

## QUESTION XVII.

### ALLAHABAD UNIVERSITY TEACHERS' ASSOCIATION.

1. Physical training is compulsory for all B. A. I year students except those who join the National Cadet Corps. Hostel students have P. T. in the morning thrice a week. Delegacy students attend P. T. classes from 1-30 p.m. onwards in the gymnasium thrice a week. P. T. classes are not taken seriously by students. There is a swimming pool but it is often without water. There is no proper, well-equipped or attractive gymnasium. There is an Aquatic Club and aquatic sports are held every year in the Yamuna, but it needs boats and other equipment. There are university teams in football, hockey, cricket, tennis, badminton, squash racket and volley ball, each looked after by a Committee. Interest in sports is keen but not widespread.

For a large majority of students there is no arrangement for games in the university, though every student has to pay a games fee.

2. (a) Yes, compulsory P. T., and facilities for games for all those who want to play, but not compulsory games.

(b) Throughout the period ; 45 minutes P. T. every morning, not at any odd hour in the day.

3. We approve of them.

4. (a) Yes.

(b) Does not arise.

5. (a) Inadequate.

(b) Part-time doctors.

(c) We need more nurses, more beds, more buildings, more equipment and more isolation wards.

AMIR CHAND, LT. COL.

The physical education should be compulsory for the first 3 years of the college. The present arrangements for the medical inspection of students and medical attendance are inadequate. Unless the students are examined yearly and reports submitted to the University the periodical medical inspections lose much of their value. Defects pointed out by the medical men can only be attended to if there is a well-equipped dispensary attached to the institution. Such dispensaries do not exist.

KAUR, HON'BLE RAJKUMARI, AMRIT.

Physical education and sports must obtain in every university. Sports in particular will have a very healthy effect on character-building. Physical education should be compulsory and there must be compulsory medical inspection of students and proper medical facilities for illness.

ANDHRA TEACHERS' FEDERATION.

(1) Physical education and games must be made compulsory for all students. Arrangements should be made to enable students to spend half an hour per day, on at least three days during the week, in playing some game or taking part in nature gymnastic exercises.

5. Every college should have a qualified medical inspector as a member of the staff with a well-equipped dispensary.

ANDREWS, DR. G. F.

1. There does not seem to be any carefully thought out arrangement for Physical education and games in the universities either for those resident in hostels or those not resident in hostels. Provision is made for some games in which those most interested take part. University has no plan or programme according to which all have the opportunity for regular physical activities or games.

2. (a) *In our country it is only compulsion that works.* We want our young men and women to take an intelligent personal interest in their physical welfare. At present they have no knowledge of how to take care of their body; neither are they in the daily habit of exercising their body because this habit has not been ingrained in them by constant enforced practice in the earlier years. Consequently they have no interest even in their physical development, health and welfare. All young men and women should leave the university physically well-equipped for their future. Nothing but compulsion will give them this equipment.

(b) A student may choose tennis, another may choose football, another hockey, and so forth. In the seasons when these activities are not available they should have choice of other activities like swimming or physical jerks, or Tennikoit or folk dances and so on. The compulsion should be in that every student is required to engage himself or herself in some vigorous activity or the other everyday for at least an hour, the freedom being in the choice of activity according to the season or according to the interest of the student.

4. (b) The reorganisation would take the form of the appointment of a fully qualified technical secretary for the Sports & Games section of the Inter-University Board.

The organisation of Inter-University sports and games for women also needs more attention than before.

ANNAMALAI UNIVERSITY TEACHERS' UNION.

1. No, they are neither adequate nor comprehensive.

(a) Hostels do not generally provide adequate amenities and other active recreations (open air games) or facilities for approved health practices including opportunities for attaining physical fitness on right lines.

(b) Games for non-resident students are not provided separately and these students do not get sufficient time and opportunity to play in groups or develop proper health practices.

*Note.*—The term ‘physical education’ must also include health education as health education can hardly be separated from the practice of physical education.

2. (a) Yes.

(b) It is desirable to make these compulsory throughout the period of stay at the university : but post-graduate students may be exempted.

*Note.*—The terms ‘physical education’ and ‘games’ seem to be differentiated, and it is not easy for an expert to agree with the distinction made. Games form an integral part of physical education.

3. If physical education is to form an integral part of education, emphasis should be placed upon general, biological, social, sciences. The health of body and mind can rarely be attained without expert care and guidance. The teacher of physical education is essentially concerned with “human engineering” and rehabilitation and his equipment should accordingly be as adequate and sound as that of any scientist. Degree courses will help to give physical education its due status and role and also endow the teacher of physical education not only with knowledge and ability needed for his competence but also the capacity for scholarship and study.

4. (a) No.

(b) There should be an expert at the centre (as the executive assistant of the Inter-University Sports Board) entrusted with the task of guiding and organising the tournaments.

Every university must have an expert on its council both to guide and execute practices in physical education before these tournaments can be rendered really useful.

On the basis of the experience of these tournaments since their inception, the tournaments can be divided roughly into two classes : the popular and the less popular ; and the less popular tournaments may be conducted once in three years or so, instead of annually.

To stimulate regular entries all-India or inter-zonal tournaments should be held only once in three years while zonal tournaments may be held annually. Inadequacy of funds and interference with examinations are common complaints now made against some of these tournaments : and they need to be given due consideration both in the interests of participants and the future of inter-university sports.

The real and ultimate success of inter-university tournaments must depend upon the adequacy of provision made for physical education in universities and their constituent and affiliated colleges.

5. (a) No ; not in many universities.

(b) No. ; not adequate.

(c) Well-equipped dispensaries are rarely found. There should be hospitals in residential institutions. Here these provisions obtain to a satisfactory level.

ASTHANA, DR. NARAYAN PRASAD.

1. (a) Yes, to a large extent.

(b) No.

2. (a) Yes—it should be compulsory throughout the period of stay.

5. (a) Yes, to some extent.

(b) No.

(c) No.

BALAKRISHNAIYA, JUSTICE N.

5. Attention to the medical needs of the students is very meagre. I am in favour of a well-equipped dispensary being located within the college premises, or a mobile dispensary moving from institution to institution.

BHATTACHARYA, DR. D. R.

1. (a) Fairly satisfactory arrangement, which has ample room for improvement, exists in hostels.

(b) No satisfactory arrangement has been made. Here again funds for establishing several city centres are sadly lacking.

2. (a) Yes, except in cases of those declared medically unfit.

(b) It is partly at present, but it should be made compulsory throughout the period of their stay.

3. It is an admirable idea.

4. (a) The present arrangements are not working satisfactorily due to lack of funds. More encouragement in this direction is absolutely necessary.

(b) If funds are available reorganisation will take no time.

5. (a) The provision is inadequate.

(b) Inadequate.

(c) Most inadequate.

2. (a) Yes.

**BONDADE, S. B.**

(b) Throughout the period of stay at the university. At least twice a week.

3. There is no need for Degree courses in Physical Education.

**BOYD, REV. A. J.,**

2. (a) I am in favour of compulsory physical education and games at the Intermediate stage, but not at the Degree stage.

2. (a) Yes.

**BHAWALKAR, DR. D. R.**

(b) Compulsory throughout. This is not only a personal necessity for the student, but a national necessity also.

3. Degree courses should be started provided qualified teachers are available.

**CALCUTTA, UNIVERSITY OF.**

1. (a) & (b) The present arrangements for physical education and games in the Universities are satisfactory so far as they go, but more should be done.

2. (a) & (b) This University was in favour of compulsory physical education and games. A conference of the Principals of Colleges approved of the scheme which was put up before the Syndicate for their consideration and decision. The Syndicate under the advice of the present Premier of West Bengal, who happens to be one of the most eminent medical men in India, decided to postpone the consideration of the scheme in view of the fact that the students were not being fed properly due to food shortage and the system of rationing in this province.

3. This University will favour the institution of a Degree course in Physical Education.

4. (a) & (b) Re-organisation of the present arrangements for University tournaments and sports is necessary. There are Athletic Committees for the purpose, and they should be called upon to formulate schemes to be approved by each University in the first instances and by the Inter-University Board with the ultimate object of introducing uniformity.

5. (a) The answer is in the affirmative.

(b) Medical attendance in case of illness should be better organised by this University. In fact this University made representation to Government for purpose of reserving a certain number of beds in hospitals for various cases amongst the students. The matter has not proceeded far and efforts should be made in this direction again.

(c) A well-equipped dispensary intended solely for students is a great necessity and this University will press its claims upon the attention of the Government in regard to this matter.

DAS, NARENDRA PRASAD.

1. No.
2. (a) Yes.  
(b) Throughout the period of stay at the university.
3. Should be introduced.
5. (a) No.  
(b) Not satisfactory.  
(c) No.

DELHI TEACHERS' ASSOCIATION.

1. (a) and (b) No. A very small number participates in games and there are practically no arrangements for physical education.

2. (a) & (b) Yes. Every student should be required to attain a minimum standard of physical efficiency before he is awarded his degree. Also he should develop an interest in his physical development. For all this physical education should be compulsory for at least two years of his stay at the college or the university. If it can be made part of military training it will be still better.

3. This is necessary in order to have good instructors.
4. (a) No.
5. (a) No.  
(b) No.  
(c) No.

DONGERKERY, S. R.

1. There is sufficient provision for physical education and games in the universities.

(a) & (b) Students resident in hostels participate in games to a greater degree than day-scholars, because tennis and badminton courts are generally part of the hostel compound. They have an advantage over the day-scholars, who have less time to spare on account of the time required by them to make the daily journey between home and college. The latter would be required to make a second journey each day, if they wanted to have a game of tennis early in the morning.

2. (a) Yes, since I consider them a part and parcel of a sound system of education.

- (b) I would make it compulsory only during the first two years.

3. I would welcome them as they would provide an opportunity for directors of physical training who are only diploma holders of physical training colleges to raise their status by obtaining a degree. The posts of directors of physical training in colleges would perhaps attract better types of persons than they generally do to-day.

4. (a) I do not see any reason for complaint.

5. (a) An annual medical inspection used to be made in the Bombay University till a couple of years ago, but it was dropped on the ground that the inspection was very perfunctory, and cost the University a sum of Rs. 20,000 annually, which could be ill spared on account of budget deficits in three consecutive years. I think there should be periodical medical inspection throughout the student's undergraduate career, whosoever may pay the cost. The inspection must, of course, be done properly.

(b) University hostels and some college hostels have medical attendants.

(c) No.

DUBE, A. P.

The old Indian method of wrestling with oil massage was excellent. Writer has played all games from polo downwards and played them well. He thinks there is nothing like the Akhara. If one resorted to Akhara for one year and wrestled according to old methods with oil *malish*, a life-time foundation will be laid in all-round body development.

Games are good but permanent body-benefit comes from hard, uncomfortable laborious exercise. Akhara is very cheap. European games are very expensive. They should also be played but a minimum or maximum of strength should be secured.

Let democracy have its limits. Compel where you can. Herbert Spencer was averse to apply his whip to the horse in his trap. The result was the horse would do nothing but graze by the side of the road.

No money is spent in the University budgets on physical improvements. Only boys' fee is utilized.

DUTTA, DR. R. N.

1. The present arrangements for physical education are not satisfactory. Western games are the only games provided for. In my opinion these games are too expensive and not suited for a country like India. Very few take part in games.

(a) Students residing in hostels should take part in games according to their choice and it should be made compulsory.

(b) Students not residing in hostels should at least attend in the evening for games compulsorily.

2. Yes. Physical education and games (Indian and foreign) should be compulsory, as the health of a nation is the greatest asset. In my opinion physical education should be given throughout the period of stay at the university.

3. Yes, there should be a degree course of Physical Education as it is a most important factor of life : students desirous of offering degree examination in Physical Education may be allowed to do so in the interest of the health of a nation.

4. (a) The present arrangements for inter-university tournaments and sports do not fully satisfy the needs. They are all western type of sports. It is advisable to introduce Indian sports in the curricula.

(b) A committee should be set up to enquire into the details as to what system of sports and physical exercises be introduced to perfect this system of education.

5. There is no adequate provision for medical examination of students and their treatment.

(a) There should be arrangements for examination of students by a physician every month and a report should be submitted regarding physical defects, if there be any. A record ought to be maintained for all individual students and they should be sent to respective physicians of their choice for proper treatment, etc.

(b) In case of illness, special provision should be made for attendance to sick students and there should be arrangement for all systems of medicine (Allopathic, Homeopathic, Ayurvedic and Unani). Treatment should be made according to the choice of the patient.

(c) A well-equipped dispensary containing all systems of medicines should be maintained for proper medical aid and relief to the students.

DWIVEDI, M. M.

1. Yes, facilities are there, but all students do not avail of them.

(a) Resident students take benefit of the facilities

(b) Non-resident students mostly do not take the benefit.

2. (a) Yes, except on medical grounds.

(b) Throughout the period of stay.

3. No separate degree course is necessary.

EAST PUNJAB UNIVERSITY.

1. (a) No.

(b) No.

2. (a) Yes, up to the Higher Secondary stage but not at the proper University stage.

(b) Under the existing conditions for the Intermediate stage only.



3. There should be at least one College of Physical Education in the province which should prepare students for a Degree course.

4. (a) These were satisfactory till the partition of the country.

(b) On a zonal basis.

5. (a) No.

(b) Yes.

(c) Conditions vary.

GOVINDARAJULU, L. K.

*Oral Evidence.*

In the Intermediate class we have 3 hours of compulsory physical training a week and formal gymnastics 2 hours a week. They also play in addition to gymnastics.

In the B.A. and B.Sc. stage the presumption is that because they have been members of the University for two years, they develop a taste for physical training. In the B.A. stage we limit compulsion to 2 days in the week. They play only games.

As regards my satisfaction with the physical training which the students are having now, I would say that the boys get practically all that they should, except from the point of view of nutrition and health activities for which there is scope for improvement.

Physical training is not popular for the simple reason that in the class they do not go through the same kind of discipline. Many students who come have many bodily defects. There are defects which could be corrected if they had been discovered earlier. We consider physical training necessary as a corrective to abnormal development.

We classify students into A, B, and C categories. In the case of physical training we take them by groups of 150 or 200. Out of 1600 we would classify not more than 150 as C. 1500 would be A or B. If you make a strict classification, about 300 would come to be classed under B. It is due either to under-nutrition or on account of other causes.

GUPTA, DR. R. M.

1. No, there are not enough grounds and opportunities.

(a) If possible hostels should be near playgrounds, so that inter-hostel games can be organised.

(b) They could be associated with some hostels or with general body of students for the purposes of games.

2. (a) Yes.

(b) At least upto degree standard.

4. (a) The arrangement needs improvement.

(b) Through Inter-University Board.

IYA, DR. K. K.

1. (a) The universities are located in crowded cities and their gymkhanas or sports grounds are located far away from the college.

2. (a) Yes, with suitable supervision and coaching for improvement of standards of athletics and games.

(b) Yes, throughout the period of stay at the university. A minimum requirement of such participation (so many hours) could be laid down by the university or the college.

3. I think it is a very good idea.

5. (a) No. Except in a few instances.

IYENGER, G. V. KRISHNASWAMY.

1. (a) Yes.

(b) Yes, if they are within reasonable distance.

2. (a) Yes, throughout the period of stay.

3. I do not hold that view.

4. (a) Yes.

5. (a) This is becoming a farce, because the doctor has to examine too many students and he is not paid for it.

(b) and (c) Yes.

JHA, I. S.

2. (a) Yes, selection of games should be according to their own liking and those who are physically or medically unfit should be exempted.

(b) Throughout the period.

JODH SINGH.

In the East Punjab University, physical education is compulsory upto the Intermediate stage.

2. (a) Yes.

(b) Throughout the period of their stay at the colleges.

5. (a) In my college they are medically examined every year.

(b) Yes.

(c) Yes.

JUNG, ALI YAWAR.

1. No. There are various deficiencies, like absence of good coaches, the poverty of the students which makes it necessary for the University to supply them with sticks, bats and even boots and the

little attention bestowed on games specially during the school stages. Physical instruction, wherever compulsory, seldom takes into account the fact that in some cases it may be harmful (and the same with games). On the other hand, if these are not made compulsory, the general backwardness and lack of interest is sure to result in few taking part in such activities. The whole of these activities require being co-ordinated very closely with medical examination and the regulation even of diet. While there is difficulty always with regard to the non-resident students, even those who are resident in hostels do not take sufficient interest in games and sports. The University has itself to devote more attention to this side of the life of the students and to associate its teaching staff with the students on the fields. That would develop healthy contacts and corporate life. Encouragement should be given by way of giving preference in admissions to the University and to hostels (all other things being equal) to students who are good at games and sports.

2. (a) Choice should be given between physical instruction or games or athletic sports.

(b) May be made compulsory from the 1st to the 4th year, subject to (a) above and only to the extent of residential students.

3. If a University is able to afford taking up the subject and there is scope for absorption of those qualifying in the Degree in question, there would be justification for it.

4. Generally, yes.

5. (a) No, not adequate.

(b) Yes, in this University.

(c) Yes, in this University.

KANE, MAHAMAHOPADHYAYA DR. P. V.

2. (a) I am not in favour of compulsory physical education for university students.

5. (a) (b) & (c) In the Bombay University for some years there was a periodical medical inspection of students, but that has now been stopped because compared with the expenses the results of medical inspection were not very helpful. There is no well-equipped dispensary provided for by the University anywhere and there is no provision for medical attendance in cases of illness.

KHAN, MOHD. ABDUR RAHMAN.

2. (a) Yes.

(b) At different times of the year—seasonal.

3. Anatomy, Physiology, Psychology.

KARIAPPA, S.

1. Excepting the non-resident students others are getting some kind of physical exercise or the other.

2. (a) I am not in favour of compulsory physical education and games, for I believe that no student lags behind when facilities for games are offered.

3. I am not for Degree courses in Physical Education.

5. The arrangement is rather meagre.

KRISHNAMURTI, K.,

1. The present arrangements for physical education and games in Nagpur University are fairly satisfactory. They can be improved if more funds are available and if the right type of Physical Training Instructors are appointed.

2. (a) In the initial stages compulsory physical education and games are desirable; but gradually these can be made attractive so that the students will take to them with pleasure.

(b) To what extent they are to be compulsory depends upon the response from students.

3. A Degree course in Physical Education is not necessary. A separate diploma may be instituted for training instructors.

KUVALAYANADA, SWAMY.

#### *Oral Evidence.*

Our course lasts for only nine months and from our experience during the last nine years, we find that we are not turning out enough material or the proper type of material that is required. It is High Schools that require these teachers. Teachers are turned out by the University and yet the University confines itself with the B.T. courses and Physical Education or training is neglected.

I am connected with physical education for 40 years and I have been in charge of the Provincial Board of Physical Education as the Chairman for 10 years. We have gone round the whole of India and seen how the Universities and Colleges work and we are satisfied that unless and until a College of Physical Education is established with a four years' course after Matriculation, Physical Education in our country will not have the necessary attention and the necessary dignity.

Integration of education is necessary everywhere and particularly in the High School stage, and that is why in Bombay Province we have made it a particular point that a man in charge of Physical Education must also be a class teacher. He will be the best man to teach Physiology, Anatomy or Hygiene or Dietetics, which really speaking come within the range of Physical Education. To-day ordinary class teachers teach these subjects, who do not know anything about them.

A man in charge of a class must be able to observe the physical and mental characteristics of his boys. In the B.T. course there is a provision for Education Psychology, but the trouble is that the man does not know how to tackle a boy from the educational point of view on the playground. There are complexes developed, which can be successfully tackled only on the playground.

We will teach physiology no doubt, but physiology from the point of view of Physical education. Physiology as it is taught in the Medical Colleges is mostly superfluous and there is no application to Physical education.

The next is about the B.T. course and the T.D. course. There is a general apathy against Physical education. I think it is desirable that every teacher in the High School is a "physical education minded" teacher. Otherwise we have seen that the Physical education teacher is having a sort of isolated existence, which must be put an end to. We, in our province, have made up our mind to do one thing and that is that every teacher should be Physical education minded.

In Germany before the war, every teacher had to undergo physical training for  $2\frac{1}{2}$  years. I think something like that must be done here also.

The other suggestion would be to make Physical education a major subject just as in any other course. In America there are 50 Universities with Physical education as a major subject. Of course we will have to get experts in different branches of Physical education. Our teachers are not supposed to be experts in various skills and we have to get experts from outside who have got physical background. We will have to import coaches from outside.

It will be for the Universities to put physical education as an integral part of the teaching degrees. Unless and until this is done, both by the Provincial and Central Governments and the Universities, I think our level of physical efficiency and intellectual efficiency will suffer.

We in Bombay Province have offered 50 per cent. grant towards Physical education to Colleges who were prepared to meet the other 50 per cent. expenses for Physical education. No college has so far taken it.

Another suggestion is about the Physical education in Colleges. The Nagpur University has done very good work. They have created special centres where a student can go if that centre is nearer to his residence irrespective of whether his college is attached to that centre. In Bombay we find that we have no space in many cases for Physical education. I have found physical training being given at 1 o'clock in the sun. They take boys up to the roof and do it. Even in Bombay it is possible to have so many centres where students can be given physical training.

About the medical examination, the medical graduate in charge of the medical examination knows very little about Physical education as such, and he is not able to help the students in any way except prescribing glasses or prescribing some drugs for his particular difficulties. That is not what is intended or what is expected of a medical graduate who is in charge of Physical education. We have recommended in this report a one year's course in Physical education for a medical graduate. Then and then only he can work as a medical officer for a school.

LUCKNOW, UNIVERSITY OF.

1. We have already answered this question under a different head.

2. (a) Yes.

(b) We are in favour of compulsory Physical Education and games for the under-graduate classes for two years.

3. We are in favour.

4. They need improvement.

5. (a) No.

(b) No.

(c) The dispensary needs expansion

MADRAS, UNIVERSITY OF.

Reference is invited to the relevant portions in the General Inspection Commission Report.

MAHANTY, R. N.

1. I am satisfied with regard to students residing in hostels but not with day-scholars.

2. (a) Yes.

(b) Up till the end of the Degree course.

4. (a) Yes.

5. Yes.

MALAVIYA, PT. GOVIND.

2. (a) Yes, but compulsion must begin in schools (vide reply to XIV (1) (a)).

3. If we make physical test compulsory we must have teachers and a degree course is desirable.

4. (a) It is desirable to have Inter-University Tournaments but Universities are handicapped by want of funds to organise such Tournaments on a large scale.

5. (a) No.

(b) Yes.

(c) Not everywhere.

#### MEDICAL COUNCIL OF INDIA, NEW DELHI.

1. Arrangements for games and Physical education are hardly adequate even for the students resident in hostels, those not residing in hostels and specially those living far away from the university grounds have none.

2. (a) Physical education and games should be made compulsory but the compulsion so put into practice that its undesirable features are mitigated effectively by providing a large variety and supply of games so that every one's likes are catered for.

(b) They should be compulsory for the full length of the students' stay, though they be made less strenuous and time-consuming near the university examination.

3. Considering that Physical education has to be made compulsory for the various educational institutions, it would be desirable to have trained personnel to be in charge of this work. The Degree course should include Anatomy and Physiology as well.

5. (a) Periodical medical inspection of students is not provided for in all institutions. In some, students are examined only once and that too hurriedly. There is hardly ever a re-examination.

(b) Medical attendance in cases of illness is not very satisfactory except when, as in the case of Lucknow University, there is an attached college hospital.

(c) The dispensaries are constantly starved for equipment and supplies.

#### MEHTA, K. C.

1-5. Every student joining a college or a university should be examined by a qualified doctor and the physical defects, if any, be reported to his guardian at once. With the help of suitable treatment and periodical medical inspection of defective cases a good deal can be done to cure such defects. As far as possible every college with an enrolment of 500 and above should have a whole-time medical officer, a compounder and a well-equipped dispensary.

Adequate arrangements should also be made in every college for physical instruction by a properly qualified person and all such students, who do not belong to N.C.C. (National Cadet Corps, Senior and Junior Wings) should be made to take compulsory physical training.

MENON, A. GOPAL.

*Oral Evidence.*

We have got about 5 doctors in the University College to conduct medical examination. A doctor examines about 15 to 20 candidates a day. He spends about 3 to 4 hours.

A doctor is attached to a college.

We write to students' parents regarding the medical examination and get aid when necessary.

MUKHT, C. A.

2. (a) Yes.

(b) Throughout the stay at the university and minimum attendance must be 60 per cent.

3. There should be Degree courses also.

4. (a) Yes.

5. Not adequate.

NAGANDRAN, R.

1. Arrangements for physical education and games are not satisfactory.

Those who stay in hostels which are near the colleges, have a slight advantage over those who live elsewhere.

2. (a) & (b) Physical education and games should be made compulsory throughout the period of stay at the university. While a general standard of Physical education is desirable, suitable modifications should be made in case the health of a student is below par or where he has other disabilities.

5. (a) There is provision for medical inspection of students; but it is not adequate. They are being examined once a year. They should be examined once a quarter.

NARAYANA, DR. B.

1. No. Specially in case of those who are not resident in hostels.

2. Yes. Throughout the period of education.

3. Yes.

4. (a) No.

5. (a) It is done but should be improved.

(b) Arrangement should be improved.

NATU, M. N.

*Oral Evidence.*

My suggestions are that Physical education should be a part and parcel of the educational career of every student in the whole of the college life up to B.A. Even for Engineering and other Professional



colleges, it will be necessary for them to have Physical education. I might exempt them only in M.A. or M.Sc. classes. Physical education should be composed of various types of games and sports with option to choose according to the aptitude of the student, in addition to the physical training part of it. All these should form a part of the curriculum.

At present we have a regulation that every student upto the Intermediate stage must put in certain attendance, but the whole thing is not done in a proper manner. There is no definite syllabus or course. There should be a definite syllabus, course and minimum attendance and a student should be enabled to acquire skill in a game or sport of his choice.

At present the arrangement is that they need only put in three days in a week. What I would like to impress on the Commission is that spasmodic attendance at a physical course is not enough. There should be some sort of physical exercise every day to keep them physically fit.

A boy should be made to attend five days a week and for the other days he may play games only. For Agricultural Colleges, the students have to undergo certain minimum work in the fields, so also in the Engineering Colleges they have to undergo certain physical exercises, but for the Arts and Science students, they have nothing at present.

**NAYAR, DR. A. S. MANNADI.**

No. Hostels are not provided in all colleges and those available are not satisfactory and have not adequate accommodation, facilities for recreation, etc.

(2) On voluntary basis only.

(3) No need except to provide "Physical Instruction".

**PANNIKAR, P. R. PARAMESWARA.**

1. & 2. The present arrangements for Physical education and games are inevitably inadequate on account of the large number of undergraduates who flock to the university. We are not in favour of compulsory Physical education and games at the university stage. This, however, is essential at the school stage.

3. We are not in favour of Degree courses in Physical education. We prefer post-graduate diplomas in Physical education.

4. Yes.

5. All students of this University are medically inspected during the first year of their Intermediate course and also during the first year of their Degree course. Thus every student undergoes at least two medical inspections during his full college course. We may, however, point out that this medical inspection would have been more profitable had it taken place much earlier throughout the students' school career. We find that the majority of ailments from which the students suffer are childish complaints which could more easily have been remedied during the early days of their school course.

## PAPATLA, LT. COL., P.

1. (a) Could be improved.

(b) Not satisfied—as they rarely take part in any games.

2. (a) Yes.

(b) Compulsory throughout the period of stay except for the higher post-graduate and research students in whose case it may be optional.

4. (a) Could be improved

## PATNA, UNIVERSITY OF.

1. (a) The present arrangements are not satisfactory. The hostels have no grounds of their own and have no funds to provide for games or to make arrangements for Physical education. The College Hostels are able to take advantage of the facilities if provided by the college but the outlying hostels are denied this. Even if funds and fields were made available the small number of students living in these hostels would make any organized games impossible.

(b) The conditions for students not residing in hostels are much worse. Students have to be in the college from 10 A.M. to 4 P.M. and they do not take any lunch during the college hours. They return to their homes after college for a much-needed meal and get no time to come back again for games. No provision can be made for students scattered all over a big town.

2. (a) Yes, for all who are medically fit.

(b) During the first four years of their degree course. The programme should be so arranged as to give more work during the first and third years than the 2nd and 4th years. During the post-graduate classes there is no need for compulsory games.

3. Not in favour. This should be a specialised course and would not fit in with the requirements of an ordinary University student.

4. (a) The present arrangements are not satisfactory.

(b) There should be an Inter-University Sports Board having 3 local boards under it to control games and sports at Inter-varsity level, the local boards controlling and working out details.

More money should be provided for enabling teams to participate in competition and friendly games and sports meets. The Central body should be entrusted with the duty of getting coaches for such players who show promise.

5. (a) A junior part-time doctor is employed for the whole of the college. A very sketchy medical inspection is held once a year. It is hardly of any use as it consists mostly of routine measurements of weight, height and chest.

(b) A doctor visits the hostel daily on working days and attends to minor ailments. (A cough and cold doctor). Other cases are treated in the General Hospital where the students have to compete with the general public for admission into over-crowded general wards.

(c) None.

PRADHAN, N. C.

1. (a) & (b) While there is some provision for students living in hostels, there is practically no provision for students who are not resident in hostels.

2. (a) & (b) Yes, in the first two years. If adequate provision is made for games and adequate hostel accommodation is provided, compulsion will not be necessary in the last two years.

3. This would appear unnecessary as a part of University education.

4. No.

5. Yes.

PRADYUMNA, C. JOSHI.

It should be made compulsory for the first two years of an undergraduate course, leaving it optional in the third year of the Honours course. The time should be divided into two days of physical training and three days of games, the entire system being fitted into the college time-table for the day-students and worked in the mornings and evenings respectively for the hostel residents.

No amount of training can replace the need of a thorough medical examination of boys. It is at present, where it exists, entirely formal and valueless. Before any student is admitted into a course of physical training, a medical check-up is necessary. Provision for exemption is deceptive in so far as the authorities shirk their positive obligation to admit those who are fit, and encourages false pleas for avoidance of the training. Running such classes this year, and having had the occasion to examine the medical report on the health of students last year during my term of Principalship, I found several cases where Physical education would have been definitely injurious, though a special treatment could make those boys physically fit. In many cases it is the poverty of the parents and the careless advice of the medical men which is at the root of the physical and nutritional deficiencies of the growing generation. It is very necessary that the health reports are made more reliable and an active crusade launched against mal-nutrition and disease.

QANUNGO, K. R.

2. Yes, unless otherwise exempted by the Medical Officer.

3. No. Degree courses. Such education should be made at certain centres of semi-military character.

**RAHMAN, HABIBUL.**

3. The writer is in favour of the institution of Degree courses in *Physical Education*.

5. The arrangements for medical inspection and attendance are generally unsatisfactory and college and university dispensaries are not very well-equipped.

**RAJENDAR SINGH, LT. COL.**

2. (b) Physical exercise is essential throughout life. This habit can only be acquired if physical training is made a habit in the early days of a student's life. One hour a day for making the body is as necessary as six for making the mind.

**RAMANUJAM, DR. S. G. MANNAWALA.**

1. (a) Yes, but there is always scope for improvement.

(b) No, not in the case of non-residents coming by train or otherwise.

2. (a) Yes.

(b) Yes; throughout the period of stay except perhaps, as the students may desire, for a few weeks preceding the final examination each year. The necessary facilities for all students to participate in games of one kind or another should be provided.

4. (a) Yes on the whole; but there is a growing tendency for tournaments and sports to trench upon academic work, particularly examinations.

(b) By postponing as far as possible the tournaments and sports to a convenient time after the annual examinations are over.

5. (a) Yes; for men students in this University. Steps are being taken to have medical inspection for women students also.

(b) Yes.

(c) Yes.

**RAMASWAMY, PEDDADE.**

A really efficient system of compulsory Physical education can be possible only if work is organised on a different pattern altogether. Colleges and Universities must do most of their work in the fore-noons, and the after-noon hours between 3 and 6 can then be devoted to a scheme of Physical Instruction. The scheme has to be worked throughout the whole of the academic year when the students are in session.

5. The medical inspection of students, as at present conducted, is more nominal than real. Every College should have a well-equipped dispensary with a whole time doctor always present during working hours, in the premises of the College.

RAO, A. G. RAMACHANDRA.

1 & 2. Under the present arrangements, all students do not participate in sports. Compulsory Physical education scheme is not relished by the students. Better and more attractive physical exercises must be designed and statistics about the development of health and physique of students in relation to various kinds of physical exercises must be collected and analysed.

4. More encouragement must be made.

5. No.

RAO, H. S. MADHAVA.

1. (a) Residents in hostels have some facilities ;

(b) Non-residents generally do not take part in games.

(2) (a) Yes.

(b) Throughout the university career. Provision to be made in the time-table. A minimum standard should be fixed for promotion. A military officer should be in charge of the Physical education.

(3) Not necessary.

(4) (a) Not satisfactory. More stress should be laid on track and field sports, swimming, riding and national games and exercise.

(5) (a) Could be improved.

(b) Yes.

(c) No. Medical college can run a dispensary.

RAO, K. S. RAMA KRISHNA.

1. (a) Only a small percentage of those that reside in hostels, (say, about 25 to 30 per cent.) engage in any form of exercise.

(b) About the same percentage of those that live outside appear on the field after college hours.

2. (a) I do not favour compulsion for the reason that any compulsory scheme will have to be necessarily formal and elaborate without any corresponding benefit.

3. It does not seem advisable for the University to arrange for specialised Physical education or to institute Degree courses in it.

RAO, P. RAMACHANDRA.

1. The present arrangements for physical culture are unsatisfactory. Even the Physical Culture Directors are cynical about it.

2. (a) There is no need for compulsion. A large variety of games and sports and physical culture will attract the students. There is a poverty of material for gymnasium, etc. Government must provide richly for these.

RAY, GIRIJA SHANKAR.

2. (a) Yes, provided there is compulsory food before or after the exercise.

(b) If we have compulsory Physical education we must have it for the whole period and for every day of the whole period. Physical fitness cannot be achieved by spasmodic efforts.

3. Useless.

5. No. We should have a doctor attached to every college.

REDDY, M. GOVIND.

No. No Physical education is administered in hostels. Not many universities have any system of Physical education. This is a vital factor which is neglected. Some arrangements for games of course do exist. But it is left free for students to take or not to take part in games. Left to themselves, a large number of students do not participate in sports. But, when once a taste of games is given to them by making them participate for a time in games, they will automatically interest themselves in sports. It is also necessary to enroll every student in one or other games.

SAHU, LAXMI NARAIN.

2. (a) Yes.

(b) Throughout.

3. There should be Degree Courses in Physical education.

1. No.

SAVOOR, S. R. U.

1. I am in favour of compulsory Physical education and games at least two times a week for under-graduate students.

3. In my opinion Degree courses in Physical education are not desirable under present conditions.

4. & 5. The present arrangements for inter-university tournaments and sports are fairly satisfactory.

SETHI, DR. B. L.

2. (a) Yes. For the whole period of stay in the university.

4. (a) Yes.

5. (a) Yes. But more medical staff is needed for frequent medical inspection of students.

(b) Yes.

(c) Yes.

SETTY K. SUBBIAH.

1. No.

2. (a) Yes; together with free Government canteens to serve nourishing food as mid-day meals to students.

(b) Throughout.

**SINGARAVELU, M.**

Compulsion will not by itself improve matters. There must be some attraction for the students to take to these physical exercises. Competitions for good physique must be held and prizes awarded. Activities in sports and games should also be taken into consideration as one of the essential elements for a student to obtain a degree. Tests must be made in the various sportive and athletic activities and marks awarded. One other reason why students do not take to physical exercises and sports is that teachers also do not encourage boys to take to these.

I am in favour of the proposal for instituting courses in Physical education not only for a degree but also for a diploma and would insist upon a teacher before being appointed in the university taking either of these courses.

**SINGHANIA, PADAMPAT.**

1. Yes.
2. (a) Yes.
- (b) For the first two terms.
3. It should be introduced.
- (a) Yes.
- (b) Yes.
- (c) Yes.

**SINHA, DR. H. N**

I am not satisfied with the present arrangements for Physical education and games in the universities. We have in this University made Physical education, in the form of a morning drill for half an hour compulsory for all men students in the under-graduate classes. Besides there are facilities for different games for men and women students. There are no special facilities provided for hostel students. But my objection to compulsory physical training is that nobody bothers to find out if the students get two good meals a day. Physical training yields good results if students get good food. Most of our men-students come from very poor families. Even those who live in hostels do not get good food because most of them cannot afford it. It is therefore unwise to make any Physical education compulsory, unless we take care to see that those who join colleges come from fairly well-to-do families.

**SHAHANI, P. P.**

1. I am not satisfied with the present arrangements for Physical education in colleges and in the universities. Majority of the students neither play any games, nor have any other physical exercise. Only a few hostellers and fewer day-scholars take part in games. Most of the money collected from students is spent on a few teams—first

elevens, and some money is given to second elevens. Students in most universities have also very poor knowledge of human anatomy, physiology and personal and social hygiene. Gymnasiums are patronised by very few students. The problem is not with students who are interested in games as they take to it without asking and play for a certain period in the academic year, but the very large majority in whom the play-instinct is dead are the problem.

For any scheme for Physical education the under-mentioned measures are necessary.

(a) Physical education i.e. knowledge of Anatomy, Physiology and Hygiene (personal and social) should be a compulsory paper in the first year.

(b) 75 per cent. compulsory attendance at games and exercises not requiring apparatus.

(c) Trained Physical Instructors at the ratio of at least one for 100 students for giving exercises to students.

(d) Co-operation of teachers interested in games for games teams and others for supervising attendance, etc.

(e) Attainment of prescribed physical standards at the time of graduation to be mentioned in diplomas.

(f) So arranging time-tables that the games hour is the last hour before sunset (this will do away with the excuse of day-scholars that they had to come to the college twice every day).

(g) Arrangement for compulsory tiffin before playing games.

I had it for 12 years and it was popular and managed by students. It was almost self-supporting.

(h) Besides special lectures on balanced diet, sex hygiene, psychology of sexes, oral and dental hygiene and care of eyes should be given by experts.

SHIVESHWARKAR. S. W.

1. No.

2. Yes, throughout

SONDHI, G. D.

1. No. Facilities are most meagre. There is not enough diversity to suit the various types of physique and mind.

The residents are somewhat better off than non-residents. They are generally nearer the playgrounds and the example of one impels the others. Students living singly suffer from inertia and even though desirous of taking part in games, sometimes prefer to stay at home or loaf about.



2. (a) This question is not very clear. Physical education and games seem to be included in the same category which they are not. Probably it is physical exercise that is intended in this question. If it is so, I am in favour of compulsory physical exercise, in addition to any games that a student might play. Each game or sport, except swimming, gives exercise to special sets of muscles only and not to the whole body. Therefore, particularly when a person is young, he must be given an all-round development of his body. I can vouch for the beneficial effects of such exercise from personal experience.

(b) Physical exercise, including swimming, should be compulsory for the first two years of a student's life, i.e., in the Intermediate classes. In this connection it must be remembered that in most of the universities the students join after Matriculating, at a fairly early age when they are more in the category of school-children than of real university students. Therefore, up to the end of Intermediate classes, physical exercise must be compulsory and it should be given early in the morning. I suggest early morning purposely because we must toughen the students' bodies as part of their physical discipline. After the Intermediate classes, the physical exercise part can be made optional.

Along with this morning physical exercise, the students must be given ample facilities for games and sports. These latter give not only physical development but also afford mental relaxation and emotional release. If in this question it is Physical education about the body that is meant, then this too should be imparted through talks. In these talks rules about bodily hygiene should be imparted to students.

3. Degree courses in Physical education should be post-graduate and not included in the ordinary B.A. degree course for two reasons:—

- (1) Physical education must be treated as a specialist course on somewhat similar footing as a medical course. Students at the post-Intermediate stage are mentally not ripe to get full benefit out of a Physical education course.
- (2) As it is likely that a student, after getting his Physical education degree, would join service, it is essential that he should have reached sufficient physical and mental maturity before taking up his duties as an Instructor. The age of a Physical Instructor should not be less than 20 or thereabout.

I am completely in favour of instituting a post-graduate course in Physical education.

4. (a) As far as my experience goes inter-university tournaments and sports receive much less attention than they deserve. Of course, we talk a lot on occasions of sports prize-distribution about the value of games, etc., but the matter generally rests there and goes no further. One proof of it is the very niggardly financial support that universities give to the games. This aspect of university activities must receive much more attention.

*Oral Evidence.*

Physical education should be compulsory upto the Intermediate, higher up it should be optional because in the meanwhile love of sports should have been inculcated and also because the boy is developed.

There is one practical difficulty that there are a large number of students who live far away but it should be compulsory for at least the residents. For those living in the hostel we had morning hours, for those who came from outside we had shifts in between the college periods. In American universities Physical education beyond secondary schools is optional. For youngsters, sports like tennis, badminton, etc., should not be allowed. They should be made to play team games requiring guts. The student has a tendency towards playing tennis, badminton etc. because he can exhibit himself.

SUBRAMANIAN, L. R., SIVA.

1. (a) The arrangement for Physical education of day-scholars is the poorest.

I would even have Physical education made compulsory for undergraduates if voluntary response is poor.

5. (a) and (b) No.

(c) Not in all places.

SUNDARAM, P. S.

1. (a) and (b) Facilities exist, particularly for those resident in hostels. But the problem is to enthuse them in games. These things should be attended to in schools, so that the right amount of interest is aroused early.

2. (a) No.

3. I do not think much of this.

STANISLAS, REV. SISTER MARY.

2. (a) Yes.

(b) Throughout.

5. (a), (b) and (c) not in all cases.

SWAMY, A. NARAYANA.

1. The present arrangements for Physical education and games are not satisfactory.

2. Physical education and games should be made compulsory. It is desirable to make it compulsory throughout the period of stay in the university.

(i) Difference, as well as achievement in physical activities must be credited. As a result of "Standard Efficiency Tests" in physical activities individual students must be awarded classified certificates of merit.

(ii) Exemption from Physical education may be granted to members of the N.C.C., and those that represent the university in one game, and the college in at least two games in the inter-university and inter-collegiate tournaments. The exempted students should be awarded a I Class certificate.

(iii) The holder of the 1st class certificate must be considered very favourably in the matter of award of scholarships and fee concessions.

3. In the vast country of the 'Indian Union' it is both necessary and desirable to institute Degree Courses in Physical education in every university to be able to cope with the demand for properly qualified leadership in Physical education in the colleges and High Schools the lack of which accounts for the utter backwardness all over, in Physical education.

For the whole of India there must be a *Central Institute of Health and Physical Education* which (i) controls and regulates the degree courses in Physical education in the various universities, and (2) offers advanced training for a Master's Degree in Physical education with a research background. The graduates of the Central Institute will form the directive personnel in the universities.

4. (b) Following suggestions are made in regard to inter-university tournaments :—

1. More publicity and propaganda is necessary.
2. The Inter-University Sports Board should be a full-fledged institution—the secretaryship being in the hands of a technically qualified and experienced Physical Director. The Director of the proposed Central Institute would make an ideal Chairman of the Board.
3. After thorough discussion and deliberation in the Board, a "Hand Book of the Programme of Inter-University Contests" in all its details must be prepared in advance, and strictly enforced to obviate delays and postponements.

SYED, DR. M. HAFIZ.

2. I am in favour of compulsory Physical education and games. Every student should be given an opportunity of developing his body in a systematic way. It does not matter what games he plays, and what exercise he resorts to. Alongside with his mental development, his body must be well looked after.

TAMASKAR, B. G.

1. (a) No.
- (b) No.
2. (a) Yes, provided it does not interfere materially with normal health.

(b) Throughout. No student should be exempted except on medical grounds on any day. Adequate facilities should be provided for games.

3. It should be provided for those who want to specialise in physical activities.

TIETJANS, DR. O. G.

1. (a) and (b) No.

2. (a) Yes.

(b) Yes.

*Specific recommendations.*—(1) Mass physical culture as in the army for at least one hour daily.

(2) A certain percentage of marks and also attendance to be rigorously enforced for admission to examinations.

5. (a) There is provision at present for annual medical inspection of students. This can be substituted by a quarterly inspection.

VAD, DR. B. G.

1. Arrangements for Physical education and games in the University and many of its affiliated colleges is not adequate and satisfactory. Many colleges have no open playgrounds nor proper provision for games and gymnastics. The resident students naturally take greater advantage of the gymkhana than the non-resident ones.

2. I am in favour of compulsory Physical education throughout the college career.

3. The institution of Degree course in Physical education is now overdue.

4. Inter-university tournaments and sports have not gained much popularity among the general class of students.

5. There is urgent need for proper organization of periodical medical inspection and proper medical aid to the students.

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