

TIAS (UT)-India to Africa (Rwanda & Tanzania) to India 'Follow-up on the Legacy of TIAS Students' and Sport (& Health) Projects

(August 10th to 24th, 2018)

REPORT – To TIAS (& JSA) and related partners in India and Africa (Rwanda and Tanzania)

✚ To clarify the aim of the visits / field trips / projects-programs – since 2017, TIAS (Professors) started these activities as part of its 'ACADEMIC LEGACY' (for TOKYO 2020), and to work with the TIAS 'STUDENTS' in line with the TIAS vision and mission, under the SFT consortium and JSA initiatives for its academies. The aim was to involve TIAS students (ex-students) pursuing their dreams and developing their organizations (in which they worked or have joined) in context of 'SPORT and OLYMPIC STUDIES' as one part of the TIAS mission of 'CREATING FUTURE SPORT LEADERS'. It is our (Professors at TIAS) hope that these 'small steps' forward in engaging the sporting field/discipline/area where our 'students' now work will lead to substantial and sustainable cooperation with TIAS-UNIVERSITY OF TSUKUBA, Faculty of Health and Sport Sciences, including other SFT consortium members. This August visit to India and Africa was undertaken in above context.

2018, Aug. 11:

Work 1 - INDIA: (10; number here indicates number of people reached, approximately)

Following the graduation of Mr. AMAN SHAH, 2nd batch TIAS student, and Gold medal recipient (Academics-Research), holding the Current position [Lead - Media & Communications | JSW Sports Private Limited, JSW Centre, Bandra Kurla Complex, Bandra (East), Mumbai – 400051, Maharashtra, India (Website - www.jsw.in/sports; www.inspireinstituteofsport.com), and WORK as LEGACY - i) Commonwealth Games 2018, GoldCoast-Media; ii) IIS at JSW, developing proposals for coaching of Olympic athletes in not only Japan at University of Tsukuba and NSSU but also other sporting nations worldwide, & development of talent identification and academic-education programs with long-term goal in mind; **applying** - *ATHLETE DEVELOPMENT and TALENT IDENTIFICATION (Key Learning at TIAS Master's program, under supervision of Dr. Guido Geisler, TIAS-UT)*]; and his **recent visit as part of the Indian Sports delegation (JSW Sports, part of \$13 billion JSW Group conglomerate) to Japan** in July end, 2018, was the impetus behind meeting in India. To meet, see & discuss first-hand in Mumbai at JSW HQ with Aman and Manager- Sports Excellence Program, JSW Sports **Mr. Ramadhar YADAV** (also part of Indian delegation as Senior Athlete Manager) resulted in re-emphasizing the need for start to cooperation in the following areas [*as summarized by Aman - 1) Sending IIS (Inspire Institute of Sport) athletes, especially in Judo, Athletics and Swimming, to the University of Tsukuba for training camps, 2) Inviting coaches and athletes from the University of Tsukuba to IIS for short exchange programs, 3) Inviting students and researchers from the University of Tsukuba to IIS for internships/data collection, and 4) Introduction of short-term academic programs to be hosted at IIS through collaboration with the University of Tsukuba*]; to be followed by **MOU**; to be discussed at Faculty of Health and Sport Sciences following wider discussion on MOU with SAI (Sports Authority of India, MYAS-Ministry of Youth Affairs and Sports). As first step – to **initiate identification of some of IIS junior athletes for training camps to University**, under their priority sports targeting Tokyo 2020-beyond. **Aman's continued work in 'sport' is TIAS LEGACY.**



(Mumbai, JSW HQ)

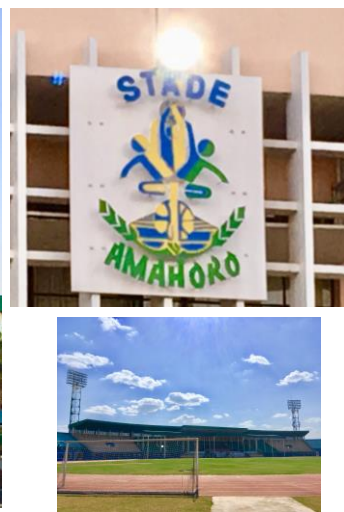


2018, Aug. 12-16:

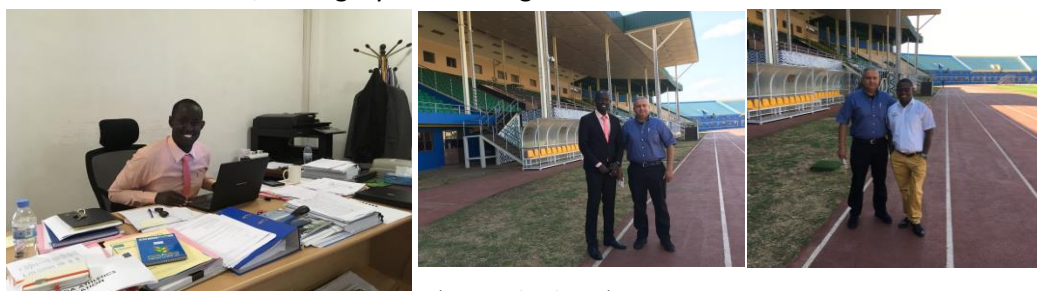
Work 2 - RWANDA: (100)

There are 3 student's in TIAS from Rwanda – 1 recently graduated 2nd Batch: **Mr. RURANGAYIRE GUY DIDIER**, holding the **Current position** [National Team Specialist, now acting Director, Sports, **Ministry of Sports and Culture**; <http://www.minispoc.gov.rw/index.php?id=2>] and working towards various sporting events under the Ministry of Sports, Rwanda; and 2 current 3rd Batch: **Mr. CELESTIN NZEYIMANA**, ex-President of the National Paralympic Committee (NPC) of Rwanda and now Executive Secretary NPC Rwanda (<http://www.npcrwanda.com/spip.php?article111>); and **Mr. SHEMA-MABOKO DIDIER** of the Rwanda Basketball Federation – FERWABA, Technical Manager. Their deep-rooted involvement in SPORT, Olympics and Paralympics and the desire to study-learn and improve their outlook for Rwandan sport as various levels, from elite to grassroots, training to coaching and policy and infrastructure. With **Mr. RURANGAYIRE back into 'MINISPOC'**, he is **practicing legacy translating his acquired knowledge at Tsukuba-TIAS back to his country**; and also with a special focus on Karate and infrastructure for Karate. Both **Mr. Celestin and Mr. Shema** are conducting research on Paralympic sport and Sport for development and peace, respectively; and incorporating early on the knowledge from TIAS to Rwanda – recently by Celestin works on introducing Blind Judo for Africa in 2018 (http://tias.tsukuba.ac.jp/wp-content/uploads/2018/06/2018_Workshop-IBSA-Judo-Africa-Development-and-Introduction-of-Judo-for-Blind-Athletes-in-Rwanda_Feb-28-to-March-4-1.pdf). Their wish to improve their respective organizations and sports is the on-going **TIAS LEGACY in Rwanda**.

- ❖ Arriving in Kigali on **August 12th the Day 1**, was the time to meet various Sport Leaders as it was the last day Of the IHF Continental 2018 IHF Africa Challenge Trophy tournament (<https://www.newtimes.co.rw/sports/handball-rwanda-host-africa-ihf-challenge-trophy>): U-18 and U-20 Men's teams participating at the **AMAHORO NATIONAL STADIUM (ANS; Amahoro = peace)** in Kigali (<http://olympicrwanda.org/>). This is where I was introduced (by Celestin san) to the Honorable **Minister of Sport Minister of Sports and Culture Honorable Julienne Uwacu (Ms.)**, and various sports leaders and organizations heads. The Handball games gave an opportunity to see the sport events in progress and understand the way of thinking of Rwanda Sports leaders, in general – to promote sports at all levels – SPORT FOR ALL; reminding of Sport for Tomorrow. This was followed by a tour of the National Stadium and the sport facilities, and introduction to various offices of the National Federations that were based within the National Stadium.



- ❖ **August 13th** was a more formal introduction to the ANS, which is the main training center for Elite Athletes & Games (sports); and which is open to the public. The main or priority sports are SOCCER, BASKETBALL, VOLLEYBALL, CYCLING, ATHLETICS (T&F), JUDO and SWIMMING. The NOC (national Olympic Committee) has 2 roles to play, the Olympics and Commonwealth Games. Visiting the Sports Ministry and National Olympic and Sport Committee (RNOSC) with Guy san and various Federations and National Paralympic Committee. The aim was to see, meet, listen and interact with sport people, and to try understand the ground situation in Rwanda sport, and continue further interactions in context of the graduated/graduating students areas from Rwanda at TIAS; the legacy lives through its students works.

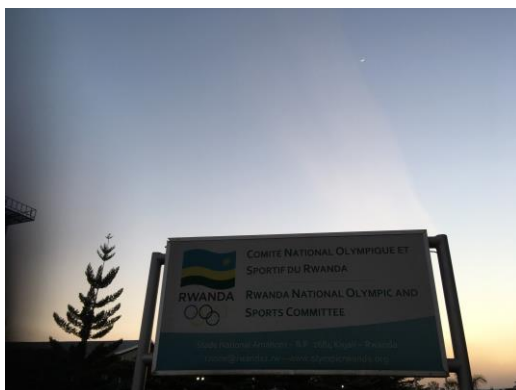


(Guy and Celestin)

- ❖ Meetings continued with first the Rwanda Athletics Federation (RAF)-**Mr. John Peter NDACYAYISENGA (National Technical Director of Athletics in Rwanda)** who explained the status of athletics. High-jump and Rwanda is famous for its mid- and long-distance runners. Talent identification is done through workshops with schools. Creating clubs at the district level, for 14-18 years old; Schools of Excellence; started in 2017-45 schools in 30 districts. High performance training center in the Northern Province (residential training camp) and Regional Training Center at 2,800 mts altitude.



- ❖ **Sport for All** – is an important program in Rwanda; where maximum number of Rwandans can participate in athletics. The Kigali International Peace Marathon (<http://kigalimarathon.org/index.php>) is one such event, where people can take part in the competitions (full and half marathon) and also is open to the general public 'RUN FOR FUN'. In May of 2018, around 5,000 people took part.
- ❖ KEY FOCUS is TOKYO 2020 and to qualify as many runners as possible; the 2019 Qatar World Cup is the selection period. The Throwers, Shot put and Javelin are also key events other than Running.
- ❖ **Partnership with Japanese Entities** for long-term focus on athlete training, pre-training camps for 2020, and training of coaches is the need of the day; 10,000 m / 5,000 m / 800 m / Marathon / Decathlon / Triathlon – Hurdles is new event for Rwanda T&F.
- ❖ **Scientific Equipment's and Facilities** are another challenge; "disconnect science from performance is not possible". No research center-private sector support needed. Investment in Sport-CSR (Corporate Social Responsibility) is also another area of development.
- ❖ **HOWEVER, it is important to note that 'CULTURE OF SPORT' is coming up in RWANDA.**
- ❖ There are 33 Sports Associations/Federations and 6 areas of development – Soccer, Athletics, Volleyball, Basketball, **PARALYMPICS**, and cycling.
- ❖ Thus a need for 'PARTNERSHIP' with the Japanese Universities (UT and also NSSU- both as part of the SPORT FOR TOMORROW project of the Japanese Government, for not only **TRAINING-COACHING** but also **PHYSICAL EDUCATION**, and **ANTI-DOPING**.



- ❖ **August 14th** was a field trip to the SOUTHERN PROVINCE – in NYANZA [Nyanza is a district (*akarere*) and its capital is Nyanza town, which is also the provincial capital; and where the old Royal Palace of the Rwandan monarchy is located - now the Rwesero Art Museum] to the REGIONAL CENTER, the **YOUTH FRIENDLY CENTER (YFC)**, and where there is a scope for positive development and also the need for SPORTS at the local/community level for development of the region including its YOUTH. This region is known for its EDUCATION facilities – 16 primary schools and 12 secondary schools; and a University.
- ❖ The visit along with **President Valens MUNYABAGISHA** and his IT & Communications Officer, **Mr. Jean Claude Rugigana**, and Celestin started with meeting the Coordinator of the YFC, **Mr. Jean Paul**. The youth come and play here, such as indoor Table Tennis and outdoor sports (under basic conditions of the ground); the center is also used for cultural events and watching 'matches' on the screen. Gym aerobics for adults is also used. A library is a learning refuge for the kids, who come and read, adults borrow

books; and there is a reading room for adults.

- ❖ There are multiple facilities for sports-but very basic – open-air); and as Celestin mentioned the condition of **'Sitting Volleyball'**-a priority Paralympic sport, and where Team Rwanda is doing good, practicing on the hard ground is not easy. Soccer field also.
- ❖ Vocational Training Center provides vocational training in various areas, computers, craftsmanship, sewing, and cooperative for bicycles (they are used as a Taxi service in Rwanda). The center also provides health-based education and voluntary testing center for HIV-AIDS and sex-education. Thus, the YFC not only is a place for doing SPORT but also LEARNING-EDUCATION and DIVERSE LIVELIHOOD TRAINING for the YOUTH; **a multifaceted center for regional development with SPORT** as a powerful movement for change is the vision, is the feeling after visiting the site. This was also reinforced after meeting the various people working there and also a discussion with **the MAYOR of NYANZA DISTRICT – Mr. NTAZINDA Erasme**.





- ❖ Given a scarcity of trained teachers (in vocational skills) and nurses (for HIV-AIDS testing and counseling), and coaches (for sport), it was found imperative to also involve JICA as support partner. An excellent discussion with the President Valens (RNOSC).



- ❖ Continuing the journey from the Southern province, back towards Kigali, we moved to the JICA Rwanda Office in Kigali meeting with the Program Officer **Mr. Iddy HABIYAMBERE** (in charge of Volunteer Program) and **Ms. Eiko MORI** (Volunteer Coordinator). Briefing on the purpose of the Rwanda visit, and the need for further promoting cooperation between TIAS-UT, as part of SFT and JSA legacy program for Tokyo 2020, based on the needs of its graduated and current students projects in 'sport', it was discussed to help promote also the work JICA Rwanda is doing to UT student's (JICA volunteers), and to help interlink projects together with TIAS, as possible under SFT. The need is for Soccer, Volleyball, Judo, Karate, Athletics, Para-Volleyball, Basketball, and which also overlaps with what is indicated above in discussions with sports officials; skilled volunteers and International exposure for University of Tsukuba TAIKU students. The need for **PE curriculum** is also critical; where **University of Rwanda in College of Education**, Eastern Province may have a role. Development of a platform for sports, for kids/teams. Sister-city relations are another area of cooperation/working. Looking for CSR in sport-related projects, as it is still in developmental stages; and the recent presence of Toyota Rwanda is a welcome sign and possibility for future talks. (<https://www.jica.go.jp/rwanda/english/office/index.html>)



- ❖ The next stop was the Rwanda Volleyball Federation – meeting with the President of the FRVB (**Mr. Leandre KAREKEZI**) and the General Secretary **Mr. Adalbert MFASHIMANA** (<http://www.fivb.org/EN/FIVB/Federation.asp?NF=RWA>) and the Executive director along with Guy san. Sharing the strategic plan for Volleyball development, it was mentioned that there is specific focus on the development of volleyball and young talent identification at secondary schools. The need is for COACHING THE COACHES by either University of Tsukuba coaches and/or Japanese volleyball Leagues; and wish to link up to the **JV Federation** for Men's and Women's Coach Training. There is also need for equipment's-NETS and Balls for regional/local areas. After football, it is volleyball, as a priority sport. NEED MORE COACHES (link to JICA program!). Need for expertise/training in MARKETING & COMMUNICATIONS – MOBILIZING FUNDS. Look forward to TRAINING OF THE NATIONAL VOLLEYBALL TEAM in Japan. FOCUS ON MENTAL SKILLS & PHYSIOLOGY – PHYSIOTHERAPY PROGRAMS. Finally the need for SPORT ADMINISTRATION learning and training.



- ❖ **August 15th** was a day for the PARALYMPICS – meeting with the NPC Rwanda (<http://www.npcrwanda.com/>) and visit to the Eastern Province-School for the Visually Impaired. Meeting with almost a full house, **Mr. JOSEPH** (VP, National Blind Sports Association) / **Mr. Silas MUSABYIREMA** (Secretary General, NDSCO-Rwanda; National Deaf Sports Committee) and Volleyball Coach and Teacher, Special Schools / **Mr. Jean Damascene BIZIMANA** (Vice President of NDSCO-Rwanda, and Deaf People Representative) with **Mr. DUNCAN**, Interpreter / Treasurer, **Mr. Emile VUNINGABO**, representing the NPC President **Mr. Jean Baptiste MUREMA** / and, **Mr. Jean Marie NSENGIYUMVA** (Technical Director, NPC and Coach - Women's Sitting Volleyball). As Joseph mentioned early on – 'best practices to learn from other schools', in context of "persons with disabilities" (PWDs). Briefly, the NPC was initiated in 2001 starting from the grassroots to now an international level, as an **umbrella body for sports of people with physical disabilities**.



- ❖ As a background – for the PWDs, difficult to get them to play sport due to the negative mindset. Targeting children with physical disabilities at first using 'sitting volleyball' and in 2006, standing volleyball for amputees. Partnership with schools and special centers to select the players. Train some teachers as coaches. Grassroots programs to Nationals (games). At the international level – sitting volleyball (SV), T&F, and Powerlifting (PL). Road to Tokyo2020, multiple challenges – infrastructure; candidates for SV, PL, Athletics, Judo and Goalball. The **ONE COURT PER DISTRICT PROGRAM**; however, also adaptation-bad condition of courts led to use of plastic interlocking mats as floors.
- ❖ **EXPERTS in new SPORTS** are also important to incorporate; partner with Ifs to train the coaches; initiated 'WHEELCHAIR BASKETBALL'. SPORT for the DEAF; lobbying with the IPC – Deaf sports prior to the Paralympics – NPC-R coordinate all schools – Preparing NDSCO to go to the DEAFLYMPICS. Lack of formal training. Follow up projects in sports at grassroots. Funding is an issue. National Teams only supported by the government when they reach to International Level-COMPETITIONS. International Referees needed.
- ❖ Main purpose for **SOCIAL INCLUSION for PWDs**, then moved to the International Level; started with LAUREUS Foundation. Now the MINISTRY of Sports and Culture will support grassroots development from 2018. The National Sports Associations

has difficulty in organizing themselves so the NPC has to do it. SPORT MATERILAS are lacking, are expensive and imported-a critical dependence on 'outside' sources. Retired Players? What are doing in the community?

- ❖ The NPC members are created for – Deaf, PD, Blind, Intellectual (4 MAIN) and down to the DISTRICT LEVEL as district Paralympic Sport committees. **37 in TOTAL as of 2018**. This organizational structure is important for consolidating all resources...CAPACITY BUILDING is a CHALLENGE. Human resources, Technical Managers are needed. Imperative to provide Management Skills – Education and momentum for the Paralympic Movement. **Celestin san** has been instrumental in bringing up NPC Rwanda to today (http://npcrwanda.com/IMG/pdf/NPC_Newsletter_1_small.pdf). As he mentions – **'MAKE CHANGE in RWANDA'**. Communication is a key challenge.
- ❖ For TOKYO2020, Okinawa has expressed interest to host the 'Sitting Volleyball' TEAM. **Other options**-What chances for support from Japan? UT Experts (such as Sawae sensei – training/games for Intellectual disabilities), JICA Volunteers Trained for PWD sports, and to send athlete's-coaches for further training to Japan.
- ❖ Finally, a msg through the interpreter – for the NDSC representative,“am very happy to acknowledge Celestin to have this meeting...also welcome to Rwanda; and, for the DEAF, we need all the support for SPORT; there are many deaf people due to the Genocide; training-education is also a challenge, both teachers and student's suffer.; it would be nice if there is support for PE Curriculum for the DEAF; would appreciate support from Deaf Organizations in Japan to link with us here and the develop our organizations...



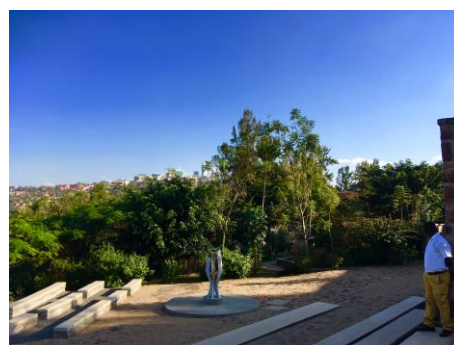
- ❖ Continuing with the NPC-R, the next visit was to the 'School for the Visually Impaired' – Groupe Scolaire H.V.P GATAGARA, in the RWAMAGANA district (Eastern Province) to meet the school teachers using SPORT for education and competition / games for children with blindness (visual impairment at all levels). This was also where Celestin carried out the Rwanda (African Initiative) 'Blind Judo' project (http://tias.tsukuba.ac.jp/wp-content/uploads/2018/06/2018_Workshop-IBSA-Judo-Africa-Development-and-Introduction-of-Judo-for-Blind-Athletes-in-Rwanda_Feb-28-to-March-4-1.pdf), and one of the reasons for making this long trip. Meeting with the Teacher and Coach **Mr. Emmanuel NTAKIRUTIMANA** (in lieu of the **Head teacher Brother JULES**) and another teacher and Judo coach **Mr. ATHANASE**, the discussion centered on the school sporting issues and facilities therein for children with visual impairment.
- ❖ The SCHOOL (BOARDING) hosts children with blindness from 7 to 25 years old. It is a Government-aided school which covers the Teacher's salary. Others are paid /provided by the 'Brothers of Charity', including for the resident children. There are 175 student's, both boys and girls (inclusive school); and there are 35 Teachers: 5 are especially for the BLIND = 4 for completely blind, 1 for low vision.
- ❖ The main **SPORTS** are **Goalball, Athletics (Javelin)**, and Showdown (but less popular). FOCUS is on Competition Sports. Some student's belong to the National Team; Women-National Champions in Goalball, 2018. Boys are also at the national-level. Judo has been introduced, but **there are challenges**, and this is one of the focus for the visit; namely inadequate skills / Judo Dress – the JUDO GI / Judo mats – the TATAMI; students are from poor income families in case of 'blind', and they are afraid of losing (tearing) the only shirt-t-shirt they have while playing Judo. **IMPORTANT POINT** is that the children have really taken a liking for JUDO; and the coach is trained in Kigali by IBSA. Thus, it is envisioned that based on the recent introduction of BLIND JUDO, a CENTER for BLIND JUDO can be created on the school premises.
- ❖ Other challenges are to **TRAIN the TEACHERS in different BLIND SPORTS**; having more than 1 Goalball field, and having field for blind football and room for powerlifting. Fortunately, there are enough spaces and rooms for making those facilities.
- ❖ Moreover, as many of the school graduates are in the District-level Teams, it is good to be able to spread the msg and importance of sports to **local communities**. As many students are from low or very low income families, there is a pressing need for clothes/sports dress and sport shoes.



FUTURE WORKS-NEXT STEPS (proposed)

1. **MOU with the RNOSC** for consideration, based on the March 2018 visit to TIAS-UT of Ambassador Valens Munyabagisha (President, Rwanda National Olympic and Sports Committee) as also re-emphasized in the current (August 2018) visit to Rwanda and discussions therein post-meetings and field visits.
2. Development of **Coaching-Training** programs for priority Sports; and *possible cooperation with NCDA-NSSU, and PARALYMPIC EXPANSION PROJECT at NSSU.*
3. Participation (and education, including anti-doping) in the **Kigali International Peace Marathon 2019.**
4. Development of proposal '**SPORT plus**' – Sport, Education & Health Development Center (SEAHD) for integrated sports facilities in combination with vocational training, youth education, health education and testing, nursing care, stress management and counseling, and Yoga for All. Social Development - Impact on the People – Sport as a Catalyst for Change and Regional Development.
5. NPC-R: Coaching of coaches, new coaches, retired athletes – coaching, and training of athletes, and the possibility of cooperating with Industry for TECHNOLOGY-SKILL TRANSFER to Rwanda for producing Paralympic sport-related equipment's. Preparing a **STRATEGY DOCUMENT.**
6. Rwanda NPC to organize an **African Paralympic Congress** with an aim to introduce all aspects discussed above to the Continent at a single platform and to create awareness locally-globally.
7. Continue **JUDO TRAINING CAMPS and Center for BLIND JUDO**; to discuss with JICA and Embassy of Japan, in Kigali.
8. Meeting with **Mr. Festus BIZIMANA**, the Vice President of Rwanda Olympic Committee and Political Specialist (Embassy of the United States of America) gave new insight into **Sports and Diplomacy in African context**; and to prepare a Guest Lecture at TIAS.

Note- Another important part of the Kigali/Rwanda visit, without which the transformation of the nation cannot be felt, is the Kigali Genocide Memorial; stated construction in 1999, and completed in 2004, the 10th commemoration of the genocide. Its completion was made possible by the following organisations: The City of Kigali, Aegis Trust, Rwanda's National Commission for the Fight against Genocide, **Ministry of Sports and Culture**, and Various governments and international non-government organisations (<http://www.kgm.rw/friends/thank-you/>). The whole country is taking part in the reconciliation, and sports are one medium for interaction and understanding and moving forward together.



2018, Aug. 17-18:

Work 3 - TANZANIA: (25)

There is 1 student from United Republic of Tanzania, and who recently graduated the 2nd Batch: **Mr. LEONARD THADEO KATUNZI**, holding the **Current position** [Presidents Office, in-charge of SCHOOL GAMES, Ministry of Information, Culture, Arts and Sports, Tanzania] who is working towards the next step of his career post-TIAS, for developing the sporting ability of children at primary and secondary schools across the country. Dar-es-Salaam (DAR) on the **16th afternoon** was a surprise to arrive at the airport to be received by the President of the Tanzanian Paralympics Committee (TPC, <https://www.paralympic.org/united-republic-tanzania>) **Mr. Gwakisa MWAKABETA**, and who drove me to the hotel. This was followed by a meeting to catch up on Leonard san's current project - the **SCHOOL GAMES**.



- ❖ **August 17th** was a day for field visits and meetings starting with the **Uhuru Stadium** (formerly known as the Tanzania National Stadium, built in 1960 and renovated in 2010 on 50 years of Independence) which is adjacent to the **National Stadium** (built in 2005) in DAR, Tanzania (<http://www.habari.go.tz/>). Leonard san was involved with the National Stadium project at that time, when he was Director of Sports in 2008. Impressive stadiums indeed. Football is a big and popular sport, and a chance meeting with one of the Head Coaches reflected on the importance of the game (<http://www.tff.or.tz/>) and need for new training methods, as I mentioned about Dr. Guido Geisler (UT-TIAS) and his 'Game Sense Coaching' program.



- ❖ Next on the schedule in the National Stadium was the meeting with the TPC President **Mr. MWAKABETA** and some board members including **Mr. Tuma DANDI** (Secretary General of TPC) and **Mr. Said MALILO** (committee member of the TPC). Historically, the TPC was established more than 20 years back, when it was called the '**Sports Association for Disability**' (SAD). The current President (who also works as a Civil

Servant at the Investment Board) has long association with the TPC, and he was elected to this post in 2015; and mentioned – **“deeply wanted to do something for fellow PWDs using SPORT”**. He also remarked how Leonard san has been supporting the TPC since a long time. The TPC has done a lot but not well developed; it has been helped by the IPC, especially ‘management’. Post-TPC introduction, I indicated by reason of visiting Tanzania in context of TIAS Legacy and now TIAS alumni-Leonard san.

- ❖ The TPC faces a lot of challenges; among them are financial constraints – projects not operationalized, funding from Japan is very difficult, design of a program for TOKYO 2020 on the training side, training of athletes-is it possible?; T&F for Paralympics and Sitting Volleyball, swimming, powerlifting, goalball, and possibility of wheelchair tennis for participation in 2020. Capacity building is critical requirement, and the need for organizing sporting events. Biggest need is for sports equipment’s; even used sports equipment’s can be most helpful and support many players. **NEED TO PROMOTE THE NEXT GENERATION**-and for that these challenges have to be taken head on. **AWARENESS CREATION, SENSITIZATION** is another important point raised by the TPC; the society has to be made aware of disability and also inclusion. In above context, programs for MEDIA PEOPLE are needed said **Mr. DANDI**, and who works as a Journalist. Finally, the construction of a new and ‘**ACCESSIBLE** to all’ TPC office at DAR.
- ❖ Journey to TOKYO 2020 has begun with recent seminar in Malawi (<https://www.ippmedia.com/en/sport/paralympics-officials-hail-malawi-seminar>).



- ❖ Next stop in the day’s meeting was with the **JICA – Tanzania Office** (<https://www.jica.go.jp/tanzania/english/index.html>), who kindly welcomed us at short notice, and it turned out be a very nice meeting with new information on SFT supported project and the joining of a UT-TAIKU student as JICA volunteer in DAR. **Chief Representative Mr. Toshio NAGASE** (along with Senior Representative, Mr. Satoru MATSUYAMA and Representative Ms. Miwa ITO) explained us on the recent SPORT PROJECT, ‘**LADIES FIRST**’, with **NSC (National Sports Council of Tanzania)** and Ministry of Information, Culture, Arts and Sports and in special collaboration with the famous Marathon runner, **Mr. Juma IKANGAA** (and who is goodwill-PR-Ambassador of the JICA Tanzania Office) and SFT.

LADIES FIRST

The FIRST Track & Field Championships for WOMEN

❖ Date: 24th and 25th November 2018

❖ In celebration of the International Day of Girl Violence Against Women and Girls

❖ Venue: National Stadium in Dar es Salaam, Tanzania

❖ Athletic Event: 150 Athletes selected throughout Tanzania will participate in 8 events: 100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 10000 m, and 20000 m

❖ Organized by: Japan International Cooperation Agency (JICA), National Sports Council of Tanzania

In special collaboration with Mr. Juma Ikangaa, former marathon runner, Chairman of Dar es Salaam Athletics Club and Goodwill (PR) Ambassador of JICA Tanzania Office

SIGNIFICANT CONTRIBUTION TO ...

- Development Goals
- SDG 5: Gender Equality
- SDG 10: Reduced Inequalities
- SDG 11: Sustainable Cities and Communities
- SDG 13: Climate Action
- SDG 17: Partnerships for the Goals

JICA VI Nairobi Declaration

- Empowering youth and women
- Resilient sports exchange

SPORT FOR TOMORROW

- Empowering sports women
- Enhancing international level of sports

(https://www.jica.go.jp/english/news/field/2017/171130_01.html)

LADIES FIRST FIRST Track & Field Championships for WOMEN in Tanzania

Background of the Event

❖ Gender Issue in Athletics / Sports in Tanzania

Tanzania was her first international medal in 2002 in Congo Brazzaville, an achievement by a woman called Theresa Thomas in Judo, at a time when the most athletes had never won any medals. Since that time, the more athletes have won more international medals, however, since the first games brought by a woman – Tanzania has seen the number of women athletes ascending by numbers. It is with this view in mind that Tanzania must build a balanced structure with consideration of Gender Equality.

❖ Opportunity for Women Athletes

We believe that if we make a special training program for women athletes to become equally as motivated as men athletes there will be a chance to participate. And now is the time to turn the attention to the Women Athletics Challenge as a way to ensure foundation of women participation toward the 2020 Tokyo Olympic Games. In this regard, the Special Track & Field Championships for Women ‘Ladies First’ was organized to get together women athletes for national and international championships. Following the success of the event last year, the 2nd ‘Ladies First’ is going to be held in November 2018 to take one step further for outstanding performance by women athletes, as well as the empowerment of gender issue in Tanzania.

❖ Contribution to achievement of SDGs and Awareness of Issues on Gender, Sports and Physical Education

In addition, the initiative is expected to encourage awareness of SDGs in schools, as well as development of Physical Education in schools, which is an essential and important component for child’s growth and development. It also reverts the global needs and requirements of the current agenda in the world, that is, the action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity spearheaded by the United Nations, especially ‘Sustainable Development Goals (SDGs)’, which is a set of 17 ‘Global Goals’ which is a universal call / action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity spearheaded by the United Nations, especially ‘Sustainable Development Goals (SDGs)’. Importantly, sports have been widely known to cut across various barriers of gender, age, religion, caste, race and nationality – they are the global tools that have a far and wide outreach, which makes them suitable in tackling more of the SDGs, especially ‘Goal 3: Good Health and Well-being’.

FRIENDSHIP THROUGH SPORTS BETWEEN JAPAN & TANZANIA

By Mr. Juma IKANGAA, former marathon runner, Chairman of Dar es Salaam Athletics Club and Goodwill (PR) Ambassador of JICA Tanzania Office

This program has helped sensitize to various issues including the **SDGs (Sustainable Development Goals)** and early pregnancy. Leonard san also discussed about the possible working place for Ms. Ayane SATO, recently graduated from University of Tsukuba-TAIKU.



- ❖ The next meeting was with the **NSC** (<http://nationalsportscouncil.go.tz/>) **Chairman Mr. Leodegar Chilla TENGA** (one of the finest players in Tanzania's history-footballer, National Team player and past President of the Tanzanian Football Federation; and also respected administrator) and the **acting Secretary General of the NSC, Ms. NEEMA MSITHA**, along with Leonard. Coming directly to the hard facts, one of the most challenging issues is **TRAINING programs** for Athletes and Coaches (TIAS has a coaching program being conducted in India – and I introduced Dr. Geisler). More **COACHES** are needed at the community level (Community COACHING- and education (Olympic) aspects are also an area of expertise of Dr. Lyras, as also referred by Leonard) and for **TALENT IDENTIFICATION**. Need for exchange programs with UT-TIAS, especially on Training the Trainers; priority sports in Tanzania are T&F, Swimming, Table Tennis, Boxing and Judo. Another priority area is **SPORT MANAGEMENT** (introducing Assoc. Prof. Takahashi and Dr. Kaneko from TIAS with such expertise and networks). **Chairman TENGA** mentioned an important point in how collaboration with TIAS (Japan) should be – **“Legacy should be remembered coming from Japan”**; e.g., these sports personnel have been trained in Japan, and so on...echoing back to what was discussed with JICA on the ‘Ladies First’ event and training of promising young women athletes. **Establishment of the ANTI-DOPING AGENCY** was also a key focus. In terms of ‘educating’ (at TIAS) the administrators, it was mentioned that TOP PEOPLE should go, who are sharp and keen, as there is a **GAP OF QUALITY – COMPETITIVE QUALITY**. Leonard mentioned to have interaction with JSC (Japan Sport Council) for understanding the **‘Lottery’** system and funding for sports.



- ❖ The final meeting was also kindly arranged with the **Ambassador of Japan to Tanzania, HE Masaharu YOSHIDA** who accommodated us in his busy schedule and explained in detail the SPORT COOPERATION between Tanzania and Japan, and introduced to us a Sport Official from the Ministry who had been deputed to **Nagai-city in Yamagata** prefecture for the upcoming **Tokyo 2020 pre-training camps** preparation. The Ambassador also suggested the possibility of cooperating with Nagai-city and UT for expert coaching as TAIKU has excellent coaches; and emphasis on mid- to long-term cooperation in SPORT extending the TIAS Legacy.
- ❖ We were also informed of the 'Ladies First' event and the Japanese support for construction of a **BASEBALL FIELD** by Japanese (JOVC) support.
- ❖ The meeting was at the Embassy in DAR along with **Mr. Toshihisa FUJIWARA**, Third Secretary and Leonard.



(Painting at the Embassy of Japan in DAR)



FUTURE WORKS-NEXT STEPS (proposed)

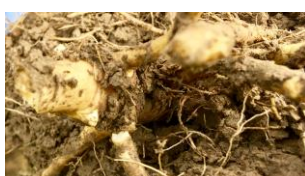
1. **Development of Training-Coaching and Education programs** for the NSC and TPC for the upcoming Tokyo 2020 GAMES
2. Project proposal for TPC with **Toyota** in context of management and sporting events for the PWDs; *possible collaboration with NCDA / NSSU-Paralympic Expansion project.*
3. Support and participation for the '**LADIES FIRST**' – T&F Championship for Women in Tanzania- as also discussed with JICA Tanzania Office and then with the Embassy of Japan in Tanzania.
4. Introducing a top-level person from NSC to **TIAS 5th Batch** for strengthening the collaboration and cooperation with TIAS and UT (Japan).
5. Arrange meeting with the **JSC**.

2018, Aug. 20-23:

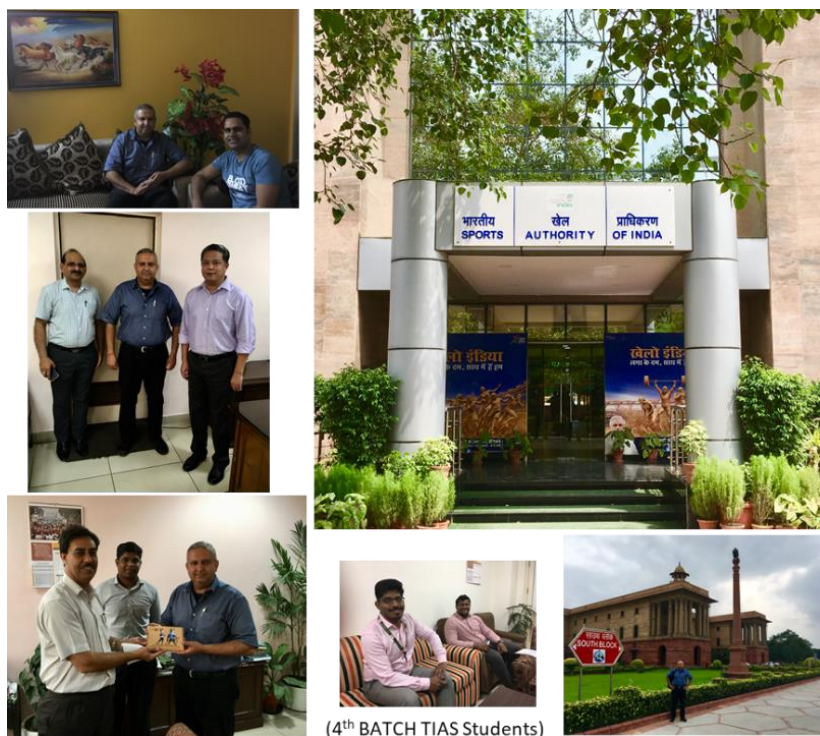
Work 4 - INDIA: (35)

The India part is sub-divided into 2 parts, one dealing with 'HEALTH-SCIENCE-MEDICINE-YOGA', and the other with **SPORT (and SCEINCE)** both as part of Prof. Rakwal's duty at TIAS and University of Tsukuba, Faculty of Health and Sport Sciences. Yoga is part of the **Sports Science and Medicine module** and also social innovation project through TIAS.

- ❖ **First (Aug 20-21) area of field visit and discussion were on the YOGA RESEARCH** and the progress made at **TSUKUBA** on the **yoga education (yoga class at TIAS)** and **book** ('The Basic Principle of Yoga', revised version submitted) and **training courses for students** and a **new research publication** (JYP-PER-18-723 – 'Yoga for All and Social Transformation through Body and Mind: Team Yoga and Case of the Tsukuba Health Project', Journal of Yoga Research and Physiotherapy, submitted), and towards participation in the **3rd YOGA CONFERENCE** in India, **University of Patanjali**, March 29-31, 2019. The themes are – a) **YOGA and PHYSIOLOGY** and b) **YOGA and THERAPEUTIC APPLICATIONS**. The meeting was held at the office of **Mr. Ram Kumar GUPTA, Scientist C** at the **YOGA RESEARCH FACILITY, PATANJALI RESEARCH FOUNDATION, Haridwar (India)** (<http://www.patanjaliresearchfoundation.com/patanjali/index.php/patanjali>), on above, and also **YOGA THERAPY for STUDENTS and ATHLETES, DISEASE MANGEMENT, and JOINT RESEARCH**. Generating positivity and writing research papers in the next steps forward. **Second area** was the cultivation of the a medicinal plant for **Health and Disease management** (Kiku-imo) and progress/check on its cultivation, and discussion with **Mr. Sanjeev VERMA** (M.Sc. Horticulture, GBPUA&T) at Dehradun for the next human intervention trials, including 'supplements'.



- ❖ **Continuing to DELHI (Aug 22-23), to coordinate with Mr. MANIKANT SHARMA who recently graduated the 2nd Batch**, and holding the Current position [Assistant Director, SAI at NS-NIS, Patiala, Punjab, India; Sports Science] towards the next step of enhanced cooperation between India and Japan at the Government Level, **Sports Authority of India (SAI - <http://sportsauthorityofindia.nic.in/>; and counterpart of JSA) and University of Tsukuba (TIAS, and also NSSU; as part of the JSA-SFT 3 Academies)**. The focus is **COACHING (the COACHES) & TRAINING (of ATHLETES, OLYMPIC EDUCATION, PARALYMPIC MOVEMENT, PRE-OLYMPIC TRAINING CAMPS for TOKYO 2020 and SPORTS SCIENCE CURRICULUM DEVELOPMENT** (in context of NS-NIS new Centers for Sports Science, and the National Sports University). Meetings were held at the SAI HQ in Jawaharlal Nehru Stadium Complex and the **Ministry of External Affairs (MEA - SOUTH BLOCK)**; all as part of the LOIs between the 2 organizations, coaching-training programs, sports science-coaching-Olympic education curriculum, and also the proposed timelines of MOUs. **Starting with Mr. Manikant**, we discussed on the progress on the **‘program of activities’ for 2018 following up on the 2017 fiscal year sports projects successfully carried out at both Tsukuba and Patiala**, and steps forward on keeping the **‘LEGACY’ of TIAS**. Also at SAI HQ – an introduction to the 4th Batch student, **Mr. Dhandapani (AD, SAI)** and **Mr. Pandit**, both of whom will be joining shortly at TIAS. **Four official meetings** were held on the day (Aug. 23)-all related to the ‘status of cooperation’ between UT (TIAS-TAIKU) and SAI. These were in series –
- with **Cdr. Rajesh RAJAGOPALAN, CO, TOPS** and the **TEAMS project Officer, Shri. Ashwani KUMAR** (and who was here in August as part of the SAI delegation to Japan, also visiting University of Tsukuba-TIAS) on the next steps for the **pre-training CAMPS for Tokyo2020**, and where University of Tsukuba is being considered as a CAMP SITE. Further action will be conveyed and an official request will be made to Prof. Rakwal in this regards through Embassy of India (EOI) in Tokyo following the conclusion of the Asian Games. Another point was the ‘invitation’ to the HOCKEY TEAM for its Junior Team/National Hockey Academy to train in Japan, and this will be conveyed to the EOI, Tokyo, Dr. Rupal-Counselor S&T for follow up, as she is in-charge of the sports aspects too.
 - **b) with Mr. Sanjay SARASWAT, Regional Director, SAI** on the current status of MOU signing between SAI and UT and other aspects of the sport cooperation. Further follow up on the MOU will be taken as soon as possible was the assurance, and look forward to continued cooperation in sport with UT. The meeting was also joined by **Mr. Sathish KUMAR (AD, SAI – ICC & IT)**.
 - **c) shifting to the MEA and meeting with Prof. Ashok Kumar CHAWLA, Advisor (Japan) and Dr. Sahil KUMAR (Under Secretary (East Asia II))** to update (on their request) the background and current status of India-Japan cooperation on SPORT. Fruitful meeting to clarify all points and steps in the cooperation between UT and SAI; and the question of the pending signature for the MOU was also made; however, to note, Prof. Rakwal had this discussion in capacity as a Teacher at a Japanese University; and it was explained that whenever requested Randeep served as a link between the EOI, Tokyo (**Dr. Purnima RUPAL**, Counsellor, Science and Technology) and UT (and NSSU) updating JSA.
 - **d) back to SAI - with Mr. Onkar KEDIA, Special DG, SAI**, to update on the cooperation in SPORT between SAI and University of Tsukuba, especially on the signing of the MOUs (including LNIPE) & **PLAN OF ACTION for 2018**.



Currently, back to TIAS-University of Tsukuba, there is renewed vigor and contact with each country/organization (Rwanda – Tanzania – India) and we all look forward to the next steps of our cooperation in SPORT and most importantly, TIAS LEGACY – supporting its graduated/current students in on-going projects. **To COOPERATE-NETWORK with our partner SFT / JSA ACADEMIES, for the TOKYO 2020 LEGACY in real terms, is the NEXT STEP.**

Thank you ALL.

Warm regards

Signed: *Randeep Rakwal*

Dated: September 5th, 2018

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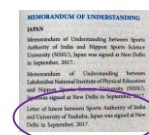
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SPORT
FOR
TOMORROW



Author takes responsibility for this document/write-up, and all errors are mine (Prof. Rakwal).