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Dronacharya awardee hockey coach Sardar Baldev Singh views, suggestions to promote hockey

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Abstract

The present study purpose is to emphasize the contribution of Dronacharya Awardee Hockey Coach Sardar Baldev Singh views regarding present status of Hockey, and his views, suggestions towards promotion and coaching of sports in the country. His philosophy regards to Sports Coaching. The research paper will draw attention on present status of Hockey, status of Hockey before and after his coaching career. Moreover to enlist his suggestions regarding sports diet, his suggestions towards promotion of Hockey, role of award in the life of sportsperson, relationship between coach and trainee and his viewpoint in relation to improving the standard of Hockey,

Keywords: Dronacharya awardee hockey, promote hockey, philosophy, Field of Hockey

Introduction

Sardar Baldev Singh was appointed as a Director of sports in Shahbad Markanda. He made his best contribution towards coaching hockey, as a great promoter of sports. He promoted hockey especially in rural areas. He has given emphasis on the upliftment of the standard of women hockey in India. To empower women and make them independent, he prepared brilliant women hockey players. He particularly chooses the girls, who belong to poor families when he was appointed to work in Shahbad Markanda, Kurukshetra. The families of the girls could not even afford the three time meal for their children, then how could they afford the equipments and a healthy diet for them. S. Baldev Singh sometimes himself provided Hockey equipment, diet and money to the needy player from his own pocket. He has a dream to uplift the standard of Hockey and bring it to the top of the world rankings. He selected the needy girls and taught them to play Hockey. Through strenuous hard work by him and his girls made the historical records. His players represented at international arena, won gold medals for the country and got jobs in government sectors.

Sardar Baldev Singh started his coaching career in the year 1975. He not only produced the players for National and International arena, but also he produced Olympians like Didar Singh, Sanjeev Kumar Dang, Harpal Singh, Sandeep Singh, Rani Rampal and Navjot Kaur. His 4 players namely Suriender Kaur, Sandeep Singh, Jasjeet kaur Handa, Rani Rampal were honoured by Arjuna Award. His 12 players, namely Sandeep Kaur, Sanjeev Kumar Dang, Suriender Kaur, Balwinder Kaur, Gurpreet Kaur, Simarjeet Kaur, Suman Bala, Jasjeet Kaur, Rajwinder kaur, Joydeep Kaur, Ritu Rani and Rani Rampal got Honour of Bhim Award which is given by the state government of Haryana. Moreover, his trainees were Captains and Vice-Captain of the Team India when they represented India in International Arena. Rani Rampal is his trainee and currently she is captain of team India.

In past, the status of hockey was almost to die. When S. Baldev Singh started working on training women's hockey, the position of women's hockey in international arena was very low. The last Olympics participation from the women's team was in the year 1980. Afterwards the team was not able to qualify for the Olympics. In the year 1981, S. Baldev Singh was appointed as a Deputy Director of Sports in Shahbad Markanda and then he started training Women's. After his hard work and dedicated efforts, Indian Women Hockey Team got entry in Rio Olympics in the year 2016 after 36 years, and the main squad was from Shahbad. He produced 49 International Level players which is very big contribution of any coach in the

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field of Hockey.

Baldev Singh Views on Present Status of Indian Hockey

According to Sardar Baldev Singh, there is a revolutionary change with the coming of Narender Batra in the field of Hockey. He is President of Hockey India. One can see the changes that took place in the arena of Hockey i.e. now in the world ranking our Men's team is in 6th ranking from 13th or 14th position. Baldev said in future Indian Women team will come in best four World rankings. It is good news for all hockey lovers, players and followers. In past, the status of hockey was almost to die.

Nowadays, Hockey is becoming as popular as cricket. There are many job opportunities and employment possibilities in the field of hockey and any other sport. He said initially, government was taking less interest in women hockey. Now the government is giving equal opportunity, training programme, resources and facilities to the women hockey players. So as a result, Indian women hockey team qualified for Rio Olympics in the year 2017. After 36 years, the women team became able to qualify for the Olympics games. Indian government and Hockey India Federation make this news as a silver lining in the sky. They praised the team, a lot. But according to Baldev Singh, this achievement was not much big until or unless the team India won medal in Olympics. The participation in Olympics was not a goal for team India. Winning or securing medal should be the target, which must be set by the coaches and players. The team should be serious for attaining the aim of winning medal from the beginning date of the qualifying in the Olympics. Firstly Indian team had one year for preparation for the Olympics. They can perform much better in the Olympics, which was finished with only clapping for participating in it after 36 years. Baldev Singh said that he talked with Mr. Narender Batra who is the President of HI, he assured him that in next Olympics Indian team will get medal in section, men's and women's. Our Hockey Federation will provide equal opportunity to women team as well as men team. Equal tournament will be given to both sections. Hockey league will be started soon for women section also. He said we have some financial issue. But this would not much affect our future planning's. He has an imaginative ability for future. He has a clear vision for hockey that whenever the hockey league started for the women section, then the competition will enhance. Now most of the players are coming from Haryana and Punjab States. By this other States players will also come in the race of competition. There will be more exposure for the players, more competition, and more popularization of the sport. By starting this league in women section, the talented players will come out and will get more exposure and advanced training. So that in the next Olympics India will definitely score medal and make historical records. It is being observed that at initial level, the interest for playing hockey among youth is reduced. Because nowadays, it is in the trend that parents are having only one or two kids. Most of the parents like individual games or the games which are less dangerous and requires less efforts i.e. Archery, Badminton, Chess, Shooting, Polo and so on. People do not like team games or the exhaustible games. The interest in team games has been declined specially in hockey. But if the policies of hockey India become good in future then we can make awareness regarding our National Sport. In result, the participation of players in the field of hockey will be increase. For enhancing the level of participation, Hockey India should plan more new policies. Henceforth, the talented players can come out. The players are basically found from the middle

class families. Poor people cannot afford for their daily meals and the rich do not want to do labor in the field of sports. It is the hour of need that middle class families should attach with the Hockey. So that in future we can get extra ordinary output in the field of Hockey.

S. Baldev Singh Viewpoint for Improving the Standard of Hockey

India can perform superior in the field of Hockey or any other sports if the present sports set ups are changed. He suggested following significant points:

- Indian Hockey /Sports should be looked after by skilled and sympathetic administrators.
- Coaches should be allocated less table work.
- Individualistic monitoring personnel should be active to check training and coaching in sports coaching centers and should take feedback from players time to time.
- Advanced scientific training along with the Hi-Tec facilities should be given to the players.
- Strenuous efforts should be made to review interest in sports at schools, colleges, and other institutions.
- The services of former Olympians and experienced coaches should be put to use and to train up the young players.

Role of awards in the life of sportspersons According to S. Baldev Singh

Accomplishments of players can be multiplied because of honours, consolation, praises. In a player's life grants assume a fundamental job. It gives them substantial name and acclaim. The administration can raise the norms of games by giving the monetary guides and grants to the players. It is basic for a player to have a hard existence yet because of the social foundation and condition, they were not used to live a hard life. This is the significant explanation behind their disappointment. Now and then, destitution likewise pulls the leg of a player to be dynamic since they don't motivate any chance to approach. It ought to be the relentless obligation of higher experts to recover the above-said deterrents. Our political pioneers ought to be watchful about these issues if India is to accomplish top position in the realm of games, deserving of her extensive populace and promising human material. It is important that the sportsmen who positively shaped the Asian and Olympics recreations ought to be offered higher posts in the Bureau of games itself. To rouse the players and upgrade the games support, legitimate offices ought to be given to them appropriately their dimension. Physical wellness is a condition for mental readiness. A Healthy individual can think legitimately, act immediately and work industriously. They include freshness, enthusiasm, quality and stamina to their very own life and others too. Singular diversion ruins the odds of the triumph. The amusements train our solidarity. The general public will stop with hurtful feelings as rebellion, narrow-mindedness, hostile to social independence and simple goings. They show us the best approach to confront disappointments, which go over at foe corner. On the off chance that we build up the camaraderie in our day by day life, maybe the greater part of the issues of the world will be comprehended.

Relationship between Coach and Trainees according to S. Baldev Singh

The quality of games can be made a decision by the quality of preparing and character of the humblest sportsman. A mentor

assumes a fundamental job in the life of a sportsman. He has an extraordinary identity and the capacity to make the player firmly feel that his mentor is his companion, scholar and guide. The individual impact is the preeminent significance in the preparation. A mentor can turn into a specialist when the player is on the field since he can raise his soul and lift his confidence. Indian games the situation is full of numerous accounts that mentors are given less significance in our nation. In western nations, mentors are lauded for their abilities and loved like God. This is the reason, we have not possessed the capacity to meet universal benchmarks, with the exception of a couple of controls, in the worldwide games occasions. The connection between a mentor and the student is that of genuine companions who share all their positive and negative characteristics among themselves. A student ought not to conceal anything from his mentor in the event that he needs appropriate direction. The mentor can help in conquering the obstacles and obstructions in Baldev Singh's response to utilizing medications by sportspersons good propensities don't go to a man unsought. Moderation is the best nature of a decent sportsman. To keep up this quality, a sportsman must be a steady cautiousness for his development and endeavor to check from developing in any way confused driving forces which convey the threat of making unfortunate propensities like smoking and drinking. It makes a man out of his controls. Smoking brings down the stamina and drinking decreases the intensity of muscles, speed and proficiency. Players are in the propensity for ruining their inside by commending their gatherings with beverages and different intoxicants. They can make their gatherings progressively agreeable and productive with organic product juices and different nutritious eatables. An Indian player can't process alcohol/drinks because of the atmospheric conditions. As a rule assessment, the brew is light and chilly beverage yet it additionally contains a lot of intoxicants. Likewise, tea and espresso are additionally malignant for wellbeing since it contains pine boxes. In the event that a sportsman is in the propensity for taking tea and espresso, he should take just a single or two mugs per day. Every single such intoxicant does mischief to the stomach and may prompt numerous hurtful illnesses. A decent sportsman ought not to be the captive of any propensity. He ought to have power over his wants.

Baldev Singh's proposals about Sportspersons' Diet

It is properly stated, "A solid personality lives in a sound body." To demonstrate this reality, a sportsman ought to be wary about his eating regimen. He needs to take nutritious eating regimens like a drain, natural product, eggs and meat. The eating regimen ought to be offset with brimming with proteins, Carbohydrates and Minerals. Breakfast ought to be brimming with proteins and overwhelming. We have a wrong origination in our mind that we need to cover our insufficiency with oil, ghee and spread. It is a no uncertainty a rich eating routine however not adjusted. It'll make us bleary-eyed, inactive, sleep and decreases our speed and cheerful readiness. Green vegetables are the best wellsprings of nutrients and proteins. So a decent sportsman needs to take plenty of green vegetables and plates of mixed greens. He can likewise take the meat of creatures every day except pig and pork isn't reasonable on the grounds that it is exceptionally greasy. Fish is additionally exceptionally kind. It can supplant the vitality lost on the play area. Everyone needs a change in the eating regimen. It can likewise help in assimilation. Unwinding is likewise required to secure a sound body. To recover the vitality relinquished on the field, a great

sportsman needs to take legitimate rest. On the off chance that an individual adheres to all the above-said guidelines, he would be a standout amongst the most dazzling sportsmen on the field. One should remember that rest early and rise early is an achievement.

Conclusion

The present study purpose was to emphasize the contribution of Dronacharya Awardee Hockey Coach Sardar Baldev Singh views regarding present status of Hockey, his views regarding how to promote hockey in country and uplift the standard of hockey to enhance the performance of Indian Hockey team, his suggestions towards promotion and coaching of sports in the country. He started working against all odds. He worked so hard to produce best players in the field of Hockey. The collected data/information for this investigation was from the primary and secondary sources. He not only produced the players for National and International arena, but also he produced Olympians like Didar Singh, Sanjeev Kumar Dang, Harpal Singh, Sandeep Singh, Rani Rampal and Navjot Kaur. His 4 players namely Suriender Kaur, Sandeep Singh, Jasjeet kaur Handa, Rani Rampal were honoured by Arjuna Award. His 12 players, namely Sandeep Kaur, Sanjeev Kumar Dang, Suriender Kaur, Balwinder Kaur, Gurpreet Kaur, Simarjeet Kaur, Suman Bala, Jasjeet Kaur, Rajwinder kaur, Joydeep Kaur, Ritu Rani and Rani Rampal got Honour of Bhim Award which is given by the state government of Haryana. Moreover, his trainees were Captains and Vice-Captain of Team India when they represented India in International Arena. His philosophy regards to Sports Coaching. He also provided the views on the present status of Hockey India, status of Hockey before and after his coaching career. In addition he also provided some suggestions regarding sports diet, suggestions towards promotion of Hockey. Furthermore, according to S. Baldev Singh, role of award in the life of sportsperson, relationship between coach and trainee and his viewpoint in relation to improving the standard of Hockey.

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