

Office of the Director of
Higher Secondary Education,
Housing Board Building,
Santhi Nagar, Thiruvananthapuram.
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Ph: 2323198
Dated: 16/06/2016

CG & AC/21438/2016

Circular

Sub:- -Student Centric Programme 2016-17 - Karuthu –Training on Self - Defense for
Higher Secondary Girl Students - Application invited – reg.

Career Guidance and Adolescent Counseling Cell is organizing a special programme **“Karuthu”** aiming for the development of physical, social and mental health of the students. Training on self - defence to girl students of Higher Secondary Schools is being conducted as part of the Karuthu programme. It is decided to extend the programme to more schools during the year 2016 – 17.

Karuthu Programme will be sanctioned to schools on the following conditions.

1. Karuthu Programme will be allotted to schools that ensure 40 girl students for training.
2. Principal should select one item for training that comes under self - defence (Karate, Kunfu, Judo, Taekwondo, Kalaripayattu etc.)
3. The Principal should identify a qualified trainer. Preference should be given to female trainers.
4. The trainer should have the recognition from the District Association of the item selected.
5. Training should be conducted on Saturdays and on other holidays.
6. Programme should be implemented in the schools in association with PTA.
A female member of the PTA shall be present in the school premises during the training.
7. Fund for purchase of training materials, uniform, refreshment and honorarium to the trainer will be provided by the Department.

8. A teacher (HSST/ HSST (Jr.)) should be selected as convenor for the implementation of the Programme in the school.
9. In the case of Karate, Kerala Karate Association has agreed to provide a trainer at free of cost. Hence the fund for honorarium of the trainer will not be allotted by the Department.
- 10. Schools presently conducting Karuthu programme have to apply for continuing the programme during the year 2016 - 17.***

Principal of schools desirous of starting Karuthu programme should submit application in the prescribed form on or before 30th June 2016 to the following address.

**State Co-ordinator
Career Guidance & Adolescent Counseling Cell
Higher Secondary Education
Housing Board Building
Santhinagar
Thiruvananthapuram**

DIRECTOR

To,

1. All Regional Deputy Directors
2. The Principals

DIRECTORATE OF HIGHER SECONDARY EDUCATION
CAREER GUIDANCE AND ADOLESCENT COUNSELING CELL
APPLICATION FOR STARTING KARUTHU PROGRAMME 2016-17

1	Name of School	
2	School Code	
3	District	
4	Educational District	
5	Whether Govt./Aided	
6	Whether school is presently conducting Karuthu programme	
7	Item selected for Training	
8	Whether Faculty for the training has been identified by the Principal	
9	Whether the identified trainer is approved by the District Association of the item.	
10	Whether any Self-Defense programme is being implemented in the Higher Secondary during the academic year 2015-16. If yes, give the source of financial assistance received and the name of associating partner of the programme.	
11	Number of students interested in attending the training programme	
12	Whether Career Guidance / Souhrida Club is functioning in the school. If so name the unit	

13	Details of programme conducted under Career Guidance/Souhrida Club during the year 2015-2016 Attach additional sheet	
14	Name and Mobile Number of Teacher selected as Convenor for the programme	
15	Name of Principal and Mobile Number	

Place:
Date:

Signature of Principal

Seal