



Message from
Mr. Rajinder Singh
President - Hockey India

Hello Friends,

The 70th Olympic Day celebrations saw Hockey India and its Member Units come together in unison to find innovative ways to spread the spirit of sportsmanship. Hockey, being one of the most decorated Olympic sports in the country, has always engaged in activities which involve the players, coaches and officials from throughout the nation to celebrate and honour the qualities of sportsmanship, respect, and camaraderie.

The tribute to the International Olympic Day saw a total of 47 Member Units organise and support sporting activities, exhibitions, music, educational seminars and quizzes in order to further instil the spirit of the Olympic Games into all the participants. The Olympic Day was introduced in 1948 to commemorate the birth of the modern Olympic Games which were first held on June 23, 1894 at the Sorbonne in Paris.

These celebrations were held with the aim to show unity through sport, where thousands of hockey lovers were brought together regardless of their gender, background and athletic ability. The celebrations also included matches and tournaments being conducted for both men and women at various districts of various member units. Through these tournaments, the member units promoted the benefits of physical exercise, inspiring people to get active and embrace the Olympic ideals regardless of age, gender or athletic ability.

The overwhelming response from all our Member Units who engaged in innovative activities was great to see and we endorsed IOC's campaign called 'UnitedBy' that champions to bring together stories, experiences and events of Olympism from across the sporting world. Olympism is a philosophy of life which, with the help of sport, culture and educate, enlightens an athlete to have the qualities of body, will and mind. We, at Hockey India, are proud to have organised the Olympic Day celebrations and would like continue to further promote the spirit of sportsmanship.

HOCKEY INDIA MEMBER UNITS MARK 70TH OLYMPIC DAY CELEBRATIONS

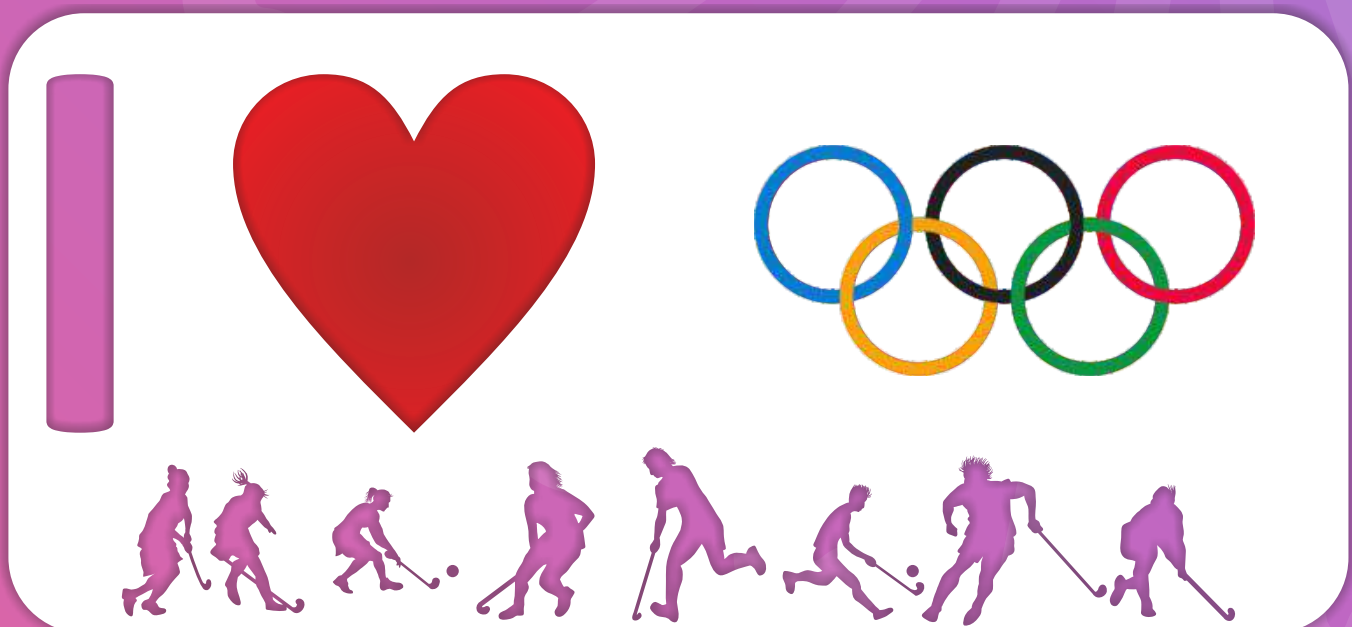
It was that time of the year when Hockey India's Member Units came together in unison to mark this year's Olympic Day with innovative ways to spread the spirit of sportsmanship. Through various activities, it was Hockey India's initiative to strengthen the link that children, young people and adults already have with the sport and through these activities it brought together people from different walks of life without any gender and physical biases, to provide an opportunity to get their first experience of the sport.

From hosting tournaments to organizing exhibitions, workshops, meet-and-greet former international players, educational seminars, quizzes at NGOs, singing and dancing and even cake cutting were some of the main features of the celebrations across different member units in the country that brought hundreds of hockey lovers together.

Olympic Day was introduced in 1948 to commemorate the birth of the modern Olympic Games on 23 June 1894 at the Sorbonne in Paris. The goal was to promote participation in sport across the globe regardless of age, gender or athletic ability. Marking the 70th Olympic Day, Hockey India through various activities endorsed IOC's campaign called 'UnitedBy' that champions to bring together stories, experiences and events of Olympism from across the sporting world.

Taking cue from the three pillars of Olympic Day – “Move”, “Learn” and “Discover”, member units Assam Hockey, Hockey Maharashtra, Hockey Jammu & Kashmir, Hockey Mizoram, Manipur Hockey, Telangana Hockey, Hockey Rajasthan, Bengaluru Hockey Association, Hockey Coorg, Goans Hockey, Hockey Madhya Bharat, The Mumbai Hockey Association Ltd, RDT Hockey Academy, Hockey Unit of Tamil Nadu, Hockey Himachal, Hockey Haryana, Hockey Bihar, Hockey Gujarat, Chhattisgarh Hockey, Tripura Hockey, Mata Sahib Kaur Hockey Academy, Olympian Vivek Singh Hockey Academy, Citizen Hockey XI, Hockey Patiala, Andhra Hockey Association to name a few conducted two-day hockey tournaments. Through these tournaments, the member units promoted the benefits of physical exercise, inspiring people to get active and embrace the Olympic ideals regardless of age, gender or athletic ability.

Speaking on the occasion, Mohd. Mushtaque Ahmad, Secretary General, Hockey India, said, “Marking this very special year when India hosts the world's most prestigious event - the Odisha Hockey Men's World Cup Bhubaneswar 2018, the zeal to embrace sports as a way of life was made evident by our member units as they conducted various activities to bring people from different age, gender and athletic ability together and promoted the benefits of engaging in sports. Some of the member units encouraged month-long activities in their respective centres to draw people's attention towards health benefits of playing sports. The events organised under the supervision of Hockey India to mark the Olympic Day witnessed young and the old get together to celebrate the Olympic Day. These annual celebrations help hundreds of participants understand and value the Olympics ideology and also highlights Hockey's role in making India shine in global arena.”



LIST OF MEMBER UNITS WHO CELEBRATED THE OLYMPIC DAY

Hockey Andhra Pradesh	Assam Hockey	Hockey Bihar
Chhattisgarh Hockey	Delhi Hockey	Hockey Gujarat
Hockey Haryana	Hockey Himachal	Hockey Jammu & Kashmir
Hockey Jharkhand	Hockey Karnataka	Kerala Hockey
Hockey Madhya Pradesh	Hockey Maharashtra	Manipur Hockey
Hockey Mizoram	Hockey Odisha	Hockey Puducherry
Hockey Punjab	Hockey Rajasthan	Hockey Unit of Tamil Nadu
Tripura Hockey	Uttar Pradesh Hockey	Hockey Uttarakhand
Andhra Hockey Association	Bengal Hockey Association	Bengaluru Hockey Association
Hockey Bhopal	Canara Bank	Central Secretariat (Central Civil Services Cultural & Sports Board)
Hockey Chandigarh	Hockey Coorg	Goans Hockey
Hockey HIM	Hockey Madhya Bharat	The Mumbai Hockey Association Ltd
Hockey Patiala	Baba Uttam Singh National Hockey Academy	Hubli Hockey Academy
Malwa Hockey Academy Hanumangarh	Manaparai Hockey Academy	Mata Sahib Kaur Hockey Academy
Olympian Vivek Singh Hockey Academy	R.D.T. HOCKEY ACADEMY	SDT Hockey Nilgiris Academy
Citizen Hockey XI	Mumbai School Sports Association	

MEMBERS

HOCKEY ANDHRA PRADESH

Hockey Andhra Pradesh celebrated the 70th anniversary of Olympic Day and the spirit of Olympism by conducting mixed team Hockey Matches over 2 days.



ASSAM HOCKEY

Assam Hockey showed the spirit of Olympism with a hockey tournament organized to celebrate the 70th anniversary of Olympic day on 23rd June 2018.



HOCKEY BIHAR

Several exhibition men's and women's hockey matches were played out by Hockey Bihar to celebrate the spirit of Olympism on the 70th year of the Olympic Day on 21st and 22nd June 2018.



CHHATTISGARH HOCKEY

Chhattisgarh Hockey marked the 70th anniversary of the Olympic Day with exhibition hockey matches that involved both men and women in the competitive spirit.



DELHI HOCKEY

Delhi Hockey joined in the Olympic Day celebrations by conducting matches on 23rd June 2018.



HOCKEY GUJARAT

Hockey Gujarat's Olympic Day 2018 celebrations took place in the form of a hockey tournament that featured the best of their young hockey talent.



HOCKEY HARYANA

The men and women of Hockey Haryana marked the 70th Anniversary of Olympic Day with several hockey matches across the state, proving the pursuit for excellence is a common thread every young athlete is United By.



HOCKEY HIMACHAL

Hockey Himachal went an extra mile and conducted a State Championship Tournament to celebrate the spirit of Olympism marking the 70th Anniversary of Olympic Day.



HOCKEY JAMMU & KASHMIR

At Hockey Jammu & Kashmir a series of hockey matches were played out by men and women to celebrate the United By spirit of Olympism on 23rd June 2018.



HOCKEY JHARKHAND

Hockey Jharkhand celebrated Olympic Day with an exhibition hockey match that featured their talented men and women taking to the turf.



HOCKEY KARNATAKA

Hockey Karnataka proved that the spirit of Olympism runs across every sport as they brought in Olympic Day 2018 with Hockey matches to mark the occasion on 23rd June.



KERALA HOCKEY

Kerala Hockey celebrated the spirit of Olympism on the 70th year of Olympic Day with several field hockey matches organized across the state on 23rd June 2018.



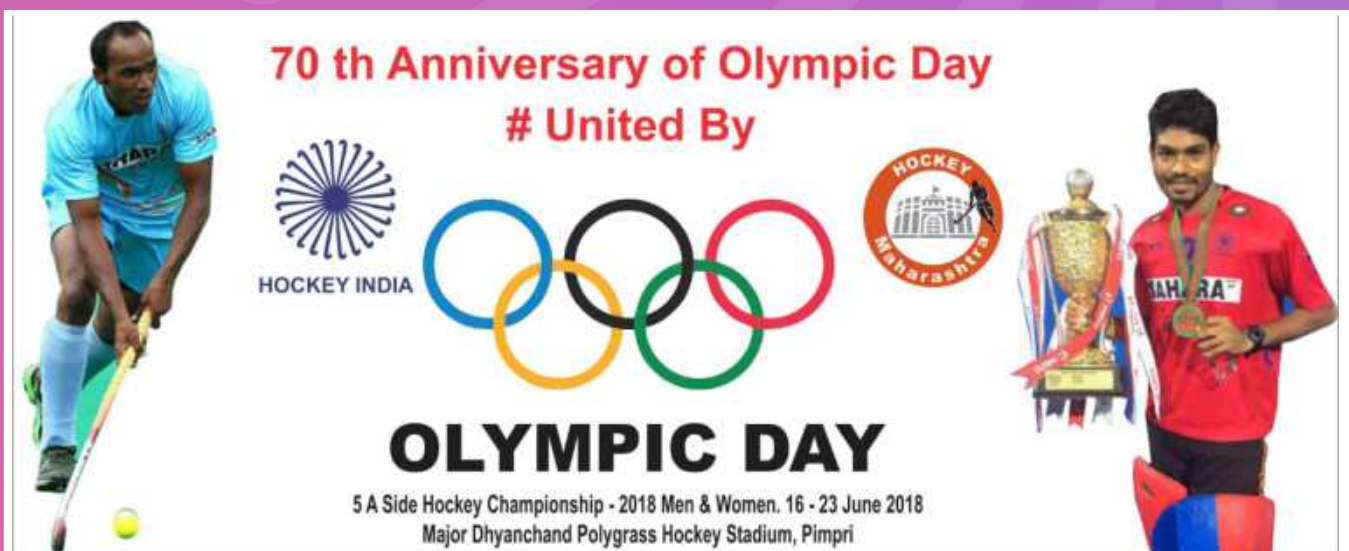
HOCKEY MADHYA PRADESH

Hockey Madhya Pradesh celebrated Olympic day by organising an exhibition match along with a coaching seminar and honouring the local players.



HOCKEY MAHARASHTRA

Hockey Maharashtra conducted a 5-a-side Hockey Tournament by the name of 5-a-side Olympic Day Tournament in which top teams of Maharashtra participated and celebrated Olympic Day on 23rd June 2018.



MANIPUR HOCKEY

The men and women of Manipur Hockey marked the 70th Anniversary of Olympic Day with a hockey tournament.



HOCKEY MIZORAM

The men and women of Hockey Mizoram marked the 70th Anniversary of Olympic Day with several hockey matches across the state.



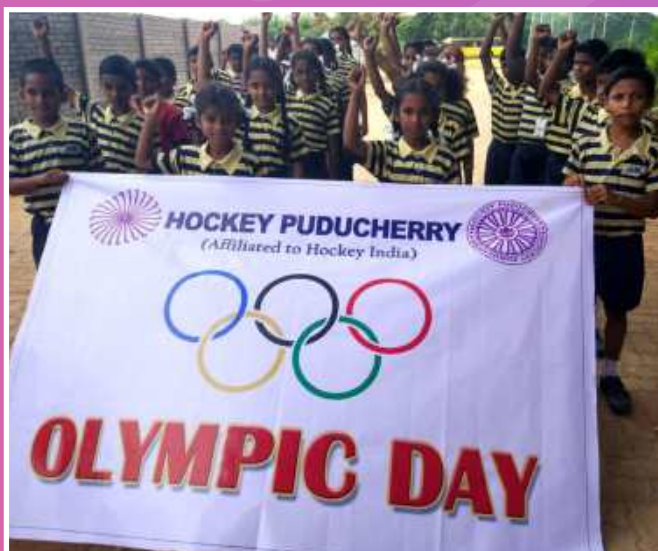
HOCKEY ODISHA

Hockey Odisha's Olympic day celebrations involved a hockey tournament that featured the best of their hockey talent.



HOCKEY PUDUCHERRY

Hockey Puducherry celebrated Olympic Day with a series of recreational activities to introduce children to the spirit of Olympism that drives athletes around the world.



HOCKEY PUNJAB

Hockey Punjab organised Hockey matches of Senior and Junior men and women to celebrate the United By spirit of Olympism on 23rd June 2018.



HOCKEY RAJASTHAN

Hockey Rajasthan conducted Hockey matches and an Olympism run to celebrate the United By spirit of Olympism on 23rd June 2018.



HOCKEY UNIT OF TAMIL NADU

Hockey Unit of Tamil Nadu spread the message of Olympism through Hockey matches played over 2 days.



TRIPURA HOCKEY

Tripura Hockey celebrated the Olympic Day and the spirit of Olympism by conducting Hockey Matches on 23rd June 2018



UTTAR PRADESH HOCKEY

Uttar Pradesh Hockey celebrated the spirit of Olympism on 23rd June 2018 with a series of exhibition hockey matches that featured their talented men and women.



HOCKEY UTTARAKHAND

Men and women of Hockey Uttarakhand displayed great skills as they brought in the 70th Anniversary of Olympic Day by playing matches organised by the unit.



ASSOCIATE MEMBERS

ANDHRA HOCKEY ASSOCIATION

The Andhra Hockey Association celebrated the spirit of Olympism on the 70th year of Olympic Day with several field hockey matches organized across the state on 22nd June 2018.





మహిళల విభాగంలో విజేత శ్రోత్రి లందుకుంటున్న గుండ్లపల్లి హాకీ క్లబ్ జట్టు



పురుషుల విభాగంలో విజేతగా నిలిచిన పేన్ హాకీ క్లబ్ జట్టుకు బహుమతి ప్రదానం

ఉత్సాహంగా హాకీ పోటీలు

ఓంగోలు క్రీడానిధానం, హైద్రాబాద్: 70వ అంతర్జాతీయ క్రీడాకాండకు (ఆసియా కప్) హాకీ పోటీలు ఆదివారం ఉత్సాహంగా సాగాయి. ప్రజాశాసన కలెక్షన్ కు సమం అవుతున్న రోజుల్లో క్రీడాకారులకు తమ ప్రాంత రాజధాని పురపాలక సంస్థల విభాగంలో ఈ పోటీలు జట్టు సాధారణ... పురపాలక విభాగంలో హాకీ క్లబ్ జట్టు విజేతగా నిలిచింది. మైసూరు హాకీ క్లబ్ జట్టు రెండో స్థానంలో నిలిచింది. మహిళల విభాగంలో గుండ్లపల్లి హాకీ క్లబ్ విజేతగా నిలిచింది.

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BENGAL HOCKEY ASSOCIATION

Bengal Hockey Association celebrated the competitive spirit of Olympism on Olympic Day 2018 with a hockey tournament where the participants put up a good show.



BENGALURU HOCKEY ASSOCIATION

Bengaluru Hockey Association celebrated the competitive spirit of Olympism on Olympic Day 2018 with a hockey tournament that featured their talent taking to the turf.



HOCKEY BHOPAL

Hockey Bhopal proved that gender makes no discrimination among those who are United By the spirit of Olympism as they played a men and women exhibition match to celebrate Olympic Day.



CANARA BANK

Canara Bank actively participated in the movement to spread the message of Olympism and conducted matches to bring in the 70th Anniversary of Olympic Day.



CENTRAL SECRETARIAT (CENTRAL CIVIL SERVICES CULTURAL & SPORTS BOARD)

The Central Secretariat showed that they are United By the spirit of Olympism with a hockey tournament that invited participation from seniors, juniors, men and women alike on 23rd June 2018 to mark the 70th anniversary of Olympic Day.



HOCKEY CHANDIGARH

Hockey Chandigarh honoured former Olympians, players on occasion of Olympic Day on 23rd June 2018.



HOCKEY COORG

Hockey Coorg's Olympic Day 2018 celebrations involved a hockey tournament that featured the best of their young hockey talent taking to the turf.



GOANS HOCKEY

The young talent of Goans Hockey took to the field to celebrate Olympic Day 2018 on 23rd June 2018 despite heavy showers, personifying the persistent spirit of Olympism that defines athletes around the world.



HOCKEY HIM

Men and women at Hockey Him enjoyed themselves as they played matches to celebrate the 70th Anniversary of Olympic Day on 23rd June 2018.



HOCKEY MADHYA BHARAT

Hockey Madhya Bharat participated in the Olympic Day celebrations by conducting several matches to spread the message of Olympism.



THE MUMBAI HOCKEY ASSOCIATION LTD.

The Mumbai Hockey Association Ltd. organized a hockey tournament for men and women on 22nd June 2018 to mark the Olympic Day, celebrating the common competitive streak that athletes around the world are United By.



HOCKEY PATIALA

Hockey Punjab organised Hockey Matches for Sub Junior Women and Junior Men Teams, also all the Office Bearers for Hockey Patiala with players organised an awareness rally in Bathinda city to create awareness about Olympic Day.



ACADEMY MEMBERS

BABA UTTAM SINGH NATIONAL HOCKEY ACADEMY

Baba Uttam Singh's National Hockey Academy joined the Olympic Celebrations by conducting Hockey Matches for their talented men and women players.



HUBLI HOCKEY ACADEMY

Hubli Hockey Academy organised friendly matches on Olympic Day 2018.



MALWA HOCKEY ACADEMY HANUMANGAR

Malwa Hockey Academy Hanumangarh joined into the United By spirit of Olympism by organizing various sporting activities to mark the 70th year of Olympic Day on 23rd June 2018.



MANAPARAI HOCKEY ACADEMY

Manaparai Hockey Academy conducted Hockey Matches to mark the 70th Anniversary of the Olympic Day.



MATA SAHIB KAUR HOCKEY ACADEMY

Mata Sahib Kaur Hockey Academy joined into the United By spirit of Olympism by organizing Hockey Matches on the 21st June 2018.



OLYMPIAN VIVEK SINGH HOCKEY ACADEMY

The Olympian Vivek Singh Hockey Academy celebrated Olympic Day 2018 with an exhibition hockey match organized for their young hockey talent to show their skill on the turf.



R.D.T. HOCKEY ACADEMY

RDT Hockey Academy marked the 70th anniversary of Olympic Day with a Hockey 5s tournament that involved both men and women in the competitive spirit of Olympism.



SDT HOCKEY NILGIRIS ACADEMY

SDT Hockey Nilgiris Academy celebrated Olympic Day 2018 with hockey matches organized on the 23rd June 2018 to display how they are united by the spirit of Olympism.



HOC-KEY MEMBER

CITIZEN HOCKEY XI

Citizen Hockey XI's Olympic Day 2018 celebrations on 23rd June 2018 involved a hockey tournament that featured the best of their young hockey talent taking to the turf.



MUMBAI SCHOOL SPORTS ASSOCIATION

Mumbai School Sports Association celebrated Olympic Day 2018 with exhibition hockey matches organized for their young hockey talent to show their skill on the turf.



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Dreams are funny things, aren't they?

You had to be a brave little girl if you wanted to play hockey in Shahabad, the town where I grew up.


Rani Rampal
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Exclusive | 2 days ago



You had to be a brave little girl if you wanted to play hockey in Shahabad, the town where I grew up.

The region, itself, is a hub for young and budding hockey players. Many from the village have made it to the national team. Everyone loved hockey. But, it was still a "man's" game. You know what my neighbours used to say while smirking at me? What they used to tell my parents? "Don't send your girl to play hockey. It is not for young girls."

"A girl? On the hockey field? Are you mad?" I still don't understand why this discrimination was there. Sports should be practised without discrimination of any kind, that is the only way the youth can be taught to contribute to building a peaceful and better world.

My parents too were apprehensive about me playing hockey back then. My father used to tell me, "Concentrate on studies, you don't need to play hockey." I was six at that time. Perhaps, they were afraid something might happen to their little girl. But the little girl knew only one thing – hockey. You had to be a brave little girl if you wanted to play hockey in Shahabad.

My father was a cart-puller. He had to look after a family of six. We lived in a small house which had only two rooms. Whenever it rained, water used to enter our house. Naturally, it was very difficult at times.

Believe me, I had known poverty. I often feared, will my parents be able to afford to let me play hockey for a living? Thankfully, my coach and my senior players guided me and supported me through that time.



I started playing under Baldev Singh, who later on went on to win the Dronacharya Award. The first time I went to his academy, he rejected me. "You are too young and small. Come back in one or two years, I'll take you under my wing them," he said.

When I went back after a couple of years, he told me, "You are too weak and fragile. You need to become stronger." But this time, I would not

move an inch. Seeing my insistence and determination, he finally relented and inducted me into his academy.

Most of the time, I was playing with players who were much senior to me. I was a little frail. So, obviously, I would get bullied, physically, on the pitch. I just did not have the strength to take on the much bigger players.

There was only one thing I could do, beat them with my skill. For this, I practised for days and for hours. I never stopped.

When I was about 13, I was in the junior team camp but I got injured and had to leave.

"You are not eligible for the camp. There is no chance you would ever make the Indian team," they told me.

A year later, I made my debut for the senior national team at the Champions Challenge tournament in Russia.

Before that, I was in the team during the 2008 Olympic qualification phase. But I was so young, I had no idea what the Olympics were, and why it was such a big fuss. I was playing for fun.

After one of the games, I noticed all the senior players were crestfallen, some of them were even crying. "Why are they crying?," I asked.

I was so naive. I did not know not qualifying for the Olympics was such a crime. I did not know what it meant to play in the Olympics. I used to think that women's hockey is not a part of the Olympics. Maybe, it was because the Indian women's team never played in the Olympics.

At that time, I just wanted to play for India, I just wanted to play alongside the seniors and learn as much as possible from them.

I remember one particular incident very distinctly. We had just lost to USA 4-0. After the match, Suman Bala, one of the most experienced players in the team, was sitting beside me. The players of the USA team were passing by us.

"Did you see how they played? Four years from now, you have to play like this," she told me, pointing towards the USA players.

I did not have any clue why she said that... I did not get the 'four years' reference.

At such a young age, when you fail to win anything major, you start feeling like your career is over. "Why am I still playing?" I asked myself repeatedly. At one time, I did not even know what it meant to be an Olympian. We were going through a tough time when I started playing for India. We failed to bag a medal at the 2010 Commonwealth Games at home. We also failed to finish on the podium at the 2010 Asian Games. But then, I started dreaming of qualifying for the Olympics.

Dreams are funny things, aren't they?

Because I was so young and naive, I believed that 2012 would be my only chance... I cannot simply afford to lose. I was remembering those words about 'playing like them in four years' time'.

However, again, we lost to South Africa 3-1 in the final and failed to book a place at the London Games. I was heartbroken. The entire night, I cried. I cried, sitting outside my hotel room, alone.

That's when I understood why four years ago everyone was crying. That's when I first realised the importance of playing at the Olympics, how much hard work one needs to put in to even be there.

I even considered giving up the sport. But, at the same time, I refused to give up on my dream... One day, I will play in the Olympics.

Then, the 2013 Junior World Cup gave me a much-needed boost. Winning the best player of the tournament award gave me confidence and motivation to do better, to do more. A bronze at the Asian Games, next year, gave me a further push.

Trending

-  Confident India aim to upstage Australia in Champions Trophy hockey
-  Champions Trophy 2018: India vs Argentina Hockey - Telecast, date, start time and where to watch online
-  Hockey Champions Trophy 2018: India vs Pakistan, Live Match Updates
-  Champions Trophy Hockey 2018: 'India need more speed and variations in our PCs' says analytical coach Chris Ciriello



I started believing that we were on the right track. I started believing that qualifying for the 2016 Rio Olympics might be a very real possibility.

The last round of qualifying (at the Hockey World League) was the stage where we said to ourselves that this is our last chance.

There had been so many players who had come and gone. No one could qualify for the Olympics. I was thinking to myself if we don't qualify, then who will? By then, Olympics had become my obsession.

"We have to finish in the top five. We must qualify for Rio," I had told myself, and, we did. It was another thing that the performance in Rio wasn't up to the mark. But still, it was a huge achievement for all of us. It was the first time in 36 years that the women had qualified.

Before that, young girls would only dream of playing hockey for the country. Now, they can dream of representing the country at the biggest stage, the Olympics.

Now, we are going to play in the World Cup, my second one. There are many players in the team for whom it will be their first World Cup. I help them out with what I learned in 2010. I also try and help the young athletes in my hometown now and try to do my bit for the Shahabad academy.

Through my career, I have learned a few things of which the most important are friendship and fair play. Once I understood the meaning of Olympics, its values of friendship, respect and excellence, it helped me become a better player and a better person in general. Now, I truly understand the real meaning of Olympism and it is through sport, that I and my family have earned a place in society.

It gives me pride to say that now girls can take up any sport in the country. Even if the neighbours flinch, the parents will have the courage, they will believe that someday, our little daughter might win laurels for India.

But one thing I am most happy is that my father doesn't have to work anymore.

"It's time for you to rest now. I'll take care of things now," I tell him.

GLIMPSES OF THE 70TH OLYMPIC DAY CELEBRATIONS

