

The 2020 TIAS-INDIA-SAI-OMOTENASHI and International Research Practices in Sport and Olympic Studies and Sport Sciences and Coach Training in Sports

“Road to Tokyo 2020 and TIAS Legacy” / Internationalization in Action

Part 1: PRE-VISIT STATEMENT

Feb-Mar 2020 TIAS (Tsukuba International Academy for Sport Studies), University of Tsukuba India Visit to SAI-SPORTS AUTHORITY of INDIA- Main Agenda was the introduction of ‘Japanese Culture and Omotenashi’ to the Indian Tokyo 2020 Games contingent of Athletes, Coaches, Support Staffs and Administrators, along with other stakeholders, especially the IOA. This also serves to the TIAS LEGACY through graduating students working at the helm of Indian Sports, at Sports Authority of India (SAI, MYAS, GoI) at both its Delhi HQ and also at regional centers in Sonapat (Haryana state, SAI regional Center, Sonapat) and Patiala (Punjab state, NS-NIS, Patiala). Additionally, meetings, discussions and presentations on various aspects of ‘Health and Sport Sciences’ as part of our TIAS and our Faculty (TAIKU) at University of Tsukuba was performed with various institutions at both government and private settings in the states of Uttarakhand and Uttar Pradesh, and the Union Territory of Delhi, India.

パート 1: 事前訪問

2020年2月～3月 TIAS(つくば国際スポーツアカデミー)、インド筑波大学 SAI-SPORTS AUTHORITY OF INDIA の訪問 - 主な議題は、アスリート、コーチを代表するインドの 2020 年大会への「日本文化とおもてなし」の紹介でした。参加者はサポートスタッフと管理者、および他の利害関係者、特に IOA。また、デリーHQ のインドスポーツ局 (SAI, MYAS, GoI) でインドスポーツの舵取りで働く学生が修了することにより、TIAS LEGACY に貢献しています。また、Sonapat (ハリヤナ州、SAI 地域センター、Sonapat) および Patiala (パンジャブ州、NS-NIS、Patiala) の地域センターでも、その一部としての「健康とスポーツ科学」のさまざまな側面に関する会議、議論、およびプレゼンテーション筑波大学の TIAS と学部 (TAIKU) について、インドのウッタラーカンド州とウッタラプラデシュ州、およびユニオンテリトリーの州の政府および民間の両方の施設で行われました。

Part 2: The MAIN WORKSHOP – Road to Tokyo 2020 and OMOTENASHI

LOCATION 1: SAI HQ, DELHI (around 200 sports-related people met and interacted with, and national media)

The workshop on Feb 27th, 2020, was initiated through the continuing cooperation between University of Tsukuba and SAI (<https://sportsauthorityofindia.nic.in/>), MYAS for Tokyo 2020, and TIAS Legacy through Shri. Manikant Sharma (TIAS graduate and Dy. Director, SAI) since the 2016 MOC between India and Japan, and the subsequent visits and multiple programs, activities and projects since 2017-
<https://yas.gov.in/sites/default/files/Japan%20Tour%20report%20of%20Shri.%20Injeti%20Srinivas%20Secretary%20Sports.pdf>. See executive summary below.

'Japan Sport Experts' at TAIKU and Indian Sport Organizations /Universities

2016 - MOC (Japan-India) SPORT

2017: TIAS (SFT-JSA-Legacy at Taiiku-UT) Initiation of Sport Cooperation*

- OLYMPIC EDUCATION, ADAPTED SPORT, COACHING, SPORT SCIENCE, ANTI-DOPING and DEVELOPMENT & PEACE : Program in India – All Stakeholders in SPORT FIELD (Universities, Private-National, SAI and NS-NIS (GoI), NGOs, Schools) JOINED for the FIRST TIME (Feb., 2017).
- First Contact and Program with SAI and NS-NIS (Coordination – TIAS 2nd Batch Student and SAI, AD, Mr. Manikant Sharma & Prof. Randeep Rakwal, UT) – Dr. Purnima Rupal, Counselor, S&T, EOL, Tokyo / Profs./Students from Japan

*Prior to signing the MOU: 'Letter of Intent' between SAI and LNPE and UT LOIs, signed Sep 2017-UT – Exchanged between PM Abe and PM Modi in INDIA SUMMIT

□ Year-Long (2017-2018) PROGRAM OF ACTIVITIES (Enhanced COOPERATION in SPORT)

- SAI High-Level delegation (led by Director General of SAI / Secretary, Sports) visit to Japan / UT: JUNE, 2017
- SIGNING OF LOIs between UT and SAI and LNPE; Exchange during PM Abe Summit (Sep., 14, 2017) with PM Modi in India (see Note 47 - <https://www.mea.gov.in/bilateral-documents.htm?dtl/28946/IndiaJapan>)
- UT-TAIKU SPORT SCIENCE High Performance Workshop in Delhi, India (SWIMMING-FOCUSED) : SEP, 2017
- UT-SAI Football Coaching Program (for Indian National Coaches) in UT: SEP, 2017
- SAICON 2017 Participation (UT) in India / NS-NIS Feasibility Study - Sport Science: DEC, 2017
- UT-Olympic Education (NS-NIS Diploma Trainees, Administrators and Scientists) and Football Coaching (Diploma Trainees) program in India: FEB, 2018
- DDG (Deputy Director General) – SAI, Sh. Sandip Pradhan visit to Japan / UT-Tsukuba, APRIL, 2019

□ NEXT STEPS (2019--) PROGRAM'S (Second-Stage of COOPERATION in SPORT)

- SIGNING OF MOU between UT&SAI-2018 (LNPE-in progress)(UT, JSA and MEXT) and (SAI and LAT Division, MEA-Ministry of External Affairs, GoI) <https://mea.gov.in/bilateral-documents.htm?dtl/283542/Agreements-signed-between-India-and-Japan-during-visit-of-Prime-Minister-of-Japan>
- COACHING-TRAINING (Football, Swimming, T&F, Judo, etc.) & EDUCATION (Olympic-Paralympic, PE, Sport Science, etc.) Programs in India-Japan; including pre-Tokyo2020 GAMES TRAINING CAMPS
- STUDENT - SPORT SCIENTIST Exchange and Scholarships for Master's and PhD program in Sports Science/Sports Subjects (developing human resources – a long-term vision) (Embassy of Japan, Delhi, India and MEXT; April 2019 – Call for Students)

Incorporation of University Tsukuba-TAIKU Model of Education and Research (Sports Science) to Indian Sport and Universities

□ PERSPECTIVE

Education : Sharing educational value and system through feedback from India: **Asian Perspective**

Research : Establishment of new sport and health sciences dealing with the diversity of athletes and society: **Global Perspective**

TIAS
Tsukuba International Academy for Sport Studies
1-858-1, AD -Assistant Director, GOI, Government of India, LNPE, Lakshmi National University of Physical Education, Embassy of India, MYAS, Ministry of Youth Affairs and Sports

The main theme of the current workshop, held jointly with SAI and IOA (<https://www.olympic.ind.in/>) – and TIAS (<http://tias.tsukuba.ac.jp/>) ‘Japanese Culture & OMOTENASHI’ by Visiting Professor, University of Tsukuba, Ms. Izumi EGAMI. The day’s ceremonies were graced by Shri Kiren RIJJU, Honorable Minister of State (Independent Charge) Ministry of Youth Affairs And Sports, Government of India, who gave a motivating welcome address to the participants (Olympic athletes and others for the world of sport) on the importance of knowing the culture and the education in sport. Attendees on the dais were, Director General, SAI, Shri Sandip PRADHAN, and IOA Secretary General, Shri. Rajeev MEHTA, and Prof. Hisashi SANADA (TIAS, Chair), and Ms. Izumi EGAMI (TIAS, UT). Each dignitary followed with their comments following the welcome speech by the Honorable Minister to address the participants and the welcomed the first-such workshop tailored to the ‘culture’ aspects of a host country, and towards a sustained cooperation and collaboration between India-Japan in SPORT. Prof. SANADA introduced the ‘Road to Tokyo 2020’ and TIAS program. This was followed by the main event of the day, the ‘OMOTENASHI’ workshop, which was well received and actively participated in; the Indian ATHLETES (Wrestlers, Boxers, Shooters, etc.) are one step forward on their understanding of the Japanese Culture and towards Tokyo 2020.

Sleeve guide on social behaviour for Tokyo-bound athletes

AYANTAN CHOWDHURY
@ New Delhi

HOW do you differentiate between a married and unmarried woman in Japan? How do you eat with chopsticks? Confused in the toilet? Don't worry! The intricate art of tying the kimono to different kinds of bowing were some of the topics discussed during the Japanese Cultural Sensitivity Workshop called 'Omotenashi' (subjugation of self in service to a guest) here on Thursday.

A novel initiative by the Sports Authority of India, the workshop, conducted by Hisashi Sanada, Chairman, Tsukuba International Academy for Sports Studies and Izumi Egami, a lecturer, helped Olympic-bound athletes like Bajrang Punia and Manu Bhakar, learn Japanese etiquette.



Izumi Egami helps Kiren Rijju put on a kimono on Thursday | EXPRESS

According to the Japanese delegates, the length of the sleeve of a kimono, which is a traditional Japanese dress, can help one realise who is married and who is not. A full sleeve signifies marriage.

In another funny session that filled the hall with laughter, bathroom etiquette in a Japanese household was discussed. Emphasis was put on the use of automatic toilets in

most places which do not require faucets or other paraphernalia. Athletes were seen busily jotting down notes. There were tips on how to use public transport and their ticketing structure, common phrases to learn before arriving as well as do's and don'ts while eating there. In an interactive session, sportspersons were taught the various forms of bowing followed in Japan, according to situations.

"Japan is steeped in traditional values and it is our job to respect that. Our athletes are not only representing themselves but our country too. Small things like how to use the bathroom to travelling in public transport can lead to hassle and mental anguish. This workshop will teach them basics," sports minister Kiren Rijju said.

Tokyo in mind, athletes get taste of Japanese culture

AYANTAN CHOWDHURY @ New Delhi

JAPANESE etiquette is deeply embedded in the country's culture. The sports ministry in collaboration with Indian Olympic Association have made efforts to impart lessons on Japanese etiquette and culture during the Japanese Cultural Sensitivity Workshop here on Thursday.

According to the Sports Minister Kiren Rijju, this would help all Tokyo-bound athletes adjust to life in Japan without difficulty and would, in turn, keep their mind free of worries. "Every country has its own culture and set of rules. Japan is steeped in traditional values and it is our job to respect that. The main job for the athletes is to train and make the country proud and we have to ensure that they do not have to worry about other things," the minister said. The minister also said that the ministry and the IOA would support the athletes in all possible ways and the athletes' only objective should be to perform. He also said since Japanese etiquette is considered sacred in Japan, the ministry and the IOA are helping the athletes in learning it.

The event was hosted by Hisashi Sanada, Chairman, Tsukuba International Academy for Sports Studies and Izumi Egami, a lecturer and a former air-hostess. The workshop titled 'Omotenashi' was attended by sportspersons from wrestling, boxing, shooting as well as Para sports. Bajrang Punia, Manu Bhakar and Nikhat Za-



Indian officials & athletes wearing the traditional Kimono during a workshop held in New Delhi to help the Olympic contingent get familiar with Japanese culture

reen were just a few of the players who attended the programme. IOA secretary general Rajeev Mehta and SAI DG Sandip Pradhan too were in attendance. Quite a few athletes who have booked their tickets for the upcoming Olympics were even seen taking notes like ace shooter Sanjeev Rajput. During the interactive and engaging workshop, athletes, as well as the Sports Minister, were even taught how to wear a Kimono, a Japanese traditional dress for both men and women.

"We had a lot of fun during that session. We got to know a lot about their country but the

dress was quite heavy!" pugilist Nikhat Zareen joked after the session.

"Hum jab Jayenge, bahut Karam aayega yeh information (All this information will come in very handy once we reach there)," opined Greco Roman coach Hargobind Singh.

With language being a major barrier, common phrases like 'good morning', 'thank you', 'sorry' and a few others were taught to the athletes. They had to repeat those words a couple of times to get the hang of them. Judging by the laughter and smiles emanating from the hall, it seemed like they enjoyed the experience. "With the help of this workshop, athletes will be better prepared when they enter the Tokyo Games village. We now know that they value their cultural etiquettes at a much higher level and it's beautiful to see that," shooter Abhishek Verma said.

Every country has its own culture and set of rules. Japan is steeped in traditional values and it is our job to respect that.

Kiren Rijju, Sports Minister

(with SAI-TOPS Team with Cdr. Rajagopalan; pre-meetings and preparation with Dr. Kajita, Researcher TIAS)





SAI – IOA & TIAS Conference

Japanese Culture & OMOTENASHI



Visiting Professor, University of Tsukuba
IZUMI EGAMI

Hisashi Sanada
Chairman, TIAS

The motto of the games is United by Emotion. Hope this Omotenashi activity will boost the collaboration between India and Japan. I welcome you all to Tokyo in the summer.



The VIDEO: at all SAI Centers in India and open to public
<https://www.facebook.com/sportsauthorityofindiaMYAS/video/798163310678089/UzpfSTewMDAwMDE2NDkzMdc2NjozMDYwNjExMjk0OTk0MTQ6NzU6MDoxNTg1NzI0Mzk5Oj0yMzIxMjM4OTg0NDUyNjQ5Nzk1/>

LOCATION 2: Reginal Center, Sonapat, HARYANA (Total of 50 sports-related people met and interacted with)

The next step was a move to another state (Punjab) and another site of Tokyo 2020 athletes in training at NS-NIS, via Haryana on 28th Feb 2020, and this brought us to the **Regional Center at Sonapat, where we met wrestlers in training, and visited the sports science and medicine and physiotherapy facilities and interacted with the coaches, scientists, and athletes including Bajrang Punia (freestyle wrestler and coming to Tokyo 2020)** (<https://web.kheloindia.gov.in/ch-devi-lal-sai-northern-regional-centre-sonapat>). **The hospitality of the Director, RC-SAI, Smt. Lalita Sharma is greatly appreciated.**



A wonderful visit to a training center of SAI, and interaction with Wrestling Coaches, Field Hockey, Archery, and the ATHLETES (wrestler PUNIA in training and on way to Tokyo 2020, already qualified, and wishing him all the best); A nice set-up for the Sports Science and Medicine, and future collaborations.

LOCATION 3: NS-NIS, Patiala, PUNJAB (Total of 500 sports-related people met and interacted with)

The team (Prof. Sanada, Ms. Egami, Dr. Kajita and Prof. Rakwal, along with SAI-TOPS Staffs, Mr. Siddharth Bhatt, Mohit Sharma, and GM Mehebab) reached NS-NIS, Patiala to a warm welcome (<https://nnsnis.org/>), on 28th Feb 2020. The traditional welcome was by the Dy. Directors including Dr. I.P NAGI, and Col. Raj Singh BISHNOI, Sr. Executive Director of NS-NIS started the visit; and Coach Mohinder Pal (Handball) chaperoned the delegation for the 3 days we are there. The day long workshop was in two phases; the **International Research Practices for Research Proposals and Writing, and Coaching Methods and Trends in Japan**, by Prof. RAKWAL and Dr. Hirokazu MATSUO (TIAS and Taiiku Center, Assistant Prof.; presented in absence by Prof. Rakwal) to the gathered audience of Diploma Trainees and Sports Scientists and Administrators, followed by the ‘**OMOTENASHI**’ workshop by Ms. EGAMI to the **ATHLETES** on the way to Tokyo 2020. A very productive and highly interactive (due to the presence of highly inquisitive women athlete’s, including **HIMA DAS**) workshop was well received and actively participated in; with this the **Indian ATHLETES** are on their way towards understanding the Japanese Culture, and ready for the Tokyo 2020 Games.





(NS-NIS: Sr. ED, Col. Bishnoi – traditional welcome, and giving a ‘motivational’ talk on the importance of Education and Research, Culture and Values)



Road Map
How to wear Kimono (Japanese traditional wear)
Japanese basic phrase that you use in Japan
Japanese Greeting "OJIGI"
How to get on train and the manner
Manner in Japanese house
How to take a bath in Japanese house
Japanese Cuisine Culture



(Towards Tokyo 2020)



<Thank you
MANIKANT SHARMA,
 Dy. Director, SAI and
 TIAS Graduate & Sr.
 ED, NS-NIS, and
 Staffs and ATHLETES
 and Coaches and
 Administrators,
 INDIA>



Comments from Dr. Kazuhiro KAJITA: Researcher TIAS, and Support Staff for the India-SAI-IOA-TIAS Workshops

Outcome of this activity: This reason for this business trip to India was to primarily provide hospitality education to members of the Indian Olympic and Paralympic Mission prior to the Tokyo 2020 Games-an important aspect in building up the understanding of the culture of a host country to the arriving athletes and staffs. Secondly, some research-based and academic lectures were imparted taking into account the current state of sports culture and coaching systems in Japan and India to the diploma trainees, students, athletes and coaches and sport scientists. We held the workshops with a specific focus on these themes. Specific topics covered were hospitality education and culture in Japan, reports on the results of the University of Tsukuba Physical Education TIAS, an introduction to the TIAS 2.0 program, and research methodologies on sports science and sports medicine and coaching systems in Japan and new models of coaching. The workshop was held in collaboration with the **Professors of the University of Tsukuba - TIAS and the Sports Authority of India (SAI) along with IOA (India Olympic Association)**, and information was shared from various perspectives with the cooperation of TIAS graduates and others. The interaction in Delhi, where SAI HQ is based was a great experience in terms of interaction with various SPORT PERSONS, especially administration, and visiting the National Stadium (Jawaharlal Nehru Stadium (Delhi)) and the Sports Library. In addition, at a personal level, being my first visit to India and to see the **SPORTING ENVIRONMENT**, I was able to interact with coaches, physical education teachers, sports managers, top athletes, etc. at various sports levels. I also had some good opportunity to interact along with Prof. Rakwal ex-students and collaborator's in Delhi Universities knowing more about the education and research environment and sport situation.



With the upcoming Tokyo 2020 Olympic and Paralympic Games, in order to disseminate sustainable legacy through Japanese sports culture, such as sports education and coaching science in Japan, we will continue to promote physical education and sports education in India, where there are multiple TIAS graduates. Cooperation support for Olympic and Paralympic education is desired. Through this workshop, the environment surrounding sports has been different from Japan in time series and eventually in the historical transition process of sports in India, and many problems and issues have now arisen that I was able to confirm that. **Specifically, there are four issues and issues for improving the competitiveness of sports in India: (1) finding promising talent, (2) training good coaches, (3) developing sports infrastructure, and (4) building a competent (efficient) management system.** I had a chance to know and discuss these points with the leader of the Netaji Subhas National Institute of Sports (NS-NIS), Patiala **Senior Executive Director, Col. BISHNOI**, who was our host during the second workshop in the beautiful Punjab state, home to the largest SAI center for both training and education for sports. In general, interviews have revealed that it is necessary to build institutions and systems that continuously enhance competitive sports, such as the Japan Sports Promotion Center in Japan. On the other hand, the NS-NIS, Patiala's national sports facilities are open to the public for a nominal price per year for one

year, and the system that provides a free community place for sports (I could see many young children playing different sports all around in the center) is an excellent point. In the future, India needs to consider not only sports but also educational perspectives such as "physical education" in Japan in order to foster a healthy and affluent society and people from the viewpoint of sports education, is my thinking. I also had the chance to interact with various coaches in the center at both professional level and also personal levels, including the Handball coach and the Cycling coach, sharing food and tea with them, at their homes. **This was a really wonderful experience of the Indian hospitality.** The visit and workshops was a **meaningful opportunity for information sharing to contribute to the improvement and development of sports relations between Japan and India,** and that such workshops will continue to be held in the future.

Future outlook: I visited India for the first time, but I was convinced that the benefits brought about by collaboration with TIAS graduates and strengthening the network, as well as the University of Tsukuba, were fruitful/beneficial. In particular, there is little exchange between Indian universities and partner universities of the University of Tsukuba, so I think India has the potential and value to expand our research fields and recruit students from overseas. Providing workshops on sports education and coaching science in India is a valuable opportunity for TIAS graduates to inherit their values as a legacy of the University of Tsukuba's-TIAS. **This is an example of utilizing the network of TIAS graduates scattered in other countries in the future.** Looking forward, it is hoped that this opportunity will be further developed in cooperation with the University of Tsukuba TIAS and Indian SAI to make it a sustainable program. **Sports professionals in India have proposed joint research and provision of short-term internship programs, with graduates of the University of Tsukuba Physical Education and TIAS graduates from various countries as contacts.** In order to examine the activities that can be implemented at this stage, I also propose a request for research and research on the education system of university physical education and create a program for further improving competitiveness and sports education using cricket as an example. In the future, it is desirable to discuss more specific cooperation methods and activity systems, and it is necessary to expand this project in cooperation with many teachers of the University of Tsukuba Physical Education, as well as TIAS officials. For example, it is hoped that research will be conducted as a joint research on practice cases related to the coaching management system and physical education curriculum in Japan and India. It is also expected that education and research will be further promoted to enhance the sports environment in India while referring to Japan's efforts. From now on, I recognize that the joint research activity between Japan and India is the mission and responsibility of physical education teachers in Japan. International collaborative research is a labor-intensive activity, but I will continue to work at the University of Tsukuba TIAS after 2020 **so that I can be a bridge between physical education and sports in India and Japan.** I want to be there. Many thanks to the Sports Authority (SAI) for their support and cooperation in organizing this workshop in India, and we sincerely thank you for taking this opportunity.



Part 3: ADDITIONAL, pre- and post-Workshops: Health and Wellness and Sports and Yoga

Location 1: UTTARAKHAND STATE GOVERNMENT (Total of 15 people in administration, including State Minister, and scientists interacted with)

Prof. Rakwal, working on additional projects pre- and post-workshops above visited the **Uttarakhand State Government, Parliament building- <https://uk.gov.in/>** to meet and discuss (Feb 20th to 21st) various sport-health-wellness-YOGA, and EDUCATION (more Japanese language courses in Universities in Uttarakhand), food/nutrition/agriculture issues with the Cabinet Minister of Uttarakhand Shri. Subodh UNIYAL (Agriculture, Agricultural Marketing, Agricultural Processing, Agriculture Education, Garden & Fruit Industries, Silk Development), and who recently visited Tokyo, Japan in Feb, 2020. The visit also included meeting with the State Secretary Shri. R Meenakshi Sundaram (School Education) and stakeholders in varsity exchange, wellness programs, specifically, Yoga. The meetings were facilitated by Shri. Hari Raj SINGH (M.Sc.) other scientists and colleagues from G.B Pant University of Agriculture and Technology, and Dr. Kailash UNIYAL (President USVSA), colleagues from Uttarakhand. SPORTS was another key topic discussed with an aim to collaborate with the state athletes and the importance of the region for high-altitude training and sports-persons in context of University of Tsukuba-TAIKU and TIAS.



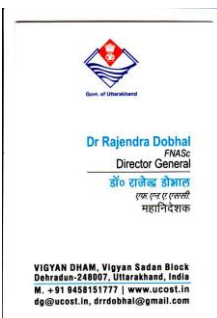
(above, Uttarakhand Cabinet Minister Uniyal, and IAS, Secretary Sundaram, with colleagues)

Location 2: Narain College, Shikohabad, UTTAR PRADESH (Total of plus 200 student's, scientists across disciplines and people in administration, including the area MLC, interacted with)

Continuing to the next conference at **Shikohabad (Feb 23rd) Uttar Pradesh state, government aided post graduate college, NARAIN COLLEGE, SHIKOHABAD (established 1956;** having three streams viz science, arts and agriculture science along with physical education as a subject; <http://www.naraincollege.ac.in/index1.php>), Prof. Rakwal was the 'keynote' speaker for the 1st International Conference (Role of multidisciplinary studies in environment protection) where the talk was given on Tokyo 2020 and the Recovery Olympics using Fukushima as a case example. The second invited speaker was - **Dr V K Saraswat** (from Indian Military Academy, Dehradun). Further discussions were carried out with various Faculty members, Education Board members and Physical Education Teachers on potential cooperation and collaboration between TIAS, University of Tsukuba and Narain College. Questions and answers with student's on University of Tsukuba degree programs, English programs and sport facilities and possibilities for scholarship were addressed; including the new TIAS 2.0 program. **Many women student's expressed interest in the University of Tsukuba education programs**, and the participants were immensely interested in the Tokyo 2020 Olympic and Paralympic Games and the Japanese Culture and Manners, including cleanliness and discipline especially during the 3.11 earthquake and the post-disaster period. A wonderful interaction with the

Location 3: UTTARAKHAND STATE COUNCIL for SCIENCE and TECHNOLOGY (UCOST) and (Total of 10 people interacted with, including senior administrators and scientists)

Continuing the final leg of the visit, **Prof. Rakwal** (following the see-off at IGI airport, Delhi of the Japanese delegation on March 1st from Patiala) **returned back to Uttarakhand to continue the final round of meetings and discussion with the state government - <http://www.ucost.in/>** Science and Technology Corporation (UCOST), on the 2nd of March, 2020. The meeting facilitated by Shri. Hari Raj Singh and Dr. Brij Mohan Sharma, led to wonderful interaction with the **Director General of UCOST, Dr. Rajendra DOHBAL, at the UCOST Center in Dehradun**. An excellent long meeting and talks were held on the value of **SPORT, NUTRITION, YOGA & WELLNESS, and FOOD/AGRICULTURE** with the DG and his team. The idea of have a joint laboratory with University of Tsukuba and cooperation in **SPORT** with TIAS was also talked about, including the proposed establishment of a **SCIENCE CITY in Uttarakhand/Dehradun**, in context of Tsukuba Science City and a **visit is planned to Japan to observe and study the Tsukuba Science City Model visiting national institutes, etc**; Prof. Rakwal invited the DG and his team to visit TIAS, University of Tsukuba and Tsukuba City. Prof. Rakwal also visited the Flex Food Industries on possible cooperation of or research into new food and health products, especially mushrooms, meeting **Shri. Alok PANT**, facilitator (G.B. Pant University of Agriculture and Technology), and **Shri. Madan Mohan VARSHNEY** (Senior Vice President).



Thank you Hari Raj Singh (M.Sc.) and Colleagues in Uttarakhand, and Prof. P. K. Saraswat in Shikohabad, UP

Finally, an on an important note, and relevant to the **SPORT PROJECTS** by **TIAS** and **University of Tsukuba (UT)** cooperation with **India**; a courtesy call was made to the **Director of Indo-French Centre for the Promotion of Advanced Research, Dr. Purnima RUPAL**; who was instrumental in the **MoU** between **UT** and **SAI** (and also **NSSU** and **SAI**), **India-Japan sports cooperation**, while at the **Embassy of India in Tokyo, Japan**, as **Science and Technology Counselor**, with **additional charge of Sports**. It was a wonderful meeting along with **Dr. Kajita** and we discussed on the progress made so far and the continued development of sport cooperation between the two countries.



Greatly appreciate the cooperation of all TIAS members who contributed to the fruitful and meaningful working trip to INDIA, at various levels in SPORT (Tokyo 2020 and Beyond and ‘OMOTENASHI’), HEALTH, WELLNESS and YOGA and FOOD/NUTRITION, contributing towards TIAS LEGACY and moving ahead for enhanced COOPERATION between TIAS, the TIAS 2.0 and TAIKU (Health-Sport Sciences) and University of Tsukuba, JAPAN and INDIA.

Thank you.

Sincerely Yours,

Randeep Rakwal

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<http://www.tsukuba.ac.jp/en/>
<http://tias.tsukuba.ac.jp/tias-2/>