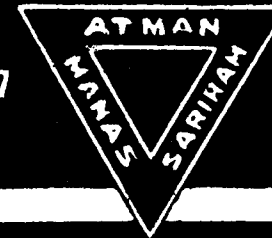


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A Quarterly Journal of Physical Education,

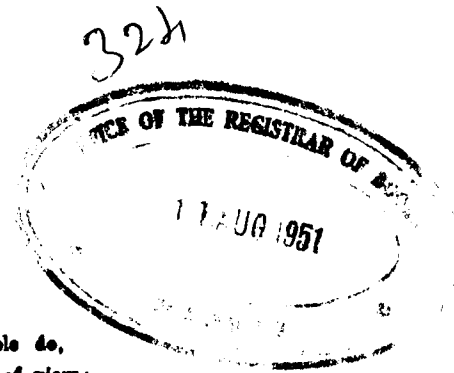
and Health



Education

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MAY 1951



KEEP FAITH

Keep faith in all the good that people do,
Because the gateway is your point of view;
Make honey of the bitter in your cup,
There is no sting except in giving up.
Discouragement will fade for him who tries,
Reverses tend to make the strong man wise;
Faith never fails, and when it reigns within
Will always lift you up and make you win.

— AN UNKNOWN AUTHOR.

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THE FIRST ASIAN GAMES

We publish in this issue articles on the First Asian Games held last March in New Delhi. At this First Asiad eleven nations met in a great and friendly encounter in an effort to display their skills and valour in sport of varied kind—Track and Field Athletics, Football, Basketball and Water-Polo, Swimming and Diving, Cycling and Weight-Lifting.

The Games provided a striking spectacle of athletic prowess and physical splendour. The events, meant to cover as they were a wide range of merit, called for the supreme effort of all the competing athletes, men and women as well—in strength, skill, speed, agility or endurance—the many forms in which all physical endeavour expresses itself in man. Individual events were watched with keen and lively interest; and much of the honour competing nations hoped for in the Asiad depended upon the men and women taking part in tests of personal merit as in the Running, Jumping and Throwing events, Swimming and Diving, or in Weight-Lifting and Cycling—types of activity accepted for formal competition in international meets.

The Games were conducted in an impressive setting in the seat of two great but extinct empires reminiscent with the memories of ancient glory and modern splendour—the palaces and tombs of the Moghuls and older ruins too, the massive edifices of the Central Government, the wide and long highways of India's great capital; the Stadium

itself with its varied flower beds and long flag avenues wherein the silken flags of participating nations fluttered meaningfully. At the Games themselves, the opening and closing ceremonies with the march past of athletes in their colourful uniforms, the booming of guns, the swearing in, the ceremonial march of military bands in gay attire and their music did much to lend dignity to the Games and add to their impressiveness.

The organization of the Games involved contacts on high levels, and the interest the members of the India Government took in the Asiad showed that the Prime Minister, Pandit Nehru, put a great deal of faith in the value of the Games as the precursor of a pan-Asian alliance for peace and understanding in a world faced with serious political issues and the risks of a third Great War. The Games were held in the friendliest spirit; the greatest goodwill prevailed; and there were practically no noteworthy incidents to disturb the happy amity, understanding and cheerful co-operation that marked the Games right through. Even the Chinese who felt it necessary to keep out of active participation for their own reasons, sent a goodwill mission to show their interest in the Games and express their faith in their significance.

The Stadium in which the Games were staged was specially reconstructed at enormous cost out of the older Irwin Amphitheatre; and yet owing possibly to haste and possibly to want of wider experience or immediately available expert assistance, many avoidable shortcomings and defects became noticeable in the Track and in the games fields as the Games progressed. The Basketball court, though set according to required standards was too fresh and too hurriedly made to withstand the strain of an international Game and the posts wobbled and the goal rings gave way often on the first two days of play till new and more stable goals were provided. To other defects Mr. Joseph has drawn our attention in his article on the National Stadium.

As a point of organisation, National Federations pertaining to Amateur Athletics, Basketball and Football had to be entrusted with the responsibility for the conduct of the games they controlled and yet there have been open references to a plethora of officials at the Games and a run for complimentary tickets. But the surprising thing was that the organization could find no thought for inviting two sets of officials who could have given their valuable co-operation at the Games themselves and at the same time profited, by their experience at the Asiad, the rising generation of athletes from whom the nation's representatives would later be selected—the state officials who control educational athletics in different parts of India, and the representatives of our Universities. These men were overlooked despite suggestions made that they should be invited to help or witness, and though a few were indeed present on their own account. The organization controlling the Asiad, however, found it

necessary to utilise the Defence Services which contributed many brilliant athletes to the Indian contingent; but even if school and university athletes were few at the present, the future of our games and sports must be necessarily dependent upon the good work we do in the sphere of education, at least at the school and college levels, it was a pity that those in the field of physical education should have been so completely overlooked at the Asiad.

All the same, great credit must be given to the men who planned the Asiad and conducted it. The Asiad proved that we have in this country a talent for organisation on a grand scale; and it need not be considered chimerical if we should in the near future think of India as the venue of a World Olympiad—may be that immediately following Helsinki.

The Games have been fully described and the results detailed at length in many newspapers and journals of the country and it will be needless for us to dwell on them here at length. At the games, Japan carried away greatest number of awards and Japanese Athletes and officials bespoke an organization so efficient, methods so thorough and discipline so willing and so imperceptible that they set people thinking. The Philippines proved to be great at Basketball; the athletes of Iran who were made on Babylonian proportions gave a tough fight in Football and one of them won the world title in Weight-lifting. The tennis, Dr. Sahasrabudhe went justly to a youthful prodigy from one of the States. In Golf, India did well to gain the second highest number of points in the world Field and to crown the championships in Football and Hockey. The Games have shown that Indian athletic talent is in the making, though the men, and our women in particular, paled against the excellence of the athletes of the land of the Rising Sun. India's victory in the team games and the doings of Levy Pinto proved that given the opportunity Indian teams and Indian athletes can take part with credit in not only Asian meets but in world encounters as well. But our performances in the Games would generally indicate that unless we soon have broad-based schemes of development through attention to facilities at every level for training and coaching, that unless we can approach at least the Japanese in the methods of our organization and control, unless our athletes for their part are willing to submit to exacting self-discipline and obedient subjection to rigorous rules of training, a general improvement in our standards of athletic achievement will not be easy to obtain. The First Asiad has been our first large scale proving ground for international recognition in sports and games.

A NEW JOURNAL ON PHYSICAL EDUCATION

We are happy to note that under the joint auspices of the Bombay State Association of Physical Education and Recreation and the Old Students Association of the Training Institute for Physical Education, Bombay State, a journal on Physical Education and Recreation has been started. In the Editorial of the first number, it is said that it is the hope of the publishers "to give in this journal scientific and reliable information about Physical Education", and "specially emphasize the problems and needs of our country", in the hope that their study will stimulate interest in the subject. The first issue contains among others a critical and well thought out review of the first Asian Games by Mr. P. M. Joseph, the Principal of the Kandivali Institute, and an article on Food by Dr. K. S. Mhaskar, the well known social worker of Bombay and chairman of Journal's Editorial Board. If the journal can, as in these articles, maintain a high standard of excellence, particularly in purveying information on modern and scientific physical education and recreation, it is bound to make a significant contribution to the health and welfare of our people. There is one danger which the journal may face and of which we have been well aware and which it is difficult to avoid in a country in which newer trends of thought and living are still in serious conflict with older views and principles of living. Little or no original research has been done

in India in the realm of physical education and recreation and the biological sciences on which these are based; and there is always an attendant risk of inaccuracy or overstatement or vagueness in conveying second-hand scientific information contained in text books and journals of western origin. I hope that this new journal will permit the publication in its pages only of such material as can withstand the scrutiny of tested principles of pedagogy and science. We do not overlook the fact that we have still to blaze new trails or else re-establish firmly and on an acceptable basis our own national systems of physical education and recreation. In this effort we have to steer clear of political bias and keep in mind only the ultimate betterment of the people of the land. We hope that our new contemporary will achieve not only this but so serve as to escape successfully the tyranny of parochial considerations and clannish interests. There is much in favour of our contemporary; for, within recent years, Bombay has taken significant steps towards establishing physical education on a modern and popular footing throughout the state; and the foundation of this journal is one more proof of the progressive attitude the leaders of the state have taken in matters of public weal. We wish our contemporary every success in its efforts.

THE Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION

We publish in the pages of this issue an abstract from the Annual Report of the College of Physical Education at Sindapet; and that report will show that the college has had another year of creditable progress in many directions. More has been done than ever, both in the long and the short run; greater participation in the organization and conduct of State or other sports and games organizations; and the college has extended its work more and more for the benefit of the community and to its own improvement. Its many friends and supporters, by their individual effort have made the institution a by-word of helpfulness and service. Altogether the college has had a distinguished record of specialized public work—rare in the history of training institutions. But the college is yet handicapped by many limitations—limitations of finance, buildings and equipment. Indeed, the State Government as well as the Central Government have given aid of a valuable kind; and even the Headquarters of the International Y. M. C. A. would appear to have sent monetary aid for the management; but if the schemes of expansion, the college has, are to fruition (and the schemes are such as

will materially strengthen the movement for industrial and municipal recreation or render more efficient the instruction now given in physical education in educational institutions) state aid must be given in more generous scales and public assistance must also implement state aid.

There is one thing the college can do to render its service more and more effective in the wider sphere of educational work. Certain of its courses meant for teachers of limited education must be changed and adapted without delay to suit the conditions and the actual needs of their ultimate work; and the courses must be taught, not in English as at present, but in the language of the learners. We are fully aware of the difficulties the college will have to face in the initial stages of change-over, but in the long run it will benefit both the college and the teachers who receive training at this great institution. The college can then find ways and means of strengthening the higher courses of training which seem still to be lacking in popularity for reasons to which we have already drawn the attention of our readers in May last year — reason beyond the immediate control of the College.

THE NATIONAL STADIUM, NEW DELHI

By

P. M. JOSEPH

Principal, Training Institute for Physical Education, Kandivli.



NATIONAL STADIUM—ENTRANCE

The National Stadium at New Delhi came into very great prominence because of the First Asian Games which were conducted there. Much criticism and a lot of praise have been heaped on the stadium, a stadium which, one might say, is a creation of the National Sports Club of India. I had the chance of being intimately connected with its preparation for the staging of the Asian Games; and I propose to give in this article a short account of some of the features of the stadium in the hope that it may prove of some use to those who are interested in the promotion of sports and physical education.

The stadium was originally intended to be called Jawaharlal Stadium after our Prime Minister. On the occasion of the foundation laying ceremony of the stadium, performed by Pandit Jawaharlal Nehru, he

expressed the desire that it should not be called after him but may be called the National Stadium, a gesture that speaks volumes about the greatness of this national leader. Thus the Jawaharlal Stadium became the National Stadium but we hope the name of this great leader will be remembered whenever we think of the National Stadium.

The site of the stadium is the old Irwin Amphitheatre, a gift of the Maharajah of Bhawanagar. Situated at the end of King's Way, a straight road leading out of the President's House, with the two Central Secretariats—Civil and Military—on either side, the stadium is located in a most enviable spot. Standing at the entrance to the stadium, one could look through the India Gate and see in the distance the hazy but majestic outlines of the Head Quarters of our

Killa, the ruins of some ancient fortress which, tradition says, was the place where Pandavas and the Kauravas fought the battle of Mahabharath. Historically and strategically, the stadium is thus situated in an environment full of inspiring reminders and stately edifices.

The covered grand-stand is on the western side and has a seating accommodation for about 7,000 persons. Adjoining the grand-stand, at the upper level, are excellent club rooms occupied by the National Sports Club and the Army Sports Club. The space beneath the stands are used for dressing rooms, rest rooms, massage clinics, toilet, store-rooms, etc.

On the Northern, Eastern and Southern sides are constructed cement galleries rising tier upon tier and estimated to accommodate thirty to forty thousand spectators. Entrances are provided 'tunnel fashion' liberally all round; and spectators can go in and come out without crowding or interfering with those who are seated in the galleries. A sturdy wooden wire fence runs high all round on three sides to prevent spectators trespassing into the arena — a fence which is continued at a lower height along the ground stand but close to the tracks.

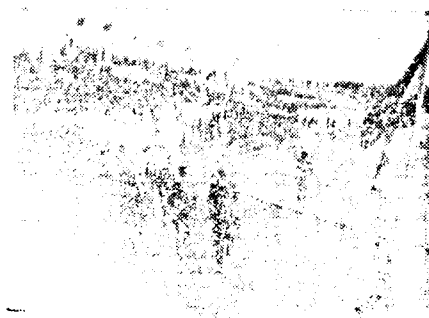
M. C. DHAWAN
Hony. Secretary,
Amateur Athletic
Federation of India.



In front of the covered stand, on the West, is a broad drive with an entrance at one end and an exit at the other. On important occasions a chief guest may have a State Drive right into the Stadium over this

pathway. The ground from the edge of the drive slopes down towards the sports arena and the space is stepped off gradually in four stages, each step being 10 to 15 feet wide, in which were seen during the Games the early beginnings of good flower beds. As already stated, on the inner edge is a wire fence which joins with the fences at the Northern and Southern ends. A pathway connects the grand-stand with the arena with a controlled gate. On the Northern end is a special tunnel running underneath the track and leading to the inside of the field through which athletes and officials may enter without disturbing events on the track.

The sports arena has on its extreme outside, a cycle track, banked on the ends, and laid out according to international specifications.



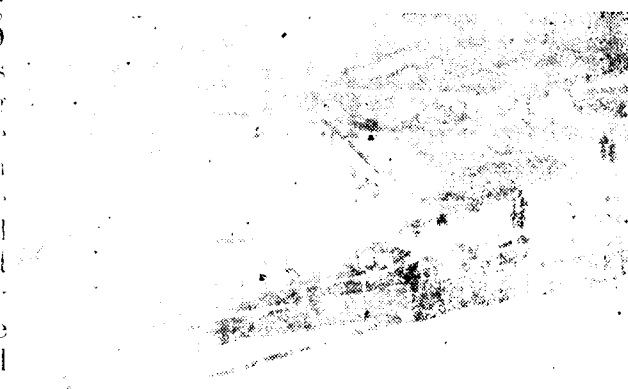
FIRST ASIAD — THE MARCH PAST
SHOWING THE AFGHAN TEAM

The surface of the track is roughened concrete and is finished in a light pink colour. The cyclists who used it and the officials who conducted the cycling competitions were fully satisfied with the track. To the Indian Cyclists a banked track was new and they did not know the technique of taking proper advantage of the slope.

National Government. On the rear side of the stadium is the Purana

Immediately within the cycling track was the 400 metre cinder running track. The inner edge of the cycle track and the outer edge of the running track meet each other. The width of the running track is 24 feet, providing space for exactly six lanes of 4 feet each. The length of the straight is 110 yards and the radius of the curve 104 feet — adjustment being made to make the total distance of the track exactly 400 metres. Viewed from an organizer's point of view the running track has one or two notable flaws. There is no suitable straight available to run the 110 metres hurdles, (110 metre is about 120 yards) and the length of the straight being only 110 yards, there is difficulty in getting a straight stretch for the 110 metres hurdles. At the Asian games, this had to be adjusted by marking the starting line about 10 metres behind the 100 metres starting line. In doing this the sixth lane came into the cycling track, and the hurdler in this lane had therefore partially to start from a concrete surface. Another mistake was that no provision for additional space was made on the track beyond the six lanes. In a permanently laid out track, it is always desirable to provide space for an additional two or three lanes so that, when necessary, more than six competitors may be accommodated in a single heat. A situation at the Asian Games itself will illustrate the point. There were 19 competitors for the 100 metre run. If a seventh lane was available, three heats of 6, 6, and 7 could have been run qualifying 2 from each heat for the finals. Instead, because there was no space for a seventh man, four preliminary

heats and two semi-final heats had to be run before six were selected for the finals. Imagine the unnecessary hardship that will be involved if seven or eight enter for the 400 metre run requiring the running of two heats and a final rather than a straight final. A sports meet can be conducted more expeditiously and smoothly if the track has that elastic capacity so necessary to accommodate an unusual situation. Again, the absence of any space between the running track and the cycling track, required the time keepers to take their station on the cycling track. A gap between the two tracks would have accommodated these officials without abusing the cycling track; and this very space might have been used to provide the seventh and eighth lanes.



THE NATIONAL STADIUM

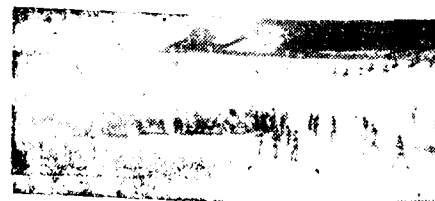
Showing 100 Metres straight, the Cycle Track, the fence, the Grand Stand (right), the terraced gardens leading to the arena — the Drive. Behind the persons in the foreground is the entrance to the Tunnel. On the left can be seen the Olympic Box around which in a semi-circle stand the competing teams for the Swearing in and closing ceremonies.

The top dressing of the track was originally a mixture of one part of clay and two parts of cinder. This was found to crumble badly, and as

the track was used by the athletes who arrived early, the surface became loose giving no firm foothold for a runner. After experimentation, a further top dressing of half cinder and half clay was given. Then the whole track was heavily watered and rolled with a medium roller. This gave a first class surface and the athletes were full of praise for it. If further watered and rolled and especially attended to after one or two heavy showers, the National Stadium will be able to boast of one of the finest cinder tracks anywhere.

A 104 feet radius was considered by some athletes to give a rather abrupt curve. A wider curve means a shorter straight, which in turn means a shorter distance to fight out the finish on the finishing straight. However, with the finish line at the end of the straight stretch, and not in the middle, there would not have been any objection to a shorter side than 110 yards. From the point of view of the football field which was laid further inside, a longer radius of the curve providing for a wider field would have been a more satisfactory arrangement. The football field was 110 yards long and 66 yards wide. International specifications recommend a size of 120 yards by 80 yards. The width of 66 yards provided made the ground unsuitable for first class football. From the matches witnessed during the Asian Games, it was clear that, in that narrow field, open play was almost impossible and the players seemed to be on top of each other. When this criticism was being discussed, it was pointed out by some one high up in the

National Sports Club that the National Stadium ground was not meant for football and it was up to the Football Association to put up its own ideal field and stadium. This seems hardly fair in India, where much money does not easily come forth for sports purpose. Stadia which we build should be on the multi-purpose plan where we could have not only athletics but also football and hockey.



The National Stadium :
showing the Grand Stand from the Basketball Court, the Terrace Gardens and the banked cycle Track of coloured concrete.

If only one of the steps provided for flower beds in front of the covered stadium was utilized for the arena itself, we could have had not only a broader football field but also space for those two very essential additional lanes of the running track. Flowers, no doubt, will add to the beauty of the setting, but they are not more important than the track and the field. Actually the provision of so many flower beds between the main stand and the arena created an irksome distance between one's seat and the place of performance, a distance which could have been reduced with advantage to the spectator, the competitors and the organizers as well. It does not seem possible to rectify these mistakes unless a great deal of money is spent to tear down the cycle track and extend the width of

the inside field as well as the cinder. Let us at least hope that these mistakes will not be repeated in the new stadia which are in the process of coming up in the various parts of the country.

Jumping pits, throwing circles, and a basketball court, were provided in the two spaces between the curves and the ends of the football field. These were well placed and well prepared.

Whatever the flaws, whether they are rectified or not, we want to see this beautiful stadium well preserved, serving as a place where the best athletes of India will gather for friendly contests. If ever India gets a chance of staging a World Olympics, the National Stadium seems the logical venue and it will be wise to bear this in mind in its future care and development.

INDIA'S ATHLETES IN THE ASIAN GAMES

By

THEODORE W. ARNOLD, M.A.,

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

Getting India's best athletes together at the Asian Games was a very interesting and valuable experience. It gave the athletes the type of competition necessary to bring out record breaking performance. It also gave them a chance to see some very good foreign athletes in action. It gave the coaches an opportunity to study the athletes in training and action and evaluate their strength and weakness.

In general it can be said that the Indian athletes are potentially as good as those of any other country. That the Indian men won the same number of gold medals as the Japanese track and field athletes was very gratifying. However, the fact remains that many of these best Indian athletes have had very little coaching and that most of them never trained hard enough to be able to stand up well under national and international competition.

Too many Indian athletes get pulled muscles. Almost every one of India's outstanding sprinters and jumpers has been handicapped by a pulled muscle at one time or another. Phillips and H. Rebello are two outstanding examples of recent years and Owen Pinto and Fernandes were lost to the team this year because of pulled muscles.

After the National Games at Ludhiana practically all the athletes were too stiff and sore to follow a proper training schedule leading upto the Asian Games. They had to be worked very lightly the first few days and had to be given complete rest two days before the meet. The relay teams should have had much more practice on baton passing but their muscles started getting heavy. It was necessary to curtail that important and necessary practice in order to have them in shape, just to run at the meet. The Japanese

athletes on the other hand were taking almost all-out training right up to the last day. Pulled muscles are almost unheard of among Japanese athletes because they train so regularly and so vigorously. They really condition the heart and lungs and toughen the muscles to the point where they have both strength and endurance.

The Indian sprinters are not good starters. Some of them made a great deal of improvement during the training period leading up to the games but most of them could improve a great deal more. Alfred and Gabriel were able to cut-off .2 of a second in their first 30 yards by improving on starts. Lavy Pinto is a very slow starter and should be able to drop his time for the 100 metres from 10.7 to about 10.5 by perfecting his start.

The 400 metres which was won by Okano of Japan should have been taken by India. The time was 50.7 and both Gobind Singh and Bakshi of India were capable of better time. In fact Bakshi had better time in his qualification heat but after running the heats one day and running in the winning 4 times 400 relay the next, neither of these men had enough snap left to reach peak performance in the final of the 400. If they could have had a week of rest, they would probably have finished first and second. Athletes must be so conditioned that they can go all out in heats and still be in perfect shape for the finals.

Ranjit Singh and Kulwant Singh ran very well in taking first and second in the 800 metres. They both had good form and good stride. Their pace was just right for the first 400 but they both slowed up and failed to

run themselves out at the finish. They could just as easily have come in with



The 1500 Metres Race of the First Asiad. The Basketball Court is on the right and behind the posts can be seen the Long Jump and Pole Vault Pit. Note the Way in which the Cycle Track is banked on left.

a time of 1.56 instead of 1.58. Nikka Singh ran a beautiful 1,500 but he also could have cut down his time and been more completely run out at the finish.

Ajit Singh in the steeplechase, Pritam Singh in the 5,000 metres and Gurbachan Singh in the 10,000 metres all have a tendency to run a little like middle distance runners rather than as distance runners. They run a little too high, are a little too tense, and kick their feet up a bit too much behind. They need to relax more, settle down a little lower, and lift the knees a little in front. They also need to learn more about the strategy of racing and their own pace.

The fact that India took six of the nine places in the Marathon and the walking races, is another good indication of the strength and endurance of the Indian athletes. Mahabir Prasad took first and Kesar Singh took third in the 10,000 metres walk. Kesar Singh had unusually good form and

will probably improve his speed a great deal in the future.

Bakhtawar Singh and B. Das of India took first and second respectively in the 50,000 metres walk and might have made even better time if they had been pressed more.

Chota Singh took first and Surat Singh third in the Marathon run. Chota Singh's time of 2 hours 42 minutes and 38.6 seconds is very good compared with the Olympic records of 2 hours 29 minutes and 19.2 seconds.

Chota Singh should have a very good chance in future Olympic Games.

The standard will improve very rapidly during the next few years in the jumping events because the records are falling in high schools and because the present athletes could easily reach higher standard. In the high jump, practically every one who competed in the National Games at Ludhiana used the old Scissors or the Eastern Cut-off. The Cut-off is a fairly good style of jumping but very few of the great jumpers use it today. Most of the outstanding jumpers use the Western Roll or the Barrel Roll. The reason India's best jumpers use Eastern Cut-off is that all the young jumpers learn Scissors and it is not too difficult to change over to the Cut-off from the Scissors. More young jumpers must be taught the Western Roll in the future.

The long jump distance is bound to increase. India has quite a few sprinters who can do the 100 metres in 10.8 seconds or better and almost any sprinter with this speed is capable of jumping about 24 ft. It is worthy

of note that R. De Rebello, a Madras University sprinter who was unable to participate in the Asian Games due to examinations, did 23 ft. 10 in. in an Inter-Collegiate meet in Madras just a few days before the Asian Games were held.

The pole vault standard is about the lowest of any of the events; but there are signs of encouragement as there are two university men who are going around 12 ft. Most of the Indian vaulters have very bad form. They lift the feet instead of swinging them up and leading with them. Then, instead of jack knifing over the bar, they go over it sideways leaving the pole in a flag position. Watching the Japanese vaulters should have been an inspiration to aspiring vaulters because the Japanese had very good form and certainly got excellent height considering their short stature. They ran with good speed on their approach carrying the pole comfortably and naturally. They hit their step perfectly while at top speed and started the swing up and pull beautifully. They had plenty of arm and shoulder strength for the pull up. As their feet cleared the bar they would roll the body to a quarter turn so that they would be facing the bar and start bending at the waist into the pike or jack-knife position. In this position the feet would be lower than the bar on the lead side and their hands and chest would be below the bar on the follow side. The centre of the body would be just a fraction of an inch above the bar. The intricate secret of their great success is in the next step — the terrific pushaway with the arms. The way they do this is most remarkable. They push so hard that if they would let go of the pole they would be

thrown over backward on their heads. To prevent this they hold on to the pole after the push, lift it completely out of the box, then push it away gently. This lets them drop down feet foremost into the pit with every part of the body just clearing the bar. This certainly requires wonderful co-ordination. Many Indian athletes have great arm and shoulder strength and many of these same athletes have the necessary speed. It is merely a matter of improvement for these particular athletes to learn the proper vaulting form.

India failed to get even a place in the hop step and jump but could have taken first or second had B. Rebello been free to compete. This is a very good event and more and more among young athletes should be encouraged to take to it.

The throwing events offer the best opportunities for the big men of the North to excel and India take her share of the honours in these events. The size, strength, and speed of men like Parsa Singh, Makhan Singh, Madanlal, Somnath and Kishen Singh, make them outstanding material for throwers. Parsa Singh can easily throw the javelin over 200 ft. if he will only change to the Finnish style of throwing. The time was too short for him to change before the Asian Games because the athlete usually loses distance for a few weeks when he makes this change. The first fault in his style is the grip. He holds the javelin with his index finger and thumb only. The second and third fingers are the strongest and should be used to grip along with the thumb. His greatest fault is that he steps before he throws. Even though he takes an

unusually long run he gets practically no value from it. The world's best throwers do not take the hop but turn their toes slightly to the right cutting the last five steps and run right into their throw. He does the other three fundamentals—leading with the elbow, pressing upward with the hand and pulling with the left side of the body fairly well; but his body pull should be developed further as it is that which gives the power to the throw.

If any one deserved to win in the Asian Games it was Makhan Singh in the discus. He reported early and worked hard. He straightened out his line of force, improved his leg drive, hip thrust, chest extension, and follow through. His throwing became very consistent during the training period. He needs to increase the speed of his spin to get considerably more distance. On his last day of hard practise he got off one throw 137 ft. 10 in. and he can easily do more than 140 by increasing his speed.

Madanlal is another athlete who improved a great deal in the training period even though he reported late. He threw the shot merely using his strength; and in this, he was not using all of his arm strength but was letting the shot slip off his hand on the thumb and index finger side while the main line of force of his follow through was going past the shot. With training he corrected this fault and improved his skip across the ring and his follow through enough to give him 45 ft. 2 in. and first place; but, if he will only improve his leg drive, hip thrust and chest extension and develop a good reverse, increase his speed and learn to explode with the shot, he should get up to 50 ft.

The Japanese used a great deal of speed in the spin when throwing discus or hammer. If you stood close to their discus thrower, you were unable to detect any leg drive at all because he would spin so fast, but if you stood back 50 yards or so you could see the knees bend and then see them straighten with terrific drive. The spin of their hammer thrower was even more amazing. He would not just spin two or three times but would continue spinning till he was revolving like a top, then he would let the hammer go just the needed height over his left shoulder. Somnath and Kishen Singh are both very strong and throw very well. Their greatest need is to increase speed on their spin.

India's women athletes did very well in comparison with the women athletes

of other participating countries barring Japanese girls who have excellent coaching and a good background of experience.

In India it is just during the past few years that girls have been admitted to the Physical Education Colleges and even today we see girls trying to run and jump in sarees or in Punjabi costumes at sports meets. Yet, a great deal of credit is due to the Indian women for their fine showing in the Asian Games.

The Asian Games were a great success and should be an inspiration to every Indian Athlete to profit by the wonderful experience and to move forward toward world championships.

ATHLETIC TRAINING SCHEDULE

By

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DASH SPRINTERS

100 Metres

200 Metres.

"A.M." CALISTHENICS: Warm up slowly and carefully.

Jog 400; rest 15 to 20 minutes.

Jog 800; pick up speed to $\frac{1}{2}$ sprint, then slow down from time to time, sprint 300 metres (not all out but very fast flow).

"P.M." Warm up thoroughly! Swing twice around the track swinging arms, doing pounding work and stretching.

Practise 3 or 4 starts; rest; sprint 50 metres; rest; sprint 100 metres one day and 200 metres the next day for time.

Taper off with an easy lap around the track.

Hints:

1. The start is most important.
2. The bunch start is good if you are using starting blocks.
3. It is better to start from pits as it helps you stay closer to the ground and you run on the ground.
4. The front pit should be 6 to 10 inches behind the starting line.
5. The back pit should be so placed that the knee comes to the instep or ball of front foot. Allow for individual differences.

Go to your mark! Back in so you don't break down the wall. Place hands carefully.

Get set! Raise forward till weight is on front foot and fingers; take deep breath.

Go! Drive off front foot, punch out opposite arm and take short driving steps. Rise up gradually for speed.

Finish! Run through the tape. Run as fast as you can but don't try to go faster.

MIDDLE DISTANCE SPRINTERS

400 Metres.

800 Metres.

"A.M." Warm up. Easy calisthenics that don't pull strings or any other muscles. Swing around track easy, swinging arms. Rest 15 minutes. Swing 2 more laps a little faster, driving from time to time almost to sprint; rest. Practise starts like dash sprinters; rest. Sprint $\frac{1}{2}$ speed over distance one day and under distance the next. 400 men do 600 one day and 300 the next; 800 men do 1,200 one day 600 the next day.

Taper off with an easy lap around track.

"P.M." Warm up and swing around track once, rest. Then twice as in "A.M." Rest. Sprint regular distance for time.

Hints: Middle distance sprinters have form between sprinters and distance runners. More of a drive than stride. Lift knee a little, a fast float just about full speed but relaxed.

On 400; fast start; float on back stretch, have point to start, hitting up sprint about last 100 metres. Run 800 about the same way.

HURDLES

"A.M." 1. Stand in front of hurdle, throw foot over resting weight of leg on hurdle. Bend forward.

2. Stand beside the hurdle, raise left leg and lay it along the hurdle then bend over and touch the toe of the right foot.

Warm up with sprinters. Take exercises, stretching, etc.

Practise starts—Practise form and pace over 3 hurdles.

"P.M." Same as A.M.; then add the following:

Run one complete flight of hurdles.

Hints: High Hurdles: 1. Work out step to first hurdle. If the step foot does not come right, start off the other foot. 8 or 10 steps to first hurdle. 2. You may take 5 steps after 1st hurdle, then three between rest of hurdles. Bounce for distance. 3. You may take second breath at 7th hurdle. 4. Take off 7 ft. back and come down 3 ft. beyond the hurdle. 5. Arch front leg a little and snap rear leg over. 6. Dive over hurdle, almost touch right foot with left hand. (Some hurdlers put both hands forward). 7. Head travels in a straight line. 8. Every motion straight forward.

Hints: Low Hurdles: 200 metres.

1. 10 Steps to first hurdle. If step does not come right, start off the other foot.

2. The most important thing here is to get steps right between hurdles. You should take 7 steps between hurdles.

3. Form over hurdles: Take off 7 ft. back, lean forward a little but not as much as for high hurdles. Front leg should not bend much as that gives you lift. Shoot only opposite arm forward. Snap the rear leg through just as the front foot starts to touch. The right foot should come down just 3 ft. past the hurdle, and you should continue in stride. You run the hurdle, not jump them. You make most time while on the ground. Every motion, straight forward. Toe of rear foot turns out, to get clear of the hurdles.

DISTANCE RUNNERS

"A.M." Calisthenics: Warm up by jogging 400 metres. Each man must use his own stride and develop his own pace. Rest. Practise a few starts. Take 400 at 1,500 pace, rest. Take 800 at 1,500 pace.

"P.M." Swing 800 metres to warm up; learn to pace themselves; 1,500 metres for time (one day); 800 metres for time (next day); rest.

Jog 1,500 metres working on form and relaxed form.

HIGH JUMP

Warm up with the sprinters. Run some short sprints.

Caution: Don't jump too much - Spend most of your time both morning and evening perfecting approach and form. Don't take an all out jump till third day.

Getting step: measure 25 feet, put a mark, then pace off three more steps. This gives you a seven step approach and it should be done with rhythm and acceleration.

The last step should hit hard with knee straight and the body bent back. Kick up with knee opposite take-off foot, and lift by pulling the arms down. "Lay out" at highest point.

POLE VAULT

Warm up with sprinters. Run a few short sprints, Spend a lot of time checking marks.

Measure:
Shift pole
15-----30-----46-----10-----0
4 steps 6 steps 6 steps

Practise run with the pole, till perfected. Practise shifting pole each time. 3 steps before take off.

Vault full run and speed, not more than 6 times at 9' 6".

Try for best height only one day (after 3 days practice)

Hints:

1. On take off lift the knee. It is a jump as well as a vault.

2. Don't start pull too soon.

3. Don't leave the pole too soon (try to jack knife over bar and give final press and push).

4. Pole should fall straight away.

LONG JUMP

Warm up with sprinters. Run a few short sprints. Spend a lot of time on getting step and then on how to hit the board with the take off foot. If you step properly, don't change it.

6 (38'
6 (35'
6 (27' } These never change. } steps.

After step is established, never change it.

Take off

1. Hit board hard (straight knee).
2. Lift (right) knee high like high jump. Jump and throw both arms up and pull.
3. Keep body erect - if anything, started back a little.
4. You must get height.
5. As you pull with arms they train behind you as you land; throw them forward for balance.

Hints:

Run: 1. Get rhythm.

2. Lift knees high.

3. Increase speed.

4. Don't look at board.

5. Don't think of anything but jump.

6. Last step, relaxing step.

These hints are for both "hitch kick" and "lift" jumpers.

HOP STEP AND JUMP

Warm up with sprinters. Check marks same as Long Jump

45 ft.
-----16-----12-----20
Hop Step Jump

This can be adjusted according to the individual. Rhythm is important.

Hints:

1. On hop, back foot must trail to give momentum for step.

centration and judges do not see the race. Their attention is to be hundred per cent on the finish and to pick their man.

- (c) The Chief Judge also should see about placing the judges on the judge's stand. He should see that all of them have a good view of the finishing line.
- (d) The following procedure may be adopted as soon as the signal from the starter is received that he is ready to start a race.
 - (1) Check with the judges quickly and also with the Time Keepers and see that they are ready and signal back to the Starter.
 - (2) As soon as the starting gun is up, caution the Time Keepers that the gun is up and the judges to look across the tape and not the race.
 - (3) It is a good practice for the Chief Judge to pick up the 1st, 2nd, 3rd and if possible the 4th place winner and make a note of it quickly on his sheet before he consults the judges on their decisions.

The following situations may arise calling for expert decision :—

- (a) A possible winner is accidentally tripped by another runner.
- (b) A likely winner collapses on the finish line but has not completely crossed the line. What are the Timers to do in a situation like this?
- (c) Two competitors finish dead heat in a race.
- (d) In a hurdle race, a record timing is made, but one hurdle is knocked down.
- (e) A runner deliberately or by accident leaves the track and resumes his race.
- (f) A competitor is coached, encouraged or helped by his friend.

(g) A new record is established. Remember all such cases are to be referred to the Referee who gives the final decision.

JUDGES AT THE FINISH

Pay attention to the following :—

- (a) Do not attempt to see the race.
- (b) Look across the tape and pick your man and if possible the next.
- (c) Make a note immediately on the score sheet.

TIME KEEPERS

Pay attention to the following :

- (a) Test your watch for zero error and see it is wound.
- (b) Hold the watch in the palm with the first finger on the head - not the thumb. (The first finger has more quick reaction time than the thumb).
- (c) Look for the flash from the starter's pistol.
- (d) After starting the watch, don't look at the race but look across the tape.
- (e) Stop the watch just when the winner breaks the tape.
- (f) Lay the watch flat on the palm and read from the top to avoid parallax error.
- (g) Note the time and report to the Chief Timer.

- (h) Re-set the watch in case a foul is called by the starter and the competitors are recalled.

TRACK UMPIRES

Track Umpires are important officials.

They should pay attention to the following points :—

- (a) Note the lanes for each competitor as soon as the draw is made.
- (b) Stand at such point the Referee shall designate.
- (c) Look for fouls — leaving lanes, running inside the track,* overtaking on the wrong side causing obstruction, intentionally obstructing, elbowing, or tripping, etc., — in the races, and exchanging baton outside zone or

dropping the baton, etc., — in the Relay Races.

- (d) Make a Report to the Referee of a foul or violation promptly and not make a fuss of it.

JUMPING EVENTS

1. *Running High Jump*: Judges assigned to conduct the High Jump should see to the following before the final call for competitors is given :—

- (a) The standards are set properly and sufficient number of cross bars are available.
- (b) The jumping pit is even and a steward assigned the duty of levelling the pit after each jump.
- (c) A cross bar is placed at the minimum height required for the competition and measured accurately by a steel tape. Measure where the bar is lowest.
- (d) Duties assigned for keeping record, replacing and raising the bar, measuring heights etc.
- (e) The procedure for breaking a tie may be clarified.

Pay attention to the following in the actual conduct of the competition :—

- (a) Check the numbers and names of competitors.
- (b) Establish an order for taking the jumps.
- (c) Announce the starting height and the subsequent heights to the competitors.
- (d) A competitor may begin jumping at any height above the minimum height and may at his own discretion jump at any subsequent height. (The effect of this rule is that a competitor may forego his second and third jumps or vaults at a particular height after failing first time and still jump at a subsequent height.)

- (e) Watch for diving or somersaulting both of which are fouls. The jump must be from one foot.

- (f) The uprights are not to be moved during the competition unless the take-off is un-uitable. Such a change shall be made only after a round is completed.

- (g) Measure the final height accurately at the lowest place perpendicularly. All readings should be on top of the bar.

- (h) In case of a new record, inform the Referee who has to certify the height.

2. *Pole Vault*: Before the final call is made, attend to the placing of the standards etc., as in the High Jump and :

- (a) Test the poles to be used in the competition. The lower end of the pole must be a wooden peg.
- (b) That all arrangements are complete to begin the competition as soon as the competitors report.
- (c) The procedure for breaking a tie may be explained.

Pay attention to the following in the actual conduct of the competition :—

- (a) Check the number and names and establish an order for jumping. Check the poles of competitors.
- (b) Announce the starting minimum height and subsequent heights to the competitors.
- (c) Watch for fouls : Leaving the ground with both feet, moving the upper hand, placing the lower hand above the upper, pole touching the ground beyond the plane of the stop board of the vaulting box, etc. and making 3 runs without completing a vault.
- (d) Move the standards up to 2 ft. if required by a competitor, but remeasure the height.
- (e) All jumps to be made from the vaulting box provided.

* Also included under "leaving lanes"; "inside" of track — meaning beyond the track inward—Ed.

(f) Measure the final height at the lowest point perpendicularly.

(g) In case of a new record, inform the Referee who has to certify the height.

3. *Running Broad Jump*: Pay attention to the following before the final call is made:—

(a) The take-off board is ready for the competition.

(b) The pit is even and watered.

(c) Assign one the duty of levelling the pit.

(d) Duties assigned for keeping record, measuring, judging at the take-off board, etc.

In the actual conduct of the competition, note the following:—

(a) Check the number and names and establish a round.

(b) Announce the number of trials that will be given to each competitor.

(c) Watch carefully the take-off board for fouls.

(d) Watch the landing in the pit.

(e) Place the pin at the nearest break.

(f) Measure at right angles.

(g) In case of a new record, inform the Referee.

4. *Hop Step and Jump*

Get ready for the event — Refer Broad Jump.

Note the following in the conduct of this competition:—

(a) Assign a judge to watch each competitor doing the hop, step and jump in sequence.

(b) In other respects follow the same procedure as in Broad Jump.

THROWING EVENTS

1. *Javelin Throw*:

Get ready for the Javelin Throw:

(a) Assign the various duties to the judges.

(b) Check and see that the javelins are of standard requirements.

(c) Assign two stewards the duty of fetching the javelin.

See

(d) That numbers on cards are available for each competitor;

(e) That a white flag and a red flag are available to signal a fair throw and a foul throw;

(f) That sufficient length of string is available to help to measure the final throws.

(g) That at least a couple of steel tapes are available.

(h) The procedure to be followed in measuring throws may be explained to the judges as the present rules require that the javelin is to be thrown from behind an arc.

Note the following points in the actual competition:—

(a) Check the numbers and names and establish a round.

(b) Judges assigned for the various duties take their place.

(c) Adopt the six pin method.

(d) Announce the number of trials for the day.

(e) Explain the fouls to the competitors. Common fouls are stepping on the arc, touching the ground in front of the arc and the point of the javelin not striking first.

(f) Watch for fouls at the arc — touching the arc or the ground in front of the arc is foul.

(g) From the arc, signal a fair throw by a white flag and a foul throw by a red flag.

(h) Assign two judges to see how the javelin lands — point must land first.

(i) All fair throws must land inside the sector. Mark only such throws.

(j) Measure correctly all the six best throws and record them. This is not necessary if the final trials follow immediately. But be sure to keep the six pins in their places and continue the finals. Measure

afterwards. In measuring, the tape must pass through the centre of the arc and read from in front of the arc. Deduct 13 ft. 1½ ins from each measurement.

(k) In case of a new record, inform the Referee for certification.

2. *Throwing the Discus*:

Get ready for the event

(a) Assign the various duties to the judges.

(b) Check and see that the Discus to be used is of standard weight, size, etc.

(c) Check and see that all the lines are marked including the arcs and the lines indicating the rear half of the circle.

(d) See that numbers on pins are available for each competitor.

(e) Steel tapes must be available.

(f) Assign two stewards to fetch the discus after each throw.

(g) The six pin method may be explained to the judges.

(h) The procedure to be followed in measuring the best throws also may be explained.

Note the following points in the actual competition:—

(a) Check the numbers and names and establish a round.

(b) Judges assigned for the various duties take their places. Assign two to watch for fouls in the ring; touching the ground in front of the ring and not leaving the circle from the rear half in a standing position are the two common fouls.

(c) Explain the fouls to the competitors.

(d) Note the break where the Discus falls and insert therein the pin bearing the number of the competitor.

(e) Adopt the six pin method. Be sure the pins are firmly placed in the ground.

(f) All fair throws must land within the sector. Mark only such throws.

(g) Measure correctly all the six throws. This is not necessary if the final throws are to follow immediately.

But keep the six pins in their places and continue the competition. Measure only afterwards. In measuring, the tape must pass through the middle of the ring and read from inside the ring.

(h) In case of a new record, inform the Referee for certification.

3. *Putting the Shot*:

Get ready for the event.

(a) Check and see that the shot is of the regulation weight.

(b) Check and see that the toe board is in place and the arcs and lines are marked including the lines indicating the rear half.

(c) Assign the duties to the judges.

(d) Steel tapes and pins must be available.

(e) Assign two stewards to fetch the shot after each put.

(f) Arrange to measure each put.

Note the following points in the actual competition:—

(a) Check the numbers and names of competitors and establish a round.

(b) Point out the fouls to the competitors.

(c) Judges assigned for the various duties take their places. Assign two to watch the fouls in the ring, touching the top of the toe board, or the ground in front, not leaving by the rear half in a standing position are the common fouls.

(d) Note the break where the shot falls and insert a pin and measure the distance with a steel tape. In measuring, the tape must pass through the centre of the ring and the reading is to be taken from the top from inside the toe board. In case of new record, inform the Referee for certification.

4. Throwing the Hammer :

Get ready for the event.

- (a) See about the safety when conducting this event. Hammer is to be thrown from within a cage.
- (b) Check and see that the hammer to be used is of regulation weight.
- (c) Assign duties to the judges.
- (d) Steel tapes must be available.
- (e) Numbers on pins for the competitors must also be available.
- (f) Assign two stewards to fetch the hammer after each throw.
- (g) Explain the six pin method to the judges.

Note the following points in the actual competition.

- (a) Check the numbers and names of competitors and establish a round.
- (b) Explain the possible fouls to the competitors — losing balance and stepping outside the ring in the course of the preliminary swing or after the throw, not leaving by the rear half in a standing position, stopping because the hammer

touches the ground in the preliminary swing and leaving the circle before hammer lands, are the common fouls.

- (c) Hammer breaking in the air is not a trial.
- (d) Judges assigned to the various duties take their places. Assign two to watch the fouls, in the ring.
- (e) Assign two to watch the place, the hammer lands and to place the pin firmly in the ground with the number of the competitor.
- (f) Adopt the six pin method.
- (g) All fair throws must land inside the sector.
- (h) Measure the best six throws. This is not necessary if the final throws are to be taken immediately. But keep the pins and continue the competition. Measure afterwards. In measuring the tape, should pass through the centre of the circle and read from inside the ring from the top.
- (i) In case of a new record, inform the Referee for certification.

KEEPING RECORDS OF PHYSICAL EDUCATION WORK IN HIGH AND TRAINING SCHOOLS

By
J. P. THOMAS, M. Ed.*

One of the very progressive steps taken for the promotion of Physical Education in recent times is the emphasis placed on the maintenance of meaningful records about each student relating to his ability, attitude and achievement in the activities in Physical Education. In this article an attempt has been made to make the test given as objective as possible, so that an approximately correct estimate of the pupil's physical prowess may be obtained on the basis of these records. An attempt has also been made to indicate the manner in which other records are to be maintained in regard to equipment and the Games Fund. The records serve not only to indicate pupil progress but to prove the value of the teacher's work, establish its regularity and indicate its extent.

* The matter as printed here has been modified in places or been added to by the Editor

I. ATTENDANCE REGISTER

Attendance at Physical Education class will be compulsory and minimum attendance that will be required of each pupil will be 75% of the total number of physical education classes for the whole year. It is recommended that there should be at least two instruction periods and two participation periods, or at least four periods of physical education per week per pupil. Students who practise for competitive games and play on teams should not be excused from instruction periods except on those days on which they attend organized practice or supervised matches; and such students must attend regular Physical Education classes, when matches are not being played or special training work is not being done by them.

II. REGISTER OF FUNDAMENTAL SKILLS AND PHYSICAL MEASUREMENTS FOR BOYS

The physical ability of the boy is assessed on the basis of the performance of the individual in the following items which constitute the basic natural activities of climbing, jumping running and throwing :

1. Pull-ups or chinning the bar.
2. Running long jump.
3. Running high jump.
4. Hundred metres run.
5. Throwing the Cricket ball.

Students are graded as Class I, Class II and Class III in each event and a consolidated grading is given under "All round efficiency". The following table gives the class II Standards and all performances above the class II Standard shall be marked class I and all below class II, marked class III.

TABLE OF CLASS II PERFORMANCE (BOYS)

* Age	'Classification'	100 M. Run in Seconds.	Long Jump	High Jump	Cricket Ball Throw	Pull-ups.
14 and below ...	Juniors ...	16" to 18"	9' to 12'	2'-4" to 3'	100' to 130'	2
14 plus to 16 ...	Intermediate ...	15" to 16"	11' to 13'	3'-4" to 3' 8"	130' to 160'	3
16 plus & above.	Seniors ...	14" to 16"	11' to 14'	3'-8" to 4'	160' to 190'	4

* Age to be reckoned as on the date of the tests.

"All round efficiency" shall be adjudged on the following conditions.

1. To be graded class I, a student must secure class I in all the five tests.
2. To secure class II, a student must secure
 - (a) three class I in three tests and two class II in the remaining tests, or
 - (b) Two class I in two tests and two class II in the remaining tests, or
 - (c) Five class II.

III. REGISTER OF FUNDAMENTAL SKILLS AND PHYSICAL MEASUREMENTS FOR GIRLS.

The Physical Ability Tests for girls include the following :

1. Running 50 Metres.
2. Skipping on the spot for 30 seconds.
3. Net-ball goal shooting.
4. Balance walk on bar.
5. Folk Dance

TABLE OF CLASS II PERFORMANCE (GIRLS)

Age.	Classification.	50 M. Run	Skipping No in 30 seconds.	Netball goal shooting (out of 10 trials).
14 and below	... Juniors	11' to 12"	50 to 55	2
14 plus to 16	... Intermediates	10" to 11"	55 to 60	2
16 plus and above	... Seniors	9' to 10"	60 to 65	2

BALANCE WALK ON BAR

- Test : Junior :* Age 14 and below. Each pupil will without losing balance slowly walk on the balance bar from one end to the other with the Department Board on head.
- Intermediates :* Age 14 plus to 16. Same as for juniors but with the additional test that she will step over a rope held 10" above across the bar and continue to walk balancing.
- Seniors :* Age 16 plus and over. Same as for intermediates but with the additional test that she should also walk under a rope held across the bar and just over head.
- II Grading :* Class I. If able to do skill test in one attempt without losing balance.
 Class II. If able to do the special test set for final tests once completely out of three trials.
 Class III. If not able to complete the test in three trials.

FOLK DANCE

- Test : Juniors :* Age 14 and below. Four different kinds of kummi, two simple koalattams and one pinnal koalattam.
- Intermediates :* Age 14 plus and above. Six kummies, three koalattams and three pinnal koalattams.
- Seniors :* Age 16 plus and above. Six kummies, four koalattams and four pinnal koalattams.
- Grading :* Class I. To be able to dance either a koalattam or kummi with grace and correct rhythm.
 Class II. To be able to take part in either kummi or koalattam without any mistake.
 Class III. To know either kummi or koalattam and be able to continue to dance even if mistakes are made.
- 'All round efficiency' is derived on the same basis as for boys, taking into consideration the total number of classes each girl has obtained in the five items of the test.

IV. SUMMARY REGISTER OF YEAR'S PHYSICAL EDUCATION WORK.

The entries are taken from the several records mentioned before and an abstract is made to serve as a Consolidated Record of Achievement and Attitude. From this abstract, entries in the S.S.L.C. and T.S.L.C. books are posted in the forms provided therein for the records of pupil achievement in physical activities.

V. STOCK REGISTER OF GAMES ARTICLES.

1. One page for each article should be set apart and the name of the article written in bold capital letters on top of the page. If issue and receipts of a particular article are expected to be very few, half a page or a quarter page may be enough for such articles. Four to six items of non-consumable articles such as stop-watches, weighing machines, wands, etc., can be written on each page. An index of articles for which entries are made must be prepared and included at the end of the Stock Book.

2. For each article, a red line should be drawn at the beginning of each academic year to indicate the start of account for the year and the opening balance shown.

3. Under 'Transactions', a brief description of the article should be given. It is desirable to indicate the source from which the article has been obtained (See column 3) — See model form given at the end of this article. In a separate column show the cost of the articles and the freight and other charges, if any, paid in their purchase.

4. On each line, one transaction only should be shown; i.e., either opening balance, or receipt or issue or condemnation. Whenever any of these transactions are entered in the stock, both the balance of new articles and of the balance of articles in use should be struck.

5. The issues should be attested by the concerned Captain or Marker. For permanent articles like stop-watches, high jump stands, "Taken into use" should be entered instead of "Issued". If the Sports Secretary or the Physical Education Teacher is responsible for the stock in use, the entry under Transaction should be "Taken into use" and the number so taken into use should be entered in the "Issue" column.

6. Articles condemned should be noted in the proper column. The Headmaster alone is

authorised to condemn games articles which become useless; and so his initials are necessary to prove the condemnation. In case of loss or damage occurring as the result of a pupil's negligence or misuse, the responsibility for such loss or damage must be fixed.

7. As a rule, the entry "condemned" should be made in the Stock Register first before another such article is issued afresh, unless the article damaged is repairable and so a new article is needed until repairs are effected, or unless more articles are required for use in addition to the one or more already in use.

8. When new items of games or athletic articles are received, the Sports Secretary or Physical Education Teacher in charge of games materials should carefully check them on receipt in regard to their number and condition and, where necessary, their identity marks, and enter their number promptly in the receipt column of the Stock Register and on the bill give the page numbers of the stock book in which the receipt of the articles billed for is shown. Such entries should be signed and dated. When articles are purchased on a system of credit, bills for articles purchased should not be paid for unless a Certificate of Stock Entry is furnished on the bills by the Sports Secretary or Physical Education Teacher.

8-a. All games articles which are kept as permanent fixtures in the playgrounds or in the gymnasium should be regarded as articles of a permanent nature and treated according to suggestions given in para 5 above, but as fixtures.

9. In the case of frequently condemned articles such as leather laces, chalk, first-aid materials, the quantities "used up" should be shown periodically — at least monthly.

10. The Sports Secretary or the Physical Education Teacher in charge of games articles should verify the stock of materials with the Stock Register and furnish a verification certificate to the Headmaster each quarter or at the end of each term of school work.

11. The stock should also be verified annually, at the end of each academic year, by the Headmaster or his nominee and the stock verification certificate should be furnished in the Stock Register itself by the Headmaster.

12. All the articles condemned during the year, however few they be, should invariably be auctioned at the end of each academic year and the auction proceeds should be credited to the Games Fund as a separate item of receipt. Those purchasing the articles at such an auction should be asked to furnish receipts for the articles bought by them, the amount paid by them being noted in the receipts. At least two witnesses unconnected with the Games Committee should be obtained to prove the bona fides of the auction proceedings. A copy of the auction notice put up should also be filed and the entire file of auction proceedings carefully preserved.

13. If any games article is lost by any pupil or the Marker, or rendered unserviceable through carelessness or wanton negligence (*see para 6*), the cost of the article (the cost of replacement calculated on a reasonable basis) should be recovered from the concerned person and the amount so 'recovered' should be credited to the Games Fund. An entry to that effect should be made in the Stock Register, in the proper place.

14. As the Stock Register is an important and permanent record of the school, a bound book of fool-cap size containing about 200 ruled pages, should be used for the purpose, so that the same book can conveniently be used for some years at least. The pages of the Stock Register should be numbered serially; and it is desirable that the Headmaster furnishes a certificate in the first page of the register to show the number of pages in that register.

15. The date of return of an article is the date when the article is declared unserviceable. When an article is condemned or lost, the signature of the marker, captain or other pupil should be obtained in the Stock Register

against the entry, or else a written report from the concerned person obtained and filed with the Stock Register.

VI. CASH REGISTER FOR GAMES FUND.

In respect of the Games Fund, the Headmaster or Headmistress shall maintain and operate an account in the local Post Office Savings Bank in his or her official position. The fund should be expended only within the frame work of the budgetary allotments, as determined at the beginning of the year by the Games Committee. A Cash Register should be maintained to show the receipts and expenditure. The entries of expenditure should be made promptly and shown under approved heads so that the Physical Education Teacher may be aware of the amount spent and the balance left over under each head. Every item of expenditure is transferred to the first column "Total" on the expenditure side and the vertical total of this column will indicate the total expenditure up to date. Expenditure must be supported by authentic vouchers and vouchers for sums exceeding Rs. 20/- should be duly stamped. All vouchers should be numbered serially and also filed serially for audit purposes. After every withdrawal from the Savings Bank the sum withdrawn must be shown in an entry on the receipt side. Entries must be posted without delays and cash balances struck after every day of transaction.

For miscellaneous expenses connected with the conduct of physical activities, it may sometimes be convenient to have a Permanent Advance of Rs. 5/ or Rs. 10/- issued to the Physical Education Teacher; and this amount may be periodically "recouped". The account pertaining to Permanent Advances must be maintained in the same manner as the general account. The items of contingent expenditure for which the advance can be used must be detailed for the guidance of the teacher operating the advance.

PROCEEDINGS OF THE DIRECTOR OF PUBLIC INSTRUCTION, MADRAS *

R.C. No. 1219 I/2/50 dated 25-1-1951.

Sub:—Physical Education—Rules governing expenditure from Games Fund in Secondary and Training Schools—Revised instructions issued.

Read:—(1) Again Director's proceedings R. C. No. 148 E/43 dated 7-9-43.

(2) From the Chief Inspector of Physical Education, Madras, R. C. No. 358/50 dated 21-6-1950, 18-11-1950 and 30-12-1950.

In supersession of all the previous orders on the subject, the following revised instructions governing expenditure from the Games Fund in Secondary and Training Schools are issued. These rules are applicable to all Secondary and Training Schools under public and private managements.

Rules governing expenditure from Games Fund in Secondary and Training Schools

The expenditure from the Games Fund shall be limited to the following in the order given:—

Rule 1. Cost of materials, equipment and apparatus required for all compulsory and optional physical education activities of the gymnasium, the playground, the boat club and under aquatics. This includes the cost of materials, equipment and apparatus required for both physical training and for games such as Cricket, Football, Hockey, Badminton, Tennikoit, Basketball, Volleyball, Chedugudu, Softball and Self-Defence activities such as Boxing, Wrestling and Fencing. It should not include the cost of the supply of equipment to individual players such as knee caps, ankle caps, goal keeper's boots and abdominal guards. Expenditure on the laying out of Tennis courts may be incurred in special cases; but the necessary expenditure for maintenance

and up-keep should always be met by a special tennis fee or subscription. If the Games Fund permits and if a separate recreation room can be provided which should be available all through the day for the use of pupils, indoor games materials may be purchased.

Note:—There is no objection to the purchase of one weighing machine, stop-watch, stadiometer (Height measuring apparatus) by such of the institutions as are having a large amount in the Games Fund without detriment to the purchase of other important items connected with the conduct of physical education programme of the school.

Rule 2. Cost of maintenance of and repairs to Games courts, gymnastic apparatus and equipment for boating and swimming and minor repairs to playgrounds.

Note:—If a large unspent and accumulated balance is in the games fund of the school, permission to incur expenditure involving major repairs to the playground or purchase of permanent equipment for physical education (such as gymnasium equipment, equipment for track and field sports, weighing machine, stop-watch, lazims, etc.) should be obtained from the concerned Regional Inspector of Physical Education. This will include the cost of equipping and maintaining in satisfactory condition games courts, playing fields, gymnastic apparatus and equipment for boating, swimming and athletics and for such games as Cricket, Hockey, Football, Badminton, Volleyball, Basketball, Netball, Softball, Chedugudu, Killitattu, etc., and self-defence activities like Boxing, Wrestling and Fencing. This will also include the pay of a part-time or whole time athletic peon, if the employment of such a servant is justified by the needs of the institution. The expenditure on this item should not exceed 5th of the total collections from games fees of that particular year.

Rule 3. Affiliation fees and annual subscription to District, Divisional and Provincial Physical Education Associations, Olympic Association or Field Games and Athletic Association and Physical Education Association.

Rule 4. Entrance fees to games tournaments and sports competitions conducted by the District, Divisional and Provincial Physi-

* Published by the courtesy of the Chief Inspector of Physical Education, Madras, 6.

Cal Education Association, Olympic Association or Field Games or Athletic Association and Physical Education Association or other organizations recognised by the Director of Public Instruction, Madras.

Rule 5. Conveyance charges, limited to actual expenses to competitors taking part in games, tournaments and sports competitions conducted in places far away from their schools.

Rule 5 (a). When a school sends 15 competitors or less one member of the staff may be sent and one additional member for every fifteen competitors in excess thereof. Each member of the staff accompanying a school team will be paid Travelling Allowance at the following rates: Single Railway fare of the class for which he is entitled under the Madras Travelling Allowance Rules or Single Bus fare where Railway Journey is not practicable either because the places are not connected by rail or for other reasons accepted by the Headmaster of the school. Mileage and Daily Allowance at the rates admissible with reference to Government Orders in force.

Rule 6. Daily allowance, limited to actual expenses for the competitors taking part in games, tournaments and sports competitions conducted in places far away from their schools.

Rule 7. Conveyance charges and light refreshments such as limes, drinks and lunch in the case of cricket matches only to competitors and teachers accompanying teams taking part in friendly matches with neighbouring schools or in local tournaments or sports competitions.

Rule 8. Cost of organising and conducting school annual sports and of institutions ever rolling super-senior, senior, intermediate and junior challenge shields or cups awarded to the winning teams in connection with intramural sports competitions and games tournaments. This includes the expenditure for printing programmes, invitations and certificates, for preparing the ground, for cooly charges, decorations, fencing and pandal arrangements, drinks

to competitors and refreshments to sports officials.

Rule 9 (a). The expenditure on prize articles may also be incurred subject to the condition that the prizes are of nominal value and the funds of the schools warrant such expenditure without detriment to the conduct of the normal activities of the physical education programme.

Rule 9 (b). The expenditure so incurred shall not exceed 1/10th of the total games fee collections of that year which will not include Government grant in the case of Government institutions.

Rule 10. Travelling allowance and Daily allowance of two representatives from a school to attend the meetings of the General Body and two meetings of the Executive Committee of a District, Divisional or Provincial Field Games or Olympic or Athletic or Physical Education Association during a year will be the same as those laid down for representatives of schools accompanying teams of competitors in rule 5(a).

Rule 11. First Aid materials.

Rule 12. Stationery for correspondence inter-school activities, etc.

Rule 13. Expenditure on special training in athletic events to a selected few.

Rule 14. Expenditure on approved sports magazines, journals of physical education and health education and rules books on sports and games. The previous approval of the Regional Inspector of Physical Education of that particular division should be obtained before orders are placed for the above.

Rule 15 (a). Expenditure on the purchase of jerseys for the use of the players of school representative teams may be incurred from the games fund subject to the condition that the jerseys are kept as the property of the school.

Rule 15 (b). But in cases where the members of the school representative teams are willing to pay half the cost of a jersey, they

OUR TRAINING COLLEGES

THE Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION, MADRAS

From the Principal's Report for 1950-51

Standing as a monument of the vision courage and faith of its founder, the late Mr. H. C. Buck, in the thirty-one years the College has worked, it has sent out nearly 2,500 trained leaders in Physical Education to all parts of India and Ceylon and also to Burma and Siam. The College is impelled by the high purpose of training leaders who play an important part in developing and maintaining National Physical Fitness, through a democratic and enlightened process.

Starting with 270 students in July, 1950, the highest ever enrolled so far, the year closed with 189 men and 49 women in the three courses the College conducts, the distribution in the different courses being:

Diploma	17 (12 men and 6 women)
Higher Grade Government Certificate	54 (33 men and 21 women)
Lower Grade Government Certificate	167 (144 men and 23 women)

This year the College had 49 women students as against 39 last year; and this is regarded as commendable, as "from a broader and national point of view, the success of our physical education programme will depend even more on what we do for girls and women."

The enrolment for the University Diploma Course has been discouragingly poor, the number this year (the second) being only 17. No suitable posts seem to await Diploma holders and the salary and status offered to them are not at all attractive. Says the Principal: "The Government, the University and the Department of Education are responsible for this. It is high time that the University enforces the standard of one Physical Director for every 500 students in Colleges and the Department of Education insists on a Director of Physical Education for every completed high school." "The present Govern-

ment scale of Rs. 85/- per mensem (initial) is too inadequate."

Similarly, the enrolment for the Higher Grade Certificate is also on the decline, there being no attraction for a Secondary Grade Trained Teacher to take an additional year's training in Physical Education, and the increase in the load of his work is not being recognized in terms of salary and status. So, actually there has been a tendency for Higher Grade Certificate holders to revert to their old positions as ordinary class-room teachers.

The large enrolment for the lower Grade in the year is to be regretted as it is an indication of lowering standards. The College is, however, anxious to train better and more educated leaders for the community as it is only then can we successfully establish in our schools, traditions of good behaviour, high ethical standards and maintain discipline.

The College has continued to control the women's section since its transfer on a five-year experimental basis by the Madras Government. There are three women Lecturers and a part-time Folk Dance Instructress; and their salaries are paid in full by the Government.

Efficient and smooth work has been done during the year, thanks to the hearty co-operation the staff gave Mr. C. C. Abraham, the Principal, and the ready response from students. In the 1950 Examinations only one student failed. Good emphasis is placed on indigenous physical activities. The College has enjoyed a great degree of freedom to strike on its own paths and make its own experiments for the reorientation of our education to suit changed conditions in the country.

In addition to the regular courses, three short courses in physical education of three months each were conducted for Ex-Servicemen who were deputed in batches of 40 each. The

last of these courses commenced on 26th March, 1951.

The College has as usual served in other ways helping in consultation on expert matters of varied interest to workers and administrators as well concerned with physical activities as a measure of education or as a field of recreation and service.

The old Army Hut in the campus continues to serve as a popular Recreation Centre for the neighbourhood. There is a plan for starting a one year course in Recreation at the College.

The College has been for sometime the home of the Madras Olympic Association and the year's State Games were held here in January and February. The 1952 All India National Games will be held at Madras and our athletes for the Helsinki Olympiad will be chosen then. The College is also the home of the Madras Amateur Boxing Association, the Madras State Basketball Federation and the Madras State Volleyball Association.

Many educational institutions in the city hold their annual sports at the College.

THE TRAINING INSTITUTE FOR PHYSICAL EDUCATION, KANDIVALI, BOMBAY.

The year came to a close on May 31st. It has been a good year. The students have responded to the training very well. We hope that in each of the 74 centres they will be going to, they will start a new enthusiasm and a new life for physical education.

During the year two Short Term Courses were conducted, each lasting for 2½ months. The first was specially organized for Drill Teachers in service and was attended by 89 men. The second, now in session, is to give training to usual class-room teachers so that they may co-operate in the organization of physical education in their respective schools. This is attended by 74 men and 30 women. It may be specially pointed out that all the expenses of these teachers including their messing charges are met by Government.

This gives opportunities to the staff to render service and for the students to gain experience.

With rapid increases in enrolment and with the increase in the number of members of the staff to 17, the financial burden of the management has increased greatly. The main source of financial help is the State Government, and other States wherefrom students enroll have been appealed to for aid. Even the United States send occasional monetary aid. The College is deeply grateful to all who have rendered help in some form or other.

The College has some urgent needs — more hostels, quarters for the staff and a building for the library — and also newer plans of development needing large initial outlays. The College appeals therefore to the people and the Government for extended financial support.

In all ways the College is doing its best "to fit into the needs, social background and tradition of the country."

—Editor's summary

State Physical Education Association, will be soon bringing out a Quarterly Journal of Physical Education. Information about the Journal may be obtained from Shri. V. K. Kulkarni at T I P. E., Kandivali, Bombay.

Another project of the Old Students' Association this year is to run a refresher class in physical education for the benefit of professional workers in the field. It is proposed to

conduct the Course at the Institute from 21st May to 2nd June.

This Institute will be interested to see the authorities of other training centres for physical education in the Country getting together for mutual consultation, sharing and planning. I would like to know what the reaction to such a proposal would be.

P.M.J.

GOVERNMENT COLLEGE OF PHYSICAL EDUCATION, ALLAHABAD

During the College session, July to April 1950-51 forty boys and ten girl students were on rolls. All the girl students receive a monthly stipend of Rs. Twenty.

From this year the graduates have to take one of the following subjects for specialization:—

(1) Health Education.

(2) Physical Exercises (Eastern and Western).

(3) Games and Sports (Eastern and Western).

(4) Play and Recreation for children, adults and industrial workers.

STAFF: Shri S. S. Lal Tiwari, an alumni of the Y.M.C.A. College, Madras, has joined the staff of this College this year.

C. D. NAITHANI, M.A. D.P.E.

Principal

NEWS FROM SATES

MADRAS

MADRAS STATE VOLLEYBALL ASSOCIATION.

In order to promote regulate and control the game of Volleyball, a general meeting was held at the Y.M.C.A. College of Physical Education Saidapet, with Mr. C. C. Abraham as President and fifteen representatives from different Institutions and Clubs to organize a State Volleyball Association. The draft constitution framed by a provisional five-men committee was modified and approved and the Association declared established. The following Office bearers were then elected for the year.

President: Dr. I. M. Azizuddin, Ph. D.

Vice-President: Mr. A. K. Singh

Secretary-Sum-Treasurer: Mr. T. P. Joseph.

Executive Committee:

Mr. Abdul Khader, Chank Club.

Sri K. Narasimhachar, Law College.

Sri K. S. Venkataraman, College of Indian Medicine.

Mr. J. David Fenelon, Egmore Friends Union.

Sri C. B. Chakrapani, Ashley Biggs Institute

Detailed particulars can be had from Mr. T. P. Joseph, Secretary and Treasurer, Y.M.C.A. College of Physical Education, Saidapet, Madras, 15

KRISHNA DISTRICT PHYSICAL EDUCATION ASSOCIATION

The first Annual Conference of the Krishna District Physical Education Association was held on the 3rd and 4th February, 1951, in the premises of the Board High School, Kaikalur (Krishna Dt.). Several prominent men of the District participated in the Conference. Sri Vempati Purushottam in his presidential

address appealed to popularise play festivals and promote physical education activities. A demonstration including physical feats of



Mr. Vempati Purushottam

strength and Yoga Asanas on a mass scale proved attractive and excited great public interest. The children's play festival and a display by a sub-unit of the National Cadet Corps of the Hindu College, Manipal, were greatly appreciated.

With the President of the Association in the chair a number of resolutions pertaining to the betterment of the status of the Physical Education Teachers and their recognition were passed. By some of the resolutions the association requested the Government to consider the claims of Physical Education Teachers for appointment as Junior Deputy Inspector of Schools, and also to sanction scales of pay suggested by the Madras City Physical Education Association and carrying the recommendation of the Director of Public Instruction.

[Mr. Vempati Purushottam deserves our congratulations and we hope there will be keen public support to his endeavours. We regret we are unable to publish the proceedings in detail owing to paucity of space. *Ed.*]

THE SOUTH KANARA DISTRICT PHYSICAL EDUCATION TEACHERS' ASSOCIATION, MANGALORE

The Third Conference of the Physical Education Teachers of the South Kanara District was held at Ganapathy High School, Mangalore on 18-2-1951, when Sri A. Padmanabham

Nayudu, B.A., Chief Inspector of Physical Education, presided. Messrs. B. Karunakara Menon, B.A., Regional Inspector of Physical Education, Coimbatore and C. A. Abraham, Physical Director, Government Training College, Mangalore were present. Thirty-one Physical Education Teachers representing thirty-one High Schools of the District were present at the meeting.

Mr. Alexander D'Souza B.A., President of the Association, welcomed the delegates and introduced the chief guests to the members.

At the Conference, the President made clear some of the rules relating to the maintenance of records, and dealt with questions concerning the new recent Syllabus, Government circulars including those on the Games Fund, Salary Scales, etc. He also expressed his high appreciation of the work turned out by the Association and of the manner in which the Play Festival and District Sports Meet were arranged and conducted.

He appealed to the teachers to do their best to build the Nation. He promised his support in their claims for better status. Mr. Boloor Srinivasa Rao, Secretary, proposed a vote of thanks.

WEST BENGAL YOUTH WELFARE SCHEME. WEST BENGAL

In order to promote health and physical fitness amongst the youth of West Bengal, the Government have sponsored a scheme known as the Youth Welfare Scheme.

Object: The object of the scheme may be briefly stated as follows:—

- (a) Promotion of health and physical fitness amongst the children and youth of West Bengal.
- (b) Provision of leisure time occupation mostly in the form of physical recreation for men and women of West Bengal.
- (c) Development of qualities of leadership, obedience, discipline, friendliness,

courage, initiative, mental and moral poise through active participation in games and sports.

- (d) Creation of a healthful interest in youth that shall lead to life long practice in some form of physical activity.

Plan: The following is the programme of work carried out under Youth Welfare Scheme:—

- (1) Training of teachers and instructors in physical education for the educational institutions and the clubs.
- (2) Providing facilities in the form of grounds, apparatus, gymnasia and swimming tanks to the educational institutions and the voluntary sporting organizations and clubs.
- (3) Provision of proper time allotment for physical education in the educational institutions.
- (4) Giving technical advice and assistance on Physical Education.
- (5) Conducting tests, measurements and health examinations.
- (6) Promoting competitions and tournaments.
- (7) Supply of tiffin.
- (8) Conducting publicity and propaganda about health and physical fitness.

Leadership: Arrangements for training of three types of teachers and instructors have been provided for in the scheme, such as (1) those who will work as organisers of physical education or as teachers in high schools and colleges; (2) those who will work in the middle or primary schools and (3) those who will work in clubs or Akhadas.

Instructors for the high schools or colleges, are trained in the Government College of Physical Education, Calcutta. This College provides for a 9 month's training.

Teachers in the primary and middle schools are trained in short training courses conducted

by the Organisers of Physical Education in each district.

Instructors for clubs are trained in short training courses conducted by the Organisers of Physical Education in each district.

The entire expenses for the short training courses are borne by Government. A sum of Rs. 13,000/- was spent during the year 1950-51.

Facilities: A sum of Rs. 20,000/- was distributed during the year 1950-51, to the schools and colleges for the improvement of playground, purchase of apparatus and other facilities.

A sum of Rs. 34,000/- was distributed to the clubs and associations for the same purpose.

Programme: Although physical education in the colleges is not compulsory, a large number of students take part in various activities.

Physical education is compulsory in the high schools for every student for at least four days in a week. The schools which have necessary facilities organise sports and games on a compulsory basis.

Physical education is compulsory in the primary schools and teachers of physical education take regular classes in different activities for at least two days in a week for each child.

Tiffin: A sum of Rs. 22,000/- has been distributed to different high schools for the supply of mid-day tiffin to the school children. The schools realize tiffin fee which is supplemented by this Government grant.

Tests, Measurements and Health Education: The Physical Instructors in each school keep records of height and weight of the students. Tests of physical efficiency by set standard method, are conducted for the high school students by the District Organiser of Physical Education in each district. Those who pass the tests, are awarded certificates signed by

Chief Inspector of Physical Education. The tests for the school students are :—

- Running 100 Yds. in 13 $\frac{2}{3}$ secs. or
50 Yds. in 7 secs.
Running 880 Yds. in 3 m. 30 secs.
Running high jump ... 4 ft.
Running broad jump ... 14 ft.
Press up ... 8 times.
Pull up ... 5 times.

The physical efficiency tests for the college students are conducted by the University of Calcutta. They offer medallions for three sets of standards.

Very few schools have arrangements for health examinations. The Government is trying to introduce a scheme for health examination in the high schools. The Student's Welfare Committee of the Calcutta University arranges for the Health examination of a large number of college students in Calcutta.

Tournaments: The States Championship Tournaments for the high schools are conducted by the Indian School Sports Association, Bengal.

The Indian School Sports Association, Bengal, has its branches in every district. Tournaments in football, hockey, volleyball, swimming, kabaddi and athletics are conducted yearly for the high school students. A sum of Rs. 10,000/- was sanctioned as subsidies to these associations by the Government.

Inter-Collegiate tournaments in football, cricket, hockey, volleyball, basketball and athletics are conducted by the University Sports Board. A very large number of students participate in these tournaments.

In addition to all these, the following Sports bodies conduct tournaments for State Championship in the activities controlled by them :—

- (1) Indian Football Association.
- (2) Bengal Hockey Association.
- (3) Cricket Association, Bengal.
- (4) Bengal Amateur Swimming Association.

- (5) Bengal Olympic Association.
- (6) Bengal Volleyball Federation.
- (7) Bengal Badminton Association.
- (8) Bengal Weight Lifters' Association.
- (9) Basketball Association, West Bengal.
- (10) Wrestling Federation, West Bengal.
- (11) Kabaddi Federation, West Bengal.
- (12) Bengal Amateur Boxing Federation.
- (13) Women's Sports Federation.

Almost all of these associations are subsidised by Government.

Other organizations: There are other associations which organize different activities allied to physical education such as :—

- (1) Hindustan Scouts promoting scouting.
- (2) Girls Guide Association promoting Girls Guide movement.
- (3) Bengal Bratachari Society promoting Bratachari movement.
- (4) Children's Fresh Air Society promoting outdoor life for the under privileged children.
- (5) Jatiya Kavira 'O' Sakti Sangha promoting camping for boys and girls.
- (6) Monimela promoting physical and cultural education for boys and girls.
- (7) Shah Poyechir Ashar promoting physical and cultural education for boys and girls.
- (8) Physical Education Congress promoting camping for boys and girls.
- (9) Referees' Association, Football, conducting examination for referees in football.
- (10) Bengal Hockey Umpires' Association, conducting examination for hockey umpires.
- (11) West Bengal Physical Teachers' Association conducting camps and training courses for teachers of physical education.

- (12) National Physical Education and Recreation Association, a platform for discussion and meetings of various persons working for physical education.

Finance: Altogether a sum of about Rs. 2 lakhs is provided for physical education. Of this a sum of Rs. 75,000/- is earmarked for grants.

BIHAR

PHYSICAL EDUCATION IN BIHAR *

Mr. Bhuwaneshwar Prasad Sinha, an alumni, who was deputed by the State for Post-Graduate studies in U.S.A. was posted as Superintendent of Physical Education for Bihar and it was he who in the light of his experience both in India and abroad, prepared the Scheme of Health and Physical Education, which as approved by the Government has three phases :—

1. A College of Health and Physical Education. A co-educational College of Health and Physical Education at Mahendru, Patna, admitting students for five different courses :—

Names of the courses.	Qualifications required.	Duration of Courses.
(a) Diploma in Physical Education (D.P.Ed.).	Graduate or equivalents.	One Academical year of 9 months.
(b) Certificate in Physical Education (C.P.Ed.).	Intermediate passed, matriculates, C.Ts. or equivalents.	Do.
(c) Elementary Certificate in Physical Education (E.C.P.Ed.).	Non-matriculates, V.Ms., C.Ts. or equivalents.	Six months.
(d) Short Training Course in Physical Education (S.T.C.P.Ed.).	Senior teachers who have rendered over ten years' service.	Three months.
(e) Primary Training Course in Physical Education (P.T.C.P.Ed.).	Teachers of Primary Schools or those who have read upto middle standard.	Do.

Staff. The staff consists of :—

- (i) Deputy Director of Education (Health and Physical Education)—cum—Principal, Government College of Health and Physical Education, P.O. Mahendru, Patna-6.
- (ii) A Professor of Health and Physical Education.
- (iii) A Lecturer of Health and Physical Education.
- (iv) Two Physical Training Instructors.
- (v) A Part-time Doctor.
- (vi) Head Clerk and a Clerk-cum-typist. Peons, Contingent, menials, etc.

* From the Report of Mr. B. P. Sinha, B. Sc. (N. J.), M. Sc. (Kan.). Principal, Government college of Health and Physical Education, Bihar, Patna-6.

At this college no tuition fees are charged and twenty stipends of Rs. 30/- each are also awarded to deserving candidates who take the Diploma (D.P.Ed.) or Certificate Course (C.P.Ed.) extending over 9 months. The first batch of students of the nine months course will take their examination, in September, 1951, but the next course will commence in July 1951.

2. *Supervisory Staff.* Due provision has been made for the supervision of Health and Physical Education in the Educational and Physical Culture Institutions. Government has sanctioned part of the scheme tentatively for five years. The Inspectorate Staff consist of the Deputy Director of Education (Health and Physical) — cum—Principal, Government College of Health and Physical Education, a Lady Superintendent and four Assistant Superintendents of Health and Physical Education and clerical staff.

3. To promote Physical Education in the State, the Government has sanctioned in a limited scale the issue of grants-in-aid to established physical culture institutions, Vyayam Shalas, etc. for the purchase of equipment of a permanent nature.

NEW DELHI

* GYMNASIIC FEDERATION OF INDIA, NEW DELHI.

A Gymnastic Federation of India (G.F.I.) has been organized for the control of Competitions in Gymnastics in the country. The Federation will hold Inter-Provincial Gymnastic

*(From the Constitution of Gymnastic Federation of India 1951).

Office address: Honorary Secretary 96, Baba Road, New Delhi.

Competitions annually or biennially at selected centres. Six types of membership are provided: The Chief Patrons, Patrons, Vice-Patrons, Life-Patrons, Life-Members and two selected representatives from affiliated associations, will form the General Council — the controlling body. The items proposed to be conducted by the G.F.I. are (1) 12 Exercises — Individual and Team, (2) Horizontal Bars, (3) Parallel Bars, (4) Rings, (5) Pommel Horse, (6) Long Horse, (7) Free Exercises, (8) Vaults and (9) Indigenous Exercises.

A copy of the Constitution, giving details, can be had from the Honorary Secretary, 96, Bahar Road, New Delhi.

Continued from page 28.

may be given to them in recognition of their services to the school.

Rule 16. Expenditure on items not included in the above but expenditure which is considered to be necessary in the interest of the school and for which there is enough money in the Games Fund and the sanction for which is obtained from the Regional Inspector of Physical Education concerned may be incurred from the Fund. This shall not include expenditure on the following:—

1. Scouting.
2. Books on Physical Education, Sports and Games.
3. Paper or Registers for maintaining the records and Registers for the S.S.L.C. scheme.
4. Remuneration to the Games Secretary.
5. Furniture required for the Games room and for the Physical Education Teachers.

(Sd.) A. PADMANABHAM NAYUDU,

For Director of Public Instruction.

ALUMNI REPORT

The Alumni Home Coming was held this year specially for two days on 30th and 31st March, 1951. A busy programme of varied activities was gone through.

Friday 30th March, 1951

10 a.m.:—The Principal welcomed the Alumni with a warm heart. He touched on many points concerning the profession. He stressed the need for educated leadership and he appealed to the Alumni to do all they can to stem the tide of lowering standards. He then gave a brief note on the future plans:—

1. To admit for training an additional 100 students.
2. To offer a year's course for a Diploma in Recreation.
3. To build additional blocks for accommodating the increased number.
4. To form a small committee to determine the policy of the journal "Vyayam" and to bring out Literature of a research type.

The Alumni felt keenly the absence of Mr. Mia who has been ill; and on the second day Mr. Mia came in the evening and stayed with the Alumni for sometime. The Alumni earnestly wish his speedy recovery.

With the President's remarks, reading of messages and vote of thanks by the Secretary, the first session came to a close.

11 a.m.:—There was a discussion on professional problems:

I Topic:—"Problems on Health and Physical Education" by Mr. V. S. Narayana, Regional Inspector of Physical Education, Madras. He deplored the present inadequacy of Leadership, particularly of the Graduate calibre, the lack of facilities in schools, the lack of good library on Health and Physical Education in Schools, the lack of adequate programmes,

especially Intra-mural programmes in schools, and the lack of keen interest in the work the teachers did.

II. Topic:—"Place of Recreation in schools and colleges" by Mr. A. K. Singh, Vice-Principal, Y. M. C. A. College, Madras. He stressed the need for Recreation in schools and colleges, and the youths in the neighbourhood of educational institutions should get the benefit of recreation. Recreation is for the worthy use of leisure and it is to be outside the school curriculum. He opined strongly that Schools and Colleges must serve as community centres and act as social service agencies for the community through camps, hikes, debates, lectures, film-shows, etc., included in the recreational programme. In this work, the physical education teacher has his own worthy place to take.

III Topic:—"Place of Indigenous Activities in the Physical Education Programme" by Mr. S.D. Chopde, Lecturer, Y.M.C.A. College, Saidapet. He stressed the fact that Indigenous Activities are those which are our own and are therefore national.

They include:

- (a) Body-building Activities (e.g. Dandhals and Balhals).
- (b) Activities on Heavy Apparatus (e.g. Makhamb, Heavy Clubs, etc.)
- (c) Activities on Light Apparatus (e.g. Lathi, Lezim, etc.)
- (d) Rhythmic Activities (e.g. Kumm, Kolattam, Folk Dances, etc.)
- (e) Games e.g. Kho-Kho, Kabaddi, Atya Patya, etc.)

Most of these activities do not require much space or equipment and hence they can be introduced in schools with little expense.

A lively discussion ensued on these topics. Among those who took part in the discussion

may be specially mentioned Messrs. Jagannathan, A. K. Singh and C. S. R. Sastry. The importance of holding Refreshers' Courses in Indigenous Activities was stressed.

After these discussions the forenoon session ended.

4 p.m. :—Matches in Tennis and Basketball between the Alumni and the present students took place. The Alumni won the Tennis match and the present students won in Basketball.

6-30 p.m. :—A few recreational and social games were played.

Saturday 31st March, 1951.

10 a.m. :—Alumni Meeting: Mr. C. A. Abraham, the Secretary of the Provincial Physical Education Association which is no longer actively working, traced the history of the Association and stressed the need for its revival.

11 a.m. :—Business Meeting: Mr. A. Padmanabham Nayudu took the chair at the Business Meeting. He said he would do his best



A. Padmanabham Nayudu

to revive the Provincial Physical Education Association as there was good need for such an Association.

Then the Secretary read his report for the year 1950-51. It was recommended that a statement of the accounts may be published. Then the election of Office bearers for

1951-52 took place. The following are the various office bearers elected :—

President : Mr. A. Padmanabham Nayudu.

Vice-President : Mrs. A. K. Singh.

Secretary and

Treasurer : Mr. C. Tirunarayanan.

Joint Secretary : Mrs. Kalyani.

Executive Committee : Mr. M. Swaminathan,
Mr. A. K. Singh,
Mr. M. A. Kurup,
Mr. V. S. Narayana,
Mrs. S. Cherian.

Editor, "Vyayam" : Mr. L. K. Govindarajulu

Associate Editors : Mr. C. C. Abraham.

Mr. P. M. Joseph.

Mr. A. K. Singh.

Mr. Ananda Raj.

Dr. K. V. Varkey.

Business Manager : Mr. J. P. Thomas.

Representative of the
Alumni on the

College Council : Mr. C. A. Abraham.

Publication

Committee : Mr. C. C. Abraham,
Dr. K. V. Varkey,
Mr. C. A. Abraham,
Mr. J. P. Thomas,
Mr. M. Ananda Raj,
Mr. Tirunarayanan
(Convener).

After elections a few topics were discussed :

1. In the next Alumni functions it was said prominence must be given to a discussion of problems; more opportunities for social contact must be provided; and more matches must be played.

2. The Business Manager must submit the Audited Statement of Accounts of the Alumni Association at the next Executive Committee meeting.

3. As regards the sale of "Vyayam" the President of the Alumni Association promised to render his utmost help.

4. In his report for the year 1950-51 the Secretary deplored that nearly Rs. 3,000/- were spent on the production of the Buck Commemoration volume and only about Rs. 400/- was realised through the sale of copies during the last one year. Hence ways and means had to be devised to realise at least the outlay. After some discussion, a committee was formed to start a drive for the sale with Mrs. A. K. Singh and Messrs. A. K. Singh, A. G. Kanakaraj, and Mr. C. Tirunarayanan (Convener).

5. It was resolved that Mr. Mia, Chairman of the Buck Commemoration Fund Committee may be requested to notify the Committee that their work of collection may be continued for another year.

This session was brought to a close with vote of thanks by the Secretary.

Other functions connected with the Alumni Day were :

1 p.m. Lunch was taken.

1-30 p.m. } The "Class Re-Union" took
to 4 p.m. } place.

4 p.m. The Principal entertained the Alumni to Tea at his residence. The new Secretary thanked the Principal on behalf of the Alumni.

4-30 p.m. Matches between the Alumni and the Present Students were played. Netball (Women) — won by the Present Students. Soft-ball (Men) — won by the Present Students.

7 p.m. A good Dinner by a committee of hosts.

7-45 p.m. Impressive Initiation Ceremony when the Present Students were presented to the Alumni by the Joint Secretary, Mrs. Kalyani, and were taken into the larger fold of the Alumni.

ALUMNI NEWS

Mr. R. S. Wilson (1944-45, Lecturer, Government College of Physical Education, Allahabad, and Honorary Director of the Allahabad Y.M.C.A. married Miss Carr of Muzzafarpur.



Mr. R. S. Wilson

Mr. D. Agashi (1949-50) is now the father of a daughter.

Mr. Sardul Singh Sekhar (1944-45) is now the Senior Circuit Organizer, Young Farmers' Club, Ludhiana (E. Punjab).

Mr. A. J. Belgami (1949-50) is Physical Director of the Government College, Mercara (Coorg).

Mr. M. V. Seshachar (1949-50) is now in service as Physical Educator in Baroda.

Mr. C. Rama Rao (1949-50) is Physical Director of the Government Arts College, Coimbatore.

Miss. Jaya Naidu (1949-50) is Physical Directress of the Maharani's High School, Mysore.

Miss. Hilda D'Souza (1949-50) works in the Mission High School, Pustur (South Kanara).

Miss K. Sapra (1947-48) is planning to proceed to U.S.A. for higher studies. She gave great and valuable help to a party of our students who visited Delhi to witness the First Asian Games.

Mr. T. Subbaramiah, B.A., B.Ed., Physical Director, College of Engineering, Kakinada, has been posted as Regional Inspector of Physical Education, Madras.

Mr. V. S. Narayana, B.A., Regional Inspector of Physical Education, Madras, has been transferred to the Godavari Division (Kakinada).

Mr. B. Ramachandra Rao, B.A., B.Ed., Physical Director, Government Arts College, Anantapur, has been posted to the College of Engineering, Kakinada.

Mr. D. S. Luther, Physical Director, Government Arts College, Cuddapah, has been transferred to the Government Arts College, Anantapur.

The following Alumni possessing the Lower Grade Certificates have appeared this year for the Higher Grade Certificate Examination:-

- (i) C. S. Krishna Sastry (1942-43).
- (ii) A. Kandaswamy (1948-49).
- (iii) R. Parameswaran (1941-42).
- (iv) B. Anantha Krishna Rao (1941-42).
- (v) M. Seshacharya (1947-48).
- (vi) V. Pankalacharyulu (1947-48).
- (vii) K. T. Antony (1948-49).
- (viii) V. V. Fernandez (1948-49).

Dr. K. V. Varki, B.A., (Trav.), M.A., Ph.D. (Columbia) (born, 1915), an Alumni of 1912-43, who served in the Y.M.C.A. College as a Lecturer in 1944-47, returned to India in March last after a course of successful higher studies

in the U.S.A. lasting about four years from 1947 to 1951. He studied at the Columbia



Dr. K. V. Varki

University where after obtaining his M.A. Degree in 1942, qualified in 1947 for the Doctorate in Education. He also obtained a Diploma in Recreation, Life Saving and Camping.

While in the States he served as a part-time Recreation Leader in the New York City Y. M. C. A. and in the summer of 1950 was Director of the Herald Tribune Fresh Air Camp. He toured the States and returned via England and France. Dr. Varki was Business Manager of the Vyayam for many years and has held offices in the Madras State Olympic and Boxing Associations. We wish Dr. Varki a great and useful career of public service in this country.

News Report says that the following eight new records have been recognized as world records by the International Amateur Athletic Federation:-

Men—400 Metres — 45.8 seconds by V. G. Rhaden (U.S.A.) in Eskilstuna (Sweden) on August 22, 1950.

880 Yards — 1 minute 49.2 seconds by Mal Whitfield (U.S.A.) in Berea (U.S.A.) on August 19, 1950 (held jointly with S. C. Wooderson of Britain).

120 Yards Hurdles — 13.5 seconds by Dick Attlessey (U.S.A.) in Fresno (U.S.A.) on May 13, 1950.

Shot Put — 19.95 metres (58 ft 1/2 in.) by Jim Fuchs (U.S.A.) in Eskilstuna on August 22, 1950.

Women—800 Metres — 2 minutes 11 seconds by E. M. Vasiljeva (Soviet Russia) in Moscow on July 17, 1950.

880 Yards — 2 minutes 15.6 seconds by A. Larsson (Sweden) in Stockholm on September 5, 1945.

800 Metres (4 × 200 metres) Relay — 1 minute 40.6 seconds by Dynamo Club of Soviet Russia (S. Malshena, A. Tchusina, Z. Buhevitch and E. I. Sechenova) in Moscow on July 12, 1950.

2,400 Metres (3 × 800 metres) Relay — 6 minutes 49.6 seconds by Soviet Russia National team (L. Sokolova, N. Kalyeh and D. Vasiljevia) in Moscow on July 24, 1950.

BOOK REVIEWS

CLINIC FOR TRACK AND FIELD OFFICIALS AND FOR SWIMMING AND DIVING.

THE JOURNAL OF PHYSICAL EDUCATION AND RECREATION, BOMBAY.

Vol. I No. 1, April, 1951.

The booklet published by the Bureau of (Research & Publications), Y.M.C.A. College of Physical Education, Saidapet, Madras-15, contains the material published in this issue of Vyayam on the topic by Mr. C. C. Abraham and the material on Swimming and Diving by Messrs T. W. Arnold and J. P. Thomas in the last issue. The booklet is well printed and neatly produced; but the few printer's errors therein could have been avoided. The booklet is priced at annas 8/- each. It will be a handy and useful book of reference in any school or college library.

SARIRIK SHIKSHAN

The Editor acknowledges the receipt of the May issue of "Saririk Shikshan" a Marathi bimonthly journal of which the Chief Editor is Shri V. Ghandhe, M.A., S.D.C., etc. of Dhantoli, Nagpur. The issue is priced at Annas 12/- each. Useful articles by well-known writers on Physical Education or practitioners of the indigenous systems of Physical Training appear in the issue. We wish the contemporary all success.

This is a new journal published under the joint auspices of the Bombay State Association of Physical Education and Recreation and the Old Students' Association of the Training Institute for Physical Education, Kandivali. This issue contains interesting and useful articles, the authors of at least two of them being persons of high repute. News and Notes, Book Reviews and Reports add to the usefulness of the Journal. Sri Vasant P. Borkar, Honorary General Secretary of the Bombay State Association of Physical Education and Recreation, is the Editor; and it is published from B. D. D. Chawl, No. 10, De Lisle Road, Bombay-11.

The Annual subscription of the journal is Rs. 8/- and a single copy is priced Rs. 2/4/-. In a country still so poor as ours, the journal may be said to be expensive.

EDUCATION FOR HEALTH IN RELATION TO OUR INDIVIDUAL POTENTIALITIES.

What we are when we are born is a bundle of potentialities handed on to us by and through our parents. What we become depends largely upon the dynamic changes which take place between ourselves and our environment.

..... All of us are good at some things, not so good at others. Learning to accept necessary limitations gracefully and to work effectively within them is an important part of education for life.

..... The spiritual values that make life truly humane and thus worth living are as essential in maintaining health in its broadest sense as are the material values which are expressed in efforts to prevent disease, misery, and starvation. We refuse to consider a society truly healthy merely because it has a high standard of living and good sanitation.

The goodly heritage of knowledge passed on by the comparatively few exceptional individuals in each generation becomes a source of power only when it is understood, appreciated, and used by the many. The development of a sense of responsibility for taking possession of this heritage is one of the greatest contributions the school can make to the co-education of mind and body necessary for realizing individual potentialities.

— From *The Health Bulletin for Teachers 1950-51*,
Metropolitan Life Insurance Co. New York.

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