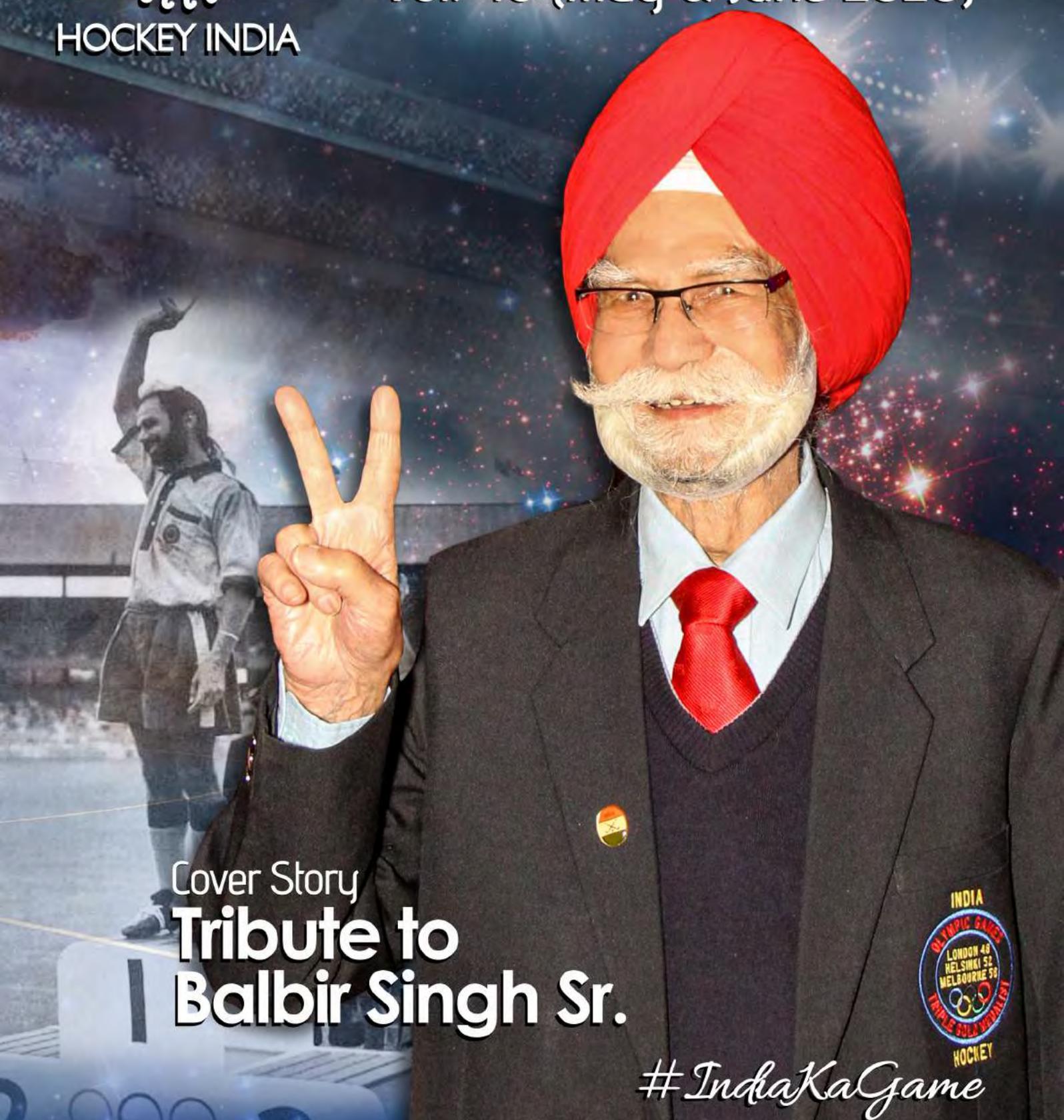




HOCKEY INDIA

Newsletter

Vol. 48 (May & June 2020)



Cover Story

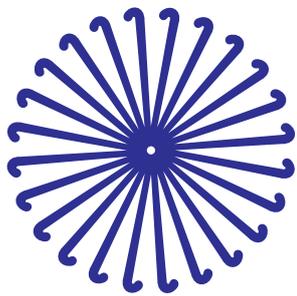
Tribute to Balbir Singh Sr.

#IndaKaGame



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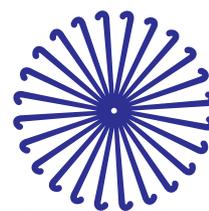


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LEGENDS ARE FOREVER



(Photo Credit- The Times of India)

'Icon of the Century' @ TOISA, 05/03/2020
(Last public event attended by Balbir Singh Sr.)

MESSAGE FROM

Mohd. Mushtaque Ahmad

President, Hockey India



Hi Friends,

The months of May and June have been very productive here at Hockey India. We conducted Coaching Courses for players, Indian Coaches and journalists, added more structure to the gradation of Hockey India Tournament Officials to help improve the standards of officiating in our country, made modifications to the assessment of Officials Performance Report Templates for Tournament Officials and Umpires among many other things.

However, Indian hockey endured a huge loss on 25 May 2020 when one of the greats of the game Padma Shri Balbir Singh Sr passed away. He has contributed immensely to not just Indian hockey, but world hockey through his Olympic medals and his achievements as Chief Coach and Manager. We cannot thank him enough for the impact he has had on our country. We extend our condolences to Balbir Singh Sr's family and friends. May they have the strength to deal with this at this difficult time.

In the month of May, it was fantastic to see the Indian Men's Hockey Team Goalkeeper Krishan B Pathak and Indian Women's Hockey Team Forward Navjot Kaur showcasing their lockdown workout on Instagram, along with Scientific Advisors Robin Arkell and Wayne Lombard respectively. We at Hockey India are very proud of the way the players have remained positive and continued to work on their fitness during a tumultuous time for the entire world.

Even during the nationwide lockdown, it did not stop Hockey India from preparing for the domestic season in 2021. Hockey India has finalized the hosts for the restructured annual National Championships 2021 for State Member Units, and inaugural Inter-Department National Championship.

It was an absolute honour for us to recommend the Indian Women's Hockey Team Captain Rani for the prestigious Rajiv Gandhi Khel Ratna Award, and Vandana Katariya, Monika & Harmanpreet Singh for the Arjuna Award in June. All four players have been part of key victories for the Indian Hockey Teams in the recent past and they should be certainly rewarded for their utmost dedication to their respective sides. We hope to see all of them flourish even more in the upcoming years. There are many other players, who have played their hearts out for their country in the last few years and therefore we back all our players if they would like to apply for the Rajiv Gandhi Khel Ratna Award and Arjuna Award directly. The Ministry for Youth Affairs and Sports (MYAS) should certainly recognise the efforts put in by our athletes and reward them for their fantastic performances.

I am very proud of the way Hockey India has continued to improve all aspects of the game in our country. Even though the entire world has come to a standstill in the last few months, Hockey India has consistently formed plans and executed them for the growth of hockey in India.

किरेन रीजीजू
KIREN RIJIJU



सत्यमेव जयते

D.O. No. 1687/MOS (Hc)YA&S/20

राज्य मंत्री (स्वतंत्र प्रभार)

युवा कार्यक्रम एवं खेल मंत्रालय
और

राज्य मंत्री अल्पसंख्यक कार्य मंत्रालय
भारत सरकार

MINISTER OF STATE (I/C)
YOUTH AFFAIRS & SPORTS
AND

MINISTER OF STATE MINORITY AFFAIRS
GOVERNMENT OF INDIA

17 JUN 2020

MESSAGE

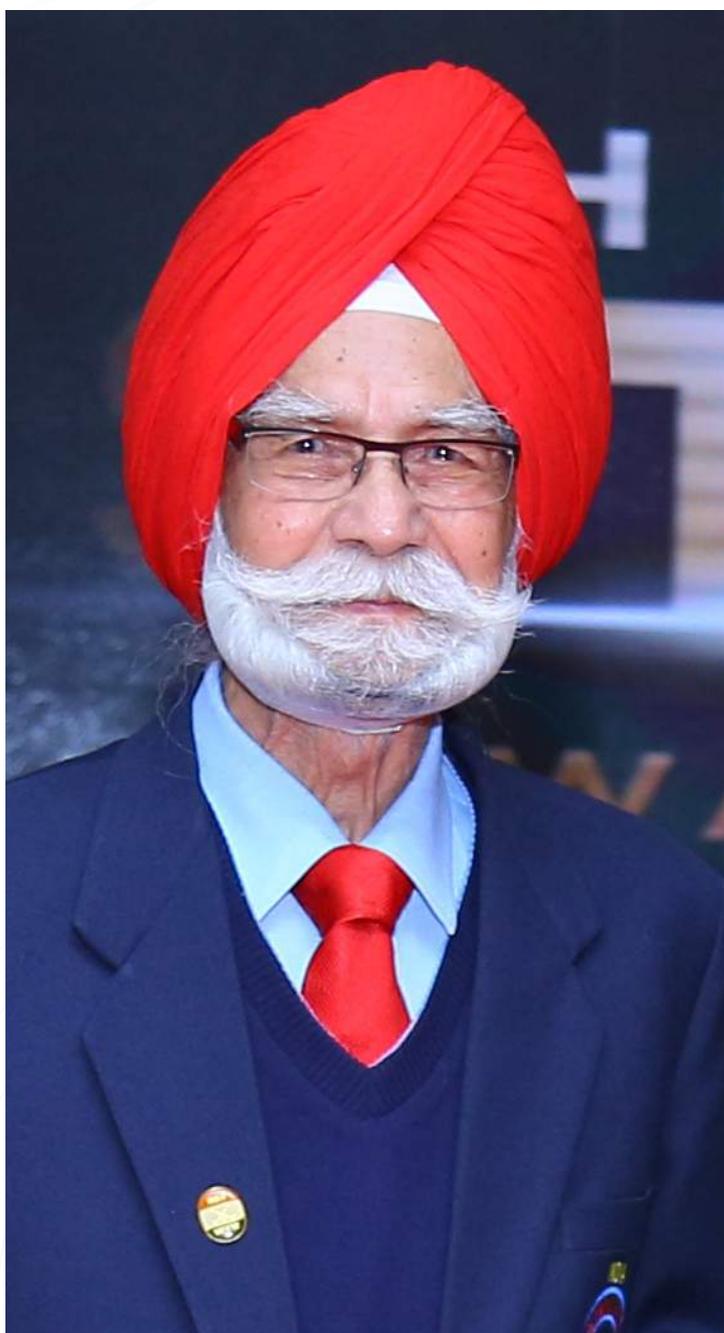
I am deeply saddened by the demise of one of India's most decorated sporting icons, the legendary hockey player, Shri Balbir Singh Sr. During his illustrious sporting career, Shri Balbir Singh Sr. played an important role in India's spectacular Gold Medal winning teams at three Olympics -1948 London, 1952 Helsinki and 1956 Melbourne. It comes as no surprise that his five goals in the Final match of 1952 Helsinki against The Netherlands still hold the record for the most goals in an Olympics' Final. As the best center forward ever to have played the sport, he was not just a hockey icon on the field, but was also an inspirational figure off it, helping India win the 1975 World Cup as the Team Manager, among various other notable achievements. I would like to pay my heartfelt tribute and pray for the eternal peace for his departed soul.



(Kiren Rijiju)

COVER STORY

**Olympic champion, biggest role-model:
Balbir Singh Sr will be etched in our
memories forever!**



India has been very fortunate to have many sporting role-models across various disciplines, but Balbir Singh Sr is one of the few giants of sport who has inspired multiple generations to take up not just hockey but to become sportspersons through his amazing achievements. The triple Olympic Champion, Olympic & world goal scoring record holder and World Cup-winning Team Manager & chief Coach, who breathed his last on 25 May 2020 (aged 95), left us with some wonderful memories, which will be etched in our minds forever.

In 1948, India as a nation was still finding its feet after having attained independence just a year earlier. The country was desperate for a victory that would inspire the citizens to achieve great heights in their respective fields and believe that they too could be the best in the world. The inspiration came in the form of an Olympic Gold medal, courtesy none other than Balbir Singh Sr. The legend scored two goals in the 4-0 victory over Great Britain in the Final to achieve India's first big sporting victory as an independent nation. "It's impossible to explain the feeling of joy and happiness. You have to experience it. I was so happy. I was on top of the world. The memory of my first Olympic Games in 1948 is still fresh in my mind..."

The Indian tricolour was hoisted for the first time during an Olympic medal ceremony on August 12, 1948, which made for one of the biggest, most momentous occasions in Indian sporting history. The citizens back home ensured that the hockey team received a fitting welcome. Balbir Singh Sr in his autobiography 'The Golden Hat-Trick - My Hockey Days', fondly remembered the jubilant day in Bombay (now Mumbai).

"Bombay literally rolled out its biggest red carpet. We were swept off our feet and it was here that I realised what the victory meant to our nation, starved as it was of world class accomplishments. Hockey was the only sport that gave the country a ray of golden hope, something to cheer for and celebrate," wrote Balbir Singh Sr.



Balbir Singh Sr. scored two crucial goals in the final against Great Britain in London 1948 Olympics

(Photo Credit- The Balbir Foundation)

The hockey legend took India to the greatest heights when it mattered the most, but the 1948 Olympics Gold could have easily eluded him. In spite of being the No 1 Centre-forward in pre-partition India, Balbir Singh Sr wasn't set to be on the flight to London when the 39 probables for the Olympics were announced. He was only asked to join the national camp after a number of people intervened. He continued to have troubles of being selected in the playing eleven even after netting six goals against Argentina on his Olympic debut. The centre-forward was dropped for the Quarter-Final and Semi-Final before being called back for the Final on the intervention of the Indian High

Commissioner in London at the behest of the Indian students studying there at the time. Balbir Singh Sr finished as joint top scorer for the Indian Team at the London Olympics inspite of playing only 2 matches.



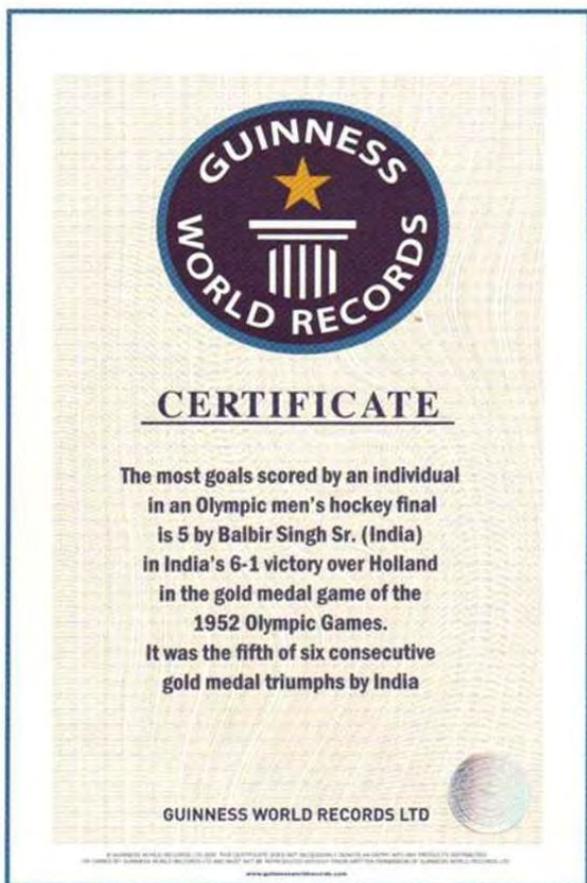
(Photo Credit- The Balbir Foundation)

The year 1948 was just the beginning for Balbir Singh Sr. He went on to become one of the most decorated sportspersons in Indian sports history with Olympic medals in 1948, 1952 and 1956 Summer Games.



(Photo Credit- The Balbir Foundation)

Punjab vs. Bengal (1954 Nationals)



(Photo Credit- The Balbir Foundation)

Balbir Sr was bestowed with the honour of being India's flag-bearer at the 1952 Olympics in Helsinki. The legend stepped up for India once again, scoring a hat-trick in the Semi-Final against Great Britain. Balbir Sr, the Vice-Captain of the team, scored five goals in India's 6-1 victory over the Netherlands in the Gold medal match setting a Guinness World Record for most goals scored by an individual in an Olympic Final in men's field hockey that stands to this day (68 years and counting)



Balbir Singh Sr. leading the India Contingent for the Melbourne Olympic Games 1956

(Photo Credit- The Balbir Foundation)

Balbir Sr was the flag-bearer once again at the 1956 Olympics, this time as the Captain of the Indian hockey team. Under his leadership, India's "Invincibles" scored 38 goals and conceded none on its way to the Gold medal in the final against Pakistan in Melbourne.

(The best performance by a team at the Olympics ever.)



Indian Hockey Team after winning their 6th Gold Medal in the Olympic Game 1956, Melbourne, Australia

(Photo Credit- The Balbir Foundation)

His last outing as a player in India colours was a Silver medal at the 1958 Asian Games where Pakistan was awarded Gold on a contentious 'goal difference' clause after playing out a 0-0 draw in the Final. He was in the list of probables for the 1960 Olympics before being made a member of the selectors panel on the day of selection ruling him out of contention for a place in the team, prior to moving into coaching and management.

The Balbir Singh Sr. legacy didn't end with him walking away from the game as a player. He produced excellent results as a Chief Coach & Manager of the Indian team, in eight tournaments he helped the nation make a podium finish in each of the competitions:

- Gold at the Ahmedabad International in 1960
- Bronze at 1971 World Cup
- Silver at 1970 Asian Games
- Bronze at 1982 Champions Trophy
- Silver at 1982 Asian Games
- Silver at 1982 Esanda Cup
- Gold at 1975 World Cup



Members of the 1975 World Cup winning India Team with the World Cup Trophy

(Photo Credit- The Balbir Foundation)

Balbir Sr may not have been able to score goals for India as he was a Manager, but he still made some crucial decisions which guided India to lift the World Cup trophy in 1975.

While speaking in an interview with the Indian Express, Aslam Sher Khan recounted how Balbir Sr tried his best to build a united Indian team. “(Balbir’s) playing career is part of the golden history of Indian hockey, but a person is outstanding when he excels both on and off the field. As a manager, he wanted to put together a united Indian team, with the strength of all religions put together. He worked on that during the training camp at Chandigarh itself. He built a prayer room in the Chandigarh hostel for all religions,” said the former India Captain. India triumphed 2-1 against Pakistan in the Final to register their only Men’s Hockey World Cup title to date.



Balbir Singh Sr. along with Dr. Narinder Dhruv Batra, President - International Hockey Federation, Indian Olympic Association & Member of International Olympic Committee

Balbir Singh Sr. went on to become a sports administrator as well, leaving a Superintendent of Police post with Punjab Police to help the Punjab Government set up and lead its sports department in 1961. He retired as Director in 1982.



The President of India Dr. Rajendra Prasad conferring the Padma Shri to the legend Balbir Singh Sr. in 1957

(Photo Credit- The Balbir Foundation)

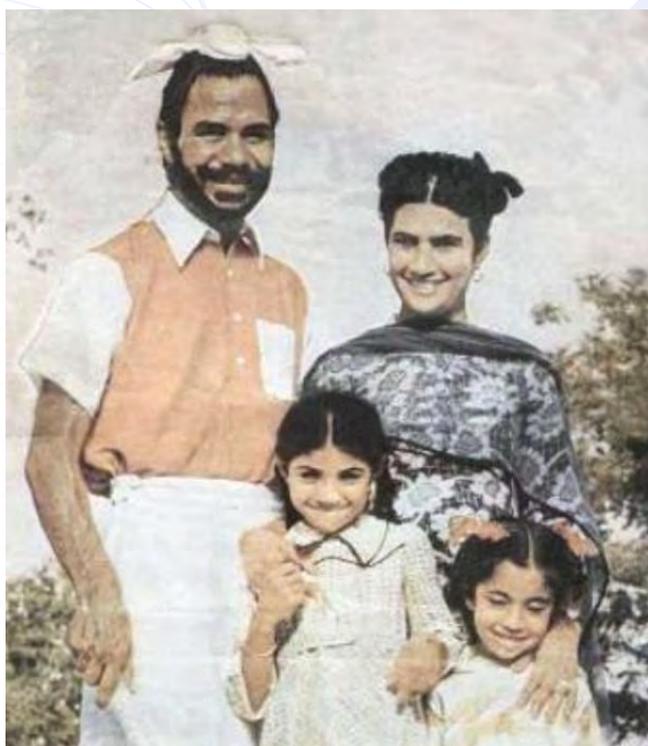
For his stellar contribution to the game, Balbir Sr was awarded the Padma Shri, India’s fourth-highest civilian honour in 1957. He was the first sports personality and hockey player to receive the honour. Balbir Sr was conferred with the Major Dhyan Chand LifeTime Achievement Award by Hockey India in 2015.



Balbir Singh Sr. was conferred with Major Dhyan Chand Lifetime Achievement Award during the Hockey India Annual Awards 2014.

During the London Olympics in 2012, Singh was honoured in the Olympic Museum exhibition, “The Olympic Journey: The Story of the Games” held at the Royal Opera House.

Balbir Singh Sr. was one of the 16 iconic Olympians (such as Jesse Owens) chosen across all



Balbir Singh Sr. with his wife and children

(Photo Credit- The Balbir Foundation)

participants in all disciplines since the start of the modern Olympic Era in 1896 (a period of 116 years) by the custodians of Olympic History, The Olympic Museum to have their Olympic Journey showcased as an example which “tells of human strength and endeavour, of passion, determination, hard work and achievement and demonstrates the values of the Olympic Movement”.

- Balbir Senior was the only sportsperson from a hundred plus years of World Hockey
- Only Indian & only Asian man to be honoured in this manner

Balbir Singh Sr's name has been recommended twice for the Bharat Ratna (India's highest Civilian Award) in Sports Category by the Punjab Government in 2014 & 2019 for his unparalleled service to sports in Independent India.

In 2008, Balbir Singh Sr published his second book- The Golden Yardstick: In Quest of Hockey Excellence. The legend used his vast experience of being an excellent player, manager, coach and administrator, and wrote about the key aspects of the game, specifically individual skills, which would help prospective hockey players learn the game in a better way.

After Balbir Singh Sr's passing, The Punjab Hon'ble Sports Minister Rana Gurmit Singh Sodhi declared that the Mohali International hockey stadium will be named after the legend.

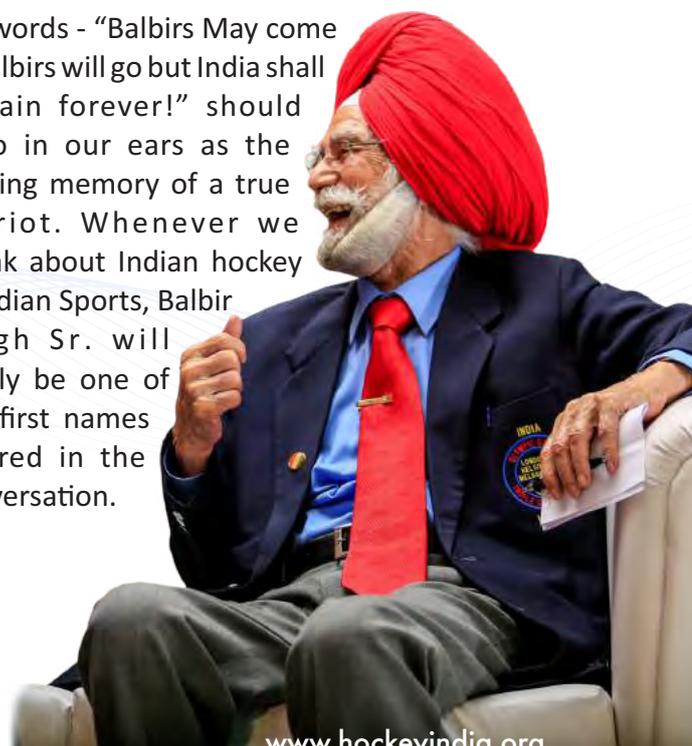


Independent India's first Hockey Team that participated in the 1948 London Olympics.

(Photo Credit- The Balbir Foundation)

With all the achievements as a player, Coach and Manager, beating England 4-0 in their own backyard during the Final of the 1948 Olympic Games as an independent nation remained Balbir Sr's 'greatest moment'. The people of our country will continue to narrate the story of one of our greatest sporting achievements for a long time and that's how Balbir Sr's legacy will remain intact. He, first as a player, made a young India believe that they could be world beaters and came back as a Coach & Manager to ensure that the team is united in all respects.

His words - “Balbirs May come & Balbirs will go but India shall remain forever!” should echo in our ears as the abiding memory of a true patriot. Whenever we speak about Indian hockey & Indian Sports, Balbir Singh Sr. will surely be one of the first names uttered in the conversation.



Remembering the Legend



Dr. Narinder Dhruv Batra,

President FIH, President IOA, Member IOC

"It is truly a sad day for India, and the entire hockey fraternity with the passing away of one of its greatest ever players. The measure of a player's greatness is not just in the skill that he exhibits on the hockey pitch, but also in the fondness and affection with which he is remembered across the globe several years after having graced the game. Padma Shri Balbir Singh Dosanjh's life is an ample testimony to his greatness. I will cherish the simplicity, humility and pride that he brought to bear in his own charming way. His ever-ready wit and the willingness to share his vast knowledge were the stand out features. Indeed, Padma Shri Balbir Singh Sr. ji leaves behind a rich legacy that cuts across all sporting and physical boundaries. May his soul rest in peace."



Thierry Weil,

Chief Executive Officer, FIH

"It is with great sadness that we have learnt of the passing away of hockey legend and three-time Olympic Games Gold winner Padma Shri Balbir Singh Sr. He will be remembered not only as a highly talented and outstanding international player who represented his country in three Olympic Games from 1948 to 1956, but also as a man greatly dedicated to our sport, sharing his experience and knowledge through his coaching with the Indian team. Our thoughts are also very much with his family at this very difficult time."



Mohd. Mushtaque Ahmad,

President, Hockey India

"We have not only lost our greatest hockey legend but we have also lost 'our guiding light'. While his achievements in post-independent era have been well-documented, Padma Shri Balbir Singh Sr. remained the greatest fan of the sport and was always there when we needed his advice. Hockey has lost its brightest star and everyone at Hockey India is pained by his sad demise. Padma Shri Balbir Singh Sr.'s exemplary achievements, his passion for the sport, his life as an icon of the game will remain an example for generations to come. On behalf of the Federation, I express my deepest condolences to his family."



Rajinder Singh,

Secretary General, Hockey India

"I am deeply saddened by the demise of one of the greatest sportspersons India has ever had. Padma Shri Balbir Singh Sr.'s extraordinary achievements in hockey cannot be emulated. It is difficult to mention him in past-tense because for us he was always there. One could call on him for advice at anytime, his spirit and adulation for the game will be missed. I am sure even in his absence, his life as a hockey legend will inspire young athletes for generations to come. May his soul rest in peace."



BP Govinda,
Olympian & Arjuna Awardee

"It is really a sad day for Indian hockey with the demise of our greatest forward. I remember when he came on board as the manager of the team, we all knew what a great player he was. But not once did he speak about having won three Gold Medals. For many, he along with Dhyhan Chand, are the two great hockey players, but for me he was a father figure. In a team there were always some players who are exceptional. Not all can be great. But he never differentiated. For him all in the team were equal and he treated everyone the same. I wish for his departed soul to rest in peace."

"No words of mine can express the sadness in my heart on the demise of Padma Shri Balbir Singh Sr. Sir. A three-time Olympian, his simplicity touched many hearts in World Hockey and mine was one of them. His humbleness off the field, and the grit he showed on the field, is something that is widely talked about. I humbly extend my sincere & heartfelt condolences. May his soul rest in peace & give strength to his family."



Dhanraj Pillay,
Olympian & Padma Shri Awardee



Harbinder Singh,
Olympian & Arjuna Awardee

"Padma Shri Balbir Singh Sr. was one of the most inspiring individuals I have ever met. His sad demise has really left me speechless, and has brought me to think of all the memories I have shared with him over the years. A passionate and patriotic hockey player, who was not just an athlete but also an extraordinary human being, his guile on the field and humility off it, was something that I always admired. I am sure he will look down on all of us and send his blessings like always."

"It is extremely sad news that a legendary figure has departed the world. Padma Shri Balbir Singh Sr. ji's influence on me, and a lot of the players both before and after me was tremendous. he taught us how not to be fearless against Europeans. I would always look forward to picking his hockey brains, and then using that information to improve my game. I would like to send my condolences to his family, and pray for peace for his departed soul."



Ajit Pal Singh,
Olympian & Padma Shri Awardee



Ashok Kumar,
Olympian & Arjuna Awardee

"It is one of the saddest days of my life to have said goodbye to one of the best human beings I've ever met. Padma Shri Balbir Singh Sr. is widely considered as the best centre-forward of all time and the man who took forward my father, Major Dhyhan Chand's legacy. Padma Shri Balbir Singh Sr. was a true inspiration for all of us, and I am sure his legacy will continue to inspire thousands of players around the world. May his soul rest in peace."

"It is an extremely sad for world hockey. Padma Shri Balbir Singh Sr. ji was a role model for me, and several hockey players in India and abroad. Whenever I used to meet him, he always used to motivate me to win medals for our country. With his death, my one life-time wish will always remain unfulfilled now. It was my dream to get a picture clicked with him and his three-Olympic gold medals but it is not possible now. However, I send my sincerest of condolences to his family and pray for his soul to rest in peace."



Sardar Singh,
Olympian & Padma Shri Awardee

"I am extremely sad to hear about the demise of legendary Olympian, Padma Shri Balbir Singh Sr. A three-time Olympic gold medallist, he was always smiling, so mentally alert and such a thorough gentleman always. He was, is and will remain one of the finest role models India will ever have."

Viren Rasquinha,
Olympian & Arjuna Awardee



"As I started to represent India way back in 1983, there was always confusion when the name Balbir Singh surfaced as there were many of them. But very quickly I learnt about this great player Balbir Singh Sr who stood out winning three Olympic golds in India's glorious hockey years of the past.

I had the chance of a brief interaction with him and what caught my attention was when he said quote "Indian players have forgotten to play the reverse pass " which is so true as it is very deceptive. I can well imagine how great a player he had been. I

always seen him as a gentleman who dressed very well and carried himself with grace and dignity in line with the great service he rendered to our country."

Jude Felix,
Olympian & Arjuna Awardee



"It is indeed a very sad day for hockey and our country. One of the most respectable, inspiring and ever-so-gracious souls has left us, and I'm extremely saddened by the demise of this true legend. I remember always getting goosebumps whenever I would meet him and get the chance to listen to his extraordinary experiences, I always want to be like him. His contribution to Indian hockey will always be cherished and admired across generations. May his soul rest in peace. His biggest fan always."

Manpreet Singh,
Captain, Indian Men's Hockey Team



"I still remember those days when we were in National camp at Chandigarh 42 sector hockey stadium, he used to visit to our camp. He was always very friendly with us and also giving us good piece of strategic advise on how to play a better game. And also he was such a kind person who always encouraged the players for a good game. I personally spent very good time with him sharing his experience and best moments in hockey. He will always be missed by me and also by the entire hockey fraternity."

Dilip Tirkey,
Olympian & Padma Shri Awardee



"It swells my heart with sadness that Padma Shri Balbir Singh Sr is no longer with us. His aura, class, and humility was from out of this world, and he was one of our inspirations when we were young. He was a wonderful to watch and even more wonderful to interact with. It's truly a great loss for Indian hockey."



Vasudevan Baskaran,
Olympian & Arjuna Awardee

"It is with a heavy heart that I remember the legend, the greatest, Balbir Sir. Being a triple Olympic Gold medallist, his contribution to Indian hockey has remained immense throughout his glorious career, not just on the field, but off it as well. I was very fortunate to have heard some words of wisdom from him whenever I met him, and I can't express in words how much it always meant to me. He always greeted everyone with such humility and it's extremely unfortunate that the world has lost a gem today. May his soul rest in peace."

Rani,
Captain, Indian Women's Hockey Team



One Last Salute to the Legend

 **President of India** ✓
@rashtrapatibhvn

Sad to hear the passing of hockey legend Shri Balbir Singh Sr. A three-time Olympic Gold Medalist, Padma Shri awardee and one of India's greatest athletes, his legacy will continue to inspire future generations. Condolences to his family, friends and admirers.

 **Narendra Modi** ✓
@narendramodi

Padma Shri Balbir Singh Sr. Ji will be remembered for his memorable sporting performances. He brought home lots of pride and laurels. Undoubtedly a brilliant hockey player, he also made a mark as a great mentor. Pained by his demise. Condolences to his family and well wishers.

 **Amit Shah** ✓
@AmitShah

Pained to learn about the demise of Padma Shri Balbir Singh Sr ji, a legendary hockey player, who left indelible imprint on world hockey with his stick.

I was fortunate to have met the lively and joyful Balbir ji, a three time Olympic gold medalist. My condolences to his family.



 **Kiren Rijju** ✓
@KirenRijju

Deeply saddened by the tragic demise of India's legendary Hockey Player — Balbir Singh Sr. He was part of India's gold medal winning team at 1948 London, 1952 Helsinki & 1956 Melbourne Olympics. I pay my heartfelt tribute and pray for the eternal peace of the departed soul 🙏🏻🏏️



 **Amitabh Bachchan** ✓
@SBachchan

T 3543 - Legend Balbir Singh sr .. passes away .. his talent and his accomplishments on the Hockey field were legendary talk in my School days right from 1948 onwards .. what a champion .. condolences prayers .. Indian Pride 🇮🇳🏏️



 **SAIMedia** ✓
@Media_SAI

Indian Hockey stalwart Balbir Singh Sr. passed away earlier this morning. He was a 3-time Oly. gold medalist in 1948, 1952 and 1956 as a player and won the Padma Shri in 1957. His passing away leaves an indelible void in Indian sport. #RIPBalbirSinghSr @KirenRijju @DGSAI



 **Sachin Tendulkar** ✓
@sachin_rt

My heartfelt condolences to the family and friends of Balbir Singh ji Sr.

He was one of the greatest to have graced the game of hockey 🏏️.

May his soul Rest in Peace!



 **Virat Kohli** ✓
@imVkohli

Saddened to hear about the passing of the legend, Balbir Singh Sr. My thoughts and prayers go out to his family in this time of sorrow. 🙏🏻 @BalbirSenior

10:36 AM · May 25, 2020 · Twitter for Android

Naveen Patnaik @Naveen_Odisha
 Deeply saddened to hear the passing away of hockey legend Padma Shri **#BalbirSingh** Dosanjh. The three times Olympic Gold medallist was one of the finest hockey player of India and inspiration to many sportsmen. My condolences to family, friends and fans. **#RIP**
#BalbirSinghSr

Gautam Gambhir @GautamGambhir
 Pained to hear about the demise of Hockey legend Balbir Singh Sr ji! Three time Olympic gold medalist, he brought great laurels to the country! You will always remain in our hearts Sir! **#BalbirSingh**

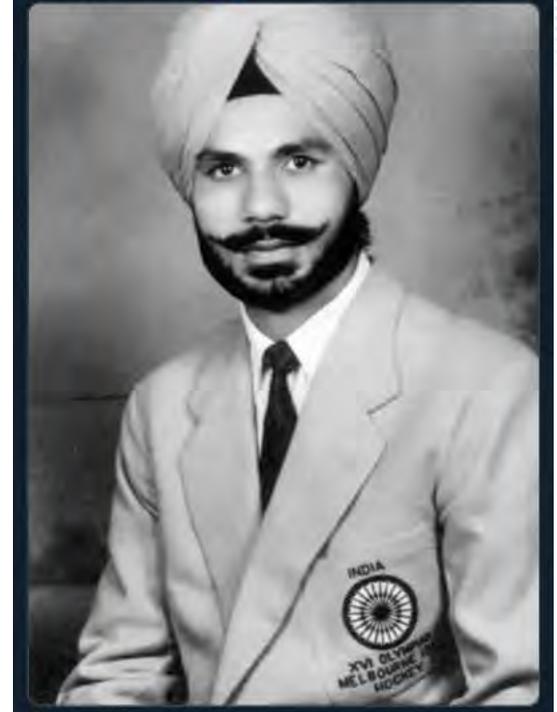
Jagat Prakash Nadda @JPNadda
 Deeply saddened to hear the demise of the Hockey legend Shri Balbir Singh Sr , three times Olympic gold medalist. His immense contribution to Indian hockey will always be remembered. My thoughts are with his family & fans.

Hardeep Singh Puri @HardeepSPuri
 One of the greatest players on hockey field, Sardar Balbir Singh Sr Ji was the hero of Independent India's first Olympic hockey gold in 1948.
 Deeply saddened to hear of his demise. May Waheguru Ji bless his soul.



Dept of Sports MYAS @IndiaSports
 Legendary Hockey player Shri Balbir Singh Sr passed away today. He had won 3 Olympic gold medals for India in 1948 London, 1952 Helsinki & 1956 Melbourne Olympics.

His contribution to Indian Sports will always be remembered. Our heartfelt condolences to the family. Om Shaanti! 🙏



Hockey India Retweeted
Prakash Javadekar @PrakashJavdekar
 प्रसिद्ध हॉकी खिलाड़ी और ट्रिपल ओलंपिक स्वर्ण पदक विजेता श्री बलबीर सिंह सीनियर के निधन का समाचार सुनकर अत्यंत दुःख हुआ। शोक संतप्त परिवार के प्रति मेरी संवेदना। ॐ शांति !
 Translate Tweet

Smriti Z Irani @smritirani
 Padma Shri Balbir Singh Sr. Ji, the man known for his Golden Hat Trick will always be remembered for his immense contribution to the game of hockey and laurels he brought to the Nation. My deepest condolences to his family & admirers. Om Shanti 🙏

Piyush Goyal ✓
@PiyushGoyal

Pained to hear about the demise of Padma Shri Balbir Singh Sr. Ji. A legendary hockey player, he has been a role model for generations of athletes.

Our nation will always proudly remember his memorable sporting performances. My deepest condolences to his family. Om Shanti.

Arvind Kejriwal ✓
@ArvindKejriwal

Saddened by the demise of India's hockey legend Balbir Singh Sr. The first sports person to receive the Padma Shri, the legacy of the three-time Olympic gold champion continues to inspire millions of young sports persons.

Col Rajyavardhan Rathore ✓
@Ra_THORe

तीन बार के ओलंपिक स्वर्ण पदक विजेता महान हाकी खिलाड़ी श्री बलबीर सिंह जी के निधन का अत्यंत दुःखद समाचार प्राप्त हुआ।

श्री बलबीर सिंह जी का निधन हॉकी के साथ ही साथ समूचे खेल जगत के लिए अपूरणीय क्षति है।

मैं दिवंगत आत्मा की शांति हेतु ईश्वर से प्रार्थना करता हूं।

[#BalbirSinghSr](#)

[Translate Tweet](#)

Congress ✓
@INCIndia

The passing of hockey legend Balbir Singh Sr. is extremely disheartening. He was a three time Olympic gold champion who went on to become the first person to be awarded the Padma Shri in the sports category. Our thoughts and prayers are with his family & friends.




Capt. Amarinder Singh ✓
@capt_amarinder

Saddened to learn about passing away of Hockey legend Balbir Singh Sr. A Triple Olympic Gold medallist, he exemplified qualities of perseverance, dedication & sportsmanship. Sir, you will be dearly missed & will forever remain an inspiration! A grateful State bids you farewell.

Abhinav A. Bindra OLY ✓
@Abhinav_Bindra

Saddened to hear of the demise of one of India's most celebrated Olympians, Balbir Singh Sr. Athletes and role models such as him come very rarely, and it was an honour to know him, and I hope his example will continue to inspire athletes from around the world!





Chennai Super Kings @ChennaiIPL

Olympic Golds as a player and captain. A World Cup as a Manager and Coach. Most Goals in an Olympic Final (5), a record that stands till date. The first sports person to receive the Padma Shri, an honour for the award. #BalbirSinghSr bids adieu, but legends live forever! 🙏❤️

Sudarsan Pattnaik @sudarsansand

Saddened at the demise of hockey legend #BalbirSingh Senior. My tribute through SandArt installation. @FIH_Hockey @TheHockeyIndia

0:31 9.9K views

Odisha Sports @sports_odisha

We condole the sad demise of #Hockey legend, three times @Olympics Gold medalist #Padmashree Balbir Singh Sr. An inspiration to thousands of players, he was the chief coach and manager of the 1975 World Cup winning @TheHockeyIndia.

Olympic Channel @olympicchannel

The entire country took to social media to celebrate the life of the three-time gold medallist, flag-bearer, and Iconic Olympian, Balbir Singh Sr after he passed away last night in Chandigarh.

Get the full story: oly.ch/3eec9vK

@TheHockeyIndia @FIH_Hockey @BalbirSenior

Deepa Malik @DeepaAthlete

Om shanti. Feel blessed to have met him, and heard his inspiring words and receive his blessings in person. We will always remember Balbir Singh Sr Sir as much for his humility as for precious Olympic medals. He will live on in every Indian

#balbirsingh #balbirhockey

Harbhajan Turbanator @harbhajan_singh

One last salute to posterity #BalbirSinghSr #Greatest 🙏🙏🙏

Team India @WeAreTeamIndia

Why the Gold at London 1948 was extra special for late Balbir Singh Sr.

@olympicchannel features @BalbirSenior and the significance of the first Olympic gold post-independence for the #Hockey legend!

Satish Acharya @satishacharya

RIP Balbir Singh Sir! #BalbirSingh @sifydotcom cartoon

BALBIR SINGH Sr. 1923-2020

For more cartoons visit www.cartoonistsatish.com

FICCI @ficci_india

FICCI is deeply saddened by the demise of Hockey Legend & pride of Nation #BalbirSingh Sr. Recognizing the unparalleled contributions, FICCI conferred upon him Lifetime Achievement Award in 2015.

Indian Football Team @IndianFootball

We mourn the tragic demise of the legendary hockey icon Balbir Singh Sr, a 3-time Olympic gold medalist and one of India's greatest-ever sportspersons 🙏

May his soul rest in peace 🙏

#IndianFootball

Mumbai Indians @mipaltan

"I felt like I was flying when they played the national anthem in front of thousands at the Wembley Stadium (1948 Olympics)"

#RIP Padma Shri Balbir Singh Sr. His contribution to hockey and Indian sports will remain unrivalled 🇮🇳🙏

#OneFamily

Akshay Kumar @akshaykumar

Saddened to hear about the demise of hockey legend **#BalbirSingh** ji. Have had the good fortune of meeting him in the past, such an amazing personality! My heartfelt condolences to his family 🙏



Virender Sehwal @virendersehwal

In Balbir Singh ji, India has lost one of its greatest ever sportsman. I express my heartfelt condolences to his family and loved ones.



Sandeep Singh @hickasringsh

भारतीय हॉकी के भीष्म पितामह स. बलबीर सिंह जी हमेशा मेरे प्रेरणा स्रोत रहेंगे। फ्लाइंग सफर के दौरान आपकी बताई बातें जीवन में हमेशा मेरा मार्गदर्शन करेंगी। मन आहत है कि एक जिंदादिल ईंसान को हमने खो दिया। परमात्मा से अरदास है कि दिवंगत आत्मा को अपने चरणों के स्थान दें। वाहेगुरु जी



International Hockey Federation @FIH_Hockey

The hockey family has lost one of its most iconic, beloved and celebrated individuals, triple Olympic gold medallist Balbir Singh Sr, who passed away in Chandigarh, India after a prolonged illness at the age of 95.

@thehockeyindia



P.T. USHA @PTUskaOfficial

Deeply saddened to hear of the passing of Balbir Singh Sr ji. An athlete par excellence and a role model beyond words! His bestowed hands may strengthen my passions more. My condolences to his family, friends and fans! **#balbirsingh #Balbirhockey**



Pranav Adani @PranavAdani

The golden era of grit and glory comes to an end. Your legendary career has not just nurtured @TheHockeyIndia but made it **#IndiaKaGame** inspiring generations players and fans.

RIP **#BalbirSingh Senior** 🙏



Somdev Devvarman @SomdevD

The memory of Balbir Singh is a gift to all Indians. As classy and honest as they come. Thank you for everything. You will be remembered and missed!

#Legend #rip #BalbirSingh



Star Sports @StarSportIndia

Remembering the late, great three-time Olympic gold medal-winning hockey legend, Balbir Singh Sr.

Join us for an exclusive interview from our archives in honour of his legacy!

LEGENDS INTERVIEW BALBIR SINGH SR.

7:00 PM



Sadhguru @SadhguruJV

#BalbirSingh, a hockey legend who shaped India's success in Olympics. New generations must be reminded of our sporting legends of a fledgling nation of 1950s. Inspiration for Indian sport. -Sg @ashwinravi99 @Pvsindhu1 @klrahul11 @virendersehwal @M_Raj03 @vedakmurthy08

Hockey India @TheHockeyIndia · May 25

A former Indian Captain, Padma Shri Awardee, Guinness World Record Holder for most goals scored by an individual in the men's hockey final of the Olympics - nothing but A LEGEND. 🙏

He will always be remembered. 🙏

#IndiaKaGame #RIPBalbirSinghSr

(2/2)

Show this thread

Hans Raj Hans @hansrajhans

Condolences to the family on the demise of Padma Shri and legendary hockey player Shri Balbir Singh Ji. You live forever in our hearts. **#BalbirSingh**



Pvsindhu @Pvsindhu1

Sorry to hear about the sad loss of India's 🇮🇳 pride, legend and one of India's greatest sportspersons **@BalbirSenior** sir. My deepest condolences to the family 🙏

SA Hockey @SA_Hockey

Sincere condolences to the family of the legendary Balbir Singh Sr and our @TheHockeyIndia friends. May his soul rest in peace.

Christian Klaue @ChKlaue

Three consecutive Olympic Gold medals in Hockey - what an achievement. The sports world mourns the loss of the Indian Hockey legend Balbir Singh Sr. at the age of 96.

sreejesh p r @16sreejesh

I was rather shocked to hear the news of legendary Olympian Balbir Singh Sr untimely demise. My heart felt condolences to his family. I pray that the almighty gives his family the strength to withstand this tragic moment. May his soul rest in peace. #RIP



Sharath Kamal @sharathkamal1

A true sporting icon, #BalbirSingh Sr Sir's achievements will continue to be a guiding light for athletes! Saddened to hear of his demise. My condolences to his family, friends and supporters! 🙏



SA Media and 6 others

Ravi Shastri @RaviShastriOfc

#BalbirSingh ji- A True Giant and a half in his field. Hockey legend out and out. Condolences 🙏
#BalbirSinghSenior



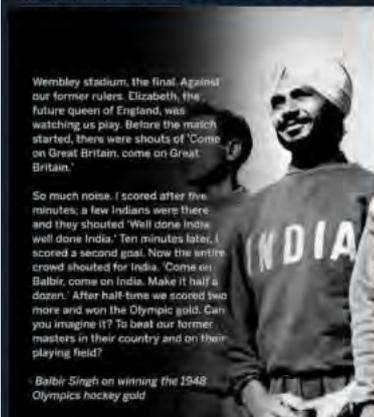
Manpreet Singh @manpreetspawar07

Rest in Peace to one of the GREATEST and LEGENDARY player of all time Padma Shri Balbir Singh Senior ji - you will lives forever in our heart 🙏
#tripleolympicsgoldmedalist



Hemant Soren (सर हेमंत - कुर्बिर के) @hemantsorenJAM

Saddened at the demise of hockey legend Padmashree #BalbirSingh Senior. He was a prolific player and an inspiration to countless youth who took up the game. May his soul rest in peace & God give strength to his family members to bear this loss.



Wembley stadium, the final. Against our former rulers. Elizabeth, the future queen of England, was watching us play. Before the match started, there were shouts of 'Come on Great Britain, come on Great Britain.'

So much noise. I scored after five minutes, a few Indians were there and they shouted 'Well done India well done India.' Ten minutes later, I scored a second goal. Now the entire crowd shouted for India. 'Come on Balbir, come on India. Make it half a dozen.' After half time we scored two more and won the Olympic gold. Can you imagine it? To beat our former masters in their country and on their playing field?

Balbir Singh on winning the 1948 Olympics hockey gold

Rani Rampal @imranirampal

Pained to learn about the passing of our three times Olympic Gold medalist and legend Balbir Singh Senior sir this morning.

His contribution towards Indian hockey is unforgettable. He will continue to inspire our generations to come.

My deepest condolences to his family. RIP



Sardar Singh @simsardarSinghB

Balbir Singh Ji, You will be missed. Great legend of the game but moreover an amazing person. #RIP
#BalbirSingh Ji. @BalbirSenior



0:36 1.7K views

geeta phogat @geeta_phogat

Hockey legend and triple Olympic gold medalist Balbir Singh Sr passes away at 95. Sir You will be remembered forever!!
R.I.P Sir 🇮🇳🏏🏆🏆🏆🇮🇳 #BalbirSinghSr



Naveen Jindal @NPNaveenJindal

There was no greater joy than seeing the tricolor going up. The fact that we beat our rulers on their home soil to win & retain the Olympic hockey gold can never be forgotten: BalbirSinghSr

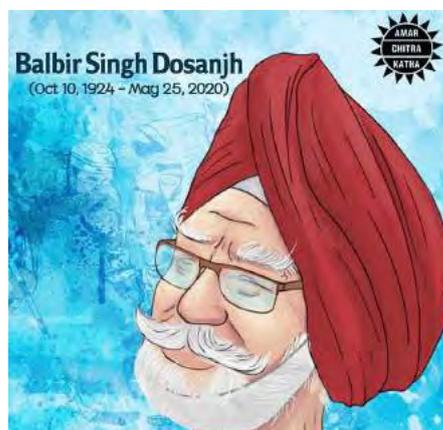
Sad to hear of the demise of triple Olympic hockey gold medalist Balbir Singh ji.



An Artsy Tribute to the Legend



Satish Acharya



Divyesh Sangani



Gurpreet Singh



Sarvesh Kedia



Wesely Wilkins



Anshul Chavan



Heere



Vicky Nangare



Vivek Aditya



Yash Bhardwaj



Amul India

TOP HIGHLIGHTS

Hockey India invites State Member Units, Institutional/ Department Members, Academies to express their interest in hosting the annual National Championships 2021

The nation-wide lockdown did not stop Hockey India, who have always shown proactiveness, from preparing for the domestic season in 2021. The National Governing Body for Hockey in India sent out an Expression of Interest Form to various State Member Units, Institutional/ Department Members and Academy Members in May, inviting them to express their interest in hosting the restructured annual National Championships 2021 for State Member Units, and inaugural Inter-Department National Championship and Academy National Championship.

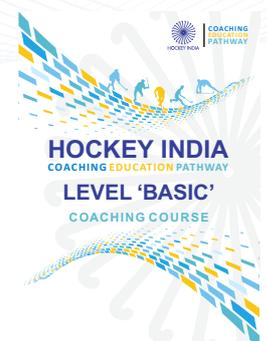
The window to host the Senior Men and Women category will be between 1 January 2021 to 30 April 2021 and the Junior/ Sub Junior Men and Women category National Championships will 15 February to 30 April 2021.

S.No.	Category	Hosting Member Unit
01	11th Hockey India Senior Men National Championship 2021	Hockey Maharashtra
02	11th Hockey India Senior Women National Championship 2021	Uttar Pradesh Hockey
03	11th Hockey India Junior Men National Championship 2021	Hockey Haryana
04	11th Hockey India Sub Junior Men National Championship 2021	Hockey Haryana
05	11th Hockey India Junior Women National Championship 2021	Hockey Jharkhand
06	11th Hockey India Sub Junior Women National Championship 2021	Hockey Jharkhand
07	1st Hockey India Senior Men Inter-Department National Championship 2021	Hockey Unit of Tamil Nadu
08	1st Hockey India Junior Men Inter-Department National Championship 2021	Hockey Karnataka
09	1st Hockey India Senior Women Inter-Department National Championship 2021	Hockey Bengal
10	1st Hockey India Junior Women Inter-Department National Championship 2021	Delhi Hockey

The tournament dates will be announced by Hockey India in due course after deliberation with the host Member Unit.

Hockey India conducts Hockey India Level 'Basic' Coaching Course online for Senior Core Probables

In a bid to make use of the lockdown period, Hockey India conducted the Hockey India Level 'Basic' Coaching Course for the Senior Core Probables, who were stationed at the SAI Centre in Bengaluru. The Course saw a total of 32 Senior Men and 23 Senior Women Core Probables take part, the sessions of which were conducted online by Hockey India. Captain of the Indian Women's Team Rani had already attended the Hockey India Coaching Education pathway in the past and achieved a Hockey India Level '1' Coach Certification.



FIH Academy - Hockey India Coaching Education Pathway Level '1' Coaching Course conducted online

After the successful completion of several Hockey India Coaching Education Pathway courses in 2019 and 2020, Hockey India, in close association with the International Hockey Federation (FIH), organized the FIH Academy - Hockey India Coaching Education Pathway Level '1' Coaching Course online for Indian Coaches during the nationwide lockdown due to the COVID-19 pandemic. The sessions were conducted by FIH Educators over Microsoft Teams.

A total of 9 candidates enrolled for the FIH Academy - Hockey India Coaching Education Pathway Level '1' Coaching Course, which was held between 11 May 2020 to 15 May 2020. Each of the candidates' competency were assessed and awarded an FIH Level '1' Coach Certificate at the end of the course.



Scientific Advisor Robin Arkell and Goalkeeper Krishan B Pathak showcased a glimpse of Indian Men's Hockey Team's lockdown workout on Instagram live

The Indian Men's Hockey Team Scientific Advisor Robin Arkell devised some fantastic training schedules for the core probables which helped them to maintain their fitness during the nationwide lockdown due to the COVID-19 pandemic. Goalkeeper Krishan B Pathak joined Robin Arkell on an Instagram live workout on Monday, 11 May 2020, to give a glimpse of the Indian team's workout while maintaining social distancing at the Sports Authority of India campus in Bengaluru.

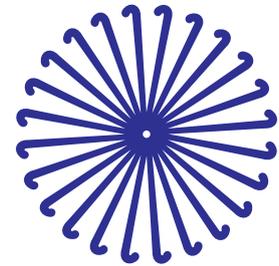


Hockey India held Special Congress with State Member Units

In a first-of-its-kind Special Congress held via video conference on 13 May 2020, Hockey India engaged its Executive Board Members and State Member Units in valuable discussions to pave the way forward and re-start the sport at state and national level following the Covid-19 pandemic situation. The Congress was also joined by special invitee Dr Narinder Dhruv Batra, President, Indian Olympic Association.

As a first step towards resuming activities depending on permissions provided by Government of India and State Governments, Hockey India has issued a 20-page dossier to its Member Units which provides a minimum standard that needs to be followed when hockey activities resume in their respective states.

The new Standard Operating Procedures (SOP) includes educating the athletes, sanitising the entire facility prior to any event as well as encouraging all participants to share their details not just with organisers but also with health authorities. The guidelines also include pre-event, during-event and post-event protocols to follow. It also covers important procedures to follow when teams have to travel for domestic competition.



HOCKEY INDIA

Indian Women's Hockey Team's impressive fitness levels were on display as striker Navjot Kaur took part in Instagram live workout

Ever since Wayne Lombard took over as the Scientific Advisor of the Indian Women's Hockey Team, there has been a considerable improvement in the fitness levels of the players, which has resulted in better performances on the field. The impressive overhaul in the various fitness routines followed by the team has seen them rise to World No. 9 in the FIH World Rankings, and has led them to successive Olympic Games (2016 Rio and 2020 Tokyo). One of the various fitness sessions that the Indian team followed during the lockdown a glimpse of it was on display on 15 May 2020 as energetic Forward Navjot Kaur joined Lombard for an Instagram Live session on Hockey India's official handle.



Hockey India organized Hockey India Coaching Education Pathway Session for journalists

Hockey India exclusively organized the Hockey India Coaching Education Pathway Session for a group of journalists through Google Meet on Saturday, 16 May 2020. A total of 11 journalists attended the event to get an idea about how Indian Coaches better themselves through the Hockey India Coaching Education Pathway and understand the coaching system being adopted in India from grassroots level and upwards.



COACHING
EDUCATION
PATHWAY

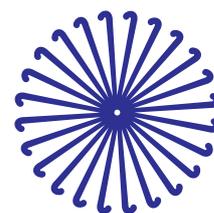
The sports' governing body in India launched their ambitious Hockey India Coaching Education Pathway in March 2019 with a vision to develop Coaches from the grassroots and enable them to meet the requirements in the ever-growing demands of International hockey.

The interactive 4-hour long session saw various topics like Coaching Basic skills, role of grass-root coaches, prerequisites of a good coach, basic hockey skills as well as advanced skills, as well as modern hockey terminologies were covered. The session also involved deeper-level, engaging conversations on principles of hockey that needs to be adapted at the grass-root level in order to see global success in Men and Women's hockey in the coming years.

Over 500 aspiring coaches across the country have benefited from the Hockey India Coaching Education Pathway over the course of 1 year with over 250 coaches achieving a minimum of Hockey India Level '1' Coach Certification.

Hockey India added more structure to the gradation of Hockey India Tournament Officials for better performance

In May, Hockey India announced the launch of classification of the Hockey India registered Tournament Officials which include Technical Delegate, Umpire Managers, Technical Officials, Judges and Umpires into three grades - Hockey India Grade 1, Hockey India Grade 2 and Hockey India Grade 3. The grading will be done out of 100, (percentage-wise) with emphasis for umpires being based on Performance reports (from all domestic tournaments), Fitness Test results and Online Test results whereas for Technical Officials it will be based on Performance reports (from all domestic tournaments) and Online Test results.



HOCKEY INDIA

The appointment of Officials for domestic matches throughout India will be done on the basis of the updated gradation of Officials. The Umpires/Officials, who produce excellent results in Performance reports, Fitness Test results and Online Test results will be part of Hockey India Grade 1 and so on.

Further, any new interested Tournament Officials can have a chance to join the Hockey India Potential List, once they reviewed after being nominated by the Hockey India Member Units. To be in contention for the nomination, the Official must be below 25 years in case of Umpires and below 35 years in case of Technical Officials, should have passed the HI online tests, must have minimum two years of experience in state and district championships and shall be nominated by their state member units.

The nominations can only be made through the Hockey India Member Unit Portal via the official registration process which will begin from 01 July 2020.

Hockey India makes modifications to the assessment of Officials Performance Report Templates for Tournament Officials and Umpires

After Hockey India announced adding more structure to the gradation of Hockey India Tournament Officials to help improve the standards of officiating in May, Hockey India has made further modifications to the assessment of Officials Performance Report Templates including Tournament Officials and Umpires. The result in the Performance report is one of the key factors for the assessment of the work carried out by the Tournament Officials and Umpires in domestic tournaments in India.



Along with the current evaluation criteria in the Officials Performance Report Templates for Tournament Officials, a new updated Umpire Assessment Match Report has been added. The performance of the Umpires will be assessed in each and every match they are officiating and the Umpire Managers will share their reports with the Umpires and Hockey India after their respective matches are completed. It will also be utilized during the umpires debriefing and the Umpire Managers will ensure that the Umpires learn and improve after every match and don't commit the same errors. The assessment match reports will serve as the basis for the appointment of the Umpire in the final phases of a particular tournament and shall also help Hockey India ensure that the best performing Umpires will officiate in the Semi-Finals and Finals of the particular tournament.

The Umpire's performance will be monitored efficiently, leading to the justified selection of umpires during the crucial stages of a tournament. These modifications will contribute to improving the standard of Umpiring and Officiating in India.

Hockey India will be conducting an online workshop for all Hockey India registered Technical Delegates and Umpire Managers from 27th June 2020 to 28th June 2020 which will ensure standardisation of assessment of Official which will be a better and more efficient method to effectively mark the official's performance through Performance Reports.

Hockey India registered Technical Officials attend AHF Online Education Workshops for knowledge enhancement

In order to make use of the time during lockdown across various Asian countries including India, the Asian Hockey Federation (AHF) on 12 June 2020 and 13 June 2020 conducted the first set of online education workshops under the Development Through Distance 'AHF Online Education Workshops', to engage young and upcoming Technical Officials, Umpires, and Umpire Managers. A total of seven workshops were conducted throughout the month of June 2020, with Hockey India having nominated a maximum of six candidates for each of these education workshops.



Hockey India announced recommendations for Rajiv Gandhi Khel Ratna Award, Arjuna Award, Dronacharya Award and Major Dhyan Chand Award

Hockey India on 02 June 2020 announced the nomination of Indian Women's Hockey Team Captain Rani for the prestigious Rajiv Gandhi Khel Ratna Award while her compatriots Vandana Katariya, Monika and Harmanpreet Singh have been nominated for the Arjuna Award. For the Major Dhyan Chand Award for Lifetime Achievement, Hockey India has recommended former India stalwarts Dr RP Singh and Tushar Khandker. Coaches BJ Kariappa and Romesh Pathania have been nominated for the Dronacharya Award.

Award Recommendation by Hockey India



RANI
Rajiv Gandhi Khel
Ratna Award



VANDANA KATARIYA
Arjuna Award



MONIKA
Arjuna Award



HARMANPREET SINGH
Arjuna Award



DR RP SINGH
Major Dhyan Chand Award
for Lifetime Achievement



TUSHAR KHANDEKAR
Major Dhyan Chand Award
for Lifetime Achievement



BJ KARIAPPA
Dronacharya Award



ROMESH PATHANIA
Dronacharya Award

Hockey India to introduce an open application system for registration of Coaches and Technical Officials

Hockey India on 17 June 2020 has announced further improvements in the Hockey India Member Unit Portal with the introduction of an open application & registration process for Coaches and Technical Officials. A link has been circulated via the media and social media through which any candidate can submit their application to the respective Hockey India Registered Member Unit to register as a Coach or Technical Official.

Once a candidate submits the application, he or she would require the approval of the concerned Hockey India registered Member Unit under which a Coach or Technical Official is submitting the application. Once the Hockey India Member Unit approves the application, the application would require the final approval of Hockey India prior to the confirmation of registration of a Coach or Technical Official.



Indian Men and Women's Hockey Core Probables released on a break

Hockey India on 19 June 2020 announced a month-long break for the Indian Men and Women's Hockey Core Probables Group who were based at SAI Centre, Bengaluru. While the Women's Core Probable Group were in SAI since February for the National Coaching Camp, the Men's Core Group arrived in Bengaluru in the first week of March after notable performance against the World's top three teams Australia, Belgium and the Netherlands respectively in the FIH Hockey Pro League earlier this year.

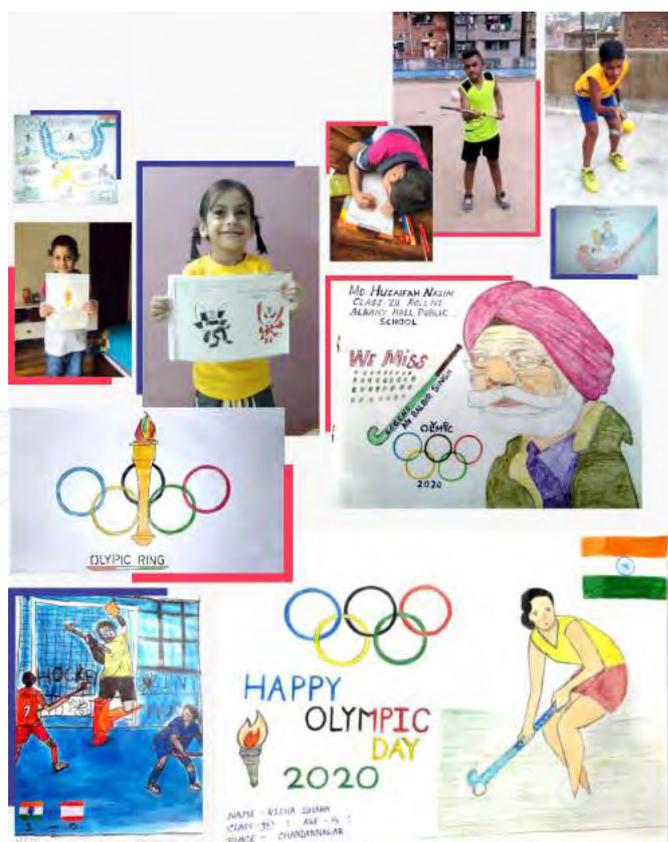
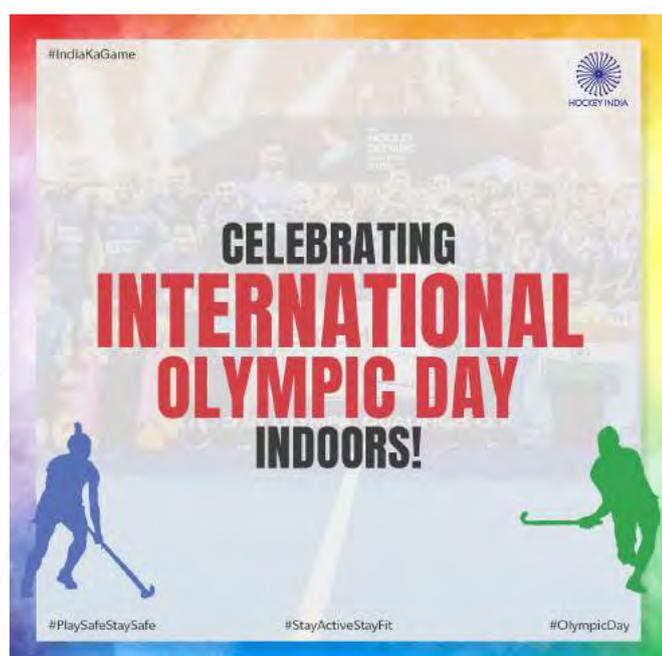
It was decided that the Men and Women Core Probable athletes will be recalled on 19 July 2020 to resume sports activities as part of their preparations for the Tokyo Olympic Games. Having spent the nationwide lockdown in a very safe and secure environment in SAI Centre, Bengaluru, the athletes had begun basic sports activities since 10 June 2020, basis consultation with the teams Chief Coaches Graham Reid and Sjoerd Marijne.

Hockey India celebrates Olympic Day 2020 by bringing hockey community together digitally

With this year's Olympic Day being held under unprecedented circumstances, Hockey India celebrated the 72nd Olympic Day digitally with its Member Units showcasing Olympic values among the young children, players, coaches and administrative staff, by taking part in various activities while respecting the social distancing and safety guidelines prescribed by the Ministry of Home Affairs over a week.

Hockey India's Member Units marked this special Olympic Day with activities that spread the message of spirit of sportsmanship and unity through hockey-focused activities including quizzes, wellness programs, art and craft competitions, write-ups and essays on Olympic Day and Olympic values, along with spreading awareness on the importance of healthy living, staying indoors and staying fit.

Through various events planned throughout the week leading up to Olympic Day, it was Hockey India's ambition to strengthen the link that children, young people and adults have with the sport, and through these activities it brought together people from different walks of life, different age groups, without any gender and physical biases, to provide an opportunity to reminisce their favourite Olympic moments and promote the Olympic values.



Trying circumstances but athletes exhibit patience, unity and strength during lockdown : SV Sunil



With the Indian Men's and Women's Hockey Teams having spent more than three months at the Sports Authority of India Campus in Bengaluru during the nation-wide lockdown, both men and women hockey Core Probables remained positive and viewed the phase as a blessing in disguise. Same was the case with Indian Men's Team's experienced Forward SV Sunil, who believes that the lockdown period further helped his side in improving as a collective unit. "We were all expecting the lock-down period to be extended, and it is justified given the extent of the damage that the pandemic has been causing not just in India, but around the world," said Sunil.

"We stayed here at the SAI Centre Bengaluru for close to three months, and I think spending more time with our teammates and Coaching Staff really brought the group together. We also worked on analyzing our performances

from the past couple of seasons, and have done a lot of self-analysis as well, which I'm sure will help us in improving a lot before we set foot on the pitch again," he added.

The veteran was a prime example of how the Indian hockey teams remained calm, composed and positive during the three months at SAI, and took the decision to impose guidelines very well. Sunil, whose wife Nisha, and their one-year old daughter Shanvita, usually put up just 20kms from SAI Centre, Bengaluru, stayed away from his family for the entire duration to ensure he was religiously following the guidelines. Even though he had the desire of being with his family but the 31-year-old understood that it was the right decision to not wander outside given the situation. "Most of the players in camp would have loved to be with their families, and even though my family wasn't staying very far from here, my wife and I decided that it was in the best interest of our family that we

stay put where we were, and follow the guidelines strictly. I did miss my wife and daughter immensely, but these are trying circumstances and we took the positives out of it, and continued adjusting to it," he said

Reflecting on the current pandemic and the health hazards that it is posing to people around the world, Sunil said these are the times which test one's resolve. "I remember when I've had the two injuries before, once in 2010 and in 2018, it was always really tough for me because I had missed the World Cups on both the occasions and that long journey back from injury was really depressing at times. But when you compare that to the circumstances that so many people around the world are facing now, you realize how lucky you are to only have



injured your left fibula or had a LCL Grade 3 tear, and not had a life-threatening experience like COVID-19. I really hope everyone is taking the correct precautions and that we can all come together as a society during these times, and can really pass this test with flying colors as soon as possible," he said.

Sunil, who turned 31 in May, also reacted on the Olympic Games being postponed to 2021, "We have spent these four years building up to the Olympics, and working hard to peak at that time, but obviously now we all have to make adjustments, for which we are ready. There is still a long way to go now, which means that we all have a lot of time to prepare for it, and to improve with every challenge that we take on from herein," he expressed.

"It has been a few days since I've made that run on the flanks and put a ball into the striking circle, so I really hope that things can go back to normal very quickly for everyone to do what they love doing, which includes me stepping foot on the pitch again soon," Sunil signed off.



Vandana Katariya inspires many young girls to take up hockey in her hometown



With over 200 international caps, Indian Women's Hockey Team Forward Vandana Katariya has been in the thick of things in the last eight years. The 28-year-old has been part of many incredible victories for the Indian team, ranging from Asian Games medals to securing a berth at the Tokyo Olympic Games through the FIH Hockey Olympic Qualifiers 2019.

It has not been an easy journey for the 28-year-old. Fighting against patriarchy and lack of facilities, Vandana has emerged victorious in the world of hockey. Her achievements haven't gone unnoticed in her hometown as many young girls in her village Roshanabad in Uttar Pradesh have

decided to follow Vandana's footsteps.

"Hockey has certainly grown in Uttar Pradesh since the time I have joined the Indian team. Many young girls from my village Roshanabad and nearby places like Aurangabad have started playing the sport. I have noticed that the majority of the players who have taken up hockey in that area are girls. Hockey has been one of the popular sports in UP as one of the greatest players in the history of the game Major Dhyan Chand is from our state. I am sure the game will grow even more in UP in the upcoming years," said the Forward.

The prolific player left home at a very young age to pursue her dreams by moving to the

Government Sports Hostel in Lucknow in 2006. Since the facilities for hockey were not great in her hometown, Vandana decided to learn the game far away from the luxury of her home.

“I used to play hockey at the Roshnabad stadium in Haridwar before moving to the hostel in Lucknow. Unfortunately, we didn't have a lot of facilities for hockey in Roshnabad at that time so it was great to start practicing in Lucknow where the facilities were much better. However, we still practiced on grass pitches in Lucknow, so it was a bit difficult to get used to the Astroturf, once I started moving up the ranks. But now we carry out most of our practice during National Camps, so it's great for me. I value my time in the Lucknow hostel. I honed my skills there and I have been able to achieve great heights only because of practicing there,” said the 28-year-old.

Vandana added that her family opposed her playing hockey at one point and it was a challenge to take up sports since girls were not encouraged to do so in Roshnabad.

“Since there were no facilities in Roshnabad, my family apart from my father was opposed to me playing hockey at one point. But once I moved to the hostel in Lucknow and started getting called-up for state and national camps, my entire family supported me. It was a challenge to take up sports in Roshnabad because girls were discouraged to play sports in our neighbourhood. I am glad that I believed in my abilities and got into the Indian team against all odds,” said the Forward.

The commitment and dedication was totally worth it in the end. Vandana has gone on to become one of the key

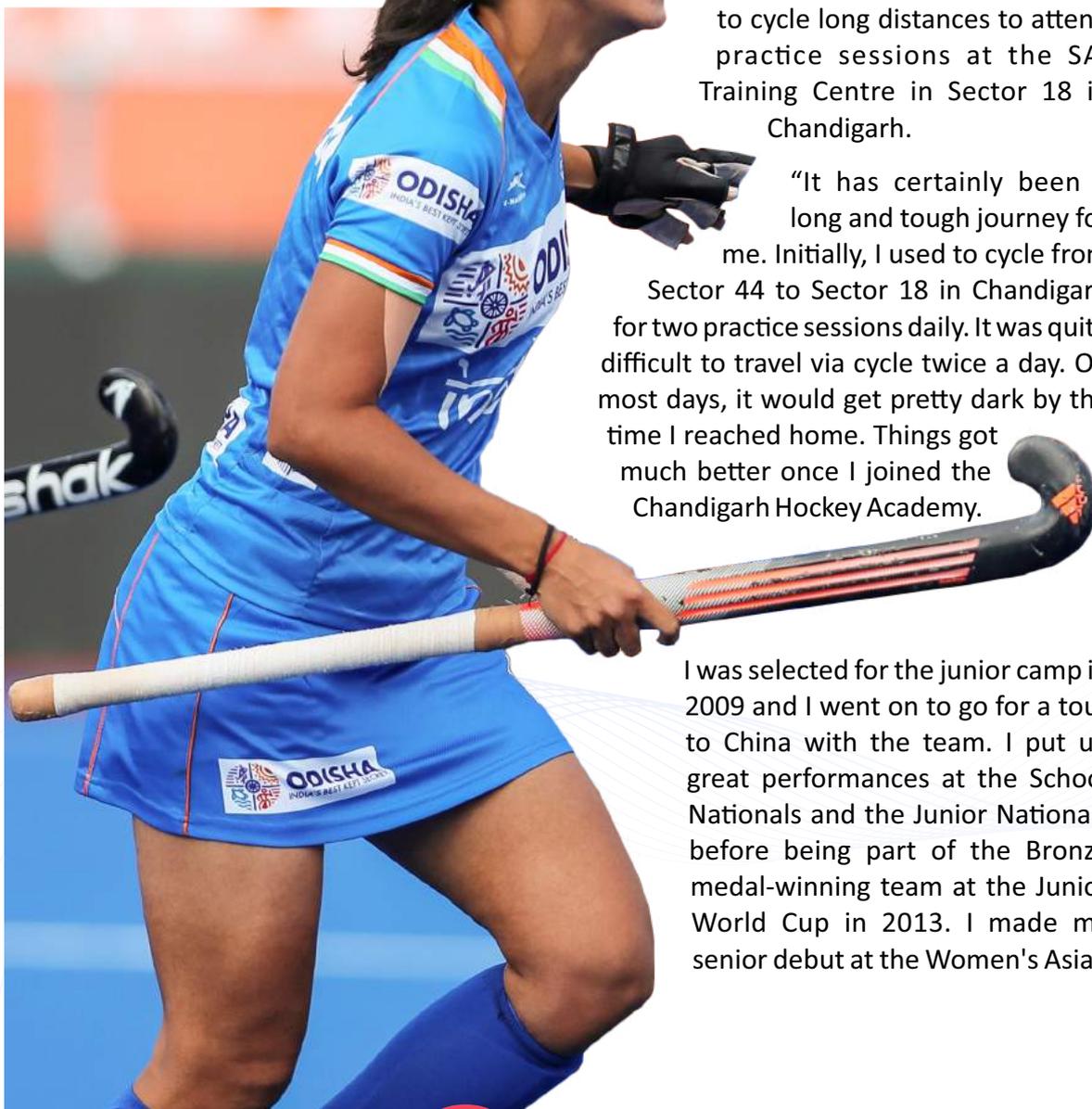
members of the Indian Women's Hockey Team and her efforts were recognised when she was nominated for the Arjuna Award by Hockey India in June.

“It is fantastic to be nominated for the Arjuna Award. It's a huge honour for me. I have been able to perform consistently only because of my teammates. They have always been there for me through ups and downs. We try to help each other as much as we can and ensure that all players are growing and evolving. The fact that Rani Khel Ratna Award and Monika for the Arjuna Award shows that the team is moving in the right direction,” signed off Vandana.



Immense passion for sports has taken Monika to the greatest heights in international hockey

Since the days of her childhood, Monika was always a sports enthusiast. She played a variety of outdoor sports in her school and one day, just like that, she decided to pick up a hockey stick. Once she started playing the game, there was no looking back. The Midfielder believes that hockey is unlike any other sport because she learns something new in hockey everyday and will never get bored of the game.



“After trying many different sports, I found out that there is always scope to learn something new in hockey. It's amazing, I will never get bored with hockey. Even today, I learn something new and I am sure the learning process will continue in the upcoming years,” said the 26-year-old.

But nothing comes easy in any field and Monika too had her own share of challenges. She received full support from her family to take up hockey seriously, but she had to cycle long distances to attend practice sessions at the SAI Training Centre in Sector 18 in Chandigarh.

“It has certainly been a long and tough journey for me. Initially, I used to cycle from Sector 44 to Sector 18 in Chandigarh for two practice sessions daily. It was quite difficult to travel via cycle twice a day. On most days, it would get pretty dark by the time I reached home. Things got much better once I joined the Chandigarh Hockey Academy.

I was selected for the junior camp in 2009 and I went on to go for a tour to China with the team. I put up great performances at the School Nationals and the Junior Nationals before being part of the Bronze medal-winning team at the Junior World Cup in 2013. I made my senior debut at the Women's Asian

Champions Trophy in the same year,” said the Midfielder.

Monika, who has played 150 international matches for India, has contributed to many victories for the Indian Women’s Hockey Team in the last six years. The 26-year-old recounted some of her fond memories from her career so far.

“Qualifying for the Tokyo Olympics in front of our home crowd will certainly be etched in our memories forever. These are the moments that make us understand the beauty of hockey and sports in general. Winning a Bronze medal at the 2014 Asian Games was also a special feeling. It certainly was a big boost for me as I was still finding my feet at the international stage. These moments will always keep inspiring me to play hockey,” said Monika.

The Midfielder will be a vital player for India in the Olympics next year and her teammates and coaches will surely have a lot of expectations from her. Monika will certainly be motivated to become a much better player after being nominated for the Arjuna Award by Hockey India in June.

“I am extremely honoured to be nominated for the Arjuna Award. The nomination will surely motivate me to perform even better for my team. We produced fantastic results in 2019 and hopefully, we will continue our form once we start playing matches,” said the player from Chandigarh.

Although Monika has achieved her dream of playing for India, now she and the entire team are collectively dreaming to win an Olympic medal.

“My biggest dream was to play for India and I am glad I have achieved it. There is no better feeling in this world than to play for one’s country. It’s the biggest honour. Playing 150 matches for India is simply incredible and I have enjoyed every minute of it. Having said that, we as a team have a collective dream of winning an Olympic medal and hopefully, we will achieve it,” said Monika.



Delighted to be nominated for the Arjuna Award says Harmanpreet Singh

Indian Men's Hockey Team Defender Harmanpreet Singh was delighted to hear that he has been nominated for the Arjuna Award, once Hockey India announced the nominations on 2nd June 2020, which also saw Indian Women's Hockey Team Captain Rani being nominated for the prestigious Rajiv Gandhi Khel Ratna Award, and her compatriots Vandana Katariya and Monika being nominated for the Arjuna Award.

"I was extremely delighted to hear the news. It's an honour to be nominated for the Arjuna Award and this nomination serves as an added motivation for me to perform even better in the upcoming years. All of us have received tremendous support from Hockey India over the years and I was extremely happy to know that Rani has been nominated for the Rajiv Gandhi Khel Ratna Award, while Vandana Katariya and Monika have been nominated for the Arjuna Award. They have put up some brilliant performances in the recent past and I would like to extend my congratulations to them as well," said the 24-year-old.

The dragflick sensation Harmanpreet Singh stepped up his role in the team and has also shouldered the responsibility of

Vice Captain with composure. As a defender-dragflicker, he was instrumental in the team's winning performance in the FIH Men's Series Finals 2019 in Odisha. At the Tokyo 2020 Olympics Test Event, he captained the team to victory in the absence of Manpreet Singh, who was rested for the tournament. Harmanpreet was also part of the Indian team that won the FIH Hockey Olympic Qualifiers 2019 against Russia last year.





Harmanpreet added that he has been able to perform for the team only because of the support he has received from his teammates.

"I am very happy with the way I have been contributing to the team in the last couple of years. However, I have been able to come up with the goods only because of the way my teammates have supported me. Hockey is a team sport and all of us ensure that we are contributing to the team's cause in some way or the other. If we score a goal, then it's not only the goal scorer, who takes the credit, but the entire team is credited for a particular effort," said the Defender.

The 2016 Junior World Cup winner added that booking a

place in the Tokyo Olympic Games was the biggest achievement for the team in 2019. "It was simply amazing to qualify for the Tokyo Olympics in front of our home crowd last year. I will cherish the memory forever. The balance of our side was fantastic and everyone chipped in to make the tournament a memorable one. Now, we will give everything we can to come up with great results at the Olympics next year. It's our sole target at the moment and all of us are up for the challenge. Hopefully, we will become a much better side by the time we play our first match in Tokyo," said Harmanpreet.



Delighted to meet families but hard-work continues for Indian Hockey Teams

After having been stationed at the Sports Authority of India Campus in Bengaluru for close to three months due to the nationwide lockdown, the Indian Senior Men's and Women's Hockey Core Probables on 19th June 2020 returned to their respective homes for a month-long break. Even though the players are used to spending close to 300 days in a year away from their families, this period was different for each one of them as the world is battling a pandemic. However, after having returned home, the players were able to reconnect with their loved ones and have been spending some quality time at their homes.

The Indian Men's Hockey Team Captain Manpreet Singh seemed delighted at the opportunity of not just meeting his mother and brother, but also his two pet dogs. "It was such a great feeling to have returned home to my mother, brother and my two dogs, Sam and Rio. Even though I was in constant touch with my family over video calls, I was really looking forward to being back home, and all I can say is that it feels so good to be back home - it just gave me goosebumps," said Manpreet who returned to his home in Jalandhar.



Meanwhile, the Indian Women's Hockey Team's Captain Rani also returned to Shahbad, Haryana and could not hide her happiness. "I know a lot of people had been craving to travel or to eat outside, but the only thing I had been craving during lockdown was meeting my family. I am so happy that I am finally here and can spend some days with them. I am, of course, very thankful to Hockey India and SAI for having taken great care of us, and now my focus will be on maintaining my fitness even at home, and making sure I spend my time with my loved ones," said the 25-year-old.

The Indian Men's Team Forward Mandeep Singh said he is fortunate to have this opportunity but wants to maintain his routine to ensure top performances once he is back to playing competitive hockey in the future. "When I stepped inside the house, the energy I felt was just out of this world. I returned after such a long time so it was nice to meet my family and to have this chance of spending time with them. However, I speak on behalf of all the players when I say that one thing we will not forget is maintaining our fitness and routine during this break. We know it is imperative to remain in top shape, and we will be focused on that, and I am sure we will be helped by our families and friends as well in our endeavor," he said.



Neha Goyal, Indian Women's Hockey Team's Midfielder, also expressed her excitement at coming back to meet her mother in Sonipat. "During the early part of lockdown, my sister had come down to stay with my mother, but once the restrictions eased a bit, she had to return to her in-laws. When I came back and presented my mother with my 'Hockey India Ajit Pal Singh Award for Midfielder of the Year 2019' trophy, the happiness on her face was what I had missed seeing for the past three months. So I am really happy to be back with her, and I am looking forward to helping her in daily chores as well. Of course we need to maintain our fitness schedules, and I will be focusing on that too along with spending some quality time with my mother," said the 23-year-old.



TEAM BIRTHDAYS

SENIOR MEN'S

JUNIOR MEN'S

JULY

JARMANPREET SINGH

18

VARUN KUMAR

25

SHAMSHER SINGH

29

AUGUST

KHADANGBAM KOTHAJIT
SINGH

17

RABICHANDRA SINGH
MOIRANGTHEM

03

VISHNU KANT SINGH

10

Birthday

SENIOR WOMEN'S

JUNIOR WOMEN'S

JULY

NISHA

09

PRIYANKA

08

SAVITA

11

THOUDAM SUMAN DEVI

16

BEAUTY DUNG DUNG

21

AUGUST

KHUSHBOO

06

GURMAIL KAUR

22

PRABHLEEN KAUR

25

SIMRAN SINGH

30

Birthday

IN FOCUS

VARUN KUMAR

(Indian Men's Hockey Team)

My age is: 24



My hometown is: Mithapur, Punjab

I play as a: Defender

I made my debut in: 2011

My most important target this year: is to maintain my fitness and get into top shape for a big next year

My favourite workout: burpees

My favourite actor: Diljit Dosanjh

My favourite song: 'Avein Rusya Na Kar' by Naseebo Lal

My favourite cuisine: *maa ke haath ka khaana*

My best sporting moment: was winning the Junior Men's Hockey World Cup in Lucknow in 2016

My idol: Manpreet Singh

My dream destination: Maldives

If I wasn't a hockey player, I would've been: helping my father in his truck business

My gym buddy: Krishan Pathak

My favorite outfit: t-shirt and denims

Go to Karaoke song: 'Ki Banu Duniya Da' by Gurdas Maan feat. Diljit Dosanjh & Jatinder Shah

3 things I don't travel without: my cellphone, earphones and clothes (laughs)

My 3 am buddy in the team: Manpreet Singh

My cheat meal: Gulab Jamun

Media Coverage

HOCKEY LEGEND BALBIR NO MORE
FORMER CAPTAIN PASSES AWAY AGED 96

BALBIR SINGH 96 - 1924-2020

Legend of Indian hockey, former captain Balbir Singh, passed away on April 17, 2020, at the age of 96. He was a member of the Indian Hockey Federation since 1957. He was the first Indian to win the Olympic gold medal in hockey in 1964. He was also the first Indian to be named the best player of the 1972 World Cup. He was a member of the Indian Hockey Federation since 1957. He was the first Indian to win the Olympic gold medal in hockey in 1964. He was also the first Indian to be named the best player of the 1972 World Cup.

The workout regimen that keeps India's hockey captain in shape

Chin-ups, crunches and push-ups are Manpreet Singh's go-to exercises during the lockdown

Manpreet Singh says he does not miss the fact that he does not have the equipment at his disposal.

Manpreet Singh says he does not miss the fact that he does not have the equipment at his disposal.

BALBIR SR. LEAVES BEHIND GOLDEN MEMORIES

Star hockey forward who led India through six successive Olympics

Balbir Singh was a star hockey forward who led India through six successive Olympics. He was a member of the Indian Hockey Federation since 1957. He was the first Indian to win the Olympic gold medal in hockey in 1964. He was also the first Indian to be named the best player of the 1972 World Cup.

India women's hockey team raises Rs 20 lakh for migrants

It was an online fitness challenge in which people donated generously

The money raised by the team will help feed at least 1,000 families.

HI modifications to assess officials

Performance to be looked into after every single game

How it works

- Classification of registered tournament officials such as technical delegate, umpire managers, technical officials, judges and umpires into three grades.
- The grading will be done out of 100 (percentage-wise)
- For umpires, it will be based on performance reports (from all domestic tournaments), fitness test results and online test results.
- Other officials: It will be based on performance reports (from all domestic tournaments) and online test results.

Magician on the field, fine storyteller off it

Hockey Loses One Of Its Icons, Balbir Singh Sr

Magician on the field, fine storyteller off it.

रानी रामपाल खेल रत्न के लिए नामिनेट

Another classic! हरमनप्रीत सिंह के साथ खेल रत्न और सैफिक के नाम अर्जित के लिए जेजे

Rani Ramपाल खेल रत्न के लिए नामिनेट.

Women's squad raises ₹20 lakh

Many current and former India players also contribute

The women's squad has raised ₹20 lakh through an online challenge.

Legendary goal machine who defined an era of champions

LEGENDARY GOAL MACHINE WHO DEFINED AN ERA OF CHAMPIONS

Legendary goal machine who defined an era of champions.

Balbir Singh was my guiding force

Balbir Singh was my guiding force.

Savita treats lockdown as another life lesson

BENGALURU, DHNS

Life under lockdown was hard for pretty much every citizen of the country. Bolted at home while staring at an uncertain future, most found that phase hard to cope with. India women's hockey team goalkeeper Savita views that period as another life lesson.

The Haryana player, who has been locked up at the SAI Centre here along with the rest of her team-mates, feels those agonising times made her realise the value of cherishing small moments of joy with fam-



Savita

ily and friends. "I have always been a very quiet person who is mostly calm, but I believe that the time we spent during lockdown has really taken my patience level to a new high," she said. "We were all very comfortably placed here in SAI with our team-mates and support staff, and I think gave us the chance to really connect with each other as well."

"I think in circumstances like these, you really start to wonder about 'what could have' and the 'what ifs', and that is when you also realise how important even the small

moments are to each of us. For me, I have missed my family a lot, but I have also been very, very happy that they are all safe and healthy, and that once I go back home, I will really be valuing those moments a lot."

The 29-year-old, a key player in the Indian side, was a sure-shot contender to book a ticket for the Tokyo Olympics which now has been postponed to next year. Despite the quadrennial event pushed back, Savita is confident of safeguarding her position as the numero uno keeper for the next couple of years.

We will have to start our hard work again: Rupinder

By Rohit Paniker in New Delhi

THE nationwide lockdown due to the COVID-19 pandemic has brought out the avid reader in hockey's drag-the-expect Rupinder Pal Singh. Staying indoors, working out inside a room and spending much of the time away from hockey field has a new perspective on Rupinder. For much of his life, he has experienced the joys and sorrows of the sport.

But, at the stroke of 2020, Rupinder made his remarkable return with a string of good performances in FIH Pro League at home. Becoming a regular name in the national side.

Now, as the nation fights against the deadly virus, Rupinder talks about staying motivated and the new habits he has picked up.

"It is not a lie, it is what it is. I will again start to go out and go back onto the pitch, we will again start to play. The good thing for all of us is that we have been working really hard to train during this period. We have been working hard during lockdown, and that means that when training starts, we will take a couple of weeks to get back to our best," he told Men Today.

"Having spent time on the



Rupinder Pal Singh, Haryana, hosted, Bengaluru

Being a senior player in the national setup, Rupinder shares a sense of responsibility to help players facing a similar situation.

"I have been trying to spend to my teammates and try to understand how they are feeling. We are also here together as a family, and it is important to maintain a good atmosphere to cheer for all of us to stay healthy."

Hockey star stays positive amid the lockdown

Tell them that it is really important to be really healthy mentally also.

"In terms of competitive hockey, it is obviously really important for us to play a few matches in the league level, not just to get back into the rhythm, but to be able to perform to our best ability," he concluded.

A legacy written in gold

Three-time Olympic medalist Brij Singh passes away aged 93

A legend of Indian hockey, Brij Singh passed away at the age of 93. He was a three-time Olympic medalist and a former captain of the Indian national team. He played for India in the 1956 Melbourne, 1964 Tokyo, and 1972 Munich Olympics, winning gold, silver, and bronze medals respectively.

Brij Singh was born on August 15, 1927, in the village of Brij, near Meerut. He started playing hockey at a young age and joined the Indian national team in 1950. He was a versatile player, capable of playing in both forward and defensive positions.

His leadership skills were evident on the field, and he captained the team during the 1964 and 1972 Olympics. He was also a member of the Indian Hockey Federation and served as its president for several years.

Brij Singh's legacy in Indian hockey is immense. He is remembered for his hard work, dedication, and leadership. His passing is a great loss to the sport, but his legacy will continue to inspire future generations of players.

OBITUARY



311 gives detailed plan for Sr teams

Hockey India has announced a detailed plan for senior teams. The plan includes a focus on player development, coaching, and infrastructure. The organization aims to improve the performance of the national team and prepare them for the Tokyo Olympics.

The plan also includes a focus on grassroots hockey and the development of young talent. Hockey India will be providing more support to state and national level tournaments to ensure that players have enough playing time.

The organization is also investing in coaching and infrastructure. It will be providing more training opportunities for coaches and improving the facilities at various levels. The goal is to create a strong hockey ecosystem in India.

51



GOVERNANCE

The Hockey India board has approved a new governance structure. The board will be responsible for the overall management of the organization and will be composed of representatives from various stakeholders.

The new structure will include a chairman, a vice-chairman, and several members. The board will be responsible for the financial management of the organization and will also be involved in the selection of the national team.

The organization is committed to transparency and accountability. It will be providing regular reports to the board and the public. The goal is to ensure that the organization is run in the best interests of the sport.

How the Indian hockey team ensures fitness in a quarantine

Goalkeeper PR Sreejesh lets us in on the training regimen being followed by Team India, which is spending its lockdown together.

The Indian hockey team has spent the last six days in quarantine at the SAI Centre in Bengaluru. The players are following a strict training regimen to stay fit and healthy during the lockdown.

PR Sreejesh, the goalkeeper, shares the team's daily routine. They start with a morning workout, followed by a meal. The training session includes cardio, strength training, and technical drills. The players also engage in team-building activities and watch hockey matches to stay motivated.

The team is also following a strict diet and hydration schedule. They are eating healthy, balanced meals and drinking plenty of water. The goal is to maintain their fitness levels and be ready for the upcoming season.



Body training

"We do heavy weight training for two hours a day. I like working out in the morning. I enjoy cardiovascular training, which is in the afternoon. We try to maintain a diet as well."

Mind games

"I keep my mind sharp by playing mind games. I like playing chess and cards. It helps me stay focused and calm during matches."

Diet tricks

"I am messaging my diet and trying to eat healthy. I am eating a lot of fruits and vegetables. I am also drinking a lot of water. I am trying to stay hydrated and healthy during the lockdown."

'ओलंपिक मेडल के लिए कुछ भी'

निककी प्रयाण बोली

बंगलुरु (एनटी) - भारतीय महिला हॉकी टीम को ओलंपिक में मेडल जीतने के लिए प्रयाण कर रही है। टीम के कोच वंदना कतारिया ने कहा कि टीम को ओलंपिक में मेडल जीतने के लिए प्रयाण करना पड़ेगा।

वन्दना ने कहा कि टीम को ओलंपिक में मेडल जीतने के लिए प्रयाण करना पड़ेगा। टीम को ओलंपिक में मेडल जीतने के लिए प्रयाण करना पड़ेगा।



महिला हॉकी टीम ने गरीबों की मदद के लिए जुटाए 20 लाख

बंगलुरु, 10 अक्टूबर (एनटी) - भारतीय महिला हॉकी टीम ने गरीबों की मदद के लिए 20 लाख रुपये जुटाए हैं। टीम के कोच वंदना कतारिया ने कहा कि टीम ने गरीबों की मदद के लिए 20 लाख रुपये जुटाए हैं।

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Working hard to be sharper than rivals, says striker Vandana

EVER since making her Senior Team debut in 2007, the Indian women's Hockey team's reliable striker Vandana Kataria has had to keep evolving to ensure she is giving her best for the nation.

However, in her 13-year long career, the experienced striker has also developed a certain skill - to mentor young players and nurture their talent for the benefit of the team.

It is a role that the veteran striker enjoys now more than ever. "When I had started off at the age of 17, I was always very fearless. I would try to use my skills, retain possession for as long as possible and then aim for goal. But with time,

"I realised that you can't play like that, especially when the sport has evolved so much. I also had to evolve, and I have actually enjoyed playing for the team and my teammates," said Vandana, who has over 240 international caps for India.

"Now with experience, and with the influx of so many young players in the team, especially in the midfield and forward-line, I really enjoy the mentoring bit."

"I know I have the experience which can be helpful to the younger players, and I keep talking to them about different situations that they will face on the field, and what they should do."

"It is not as if I want them to follow exactly what I say, but I try to make them use their vision and think for themselves about what decisions they can make," said the striker who hails from Uttaranchal.

"For instance, when you are inside the circle, even as a striker, if it is not always the best thing to shoot at goal, you have a split second to make that decision, and sometimes passing the ball to your fellow player or just winning a Penalty Corner can be a better



option," Vandana expressed.

Speaking about the current predicament that the team finds themselves in, Vandana said her team is focused on working hard to be sharper than their opponents.

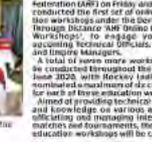


Hockey India officials attend AHF workshop

IN ORDER to make use of the latest digital lock-down across various Asian Countries including India, the Asian Hockey Federation (AHF) on Friday organised a series of workshops under the leadership of the AHF Technical Director, Dr. J. S. Prasad. The workshops aim to engage young and experienced technical officials, coaches and umpires.

The workshops will be conducted throughout the month of October 2020. The first workshop was held in New Delhi, India, and the second workshop will be held in Bangkok, Thailand.

The workshops will focus on the use of digital tools for officiating and umpiring. The officials will be trained on the use of digital tools for officiating and umpiring. The workshops will also include a series of practical exercises to help the officials and umpires improve their skills.



Aim to provide technical expertise & knowledge on officiating

The first workshop, aimed at the AHF Online Technical Officials Workshop - Using the FIH 1000 was held on June 12, 2020. The workshop was conducted from India and the officials from various Asian countries participated in the workshop.

The workshop was a great success and the officials gained a lot of knowledge and skills. The workshop was a great opportunity for the officials to learn from the experts and improve their officiating skills.

The Asian Hockey Federation and Hockey India are committed to conducting more such workshops in the coming months of July 2020.

Not being able to touch my kids is frustrating: Sreejesh

Back home, but I'm still confined to a room on the first floor of my house. My family members are all staying in separate rooms. I am unable to touch my kids and I am feeling frustrated.

Sreejesh, the goalkeeper, shares his frustration. He is unable to touch his kids and he is feeling frustrated. He is missing his family and he is missing his kids.

Sreejesh is a father of two children. He is missing his kids and he is feeling frustrated. He is unable to touch his kids and he is feeling frustrated.



COVID-19 PANDEMIC

PR Sreejesh is a father of two children. He is missing his kids and he is feeling frustrated. He is unable to touch his kids and he is feeling frustrated.

PR Sreejesh is a father of two children. He is missing his kids and he is feeling frustrated. He is unable to touch his kids and he is feeling frustrated.

'BREAK AT HOME WILL DO PLAYERS GOOD'

Coach Reid will increase training load after camp resumes late July

Coach Reid will increase training load after camp resumes late July. Reid is a former player and he knows the importance of training. He will increase the training load after the camp resumes in late July.

Reid is a former player and he knows the importance of training. He will increase the training load after the camp resumes in late July.



COVID-19 PANDEMIC

Coach Reid will increase training load after camp resumes late July. Reid is a former player and he knows the importance of training. He will increase the training load after the camp resumes in late July.

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