Educational (190/) Department.

ORDINARY PRINTED.

G.O., No. 709

DATED 4. 12. 01

INDEXED.

N. P.

[Despatch Abstract.]

School Courses & Text-books

Communicating to the D.P.I for report letter from the Govt of India on the subject of revising the school courses & text books in primary & secondary stages & certain other minor questions connected with Educational including the appts of personal asst to the D.P.I.

FURTHER P

No.	Department.	Date	G.O.

பாதுகாக்கும் பிரிவு

செப்பனிடுபவர் பெயர்: கே. பசுபதி

செப்பனிடுவதற்காக எடுத்துக்-
கொள்ளப்பட்ட நாள். 11/08 to 12/08

23/12/08
சரிபார்க்கும்
முதல் முதியாள
கையொப்பம்

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ஆராய்ச்சி
உதவியாளர்
கையொப்பம்

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Government {1901} of Madras.

EDUCATIONAL.

Recd. } 1901. *Enclosures*

Regd. *Spare copies*

ORIGINAL

G.O., No. 709, 4th December 1901.

N. P.

DECEMBER.

School Courses and Text-books.

Communicating to the Director of Public Instruction for report letter from the Government of India on the subject of improving the — in primary and secondary stages and on certain other minor questions connected with education including the appointment of Personal Assistants to the Directors of Public Instruction.

GOVERNMENT OF MADRAS.

EDUCATIONAL DEPARTMENT.

Read—the following paper :—

From A. WILLIAMS, Esq., Offg. Secretary to the Government of India, Home Department (Education), to the Secretary to the Government of Madras, Educational Department, dated Calcutta, the 27th November 1901, No. 543.

School courses and text-books in primary and secondary stages.

At the conclusion of the proceedings of the recent conference, the Government of India invited the Directors present in Simla to consider a number of minor questions, including first, the possibility of improvement in the subjects prescribed in the school courses below the university course; and, secondly, whether existing text-books are capable of improvement; and, in particular, how a suitable series of text-books for girls can be best prepared. I am now to address you upon the subject. In regard to the former question, the Directors came unanimously to the conclusion, firstly, that the resolution of the Government of Bengal on primary education, No. 1, dated the 1st January 1901, copy of which is herewith enclosed, communicates generally the subjects which might be taught with advantage in primary and middle schools and the sequence in which such subjects should be taught; and, secondly, that in some previous and present systems of education of the masses too much attention has been paid to such subjects as grammar, geometry and certain portions of arithmetic, and that geography and history have been taught in an unscientific and unintelligible manner: they urged that in all revised systems these defects should be avoided. The Government of India entirely concur in this resolution, and I am desired to commend it to the Government of Madras for favourable consideration.

The Directors passed the following resolutions regarding the possibility of improving the present series of text-books :—

(i) That many of the existing text-books in primary and middle schools require revision and improvement, and that the principles on which such improvement should be effected are as follows :—

(*a*) The determination by the Educational departments (A) of the precise extent and character of the subjects to be included in each book, and (B) of the methods in which each subject should be taught to the pupils.

(*b*) The preparation by public competition of books required under (A), or, in special cases, by the deputation of experts selected by Government for the purpose.

(*c*) Encouragement to authors by the offer by Government of money prizes for the preparation of books that may be required in each class and for each subject.

(*d*) The submission of such books to the decision of committees of experts for final selection and approval.

(*e*) The encouragement of authors and publishers by allowing the copyright of approved and recognized books to remain with them.

(*f*) The special encouragement of the preparation of Teachers' Manuals suitable to the different classes of school.

(*g*) Many of the defects of existing books are due to the fact that in the past they have been produced at much too cheap a rate, with the result that in paper, printing, binding, illustrations and general get up, the books have been unsatisfactory. Cheap books of the kind described have had and are having an injurious effect on the eyesight of pupils.

(ii) The preparation of special text-books for girls, where necessary, in accordance with the principles laid down in the foregoing resolutions, for which, if necessary, increased prize-money should be offered. The committee of experts appointed to consider such works should include managers and teachers of girls' schools.

(iii) That, as there are several vernaculars in most provinces, when vernacular books are submitted for approval, they shall, as a general rule, be accompanied by a manuscript translation in English, preferably type-written. This will enable all the members of text-book committees to judge of the contents of books submitted to them for opinion.

These conclusions are regarded as eminently sound. The Government of India consider that no effort should be spared to improve the quality of the text-book, since it is otherwise vain to hope for any real advance in our system of education.

2. The Directors have also made to the Government of India the following suggestions on miscellaneous matters connected with education, which are commended to the attention of the Government of Madras : —

(i) That copies of all existing codes, rules and orders issued by the Education department of any province should be at once communicated to the Education departments of all other provinces, and that in future copies of all orders and circulars, other than those of merely local importance, should be similarly communicated.

(ii) That the system of school committees from the highest schools down to the lowest grade of village schools, as existing in the Central Provinces, is strongly to be recommended as tending to encourage and maintain local interest in education.

(iii) That the localization of municipal and board schools has in many cases injured the prospects of teachers by checking promotion, and thereby lowering the quality of the teaching, and that it would be in the best interests of education if, as in the Central Provinces, local bodies could be induced to work in combination in the matter of the appointment, promotion and transfer of teachers, *i.e.*, under the advice of the officers of the Education department.

(iv) That it is highly desirable to encourage the establishment of "continuation schools" (either day or night) so as to enable students to complete their education in branches of study which may have been neglected or not attempted. Such continuation schools might be more or less connected with agriculture in rural districts and with industry and commerce in centres of trade.

(v) That the system of native gymnastics or "Desi Kasrat" or manual for drill in all primary and vernacular schools in the Central Provinces should be strongly recommended for adoption in village schools as the basis of any course of physical training. A copy of a translation of this manual is forwarded for the information of the Government of Madras.

(vi) That in each province a register of all qualified teachers should be maintained by the Education department.

(vii) That, in those cases where it is impossible to provide all schools with properly trained teachers in their own schools, trained peripatetic instructors should be established.

(viii) That the training of teachers at small district gatherings of schoolmasters by proper instructors should be introduced.

(ix) That similar forms of training by peripatetic agency should also be used when any new subjects of instruction are prescribed in school courses, or when any new methods of education are being introduced into schools.

Appointment of Personal Assistants to Directors of Public Instruction.

3. Lastly, the Directors of Public Instruction present in Simla placed on record their opinion that, as the changes in the relations of Government towards education in India which are foreshadowed in the various results of the conference, will involve increased work and responsibility on the various Directors of Public Instruction in the future, this will in the larger provinces involve devolution of part of their current routine duties to subordinate educational officers, and will necessitate some additional help being given to the Directors in the form of well-qualified Personal Assistants, who should belong to the graded Indian Educational service. The Government of India do not think that assistance of this nature should at present be required in Burma, the Central Provinces, Assam, or the Hyderabad Assigned districts, but they are prepared to consider whether some assistance should be given in the larger provinces if the local Governments consider it to be necessary. I am to ask for the opinion of the Government of Madras on this matter.

Order—No. 709, Educational, dated 4th December 1901.

Communicated to the Director of Public Instruction for report as to the steps which should be taken for giving effect to the suggestions contained in paragraphs 1 and 2 and for remarks in regard to paragraph 3.

(True Extract.)

C. J. WEIR,
Ag. Secretary to Government.

To the Director of Public Instruction.

Exd. S. J. Pereira.

Educational Department.

NOTES CONNECTED WITH G.O., No. 709, EDUCATIONAL, DATED 4th DECEMBER 1901.

[Subject.—*School courses and text-books in primary and secondary stages.*]

From the Government of India, Home Department, No. 543, *dated* 27*th November* 1901.

Circulated for the perusal of His Excellency the Governor and the Honourable Members.

P. T. Tharyan.
3-12-01.

A. T. Pringle.
3-12-01.

Read.

A[mpthill].
5-12-01.

H. M. W[interbotham].
6-12-01.

I suppose the Director must now be asked to say how his doctrines are to be given effect to.

J. T[homson].
6-12-01.

The Director has already been asked. The order went in manuscript; it is now being printed.

P. T. Tharyan.
7-12-01.

A. T. Pringle.
7-12-01.

Educational (190 /) Department.

1 5 5

CURRENT No. 1672

From

[Name] _____

[Designation] The Govt of India

[Station] Calcutta

No. 543

Dated 27. 11. 1901.

Received 2. 12. 1901.

Enclosures _____

Registered 2. 12. 1901.

SUBJECT.

Commending to the favourable consideration of the Govt certain Suggestions of the Educational Conference on the subject of the School-Courses & text-books in primary & secondary Stages.

BACK PAPERS.

FURTHER PAPERS.

2 6
ASSISTT SECY TO GOVT
13 DEC 1901
SOCIAL MUNL EDL & LEG DEPT

NATIVE OR COUNTRY EXERCISES.

LESSON I.—STANDING IN FILE.

Words of command.	Subject.
(1) Fall in . .	On receiving this command the boys should stand in two ranks, one behind the other (called front and rear rank) at a distance of one hand, in such a manner that each should appear to touch his right-hand comrade. The boys of the rear rank should stand just behind those of the front, *i.e.*, the boys of both the ranks should appear in one line to a spectator standing in front. This exercise is called covering. The teacher should then see that both the ranks are equal, and that the boys of the rear rank are standing just behind those of the front. At the time of arranging the boys in a rank, the teacher should make the big boys stand in the front rank and the little boys in the rear rank. In each rank he should arrange successively the senior boys on the right and left so that the eldest should stand at the right and left ends, the third near the first and the fourth near the second, and so on, till, at last, all the boys are so arranged that the big boys are seen standing at the two ends of the ranks and the little ones in the middle. This arrangement is called sizing. Each series of two boys standing one behind the other is called a file. If the number of boys be odd, the third place in the rear rank, counting from the left, should be left blank. The boy standing opposite to that place in the front rank will then be called a blank file. The right end of the rank is called the right flank, and the left end the left flank. The flank, which the boys are ordered to touch, is called the pivot flank, and the other flank is called the reverse flank. When the teacher stands near the pivot flank and makes the boys stand in straight lines, this process is called dressing.
(2) By the right or left dress.	On receiving this command, all the boys should turn their heads to the right or left, as the teacher directs, and not allow their heads to get forward. They should stand erect, like athletes with shoulders upturned. The teacher should then stand at the pivot flank, and looking at the breasts of the boys of both the ranks, order them either to go forward, dress up, or move back, or dress back, just as he thinks necessary; and when he sees them all standing in a straight line, he should give the command:—
(3) Eyes front .	On receiving this command, each student should turn his face and eyes straight towards his front.

Words of command.	Subject.
	The boys are standing at this time in two ranks. The exercise which is described below is called telling-off or numbering and is thus conducted—
(4) Number . .	On receiving this command, the boys should begin counting from the right flank. The first boy should call out one, the second, two, the third, three, and so on till the end of the left flank. The boys of the rear rank also should count their number, like those of the front rank. When the counting is over, the teacher should, in a clear and distinct tone, explain to the pupils that students occupying the first, third, fifth and such odd places will be called right files, and those occupying the second, fourth, sixth and such even places, will be called left files.
(5) Right files prove	On receiving this command, the boys in the right files or odd places should lift up their right hands so that the elbow may be in touch with the ribs, and the teacher should then ascertain whether the boys in the right files understand their files or not. When he finds them to be correct, he should give the command.
(6) As you were .	Thereupon, all the boys bring down their hands simultaneously.
(7) Left files prove .	On this command, the boys in the left files should do the same as was done by the boys of the right files, after which the teacher repeats the command "As you were."

Opening the ranks.

	(1) To open the ranks, in order that each boy may be able to stand apart at a little distance from each other.
	(2) To see that each boy holds his right position.
	When the boys of the class stand as aforesaid in files, then the following command may be given to them :—
Front rank, three paces forward. March.	On receiving this command, the boys of the rear files stand where they are, and the boys of the front rank, march forward three paces, so that there may be a distance of four paces between the two files.
(2) Left files of both ranks, two paces forward. March.	Thereupon, the front and rear files, namely, the boys of even numbers march forward two paces each, so as to form four files from the two, and to make a distance of two paces between each of the files and of one pace between each of the boys, as is shown in the following illustration, and the teacher should see that the files are in a straight line :—

Front rank .	{	●	● Left files.
		*	* Right files.
Rear rank .	{	●	● Left files.
		*	* Right files.

Position or Attention.

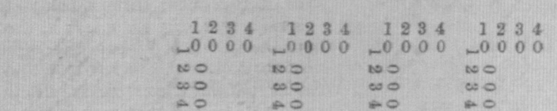
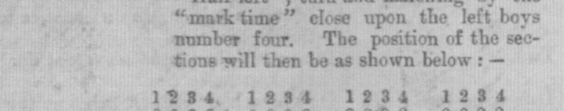
(3) Attention .	Keep the head straight—the chin bent toward the neck—the eyes looking to the front—the shoulders tight from

Words of command.	Subject.
	behind—the breast forward, the arms hanging straight down—the elbows touching the ribs—the palms a little opened outward—the thumb pressed against the fore-finger—the thighs together—heels together, but the toes apart at about a cubit distance, so as to form a semi-right angle, and the burden of the whole body supported on the ball of the feet.
(4) Stand at ease .	On receiving this command the boy should immediately clap the right hand upon the left, join them, again turning the palm of the right hand quickly upon the back part of that of the left hand, hang them in full length in front, and draw back the right-foot nearly six inches, support the weight of the bulk of the body on the right leg, and keep the left knee a little bent the shoulders tight, and the head straight to the front.
(5) Attention .	Upon this command, the boys should loose their hands, join them with the thighs, and bringing up the right foot to its place, should stand as before.
	N. B.—The boys should be made to undergo the above exercises again and again, so that they may be able to go through them with readiness, and without any fault.
(6) Stand easy .	Upon this command the boys may be allowed to move their hands and feet as they like, but not to move from their places—by this means they will have some rest. If before the command "Attention" the command "Eyes front" is given the boys should stand as at "Stand at ease."
Close on the first rank, remaining ranks quick march.	Whenever the instructor requires that the boys should stand in double ranks, then this command should be given. On hearing this, the boys of the first rank should unite together as before, and the boys of the second, third, and fourth files should then march forward, close to the first rank and all forming two files, should stand as before.

Form the ranks in another way.

Fall in . .	Upon this command, the boys stand in one line—the tall boys at the right end of the line and the small boys at the left end of the line.
Number four . .	Commence the numbering from the right end of the line count the first four boys as 1, 2, 3, and 4. Again the next four boys, 1, 2, 3 and 4; and proceed on to count by fours as 1, 2, 3, 4 up to the end of the line.

Note—The order may be given for the counting of any number of boys as may be required to be filed in each section, that is to say, if it is necessary to keep five boys in each section then counting may be allowed up to the number 5, and if it is needful to have six boys in each section they should count up to number 6. In a word, at the exercise-ground, allowing the number of the boys sufficient space for stretching their hands in full to both sides, a section of that number of boys may be formed, but in no case should there be less than four boys in each section.

Words of command.	Subject.
Right form . .	The first boy in each section should make a "Right turn" and the remaining boys of each of the sections, form themselves half right, and marching by the "mark time" and close on the right of the first boy. The position of the sections will then be as shown below :— 
Left form . .	The boys whose number is four should make a "Left turn", the remainder make a "Half left", turn and marching by the "mark time" close upon the left boys number four. The position of the sections will then be as shown below : —  *N.B.*—The instructor may at his discretion give the command "Left form" or "Right form," but should not give both the commands at one and the same time.
From the right extend.	The boy who stands at the right flank of each of the sections should not move from his position, but should stretch out his left arm in a straight line with the shoulder; and all the rest of the boys standing at his left side should move to the left and stretch out their arms at right angles to the shoulders, so that the finger-tips of one boy should touch the shoulder of the boy on his left.
As you were . .	Drop the hands.
From the left extend	This movement is similar to that in extending from the right except that the boy on the left stands fast, the remainder move to the right and extend the right arms.
As you were . .	Drop the hands.

N.B.—When there are boys less than four in each section, they should be commanded "Right turn" (or "Left turn"), and then extend from the right or extend from the left, so that there may be sufficient room on both sides to enable the boys of each section to exercise *dand* (an athletic exercise), placing the hands on the ground, and then bending down so as almost to touch the earth with the breast.

LESSON II.—WHEELING EXERCISES.

In wheeling movements the left heel should not move from its position, and should be as a pivot in turning round. The body should be kept a little forward and the knees together. In the following motions the right foot should be moved backward and forward, without being jerked and the body kept firm.

In the wheeling exercise, great attention should be paid to correctness, otherwise

Words of command.	Subject.
	the sections would get out of line and the boys would lose their respective positions.
Right turn . .	On the command "Right" bring the hollow of the right foot to the left heel and stand erect ; on the word "Turn" lift the toes of both feet and stand on the heels, then turn quickly to the right.
Left turn . .	On the word "Left," place the right heel in the hollow of the left foot, and stand erect; on the word "Turn," lift the toes of both feet and then turn to the left.
Right about turn .	On receiving the command "About," join the toe of the right foot to the left heel and stand erect; on the command "Turn," lift the toes and make a complete turn to the Right about.
Two . . .	Place the right heel in a straight line with the Left heel.
Left about turn .	On the word "About," bring up the right heel in front of the left toe, and stand erect and on the word "Turn," lift the toes, and make a complete turn to the Left about.
Two . . .	Place the right heel in a straight line with the left heel. *N.B.*—In these movements the hands should be kept close to the body.
Half right or half left turn.	On the word "Right" or "Left," retrace the right foot one inch behind or forward respectively and on the word "Turn," raise the toes and turn about one-eight of the whole circle.
Front . . .	On this command one and all should turn to their original front, as shown in the front standing position. In turning movements from "rear" to "front" the boys should always turn to the "right" not "left" about.

LESSON III.—STOOPING.

I. Stooping with both the hands.

One . . .	Move the feet about 10 inches apart and raise both the hands over the head, parallel to the shoulders and forming a semicircle from the front so as to look like flags.
Two . . .	Bring down both the hands, forming the fists with a stroke, so that the fists may be in touch with the armpits and the elbows be projecting above the back.
Three ...	Thrust with the hands at the supposed enemy lying on the ground to the right of the right pace (foot), and keep the left knee stiff and the right knee a little bent.
Four ...	Stand up, but let the feet remain apart and raise upright with a stroke both the hands above the head like flags.
Five ...	Stand in the position of "Two" referred to above in this practice.
Six ...	Thrust at the supposed enemy lying to the left as in two above.

N. B.—There are several similar exercises in which it is necessary to exercise to the right and the left. In all such exercise to the right in the first instance and then to the left.

Words of command.	Subject.
	(2) Every exercise should be repeated a number of times. (3) At the end of every exercise "Stand at ease" should be commanded, and time may be given for breathing. (4) At the commencement and termination of every exercise the command "Attention" should always be given.
	2. Stooping with one hand.
One . . .	Set apart the feet so as to be one hand distant from each other; close the fist of the right hand and take it to the root of shoulder; they should not be met together, the elbow should be raised upward, so as to form an obtuse angle to the armpit, the chest raised and the eyes looking toward some imaginary object lying on the left.
Two . . .	Closing the fist of the right hand, thrust at the supposed enemy lying to the left by the left foot, and keep the part of the arm between the elbow and palm on the left thigh at the knee. At the time of thrusting, bend the left knee.
Three . . .	In the position of "One" in this exercise, practice the left hand as you have done with right hand.
Four . . .	In the position of "Two" in this practice, as you have thrusted with your right hand at some imaginary object do likewise with the left hand.
	3. Stooping with hands and feet stretched and face turned.
One . . .	Set apart both the feet so as to make a distance of three cubits between them, and raise up the hands parallel with the shoulders and form a semi-circle from the front like flags over head.
Two . . .	Bend down both the hands, closing the fists with a stroke, so far that the fists may be in touch with the armpits and the elbows be projecting from the back.
Three . . .	Thrust at an imaginary object standing at the right with both the close-fisted hands. Bend the right knee to the right and turn both the feet to the right.
Four . . .	Keep the hands tight over the head with a jerk, and keep the feet apart.
Five . . .	Stand in the position as mentioned in "two" of this exercise.
Six . . .	Thrust at an imaginary object standing at the left.
	LESSON IV.—OF "BAITHAKS."
	[An athletic exercise by sitting and rising up posture successively.]
	1. Simple "Baithak."
One . . .	Close both the fists and take them behind the back and joining both the hands stand still at your position.
Two . . .	Bring forward both the hands with a stroke and in a hanging posture and with the hanging hands sit down on knees at your

Words of command.	Subject.
	position; keep the fists closed and the hands upward to the front in a straight line with the shoulders.
	2. Leap "Baithak."
One . . .	Close the fists and take the hands behind the back and set the feet one hand apart from each other.
Two . . .	Giving a stroke with force to the close-fisted hands and bringing them forward, jump a cubit forward and sit down on knees; in the sitting position stretch out your arms between the legs and make them straight, then join the toes as if pointing out the length of a foot and then join the heels but keep apart the soles.
Three . . .	Rise and skip one cubit backwards, simultaneously with the leap, spread both the feet so far as to make a distance of one hand between them, raise up over the head both the stretched hands to the extreme in the first instance, then bring them down, place the elbows well back and bring the fists close to the armpits.
	3. Wheeling Leap "Baithak."
	For the practice of this exercise one will have to turn his face all round. On receiving the command *three*, the boys should stand in the position as in *three* with a leap from one direction to another, that is to say, they will have to be four times Right Turn.
One . . .	Position of Leap "Baithak" "One."
Two . . .	Position of Leap "Baithak" "Two."
Three . . .	Position of Leap "Baithak" "Three," with the only difference that on skipping the face will take the Right Turn position.
	Thus in every aspect of the exercise, continue the command as in "One," "Two," "Three" till the exercise is finished in all the four directions.
	4. Leap "Baithak" with turned face.
One . . .	*Vide* the position as in "One" of Leap "Baithak."
Two . . .	The same position as in "Two" of Leap "Baithak."
Three . . .	The same position as in "Three" of the Leap "Baithak," with this difference only: one will have to turn his face to the direction in which he had his back previously, as the face is turned in *Right about* and *Left about*; in this exercise the face is turned from the right, but the face will be turned on leaping with both the feet.
	5. Forward and Backward Footleap Baithak.
One . . .	With readiness leap forward a cubit and then sit down. Close the fists at the time of leaping. Take the hands to the back in the first instance, and then bring them forward when leaping. Upon sit-

Words of command.	Subject.
	ting spread out both the hands between the knees parallel to the shoulders and have them well tight. Join both the toes as if showing the length of a foot. Both the heels may be joined up, but keep the fore parts of the feet aloof.
Two . . .	Leap and keep the right foot forward and the left foot backward, and then stand. In the first instance raise up both the hands to the extreme over the head, and then hang them down so far with a shaking that the elbows may remain moved to the back fully well and the fists close to the armpits.
One . . .	Sit down in the position as directed in "One" of this exercise.
Two . . .	Assume the position as directed in "Two" of this exercise, but in this, take the left foot one cubit forward and the right foot one cubit behind.

6. BAITHAK WITH ONE FOOT STRETCHED.

One . . .	Leap readily at your own spot and spread the feet so far as to make an interval of three cubits between them. Together with the leaping, raise up both the hands, forming a semi-circle from the front and closing the fists over the head, and bring them down with a shock, so that the fists be close to the armpits and the elbows projected to the back, and keep the breast tight.
Two . . .	Spread out to the extreme both the hands and the right foot to the right side, and then sit down on knees fully well on the support of the left foot and keep also the face to the right. At this stage close the fists with the thumbs open and joined with each other; both the hands should be held high and parallel to the shoulders.
Three . . .	Assume the position as directed in "One" of this exercise.
Four . . .	Stand in the position as directed in "Two" of this practice above, but in this you should sit with bended knees on the support of the right foot and spread out the hand to the left, and keep the face also turned to the left.

7. BODY-TWISTING "BAITHAK."

One . . .	Sit down, lift up the heels, close the fists of the hands, keep the portion of the arm between the palm and elbows on the thigh near the knees.
Right . . .	While sitting in the same position, turn to the right and press the left thigh well with the left hand, so that the left knee may be off the ground one fist (*mutthi*), the right knee rising up and the hand to remain on the same as before.
Left . . .	While sitting in the same position, turn to the left from the right in this practice. The right knee may be pressed hard with the right hand and the left knee should remain rising up, and the hand remains as before.

Words of command.	Subject.

8. "BAITHAK" WITH BENDED KNEES.

One . . .	Sit down on knees, but the heels should be lifted up. Keep the palm of the right hand on the right knee and that of the left hand on the left knee.
Right . . .	While sitting, leap and take to the back the fore part of the right foot. Sit on the support of the same fore part (five-fingered) with heels lifted up, and then bring the right knee downward, so that it remain high above the ground one fist (*mutthi*), and bring forward the fore part of the left foot. The knees rising up horizontally, the heels and the fore part remain on the ground, the thigh and the leg forming a right angle.
Left . . .	Leap and take the left fore part of the foot to the back. Sit on the support of the fore part with the heels lifted up, and then get the left knee down, so that it may be one fist above the ground, and take the fore part of the right foot to the front. The knee rising up horizontally, the heels and the fore part remain on the ground, the thigh and the leg forming a right angle.

LESSON V.

Of *Dand* (a kind of exercise, *i.e.*, the placing of the hands on the ground, and then bending down so as almost to touch the earth with the breast).

1. SIMPLE "DAND."

One . . .	Keep the hands stretched tight, move the body back, keep the loin as high from the earth as possible, and the body should be supported by the hands and legs like four crosswise pillars.
Two . . .	Lie on your face on the ground, so that the burden of the whole body may be supported only by the fore parts of the hands and the feet. The breast, the stomach, and the knees should not touch the earth. The elbows should be projected above the back.
Three . . .	The portion of the body above the loin is to be lifted up, the breast to be projected, and the hands to support the weight of the portion of the body above the loin like the two pillars. Keep the loin bent down towards the earth, the head raised up, and the eyes to the front.

2. "DAND" WITH LEAP "BAITHAK."

One . . .	Close the fists of both the hands and get them to the back with a jerk and keep the feet one *hand* (1½ feet) apart from each other.
Two . . .	Bring forward the close-fisted hands with a sharp jerk, and then leaping forward a cubit with agility, sit down on knees. On sitting, pull well tight both the hands

Words of command.	Subject.
	between the knees, join both the toes as if showing the measure of a foot, join also both the heels, but keep the fore parts (five-fingered) apart.
Three . . .	Lie down on your face on the ground, so that the burden of the body be supported on the fore parts of the hands and feet. The breast, the stomach, and the knees should not touch the earth, and the elbows should remain projected above the back.
Four . . .	Raise up the portion of the body above the loin, the breast remains projected, the two hands like two pillars support the burden of the part of the body above the loin. Keep the loin bent down towards the ground, the head upward, and the eyes to the front.
Five . . .	Throw forward the feet to the length of a cubit and then stand. Get both the hands from the front over the head, and then bring them down, closing the fists with a jerk, so that the fists may be in touch with the sides and the elbows remain projected to the back.

3. Flag "Dand."

One . . .	Get over the head, both the hands pulled tight and forming a semi-circle from the front. Keep the palms to the front and the thumbs connected with each other.
Two . . .	Sit down on knees and let the hands remain over the head as they are.
Three . . .	Lie down on your face on the ground, that is to say, the feet pulled tight to the back, both the hands on the ground; the elbows projected above the back; the breast, the loin, the thighs, and the legs bending towards the earth, but not touching it.
Four . . .	Keep the arms like pillars; the breast rising, the thighs and the legs bending towards the earth.
Five . . .	Throw forward the feet to a cubit, and then stand upright. Get both the hands from the front over the head, and then bring them down closing the fists with a jerk, so that the fists touch the sides and the elbows projected from the back.

4. Lion's "Baithak-Dand."

One . . .	Sit down like a lion; place your both hands on the ground against your forehead, so that your fingers with palms rest on the floor; keep your heels joined and raised, and your legs joined with the thighs; both the knees to be put forward and the body backwards, with the breast tight and rising.
Two . . .	Lie on your face on the ground for performing *dands*.
Three . . .	Keep your arms like pillars with your breast tight.

5. Lion's "Baithak-Dand" with turned face.

One . . .	Sit down like a lion.

Words of command.	Subject.
Two . . .	Perform half *dand*, *i.e.*, lay yourself on the ground on your face.
Three . . .	Elevate your breast, and keep your arms like pillars with your feet tight backwards.
One . . .	Turn your face to the direction you had your back, and sit down in the posture as mentioned in "One" of this exercise.
Two Three } . .	Continue your posture as directed in "Two" and "Three" of this exercise.

6. Hanuman (Monkey) "Dand."

One . . .	Stretch out your left foot and place the right foot between the hands, so that the thigh rests over the leg; the right knee between the hands; both the hands on the ground, the breast rising tight and the eyes to the front.
Two . . .	Perform the *dands*; at this time stretch out the right foot and now place the left foot in the same way as the right foot is directed to be placed in "One" of this exercise.

7. Wheeling "Dand."

One . . .	Place both the hands on the ground, and then stretch out your right leg. Then sit down on the left leg; place the left foot between the hands.
Two . . .	Turn round the right foot to the front and with great agility getting out the same from between the hands, take both the feet backwards; and then lie down on the ground on your face, namely, keep both the feet tight to the back, the hands on the ground; the breast, the loin and knees bending down towards the earth, but not touching it.
Three . . .	Raise up the portion of the body above the loin and keep the breast projected, the hands, like two pillars, supporting the weight of the portion of the body above the loin, the loin bending towards the ground, the head high, and the eyes to the front.
One . . .	Place the left foot on the ground and then stretch out the left foot and sit down on the right foot. Place the right foot between the hands.
Two Three } . .	Continue to do the same as directed in "One" and "Two" of this exercise.

8. "Dand" with one foot.

One . . .	Keep the hands tight, turn the body to the back, elevate the loin as high from the ground as possible. Let the hands and left leg support the body like the three pillars, raise up the right leg, and then bend the heel and place it on the hip.
Two . . .	Lie down on your face for the purpose of performing dands, but let not the breast, the belly, and the knees touch the ground.

Words of command.	Subject.
Three . . .	Showing the breast, keep the arms upright like pillars.

N.B.—As you performed the exercise directed in "One," "Two" and "Three" positions, raising up the right foot, so you commence the same for the second time by lifting the left foot when commanded to do so.

9. Side "Dand".

One . . .	Keep the arms stretched tight, turn the body to the back, elevate the loin as high from the ground as practicable, and then let the hands and feet support the body like four crosswise pillars.
Two . . .	Lie down on your face for the purpose of performing *dands*, but the breast, the stomach, and the loin do not touch the ground; raise the right foot and get it to the left side of the left foot; support the weight of the body on the left hand and the fore part of the left foot; by doing so, the body will rest on the left side.
Three . . .	Restoring the foot to the same place and showing the breast, keep the arms upright like pillars.

N.B.—In this way, practice with the left side as directed in "One" and "Two" above.

10. "Dand" on either of the hands.

One . . .	Keep the hands tight, turn the body to the back; elevate the body as high from the ground as possible, and support the body on the hands and feet like four pillars.
Two . . .	Lie down on your face on the ground for the purpose of performing *dands*, but the breast, the stomach, and the loin should not touch the ground. Bring the whole burden of the body on the right hand, turn the face to the left, and then raise the left hand and place it on the back.
Three . . .	Showing forward the breast, keep the arms upright like pillars.

Note.—Similarly, practice with the left side as directed in "One," "Two," and "Three" above.

11. Oscillating "Dand".

One . . .	Keep the arms pulled tight; move the body backwards; elevate the loin at high from the ground as practicable; the body rests on the hands and the feet like four crosswise pillars.
Two . . .	Lie down on the ground on your face, so that the whole burden of the body be supported on the fingers of the hands and the feet only; the breast and the stomach do not touch the earth; the elbows remain projected above the back.
Three . . .	Elevate the portion of the body above the loin; keep the breast rising and the two hands, like two pillars, supporting the burden of the portion of the body above the loin; the loin bending down towards the ground, the head high, and eyes to the front.
Four . . .	Throw the body forward, passing between the two hands, and stretch out the feet to the front; keep the loin as high from the ground as practicable, and let the arms

Words of command.	Subject.
	remain tight and upright like pillars; keep the heels on the ground and the fingers elevated upwards.

12. Single-handed "Dand."

One . . .	Keep the left hand on the ground; move the body backward; elevate the loin as high from the earth as possible; raise up the right hand and place on the back; support the entire burden of the body on the left hand, and the two feet like three crosswise pillars.
Two . . .	With a view to perform a *dand* lie down on the ground on the support of one hand and the two legs, but the breast, the stomach, and the knees may not touch the earth.
Three . . .	Showing the breast, keep the left arm upright like a pillar.

N. B.—In the same way, place the left hand on the back and follow the same exercise as directed in "One" "Two" and "Three above."

13. Double "Dands."

One . . .	While performing the *dand*, lie down on your face on the ground. The burden of the whole body should be supported on the five-fingered portion of the hands and feet only; the breast, the stomach, and the loin do not touch the earth; the elbows remain projected above the back.
Two . . .	Put out the breast, and both the hands to support the weight of the portion of the body above the loin. The loin remains bending down towards the earth, the head high, and the eyes to the front.
Three . . .	Lie down on your face on the ground, raise up the elbows above the back and in the same position, while performing a *dand* and moving backward, change the position to that of "One" indicated above.

14. Eagle-sitting "Dand."

Bringing from the front.	By placing the heel of the right foot at the root of the left thigh, perform the *dand* by the three numbers as indicated in the simple *dand*. For the next exercise, place the left heel from the front at the root of the right thigh, and practice on in the same way by the three numbers, one by one, and on receiving the command *one*, change on the position of the heel.

15. Body-balancing "Dand."

One . . .	Keep the arms tight; move the body to the back; keep the loin as high from the ground as practicable, and then let the body be supported by the hands and feet like four crosswise pillars.
Two . . .	Throw forward at a glance the parts of the thighs near the knees of both the feet, and place them on the elbows of the hands, and then balance the body at the time of balancing the fore part of the feet, and the heels be raised up from the earth.

Words of command.	Subject.
Three . . .	Throw the feet backward and lie down on your face on the ground, and support the burden of your body on the feet. The breast, the stomach and the loin may not touch the earth; the elbows remain projected above the back.
Four . . .	Elevate the portion of your body above the loin; show the breast clearly projected; let the arms support the portion of the body above the loin; keep the loin bending down towards the ground, the head high, and the eyes to the front.

LESSON VI.—ON RACES.

1. Race with feet tight.

Note.—Stand in a line as if for a race.

Extend from the right.	The first should stand upright, the others should move a little, placing their hands on the shoulders of each other.
Right turn . .	Turn round to the right.
March . . .	Run in a circular way, but at the time of marching throw forward the thighs and the legs to the extreme and then place forward the foot to six inches on the ground, and then close the fists. Bring the elbows in contact with the ribs and keep the hands to the front.
Halt . . .	Halt then.

2. Race touching the hip.

Extend from the right.	The first boy should stand upright; others should move a little, placing their hands upon the shoulders of one another.
Right turn . .	Turning round to the right, stand behind one another.
March . . .	March in a circular way. At the time of walking, the heels should touch the rising flesh of the thighs. Keep the fists closed, the elbows behind the back and the hands to the front. While marching, move the hands backward and forward like fans.
Halt . . .	Halt then.

3. Leaping-and-Sitting Race.

Extend from the right.	The first boy should stand upright, and all other boys should move a little, placing their hands upon the shoulders of one another.
Right turn . .	Turning round to the right, stand behind one another.
March . . .	Leap forward a hand from your position and then stand upright and then leap again to a length of a hand (1½ feet). While leaping and sitting, turn on your hands from the front, namely, in leaping you should use the hands in the same way as the bird receives help from its wings at flight. In this way, leaping forward a hand and then sitting and standing up, march on in a circular mode or posture.
Halt . . .	Halt then.

13 13

Words of command.	Subject.

LESSON VII.—OF GAITS OR MOVEMENTS.

1. Alligator-like gait or walking.

One . . .	Place your hands and feet and lie down fully stretched on the ground, but the breast, the stomach, and knees may not touch the earth.
Two . . .	First lift up one hand and place it forward, then raise up the other hand and place it forward. In this way raise one after another and place them forward.
Three . . .	Stop your movements.

2. Tortoise-like gait.

One . . .	Place your hands and feet on the ground and lie down on your face, but the body may not touch the earth.
Two . . .	Raise up your both hands simultaneously, and placing them at the same time, move forward.
Three . . .	Halt then.

3. Scorpion-like gait.

[This gait is known to all, but it is most difficult therefore all the boys are not able to perform the same.]

One . . .	Turn over your heels on the back, and stand upright on the support of the hands.
Two . . .	Walk on like a scorpion.
Three . . .	Halt then.

LESSON VIII.—OF KUTANT.

[Somersault, *i.e.*, turning over head and heels.]

1st "Kutant."

One . . .	Bend yourself like a bow on the support of your hands and feet.
Two . . .	Let your hands fixed where they are, turn round with your feet, take out your head between the hands, and then assume the same posture like a bow as before on the original place.

2nd "Kutant."

One . . .	Be you like a bow on the ground.
Two . . .	Turn over, head and heels. While performing a *kutant*, keep your body bent down like a bow, but the back will remain towards the earth, and the breast, the stomach, and the face towards the horizon.

3rd "Kutant."

One . . .	Bend down the body like a bow on the ground, namely, stand upright and take your hands to the back slowly and then place them on the ground, so that the hands and feet form the four pillars. Keep the back bent down towards the earth, and the face, the breast, and the stomach towards the sun.
Two . . .	Turn over your head and heels, let the hands remain fixed, lift up your feet, and then turn over.
Three . . .	Stand up.

G. I. C. P. O.—No. 330 H D.—3-12-1901.—350.—P. K. B.

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ORDER No 709, dated 4. 12. 1901

P.S.

Communicated to the D.P.I. for report as to the steps which should be taken for giving effect to the suggestion contained in paragraphs 1 & 2. The ~~remarks of the Director are also invited on the proposal in~~ para: 3 for remarks in regard to

Pd 3/12/1

A. 12. 1

To the D.P.I. with two enclosures.

[The translation of the manual mentioned in para: 2 (V) has not yet been received].