

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

No.1332/ SS/ SelfDefence/2021-22

Puducherry, dated 31.1.2022

CIRCULAR

SUB: DSE – SS – Conduct of 'Rani Laxmibai Atma Raksha Prashiksham' - Self Defence Training for Adolescence girl Students studying in Elementary, Secondary and Higher Secondary schools -2021-22 – Reg.

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Gender-based violence is a serious problem threatening the growth, development, education and health of adolescent girls in the country. It is mandatory for a girl child to keep herself safe from all types of abuse. Self-defence training techniques instill self confidence, self-esteem and self-discipline amongst girls and help them to keep physically and mentally fit to face the challenges posed to them.

In this regard, an amount of Rs.5000/- per school is released under the component 'Rani Laxmibai Atma Raksha Prashiksham' to conduct the self defence training programme for adolescent girl students for a period of 1 month as per the guidelines enclosed with this circular.

The Heads of the Schools listed in the annexure are requested to utilize the fund as per the provided guidelines and thereby send a compliance report along with the filled in proforma (I-V) attached with this circular to their respective Block Resource Centres.



(N.DINAKAR)  
STATE PROJECT DIRECTOR

To

The Heads of the Institutions concerned.

Copy Submitted to

1. The Joint Director(SE), DSE, Puducherry

Copy to

1. The Deputy Director (SE), Karaikal
2. The Chief Educational Officer, Pondicherry/Karaikal/Mahe
3. The Deputy Director of Education (Women), DSE, Puducherry
4. The Delegate to DSE, Yanam
5. The ADPC, Pondicherry/ Karaikal/Mahe/Yanam
6. The P.A to DSE, Puducherry
7. The P.S to SPD, Samagra Shiksha, Puducherry
8. All the BRC Coordinators, Pondicherry/Karaikal/Mahe/Yanam
9. EDP Section – with a request to host on the website.

## **Annexure**

### **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
  - 4) One SNIC/SMDC member
  - 5) The Self Defence skill instructor suggested by the Dy. Director (Sports & Youth Services) and Police Training School, Gorimedu, Puducherry
- 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<sup>1/2</sup>) 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.

**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 prime 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 Self 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.

**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	Designation	Mobile No.	Postal Address
1				
2				
3				
4				
5				
6				

**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 'Nor in the boxes)*

- |   |                          |
|---|--------------------------|
| 1. The Guidelines 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 guidelines.                       | <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"/> |
| 10. The instructor has been made fully aware of the guidelines.                         | <input type="checkbox"/> |

**Date:**

**Signature of the Head of the Institution**



**UT OF PUDUCHERRY LIST OF GOVT. SCHOOLS FOR SELF DEFENCE PROGRAMME -  
2021-22 - ELEMENTARY**

Sl. No.	REGION	IO	UDISE CODE	NAME OF THE SCHOOL	Amount in Rs.
1	PONDY	CEO	34020202101	GMS- KARIAMANIKKAM ✓	5000
2	PONDY	CEO	34020202104	GMS-MOLAPAKKAM ✓	5000
3	PONDY	CEO	34020203103	GMS-SORIANKUPPAM	5000
4	PONDY	CEO	34020203501	GMS-MANAPET ✓	5000
5	PONDY	CEO	34020204901	GMS PANAYADIKUPPAM	5000
6	PONDY	CEO	34020205001	GMS-PANDASOZHANALLUR ✓	5000
7	PONDY	CEO	34020205402	GMS POORANANKUPPAM ✓	5000
8	PONDY	CEO	34020205403	GMS-ANDIARPALAYAM (A) ✓	5000
9	PONDY	CEO	34020205805	GMS-ADINGAPET ✓	5000
10	PONDY	CEO	34020206606	GMS-NALLAVADU ✓	5000
11	PONDY	CEO	34020206701	GMS-TN PALAYAM ✓	5000
12	PONDY	CEO	34020301701	GMS-KEEZHUR ✓	5000
13	PONDY	CEO	34020302601	GMS-MANALIPET ✓	5000
14	PONDY	CEO	34020302902	GMS-MANNADIPET	5000
15	PONDY	CEO	34020304001	GMS-SANNIYASIKUPPAM	5000
16	PONDY	CEO	34020306402	GMS-KEEZAGRAGARAM ✓	5000
17	PONDY	DDW	34020200716	N.J GGMS-VEERAMPATTINAM ✓	5000
18	PONDY	DDW	34020100602	GMS-PUDUPALAYAM ✓	5000
19	PONDY	DDW	34020100609	MAHATMA GANDHI GMS-NELLITHOPE ✓	5000
20	PONDY	DDW	34020101608	GMS-LAWSPET ✓	5000
21	PONDY	DDW	34020102508	GGMS-DELARSHPET ✓	5000
22	PONDY	DDW	34020107201	Dr.B.R.AMBEDKAR GMS- PAKKAMUDAYANPET ✓	5000
23	PONDY	DDW	34020107301	NVGMS-PILLAICHAVADY ✓	5000
24	PONDY	DDW	34020112838	GGMS-MUTHIALPET ✓	5000
25	PONDY	DDW	34020112868	KAMARAJ GMS-DAVIDPET ✓	5000
26	PONDY	DDW	34020112869	AKKASWAMIGAL GMS-VAITHIKUPPAM ✓	5000
27	PONDY	DDW	34020113817	GMS-PICHAIVEERANPET	5000
28	PONDY	DDW	34020113822	GGMS -MUTHIRAPALAYAM ✓	5000
29	PONDY	DDW	34020114605	GMS-MUDALIARPET ✓ <i>upgraded.</i>	5000
30	PONDY	DDW	34020114608	GMS-OK PALAYAM ✓	5000
31	PONDY	DDW	34020306210	GGMS-VILLIANUR ✓	5000
32	KARAIKAL	CEO	34040603802	GMS - PUDUTHURAI	5000
33	KARAIKAL	CEO	34040607001	GMS - SURAKUDY	5000
34	KARAIKAL	CEO	34040607004	GMS - KARUKKANGUDY	5000
35	KARAIKAL	CEO	34040607503	GMS - NALLAMBAL	5000
36	KARAIKAL	CEO	34040608401	GMS - SELLUR	5000
37	KARAIKAL	CEO	34040608901	GMS - PONBETHY	5000
38	KARAIKAL	CEO	34040609602	GMS - VADAMATTAM	5000
39	KARAIKAL	CEO	34040609701	GMS - MELAKASAKUDY	5000
40	KARAIKAL	CEO	34040609902	GMS - NEIVATCHERRY	5000
41	KARAIKAL	CEO	34040610605	GMS - THIRUNALLAR	5000
42	KARAIKAL	CEO	34040610806	BGMS - NERAVY	5000
43	KARAIKAL	CEO	34040612409	GMS - SENIAR STREET, T.R.PATTINAM	5000
44	KARAIKAL	CEO	34040612410	GMS - T.R.PATTINAM	5000
45	MAHE	CEO	34030100117	GMS, MAHE	5000
46	MAHE	CEO	34030101508	GMS-AVAROTH	5000

**UT OF PUDUCHERRY LIST OF GOVT. SCHOOLS FOR SELF DEFENCE PROGRAMME -  
2021-22 - SECONDARY**

Sl. No.	District	IO	UDISE	Name of the School	Amount in Rs.
1	PONDY	CEO	34020302802	GHS-MANGALAM	5000
2	PONDY	CEO	34020306701	GHS-KODATHUR	5000
3	PONDY	CEO	34020306604	GHS-MADAGADIPET - PALAYAM	5000
4	PONDY	CEO	34020306219	GHS-KANUVAPET	5000
5	PONDY	CEO	34020306001	GHS-VADHANUR	5000
6	PONDY	CEO	34020305302	GHS-THIRUBUVANAI	5000
7	PONDY	CEO	34020304301	GHS-SELLIPET	5000
8	PONDY	CEO	34020304101	GHS-SANDHAI PUDUKUPPAM	5000
9	PONDY	CEO	34020304002	GHS-KOTHAPURINATHAM	5000
10	PONDY	CEO	34020303702	GHS PILLAYARKUPPAM	5000
11	PONDY	CEO	34020306901	GHS SUTHUKENI	5000
12	PONDY	CEO	34020302910	GHS-THIRUKKANUR	5000
13	PONDY	CEO	34020305701	GHS-URUVAIYAR	5000
14	PONDY	CEO	34020301402	INDIRA GANDHI GHS- KATTERIKUPPAM	5000
15	PONDY	CEO	34020207403	GHS-KEEZHPARIKALPET	5000
16	PONDY	CEO	34020205803	KV GOVT HIGH SCHOOL-SELIAMEDU	5000
17	PONDY	CEO	34020205003	GHS-KALMANDAPAM	5000
18	PONDY	CEO	34020203102	GHS-KURUVINATHAM	5000
19	PONDY	CEO	34020202505	GHS-PANITHITTU	5000
20	PONDY	CEO	34020200717	SCSVGHS-VEERAMPATTINAM	5000
21	PONDY	CEO	34020200701	GHS-ARIANKUPPAM	5000
22	PONDY	CEO	34020200102	CHEDDILAL GHS-ABISHEGAPAKKAM	5000
23	PONDY	CEO	34020303303	TVK GHS-ARUMBARTHAPURAM	5000
24	PONDY	CEO	34020304802	GHS-SORAPET	5000
25	PONDY	DDW	34020101606	PANDIT DURAISAMY GHS- PETICHETPET	5000
26	PONDY	DDW	34020113818	GHS-DHARMAPURI	5000
27	PONDY	DDW	34020112871	PENSIONNAT DE JEUNES FILLES, DUMAS STREET	5000
28	PONDY	DDW	34020112865	DGHS-VAMBAKEERAPALAYAM	5000
29	PONDY	DDW	34020112827	SAVARAYALUNAYAGAR GGHS- PUDUCHERRY	5000
30	PONDY	DDW	34020112304	GHS-GANDHI NAGAR	5000
31	PONDY	DDW	34020102303	S.R.SUBRAMANIAN GHS-SARAM	5000
32	PONDY	DDW	34020111102	MTVS GHS - REDDIARPALAYAM	5000
33	PONDY	DDW	34020105902	GHS-THENGAITHITTU	5000
34	PONDY	DDW	34020103802	GHS-KOMBAKKAM	5000
35	PONDY	DDW	34020102505	THILLAIYADI VALLIAMMAI GHS- KADIRKAMAM	5000
36	PONDY	DDW	34020112302	SEKKIZHAR GHS, THATTANCHAVADY(SN)	5000

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2021-22 - SECONDARY**

Sl. No.	District	IO	UDISE	Name of the School	Amount in Rs
37	PONDY	JD	34020113806	IAGHSS-MUTHIRARPALAYAM	5000
38	PONDY	JD	34020200702	TPGGHSS-ARIYANKUPPAM	5000
39	PONDY	JD	34020201004	KASTHURIBAI GANDHI GGHSS-BAHOUR	5000
40	PONDY	JD	34020201306	MARAIMALAI ADIGAL GHSS-EMBALAM	5000
41	PONDY	JD	34020202003	GHSS KARAYAMPUTHUR	5000
42	PONDY	JD	34020202202	GHSS-KARIKALAMPAKKAM	5000
43	PONDY	JD	34020204603	KAMBAN GHSS-NETTAPAKKAM	5000
44	PONDY	JD	34020202701	GHSS - KORKADU	5000
45	PONDY	JD	34020203203	GGHSS-MADUCARAI	5000
46	PONDY	JD	34020112883	ANNAI SIVAGAMI GGHSS-MUDALIARPET	5000
47	PONDY	JD	34020112310	INDIRA GANDHI GHSS-INDIRA NAGAR	5000
48	PONDY	JD	34020202503	DR.B.R.AMBEDKAR GHSS-KIRUMAMPAKKAM	5000
49	PONDY	JD	34020112881	MANIMEGALAI GGHSS-NELLITHOPE	5000
50	PONDY	JD	34020112867	SUBRAMANIA BHARATHI GGHSS-LAL BAHADUR SHASTRI STREET(BUSSY ST.)	5000
51	PONDY	JD	34020112851	SOUCILABAI GOVT.GIRLS HSS-VISYAL ST	5000
52	PONDY	JD	34020112845	SINNATHA GOVT GIRLS HSS-MUTHIALPET	5000
53	PONDY	JD	34020207502	TKRSP GHSS-KORAVELIMEDU	5000
54	PONDY	JD	34020112829	THIRUVALLUVAR GOVT GIRLS HSS-PONDY	5000
55	PONDY	JD	34020206603	GHSS THAVALAKUPPAM	5000
56	PONDY	JD	34020104902	GHSS-OULGARET	5000
57	PONDY	JD	34020103002	THEERAR SATHIYAMOORTHY GHSS-MURUNGAPAKKAM	5000
58	PONDY	JD	34020102506	GGHSS-KATHIRKAMAM	5000
59	PONDY	JD	34020101619	VALLALAR GGHSS-LAWSPET	5000
60	PONDY	JD	34020101502	M.O.H. FAROOK MARICAR GGHSS-KALAPET	5000

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2021-22 - SECONDARY**

Sl. No.	District	HO	UDISE	Name of the School	Amount in Rs.
61	PONDY	JD	34020101002	GHSS-ALANKUPPAM	5000
62	PONDY	JD	34020112836	SRI.N.K.C. GGHSS-KURUSUKUPPAM	5000
63	PONDY	JD	34020300502	GHSS- ARIYUR	5000
64	PONDY	JD	34020306217	KQMGHSS-SULTHANPET	5000
65	PONDY	JD	34020306204	KANNAGI GGHSS-VILLIANUR	5000
66	PONDY	JD	34020306004	PBGHSS-P.S.PALAYAM	5000
67	PONDY	JD	34020305503	ADGHSS-THONDAMANATHAM	5000
68	PONDY	JD	34020305001	GGHSS-T.V.KOIL	5000
69	PONDY	JD	34020304205	GHSS-SEDARAPET	5000
70	PONDY	JD	34020302002	ARINGAR ANNA GHSS- KUNICHEMPET	5000
71	PONDY	JD	34020203702	GHSS-NONANKUPPAM	5000
72	PONDY	JD	34020301104	KALAI GNAR KARUNANI GHSS- K.T.KUPPAM	5000
73	PONDY	JD	34020301901	ANNAMALAI REDDIAR GHSS- KODAPAKKAM	5000



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2021-22 - SECONDARY**

Sl.No	District	IO	UDISE	Name of the School	Amount in Rs.
74	KARAIKAL	CEO	34040612001	KARMAVEERAR KAMARAJAR GHS - KURUMBAGARAM	5000
75	KARAIKAL	CEO	34040600102	KAMARAJ GHS - POOVAM	5000
76	KARAIKAL	CEO	34040601303	CES - DEITHA STREET, KARAIKAL	5000
77	KARAIKAL	CEO	34040601502	GHS - KOVILPATHU	5000
78	KARAIKAL	CEO	34040606202	GHS - VIZHIDIYUR	5000
79	KARAIKAL	CEO	34040607705	Rm A.S.PACKIRISAMY PILLAI GHS - KARAIKALMEDU	5000
80	KARAIKAL	CEO	34040607902	Mayor A. Soundararengan Governemnt High School, Sethur	5000
81	KARAIKAL	CEO	34040600401	GHS - THIRUVETTAKUDY	5000
82	KARAIKAL	CEO	34040610909	GGHS - KOTTUCHERRY	5000
83	KARAIKAL	CEO	34040613002	GHS - VARICHIKUDY	5000
84	KARAIKAL	CEO	34040612402	GGHS - T.R.PATTINAM	5000
85	KARAIKAL	CEO	34040612605	KAMARAJ GHS - VADAMARAICADU, KARAIKAL	5000
86	KARAIKAL	CEO	34040612614	GHS - KOTHUKULAM	5000
87	KARAIKAL	CEO	34040612615	MURUGATHAL AACHI GGHS - KARAIKAL	5000
88	KARAIKAL	CEO	34040612619	GHS - AKKARAIVATTAM	5000
89	KARAIKAL	CEO	34040612803	GHS - OOZHAPATHU	5000
90	KARAIKAL	CEO	34040610804	HUSSAINIA GHS - NERAVY	5000
91	KARAIKAL	DDW	34040610907	VOC GHSS - KOTTUCHERRY	5000
92	KARAIKAL	DDW	34040612401	GHSS - T.R.PATTINAM	5000
93	KARAIKAL	DDW	34040612607	ANNAI THERESA GGHSS - KARAIKAL	5000
94	KARAIKAL	DDW	34040601402	NSC BOSE GHSS - THALATHERU	5000
95	KARAIKAL	DDW	34040607707	THIRUVALLUVAR GHSS - AMBAGARATHUR	5000
96	KARAIKAL	DDW	34040608702	JAWAHARLAL NEHRU GHSS - NEDUNGADU	5000
97	KARAIKAL	DDW	34040610608	GGHSS - THIRUNALLAR	5000
98	KARAIKAL	DDW	34040610810	GHSS - NERAVY	5000

**UT OF PUDUCHERRY LIST OF GOVT. SCHOOLS FOR SELF DEFENCE PROGRAMME -  
2021-22 - SECONDARY**

Sl. No.	District	IO	UDISE	Name of the School	Amount in Rs.
99	MAHE	CEO	34030100401	KASTHURBA GANDHI GHS-PALLOOR	5000
100	MAHE	CEO	34030100102	ECOLE CENTRALE ET COURS COMPLE	5000
101	MAHE	CEO	34030101502	USMAN GHS-CHALAKKARA	5000
102	MAHE	CEO	34030100101	JAWAHARLAL NEHRU GHSS	5000
103	MAHE	CEO	34030100116	C.E. BHARATHAN GHSS-MAHE	5000
104	MAHE	CEO	34030100405	V.N. PURUSHOTHAMAN GHSS- PALLOOR	5000
105	MAHE	CEO	34030100202	I.K. KUMARAN GHSS- PANDAKAL	5000
106	YANAM	DDSE	34010113305	DR. K. R. NARAYANAN GOVT. HIGH SCHOOL - DARIALATIPPA	5000
107	YANAM	DDSE	34010100701	PERUNTHALAIVAR KAMARAJAR GOVT. HIGH SCHOOL - GURIEMPET	5000
108	YANAM	DDSE	34010100601	S.K.S.P.V.R.N GOVT. HIGH SCHOOL - KANAKALAPETA	5000
109	YANAM	DDSE	34010100304	DR. B.R. AMBEDKAR GOVT. HIGH SCHOOL - FARAMPETA	5000
110	YANAM	DDSE	34010100213	RAJIV GANDHI GOVT. ENG. MED. HIGH SCHOOL - YANAM	5000
111	YANAM	DDSE	34010100203	KAMALA NEHRU GOVT. GIRLS HIGH SCHOOL - YANAM	5000
112	YANAM	DDSE	34010100102	PANDIT JAWAHARLAL NEHRU GOVT. HIGH SCHOOL - METTAKUR	5000
113	YANAM	DDSE	34010100216	SRI TANGUTURI PRAKASAM PANTULU GOVT. JR COLLEGE - YANAM	5000