A legend is a person having a special place in public esteem because of exceptional qualities or deeds. A person about whom stories are passed on to the coming generations people start calling him legendary and many aspire to emulate him. Such characters are very rare perhaps very few in many generations. There are many who achieve great heights but got recognition much later after they are gone. It is indeed an extremely rare privilege to become a LEGEND in one’s own lifetime. This distinction is even more pronounced in case the achiever never blows his own trumpet. He lets others do that job to sing his praises and pass on his example to new generations.

Hockey till a short while ago was more or less our national game. It was the only sport in which India achieved dizzy heights of winning eight gold medals at the Olympics. During those golden days names like Dhyan Chand and Roop Singh became household names. One name amongst these which stood out and still continues to raise nostalgic memories is S. Balbir Singh. Such was the impact of this outstanding sportsman that a spate of Balbirs followed his footsteps in the field of hockey. We had Balbir of Railways, Balbir of Punjab Police, Balbir of Services and God knows how many more who came for short spells, performed and left, but amongst these no one could
Indian hockey is currently going through an uneasy phase. Last time when we got to the top spot was in 1975 World cup when none other than our legendary S. Balbir Singh was actively involved in the preparations of the victorious team. It is very befitting to make exploratory study of this great sports man at this hour to draw from his life and achievements, to spell out lessons for the present generation of hockey players so as to regain our lost glory at international level which every sports loving Indian is waiting for. It will be interesting to find out that in an era of no T.V, limited media coverage; a player could rise to such dizzy heights that he caught the imagination of everyone to become a legend.

Sports are no more leisure time, pleasure seeking entertainment activities. It is now a highly competitive and complex profession. The importance given to sports can be judged from the billion of dollars being paid to sports man all over the world. With the exposure through electronic and print media, sports have been glamorised to an extent unimaginable thirty years ago. There is no other profession in which the individuals are paid as much as outstanding sportmen in almost all games are paid. It is only the sports like Tennis, Cricket, soccer, Basketball, Rugby, Ice-hockey etc. where sports persons are earning million of dollars every year. The global importance given
to sports is also tagged with the national prestige of a nation. Even the small
nations like Cuba, Germany, Ethiopia, Kenya compete very well with the
mighty nations of the world. It is only through sports that these countries are
put on the world map. International competition like Olympic games and
World cup championships are very prestigious projects for the conduct of
which almost all the countries of the world vie with each other.

India and hockey are two synonymous names in the sports world. India’s contribution to the game of hockey is immeasurable. During the last
couple of decades, new power equations have emerged and the game itself has
undergone a tremendous transformation, thanks to the high degree of
sophistication and systematisation but India’s role in every facet of this cannot
be underrated. It is a historic fact that India had ruled the world of hockey for
decades but what is daunting today is whether it could regain and retain its
identity as a major power of hockey in the world.

In any case whatever may be the history of hockey and however old it
may be, one factor prominently becomes manifest that this game, in one form
or the other was played in Europe, may be also played elsewhere under
different names. The thesis of this project is however not to trace the history of
the hockey in detail but to focus the mind of the readers on the adoption of this
game by India where it occupies the status of the national game. Everyone in
this country is keen to remain on the top in the world in this sport of ball and
This fascinating game travelled to India through Englishmen who introduced it in the army, railways and police. Young robust and well-built officers and others in these three departments took to playing hockey regularly.

However the present day image of India in the international competition is very low. The only sport for which India was known as world champion was hockey. India for the first time sent its entry to participate in the Olympic hockey tournament of 1928 Amsterdam (Holland) Olympic games where from the 1928 to 1956 Olympic games we remained undisputed champions of the world. There are number of players who made India proud but one of the most distinct personality is Padmashree Balbir Singh, who with his superb skill became a world figure. In the field of sports in hockey he played consecutively in three Olympic games from 1948 to 1956 and was the major contributor for the winning goals India scored. With his exit from the scene of hockey in the 1960 Rome Olympic games, we lost not only the title, but the prestige also. We were relegated to the second position by our traditional rival, Pakistan. Though we won the Olympic Championship in 1964 by a margin of one goal and again in 1980 Moscow Olympics where almost all-strong hockey playing nations did not participate due to American bycott of the Moscow Olympics.

It is very humiliating that a sport like hockey in which India remained on top for 28 years is now trying to struggle to qualify for participation in the Olympic games.
Our performance in the Asian games, like wise, has also been oscillating between first and second positions since the introduction of hockey tournament in Asian games in 1958. Similarly in the world cup, which was started in 1971, we secured first position in 1975 in Kuala-Lumpur. The above mentioned briefs resume of the achievements of Indian hockey teams in the field of International hockey lucidly indicates that to regain our prestige in this game and refurbish our image, we must work hard so that we may be able to restructure our fractured reputation in the area of international hockey.

For considerable long time, its been painfully noticed that our youth in schools, colleges and universities have been losing interests not only in hockey but also in all types of physical activity. Departments such as Army, Railways, Customs and Police, which were the supply line of hockey players are losing interests in this game.

Number of hockey clubs in big cities like Bombay, Calcutta, Delhi Chennai and in other state-capitals have dwindled beyond redemption. All this proves that the hockey playing centers are shrinking tragically. It is not a fact that our rural population has never been motivated to participate in sporting activity organised under the umbrella of Olympic Games.

Some readers might feel that I have portrayed a dismal picture of hockey in India at this point of time but this is a reality and therefore we must face it
regularly and solidly. Not only the youth, but also the people as a whole should be prepared to accept the challenge and get mentally and physically ready for contributing their very best to creating a hockey climate in the country.

The players of Padmashree Balbir Singh's era had something which the present generation lacks. Self discipline, dedication, determination and the will to win, which were seen in Sardar Balbir Singh and his colleagues is a thing of the past.

Hockey administrators and hockey players must work in close collaboration with one another for putting the hockey ship on an even platform.

We must think of long-term and short-term training programmes for our sub junior, junior and senior hockey players. The base of the hockey should be laid in the schools and in the colleges. Headmasters of the schools and principals of the colleges will have to play an important part.

'Sportsman should not only be motivated but also be involved through the medium of state associations, cities and towns association. Therefore initiative should be taken and the funds required for achieving the objective should be provided by the Municipal corporations, Sports departments, Zila parishads, Marketing committees and other Industrial and Commercial boards.
A sizeable part of the income of the above organisations should be earmarked for making available the required equipment and playing surfaces to the hockey players at various levels. To achieve this target, we must properly plan to create the above facilities within the financial resources available to us.

The advent of synthetic surface for playing hockey has effected a sea change in the style and technique of hockey. The game has become exceedingly fast and requires superb physical fitness and endurance. No player can afford to delay the distribution of the ball to his teammates. In other words, first time passes are indispensable.

At the same time, the recent changes in the hockey rules require, to win matches, hockey teams should have accurate, agile and forceful hitters who may be capable of converting penalty corner hits into goals. Abundant data is available to prove that 90% of the matches are decided by the goals converted from penalty corners. Our players will do well to acquire maximum proficiency in taking penalty strokes. The position of goalkeepers is of unique importance. He, in fact, is the last post of defence in the areas of penalty corner hits and penalty strokes.

Indian brand of hockey and traditional formation of 5-3-2 is perhaps most suitable for Indian hockey. We cannot beat the foreign teams by adopting their formation.
Here I want to highlight the role of media, electronic as well as print. In today’s world, unless a point is suitably and widely publicised and hammered again and again it will not catch the attention of the people. The programmes of past and present great hockey heroes on TV should be sponsored as frequently as possible to motivate the youth to choose hockey as their first sport. This will automatically enlarge the hockey base, which will make the scouting of new talent easier.

In this process, when a hockey player attains excellence, at the national or international level his achievements should be equated with similar excellence attained by their contemporaries in other areas of human activity and professional achievements. This policy, if pursued, will go a long way to provide respectable means of livelihood to the hockey players in public and private sectors.

For building a winning Indian hockey team, we must have tall, well-built agile and speedy players. Once this human material is available, we must identify capable, knowledgeable and dedicated trainers/coaches well-versed in the area of tactics suited to the Indian players but at the same time be aware of the methods of coaching by European and other foreign coaches.

I also suggest that we should have periodic discussions between our top coaches and the foreign top coaches at some places in India regularly giving
the time frame on yearly or half-yearly bases. This will create a rapport between our coaches and the foreign coaches and hopefully, we will get good results from this exercise.

We can even engage a capable foreign coach to train our hockey players. Hockey rules are frequently changing. Our national and international hockey umpires must always remain up to date in these rules and must also apply them on the play field in the same manner in which they are applied by their counterparts elsewhere.

However expectations of the people and the media are sky high. Resources are meagre and scanty. Youth is apathetic and diffident. The foregoing discussion proves that hockey requires a concentrated efforts by all to salvage it from the slough in which it is stuck at present. Obviously, therefore, Indian Hockey Federation needs co-operation from all, including players, government and the business houses to help the game in a great way. If steps in the right direction are taken, I am certain that the game of hockey will again reach the pinnacle of glory and re-attain its past prestige in the sphere of international sports. Let us all, therefore, co-operate and get together over this common cause, so dear to us.

With the view, that the study, the scholar has undertaken, will be of importance for the present and future sports men of this country who will
emulate Padmashree Sardar Balbir Singh. This will be a valuable document for the sportsmen and sports organizers of our country.

In India, Calcutta gave a lead in the formation of clubs in 1885 and other parts of the country followed it. The Beighton cup Tournament in Calcutta and the Agha Khan Tournament in Bombay were started in 1895 and 1896 respectively. Almost at the same time, hockey became a popular game in Punjab. From Army units, it spread to educational institutions. The same year Lahore Gymkhana club started the First Open Hockey tournament. India played its first International match against Newzealand in 1926. But it was the 1928 Olympic in Amsterdam that established India as the world’s number one power in the field of Hockey.

India continued its supremacy in hockey from 1928 to 1956. India won the gold medal continuously. Sardar Balbir Singh who was born on Oct. 10, 1924 at Haripur near Phillaur (Pb.) played a major role in Indian hockey during this period. He played for India for the first time in the 1948 London Olympics where India won the gold medal. His second consecutive win was 1952 Helsinki olympics where nine of India’s 13 goals were scored by him. Again in 1956 Melbourne Olympics, Padmashri Balbir Singh captained the Indian hockey team squad and won the gold medal for the country.
After 1956, S. Balbir Singh was not in the active side of hockey. Thus after the decline of the Indian hockey commenced. India lost to Pakistan in 1960 Rome Olympics. In 1968 and 1972, India’s position came down to Bronze.

After having attained supremacy in the field of Hockey till 1956, there appeared a gradual decline of hockey in India.

In the opinion of the scholar the main reasons for the decline of the Indian hockey were -

1. The lack of discipline among the hockey players who did not have much respect for the coaches, lacked education and motivation which had totally diminished.

2. Due to difference of opinions between Punjab Hockey Association and Indian Hockey Federation, the morale of the hockey players had been totally shattered.

3. More– over, there was a lot of political Interference from all the states to have their hockey players chosen without having good standards.

4. Subsequently when our Indian hockey standards were declining, other countries of the world, who were dominating in the fields of Football, Baseball, Rugby, Basket ball etc. started improving in the field of
hockey with speed, strength and stamina and achieving higher standards leaving Indian hockey far behind.

5. Due to successive defeats of the Indian hockey in the International matches, world cups and Olympics, there was a lack of accountability on this issue. There used to be total criticism of the defeats, be it players, coaches or the organisers but no body bothered about it at all and subsequently trauma of defeat died its own death.

The research scholar feels that to achieve a high degree of supremacy in hockey and to recover the lost glory, the stress should be laid more on physical fitness of the players which includes development of speed, strength and stamina and conditioning on scientific lines. Yogic exercises should also be included in the fitness programme. Off-season camps should be conducted keeping in view the climatic conditions.

During the training period, films on hockey matches of different countries should be shown to the players through the projectors to know their style of playing and techniques. Our training faults can also be improved through films of our national teams.

Good balanced diet should be provided to the players during camps and tournaments. Entertainment, recreational facilities and adequate rest should be provided to the players to achieve maximum results.
The scholar also feels that there is no substitute for hard and dedicated works, concentration, clean and disciplined life.

Details of Padmashri Balbir Singh's life, his professional career and his contributions to Indian hockey. This will be a sort of motivation and guidance to the younger generation and up coming hockey players, who will improve upon after having gone through this thesis.

The history of games and sports is as old as mankind. If we peep through the old civilizations as narrated, various sports, games and amusements were organised by various cultural organisations such as Athenians, Spartans and Romans. The culmination came with the organization of the first ancient Olympic games of 776 in Greece. From the ancient amphitheater to a small stadium, sports today has penetrated all physical barriers to bring the sportsman and the sports lover together, to not only display their talents and skills for the greater glory of sports but more so to unite hearts and minds of the people and to accomplish the universal peace and brotherhood among mankind.

The sports skills have now acquired a major role in the culture of society and this culture is depicted through achievements in the sports.

Lots of incentive is provided to the sports persons who attain higher international standards. However excellence in sports field at the national and
international level has enhanced the image and the prestige of the country. India is no exception to this international jagron of activity. The Government of India has created a separate sports department and youth affairs in the Ministry of Human Resource Development and a cabinet minister has been appointed to look into the promotions of sports. Today's world belongs to the best and the fittest. Sports Authority of India under the Chairmanship of Prime Minister has also floated a number of schemes for the promotion of sports in India.

Every nation wants to show its supremacy by showing excellence in sports. The challenges stimulate and inspire every man and woman, young and old, to sweat and strive, to run faster, to jump higher and to throw farther than others. Latest technologies have covered every aspect of assistance to human life including sports. However, despite giving better incentives to the sports persons in the form of scholarships, special quota for admission in various educational institutions, coaching camps of two to three years duration, desired results have not been achieved. Large contingents of India return without any single gold medal.

There is a lot of hue and cry all over the country. Even certain sessions in our parliament are rocked with very emotional speeches by the Hon’ble members of the parliament expressing their views about disgraceful performance. However, nothing changes and everything is forgotten very soon.
The research scholar is of the firm view that to achieve desired results in the field of sports, nation needs competent and dedicated professional people like S. Balbir Singh. The very purpose of taking this research projects to highlight the qualities of Padmashri Balbir Singh which will serve as a lighthouse to the people connected with the promotion of physical education and sports. He is a role model whose example can inspire and motivate people to work hard.

A large number of governmental and non-governmental organisations, in close collaboration with private agencies, administer and supervise the development of physical education and sports. Every nation in the world attaches great importance to the development of sports in order to improve the nation health and for the well being of the future generations. The increased number of athletes participating in the Olympics and other international events from all over the world, is also an indication of the popularity and the development of the sports.

Declaring Physical Education and sports as fundamental right of all, the UNESCO (1986) charter stresses upon governments and non-governmental organisation to promote the development of and to disseminate and put into practice physical education and sports for the “service of human progress.”
A national plan of physical Education and recreation was prepared in 1956 by the union ministry of Education. This plan provided useful guidelines of syllabus of physical education for primary and secondary schools. Due to this syllabus many scheme were contemplated to raise the level of fitness. A national college of physical education was established at Gwalior and national plan of physical education and recreation was finalised in 1956 itself. However in 1959-60 with a purpose to create consciousness and enthusiasm amongst the people of our country for physical fitness and to step up the interest for physical welfare was created through the National Physical Efficiency drive by the Union ministry of Education.

The need of every citizen, irrespective of age & sex is to participate in, and enjoy games, sports and recreational activities. Therefore, hereby recognized physical education and sports should be made an integral part of the curriculum as a regular subject in schools and in the other similar institutions. Therefore, in order to achieve the objective of mass participation in physical education programmes in particular and sports in general, the government of India has come out with a new education policy (1985-86) in which a greater emphasis has been laid on the creation of infra-structure of sports and physical education in terms of facilities.

Planners feel that a great deal needs to be done for sports in the country. Sportsmen are the products of culture promoted by a particular society in a
particular era of the history. No society can produce soldiers without the impact of sports on defence culture. If Indian soldiers are rated one of the best in the world, it is only because of their sportsman like dedication to the duties and sportsman like devotion to defence culture.

It can thus be stated that sports have had tremendous impact on Indian society but sports programmes did not emerge automatically, they were sponsored and patronised by administrators, rulers and leaders.

History is full of evidence as to how kings, maharajas, and rulers patronised sports and sportsmen in order to establish high traditions of sports culture and through these achieved deep social impact.

The society has started viewing sports from different angles. As such today's sports are considered as international discipline, for the promotion and development of international understanding and universal brotherhood. Sports are one of the consolidating factors of national Integration and for developing national, character, which is the urgent need of the present day in Indian society.

Sports influence the behaviour of each individual and the group and thus get modified to fit in the society as useful members. Thus, the people have turned to sports for achievement of greatness in terms of whole nation so much
that the world health organisation has set a target that every person in the world should become fit and health conscious by 2010 AD.

Statement of The Problem

The purpose of this study is to highlight the contributions and achievements of Sardar Balbir Singh towards Indian hockey. Secondly, to study his philosophy with regard to Indian hockey and professional leadership qualities.

The problem is stated as "BALBIR SINGH - LEGENDARY HOCKEY PLAYER: A CASE STUDY."

Delimitations

The study is confined to:

(a) The contribution and achievements of S. Balbir Singh to Indian hockey in India.

(b) S. Balbir Singh's professional carrier will be studied with regard to his philosophy, leadership qualities and his personality.

(c) This study will cover the outstanding or distinguished features with regards to the study of his life. The study will cover the period from Oct. 1924 till his retirement in 1982 as Director sports, Punjab.
Limitations

The research scholars will depend on the interview with the subject (Padmashri Balbir Singh) his family members, selected contemporaries and colleagues, using questionnaire, textbooks, magazines, newspapers etc. for the collection of data. This is due to paucity of time, financial constraints and other personal factors.

Hypothesis

(a) S Balbir Singh was an eminent sportsman of International repute in hockey being a legendary hockey player.
(b) S. Balbir Singh was very knowledgeable and keen administrator.
(c) S. Balbir Singh was a coach/manager of very high caliber - par excellent.
(d) S. Balbir Singh was a strict disciplinarian in the field of sports.
(e) S. Balbir Singh contributed a lot for the development and promotion of hockey in India.
Definition of The Terms Used In The Study

Sports:

This concept emerged as one of the great importance in physical education as an accompaniment of the emphasis upon "Education through the physical" when the so-called new physical education emerged early in the twentieth century. Since that time, sports have been recognized as an essential ingredient of a total physical education programme.

"Sport is a highly ambiguous term having different meanings. Some persons refer to sport as they are speaking of athletic competition, whereas others refer to sport when they are discussing the organisational and financial status of a team. Sport is playful, is competition, is acquisition of physical skills, strategy and is physical prowess. The major attribute that distinguishes sport from game is physical prowess. Physical prowess refers to the practice and learning of a skill if one is to succeed in sport the competition (1976)".

Personality:

Alderman (1974) defines personality, as "an integration of merging of all the parts of ones psychological life - the way one feels, thinks, acts and behaves."
"Psychologists have used the terms "Personality" to denote more than social attractiveness. In fact, their definition of "Personality" not only includes individual characteristic ways of conducting himself in everyday situations but stresses as well as conditioning factors as physique, appearance, intelligence, aptitudes and character traits. All these contribute, in varying degrees to a person's total quality, that is, to the impression which he makes on the other people." (1974)

Career:

"Mode of living course, progress through life." (1974)

Career, in the contexts, of this study, refers to S. Balbir Singh's educational career from childhood, his career in the field of sports in relation to hockey from the beginning of service till his retirement from active professional career.

Pioneer:

First student of new branch of study. A person who takes lead in developing a works for the development of certain area with philosophy of his own.

Profile:

Brief biography, as given in an article in a periodical or in a book.

Contributions in this study refers to S. Balbir Singh's achievements and services rendered in the field of sports in hockey at different levels.

Case Study:

In the words of young (1956), case study is a comprehensive study of a social unit - be that unit a person, a group, a social institution, a district or a community is called a case study.

According to Best (1978), the case study is concerned with everything that is significant in the history or development of the case. It probes deeply and intensively analysis interaction between the factors that produce change and growth. It also emphasizes the longitudinal or genetic approach, showing development over a period of time.

Opinion Questionnaire

"The information form that attempts to measure the attitude or belief of an individual known as opinion questionnaire or attitude scale." (1978)

Through the use of questions or by getting an individual's expressed reaction to statements, a sample of his opinion is obtained. From this statement of opinion may be inferred or estimated his attitudes what he really believes.
Significance of The Study

(a) To know the contributions made by S. Balbir Singh towards hockey in India.

(b) The findings of this study will be a great source of inspiration to the present and future players.

(c) This study will add to the professional literature of sports on hockey in India.

(d) This will be a valid document of the past and will reveal historical perspective to the future generation in the field of sports on hockey.