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Contribution of Jugraj Singh in Hockey: A Case Study

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Abstract

The purpose of the study was to highlight the contribution of Jugraj Singh for the promotion of Hockey. The study will be a valuable addition to the Professional literature in sports and physical education and will be significant factor to motivate the new sports generations and inspire the young police recruits. Data for the investigation was collected through primary and secondary sources along with interview and self-made questionnaires. Besides that, Eyesensk's Personality Questionnaire was also used to assess the personality of Jugraj Singh. After studying the career and life of Jugraj Singh, and having views of eminent personalities, it is concluded that Jugraj Singh is an excellent hockey player and has won the International Competitions like Junior Asia Cup and Junior World Cup. He is also having the Silver medal in Asian Games in his name. After joining the Punjab Police, he has won so many medals for them in All India Police Games. Result of Eyesenck's Personality questionnaire shows that Jugraj Singh is having an Extrovert personality. At present, Jugraj Singh is Assistant Coach of Indian Hockey team.

Keywords: India, hockey, achievements, Punjab police, medal, player, pap and coach

Introduction

Jugraj Singh is one of the eminent personalities of Indian hockey. He is a self-coached and iconic drag-flicker who became the young face of the Indian hockey team and youth icon for anybody who ever followed Indian Hockey. The other synonyms for Jugraj Singh are the spirit of Indian hockey and brave fighter. He is having so many glorious achievements in hockey such as being the gold medallist under 18 years of age in Asia Cup as a captain. The aim of the present study was to highlight the contribution of Maharaja Ranjit Singh Awardee Jugraj Singh towards the promotion of the Hockey. The study will be a valuable addition to the Professional literature in sports and physical education and will be significant factor to motivate the new sports generations and inspire the young police recruits.

Material & Methods

Data for the investigation was collected through primary and secondary sources. Interview and self-made questionnaires were also used to collect data from family members, friends and coaches. Besides, Eyesenck's Personality Questionnaire was also used to assess the personality of Jugraj Singh.



Fig 1: Author in an Interview session with Jugraj Singh

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Results

Jugraj Singh was born in an ordinary family to S. Harjinder Singh and Smt. Gurmeet Kaur on 22nd April 1983. He belongs to Sikh family. His father got retired as a physical education teacher and his mother retired as the head mistress. Jugraj Singh has two brothers and one sister. His sister Manpreet Kaur is an Assistant Professor in Lovely Professional University, Phagwara and brother Nawab Singh is well settled in Australia. His Elder cousin Arjun Awardee Golden girl Rajbir Kaur is an Ex-India Captain.

Jugraj Singh started his schooling at Saheed Darshan Singh Pheruman Public School from his native place, village Rayya, District Amritsar. Till his fifth standard, Jugraj Singh had least interest in hockey. Then in 1994, Jugraj Singh joined the Surjeet Academy at Jalandhar under the supervision and guidance of his sister Rajbir Kaur. Under the coaching of Mohan Singh and Jhilmil Singh, Jugraj Singh worked hard to become a good hockey player. He completed his secondary level of education from Lyallpur Khalsa Senior Secondary School, Jalandhar. In 2001 he joined the Junior Indian Hockey Team. In this team his coach was Senior Rajinder Singh. Under the coaching of Rajinder Singh, his game flourished in full swing. Jugraj Singh joined PAP Jalandhar as the Head constable in the same year. Jugraj Singh then got selected as the captain of Junior Indian hockey team. In the first tournament under his Captainship, his team won the Junior Asia Cup and he was declared the Player of the Tournament. After this success he was promoted to the rank of an A.S.I in PAP Jalandhar. He played for Punjab Police team as well as the Indian team. His Punjab Police team won the Murguppa Gold Cup at Chennai. In the same year his team won the Junior World Cup at Australia and Jugraj Singh was declared second top scorer. On November 5, 2001 Punjab Police promoted to Jugraj Singh to the post of Sub Inspector. After playing for one year in the Junior Team, he got selected in the Senior Team. In Senior Hockey Team Jugraj Singh's performance in the tournament was good. In 2002 his team won the silver medal in Asian Games. His team participated in senior World cup 2002 at Malaysia. This is a record that Punjab Police won the Nehru Gold Cup hockey tournament in 2002, 2003 and 2004. March 2003 Jugraj Singh becomes as an Inspector in Punjab Police. In champion trophy 2003 India beat Pakistan in a league match and Jugraj Singh got two score. In this match Pakistani World famous drag flicker Sohail Abbas gives his stick to Jugraj Singh as a loving gift. It is the memorable moment of Jugraj Singh's life. In 2003, Punjab state government awarded him with Maharaja Ranjit Singh award from Chief Minister Captain Amrinder Singh at Chandigarh for his outstanding performance in hockey.

Unfortunately, on the eye of September 2, 2003 he and his friend Rajbarinder Singh Panu met with an accident near Haveli Restaurant at Jalandhar. It was a major car accident. They were admitted in DMC Ludhiana. After some days,

Jugraj Singh was referred to Batra Hospital, Delhi. Jugraj Singh right arm and right thigh got severely injured. There after he was referred to America for the treatment of his thigh. After Jugraj Singh's accident the level of Punjab Police team and Indian hockey team started decreasing day by day.

Jugraj Singh returned to practice after a gap of one year. The man of iron rejoined the Indian Hockey team. But he was not given the chance to play because of politics. How He and his passion of hockey never lost the heart and he played for Punjab Police team. Where has team won several medals. Jugraj Singh completed his graduation in April 2006 from Himachal Pradesh University, Shimla.

In 2008 President of the Indian Hockey Federation K.P.S Gill selected Jugraj Singh as a coach for the Junior and Sub Junior Hockey Team. He produced Gurjinder and Deewakar Ram as drag- flickers. He won the best scorer award in All India Police game 2009-2010 at Gowahti. In 2010 Indian Hockey Federation selected Jugraj Singh as the assistant coach for Senior Team with Chief coach Josh Brasa. In 2010 Common Wealth Games, Indian Hockey Team won silver medal for the first time and in Asian Games 2010, India won bronze medal. Indian team scored the highest through short corner in both Common Wealth and Asian Games. Under his coaching the performance of Sandeep Singh, Rupinderpal Singh and Raghunath improved as a drag flicker. It was the happiest moment that after eight years hockey players qualified for the Olympic Games 2012. At present Jugraj Singh is working as Deputy Superintendent of Police in Punjab Police at PAP Jalandhar and lives with his family member in his native village Rayya.

Table 1: The Award of Honour of Jugraj Singh

Year	Award
2003	Maharaja Ranjit Singh Award

Table 2: The Participation of Jugraj Singh in International Competitions

Competition	Year	Venue	Medal
Junior World Cup	2001	Australia	Gold
Senior World Cup	2002	Malaysia	-
Junior Asia Cup (As a Captain)	2001	Malaysia	Gold
Asian Games	2002	Korea	Silver
Five Nation Junior Tournament	2001	Kuala Lumpur	Bronze
Champion Challenge Trophy	2001	Malaysia	Gold
Sultan Azlan Shah Cup	2001	Malaysia	-
Champion Trophy	2002	Germany	-
Four Nation Double Leg	2002	Australia	Silver
Four Nation Double Leg	2003	Australia	Gold
Champion Trophy	2003	Germany	-
Panasonic Gold Cup	2003	Germany	Gold
Three Nation Tournament	2003	Australia	Silver
Four Nation Tournament	2004	Germany	-
Four Nation Tournament	2006	Germany	-

Table 3: The Participation of Jugraj Singh in Premier Hockey League

Competition	Team	Year	Venue	Medal
Premier Hockey League	Chandigarh Dynamos	2005	Hyderabad	Gold
Premier Hockey League	Chandigarh Dynamos	2006	Chandigarh	Silver
Premier Hockey League	Chandigarh Dynamos	2007	Chandigarh and Chennai	-
Premier Hockey League	Sher E Jalandhar	2008	Chandigarh	-

Table 4: The Achievements of Jugraj Singh in National competitions

Competition	Year	Venue	Medal
Senior National Hockey Championship	2000	Jammu	Bronze
National Games	2002	Hyderabad	Gold
Senior National Hockey Championship	2005	Hyderabad	-
Senior National Hockey Championship	2006	Hyderabad	-
Junior National	2001	Chennai	Bronze
Nehru Gold Cup	1996	Delhi	Silver
Nehru Gold Cup	1998	Delhi	Silver
Nehru Gold Cup	1999	Delhi	Bronze
Muruguppa Gold Cup	2001	Chennai	Gold
All India Beighton Cup	2002	Kolkata	Gold
Nehru Gold Cup	2002	Delhi	Gold
All India Police Hockey Championship	2002	Mumbai	Silver
Nehru Gold Cup	2003	Delhi	Gold
All India Surjeet Hockey Tournament	2003	Jalandhar	Silver
Nehru Gold Cup	2004	Delhi	Gold
All India Surjeet Hockey Tournament	2004	Jalandhar	Silver
Punjab Police Inter Zone Sports Meet	2004	Jalandhar	-
All India Police Hockey Championship	2006	Karnataka	Gold
Punjab Police Games	2007	Jalandhar	-
Tracer Cup	2009	Jalandhar	Gold

Table 5: The Roll of Honour as the Best Scorer in different competitions to Jugraj Singh

Competition	Year	Venue	Goals
Senior National Hockey Championship	2000	Jammu	13
Junior Asia Cup (Captain)	2001	Malaysia	14
Junior World Cup (Second Top Scorer)	2001	Australia	07
All India Police Game	2006	Jalandhar	18
All India Police Game	2009	Guwahati	14
All India Police Game	2010	Guwahati	15

Table 6: Jugraj Singh's period as an Assistant Coach of Indian Hockey Team

Year	Team
2008-2010	Junior and Sub Junior Indian Hockey Team
2010-Till Date	Senior Indian Hockey Team

Table 7: The Professional Achievements of Jugraj Singh in Job

Month/Year	Rank
July 2001	Head Constable
July 2001	A.S.I.
November 2001	Sub Inspector
March 2003	Inspector
November 2011	D.S.P

Conclusion

After doing this case study on hockey star Jugraj Singh I personally feel that the life of a sportsperson is more interesting and challenging than an ordinary individual. I believe that this case study will motivate all sportspersons and physical education students to participate in hockey and other sports with full dedication and determination to develop sports in India. Jugraj Singh participated in Asia Cup, National Games, and International Games, and won Gold and Silver medals. After joining Punjab Police, he also won many medals in All India Police Games. This study regards to Jugraj Singh for a lot of contribution in development of hockey in India.

All his family members, relatives, coaches and eminent personalities understand that about Jugraj Singh has a great passion for hockey and he is a hardworking, disciplined and a good learned man. Jugraj Singh is a very punctual officer and remains physically and mentally alert during his job hours.

Jugraj Singh gives respect and honour to people who work hard with honesty. This is a great pleasure that I have studied the life of such an eminent sportsperson.

Eysenck's Personality Questionnaire was used to find out personality of Jugraj Singh. The result of Eysenck's Personality Inventory shows that Jugraj Singh is Psychoticish score is normal, Extraversion score is extrovert, neuroticism score is normal, and Lie score's results are not valid. So Jugraj Singh is under the personality of extrovert.

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