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CHAPTER – 5

SUMMARY, CONCLUSION AND SUGGESTIONS

Sports play an indispensable role in the life of a man. They not only produce healthy persons but also a healthy culture in a nation. Over a period of time, all countries throughout the world strive hard to acquire the modern sports infrastructure, equipments and the associated technical know-how. Olympics have become a platform where progress, civilizations, cultures and aesthetics of the nations are tested. Thus, the benchmarks for performance are continually raised.

Sports inculcate healthy habits, feeling of cooperation and sense of toleration among the masses so that it can live in peace and harmony. Sports persons, sports societies and nations remain strong and prosperous. No wonder, the greatest of our nationalist and spiritual leaders, who stirred the entire world with his message of Vedantism, Swami Vivekananda maintained that the youth of a nation can learn more in a football field than by sitting in temples and mosques.

In the present circumstances, sports is even being associated with patriotism. These sports persona have such an exalted position that they are worshipped as demi-Gods by their huge mass following. The international medal winners become national heroes. Handsome rewards and awards are given to the sports persons who reach heights in their respective fields. Just recently, the Indian Government announced that a Gold Medal winner in 2008 Olympics in China will be given a cash prize of Rupees Two crores, an amount that was
unthinkable a few years back. Such is the significance, prestige and aura associated with sports and sports persons.

When Hockey is tried to be traced to its roots, it is found that its beginnings are shrouded in obscurity. Though, there are a few sketches on the walls of prehistoric caves that indicate a person hitting a ball with a stick but conclusively, not much can be said with certainty.

Historically, this wonderful game of hockey is maintained to have been played in Egypt, Ethiopia and may be in countries of Persia, Tibet and Chile. It is also believed that Aztecs and Red Indian tribes played a crude version of this game.

The modern hockey is believed to have been played at Eton and some other schools in England in 1750's. It was the time when rules of modern hockey were codified. Over a period of next few decades, these rules underwent a little change. Another important development is 1895 when on January 31, the first international match was played between Wales and Ireland at the Palace summer gardens at Rhyl where Ireland beat Wales by 3-0.

With reference to India, British Army played a pioneering role in 'planting' Hockey in the Indian soil. The first tournament in India was Beighton Cup in 1895 followed by Aga Khan Tournament, a year later. From Calcutta and Bombay, this game quickly spread to Punjab and U.P. The foundation store for Indian Hockey Federation was laid due to the untiring efforts of Lt. Colonel Luard in 1924-25. Similarly, the efforts of Newham, an active journalist and a keen sportsman cannot be ignored. He was the pivot in forming the Punjab Hockey
Association in 1924. Initially, at Olympics, India reached its dizzying heights of hockey winning eight gold medals at Olympics.

SIGNIFICANCE OF THE PRESENT RESEARCH

I. To know the contribution made by Sh. M.K. Kaushik towards Hockey in India

II. The findings of this study will be a great source of inspiration to the present and future Hockey Players.

III. This study will add to the professional literature of sports on Hockey in India.

IV. This will be a valid document of the past and reveal historical prospective to the coming generations in the field of sports and administration.

STATEMENT OF THE PROBLEM

The purpose of this present study is highlighting the achievements and contributions of Arjuna and Dronacharya Awardee Sh. M.K. Kaushik for promoting the game of hockey in India. The present study also aims to underscore and use the administrative and leadership skills of Sh. M.K. Kaushik. The problem is stated as, "Dronacharya Awardee M.K. Kaushik/ Eminent Sportsman, Coach and an Administrator — A case Study." Herein, historical, biographical, analytical and interpretative methods have been made use of.
OBJECTIVES OF THE STUDY

1. To trace out his qualities as a Player, Coach and Administrator.
2. To find out motivational factors that make him persist in sports.
3. To study the social traits specific to him.
4. To find out his leadership qualities.
5. To study his personality traits.

DELIMITATION

The study is confined to:

1. The contribution and achievement of Sh. M.K. Kaushik to Indian Hockey in India.
2. M.K. Kaushik's career was to be studied with regard to his philosophy and leadership.
3. M.K. Kaushik's career was to be studied with regard to his personality and his training schedule.
4. The study has covered the distinguished feature of Dronacharya Awardee Sh. M.K. Kaushik's life.
5. The study has covered the period from his birth to till date.

LIMITATIONS

The scholar depended on the interview with Sh. M.K. Kaushik, his family members, his colleagues, selected coaches of Haryana Sports Department and trainees. Data was collected through questionnaire, magazines, newspapers etc.
COLLECTION OF DATA

Data for this investigation has been derived from both primary and secondary sources.

PRIMARY SOURCES

The original material/information was collected from the following primary sources:

INTERVIEWS

The investigator personally contacted Sh. M.K. Kaushik for the interview and the interview was conducted with the aid of a well-prepared questionnaire. The focus of the interview was mainly around family history, influence of environment on his childhood and education. It related to various facets of his personality, his philosophy, and contribution, the honours and awards he had received and his views on various Sports schemes and Physical Education as Profession.

Many-a-times, the researcher had to take recourse to telephonic interviews to know more about the multi-faceted personality of Arjuna and Dronacharya Awardee Mr. M.K. Kaushik. It involved careful noting of all telephonic conversations, a lot of patience and the willing support of all telephonic interviews. But all this effort has been worth its weight in gold. It would otherwise not have been possible to know about Mr. Kaushik with so much of detail.

To get a deeper insight into Sh. M.K. Kaushik – the man, his sons, wife, brothers and sisters too were interviewed. Much information of his professional life was gleaned through interviews.
with many national and international sportsmen. The prominent interviewees who were contacted by the researcher and who shed such valuable light on the personality of Arjuna and Dronacharya Awardee Mr. M.K. Kaushik were following – Arjuna Awardee and present captain of Indian Women Hockey Team Miss Mamta Kharb; Olympian and former Indian Hockey captain Mr. M.P. Ganesh; Arjuna Awardee and former Asian Gold Medalist Mr. A.B. Subbaiah; Arjuna Awardee and former Captain of Indian Women Hockey Team Mrs. Pritam Siwach; Deputy Director of Sports Department, Haryana Sh. Baldev Singh; Arjuna and Dronacharya Awardee and former Olympian Sh. Rajender Singh; former Olympian Mr. M.R. Negi; Sports Journalist Mr. K. Arumugum; former Olympian Mr. Sanjeev Kumar Dang; Mr. Kaushik’s former Physical Education Teacher Mr. M.S. Yadav; Mr. Kaushik’s close friend Mr. Ashok Diwan; International Hockey Player from Jallandhar Mr. Ripudaman Kumar Singh and the present physiologist with Indian Hockey team Mr. G.L. Khanna.

The interviews that were conducted on the basis of a detailed questionnaire contributed valuable insights regarding Sh. M.K. Kaushik’s sports achievements and personality. It also helped enumerate his contribution and achievements while highlighting his personal and leadership qualities.

SURVEY

Survey technique was also used. Responses and reactions were elicited from hundred and six physical education teachers, coaches and players. Opinion Rating Questionnaire on Sh. M.K. Kaushik was constructed with help of the experts. Questionnaire consisted of sixty nine statements mainly on Sh. M.K. Kaushik’s contribution towards sports and physical education, his contribution for the promotion of
Hockey in particular and sports in general in the country. To estimate the strength of feeling, a four point scale was used such SA—Strongly Agree; A — Agree; DA — Disagree; and SDA — Strongly Disagree. Many-a-times, the researcher had to visit the respondents personally and help them understand the questions in their proper light so as to elicit the appropriate responses from them.

This Opinion Rating Questionnaire was mailed to eminent Physical Educationist and sportspersons throughout the country alongwith forwarding letter stating the purpose of the study and requesting their opinions and responses on the prescribed format of questionnaire. Clear instructions were given to answer the statements by tick marking in the appropriate box. Three weeks to one month time was given for responding to the questionnaire from the date of its receipt. To aid the responses, a self addressed and stamped envelope was enclosed along with the questionnaire. After follow-up through written reminders and verbal persuasions, a total of one hundred and six responses were received.

For the purpose of analysis of the data, each questionnaire that had been responded was put to scoring on a four-point scale.

SECONDARY SOURCES

PERSONAL RECORDS

The various personal records of Arjuna and Dronacharya Awardee Mr. M.K. Kaushik were thoroughly investigated from degrees, honours, books and articles. Information and facts were collected for the purpose of analysis.
PUBLISHED MATERIAL

Numerous books, pamphlets, articles and newspaper reports on Arjuna and Dronacharya Awardee Mr. M.K. Kaushik were studied by the researcher and the selected information was retained as documents for the purpose of investigation.

PICTORIAL RECORDS

From a large repertoire of photographs available with different sources such as personal albums, official photographs as well as newspapers and magazines. A few of the photographs that were found relevant to different occasions have been chosen as documents for this study and are inserted/put in the text body in Chapter-4.

OFFICIAL RECORDS

To get first hand information the investigator visited institutions such as Nehru Stadium Gurgaon where Sh. M.K. Kaushik is working as Dy. Director Sports, Haryana.

ANALYSIS AND INTERPRETATION OF DATA/INFORMATION

Data collected through primary and secondary sources was analysed qualitatively. Quantitative analysis was also employed to the Data collected by using an opinion-rating questionnaire for statistical inferences.

Dronacharya Awardee Sh. M.K. Kaushik's ancestors were men of repute and sincere, hard-working individuals. His grandfather Late Pt. Atma Ram Kaushik was a Tehsildar at Panipat. His father
Sh. Parma Nand Kaushik got education from Hindu College, Delhi University. The city of Delhi fascinated him so much that he migrated from his native village Meham, District Rohtak, Haryana to Pahar Ganj, New Delhi. The main reason for this migration was the education of his children. Sh. M.K. Kaushik's mother Smt. Ram Kali belongs to Vats landlord family of Palam village. She kept the entire family unit together even after the passing away of her husband. Sh. M.K. Kaushik's eldest brother Sh. P.R. Kaushik initially joined Indian Defence Services from where he was selected as a Civil Servant and ultimately retired as a Senior IAS officer. Dronacharya Awardee Sh. M.K. Kaushik's second brother is Colonel J.R. Kaushik who incidentally was a lover of hockey himself. He was the Hockey Captain of Delhi University during his college days. Sh. Kaushik's third brother is Sh. Mukesh Kumar Kaushik who himself was a key national level hockey player and represented Delhi State. Sh. Kaushik's sisters are Indira who presently is a housewife, Vijay who unfortunately met an untimely death, Dr. Kamlesh who is a lecturer in a reputed college, Neelam and last one is Renu, settled at Rohtak. Sh. M.K. Kaushik's wife's name is Mrs. Usha Kaushik, who hails from Banaras. She has all along discharged her responsibilities as a doting wife and mother. She is an epitome of humanity, decency and generosity. Sh. M.K. Kaushik is blessed to have two sons Eshant and Nishant Kaushik, both of whom are good in academics as well as sports.

Dronacharya Awardee Sh. M.K. Kaushik was born on August 19, 1955 at Pahar Ganj, Delhi. Early in his schooling, he played many games. He took to the game of hockey at the age of twelve. Sh. Kaushik represented his school in the game of hockey. Later, Sh. Kaushik joined Kirori Mal College, a prestigious college of Delhi
University. He undertook commerce stream and alongside did full justice to his love of hockey game. He was presented the Best Sports Person Award of the College. In 1973, he represented Delhi University in the Inter-University at Lucknow, wherein he was given the Best Player Award. After his graduation, Sh. M.K. Kaushik joined Delhi Electricity Board from where he moved on and joined TATAs within one year. Playing alongside senior players, he honed his skills further, benefiting from their experience and guidance.

He got the chance to play for Indian Hockey Team in 1975. He represented Mumbai from 1975 to 1986 and for his great performances throughout, he was conferred the Shivaji Chhatrapati Award, the highest award given by the state of Maharashtra.

At the international level, Sh. M.K. Kaushik represented India versus the Afghanistan team. The next few years were very enriching for Sh. Kaushik wherein he played against top hockey playing nations of the world – always pushing himself always improving. There were many tournaments before the 1980 Moscow Olympics and that boosted the confidence of the entire team. In the Olympics, India defeated Soviet Union by 2-0 in the semi-finals. The greatest moment for Sh. Kaushik came when India defeated Spain by 4-3 in the Olympic finals in which Sh. Kaushik beautifully netted the third important goal for the entire team and nation. Sh. Kaushik donned Indian colours for a few more years.

Sh. M.K. Kaushik completed his sports Diploma from National Institute of Sports, Patiala in 1987. It is commendable to maintain that he completed the course, without missing a single lecture of practical session, to pass out with 76.4% marks. As a coach, he
discharged his valuable services with TATA and later IFFCO. He later joined the Senior National Team as coach in 1989, as Deputy of Sh. Ganesh. Sh. Kaushik assisted Sh. Ganesh for two years for many assignments such as second Asia Cup at New Delhi, Lahore World Cup and Indira Gandhi Memorial International Gold Cup. Sh. Kaushik later coached Indian Women Hockey Players from 1991 to 1994. Later, Sh. Kaushik was made the Chief Coach of Indian Men Team in 1998. After a gap of 32 years, Indian Men won the 1998 Asian Games under the able guidance of Dronacharya Awardee Sh. M.K. Kaushik. Still later, Sh. Kaushik was given the responsibility of coaching Indian Women Hockey team from 2003-06. All along the team delivered the goods whenever the going was tough. It goes to the sole credit of Sh. Kaushik about these results. Presently, Sh. Kaushik has been made the Deputy Director of Haryana State. Herein, Sh. Kaushik is supposed to provide tactical and technical feedback to the different hockey centres. He gives tips to improve both the individual as well as team play. He is the overall incharge of refresher courses for coaches as well as the off-season camps.

Awards received by Sh. M.K. Kaushik

For his distinguished services for the game of hockey, Sh. M.K. Kaushik has received numerous awards in different capacities. Some of these awards are as follows:

(a) **Arjuna Award:**

Sh. M.K. Kaushik got this highest recognition award for a player in 1998.
(b) **Dronacharya Award:**

Very deservingly, Sh. Kaushik got Dronacharya Award – the highest award bestowed by the Indian Government given to a coach.

(c) **Shivaji Chhatrapati Award:**

This is the highest state award of Maharashtra given to Sh. M.K. Kaushik for playing for Maharashtra from 1975 to 1986.

(d) **TATA Best Sportsperson Award:**

Shri JRD Tata paid the due recognition towards the services of Sh. M.K. Kaushik by presenting TATA Best Sportsperson Award to Sh. Kaushik at Bombay House.

(e) **Kulbhushan Award:**

It was presented by the Brahmin Samaj to Sh. Kaushik.

(f) **Jat Mahasabha Award:**

This Award was presented by the former D.G.P. of Haryana Sh. M.S. Malik to Sh. Kaushik.

**Summary of Opinion-rating questionnaire of Dronacharya Awardee Sh. M.K. Kaushik as a person:**

Sh. Kaushik is strongly believed to have a pleasant personality and a friendly disposition. The respondents believe him to have a good health and a regular doer of exercise. Respondents believe him to have a lot of patience. Sh. M.K. Kaushik is thought to possess the virtue of being straight forward and industrious. He is a natural leader capable of influencing others around him. Sh. Kaushik does not compromise on core principles. Amongst his colleagues, he is very popular. Although Kaushikji is such a fine sportsperson, he is fond of reading sports books, magazines and journals.
As an Administrator:

Sh. M.K. Kaushik possesses the necessary requisites of an able manager. The opinion rating responses indicate that Sh. Kaushik is an able communicator in both written and verbal mediums. All his records/information are up to date. Sh. Kaushik has a rare ability to surmount all sorts of problems. He creates such an open, warm ambience that all those who come in contact with him are naturally inspired. Even after contributing to the game of hockey for such a long time, he is ever open to new ideas about the game he loves and supports so much. He is believed to be really impartial in his dealings with his subordinates. Sh. Kaushik is an administrator par excellence who does not hesitate to invite suggestions from his subordinates. Sh. Kaushik goes into the details of everything and then comes up with unified plans. Dronacharya Awardee Sh. Kaushik keeps a transparent working culture. Sh. Kaushik does not keep any pending work and thus he is an administrator par excellence.

As a Coach:

It is indeed a privilege for our country that we are blessed to have such a competent coach as Sh. M.K. Kaushik. He is a thorough professional in the work and possesses a vast knowledge of the game. He works with his players on scientific lines, scientific diets and scientific fitness schedules. Current examples as well as examples of ex-players of hockey game are made use of quite regularly by Sh. Kaushik to inspire and enthuse his players. Thus Sh. M.K. Kaushik emerges as a coach par excellence. Indeed, he has raised the
benchmark for coaching standards not just in India but even internationally.

**Summary of views of prominent hockey sportspersons about Sh. M.K. Kaushik:**

In the course of the research, the researcher had the opportunity to contact many past and present shining starts of hockey. These great personalities of hockey shed valuable light on the multi-faceted personality of Dronacharya Awardee Sh. M.K. Kaushik. Some of these great achievers of hockey fame were following:

(a) Arjuna Awardee and present captain of Indian Women Hockey Team – Miss Mamta Kharb.

(b) Olympian and former Indian Hockey Captain, Sh. M.P. Ganesh.

(c) Arjuna Awardee and former Asian Gold Medalist, Sh. A.B. Subaiah.

(d) Arjuna Awardee and former captain of Indian Women Hockey Team, Sh. Pritam Siwach.

(e) Deputy Director of Sports Department, Haryana – Sh. Baldev Singh.

(f) Arjuna and Dronacharya Awardee and former Olympian Sh. Rajender Singh.

(g) Former Olympian, Sh. M.R. Negi.

(h) Sports Journalist, Sh. K. Arumugam.

(i) Former Olympian, Sh. Sanjeev Kumar Dang.
(j) Sh. Kaushik’s close friend, Sh. Ashok Diwan.

(k) Sh. Kaushik’s former Physical Education Teacher, Sh. M.S. Yadav.

(l) International Hockey player from Jalandhar, Sh. Ripudaman Kumar Singh.

(m) Present physiologist of Indian Hockey Team Sh. G.L. Khanna.

The opinion and views that these gems of hockey have towards Sh. M.K. Kaushik reveals their love, respect and admiration for Kaushikji. The words of some of them are reproduced here verbatim so that the impact may not be diluted from the filter of a researcher’s pen.

(a) “Sh. M.K. Kaushik made me change my body positioning due to which my scoring abilities soared tremendously.”

Miss Mamta Kharb

(b) “If there is a complete coach in my opinion in present times, he is Sh. M.K. Kaushik.”

“If India is to become a formidable force that it once used to be, then not one, but thousands of excellent coaches like Sh. Kaushik are need of the hour.”

Sh. M.P. Ganesh

(c) “Sh. M.K. Kaushik has a specific game plan prior to each match and thus the dream results are possible.”

Sh. A.B. Subbaiah
(d) "Most of my achievements in hockey are directly because of the important tips given by Kaushik Sir."

Mrs. Pritam Siwach

(e) "Sh. M.K. Kaushik is an excellent coach who has successfully won so many medals for the country."

Sh. Rajender Singh

(f) "Sh. M.K. Kaushik's spectacular, speedy abilities both of scoring goals as well as creating opportunities for others to do the same, have made watching his games a pleasure."

Sh. M.R. Negi

(g) "Kaushik is a national hero and he deserves every bit of it."

Sh. K. Arumugum

(h) "Sh. Kaushik's performance ......... raised the country's head high in international arena."

Sh. Ripudaman Kumar Singh

Important principles of successful coaching according to Dronacharya Awardee Sh. M.K. Kaushik:

1. **Prepare through Planning:**

   In our limited time we must plan our training in advance preferable with the trainees. Begin with individual skills, practice should involve match type situations. Make the next one better by correcting mistakes. Plan each day's work.
2. **Aim for optimum level of Activity for each Player**

Optimum level of loading should be given to individual player. Small groups training is more effective, unless you are working on a phase that require more players. Change of activity at the right time is beneficial. Keep them moving, they will love it and they will learn, as well as getting stronger and building endurance. Players can only learn to accept responsibility by being given a chance to be responsible for themselves. Have assistant coach who is interested.

3. Experiments also show that more learning takes place if success is possible but not certain. Some player will be striving for higher performance goals than others.

4. Excessive direction by the coach results in listless conformity defiance, looking for someone or something to blame for our own failure.

5. Improvement in a player's own skills will be faster if you give him means to recognize his own progress. For example: try to push the ball between two stakes two feet apart from 20 meters so that at least every second push goes between the stakes.

**CONCLUSION**

1. Arjuna Awardee M.K. Kaushik is one of the finest hockey players India has ever produced.

2. On the field of coaching, he stands tall and apart among all his contemporaries and is rightly awarded Dronacharya Award
3. He is a thorough and is always committed to his duties.

4. He is an efficient, scientific, dedicated and austere administrator.

5. He is a role model for young hockey players.

6. Sh. M.K. Kaushik is disciplined and industrious by nature.

7. His behaviour on and off the field is always sober. But when it comes to decision making, he is bold and strict follower of rules and also mixes his reasoning capacity with a good effect.

8. He is a natural leader capable of influencing everyone around him.

9. Even now, Sh. Kaushik is open to new ideas and developments in the game of hockey.

10. He has a rare ability to surmount all types of problems.

11. Sh. M.K. Kaushik works with the players on scientific lines, scientific diets and scientific fitness schedules.

12. As an Administrator, he is always up-to mark in all his functions, records are always up-to-date, delegate the authority with honest and sincere approach, cooperative nature, planning are meticulous with a motivational approach and strictly supervises his subordinates with a trusting atmosphere.
SUGGESTIONS

1. It is suggested that similar case studies may be carried out on other personalities of sports and physical education so that the future generations can gain valuable insight about such sportspersons.

2. Comparative studies of distinguished hockey players, and sportspersons of other games may also be taken up.

3. The findings of this research project may be incorporated in the syllabus of physical education courses.

4. Similar case studies may be conducted on the great sportspersons.