Chapter 9

Summary cum Conclusions and Recommendations
Since the study is a historical research the summary and conclusions are presented together. Physical education scenario in West Bengal have been presented in the previous eight chapters. The content of the chapters were presented in a choronological manner as far as possible. In this chapter the brief overview and important events of each chapter are presented.

9.1 CHAPTER - I Introduction

1. Physical education has long been considered as a profession but at present time, it is also an academic discipline with a growing knowledge base whose focus point is human movement.

2. Physical education’s growth as an academic discipline has been a result of the enhanced role of science and research in higher education, and need of the profession for more sound information and theories upon which to develop and administer its programmatic offerings.

3. Physical education has been continuing since primitive age to modern day. However, aims and objectives were not same in different time in different countries.

4. Physical education not only for the development of physique but also for the development of nation and it has a great educational value - this idea first came during the European renaissance.

5. Gradually organised form of physical education was developed in a few European countries and in the United States of America.
6. It reached its peak in these countries between later half of 19th century and first two decades of 20th century and was made compulsory subject in school system.

7. Importance of this subject was again accepted by the UNESCO, who in its 20th Session at Paris Conference (1978) drew up a charter and emphasized that physical education and sports are dedicated to human progress and development.

8. On the basis of the national and international understanding it was accepted as compulsory examination subject by the West Bengal Board of Secondary Education from class VI to X since 1974.

9. But in 1995, physical education was dropped from the list of compulsory subject and placed as an optional one in Madhyamik Examination (secondary level).

10. This unrealistic decision forced the researcher to take up this problem “Physical Education Scenario in West Bengal from 1882 to 1982”.

11. The researcher attempted to make a garland, with some significant important events to apprise the professionals, a sequence of historical development on the affairs of physical culture and education from primitive culture to modern age.

12. In early society boxing, wrestling, sword fighting, ballgames, arrow shooting etc. were popular activities.

13. In Greece many philosophers developed the concept of a balance between physical and intellectual development.

14. The Olympic games (776 B.C. - 394 A.D.) were popular but active participation by a large number was increasingly replaced by growing number of spectators and fewer more highly specialised professional athletes.

15. The Roman period was marked by a tremendous development
of spectator sports e.g. chariot race, fighting of animals by professional athletes and slaves etc.

16. During the middle age relatively little attention was given to physical education.

17. Greater attention was given to the importance of physical exercise and its potential for providing more for man than the physical skills and training required for military objectives during the renaissance.

18. Gradually physical education was accepted in school curriculum by the efforts of physical educationists in many European countries mainly in England, France, Germany, Denmark, Sweden etc.

19. Denmark was the first country to adopt compulsory physical education through the efforts of Franz Nachtaegall (1777-1847).

20. In the United States of America physical education was spread up in the 19th century from Europe. And it reached a peak in between later half of 19th century and first two decades of twentieth century. Ohio in 1892 was the first state to pass a law requiring physical education in the public schools.

21. Archaeological findings at Harappa and Mohenjodaro have provided us the information that swimming, hunting, bull-fighting etc. were popular in Indus Valley civilization, during ancient India.

22. During early Vedic period, Aryan civilization gave enough emphasis on the development of fine physique and intellect.

23. In the later Vedic period, great emphasis was laid on the culture of physique. Boxing, horse and chariot racing, hunting, acrobatic and dancing were very popular activities.

24. From several literature, it is clearly showed that archery, mace fight, chariot driving, wrestling, discus contest, rope contest,
water sports, hunting, yogadarsana and hitting the target with a spear etc. were popular activities during early Hindu period.

25. In later Hindu period, arrangements were done for training in physical activities at educational institutions.

26. In Muslim period, physical culture was not developed too much.

27. Hindu kings patronised physical activity. Wresting, dancing, small lathi play, hunting, fencing, swimming, horse riding, water sports, boating etc. were very popular among the general people.

28. During British period (Prior to 1882), development of physical education had not been envisaged.

29. Debendranath Tagore made several arrangements of physical culture and developed certain facilities for the benefit of his sons and other members of the family.

30. Akshay Kumar Dutta wrote a series of articles relating to body, mind and spirit and the necessity of exercise at Tottabodhini Patrika.

31. Hindu Mela started in 1867. Exhibition of various forms of physical culture wrestling, lathi play, fencing, horse riding, rifle shooting, stunting was a regular feature of Hindu Mela.

32. National School was established in 1872. Probably this was the first time when some sorts of physical education and physical activity introduced in the school education system by the Nabagopal Mitra in Bengal.

33. Govt. records revealed that in May, 1873 Lieutenant Governor sanctioned the appointment of a teacher of gymnastic for the Calcutta Normal School, the Barasat and the Barrackpore Schools. May be this is the first Government effort to introduce physical culture in the school curriculum in Bengal through appointing gymnastic teachers and sanctioning grants for purchasing gymnastic equipments.
9.2 CHAPTER - II  
Physical education in Bengal during last two decades of nineteenth century (1882-1900)

1. The first Indian Education Commission emphasized for the introduction of physical training in the school system particularly in the primary education.

2. During this period, almost all Government schools were provided with a gymnastic teacher and some funds were allotted for purchase of equipments and towards development of gymnasium.

3. Government sanctioned Rs. 50,000/- (fifty thousand) for the development the Marcus Square playground in Calcutta.

4. Government has recommended that an hour should be utilised for games and gymnastics in the middle of the day, however, the order also pointed out that study hour should not be curtailed for the sake of gymnastics.

5. A special teacher of gymnastics was appointed in the Cuttack Training School during 1895-1896.

6. Cricket and football were very popular among the college students. Elliott Shield for football and Lansdown Challange Shield for cricket were most popular inter college tournament.

7. Government officials who were posted in the various district head quarters took initiative to spread the culture of physical activity, sports and games among the young students.

8. Inter school cricket and football matches were also organised around this time.

9. During this period 'akhra' / club / circus party were established for physical culture.

10. Eminent personalities i.e. Bankimchandra, Vivekananda, Sarala Debi pleaded for physical culture as an integral component of national development.
11. Rabindranath Tagore introduced physical activity among the ashramites in Santiniketan.

9.3 CHAPTER - III  
Physical education in Bengal during first two decades of twentieth century (1900-1920)

1. A number of akhras / clubs / samities were developed during this period along with national movement.

2. Anushilan Samity was established in 1902 where various forms of physical activity were practised.

3. With the beginning of the boycott movement (1905) branches of Anushilan Samity and several clubs or akhras spread up rapidly in West Bengal as well as in East Bengal.

4. Almost simultaneously a number of akhras / clubs were also developed throughout the district of Midnapore.

5. British Government took some positive steps to spread physical education / culture in Bengal educational institutions.

6. Drill was made compulsory for all boys in Zilla and Collegiate Schools in 1900.

7. In 1900 a book was published, Drill Book and Physical Exercises for Schools in Bengal by Mr. E.E. Sharp.

8. Previous to 1910 there were two types of training for the drill master. a) Deshikasrat b) Army methods of drill.

9. In 1907, Dr. J.H. Gray was appointed for the first time as the Adviser to the Government of Bengal in Physical Education and also the Director of Physical Education of Y.M.C.A., Calcutta.

10. Under the leadership of Dr. Gray the standard of physical training for school teachers was improved from 1909 onwards. The course was of six weeks.
11. Dr. J.H.Gray and Dr. C.P.Segard did excellent work for the improvement of physical education in the province during this period.

12. Calcutta University Commission (1917-'19) recommended for appointment of Director of Physical Education who should rank as a professor of the university.

9.4 CHAPTER - IV Physical Education scenario of Bengal, 1920-1932

1. A new whole time post of Physical Adviser was created in Bengal in 1920.

2. Mr. Nagendranath Ghosh, first Physical Adviser in Bengal, joined on 23rd August, 1922.

3. Dacca University appointed Mr. Mainworing Holt in the post of Director of Physical Education in 1921.

4. Director of Public Instruction submitted a comprehensive report in December, 1923 regarding affairs of sports and games and physical education in Bengal.

5. In 1924, Calcutta University Senate appointed a committee to review the status of physical education and culture in schools and colleges under the university.

6. In 1925, Registrar, Calcutta University issued a circular to all the affiliated schools and colleges to ascertain whether it was possible to introduce drill or physical exercise or some organised games in their institutions.

7. In 1926, Government granted subsidy to the Young Women's Christian Association, Calcutta, towards the employment of a Physical Directress.
In 1926, a motion was moved by A.C. Banerjee in the Bengal Legislative Council suggesting physical culture as compulsory subject for school boys between the ages of 12 and 18.

In consultation with Director of Physical Education, Young Men's Christian Association, Calcutta, the then Director of Public Instruction submitted a detail proposal regarding improvement of physical education in the presidency of Bengal in 1926.

On the basis of the proposal, Government took serious steps for physical education and sports programme in Bengal schools.

On the basis of the Director of Public Instruction's proposal (1926) a post of Physical Director, Bengal, was created in 1927.

In 1927, Calcutta University Syndicate accepted some recommendations of the physical education committee.

In 1927, Director of Public Instruction published a syllabus in physical training for secondary school and physical training made compulsory subject from 1928.

Director of Public Instruction issued a very important circular in 1928.

Mr. James Buchanan was appointed as Physical Director, Bengal, on November, 1928.

In May, 1929, Buchanan submitted a detail survey report on physical education. Among other things, this report recommended to open a training centre in physical education in Bengal.

Administrative approval for opening of the training college was obtained in 1930.

Another significant resolution was moved by the Bengal Legislative Council in 1929 regarding compulsory physical
training and military drill in schools and colleges. However, Government of Bengal was unable to accept the proposal.

19. British Government of Bengal was never interested to accept the proposal because they thought such training may indulge the youths to involve in the nationalist movement.

20. In January and June, 1930 Director of Public Instruction issued two important circulars related to implementation of Government proposals as compulsory physical training.

21. In 1931, Govt. tried to implement compulsory physical training programme in non-Government aided schools.

22. Akhara movement further revived around 1926-1930.

23. It appears from the discussion that an atmosphere for the introduction of physical education in the educational institutional setting, which was created during the first two decades of the 20th century, got further momentum and strengthened through legislation and Government effort in the period between 1920 and 1932.

9.5 CHAPTER - V Golden era of physical education in Bengal, 1932-1947

1. Physical training centre was established and started functioning from 1st July, 1932 at a rented house at 26-A, Ballygunge Circular Road and the name of the training centre was “Government Training Centre in Physical Education”.

2. Mr. James Buchanan, Physical Director of Bengal was also the principal of the college and Mr. K.N. Roy was the fulltime lecturer.

3. This college was formally opened on 19th July 1932 by the Honourable Mr. K. Nazimuddin, C.I.E., Minister of Education,
Bengal, Mr. Stapleton the Director of Public Instruction, Bengal was also present.

4. The training centre was shifted at 30, Kankurgachi 3rd Lane, Calcutta in 1937.

5. The training centre was given a new name “Govt. College of Physical Education, Bengal”, in 1938.

6. During the period from 1932 to 1947 there were only nine institutions in the country. Out of these nine institutions one was for women which was established in 1940 at 7, Hungarford Street, Calcutta.


8. The erstwhile syllabus of physical training were thoroughly revised in May, 1933.

9. To understand this syllabus some instructions were given by James Buchanan. For this purpose a pamphlet was published in 1936 namely *Suggestions for the Improvement of Physical Education in Schools*.

10. Short vacation courses of physical training was organised by A.B.T.A. from 1932.

11. Till 1936, a series of short courses were conducted by the Y.W.C.A. for the training of women teachers in physical education.

12. A training college for women was established in 1940 and a fulltime Physical Directress post was also sanctioned. The college was closed in 1947.

13. Many District School Associations were formed during this period.

14. Some colleges particularly Govt. colleges have made some form of physical exercises compulsory for the junior members of the college.
15. Govt. sanctioned five posts of Sub-Inspectors for Physical Education in 1936 in the five divisions of Bengal. They were appointed in 1937.


17. Mr. Buchanan along with General Lindsay submitted a report in 1937.

18. Post of the District Organiser of Physical Education was created in 1938 and District Youth Welfare Council was established in each district during 1938-1939.

19. Director of Public Instruction, Bengal, issued a circular in 1938 regarding physical education.

20. Physical Director, Bengal, issued circulars in 1938 regarding physical education.

21. In 1938, Military Intelligence Officers were recruited in some districts.

22. Physical Director, Bengal, issued a number of circulars and guidelines between 1939 and 1944 to District Organiser of Physical Education for the smooth conductance, organisations and supervision of physical training, games and sports in the districts.

23. Second World War broke out in 1939 and Mr. J.Buchnan was shifted to the Home Department in 1942 and student enrolment in Physical Training College was affected badly.

24. During the period 1942-1947, progress in physical education was comparatively slow. Many trained persons left their job in schools for better employment under the Defence Department.

25. Mr. James Buchanan left Bengal on July, 1947 to take over the work of organising home guards in East Pakistan. He made
significant contribution for the development of physical education in Bengal. Considering his enormous contribution for the cause of physical education he has been described as 'father of physical education in Bengal.'

26. It appears from various records that intention of British Govt. for the development of physical education was not entirely for the purpose of education but to curb the terrorist movement in Bengal.

27. Central Advisory Board of Education and Health appointed a joint committee in 1941. This committee recommended for the development of physical education.

9.6 CHAPTER - VI Perspective of physical education in post independent West Bengal, 1947-1962

1. After independence the affairs of physical education were not smooth and systematic.

2. In 1947, the Central Government under the chairmanship of Dr. Kunzru set up a committee to review the then existing conditions.

3. In May, 1948, a committee was set up under the chairmanship of Dr. Tarachand to prepare a scheme for the establishment of Central Institute for imparting training in physical education.

4. In 1948-49, Radhakrishnan Commission thoroughly examined the then situation and recommended a strong programme of physical education and sports in university and colleges.

5. Central Government established the Central Advisory Board of Physical Education and Recreation in 1950. But due to paucity of fund the existence of this Board was only a paper till 1952.
6. The Mudaliar Commission (1952-1953) recommended some programmes for the development of physical education. This commission proclaimed for the first time in India that physical education should be considered as an essential and integral part of general education.

7. The School Games Federation of India was founded in Calcutta in 1954.

8. The National Discipline Scheme which had a close link with physical education, was developed with the initiative of Mr. J.K. Bhosle in 1954.

9. Central Advisory Board of Physical Education & Recreation published a handbook - "A National Plan of Physical Education and Recreation in 1956". Syllabus for Boys and Girls were made up by this Board in 1956.

10. 'Model constitution for Sports Federation' and 'Constitution of the State Sports Council' were prepared in 1956.


12. For the promotion of physical education, Central Government arranged seminar at Madras in February, 1958 and at Mahabaleshwar in May, 1958.

13. Government of India appointed the Adhoc Enquiry Committee on Games and Sports in 1958 and in 1959 Government of India constituted a committee for co-ordination and integration of schemes operated in the field of physical education, recreation and youth welfare with the chairman of Dr. H.N. Kunzru.

14. The National Physical Efficiency Drive scheme was introduced in 1959 by the Central Government. In 1979-1980, it was renamed as the National Physical Fitness Programme.
15. All India Sports Congress was opened at Vigyan Bhavan, New Delhi on 12th March, 1962 to discuss how we can promote sports and games in this country and how best we can serve the youth of this country.

16. In 1962, a new scheme floated by the Central Government, "Scheme for compulsory physical education in schools."

17. After the independence, the affairs of physical education in West Bengal was controlled and directed by the Chief Inspector of Physical Education and Youth Welfare Officer of the State.

18. In 1949, Director of Public Instruction, Govt. of West Bengal, issued a circular pertaining to the physical education on Government and Government aided schools.

19. For proper implementation a syllabus of physical training was prepared for students of different ages 6 to 16 years covering class I-X in 1949.

20. For the development of physical education for girls a new post of Inspector of Physical Education (Women ) was created in 1950.

21. District administration was reorganised with the creation of the new post of District Officer for Physical Education and Youth Welfare in 1957.

22. As per recommendation of the Central Advisory Board of Physical Education & Recreation, the West Bengal Government organised a seminar at Bharat Scouts and Guides Camp site, Ganganagar, 24 Pgs from 6th December to 19th December 1958.

23. Another seminar was held in 1962 on 'Physical Education Programme for Secondary Schools'.

24. Number of trainee during the period 1947-1956 never growing above 16 at the Government Training College due to lack of enthusiasm and limited job opportunity.
25. Women were admitted in the Government Training College since 1957. A certificate course for undergraduate was also introduced for women in 1957 and for men in 1958.

26. Government Training College of Physical Education was shifted to Banipur in 1957. The name of the college was changed to “Post Graduate Training College for Physical Education, Banipur”.

27. An important event during the period was the formation of West Bengal Physical Education Association in 1948.

28. The short term physical training that had been organised by the All Bengal Teachers’ Association since 1932 was continued after independence in every year till 1959. Several eminent persons used to visit these courses to encourage the trainees.

29. It appears that progress of development of physical education during this period was slow, reason for this progress were independence, partition, turmoil in the social and cultural life.

30. Planning and preparation for the improvement of the state of affairs of physical education was made during this period and the outcome was seen during the next decade.


1. The most notable development in the sphere of physical education in West Bengal was the establishment of Department of Physical Education at University of Kalyani in 1963.

2. Initially the name of the course was Diploma in Physical Education, later the nomenclature of the course was changed to Bachelor of Education in Physical Education.
3. Female students were admitted first time in 1966-1967 session at Kalyani University.

4. In 1967, Department of Physical Education, University of Kalyani first published its journal 'Prachesta'.

5. Report of the Deshmukh Committee on physical education including games and sports in Indian universities and colleges was published in February, 1967.

6. The Kothari Commission (Education Commission) 1964-1966 highlighted some important aspects of physical education including school curriculum for physical education.

7. National Fitness Corps was developed by Ministry of Education, Government of India in 1965.

8. This integrated programme of physical education was adopted by the State Government in 1965.

9. In West Bengal, National Fitness Corps section of the Education Directorate was newly opened in 1973.

10. National Policy on Education (1968) stated that games and sports should be developed with the object of improving the physical fitness and sportsmanship of the average students.

11. West Bengal Physical Education Association did some good job for the development of physical education in West Bengal during this period.


13. With the initiative of Director of Public Instruction, Conference of District Level Inspecting Officers of the Education Department was held on 25th - 27th May, 1970. In this conference Physical Education Committee recommended a few points for the development of physical education in educational institutions in primary level as well as in secondary level.
14. The Director of Public Instruction distinctly made some programmes for women with Inspector of Physical Education & Youth Welfare (Women), West Bengal at its pivotal position.

15. The Governor, West Bengal, sanctioned 50 posts of Block Physical Education Organisers in 50 selected development blocks for intensive development of physical education and sports in rural areas in 1972.

16. After careful consideration the Governor was also pleased to redesignate the 50 posts of Block Physical Education Organisers as Sub-divisional Sports Officers in 1980.

17. The Minister of Sports, Government of West Bengal, in a meeting held on 15.7.72 highlighted a few points for the development and spread of games and sports throughout the district.

18. The student strength of the Post Graduate Training College of Physical Education, Banipur was increased from 60 to 120 in 1964.

19. In 1969, college was affiliated to Calcutta University and since 1967 the certificate course was discontinued.


1. Physical education was made a compulsory and examination subject in the new secondary school curriculum in 1974. This
decision of the West Bengal Board of Secondary Education made significant and positive changes in the outlook towards physical education profession.

2. The new secondary school curriculum was accepted by the Govt. Resolution No. 2062-Edn (S) dated 9.11.72 in conformity with the uniform national pattern of education evolved by the Govt. of India.

3. Sri Satyendra Mohan Chattopadhyay the then president, West Bengal Board of Secondary Education, took a very active and effective role in the process of making compulsory physical education at secondary level and its implementation.

4. The president clearly indicated that unless it is accepted as a curricular examination subject nobody would be interested to give due weightage of the subject. For this reason physical education and work education was considered as an examination subject and its values was accounted in the marksheet.

5. This decision alone made significant changes in the curricular pattern, school time-table, school environment, attitude of students, guardians, teachers also.

6. A syllabus was prepared by the West Bengal Board of Secondary Education for secondary school (class VI to X) in 1973.

7. Orientation seminars were arranged during (1973-1975), where group discussion on work education, physical education & social service were also held.

8. Two orientation training courses were organised on physical education for girls in 1974.

9. For promotion of physical education in secondary schools a students rally was held at Rabindra Sarobar Stadium on February, 1975.
10. In 1976, West Bengal Board of Secondary Education gave some suggestions for promotion of athletic sports in schools.

11. For promotion of sports activities in schools, Director of Public Instruction issued a circular in 1974.

12. In 1974, Education Department issued a circular where two posts of assistant teachers were marked for work education and physical education along with other subject teacher in school staff pattern.

13. To implement the subject, orientation course for key personnel in work education, physical education & social service, was held in Calcutta in 1974.

14. West Bengal Physical Education Association conducted short training courses for teachers of various schools in collaboration with West Bengal Board of Secondary Education. From May, 1975 to December, 1976 Association conducted 25 such courses.

15. Association published a hand book for guidance to the teacher of physical education in schools how they implement the physical education into the schools.

16. The demand for trained physical education teachers for possible appointment as assistant teacher in schools was suddenly increased.

17. Department of Physical Education, Kalyani University increased their intake capacity from 50 to 80 in accordance with growing demand.

18. With the initiative of Smt. Leela Dey, Inspector of Physical Education (Women), Govt. of West Bengal, State Institute of Physical Education for women was established in 1975 to train fresher and deputed women teachers. This was a state enterprise.

20. Academic development of the subject got a momentum with the initiative of a towering personality Sri Kuranketan Sen, the then Vice - Chancellor of Kalyani University. Sri Sen appointed a physiologist in the Department of Physical Education, Kalyani University and helped the Department of Physical Education, Kalyani University to develop itself as an academic department in an institute of higher learning.

21. In 1978, Ph.D. programme in physical education was introduced in the Kalyani University, with the Ph.D. registration of a student under Department of Physical Education, Kalyani University. This may be considered as a giant step for academic accomplishment of the department and first endeavour in a West Bengal university.

22. Master Degree (Master of Education in Physical Education) was introduced in the Department of Physical Education, Kalyani University in 1982, after great persuasion and negotiation with University Grants Commission and State Government. This was first of its kind not only in West Bengal but also among universities of Eastern and North Eastern India.

9.9 Recommendations

The present researcher feels that on the basis of the findings of this dissertation further research may be conducted. From these recommendations an interested researcher may select a topic of his/her interest.
1. The development of physical education in the neighbouring states may be compared with Bengal.

2. The change in the syllabus of training colleges and also that of schools which was introduced during 1930's may be indicated with the march of time till 1982.

3. A constant effort by the Government and non-Government agencies made physical education compulsory in schools and also introduced as an academic subject in the universities. However, in all probability these efforts did not make any inroads towards social awareness regarding the necessity of physical education. A serious researcher may venture in this unexplored field.

4. The attitude of young persons towards physical education as a profession could have been analysed from the assessment of number of students applied and actually admitted in the course from 1932 to 1982.

5. Physical education was made compulsory but whether infrastructure and human resource development was effective for the development of physical education and societal awareness could not be assessed. Further research may be made in this area.

6. Job opportunity in the profession was changed with time, an authentic account may be made in this regard.

7. The state of affairs of physical education training college, established in 1940, for women which was subsequently closed in 1947, require further investigation.

8. The role played by various non-Government agencies and private institutions / clubs may be analysed and considered.

9. Similarly individual contribution of some leaders of this profession as well as persons outside the physical education
profession who did pioneering work for the development of physical education in West Bengal may be taken into account.

10. Critical analysis of facilities, infrastructure, personnel engaged in training colleges, schools, colleges, and universities, may be considered for the assessment of development of physical education.