

PHYSICAL EDUCATION IN INDIA

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Physical Education in India by Abdus Salam

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ABDUS SALAM

**PHYSICAL
EDUCATION IN INDIA**

PHYSICAL EDUCATION
IN
INDIA.

UNIVERSITY OF
CALCUTTA

PHYSICAL EDUCATION IN INDIA

BY

ABDUS SALAM, M. A.,

of the Provincial Civil Service.

AUTHOR OF TRANSLATIONS OF URFÍ AND ZAHURÍ,
&c., &c.

Jism sahár Rûh mákhfí áni í dást

Jism háncihú ástín Ján háncihú dást.—MAULANA KÚM.

Calcutta
W. NEWMAN & CO.
1895.

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DEDICATED, BY KIND PERMISSION,
TO THE HON'BLE
SIR CHARLES ALFRED ELLIOTT, K.C.S.I., C.I.E.,

Lieutenant-Governor of Bengal,

IN GRATEFUL RECOGNITION OF HIS HONOR'S
BENEFICENT SOLICITUDE
TO MELIORATE THE PHYSICAL CONDITION OF
THE YOUTHS IN BENGAL,
BY DIFFUSING AMONGST THEM MORE WIDELY THE
BLESSINGS OF PHYSICAL EDUCATION,
AND BY AFFORDING THEM GREATER FACILITIES
FOR TAKING TO MANLY
WESTERN GAMES AND OUT DOOR SPORTS.

CALCUTTA, 1895. }

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PREFACE.

THE following pages contain the substance of a Lecture recently delivered at the celebration of the first Anniversary of the Calcutta Mahomedan Sporting Club, held in the Madrasah-hall under the presidency of the Hon'ble Justice AMBER ALI, M.A., C.I.E.

The subject of physical education of Indian Youths deserves greater attention than it has hitherto received ; and, therefore, at the request of several friends interested in the welfare of Indian young men, I am led to put forward this *brochure*, as my humble contribution towards the subject, with special reference to Mahomedans. If it, in any measure, conduces to a better appreciation of the importance of manly out-door games