

Khelo India E – Pathshala (Grass Root Level)

(Organized by Sports Authority of India & National Rifle association of India)

Aims & Objectives of the Programme

- The program aims to provide a structured online training programme for the grass root / primary level shooters so that they can continue or even start shooting sports under the guidance of expert coaches, appointed by SAI / NRAI, during Covid lockdown period and even afterwards from their respective place of stay
- It is intended to encourage athletes to train at home, in a situation of non availability of ranges
- To provide interactive online coaching programme to athletes who are under privileged / challenged and can't afford / reach the range
- To develop a database of potential shooters - especially in the remote area of the country.



Programme outline

The programme is designed in such a fashion that it can cater to the requirement of budding as well as new shooting athletes. The online training will include all the imperative aspects, such as live classes, audio visuals and interactive sessions etc. so as to make the athlete feel that they are in actual FOP while online training.

The best coaches of the country are kept in the programme as experts to ensure a systematic and professional training. As a matter of fact the athlete will get better guidance during online training as such experts combination is difficult for them to get during actual training in the range.

The production of the online live classes will be done in a temporary low budgeted studio to be created in the FOP area of Dr. KSSR and will be conducted five days in a week live on Zoom



CEO: Satyajit Sankrit

Programme Director: Mr. Vikram Chopra

Experts

Sl. No.	Name	Credentials
1.	Mr. Raunak Pandit- 10M Pistol	
2.	Mr. G.D. Sharma-25M Pistol	
3.	Mr. Omprakash- 10M Pistol	
4.	Mrs. Suma Shihur -10M Rifle	
5.	Ms. Shakun Bhugra-10M Rifle	
6.	Mr. Deepak Dubey-10M Rifle	
7.	Mr. Raj Kumar- Gym Instructor	

Sessions detail (5 days in a week):

First Week (15 – 19 June ' 2020) – 10M Air Pistol classes for grass root level
by Mr. Omprakash

Sl. No	Topic	Expert	Date	Time
1.	History of Shooting Sport	Mr. Om prakash	15.06.20	10 am – 10.45 am
	Event Types Pistol			10 am – 10.45 am
2	Targets & other Fundamentals of 10M Range-Pistol & Safety	Mr. Om prakash	16.06.20	10 am – 10. 45 am
3.	Basics of 10 M Pistol i) Position ii) Grip iii) Aiming	Mr. Om prakash	17.06.20	10 m – 10. 45 am
4.	Basics of 10 M Pistol i) Breathing	Mr. Om prakash	18.06.20	10 am – 10-45 am

	ii) Triggering iii) Follow through iv) Call the shoot			
5.	Physical aspects and Exercise	Mr. Omprakash	19.06.20	10 am – 10. 45 am

Second Week (22 – 26 June ' 2020) – 10M Air Rifle classes for grass root level by Mr. Deepak Dubey

Sl. No	Topic	Expert	Date	Time
1.	i) 10 M Range Targets & other fundamentals. ii) Required for 10M Air Rifle equipment iii) Types of Rifle Events iv) 10 M Air Rifle & Safety	Mr. Deepak Dubey	22.06.20	10 am – 10.45 am
2	Equipment control	Mr. Deepak Dubey	23.06.20	10 am – 10.45 am
3.	Basics Fundamental 10 M Air Rifle i) Position ii) Mount of Gun iii) Balancing	Mr. Deepak Dubey	24.06.20	10 am – 10.45 am
4.	Basics Fundamental 10 M Air Rifle i) Aiming & Sighting ii) Breathing iii) Triggering iv) Fallow through	Mr. Deepak Dubey	25.06.20	10 am – 10. 45 am
5.	Physical aspects and Exercise, Yoga	Mr. Deepak Dubey	26.06.20	10 am – 10-45 am

Third Week (29 June – 03 July ' 2020) – 10M Air Pistol shooting Classes advance level by Mr. Ronak Pandit

Sl. No	Topic	Expert	Date	Time
1.	10 M Air Pistol	Mr.Ronak Pandit	29.06.20	10 am – 10.45 am
2.	10 M Air Pistol	Mr.Ronak Pandit	30.06.20	10 am – 10. 45 am
3.	10 M Air Pistol	Mr.Ronak Pandit	01.07.20	10 am – 10.45 am
4.	10 M Air Pistol	Mr.Ronak Pandit	02.07.20	10 am – 10. 45 am
5.	10 M Air Pistol	Mr.Ronak Pandit	03.07.20	10 am – 10-45 am

Fourth Week (06 - 10 July ' 2020) – 10M Air Rifle shooting Classes
advance level by Mrs. Suma Shihur

Sl. No	Topic	Expert	Date	Time
1.	10M Air Rifle	Mrs. Suma Shihur	06.07.20	10 am – 10.45 am
2.	10M Air Rifle	Mrs. Suma Shihur	07.07.20	10 am – 10.45 am
3.	10M Air Rifle	Mrs. Suma Shihur	08.07.20	10 am – 10. 45 am
4.	10M Air Rifle	Mrs. Suma Shihur	09.07.20	10 am – 10. 45 am
5.	10M Air Rifle	Mrs. Suma Shihur	10.07.20	10 am – 10-45 am