# NEWSLETTER

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### **COVER STORY**

Players bring their talent to the fore at Annual Hockey India National Championships 2021



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## Message from Hockey India President



### Mr. Gyanendro Ningombam

#### Namaskar,

The months of September and October have been very eventful here at Hockey India. After the high of the fantastic performances by both the Indian Women's and Men's Hockey Teams at the Tokyo Olympics in August, it's fantastic to see both sides resume their National Coaching Camps in September and October respectively. The Indian teams will certainly work even harder in the upcoming months to scale bigger heights in the future.

It was also wonderful to see Asian Hockey Federation (AHF) continue to conduct the AHF Online Education Workshops in September. Our Coaches, Umpires and Technical Officials have grown and evolved manifold through the AHF Online Education Workshops in the last several months.

One of the our biggest highlight in September was the announcement of the FIH Odisha Hockey Men's Junior World Cup Bhubaneswar 2021, which will be held from 24 November to 5 December 2021. We are eagerly looking forward to organizing the prestigious tournament along with the Government of Odisha and the FIH. This is the first International major event in India since Covid-19.

We are extremely proud to note that six Indian hockey players and two coaches from both the Indian Hockey Teams (Men and Women) won the FIH Hockey Stars Awards in their respective categories. Indian Men's Hockey Team's dragflicker Harmanpreet Singh won 'FIH Player of the Year' in the men's category, while Indian Women's Hockey Team dragflicker Gurjit Kaur won the 'FIH Player of The Year' in the women's category. India's experienced goalkeeper PR Sreejesh won the 'Goalkeeper of the Year' in the men's category. Indian Women's Team goalkeeper Savita, on the other hand, won the 'Goalkeeper of the Year' in the women's category. In the FIH Rising Star of the Year for men, Vivek Sagar Prasad won the award for the second consecutive time. Sharmila Devi won the FIH Rising Star of the year for women. We would like to congratulate the winners once again and hope that raise their game to an even higher level in the upcoming years.

It was also fantastic to see the players in the domestic circuit in action during the various Hockey India National competition. The athletes in the 1st Hockey India Sub Junior Men Academy National Championship 2021, 1st Hockey India Junior Men Academy National Championship 2021, 11th Hockey India Senior Women National Championship 2021 and 1st Hockey India Senior Women Inter-Department National Championship 2021 showed their mettle to become future hockey stars of India. We would like to congratulate the winners of each of the National Championships held in the month of October.

All in all, we have moved forward by leaps and bounds in the last two months. We at Hockey India will continue to put in the necessary work to ensure the growth and evolvement of hockey continues in our country.



## Odisha to host the prestigious FIH Hockey Men's Junior World Cup 2021 in Bhubaneswar

After successfully hosting the 2018 Men's Hockey World Cup, the temple city of Bhubaneswar will stage the prestigious FIH Odisha Hockey Men's Junior World Cup Bhubaneswar 2021. The muchawaited announcement was made in Bhubaneswar on 23 September 2021 by the Hon'ble Chief

Minister, Odisha, Shri Naveen Patnaik, in the presence of Hon'ble Minister for Sports and Youth Services, Government of Odisha, Shri Tusharkanti Behera, FIH President Dr Narinder Dhruv Batra and Hockey India Secretary General Mr Rajinder Singh.

This marquee event in the international hockey calendar will be held from 24 November to 5 December 2021 and will feature 16 teams which are India, Korea, Malaysia, Pakistan, South Africa, Egypt, Belgium, England, France, Germany, the Netherlands, Spain, USA, Canada, Chile and Argentina.











### Hockey India congratulates defender and star drag-flicker Rupinder Pal Singh on an illustrious career with the Indian Men's Hockey Team

As the stalwart drag-flicker Rupinder Pal Singh called time on his illustrious career with the Indian Men's Hockey Team, Hockey India on 30 September 2021 congratulated the two-time Olympian for his outstanding contribution to Indian Hockey.

Rupinder, who made his international debut in 2010, played a pivotal role in India's recent Bronze Medalwinning feat at the Tokyo Olympics 2020. Having scored as many as four goals in the tournament, Rupinder was the second highest goal-scorer in the team.

Fondly known as 'Bob' by his teammates, Rupinder featured in India's important feats in the past decade, which includes the Gold Medal-winning feat at the 2014 Asian Games, 2016 Asian Champions Trophy triumph, 2015 Bronze Medal-winning FIH Hockey World League Final and 2017 Bronze Medal-winning FIH Hockey World League Final.





## Hockey India congratulates veteran defender Birendra Lakra on an illustrious career with Indian Hockey

Hockey India congratulated veteran defender Birendra Lakra, who on 30 September 2021 called time on his illustrious career with the Indian Men's Hockey Team.

Lakra was the joint Vice-Captain of the Indian men's hockey team that clinched the historic Bronze at the recently concluded Tokyo Olympics 2020.

A product of SAIL Hockey Academy Rourkela, Lakra has represented India at the 2009 Youth Olympic Festival held in Sydney, the 2009 Junior World Cup, the 2010 SAAF Games in Dhaka and the 2011 Champions Challenge tournament in South Africa.

Having progressed through the ranks of the junior team set-up, Lakra made his debut for the senior national team in the 2010 South Asian Games and has been part of India's various memorable moments such as the 2014 Asian Games glory, Bronze Medal feat in the World League Final 2015 in Raipur, Silver Medalwinning campaign at the 2014 Commonwealth Games and FIH Men's Series Finals Bhubaneswar Odisha 2019 triumph as well.





## **Hockey India starts Senior Women's National Coaching Camp** in September

After a memorable outing in the Olympic Games Tokyo 2020 where the Indian Women's Hockey Team secured a historic fourth place, Hockey India called up 25 players for the Senior Women's National Coaching Camp which began in SAI, Bengaluru on 13th September 2021.

The core group which also includes the 16 players who were part of the Indian contingent at the Olympic Games Tokyo 2020 reported on Sunday, 12 September for the National Camp which concluded on 20 October 2021.



The core probable group includes Savita, Rajani Etimarpu, Deep Grace Ekka, Reena Khokhar, Gurjit Kaur, Nisha, Nikki Pradhan, Monika, Neha, Sushila Chanu Pukhrambam, Namita Toppo, Rani, Vandana Katariya, Navjot Kaur, Navneet Kaur, Udita who were part of the Indian Team at Tokyo Olympics. Experienced players Lilima Minz, Rashmita Minz, Jyoti, Rajwinder Kaur and Manpreet Kaur too have received a call-up for the camp along with Gagandeep Kaur, Mariana Kujur, Suman Devi Thoudam and Mahima Choudhary who have been moved to the Senior Core Group.



#### **Hockey India begins Senior Men's National Coaching Camp**

The Senior Men's National Coaching Camp began in SAI, Bengaluru on 4 October 2021. After a successful campaign at the Tokyo Olympic Games where India clinched a historic Bronze Medal and ended the 41-yearlong year wait, the Indian Men's Core Group began the new Olympic cycle with an intent to improve upon this performance at Paris 2024.



The core grouped called up for the National Coaching camp includes a mix of young and experienced players including P R Sreejesh, Krishan Bahadur Pathak, Suraj Karkera, Harmanpreet Singh, Dilpreet Singh, Surender Kumar, Gurinder Singh, Amit Rohidas, Manpreet Singh, Hardik Singh, Nilakanta Sharma, Vivek Sagar Prasad, Simranjeet Singh, Akashdeep Singh, Mandeep Singh, Lalit Kumar Upadhyay, Gursahibjit Singh, Shamsher Singh, Varun Kumar, Jarmanpreet Singh, Dipsan Tirkey, Nilam Sanjeep Xess, Jaskaran Singh, Rajkumar Pal, Gurjant Singh, Sumit, Shilanand Lakra, Suman Beck, Mandeep Mor, Ashis Kumar Topno.





## Hockey India congratulates winners of FIH Hockey Stars Awards 2021

Hockey India congratulated all the award winners of the FIH Hockey Stars Awards which was announced on 06 October 2021 by the International Hockey Federation (FIH). The voting-based annual awards had six Indian hockey players and two coaches from both the Indian Hockey Teams (Men and Women) nominated for various categories. This is the first time that all nominees from India have won the prestigious awards in their respective categories.

India's dragflick sensation Harmanpreet Singh was crowned the 'FIH Player of the Year' in the men's category. He was the top scorer in India's Bronze medal-winning performance at the Tokyo Olympic Games. Meanwhile, Indian Women's Hockey team dragflicker Gurjit Kaur won the 'FIH Player of The Year' in the women's category.





India's famed goalkeeper PR Sreejesh won the 'Goalkeeper of the Year' in the men's category. Indian Women team custodian Savita, on the other hand, won the 'Goalkeeper of the Year' in the women's category. In the FIH Rising Star of the Year for men, Vivek Sagar Prasad won the award for the second consecutive time. In the FIH Rising Star of the year for women, Sharmila Devi won the award with maximum votes ahead of Great Britain's Fiona Crackles and Argentina's Valentina Raposo. Indian Men's Hockey Chief Coach Graham Reid was awarded the FIH Coach of the Year. Former Indian Women's Hockey Chief Coach Sjoerd Marijne too was awarded the 'FIH Coach of the Year' for women's team category.



Congratulations to
Harmanpreet Singh for being
adjudged the 'FIH Player of the
Year - Men's'



Congratulations to Gurjit Kaur on winning the prestigious title of 'FIH Player of the Year Women's'



Congratulations to PR Sreejesh for being adjudged as the 'FIH Goalkeeper of the Year Men's



Congratulations to Savita for winning the prestigious 'FIH Goalkeeper of the Year Women's

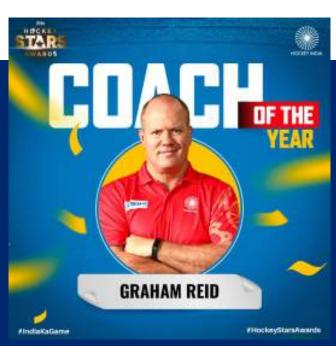




Congratulations to Vivek Sagar Prasad for bagging the 'FIH Rising Star of the Year Men's



Congratulations to Sharmila Devi for winning the 'FIH Rising Star of the Year Women's



Congratulations to
Graham Reid for winning the
'FIH Coach of the Year
Men's



Congratulations to Sjoerd Marijne on winning the 'FIH Coach of the Year Women's

### Madhya Pradesh Hockey Academy clinch 1st Hockey India Sub Junior Men Academy National Championship 2021 title

Madhya Pradesh Hockey Academy beat Odisha Naval Tata Hockey High Performance Centre in the shootout (3-1 SO) after a tie at the end of the 4th Quarter with a 3-3 score line, to clinch the 1st Hockey India Sub Junior Men Academy National Championship 2021 in Bhopal on 13 October 2021. Whereas Roundglass Punjab Hockey Club Academy beat SGPC Hockey Academy 5-1 to clinch the 3rd place in the inaugural edition of the tournament.







Gold Medalist - Madhya Pradesh Hockey Academy



Silver Medalist -Odisha Naval Tata HIgh Performance Centre



Bronze Medalist -Round Glass Punjab Hockey Club Academy



## Madhya Pradesh Hockey Academy clinch 1st Hockey India Junior Men Academy National Championship 2021 title

Madhya Pradesh Hockey Academy claimed a clinical 3-1 victory over Raja Karan Hockey Academy to clinch the 1st Hockey India Junior Men Academy National Championship 2021 title in Bhopal on 27 October 2021. Whereas Namdhari Xi beat Roundglass Punjab Hockey Club Academy 6-4 to finish 3rd place in the inaugural edition of the tournament.







Gold Medalist - Madhya Pradesh Hockey Academy



Silver Medalist -Raja Karan Hockey Academy



Bronze Medalist -Namdhari XI

## Hockey Haryana clinch 11th Hockey India Junior Women National Championship 2021

Hockey Haryana clinch the 11th Hockey India Junior Women National Championship 2021 after beating hosts Hockey Jharkhand in a thrilling Final by 3-2 in Simdega on 29 October 2021.

It was a heart-breaking loss for Hockey Jharkhand who began the match well and even made a late fight-back in their quest to win the title in their home ground. But Hockey Haryana played like champions to ensure they remain undefeated in the tournament.

In the Bronze Medal match, Hockey Maharashtra registered a comfortable 6-2 win. Goals were scored by Utkarsha Nana Kale (8', 38'), Kajal Sadashiv Atpadkar (14'), Shivani Sitaram Sahu (20', 53'), Ashwini Kolekar (27') to ensure Hockey Maharashtra sealed the match. For Hockey Chandigarh, Khushdeep Kaur (35', 45') scored twice but couldn't receive much support from her counterparts who failed to stitch together a strong attack and thus, settled for a fourth-place finish.









#### Hockey Madhya Pradesh win 11th Hockey India Senior Women **National Championship 2021**

Hockey Madhya Pradesh defeated Hockey Haryana 1-0 to win the 11th Hockey India Senior Women National Championship 2021 in Jhansi on 30 October 2021, while Hockey Punjab went past Hockey Maharashtra 2-1 to finish third in the competition.

Hockey Madhya Pradesh's Kanchan Nidhi Kerketta (9') found the back of the net early in the Final against Hockey Haryana and thereafter the Hockey Madhya Pradesh side kept Hockey Haryana at bay throughout the game and walked off as winners of the tournament.

Meanwhile, Hockey Punjab earned a hard-fought 2-1 victory over Hockey Maharashtra to finish third in the 11th Hockey India Senior Women National Championship 2021. Captain Reena Rani (44') and Sarabdeep Kaur (50') scored a goal each for the winning side, meanwhile Priya Dubey (18') scored the only goal for Hockey Maharashtra.



Gold Medalist - Hockey Madhya Pradesh



Silver Medalist - Hockey Haryana



Bronze Medalist - Hockey Punjab

### **Railway Sports Promotion Board Crowned Champions of** 1st Hockey India Senior Women Inter-Department National **Championship 2021**

In a complete imitation of the result from the group stages, Railway Sports Promotion Board put out a thoroughly professional display to outclass and outmaneuver Sports Authority of India in the 1st Hockey India Senior Women Inter-Department National Championship 2021 final to win 3-0 in Kolkata on 31 October 2021.

In the third-place game played earlier in the day, Sashastra Seema Bal beat Central Reserve Police Force 5-1. Goals for Sashastra Seema Bal were scored by Preeti (6', 18'), Manisha (29'), Captain Rajni Bala (30') and Longjam Bijeta Devi (40'). CRPF's goal was scored by Pinki Ekka in the 49th minute.



Gold Medalist - Railway Sports Promotion Board



Silver Medalist - Sports Authority of India



Bronze Medalist - Sashastra Seema Bal



## FEATURESTORY

"Bronze medal is great but there is a lot of potential to be unlocked and displayed," says Indian Men's Hockey Team Chief Coach Graham Reid



The Indian Men's Hockey Team Chief Coach Graham Reid credits this team's success to certain innate qualities that has helped them achieve this historic feat of winning a Bronze medal at the Tokyo Olympics 2020. Reflecting on the team's performance, Reid said, "This group is very focused and mentally very tough. They have imbibed a team-first mentality and have great bonding among them. At an event like the Olympics, there are so many distractions, and it is such a huge place that often when you hit the ground at the Olympic village and everyone spread out like ants, but we were able to keep the group together and that was very positive."

Reid who won the FIH Men's Coach of The Year award 2021 further expressed that this is not the time to get complacent with the result but it's time to analyze and understand the way in which the team can elevate their performance to the next level. "Third is where we are at the moment, Australia and Belgium have been consistently playing at the higher level. We need to be able to get to that level. Thats the simple goal I have for this team."



"We will be analyzing all the games, not just ours but all games of different teams over the next six months. We will draw up a plan of what is required to get to that next level. This is a smart group, and we will work out on the things we need to do. We will need to keep improvising and keep getting better. Deep down the team understands, Bronze medal at the Olympics after 41 years is great, but there is a lot of potential we need to unlock and display," added Reid without mincing his words.

Speaking about what the FIH Men's Coach of The Year means to him, Chief Coach Reid said, "It's a great honour and these individual awards are a reflection of a lot of work which has been done by a lot of people in our group for the last two years. It's nice to be recognised and I think winning a medal after 41 years probably awakens a lot of people to follow hockey again. It's fantastic to get such a tremendous response here in the country since we have been back from Tokyo."



# FEATURESTORY

### "Very fortunate to be part of an Olympic Bronze Medal-winning team in the early stage of my career," says Indian Men's Hockey Forward Shamsher Singh

Indian Men's Hockey Team Forward Shamsher Singh, who played a crucial role in India's Bronze Medal-winning campaign at the Tokyo Olympics, expressed that he is very fortunate to have had the chance of playing in the biggest sporting event during the nascent stage of his career. The national side defeated Germany 5-4 in the Tokyo Olympics Bronze Medal match on 05 August 2021 to end a 41-year Olympic Medal drought.

"The Tokyo Olympics is always going to hold a special place in my heart. I am so lucky to be part of an Olympic Bronze Medal-winning team at such an early stage of my career. I also know that this is just the beginning for us as a team. We have the belief that we can do even better in the future and we are going to work towards our goals in the upcoming years," said the Forward, who scored a goal against Japan in the Tokyo Games.





When asked what is the one thing that helped the Indian team to make history in Tokyo, Shamsher said, "I think it was our never-die attitude on the field. Even when we were behind in the game against Germany, we never stopped

believing in our chances and kept looking to create goal-scoring opportunities. We knew that if we kept putting pressure on the opposition, we will be on the winning side in the end and that's what eventually happened," said the 24-year-old.

Shamsher added that the Indian team will work extremely hard to be the best side in the world one day.

"We still have a lot of targets to achieve as a team. We have ticked off the target of winning an Olympic Medal, but we have been striving to be the best side in the world in the last few years. We are going to give everything we have in every match we play in the future, especially in big tournaments such as the FIH Hockey Pro League. We are confident that if we keep improving match by match, then one day we will surely be the World Number 1 team," signed off Shamsher.





## "Staying in the present moment helped us create history at Tokyo Olympics 2020," says Indian Women's Hockey Defender Udita

Young defender Udita, who was an integral part of the Indian Women's Hockey team that finished fourth at the Tokyo Olympics 2020, expressed that staying in the present moment helped India bounce back from a series of losses in the initial phase and eventually script history in Tokyo.

"I think staying in the present moment was the biggest reason why we could bounce back after facing three losses in the opening matches. It also helped us beat a strong team like Australia (in Quarter Final) and eventually script history in Tokyo. We stopped thinking about the results and

kept things simple, which helped us play our natural game," said Udita.

While speaking about her Olympics experience, the 23-year-old defender added, "I had always dreamt of playing against top teams at marquee events like Olympics, and making my Olympic debut against the Netherlands was truly a dream come true. It was also my career's first match against the Dutch side, so it was a special feeling, though we lost that match. However, we went on to script history, and I feel very fortunate to be a part of it."

When asked about her takeaways, the young gun said, "As a youngster, we have learned so much from this historic campaign. We got to learn how to deal with massive pressure at the biggest of stages, and we also learned how staying in the present moment can help you do wonders."

The Hisar-born player is currently part of the 25-member senior women's core probable group for the national coaching camp in SAI, Bengaluru. She said that the team is super excited to be back at the camp and can't wait to start the new season.

"We are super excited to be back at the camp, and can't wait to start our new season. Our first target will be to work on fitness because we haven't done anything since coming back from Tokyo. We will also analyse our Olympics performance in detail and work on accordingly," said the defender.

"We have a crucial year ahead of us, with the allimportant Asian Games, our goal will be to win the Gold medal there, and qualify directly for the Paris Olympics," she signed off.





## COVERSTORY

### Players bring their talent to the fore at

### **Annual Hockey India National Championships 2021**

Host State Members Units do an outstanding job of hosting the tournament under the covid protocols



The month of October witnessed the resumption of the domestic calendar which was halted in March this year due to the second wave of covid-19 pandemic. The prestigious domestic championships provide players with ample opportunity to showcase their skills as aspiring players and grab the attention of national selectors who attended the respective Hockey India National Championships.



The season kicked off with the 1st Hockey India Sub Junior Men Academy National Championship 2021 in Bhopal, Madhya Pradesh between 4 October and 13 October. A total of 24 teams participated in the inaugural tournament and over 550 players and support staff were part of the coveted tournament. After a tough battle in the league stage, Roundglass Punjab Hockey Club Academy, SGPC Hockey Academy, Odisha Naval TATA Hockey High Performance and hosts Madhya Pradesh Hockey Academy made it to



the top four while the Final was battled out between Odisha Naval TATA Hockey High Performance and Madhya Pradesh Hockey Academy. After an intense fight, both teams ended the regulation time with a 3-3 stalemate and the hosts eventually won the title after beating their opponents 3-1 in a thrilling shootout. The third place went to Roundglass Punjab Hockey Club Academy who beat SGPC Hockey Academy 5-1.



In the 1st Hockey India Junior Men Academy National Championship 2021 which was also held in Bhopal from 18 October to 27 October, witnessed a record 28 teams participate in the inaugural edition of this tournament. The hosts Madhya Pradesh Hockey Academy prevailed after they won the final 3-1 against Raja Karan Hockey Academy who had defeated Namdhari Sports Academy 5-3 to make the Final while hosts beat Roundglass Punjab Hockey Club Academy 6-2 to enter the title match. Meanwhile, Namdhari Sports Academy beat Roundglass Punjab Hockey Club Academy 6-4 to finish third in the tournament.

The 11th Hockey India Junior Women National Championship 2021 too was successfully conducted in Simdega, Jharkhand. A total of 27 teams participated in the prestigious tournament which saw Hockey Haryana win the title after beating hosts Hockey Jharkhand 3-2 in a well-fought final. Hockey Maharashtra finished third after defeating Hockey Chandigarh 6-2 in the classification match.







At the 11th Hockey India Senior Women National Championship 2021, Jhansi, Uttar Pradesh, 28 teams from across India participated in the prestigious tournament. Hockey Madhya Pradesh took home the top honours after beating Hockey Haryana 1-0 in a thrilling final encounter while

Hockey Punjab finished third after beating Hockey Maharashtra 2-1 in the classification match. In the Semi Finals, Hockey Madhya Pradesh beat Hockey Maharashtra 2-1 while Hockey Haryana defeated Hockey Punjab 3-0 to make the Final.





The 1st Hockey India Senior Women Inter-Department National Championship, Kolkata, West Bengal too witnessed action-packed tournament which was held between 23rd to 31st October. A total of 10 teams participated in the inaugural competition which saw Railway Sports Promotion Board emerge victorious after they beat Sports Authority of India 3-0. Sashastra Seema Bal beat Central Reserve Police 5-1 to finish third in the tournament.



"It was fantastic to see all the teams take part in the Hockey India National Championships put in their best efforts for their respective teams. I credit the host state member units who did a fine job to organise the tournaments in these challenges circumstances and ensured players a safe environment to compete. This was also the first time that the Inter-Department Nationals for Senior Women and Academy Nationals for Junior and Sub Juniors were held and it was



overwhelming to see so many teams taking part and I am confident this will help us grow the sport further in the domestic level," stated Hockey India President Gyanendro Ningombam.

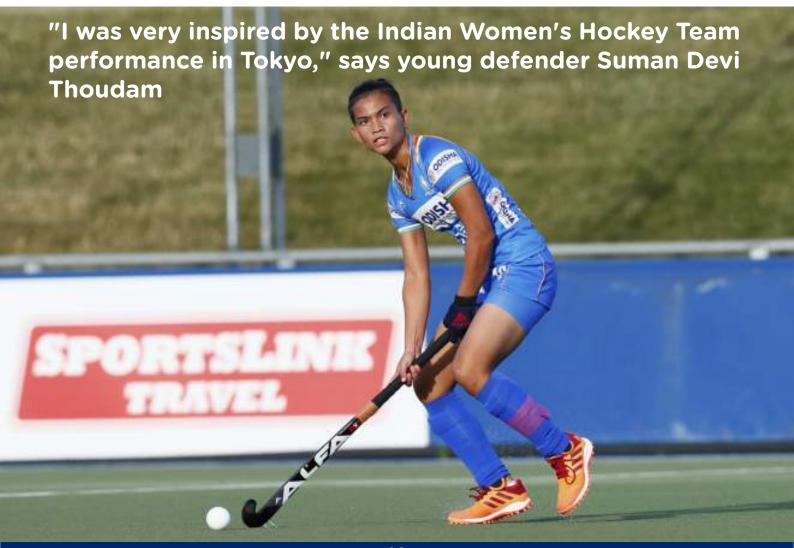


## FEATURESTORY

Having been promoted to the Senior Core Group from the Junior ranks, young defender Suman Devi Thoudam wants to make this opportunity count and learn all about playing under pressure from her counterparts who have returned from a historic outing in Tokyo. "I was in the Junior Camp here in SAI when the Olympics was going on and we were all glued to the TV during the Olympics. Every match India played was thrilling. Even though India couldn't start well, I feel they still India played extremely well against

the Netherlands, Germany and Great Britain. They are much more experienced than our team and yet we held strong against them but fell short."

"Watching the Indian team and how they bounced back in the tournament to beat Ireland, South Africa and Australia in the Quarter Final really inspired us a lot," expressed Suman who led the Indian team during their successful tour in Argentina earlier this year.



From Singjamei Monkhanglambi in Imphal, Manipur, Suman has been a regular feature in the Indian camp and has also played alongside her senior compatriots in the Tour of Spain in 2018. Suman will now vie to prove her mettle in the senior camp and find a regular place in the Senior team. "It's not going to be easy because the core group is quite strong and I have to really prove myself in every session and make every opportunity count."

She further expressed that her focus now will be on honing her skills in the camp. "I am not really thinking too much about cementing my place in the senior team. My focus right now is to learn as much as I can from the Senior players who have had this great experience of playing in back-to-back Olympics."

"They have so much to share, particularly about playing under pressure and how one must not give up till the last whistle. I also really wanted to train under Janneke Schopman. She is a great player herself and I feel very fortunate to get this opportunity to be coached by her," expressed Suman.

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# FEATURESTORY

"Hope more youngsters from Manipur take up hockey," says Indian Men's Hockey Team midfielder

Nilakanta Sharma

ODISH



player. He believes there is still a lot more for him to improve ahead of an important calendar year in 2022.

He said, "I have had some time to introspect about my own performance over these past few years with the Senior team. I think I have been very fortunate to have played along with some of the best players in India and have been able to learn a lot from them. I always like to keep things simple and execute what is expected of me from the team. Each player is assigned a certain role by the coach and I just try to stick to it."

Nilakanta was also instrumental in India's successful campaign at the FIH Junior Men's World Cup in 2016 and he came into the senior setup in 2017. There has been no looking back for this youngster from Manipur. "I believe there is a lot of scope for me to improve my own game from here on and build on this performance in Tokyo. It was absolutely an incredible feeling to win the Bronze Medal and I have received a lot of love from the people of Manipur all through my career."

"Definitely there is a lot of potential for Manipur Hockey to grow further. A lot of good things are happening in the state and the emphasis is on creating good infrastructure. I hope my performance in Tokyo has inspired more youngsters from my state to take up hockey," stated the 26-year-old.

Having got a good break following the Olympics, Nilakanta has now regrouped with his teammates in SAI, Bengaluru.

"We will now sit down as a team and analyse our performance in the Olympics. I personally like these team meetings because everyone contributes and gets to put across their views. We discuss what worked for us as a team and what didn't. Also, there is so much to learn from the leadership group which includes the senior players and I am looking forward to returning to Camp," he concluded.



## Excerpts From Hockey Te Charcha Podcast Series Episodes

Hockey India has initiated a podcast series to share insights from members closely linked with Indian Hockey. Named Hockey Te Charcha, various individuals who have played a part in Indian Hockey over the years - from coaches to players themselves - appeared as guests on the podcast to speak about their personal and professional experiences in Indian Hockey. Here are some excerpts from conversations with two-time Olympic medallist Gurbux Singh and former Indian Men's Hockey Team Captain MM Somaya.

Gurbux Singh shared a personal account of his experience of playing an Olympic final against arch rivals Pakistan in the 1964 Tokyo Olympics.

"We decided in a team meeting before the Final to not play rough against Pakistan, but in case they make it a physical battle, we have to give it back to them. That is what actually happened as well. We dominated and had some chances early on in the game, and we took a 1-0 lead. Pakistan had a lot of penalty corners towards the end, which made it a very tense finish. I kept looking at the match clock, and 20 seconds passing felt like 20 minutes at the time. We eventually held on to win 1-0, and it



was a beautiful feeling to bring the Olympic Gold medal back to India," said Gurbux.

Gurbux Singh spoke about his pride in the Indian Men's hockey team for finishing on the podium at the 2020 Tokyo Olympics, but maintained that the team must soon shift their focus to the road ahead of them. He said, "The team has made everyone proud and happy after winning an Olympic medal after a long gap of 41 years. They should enjoy this moment, but keep in mind that we cannot rest on our laurels now. Now that the team has found success, they will have a target on their back and other teams will look to push harder against India now. We have to start preparing in earnest for the next Olympics and aim to do even better. The team has to set targets one at a time, beginning with the Asian Games, then the FIH Men's World Cup, and the 2024 Paris Olympics."

Somaya spoke fondly about the tightknit group of players in the Indian team during his era.

"Many of us in the Olympic Gold medal winning team of 1980 also went on to play together in the team four years later in the Los Angeles Olympics. There were special players like Zafar Igbal, Charanjit Kumar and Ravinder Pal Singh. All of us played two Olympics together, but further, Merwyn Fernandes Mohammed Shahid and I played together in three (Olympic Games), from 1980 all the way to 1988. We formed a special bond in the core group of the team in those years and shared a lot of memories together. We would look forward to not only the National Team's training camp and matches, but also spending time off the field together, as they were really fun times," said MM Somaya.

He went on to speak in further detail about teammate Mohammed Shahid, who was widely recognised as the best player in the world in his generation. He said, "Mohammed Shahid started his career just one or two years before mine, and we both retired at the same time in 1988. So, we had a long journey together, and there was a good bonding and level of trust between us. His prime was from 1980 to about 1987, during which time he was arguably the world's greatest player. He faced some setbacks in his personal life after that and took some time off hockey, but he worked very hard and fought his way back into the team eventually for the 1988 Olympics."



### Hon'ble Chief Minister of Madhya Pradesh, Shri. Shivraj Singh Chouhan & Hon'ble Minister Smt. Yashohara Raje Scindia, Department of Sports & Youth Welfare, Technical Education felicitated the Indian Women's Hockey Team

The Hon'ble Chief Minister of Madhya Pradesh, Shri. Shivraj Singh Chouhan, Smt. Yashodhara Raje Scindia, Hon'ble Minister, Department of Sports & Youth Welfare, Technical Education, Skill Development & Employment and other dignitaries from the state felicitated the Indian Women's Hockey Team for their inspirational Tokyo Olympic Games 2020 journey. Dr. Narinder Dhruv Batra, IOA President presented a

memento to Hon'ble Chief Minister of Madhya Pradesh Shri. Shivraj Singh Chouhan.













## Asian Hockey Federation (AHF) organize another set of Online Education Workshops exclusively for Hockey India

After the successful completion of the AHF Online Education Workshops exclusively for the Hockey India Coaches, Umpires and Technical Officials in the last several months, the Asian Hockey Federation (AHF) conducted another set of Online Education Workshops during the period of September. A group of 12-30 Umpires attended two AHF - HI Exclusive Online Education Workshops this month. Aimed at providing technical expertise and knowledge on various aspects of communication and mental

toughness for Umpires, these online education workshops will be conducted free of cost, consisting of a three to four hours' sessions each.











### MEMBER UNIT ACTIVITIES

**SEPTEMBER AND OCTOBER 2021** 

### **Adyar Hockey Academy**

We thank Adyar Hockey Academy for distributing 50 Hockey sticks to grassroot-level players.









### **Goans Hockey**

Glimpses from the opening of the Super Turf Hockey Ground on 27th September 2021. The pre-national camps of Goans Hockey for the Senior and Junior Women's are currently underway at this ground.









# **Hockey Punjab**

After a fine performance at Tokyo 2020, the Olympians were felicitated with 'Sone De Kantha' - a traditional Punjabi Ornament in the presence of Hockey Punjab's President Shri Nitin Kohli and Vice President Balwinder Shammi.













# **Manipur Hockey**

Gyanendro Ningombam, President Hockey India and Nilakanta Sharma, Tokyo Olympic Games 2020 Bronze medallist, was given a grand reception by Thoubal Hockey, a district unit of Manipur Hockey, at the Thoubal Mela Ground.







Hockey training is being organised for women by the Chandel District Hockey Association under the aegis of Manipur Hockey. The training will conclude on the 30th October 2021.











# Infrastructure Development

# **Hockey Jammu & Kashmir**

For the development & promotion of Hockey in the Union Territory of Jammu & Kashmir, Astro Turf work is in progress at the Polo Ground in Srinagar.







# **Hockey Madhya Pradesh**



The works for a brand-new synthetic Hockey field has started in Sagar district of Madhya Pradesh, and has been sanctioned by the Sports & Youth Welfare Department, Government of Madhya Pradesh.







# **Hockey Maharashtra**

A big congratulations to Sainik School Chandrapur Hockey - Ground 1 Chandrapur, India for being granted FIH Category 2 field certificate based on its construction, performance and player welfare requirements.







A big congratulations to Sainik School Chandrapur Hockey - Ground 2 Chandrapur, India for being granted FIH Category 2 field certificate based on its construction, performance and player welfare





# MEDIA COVERAGE

SEPTEMBER AND OCTOBER 2021



Deccan Herald - Bangalore

### Karnataka girls lose to Punjab

In a closely fought Pool H match, Hockey Karnataka lost 1-2 to Hockey Punjab in the 11th Hockey India Junior Women's National Championship on Friday, reports PTI from Simdega, Jharkhand.

Tamil Nadu bounced back from their loss in the first round to thrash Kerala 5-0, while Haryana demolished Rajasthan by a whopping 19-0 margin.

In a Pool C match, Andhra Pradesh beat Telangana Hockey 7-0, while Uttar Pradesh got off to a fine start with a 7-0 win against Manipur Hockey.

### Dainik Bhaskar - Ranchi

को क्रियामिक क्लाक करा १४ व्यापक विकास महाराष्ट्र यमे ३-१ गोल से इस झारखंड पमझनल में. आज हरियाणा से मुक्तबला





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Ahmedabad Mirror - Ahmedabad

# 25 players named for national hockey camp

It will prepare junior and senior players for the upcoming fixtures



### #NEWDELHI

Following their success at the Tokyo Olympic Games, Hockey India (HI) has called up 25 players for the senior women's national coaching camp scheduled to begin in the Sports Authority of India campus in Bengaluru on September 13.

The core group, which also includes the 16 players who were part of the Olympics, will report on Sunday for the camp which will conclude on October 20.

The core probable group includes Savita, Rajani Etimarpu, Deep Grace Ekka, Reena Khokhar, Gurjit Kaur, Nisha, Nikki Pradhan, Monika, Neha, Sushila Chanu Pukhrambam, Namita Toppo, Rani, Vandana Katariya, Navjot Kaur, Navneet Kaur, Udita who were part of the Indian team at Tokyo Olympics.

Players Lilima Minz, Rashmita Minz, Jyoti, Rajwinder Kaur and Manpreet Kaur too have received a call-up along with Gagandeep Kaur, Mariana Kujur, Suman Devi Thoudam and Mahima Choudhary. IANS

### **Central Chronicle- Bhopal**

### Staying in the moment helped us create history at Tokyo Olympics: Udita



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Hindustan Times - New Delhi

### Fans didn't decide winners: FIH CEO

LAUSANNE: The International Hockey Federation (FIH) will create a task force to work on its global awards selection process that caused "anger" and "disappointment" this year but its CEO Thierry Weil asserted the winners-all of them Indians-wouldn't have been different even without fans' votes. Votes from national captains and coaches accounted for 50% of the overall result, while fans and players (25%) and media (25%) made the other half of the votes. It is to be noted that only 19 associations from the 42-strong European bloc cast their votes. compared to 29 out of 33 in Asia.



### Central Chronicle- Bhopal

MP Hockey bags second consecutive national title Yashadhara Baje Seindia and Pullela Copieinand disa ibuted prises Sedan lag senat de

### Hindustan Times - Mumbai

### India dominate FIH awards. Belgium cry foul





### Orrisa Post - Bhubaneswar

### GOALIE'S LOVE FOR HOCKEY

THE CHIEF MINISTER WAS A ROCKEY GOALAZEPER DAVING HE SCHOOL SAYS, NOW, HE HAS STOOD TALL BEREND THE WEIGHT HOCKEY YEARS STACK SELD



Dainik Bhaskar - Chandigarh

चर्डागढ जूनियर एत्सं न बिहार की डी पान

### Hindustan Times - New Delhi

### India pull out of Commonwealth Games hockey

### Deshbandhu- New Delhi

# 12वां एफआईएच जूनियर पुरुष हॉकी विश्व कप अब भुवनेश्वर में होगा



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भारत तमाहर तीकरी बार कृषिवर पुरुष होंडी दिश्व कर की पंजवारी करेंचा ऑस्ट्रॉस्ट और व्यक्तिक हटे. जनमञ्जा और erns of first

राजीय ,कोण, जार्जन, जेटलरीड, लोग, आंग्रेस्स, फरास, फिर्डे और अस्टिंग- में विस्तार करेंगे हर्मीय के मी इस कृष्ण कुष्ण होंगी रिध्य कर से इस्ते भी अवस्था समझें का वर्त से फिर इसीट भी हारों भी आर्थित जाना का तो है कि एनिए भी तो पाने हा चार, पाना के ती बाद नामां पुरेश्वर पुत्रण सीधी तिथ में क्यान्तिय के मेरिकार अर्थित है, कि पाने मेरिकार और निकार प्रत्ये कान्यों भी सीधारी हैंगे। बात के पुरिष्ठ पुत्रण मीधी के पितारी निकार के पुरेश पुत्रण मीधी के पितारी निकार के पुरेश पुत्रण मीधी के पितारी मिला के पुत्रण पुत्रण मीधी के पाने मीधी मीधी मीधी के प्रति मुक्तिन उठाव में निकार मीधी मीधी के पूर्व हैं। पुत्रमेला उठाव में

ताकार प्रशासनाथ का 3-1 ता प्राचन (पुरस्त ) कोर्ड मित्र कर कीर्ड कर (2014 है पुरस्तार्थ्य कर कीर्ड मित्र कर कीर्ड कर (2014 है) की प्रशास कर की कर (2014 है) की स्वाचन के की कर (2014 है) की स्वाचन के की कर (2014 है) की स्वाचन के कीर्ड मित्र अपने की प्रशास कर की कर (2014 है) कर की स्वाचन के अपने की स्वाचन की स्वचन की स्वाचन की स त्रिक का वा द्वाराव्य क्ष्मा का प्रार्थ के त्राप्त कर का का उठा की उठा में का उठा उठा के का वृद्धित त्राव की त्राप्त की उठा में एका पर दे दूसरों का वृद्धित त्राव की त्रिक की कार्य प्रार्थ की दे का त्राप्त करने नका कर कार्य प्रार्थ की त्राप्त का व्यक्ति ने कीन की कार्या कार्या की त्राप्त का व्यक्ति ने कीन की कार्या कार्या कर (१००९), कि देशका (१००९) और करियोद (१००९) के एक एक प्रार्थ क्षार्थ करियोद (१००९) के एक एक प्रार्थ

### **Sportstar - National**



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### The Pioneer - Bhopal

### Broat afterce for us, inclair women's heapty team an playing Pro League

### Sportstar - National



### Deshbandhu- New Delhi

### एफअईएच गोनळेच्य ओक द ईंग्स अवॉर्ड के निए नान्ट दिन्दा नाना प्रदन्त सहमातः पीत्रार झेनेश



### Deshbandhu- New Delhi

### सीनियर महिला हाँकी के फाइनल में भिड़ेंगी मध्य प्रदेश व हरियाणा की टीमें

### The Pioneer - Bhopal

including large (water); featured flowers disruptored professional

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### Orrisa Post - Bhubaneswar

### JE TOCKTY WORLD CUPCOMESTIC TOWN



# India Today Hindi - National मेटान में मोर्वे घर

### **Central Chronicle- Bhopal**

### Naval Tata, Namdhari XI win their matches

ander, Sidous years on Hilboday in Lay wine. Valid the Republikan way.

They may be a second or the second of the Standoù School, Camarahenn, Sai dho gare gyr va tachoas. MP Bholaey Analeza y conner: Vaidhart i Raja Asademy Anday ded 5 devol. Common 

The Pioneer - New Delhi 30 members for hockey's senior national camp

Hels A. David S.A.



Mid-day - Mumbai

The Sunday Guardian

REALLY WANTED TO PROVE NYSELF AT TOKYO OLYMPICS. SAYS DEFENDER VARUN KUMAR

### Orrisa Post - Bhubaneswar

ਬੁਲੀ ਵਿਟਾਸ਼ਕੀਟ ਪੁਰ PM ਕੇ ਜ਼ਿਵਾ ਪੁਸ਼ਕਾ ਪੜ

### अभिभूत हैं रुपिंदर, लाकड़ा भारतीय हॉकी के प्रेरणा स्त्रोत

जञ्बातों पर काबू धने की सीख

75 रकुनों का देश करना सहत्वपूर्व



GQ - National

### Sportstar - National



Service Contents of the Conten

PRISTEE ESH - The



Mint - New Delhi

### How India warrahistor c Olympics broaze in hockey in Tokyo.

ar Chillian 



### **Hindustan Times - New Delhi**

### HI seeks apology from Belgium

NEW DELHI: Hockey India asserted Belgium's public expression of displeasure on Indians sweeping the FIH awards is nothing short of "racial discrimination" and the world body should initiate a thorough investigation into the matter. In a stronglyworded letter to FIH CEO Thierry Weil, HI president Gyanendro Ningombam said Belgium and its players questioning the voting system was disrespectful towards the Indian winners and demeaning their achievements.

### The Pioneer - New Delhi

### Olympic bronze medal is just the beginning: Shamsher



### The Hindu- Mumbai

### Bhubaneswar to host men's Junior World Cup

to training of the for homours in the communication by held from Nov. 24 or Dec. 5



### Dabang Dunia - Mumbai

### ओडिशा को हरा मप्र हॉकी अकादमी ने जीता खिताब

### steer a particular



### The Sunday Guardian - New Delhi

### 28 TEAMS TO FIGHT IT OUT FOR 11TH HOCKEY INDIA SENIOR WOMEN NATIONAL CHAMPIONSHIP



Section 1. Section 1.

### Sportstar - National



A fresh beginning for Indian women's hockey

CONTROL POPOL

THE POP

The Hindu- New Delhi take dan eathers on they are a re-



Rupinder overwhelmed

# The Pioneer - New Delhi

Species a

by PM Mool's letter

### The Hindu - HYD

### Thelieve this is a beginning of a new era'

Striker Dilpreet speaks on difficulties the team faced in Tokyo

PRODUCTION OF INDIA.

The Inflatt hockey team kept its morale high despite the challenges possed by OI-VID 19 and the historic become medial winning feat at the Tokyo Olympics is on-ly just the beginning of a e ora, and young striker over Singh on

ednesday. The Indian men's man had ended a 4t-year old long wait for an Olympic medal when it clinched the bounce at the Tokye Garnes last

at the Tokyn Garner last month.
"We all woolled so hard to achieve drie fear. We never let any difficulties during the pandernic affect our month. The unifore played a hig part in emocraphing to forefairly and making in first file we can do thie," he sold in a re-

lease issued by Biockey India

(BB). "And for this to happen,
we know we must conducted a new beginning, We all
want to achieve more, and
tournaments. We are mensily graphed for it," the 2smore have and continue to



Well-earned: We all worked so hard to achieve the heat, says Dispress Single. HISTOR.

### The Hans India - HYD

### Hope more youngsters from

### The Hindu- Mumbai

Three own controls (A.4.) Green

## Rashtriya Sahara -New Delhi

### हाँकी वीपियनशिव 21 से

नई दिल्ली। होनी इंडिय ११वी मीरिय राष्ट्रीय महिला वैरिकार्टामा उस प्रदेश के प्रांती में 21 में 30 सम्बद्धार तक खेली वाही जिसमें 28 टीमें पात लेंगे। इस रीमें को शहर राष्ट्रों में बोट जाता। मामूर को सोने टीन कार्टर प्रदासन में प्यूचेने। तह जिस तब दुध बैचे के बाद 27 अम्बद्धा में क्यारेंट प्रशासन, 20 अकट्टार को संयोगस्तान और अपने दिन कराजन क्षेत्र । विनिकारित में भार तो स्ट्रे को कोनोज अस्ती केमीआर नेमिटक रिकेर्ट दिसाने केले । इसके अलक अन्ते मोबद्धार में आदेश सेतु हैए सहन्य होगा। आयोजन सर्वेती एक अरोजन कार्यक्रण का भी मान कोशे जो सुनिशंका करेश कि सार्थ प्रोतिकारिया तथातु विकार पक्ष रहे हैं।

### Hindustan Times - Ranchi

### Olympic dream achieved, Rupinder, Birendra retire



### Orrisa Post - Bhubaneswar

### ONTHHPC win, top group in Sub Junior Nationals

DIDO-ANAN SKWS SERVICE

Bhopal, Oct 8: Odisha Naval Tata Hockey High Performance Centre (ONTHIPPC), Olympian Vivok Singh Hockey Academy, Raja Karan Hockey Academy, and Roundglass Punjab Hockey Club Academy corned victories in their respective matches on the fifth day of the 1st Hockey India Sub Junior Men Academy National

Championship here Friday. In the first match of the day. ONTHEPC registered a clinical 3-0 win against Naval Tata Hockey Academy, Jumshedpur to finish on the top of Pool A. Prendayal Giri (fourth minute). Ricky Tonjam (1988), and Aryan Kess (32nd) scored a goal each for the Odisha

### The Indian Express - New Delhi

### Retirements signal post-Olympics shake up

The state of the s

### Central Chronicle- Bhopal

### Jharkhand, Haryana & Chandigarh move into semi-finals in National Junior Women's Hockey

Simdega: Hosts Iharkhand with Haryana and Chandigarh have made it into the semi finals of 11th Hockey India national women's junior championship. In the first quarter final of the day Jharkhand defeated Hockey Punjab by 6-2 making it for the 10th consecutive year when the team has made into the semi finals.

### **Central Chronicle- Bhopal**

### Our performance in Tokyo has changed our mentality and given us self belief, says midfielder Neha Goyal

Agencies, New Delhi

Agencies, New Delhi
Midfielder Niche Goyal formed
an integral part of the furtam
scomern hoodey mean that seached
the worni-final at the 2020 Tokyu
Olympics, Though the scare day-ment missed out on a caudal after
resolute Great Britists or the

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ploying booker.
This was no first time, so I did not take too much pressure upon myself and tried to enjoy the mo-ment. I also gained some confideace in our town of Argentina and Germany before the Olympics, where I first that we were also to compete well with some snally good teams.

### Central Chronicle - Bhopal

### Hockey MP team winner in Senior National Hockey



### Foreign teams participating in junior hockey WC exempted from quarantine

Hindustan Times - New Delhi

Press Trust of India

NEW DELHI: Foreign teams that will land in India for next month's FIH Men's Junior Hockey World Cup in Bhubanes war have been exempted from quarantine and will only be required to monitor themselves

for Covid-19 symptoms during the stay. The Ministry of Health and Family Welfare took the decision following a request by LS Singh, Joint Secretary in the Sports Ministry, earlier this month.

The health ministry, however. stated that all the arriving teams will have to follow necessary health safety Covid-19 protocols The Junior World Cup will be layed at the Kalinga Stadium from November 24 to December Hosts India are the defending champions. Some of the manda-tory protocols which the visiting s need to follow are pre-a rival RT-PCR tests for all partici-

### The Pioneer - Ranchi

### Haryana clinches Junior Women's Hockey trophy



### The Statesman - New Delhi

### Women's hockey team felicitated

STATESMAN NEWS SERVICE

Expressing strong hope that Indianwomenwill win a gold medal in hockey in the next Olympics, MP CM Shivraj Singh Chouhan today gave Rs 31 lakh each to all players of the Indian women hockey team that made the country proud in the recent Tokyo Olympics.

Chouhan also hosted a lunch for the team and its officials at the CM House after planting tree saplings with the players of the team.

The felicitation ceremony was held in the afternoon at the Minto Hall here. Chouhan said the Indian women's hockey team gave an outstanding performance in the Tokyo Olympics and these young women won the hearts of the people of the country. The CM said we are fulfilling our duty by honoring them in Madhya Pradesh, which is the heart of

Chouhan lauded the team for displaying immense courage and skill in the Olympics. He pointed out that the team's performance has raised hopes of better results for the Indian women's hockey team in the future.

### The Tribune - New Delhi

### Reid attributes FIH awards sweep to team's sacrifices

winnin, ocrosin; dian men's hockey team def coach Graham Beid day steered clear of the controversy surrounding the FIH annual awards, saying the honour which he and his players received ere a recognition of their scrifices in the last one

socrifices in the last one and a half years.

India swept the annual awards on Wednesday, disting all the top homour based on a viding system lambacted as a "failure" by reach Olympics champions Belgium, prompting the FIH to may that it would try to figure why some associations did not can their ballot.

Five Indian players and

Five Indian players and said coaches of both the en's and women's teams

claimed the top honours in different categories after

different categories after they get maximum votes. Asked about the controver-sy that erupted, the Aus-tralian said: "Look, as coaches and players we have nothing do with how things are chosen or the system. W just go out there and play to ur best. It is a recognition of

our best. It is a recognition of the work put by this team, including the support staff."
"There is a lot of work gone invisitie. I see this as a reflec-tion of the sacrifices and work put in fur the last 18-30 morellas by this team during lockdown. I hawwift seem my kids for two years. It is great to get some recognition for to get some recognition for the group and it is also a reflection of bodusy in India," Boid added. — PTI

### The Hindu - New Delhi

### India sweeps FIH annual awards, Belgium cries foul





### How manen's team became fitter, laster, stronger



### Rashtriya Sahara - New Delhi

### सीनियर महिला राष्ट्रीय हॉकी वैंपियनशिप 21 से

नई दिल्ली । हॉकी इंडिया 11वीं सीनियर राष्ट्रीय महिला चैंपियनशिप उत्तर प्रदेश के हांसी में 21 से 30 अक्टूबर तक खेली जाएगी जिसमें 28 टीमें भाग लेंगी। इन टीमों को आठ समृहों में बांटा जाएगा। समृह की शीर्ष टीम क्वार्टर फाइनल में पहुंचेगी। छह दिन तक ग्रुप मैचों के बाद 27 अक्टबर से क्वार्टर फाइनल, 29 अक्टबर को सेमीफाइनल ओर अगले दिन फाइनल होगा। चैंपियनशिप में भाग ले रहे हर खिलाडी, कोच, तकनीकी अधिकारियों को कोरोना आरटी पीसीआर नेगिटिव रिपोर्ट दिखानी होगी। इसके अलावा अपने मोबाइल में आरोग्य सेत ऐप रखना होगा। आयोजन समिति एक कोरोना कार्यक्ल का भी गठन करेगी जो सनिश्चित करेगा कि सारे प्रोटोकॉल लाग किए जा रहे हैं।



# TEAM



SENIOR MEN		<u>JUNIOR MEN</u>	
<u>NOVEMBER</u>		<u>DECEMBER</u>	
DILPREET SINGH	12	PRASHANT KUMAR CHAUHAN	01
SURENDER KUMAR	23	SUDEEP CHIRMAKO	05
<u>DECEMBER</u> LALIT KUMAR UPADHYAY SUMIT SIMRANJEET SINGH	01 20 27	ANKIT PAL	05
		PRABHJOT SINGH	10
		UTTAM SINGH	10
		SUNILJOJO	14
		NABIN KUJUR	16
		RAHUL KUMAR RAJBHAR	18
		SAHIL KUMAR NAYAK	19
		AMANDEEP	20
		YASHDEEP SIWACH	26

SENIOR WOMEN		JUNIOR WOMEN			
<u>NOVEMBER</u>					
14 <b>0</b> \ 111 £		AKSHATA DHEKALE	02		
MONIKA	05	FRAMENMAWII	08		
NEHA	15	RUTUJA PISAL	28		
DECEMBER / DECEMBER					
		MAHIMA CHOUDHARY	06		
RANI	04	DEEPIKA	06		
NIKKI PRADHAN	08	AJMINA KUJUR	09		
		ANNU	12		
SALIMA TETE	27	REET	23		
		VAISHNAVI PHALKE	23		
		SANGITA KUMARIP	24		
		PREETI	25		

# N FOCUS

Monika

My age is 28

(Indian Women's Hockey Team)

My hometown is – Gamri, Sonipat, Haryana

I play as a – Midfielder

My debut was in -2012

**My most important target** – to win Gold Medal at Asian Games 2022

and to qualify for Paris 2024 Olympics

My favourite workout is – I would like to work on my skills mostly

My favourite actor is – Akshay Kumar

My favourite song is – Gulabi Aankhein

My favourite cuisine is – Kadhi Chawal

My best sporting moment – when we qualified for

the Rio 2016 Olympics

My idol is - My grand father and father

My dream destination is – Paris

If I wasn't a hockey player, I would've been – a Wrestler maybe,

or at least a sportsperson

My gym buddy are – Lilima Minz

My favourite outfit is – Indo-western

My go-to karaoke song is – Mithi Jehi

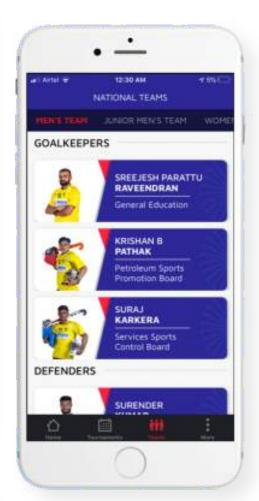
3 things I don't travel without – Purse, Phone and Lip Balm

My cheat meal – Pizza











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