APPENDIX

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APPENDIX - 1

ARTICLES

a) A code of public health and hygiene
b) Building up a strong manhood
c) Care of the respiratory organs
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e) Health and physical education
f) Height and weight of the body - A simple formula
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THE RISE OF GERMANY

Efforts for Physical Regeneration

[Dr. W. J. E. Langermann, D.P.T. (Berlin)]

In reply to the author's inquiries concerning the physical training of the German people, it is my privilege to record the facts in a comprehensive manner. In the main, it may be said that the German people are conscious of the importance of physical exertion, and the Government has taken steps to encourage the development of physical fitness. The following are some of the measures taken:

1. The State itself is spending 100,000 mark every year on this field.
2. Besides the funds already provided for the building of gymnasiums, playgrounds, swimming pools, and such like, funds are being made available for the construction of new schools.
3. A large number of the German people have been encouraged to take advantage of the facilities provided for their benefit.
4. The State is taking steps to encourage the development of physical education in schools.
5. The German people are being taught the importance of physical culture and are taking steps to promote a better system of physical education.
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The Cricket Carnival

An Analytical Survey

By Major M. A. M. (1871-1901)

The first day of the annual cricket carnival opened with a match between the M.C.C. and the All-India Cricket Club. Lord William, the Governor of India, presided at the opening ceremony. The M.C.C. team, led by Lord Willingdon, was faced by a strong opposition from the All-India team, which included many of the best players from across the country.

The first innings saw the M.C.C. posting a respectable total of 211 runs, with contributions from Major M. A. M., who scored 50 runs, and Captain A. W., who added 75 runs. The All-India team, captained by Major N. A., responded with a solid 190 runs, thanks to a century from Major N. A. and a steady 70 from Major N. A.

In the second innings, the M.C.C. struggled to reach the target, falling short by 21 runs with a total of 189. The All-India team, however, continued their dominance, scoring 220, with Major N. A. scoring a quick 80 and Major N. A. adding 60 runs.

The match was a close affair, with the M.C.C. losing by 11 runs. The M.C.C. team showed great spirit and resilience throughout the day, and the All-India team displayed their superiority with disciplined bowling and strong batting.

The match marked the beginning of what promised to be an exciting week of cricket matches, with several other teams scheduled to play throughout the week.

From the looks of things, the weather was perfect for cricket, with clear skies and a gentle breeze. The pitches were in excellent condition, and the players looked eager to get started.

Looking forward to the rest of the week, both teams are expected to perform well, with many matches scheduled to bring a lot of excitement to the carnival.

THE TIMES Sunday February 18th, 1921

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Data and analysis provided by the Times of India, with additional information from various cricket matches throughout the year.
Physical Degeneration of India

Alarming Health of the Malnourished

To the Editor of the Times:

The recent report on the physical degeneration of the Indian people has once again brought to our attention the alarming state of health among the masses. The report reveals a shocking picture of malnutrition and poverty that affects not only the rural areas but also the urban centers. The statistics are stark:

- Infant mortality rates are alarmingly high.
- Malnutrition among children is prevalent, affecting cognitive development.
- The average height and weight of adults are significantly lower than international standards.
- Chronic illnesses such as tuberculosis and malaria are rampant.

The reasons behind this degeneration are multifaceted:

1. **Economic Inequality**: The gap between the rich and the poor has widened significantly, with the poorest 20% of the population lacking access to basic necessities like food and healthcare.
2. **Lack of Education**: There is a correlation between educational attainment and health outcomes. Access to education is limited, especially for girls.
3. **Environmental Factors**: Poor sanitation and contaminated water are major contributors to diseases.
4. **Healthcare Infrastructure**: The healthcare system is overburdened, leading to long wait times and limited access to quality care.
5. **Social Factors**: Gender discrimination and lack of women's rights exacerbate health issues, especially in rural areas.
6. **Policy Failures**: There is a need for more comprehensive policies that address the root causes of health issues.

It is imperative that immediate action is taken to address these issues. This requires a multi-pronged approach involving government, NGOs, and international organizations to invest in the following areas:

- **Economic empowerment** to reduce poverty and improve living standards.
- **Education** to raise awareness and empower individuals with knowledge about health.
- **Healthcare infrastructure** to ensure that every individual has access to quality healthcare.
- **Environmental Sanitation** to improve the quality of water and sanitation.
- **Policy change** to ensure that health is prioritized in all development plans.

The health of a nation is a reflection of its socio-economic structure. Let us work together to ensure that every person, regardless of their background, has the right to a healthy life.

Yours sincerely,

[Your Name]

*Editor's Note: The letter was published in the Times on [insert date].*
Men Who Matter

Some Yeotonal Personalities

[Ele: L. J. Bhagwatk. D.T. (Bhuj)]

and, through a minor miracle, has met entirely play the
contradictory role of teacher, politician, and
rural development worker, and has
never been associated with physical
activities. The Honorary
 Trades is one of the well-known
and equipped gymnastic
institutions with swimming pools.
The institution is situated in the
heart of the town, with a five
beds, a swimming pool, and a
field. It is run by a group of
artists, and it is the heart
of the Honorary Yeotonal
Trades in its location and
administration. A vast three-
bedded room and a gymnasium
are facilities by the
Honorary Yeotonal
Trades. The Honorary
Trades has taken many steps to
keep the membership of the
gymnastics and
pool and has been in
the forefront of physical
activities.

D. S. K. Bose is the former
Chairman of the Honorary
Yeotonal
Trades, who, in the course of his
career, has met more than 15
physical training activities.

I. M. Roy, the former
Secretary of the Honorary
Yeotonal
Trades, was a key
figure in the
administration of the
Honorary Yeotonal
Trades. He
is a well
known

Naringi Sambal Mandal

Yeotonal is a member of
the district's main
gymnastics and
physical
activities
organization.

Kathi Association

The Kati Association is
very active, and Yeotonal has a
very fine "Mukhi" in H. S. K.
Mukhi, who has
influenced
the
physical
activities
in the
district.

The Grand Old Man

"If you don't know the
drums, you can't
play the
drums.
If you
don't
know the
rhythm, you can't
play the
drums."

The Old Man

...
Local Bodies and Public Health
An Appeal to Everybody

By Dr. T. KOSAGODA

Modern industrial life has deprived human society of its most natural form of living in the beauty of nature. City life, in some of the cases, is no better than death itself, and this can be proved by statistics. In the early days of the Industrial Revolution, the death rate rose to the highest it is now, and it is very difficult to distinguish between the healthy and unhealthy. The modern city is a place of disease, and the place of death.

These facts were revealed by a recent census, where the industrial city has its origin and where the unhealthy effects of the industrial city are most visible. This is why, we appeal to the people of today to prevent the spread of disease and to maintain healthy living conditions.

Among the evils that industrial city is suffering from, the health of the people is one of the most serious. The health of the people is maintained by the local government authorities. There is no way in which a local government can maintain adequate playing grounds and playgrounds. However, there is already a provision for the local bodies to spend any possible amount on the maintenance of public parks and playgrounds. There is no need for the government to take any action in this regard.

At birth in India, Rs. 2.25
At the age of ten, Rs. 2,800
At the age of fifteen, Rs. 6,060
At the age of thirty, Rs. 14,170
At the age of forty, Rs. 12,150
At the age of fifty, Rs. 11,500
India has to bear the expenses of education and maintenance of the people for about twenty years, the earliest age when they can begin to earn money.

The local government of our country has kept up the rate of physical training, healthy food, and the adoption of healthy habits, in order to prevent the spread of disease. But unless the people themselves take the necessary steps, the work of the government will be in vain.
Height and Weight of the Body

A Simple Formula

[By Dr. J. J. Habershon]

In the past, height and weight have been considered important factors in health and physical fitness. The former is often linked with the latter for its role in determining body mass index (BMI), a measure that quantifies the correlation between an individual's body fatness and health. Understanding how to calculate and interpret these measurements is crucial for maintaining a healthy lifestyle. This article explores the interplay between height, weight, and overall health, offering insights into how these metrics can be used to assess one's physical well-being.

Body Mass Index (BMI) is calculated using the formula:

\[ BMI = \frac{weight\ (in\ kg)}{height^2\ (in\ m^2)} \]

In Arnold's terms, BMI is a crucial indicator of body fatness, providing a simple yet effective way to gauge the relationship between weight and height. For instance, a BMI of 18.5 to 24.9 is considered healthy, while values above 25 indicate obesity, and those below 18.5 signify underweight. Understanding BMI helps in setting realistic health goals and applying personal fitness programs accordingly.

In conclusion, while weight and height measurements are essential for assessing overall health, it is important to consider other factors such as body composition and lifestyle choices when evaluating one's health status. These metrics serve as valuable tools in the journey towards a healthier lifestyle, emphasizing the importance of maintaining a balance between physical activity, diet, and regular health checks.
Health and Physical Education in U.S.S.R.

Every Town and Village Reached

As in England, France, Germany, and many of Italy, public health in U.S.S.R. has been a separate department of the Central Government under a special commissariat for Health (Ministry for Health). It is an established principle in Russia that the health of the people is the concern of the State, and special protection must be introduced for the welfare of women, children, and persons engaged in unhealthy occupations.

As a result of the various measures adopted there, public health has improved remarkably as compared with the prewar period. When the question of public health was first raised, the infant mortality and the general mortality rate were considerably decreased. The result is the increase of population and the average life expectancy steadily increasing. The number of persons living from 50 to 70 years of age has increased by about 25%.

Large sums are allocated annually from the State budget for the maintenance of health services. In 1933, 500 million rubles were spent for these services, and this expenditure will increase to 1,000 million rubles in 1938. The budget for the health department operates at a deficit of 21 billion rubles in 1933, but it is expected to be paid off in 5 to 7 years.

In 1930, 3,236,709 hospital beds, 63,000 physicians, 15,000 nurses, and 60,000 students were employed in the health services. The University of Suchatov has trained about 50,000 students in the field of health and physical education, and the state has expended about 6,000,000,000 rubles to support these institutions.
Constipation and Its Cure

Exercise and Dietetic Formula

[By L. I. Murcondar, D.P.H.[F.F.A.I.[]

Since the publication of the article, regarding bowel, weight and health of the body in the Journal, it is evident that health questions are being given more attention. Among the different problems of health, one of the problems of digestion and constipation seems to be the chief complaint of the present day population. It is very difficult to prescribe any definite set of exercise without analyzing the individual case and the causes of the complaint. A fairly large number of people do not realize the value of the right food for the right time when it affects from constipation, and those who do not care so much for it still result in serious illness or still constitute the health. The sound working of the digestive and the respiratory system is the key to the paradise of health, hence it forms the best duty of every one to take the best care of their digestive system for the preservation of perfect health and sound physique.

Food is the source of energy, as constituents being oxidized in the body with the production of energy, heat, and the waste products of combustion. Different types of food contain different elements which are necessary for building up the body and supplying vital forces to it. These substances are used for the production and the maintenance of perfect health.

Fruits, cereals, spinach, etc., are highly recommended as they contain vitamin B, which, when taken in proper proportion, not only supplies energy, but strengthens the bones, skin and blood, and prevent certain diseases such as rickets and bone fractures. Water is the most important part of food as it helps digestion and removes waste products from the body.

The first step of digestion takes place in the mouth, the second in the stomach, and the third in the intestines. The teeth, tongue, and the salivary glands as the fundamental organs in the first stage of digestion. The tongue is then responsible to provide food properly and chewed properly. The mouth is then:


Exercises

Along with the above precautions the following exercises will also help:

1. Sit down on the floor, with legs straight, feet apart, and try to rest the hands on the knees by the side of your feet. The forehead should touch the knees.

2. Stand erect with back straight, hands up stretch the hands high backward.

3. Combine both these exercises, i.e. bend forwards and touch the floor, then touch straight up.

4. Lie flat on the stomach, knees bent, hands up. Touch the right foot with the left hand and the left foot with the right hand.

5. Lie on the back, legs straight, hands up. Touch the left foot with the right hand and the right foot with the left hand.

6. Lie flat on the stomach, knees bent, hands up. Touch the right foot with the left hand and the left foot with the right hand.

7. Lie on the back, legs straight, hands up. Touch the left foot with the right hand and the right foot with the left hand.

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14. Lie flat on the stomach, knees bent, hands up. Touch the right foot with the left hand and the left foot with the right hand.

15. Lie on the back, legs straight, hands up. Touch the left foot with the right hand and the right foot with the left hand.

16. Lie flat on the stomach, knees bent, hands up. Touch the right foot with the left hand and the left foot with the right hand.
A Care of the Respiratory Organs

The Proof of Health and Victory

By R. H. Blake, D.P.H. (India)

It is a fact that which can be proved by statistics that about 90 percent of deaths result from the disordered and diseased respiratory system. The question of the most effective methods of the human race for the prevention and mitigation can be dealt with in these columns at leisure.

Next to these troubles are the troubles of the well-dressed respiratory system. A sound working of the respiratory system is not only necessary to the perfect health, but it is one of the factors that make up the rugged human race. It is a matter of energy and vigour upon which depends the smooth functioning of so many other systems as the digestive, circulatory, nervous, etc. Therefore, it is essential to lead an active life, which is only possible to take care of the respiratory organs every day, every week, and in every part of life, and should always maintain itself, well-dressed, and in the best of condition.

The respiratory system consists of two, three, lungs and heart. The air passes through the nose, where it is warmed, then through the mouth, and finally reaches the lungs, and the windpipe. The windpipe is divided into two, and one for each lung. It is not only extremely valuable in the lungs, but it also serves to make the voice. Long-distance running and the correct diet also have a bearing on this. A warm, dry, and clear atmosphere is essential for the health of the respiratory system.

1. Long-distance running in the morning is beneficial.

2. Regular exercise is important.

3. Adequate rest and sleep are necessary.

4. Avoid smoking and air pollution.

5. Maintain a healthy diet.

6. Keep the respiratory system clean and healthy.

For the sound working of the respiratory organs, it is essential to have a good, well-dressed, clean diet, in normal and natural conditions the body develops harmoniously in all systems, including the digestive, and secretory systems, but the normality of good nutrition, the proper diet, and the proper exercise and outdoor activities, are essential. The general outline of the respiratory system includes the lungs, the heart, and the bronchi; the general outline of the respiratory system includes the lungs, the heart, and the bronchi; the general outline of the respiratory system includes the lungs, the heart, and the bronchi; the general outline of the respiratory system includes the lungs, the heart, and the bronchi.
Building Up A Strong Manhood

Health Education Necessary

By Dr. L.J. Boraeser, M.D. F.R.C.P. (Edin.)

It is difficult to describe adequately such a complex process of healthy growth and still maintain it without failure himself. The reason why children are permitted to grow up handicapped by defects which might have been prevented and corrected, is that parents and teachers have not made, and real can take it that the really healthy boy is, or should be, the one who responds directly, even when they are falsely obvious; they do not realize that the boy is falling to reach the standard of normal health and that further it is not because they have no adequate means of guarding good health. Even the course of instruction in physical education in schools, proposed by the expert authorities, and the courses of instruction in the well-known gymnastic movements do not contain exercises necessary for different health defects.

Along the following lines is an attempt to make these defects clearly apparent so that the really healthy boy is the one who responds directly, even when they are falsely obvious; they do not realize that the boy is falling to reach the standard of normal health and that further it is not because they have no adequate means of guarding good health. Even the course of instruction in physical education in schools, proposed by the expert authorities, and the courses of instruction in the well-known gymnastic movements do not contain exercises necessary for different health defects.

Growth in Height and Weight

Most in height and weight are accurate measures of growth and health. However, average growth in height and weight does not necessarily indicate good health. Yet prolonged lack of growth affects the years of growth and maintenance in the whole with grown-up people, usually indicating some serious defect.

Good Nutrition

One might wonder if healthy growth of a boy's height and weight and yet be suffering from malnutrition. Signs of gold may not be visible but there may be a subtle amount of undernutrition for which the child shows certain physical and mental traits.

Skeletal Development

In healthy development the long bones are strong and grow, their smoothness and contour, and the movement of the joint are easy and graceful.

Posture

Habitual good posture is one of the important signs of healthy growth. Good posture may be largely due to following:

1. Early training from an early age.
2. Proper feeding for growth.
3. Bending of the legs and feet on the

4. THE HITAVADA Sunday June 21, 1931
A MODEL OF PUBLIC HEALTH AND HYGIENE

PHYSICAL DEGENERATION OF INDIA

BY DR. J. M. FADIL, F.R.C.S. (Edin.), A. R.C.S., B.D. (Lond.)

I commend the following views to your consideration. The state of the public health in India is one of great concern, particularly in certain parts of the country. The causes of this state of affairs are multifaceted, including poor sanitation, overcrowding, lack of proper drainage, and inadequate medical care. It is essential that immediate action be taken to address these issues.

The Indian government has been working on improving public health conditions, but more needs to be done. The establishment of better sanitation systems, the provision of clean water, and the implementation of effective hygiene practices are crucial steps in this direction. Moreover, health education and awareness programs should be intensified to inform the population about the importance of maintaining good hygiene practices.

Public health is a collective responsibility. It requires the collaboration of all stakeholders, including the government, the private sector, and civil society. Together, we can make significant progress in improving the health of the Indian population.

In conclusion, the challenges facing the public health in India are daunting, but with determination and concerted effort, we can overcome them. Let us work together to create a healthier future for India.
Press News about visit of Dr. Kokardekar to Jabalpur and his public speech.

DR. KOKARDEKAR AT JUBBALLPUR

(From a correspondent)

JUBBALLPUR, Oct. 12

After the departure of Mr. K. V. Desai, the Secretary of the Jabalpur University, who was on a short visit to Europe during the week-end, the public of Jabalpur had the opportunity of hearing Dr. Kokardekar, who arrived in their midst last evening. Dr. Kokardekar, who returned from Germany, after completing his course in physical training, arrived here on Saturday last and was given a reception by the town's athletic association. Dr. Kokardekar said that on his return from abroad he intended to start a movement for physical training in schools and colleges, and with this object in view he founded a club under the name of the "Jabalpur Athletic Association," of which he was the General Secretary, and toured through the province, during which he received a generous response from various places.

Comment: Dr. Kokardekar explained the Jabalpur Municipal Committee's support and the importance of the proposed scheme. He had met with great interest and support from the Municipal Council, and in view of the response he had received, he felt confident that the scheme would be successful. The Municipal Council had granted a budget of Rs. 1,000 to support the scheme, and Dr. Kokardekar praised the council for their cooperation and support.

Concluding, Dr. Kokardekar thanked the people of Jabalpur for their support and promised to work hard to make the scheme a success. He invited the people to participate in the activities and support the scheme.
Press News about receipt of invitation from German Academic Association Berlin for Dr. Kokardekar to attend Berlin Olympic Games-1936.

DR. KOKARDEKAR
F. G. S. G. K.

INVITATION FOR WORLD
OLYMPIC

(From our correspondents)

AMRST, Feb 19

In a letter received from the German Academic Association, the proposal to invite Dr. K. B. Kokar dekar to attend the Berlin Olympic Games in the year 1936, has been communicated.

The proposal is

From the Hindustan Times

According to the Hindustan Times, the proposal has been received by the German Academic Association, and the letter is dated from the Hindustan Times.

The proposal is

From the Hindustan Times

The proposal is

From the Hindustan Times

The proposal is

From the Hindustan Times

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From the Hindustan Times

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From the Hindustan Times

The proposal is
Press News about formation and registration of Sports and Athletic Board for C.P. & Berar with Dr. Kokarkekar as its General Secretary.

THE MAHARATTA ATHLETICS BOARD FOR C. P.

Work of The Civic Defence Force

(Yours Ours Allmahoneyy)

Amritsar, Aug. 11.

The Sports and Athletic Board for C. P. and Berar has been newly registered according to the Government resolution. In this, the C. P. Government and Dr. Kokarkekar, M. P. K., President of the Bhagwan Vasan—Board of Directors has been appointed General Secretary and, Dr. Punnahav, Secretary, ex-Minister of the C. P. Government, president of the said Board. Dr. Kokarkekar is also said to be present in Amritsar.

The C. P. and Berar provincial athletic tournaments are said to be held this year through this year through the intervention of Dr. J. Senior, of the Board.

PHYSICAL CULTURE IN WEST KAMBADESH

From Our Correspondent at Allahabad, Sept. 11.

Dr. L. L. Kokarkekar, M. P., E., Deputy General Secretary of the Sports and Athletic Board for C. P. and Berar, has started a project of the Delhi athletic board for the C. P. school and the West Kambojia District Board. It is understood that the Delhi athletic board has accepted the project and it shall be the West Kambojia District Board to the former President in order to start the Delhi athletic board to the former President to the West Kambojia District Board.

The funds have been raised for the purpose of the athletic project.

The Board is expected to be held at Amritsar in the coming February.
APPENDIX - 3

Letter Correspondance
A D.O. Letter of Dr. Kokardekar addressed to H.V. Deshpande in connection with his tour programme.

My dear Bhaya,

A good deal of change in the office and everybody is watching me at every turn. I am feeling somewhat unwell and am not feeling energetic. The tour programme is as follows:

18. Hall at Kosthi
22. " " Ellora
30. " " Ajanta
16. " " with Brij. You will kindly let yourself ready. Most probably I will leave early on 20th. Let us meet at your place.

Yours truly,
Z. Kokardekar
Handbill of Tournament organized by C.P. & Berar Indian Games's Association Nagpur of which Dr. Kokardekar was General Secretary.

C. P. & BERAR INDIAN GAMES' ASSOCIATION,
Annual Provincial Tournaments.
1941.

It has been decided to hold the Annual Provincial Tournaments in Indian Games at Nagpur on the Normal School grounds on 12th, 13th & 14th December 1941. The object of the Association and the Annual Provincial Tournaments is to promote the cause of Indian Games, make them more popular and develop them on more scientific lines. It is, therefore, expected that all the institutions, Schools, Colleges, Clubs and individuals will participate in these tournaments.

The last date of entry is 1st December 1941 and lots will be opened on 3rd Dec., at 9 P.M. in the office of Tournament Committee.

Entrance Fees in each event for each team:
For the members of I. G. A. Rs. 3. only
For non-members Rs. 5. only

Items:
1. Hurl-tu-tu
2. Atiya-niya
3. Kinhino
4. Langadi (for girls only)

In addition to these tournaments demonstrations of mass drill in Lutik Drill will be held during the Tournaments. Institutions and schools intending to take part in it should give their names before 1st December 1941.

Tickets:
Chitra Rs. 5, 2, 1 (assured)
Gallery Rs. 2
Ground Rs. 1 (daily)

Office:
S. D. Dhoke,
Secretary (office in charge)
L.O.A. Near Nell City High School Nagpur

Tournament Committee
Indian Games' Association.
A Letter from Dr. Carl Diem addressed to Dr. Kokardekar - Dr. Diem was not aware of the death of Dr. Kokardekar till the year 1948.

[Image and text]

Dear friend Kokardekar,

I am teaching under the course of physical education, and likewise the Indian Physical Education will be mentioned as well as was able to do.

I should like to come in connection to you. My Indian journey has to be adjourned to an indeterminate time; at the time being we are profusely of a friendly protection by foreign occupation, saving us from so far and dangerous journeys, as an Indian journey is.

Should you be in a position to mail me a letter of the diploma-work of yours, which has been so valued - the original was earlier serving me with regard to my own studies, but it has gone lost by an air-attack.

I would be very glad to receive any news of yourself one day.

Many of my earlier collaborators like to remember you and mail their compliments, for instance friend Haune.

Very sincerely yours,

Diem
Dr. med. h.c.
Manager
An official letter addressed to Dr. Kokardekar by Shri G.D. Sondhi, Secretary Indian Olympic Association - Lahore-1936, after attending Berlin Olympic Games, Mr. Sondhi appreciates the achievement of H.V.P. Mandal's Olympic Team.
An official letter from International Olympic Committee
Mon Repos Lausanne addressed to Shri S.K. Kane-Leader of
H.V.P.M. Berlin Olympic Team.

Berlin, le 8 août 1928

Cher le Président,

J'ai l'honneur de vous joindre
de votre lettre du 7 août 1928.

Le candidat des 1er, 2ème et 3ème Médalé de la Coupe Olympique, pour l'année 1924, a été
declaré par le Comité des Grands de l'Olympisme, pour la course de la saison de 1928. L'Olympic Council has decided the Olympic Cup for 1924.

Le Comité International Olympique a attribué le titre d'Olympique à la fédération sportive de l'Allemagne (butterfly) par la majorité des 27 voix.

Je vous prie de croire, Monsieur le Président,

L'assurance de mes sentiments distingués.

Le Secrétaire du C.I.O.
An official letter from the Organizing Committee for XI Olympic Games Berlin addressed to Dr. Kokardekar inviting a team of H.V.P. Mandal, Amravati to participate in Olympic Youth Festival.

Dear Mr. Kokardekar,

The meeting of the Committee on August 1st, 1936, will be held at the Olympic Hall, Berlin.

I am informed that you will participate in the Olympic Youth Festival as a representative of India.

I extend my warmest congratulations to you and your team. I am confident that your participation will add to the glory of India.

Yours sincerely,

L. Kokardekar, Esq.

Asaduddin (2nd)
True copy of the letter from the Consulate General Germany in Bombay addressed to Dr. Kokardekar explaining validity of technical institute where Dr. Kokardekar had his education in Germany.

(True copy of letter dated 18th July 1939 from the German Consul in Bombay).

DEUTSCHES KONSULAT

Bombay, 18th July 1939.

BOMBAY

Chhatrapati Building (3rd Block)

Chhatrapati Bldg. (3rd Block)

P.O. Box - 811, Phone -


Dear Mr. Kokardekar,

I am in receipt of your letter of the 12th instant and in reply beg to state the following:

There are two kinds of institutions in Germany for higher education. Institutions for higher studies in arts subjects are known as Universities; and institutions for higher studies in technical subjects are known as "Hochschulen". Under the German educational system "Universität" (University) and "Hochschule" have equal status and rights. "Hochschulen" are as a matter of fact independent universities for technical subjects. A "Diploma-Zaugnis" from the respective Hochschule for the subjects concerned has, therefore, the same value.
Official letter from Dr. L.J. Kokardekar, Chief
Organiser Physical Welfare, C.P. & Berar, Nagpur to the
the General Secretary, H.V.P. Mandal, Amravati regarding
election of alumni Association of HVPM.

MEMORANDUM.

FROM

The Chief Organiser,
Physical Welfare,
Central Provinces and Berar.

TO

The General Secretary,
Manuam Vyam Prasarak Mandal,
Amravati.

No. 271/7

DATE 17/11/1967

Subject: Election of the "Working President" of the Committee
of Old Boys of the Hanuman Vyam Mandal, Amravati.


In view of my present official duties it is
found advisable not to undertake any positions on any
executive committees of the mandal. I, therefore, request
you kindly to relieve me from my "membership" and
"Working Presidentship" of the Executive Committee and
Old Boys Committee of the Hanuman Vyam Prasarak Mandal,
Amravati respectively.

[Signature]

Chief Organiser,
Physical Welfare,
Central Provinces and Berar.

MEMORANDUM

To

The District Inspector of Schools,
Raipur.

Subj.- Opening of Physical Culture Centres.

Reference - Your endorsement No. 4215, dated the 4th October 1929.

HONORABLE VYAYAM PRAMARAK MANLAL, AMRAOTI, can supply a suitable candidate for the post of a teacher who can be in charge of a public "Athada" and in addition who can also be a physical instructor for primary schools. The Municipal Committee, Bhatarpara, may be advised to write to the General Secretary of the Mandal to recommend a suitable man.

It may further be noted that it is likely that the Central Board of Physical Welfare will conduct a class for a period of 4 months at Amraoti to train Physical Training Instructors to be in charge of physical training in primary schools under the control of local bodies. The class is likely to begin by the 15th of November 1929. The Municipal Committee, Bhatarpara, may send an nomination and despatch him for training in time.

Sd/- L.J. Kalpaker,
Chief Organiser,
Physical Welfare
Central Province and Berar.
To Whom So Ever It May Concern!

A letter of Authority given to Dr. L.J. Kokardekar, Life Member HVP Mandal Amravati for collection of funds on behalf of the Mandal.

Hanuman Vyayam Prasarak Mandal,
Registered Under Act XXI of 1861

Dr. L.J. Kokardekar D.P.E. (Berlin) Life Member of
the Hanuman Vyayam Prasarak Mandal, Amravati, and Director of
Physical Education of the Nagpur University, has been
authorised to make propaganda, to collect funds, receive
endowments and gifts and do all such necessary things
in connection with the Indian Academy of Physical
Culture which the H.V.P. Mandal has decided to form.

N.R. Deshpande
General Secretary,
H.V.P. Mandal, and
Secretary, Academic
Council of the H.V.P. Mar
Mandal, Amravati.

Amravati
19-3-1941.
A letter addressed to the members of the Selection Committee for appointment of candidates for the posts of distt. organisers for physical welfare.

To,
2. Mr. H.Y. Deshpande, Latur.
3. Mr. A.C. Sanyal, Director of Public Instruction, Central Province & Berar.
5. Mr. L.G. Gokhalekar, Chief Organiser for Physical Welfare, Central Province & Berar.

Dated Nagpur, the 30th November 1939.

Subject:- Appointment of a Selection Committee for the selection of candidates for the posts of Distrcit Organisers for Physical Welfare.

I am directed to inform you that you have been appointed as a member of a Selection Committee appointed for the selection of candidates for the posts of Distrcit Organisers for Physical Welfare recently announced by the Government.

1. The meeting of the Committee for the preliminary selection of candidates will be held at 3 p.m. on Wednesday, the 6th December 1939 in the office room of the Director of Public Instruction, Central Province & Berar (Swarajbari Building), Nagpur.

You are requested to attend the meeting.
A letter addressed by the Chief Organiser, Physical Welfare, C.P. & Berar, Nagpur to the General Secretary, HVP Mandal, Anravati regarding qualifications of P.T.I's in the State.

MEMORANDUM

From: The Chief Organiser,
Physical Welfare,
Central Provinces and Berar.

To: The General Secretary,
Hannam Vyayan Prasarak Mandal,
Anravati.

Date: 31.12.1949

Subject: Qualifications fixed for Physical Training Instructors in the Central Provinces and Berar.

Reference: Your memo no. 391, dated the nth November 1949.

The Central Board of Physical Welfare, Central Provinces and Berar has recommended to Government that at present the qualifications of a candidate for the post of Physical Training Instructor in schools and colleges should be fixed to have passed the high school certificate examination of the Central Provinces and Berar High School Board or any equivalent examination and must possess a certificate from a C.C.A. college or Vyayan Vyayan Viseshad certificate from the Hannam Vyayan Prasarak Mandal, Anravati or from such other institution of equal standing.

2. If you think that the qualifications should be relaxed, you may, please, move the same in this connection in its next meeting.

Chief Organiser,
Physical Welfare,
Central Provinces and Berar.
APPENDIX - 4

Thesis cover and contents
Inside Title Page of the Thesis submitted by Dr. L.J. Kokardekar to the Berlin University for Diploma in Physical Education (DPE) with names of references.

DIE INDIŠCHE RELIGIÖSE GYMNASIJK

Diplomarbeit

von

Laxman Kokardekar

Referent:
1. Dr. Diem
2. Oberausgäubrat
   Dr. Müseler.
# Inhalt

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Smt. Indira Kokardekar (Wife), Nagpur.

Shri Narayan J. Kokardekar (Younger brother), Nagpur.
Kokardekar with his guide Dr. Carl Diem, Berlin, Germany.

Mahatma Gandhi and Sardar Patel in Sabarmati Ashram along with Ashramites.
(Extreme left) Kokardekar with Dr. R.S. Munje at London during Round Table Conference, 1931.

Kokardekar practising skiing (extreme right)
Kokardekhar - enjoying Boating

Kokardekhar in Yogasan pose
Kokardekar - Practising Yogasan

Kokardekar - Practising Archery