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School children learn to use a gun at a recent training session.

ASHOK NATH DEV/HT

BULLSEYE

TRANSFORMATION More and more school students are aiming to become ace shooters

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Air rifle and air pistol shooting are becoming popular among students in schools across the city as Kolkata gears up to host the Third West Bengal Inter-School Shooting Championship.

The event, to be held between July 14 and 17, is being organised by West Bengal Rifle Association (WBRA), the governing body for shooting sports in the state, and Joydeep Karmakar Shooting Academy.

This year, more than 40 schools will be participating in the event to be hosted by The New Town School, which has just come up with a 10-metre range comprising eight lanes. "We are very excited! The shooting range will be inaugurated with this competition," said Vineet Kansal, CEO, The New Town School.

Joydeep Karmakar, an Arjuna awardee who secured fourth position at the 2012 Olympics in London, said, "Going by statistics, the Centre should accord the highest priority to shooting. This sport has brought maximum medals to the country, including Olympic Gold and Commonwealth Games medals. But sadly, not much enthusiasm is seen in this part of the country when it comes to shooting. We are now trying to change that."

Recently, WBRA made Karmakar its director of school programmes and the shooter intends to use this to popularise the game.

He added, "I had set up my shooting academy only six months ago and was busy with it. Now, after the conclusion of this championship, I will be taking up the mantle of promoting the sport in schools."

Talking about how shooting as a sport can help a child, Karmakar said, "This sport helps participants remain patient and focused. It is especially beneficial for today's children as they suffer from attention deficit syndrome and only love to play indoor games on electronic devices."

"Well, if parents feel that their overweight child is not fit for any sport and hence there is no way the child can get

involved in some activity, then they can try shooting. Also, age is no bar. Even an eight-year-old can take up shooting. In fact, the oldest Olympic medal winner is a 72-year-old. And he bagged the medal for shooting!" Karmakar added.

Apart from the New Town School, DPS Megacity and Heritage School are the only other schools in the city to have shooting ranges. As a result, most of the students taking part in the sport are not trained in their

schools but go to any of the six shooting clubs spread over Bengal – North Kolkata Rifle Club, South Calcutta Rifle Club and the rifle clubs in Serampore, Ishapore, Howrah and Dankuni.

Though there are not many shooting enthusiasts in the city because of lack of facilities, shooting sports has a long and rich history in West Bengal.

Since Independence, Bengal has seen golden days in this arena. Late Harihar

Banerjee, considered the father of Indian Shooting, was the first Olympic shooter of India. Following his footsteps came up shooting stalwarts. Late Haricharan Shaw, late Shabita Chatterjee, late Ramesh Dasgupta, Rita Sinha, Parimal Chatterjee, Captain Bhagirath Samai, Soma Dutta and many more had made their presence felt in the international shooting world. Presently, shooters such as Kuheli Ganguly, Joydeep Karmakar and Mampi Das are holding the flag of shooting very high for Bengal with their performance both at national and international events.

"We will now have to revive the lost glory. We are already in discussion with some schools for setting up shooting ranges. We will be sending the trainers. I am also trying to locate some of the former shooters and request them to take some time out and become trainers. After all, this is the best way one can give back to the sports," Karmakar said.

Several schools in the city have now woken up to the positives of taking up shooting as a sport. St. Augustine's Day School on A.J.C Bose road is setting up a shooting range. "Currently, we do not have a range but we are participating in the Third West Bengal Inter School Shooting Championship. Our team will receive a crash training programme at Karmakar's academy. Soon after, we will start the process of setting up a range," said Richard Gasper, promoter of the school.

"It is a myth that shooting as a sport is very costly. The school will provide students with air rifles. And the pellets cost just Re 1 per piece. So, it is highly affordable. This will help students concentrate. If someone does well in this sport, he can take it up as a career by representing the state or the country," Gasper said.

Karmakar said, "Besides getting a chance to represent the country, a young shooter can also get jobs in various government departments. Also, they can become coaches and earn a living," he said.

Apart from the sport itself, the safety aspects are of utmost importance which the schools interested in setting up ranges are keeping in mind as well.



ALL YOU WANTED TO KNOW

What is air gun or air rifle?

Air guns, traditionally regarded as guns for beginners, have now made the transition to guns for everyone. Some types, such as the familiar BB gun, are considered the perfect "first gun" in Europe and America.

In international competitions, however, precision made air rifles and pistols of .177 caliber are used. In principle, all these use compressed air to drive a pellet down the barrel.

Gun safety

Air guns are not toys! Improper handling due to carelessness or ignorance can cause injury or even death.

Which air gun?

Many brands of air guns are available. There are three major types of air guns: Spring-piston, Pneumatic and CO2. All three systems are used in both rifles and pistols. The cheapest and most common are spring pis-

tons that use a spring loaded piston to drive compressed air down a cylinder. Pneumatic guns have no spring but use a bellows type action to reserve air in a cylinder. CO2 guns, on the other hand, use cylinders with compressed carbon dioxide sealed inside under high pressure. CO2 guns can fire multiple pellets without reloading.

Equipment and accessories

The type of air gun competition a shooter is interested in will determine how much equipment is necessary. In most cases, a shooter needs a gun and pellets. In 10-metre air rifle and air pistol competition, accessories can be a major part of the shooter's equipment list and could include a cloth or leather shooting jacket, kneeling roll, padded glove, sling, shooting mat, shooting shoes and shooting glasses, among others. All these aren't completely necessary to be a competitive shooter, but they can help a shooter improve his score.

Cost of training

About Rs 2,500 per month

Shy child? Seek the help of a psychiatrist

mindit

Dr Subir Hajra Chaudhuri
CONSULTANT PSYCHIATRIST

My son, who has just joined kindergarten, is not talking to his teachers and classmates, though he is talkative at home. Is he suffering from a medical condition?

About 0.06% to 0.7% of

school children exhibit such selective mutism. These children speak when alone with family members or close friends but become mute when others appear or when in school. Shyness and timidity are common. Within a few months, most children begin speaking in school or when strangers are around. Rarely does the muteness persist for years. Temperamental shyness or maternal over protectiveness plays a role. Consult a psychiatrist. Behavioural therapy and some drugs work wonders.

campusbuzz

CRY's campaign for children

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KOLKATA: Child Rights and You (CRY) has launched 'School the Spark', a national campaign to address issues related to children's education.

The campaign, spread over three phases, will focus on the challenges faced by children in accessing education. When a child drops out of school, the potential of their abilities remains unexplored. Education ensures that this "spark" in every child is revealed and nurtured further, giving them a platform to shine.

The pan-India campaign will impact the lives of 2.52.293 children in the age group of 6 to 18 years in CRY-supported projects.

The first phase of the campaign will ensure that 79,744 children in the age group of 11 to 14 years do not drop out of school and get a chance to recognise, channelise and develop their abilities to their full potential.

The campaign kick-starts with a ride for child rights – a 5,000 km long trans-Himalayan cycle ride from Srinagar to Walong.

It will be undertaken by Sudipto Pal, who will go on a four-month journey. He will traverse through the Great Himalayan Arc, from west to east, to raise awareness about child education in the country.

Scott Sports India Private Limited, a brand in manufacturing mountain bikes, has extended support as the equipment partner of the journey.

Pal's 120-day journey will take him



through some of the most treacherous trails in the Himalayas, including several high passes, narrow strips of roads laced with deep gorges, torrential streams, tricky tracks crisscrossing rock-fall zones, glacial terrains and dense forests.

Get ready to crack NEET, the new medical entrance test

The sudden roll out of National Eligibility-Cum-Admission Test (NEET) has created a lot of confusion and problems for students.

According to an ordinance, NEET phase 2 will take place this year. It will be for those applying to central government institutions, private medical colleges and deemed universities. States have been told that they may either conduct their exams this year or may consider NEET for admissions in their UG medical & dental courses.

Students who took NEET phase 1 exam can take NEET phase 2 to improve their scores but will have to run the risk of foregoing their phase 1 scores.

Now, with one and a half months left for phase-2 NEET, there are a few tips which will help aspirants handle the ongoing pressure of sudden change from AIPMT to NEET. It will also help them to do well in the exam.

Be thorough with the basics: The key to cracking an entrance examination is to be clear with concepts and thorough with the basics. Be thorough with the NCERT books, especially of biology & chemistry of class 11 and 12 as this is the basic & most important component of your preparation.

Efficient revision of important topics: As the syllabus is vast, one needs

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to know the most important topics to have the best output. Revise the chapter in accordance with its importance in NEET. Do not try to give any extra time to those chapters in which you are weak even today because it is very difficult to do justice to these topics in the short time available.

Prepare visual charts: It is easier to recall something which can be visu-

alised. Revision of notes prepared in the form of summary sheets, flow charts and formulae sheets, among others, during this period will be good. Prepare them and keep them in place.

Developing examination temperament by solving previous years' question papers and mock tests: It is very important to participate in few mock test papers of NEET and previous year AIPMT papers, as per the timing of the final exam. A comprehensive test analysis will also help you to review and rectify your weaknesses. These tests will also help you in understanding how you should manage your time in different sections of the paper so that you do not get stressed. Stress appears only when you mismanage your time.

Identify repetitive questions & practise them: While solving the previous year's test papers identify the repetitive questions and practice them frequently.

Practise the best study techniques: It is essential to have the best environment for studying so that you can concentrate without any distractions. Splitting of larger chapters to smaller blocks can enable you to complete it easily and if possible try to get your doubts cleared then.

beyond curriculum

SPREADING THE WORD AROUND

Army Public School felicitation ceremony

Army Public School, Kolkata, organised its Felicitation Ceremony 2016 recently. Lt. Gen. AS Bedi YSM, VSM, GOC Bengal Area, the honourable patron of the school, was chief guest of the function and Maj. Gen. Sunil Yadav, YSM, the guest of honour. After a short but colourful cultural programme, 39 students of Class 10 who scored 10 CGPA and 25 students of Class 12 who scored above 90% marks in aggregate in the recently-concluded AISSE and AISSCE respectively were felicitated. Among them were Debaditya Sinha (science), Shubhojyoti Shome (commerce) and Mrinal Pandey (Humanities) the toppers in their stream.



CA body, CU hold joint seminar

The Association of Chartered Certified Accountants (ACCA), in association with University of Calcutta & International Skill Development Corporation, is

conducting a two-day national workshop on International Financial Reporting Standards (IFRS) at Chandramukhi Kadambini Hall, University of Calcutta. The objective of the workshop is to highlight the latest changes in the area of IFRS to the faculty and commerce enthusiasts. The workshop was a part of the MoU signed between ACCA and University of Calcutta earlier this year, to host joint events. This includes seminars, conferences, skill development projects, research and exchange programmes.



Adamas University's new course

Adamas University, a RICE Group initiative, rolled out a new course – law and justice – as a part of its plan to introduce more subjects. The announcement was made by chancellor of

Adamas University Samit Ray. Adamas University is one of the few varsities in India to introduce and include 'justice' in its law curriculum. The curriculum is intended to help law aspirants prepare for higher education and get into a range of careers in the legal space. It's a five-year integrated course and the varsity is already preparing its first batch.



MCKV Institute organises tech quiz

The mechanical engineering department of MCKV Institute of Engineering hosted Summer Student Quiz 2K16, a technical quiz competition in collaboration with The



Indian Society of Heating, Refrigerating and Air Conditioning Engineers (ISHRAE), Kolkata Chapter, recently. Summer Student Quiz 2k16 has been designed to promote a fun way to study and in the process helps improve student's

general knowledge in the field of thermal engineering. The competition aims to enable students to look beyond their textbooks and helps them prepare for competitive examinations like GATE, GRE and UPSC, among others.

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