

Office of the Director of General  
Education, Higher Secondary Wing  
Housing Board Building,  
Santhi Nagar, Thiruvananthapuram.  
[cgacdhs@gmail.com](mailto:cgacdhs@gmail.com)

Ph. No: 2323198

**Dated: 2/11/2022**

**CG & AC-3/244840/2022/DGE**

## **Circular**

**Sub:-** Student Centric Programme-KARUTHU -Training on Self-Defense for Higher Secondary Girl Students – Implementation- Planning Meeting-reg.

Career Guidance and Adolescent Counseling Cell has proposed to organize a special programme “**KARUTHU**” aiming for the development of physical, social and mental health of the Girls students. As part of the programme, it is decided to conduct training on self-defense to girl students of Higher Secondary sector.

A meeting to discuss the implementation of **Karuthu Programme** in Directorate of General Education, Higher Secondary Wing during the year 2022-23 is scheduled at **GHSS Edappally Ernakulam, on 7<sup>th</sup> of November 2022 form 10.00 am .**

One teacher who can be selected as convener for **Karuthu** Programme 2022-23 is directed to attend the programme.

List of provisionally selected schools for the implementation of the **Karuthu Programme** during the year 2022-23 is given below.

Sl.No	School Code	School Name	Item
1	1017	GHSS VETTOOR	KARATE
2	1030	GGHSS ATTINGAL	KARATE
3	1035	PSNM GHSS PEROORKADA	TAEKWONDO
4	1042	GVHSS VELLANAD	TAEKWONDO
5	2017	SBVSGHSS PANMANA MANAYIL	TAEKWONDO
6	2020	GHSS KUMMIL	TAEKWONDO

7	2022	GHSS SOORANADU	TAEKWONDO
8	2025	GHSS SASTHAMCOTTA	TAEKWONDO
9	3008	GHSS THOTTAKONAM	TAEKWONDO
10	3023	CATHOLICATE HSS PATHANAMTHITTA	TAEKWONDO
11	4023	GHSS FOR GIRLS HARIPAD	TAEKWONDO
12	4093	GVHSS MAVELIKKARA	TAEKWONDO
13	4096	GVHSS ARYAD	TAEKWONDO
14	4098	GOVT. MUHAMMADEN HSS FOR GIRLS	TAEKWONDO
15	4111	GHSS PARAVOOR	TAEKWONDO
16	5061	MOUNT CARMEL HSS KOTTAYAM	KARATE
17	5066	ST.JOSEPH'S GHSS CHANGANACHERY	KARATE
18	5087	ST. ANTONY'S HSS POONJAR	KARATE
19	6010	DR. APJ ABDUL KALAM GHSS THODUPUZHA	TAEKWONDO
20	6027	ST. THOMAS HSS ERATTAYAR	KUNGFU
21	6033	SNDP HSS ADIMALY	TAEKWONDO
22	6063	MES HSS VANDANMEDU	TAEKWONDO
23	7003	GHSS EDAPPALLY	TAEKWONDO
24	7005	GHSS FOR GIRLS EKM	TAEKWONDO
25	7016	GHSS CHATHAMATTOM	TAEKWONDO
26	7072	ST. FRANCIS HSS FOR GIRLS ALUVA	TAEKWONDO
27	7206	EBENEZER HSS VEETTOOR	TAEKWONDO
28	8030	GHSS EDAVILANGU	KARATE
29	8039	GHSS ERUMAPETTY	TAEKWONDO
30	8050	ST. ANTONY'S HSS AMMADAM	KARATE
31	8080	LITTLE FLOWER CGHSS GURUVAYOOR	TAEKWONDO
32	8137	GOVT. MODEL HSS FOR GIRLS, THRISSUR	TAEKWONDO
33	8185	POOMALA HSS THRISSUR	KARATE
34	9012	GHSS VELLINEZHI	TAEKWONDO
35	9015	GHSS BIG BAZAR PALAKKAD	TAEKWONDO
36	9024	GVGHSS CHITTUR	TAEKWONDO
37	9033	GHSS CHERPULASSERY	TAEKWONDO

38	9077	GOVT. TRIBAL HSS SHOLAYUR	TAEKWONDO
39	9078	GHSS ALANALLUR	KARATE
40	9079	BGHSS VANNAMADA	KARATE
41	9090	GSMHSS THATHAMANGALAM	TAEKWONDO
42	10009	GHSS MAVOOR KOZHIKODE	KARATE
43	10023	GVHSS PAYYOLI	JUDO
44	10025	GVHSS FOR GIRLS NADAKKAVU	KALARIPPAYATTU
45	10026	GGHSS BALUSSERY	KALARIPPAYATTU
46	10046	ST. JOSEPH'S ANGLO INDIAN GIRLS HSS	TAEKWONDO
47	10051	CALICUT GIRLS HSS	TAEKWONDO
48	10097	GHSS AZCHAVATTOM	KALARIPPAYATTU
49	10105	GOVT. ACHUTHAN GIRLS HSS CHALAPPURAM	TAEKWONDO
50	10175	SI HSS UMMATHUR	KARATE
51	11001	GGHSS MALAPPURAM	TAEKWONDO
52	11007	GVMCHSS WANDOOD	TAEKWONDO
53	11029	GHSS ANAMANGAD	TAEKWONDO
54	11035	PCN GHSS MOOKKUTHALA	KARATE
55	11036	GHSS VETTATHUR	TAEKWONDO
56	11062	PKM HSS EDARIKODE	TAEKWONDO
57	11138	GHSS ALIPARAMBA	TAEKWONDO
58	11232	DUHSS PANAKKAD	TAEKWONDO
59	11248	MMET HS MELMURI	TAEKWONDO
60	11249	AMHSS VENGOOR	TAEKWONDO
61	12001	GHSS KANIYAMBETTA	TAEKWONDO
62	12006	GHSS THALAPOYA	KARATE
63	12052	GSVHSS SULTHAN BATHERY	TAEKWONDO
64	13014	GHSS THOTTADA	KARATE
65	13047	NIRMALA HSS CHEMPERI	KARATE
66	13106	GWHSS CHERUKUNNU	TAEKWONDO
67	13179	ST. THOMAS HSS MANIKKADAVU	KARATE
68	14043	GHSS KASARAGOD	TAEKWONDO
69	14055	GHSS CHANDRAGIRI	KARATE
70	14078	GHSS THAYANNUR	KARATE

Principals of all the above schools shall take necessary steps to direct the KARUTH coordinator to attend the planning meeting scheduled with out fail. Selected KARUTH programme trainers will not be allowed to participate for the planning meeting.

*Sd/-*

**DIRECTOR OF GENERAL EDUCATION**

**To,**

1. All Regional Deputy Directors
2. The Principals