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**‘I had confidence in my abilities,’ says Marina Lalramnghaki on making it to the Indian Women’s Hockey Team core group**

*~Marina credits her inspiration to Lalremsiami and idolises Sushila Chanu~*

**New Delhi, 22nd April 2024:** Marina Lalramnghaki, the young and energetic midfielder from Mizoram, recently made it to the 33-member Indian Women’s Hockey Team core group, which is currently undergoing training at the Sports Authority of India (SAI) in Bengaluru. Her selection came after thorough evaluations of a 60-member assessment squad during intense trials conducted on 6th and 7th April 2024. Her outstanding display of skill and unwavering determination stood out prominently, securing her position among the nation’s top hockey players.

The 22-year-old midfielder, a product of Hockey Mizoram, displayed outstanding performance during the 14th Hockey India Senior Women National Championship in Pune, in which she netted three goals thus garnering attention for her agility and strategic play on the field. Marina’s journey in hockey has been marked by numerous accolades, including participation in the FIH Hockey Women's Junior World Cup 2021 and the U-21 3 Nations Invitational Tournament in Australia in 2019.

Reflecting on her selection, Marina shared, "I was overwhelmed with joy when I received the news of my selection in the core group. It was a dream come true moment for me, and tears of joy filled my eyes. I always had confidence in my abilities, and the successful trials reaffirmed my belief."

With her sights set on upcoming tournaments, Marina is determined to earn a place in the 18-member Indian squad for the challenges ahead. "My ultimate goal is to contribute to the success of the Indian Women’s Hockey Team in the 2026 Women's FIH Hockey World Cup and the 2028 Los Angeles Olympics. However, currently, my focus is to make it to the squad of the Indian team. Nevertheless, I am fully committed to giving my best and making my country proud," Marina emphasized.

Marina's journey in hockey began at the age of 10 during her school days. Her talent was soon recognized, leading to her selection in the SAI Women Hockey Academy in Thenzawl, Mizoram. She credits her inspiration to Lalremsiami and idolises Indian team midfielder Sushila Chanu.

“Drawing inspiration from Lalremsiami, whose journey from Mizoram resonates deeply with my own, I was propelled to pursue a hockey career," Marina said, before adding, "Her relentless dedication and remarkable achievements served as a guiding light, instilling in me the belief that dreams can be turned into reality with perseverance and hard work."

She continued, "Additionally, I have always looked up to Indian team midfielder Sushila Chanu as a role model. Her exceptional skills, abilities, and commitment to the sport have left an indelible mark on me. I aspire to emulate her success on the field and contribute to the legacy of Indian hockey."

Please find attached pictures.

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*Team Partner*

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**About HOCKEY INDIA**

HOCKEY INDIA (HI) is the governing body with exclusive mandate to direct and conduct all activities for both men and women's hockey in India. It is recognized by the Ministry of Youth Affairs & Sports, Govt. of India as the sole body responsible towards promoting Hockey in India.

Headquartered in New Delhi, Hockey India was established on 20th May, 2009 and is affiliated to the International Hockey Federation (FIH), the Indian Olympic Association (IOA) and Asian Hockey Federation (AHF).

Committed to the development of Hockey in the country, Hockey India with the assistance of Sports Authority of India and Department of Sports, Government of India, trains players at sub-junior, junior and senior level. The governing body engages in Coaching the coaches with International Standard certification programs, educates and equips technical officials and umpires to find a foothold in international arena, provides world-class infrastructure and International exposure for the players besides regular international competition. Hockey India has also pioneered in bringing top International hockey events to India such as the FIH Men's World Cup in 2010 and 2018, FIH Champions Trophy in 2014, FIH Junior Men's World Cup in 2016 and 2021, FIH Hockey World League Final in 2017. With its vision to popularize the game and constantly promote it, Hockey India brought the Indian Men's Hockey Team into the top three in the world. Hockey India is also dedicated to getting the Indian Women's Hockey Team into the top three in the world.

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**About ODISHA**

Odisha - the Eastern State of India - is known for its love for Hockey and over the years it has evolved to be the Global Hub of Hockey. The State successfully hosted the Odisha Hockey Men's World Cup Bhubaneswar 2018, followed by the FIH Men's Series Finals Bhubaneswar Odisha, FIH Olympic Qualifiers Odisha, and FIH Hockey Pro League 2020-21. Odisha has previously hosted the Champions Trophy 2014 and the Odisha Men's Hockey World League Final Bhubaneswar 2017. Odisha also hosted the FIH Men's Hockey Junior World Cup in 2021.

Kalinga Lancers, the team owned by the State, were the winners in the Hockey India League 2017. Taking a step further towards realising the dream of restoring the glory of Indian Hockey at the global level, the State is sponsoring the Indian Hockey Teams till 2033.

Odisha also hosted the FIH Odisha Hockey Men’s World Cup 2023 and the Rourkela and Bhubaneswar legs of the FIH Hockey Pro League 2022/23 and 2023/24.

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