



## A STUDY ON THE CONTRIBUTIONS AND ACHIEVEMENTS OF KARNATAKA HOCKEY PLAYER SABU VARKEY TO INDIAN HOCKEY

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### ABSTRACT:

**H**ockey is one of the many sports derived from pre historic man's delight in stick and ball games. It is a game played between two teams on a field with curved sticks and a small hard ball. In India among various sports, hockey occupies a significant place. It is the national game of India. It is a game of skill, deception, anticipation, concentration and character. Like all other games, hockey too has its fundamental skills. To be on the top in any game, it is necessary to have mastery over its fundamental skills. The fundamental skills of a game are based on the motor moments of human being.



**KEYWORDS:** Plyometric training, Physical fitness, agility, leg explosive power, pushups.

### INTRODUCTION

The contribution of any hockey player in terms of high performance and achievements at National and International level plays a vital role in the promotion of hockey game. The contribution of Karnataka State Hockey player in terms of high performance and achievements at National/International level plays a very important role in the promotion of hockey game in Karnataka and India in general.

To find out what kind of contribution and achievements by Mr. Sabu Varkey, Karnataka State Hockey players to Indian hockey, the present study is taken into consideration.

### STATEMENT OF THE PROBLEM:

The problem formulated for the present study is "A study on the Contributions and Achievements of Karnataka Hockey player Mr. Sabu Varkey to Indian Hockey".

### **PURPOSE OF THE STUDY:**

The purpose of the study is to assess the contributions and achievements of Karnataka State Hockey player Mr. Sabu Varkey who represented India at International level by making his complete profile.

### **OBJECTIVES OF THE STUDY:**

- To find out the contribution of Karnataka State Hockey players to Indian Hockey in the form of performance and achievements at International level.
- To make a profile of Mr. Sabu Varkey who represented India at International level.

Hypotheses of the study:

- Mr. Sabu Varkey, Karnataka State Hockey player would have contributed to Indian Hockey in the form of performance and achievements at National and International level.

### **SIGNIFICANCE OF THE STUDY:**

- This study assumes great significance given to its comprehensive study to delineate the contribution of Mr. Sabu Varkey, Karnataka State Hockey player to Indian Hockey.
- It reveals his contributions to Indian Hockey at International Hockey matches in the form of performance.
- The study further contributes and explores the role of Karnataka state hockey player to Indian hockey and also making the profile of hockey player is the record of information for further research studies as well as very helpful to coaches, trainers and state hockey federations of India.
- The profile of hockey player contributes as motivational factor for the upcoming young hockey players of Karnataka and India in general.

### **METHODOLOGY**

A present study was designed to investigate the contributions and achievements of Karnataka State hockey player towards the promotion of Hockey game in the Karnataka State and India in general and also to study their philosophy with regard to sports as a profession in India, their quality as a player and their contribution to the game of hockey at national and international level. Data/Information for this investigation was derived from the Primary sources i.e. Direct observation, Questionnaires, Personal records, Archival records, Documents, Pictorial records and Secondary sources. Based on the objectives laid down in the present the following methods were used to obtain the data.

### **DESIGN OF THE STUDY**

#### **Sources of Data and Information:**

The different sources and methods used by the researcher to gather data and information about the contribution of Karnataka State hockey player to Indian Hockey. There are four major sources and methods that have been identified by researcher to obtain the information and data are Direct observation, Documents, Archival records and Participation. It is further divided as the collection of data and information for this investigation as both primary and secondary resources.

#### **Primary Resources:**

The original data, material and information is collected from the following primary resources,

#### **(a) Direct Observation:**

The researcher himself is a university level hockey player and he knows some of the history and profile of hockey players. His direct involvement in the hockey enables him to observe the official records of player in hockey federation being a direct observer and that will lead the researcher to get first hand information.

#### **(b) Documents:**

Researcher visited various sports institutions such as Indian Hockey Federation (IHF), New Delhi and

Karnataka Hockey Association, Bangalore to get the related data information of the study in the form of Photo's, News Papers, Articles, Books and Administrative records etc. Pictorial records from a large repertoire of photographs available with different sources such as personal albums, official photographs that were found relevant to different occasions have been chosen as documents for the study. The published materials in the News Papers, Sports Magazines and Books etc. These are studied and information retained as documents for the investigation.

**(c) Archival Records:**

The official records in the sports websites of Sports federation's survey records, Life time achievements and name lists, etc. were searched and studied and information and data are retained for the study.

**Secondary Resources:**

To get deeper insight into the study the survey method in used for the further study.

**(a) Survey:**

The survey of state and national hockey federations or associations is done to get the data and information about the contributions of Mr. Sabu Varkey, Karnataka State hockey player who represented India at international level.

**ANALYSIS OF DATA AND INTERPRETATION OF RESULTS**

A present study was designed to investigate the contributions and achievements of Mr. Sabu Varkey, Karnataka State Hockey players to Indian Hockey towards the promotion and development of hockey game in Karnataka and country in general and also to study sports motivation with regard to sports as a profession in India, their quality as a players, their professional leadership qualities, and their contribution to the game of hockey at National and International level. The present study is conducted on Mr. Sabu Varkey, Karnataka State hockey player who represented Indian hockey team at International level. Based on the findings the analysis of data and interpretation of results are presented in the following way.

**Mr. SABU VARKEY**



**Early Life:**

Sabu Varkey was born on 21st, January 1971 in Changanacherry, Kerala he found the joy in hockey at the age of ten in his neighborhood where hockey was very popular.

His initial games were played in St. John's Medical College Staff Campus along with some of the student Doctors. At the age of 17 years he started playing hockey game seriously. The hockey game and his parents, society and friends are inspiration to him to take of this sport and they also supported and co-operated to him.

He spent the most of his childhood days and adulthood days in the Bangalore city that allowed him to get better facilities to play and practice hockey game in his early days. He was influenced by great players like Mohammed Shaid, Zafar Iqbal and Mervin Fernandez.

**FAMILY BACKGROUND:**

His father Mr. C.T. Varkey was a retired Accountant, St. John's Medical College, Bangalore and mother

Mrs. Marina Varkey, She was retired Teacher, SNH Primary School, Yeshwantpur, Bangalore. He had two younger sisters. He was married to Mrs. Julie in the year 2001 and he was blessed with four kids namely Ruben, Jane, Joshna and Rose.

#### **Education Career:**

He was studied at St. Patrick's high school and passed in the year 1987 and joined for PUC at Christy College, Bangalore and passed in the year 1989. Then he did Bachelor of Arts (B.A) in the distance mode at IGNOU, Bangalore and graduated in the year 2010.

#### **Employment Career:**

He worked for the ITC, Bangalore in 1990-92 and he is currently employed as a Deputy Manger (ARB) with Bharat Petroleum Corporation Limited, Bangalore.

He retired from International hockey after the world cup of 2002 and continued to play for employers of B P C L till 2010 and he did coaching for the B P C L team up to 2014 at national level. He stays at E-3, Staff Quarters, St. John's Medical College, Bangalore, Karnataka.

#### **His thoughts:**

P A Raphael the SAI coach who was impactful on his hockey career which he believes that led to his representation in the national team. He is extremely grateful for the support through his career "if given a chance to play a game again, I will choose hockey because it is a beautiful game to play and has given me my livelihood.

In the World Cup 2002 I felt that my performance was reduced since I was not feeling energetic and coming back after 3 years I had lost my original game.

#### **Hockey Career:**

He represented Karnataka State hockey team in the sub-junior nationals (winner) and junior nationals (2 time winner) in 1987. Earlier he started playing for SAI Bangalore in the year 1988. An excellent fast moving forward who is capable of showing the artistry of Indian Dribble, was identified to play for India from the famous Bangalore sports hostel, was selected to play for India in Atlanta Olympic Games in 1996. He was also a member of silver medal winning Indian Hockey team of Hiroshima Asian Games 1994. Apart from doing duty for India in many major International tournaments, he was a playing member of the Sydney World Cup Indian Hockey team in 1994.

Further he represented Karnataka State hockey team in the senior nationals and national games in the year 1997. He was become the captain of Karnataka State hockey team in the year 1998 for the Murugappa Gold Cup and team placed 2nd in that tournament.

In the 1999 (2nd place) and 2001 Murugappa Gold Cup he was adjudged as the 'Forward of the tournament'. Totally he played 169 international matches during his hockey career.

#### **ACHIEVEMENTS:**

- He represented Indian hockey team in the Test Series: India V/s Kenya 1991 held at New Delhi, India (Winners).
- He represented Indian hockey team in the Asia Cup 1993 held at Hiroshima, Japan (Silver medal).
- He represented Indian hockey team in the European Tour: Inter Continental Tournament 1993 held at Ponzan (Winners).
- He represented Indian hockey team in the European Tour: Alps Cup 1993 held at Vienna, Italy (Winners).
- He represented Indian hockey team in the Asian Games 1994 held at Hiroshima, Japan (Silver medal).
- He represented Indian hockey team in the World Cup 1994 held at Sydney, Australia (5th place).
- He participated in the Test Series: India V/s Holland, India V/s Australia and India V/s South Africa 1994 held at Holland, Australia and South Africa respectively.
- He represented Indian hockey team in the Olympics 1996 held at Atlanta, USA (8th place).
- He represented Indian hockey team in the Sultan Azlan Shah Cup 1996 held at Ipoh, Malaysia.
- He represented Indian hockey team in the Australian Tour: 4th Nation Tourney 1996 held at Australia.

- He represented Indian hockey team in the European Tour: 4th Nation Tourney 1996 held at Hamburg.
- He represented Indian hockey team in the Asian Games 1998 held at Bangkok, Thailand (Gold medal).
- He represented Indian hockey team in the World Cup 1998 held at Utrecht, Netherlands (9th place).
- He represented Indian hockey team in the Commonwealth Games 1998 held at Kuala Lumpur, Malaysia (4th place).
- He represented Indian hockey team in the Indo Pak Series 1998 held at Lahore, Pakistan (Lost).
- He represented Indian hockey team in the Australian Tour: 4th Nation Tourney 1998 held at Australia.
- He represented Indian hockey team in the Champions Challenge 2001 held at Kuala Lumpur, Malaysia (Gold medal).
- He represented Indian hockey team in the Sultan Azlan Shah Cup 2001 held at Ipoh, Malaysia (5th place).

### CONCLUSION:

Mr. Sabu Varkey was represented Indian hockey in the Olympic Games, World cup, Commonwealth games, Asian Games, Sultan Azlan-Shah tournament, Champions Challenge, Indo pak Series, Australian Tour, Test series, European tours and won many medals for India. It is clearly advocated that Mr. Sabu Varkey, Karnataka State hockey player who is immensely contributed to the cause of upliftment of national game hockey and thus played a pivotal role in reviving the glorious past of hockey in the country once again. Being the role model, Karnataka State hockey player was being religiously emulated by the younger generation for sports. He was a product of SAI.

Finally it is concluded that Mr. Sabu Varkey, Karnataka state Hockey player made a very significant and tremendous contribution to India Hockey in the form of achievements in the field of Hockey game at national and international level.

\*\*last up to date information is Dec 2014.



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