

Office of the Director of
General Education, Higher
Secondary wings
Housing Board Building,
Santhi Nagar, Thiruvananthapuram.
Dated:16/09/2022

CG & AC 244840/2022/DGE

Circular

Sub:- DGE –CG&AC-Student Centric Programme “**Karuthu**” Training on Self-Defense for Higher Secondary Girl Students-Application invited-reg

Ref: - GO (Rt) No.3362/2022 G.Edn Dated 02/06/2022

As part of students centric programme, Career Guidance and Adolescent Counseling Cell organizes a special programme **KARUTHU**, aiming for the development of physical, social and mental health of the girls students from 2013 onwards . For the year 2022-23, it is decided to conduct the Karuthu Programme in 70 Higher Secondary schools. The criteria for implementing the programme are noted as below.

1. Principal should select one item for training that comes under self-defense (Karate, Kunfu, Judo, Taekwondo, Kalaripayattu etc.)
2. The Principal should identify a qualified trainer. Preference should be given to female trainers.
3. The trainer should have the recognition from the District Association of the item concerned.
4. Training should be conducted on Saturdays and on other holidays.
5. 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.
6. Fund for purchase of training materials, uniform, refreshment and honorarium to the trainer will be provided by the Department.
7. A teacher (HSST/ HSST (Jr)) should be selected as convenor for the implementation of the Programme in the school.

Principals of schools desirous of conducting Karuthu programme in 2022-23 should submit application in the prescribed form on or before **30/09/2022 4.PM** to the following address.

**Career Guidance & Adolescent Counseling Cell
Higher Secondary Education
Housing Board Building
Santhinagar
Thiruvananthapuram-01**

**Sd/-
Director of General Education**

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-2022-23

1	Name of School	
2	School Code	
3	DDO Code	
4	District	
5	Educational District	
6	Whether Govt/Aided	
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 2021-22. (a) If yes, give the source of financial assistance received and the name of associating partner of the programme. (b) If Karuthu programme implemented before 2021-22, Details of the programme first started in the school.	
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	Amount received for Career Guidance /Souhrida Club during the year 2021-22 for conducting school level activities.	
14	Amount utilized for Career Guidance/Souhrida Club during the year 2021-22.	
15	Details of programme conducted under Career Guidance/Souhrida Club during the year 2021-22. Attach additional sheet.	
16	Name and Mobile Number of Teacher selected as Convenor for the programme.	
17	Name of Principal and Mobile Number.	

Place:
Date:

Signature of Principal

Seal