educative holiday excursions,
- To train Scouts, Cubs and Blue-Birds, and
- To maintain Libraries and Reading Rooms.

A free school is thus run, and two Adult Education Centres are conducted at the Workers' Colony at Harveypatti and one at Madurai. Women not working in the Mills are also given training in handicrafts like

sewing, knitting and embroidery. Excursions are organised by the school.

A Higher Elementary School at the Worker's Colony at Harveypatti organizes the Scouting activities, First-Aid, and classes in Music, Indian Dancing, Handicrafts, Public Speaking and Athletic Sports. Grown-up girls receive training in Home-Science, Gardening, Care of Babies, Home-Decoration, etc..

A big playground is maintained at the Colony for Track and Field Sports, Indian Games and Major Games like Football, Hockey and Volleyball.

In the New Jail Road at Madurai, as a housing amenity, 176 workers' houses have been built. For this residential section, a specially organized scout group organizes games, sports and excursions for the workers.

RECREATION FACILITIES OF THE B. & C. MILLS

The Management of the Buckingham and Carnatic Mills provides every facility for their workers to play various indoor and outdoor games through the Mills Athletic Association. The Manager of the Mills is its ex-officio President and its Welfare Superintendent, its ex-officio Secretary. Besides these, four elected representatives of the work people constitute the Association which controls all the recreational activities. Football, Hockey, Cricket, Basketball, Volleyball, Badminton and Tennis are popular outdoor games while Table Tennis attracts many workers as an indoor game. The Athletic Association has two grounds suitable for the various games. The Management provides tackle for all the games and supplies jerseys, shorts, anklets and knee-caps. The players of all games are relieved from work sufficiently early as and when they have matches to play on outside grounds and conveyance charges are also paid. The Foot-

ball team is permitted to compete for a few knock-out tournaments conducted at out-stations every year and the players are given leave with pay and dearness allowance. Besides this, players, if and when they are injured while playing for the Mills, are given Welfare Allowance which is more or less equal to their wages for the entire period they are on medical leave.

To encourage young players and bring to light new talents in football, a Departmental League Tournament is also being conducted and suitable prizes are awarded for the winners, runners up and the third team at the conclusion of the tournament. (Thirteen teams, from each department enter for the tournament and 78 matches are actually played in all). Besides League Matches, the Cricket team plays a number of practice matches with leading teams in the City on Sundays and holidays.

Lunch and tea are provided to the players of both the teams by the Company.

Village Young Men's Association :—Three out of the four Mill Villages viz., Alexander Village, Carnatic Village and Grasmere Village have Young Men's Association in each of them catering to the recreational amenities of the youths of the villages. Though the Young Men's Associations are expected to be self-supporting, the Management supplies them with tackle for various games whenever representations are made.

Our Football team, which is one of the leading teams in the 'A' Division in the City, competes for the following tournaments :—

1. Huseain Challenge Cup, conducted by the Madras United Club,
2. Raja of Jatprole Cup, conducted by the South Indian Athletic Association,
3. The Madras Gymkhana Tournament,
4. Invitation Football Tournament, conducted by the Social Service Society,

5. Presidency Football Tournament, conducted by the Presidency Sports Club,
6. Challenge Cup Tournament, conducted by the Moonlight Football Club, and
7. The Madras Football Association League Tournament.

The B. & C. Mills Hockey Team which was at the top of the Second Division League last year, takes part in the following tournaments :—

1. Madras Cricket Club Tournament,
2. Willingdon Cup Tournament conducted by the South Indian Athletic Association,
3. Gold Cup Tournament conducted by the Madras United Club,
4. Thomas Cup Tournament, conducted by Ever Merry Sports Club, and
5. The Madras Hockey Association League Tournament.

The Cricket team is in the II Division and it plays in the Madras Cricket Association League Tournament II Division "A" Zone.

LABOUR WELFARE ORGANIZATION OF THE KOLAR GOLD FIELD MINES

The service conditions of the employees have been liberalized from time to time and are governed by the standing orders settled mutually between the Labour Associations and the Management under the Mysore Labour Act, 1942.

There are four Associations of Mine Employees and one of the Kolar Gold Field Electricity Department, registered under the Mysore Labour Act, 1942. Every Association has a building and the member employees pay subscriptions and there is cordial relationship and perfect understanding. Each mine has a full-time Labour Officer who, in addition to having other duties, acts also as liaison Officer between Management and Labour. The work

of the Labour Officers is co-ordinated by a Field Labour Officer.

Some of the principal benefits of the Association are :—

- (a) Dearness Allowance has been progressively increased with the rising cost of living and now amounts to some Rs. 35 per month on the basis of the Cost of Living Index.
- (b) As an incentive to regular attendance an underground employee who works 6 days in the week is granted a bonus equivalent to half a shift.
- (c) A Production Bonus is paid to certain categories of labour.

(d) A Provident Fund on contributory basis at 6½% of the basic wages by way of provision for the workers future has been introduced.

(e) Since 1943 food grains received from the Government have been distributed at concession rates, the money value of which amounts to Rs. 2-9-9 per month per worker, which has now been merged with the dearness allowance.

(f) A Clothing Allowance of Rs. 10/- per year is paid to underground workers.

(g) Annual Privilege Leave with pay is granted—20 days for underground and 13 days for surface workers. In addition three paid public holidays are given.

(h) In the event of sickness the worker is granted free hospital treatment, pay and Dearness Allowance. If after treatment, recuperatory leave is considered necessary by the Chief Medical Officer, this is granted. In addition to pay and Dearness Allowance railway fares to and from their native place are paid.

(i) Essential welfare amenities are provided free of charge.

Welfare work on the field represents a policy of many years standing of continued services to employees. The welfare service embraces a wide range of activities and is constantly expanding and improving.

Big advances have been made in housing, medical services, maternity clinics, educational and recreational facilities and canteens. Employees' sports clubs, dramas, reading rooms and music programmes continue to be popular and growing features.

The Kolar Gold Field Hospital, started some seventy years ago, has at present a large, modern, well equipped establishment with in-patients' wards containing 250 beds, two X-ray plants, and other special amenities. Motor

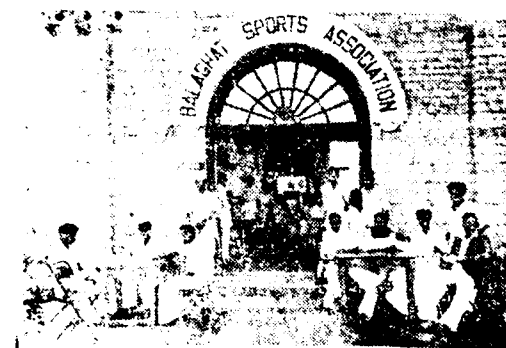
Ambulances and Coaches are maintained by the Mines for the conveyance of cases to and from the hospital.

Five free maternity clinics for the benefit of employees' families with qualified midwives and health visitors are also maintained by the Mines' Medical Organization.

A central Dairy is maintained by the Mines and bacteriologically controlled, pure, pasteurised milk is supplied.

RECREATIONAL FACILITIES

In order to spend the leisure time profitably, provision of ten recreation centres, each equipped with indoor games (carrom, table tennis, dominoes, etc.), wireless set, reading room, badminton courts and football grounds, has been made near the workers' colonies.



Welfare tournaments, club home tournaments, open tournaments in badminton, football, carrom and table tennis are conducted. Besides rolling trophies, prizes to winners and runners-up are also awarded in the form of cups and medals.

These sports have done much to stimulate athletic prowess, healthy competition and sportsmanship; and a high standard has been reached, compared favourably with similar events in other parts of the country.

CULTURAL ACTIVITIES

The cultural aspect of entertainment is not overlooked and dramas of moral value and

Miners receive every encouragement. Each mine has at least one drama hall, fully equipped



WORKERS' DRAMATIC TROUPE

with sets, stage property and electric lighting. Also broadcast of recorded music, is made on all evenings.

EDUCATIONAL FACILITIES

There are 43 schools in the Mining area of which 10 are maintained by the Companies, 15 aided by them, 13 assisted with building and other facilities and 5 are Government Schools. Of these, 2 are High Schools (one for boys and other for girls), three combined middle and primary schools and others are Primary Schools. 28 of these 43 schools receive grant from the Government.

There are also 13 night schools for the promotion of adult literacy. There is also a

Technical Training School, at which practical and theoretical instruction in subjects connected with mining is given.

The Boy Scout and Girl Guide movements are encouraged and both are supported by grants.

There is also a canteen which supplies teas, snacks etc., to workers at nominal rates, even though the amenity results even in a loss.

HOUSING

There are about 23,000 workers in a single industry. The Management has so far provided 12,263 houses of which some 2,500 are of the pre-fabricated and masonry types, and the remainder, tattie houses. Only a nominal rent is collected towards house rent. The labour colonies are self-contained with provision shops, dhobikhanas, cattle-sheds and other amenities.

PANCHAYATS AND WELFARE ORGANIZATIONS

Every mine has one or more Panchayats consisting of a Chairman and 10 or more members. Officials of all grades take a personal interest in the various welfare activities. Each mine has also a Welfare Committee, and in addition there is also a Central Welfare Committee which co-ordinates the welfare activities of the Field from time to time.

READY STOCK OF SCORE SHEETS Available

1. Track & Field Record Sheets—Rs. 3/- per set
2. Basket Ball Score Sheets — Re. 1/4/- per Book
3. Volley Ball Score Sheets — „ 1/- „
4. Badminton Score Sheets — „ 1/4/- „

LALITHA PRINTERS
— NUNGAMBAKKAM MADRAS 6 —

THE XXVI ALL INDIA EDUCATIONAL CONFERENCE, BOMBAY.

(23rd to 26th October, 1961)

Sectional Conference on Military Studies, Recreation, Health and Physical Education.

REPORT

The Section met on 24-10-51 from 8-30 to 11-30 a.m. Dr. K. S. Mhasker, Chairman, Board of Physical Education, Bombay, and a prominent leader in the fields of Health, Physical Education and Recreation, presided.

Dr. Mhasker, in his presidential address, emphasized the need for positive health for individual well being and national welfare. He pleaded for research in the field of Physical Education, particularly — the study of — indigenous activities from their physiological and sociological points of view. He pointed the need for literature on the subject — books as well as journals. He made a special appeal for the development of Akhadas and Gymnasias. He stated "It will be ultimately in these places where our students from the schools and colleges will continue their physical and recreational activities. Our ultimate aim is to make our Gymnasias, Centres of Culture in the traditional way and produce a counter-part of the sport-clubs or Gymkhanas of the western type."

The Federation Secretary, Shri. D. B. Kothiwale presented an informative report on the state and progress of physical education, recreation, etc., during the year in the Country as a whole, with special detailed information from different states.

The subject of the Symposium was "Social Service and Physical Education" envisaged by the National Education Planning Committee of the A.I.E.E.A. Several speakers spoke.

Shri. P. M. Joseph who initiated the discussion stated that the time of 20 minutes given to Physical Education per day, at the basic stage was inadequate either for satisfying the desire of children for play or for deriving any of the

benefits physical education was capable of contributing. A daily provision of at least 40 minutes to one hour was according to him very necessary. At the Post-basic stage, mention was made only of physical training camps to last six months. There was no provision of physical education in the daily-programme at this stage. For developing daily habits of physical exercise and to get the benefits of such exercise, it was necessary to have physical education every day instead of the attempt to give it in a concentrated camp lasting a few months. It was also expressed that it was not necessary to have two separate camps of six months each — one devoted to Physical training and the other to Social service. For the sake of variety, tone and discipline, Physical training and Social service can be undertaken in the same camp, daily two to four hours being given to Physical Training in the morning and evening and 5 to 7 hours being given to Social Service.

Shri. D. B. Kothiwale described the place given to Health Education and Physical Education in the Basic curriculum. He pointed out that in the Basic Training Centres, there was no attempt to introduce health-promoting and skills-developing physical education activities on a planned basis. Also the necessary facilities for physical education have not been available at these centres. This neglect, in turn, adversely affected the place given to physical education by these teachers in the schools they went to work.

Principal S. R. Tawde expressed dissatisfaction at the perfunctory way the National Education Planning Committee had dealt with Physical Education and Social Service. The writers should have consulted experienced workers in the field to get their opinion in the matter. He described some of the labour and

social service camps which he attended in Germany and pleaded that such camps should be undertaken to inculcate in our boys and girls a sense of dignity of labour and promote closer understanding between classes, castes and communities. He supported the compulsory scheme of Social Service. Another speaker pointed out the huge organisation and finances that will be required if the scheme was immediately made compulsory for all. The section felt that while compulsory social service should be accepted in principle, for various reasons this must be done gradually—a beginning however, may be made immediately. Four resolutions were passed at the meeting in the form of recommendations to the Federation suggesting certain necessary changes in the Section of the report dealing with Physical Education and Social Service. (Please refer to resolutions 8, 9, 10 and 11).

After the Symposium was concluded, various papers were read.

Prof. L. K. Govindarajulu of the Annamalai University in his paper on "Physical Education and New Freedom" pointed out the need for fully exploiting the values of the Physical Education in the service of the country. He described the many handicaps physical education had to face such as limitations of facilities and equipment, restriction in time, non-availability of competent personnel and poor scales of remuneration offered to teachers. He pleaded for devoted and selfless work.

Shri R. G. Bhushari in his paper on, "Physical Education as Recreation" said that Physical Education can be made popular among the mass if its recreational and joy giving aspects are emphasised.

Shri H. V. Barpuje read an illuminating paper on, "Community Recreation". He described the need and advantages of recreation for the people—urban and rural—and presented a short range and a long range programme that would make it possible to make community recreation a wide and popular movement.

Shri J. P. Thomas of the Y.M.C.A. College, Madras, in his paper on, "Training of Physical Education Teachers" pleaded that those who were connected with the professional training of Physical Education Teachers, should get together to fix some common minimum standards with reference to the period of training, facilities, staff qualifications and educational and general qualifications of candidates seeking such training.

"Health and Physical Fitness consciousness was the subject of the papers contributed by Dr. K. S. Mhaskar and Smt. T. V. Sabnis. Dr. Mhaskar stressed the importance of the understanding of the laws of 'Do's' and 'Don'ts' of health and pleaded for these rules becoming a natural habit and a part of daily life. His reference to Physical Fitness as required in every vocation which entails manual labour was poetic. He said, "The Agriculturist who gathers the fruit of the land, and fisherman who gathers the fruit of the sea, the stone carver who erects a temple, the blacksmith who shoes the horse, are instances of vocations which require training during apprenticeship, to create the consciousness and self confidence for the carrying out of duties they have voluntarily taken up".

Smt. T. V. Sabnis dwelt on the contribution of Physical Education and Recreation activities towards the development of habits of health and physical fitness. She stressed the part to be played by the parents and the teachers.

Principal Vakil's paper on, "Health of the School Child" was an important document on the health of the child from the educationist's point of view.

Shri V. B. Sule, A.D.E.I. for Physical Education, Bombay, in his paper made certain observations on Physical Education in the Secondary Schools of Bombay City and said that inspite of the limited space and other facilities it was possible to carry out a good programme. His suggestions in this respect were worthy of consideration.

The Conference then adopted the resolutions.

The meeting terminated with a vote of thanks to the chair and those who participated in the discussion and those who attended.

As a part of the Section's work, a Display of Physical activities was arranged. It was attended by large number of delegates. The Naval Physical Training School, Bombay, the Bombay Physical Cultural Association and the Training Institute for Physical Education, Kandivai, Bombay, participated in the Display.

P. M. JOSEPH,

(Local Secretary).

D. B. KOTHIWALE,

(Federation Secretary).

RESOLUTIONS

1. This Conference notes with regret the discontinuance of the Central Advisory Board of Physical Education and Recreation by the Central Government, and passes that this step has not been in the best interest of the promotion of physical education and Recreation in the country. The Conference, therefore, requests them to re-establish the above Board.

2. The Conference requests that early steps be taken by the Central Government to start a Central Institute for Physical education and recreation as recommended by its Physical Education Committee. It also further requested them to implement the other recommendations of the said Committee, with regard to the promotion of physical education and recreation.

3. This Conference is pleased to note that physical education is now made compulsory in the primary and secondary schools of all the States and States Unions in the country. It would however request all the Governments as well as other managements to provide adequate number of trained teachers, playgrounds, equipment and other required facilities in order to make it effective.

4. This Conference further requests all Governments to institute physical education as an examination subject to assess the progress made by pupils and to help as an incentive to greater effect, as is done by the Government of Bombay.

5. This Conference requests various Boards of Secondary education, Universities and other examinations conducting Bodies to study the advisability or otherwise of instituting Physical Education as an examination subject for the Secondary Schools certificate examination.

6. This Conference recommends that a system of regular medical inspection of children attending primary and secondary schools be instituted and enforced by Government and push through the agencies of a special medical service or its actions through the agencies of the medical officer of the Government, District Boards or Municipal Health Services and that free medical treatment be offered to those heeding it.

7. This Conference recommends that the heads of educational institutions including colleges and universities be advised to provide sufficient facilities for the recreative and social activities of the pupils in their charge.

8. The Conference requests the heads of various teachers' training institutions of physical education in the country to study the problems of teacher training in physical education and recreation and those of physical education in general, with a view to evolve satisfactory and suitable plan for the country.

9. This Conference appreciates the efforts of the Government in introducing the National Cadet Corps activities in Schools, Colleges and Universities. It requests those to further extend these facilities to such of them who are fit and desirous of taking the advantages of the facilities and who could not do them in their absence.

* (1) This Section recommends that a provision of at least 40 minutes should be made for physical education in the daily time table of basic and post-basic education.

* (2) In the opinion of this Section there is no need to conduct separate camp for Physical Education and Social Service as recommended by the National Education Planning Committee of the A.I.F.E.A. as they can be conveniently and advantageously combined.

* (3) While this Section agrees in principle that social service should be made compulsory for all, during the post-basic stage, it feels that this may be achieved gradually, a beginning, however, being made as early as possible.

* (4) This Section is of the opinion that the subjects of physical education and social service has not been satisfactorily dealt with by the planning committee and requests that this section of the report should be redrafted in consultation with those more familiar with the field.

Place : St. Xavier's College.

Date : Wednesday the 24th Oct.
1951, 8 a.m. to 11 a.m.

President : Dr. K.S. Mhaskar,
M.A., M.D., D.P.H.,
D.T.M. & H.

Federation Secretary : Shri. D.B. Kothiwale,
B.A., B.T., D.P.E.,
Lecturer, T.I.P.E.,
Kandivali.

Local Secretary : P.M. Joseph,
B.Sc., B.P.E., M.Ed.
(U.S.A.) Principal,
T.I.P.E., Kandivali.

Subjects of Synopsis : 'Social Service and Physical Education as envisaged by the National Education Planning Committee of the All India Federation of Educational Associations.

Section 12 of the Report of the above Committee reads thus.

'Social service and Physical Education'. "In order to realize the aims and objectives of National Education, the students would be initiated to Social Service during the basic education stage. A course of Physical Education has also been provided for in the basic curriculum.

But, the Committee feels, the students of post-basic classes should undergo compulsory course of physical education and social service, each of six months duration to be spread over the four years of post-basic education. Indeed, the post-basic course can be covered in three years and an additional year has been provided for to make room for social service and physical education on a compulsory basis. The Committee is strongly of opinion that no student should be allowed to take his degree unless he renders at least six months social service and undergoes six months physical training during the four years of his studies.

The social service visualised here should be undertaken by students camping out in groups in different villages under the guidance of teachers. The camping students may make a survey of sanitary, economic and educational conditions of the neighbouring villages and render such social services as are necessary for their improvement. This enables closer contact with the villagers which is so necessary for the elimination of class distinction.

The compulsory physical education referred to here for the post basic students is similarly to be imparted in camps run for the purpose generally on the lines of Hind Scouting. It should aim at giving advanced training in drill and fostering a rigid discipline in daily life.

The camping periods in both the cases are to be taken as working days in the Colleges."

P. M. JOSEPH, B.Sc., B.P.E.,
M.Ed., (U.S.A.), Principal,
T.I.P.E., Kandivali.

SYNOPSIS OF THE PAPERS

1. Some observations on the recommendations on Physical Education by the National Planning Committee of the All India Federation of Educational Associations :—

The paper discusses the recommendations of the National Planning Committee of the A.I.F.E.A. on Physical Education.

The two recommendations are (1) A course of Physical Education should be provided in the basic curriculum and (2) compulsory Physical training should be imparted in special camps for a period of six months to be spread over the four years of post basic education.

The daily time allotment for Physical Education is only 20 minutes. The contention that basic Education is centred around a craft which would give sufficient physical exercise and hence longer time provision is not necessary, is discussed and a plea is made for a daily minimum time provision of 40 minutes for physical education during the basic stage. Opportunities for after school games should also be provided.

At the post basic level in addition to the recommended camp, provision must be made for daily participation in physical education activities. The camp, instead of being devoted exclusively to physical training, may be advantageously combined with social service camps with Physical Training and Games included in the daily routine in the morning and the evening.

2. HEALTH AND PHYSICAL EDUCATION IN THE SCHEME OF BASIC EDUCATION

Shri. D. B. Kothiwale, B.A., B.T., D.P.E.,
Lecturer, T.I.P.E., Kandivali.

SYNOPSIS :

1. Origin of the Scheme of Basic Education :

'Basic National Education or in the words of Gandhiji 'The rural National Education through village handi-crafts' has been an attempt to reorientate Education and make it more worthwhile for the people in their indigenous atmosphere Gandhiji defined it as 'Education for life'.

2. Its present day importance :—The scheme of basic Education prepared by the 'Hindustani Talimi Sangh' Wardha has been accepted and introduced with certain modifications by various States all over the country. The Ministry of Education of the Government of India brought a Pamphlet No. 58, giving the Syllabus prepared by them for the guidance of teachers in Basic Schools. The Minister of Education of the Government of India, announced a few months ago of their decision to convert all the primary schools into basic schools within the next few years are so. The National Planning Committee

of the All India Federation of Educational Associations have supported the scheme. It is worthwhile to examine the provision made herein for health and Physical Education.

3. The Scheme of Basic Education centres around certain activity of the most fundamental importance. These include (1) The practice of clean and healthy living. (2) The practice of recreational and cultural activities, which are of particular importance to us.

4. The detailed Syllabus deals with various subjects which are centred round a basic Craft and is spread over a period of seven years from the age of 6. The study and practice of health, physical and recreational activities are also included.

5. The activities of the daily life as well as those of the periodical and occasional life also provide the foundation of good habits of living. These include individual health habits, cleanliness of surroundings, physical exercises, and recreation, among other things.

6. It is expected that at the end of the course, the capacity for clean and healthy living and to appreciate true art among other capacities will be attained.

7. Observations :—The provisions made for the practice of Health and leading a healthy and clean life seem to have been amply made in the Syllabus. However, there are the following drawbacks.

(1) No standards seem to have been set up regarding the provision of facilities for practising matter and physical fitness activities. Time allotment of 20 minutes is too meagre. Physiologica and play needs of children are not sufficiently catered for.

(2) In the Basic Training Centres there seems to be no attempt to introduce health promoting and skills developing physical education activities on a planned basis. No attempt seems to have been made to provide necessary facilities in this respect. Training provided to the teachers does not seem to emphasise adequately the play needs of children and the ability of teachers to cater to them satisfactorily.

Physical exercise that the children may be getting as a result of practice of a Basic Craft is not enough and even if it is so, it is the concern only of Physical Education.

8. Conclusion :—Adequate provision be made in the Syllabus of schools as well as Training Institutes.

*Note.—These are recommendations of this Section to the Federation.

for the instruction of effective Health and Physical Education.

3. PHYSICAL EDUCATION AND THE NEW FREEDOM

Prof. L. K. Govindarajulu, B.A., B.L., Professor and Director Physical Education, Annamalai University, Annamalai Nagar.

1. Our political freedom has brought out the need to change our outlook on Education. This change of outlook may be traced to several factors.

2. Alive to the new responsibilities of the new freedom, a new orientation in education is being attempted all over the country. This is being done but with two serious dangers—(a) Education is tending to become the hand-maid of politics, (b) It is becoming the slave of a changing economic ideology. As a result, the personality of the child is being overlooked for the sake of the Community. The tendency to produce people to a pattern or train them as automatons for special ends should be resisted.

3. Planning and practice of Physical Education must have an intimate bearing upon the goals we seek, the methods of organization and administration, the methods of teaching, the nature of the child and what we wish it to become, the nature of our environment, upon the teachers, etc. Physical Education is based upon principles which transcend narrow boundaries and parochial consideration. The ultimate purpose of Physical education is to ensure the good life. It is concerned with the totality of a child and not its parts. The responsibility of the Physical Education teacher is great. He is all the time on trial before his pupils. Unlike other teachers, he has to be the very embodiment of perfection. Children are to learn from him values of the highest moral and ethical qualities in addition to the values of physical ability.

4. A Physical Education teacher has to be physically a model of efficiency, capable of the best, mentally alert, and endowed with ability to control, direct and perfect the thousands of young and also be disciplined. He is a teacher among teachers.

5. The picture painted above is ideal. There are several handicaps and limitations which have got to be taken into account. Limitations of environment, facilities, equipment, time, lack of support, unavailability of personnel with a cultural outlook, poor scales of remunerations, and restricted prospects, growing evils of professionalism in sports, etc.

However, despite this, with the limited resources, we can make signal contributions to educational progress. The child should be held above all interests and we have to act on the principle of "Learning by doing."

4. PHYSICAL EDUCATION AS RECREATION

*Sri. R. G. Bhusari, B.A., B.T. D.P.E., M.Ed. (USA)
R.M. Bhatt High School, Parel, Bombay.*

1. Recreation is a voluntary activity.
2. Recreation is a necessity. The daily work however interesting, becomes routine. It is in the leisure time that we can take up activities of our choice. Wholesome development of personality is not possible if leisure time is not utilised properly. The atmosphere in crowded cities and industrial areas causes great nervous strain. Recreational activities are most essential to remove that strain and produce a fresh and joyful spirit.

3. The field of Recreational activity is very large. Music, Hobbies, Handi-crafts, Literature, Dramatics, Games and Sports, Rhythmics, Outing and Camping, Festivals etc., can be treated as various forms of Recreation.

4. Physical Education activities such as games, outing, camping, etc., can be highly recreative. Physical Education contributes largely towards the general developments of the personality. It is useful for physical, as well as mental and social points of view.

5. Physical Education, however, was neglected in the past, not considered as important. This attitude, however, is now being changed. In order to make Physical Education popular, it is desirable that it is given a major place in our educational curriculum. It can also be made to gain some recreational ends.

6. Recreative approach to Physical Education will be appreciated not only by school pupils but also by the general public. This can be done if proper leadership is made available. Necessary training must be given.

7. To train Leaders of Recreation, The Bombay Physical Culture Association has started a four months course as an experiment. If it is continued Physical Recreation will make rapid progress in Bombay.

5. COMMUNITY RECREATION

*Shri. H. V. Barpute, M.A., B.T., B.P.E.,
M.Ed. (U.S.A.), T.I.P.E., Kandivali.*

1. Recreation is a basic human need.

2. People should be educated to spend their leisure time in a constructive and a wholesome way. This needs wide publicity for a worthwhile Nation Building activity.

3. In civilised countries, Recreation is regarded as an essential community service like Health, Education, Transport or Welfare.

4. In a country like ours where there is a high percentage of illiteracy and standard of living so low, the responsibility of organizing Community Recreation devolves upon Government primarily.

5. All public, private and voluntary agencies interested in promoting Sports and Recreation should be encouraged to organize and finance Community Recreation programmes.

6. In order that Recreation should fulfil its promise of enriching the lives of individuals, for developing adequate personalities in a democracy, we need trained and qualified leadership.

7. Universities, Government and private agencies should initiate professional courses in Recreation Leadership at Post Graduate, and lower levels.

8. Recreation leaders should be paid wholtime, part-time and on voluntary basis.

9. Such a professionally trained and qualified leadership alone can organize and administer Community Recreation programme on a scientific basis.

10. To make the Recreation programme effective and functional, adequate facilities and equipment should be provided by Government, Municipal and private agencies.

11. All the resources of the State and Community should be tapped to make the Recreation programme rich and varied.

12. There should be a short range and large range planning of Recreation on National, State, District, Taluk, City or Village level on five years and fifteen years respectively.

13. Money spent on Recreation by Government or Private agencies is money well invested. Experience has shown that dynamic Recreation programme organized under qualified leadership in a Community has reduced cases of ill-health, neurosis, crime, accident and helped the individual to be a productive worker. It is an excellent means of developing sociable, healthy and joyous personalities in a democracy.

6. MAKING YOUTH HEALTH AND PHYSICAL FITNESS CONSCIOUS

*Shrimati T. V. Sabnis, B.A., B.T., D.P.E.,
T.I.P.E., Kandivali*

1. The need of Health and Fitness.

1. Health—Meaning of Health—How to ensure it.

- (a) (i) Change in attitudes.
- (ii) Provision of facilities for improved living.
- (iii) Measures for correction.
- (iv) Maintaining of standards after health has improved.

Preventive aspects.

- (b) How to do it in (i) Community. (ii) Adults. (iii) Children.
- (i) Community—(a) Consciousness about belonging to a community. (b) Better understanding. (c) Co-operative methods and projects.
- (ii) Adults—(a) Knowledge. (b) Means for personal improvement. (c) Co-operation with schools.
- (iii) Children—Early years. Practical living and formation of attitude and habits. Later years information with participation in picnics, camps and projects.

2. Physical Fitness—What is fitness?

- A. (i) Health (ii) Physical activities, catering for mind and body.
- B. Early beginning—Primary and Secondary—Compulsory programme with the aim of creating attitudes and skills.
- C. College and later life. Participation—means (i) Intramurals in schools and colleges (ii) maintenance of interest through competitions and demonstrations—witness and take part in.

Conclusion: Increase facilities, change attitudes, make the worthwhileness of health and fitness felt, both for personal happiness and national improvement.

7. PHYSICAL EDUCATION IN SECONDARY SCHOOLS—BOYS OF THE BOMBAY CITY—OBSERVATIONS & SUGGESTIONS

*Shri V. B. Sule, B.A. (Hons.) M.Ed.,
D.P.E., (Bombay).*

1. The State of Playgrounds: Government and Municipal Corporation. Suggestion for making municipal grounds more serviceable. Convert Gymnasias.

2. Staff: Government requirements. Why managements find it difficult to satisfy them. Why teachers do not come forth for P. E. Training. Facilities offered by Government. The Problem of the part-time.

3. Sanitary arrangements: (a) Urinals (b) Drinking water, arrangements, habit of touching drinking pots with lips, how to be eradicated.

4. Medical Inspection and follow up work. Double significance of the Medical Inspection. Periodical height, weight and chest measurements.

5. Various physical activities and their relative popularity, Cricket, Indian games, Minor games, Light apparatus, drill and calisthenics, Athletics and Boxing.

6. Equipment.

7. Scouting and Military Training: Revival of Scout Movement, The Junior N.C.C., Facilities offered by Governments.

8. Sports and Competitions: Interhouse, Inter-schools.

9. Picnics and Excursions: Government facilities, up-to-date record by schools is welcome, Demonstrations, P. E. Days, The Health Week.

10. The problem of Nutrition: Vitamin tables, Government facilities, work of the Red Cross Society and the Parsee Panchayat, Street vendors, school canteens, to combat the evil.

11. The school uniform: The minimum requirement for P. E.

12. The school band.

13. Time devoted to and suitable hours for physical education.

14. The habit of daily exercise, how to inculcate suitable exercises for pupils, Namaskars, Dands, Baithaks, Asanas, etc.

NEWS FROM THE STATES

XV NATIONAL GAMES

At a meeting of the Madras Olympic Association held on Monday the 27th August, 1951, at the Y. M. C. A. College of Physical Education, Saidapet, Madras, with Dr. P. V. Cherian as President and in the presence of Mr. Anthony de Mello, Director of the First Asian Games and Vice-President, A. A. F. I. and Mr. David Abraham, Vice-President of the Indian Weight Lifting Federation who were both present by special request, it was decided that

1. The XXV Madras State Games be held from the 26th January to the 2nd February, 1952, (the games will actually begin on the 27th January) and that the XXV State Games be celebrated in a fitting manner, 1952 being the Silver Jubilee year.

2. The XV National Games be held at Madras on the 22nd, 23rd, and 24th February, 1952, at the Madras Corporation Stadium and that for the accommodation of about 500

athletes and officials who may represent the States and the Armed Forces, an Olympic Village be constructed on the grounds adjoining the Stadium with the co-operation of the G. O. C., Madras Area.

An influential Finance Committee with Dr. P. V. Cherian as Chairman was formed to raise Rupees 50,000/- required to stage the National Games.

The XV National Games at Madras will comprise the following National Championships:—(a) Track and Field Sports for Men (b) Track and Field Sports for Women (c) Weight Lifting and Body Beautiful Competitions (d) Basketball (e) Volleyball (f) Kabad-di or Chedugudu (g) Swimming and Diving (h) Boxing (i) Wrestling (j) Cycling (k) Gymnastics.

A sub-committee comprised of Messrs. C. A. Abraham, A. K. Singh and C. C. Abraham was formed to plan the XV National Games

and to determine the personnel of the various committees required to conduct the games. Sixteen committees each comprising of a Chairman, a Convener and number of members have been formed.

These Games were originally known as the Indian Olympic Games. The International Olympic Association raised its objection to our use of the term "Olympic" and so hereafter these Games will be known as the National Games.*

In the history of these Games, Madras was the venue only once in 1932 when they were held at the Madras Cricket Club grounds. They were a great success. Nearly 20,000 spectators watched the Games in 1932.

Madras is becoming the venue for the second time after a period of nearly 20 years. The Madras Corporation Stadium will provide an excellent arena for the Games. It has a seating capacity of over 50,000 people and a new grand stand and club house which are under construction will be ready by January.

1952. Competent people will organise and direct the Games and also officiate at the various competitions.

Her Highness the Maharani of Bhavnagar will open the Olympic Village on the 19th February, 1952, and the National Games will be declared open by H. E. The Governor of Madras and General K. M. Cariappa, Commander-in Chief, is expected to perform the closing ceremony of these Games on the 24th February.

The XV National Games will be a prelude to the 1952 World Olympic Games, Helsinki, Finland; and the Indian teams for Helsinki will be selected at the Madras Games.

There is no doubt that Madras has taken up a great responsibility. But here is a big opportunity for Madras. With the co-operation and support of the Madras Government and the Madras Public, the Madras Olympic Association feels confident to stage the XV National Games in a manner which will bring credit to the Madras State.

C. A. ABRAHAM.

BOARD HIGH SCHOOL, KUDLIGI

A youth festival was celebrated in the Board High School, Kudligi, from 8th to 11th November, 1951. The torch from Bhuvanewari, Hampi, a place 35 miles from this place, was relayed on the 8th instant.

Competitions in Sports, Games and Literary Faculties were conducted from 9th to

11th November, 1951. The Competitions were keen and fair.

Tournaments in games were also conducted, as many as 55 teams competing. Prizes were awarded to the winners.

BINDUMADHAV,
(Alumnus 1936-37)
Board High School, Kudligi.

PATNA ZILLA SHARIRIK SHIKSHAN MANDALI

News is to hand that the 2nd Patna District Physical Education Conference will be held under the auspices of the above Mandal at Barh on the 16th December, 1951, under the presidentship of Shri Khaderan Singh, Chairman of the Patna District Board. Efforts

are in progress by the members of the Reception Committee under the leadership of Sri Ram Sagar Singh, Vice-Chairman, Local Board, Barh, to make this session a grand success. Shri Ramachandra Prasad Singh is the Honorary General Secretary of the Mandal.

* Note.—This is subject to correction—Ed.

BIHAR STATE PHYSICAL EDUCATION TEACHERS ASSOCIATION

On the occasion of the 2nd Session of the Patna District Physical Education Conference, a General Meeting of the Bihar State Physical Education Teachers Association of which Prof. K. Raghavan is President, will be held at Barh on the 16th December, 1951.

The problem of unemployment and poor scales of pay for qualified Physical Education Teachers, the need for strengthening the Association and methods for advancing the cause of National Physical Education in the State of Bihar, are some of the important subjects that will come up for discussion at the meeting.

OUR TRAINING COLLEGES

COLLEGE NEWS

Mr. C. C. Abraham, Principal, who has been ill for some time, is according to the latest report recovering rapidly. We hope that he will regain his health and be back at the College soon.

The memorial meeting in remembrance of late Mr. N. K. Mia was held on Sunday 9th December, 1951 at 5 p.m. at the College. The staff and students and a large number of his old students from the city, friends and admirers were present. The meeting ended with an impressive floral tribute in which everyone took part.

Leader's Training Camp.

The highlight of the first term's work was of course, our annual Leaders' Training Camp for the students which was conducted in the last week of September at the Old Malayan Emigration Depot, near Avadi. This was our first camp at this new camping site which is ideal from the point of view of our requirements for such a large group of students and leaders. The camp with its open-air life, increased and improved fare, new and interesting activities and ceremonies gone through in a spirit of healthy rivalry, was a novel experience to the students and therefore, was highly educative and enjoyable. The carry-over of the camps' spontaneous "How-How" are still heard on the College campus.

New Hostel Blocks.

Three new hostel blocks have been just completed for the use of men students. All these

blocks are built in one row facing the swimming pool. The urgent need of these quarters was badly felt especially by the members of the New House who moved in *en masse* the moment the flooring was finished, and the last mason was outside the blocks. A formal opening and dedication ceremony will be organised very soon.

College Wrestling Team

A team of seven wrestlers from the College under the captaincy of Shri N.C. Parappa participated in the open Amateur Wrestling Tournament conducted at Bangalore. The Tournament was open to the students of schools and colleges from Madras and Bombay.

Messrs. N. C. Parappa and James distinguished themselves winning the championships in their respective weight classes whereas the other wrestlers gave a good account of themselves. Our College wrestling team was the runners-up in the Team Championship. Our hearty congratulations to the wrestlers on their success.

Visitors at the College

We have had distinguished visitors at the college. The Ceylon High Commissioner in India paid us a visit in November. He saw the students at different activities and was taken on a tour of the campus. He showed his appreciation and interest in the work of the college and was glad to see the many students from Ceylon undergoing training at the college.

S. D. CHOPRA

TRAINING INSTITUTE FOR PHYSICAL EDUCATION KANDIVLI, BOMBAY

The Institute, started in 1938, has started its thirteenth year of service. During these thirteen years it has grown in efficiency and usefulness. Its Diploma holders can now be seen in almost every Secondary School in Bombay State, and in many key positions both within and beyond its boundary.

The new session started on 1st September, 1951, when 80 graduates, many of them double graduates and a few of them treble graduates, reported for the training. It was an exceptionally good year in the number of applicants and it was possible to admit candidates on a selective basis. After a process of trying out and elimination we have now 58 men and 18 women under training. 72 of these are deputed by one institution or the other on full salary—a condition that is now being insisted on by Government. The undeputed candidates are paid a monthly stipend of Rs. 40/- each. Compared with previous years the batch is young. This means greater enthusiasm and fitness for harder work.

One of the high spots in the training so far has been the opportunity the students and staff got in participating in the 26th All India Educational Conference, which was, this year, held in Bombay. The Institute actively

participated in the Conference, particularly in the Physical Education Section. A demonstration of physical activities in which the students of the Training Institute for Physical Education played the main part, brought appreciative remarks from the delegates and others who witnessed it.

The Principal of the Institute has been invited by the United Nations Organization as an expert to participate in the Youth Welfare Seminar at Simla. He is also serving on a Special Committee appointed by the Government of India to consider the feasibility of organizing a National Youth Movement in the country.

The National Planning Commission appointed by the Government of India has, in its First Five Year Plan, recommended that the Training Institute for Physical Education, Bombay, should be developed into a National College for training the higher personnel for Physical Education and Community Recreation. This is indeed a great honour and is certainly recognizing the good work this Institute is doing.

P. M. JOSEPH, B.Sc., M.Ed.,
Principal.

GOVERNMENT COLLEGE OF PHYSICAL EDUCATION, ALLAHABAD

The student strength at the College is 61. (45 men and 16 women students). One more Lecturer has been appointed, in the Grade 200—8—450. Sri Hari Kripal, B Com., D.S.S., P.Ed., C.C.C.C. (Denmark), M.S. (A C)

Lough. (Eng.), joined this post on October 15, 1951.

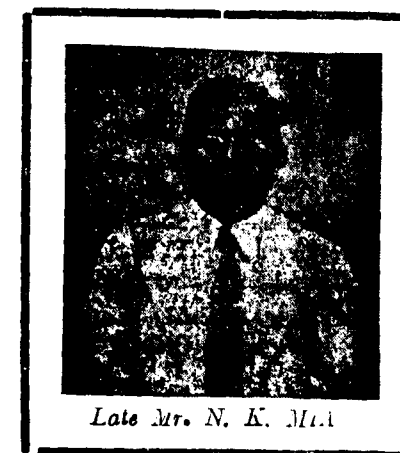
G. D. NAITHANI, M.A., D.P.E.
Principal

ALUMNI NEWS

IN MEMORIUM

All Alumni will be shocked to know that Mr. N.K. Mia whose retirement we reported in the last issue is now no more. His end was most sudden and unexpected. He had shown

rapid improvement in health and it was hoped that he could go back to his own native town in Bengal for a well earned rest; but providence has decreed otherwise.



Late Mr. N. K. Mia

Mr. Mia was ill with heart disease and he had a bad heart attack on the night of 25th November, 1951, and he passed away at 1-30 p.m. the next day. Streams of his students and admirers poured in at his residence to obtain a last look at their beloved master. His funeral was held in the evening of the same day and the funeral procession to the College consisted of hundreds of his friends and peoples drawn from all ranks of society. He lies buried in the College campus in which he had spent the best part of his life in the service of an Institution which, thanks partly to his work, has a great reputation for efficiency in India and South East Asia. May his soul rest in peace.

The Alumni Association hopes to commemorate his memory aptly. At the commemoration meeting organised for this purpose on Sunday the 9th December, 1951, suitable measures have been taken.

GENERAL

Mr. V. Suryanarayana (1946-47 Higher Grade) working in the Board High School Kowtaram, who has been doing good work as the Secretary of the Krishna District Physical Education Association during the last three years is now the happy father of a son and a daughter.

Mr. G. Narayana Rao (1944-45) of Kollur has been doing good work as the Secretary of the North Guntur District Inter-School Sports Association.

Mr. K. Dorairaj Chelliah (1950-51 Higher Grade) has passed recently the B.A. Degree Examinations and expects to take his Diploma in Physical Education.

Mr. Kasi Viswanathan (1944-45 Diploma) is working for the M.Ed. Degree at the Meston Training College, Madras.

POSTINGS

Mr. V. E. Easaw (1950-51) has been appointed Lecturer of the Y. M. C. A. College of Physical Education, Saidapet, Madras.

Mr. Surjit Singh (1950-51) is now Physical Director of Ramgarhia College, Phagwara (PEPSU).

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Mr. S. Venugopalan (1950-51) is working in the Board High School, Penparappi.

Mr. C. A. Pooviah (1949-50) is now the Physical Director of the Government College, Mercara, Coorg.

WEDDING BELLS

Mr. Tirugnanasambantham (1950-51) to Sow. Sivakami.

Mr. V. John Samuel Amirtharaj (1944-45) to Sow Sugunabai.

Mr. H. Mohanakrishnan (1949-50) to Sow. V. K. Rajalakshmi.

Mr. J. B. Gunaratne (1949-50) to Miss F. T. Rajapaksa (1947-48).

Mr. K. P. Joseph (1950-51) to Sow. Mariamma.

BIRTH

Mrs. Helen Jacob Chanda (1949-50) (formerly Lecturer of the Y. M. C. A. College of Physical Education, Saidapet 1949-51) has given birth to a son.

The Alumni Executive met on 24th November, 1951 and among the resolutions passed are the following:

1. That the General Body Meeting consider at its next session the alteration of an existing rule by which the Alumni Association may elect the Alumni representative on the College Council for a term of three years.

2. That Mr. A. K. Singh be the Chairman of the Buck Commemoration Fund Committee vice Mr. N. K. Mia resigned and that the Committee place on record its deep appreciation of the work done by Mr. N. K. Mia as Chairman.

3. That an Alumni Get-Together be arranged once in two months with a Committee of hosts when matches and social games may be arranged, lectures given or conferences and discussions held.

C. TIRUNARAYANAN.

Hon. Secretary, Alumni Association,
Y.M.C.A. College, Madras-15.



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