Hailing from Lucknow, Uttar Pradesh, Mumtaz's journey began in Hockey at a young age, when she discovered her talent and passion for Hockey. In 2022, Mumtaz joined IndianOil and thereafter continued to create history by becoming part of the Indian hockey team to being India's top scorer with eight goals at the 2022 Women's FIH Hockey Junior World Cup in South Africa. In January 2024, she was part of the Indian team that won silver at the 2024 Women's FIH Hockey5s World Cup in Muscat, Oman.

Glorious moments in Sports

- Silver medal at FIH Hockey 5s Women's World Cup 2024, Muscat 2024.
- Gold Medal at Women's Asia Cup, 2023.
- Bestowed with Hockey India's 'Asunta Lakra Award' for Upcoming Player of the Year, 2022.
- Bestowed with FIH Women's Rising Star of the Year award, 2021.
- Represented India at FIH Hockey 5s women hockey international tournament, Switzerland, 2022.
- Represented India at FIH Hockey Women's Junior World Cup, South Africa, 2022
- Represented India at Women's Asian Champions Trophy, 2024.
- Runner Up at 4th Hockey India Sr. National Inter Department Women Hockey Tournament, 2024.

IndianOil has been the guiding light in my sporting journey, giving me the strength and confidence to chase my dreams and achieve global triumphs like the world championships. Its unwavering support has not only shaped my career but also made me a part of a family I deeply cherish. I am, and always will be, proud to represent IndianOil, a company that fuels excellence and empowers its people to shine.



