

**GOVERNMENT OF PUDUCHERRY  
DIRECTORATE OF SCHOOL EDUCATION  
STATE PROJECT OFFICE, SAMAGRA SHIKSHA, PUDUCHERRY**

No.1332/SS/SDT/2018-19

Date: 11.02.2019

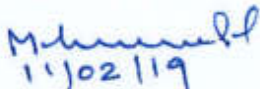
CIRCULAR

Sub: SS - Conduct of Self Defence Training for Elementary Girl Students (upto class VIII) – Academic Year - 2018-19 - Reg.

It is imperative to inculcate an attitude of Self confidence, mental, physical and psychological strength to the adolescent girl students to face the challenges posed to them.

At first instance, the fund for Self Defence Programme under Samagra Shiksha has been released to 46 Govt. Elementary schools listed overleaf @ Rs. 9000/-per School through ECS. The Heads of Institutions are requested to utilize the fund as per the guidelines attached herewith. Further, it is requested to send the compliance report along with duly filled in Proforma I, II, III, IV & V (enclosed) and photographs to their respective Block Resource Centres after the completion of the programme.

/BY ORDER/

  
11/02/19  
(MOHINDER PAL)  
STATE PROJECT DIRECTOR

Encl: As above

To  
The Heads of Institutions concerned.

Copy to:

1. The Deputy Director of Education (Women)
2. The Chief Educational Officer, Pondicherry/Karaikal/Mahe
3. The Delegate to Director, Yanam
4. ADPC, Pondicherry/Karaikal/Mahe/Yanam
5. All the BRC Coordinator, Pondicherry/Karaikal/Mahe/Yanam
6. PA to Director of School Education
7. EDP section – with a request to host in the website

**SELF DEFENCE PROGRAMME - ELEMETARY (UPTO CLASS 8)**

3

SL. NO.	REGION	IO	SCHOOL NAME	AMOUNT IN RS.
1	PONDY	CEO	GMS- KARIAMANIKKAM	9000
2	PONDY	CEO	GMS-MOLAPAKKAM	9000
3	PONDY	CEO	GMS-SORIANKUPPAM	9000
4	PONDY	CEO	GMS-MANAPET	9000
5	PONDY	CEO	GMS PANAYADIKUPPAM	9000
6	PONDY	CEO	GMS-PANDASOZHANALLUR	9000
7	PONDY	CEO	GMS POORANANKUPPAM	9000
8	PONDY	CEO	GMS-ANDIARPALAYAM (A)	9000
9	PONDY	CEO	GMS-ADINGAPET	9000
10	PONDY	CEO	GMS-NALLAVADU	9000
11	PONDY	CEO	GMS-TN PALAYAM	9000
12	PONDY	CEO	GMS-KEEZHUR	9000
13	PONDY	CEO	GMS-MANALIPET	9000
14	PONDY	CEO	GMS-MANNADIPET	9000
15	PONDY	CEO	GMS-SANNIYASIKUPPAM	9000
16	PONDY	CEO	GMS-KEEZAGRAGARAM	9000
17	PONDY	DDW	GMS-PUDUPALAYAM	9000
18	PONDY	DDW	MAHATMA GANDHI GMS-NELLITHOPE	9000
19	PONDY	DDW	GMS-LAWSPET	9000
20	PONDY	DDW	GGMS-DELARSHPET	9000
21	PONDY	DDW	Dr.B.R.AMBEDKAR GMS-PAKKAMUDAYANPET	9000
22	PONDY	DDW	NVGMS-PILLAICHAVADY	9000
23	PONDY	DDW	GGMS-MUTHIALPET	9000
24	PONDY	DDW	KAMARAJ GMS-DAVIDPET	9000
25	PONDY	DDW	AKKASWAMIGAL GMS-VAITHIKUPPAM	9000
26	PONDY	DDW	GMS-PICHAIVEERANPET	9000
27	PONDY	DDW	GGMS -MUTHIRAPALAYAM	9000
28	PONDY	DDW	GMS-MUDALIARPET	9000
29	PONDY	DDW	GMS-OK PALAYAM	9000
30	PONDY	DDW	N.J GGMS-VEERAMPATTINAM	9000
31	PONDY	DDW	GGMS-VILLIANUR	9000
32	KKL	CEO	GMS - PUDUTHURAI	9000
33	KKL	CEO	GMS - SURAKUDY	9000
34	KKL	CEO	GMS - KARUKKANGUDY	9000
35	KKL	CEO	GMS - NALLAMBAL	9000
36	KKL	CEO	GMS - SELLUR	9000
37	KKL	CEO	GMS - PONBETHY	9000
38	KKL	CEO	GMS - VADAMATTAM	9000
39	KKL	CEO	GMS - MELAKASAKUDY	9000
40	KKL	CEO	GMS - NEIVATCHERRY	9000
41	KKL	CEO	GMS - THIRUNALLAR	9000
42	KKL	CEO	BGMS - NERAVY	9000
43	KKL	CEO	GMS - SENIAR STREET, T.R.PATTINAM	9000
44	KKL	CEO	GMS - T.R.PATTINAM	9000
45	MAHE	CEO	GMS, MAHE	9000
46	MAHE	CEO	GMS-AVAROTH	9000
<b>TOTAL</b>				<b>414000</b>

### Guidelines for Self Defence Training Programme for Girl Students

This programme is intended for the girl students of studying in Elementary (Upto Class 8) and Secondary Schools.

- The Head of the institution is to form a five member committee comprising the following members:
  - 1) The Head of the Institution as Head of the committee
  - 2) Physical Education Teacher (*if not available*), or a senior teacher
  - 3) One female teacher (*preferably handling 9th Standard*)
  - 4) One SMC/SMDC member
  - 5) The Self Defence skill instructor suggested by the Dy. Director (Sports & Youth Services)
- The committee shall draw the time schedule for the 3 months training.
- The committee shall ensure the day-wise instructional items are made ready on the basis of the syllabus in consultation with the instructor.
- The committee shall select the girl students studying in Elementary (Upto Class VIII) or Secondary, considering their fitness to undergo the training.
- The students shall be enrolled for the training only after getting joint undertaking from the student and their parents.
- The training programme has to be scheduled on school working days and out of school hours.
- The time schedule of the training shall be communicated to the trainee students and their parents. The time schedule shall be of One and half (1 1/2) hours duration on each day.
- A staff meeting is to be convened by the Head of the institution to explain in detail about all aspects and the conduct of the training programme.
- Attendance Register is to be maintained for trainees, trainer and the staff on duty.

M. S. S.  
11/02/19

**Duties during the Training Programme:**

- Attendance shall be signed by the instructor and the staff on duty.
- The instructor must be present on all the days of the training programme. Under unavoidable circumstances his/her leave should be intimated to the Head of the Institution at least one day in advance so that the Head of the institution can call off the training programme on that particular day.
- The time schedule is to be strictly adhered. The instructor and the staff on duty are expected to leave the school campus only after all the trainees have left the school.
- The safety of the students must be the kernel concern.
- First Aid Kit should be kept ready during the training programme. The school PET may take care of this.
- The monitoring and evaluation committee will visit the school to monitor and evaluate the training programme.

**Duties after the Training Programme:**

- The instructor is to conduct a demonstration on Delf Defence skills by the trainee students, in the school assembly as an exhibition of the achievements of the trainees.
- The Head of the institution shall submit a report on the training programme with photographs.

***Note: The programme shall be conducted for a period of 3 months on all working days.***

***Rs.9,000 is released for Honorarium for the Instructor for 3 months @Rs.3,000 per month***

***And this may be disbursed to the Instructor at the end of the programme.***

***For Lady Instructor Ms.R.HEMAMALINI Women Constable, Mob: 9500748417 may be contacted***

*msf*  
*11.12.19*

**PROFORMA I**  
**SAMAGRA SHIKSHA - SELF DEFENCE PROGRAMME**

Name & address of the School :

Contact No. :

**DETAILS OF 5 MEMBER COMMITTEE & INSTRUCTOR**

SN	Name of the Committee members / Instructor	Designation	Mobile No.	Postal Address
1				
2				
3				
4				
5				
6				

**SIGNATURE OF THE HEAD OF THE INSTITUTION**



Name & address of the School . . .

SN	Name of the trainee	Std & Section	Day -1	Day -2	Day -3	Day -4	Day -5	Day -6	Day -7	Day -8	Day -9	Day -10	Day --	Day --	Day --	Day --
			Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Initial of the teacher incharge															

Class attendance sheet may also be utilised for this purpose

SIGNATURE OF THE HEAD OF THE INSTITUTION

PROFROMA IV

SAMAGRA SHIKSHA - SELF DEFENCE PROGRAMME

Name & address of the School :

Daily report

SN	DATE	TIME		Number present	Number absent	Signature of the Instructor with name	Signature of the Teacher incharge with name
		FROM	TO				
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
-							
-							
-							
-							
-							

**SIGNATURE OF THE HEAD OF THE INSTITUTION**



PROFROMA IV

SAMAGRA SHIKSHA - SELF DEFENCE PROGRAMME

Name & address of the School :

Daily report

SN	DATE	TIME		Number present	Number absent	Signature of the Instructor with name	Signature of the Teacher incharge with name
		FROM	TO				
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
-							
-							
-							
-							
-							

**SIGNATURE OF THE HEAD OF THE INSTITUTION**

**PROFORMA V**  
**SAMAGARA SHIKSHA - SELF DEFENCE PROGRAMME**

Name & address of the School :

**CHECK LIST**

*(Write 'Yes' or 'No' in the boxes)*

- |    |  |                          |
|----|--|--------------------------|
| 1  | The Guideliness and Syllabus   | <input type="checkbox"/> |
| 2  | The committee meeting has been convened  | <input type="checkbox"/> |
| 3  | Instructor for the training is available   | <input type="checkbox"/> |
| 4  | The Student trainees have been selected as per the guideliness.                      | <input type="checkbox"/> |
| 5  | Individual consent letter has been received from the parents of each trainee.        | <input type="checkbox"/> |
| 6  | A time schedule has been framed for the conduct of the training.                     | <input type="checkbox"/> |
| 7  | The trainees and their parents are informed about the time schedule of the training. | <input type="checkbox"/> |
| 8  | The Staff meeting has been convened and briefed about the training.                  | <input type="checkbox"/> |
| 9  | Attendance register is being maintained for trainees, instructor and staff on duty.  | <input type="checkbox"/> |
| 11 | The instructor has been made fully aware of the guideliness.                         | <input type="checkbox"/> |

Date:

**Signature of the Head of the Institution**