



ISSN: 2456-0057

IJPNPE 2024; 9(1): 232-236

© 2024 IJPNPE

www.journalofsports.com

Received: 02-02-2024

Accepted: 06-03-2024

Azhar Abbas

Research Scholar, Banasthali
Vidyapith, Tonk, Rajasthan,
India

Dr. Urvesh Sharma

Assistant Professor, Banasthali
Vidyapith, Tonk, Rajasthan,
India

Dr. Usha Tiwari

Associate Professor, Central
University of South Bihar, Gaya,
Bihar, India

Achievements and contributions of Arjuna awardee Lalit Upadhyay eminent field hockey player: A case study

Azhar Abbas, Dr. Urvesh Sharma and Dr. Usha Tiwari

DOI: <https://doi.org/10.22271/journalofsport.2024.v9.i1d.2923>

Abstract

The purpose of this study was to highlight the achievements and contributions of Olympic medalist, Asian Games medalist, Commonwealth Games medalist, and Arjuna Awardee Lalit Upadhyay, towards the promotion of Indian field hockey. The data for this investigation was collected through interview and survey techniques, as well as opinion rating questionnaires filled out by 100 eminent sportspersons, coaches, physical educationists, family members, and relatives to gather their responses and reactions. Survey techniques were used to obtain responses and reactions about Lalit Upadhyay from across the country through self-made questionnaires to gather the desired information. Data sources included personal and official records, interviews, pictorial records, published material, and secondary sources. The survey technique gathered responses and reactions from family members, selected sportspersons, contemporaries, coaches, and physical educationists across the country through opinion rating questionnaires. The researcher will use a Likert scale test with five options to estimate the strength of feelings. The Likert scale, which has been found helpful for this purpose, includes the following five responses: Strongly Agree (SA), Agree (A), Undecided (U), Disagree (D), and Strongly Disagree (SD). Responses will be collected on these five scales to verify the statements from the respondents.

Keywords: Sports, field hockey, achievements, and contributions

1. Introduction

Sports and games play an important role in human life. The human body is made for motion and physical activity. This is essential for a healthy life. The major aim or objective of sports and games is recreation. Through physical education and sports programmes, a person should learn the satisfaction and joy of movement, exercise, and activity. The individual should acquire adequate skills of physical movement so that throughout life that person will perform physical activity and thus maintain muscle tone and cardiovascular efficiency. Participation in physical education provides a means to maintain and extend endurance, strength, speed, flexibility, and body composition. Most of the students in modern society do not participate in physical activities and focus only on studies and electronic social media. Systematic physical activity or exercise plays an important role in the quality of life. It increases strength, power, endurance, and flexibility to promote a healthy lifestyle. Now a days, a huge number of districts, state, and national level players are trained at school, college, and university level in most of the countries. The research has proved that the potentiality of the child can be gauged when the child reaches early teenagers. Sports and games have been prominent in man's heritage, tracing back to his earliest consciousness. They are included in his cultural perspective and have complemented the search for understanding and meaning in life. The sports world comprises not only winning and losing but also playing a game. With a positive attitude today, the emphasis is on excelling in whatever one does, whether on the field playing or training the players. Both have a very responsible and important role to perform. Sports help us stay healthy and relaxed while maintaining our body weight, improving strength, and building endurance.

Corresponding Author:

Azhar Abbas

Research Scholar, Banasthali
Vidyapith, Tonk, Rajasthan,
India

1.1 Field Hockey

Field hockey is also known as 'hockey' in other places where it is more common. No one knows when or where the game of 'Hockey' originated. Its birthplace and birth date are unknown. Field hockey is the world's oldest ball and hockey stick game. The origin of the word hockey itself is hazy. Field hockey and ice hockey are two of the most well-known types of hockey, in spite of the fact that there are many different types hockey played. Since the beginning of time, it has been played regularly in India. Field hockey is often considered the national game of India, but it has not been officially declared as such. It is, however, the national game of Pakistan. Even though field hockey is very popular in India, it has not been officially designated as the national sport. Field hockey is one of the most popular games in the world and especially in India. It is different from many other team sports in its nature. Hockey is a game of grace and beauty, primarily based on technical skill that requires years of practice to master. It demands high levels of concentration, patience, and superior fitness. Exercise and sports physiology is about improving performance by understanding how the body functions during exercise, and using scientific principles to allow the body to train better, perform better, and recover quicker from sports injuries. For field hockey players, the benefits of exercise and sports physiology are significant:

- a) **Enhanced Performance:** Understanding the physiological demands of field hockey helps players optimize their training, improving endurance, speed, and agility, which are crucial for the sport.
- b) **Injury Prevention:** By analyzing movement patterns and physical stress, sports physiology helps in designing training programs that minimize the risk of injuries.
- c) **Faster Recovery:** Scientific principles of sports physiology aid in developing effective recovery strategies, ensuring players can bounce back quicker from intense training sessions and matches.
- d) **Optimal Conditioning:** Tailored fitness programs based on physiological insights ensure that players are in peak physical condition throughout the season.
- e) **Improved Techniques:** Studying biomechanics and physiology helps players refine their techniques, leading to better efficiency and performance on the field.
- f) **Nutritional Guidance:** Sports physiology provides insights into optimal nutrition and hydration strategies, enhancing energy levels and overall performance.
- g) **Mental Resilience:** Understanding the body's response to stress and fatigue helps in building mental toughness, crucial for maintaining high performance during critical game moments.
- h) Incorporating exercise and sports physiology into training regimes allows field hockey players to maximize their potential and achieve sustained success in their sport.

1.2 History of Field Hockey

The International Hockey Federation (FIH) states that hockey's origins can be traced back to ancient times. Historical accounts indicate that early hockey games were played in Ethiopia around 1000 BC, and in Persia and Egypt around 2000 BC. Subsequent research indicates that hockey-like games were played by the ancient Greeks, Romans, and Aztecs. In the Beni Hasan tomb of Dynasty XI governor Khety, there is an image of two individuals in Ancient Egypt playing with a ball and sticks. A comparable artwork from perhaps 510 BC exists in Ancient Greece; it would have been known as *κηρήτζειν* (*kerētízein*) since it had a horn (*κέρας*,

kéras in Ancient Greek) and a ball. As indicated by billiards history specialists Stein and Rubino, it was one of the games that began from grass and-field sports like ground billiards and hockey. Practically definite reproductions of these games can be found in later European enlightened original copies and different works from the fourteenth through the seventeenth hundred years, which portray contemporary elegant and administrative life.

1.3 Eminent Indian Filed Hockey Players

Renowned Indian field hockey players are exceptionally talented international athletes who are famous for their outstanding skills, significant contributions, and achievements at the national and international levels for our country. Therefore, they are called famous hockey players. Major Dhyan Chand and Mohammad Shahid are world-renowned legends in field hockey. Known as "The Wizard," both mesmerized audiences with their exceptional skills and remarkable playing styles. Mohammad Shahid made his international debut in 1979, quickly gaining fame for his dazzling dribbling and speed. He played pivotal roles in India's gold medal victories at the 1980 Moscow Olympics and the 1982 Asian Games. Both players have left an indelible mark on the sport, inspiring generations of hockey players worldwide. Some prominent players' names are mentioned: (i) Major Dhyan Chand, (ii) Roop Singh, (iii) Udham Singh, (iv) Mohammad Shahid, (v) Vivek Singh (vi) Dhanraj Pillay, (vii) Rahul Singh (viii) Mohammad Sameer Dad, (ix) Lalit Upadhyay.

(i) Major Dhyan Chand: Major Dhyan Chand, born on August 29, 1905, in Allahabad, Uttar Pradesh, India, is widely regarded as one of the greatest field hockey players in history. Dhyan Chand's skills were legendary, with stories of authorities in Holland breaking his stick to check for magnets and in Japan suspecting glue on his stick. His birthday, August 29, is celebrated as National Sports Day in India. Major Dhyan Chand passed away on December 3, 1979, in Delhi, leaving a legacy that continues to inspire generations in Indian sports.

(ii) Roop Singh: Roop Singh, born on September 8, 1908, in Jabalpur, Central Provinces, was a key member of the Indian hockey team during its peak. As Dhyan Chand's younger brother, he made significant contributions to Indian field hockey. Roop Singh, considered one of the finest talents in Indian hockey history, sadly passed away in 1977 at the age of 69, living in impoverished conditions.

(iii) Kunwar Digvijay Singh: K. D. Singh, also known as "Babu," was born on February 2, 1922, in Barabanki, Uttar Pradesh. He is a legendary Indian field hockey player, renowned for his passing and dribbling skills, often compared to Dhyan Chand. In the 1948 Olympics, K. D. Singh's outstanding performance helped India win a gold medal. He was the vice-captain of the team and outscored Dhyan Chand during the East Africa tour. Singh's crucial role in securing the gold medal solidified his reputation as one of the greatest forwards in hockey history. Kunwar Digvijay Singh (Babu) served as a mentor to Olympian Mohammad Shahid and produced many international field hockey players. The K. D. Singh Sports Stadium in Lucknow, which is famous for its sports hostel for hockey, is named in his honor. K. D. Singh passed away on March 27, 1978, due to a gunshot wound from his own weapon, which he was cleaning. There were

speculations that it might have been a case of suicide. Singh was reportedly suffering from depression, possibly exacerbated by the Indian team's poor performance at the World Cup matches in Buenos Aires.

(iv) Udham Singh: Udham Singh, born on August 4, 1928, in Sansarpur, Punjab, was a legendary Indian field hockey player renowned for his exceptional skill, unwavering commitment, and remarkable achievements. He made Olympic history by clinching three gold medals in 1952, 1956, and 1964, a feat only matched by Leslie Claudius among Indian hockey players. In 1960, he added an Olympic Silver Medal to his collection, showcasing his enduring prowess and talent at the highest level of competition. Udham Singh's stellar career, graced with numerous honors and contributions, continues to inspire aspiring athletes and remains a testament to his enduring legacy in Indian hockey. Udham Singh, the legendary Indian field hockey player known for his attention to detail and strict discipline, passed away on March 23, 2000. Despite his doctor's advice to rest and recover after suffering a heart attack, Udham chose to continue teaching hockey to children in his home village, demonstrating his unwavering commitment to the sport and its promotion at the grassroots level.

(v) Mohammad Shahid: Mohammad Shahid, born on April 14, 1960, in Varanasi, was a legendary Indian field hockey player renowned for his dribbling skills, speed, and agility. Nicknamed "The Wizard," he dazzled audiences and made his international field hockey debut in 1979. Shahid was instrumental in India's gold medal victories at the 1980 Moscow Olympics and the 1982 Asian Games. His career included 167 caps and 66 goals, earning him the Arjuna Award in 1981 and the Padma Shri in 1986. After retiring in 1989, he inspired as a coach and mentor. Shahid passed away on July 20, 2016, but his legacy endures through his family, who promote grassroots hockey, honoring his memory and values. Mohammad Shahid's family members, including Mrs. Shahid Praveen (wife), Mohd. Saif (son), Hina Shahid (daughter), Mohd. Rafi (brother), Mohd. Faiyaz (brother), Mohd. Nasir, Mohd. Afzal, and Azhar Abbas (nephew), are carrying forward his legacy by promoting field hockey at the grassroots level.

(vi) Vivek Singh: Vivek Singh born on August 1, 1967, in Shivpur Varanasi, Vivek Singh was a talented Indian field hockey player whose career reached its pinnacle at the 1988 Summer Olympics. His passion for hockey led to national team selection, showcasing his skills on the international stage. Vivek's Olympic journey in Seoul marked a significant milestone, reflecting his dedication and talent. Despite his short life, his legacy endures through his impact on Indian field hockey. Vivek Singh passed on February 2, 2007, leaving behind a lasting inspiration. His family continues his legacy through the Vivek Singh Hockey Academy, honoring his contributions to the sport.

(vii) Dhanraj Pillay: Dhanraj Pillay, born on July 16, 1968, in Khadki, Pune, Maharashtra, is celebrated as one of India's greatest field hockey players. Inspired by Mohammad Shahid, Pillay overcame financial hurdles to excel in the sport. His natural talent and dedication led to a remarkable career spanning over a decade, representing India in numerous international tournaments. Pillay's leadership was instrumental in securing victories at the 1998 Bangkok Asian

Games and the 2003 Asia Cup. He is the only player to have participated in four Olympics, World Cups, Champions Trophies, Asian Games, and Asia Cups. Pillay's accolades include the Rajiv Gandhi Khel Ratna, Arjuna Award, and Padma Shri. Post-retirement, he continues to champion hockey's development, leaving a profound impact on the sport's legacy in India.

(viii) Rahul Singh: Rahul Singh, born on January 5, 1975, in Shivpur, Varanasi, emerged from the esteemed Khel Gharana sporting family. His father, Shri Gauri Shanker Singh, was also a good player in his own time. Rahul Singh, inspired by his brother Vivek Singh and eminent hockey player Olympian Mohammed Shahid, founded the Olympian Vivek Singh Hockey Academy after Vivek's passing in 2005. Rahul's dedication to grassroots hockey has empowered underprivileged youth, with many excelling in national teams. His own Olympic journey in 1996 Atlanta showcased his skill and commitment. Rahul continues to coach and uplift young talent, emphasizing values learned from his family. Currently an Appraising Officer in Mumbai Customs, he coaches several hockey teams and contributes to talent scouting in the Khelo India initiative, embodying a legacy of sportsmanship and social change.

(ix) Mahammad Sameer Dad: Mohammad Sameer Dad, born on November 25, 1978, in Bhopal, Madhya Pradesh. He is a former Indian field hockey player. He made his senior international debut in January 1998 against Germany. Before joining the senior team, he played in the India vs. Pakistan test series in Pakistan, scoring three vital goals to level the series 2-2 and earning the best player award. Dad was part of the 1997 Junior World Cup team in England. He contributed to India's gold medal victory at the 1998 Asian Games in Bangkok and participated in the 1998 Men's Hockey World Cup in Holland. He represented India at the 2000 Sydney Olympics, scoring two goals as India finished seventh. Dad's career included the 2002 World Cup qualifier in Scotland and the 2003 Australia tour. An injury in 2003 led to his departure from the team. His brother, Mohammad Yousuf, and nephew, Affan Yousuf, also played for India.

(x) Lalit Upadhyay: Lalit Upadhyay is a well-known personality in Indian field hockey. He was born on 1st December 1993 in the holy city of Varanasi, Uttar Pradesh. His permanent home address is S-7/53 Bhagatpur, Shivpur, Varanasi. His grandfather's name was the late Shri Rammurat Upadhyay, and his grandmother's name is Champa Devi. His grandfather's ancestral small business was selling clothes. His father's name is Shri Satish Upadhyay. He worked in a private job at Union Bank of India, handling tasks related to cheque clearing and delivering posts to other branches. His mother's name is Shrimati Rita Upadhyay, and she is a housewife. His family was not financially strong. His brother, Shri Amit Upadhyay, was also a national-level hockey player. Lalit Upadhyay started his field hockey career in 2004 at the age of about 10 years. He learned the basics (abc..) of field hockey under the guidance of Dr. Akhil Mehrotra for the first year and then continued his training for a longer period under the guidance of Shri Parmanand Mishra, SAI Hockey Coach at Udai Pratap College, Bhojubeer, Varanasi. Sports Authority of India (SAI) coach Shri Parmanand Mishra, who taught Lalit Upadhyay his early hockey lessons at UP College, said, "I corrected his hitting almost daily, sometimes with a slap. I remember how hard he worked to master it. The 2007-08

batch of 14-15 players was the best in my career at UP College." Lalit Upadhyay was a hard worker and a dedicated Indian field hockey player.

1.4 Statement of the Problem

The statement of the problem was stated as: "Achievements and Contributions of Arjuna Awardee Lalit Upadhyay Eminent Field Hockey Player: A Case Study"

1.5 Objectives of the Study

- i) To enlist and highlight the achievements.
- ii) To enlist and highlight the sports contributions.

2. Research Methodology and Procedure

The research methodology involved a combination and synthesis of literature review, questionnaires, and interviews to examine Lalit Upadhyay's journey in Indian field hockey and his impact at the national and international levels. A case study was designed on Arjuna Awardee Lalit Upadhyay to highlight his achievements, and contributions to promoting field hockey in India.

2.1 Research Design of the Study

The integrated approach ensures valid and reliable information for this study. Data sources include literature review, surveys, interviews, and questionnaires technique as tools for gathering data have been used for the study.

2.2 Sports Career and Achievements of Arjuna Awardee Lalit Upadhyay

Lalit Upadhyay is a well-known personality in Indian field hockey. Lalit Upadhyay made his debut for the senior Indian hockey team in 2014, and since then, his performance has steadily improved. Every hockey player acknowledges his skills and is a fan of his courageous personality. His performance is among the best. Lalit Upadhyay represented the Indian field hockey team at the 2020 Tokyo Olympic Games, where he contributed to winning a bronze medal, ending a 41-year drought. This achievement is significant in his life and sets an example for day boarding players. Lalit Upadhyay achievements are:

- 1) Participation in Men's Hockey World Cup, Bhubaneswar, India 2023.
- 2) Gold Medal in Asian Games, Hangzhou 2022.
- 3) Silver Medal in Commonwealth Games, Birmingham 2022.
- 4) Bronze Medal in Olympic Games, Tokyo, Japan 2020.
- 5) Winner in Tokyo Olympic Games Qualify, Bhubaneswar, India 2019.
- 6) Silver Medal in Men's Champions Trophy, Holland, Europe 2018.
- 7) Participation in Men's Hockey World Cup, Bhubaneswar, India 2018.
- 8) Bronze Medal in Asian Games, Jakarta, Indonesia 2018.
- 9) 4th Position in XXI Commonwealth Games, Gold Coast, Australia 2018.
- 10) Silver Medal in Champions Trophy Breda, Netherlands 2018.
- 11) Winner in 5th Men's Asian Champions Trophy, Oman, Muscat 2018.
- 12) Runner-up in 4th Nations Invitational Tournament, New Zealand, 2018.
- 13) Gold Medal in Men's Hero Asia Cup, Dhaka, Bangladesh 2017.
- 14) Bronze Medal in Odisha Men's World League Final,

Bhubaneswar, India 2017.

- 15) Gold in Europe Tour, Belgium & Netherlands 2017.
- 16) Gold Medal in 4th Men's Asian Champions Trophy, Kuantan, Malaysia 2016.
- 17) Gold Medal in Test Series India vs New Zealand, New Zealand, 2015.
- 18) Gold Medal in Europe International Tour, France & Spain, 2015.
- 19) Participation in Hockey World League Semi Final, Antwerp, Belgium 2015.
- 20) Gold Medal in Test Series India vs Japan, Bhubaneswar, India 2015.
- 21) 9th Position in FIH 13th Men's World Cup, Netherlands, 2014.
- 22) Participation in Europe International Tour, Netherlands 2014.
- 23) Gold Medal in Test Series Australia, Perth, Australia, 2014.
- 24) Participation in FIH 35th Hero Men's Champion Trophy, Bhubaneswar 2014.
- 25) Silver Medal in Hockey India 5th Senior National Hockey Championship (Men) "A" Division, Pune, MH 2015.

2.3 Honours and Awards

For his outstanding performance in field hockey, Lalit Upadhyay was awarded the Laxman Award in 2017-18 and was honored with the Arjuna Award by President Ram Nath Kovind in 2021.

2.4 Academic Achievements

- 1) High School & Intermediate First Division, Passed in 2007 from U.P. Board.
- 2) Graduation Second Division, Passed in 2015 From Veer Bahadur Singh Purvanchal University, Jaunpur, Uttar Pradesh.

2.5. Collection of Data/Information

Both primary and secondary sources are used to collect data and information for this investigation.

3. Analysis of Data/Information

The data collected through interview techniques and opinion rating questionnaire filled by 100 sportspersons, coaches, teachers, colleagues, family members and relatives to know their response and reactions. The case study on Lalit Upadhyay was conducted using a questionnaire and face-to-face interviews, supplemented by Google search engine services.

4. Result and Discussion

To assess the achievements, contributions and awards of Arjuna Awardee Lalit Upadhyay, opinion rating survey was conducted. The data collected through interview techniques and opinion rating questionnaire filled by 100 sportspersons, coaches, teachers, and relatives to know their response and reaction. The researcher used a Likert scale test with five options to estimate the strength of feelings. The Likert scale, which has been found helpful for this purpose, includes the following five responses: Strongly Agree (SA), Agree (A), Undecided (U), Disagree (D), and Strongly Disagree (SD). Responses will be collected on these five scales to verify the statements from the respondents. From the information collected we know that Lalit Upadhyay's professional career is in at national and international level from 2014 to till present.

5. Conclusion

As a forward field hockey player, Lalit Upadhyay has a strong bond with his teammates and coaches, being good-natured, honest, dedicated, and emotionally expressive. He is soft spoken and a religious person. He is a picture of fitness and easily approachable. He is proud of his country and always down to earth personality. He has never lost his temper and he has a great sense of humor. He is very friendly with public and good at motivating others. He seems to be health conscious and he believes in learning by doing. He is a good role model to others and he knows how to cope with hurdles. He never lets emotions overcome him and He possesses good leadership qualities. He is one of the best hockey players India has produced and he is always cooperative and has the maturity to overcome team challenges. Lalit values hard work and prefers making decisions collaboratively. His impressive career includes participation in numerous national and international tournaments, winning several gold, silver, and bronze medals. Lalit serves as a role model, inspiring the younger generation to engage in field hockey and other sports.

6. References

1. <https://en.wikipedia.org/wiki/Education>
2. <https://www.fih.hockey/about-fih/history>
3. https://en.wikipedia.org/wiki/Sameer_Dad
4. https://en.wikipedia.org/wiki/K._D._Singh
5. https://en.wikipedia.org/wiki/Dhanraj_Pillay
6. [https://en.wikipedia.org/wiki/Vivek_Singh_\(field_hockey\)](https://en.wikipedia.org/wiki/Vivek_Singh_(field_hockey))
7. [https://en.wikipedia.org/wiki/Rahul_Singh_\(field_hockey\)](https://en.wikipedia.org/wiki/Rahul_Singh_(field_hockey))
8. https://en.wikipedia.org/wiki/Field_hockey
9. <https://www.hockeyindia.org/players/lalit-kumar-upadhyay-profile-86>
10. <https://www.hockeyindia.org/news/hockey-india-congratulates-lalit-kumar-upadhyay-on-completing-150-international-matches>
11. <https://indianexpress.com/article/sports/hockey/mohammad-shahids-family-point-fingers-at-indian-railways-hockey-india-2888566/>
12. Mehrotra A, Singh A, Abbas A. Fundamentals of health and physical education. New Delhi: Khel Sahitya Kendra; c2019.
13. Sandeep. Arjuna Awardee Surinder Singh Sodhi an outstanding hockey player, administrator and coach-a case study Unpublished Thesis, Punjab University Chandigarh; c2021
14. Maurya, Shailesh. A Journey of Successful wrestler Sushil Kumar – A Case study Unpublished Thesis, BHU, Varanasi; c2017.
15. Hasan H. Arjuna Awardee Ashok Dhayan Chand - legendary hockey player: A Case Study. Unpublished Thesis, Banasthali Vidyapith, Rajasthan; c2015.