



HOCKEY INDIA

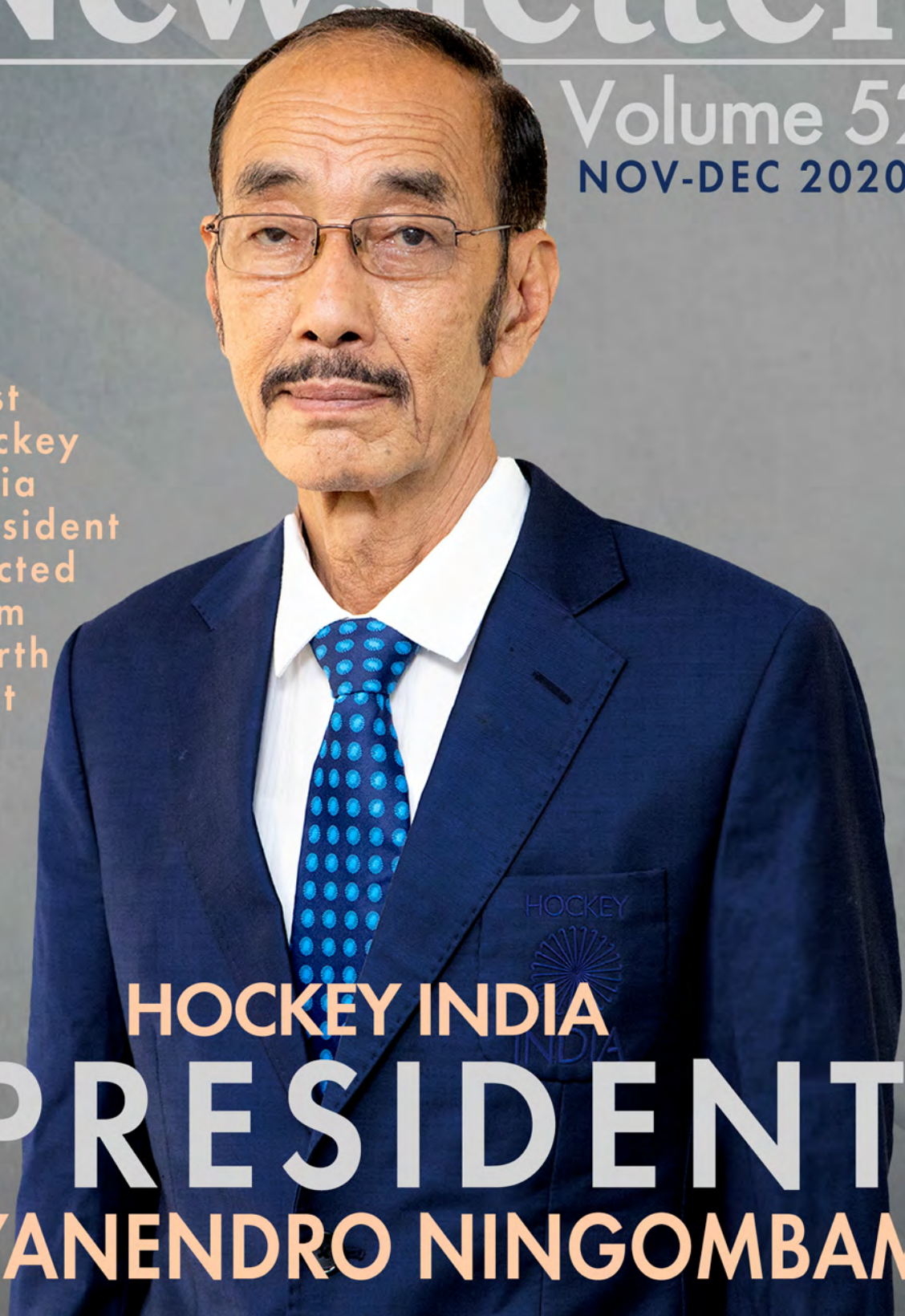
Newsletter

Volume 52
NOV-DEC 2020

Cover Story

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Hockey
India
President
Elected
from
North
East

#IndiaKaGame

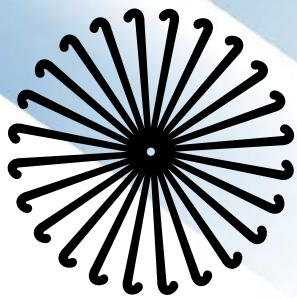


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Message

Mr. Gyanendro Ningombam President, Hockey India



Namaskar,

The months of November and December have been very gratifying here at Hockey India.

It's been amazing to witness the Asian Hockey Federation continuing to organize Online Education Workshops exclusively for Hockey India Coaches and Technical Officials in the months of November and December as well. Our Coaches and Technical Officials have benefitted hugely from the Online Education Workshops every month, enhancing their knowledge of their respective fields immensely.

In the month of November, it was an honour and privilege to see our Indian Women's Hockey Team being named Sportswomen of the Year 2020 by the prestigious Vogue India. The Women's Team has grown from strength to strength in the last few years and have become role models for the youth of our country through their achievements not just on the field, but off the field as well.

In the month of December, we were absolutely ecstatic to see the Hon'ble Chief Minister of Odisha Shri Naveen Patnaik announce a new world-class Hockey stadium in Rourkela city. The stadium, which will be a benchmark for other Hockey stadiums around the world, will be utilized for the prestigious FIH Odisha Men's Hockey World Cup India 2023.

I am delighted to note that the Hockey India Coaching Education Pathway Level 'Basic' Coaching Courses have been continued to be conducted this year despite the tremendous challenges faced by one and all. Hockey India utilized the virtual medium for the second time to organize the Hockey India Coaching Education Pathway Level 'Basic' Coaching Course (online) in December. The course has been a huge boon for aspiring hockey coaches in India, who have had the opportunity to learn the basics of coaching through the Hockey India Level 'Basic' Coaching Course (online).

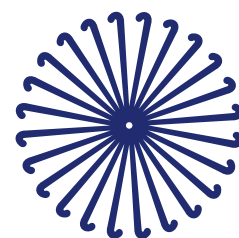
All in all, I am very proud of the way Hockey India has found different ways to continue to grow the game of hockey in India. The year 2020 has been the most difficult year for all of us, however, Hockey India has stood tall and faced challenges as it came in the toughest of times. We will continue to keep putting in the hard yards and evolve the game of hockey even further in the upcoming years.

I wish everyone a very happy and healthy 2021.

HIGHLIGHTS

Hockey activities resume in eight States and two Union Territories across India

In lieu of the guidelines issued in September 2020 by the Ministry of Home Affairs' (MHA), hockey players from eight different states and two Union Territories were able to resume sports activities keeping in mind the detailed SOP and guidelines provided by Hockey India. The months of November and December 2020 saw the states of Himachal Pradesh, Andhra Pradesh, Tamil Nadu, and Union Territories of Jammu & Kashmir, and Puducherry resume sporting activities, after the states of Haryana, Assam, Manipur, Maharashtra and Uttar Pradesh had resumed sporting activities in the month of October 2020. The detailed SOPs and guidelines were shared with all the State Member Units as early as in April 2020, and with detailed SOPs for organising tournaments & events shared by Hockey India in November 2020 with the intent to be well prepared and ready for systematic rollout.



HOCKEY INDIA

Earlier in September 2020, the State Member Units had received a general idea about the key aspects to keep in mind while resuming sports activities during an interactive session with Chief Coaches of the national teams and experienced national players; PR Sreejesh and Savita. While there had been several restrictions due to the on-going battle with the pandemic, Hockey India circulated fresh, detailed SOPs to its State Member Units on 19th November 2020 which consisted of guidelines to be followed while preparing the environment for matches/training/competition, managing the risk when organizing hockey events and activities in the current scenario, along with factors to consider before, while and post traveling for competition. The detailed SOPs for organising tournaments & events are available on the Hockey India website.

By strictly following the guidelines mentioned in the Hockey India SOPs, about 350-400 young players between the age group of 15-21 resumed sports activities in Haryana, around 100 players from U-16 and U-19 categories resumed limited sports activities in Assam, 150 players from U-18 and U-20 categories were back to the field in Manipur, 150 players above the age of 17 in the state of Maharashtra, and over 250 players between 15-21 years have resumed limited sports activities in Uttar Pradesh. Meanwhile, 60 players between the ages of 18 and 21 in Himachal Pradesh, 48 players over the age of 18 years in Andhra Pradesh, 65 players above 18 years in Tamil Nadu, 50 players from sub-junior, junior and senior categories in Puducherry, and over 1000 players in Jammu & Kashmir, returned to the field and resumed limited sports activities.

Steel City Rourkela gears up to host the FIH Odisha Men's Hockey World Cup India 2023



A delegation of senior officials from Odisha, Hockey India and President FIH made the visit to Rourkela, Odisha on 11th December 2020, to assess the infrastructure work being carried out in the Steel City ahead of the FIH Odisha Men's Hockey World Cup India 2023.

Hon'ble Minister for Sports and Youth Services, Odisha, Shri Tusharkanti Behera, Chief Secretary, Odisha, Shri. Asit Kumar Tripathy, International Hockey Federation (FIH) President, Dr. Narinder Dhruv Batra, senior officials from State Department of Sports and Youth Services (DSYS), Industrial Infrastructure Development Corporation of Odisha (IDCO), Hockey India (HI) and Sundergarh and Rourkela administration convened to review, assess and lay the road map, and systematically planned subsequent actions related to sports infrastructure development as per FIH standards and urban development involving large scale upgradation of Rourkela city.

During this visit, the officials took note of the stadium and airport upgradation work being carried out, as well as reviewed the medical and accommodation facilities in and around the city. The delegation also took note of the traffic, security and local transportation facilities between Bhubaneswar to Rourkela.

After the stupendous success of Odisha Men's Hockey World Cup in 2018 and the scale at which it was hosted, FIH had last year announced that the 2023 FIH Men's Hockey World Cup will be hosted in Odisha, for a second consecutive time, this time at two venues, Bhubaneswar and Rourkela. After the Olympics, the Hockey World Cup is the most important tournament in world hockey and given the speed at which the preparations are underway, there is already huge excitement amongst hockey lovers from across the state of Odisha, especially from Sundargarh and Rourkela region.



Hon'ble Odisha Chief Minister Announced India's Largest Hockey Stadium to be constructed in Rourkela



The wheels to host the prestigious FIH Odisha Men's Hockey World Cup India 2023 started rolling in as Hon'ble Chief Minister Shri Naveen Patnaik on 24 December 2020 announced a new world class Hockey stadium in Rourkela city which would be the biggest stadium for Hockey in India with a sitting capacity of 20 thousand. This is going to redefine the sports landscape in the region.

The stadium along with the allied facilities will be developed as a benchmark for other Hockey stadiums around the world. Spread over 15 acres of land, the stadium will be constructed in the Biju Patnaik University of Technology campus, Rourkela.

Hockey players and people of Sundargarh district expressed their gratitude to Hon'ble Chief Minister Shri Naveen Patnaik for the State Government's initiative to build India's largest hockey stadium in Rourkela. The stadium will host hockey's greatest & finest during FIH Odisha Men's Hockey World Cup India 2023.



Asian Hockey Federation announce Official Schedules of major Asian tournaments scheduled in 2021

The Asian Hockey Federation (AHF) in November 2020 released the Official Schedules for the Men's Asian Champions Trophy 2021, Women's Donghae Asian Champions Trophy 2021, the Men's Junior Asia Cup 2021 and the Women's Junior Asia Cup 2021.



The Men's Asian Champions Trophy 2021 is set to be held from 11th - 19th March, 2021 in Dhaka, Bangladesh, where the World No. 4 Indian Men's Hockey team is also expected to lock horns with their arch-rivals Pakistan in a much-anticipated round-robin match on 13th March 2020. Meanwhile, the Indian Women's Hockey team will feature in the Women's Donghae Asian Champions Trophy 2021, which will take place from 31st March - 07th April, 2021 in Donghae City, Korea.

April 2021 will also see the Indian Junior Women's Hockey team aiming to book their berth in the FIH Junior Women's World Cup 2021, as they take part in the Women's Junior Asia Cup 2021 to be held in Kakamigahara, Japan from 11th – 17th April 2021. Competitive hockey will return to Dhaka, Bangladesh again in July 2021, where the Men's Junior Asia Cup 2021 will also be held from 1st – 10th July 2021, with the Indian Junior Men's Hockey team aiming to lift their fourth title.

Men's Asian Champions Trophy 2021 11 to 19 March 2021 - Dhaka, Bangladesh Match Schedule

Time(Local)	Time(IST)	Match	Pool	Team	v	Team
Thursday, 11 March 2021						
15:30	15:00	M01	RR	Japan	v	India
18:00	17:30	M02	RR	Bangladesh	v	Malaysia
20:30	20:00	M03	RR	Korea	v	Pakistan
Friday, 12 March 2021						
15:30	15:00	M07	RR	India	v	Bangladesh
18:00	17:30	M08	RR	Malaysia	v	Pakistan
20:30	20:00	M09	RR	Japan	v	Korea
Saturday, 13 March 2021						
15:30	15:00	M04	RR	India	v	Pakistan
18:00	17:30	M05	RR	Malaysia	v	Korea
20:30	20:00	M06	RR	Bangladesh	v	Japan
Sunday, 14 March 2021 - Rest Day						
Monday, 15 March 2021						
15:30	15:00	M10	RR	Malaysia	v	India
18:00	17:30	M11	RR	Korea	v	Bangladesh
20:30	20:00	M12	RR	Pakistan	v	Japan
Tuesday, 16 March 2021						
15:30	15:00	M13	RR	India	v	Korea
18:00	17:30	M14	RR	Japan	v	Malaysia
20:30	20:00	M15	RR	Pakistan	v	Bangladesh
Wednesday, 17 March 2021 - Rest Day						
Thursday, 18 March 2021						
15:30	15:00	M16	5/6 th Place	5 th in Pool	v	6 th in Pool
18:00	17:30	M17	Semi-final 1	2 nd in Pool	v	3 rd in Pool
20:30	20:00	M18	Semi-final 2	1 st in Pool	v	4 th in Pool
Friday, 19 March 2021						
18:00	17:30	M19	3/4 th Place	Loser M17	v	Loser M18
20:30	20:00	M20	Final	Winner M17	v	Winner M18

Women's Donghae Asian Champions Trophy 31 March - 07 April 2021 - Donghae City, Korea Match Schedule

Match No.	Time (Local)	Time (IST)	Pool	Team Name	v	Team Name
Day 1: Wednesday, 31 March 2021						
M01	13:00	09:30	Pool	China	v	Malaysia
M02	15:00	11:30	Pool	Korea	v	Japan
M03	17:00	13:30	Pool	India	v	Thailand
Day 2: Thursday, 1 April 2021						
M04	13:00	09:30	Pool	China	v	Japan
M05	15:00	11:30	Pool	Thailand	v	Korea
M06	17:00	13:30	Pool	India	v	Malaysia
Day 3: Friday, 2 April 2021 - Rest Day						
Day 4: Saturday, 3 April 2021						
M07	13:00	09:30	Pool	Japan	v	Malaysia
M08	15:00	11:30	Pool	Korea	v	India
M09	17:00	13:30	Pool	Thailand	v	China
Day 5: Sunday, 4 April 2021						
M10	13:00	09:30	Pool	Japan	v	Thailand
M11	15:00	11:30	Pool	Malaysia	v	Korea
M12	17:00	13:30	Pool	China	v	India
Day 6: Monday, 5 April 2021 - Rest Day						
Day 7: Tuesday, 6 April 2021						
M13	13:00	09:30	Pool	Malaysia	v	Thailand
M14	15:00	11:30	Pool	Korea	v	China
M15	17:00	13:30	Pool	India	v	Japan
Day 8: Wednesday, 7 April 2021						
M16	10:30	07:00	5/6 th Place	5 th in Pool	v	6 th in Pool
M17	12:45	09:15	3/4 th Place	3 rd in Pool	v	4 th in Pool
M18	15:00	11:30	Final	1 st in Pool	v	2 nd in Pool

FIH Hockey Pro League 2020 Fan Choice Awards:

Gurjant Singh's quick goal against Netherlands voted second Best Goal of FIH Hockey Pro League 2020

Indian Men's Hockey Team's forward Gurjant Singh's record quickest goal against Netherlands was voted second best by fans from around the world in the Best Goal category of the FIH Hockey Pro League 2020 Fan Choice Awards. The Indian forward had opened the scoring for India with 13 seconds on the clock with a superb breakaway goal, in a match which finished 5-2 in the favour of his team, and gave India a fantastic start to their FIH Hockey Pro League 2020 debut campaign. His goal was voted second, behind only Belgium's Ambre Ballenghien, and ahead of Argentina's Carla Rebecchi.



India's 2-1 win over Belgium voted third Best Match of FIH Hockey Pro League 2020

Indian Men's Hockey Team's superb 2-1 win over reigning World and European champions Belgium on 8th February, 2020 in Bhubaneswar, Odisha, was voted as the third best FIH Hockey Pro League match of 2020 by the fans on FIH's [Watch.Hockey](#) mobile app. The win, that helped India climb one spot to take the 4th position in the FIH World Rankings, came against a strong Belgium side which was ranked 2nd in the World Rankings. A nervy but thrilling encounter, which saw the hosts take the lead in only the 2nd minute through Mandeep Singh, witnessed the visitors equalizing in the 33rd minute through Gauthier Boccard. However, with just 14 minutes left on the clock, it was Forward Ramandeep Singh who scored the winner for India to pull off a memorable win for the Indian Men's Hockey team in front of a packed Kalinga Stadium in Bhubaneswar.



Asian Hockey Federation (AHF) organized another set of Online Education Workshops exclusively for Hockey India Coaches, Umpires and Technical Officials

The Asian Hockey Federation (AHF) continued to conduct more Online Education Workshops exclusively for the Hockey India Coaches, Umpires and Technical Officials in the months of November and December 2020, after having successfully organised similar workshops in July, August, September, October 2020. Different groups of 12-30 Coaches, Umpires and Technical Officials attended the AHF Online Education Workshops which were held during these two months. Basis

the Workshops, participants have been able to gather technical expertise and knowledge on various aspects of attacking and defending dynamics for Coaches, and officiating for Technical Officials, and umpiring for Umpires. These online education workshops were through Microsoft Teams application, each consisting of a three to four hours' session.



Hockey India conducted another Hockey India Coaching Education Pathway Level 'Basic' Coaching Course (Online)

After the successful organization of the Hockey India Coaching Education Pathway Level 'Basic' Coaching Course (online) in September/ October 2020, Hockey India conducted another similar course through the virtual medium in December 2020, and interested applicants were able to submit their application via the open forum ([Link to submit the application](#))



**COACHING
EDUCATION
PATHWAY**

Only 60 slots were made available for the online course in December 2020, and the candidates were chosen through a first-cum-first-serve basis, with minimum criteria to apply required an interested applicant to have Coached either a district, school or university hockey team for at least 3 years or he/she should have played National level / All India University level for at least 3 years.

Since the launch of Hockey India Coaching Education Pathway in 2019, over 700 coaches from across India have benefitted from Hockey India's excellent coaching education pathway.

State Member Units constitute Masters Committee within their respective States

After Hockey India joined 38 other National Associations from around the world as a member of the World Masters Hockey (WMH) in March 2020, Hockey India State Member Units in November 2020 formed their respective Masters Committee to further carry out responsibilities at the State Level to promote and further develop Masters Hockey across the country.

The Hockey India Masters Committee, which will be overseeing all matters related to these Masters matches and tournaments at the National level in India, is headed by Mr. Harbinder Singh as the Chairman of the Committee, Dr. RP Singh as the Convener, with Members including former India players Mr. BP Govinda, Mr. Jagbir Singh, Dr. AB Subbaiah, Ms. Surinder Kaur and Ms. M Renuka Lakshmi.

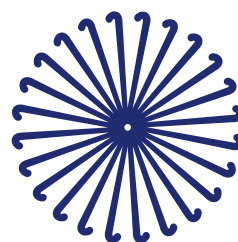
As per the guidelines set by Hockey India Masters Committee, the state member units through their respective committees will be responsible to ensure all the Masters athletes of various age categories are registered on the Hockey India Member Units Portal. Some of the Committee members of the State Member Units include the likes of former India Captain Pargat Singh, Mir Ranjan Negi, Gurbux Singh, Birbahadur Chettri among many others.

By having a proper Hockey India Masters Committee with the mandate to encourage, plan and execute various Masters hockey events in the country, it gives former players and people from all age groups and both genders the chance to deep-dive once again into the adrenaline rush that comes with playing their favourite sport.

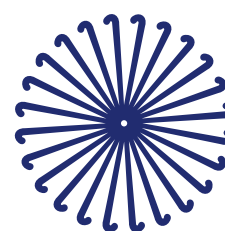
Life during COVID-19: Hockey India steadies ship with top-notch usage of virtual initiatives in 2020

The year 2020 had started with a bang for Indian National Hockey teams, with the Indian Men's Hockey team climbing up to their best-ever ranking of fourth in the FIH World Rankings after delivering impressive performances in their debut FIH Hockey Pro League campaign, and the Indian Women's Hockey Team setting their sights on the Tokyo Olympics with some handy matches against New Zealand and Great Britain in January-February. However, with the ill-timed advent of COVID-19 around the world, the sporting fraternity would also end up suffering noticeable setbacks, with the biggest sports event - the Olympic Games - also getting postponed to next year.

Not letting the setback hamper their plans, Hockey India turned to technology to conduct various initiatives and showcased resourcefulness to effectively bring back normalcy to the lives of its players, coaches, officials, employees and fans across the country by making effective use of technology, staying connected through social media platforms, video conferencing applications, organizing coaching courses and addressing each situation with a proactive approach.



HOCKEY INDIA



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Hockey India congratulated Dr. Narinder Dhruv Batra on winning the Capital Foundation National Award 2020

Hockey India on 15th November 2020 congratulated Dr. Narinder Dhruv Batra, President, Indian Olympic Association (IOA), President, International Hockey Federation (FIH), President, Commonwealth Games Association Of India, Member, International Olympic Committee (IOC), and former President, Hockey India on being awarded with the Capital Foundation National Award 2020 at the Capital Foundation Annual Lecture & Awards 2020 held virtually. Dr. Batra was recognized for his unparalleled and selfless contribution spread across four decades in the field of Sports, and was accompanied on the special virtual stage by some of India's most decorated parliamentarians, civil servants, judges, diplomats, journalists, scholars and professionals. The Capital Foundation Annual Lecture & Awards 2020 were conducted by the Justice Krishna Iyer Free Legal Aid Cell and renowned Capital Foundation Society, to commemorate the 106th birth anniversary of famous jurist Justice Krishna Iyer.



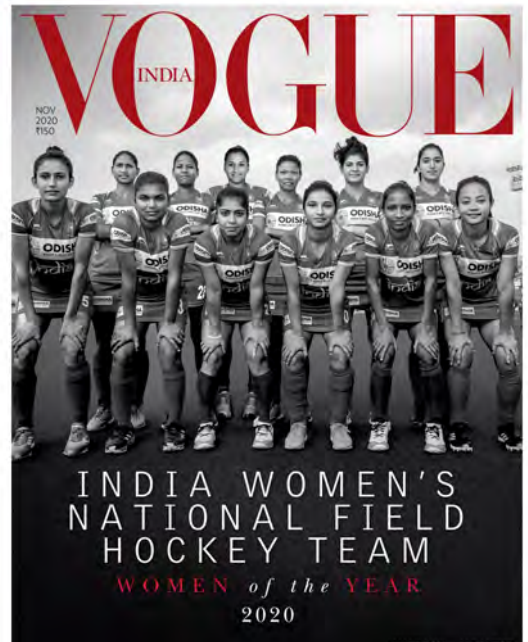
Dr. Batra was a former hockey player himself during his youth. However, his major involvement with sport came after he started his administrative journey by becoming the President of the Jammu & Kashmir Hockey Association in 1997, a position he held till 2011. He was also the Treasurer of the Delhi & District Cricket Association between 2005-2013, and also went on to become the Secretary General of Hockey India after its inception, and also served as its President from 2014 - 2016. Acting as a long-serving, integral leader of sports administration in India, Dr. Batra led hockey to newer heights with his path-breaking initiatives, and brought it back to the limelight, helping the players, coaches, and the administration to work in tandem towards achieving their objectives.

In November 2016, Dr. Batra also became the first and the only Indian to lead the International Hockey Federation (FIH) as its President. During his time with the FIH, Dr. Batra has played a vital role in leading the Hockey Revolution to more nations, and expansion of the sport of hockey across the globe. In June 2019, Dr. Batra was also elected as a Member of the International Olympic Committee (IOC). His induction to the IOC meant that Dr. Batra had become the only Indian serving as President International Federation, Member IOC as well as President NOC.

India Women's National Field Hockey Team featured on the cover of the prestigious Vogue India

Vogue India, one of India's leading fashion, beauty, luxury and lifestyle multi-media brand, featured the Indian Women's Hockey Team on the cover of their November 2020 edition, and thereby recognised the team for being in the spotlight for the upcoming 2021 Olympics' campaign and also for the wonderful philanthropic initiative they undertook to help the daily wage workers during the pandemic.

Along with being fierce competitors on the field, the team had also featured in the Vogue Warrior series earlier in the year, which showcased them as the women who were leading the fight against the pandemic in India through their initiative called '#GIVE100FORCOVID' which was in association with crowd-funding platform, Ketto.org, and helped raise close over INR 20 lakhs for families in distress.



Awards and Honours

Namita Toppo was honoured with the Ekalabya Puraskar on 27 December 2020 for her outstanding contribution to women's hockey at the international and national level.



Ishika Chaudhary, Junior Women Core Probable received "Ekalvy Award" from Madhya Pradesh Government during the Madhya Pradesh Shikhar Khel Alankaran Samroh 2019 held at Bhopal on 28 December 2020.

YEAR-IN



REVIEW

Indian Men's Hockey Team stays positive in tumultuous 2020

The Indian Men's Hockey Team began the year 2020 on a fantastic note by registering victories over each of the top three international teams – Belgium, Australia and Netherlands in the FIH Hockey Pro League. The balance of the national side was looking better with each match and the team was heading in the right direction as far as the preparations for the Olympics were concerned.

However, the Indian team had to reboot its plans and preparation for the Olympics, once the quadrennial event was postponed to 2021 due to the Covid-19 pandemic. It was a test of mental toughness for the players as the national side was away from the pitch from March to August. The Indian team players put their complete focus on maintaining their fitness, while they stayed at the Sports Authority of India campus in Bengaluru. The Indian Men's Hockey Team Captain Manpreet Singh expressed that he is very proud of the way his teammates have stayed positive during the entire year.

"It's been amazing to see the resolve shown by each and every member of the Indian team. All the senior players took the responsibility of maintaining a positive environment throughout the year, especially during the time we were away from the pitch. Our Scientific Advisor Robin Arkell kept giving us fitness schedules regularly and we kept carrying them out in our rooms from March to August," said Manpreet.

The 28-year-old added that Hockey India has been a huge support during a tumultuous period for one and all this year, "Hockey India had ensured that we were kept busy with many activities when we were away from the pitch. They have been a huge support. They ensured that we could safely stay at the SAI campus during most part of this year and also organized a break for us in June brilliantly. I would like to thank them for being there for us and providing everything needed for us to stay safe and also prepare for the Olympics next year."

After having had detailed discussions with all stakeholders including the Chief Coaches and core probables of both the Men's and Women's teams and after giving the utmost priority to the safety and well-being of all the athletes, the Indian Hockey Teams returned to the pitch for sports activities on 19 August 2020. India's Goalkeeper PR Sreejesh expressed that everyone values the game of hockey even more after being away from the pitch for a long time.

"The spirit in the group is higher than ever. It's been really great to be back on the pitch and start our preparations for the Olympics. All of us value the game of hockey even more now. We really missed being in the thick of things for many months, but we needed to do it in order to stay safe," said Sreejesh.

The Goalkeeper added that the team has worked extremely hard in the last few months and is now close to a level at which the team usually operates in the international circuit.

"We have worked really hard in the last few months and it has shown in the way we have gotten better with each sports activities session. We are slowly approaching the level at which we usually operate in international matches. We are not too far behind from the level," said Sreejesh.

YEAR-IN



REVIEW



YEAR-IN-REVIEW

Indian Women's Hockey Team making the most out of a dull year



Poised to make an impression at the Tokyo Olympics, the Indian Women's Hockey Team began the year 2020 on a strong note with a string of good performances in New Zealand -- their first tour of the season. But come March, the team was not only restricted to the SAI, Bengaluru campus due to the nationwide lockdown but they received news about the postponement of the Olympics Games to 2021.

While the news triggered mass disappointment among the core probable group, they not only looked towards the positive aspect of gaining time to prepare but they took on a new challenge of a very different kind all together -- to raise funds to feed more than 1000 families who had been affected by the lockdown. The online fitness challenge initiated by the Indian Women's Hockey team garnered tremendous support with people contributing a total of over INR 20lakhs towards the cause. Their maiden philanthropic efforts received rave review and the endeavor also helped them get featured in reputed publication Vogue India as the 'Vogue Warriors', and additionally fetched them The 'Vogue India Sports Women Of The Year Award'.

Another standout moment of the year for the team was their skipper receiving the Rajiv Gandhi Khel Ratna award, making her the first women's hockey player in the history of the sport to win the honour. Earlier in the year, Rani also won a total cash prize of Rs 35 lakhs at the 3rd Hockey India Awards for winning the Hockey

YEAR-IN-REVIEW

India Dhruv Batra Player of The Year (Women) as well as The World Games Athlete of the Year award. Additionally, Young striker Lalremsiami was awarded the FIH Rising Star of the Year 2019, and Asunta Lakra Award for Best Upcoming Player of the Year and the uber talented Neha Goyal won the Ajit Pal Singh Award for Midfielder of the Year.

Awards and accolades aside, the Core Probable Group has remained committed to their goal of achieving success at the Olympic Games next year. In the four-month long National Coaching Camp, the team, under the tutelage of Chief Coach Sjoerd Marijne and the Support Staff, have been able to hit the target they aimed for in fitness, speed and skill work.

Come 2021, the team will be vying to compete in tours that will help them be best prepared for the most-awaited Olympic Games in Tokyo.



YEAR-IN REVIEW

Indian Junior Men's and Women's Hockey Teams take giant strides towards AHF Junior Asia Cup 2021



The year 2020 has been the most difficult one for the Indian Junior Men's and Women's Hockey Teams. After the Indian Junior Men's Hockey Team clinched the Silver Medal at the Sultan of Johor Cup in 2019 and the Indian Junior Women's Team performed well against Australia and New Zealand in the 3 Nations Tournament late last year, both the teams didn't get an opportunity to play a tournament in 2020 due to the ongoing Covid-19 pandemic.

The Indian Junior Men's Hockey Team Defender Sanjay expressed that the team has found ways to stay positive and ensure that they kept being in touch with hockey in some way or the other throughout the year.

"It's been a very difficult year, but we have been very fortunate to still have a chance to practice our sport at the SAI campus in the last few months. It's all thanks to Hockey India and SAI's efforts that we have been able to get back on the pitch after a long break and slowly regain our usual form. When we were away from the pitch, all the players ensured that they were at least doing stick work drills individually or analyzing their past matches in order to stay in touch with hockey in some way or the other," said the 19-year-old.

The Defender added that the team is looking forward to performing well at the FIH Men's Hockey Junior World Cup 2021 and the AHF Men's Junior Asia Cup 2021.

YEAR-IN REVIEW

"We have maintained our fitness throughout the year and we are gradually getting back to the usual standard of our games. We are really looking forward to the FIH Men's Hockey Junior World Cup 2021 and the AHF Men's Junior Asia Cup 2021, which will be held in India and Bangladesh respectively. These are massive tournaments and we have to prepare very well for them in the upcoming months," said Sanjay.

The Indian Junior Women's Team Defender Ishika Chaudhary expressed that it was difficult for the team to stay away from competitive matches, but the side has been very grateful for a few months of national camp at the SAI campus in 2020.

"It's always tough not to be playing competitive tournaments, but we at least got a chance to carry out a few months of national camp in 2020 mainly because of the tremendous efforts put in by Hockey India and SAI. They put all the necessary protocol in place which helped us to get back to the pitch in October and improve our game with each sports activities session," said Chaudhary.

The Defender added that the AHF Women's Junior Asia Cup is the most immediate goal for the Indian Junior Women's Team.

"We have been working towards the AHF Women's Junior Asia Cup since we returned to the national camp. It's been great to target a tournament and keep getting better at our game every day. The AHF Women's Junior Asia Cup is very important for us since it will give us a chance to book a place in the FIH Women's Junior World Cup 2021. We have a great balance between experienced and new players in our side. I am confident that we will perform to our full potential in all tournaments next year," said the 20-year-old.





FEATURE STORY

India striker Lalremsiami is looking at the positives despite a very challenging year



Indian Women's Hockey Team striker Lalremsiami feels there are plenty of positives this year despite the pandemic stalling their plans of achieving success at major international events including the Olympic Games. "Ever since the National Camp ended back in second week of December 2020, I think most of us have been in a mood to reflect back on the year that was meant to take us to new heights. Though the pandemic posed several challenges for us, we have been looking at the positives that have made us believe in ourselves more than ever. The pandemic has certainly made us stronger mentally and we have become stronger and tight-knit as a group," stated the young striker from Mizoram.

Lalremsiami, who has climbed up the ranks in the senior team after strong performances in major international events including the Asian Games in 2018 and the FIH Hockey Olympic Qualifier in 2019, expressed that the team's philanthropic efforts that helped feed over 1000 families during the lockdown will remain one of her favourite 2020 moments. "Only weeks into the lockdown when we realised the struggles of people across the country who were rendered jobless and struggled to feed themselves and their families, we decided to do something to help them. We had never taken up a cause like this before but the entire team was unanimous in our decision and the support we received from across the hockey fraternity was immense. Raising over 20 Lakhs through an online challenge and subsequently being able to feed more than 1000 families will remain a highlight for me this year," she said.

She also highlighted her Captain Rani's Rajiv Gandhi Khel Ratna Award which made her the first Indian women hockey player to receive this honour. "Like I said, 2020 did have many positives too and one among them was a woman's hockey player winning the Rajiv Gandhi Khel Ratna Award. Rani di winning this esteemed honour has made us youngsters believe there is always recognition for hardwork and we feel women's hockey is getting its due recognition. It was a big moment for women's hockey," she said.

Lalremsiami too received accolades as she was declared the FIH Rising Star of the Year 2019 and she was also feted by Hockey India earlier this year with the Asunta Lakra Award for Upcoming Player of the Year 2019 (U-21) and she was awarded a total cash prize of Rs 15 Lakhs during the 3rd Hockey India Annual Awards 2019.

Looking ahead at 2021, Lalremsiami said, "We have achieved desirable targets in these last four months of the National Coaching Camp. The training was high in intensity especially in the last six weeks. Next year, we hope to play good tournaments that will help us prepare as best as possible for the Tokyo Olympic Games," she said.





PRESTORY

"It was during the 2014 FIH Champions Trophy in Bhubaneswar that we got a sense of the fantastic crowd response," recalls India Forward Lalit Upadhyay



Players in the Indian Men's Core Probables have been a nostalgic bunch as they recalled playing some of the most important tournaments of their careers in the month of December. While some of the key tournaments such as the Men's World Cup in 2018, FIH Hockey World League Final 2017, FIH Junior Men's World Cup in 2016, FIH Hockey World League Final 2015, and the FIH Champions Trophy in 2014 in the past years have been hosted in India during the winter months, this is the first-time hockey fans have not witnessed action in India for such a long haul.

"It's perhaps the first time in many years that we don't have a tournament around this time of the year in India. Some of us in the National Camp have been quite nostalgic recalling our past matches during this period and

were feeling quite emotional about how far we have come on the international stage. We have successively improved performance since the 2014 FIH Champions Trophy in Bhubaneswar and have been able to climb up the world rankings," stated Lalit Upadhyay who was part of the squad that played the FIH Men's Champions Trophy which was held in Bhubaneswar from 6 December to 14 December 2014.

He further stated, "It has been six years since that tournament but it still remains very fresh in our memories. Though most of us had played Hockey India League (HIL) matches in the Kalinga Stadium, the FIH Champions Trophy was the first international tournament we were playing there (in Bhubaneswar) and the incredible support by fans was absolutely amazing. It was during this tournament that we got a sense of the passionate spectators there who were not just supporting India but had turned up full-house for matches between different foreign teams as well. It was a great, fun-filled experience."

Lalit further highlighted the growth of the Indian Men's Hockey team

over the years. "If I look back at how we played then in 2014 and how we play now as a team, I feel we have come a long way and have grown from strength-to-strength. We

don't choke in tense moments anymore and we have learned to put up a fight-back if required. Our performance, particularly in the last two years, has been note-worthy, having achieved good success rate against top teams like Belgium, Netherlands and Australia," he said.

After carrying out a National Camp for over four months before heading home for a break in mid-December, Lalit feels the Core Group has improved in fitness levels especially in comparison to when they began the camp in August. He said, "While living in a bio-secure environment, without being allowed to go out of campus for over four months was extremely challenging. I feel this long camp has certainly helped us achieve good fitness levels and hit the same match-fitness and speed we were at during the start of the year when we played the FIH Hockey Pro League. We are all hopeful that we will get to play a few international matches before we compete in important tournaments like the Asian Champions Trophy where we defend the title."





STORY COVER

First Hockey India President Elected from North East

In November 2020, the National Governing Body for hockey held its 10th Hockey India Congress & Elections in New Delhi on 06th November 2020 where Manipur's Gyanendro Ningombam was elected unopposed as the President of Hockey India. To ensure all Member Units who were unable to travel due to Covid-19 restrictions imposed by their respective State Governments, Hockey India provided access to the meeting through video conferencing facility.



On being Elected Unopposed, Ningombam became the first President from the North East region to spearhead Hockey India. He formerly held the position of officiating President after Mohd Mushtaq Ahmad had tendered his resignation in July this year. Ningombam, who has been elected for a term of two years, has served as the Chief Executive Officer of Manipur Hockey between 2009-2014 and has been associated with Manipur Hockey for over a decade. He has been actively involved in developing hockey at the grassroots in the North East region and is committed to developing the sport further in his new role as President of Hockey India.



"I congratulate Mr. Gyanendro Ningombam on being Elected Unopposed as the President of Hockey India, Gyanendro has several years of experience in hockey administration and I am confident his expertise will benefit the sport", stated Rajinder Singh, Secretary General, Hockey India.

On being elected President Hockey India, Gyanendro Ningombam shared his thoughts, "I am ecstatic and honoured to be the first president of Hockey India from the North East region, I would

like to thank the entire Hockey India family for supporting me to take up this huge responsibility. I am delighted and eager to start this new journey and hope to take our beloved sport of Hockey to great heights."



Key discussion held on resuming annual Hockey India Championships

With the Ministry of Home Affairs giving the green signal to resume sporting activities in September 2020, the 10th Hockey India Congress & Elections held in November witnessed the Members having a fruitful discussion on the roadmap towards resumption of the domestic calendar and the way forward for the sport in India keeping in mind the safety precautions due to the ongoing battle with the pandemic.



In May this year, Hockey India had held a special Congress through virtual medium where the members of the Executive Board discussed the status of Olympic preparations of both the National Men's and Women's teams, besides resumption of the sport after the Covid-19 pandemic abruptly halted activities across the country.

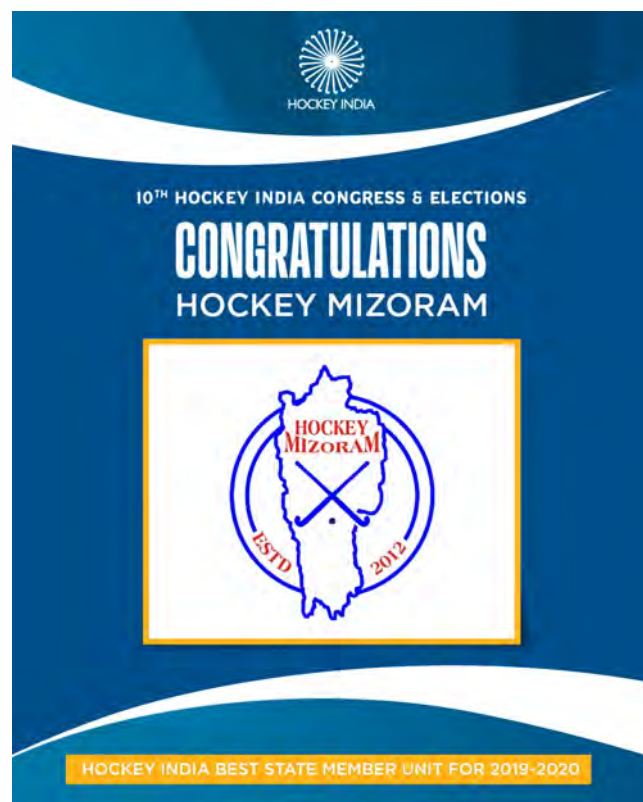
"There were various key discussion points; resuming the domestic calendar and the need for support of all State member Units in terms of following all the Government Guidelines to hold another successful Annual National Championship in 2021 especially with the Covid - 19 situation still prevalent in the country. Planning for the upcoming year 2021 was another key discussion point, where the status of competitions for all 4 National teams were discussed and the need for more International exposure for both the senior & Junior teams which will be key in the preparations leading up to the Olympics and Junior World Cups respectively," stated Rajinder Singh, Secretary General, Hockey India.

Hockey Mizoram awarded best Hockey India Member Unit 2019-2020

Hockey Mizoram the State Member Unit was awarded the Best Hockey India Member Unit for 2019-2020 at the 10th Hockey India Congress in New Delhi held in November this year. Hockey Mizoram led by President Ms. Zothankimi and General Secretary Mr. Lalrinfela have worked towards the growth of hockey in the state of Mizoram and have shown tremendous zeal in promoting the sport at various districts and they have also worked towards developing a well-oiled Coaching setup equipped with modern techniques.

In pursuit of promoting the sport, they have hosted several local level tournaments and worked towards developing the infrastructure in this

region. Hockey Mizoram has been proactive in development of hockey at the grass root levels, particularly in the women category which in future will provide more talent to the National Teams. "This award is a befitting recognition to the efforts we as a State have taken in order to develop the sport and encourage more and more youngsters to take up hockey as a profession. Hockey India has set a standard and also expect the State Member Units to perform in a professional manner. It is this benchmark that they have set that motivates us to strive," stated President Ms. Zothankimi.



Rakesh Kumar feted with Hockey India Best Employee 2019-2020

Hockey India awarded Rakesh Kumar as the Hockey India Best Employee 2019-2020. Rakesh Kumar, Senior Manager Purchase and Administration, has been integral in the planning, procurement and providing complete logistic support to the National

Teams in coordination with SAI. Further he has been the key player for implementation of COVID 19 SOPs at Hockey India Office and ensuring that all COVID 19 protocols are adhered to by all.



Rakesh Kumar
Hockey India Best Employee 2019-2020

award. "It is an honour to receive this recognition and also very encouraging to further improve my skills as an umpire and strive for excellence," stated Javed Shaikh.



Manish Gour
Hockey India Best Technical Official 2019-2020

Mumbai's Javed Shaikh wins Hockey India Best Umpire Manager/ Umpire 2019-2020



Javed Shaikh
Hockey India Best Umpire Manager/ Umpire
2019-2020

For his outstanding efforts in officiating at International & Domestic level tournaments, Javed Shaikh was awarded Hockey India Best Umpire Manager /Umpire 2019-2020. Javed Shaikh who hails from Mumbai was elated for winning the

Manish Gour lauded with Hockey India Best Technical Official 2019-2020 Manish Gour from Nagpur was awarded the Hockey India Best Technical Official 2019-2020. He officiated at six tournaments in 2019 which included the 2nd Khelo India Youth Games 2019 as Technical Delegate held at Pune, and hence has received due recognition for his efforts. "I thank Hockey India for encouraging Technical Officials and Umpires by means of these awards. It is an honour and surely a big motivation to keep at it," he said.

"Good work will be recognised," says Hockey India Secretary General

"I congratulate all the award winners: Hockey Mizoram, Rakesh Kumar, Javed Shaikh and Manish Gour. I believe these awards will encourage everyone involved in the sport in various capacities to put in their best efforts and be rest assured Hockey India will recognize and appreciate good work always," stated Rajinder Singh, Secretary General, Hockey India.



FEATURES

Living in a bio-bubble was made easy by teammates and Coaching Staff, states Forward Gurjant Singh

The Indian Men's Hockey Team Core Probable Group lived in a bio-secure environment in SAI, Bengaluru from 19 August 2020 to 12 December 2020, before leaving for home for a much-needed break. Living in a bubble where the players are not permitted out of particular zones can be difficult but Gurjant highlights that the effort was made easy with teammates. "It was not easy to carry out our set routines and live in a bio-bubble where moving around out of the permitted zones within the campus was prohibited. The rules were followed to the T and these circumstances were challenging for any player. However, we couldn't have done it without the team-bonding we shared and the support we received from the Coaching Staff who themselves have not stepped out of the Campus since the last nine months. They have become our family away from home," expressed Gurjant Singh, who was part of the FIH Junior Men's World Cup-winning team in 2016.

Gurjant further emphasized that this year gave him an opportunity to learn from his seniors and also understand the areas in which he needs to pay more attention. "I think as Chief Coach Graham says, we need to make the most of the situation and utilize this time off competition to introspect about our own game. I have in these past months tried to pinpoint the areas I am not up to the mark and I have also been speaking to other forwards in the group about right positioning and timing. Players like Sunil, Akashdeep, Ramandeep have all been quite helpful in this regard," he said.



Though Gurjant was part of the Indian team for the FIH Hockey Pro League earlier in the year, he feels a little more accuracy in his game can help him be a regular in the team. "Playing against top teams like Belgium and the Netherlands was great exposure for me. I feel there is more that I can do in order to improve and execute my role to perfection. These next few months will be important for me and I hope I can prove my mettle ahead of the Olympic Games," Gurjant stated.

The 25-year-old further stated that he is really looking forward to the Asian Men's Champions Trophy in March next year, "It's fantastic that we have a tournament to aim at. I am looking forward to playing at the Asian Men's Champions Trophy. It's going to be a very important tournament for me. If I perform well there then I will have a great chance of being a regular member of the Indian side before the Olympics. Hopefully, we will be able to play a few international games before the Asian Men's Champions Trophy as well. It will give all of us a chance to test our skills in a match situation before the big competition in March."

When asked about his biggest goal in his life, Gurjant didn't hesitate at all before expressing that he would certainly like to help the Indian team win an Olympic medal.

"Playing in an Olympics is a dream for every sports person, but my biggest goal is to contribute to India winning a medal at the Olympics. I think if one is in the team then he certainly needs to contribute to the team's success, otherwise, there is no point," signed off Gurjant.





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Hopeful of playing in back-to-back Olympics, states experienced campaigner Sushila Chanu Pukhrambam

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The Indian Women's Hockey Team's experienced Midfielder Sushila Chanu Pukhrambam is no stranger to the Olympic Games, having Captained the side that took part at the 2016 Rio Olympics. The 28-year-old has remained a consistent performer with the team, and is hopeful that she will have the opportunity to represent the tricolor in Tokyo in 2021.

"It has been a strange year for everyone. As a player of the national team, I have always been used to a fast-paced environment, where we play match after match, without getting much time to ponder over things. However, now that we've had so much time on our hands, I've been able to look back on a lot of things, and also prepare for the next phase of my career. We have the opportunity to create history by not just playing in consecutive Olympics for the first time, but also by making it to the podium," expressed Sushila.

"However, as things stand, we are still living under unprecedented circumstances, but my heartfelt thanks to everyone who has been working day in and day out to keep us safe. Even at SAI Centre, Bengaluru, we've got some amazing staff that looks after us, and is always on their toes when it comes to our safety. Credit to Hockey India and SAI as well for providing us with a supremely secure environment where we can focus on maintaining our rhythm, and keep improving for what is to come," added the Midfield maestro.

Having played more than 180 International Caps for the national team, Sushila is one of the most experienced players in the current Indian set-up, and believes that sharing her insights with the youngsters is what keeps her going. "Obviously when you get to this stage when you've played more minutes than most of your teammates, you tend to feel a sense of added responsibility. I have always enjoyed working with younger players who are eager to learn. With my knowledge and experience of the game, I feel I can contribute to the team's success not just on the field, but also off it, by making sure I am there to guide the youth and helping them progress in their careers," she said.

Having last played competitive hockey back in February 2020, when the team toured New Zealand, Sushila believes it is important for her team to keep their firm focus on Tokyo Olympics. "Like the rest of the sporting fraternity, we are also hopeful that the Tokyo Olympics will take place in 2021. It is the biggest tournament for all of us, and we have been working hard for the past four years to make sure we can achieve our goals when the tournament happens. Certainly, there are challenges involved when it comes to keeping ourselves in top form, but our coaching staff has ensured that we are more focused than ever and are keeping ourselves in the best shape and rhythm to get back to competitive hockey whenever circumstances allow," signed off Sushila.





FEATURE STORY

"Important to follow protocols during break from National Camp," says India's experienced Midfielder Chinglensana Singh Kangujam



Among the senior-most players in the Indian Men's Core probables group, Chinglensana Singh Kangujam feels it will be the responsibility of players to ensure they do their best to follow the safety protocols while being at home for a break from the National Coaching Camp which concluded on 12 December 2020.

He said, "It is very important we follow safety protocols while being at home for a break. We have been given strict instructions from our Coaching Staff and Hockey India on SOPs to follow at home. We completely understand the risks involved with life outside the camp bubble and we will need to act responsibly to ensure we continue to be Covid free."

The experienced Midfielder further added that the players are given a regime to follow that will help them keep up their fitness levels during the break. "Despite these tough circumstances where we have not been able to compete, we have hit the fitness levels we projected in February this year during the FIH Hockey Pro League. It is very important we don't drop this level while we are on a break. Hence, like always, Robin Arkel (Scientific Advisor) has been giving us a regime to follow and a list of Do's and Don'ts in terms of food intake etc while we are back home for the holiday season."

Speaking about his own experience over the last four-and-a-half months, Chinglensana said, "This is probably the first time we were in National Camp for so long without breaking for competitions. It's no doubt that the National Camp was challenging especially because there was zero interaction with the outside world. But this was a very important year for us and the pandemic demanded these small sacrifices in order for us to remain in training and focused on our goals for the Olympic Games next year."

The experienced Midfielder, who returned to the Indian team at the FIH Hockey Pro League in early 2020 after a long injury-break, expressed that he is looking forward to as many matches as possible before the Olympic Games.

"We can practice as much as we want in National Coaching Camps, but the real practice is match practice. I haven't played too many games after returning to the Indian team early this year and therefore I am really looking forward to however many matches we can play before the Olympics. The Asian Men's Champions Trophy is going to be very important for us. It's a huge tournament and if we play to our full potential there then it will be a big confidence booster for us," said Chinglensana.

The 29-year-old added that the Indian team has a good chance of making history in the Olympics if the team can replicate the form that they had before the pandemic started.

"We were hitting our straps very well in the FIH Hockey Pro League. All of us were coordinating brilliantly on the field. If we reach our full form by the Asian Men's Champions Trophy then we have a good chance of winning a medal at the Olympics next year," said the Midfielder.



THE COACHES' CORNER

Break from National Camp will help to recover from mental fatigue, states Indian Women's Team Chief Coach Sjoerd Marijne

With the National Coaching Camp having drawn to a close on 12th December 2020 for a three-week break, Indian Women's Hockey Chief Coach Sjoerd Marijne expressed that the team has managed to achieve their primary target of reaching desirable fitness level. He said, "One of our goals was improving fitness and that worked out very well. In the past few weeks, we also worked with the Junior Men's Team in a few sessions to test our speed and handling skills and I am happy with the progress we have made as a group."

Despite not having played any competition since February 2020 where the team had travelled to New Zealand, Sjoerd believes the core group is working hard towards a good build-up to the Olympic Games in 2021. "We have done well so far in utilizing this time and our primary focus is the Olympics. We are hopeful of playing good matches early next year that will show where we stand and we can plan the months leading up to the Games keeping in mind the areas that require improvement basis our performance in these tours," Marijne explained.

Speaking about the importance of this break, Marijne said, "The players have worked very hard these past four and half months and they have done it without complaining about anything - be it living in a bio bubble with zero outside interaction or to be living away from their families for so long. I am extremely happy with the attitude they have showed these past four months and I understand that the training camp was physically and mentally quite challenging. This break will be especially good to recover from the mental fatigue."

He further said, the players have been given certain team-related assignments when they are on a break. "I would want the players to enjoy time with their family and follow the Hockey India SOP when they meet people and socialise because the pandemic is still not over. They have all been given some homework to do as well because this break is part of our training schedule except, they won't be using the stick and the ball," he said.



THE COACHES' CORNER

We are close to the level we showcase in our international matches, says Indian Men's Hockey Chief Coach Graham Reid

After nearly 20 weeks in SAI Centre, Bengaluru for the National Coaching Camp, the members of the Indian Men's Core Probable's Group left for their respective homes in second week of December 2020. Expressing his satisfaction over the core group's progress, Chief Coach Graham Reid said, "We have done everything possible to maintain and more recently get the players back to the level they will need to be to compete on the world stage. Our fitness tests in the strength, weight, speed and muscle components show that we are on target. Our training sessions' output data are approaching our February 2020 figures (when the team played FIH Hockey Pro League in Bhubaneswar). I believe, we are close to the level we showcase in our international matches."

Reid further commended the level of commitment and determination shown by the team, having dealt with challenges of spending over four months in a bio-secure environment in SAI, Bengaluru with no social activities. "Given the extremely difficult circumstances for the last 4 months, I am pleased with where we are and how the players have conducted themselves in the bio-secure bubble in SAI. In a normal year, you have 4-6 weeks in camp and the players get 1 week off to spend with their friends and family. On the weekends they normally leave the campus and visit the mall or cinema etc. However, this year there has been none of that and has been a very tough mental test for all of us. But I am happy with the way players have handled this situation," stated Reid.

Reid further stated that he is hopeful the team gets to play international matches early next year. "With the support of Hockey India, we have planned for matches from early in the next year. These matches will ideally show us the level we are truly at and the areas that will require work on leading into the Olympic Games," Reid said.

Expressing the importance of this break, the Chief Coach said, "It is extremely important for them to relax mentally and physically after a very hectic past four months. This break will help not just the players but also the coaching staff the opportunity to hit the refresh button and be ready for next year."



Hockey India President Courtesy Call-ons

After being elected unopposed, President Hockey India, Shri Gyanendro Ningombam had a courtesy call on to discuss infrastructural & grassroots development plans for Hockey in various parts of India:

- Shri Kiren Rijiju Hon'ble Minister of State (Independent Charge) Ministry of Youth Affairs And Sports on 04th December 2020
- Dr. Narinder Dhruv Batra, President FIH and IOA on 5th December 2020
- Dr. S. Ranjan Hon'ble MLA & Advisor to Hon'ble Chief Minister Manipur on 11th December 2020



Hockey India President's visit

Elected Unopposed President of Hockey India Mr. Gyanendro Ningombam was welcomed warmly in Manipur on 08 November 2020 & Assam on 21st December 2020.



MEMBER UNIT ACTIVITIES

Coaching camp/Tournament/Resumption

Hockey Andhra Pradesh

As a motivating initiative to restart sporting activities in Andhra Pradesh, Hockey Andhra Pradesh organised Hockey 5-a-side tournaments in different parts of the state.



Hockey Bengal

Kudos to Hockey Bengal for safely organising the State Championship 2020 for Men and Women categories from 19th December to 31st December 2020 amidst a pandemic.



Hockey Bengal conducted a Fitness Test (YoYo) for the local Umpires of Hockey Bengal on 5th December 2020 at Hockey Bengal Ground.



Hockey Himachal

Sporting activities have been resumed by Hockey players in Himachal Pradesh.



Hockey Punjab

The Surjit Hockey Society under the aegis of Hockey Punjab, Jalandhar held a coaching camp that witnessed an impressive growth in participation from 6 players to over a 100 players.



Hockey Unit Of Tamil Nadu

Hockey Unit of Tamil Nadu organized a district level event in the Ramanathapuram District and Vellore District of Tamil Nadu as part of resumption of sports activities where more than 180 players participated including both Men's and Women's players.



Hockey Jammu & Kashmir

For the development & promotion of hockey in the Union Territory of Jammu & Kashmir and as part of re-starting activities in the State, Hockey Jammu Kashmir successfully conducted the following tournaments:

1. Hockey Tournament organised by District Hockey Club Shopian



2. Premier Hockey League 2020 in various parts of J&K



3. Sham Lal Memorial 5-A-side Tournament for Girls, Poonch



4. Sr. Hockey Tournament of District Srinagar



On the occasion of Diwali, Hockey Jammu & Kashmir distributed sweets and cash awards to the hockey players & Coaches at KK Hakku Hockey Stadium Jammu on 13th November, 2020.



Hockey Karnataka

Hockey Coorg under the aegis of Hockey Karnataka conducted various State Level Open Tournaments for Men and Women.

1. Rink Hockey Kodava Family Tournament at the Ponnampet Hockey Ground, Kodagu from 27 November to 01 December 2020



2. State Level Open Tournaments for Men and Women at the Ponnampet Hockey Ground, Kodagu from 3 Dec to 15 Dec 2020



3. U19 boys, U15 boys and girls Championship at turf ground Ponnampet, Coorg from 28th to 31st December 2020



Manipur Hockey

Some glimpses from sporting activities conducted by Manipur Hockey across various parts of Manipur as part of resumption of Sports.



In order to promote the significance of discipline and nurturing of young talent, an interactive session between the players of Hockey unit of Imphal West and Mayai Lambi Hockey Union was held on 12 December 2020.

Along with the athletes, the programme was attended by officials and executive members of HUIW.



Uttar Pradesh Hockey

Glimpses of Hockey action continuing & picking up in Uttar Pradesh.



Naval Tata Hockey Academy - Odisha

Hockey legends Mr. Dhanraj Pillay, Mr. Dilip Tirkey and Mr. Len Aiyappa interacted with the players of Naval Tata Hockey Academy, Odisha and shared their knowledge and pointers for the game.



Telangana Hockey

Telangana Hockey celebrated the festive season safely by staying at home and portraying their Hockey skills from the comfort of their respective homes.



Mata Sahib Kaur Hockey Academy Jarkhar - Ludhiana

On the occasion of Diwali, Mata Sahib Kaur Hockey Academy Jarkhar - Ludhiana organised a hockey match to commemorate the festival.

Here are a few glimpses from the event.



Chhattisgarh Hockey

Hockey Bilaspur under the aegis of Chhattisgarh Hockey organized a program to honour the players participating in the National Hockey Competitions on 12th December 2020. Mayor of Bilaspur, Shri. Ramsharam Yadav along with other eminent guests were present to felicitate these players.



Hockey Madhya Pradesh

In an attempt to promote and develop Hockey as a sport in Madhya Pradesh, a meeting with the Hon'ble Sports Minister of Madhya Pradesh Smt. Yashodhara Raje Scindia was held at Jabalpur on 26th November 2020 for discussions on the further development of the sport in the state.





Manipur Hockey

Various Hockey Units under the aegis of Manipur Hockey successfully organised distribution drives across the state of Manipur. Hockey equipments like Hockey Balls, Sticks, Cones Goal Posts, Skipping ropes were distributed as part of promotion & development programme of Manipur Hockey.



RV Academy

Some glimpse of the RV Academy Girls Team during their training session at Ramachandra medical college ground at Porur, Tamilnadu.



Hockey Maharashtra

Some stills from Executive Board meeting conducted by Hockey Maharashtra on 30th December 2020.



Infrastructure development

As part of growing the sport of Hockey in various parts of the country, below are some of the places where we have successfully been able to see the infrastructure being developed :

1. Maharashtra Police Academy, Nashik

Hockey India Congratulates Maharashtra Police Academy, Nashik, on being certified as Field National category by International Hockey Federation(FIH). This will be a big morale boost to the upcoming players in the state of Maharashtra.



2. New Hockey Centre, Adamgiri, Guwahati

Great news for the players of Assam Hockey! A new Hockey Center at Guwahati, Adamgiri has been opened up which will be a huge boost for the young and upcoming athletes of the state.



3. Hockey Stadium, SBV Ashok Nagar, New Delhi

Shri Manish Sisodia, Hon'ble Deputy Chief Minister of Delhi inaugurated a new Hockey Synthetic Turf at Sarvodaya Bal Vidyalaya in Ashok Nagar on 28th November 2020.



4. Synthetic Hockey pitch, Somwarpet, Coorg

Exciting news for players of Somwarpet, Coorg! The construction for a new Synthetic Hockey Pitch is now underway at Indian Striker SV Sunil's hometown.



5. Sainik School, Bijapur, Vijay Pura, Karnataka

A step up the development ladder in India's sporting culture. Congratulations to Sainik School Bijapur, Vijayapura, Karnataka for the first ever Synthetic Hockey Pitch in North Karnataka.



6. Field Marshal KM Cariappa Hockey Arena, Bengaluru

Take a look at the 5-a-side turf at the Field Marshal K.M.Cariappa Hockey Arena, Bengaluru.



7. Peddem Turf, Goa

A joint inspection of the synthetic surface and the changing rooms of Peddem Turf, Goa was conducted by Goans Hockey in the presence of Sports Authority of Goa Executive Director Mr. VM Prabhu Desai and Mr. Bruno Coutinho, Deputy Director Coaching, Arjuna awardee along with Assistant Secretary Programmes and the Engineering Team & Contractors of Surface and Pavilion on 02 December 2020.



8. Synthetic Pitch, Rajgir, Bihar

Some good news for Hockey players and fans of Bihar as a new synthetic pitch is being constructed at Rajgir, Bihar in order to provide better sporting facilities to the aspiring athletes.

Here are some pictures of the ongoing project.



9. Major Dhyanchand Hockey Stadium, Pimpri

New and improved upgrades being pulled off on Hockey Maharashtra's Major Dhyanchand Hockey Stadium, Pimpri!



10. Pulwama Stadium, Jammu & Kashmir

For the development & promotion of hockey in the Union Territory of Jammu & Kashmir, UT Administration is carrying out construction at the Pulwama Stadium.



11. 5-a-side Synthetic pitch, Konthoujam Youth United Club

A State Level Committee led by Gyanendro Ningombam, President Hockey India along with Dr. Sapam Ranjan Singh Hon'ble MLA and Advisor to Hon'ble Chief Minister inspected the site for construction of 5-a-side synthetic pitch at Konthoujam Youth United Club. The area was found suitable and to encourage more participation, 20 balls and sticks were distributed to athletes of KYUC, a club of Hockey Unit of Imphal West.

Here are some captured moments from the survey



Mr. Gyanendro Ningombam, President of Hockey India out on an inspection along with District Authority of Jiribam District for setting up 5-A-side pitches on 21st December 2020. An exhibition match was also organised on the occasion.



Member Unit Website Updates

Hockey Jharkhand

Official website were launched by Hockey Jharkhand amidst when the world is going digital. Hockey India congratulates on the launch of their official website.

Take a look: <http://www.hockeyjharkhand.com>



Hockey Karnataka

Hockey Karnataka has launched its own official website and is on a mission to be one of the top Hockey-playing States. Hockey India congratulates Hockey Karnataka on the launch of their official website.

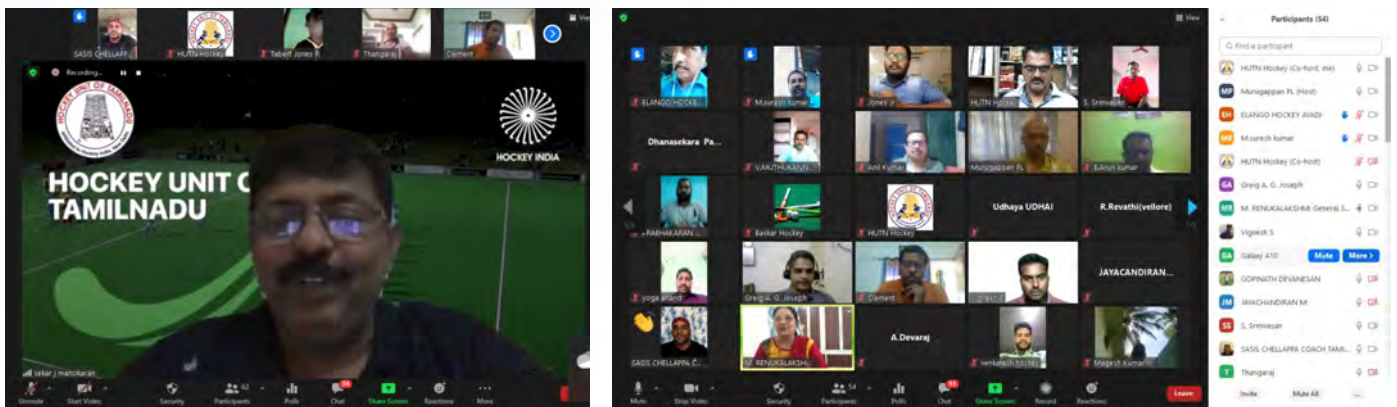
Take a look: <http://www.hockeykarnataka.in>



Webinar's

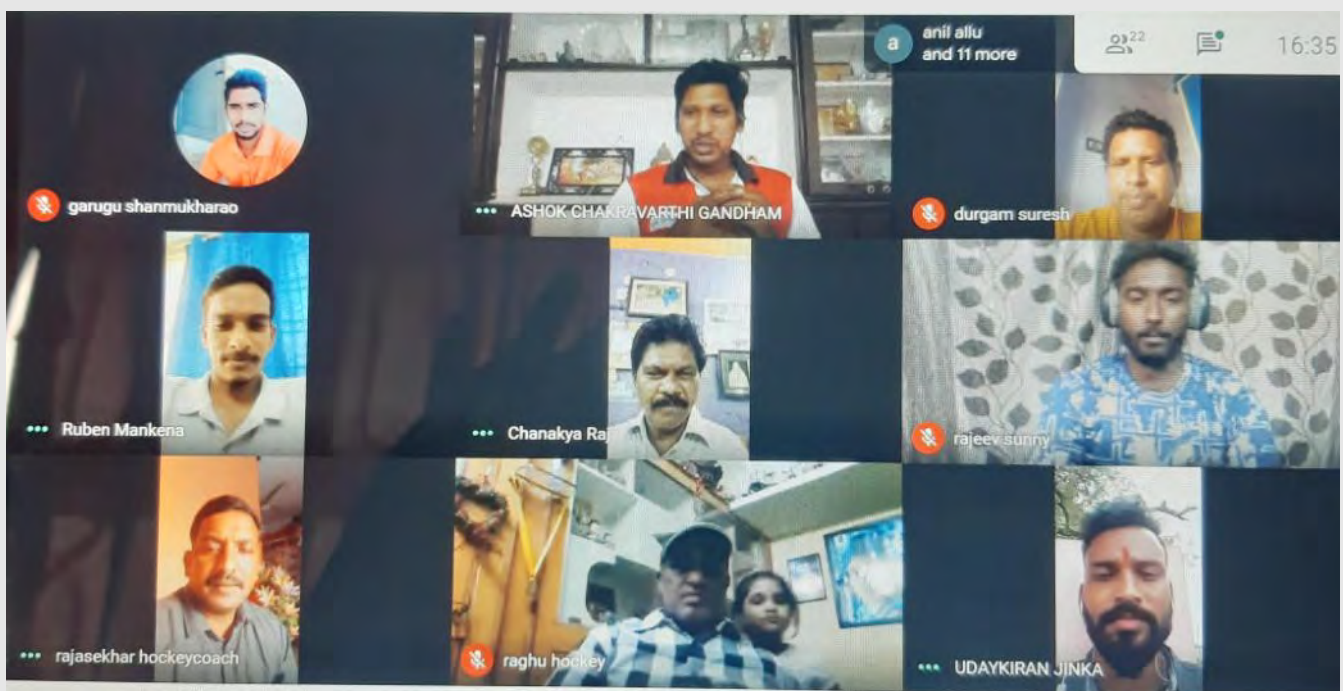
Hockey Unit Of Tamil Nadu

Hockey Unit of Tamil Nadu held two Coaching webinars in the month of November 2020, hosted by P L Murugappan, national level Technical Official and P Shanmugam, former International player and FIH Level 2 Coach.



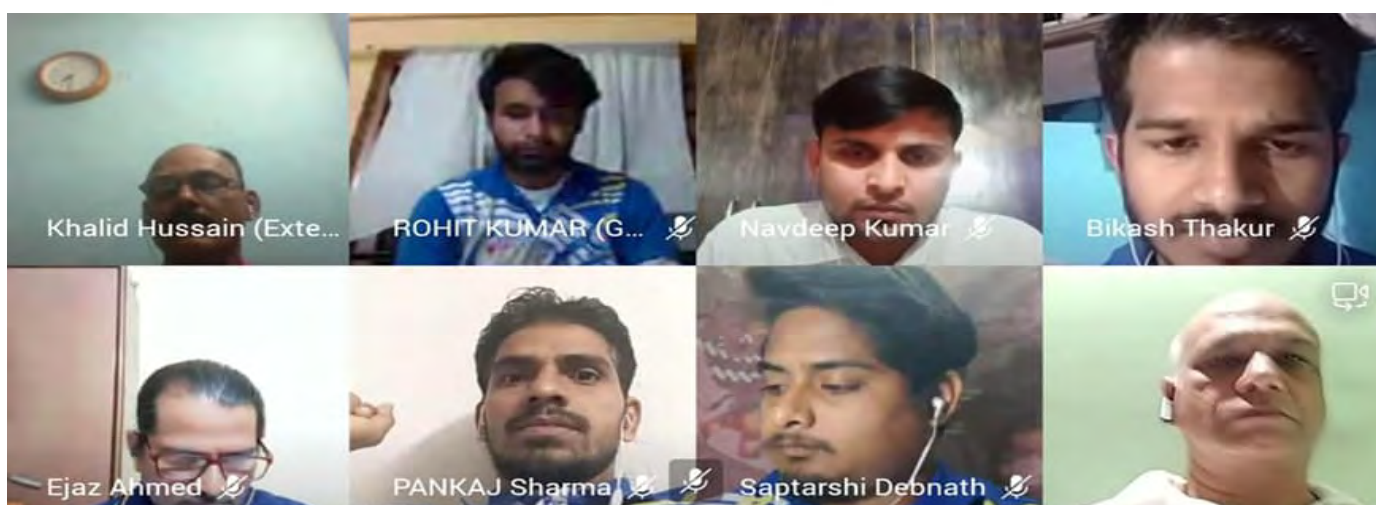
Hockey Andhra Pradesh

Hockey Andhra Pradesh conducted various technical webinars for Umpires & technical officials in November 2020, conducted by Mr. G. Harsha Vardhan, International Hockey Federation (FIH) - International Panel Umpires Manager.



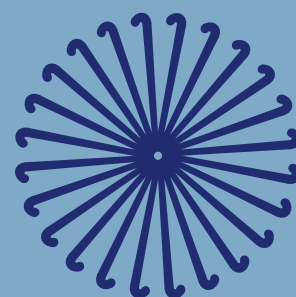
Hockey Bengal

Hockey Bengal conducted a number of online sessions for Umpires and Technical Officials of Bengal on current rules and regulations of field hockey. The classes will be conducted on Teams platform and will be taken by Dr Md Khalid Hussain, a national Technical Official.



Hokey India inducts SAI Academy as the new academy member

With the aim to find fresh talent in the country for the promotion and development of the game Hockey India inducted SAI Academy as the new academy member in November 2020.



HOCKEY INDIA



Media Coverage



TEAM OF CHAMPIONS The 2021 Olympic Squad with their coach Sjoerd Marjine (centre) and the rest of the coaching staff

WOMEN of the YEAR 2020 SPECIAL EDITION SPORTSWOMEN OF THE YEAR

INDIA WOMEN'S NATIONAL FIELD HOCKEY TEAM

The Times of India

Defender Salima focussing on consistency

Times News Network
Having made the Indian women's hockey team last year, rising defender Salima Tete is looking to hold on to her place ahead of the Tokyo Olympics with a string of consistent performances. Tete was part of India's triumphant campaign at the FIH Women's Series Finals in Hiroshima last year and the Olympic Qualifiers. "This will remain the most important year for me. I became a regular member of the Indian side last year and I was very fortunate to be part of key victories at the Women's Series Finals and Olympic Qualifiers. "I am very determined to keep improving my game and be a consistent performer for the national side in the next few years. I feel consistency is very important for any athlete and it's my biggest priority," the teenager added. Speaking about the Olympic preparations, the 18-year-old said that the Indian players are on the right track. "We are extremely happy to be carrying out sports activities. Preparation is very important for any tournament and we want to be well prepared for the Olympics especially. We couldn't have been our preparations if Hockey India and SAI didn't put all the procedures in place." "The team is shaping up very well at the moment and we are on the right track as far as our preparation for the Olympics is concerned," said the defender. Tete added that she is fortunate to be playing alongside senior players such as Deep Grace Ekka and Gurjit Kaur. "It's the best time to be a youngster in the Indian team. There are so many experienced players who are always there to guide and help us with our games. I am very fortunate to be playing with Deep Grace Ekka and Gurjit Kaur. I have learned a lot from them and I am certain that there is so much more left to learn as well," said Tete.



AWAKING: Rising defender Salima Tete hopes to cement her place in the Indian women's hockey team ahead of the Tokyo Games next year

The Times of India

We're back on track in terms of fitness and speed, feels India defender Gurinder Singh

Times News Network
Chandigarh: Indian defender Gurinder Singh feels the Indian women's national field hockey team is showing signs of improvement in the right direction. The 20-year-old defender said that the team is showing signs of improvement in the right direction. "The team is showing signs of improvement in the right direction. We are extremely happy to be carrying out sports activities. Preparation is very important for any tournament and we want to be well prepared for the Olympics especially. We couldn't have been our preparations if Hockey India and SAI didn't put all the procedures in place." "The team is shaping up very well at the moment and we are on the right track as far as our preparation for the Olympics is concerned," said the defender. Tete added that she is fortunate to be playing alongside senior players such as Deep Grace Ekka and Gurjit Kaur. "It's the best time to be a youngster in the Indian team. There are so many experienced players who are always there to guide and help us with our games. I am very fortunate to be playing with Deep Grace Ekka and Gurjit Kaur. I have learned a lot from them and I am certain that there is so much more left to learn as well," said Tete.



ON TRACK: Defender Gurinder Singh feels the Indian women's national field hockey team is showing signs of improvement in the right direction

Central Chronicle

If we play to our potential, we will certainly make history in Tokyo, says Nikki Pradhan

Bengaluru (IN)
The Indian Women's Hockey Team Midfielder Nikki Pradhan, who has played over 100 matches for the national side, expressed that the time spent away from the pitch has helped her gain perspective. She said that the break came at the right time for her as it gave her time to think about how she wants to take her career forward once the Indian team starts competing in the international circuit again. "Sometimes when we are playing tournament after tournament, we don't have enough time to take a moment to think about a few aspects of our game. I thought the break came at the right time for me as I just crossed the 100-match milestone. While I stayed away from the pitch, I got a chance to think about the kind of mistakes I made in my preparation for matches in my first 100 matches and how I can rectify them, going forward," said the Midfielder. Pradhan added that she is very happy with the way she is improving with every sports activities session. "We have given everything we have in the last four years to become a better side and now we are confident of taking on any side in the world. If we play to our potential, we will certainly make history in Tokyo," said Pradhan.



IN PLAY: India on a regular basis. The sudden boost of enthusiasm has certainly helped all of us to improve with every sports activities session. We are very thankful to Hockey India and SAI for ensuring all the procedures are in place before we started our practice for the Olympics. I am very happy with the way my game is shaping up so far," said the 25-year-old.

Central Chronicle

Very satisfying to see more youngsters take up hockey officiating: Manish Gour

Nagpur (IN)
Manish Gour from Nagpur, who was recently awarded the Hockey India best technical official 2019-2020, has said that it is pleasing to see young officials and former players from state and national level showing keen interest in officiating. "I began officiating as an umpire in 1992 and moved on from umpiring to technical officiating in 2012. It has been a long journey, but over the course of long term development in the past years, what has been most satisfying is to see the number of youngsters with or without a hockey background showing interest in hockey officiating," said Gour, who was overwhelmed with the recognition he received from Hockey India for his efforts as a technical official. "I believe this is largely due to the efforts taken by Hockey India. They have made umpiring and technical officiating opportunities & courses available consistently across the country and this also gave me an opportunity to develop myself as an FIH Certified Educator for Technical Officials," he added. With nearly three decades of experience under his belt, Gour who works as a Deputy Station Manager with Central Railways, has been actively involved in educating and preparing young officials for a bigger stage.



TECHNICAL: Manish Gour, who was recently awarded the Hockey India best technical official 2019-2020, has said that it is pleasing to see young officials and former players from state and national level showing keen interest in officiating

The Times of India

Gurjant hopes to prove himself ahead of Olympics

Times News Network
Chandigarh: Forward Gurjant Singh, who was part of the Indian men's team for the FIH Hockey Pro League earlier in the year, feels a little more accuracy in his game can help him be a regular in the side. "Playing against top teams like Belgium and Netherlands was a great exposure for me. I feel there is more that I can do in order to improve and execute my role to perfection. These next few months will be important for me and I hope I can prove my mettle ahead of the Olympic Games," Singh said. The team's core probable group has been living in a bio-secure environment at the Sports Authority of India (SAI) facility in Bengaluru since August this year after a six-week break. Living in a bubble where the players are not permitted out of particular zones can be difficult but Gurjant highlighted that the effort has been made easy with teammates. "It is not easy going about a set routine and living in a bubble where moving around out of the permitted zones within the campus is prohibited. The rules are followed to the T and these circumstances can be challenging for any player," said Singh, who was part of the FIH junior men's World Cup winning team in 2016. "We couldn't have done it without the team-bonding we share and the support we have received from the coaching staff who themselves have not stepped out of the campus since the last nine months. They have become our family away from home," he added. The forward further emphasised that this period has given him an opportunity to learn from his seniors and also understand the areas which he needs to pay more attention. "I think as chief coach Graham Reid says, we need to make the most of the situation and utilize this time off competition to introspect about our own game. I have in these past months tried to pin point the areas I am not up to the mark and I have also been speaking to other forwards in the group about right positioning and timing. Players like Sunil, Akashdeep, Ramandeep have all been quite helpful in this regard," he said.



RISING TO GO: Rising forward Gurjant Singh feels a little more accuracy will help cement his place in the Indian team for the Tokyo Olympics

The Times of India

'Achieved our primary target of improving fitness level'

The Indian women's hockey team has achieved its primary target of improving fitness levels of the players as they were left with practically no complaints this season due to the COVID-19 pandemic.

The team did not play any competition since February when it had travelled to New Zealand. Since then it has been camped at the Sports Authority of India (SAI) Centre here. The camp ended on Saturday.

"One of our goals was to improve fitness and that worked out very well. In the past few weeks, we also worked with the junior men's team in a few sessions to build our speed and handling skills and I am happy with the progress we have made as a group," Manjiv said.

He believes the core group had worked hard towards the Olympic Games next year.

"We have done well so far in utilising this time and our primary focus has been on playing good matches every next year that will show where we stand and we can plan the months leading up to the Games which will be the area that requires improvement with the attitude they have shown, these past four months and I understand that the training camp was physically and mentally quite challenging. This break will be especially good to recover from the mental fatigue," he said.

The players are given certain team-related assignments when they are on a break. "I would want the players to enjoy time with their family and follow the Hockey India SOP when they meet people and socialise because the pandemic is still not over," the coach said.

"They have all been given some homework to do as well because this break is part of our training schedule. They won't be doing any track and field, but they will be doing some physical activities like swimming, badminton, tennis, etc.," he added.



BUILD UP TO OLYMPICS: Coach Sujat Manjiv is happy with the progress of the Indian women's hockey team in the national camp.

The Times of India

Want to play for India for a long time, says Punjab's Maninder

The national team on the biggest stage has always been the Indian men's hockey team and for Punjab's Maninder Singh, playing in tournaments like the FIH Asian Cup and the ANF Men's Junior Asia Cup 2022 is still a dream which he wants to fulfil with the national junior men's hockey team.

With the tournament scheduled for next year, the dream is to take place in India, the player said to improve on the big stage.

"I think those two tournaments are something that all junior players keep in mind when they look at the national team and set goals for themselves. With the Asian Cup and the Junior Asia Cup scheduled to take place in India and the Junior Asia Cup in Bangladesh, our goal is to be able to compete with the best in the world. It is a dream for everyone to win medals, and I think we can expect that when we play in the national team's hockey team in India. They played in 2018, represented on the biggest stage, and most of them are now playing in the senior team, and I want to be a part of that," he said.

Having first represented the team in 2018 at the 7th Junior Asia Cup in Bangladesh, Maninder Singh is aiming for the 2022 Asian Cup in Bangladesh. "I think I've been fortunate to have had the opportunity to play for India at the junior level and it was a great experience. I have enjoyed each and every moment of being a part of the national camp, and it has given me a lot of confidence and a lot of belief in myself as a player," he said.

"I frequently speak to Gurjant Singh who was a two-time Olympic medalist and a former captain of the national team, and he has always been very supportive and has motivated me to make it to the senior national team in the future," he said.

"I think that these small interactions do to your self confidence and unshaken, and I am looking forward to playing my part in this exciting phase of Indian hockey," he added.



ONE STEP AT A TIME: Tejaswini Manjinder Singh is eyeing a spot in the squad for the FIH Junior World Cup 2022.

The Tribune

Farming background helped prepare for hockey: Shamsher

Championing his farming background helped prepare for the uncertainties in life and challenges in hockey, "I have come from difficult background, with my father making his living from farming. There were several odds that I faced in my initial days in hockey and the struggle for basics like hockey stick, hit and shoes was real," Shamsher said.

"I believe this past experience helped me brace for any uncertain circumstances and this year we have all been put out of gear with the pandemic, but what's important is to continue to stay focused on our goals, no matter the odds," added the 23-year-old forward.

He made his senior India debut at the Olympic Test event in Tokyo last year. It proved to be a memorable moment as he was the youngest player to be named in the squad for the 2020 Junior World Cup in New Zealand. "I was very nervous but I was happy to be a part of the national team and to have the opportunity to play for India in the future," he said.

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Shamsher Singh is determined to make the most of his opportunity to play for India.

The Political and Business Daily

Hockey India to conduct another online course for aspiring coaches

New Delhi, Dec 16: Hockey India has announced that it will conduct the Hockey India Coaching Education Pathway Level 2 Coaching Course (online) through the virtual mode.

After the organisation of the online course in September/October earlier this year, Hockey India has once again called for applications of interested and aspiring coaches to apply through an open forum and only 70 slots will be available for the online course, which will be held on December 22 and 23. The candidates have to submit their application before Friday.

Candidates who successfully complete the Hockey India Level 2 Coaching Course will be awarded the membership certificate. The course will also help the candidates understand the basics of hockey coaching properly and lay down a strong foundation for themselves before they move on to higher levels of the Hockey India Coaching Education Pathway," said Hockey India president Gyanendra Nigam. - IANS



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Orrisa Post

We've achieved our primary target: Marijne

Roukela's preparedness for World Cup pleases hockey bosses

The visiting officials inspecting a stadium in Rourkela on Friday | EXPRESS

Marijne van der Vlist, head coach of the Indian women's hockey team, said that the team has achieved its primary target of improving fitness levels of the players as they were left with practically no complaints this season due to the COVID-19 pandemic.

The team did not play any competition since February when it had travelled to New Zealand. Since then it has been camped at the Sports Authority of India (SAI) Centre here. The camp ended on Saturday.

"One of our goals was to improve fitness and that worked out very well. In the past few weeks, we also worked with the junior men's team in a few sessions to build our speed and handling skills and I am happy with the progress we have made as a group," Manjiv said.

He believes the core group had worked hard towards the Olympic Games next year.

"We have done well so far in utilising this time and our primary focus has been on playing good matches every next year that will show where we stand and we can plan the months leading up to the Games which will be the area that requires improvement with the attitude they have shown, these past four months and I understand that the training camp was physically and mentally quite challenging. This break will be especially good to recover from the mental fatigue," he said.

The players are given certain team-related assignments when they are on a break. "I would want the players to enjoy time with their family and follow the Hockey India SOP when they meet people and socialise because the pandemic is still not over," the coach said.

"They have all been given some homework to do as well because this break is part of our training schedule. They won't be doing any track and field, but they will be doing some physical activities like swimming, badminton, tennis, etc.," he added.



BUILD UP TO OLYMPICS: Coach Sujat Manjiv is happy with the progress of the Indian women's hockey team in the national camp.

TNIE-Bhubaneswar

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BUILD UP TO OLYMPICS: Coach Sujat Manjiv is happy with the progress of the Indian women's hockey team in the national camp.

The Times of India

Important to follow protocols during break from national camp: Chinglensana

Successful India midfielder Chinglensana Singh said that the team has achieved its primary target of improving fitness levels of the players as they were left with practically no complaints this season due to the COVID-19 pandemic.

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WORD OF CAUTION: Midfielder Chinglensana Singh urges teammates to ensure themselves to Covid free on the camp days.

EXPRESS NEWS SERVICE @ Rourkela

ODISHA Government's preparation for the 2023 edition of the Men's Hockey World Cup has received the endorsement of International Hockey Federation (FIH) as its chief Dr Narinder Dhruv Batra on Friday expressed pleasure with the State's commitment and readiness for the grand sports event.

After an assessment here on the spot, Batra said he was pleased with the commitment of the public authorities of Rourkela. "I am convinced that it will be a great venue for the FIH Odisha Men's Hockey World Cup India 2023," he said after a visit during which top bosses of Odisha government and Hockey India (HI) reviewed the Steel City's infrastructure and logistic needs for hosting the matches of Men's Hockey World Cup 2023. Sports Minister Tusharkanti Behera, Chief Secretary Ash Tripathy, Sports Secretary Vishal Dev, Director R Vineel Krishna, IDCO Chairman-cum-Managing Director Sanjay Singh accompanied by Batra and Hockey India (HI) chief executive officer Elena Norman visited the Biju Patnaik Hockey Stadium of SAIL and Birsra Munda multi-purpose stadium.

"They later held a preparatory meeting with the Sundargarh district administration at Rourkela House to assess the preparedness of the city to host the mega event.

After the meeting, Behera said, following the success of Men's Hockey World Cup 2018 at Bhubaneswar, Odisha was appreciated across the world



The visiting officials inspecting a stadium in Rourkela on Friday | EXPRESS

The Times of India

Team has good chance to go a long way in Tokyo Olympics, says defender Jarmanpreet

Championing his farming background helped prepare for the uncertainties in life and challenges in hockey, "I have come from difficult background, with my father making his living from farming. There were several odds that I faced in my initial days in hockey and the struggle for basics like hockey stick, hit and shoes was real," Jarmanpreet said.

"I believe this past experience helped me brace for any uncertain circumstances and this year we have all been put out of gear with the pandemic, but what's important is to continue to stay focused on our goals, no matter the odds," added the 23-year-old forward.

He made his senior India debut at the Olympic Test event in Tokyo last year. It proved to be a memorable moment as he was the youngest player to be named in the squad for the 2020 Junior World Cup in New Zealand. "I was very nervous but I was happy to be a part of the national team and to have the opportunity to play for India in the future," he said.

"I frequently speak to Gurjant Singh who was a two-time Olympic medalist and a former captain of the national team, and he has always been very supportive and has motivated me to make it to the senior national team in the future," he said.

"I think that these small interactions do to your self confidence and unshaken, and I am looking forward to playing my part in this exciting phase of Indian hockey," he added.



INSIDE THE RING: Hockey defender Jarmanpreet Singh says to remain focused on the goal of the sporting world. "I was delighted with the progress of the Indian women's hockey team in the national camp."

The Times of India

'We don't choke under pressure anymore'

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The Economic Times

The women in blue and their five-year plan

Rampal, who's training with her teammates at the CAI campus in Bangalore, says, "There was a lot of so-called get better in different aspects of the game, but most important was to improve speed and fitness. We have largely been able to achieve this and are no longer an underdog team."

Following the success of Men's Hockey World Cup 2018 at Bhubaneswar, Odisha was appreciated across the world and the State's brand image got a major boost

Tusharkanti Behera, Sports Minister



THE INDIAN WOMEN'S HOCKEY TEAM has secured its place in the world's top 10. "We have largely been able to achieve this and are no longer an underdog team."



Hindustan Times

GRAMHAM BEED | CHIEF COACH, INDIAN MEN'S HOCKEY TEAM

Fitness-wise we're on target, but there is no substitute for matches

Before the campus got visit the... fitness-wise we're on target, but there is no substitute for matches

What are your targets for the next season? With Hockey India we are...

Examples You had said at the start of this camp that the aim was to...

Deshbandhu

लॉकी 'मेरी निगाहें सीनियर भारतीय टीम में जगह बनाने पर'

लॉकी 'मेरी निगाहें सीनियर भारतीय टीम में जगह बनाने पर'... भारतीय टीम में जगह बनाने पर

Deshbandhu

सीनियर टीम के ड्रैग फिलकरों से सीखने को बतावा हूँ: गगनदीप कौर

सीनियर टीम के ड्रैग फिलकरों से सीखने को बतावा हूँ: गगनदीप कौर... सीनियर टीम के ड्रैग फिलकरों से सीखने को बतावा हूँ

Deshbandhu

जदायों वाला रहा: सूरज करकेरा

जदायों वाला रहा: सूरज करकेरा... जदायों वाला रहा

Deshbandhu

टीम अच्छा खेलती तो ज्यादा महिलाएँ हॉकी से जुड़ेंगी: राजनी

टीम अच्छा खेलती तो ज्यादा महिलाएँ हॉकी से जुड़ेंगी: राजनी... टीम अच्छा खेलती तो ज्यादा महिलाएँ हॉकी से जुड़ेंगी

Central Chronicle

AHF announce continuity of online education workshops for Hockey India officials

AHF announce continuity of online education workshops for Hockey India officials... AHF announce continuity of online education workshops

Deshbandhu

हमारा ध्यान टोकवो ओलंपिक पर: उदिता

हमारा ध्यान टोकवो ओलंपिक पर: उदिता... हमारा ध्यान टोकवो ओलंपिक पर

Deshbandhu

जदायों वाला रहा: सूरज करकेरा

जदायों वाला रहा: सूरज करकेरा... जदायों वाला रहा

Naya India

महिला हॉकी टीम को ओलंपिक पदक दिलाने में मदद करना लक्ष्य: रीना

महिला हॉकी टीम को ओलंपिक पदक दिलाने में मदद करना लक्ष्य: रीना... महिला हॉकी टीम को ओलंपिक पदक दिलाने में मदद करना लक्ष्य

Naya India

पुरुष हॉकी ओलंपिक पदक जीतना मेरा सबसे बड़ा सपना: नीलम सदीप

पुरुष हॉकी ओलंपिक पदक जीतना मेरा सबसे बड़ा सपना: नीलम सदीप... पुरुष हॉकी ओलंपिक पदक जीतना मेरा सबसे बड़ा सपना

Dainik Bhaskar

जूनियर विश्व कप 2016 सबसे बड़ी उपलब्धि: मनदीप

जूनियर विश्व कप 2016 सबसे बड़ी उपलब्धि: मनदीप... जूनियर विश्व कप 2016 सबसे बड़ी उपलब्धि

Dainik Bhaskar

रूपिंदर से बहुत कुछ सीखने को मिला: हमन

रूपिंदर से बहुत कुछ सीखने को मिला: हमन... रूपिंदर से बहुत कुछ सीखने को मिला

Dainik Bhaskar

टीम में जगह बनाने के लिए मेहनत कर रही हूँ: मनप्रीत

टीम में जगह बनाने के लिए मेहनत कर रही हूँ: मनप्रीत... टीम में जगह बनाने के लिए मेहनत कर रही हूँ

Dainik Bhaskar

नेशनल कैम्प में मनप्रीत और चिंमलनसना से बहुत कुछ सीखा: जसकरणा सिंह

नेशनल कैम्प में मनप्रीत और चिंमलनसना से बहुत कुछ सीखा: जसकरणा सिंह... नेशनल कैम्प में मनप्रीत और चिंमलनसना से बहुत कुछ सीखा

Deshbandhu

बढ़िया चल रही हैं टोकवो ओलंपिक के लिए टीम की तैयारियाँ

बढ़िया चल रही हैं टोकवो ओलंपिक के लिए टीम की तैयारियाँ... बढ़िया चल रही हैं टोकवो ओलंपिक के लिए टीम की तैयारियाँ

Deshbandhu

अमेरिका के खिलाफ हमें अपनी मजबूती को पता चला

अमेरिका के खिलाफ हमें अपनी मजबूती को पता चला... अमेरिका के खिलाफ हमें अपनी मजबूती को पता चला



TEAM BIRTHDAYS

SENIOR MEN'S

JUNIOR MEN'S

JANUARY

GURINDER SINGH	01	SUKHMAN SINGH	01
HARMANPREET SINGH	06	SHARDANAND TIWARI	07
MANDEEP SINGH	25	GREGORY XESS	09
GURJANT SINGH	26	DILJEET SINGH	16
JASKARAN SINGH	27	ARAJEET SINGH HUNDAL	21
		GURMUKH SINGH	31

FEBRUARY

BIRENDRA LAKRA	03	MANINDER SINGH	04
GURSAHIBJIT SINGH	05	ABHISHEK LAKRA	07
VIVEK SAGAR PRASAD	25	DINACHANDRA SINGH MOIRANGTHEM	12
		ARSHDEEP SINGH	27

SENIOR WOMEN'S

JUNIOR WOMEN'S

JANUARY

UDITA	14	MUMTAZ KHAN	15
NAVNEET KAUR	26	SUSHMA KUMARI	22
		YOGITA BORA	24
		SUMITA	25

FEBRUARY

SUSHILA CHANU PUKHRAMBAM	25
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IN FOCUS UDITA

(Indian Women's Hockey Team)
My age is: 22

My hometown is: Hisar, Haryana

I play as a: Defender

I made my debut in: 2017

My most important target : is to win an Olympic medal

My favourite workout is: core strengthening

My favourite actor: Randeep Hooda

My favourite song is : 'Bapu' by Navi Grewal

My favourite cuisine is : *Ghar ka khaana/parantha*

My best sporting moment: was when I scored the first goal of the tournament in Asian Games 2018

My idols are : my mother

My dream destination: Paris, France

If I wasn't a hockey player, I would've been: a professor



My gym buddies are : Jyoti and Bichu

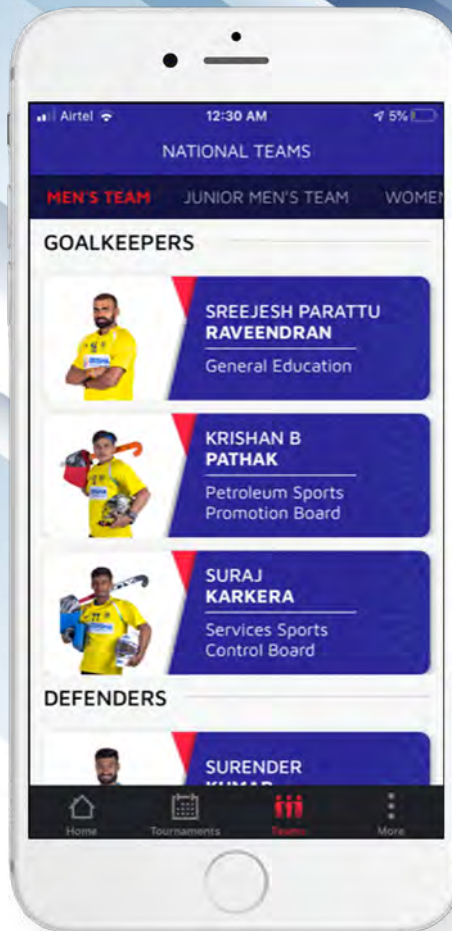
My favorite outfit: suit

Go to Karaoke song: 'Mai Kal Tak Nahi Rehna' by Surjit Bindrakhia

3 things I don't travel without: my cell phone, headphones, credit cards

My 3 am buddy in the team: Gurjit Kaur

My cheat meal: Burger and cheese pizza!



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