



HOCKEY INDIA

#HaiTayyar

#IndiaKaGame

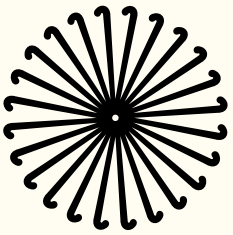
# GOOD LUCK TEAM INDIA

*FOR TOKYO OLYMPICS 2020*

*23rd July to 8th August 2021*

*Tokyo, Japan*

#HockeyInvites #WeAreTeamIndia #Tokyo2020 #Hockey #StrongerTogether



HOCKEY INDIA

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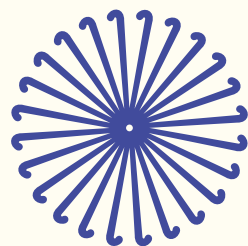
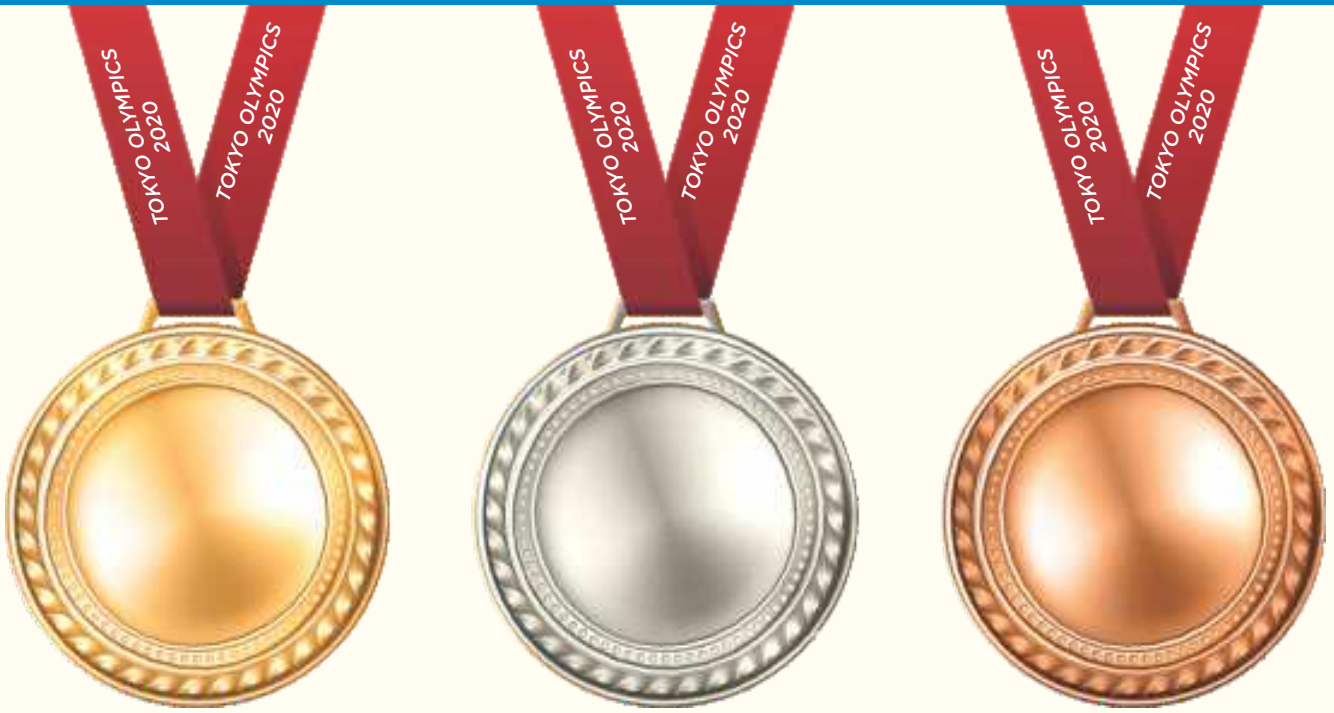


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HOCKEY INDIA

**#HaiTayyar**

**#WeAreTeamIndia**

# MESSAGE FROM PRESIDENT



**MR. GYANENDRO  
NINGOMBAM**  
PRESIDENT  
HOCKEY INDIA

*Namaste,*

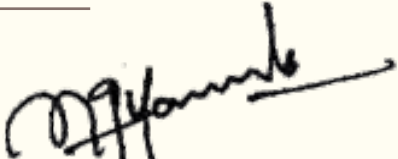
In this Olympic cycle, the Indian Teams have worked earnestly to bring back the glory days of hockey at the prestigious Olympic Games. Though the COVID-19 pandemic posed several challenges in 2020 and 2021, the Men's and Women's Hockey Olympic Core Group including the Coaching Staff remained focused on this pursuit. I am very proud of their dedication and commitment to achieve and also feel humbled to learn about the personal sacrifices they have made, staying away from their families for months only to ensure they are training in a bio-secure environment.

Players draw inspiration from India's rich history - a glorious past right from the first hockey contingent that succeeded under Captain Jaipal Singh Munda at the 1928 Olympic Games in Amsterdam, Netherlands and from there on successively won Six Gold Medals till 1956. With a total of eight Olympic Gold Medals in hockey, India continues to remain the highest Gold Medal winning team in the history of the Olympic Games.

This year, however, the Olympic Games in Tokyo will be like no other in the past. The Olympic Games, I believe will be a beacon of hope – light at the end of the tunnel perhaps, a demonstration to the world that we must move on from the grimness that shrouds us due to the COVID-19 pandemic. The performances there by elite athletes will be a testimony to human spirit.

To ensure the safety of our players and coaching staff, Hockey India also ensured the entire hockey contingent is fully vaccinated. This was imperative and I am grateful for the support of Ministry of Youth Affairs and Sports (MYAS), Sports Authority of India (SAI), Indian Olympic Association (IOA) as well as our committed team partner Odisha State Government.

I feel very proud that the Indian Men's and Women's Hockey Teams have decided to dedicate their Olympic Performance to the Covid Warriors and frontline workers in India who risked their own lives in order to save people who suffered from the dreaded virus. I wish the Indian teams the very best and sincerely hope that they stand on the podium in Tokyo.



# MESSAGE FROM SECRETARY GENERAL



**MR. RAJINDER  
SINGH**  
SECRETARY GENERAL  
HOCKEY INDIA

*Namaste,*

As the Indian Men's and Women's Team prepare to leave for the Olympic Games Tokyo 2020, I would like to wish them the very best and hope that their efforts put in over the past couple of years results in a podium finish. We at Hockey India believe it is a realistic target for both teams to finish on the podium and they have over the past years shown great potential to achieve this target.

The past 15 months have particularly been challenging due to the COVID-19 pandemic but the teams have remained resolute. Hockey India too had to reinvent and rely heavily on technology to ensure the teams preparations were not disrupted. During these trying times, we received unconditional support from the Ministry of Youth Affairs and Sports (MYAS), Sports Authority of India (SAI) as well as our Team Partner Odisha State Government.

After a wait of one whole year, the time is finally here to see the collective efforts made by the players, coaching staff and all officials involved with the teams to bear desirable results.

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# MESSAGE FROM TREASURER



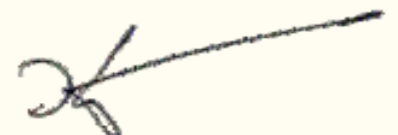
MR. TAPAN KUMAR  
**DAS**  
TREASURER  
HOCKEY INDIA

*Namaste,*

This is a proud moment for both Indian Men's and Women's Hockey teams to represent the nation at the prestigious Tokyo Olympics 2020. I am extremely delighted with the hard work and dedication they have put in to prepare for this event despite facing tough situations due to the COVID-19 pandemic. Staying in a bio-bubble away from family for more than a year's time is not an easy job, especially in these circumstances where human life is at stake, and I am so proud to see that our players never let these pandemic situations derail their preparations for the Olympics. They have worked day and night for this moment, and it is finally here. I am also proud of Hockey India and SAI, who have worked tirelessly towards the betterment and safety of these players, and made it a smooth process despite unfavorable conditions.

Our Women's team have qualified for the second consecutive time, which shows that they have made some remarkable improvements. Whereas, our men's team who are at 4<sup>th</sup> in World Rankings, have established themselves as one of the strongest teams, and are among the front runners for the medal at Tokyo.

I would like to take this opportunity to extend my best wishes to both the teams as well as to Hockey India and SAI, who have worked really hard for this and also grateful for the support from Ministry of Youth Affairs and Sports (MYAS) and our team partner Odisha State Government. Morale of our players are very high, they are confident than ever, and I strongly believe that the Indian Hockey teams will create history at Tokyo Olympics 2020.





HOCKEY INDIA



# ABOUT HOCKEY INDIA & TEAM PARTNER ODISHA

**H**OCKEY INDIA (HI) is the governing body with exclusive mandate to direct and conduct all activities for both men and women's hockey in India. It is recognized by the Ministry of Youth Affairs & Sports, Govt. of India as the sole body responsible towards promoting Hockey in India. Headquartered in New Delhi, Hockey India was established on 20th May, 2009 and is affiliated to the International Hockey Federation (FIH), the Indian Olympic Association (IOA) and Asian Hockey Federation (AHF).

Committed to the development of Hockey in the country, Hockey India with the assistance of Sports Authority of India and Department of Sports, Government of India, trains players at sub-junior, junior and senior level. The governing body engages in Coaching the coaches with International Standard certification programs, educates and equips technical officials and umpires to find a foothold in international arena, provides world-class infrastructure and International exposure for the players besides regular international competition.

Hockey India has also pioneered in bringing top International hockey events to India such as the FIH Men's World Cup in 2010 and 2018, FIH Champions Trophy in 2014, FIH Junior Men's World Cup in 2016, FIH Hockey World League Final in 2017. With its vision to popularize the game and constantly promote it, Hockey India is dedicated to getting our national team(both men and women) into the top three in the world.

With life and sport around the world getting disrupted by the COVID-19 pandemic, Hockey India left no stones unturned to bring back normalcy to the lives of its stakeholders. The major highlights of the year 2020-21 were the resumption of sporting activities in India amid pandemic situations. In April 2020, Hockey India became the first federation to layout and share detailed SOPs and guidelines for resumption of sporting activities. With a proactive approach to tackle the pandemic, Hockey India also conducted various National Championships in March 2021, including exclusive tournaments for academies. 1st Hockey India Sub Junior Women Academy National Championship 2021 and 1st Hockey India Junior Women Academy National Championship 2021 were being held at the iconic Kalinga stadium in Bhubaneswar.

## About Team Partner Odisha

Odisha - the Eastern State of India - is known for its love for Hockey. The State successfully hosted the Odisha Hockey Men's World Cup Bhubaneswar 2018 and hosted the FIH Men's Series Finals Bhubaneswar Odisha 2019 in June. Odisha has previously hosted the Champions Trophy 2014 and the Odisha Men's Hockey World League Final Bhubaneswar 2017. Kalinga Lancers, the team owned by the State, is the winners in the Hockey India League 2017. Taking a step further towards realising the dream of restoring the glory of Indian Hockey at the global level, the State is sponsoring the Indian Hockey Teams till 2023



# INDIA'S OLYMPIC HISTORY



India first participated at the Olympic Games in 1900, with a lone athlete (Norman Pritchard) winning two Silver Medals in athletics. The nation first sent its team to the Summer Olympic Games in 1920, and has participated in every Summer Games since then. India has also competed at several Winter Olympic Games beginning in 1964. Indian athletes have won a total of 28 Medals, all at the Summer Games.

For a period of time, the Indian national field hockey team was dominant in Olympic competition, winning Eleven Medals in twelve Olympics between 1928 and 1980. The run included 8 Gold Medals in which six Gold Medals were in succession from 1928-1956.

From 1948 onwards, because of the Indian Olympic Association's wider outreach, India began sending delegation of over 50 sport persons representing several sports - each selected by its sports federation - to the Olympics.

At the 2016 Summer Olympics, a record number of 117 Indian athletes competed. Sakshi Malik became the first Indian woman wrestler to win an Olympic Medal with her Bronze Medal finish in Women's freestyle 58 kg category. Shuttler P. V. Sindhu became the first Indian woman to win a Silver Medal in Olympics and also the youngest Indian Olympic medallist.



# MEDAL WON BY INDIAN ATHLETES AT OLYMPIC GAMES

S.No.	Olympic Games	Name/Team	Medal	Sport	Event
01	1900 Paris	Norman Pritchard	Silver	Athletics	Men's 200 Metres
02	1900 Paris	Norman Pritchard	Silver	Athletics	Men's 200 Metre Hurdles
03	1928 Amsterdam	Men's Hockey Team	Gold	Field Hockey	Men's Competition
04	1932 Los Angeles	Men's Hockey Team	Gold	Field Hockey	Men's Competition
05	1936 Berlin	Men's Hockey Team	Gold	Field Hockey	Men's Competition
06	1948 London	Men's Hockey Team	Gold	Field Hockey	Men's Competition
07	1952 Helsinki	Men's Hockey Team	Gold	Field Hockey	Men's Competition
08	1952 Helsinki	K.D. Jadhav	Bronze	Wrestling	Men's Freestyle 57kg
09	1956 Melbourne	Men's Hockey Team	Gold	Field Hockey	Men's Competition
10	1960 Rome	Men's Hockey Team	Silver	Field Hockey	Men's Competition
11	1964 Tokyo	Men's Hockey Team	Gold	Field Hockey	Men's Competition
12	1968 Mexico City	Men's Hockey Team	Bronze	Field Hockey	Men's Competition
13	1972 Munich	Men's Hockey Team	Bronze	Field Hockey	Men's Competition



S.No.	Olympic Games	Name/Team	Medal	Sport	Event
14	1980 Moscow	Men's Hockey Team	Gold	Field Hockey	Men's Competition
15	1996 Atlanta	Leander Paes	Bronze	Tennis	Men's Singles Competition
16	2000 Sydney	Karnam Malleswari	Bronze	Weightlifting	Women's 69kg
17	2004 Athens	Rajyavardhan Singh Rathore	Silver	Shooting	Men's Double Trap
18	2008 Beijing	Abhinav Bindra	Gold	Shooting	Men's 10M Air Rifle
19	2008 Beijing	Vijender Singh	Bronze	Boxing	Men's Middleweight
20	2008 Beijing	Sushil Kumar	Bronze	Wrestling	Men's Freestyle 66kg
21	2012 London	Vijay Kumar	Silver	Shooting	Men's 25M Rapid Fire Pistol
22	2012 London	Sushil Kumar	Silver	Wrestling	Men's Freestyle 66kg
23	2012 London	Saina Nehwal	Bronze	Badminton	Women's Singles
24	2012 London	Mary Kom	Bronze	Boxing	Women's Flyweight
25	2012 London	Gagan Narang	Bronze	Shooting	Men's 10M Air Rifle
26	2012 London	Yogeshwar Dutt	Bronze	Wrestling	Men's Freestyle 60kg
27	2016 Rio de Janeiro	PV Sindhu	Silver	Badminton	Women's Singles
28	2016 Rio de Janeiro	Sakshi Malik	Bronze	Wrestling	Women's Freestyle 58kg



# HISTORY OF HOCKEY IN OLYMPICS



The inaugural Olympic Hockey Competition for men was held in London in 1908 with England, Ireland, Scotland and Wales competing separately. With the addition of Germany and France, the competition ran with six teams.

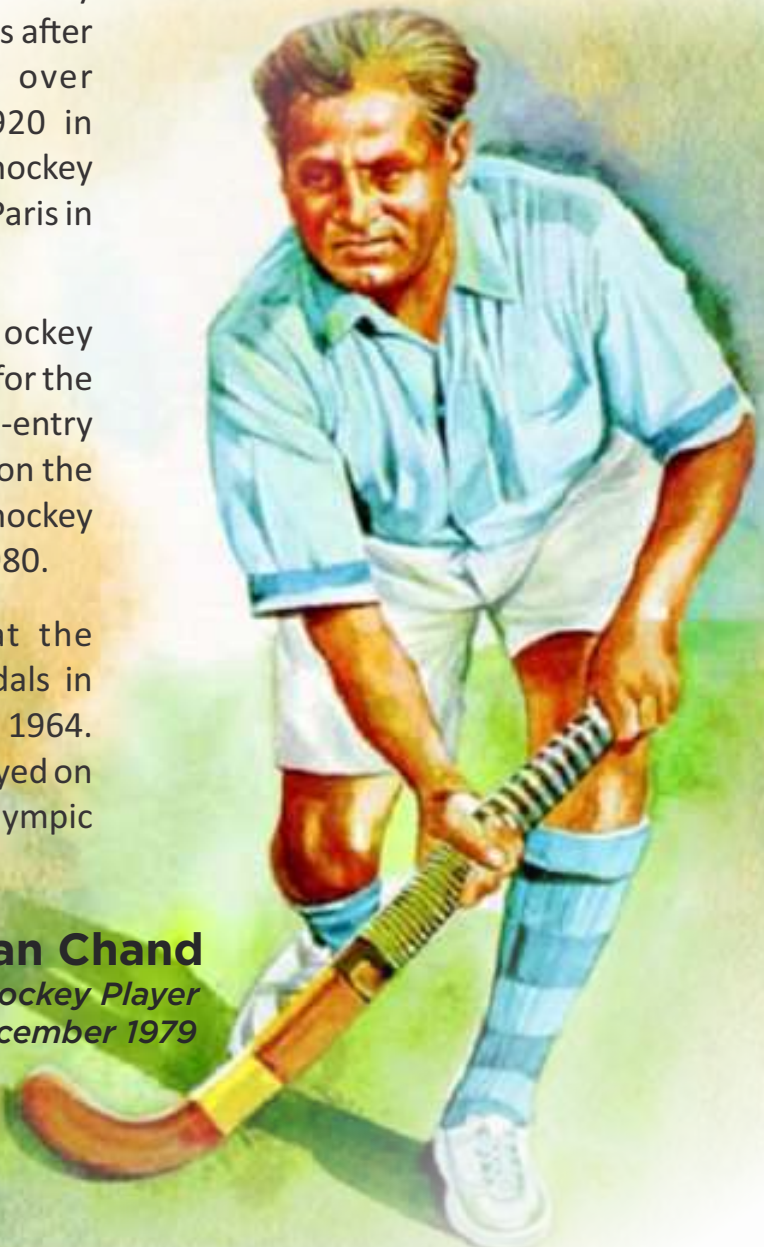
After having made its first appearance at the London Games, hockey was subsequently dropped from the 1912 Stockholm Games after host nations were granted control over 'optional sports'. It reappeared in 1920 in Antwerp after pressure from Belgian hockey advocates before being omitted again in Paris in 1924.

The formation of the International Hockey Federation in 1924 was not soon enough for the Paris Olympics but it did grant hockey re-entry in Amsterdam in 1928. Hockey has been on the programme ever since, with women's hockey included for the first time in Moscow in 1980.

For a long time, India dominated at the Olympics, winning the men's Gold Medals in seven out of eight Olympics from 1928 to 1964. Olympic field hockey games were first played on artificial turf at the 1976 Montreal Olympic Games.

Until 1988 the Olympics were invitational, however FIH introduced qualification system for the Olympic Games since the 1992 games.

India is the leading team in overall medal tally with 11 Medals (8 Gold, 1 Silver and 2 Bronze). India also leads in most number of Gold Medals in hockey.



**Major Dhyhan Chand**  
*Indian Hockey Player*  
29 August 1905 - 3 December 1979

# HISTORY OF INDIAN HOCKEY IN OLYMPICS

## 1928 Amsterdam Olympics

Date: 17<sup>th</sup> May to 26<sup>th</sup> May 1928

**Rank: Gold Medal** 

**Captain: Jaipal Singh Munda**



### THE INDIAN HOCKEY TEAM

Jaipal Singh Munda (C)	Richard Allen	Dhyan Chand
Michael A. Gateley	Leslie Charles Hammond	Feroze Khan
George Eric Marthins	Rex A. Norris	Broome Eric Pinniger
Michael E. Rocque	Frederick S. Seaman	Shaukat Ali
Kehar Singh	Sayed Mohamed Yusuf	Iftikhar Ali Khan
William James Goodsir-Cullen		

## 1932 Los Angeles Olympics

Date: 04<sup>th</sup> August to 11<sup>th</sup> August 1932

**Rank: Gold Medal** 

**Captain: Syed Lal Shah Bokhari**



### THE INDIAN HOCKEY TEAM

Syed Lal Shah Bokhari (C)	Richard Allen	S. Mohd. Aslam
Frank Brewin	Richard John Carr	Dhyan Chand
Leslie Charles Hammond	Arthur Charles Hind	Sayed Mohammad Jaffar
Masud Ali Khan Minhas	Broome Eric Pinniger	Gurmit Singh Kullar
Roop Singh	William P Sullivan	Carlyle Carrol Tapsell

# 1936 Berlin Olympics

Date: 04<sup>th</sup> August to 15<sup>th</sup> August 1936

**Rank: Gold Medal** 

**Captain: Dhyan Chand**



## THE INDIAN HOCKEY TEAM

Dhyan Chand (C)	Richard Allen	Ali Iqtidar Shah Dara
Lionel C. Emmett	Peter Paul Fernandes	Joseph D. T. Galibardy
Earnest John Goodsir-Cullen	Mohammed Hussain	Sayed Mohammad Jaffar
Ahmed Sher Khan	Ahsan Mohd. Khan	Mirza Nasir-Ud-Din Masood
Cyril James Michie	Baboo Narsoo Nimal	Joseph Phillips
Shabban Shahab-Ud-Din	Gurcharan Singh Garewal	Roop Singh
Carlyle Carrol Tapsell		

# 1948 London Olympics

Date: 31<sup>st</sup> July to 13<sup>th</sup> August 1948

**Rank: Gold Medal** 

**Captain: Kishan Lal**



## THE INDIAN HOCKEY TEAM

Kishan Lal (C)	Leslie Claudius	Keshav Datt
Walter D'Souza	Lawrie Fernandes	Ranganathan Francis
Gerry Glackan	Akhtar Hussain	Patrick Jansen
Amir Kumar	Leo Pinto	Jaswant Singh Rajput
Latif-Ur-Rehman	Reginald Rodrigues	Balbir Singh Sr.
Randhir Singh Gentle	Grahanandan Singh	K. D. Singh Babu
Trilochan Singh	Maxie Vaz	

# 1952 Helsinki Olympics

Date: 15<sup>th</sup> July to 24<sup>th</sup> July 1952

**Rank: Gold Medal** 

**Captain: K. D. Singh Babu**



## THE INDIAN HOCKEY TEAM

K. D. Singh Babu (C)	Leslie Claudius	Meldric Daluz
Keshav Datt	Cinnadorai Deshmuthu	Ranganathan Francis
Raghibir Lal	Govind Perumal	Muniswamy Rajgopal
Balbir Singh Sr.	Randhir Singh Gentle	Udham Singh Kullar
Swarup Singh	Jaswant Singh	C.S. Dubey
Chaman Singh Gurung	Dharam Singh	Grahanandan Singh

# 1956 Melbourne Olympics

Date: 23<sup>rd</sup> November to 06<sup>th</sup> December 1956

**Rank: Gold Medal** 

**Captain: Balbir Singh Sr.**



## THE INDIAN HOCKEY TEAM

Balbir Singh Sr. (C)	Leslie Claudius	Ranganathan Francis
Hari Pal Kaushik	Amir Kumar	Raghibir Lal
Shankar Laxman	Govind Perumal	Amit Singh Bakshi
Raghibir Singh Bhola	Hardyal Singh Garchey	Randhir Singh Gentle
Balkishan Singh Grewal	Gurdev Singh Kullar	Udham Singh Kullar
Bakshish Singh	O.P. Malhotra	Charles Stephen

# 1960 Rome Olympics

Date: 26<sup>th</sup> August to 11<sup>th</sup> September 1960

Rank: Silver Medal 

Captain: Leslie Claudius



## THE INDIAN HOCKEY TEAM

Leslie Claudius (C)

Joseph Antic

Jaman Lal Sharma

Mohinder Lal

Shankar Laxman

Victor John Peter

Govind Sawant

Raghubir Singh Bhola

Udham Singh Kullar

Charanjit Singh

Jaswant Singh

Joginder Singh

Prithipal Singh

Balkishan Singh Grewal

Cinnadorai Deshmuthu

Kulwant Arora

Bandu Patil

Erman K Bastian

Shanta Ram

Hari Pal Kaushik

J. Mascarenhas

# 1964 Tokyo Olympics

Date: 11<sup>th</sup> October to 23<sup>rd</sup> October 1964

Rank: Gold Medal 

Captain: Charanjit Singh



## THE INDIAN HOCKEY TEAM

Charanjit Singh (C)

Shankar Laxman

R A Christy

Prithipal Singh

Dharam Singh

Gurbux Singh

Mohinder Lal

Jagjit Singh

Rajinder Singh

Joginder Singh

Hari Pal Kaushik

Harbinder Singh

Balbir Singh

Bandu Patil

Victor John Peter

Udham Singh Kullar

Darshan Singh

Syed Mushtaq Ali



# Olympic 1968, Mexico

Date: 13<sup>th</sup> October to 26<sup>th</sup> October 1968

Rank: Bronze Medal 

Captain: Prithipal Singh



## THE INDIAN HOCKEY TEAM

Prithipal Singh (C)	R A Christy	Krishnamurthy Perumal
Victor John Peter	Inam-Ur Rahman	Munir Sait
Ajitpal Pal Singh	Balbir Singh (Services)	Balbir Singh (Railways)
Balbir Singh (Punjab)	Gurbux Singh	Harbinder Singh
Harmik Singh	Inder Singh	Tarsem Singh
Dharam Singh	Jagjit Singh	

# Olympic 1972, Munich

Date: 27<sup>th</sup> August to 10<sup>th</sup> September 1972

Rank: Bronze Medal 

Captain: Harmik Singh



Munich1972



## THE INDIAN HOCKEY TEAM

Harmik Singh (C)	B. P. Govinda	Charles Cornelius
Manuel Frederick	Michael Kindo	Ashok Kumar
M. P. Ganesh	Krishnamurthy Perumal	Ajitpal Singh
Harbinder Singh	Harcharan Singh	Kulwant Singh
Mukhbain Singh	Virinder Singh	Aslam Sher Khan
Vece Paes	V J Philips	Ajit Singh

# 1980 Moscow Olympics

Date: 20<sup>th</sup> July to 29<sup>th</sup> July 1980

**Rank: Gold Medal** 

**Captain: Vasudevan Baskaran**



## THE INDIAN HOCKEY TEAM

Vasudevan Baskaran (C)	Bir Bhadur Chettri	Allan Schofield
Sylvanus Dung Dung	Rajinder Singh	Davinder Singh
Gurmail Singh	Ravinder Pal Singh	MM Somaya
Maharaj Krishan Kaushik	Charanjit Kumar	Merwyn Fernandes
Amarjit Singh Rana	Mohd. Shahid	Zafar Iqbal
Surinder Singh Sodhi		

## Captains - Indian Men Hockey Team in Olympics 1976 to 2016



Montréal 1976

**1976  
Montreal  
Olympics**

Men's Hockey Team  
**Rank: 7th Position**  
Captain: Ajitpal Singh



**1984  
Los Angeles  
Olympics**

Men's Hockey Team  
**Rank: 5th Position**  
Captain: Zafar Iqbal



**1988  
Seoul  
Olympics**

Men's Hockey Team  
**Rank: 6th Position**  
Captain: M.M. Somaya



**1992  
Barcelona  
Olympics**

Men's Hockey Team  
**Rank: 7th Position**  
Captain: Pargat Singh



**1996  
Atlanta  
Olympics**

Men's Hockey Team  
**Rank: 8th Position**  
Captain: Pargat Singh



**2000  
Sydney  
Olympics**

Men's Hockey Team  
**Rank: 7th Position**  
Captain: Ramandeep Singh Grewal



**2004  
Athens  
Olympics**

Men's Hockey Team  
**Rank: 7th Position**  
Captain: Dilip Tirkey



**2012  
London  
Olympics**

Men's Hockey Team  
**Rank: 12th Position**  
Captain: Bharat Chettri



**2016  
Rio  
Olympics**

Men's Hockey Team  
**Rank: 8th Position**  
Captain: PR Sreejesh

**Captains - Indian Women Hockey Team in Olympics**



**1980  
Moscow  
Olympics**

Women's Hockey Team  
**Rank: 4th Position**  
Captain: Rupa Saini



**2016  
Rio  
Olympics**

Women's Hockey Team  
**Rank: 12th Position**  
Captain: Sushila Chanu  
Pukhrambam

# OLYMPIC GAMES

## MEDAL TALLY

### HOCKEY



## MEDAL TALLY









Rank	Country	Gold	Silver	Bronze	Total
1	India	8	1	2	11
2	Netherlands	5	6	6	17
3	Australia	4	3	5	12
4	Great Britain	4	2	6	12
5	Germany	4	2	4	10
6	Pakistan	3	3	2	8
7	Spain	1	3	1	5
8	West Germany	1	3	0	4
9	Argentina	1	2	2	5
10	New Zealand	1	0	0	1
10	Zimbabwe	1	0	0	1
12	South Korea	0	3	0	3
13	Belgium	0	1	1	2
14	China	0	1	0	1
14	Czechoslovakia	0	1	0	1
14	Denmark	0	1	0	1
14	Japan	0	1	0	1
18	Soviet Union	0	0	2	2
18	United States	0	0	2	2
20	United Team of Germany	0	0	1	1

INDIA'S

# MEDAL TALLY

IN OLYMPICS GAMES

## MEDAL TALLY

 Sport	Gold 	Silver 	Bronze 	Total 
 Field Hockey	8	1	2	11
 Shooting	1	2	1	4
 Athletics	0	2	0	2
 Wrestling	0	1	4	5
 Badminton	0	1	1	2
 Boxing	0	0	2	2
 Tennis	0	0	1	1
 Weightlifting	0	0	1	1
<b>Total</b>	<b>9</b>	<b>7</b>	<b>12</b>	<b>28</b>

# ABOUT TOKYO OLYMPICS 2020

The 2020 Summer Olympics officially known as the Games of the XXXII Olympiad and also known as Tokyo 2020, is an upcoming international multi-sport event scheduled to be held from 23 July to 8 August 2021 in Tokyo, Japan. Originally scheduled to take place from 24 July to 9 August 2020, the event was postponed in March 2020 as a result of the COVID-19 pandemic. Despite being rescheduled for 2021, the event retains the Tokyo 2020 name for marketing and branding purposes. This is the first time that the Olympic Games have been postponed and rescheduled, rather than cancelled. The Summer Paralympics will be held between 24 August and 5 September 2021 after the Olympics.

Tokyo was selected as the host city during the 125th IOC Session in Buenos Aires, Argentina on 07 September 2013. The 2020 Games will mark the second time that Japan has hosted the Summer Olympic Games, the first being also in Tokyo in 1964, making this the first city in Asia to host the Summer Olympic Games twice.

The 2020 Games will see the introduction of new competitions including 3x3 Basketball, Freestyle BMX, and Madison Cycling, as well as further mixed events. Under new IOC policies, which allow the host organizing committee to add new sports to the Olympic program to augment the permanent core events, these Games will see Karate, Sport Climbing, Surfing, and Skateboarding make their Olympic debuts, as well as the return of Baseball and Softball for the first time since 2008.

## Tokyo 2020 Olympic Games in brief:

- Sports: 33
- Medal events: 339
- Competition venues: 42
- Days of competition: 19
- Olympic Village official opening: 13 July 2021
- Opening Ceremony: 23 July 2021
- Closing Ceremony: 8 August 2021



# OLYMPIC TORCH RELAY TOKYO 2020



The Olympic flame is a symbol used in the Olympic movement. It is also a symbol of continuity between ancient and modern games. Several months before the Olympic Games, the Olympic flame is lit at Olympia, Greece. This ceremony starts the Olympic torch relay, which formally ends with the lighting of the Olympic cauldron during the opening ceremony of the Olympic Games. The flame then continues to burn in the cauldron for the duration of the Games, until it is extinguished during the Olympic closing ceremony.

The concept for the Tokyo 2020 Olympic Torch Relay across Japan will be "Hope Lights Our Way", uniting the Japanese people around messages about supporting, accepting and encouraging one another.

The Olympic flame is often associated with a message of peace and hope, as it is carried around the host nation, and as such has become one of the most powerful symbols of the Olympic Movement. In 2020, the Olympic flame will not only symbolise the sunrise of a new era spreading the hope that will light our way, but will also serve to spread the joy and passion of the Japanese around the Olympic Movement as the Games approach.

Upon its arrival in Japan, the Olympic flame initially was put on display at various locations in the Tohoku region, to help underscore this message of hope in the areas affected by the 2011 Earthquake and Tsunami.





# THE MASCOT MIRAITOWA

ミライトワ

【miraitowa】

TOKYO OLYMPICS 2020

The Tokyo 2020 Olympic Games mascot is styled with the Ai (indigo blue) Ichimatsu pattern from the Tokyo 2020 Games emblem, a tribute to both the respected tradition and modern innovation of Japanese culture.

MIRAITOWA has a personality inspired by the Japanese proverb, “learn from the past and develop new ideas”. MIRAITOWA is cheerful and remarkably athletic, with a very strong sense of integrity. It has a special power to instantly teleport anywhere it wants.

## ORIGIN OF THE NAME

The name MIRAITOWA is based on the Japanese words "mirai", meaning “future”, and "towa", meaning “eternity”, representing the wish that the Tokyo 2020 Olympic Games will lead to a future of everlasting hope in the hearts of everyone around the world.





# OLYMPIC VENUE

## Oi Hockey Stadium

### Venue Overview

The Oi Hockey Stadium has been constructed in the Oi Pier Ocean Park and will host the Olympic Hockey Games. Oi Hockey Stadium contains four pitches, including two competition pitches and two training pitches. During the Games, the second training pitch will be used as the warm-up pitch and shared by the two competition pitches. The field of play and all equipment will be presented in accordance with the FIH Rules of Hockey. The pitches at Oi Hockey Stadium certified to FIH Global Elite standard, with in-situ irrigation systems. The pitches are blue in colour.

### Venue capacities

Olympic Hockey: 15,000

### Address:-

Oi Hockey Stadium (North Pitch)  
4-1-19 Yashio Shinagawa-ku Tokyo Japan

Oi Hockey Stadium (South Pitch)  
1-2-1 Tokai Ota-ku Tokyo Japan



# XXXII OLYMPIC GAMES TOKYO (MEN)

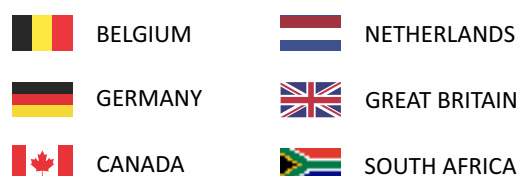


## HOCKEY MEN'S SCHEDULE

### Pool A



### Pool B



Match No	Date	Time	Pool	Match	Pitch
01	24 Jul 2021	06:00 IST	A	Japan Vs Australia	North Pitch
<b>02</b>	<b>24 Jul 2021</b>	<b>06:30 IST</b>	<b>A</b>	<b>New Zealand Vs India</b>	<b>South Pitch</b>
03	24 Jul 2021	08:15 IST	B	Netherlands Vs Belgium	North Pitch
04	24 Jul 2021	08:45 IST	A	Argentina Vs Spain	South Pitch
05	24 Jul 2021	15:00 IST	B	Great Britain Vs South Africa	North Pitch
06	24 Jul 2021	15:30 IST	B	Canada Vs Germany	South Pitch
<b>07</b>	<b>25 Jul 2021</b>	<b>15:00 IST</b>	<b>A</b>	<b>India Vs Australia</b>	<b>North Pitch</b>
08	25 Jul 2021	15:30 IST	A	Japan Vs Argentina	South Pitch
09	25 Jul 2021	17:15 IST	A	Spain Vs New Zealand	North Pitch
10	25 Jul 2021	17:45 IST	B	South Africa Vs Netherlands	South Pitch
11	26 Jul 2021	06:00 IST	B	Germany Vs Belgium	North Pitch
12	26 Jul 2021	08:15 IST	B	Great Britain Vs Canada	North Pitch
13	27 Jul 2021	06:00 IST	A	Argentina Vs Australia	North Pitch
<b>14</b>	<b>27 Jul 2021</b>	<b>06:30 IST</b>	<b>A</b>	<b>India Vs Spain</b>	<b>South Pitch</b>
15	27 Jul 2021	08:15 IST	A	Japan Vs New Zealand	North Pitch
16	27 Jul 2021	08:45 IST	B	Germany Vs Great Britain	South Pitch
17	27 Jul 2021	15:00 IST	B	Belgium Vs South Africa	North Pitch
18	27 Jul 2021	17:15 IST	B	Netherlands Vs Canada	North Pitch
19	28 Jul 2021	17:15 IST	A	Japan Vs Spain	North Pitch
20	28 Jul 2021	17:45 IST	A	Australia Vs New Zealand	South Pitch
<b>21</b>	<b>29 Jul 2021</b>	<b>06:00 IST</b>	<b>A</b>	<b>India Vs Argentina</b>	<b>North Pitch</b>
22	29 Jul 2021	06:30 IST	B	Belgium Vs Canada	South Pitch
23	29 Jul 2021	08:15 IST	B	South Africa Vs Germany	North Pitch
24	29 Jul 2021	08:45 IST	B	Netherlands Vs Great Britain	South Pitch
25	30 Jul 2021	06:30 IST	A	Australia Vs Spain	South Pitch
26	30 Jul 2021	08:45 IST	B	Canada Vs South Africa	South Pitch
<b>27</b>	<b>30 Jul 2021</b>	<b>15:00 IST</b>	<b>A</b>	<b>Japan Vs India</b>	<b>North Pitch</b>
28	30 Jul 2021	15:30 IST	A	Argentina Vs New Zealand	South Pitch
29	30 Jul 2021	17:15 IST	B	Germany Vs Netherlands	North Pitch
30	30 Jul 2021	17:45 IST	B	Belgium Vs Great Britain	South Pitch
<b>QUARTER-FINAL</b>					
31	1 Aug 2021	06:00 IST	QF 1	_____ Vs _____	North Pitch
32	1 Aug 2021	08:30 IST	QF 2	_____ Vs _____	North Pitch
33	1 Aug 2021	15:00 IST	QF 3	_____ Vs _____	North Pitch
34	1 Aug 2021	17:30 IST	QF 4	_____ Vs _____	North Pitch
<b>SEMI-FINAL</b>					
35	3 Aug 2021	07:00 IST	SF 1	_____ Vs _____	North Pitch
36	3 Aug 2021	15:30 IST	SF 2	_____ Vs _____	North Pitch
<b>FINAL</b>					
37	5 Aug 2021	07:00 IST		_____ Vs _____ (BRONZE MEDAL)	North Pitch
38	5 Aug 2021	15:30 IST		_____ Vs _____ (GOLD)	North Pitch

# XXXII OLYMPIC GAMES TOKYO (WOMEN)



## HOCKEY WOMEN'S SCHEDULE

### Pool A

	NETHERLANDS		GERMANY
	GREAT BRITAIN		IRELAND
	INDIA		SOUTH AFRICA

### Pool B

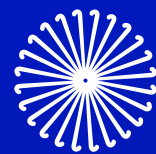
	AUSTRALIA		ARGENTINA
	NEW ZEALAND		SPAIN
	CHINA		JAPAN

Match No	Date	Time	Pool	Match	Pitch
01	24 Jul 2021	17:15 IST	A	Netherlands Vs India	North Pitch
02	24 Jul 2021	17:45 IST	A	Ireland Vs South Africa	South Pitch
03	25 Jul 2021	06:00 IST	A	Great Britain Vs Germany	North Pitch
04	25 Jul 2021	06:30 IST	B	Australia Vs Spain	South Pitch
05	25 Jul 2021	08:15 IST	B	Japan Vs China	North Pitch
06	25 Jul 2021	08:45 IST	B	New Zealand Vs Argentina	South Pitch
07	26 Jul 2021	06:30 IST	A	Netherlands Vs Ireland	South Pitch
08	26 Jul 2021	08:45 IST	B	Australia Vs China	South Pitch
09	26 Jul 2021	15:00 IST	A	South Africa Vs Great Britain	North Pitch
10	26 Jul 2021	15:30 IST	B	Argentina Vs Spain	South Pitch
11	26 Jul 2021	17:15 IST	B	Japan Vs New Zealand	North Pitch
12	26 Jul 2021	17:45 IST	A	Germany Vs India	South Pitch
13	28 Jul 2021	06:00 IST	A	Netherlands Vs South Africa	North Pitch
14	28 Jul 2021	06:30 IST	A	Great Britain Vs India	South Pitch
15	28 Jul 2021	08:15 IST	B	New Zealand Vs Spain	North Pitch
16	28 Jul 2021	08:45 IST	A	Germany Vs Ireland	South Pitch
17	28 Jul 2021	15:00 IST	B	Japan Vs Australia	North Pitch
18	28 Jul 2021	15:30 IST	B	Argentina Vs China	South Pitch
19	29 Jul 2021	15:00 IST	B	Spain Vs China	North Pitch
20	29 Jul 2021	15:30 IST	A	Great Britain Vs Netherlands	South Pitch
21	29 Jul 2021	17:15 IST	B	Japan Vs Argentina	North Pitch
22	29 Jul 2021	17:45 IST	B	New Zealand Vs Australia	South Pitch
23	30 Jul 2021	06:00 IST	A	South Africa Vs Germany	North Pitch
24	30 Jul 2021	08:15 IST	A	Ireland Vs India	North Pitch
25	31 Jul 2021	06:00 IST	B	China Vs New Zealand	North Pitch
26	31 Jul 2021	06:30 IST	B	Japan Vs Spain	South Pitch
27	31 Jul 2021	08:15 IST	B	Argentina Vs Australia	North Pitch
28	31 Jul 2021	08:45 IST	A	India Vs South Africa	South Pitch
29	31 Jul 2021	15:00 IST	A	Germany Vs Netherlands	North Pitch
30	31 Jul 2021	17:15 IST	A	Ireland Vs Great Britain	North Pitch
<b>QUARTER-FINAL</b>					
31	2 Aug 2021	06:00 IST	QF 1	_____ Vs _____	North Pitch
32	2 Aug 2021	08:30 IST	QF 2	_____ Vs _____	North Pitch
33	2 Aug 2021	15:00 IST	QF 3	_____ Vs _____	North Pitch
34	2 Aug 2021	17:30 IST	QF 4	_____ Vs _____	North Pitch
<b>SEMI-FINAL</b>					
35	4 Aug 2021	07:00 IST	SF 1	_____ Vs _____	North Pitch
36	4 Aug 2021	15:30 IST	SF 2	_____ Vs _____	North Pitch
<b>FINAL</b>					
37	6 Aug 2021	07:00 IST		_____ Vs _____ (BRONZE MEDAL)	North Pitch
38	6 Aug 2021	15:30 IST		_____ Vs _____ (GOLD)	North Pitch

# TEAM PROFILE

## INDIAN MEN'S HOCKEY TEAM

### FOR TOKYO OLYMPICS GAMES 2020



HOCKEY INDIA

The preparations for marquee event like Olympics have been unusual this time. COVID-19 pandemic situations brought everything to a grinding halt, including Tokyo Olympics, which was delayed by a year. However, the Indian Senior Men's Hockey Team took the postponement positively and looked to another year as an advantage to prepare well. Having spent one-and-a-half-year under bio-bubble restrictions at the National Camp at SAI Centre, Bengaluru, the Indian Men's team are geared up in all the possible ways for the prestigious Olympic Games 2020.

Hockey India and SAI never let the COVID-19 pandemic disrupt Indian men's team's Olympic preparations as they provided them a secured environment to train at SAI Centre. They have been in constant touch with the squad members to ensure a safe environment at the national camp. Moreover, as a part of Olympic preparations they also sanctioned tours for the Men's team earlier this year.

The men's team traveled to Europe and Argentina to test their year-long preparations. Having put up a good show against teams like Germany, Great Britain and reigning Olympic Champions Argentina on the tours, the World No.4 side are pumped up for the Tokyo Olympics. The Indian team also got a chance to return to high-level competition like FIH Pro League, where they defeated Argentina in both the matches and set the tone for the Olympics.

Despite the second wave of deadly virus and travel restrictions, the Indian men were still able to continue their training at the National camp. They approached the situation pragmatically and continued their preparations by making full use of technology and other training facilities provided by SAI and Hockey India.

With a strong build up to Olympics both on and off field, the Indian Men's Hockey Team are upbeat about scripting history at Tokyo Olympics.



# #HaiTayyar

# INDIAN MEN'S TEAM SQUAD FOR TOKYO OLYMPICS 2020

## GOALKEEPER



Sreejesh Parattu Raveendran

## DEFENDERS



Amit Rohidas



Birendra  
Lakra (VC)



Harmanpreet  
Singh (VC)



Rupinder Pal  
Singh



Surender  
Kumar



Varun Kumar  
(Ap Athlete)

## MIDFIELDERS



Manpreet Singh (C)



Hardik Singh



Nilakanta Sharma



Sumit



Vivek Sagar Prasad

## FORWARDS



Dilpreet Singh



Gurjant Singh



Lalit Kumar  
Upadhyay



Mandeep  
Singh



Shamsher  
Singh



Simranjeet Singh  
(Ap Athlete)

# 2 DILPREET SINGH



POSITION

**FORWARD**

DATE OF BIRTH

**12-11-1999**

ROLE MODEL

**AKASHDEEP SINGH**

SENIOR INTERNATIONAL CAPS

**44**

SENIOR INTERNATIONAL GOALS

**18**

21-year-old Dilpreet Singh plays as a forward for the Indian national team. Dilpreet is a prolific goalscorer who combines his pace with his excellent positional awareness in the final third of the field. Dilpreet was a part of Junior Men's Team in the 2017 Sultan of Johor Cup where he finished as the joint-leading marksman of the competition with 9 goals to his name. This stellar performance saw him earn his first call-up to the senior side for the 4 Nations Invitational Tournament in New Zealand in January 2018. Dilpreet made his senior international debut in this competition as an 18-year-old and finished as the leading goal-scorer of the competition with 3 goals to his name. Less than five months after his debut, Dilpreet was named in the 2018 Commonwealth Games Squad as well as the Asian Games in Jakarta-Palembang and Odisha Hockey Men's World Cup, Bhubaneswar 2018. Dilpreet's rise to the highest level has been fast tracked, and his talent has been recognised by several senior coaches across the board, as he is touted to be a star for the future for the Indian men's hockey.

*"I just want to go out there and test myself against the best competition in the world. That's what the Olympics are about. I am beyond excited."*



@dilpreetbal9

*Dilpreet Singh*

# 3 RUPINDER PAL SINGH



POSITION

**DEFENDER**

DATE OF BIRTH

**11-11-1990**

ROLE MODEL

**SARDAR SINGH**

SENIOR INTERNATIONAL CAPS

**216**

SENIOR INTERNATIONAL GOALS

**115**

Fondly known as 'Bob' by his teammates, Rupinder is one of the most lethal drag flickers in the world. The lanky defender made his international debut in 2010 at the Sultan Azlan Shah Tournament held in Ipoh, where India clinched the Gold. In the next edition of the same event, he bagged his first international hat-trick against Great Britain, and won the top-scorer of the tournament award. The experienced defender was named vice captain of the 2014 Men's Hockey World Cup team and he was also part of 2014 Commonwealth Games Silver Medal-winning side. He has featured regularly on the Indian team's historic wins, which includes the 2014 Asian Games triumph and the Gold Medal-winning 2016 Asian Champions Trophy campaign. Rupinder has had a topsy-turvy journey as he was dropped from the team for the 2018 Champions Trophy squad, but was called back for the 2018 Asian Games, where he made a solid comeback to the side by scoring a marvellous hat-trick against Sri Lanka and the team went on to clinch the Bronze Medal.

*"There is some unfinished business at the Olympics, we were very close to making history at Rio in 2016, and I feel Tokyo is a great opportunity to finish that unfinished business. I am hopeful that we will cross the line this year because we have put in a lot of hard work for this, and have made each and every day count at the camp beating odds on and off field."*

- @rupinderbob3
- @RupinderPalSinghOfficial
- rupinderbob3



*Rupinder Pal Singh*

# 6 SURENDER KUMAR



POSITION

**DEFENDER**

DATE OF BIRTH

**23-11-1993**

ROLE MODEL

**BIRENDRA LAKRA**

SENIOR INTERNATIONAL CAPS

**135**

SENIOR INTERNATIONAL GOALS

**3**

Having played as many as 135 international matches so far, Surender Kumar has been one of the key figures in the Indian defence. The Karnal-born player progressed through the ranks of the junior team set-up where he made his debut in 2012 and was a part of the 2013 FIH Junior Men's World Cup squad. The 27-year-old made his debut for the Senior team at the Men's Asian Champions Trophy in 2013, a series of solid performances in the Hockey India League and domestic circuit helped him cement his place in the Senior Team, and since then he has participated in almost all the major tournaments including 2016 Rio Olympics, Hero Men's Asia Cup 2017, FIH Men's Hockey Champions Trophy 2018 and 2018 Odisha Hockey Men's World Cup Bhubaneswar. Surender has also been a part of India's various memorable moments such as -- Bronze Medal-winning campaign at the 18th Asian Games Jakarta-Palembang, Hero Asian Champions Trophy Muscat 2018 glory and the Gold Medal-winning campaign at the FIH Series Finals 2019 in Bhubaneswar.

*"It is a privilege and honour to be part of the Indian team for the Olympics. I would say the bio-bubble has brought us closer, and we are working as a unit, and I think this is going to benefit us in our performance at the Olympics. This will be my second appearance at the Olympics, and I am really confident of doing well. I hope to make my country proud by bringing the glory home."*

- @surenderhky
- Surender Kumar
- Surender\_kumar93



A stylized white signature of Surender Kumar on a dark blue background.



# 7 MANPREET SINGH (C)



POSITION

**MIDFIELDER**

DATE OF BIRTH

**26-06-1992**

ROLE MODEL

**CRISTIANO RONALDO**

SENIOR INTERNATIONAL CAPS

**269**

SENIOR INTERNATIONAL GOALS

**22**

The Indian skipper Manpreet Singh made his international debut in 2011 at the age of 19, and his first big tournament as member of the senior team was the 2012 London Olympics. He has since represented the country at all major tournaments and featured in India's fine victories which includes the Gold Medal in Asian Games in 2014. The midfielder was also a part of the Silver Medal-winning Indian team at the 2014 Commonwealth Games. In 2017, he was made the Captain of the national team and went on to lead the team to various historic moments, such as-- Gold Medal at the Hero Asia Cup 2017 and the Bronze Medal at the Odisha Men's Hockey World League Final Bhubaneswar 2017. Under his Captaincy, India won a Gold Medal at the 2018 Asian Champions Trophy. He also led the team to a Quarter-Final finish at the coveted Odisha Hockey Men's World Cup Bhubaneswar 2018. In the same year, he was conferred with the Arjuna Award. Manpreet was FIH Player of the Year in 2019.

*"It's a great honour to lead my country at the Olympics. I am very proud of all our team members, we are a great mix of young and experienced players, making our team solid. Each player is determined of their roles, and they are all match-winners. But I think we will have to take one match at a time. Everyone has worked really hard, and we will definitely do our best at the Olympics."*



@manpreetpawar07

@manpreetSingh

manpreetsingh07

A stylized white signature of Manpreet Singh on a blue background.



# HARDIK SINGH



## POSITION

**MIDFIELDER**

## DATE OF BIRTH

**23-09-1998**

## ROLE MODEL

**KOBE BRYANT**

## SENIOR INTERNATIONAL CAPS

**39**

## SENIOR INTERNATIONAL GOALS

**1**

Hockey is in the genes of Hardik Singh. From his father to his uncle and aunt everyone has played hockey for the country. He honed his skills under his uncle Jugraj Singh, the former Indian drag-flicker. His other uncle Gurmail Singh was part of the 1980 Summer Olympics where India clinched the historic Gold Medal. While his aunt Rajbir Kaur, who is married to Gurmail Singh, was the former women's team Captain. The 22-year-old midfielder made his international debut with the Senior Team at the 2018 Hero Asian Champions Trophy where India clinched Gold medal. He was also selected for the Odisha Hockey Men's World Cup Bhubaneswar 2018 on the back of his performance in his debut tournament. After having played at the World Cup, Hardik became a regular feature in the team's midfield and was a part of India's Gold medal-winning feat at the 2019 FIH Men's Series Finals in Bhubaneswar, as well a part of 2019 Tokyo Olympic Qualifiers.

*"It's a matter of pride for me and my family that I will be representing our nation at Tokyo Olympics. We are fully geared up for the challenge, and we are aiming to return with a medal. I am sure we will put up a great show at Tokyo, but we will have to take it one day at a time."*

 Hardikrai16



*Hardik Singh*

# 9 GURJANT SINGH



POSITION

**FORWARD**

DATE OF BIRTH

**26-01-1995**

ROLE MODEL

**SARDAR SINGH**

SENIOR INTERNATIONAL CAPS

**47**

SENIOR INTERNATIONAL GOALS

**15**

26-year-old forward Gurjant Singh hails from Punjab, and is a product of the Chandigarh Hockey Academy. His style of play is characterised by his versatility as he is capable of performing different roles to good effect according to the needs of his team. Since his early days when he was coming up the ranks in the Junior Nationals circuit, Gurjant is known as a big game player because of his knack for making telling contributions on the big occasion. He solidified this reputation as he opened the scoring for India in the Semi Final and Final of the 2016 Men's Hockey Junior World Cup on road to India's victory in the tournament. Gurjant used this platform as a stepping stone to cement his place in the senior team, for whom he has regularly featured since he made his international debut against Belgium in 2017. Gurjant has been a key part of the team that won the Gold Medal at the 2017 Men's Hockey Asia Cup and the 2018 Asian Champions Trophy.

*"I am so excited for Tokyo. I cannot sum up this feeling in words. This is the stuff dreams are made of!"*



@gurjant\_singh9  
 Gurjant singh Virk  
 gurjantvirk\_15

*Gurjant Singh*

# 10 SIMRANJEET SINGH (Ap ATHLETE)



POSITION

**FORWARD**

DATE OF BIRTH

**27-12-1996**

ROLE MODEL

**JAMIE DWYER**

SENIOR INTERNATIONAL CAPS

**47**

SENIOR INTERNATIONAL GOALS

**13**

The 24-year-old forward Simranjeet Singh hails from Punjab. He is a product of the Surjit Singh Hockey Academy and represents the state of Punjab in the domestic circuit. The forward impressed the selectors with his exploits in the National Championship in 2014 and was hence selected to be a part of the squad that took part in the FIH Junior Men's World Cup 2016 where the team won the Gold medal. Consistent performances with the Junior team made sure that he was given his Senior Team debut in early 2018 during the 4 Nations Invitational Tournament in New Zealand. He has since been involved in India's Silver medal winning campaign at the FIH Men's Champions Trophy 2018 and was also part of the squad for the Odisha Hockey Men's World Cup Bhubaneswar 2018, in 2019 Sultan Azlan Shah Cup, and the FIH Men's Series Finals in Bhubaneswar in 2019.

"It has not been easy to prepare for this in the last year. This whole team has had to sacrifice so much, but now that we are here, it all feels worth it. There is nothing more special than this."

@simranhockey  
 Simranjeet Singh  
 Simrangoraya8



*Simranjeet Singh*

# 11 MANDEEP SINGH



POSITION

**FORWARD**

DATE OF BIRTH

**25-01-1995**

ROLE MODEL

**SARDAR SINGH**

SENIOR INTERNATIONAL CAPS

**159**

SENIOR INTERNATIONAL GOALS

**82**

One of the youngest to break into the Indian team, Mandeep Singh has been a delight to watch in the forward-line. His unconventional ways of creating scoring opportunities make him a standout member in India's forward-line. It was his stint at Hockey India League, during the 2012-13 season that saw him emerge as a potential star. He made his International debut in 2013 at the Hockey World League Round 2 and since has been the regular feature in the team's attack. He was also part of the Indian Team's historic Junior World Cup victory in 2016. Earlier that year, Mandeep featured in India's Silver Medal win at the 36th FIH Champions Trophy. He was part of the team that won the Bronze Medal at Odisha Men's Hockey World League Final Bhubaneswar 2017 and completed his 100 International Caps for India during the Commonwealth Games 2018. He was also a part of the team that won the Silver Medal at the FIH Men's Champions Trophy 2018. He was part of India's Bronze medal feat the 18th Asian Games Jakarta-Palembang and was also part of the Indian Team that lifted the Hero Asian Champions Trophy jointly with Pakistan. The young forward was also involved with the team that took part at the Odisha Hockey Men's World Cup Bhubaneswar 2018. He was conferred with the Hockey India Dhanraj Pillay Award for Forward of the Year 2019.

"I have waited five years for this moment. All the hard work and discipline have led up to this opportunity. Now it's time to go out there and show the world what we are made of."



@Mandeepsingh995

Mandeep singh

Mandeepsingh995

*Mandeep Singh*

# 13 HARMANPREET SINGH (VC)



POSITION

**DEFENDER**

DATE OF BIRTH

**06-01-1996**

ROLE MODEL

**JUGRAJ SINGH**

SENIOR INTERNATIONAL CAPS

**119**

SENIOR INTERNATIONAL GOALS

**74**

Harmanpreet Singh is arguably one of the best drag-flickers in the world. He made his international debut in 2015 during a four-match Series against Japan in Bhubaneswar. However, the defender's next call up to the national side was in 2016 during the Sultan Azlan Shah Cup where India won the Silver Medal. Harmanpreet won another Silver Medal with the national team at the FIH Men's Champions Trophy 2016 and in the same year he represented the country at the Rio Olympics at the age of just 20. Being an integral part of the team, the 25-year-old defender has won-- Gold Medal at the Hero Asia Cup 2017, Bronze Medal at the Odisha Men's Hockey World League Final Bhubaneswar 2017 and the Silver medal at the FIH Men's Champions Trophy 2018. The young gun was named as the 2018 Promising Player of the Year by Asian Hockey Federation. He also played a pivotal role in India's Gold-Medal winning campaign at the FIH Men's World Series Finals as well as 2019 Olympic Qualifiers. He was also conferred with the Hockey India Pargat Singh Award for Defender of the Year 2019.

*"It's a proud moment for me to represent India at the Olympics. This will be my second appearance at Olympics, and I feel I have come a long way. Last time I was bit nervous because I was very young, but now I have gained experience, and there's a responsibility to make crucial contributions to the team. Looking at the current situations, I feel it's going to be a challenging one, but we are well prepared and up for any kind of challenges thrown at us."*



- @13harmanpreet
- Harmanpreet Singh 13
- harmanpreet\_13

*Harmanpreet Singh*

# 14

# LALIT KUMAR UPADHYAY



POSITION

**FORWARD**

DATE OF BIRTH

**01-12-1993**

ROLE MODEL

**ROGER FEDERER & DHANRAJ PILLAY**

SENIOR INTERNATIONAL CAPS

**108**

SENIOR INTERNATIONAL GOALS

**27**

The 27-year-old forward Lalit Upadhyay hails from Varanasi in Uttar Pradesh. Lalit made his international debut for India in the 2014 Hockey World Cup. His finest contribution for India in a major tournament came in 2017, when he scored four goals on road to India's victory in the Asia Cup in Dhaka, including the winning goal in the Final against Malaysia. He was also part of the Indian team that won the Bronze Medal at the Odisha Men's Hockey World League Final Bhubaneswar 2017 and the Silver Medal at the FIH Men's Champions Trophy 2018. Lalit's consistent performances since 2017 have seen him represent the country at some major tournaments. He was a part of the team which won the Bronze Medal at the 2018 Asian Games, Gold Medal at the Men's Asian Champions Trophy 2018. The forward from Varanasi, Uttar Pradesh also took part in his second Men's World Cup at the FIH Men's Hockey World Cup Odisha 2018 where India were defeated in the quarter-finals. He achieved the milestone of completing 100 international caps for the country during India's clash against Russia in the FIH Hockey Olympic Qualifiers in 2019.

*"I am excited and nervous at the same time. How can I not be? The Olympics bring out all these emotions in an athlete. We just have to focus on channelizing these emotions as a group in the right way and focus on getting results."*



@lalithockey

Lalit.upadhyay.31

14\_\_lalit

*Lalit Kumar Upadhyay*

# 16 SREEJESH PARATTU RAVEENDRAN



POSITION

**GOALKEEPER**

DATE OF BIRTH

**08-05-1988**

ROLE MODEL

**DHANRAJ PILLAY**

SENIOR INTERNATIONAL CAPS

**236**

India's custodian PR Sreejesh is arguably one of the best goalkeepers in the world. Sreejesh made his debut for the senior national team in 2006 at the South Asian Games in Sri Lanka, and has been an integral part of the national team since 2011, the year in which he made two match winning saves in the Final of the Asian Champions Trophy against Pakistan. He was also named as the "Best Goalkeeper of the Tournament" at the 2013 Asia Cup where India won the Silver Medal. In 2014, he won the "Goalkeeper of the Tournament" award in the Champions Trophy and saved two Penalty Strokes in the 2014 Asian Games Final against Pakistan which ensured his team won the Gold Medal. The veteran custodian from Kerala born, was given the duties of the Captain in 2016 and led the team to a historic Silver Medal at the FIH Men's Hockey Champions Trophy in London 2016, also he led India to another Silver Medal at the same tournament in 2018 held in Breda. Sreejesh was also Captain of the India side that won Bronze Medal in 2018 Asian Games in Jakarta-Palembang. He has been a part of all major tournaments, including 2014 & 2018 Hockey Men's World Cup and 2012 & 2016 Olympic Games. He was also conferred with Arjuna Award in 2015 & the prestigious Padma Shri Award in 2017.

*"There's no greater honour than to represent your country at an event like Olympics, that too for the third time. Being a senior player in the team it becomes my responsibility to guide the young players in the right direction. Staying together at the camp for almost one-and-a-half-year has brought the team closer, we have bonded like a family, and I feel that will help us play as a unit at the Olympics. We have worked day and night to prepare for this moment, and it is finally here. We have been in a phenomenal form, and I strongly believe we will return home victorious."*

@16sreejesh  
 Sreejesh p r  
 Sreejesh88



*Sreejesh*



# 17 SUMIT



POSITION

**MIDFIELDER**

DATE OF BIRTH

**20-12-1996**

ROLE MODEL

**DHANRAJ PILLAY**

SENIOR INTERNATIONAL CAPS

**66**

SENIOR INTERNATIONAL GOALS

**2**

India's midfielder Sumit made his debut for the senior national team at the 2017 Sultan Azlan Shah tournament. He was a part of the junior team that clinched FIH Men's Junior World Cup in 2016. He also got a chance to represent India at the 2018 Commonwealth Games in Gold Coast and Odisha Men's World Cup Bhubaneswar 2018. He was a part of the team which clinched Bronze medal in the Men's Hockey World League Final, Bhubaneswar in the year 2017. Sumit was a part of the Gold Medal-winning team at the 2017 Asia Cup as well as the 2018 Asian Champions Trophy. He has also represented India at the FIH Men's Series Finals in Bhubaneswar 2019 where India clinched Gold.

*"It's a dream come true for me to be a part of the Olympics squad. I am thankful to the coach and senior players, who have always supported me. I will perform to the best of my abilities and help my team in all the situations."*



@HockeySumit  
 Sumit.hockey.58  
 sumithockey

Sumit

# 18 NILAKANTA SHARMA



POSITION

**MIDFIELDER**

DATE OF BIRTH

**02-05-1995**

ROLE MODEL

**CRISTIANO RONALDO**

SENIOR INTERNATIONAL CAPS

**59**

SENIOR INTERNATIONAL GOALS

**11**

Closely following the footsteps of his senior state-mates Kothajit Singh and Chinglensana Singh, Nilakanta left home when he was just 16, and moved to Bhopal to pursue his passion. The Imphal-born player was part of the 2015 Junior Asia Cup Gold Medal winning and 2016 Junior World Cup winning team. He made his senior national debut against Belgium during India's Europe tour in 2017 and also represented India A at the Australia Hockey League later that year. He was a part of the 2018 Hero Asian Champions Trophy Muscat where the team lifted the title as joint-winners with Pakistan, and was selected to be a part of the team that took part in the Odisha Hockey Men's World Cup Bhubaneswar 2018. In 2019, He also won the Gold medal at the FIH Men's Series Final held in Bhubaneswar 2019 and also took part in the 2019 Olympic qualifies.

*"It's a very special feeling to be a part of the Olympic team which also consist of my role models. To play alongside them at Olympics is a great achievement for me. However, the ultimate goal is to win an Olympic medal with them, and I think we are up and ready for it. I am looking forward to giving my best and contributing to script the history for our country."*



Nilakanta sharma

Nilakantasharma

*Sharma*

# 21 SHAMSHER SINGH



POSITION  
**FORWARD**

DATE OF BIRTH  
**29-07-1997**

ROLE MODEL  
**PRABHJOT SINGH**

SENIOR INTERNATIONAL CAPS  
**6**

SENIOR INTERNATIONAL GOALS  
**1**

The 23-year-old Shamsher Singh hails from Punjab, and plays as a forward for the Indian national team. He made his international debut for the national senior team at the 2019 Men's Ready Steady Tokyo Hockey Tournament. Shamsher is a versatile player, capable of playing up front or in midfield. He learnt his trade at the Surjit Singh Hockey Academy in Jalandhar, from where a number of India's current senior crop hail.

*"I am extremely proud to have the chance to represent my country at the biggest stage in all of sports. This is without doubt the best moment of my life."*



f Shamsher Singh  
i Shamsher\_31

*Shamsher Singh*

# 22 VARUN KUMAR (Ap ATHLETE)



POSITION

**DEFENDER**

DATE OF BIRTH

**25-07-1995**

ROLE MODEL

**MANPREET SINGH**

SENIOR INTERNATIONAL CAPS

**85**

SENIOR INTERNATIONAL GOALS

**22**

Varun Kumar is one of the most promising talents to emerge from India's victorious Men's Hockey Junior World Cup 2016 side. A product of Surjit Hockey Academy, Varun, during his debut for the junior team was the highest goal-scorer at the 2016 Four Nations Invitational Tournament in Spain. Later in 2017, the 25-year-old defender made his international debut at the Europe Tour of Belgium and Netherlands. He was a part of the team that won the Gold medal at the Hero Asia Cup in 2017, Bronze medal at the Odisha Men's Hockey World League Final Bhubaneswar 2017, Silver medal at the FIH Men's Champions Trophy 2018, Bronze at the 18th Asian Games Jakarta-Palembang and also lifted the Hero Asian Champions Trophy Muscat 2018 as joint winners with Pakistan. He played one of the key roles in helping team clinch the Gold medal at FIH Men's Series Finals 2019 held in Bhubaneswar. He was the top goal-scorer (6 goals) of the tournament. Varun also played his first World Cup with the Senior Team when he represented the country at the Odisha Hockey Men's World Cup Bhubaneswar 2018.

"Very few are lucky to get a chance to represent the country at Olympics and I am very fortunate that I am a part of it. I am looking forward to giving my best for my country. You know, it's about everything or nothing, and I feel we are very much prepared to give our everything to script a history at the Olympics."



# 26 BIRENDRA LAKRA (VC)



POSITION

**DEFENDER**

DATE OF BIRTH

**03-02-1990**

ROLE MODEL

**DILIP TIRKEY**

SENIOR INTERNATIONAL CAPS

**197**

SENIOR INTERNATIONAL GOALS

**10**

Having made his Senior team debut in the South Asian Games in 2010, Birendra is one of the experienced players in the current Indian set-up. The defender, who hails from the state of Odisha, started playing in the Junior National Championship at the age of 14 while representing the SAIL Hockey Academy in 2004 and went on to represent India at the Champions Challenge tournament in South Africa in 2011, the SAAF Games at Dhaka in 2010, the Youth Olympics at Sydney in 2009, and the Junior World Cup at Singapore in 2009. The experienced defender was part of the Indian team that won Gold at the 2014 Asian Games, and Silver at the Commonwealth Games 2014. Birendra has represented India at various marquee tournaments such as 2012 Olympic Games and FIH Men's Hockey World Cup in 2014 and 2018.

*"It was really hard time for me in 2016 when I missed out on the chance of representing India in the Rio Olympics. After my recovery, my sole goal had remained to make it to the Tokyo Olympics, and I feel I have achieved it. Now, from here, the ultimate goal is a podium finish with the team, and we are up for it. We have been playing some phenomenal hockey over the past few years, and I believe we have a good shot at the medal this time around at the Tokyo Olympics."*



Birendra lakra

Birendra\_26

*Birendra Lakra.*

# 30 AMIT ROHIDAS



POSITION

**DEFENDER**

DATE OF BIRTH

**10-05-1993**

ROLE MODEL

**DILIP TIRKEY**

SENIOR INTERNATIONAL CAPS

**97**

SENIOR INTERNATIONAL GOALS

**17**

Amit Rohidas, who honed his hockey skills at Panposh Sports Hostel, Rourkela, made his India debut at the Sultan Azlan Shah Cup 2013 in Malaysia. He was also a part of the 2013 Men's Asia Cup squad which won the Silver Medal. Amit, who hails from Sundargarh, represented India at the 2013 FIH Junior Men's Hockey World Cup held in New Delhi. He also played at the 2014 Hockey Men's World League Final, but couldn't cement his place in the team. However, after having proved his mettle in the Hockey India League, the defender finally made a comeback to the national side in 2017 and impressed everyone with his defensive duties. He became a part of the Gold Medal-winning team at Hero Asia Cup 2017, Bronze Medal-winning side at the Odisha Hockey World League Final Bhubaneswar 2017, and Silver Medal-winning team at the FIH Men's Champions Trophy 2018. A preferred first-rusher in PC defending for India, Amit, who has been a regular feature, also got a chance to play the Odisha Hockey Men's World Cup Bhubaneswar 2018.

*"I feel very blessed to make it to the Olympics squad. It is the biggest ever opportunity for any sportsperson, and I am very grateful for it. We have been at the camp since one-and-a-half-year preparing for this moment, and now it is the time to put all our preparations and practice at test. We will go all out to ensure a medal at the Tokyo Olympics."*



f Amit Rohidas  
@amitrohidas\_30

*Amit Rohidas*

# 32 VIVEK SAGAR PRASAD



POSITION

**MIDFIELDER**

DATE OF BIRTH

**25-02-2000**

ROLE MODEL

**CRISTIANO RONALDO**

SENIOR INTERNATIONAL CAPS

**62**

SENIOR INTERNATIONAL GOALS

**15**

The young gun, who hails from Madhya Pradesh, was named as the Captain of the Indian Junior Men's Hockey team which took part at the 2017 Sultan of Johor Cup, where he led his side to the Bronze Medal. He also led the team to a Silver Medal at the 2018 Summer Youth Olympic games held in Buenos Aires. After his marvellous performances with the Junior team, Vivek was called up for the Senior National Camp in Bengaluru, and was picked up for the team's Four Nations Invitational Tournament in New Zealand in 2018. He became the second-youngest player ever to debut for India at 17 years, 10 months and 22 days. He was a part of Silver Medal winning team at the FIH Men's Champions Trophy in Breda, and the Bronze Medal at the 2018 Asian Games. Being a part of the Gold Medal winning team at 2019 FIH Series Finals in Bhubaneswar, Vivek was named the Best Youngest Player at the Tournament and later that year he also won the 2019 FIH Men's Rising Star of the Year award and also conferred with Hockey India Jugraj Singh award for Upcoming Player of the Year 2019(Under-21).

*"I feel really proud that I've made the Olympic squad, and the wait is finally over for the dream event. With the bio-bubble and other restrictions in place, we have trained harder than ever, and I feel we have been in a great touch lately. Hence, we are upbeat to take on any kind of challenge thrown at us in Tokyo."*



@VivekSagarpras1  
 viveksagar  
 Viveksagar8910

*Vivek Sagar*

# COACHES & SUPPORT STAFF

INDIAN MEN'S HOCKEY TEAM



## Graham Reid

Chief Coach

**Birth Place**  
Australia

**Date of Birth**  
09-04-1964

**Sporting Role Model**  
Rod Laver



## Gregg Clark

Analytical Coach

**Birth Place**  
South Africa

**Date of Birth**  
11-01-1971

**Sporting Role Model**  
Roger Federer



## Shivendra Singh

Coach

**Birth Place**  
India

**Date of Birth**  
09-06-1983

**Sporting Role Model**  
Dhanraj Pillay & Roger Federer



## Piyush Kumar Dubey

Coach

**Birth Place**  
India

**Date of Birth**  
13-11-1981

**Sporting Role Model**  
Major Dhyhan Chand





## Robin Arkell

Scientific Advisor

**Birth Place**

South Africa

**Date of Birth**

18-05-1988

**Sporting Role Model**

Chris Ciriello



## Ratinasamy Bose Kannan

Physiotherapist

**Birth Place**

India

**Date of Birth**

06-08-1981

**Sporting Role Model**

Rahul Dravid, Usain Bolt,  
Michael Jordon & Lebron James



## Ashok Kumar C

Video Analyst

**Birth Place**

India

**Date of Birth**

24-04-1991

**Sporting Role Model**

Muhammad Ali, Usain Bolt



## Arup Naskar

Masseur

**Birth Place**

India

**Date of Birth**

05-05-1983

**Sporting Role Model**

Virat Kohli



# TEAM PROFILE

## INDIAN WOMEN'S HOCKEY TEAM

FOR TOKYO OLYMPICS 2020



HOCKEY INDIA

Much like the Indian Men's Team, the Women's Team too took the news of the Olympic postponement to their advantage and vowed to use the additional year to improve in all aspects of the game and become a stronger contender for a medal in Tokyo.

While the entire 2020 was spent in SAI Centre, Bengaluru where they resumed training after a series of Nationwide lockdowns, the immediate aim in 2020 was to return to previous form both in terms of game and fitness. While in lockdown too, the teams with the help of support staff worked on keeping fit with indoor workouts and mental conditioning that helped them cope with the challenging times.

The year 2021 began positively with the team getting an opportunity to travel to Argentina and then to Germany where they posed stiff

challenge to the home teams with gritty performances. This experience in Argentina and Germany have put the team in a good stead ahead of the Tokyo Olympic Games.

Though the travel restrictions due to the second wave forced the team to remain in SAI Centre, Bengaluru and continue their preparations, they have ensured this is not a setback in their preparations but have engaged in internal matches to gain that match momentum before leaving for Tokyo. With a larger group of players in the Olympic Core Group (25 players), it made it possible for them to play matches among themselves and also test different combinations to ensure only the best 16 are picked for the prestigious Games.

Over the past four-five years, this group of players have shown a lot of promise and are confident of creating history in Tokyo.



# #WeAreTeamIndia

# INDIAN WOMEN'S TEAM SQUAD

## FOR TOKYO OLYMPICS 2020

### GOALKEEPER



Savita(VC)

### DEFENDERS



Deep Grace Ekka(VC)



Gurjit Kaur



Nikki Pradhan



Udita



Reena Khokhar  
(Ap Athlete)

### MIDFIELDERS



Monika



Navjot Kaur



Neha



Nisha



Salima Tete



Sushila Chanu  
Pukhrambam



Namita Toppo  
(Ap Athlete)

### FORWARDS



Rani(C)



Lalremsiami



Navneet Kaur



Sharmila Devi



Vandana Katariya

# 1 NAVJOT KAUR



POSITION

**MIDFIELDER**

DATE OF BIRTH

**07-03-1995**

ROLE MODEL

**SARDAR SINGH**

SENIOR INTERNATIONAL CAPS

**172**

SENIOR INTERNATIONAL GOALS

**18**

The Kurukshetra born attacking midfielder made her international debut in 2012 in a series against New Zealand in Napier at the back of some impressive work at the Junior Asia Cup and International U-21 tournament in the Netherlands. She was part of India's Bronze Medal feat at 17th Asian Games at Incheon, Korea in 2014. She was part of the team that excelled at the Hockey World League Semi-Finals 2015 taking India to the doorsteps of the Olympics. She also featured in the 2016 Rio Olympics, 4th Women's Asian Champions Trophy and was also part of India's successful campaign at the Women's Hockey World League Round 2 in Canada. The midfielder also played a crucial role in India's Gold Medal winning 9th Women's Asia Cup in 2017 campaign, the Silver Medal winning at 5th Women's Asian Champions Trophy, Silver Medal in 18th Asian Games 2018 and the participation at the Vitality Hockey Women's World Cup London 2018 & participation in Commonwealth Games 2018. She also won the Gold Medal at the FIH Women's Series Final held at Hiroshima, Japan in 2019 and she also took part in the 2019 Olympic Qualifiers in Bhubaneswar.

*"I really enjoy being at the Olympics among the best sports persons from around the world. It's a fantastic feeling to be at the Games and I cannot wait to go there. Having said that, our main focus is to win a Medal and we will give everything we have to create history in Tokyo."*



Navjot Kaur  
 Imnavjotkaur01

*Navjot Kaur*

# 2 GURJIT KAUR



POSITION

**DEFENDER**

DATE OF BIRTH

**25-10-1995**

ROLE MODEL

**SANDEEP SINGH**

SENIOR INTERNATIONAL CAPS

**87**

SENIOR INTERNATIONAL GOALS

**60**

Gurjit Kaur is one of the most vital cogs of this team as she plays a dual role of a defender and is the designated drag flicker for India. Her goals have contributed to big victories for the team in recent years, most notably so at the 9th Women's Asia Cup in 2017, Japan where she scored total of eight goals, finishing as the tournament's third-highest goal-scorer. She went on to contribute in the team's Silver Medal win at the Women's Asian Champions Trophy in 2018. She was instrumental in India's maiden quarterfinal at the Vitality Hockey Women's World Cup London in 2018, as well as India's historic Silver Medal in Asian Games 2018. She was also part of the squad that notched up notable wins in the Commonwealth Games 2018 but missed out a Medal. In 2019, she was the leading goal scorer at the FIH Women's Series Final held at Hiroshima, Japan in 2019 where the team won the Gold and she also took part in the 2019 Olympic Qualifiers in Bhubaneswar where India beat USA 6-5 in goal aggregate. The 25-year-old hails from Punjab and has a total of 60 goals for India.

*"It is my childhood dream to hear the National Anthem being played as I stand atop the podium with my team. I have worked very hard in my life to have a chance to achieve this dream. Only a few steps further now!"*



Gurjit kaur

gurjit-02

*Gurjit Kaur*

# 3 DEEP GRACE EKKA (VC)



POSITION

**DEFENDER**

DATE OF BIRTH

**03-06-1994**

ROLE MODEL

**BIRENDRA LAKRA**

SENIOR INTERNATIONAL CAPS

**202**

SENIOR INTERNATIONAL GOALS

**13**

Deep Grace Ekka hails from Odisha and has become one of the best defenders to emerge from the state. The 27-year-old was a part of the Junior team which won the Bronze Medal at the 2013 Women's Junior Hockey World Cup in Germany. The defender was rewarded for her performance as she was then selected in the senior team which won the Bronze Medal in the 8th Women's Asia Cup in 2013. Ekka has since been a regular fixture in the side, amassing over 200 caps for India. Ekka was part of the Indian team that took part in Rio Olympic Games -- Indian eves' first appearance since 1980. She was an integral part of the team that won Gold at 2016 Asian Champions Trophy, Gold in the Asia Cup in 2017. She was also a part of the side that won the Silver Medal at the Women's Asian Champions Trophy 2018 and participated at the Vitality Hockey Women's World Cup London 2018. She was also part of India's historic Silver Medal feat at the 2018 Asian Games Jakarta-Palembang and she also played a key role in India's defence in their successful outing at the 2019 Olympic Qualifiers in front of her home crowd in Bhubaneswar, Odisha.

*"I am privileged to have the opportunity to bring joy and honour for my country by going out there and doing something that I truly love. I will give my 100% to bring the Gold Medal back home."*



*Deep Grace Ekka*

POSITION

**MIDFIELDER**

DATE OF BIRTH

**05-11-1993**

ROLE MODEL

**TOM BOON**

SENIOR INTERNATIONAL CAPS

**150**

SENIOR INTERNATIONAL GOALS

**8**

The 27-year-old midfielder hails from Haryana and has transformed into the backbone of the team through her inspiring performances in several major tournaments. She was part of the Indian team that participated in the 2016 Rio Olympic Games - the Indian eves first Olympic appearance since 1980. Monika was also part of the India squad that won Gold at the Asian Champions Trophy in 2016, and at the 9th Women's Asia Cup 2017 she scored a goal in the Final against China to help the team lift the title. She was also part of the squad at FIH Women's Hockey World League Round 2 held in Canada in 2017. The creative midfielder plays an important job of linking the play from defence to attack, and has featured over 100 times for the national team. She has previously represented India at the 2014 Asian Games, and the midfield maestro was part of the Silver Medal winning team in 2018 Asian Games Jakarta-Palembang as well as the Women's Asian Champions Trophy 2018 Silver Medal-winning team and played her first World Cup in London. She played a key role in India's campaign in the FIH Olympic Qualifiers in Bhubaneswar where the team clinched the berth for Tokyo after beating USA 6-5 in goal aggregate.

*"The Olympics is the biggest competition for any sportsperson and it's a great honour to represent India at the biggest stage. As one of the senior players in the side, I have the responsibility to ensure that the junior players get comfortable with the situation quickly and start playing at their best right from match one."*



Monika

# 6 REENA KHOKHAR (Ap ATHLETE)



POSITION

**DEFENDER**

DATE OF BIRTH

**10-04-1993**

ROLE MODEL

**MY FATHER**

SENIOR INTERNATIONAL CAPS

**45**

SENIOR INTERNATIONAL GOALS

**1**

28-year-old Reena Khokhar making her debut for India in 2017, Reena has been a mainstay in the side, going on to represent the country at the 2018 Women's Hockey World Cup in London as well as the 2018 Asian Games in Jakarta where India won the Silver medal. With such significant elite level international experience under her belt, Reena will be keen to make an impression at her first outing for India at the Olympic stage. The 28-year-old defender's international career has been marred by some injuries in recent years, however, she has regained full fitness ahead of the Olympics and her focus is solely on putting her best foot forward in Tokyo.

"I get goosebumps at the thought of seeing the Indian flag soaring high at the Olympics in Tokyo. This is our chance to make history!"



@reenakhokhar6

Reenakhokhar8

iamrkhokhar

A white handwritten signature of Reena Khokhar on a pink background.



# 7 SHARMILA DEVI



POSITION

**FORWARD**

DATE OF BIRTH

**10-10-2001**

ROLE MODEL

**PRITAM SIWACH**

SENIOR INTERNATIONAL CAPS

**9**

SENIOR INTERNATIONAL GOALS

**1**

Sharmila Devi made her Senior Team debut at the Ready Steady Tokyo Hockey 2020 Olympics Test Event in 2019. Sharmila, who has played nine matches for the Indian team was part of the side which defeated USA in the FIH Hockey Olympic Qualifiers 2019 to book a place in the Tokyo Olympics. The young Forward also scored a goal in India's first match against USA at the FIH Hockey Olympic Qualifiers 2019.

*"I am sure the Tokyo Olympics will be a thrilling experience and I cannot wait to perform for the Indian team at the biggest of stages. It was fantastic to be a part of the team at the FIH Hockey Olympic Qualifiers 2019 and I will look to perform in Tokyo, in the same way I did in 2019. I am very excited about the Olympics and feeling very privileged to be a part of the Indian Olympic squad."*



Sharmugodara07

Sharmila



# NIKKI PRADHAN



## POSITION

**DEFENDER**

## DATE OF BIRTH

**08-12-1993**

## ROLE MODEL

**ARAN ZALEWSKI**

## SENIOR INTERNATIONAL CAPS

**104**

## SENIOR INTERNATIONAL GOALS

**2**

The Jharkhand-born player made her International debut during the 2016 South Africa Tour. Since then Nikki has represented the women's team with aplomb at every important tournament. She became the first hockey player from her state to play at the prestigious Olympic Games when India participated in Rio - a feat achieved after 36 years by Indian eves. Nikki has proven her mettle in the team and has been part of some important victories including the Gold Medal at Women's Asia Cup in 2017, Silver at the 2018 Women's Asian Champions Trophy. The 27-year-old also donned the Indian colours during the Korean Tour in March 2018, participation in Commonwealth Games 2018 & the Vitality Hockey Women's World Cup London 2018. Nikki was also part of the Indian team which won a historic Silver Medal at the 2018 Asian Games in Jakarta-Palembang and she was also part of the teams victory in FIH Women's Series Finals Hiroshima 2019. She played a vital role in India's campaign against USA in the FIH Olympic Qualifiers where India earned their ticket to Tokyo.

*"The Olympics is an exciting tournament for any sportsperson. It's the biggest extravaganza for sport and I am very excited to be a part of it again. I am really looking forward to walking on the pitch and giving my 100 percent in every match that I play."*



 Nikkipradhan

 Nikkipradhan0812

*Nikki Pradhan*

# 11 SAVITA (VC)

## POSITION

**GOALKEEPER**

## DATE OF BIRTH




**11-07-1990**

## SENIOR INTERNATIONAL CAPS

**202**

One of the finest Goalkeepers to have represented India in recent times, Savita made her international debut at the age of 18 when she was selected for the Spar Cup Four Nations Tournament in Durban, South Africa. The 30-year-old hails from the Sirsa district in Haryana. Her maturity under the bar saw her catch the attention of the selectors and the goal-stopper has never looked back since then, featuring over 200 times for the national team. She played a key role in helping India win the Bronze Medal at the 8th edition of the Women's Asia Cup in 2013. Savita was also a part of the team that won the Gold Medal in the Women's Asian Champions Trophy in 2016, and was part of the team's first-appearance in 36 years at the 2016 Rio Olympics. Her performance at the FIH Women's World League Round 2 in 2017, saw her win the goalkeeper of the tournament award, while a crucial save from her in the Penalty Shootout in the Final match of 9th Women's Asia Cup 2017 saw India lift the trophy after 13 years. Savita also played a crucial role in India's Silver Medal finish at the 2018 Asian Games Jakarta-Palembang as well as Women's Asian Champions Trophy 2018. She was the Vice Captain of the team that won the FIH Series Final in Hiroshima, Japan in 2019 and was also instrumental in India's campaign at the FIH Olympic Qualifiers in 2019 where India beat USA 6-5 in goal aggregate. She was conferred with the Arjuna Award in 2018.

*"I am immensely proud to represent my country at a stage like the Olympics. We will make the most of our learning experience in Rio five years ago, and try to take the next step in making history for women's hockey in India."*

-  @Savitahockey
-  Savitapunia
-  Savitapuniahockey



*Savita*

# 15 NISHA



POSITION

**MIDFIELDER**

DATE OF BIRTH

**09-07-1995**

ROLE MODEL

**CRISTIANO RONALDO**

SENIOR INTERNATIONAL CAPS

**9**

SENIOR INTERNATIONAL GOALS

-

Nisha plays as a midfielder for Team India. She made her international debut against Uruguay in the 2019 FIH Women's Series Finals in Hiroshima. A relatively new addition to the backline, Nisha was a part of the India team that toured Argentina earlier this year, and she points to the challenging tour as having been a great learning experience for her. With the opportunities to play international hockey being limited since she made her debut, Nisha has made the most of the lean period to hone her skills as a midfielder and raise her tactical awareness of the art of defending.

*"I am so excited to go to Tokyo for the Olympics. This is a lifelong dream come true."*



# 16 VANDANA KATARIYA



POSITION

**FORWARD**

DATE OF BIRTH

**15-04-1992**

ROLE MODEL

**ROGER FEDERER**

SENIOR INTERNATIONAL CAPS

**240**

SENIOR INTERNATIONAL GOALS

**64**

Hailing from Uttar Pradesh, Vandana forms the attacking line in the Indian team. The 29-year-old started off her career playing for the Railways. Country's top scorer in the Junior Women's World Cup in Monchengladbach, Germany 2013, she played an instrumental role in helping India bag a coveted Bronze Medal. Since then, she has been an integral player for the team participating in all major tournaments including 2016 Rio Olympics. She was part of the team that won Gold in 2016 Asian Champions Trophy, 2017 Hockey World League Round 2 in Canada, Gold at the 9th Women's Asia Cup 2017, Silver at the 5th Women's Asian Champions Trophy 2018 and a Quarterfinal finish at the Vitality Hockey Women's World Cup London 2018. She was a key member of India's forward line at the FIH Series Finals in Japan and the FIH Olympic Qualifiers in Bhubaneswar where India beat USA 6-5 in goal aggregate.

*"I am very excited to go to Tokyo for the Olympics. We have worked so hard in the last five years and it's time to apply all our learnings in the most important tournament of our life."*



A stylized, handwritten signature of Vandana Katariya in white ink, set against a pink background.

Vandana.kataria  
 Vandanakatariya

# 18 UDITA



POSITION

**DEFENDER**

DATE OF BIRTH

**14-01-1998**

ROLE MODEL

**CRISTIANO RONALDO**

SENIOR INTERNATIONAL CAPS

**32**

SENIOR INTERNATIONAL GOALS

**4**

Born in Haryana, Udita made her Senior Team debut during Indian team's tour of New Zealand in 2017. The Defender has played 32 matches for the Indian team. Udita, who participated at the Vitality Hockey Women's World Cup London 2018 was also part of the Silver Medal-winning team at the 2018 Asian Games. Udita also played the Women's Donghae Asian Champions Trophy 2018, in which India clinched the Silver Medal. The Defender has been in a regular feature in the Indian Core Probable Group since 2017.

*"Playing in the Olympics is a dream come true for any sports person and I am so glad that dream is finally coming true for me. I just want to go out there and express myself and do the best I can. I have been around the Indian team for a while now and I want to make big contributions to the Indian team's victories in Tokyo."*



Udita\_Duhan18

Udita\_Duhan18

A stylized, handwritten signature in white ink, located in the bottom right corner of the page.

# 19 NAMITA TOPPO (Ap ATHLETE)



POSITION

**MIDFIELDER**

DATE OF BIRTH

**04-06-1995**

ROLE MODEL

**SUNITA LAKRA**

SENIOR INTERNATIONAL CAPS

**165**

SENIOR INTERNATIONAL GOALS

**5**

Born in Sundargarh District of Odisha, Namita is one of the most experienced players in the Indian Women's Hockey Team. After making her debut at the Electric Ireland Hockey Champions Challenge 1 2012, Namita has played 165 matches for the Indian team. She has been a part of the Bronze Medal-winning team at the Asian Games in 2014 and the Silver Medal-winning team at the Asian Games in 2018 and was also part of the squad for the Vitality Women's Hockey World Cup 2018. For her fantastic performance in 2014, Namita was facilitated with the AsuntraLakra Award for the upcoming player of the year Award for 2014 by Hockey India.

"It was wonderful to be a part of the Rio Olympics in 2016. Playing in an Olympics was a dream come true for me. However, it was heartbreaking to not live up to our potential in the last edition and therefore we are very determined to create history this year. We have a great team and we will ensure that we give everything on the pitch in Tokyo."



*Namita Toppo*

📷 nami\_ta90

# 20 LALREMSIAMI



POSITION

**FORWARD**

DATE OF BIRTH

**30-03-2000**

ROLE MODEL

**RANI**

SENIOR INTERNATIONAL CAPS

**64**

SENIOR INTERNATIONAL GOALS

**23**

One of the youngest players in the team, Lalremsiami was born and brought up in Kolasib in Mizoram, A graduate from Mizoram's elite Thenzawl Women's Hockey Training Centre, she played a vital role in India's success at the 2017 Women's Asia Cup, scoring against Japan and Singapore. Before making it to the senior level, Lalremsiami shined at the 4th U18 Asia Cup scoring three goals in the tournament. She has also represented the country at the 5th Women's Asian Champions Trophy 2018 where India won Silver Medal and participated in the Vitality Hockey Women's World Cup London 2018. 'Siami' as she is fondly called by her teammates, she was part of India's historic Silver Medal feat at the Asian Games 2018 Jakarta-Palembang. She became the first hockey player from Mizoram to win a medal in the Asian Games and she is the first player from Mizoram state to participate in the Olympic Games. She was conferred with 2019 FIH Women's Rising Star of the Year award and Hockey India Asunta Lakra Award for Upcoming Player of the Year 2019(Under-21).

*"I have always been intrigued about the Olympics and finally I am getting a chance to go to the Olympics this year. I am very excited about going to Tokyo for the Games. I have always wanted to perform for the Indian team at the biggest stage and I am going to make the best of the opportunity in Tokyo."*

- @Lalremsiami30
- Lalremsiami hmar zote
- Siami.zote



A white, stylized handwritten signature of Lalremsiami on a pink background.



# 25 NAVNEET KAUR



POSITION

**FORWARD**

DATE OF BIRTH

**26-01-1996**

ROLE MODEL

**JAMIE DWYER**

SENIOR INTERNATIONAL CAPS

**79**

SENIOR INTERNATIONAL GOALS

**24**

Navneet Kaur has been one of the most consistent forwards in the Indian team. Hailing from Haryana, she was one of the most impactful players for the team that won the 9th Women's Asia Cup in November 2017 scoring four goals. She was also a part of the Bronze Medal winning team at Junior Women's Hockey World Cup in Germany in 2013. The 25-year-old has also won the Silver Medal with the Indian team during the 5th Women's Asian Champions Trophy 2018 and was a crucial part of the team that participated at Commonwealth Games 2018 & the Vitality Hockey Women's World Cup London 2018. She was part of India's historic Silver Medal feat at the 2018 Asian Games Jakarta-Palembang. In 2019, Navneet was part of India's victory at the FIH Series Finals as well as the FIH Olympic Qualifiers in Bhubaneswar, India.

*"The wait is finally over for us. We have been waiting for the Tokyo Olympics for a long time and it's finally here. We have worked very hard for this tournament and we are very confident that we can pull off a Medal in Tokyo."*



Navneet kaur  
 navneetkaur\_25

*Navneet Kaur*

# 27 SUSHILA CHANU PUKHRAMBAM



POSITION

**MIDFIELDER**

DATE OF BIRTH

**25-02-1992**

ROLE MODEL

**MC MARY KOM**

SENIOR INTERNATIONAL CAPS

**181**

SENIOR INTERNATIONAL GOALS

**4**

The 29-year-old midfielder plays as a half-back for India and has been one of the most influential players for the nation in recent years. She hails from the state of Manipur and was the Captain of the Indian Junior Women's team which won the Bronze Medal at the Women's Hockey Junior World Cup in Germany in 2013. She has also represented India at the 2014 Asian Games where India won the Bronze Medal. She has participated at all major tournaments, Sushila Captained the Indian Women's Hockey Team at the 2016 Rio Olympic Games - India's first appearance in women's hockey since the 1980 Olympics. Sushila is one of the most experienced midfielder and she has been part of India's important Gold Medal wins at the 2017 Asia Cup. She has previously represented India at the 2014 & 2018 Commonwealth Games. In 2019, Sushila was part of India's victory at the FIH Series Finals as well as the FIH Olympic Qualifiers in Bhubaneswar, India.

*"The Tokyo Olympics will be my second Olympics so I have a fair idea of what to expect at the Games. One can get overawed by the situation, but in the end if we play to our potential, then we can do wonders for the team. We are very determined to play at our best and win a Medal for India."*



Sushila chanu pukhrambam

@sushilachanu

*P Sushila Chanu*

# 28

# RANI (C)



POSITION

**FORWARD**

DATE OF BIRTH

**04-12-1994**

ROLE MODEL

**MC MARY KOM**

SENIOR INTERNATIONAL CAPS

**241**

SENIOR INTERNATIONAL GOALS

**117**

At the age of 15, Rani became the youngest player to represent the national team when she made her debut at the Champions Challenge Tournament held in 2009. She hails from the state of Haryana and was the first Indian women's Hockey player to be nominated for the FIH Women's Young Player of the Year Award, while she was also given the "Best Young Player of the Tournament" award at the 2010 Women's Hockey World Cup in Argentina. It was under her Captaincy that India created history as they won the Women's Asia Cup in 2017 after 13 years. Rani believes that Asia Cup was just a stepping-stone for bigger things to come as her team qualified for the Quarter Finals of the Vitality Hockey Women's World Cup London 2018. An inspirational leader, Rani led her team to more glory as the Women's team won the Silver Medal at the 2018 Asian Games. Rani was also felicitated with the Arjuna Award in 2016, World Games Athlete of the Year 2019, Hockey India Dhruv Batra Award for Best Women Player of the Year 2019, Rajiv Gandhi Khel Ratna in 2020 & Padma Shri Award 2020. Her goal at the FIH Olympic Qualifiers in 2019 ensured India beat USA 6-5 in goal aggregate and won a berth for Tokyo. She had also led the team to victory in the 2019 FIH Series Finals. In Tokyo, Rani will be playing her second Olympics and the first as team Skipper.

*"We have grown as a team very well in the last few years. We have played very well against top teams and have shown that we can beat any side on our day. It's very exciting to be going for the Olympics with our confidence up. We just have to stick to the basics and the results will follow."*



 @imranirampal

 Rani rampal

 Ranirampal4

# 30 SALIMA TETE



POSITION

**MIDFIELDER**

DATE OF BIRTH

**27-12-2001**

ROLE MODEL

**RANI**

SENIOR INTERNATIONAL CAPS

**29**

SENIOR INTERNATIONAL GOALS

-

The 19-year-old Salima hails from Jharkhand. Known for her tenacious defending on the field, she has a very calm personality off the turf. She Captained the Indian team that clinched the Silver Medal at the Youth Olympics in Buenos Aires in 2018, and recalls the tournament as her favourite memory in her young career thus far. She has replicated her performance for India's youth teams at the highest level just as well, earning 29 caps for Team India as a 19-year-old. Salima was part of India's fine victory against USA in the FIH Olympic Qualifiers and over the past two years, she has cemented her place in the team with significant performances. Salima now becomes the second player from Jharkhand after Nikki Pradhan to play at the Olympic Games.

*"While it feels like a dream that I am going to represent India at the Olympics, I am aware of the challenge that we are going to face as this is the highest level of competition in hockey. My mind is fully focussed on the task in front of me."*



@Salimatete

Salima tete

salima\_tete\_

*Salima*

# 32 NEHA



POSITION

**MIDFIELDER**

DATE OF BIRTH

**15-11-1996**

ROLE MODEL

**PRITAM SIWACH**

SENIOR INTERNATIONAL CAPS

**75**

SENIOR INTERNATIONAL GOALS

**11**

Neha first represented India at the age of 14 when she was picked for the Junior Asia Cup in 2011. In the same year, at the U-21 Four-Nations Lal Bahadur Shastri women's hockey tournament, she was declared the Player of the Tournament. She made her senior debut in 2014 and played her first match at FIH Champions Challenge in Glasgow. In the 2017 Women's Asia Cup, Neha also scored her first goal against China in their Pool match. The midfielder has impressed many in her short time with the national team, and has been a regular fixture in this young side, winning the Silver Medal at the 5<sup>th</sup> Women's Asian Champions Trophy. She was also a part of India's historic Silver Medal feat at the 2018 Asian Games Jakarta-Palembang and representing the team at the Vitality Hockey Women's World Cup London 2018. She was also a part of India's victory at the FIH Series Finals as well as the FIH Olympic Qualifiers in Bhubaneswar, India. She was conferred with Hockey India Ajit Pal Singh Award for Midfielder of the Year 2019.

*"I am very excited to be part of the Indian Olympic squad. We have been working very hard for this tournament in the last five years and we are so happy that it's finally here. We have all our plans in place and we just need to execute them to the best of our abilities."*



neha720

*Neha*

# COACHES & SUPPORT STAFF

## INDIAN WOMEN'S HOCKEY TEAM



### Sjoerd Marijne

Chief Coach

**Birth Place**  
Netherlands

**Date of Birth**  
20-04-1974

**Sporting Role Model**  
Roger Federer



### Janneke Schopman

Analytical Coach

**Birth Place**  
Netherlands

**Date of Birth**  
26-04-1977

**Sporting Role Model**  
-



### Ankitha BS

Coach

**Birth Place**  
India

**Date of Birth**  
12-12-1992

**Sporting Role Model**  
Muthukumar.N (My Coach)



## Wayne Lombard

Scientific Advisor

### Birth Place

South Africa

### Date of Birth

01-11-1985

### Sporting Role Model

Dwayne Johnson



## Nivedita Chopra

Physiotherapist

### Birth Place

India

### Date of Birth

15-01-1988

### Sporting Role Model

Virat Kohli



## Amuthaprakash Perumal

Video Analyst

### Birth Place

India

### Date of Birth

26-08-1986

### Sporting Role Model

M S Dhoni



## Radhika Bhikan Chaudhari

Masseuse

### Birth Place

India

### Date of Birth

19-08-1984

### Sporting Role Model

M S Dhoni





# Triv?da



1. Who was the highest goal scorer in the 1928 Olympic Games?  
A. Major Dhyan Chand, India      B. Theodor Haag, Germany  
C. Louis Diercxsens, Belgium      D. Henning Hoist, Denmark
2. Who was the first Indian player to win the Gold Medal in three consecutive Olympic Games?  
A. Major Dhyan Chand      B. Zafar Iqbal  
C. Udham Singh      D. Leslie Claudius
3. Which of the below countries has not won a single Olympic Gold Medal ?  
A. Argentina      B. New Zealand  
C. Belgium      D. Australia
4. Who was India's first Captain in 1928 Olympic Games?  
A. Major Dhyan Chand      B. Jaipal Singh Munda  
C. Ali Shaukat      D. Feroze Khan
5. Who Captained Indian Women's team at the Rio Olympics 2016?  
A. Rani      B. Lilima Minz  
C. Sushila Chanu Pukhrambam      D. Anuradha Thokchom
6. Who Captained Indian Women's Hockey Team in their first ever Olympic appearance?  
A. Eliza Nelson      B. Selma D'Silva  
C. Varsha Soni      D. Rupa Saini
7. Who was India's first opponent at 1928 Olympic Games?  
A. Belgium      B. Austria  
C. Denmark      D. Switzerland
8. Which country has played the maximum no. of Finals in Olympic Games history??  
A. Great Britain      B. Australia  
C. Netherlands      D. India



9. When did India play its first Hockey World Cup?
  - A. 1970
  - B. 1971
  - C. 1973
  - D. 1972
10. What was the score line at India's first Gold Medal match at Olympic Games?
  - A. 2-1
  - B. 3-0
  - C. 3-1
  - D. 1-0
11. In which Olympic Games was Field Hockey played on artificial turf for the first time?
  - A. 1932, Los Angeles
  - B. 1928, Amsterdam
  - C. 1976, Montreal
  - D. 1972, Munich
12. In which Olympic Games did Hockey debut as an official Olympic sport?
  - A. 1904, Missouri
  - B. 1908, London
  - C. 1900, Paris
  - D. 1920, Antwerp
13. In which Olympic edition was Major Dhyan Chand the Captain of Indian team?
  - A. 1932, Los Angeles
  - B. 1948, London
  - C. 1928, Amsterdam
  - D. 1936, Berlin
14. Who was the first-ever hockey player to win the prestigious 'World Games Athlete of the Year' award in 2020?
  - A. Vandana Katariya
  - B. Rani
  - C. Lalremsiami
  - D. Neha
15. How many sports will feature in 2020 Tokyo Olympics?
  - A. 30
  - B. 33
  - C. 31
  - D. 32
16. In which Olympic Games did Indian Women's team participate after 36 years?
  - A. 2016, Rio
  - B. 2012, London
  - C. 2008, Beijing
  - D. 2020, Tokyo
17. Which country has the most no. of appearances (Men) in Olympic History?
  - A. India
  - B. Australia
  - C. Great Britain
  - D. Belgium
18. Who captained Indian Men's Hockey team at the 1956 Olympic Games?
  - A. Balbir Singh Sr.
  - B. Gurdev Singh Kullar
  - C. Raghbir Singh Bhola
  - D. Leslie Claudius
19. In which country did the modern game of field hockey originate in the 18th century?
  - A. Netherlands
  - B. Australia
  - C. England
  - D. Belgium

MESSAGE FROM  
**CEO** Hockey India



**MS. ELENA  
NORMAN**  
CEO - HOCKEY INDIA

*Dear Friends,*

The moment we have all been waiting for is finally here. With the teams well-prepared for the Olympic Games Tokyo 2020, we believe they have the capabilities to finish on the podium and bring back the glory days for hockey in India.

Over the past decade, Hockey India has worked with a vision to grow the sport in the country and the target was always to achieve success at the Olympic Games and I strongly believe both the Indian Men and Women's hockey teams are at the cusp of creating a historic feat.

They have risen in world rankings with Men's Team at World No.4 at the moment and the Women's Team at an impressive World No.10. For Hockey India, it was imperative to ensure both teams received equal importance as they trained for the Olympic Games Tokyo 2020 and we left no stone unturned to ensure their preparations are not hampered despite the pandemic posing several challenges.

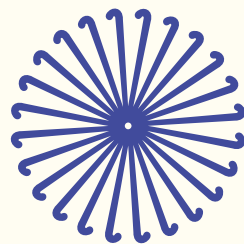
Both the Men and Women's Olympic Core Group trained in a bio-secure environment at SAI Centre, Bengaluru where every need of theirs was fulfilled. SAI also brought up a separate gym and changing rooms exclusive for the hockey teams within the premise which ensured the players don't come in contact with others. Their diet, and safety protocols were made a top priority and we are very grateful to MYAS, SAI, IOA and our main team partner Odisha State Government who provided unconditional support in these trying times.

Hockey India staff have also worked through the pandemic to ensure any requirements from the teams have been met in real time. I thank my colleagues who have put in such efforts despite many hurdles caused by the COVID-19 virus.

As the teams leave for Tokyo, I along with my entire team at Hockey India wish them the very best and hope they return with a Medal.

---





HOCKEY INDIA

**#HaiTayyar**  
**#StrongerTogether**

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HOCKEY INDIA

**#HaiTayyar**

#HockeyInvites #IndiaKaGame #HaiTayyar #Tokyo2020 #Hockey #StrongerTogether