

**CG & AC/26762/2015**

Office of the Director of  
Higher Secondary Education,  
Housing Board Building,  
Santhi Nagar, Thiruvananthapuram.  
**Dated:16.06.2015**

## **Circular**

**Sub:-** -Student Centric Programme- Karuthu –Training on Self-Defense for Higher Secondary Girl Students-Application invited-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 students. As part of the programme, it is decided to conduct training on self-defence to girl students of Higher Secondary sector. At present the programme is implemented in one school of each educational district. It is decided to extend the programme to one more school in each educational district.

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

1. Karuthu Programme will be implemented in one selected school in an educational district in addition to the existing School.
2. Karuthu Programme will be allotted to schools that ensure 50 girl students for training in an educational district.
3. Principal should select one item for training that comes under self-defence (Karate, Kunfu, Judo, Taekwondo, Kalaripayattu etc.)
4. The Principal should identify a qualified trainer. Preference should be given to female trainers.
5. The trainer should have the recognition from the District Association of the item concerned.
6. Training should be conducted on Saturdays and on other holidays.
7. In the case of Karate, Kerala Karate Association has agreed to provide training free of cost. Hence the fund for honorarium of the trainer will not be allotted by the Department.

8. 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.

9. Fund for purchase of training materials, uniform, refreshment and honorarium to the trainer will be provided by the Department.

10. A teacher (HSST/ HSST (Jr)) should be selected as convenor for the implementation of the Programme in the school.

Principals of schools desirous of starting Karuthu programme should submit application in the prescribed form on or before **26<sup>th</sup> June 2015** 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**

1	Name of School	
2	School Code	
3	District	
4	Educational District	
5	Whether Govt/Aided	
6	Item selected for Training	
7	Whether Faculty for the training has been identified by the Principal	
8	Whether the identified trainer is approved by the District Association of the item.	
9	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.	
10	Number of students interested in attending the training programme	
11	Whether Career Guidance / Souhrida Club is functioning in the school. If so name the unit	
12	Amount received for Career Guidance /Souhrida Club during the year 2014-15 for conducting school level activities	

13	Amount utilized for Career Guidance/Souhrida Club during the year 2014-15.	
14	Details of programme conducted under Career Guidance/Souhrida Club during the year 2014-15.  Attach additional sheet	
15	Name and Mobile Number of Teacher selected as Convenor for the programme	
16	Name of Principal and Mobile Number	

**Place:**  
**Date:**

**Signature of Principal**

**Seal**