CHAPTER-I

INTRODUCTION

“I can’t change the direction of wind,
But I can adjust my sails to always
Reach my destination.”
-Jimmy Dean

In human being’s life, free play is the first level of the continuum, as this is the activity in which we engage as children and continue to participate throughout life. As children, we explore, express ourselves, pretend and role play using different types of physical activity. This type of play has no firm rules and can usually take place anywhere. We engage in this type of play simply for the recreation it provides. Game and sports is the next level of the continuum. These types of play need good and healthy environment and involve some kind of competition. Game and sports play has a clear set of objectives that improves our physical, mental capacities and are governed by a set of rules and regulations. The final outcome of a games and sports can be based on our good luck, skill, strategy or on any combination of the three. Game and sports can be inactive or active: Inactive games are very popular and include board games like Chess, Carom, card games and video games. Active games include Basketball, Cricket, Football, Golf, Handball, Hockey, Tennis and Volleyball our hard work and dedication is the final stage of the continuum of physical activity and sport (http://www.edu.gov.mb.ca).

Life is not a life without physical activities. It plays a vital role in every one’s life in present day world. Through physical activities alone, people are able to cope up and survive in the world full of stress (Jackson & Baumgartner, 1987).

In ancient India emphasis was on physical fitness and martial arts. The games which got the top recognition were boxing, chariot racing, horse and elephant riding, hunting, jumping, running, sword fighting, wrestling and yoga asanas. In the Mughal period, much emphasis was given to sport by Mughal rulers. In India, various sports were popular during Mughal Empire like boating, swimming, hunting, shooting, fencing, wrestling, dancing, fishing and horse riding. When Britishers came to India they brought several other sports to India. Some of these were Athletics, Baseball,
Basketball, Cricket, Football, Golf, Gymnastics, Hockey, Rowing, Swimming, Scout and Tennis (Vadhera, 2012).

Physical and sports activity has been part and parcel of peoples life throughout the history. In the field of human endeavor called sports involves big numbers of people, respectively spectators and sportspersons in all the nations and great civilizations of the world. From last few years, tremendous changes have been witnessed in the attitude of the world towards competitive games and sports. Society at monster is changing into to a great degree required for the decent consequences of their competitors and players at national and global levels. In this way, modifying sports rivalry into an amazingly energizing. The prestige of a region or the nation is frequently at stake. The players are under great pressure to perform their best, create new records and to win more and more medals. Having realized the significance of sports participation and sports competitions, the advanced countries of the world are spending huge amount of money, resources and expertise to facilitate new training methods and technique. Even tiny countries like Cuba, Kenya, Croatia any many more, have adopted extensive training programs for their sports persons and have shown the significant increase in their medal tally in various international competitions. However, in our country, such a concerted effort is still lacking and the same is being persistently reflecting in the performance of our sportspersons (Bala, 2009).

Through Sports, we increasingly obtained recognition from academically, personally, socially and national point of view. Sports is highly in demand for maintaining good health, develop the spirit of willingness, cooperation and quality of leadership among all. Sports help an individual not to lose temper and moral after facing a defeat, rather makes them strong and firm to perform better next time. Every sports person knows very well that victory and defeat are two aspects of the same coin (Anmol, 2015).

Now a days, Physical education and sports have been considered as part of education. They have significant influence at International Affairs and have social, political, legal and educational overtones. Sport is becoming a very fast social institution. There is a profound cultural change with regard to the contributions of sports and recreation during present time. Sports are primarily cultural products. The feeling of goodwill, brotherhood, faith, loves and peace serves to a greater extent towards the humanity. Their regular process of target setting and dedicated efforts put
by rigorous training and workouts take them to the highest level of their performance. In games and sports, all players are equal and have an equal chance to win. Sports include absolute freedom of activity.

Sports are largely individual events such as athletics, archery, swimming, shooting, to name a few wherein the players try to compete against his/her own previous standards as well as those of others. Sports are organized refined with activities bound by rules and regulations so that there are constant efforts for the betterment of standard and perfection in the skills. Sport is a unique term having different meanings. Physical process refers to the learning and practice of a skill if one is to succeed in sports and competition. Games and sports are important for the all-round development of an individual's personality. Sports have become an important part of cultures across the globe. It is a cultural phenomenon of great understanding and involvement during the present time. Sports and games emerge the feelings of nationalism and also remove the differences between caste, community and religion. In fact, Sports are the attitudes of mind. For some people, sports are for entertainment, for others the means of achieving a high position in performance during competition. Every country admires and regards its elite players as national heroes. Thus, players become the role models for young people (Mohd, 2012).

The importance given to sports can be judged from the billions of dollars being paid to players all over the world. With the exposure through electronic and print media, sports have been glamorized to an extent unimagined thirty years ago. There is no other profession in which the individuals are paid as much as outstanding players in almost all games are paid where players are earning a huge amount of funds every year. The global importance given to sports is also tagged with the national prestige of a nation. International competition like Olympic Games, World Cup Championships, Common-Wealth Games and Asian Games are very prestigious projects for the conduct of which almost all the countries of the world vie with each other (Dhillon, 2001).

**HISTORICAL BACKGROUND OF HOCKEY**

The exact date of modern Hockey has not been officially recorded but the game is believed to date from the earliest civilizations, creating it to be possibly one of the oldest sports histories in the world. In Egypt, the historical records show that a crude
form of Hockey was played over 4,000 years ago. Another form of the Hockey game was played in Ethiopia around 1,000 BC. Different museums give evidence that a form of the game was played by the Romans, the Greeks and by the Aztec Indians in South America, so many years before the New World was reorganized in the late 15th century. Hockey has been played for many years. It was called by different names during ancient times as ‘paganica’ (Romans), ‘hurling’ (Irish) and ‘shinty’ (Scots). ‘Hockie’ appears to have been first recorded in Ireland in 1527 and no doubt it’s taken away the French word ‘hoquet’ meaning ‘shepherds crook.’

In 1849, the first professional Black Heath Hockey Club was established in London. The Hockey game truly achieved the zenith in modern era form a few years later, when Teddington Hockey Club introduced the striking circle and amended the official ball to a sphere shaped as opposed to a rubber cube ball (http: www.athleticscholarships.net/history-field-Hockey.html).

The British people have developed two types of outdoor game, team game and individual games. The most popular team games were Cricket, Football and Hockey. Best known individual games were Golf and Tennis. By the end of the 19th century, the game had taken a definite form and number of clubs had come into existence. The modern Hockey game was traced from 1876 when it was introduced and played first time by the Britishers in their own country. In 1886, the Hockey Association of England was formed. Indian Hockey history runs parallel to the development of Hockey game in England. The first Hockey club came up in India at Calcutta in 1885 and other parts of the country like Bombay and Punjab followed it. Within twelve years the Hockey game became so popular that two tournaments were organized and played on All - India basis. First, in 1895 the Beighton Cup Tournament was organized by Bengal Hockey Association on natural grass at the Mohun Began ground in Calcutta. Second, in 1896 the Agha Khan cup Tournament in Bombay was started (khan, 1964).

In 1896, the first Modern Olympic Games held at the Panathenaic Stadium in Athens, Greece under the auspices of the International Olympic Committee. In Athens Olympic Games, fourteen countries participated and two hundred forty one athletes represented their contries in forty three different events.
In 1908, Hockey was introduced in the Olympic Games for men held in London. In 1958 Hockey was introduced in the third Asian games held in Tokyo. Hockey World Cup was started in October 1971 held at Barcelona in Spain. The Hockey game has acquired global recognition and is being enthusiastically played in more than hundred countries of the world (Hendricks, 1988).

The Federation International de Hockey (FIH) was formed on January 7, 1924. The All India Hockey Federation (AIHF) was constituted in 1925. Colonel Bruce Turnbull was the First President and M. S. Ansari was elected as Secretary. The federation was headquartered in Gwalior, Madhya Pradesh. In 1926, Indian Hockey played its first international match against New Zealand. Indian Hockey Federation (IFH) accredited for global affiliation in the year 1927 and it got the approval of International Hockey Federation (FIH).

**INDIAN HOCKEY TEAM PARTICIPATED IN OLYMPIC GAMES (O.G.)**

Indian Hockey team first time participated in 1928, Amsterdam Olympics. This Olympic Hockey game became the first stage for the wizard of Dhyan Chand and was the star attraction during the 1928 Amsterdam Olympics. Indian goalkeeper Richard James Allen did not concede a single goal. The Indian team won gold medal, which established India as the world's number one power in the field of Hockey. Indian Hockey team won the six gold medals continuously from 1928-1956. In 1932, Los Angeles Olympics game witnessed that the Indian Hockey team created world records. The highest score in Hockey match was the 24-1 achievement of India over the USA, played on 11 August, 1932. The record for striking maximum numbers of goals registered on the name of Roop Singh scored thrilling ten goals out of twenty four against United State America.

In 1936, Berlin Olympics game Indian Hockey team had not conceded a single goal in their match to the finals. The final played between India and Germany on 15 August, 1936. A spectator’s near about forty thousand peoples, the biggest crowd till then to witness an Olympic Hockey match, had gathered. Amongst the audience was the German ruler Hitler, India was lead by 6 goals in the finals, who left the match midway, disgusted at Germany's light. The German team decided to play rough and went after Dhyan Chand, which resulted in a broken tooth for the Indian captain, by the
German goalkeeper. Dhyan Chand coming back after receiving first-aid, now playing barefoot instructed his team to fair play for goals. As the stunned crowd watched, the Indian Hockey team repeatedly took the ball up to the German circle and then back passed to confuse the German rivlas. India defeated Germany by 8-1 in the finals to win its third consecutive Olympic gold medal. The supreme tribute to Dhyan Chand was a sports club in Vienna (Austria), which built a statue of Dhyan Chand with four hands and four sticks. To the Viennese, the way Dhyan Chand did, no man with two hands and one stick could have played.

In 1948, London Olympics game India got its independence, but they suffered a devastating partition. India lost a fashionable recruiting ground for Hockey talent. Totally a new Indian team left for London, without a single player who had played in an earlier Olympics. A. I. S. Dara was captain of the Pakistan Hockey team in the 1948 London Olympics who had represented India in the 1936 Berlin Olympics. Besides Dara, Paul Peter Fernandes, Bhopal's Akhtar Hussain and Latif-ur-Rehman have represented both India and Pakistan previously in the Olympics. In their first match, India defeated Austria by 8-0. India defeated Argentina 9-1, Spain 2-0 and Holland 2-1 to reach the finals. India faced England for the first time in an Olympic Hockey match on 12 September 1948, at Wembley ground. India vanquished Britain 4-0 to win its fourth successive Olympics gold medal. This medal is extremely valuable for India, got as it is the first gold medal for India under the Indian flag. Balbir Singh Senior excelled as a centre-forward and scored two goals for India, while Pat Jansen and Trilochan Singh scored the other two.

In 1952, Helsinki Olympics game India defeated Austria with 4-0, the Great Britain 3-1. They stormed into the final match against Holland 6-1 and India won the Hockey crown for the 5th time. Chinnadorai Desamuthu became the youngest gold medalist for the Asian nation. He was 19 years and 272 days when India team won the Olympics at the Helsinki Games.

In 1956, Melbourne Olympic Games twelve teams were divided into three groups. India not lost a single match in their group, beating Afghanistan 14-0, USA 16-0 and Singapore 6-0. When Indian team entered the semi-finals they converted thirty six goals in three games, with no goal has been scored against. India then scraped past Germany with a thumping 1-0 victory in the semi finals. For the first time, India met
Pakistan in the final and won by 1-0, for the record sixth time in a row. Udham Singh scored fifteen goal for India in the highest tally by an Indian at an Olympics till that date. In 1960, Rome Olympic Games was the first time in the history since 1928 that the Men's team failed to achieve a gold medal in field Hockey. In the final, Pakistan defeated India by 1-0. In 1964, Tokyo Olympics brought new hopes for the Indian team. In the semi-final, India defeated Australia by 3-1. India vanquished Pakistan in the final the only one goal being scored by a penalty shoot. Thus India succeeded gold medal in Olympics once again. In 1968, Mexico Olympics Pakistan defeated Australia by 2-1 in the final. India got the third position to defeated West Germany by 2-1.

In 1972, Munich Olympic Games, Pakistan defeated India by 2-0. Just like the previous Olympic Games, India had to satisfy with the third position. In 1980, Moscow Olympics nine teams from the 1976 Montreal Olympics did not compete in the Hockey competition. The boycotting teams included the top three teams at Montreal - New Zealand, Australia and Pakistan respectively Gold, Silver and Bronze medal. The cradle of European Hockey Germany, Holland and Great Britain also did not participate in this boycott of the 1980 Olympic Games. India had fared very badly in the Montreal Olympics 1976, they had come down to the seventh position but managed to win the Moscow Olympics gold after the 1964 Tokyo Olympics. In the final, India vanquished Spain by 4-3. This study may throw light on the valuable contributions of Shri Rajinder Singh. He won the last gold medal in Moscow Olympics in 1980 (http://www.iloveindia.com/sports/Hockey/ihf.html).

**HOCKEY INTRODUCED IN ASIAN GAMES (A.G.)**

The first Asian Games were started in 1951 held at New Delhi, India. Hockey game was first time introduced in 1958 held in Tokyo, Japan with five nations India, Japan, Malaysia, Pakistan and South Korea. The Hockey Tournament was played in League Format. India Hockey team drew with archrivals were favorites to secure the first position as they were the Olympic Champions, but with better goal difference Pakistan took the first position and India had to settle for second position. In 1962, Jakarta Asian Games, nine teams participated in Hockey competition. India was in Group A along with Hong Kong, Malaysia and South Korea. India qualified for semifinals and defeated Japan. However, India lost to Olympic Champions Pakistan in Final and again India had to be satisfied with the second position.
In 1966, Bangkok Asian Games, eight teams participated in Hockey competition. India was in Group B along with Ceylon, Malaysia and South Korea. India, as expected, went into the elimination stage by winning all their matches. India defeated Japan by 3-0 in the semifinal. India defeated Pakistan by 1-0 and finally won the Gold Medal. In 1970, Bangkok Asian Games, with eight team’s participation in Hockey competition. The final match was played between India and Pakistan. At the last movement, Pakistan defeated India by 1-0 finished with Gold Medal and India got the second position.

In 1974, Teheran Asian Games, six teams participated in the Hockey competition and played in league format. India drew with Pakistan and defeated Iran, Japan, Malaysia and Sri Lanka. Since both India and Pakistan was tied on points, a playoff was played to decide the first position winner. In the play-off, India lost to Pakistan and thus satisfied for yet another second position. In 1978, Bangkok Asian Games, with eight teams participated in Hockey competition. However, the story was same as Pakistan defeated India by 1-0 and again India had to settle for second position. In 1982, New Delhi Asian Games, with eight teams participating in Hockey competition. The expectations were very high as India was playing in the home town and in front of home crowd, but the story was changed in final, Pakistan defeated India by 7-1 Goals and again India had to satisfy with the silver medal. This study has thrown light on the valuable contributions of Shri Rajinder Singh as a member of this team.

**HISTORY OF HOCKEY WORLD CUP (WC)**

Hockey world cup was conceived by Air Marshal Nur Khan from Pakistan, the idea suggested to International Hockey Federation (FIH). The suggestion was approved on October 26, 1969 and it was adopted in Brussels on April 12, 1970 by the FIH Council. In 1971, the first Hockey World Cup was allotted to Pakistan, but the venue was shifted to the Real Polo Club in Barcelona, Spain, due to safety and security issues in Lahore. In the beginning first three Hockey world cup tournaments were held after every two years. In 1978, Hockey world Cup was the only tournament held after three year from the previous tournament. Since 1982, the Hockey World Cup tournament has been held every four years, in the mid of the Olympics' Hockey competitions.

In 1971, the first Hockey World Cup was held at Real Polo grounds, in Barcelona, Spain from 15 Oct to 24 Oct. In the final Pakistan defeated Spain by 1-0. India got the
third position after a hard-fought 1-0 win against Kenya. In 1973, the second Hockey World Cup was held at the Wagener Stadium Amstelveen, in Amsterdam, Holland from 24 August to 2 September. In the preliminary league, India defeated Japan by 5-0, drew goalless with Germany, Kenya by 4-0 and drew 1-1 with New Zealand. The final Hockey match between India and the host team Holland, both teams scoring 2-2 goals each, the match minutes extend into extra-time, but that was goalless. At the last, in the tie-breaker, one score by Ajit Pal and one score by Harmeek, but Harcharan Singh pushed wide to the goal post and Govinda's attempt was saved. Ashok Kumar did not take the last push as the Dutch had by then clinched the issue for a 6-4 score-line. West Germany got the third position.

In 1975, the third Hockey World Cup was held at Merdeka Stadium in Kuala Lumpur, Malaysia from 1 March to 19 March. It was first time hosted in an Asian country. In the league, India team top in their pool to defeated England by 2-1, lost 1-2 to Argentina, drew 1-1 with Australia and India overcame West Germany 3-1. In the semi-finals, India defeated Malaysia. The final match played between India and Pakistan one of the controversial and most debated international Hockeys match. Pakistan leads to 1-0 by Zahid Sheikh, but Surjit Singh converted a penalty corner for the equalizer score 1-1 and Ashok Kumar netted the match winner as India won the World Cup for the first time.

In 1978, the fourth Hockey World Cup was held at Campo del Polo, Buenos Aires, Argentina, from 18 March to 1 April. Pakistan defeated India by 3-2. India ended up sixth position due to indiscipline and mismanagement among players and administrators. The fifth Hockey World Cup was held in Bombay, India from 29, Dec 1981 to 12 Jan 1982. In the semi-final, India narrowly missed a spot and eventually settled with a fifth place to end a rather disappointing goal. Pakistan won the title after defeating West Germany by 3-1 in the finals. This was the last Hockey international tournament played on natural grass with the International Hockey Federation opting for synthetic surface (http://timesofindia.indiatimes.com).

**HISTORY OF HOCKEY CHAMPIONS TROPHY (CT)**

The Hockey Champions Trophy was founded in 1978 by great efforts of Air Marshal Nur Khan from Pakistan. It is an international field Hockey championship conducted by International Hockey Federation. Hockey Champions Trophy features that the
world’s top-rank teams competing in a league format. In the men's champion, the Australian team has won the title trophy fourteen times, the German team ten times and the Dutch team eight times. Pakistan is the only Asian champion, with three titles to its name including the first time in 1978, the second time in 1980 and third time in 1994. In the history of Hockey Champions Trophy, Indian field Hockey team got the third position in 1982 held at Amstelveen, Netherlands to defeat Pakistan by 3-0. Shri Rajinder Singh became the hero of this champion’s trophy to secure three goals against Pakistan in hard line match. Shri Rajinder Singh represented India in 1980 Moscow Olympics. This was the last gold medal achieved by India in Hockey till date. He represented India at the Hockey World Cup in 1982 held in Bombay where he was the only Indian top scorer with 12 (Twelve) goals and distinguished himself as a penalty corner expert.

**HISTORY OF HOCKEY ASIA CUP (AC)**

Hockey Asia Cup for men's competition was introduced in 1982, first time held in Karachi, Pakistan, organized by the Asian Hockey Federation. It is an international field Hockey tournament for men. Indian Hockey team got the second position continually four times in Asia Cup. First three times Pakistan won the final against India in 1982, the second time in 1985, Dhaka, Bangladesh and third time in 1989, New Delhi, India and Fourth time South Korea defeated India in 1993, Hiroshima, Japan. In 1999, Kuala Lumpur, Malaysia Indian team performance fell down from its previous position second to the third position when defeated Malaysia by 4-2.

In 2003, Indian field Hockey team changed the history of Hockey Asia Cup to won the title against Pakistan by 4-2. It’s like a dream come true, after their hard work and dedication of team members, especially the team captain Dhanraj Pillay. All credit goes to the team coach Shri Rajinder Singh who provided better training plan, game strategy and guidance to the players.

It is believed that modern Hockey competitors must have the following qualities. They should have the technical ability to perform different skills including dribbling, passing, pushing, hitting, lifting, scooping with build accuracy and confidence. Regular practice makes them perfect in their skills which are most important for all good players irrespective of the position they play excluding the goalkeeper (Hodson, 1971).
The man is resolute for perfection in every sphere of knowledge. The attainments in human proficiency are valued and appreciated in every social order. Sports skills have now attained a significant place in the culture of a society and this culture is appreciated through achievements in sports. Many players are lucky that they got worldwide fame (Kumar 2015).

Legendary players have an extraordinary personality due to their character qualities and abilities. Players are the strong pillars of success in the country and play a very important role in the society. The victory gives every player the honor, pleasure and fame at the national as well as international level. It has to be recognized that the performance of the players cannot depend on one factor, it includes different factors like psychological, physiological as well as environmental characteristics. A game gives an opportunity to each player to do best in his own game and makes him individually fit.

ELITE INDIAN HOCKEY PLAYERS

Jaipal Singh was born in Tapkara village, District Ranchi, Jharkhand, India. In 1928, Indian Hockey team first time participated in the Olympic game held at Amsterdam. He was the captain of the Indian Hockey team. He was an outstanding player in their Olympics journey and won the Gold medal in 1928 Olympics. Under his captaincy, the Indian Hockey team played seventeen matches in the League Stage of which sixteen were won and one drawn. After that Jaipal Singh was associated with Mohun Bagan Club of Calcutta in 1929. Jaipal Singh conceptualizes the idea for starting of Hockey in Mohan Bagan Club. He led its Hockey team in number of competitions. After the superannuation from active Hockey, Jaipal Singh elected as a Secretary of Bengal Hockey Association and also the member of Indian Sports Council. He was an elite player in the Oxford University Hockey Team. His role towards the University Hockey Team was recognized and he became the first Indian student to be conferred "Oxford Blue" in Hockey. Jaipal joined teaching at the Prince of Wales College at Achimota, Gold Coast, Ghana in 1934. In 1937, he returned to India as the Principal incumbent of the Rajkumar College, Raipur. Jaipal Singh died on 20 March 1970 in New Delhi. Jaipal Singh Munda Games Complex was established in Ranchi by the Government of Jharkhand to the honour of Late Jaipal Singh (Arumugam, 2012).
Dhyan Chand son of Sh. Sameshwar Dutt Singh is considered to be the Legendary Hockey Player. He was born in Allahabad, U.P. on 29 August, 1905 in Rajput Family. His father served the Indian Army. He was not able to attend regular classes in school due to his father’s frequent transfers and had only six years of Former education. In his early childhood, he showed no interest in Hockey or any other sports. He joined the Indian Army at the age of sixteen, where he started to self-practice of Hockey at night after completing his duty hours. Finally, he developed enthusiasm and passion for Hockey. Another Hockey player Subedar-Major Bale Tiwari discovered his talent and polished up his skills. Dhyan Chand represented army Hockey team from 1922 to 1926 and he was selected for the Indian Army team tournament in New Zealand. Indian army team won 18 matches by losing only one.

Dhyan Chand won three Olympic gold medals for the consecutive years first in 1928 at Amsterdam, second in 1932 at Los Angeles and third in 1936 at Berlin Olympics. The statue of Dhyan Chand with four hands and four sticks was built up in a sports club in Vienna. He played his last international match in 1948 and retired from the sport at the age of forty-two years. After retirement, he joined as a Hockey coach and coached at camps at Mount Abu and later became the Chief Hockey Coach at the National Institute of Sports in Patiala. He was honored with the Padma Bhushan award in 1956. In India, National Sports Day is celebrated on his birthday that is 29 August. Dhyan Chand Award, which is considered to be India’s highest award in sports for lifetime achievement, is annually conferred to a sports person for the achievements. Major Dhyan Chand as a player and a captain scored four hundred goals in his entire career. He was famous as the “The Wizard of Hockey” across the world (Shivasharanappa & Mallanna, 2016).

Padma Shri Kunwar Digvijay Singh, known as K.D. Singh “Babu” was an Indian Hockey player. He was born on 2 February, 1922 at Barabanki, Uttar Pradesh. He started his early education at the Government High School, Barabanki and Kanyakubj Inter College, Lucknow. K.D. Singh “Babu” started his international Hockey career in 1946 when the Indian Hockey team was sent to Ceylon (now Sri Lanka) and K.D. Singh was selected to represent the team. After that K.D. Singh “Babu” was selected two times as member of Indian Hockey team that participated in 1948 Olympics games held at London as a Vice Captain of the team that grabbed a Gold Medal and in 1952
Olympic Games held at Helsinki as a team Captain of the Indian Hockey team that time again grabbed a Gold Medal. In 1955, he was a member of the Hockey team that participated at New Zealand and in 1959 he went as Assistant Manager of the Indian squad that participated at Africa. In 1966, K.D. Singh “Babu” served as a coach of Indian Hockey team that participated at Hong Kong and in 1972, Olympic Games played at Munich. K.D. Singh “Babu” was the first Asian player that was honored with the Helms Trophy for being the best player in the world. In 1958, the Government of India honored him with the prestigious Padma Shri award. The sports stadium in Lucknow has been named after him and is known as K.D. Singh Babu Stadium (Singh, 2018).

Udham Singh was born on 4 August, 1928 at village Sansarpur, Jalandhar in Punjab is well known for producing top Hockey players for India. He received his early education from Victor High School and after schooling, he was admitted in DAV College, Jalandhar. He was a team captain of his college Hockey team in 1947. Udham Singh was selected as a member of Indian Hockey for London Olympics in 1948, but due to a finger injury, he missed that golden chance. After that, he continued with his game practice and he got a chance in 1949 to represent India in a Hockey Series competition against Afghanistan, contributing to India's victory at the Hockey Series. Udham Singh was again selected for four Olympics games from 1952 to 1964. First time in 1952 Olympics held in Helsinki and the second time in 1956 Olympics held at Melbourne India Hockey team won the gold medal. Third time in 1960 Olympics held at Rome-India Hockey team won the silver medal and Udham Singh's fourth and last Olympics participation in 1964 held at Tokyo Indian Hockey team won the gold medal.

Udham Singh also a member of the silver medalist Indian Hockey team participated in Asian Games in 1958 held in Tokyo. Udham Singh, usually known as versatile forward, could even play as a Half Back and had the adaptability to play from Left Inside, Right Inside, Center Forward and Center Half positions as well. Udham Singh was an illustrious player as well as coach. In his supervision, Indian Hockey team successfully got the silver medal in 1968 Olympics held in Mexico and in 1970 Bangkok Asian Games held in Bangkok. In 1965, the Government of India honored him with the Arjuna Award for excellent performance in Hockey (Arumugam, 2012).
Ajit Pal Singh was born on 1 April, 1947 at Sansarpur, near Jalandhar Cantonment of Punjab, India. He started education at the Cantonment Board Higher Secondary School, Jalandhar Cantonment. In initial days, the Hockey stick was handed over to Ajit by his uncle. In the year 1964, he moved to Khalsa College Lyallpur, Jalandhar and stayed there for four years leading the college to three victories in the Panjab University inter College tournament.

In 1966, Ajit Pal Singh made his debut in an international Hockey and next year he took part in the Pre-Olympic tournament in London and booked his place in the Indian team for the 1968 Mexico Olympics and despite Indian finishing third, Ajit Pal made a fine impression with his precise and flawless ball distribution. In 1976, Montreal Olympics games he was selected as a captain of Indian Hockey team. Ajit Pal participated for India at Bangkok Asian Games in 1970 and captain of the team in 1974 Teheran Asian Games, India emerging second best each time. Ajit’s adroit show attained him an area within the Asian All-Star team in 1974. Ajit Pal was also a member of Indian Hockey team in the 1975 World Cup when he led India to their maiden Cup victory with an emphatic win over archrivals Pakistan. The whole country revealed in this magnificent triumph and the victorious team received a rousing welcome. As an honor to his consistent performance for Indian Hockey, Ajit Pal Singh was conferred with the Arjuna Award in the year 1970. Further, he was also bestowed with the Padma Shri award in the year 1992 (Arumugam, 2012).

Surjit Singh Randhawa was born on 10 October, 1951 in Batala, Gurdaspur in Punjab. He received his early education from Guru Nanak School, Batala and later at Lyallpur Khalsa College at Jalandhar in Punjab, where he started playing university level Hockey competitions. He played for Guru Nanak Dev University, Combined universities, Indian Airlines and Punjab Police team. Surjit Singh represented Indian field Hockey team three times in the World Cups in 1973 Amsterdam (Silver), Kuala-Lumpur 1975 and Mumbai 1982 finally has to his credit of ensuring that the team won the tournament in 1975. He also played Olympic Games in 1976 in Munich Montreal. He was one of those players who scored 4 Olympic goals and which a player will be proud of on any given day. He even was part of the 1978 Asian Games and where the team bagged the Silver medal. The Surjit Hockey Stadium at Jalandhar in Punjab is named after him. A Hockey academy named after him is also being run by the
Government of Punjab. The Surjit Hockey Society was established in Jalandhar in 1984, after his death and it organizes the annual Surjit Hockey Tournament in Jalandhar, every year. He was posthumously awarded the Arjuna Award in 1998 (www.surjitHockey.com).

B. P. Govinda was born 4 March, 1951 in Somwarpet, Karnataka. He was a former player and captain of the Indian field Hockey team. He represented India in the 1970 Asian Games in Bangkok, Summer Olympics at Munich in 1972 and Hockey World Cup in Amsterdam in 1973, Asian Games at Teheran in 1974, World Cup at Kuala Lumpur in 1975 and Summer Olympics at Montreal Olympics in 1976. In 1972, Govinda was selected for the World XI team. In 1975, he was awarded the Arjuna Award for his valuable contributions and consistent performance in the game of Hockey (Mohd, 2012).

Mohammed Shahid was a former player of Indian Hockey team and he was very famous because of his dribbling skills. He was born on the 14th April 1960 at Varanasi, Uttar Pradesh. He started sports career at his early age, in the Field Hockey. He began playing at the junior level and caught the eyes of the game veterans soon. He was the member of the Indian team at the Moscow Olympic Games 1980, where the squad managed to grab the Gold Medal successfully. He also played at the World Cup Hockey Tournament 1981-82 held at Bombay (now Mumbai), where in the Indian team finished at 5th position. After that, he visited in the Champions Trophy Hockey Tournament, Karachi in 1983 and played at Esanda World Hockey Tournament held in Perth, Australia in 1984. As an honor to his consistent performance to the nation in Hockey, Mohammed Shahid was conferred upon Arjuna Award in the year 1980 and further, he was also honored with the Padma Shri award in the year 1986 (Mohd, 2012).

Balbir Singh Dosanjh son of Sh. Dalip Singh Dosanjh, popularly known Balbir Singh Senior in the field of Hockey, was born on 19th Oct 1924 at Haripur Khalsa, Punjab, India. He started his education at Dev Samaj High School (Moga), DM College (Moga), Sikh National College (Lahore) and Khalsa College (Amritsar). He started sports career at his early age, in Field Hockey. He initially played for Sikh National College team, Lahore but the Coach of Khalsa College Amritsar, Harbail Singh persuaded him to transfer to Khalsa College Amritsar. In 1942, he moved to Khalsa College and began practice under Harbail's guidance. During 1942-43, he was selected
to represent Punjab University and he captained his team to 3 All India Inter-Varsity titles in a row: 1943, 1944 and 1945. He got married to Sushil in 1946. She hailed from Model Town, Lahore. He has one daughter, Sushbir and three sons, Kanwalbir, Karanbir, Gurbir and they all are settled in Vancouver, Canada. He represented the team of Undivided Punjab led by Col. AIS Dara that won the National Hockey Championship in 1947. Thereafter, the partition of India forced Singh to move his family to Ludhiana, where he was posted in Punjab Police. During 1941-1961, he was captain of the Punjab Police team.

Balbir Singh became the second Indian to win three Olympic gold medals after winning the top honor in London (1948), Helsinki (1952) and Melbourne (1956). He captained the team at the Melbourne Olympics and secured the second in command at Helsinki. In Helsinki (1952), Balbir Singh was the only player in the history of Hockey to score 5 in a 6-1 win against the Netherlands in the final. He also represented the Indian team which returned with the silver medal from the 1958 and 1962 Asian Games.

Post his playing career, the celebrated Sikh took charge of the Indian team as a coach, guiding the team to a Third placed finish at the 1971 Hockey World Cup which he bettered by winning the 1975 World Cup – the only time India won the tournament. In 1957, he became the first sports personality to win the Padma Shri award. He has also written two autobiographies first in 1977 “The Golden Hat-trick” and the second in 2008 The Golden Yardstick: In Quest of Hockey Excellence. In 2006, his name was popularly known as the Best Sikh Hockey Player. During the London Olympics in 2012, he was honored in the Olympic Museum exhibition, which told the story of the Olympic Games. Hockey India conferred upon him the Major Dhyan Chand Lifetime Achievement Award in 2015. The legendary forward is also the only Hockey player and the only Indian to feature in the top 16 most iconic Olympians of all time (Blennerhassett, 2016).

The essential procedure of the Case study method is to take into account of all the pertinent aspects of one thing or situation, employing as the unit for study an individual, an institute, a community or anything which is considered as a unit. A case consists of the data related to some phase of the life history of the unit or relating to the entire life process, whether the unit is an individual, a family, a social group, an institute or a community. The complex situation of factors involved in the given
behavior is examined to determine the existing status and to identify the causal factor operating (Good and Scates, 1954). According to Yin (1984) the case study technique “As an empirical inquiry that investigates a contemporary phenomenon within its real life context, when the boundaries between phenomenon and context are not clearly evident, and in which multiple sources of evidence are used.”

Stake (1995) emphasized that the type and number of case studies basically depends upon the purpose of the inquiry: an instrumental case study is employed to provide insight into an issue, an intrinsic case study is undertaken to gain a deeper understanding of the case and the collective case study is the study of a number of cases in order to inquire into a particular phenomenon. Stake recognizes that there are many other types of case studies based on their specific purposes, such as the teaching case study or the biography.

Among all above, Shri Rajinder Singh is one of the toughest players who was the world class right full-back produced by India. This study has thrown light on the valuable contributions of Shri Rajinder Singh. He won the last gold medal for India in 1980 Moscow Olympics. He represented India at the Hockey World Cup in 1982 held in Bombay where India settled with a fifth place to end. He was the only Indian top scorer with 12 (Twelve) goals in the world cup and distinguished himself as a penalty corner expert. In 1982, New Delhi Asian Games, India secured the silver medal. Shri Rajinder Singh was the Chief Coach of Indian Hockey team during his coaching tenure India won the sixth Asia Cup Hockey title in 2003 for the first time, beating Pakistan 4-2 in the final at the Bukit Jalil stadium in Kuala Lumpur. He was awarded both the highest awards in sports of that time “Arjuna Award” as an Olympian player in 1997 and “Dronacharya Award” as coach in 2003.

STATEMENT OF THE PROBLEM

The problem is entitled as “Arjuna and Dronacharya Awardee Shri Rajinder Singh Elite Hockey Player and Coach – A Case Study”.

OBJECTIVES OF THE STUDY

1. To find out the role of Shri Rajinder Singh’s family toward his performance in the game of Hockey as well as on his coaching job.
2. To find out the role of education in providing a platform in Hockey to Shri Rajinder Singh.
3. To find out the role of environment, local area and peer group in providing a congenial environment to develop in Shri Rajinder Singh the qualities of an elite player.
4. To find out the motivational factors which made Shri Rajinder Singh an international hockey player.
5. To find out the training schedule he used to follow during his training days which might be made him an International Hockey player.
6. To investigate the contributions and achievements of Shri Rajinder Singh towards the promotion of Hockey as a player and coach.
7. To investigate all the dimensions of his personality namely physical, mental, emotional and social dimensions.
8. To understand the role of Northern Railway in the promotion of sports in general and in the sports performance of Shri Rajinder Singh in particular.
9. To find out the role of Netaji Subhas National Institute of Sports, Patiala for sharpening his coaching skill.
10. To find out the ingredients of the performance that should be the part of a training program based on the requirement of the players.

**DELIMITATIONS OF THE STUDY**

1. The study was delimited to the contribution of Shri Rajinder Singh’s family members, relatives, teachers, coaches, colleague, trainees, teammates, education, profession, local area, environment and members of Hockey association on his sports career as a Hockey player and as a coach.
2. The study was further delimited to Shri Rajinder Singh (Senior) as Indian Hockey team has another elite player namely Rajinder Singh (Junior) who also has lots of achievements to his credit in the field of Hockey.
3. The study was delimited to the contributions and achievements of Shri Rajinder Singh as a Hockey player and coach.
4. The study was delimited to the personality traits which enabled Shri Rajinder Singh to become an international Hockey player and an outstanding coach.
LIMITATIONS OF THE STUDY

The research scholar was depended on the interviews with Shri Rajinder Singh, his family members, relatives, teachers, coaches, colleagues, trainees, teammates and members of Hockey association to collect the data, therefore the data may had subjectivity of the individual who provided the information, these were considered as the limitations of the study.

EXPLANATION\DEFINITION OF THE TERMS

Achievement

The characteristics of an individual, which determine the unique adjustments, he or she makes to his or her environment (Alvin & Gardner, 1985).

Arjuna Award

Arjuna Award is the highest national sports award started in 1961, which is awarded to the outstanding player by the President of India on 29th August, on the birthday of Late Captain Dhyan Chand, known as “Hockey wizard”. Arjuna Award includes a bronze statuette of Arjuna, the legendary Pandava, a scroll and five lakh rupees cash price along with a monogram, a blazer and a tie. The area of the Award has been enlarged to include such players who have made lifetime role to their sport. Since the year 1965, the Award is given in the following three categories of competitions:-

I. Olympian/Asian/Commonwealth Games and Cricket.

II. Indigenous Games.


Career

“A career is a succession of related jobs, arranged in a hierarchy of prestige, through which persons move in an ordered (more-or-less predictable) sequence” (Wilensky, 1961).

“We define a career as an individual’s work-related and other relevant experiences, both inside and outside of organizations that form a unique pattern over the individual’s lifespan. This definition recognizes both physical movement as well as the interpretation of the individual, including his/her perceptions of career event career alternatives and outcomes. Moreover, careers do not occur in a vacuum. An individual’s career is influenced by many contextual factors as well as by personal factors” (Sullivan & Baruch 2009).
Case study
Case study defined as “an empirical inquiry that investigation a contemporary phenomenon within its real-life context, when the boundaries between phenomenon and context are not clearly evident and in which multiple sources of evidence are used” (Yin 1991).

Coach
The wise coach develops not only the fullest physical potential in his charges but also those capacities and habits of mind and body which will enrich and ennoble their later years (Dyson & Singh, 1991).

Coach is the person who shares his/her knowledge to those who wish to learn and benefits from his/her expertise. The coach enables the athlete/trainee to achieve higher levels of performance to a degree that may not have been possible if left to his/her own endeavors (Singh, et al. 2003).

Coaching
Coaching is the process of imparting techniques, skills, knowledge and attitude which aim at improving the performance of an individual by using the method appropriate to the ability and aspirations (Singh, 1992-93).

Contribution
The act of contribution is the study which refers to achievement and services secured in the field of sports at the different level (Lumpkin, 1974).

Dronacharya Award
Dronacharya award is the highest National sports award started in 1985, which is awarded to eminent coaches (Gurus) who make an outstanding role in their respective fields. This award includes a statue of Guru Dronacharya, scroll of honor and a cash of Rs. 5 lakhs along with a monogram, a blazer and a tie by the President of India on 29th August, the birthday of legendary, Hockey wizard, late captain Dhyan Chand (Singh, et al. 2003).

Interview
The interview is an interpersonal, face to face a conversational situation in which the interviewer asks questions pertinent to the research and the respondent answers the questions (Goode & Hatt, 2006).
The interview is a former meeting between the interviewer and the interviewee one being the seeker and other the giver. It is a sort of oral questionnaire meticulously prepared and administered in a structured situation (Kamlesh, 1994).

Life
A period of existence in the world as a living being, a way of living in relation to one’s action and conduct, a way of living in regards to the circumstance, condition and surroundings, an account of person's life (Henry & Eric, 1970).

Leadership
Leadership is the activity of influencing people to strive willingly for group objectives (George, 2003).

Leadership is the initiation of acts which results in an insistent pattern of group interaction directed towards the solution the mutual problem (Hemphill, 2003).

Motivation
Motivation is the process of arousing action, sustaining the activity in progress and regulating the pattern of activity (Young, 2003).

Motivation refers to state within a person or animal that drives behavior towards some goal (Morgan & King, 2003).

Personality
Personality is a sum of activities that can be discovered by actual observations over a long enough period of time to give reliable information (Watson, 2003).

Personality is the sum of people’s values and attitudes plus all of their traits and that sum is always a dynamic organization (Ulrich, 2003).

Questionnaire
The questionnaire is more commonly used for quickly obtaining information from a large number of persons concerning factual matters (Scott, 1961).

SIGNIFICANCE OF THE STUDY
The present study highlighted the contributions and achievements of Shri Rajinder Singh in the game of Hockey. It will be a very valuable and inspirational for the physical educationists, coaches and the upcoming Hockey players of the country in
term of professional literature in physical education and sports. The findings of this study will also be useful for the present physical education teachers, coaches and trainers in framing and planning of training schedule adopted by Shri Rajinder Singh. This study will be a valid documentation of the past and historical perspective of the coming generation in the field of physical education and sport.