

Annexure – I

ACTION PLAN

I. TRAININGS:

1. STATE LEVEL CORE GROUP:

For effective implementation of self defense course of girl students, it requires to conduct training programmes at different levels i.e., state level core group training, state level resource group training and school level trainings.

A core group of 10 members, six from professionals and 4 from officials will be trained at the first level of trainings. They will decide standard training package, time table and training strategies and implementation procedures. This will be a 1 day training programme.

PARTICIPANTS: State level Core Team consists of the following members

1. Mr. P. Prabhakara Rao, Director, RMSA
2. Ms. M.V. Rajya Lakshmi, Director, SCERT
3. Mr. M.N.V. Srinivasa Rao, Asst. Director, RMSA
4. Mr. MAH. Subrahmanyam, Consultant (Academic), APMS
5. Ms. P. Geetha, Equity Consultant, TSG
6. Ms. P. Anuradha, TSG Consultant
7. Mr. B. Chandrasekhar, President, Bandi Marshal Arts
8. Mr. B. Siva Teja, Director, Bandi Marshal Arts
9. Mr. R. Gajendar Kumar, In-charge Master, Bandi Marshal Arts
10. Mr.V. Sanyasi Rao, In-charge Master, Bandi Marshal Arts

Training schedule: 27th January 2017

Agenda & Budget : Enclosed in Annexure - II

2. STATE LEVEL RESOURCE GROUP TRAINING:

- State level resource group @ 40 per a district and a total of 120 per 3 districts will be employed with the support of BIMA.
- This State level resource group will be trained at state level
- It is a 1 day training programme
- The 120 state level resource group members will be trained by state core group members.
- By following prescribed self defense course module.

Training schedule: 31st January 2017

Agenda & Budget : Enclosed in Annexure-III

3. SCHOOL LEVEL TRAINING:

- Self defense course for girl students programme is going to be implemented in the selected districts on a pilot basis.
- Vishakhapatnam, Guntur and Chittoor districts are covered in the first level of the programme i.e. pilot programme.
- Srikakulam, Vizianagaram, East Godavari, West Godavari, Krishna, Prakasam, Ananthapur, Nellore, Kurnool and YSR Kadapa Districts will be covered now.
- All girl students of class 8th and 9th of Government, ZPHS, KGBZ, Model Schools will be trained.

- Each Trainer will train the girl students in 4 schools per day. The total course will be completed in 3 months. During school level training PET of the respective school is also to undergo training of Self Defense Course.
- Weekly 2 periods each of 1 hour duration will be allotted per school level training.

Training schedule: 13th February, 2017 to 4th April, 2017

II. TRAINING CONTENT:

- State level, School level training programmes to follow strictly the content, concepts and methodology mentioned in the Self defense course module.
- The major content in the training programme are
 - Perspectives of self defense course
 - Need and importance of self defense course
 - Motivation towards girl child empowerment.
 - Understanding the need of acquiring competency towards self defense course
 - Martial Arts Techniques
 - Physical Practice
 - Self-Assessment
 - Monitoring

III. ROLES & RESPONSIBILITIES:

A. Role of State Level Core Committee:

- State Level Core Committee (SLC) will be responsible to design curriculum of the programme within a stipulated timeline communicated by CSE. All Trainers in the State have to follow the same curriculum and timeline.
- TOTs training is also the responsibility of SLC Committee.
- The Committee shall involve academies and local Martial arts associations to implement programme in all schools of the state.
- The SLC Committee instructs every school to get attendance certificate from the Head Masters concerned and submitted to the officers concerned at district and state level.
- The SLC Committee will monitor to provide participation certificates to all the students.
- State Level Core Committee will monitor a 10% of sample schools in each district.
- SLC Committee will prepare a format for attendance of self defense course trainer and circulate the same to the districts and also direct the DEOs concerned to consolidate the trainers attendance after completion of every 10 sessions of self defense course and submit the State.

B. Role of RJDs/DEOs/DPOs/Dy.DEOs/MEOs:

- All RJDs/DEOs/DPOs have to be adhere to the timeline communicated by the CSE office. Bestow their personal interest on this programme to attain the objectives.
- To issue instructions to all Head Masters/Principals/Special Officers of KGBV /Dy.DEOs & MEOs concerned on self defense training.
- All schools where self defense training is provided shall be visited by RJDs (10% of schools) /DEOs (30 % of schools) /DPO (30%of Schools) Dy.DEOs (60 % of schools) /MEOs (100% of schools) and submit report through Kaizala application along with relevant pictures.
- GCDO of the particular District shall visit all the schools including KGBVs and also taking responsibility for smooth functioning of the programme.
- DEOs will circulate the prescribed format to MEOs for attendance of self defense course trainers and direct the MEOs concerned to send the Mandal level consolidated trainers attendance after completion of every 10 sessions

of self defense course and to consolidate at district level and same is to be submitted to the State.

- MEO will circulate the designed formats for self defense course trainers attendance to the schools and receive attendance of self defense course trainers ,from the concern Head Masters/Principals/Special Officers of KGBV, after completion of every 10 sessions to consolidate at Mandal level and same to submit to the DEO.
- If it happens to be a holiday (for different reasons) in any allocated day, Head Masters/Principals/Special Officers of KGBV should inform to the concerned Trainer in advance as well as O/o DEO and O/o RMSA and the same is to be conducted on any covering day to avoid continuity.
- Issue instructions to the Head Masters/Principals/Special Officers that PETs of the schools concerned must present during self defense training and he/she will act as co-trainer to the entire programme.
- After self defense training sessions PET shall continue to give same training to other class girls along with 8th and 9th.
- Necessary co-operation and support shall be given to the Martial Arts Academies/Trainers in each school.
- After successful completion of the training in a calendar month, the consolidated report shall be submitted to the Director, RMSA.

C. Role of Head Masters/Principals/Special Officers of KGBV:

- All Head Masters/Principals/Special Officers of KGBV to adhere to the timeline communicated by the CSE office & DEOs/DPO office concerned from time to time. Bestow their personal interest on this programme for success.
- Head Masters/Principals/Special Officers shall provide/allocate training sessions to the Self Defense Training Trainers in scheduled time and dates and see that to be followed without deviation.
- Head Masters/Principals/Special Officers have to adjust and allot stipulated time to Trainers before start of each session.
- Arrange/facilitate the training keeping in view of the future sustenance of the training.
- Necessary co-operation and support shall be given to the martial arts academies/Trainers in each school.
- If it happens to be a holiday (for different reasons) in any allocated day, Head masters/Principals/Special Officers of KGBVs should inform to the concerned Trainer at the earliest as well as O/o DEO and O/o RMSA and rearrange the same on a convenient day.
- Head masters/Principals/Special Officers of KGBVs should submit the attendance relating to trainers of self defense course, after completion of every 10 sessions of training and also after successful completion of the training in each calendar month to the MEO office.
- Head Masters/Principals/Special Officers of KGBVs shall provide separate dress changing room for the Trainers.
- He/ She have to maintain and monitor separate attendance register with day wise participant's and updated session wise.
- He/ She have to co-ordinate & co-operate with the Self Defense Trainer allotted to their school.
- He/ She will take necessary steps to motive girl students.
- Head Masters/Principals/Special Officers should Co-ordinate with other Staff for effective and smooth functioning of the training.
- Time to time, the Head Masters/Principals/Special Officers should intimate the progress of Training programme to SMDC.
- Head Masters/Principals/Special Officers have to take necessary steps to ensure full attendance of Girls for the training.
- He/ She has to inform all the students about the Regional, District and State level championship competitions to be conducted after completion of training.

D. Role of the Physical Education Teacher (PET):

- PETs of the concern schools must present during self defense training and he/she will act as co-trainer.
- After self defense training classes, PET shall continue to give same training to the other class girls along with 8th and 9th.
- The PETs should involve in the Training. Further PETs act as Master Trainer of self defense skills for future generation.
- PETs are also responsible for timely assembling of the 8th and 9th class girl students for self defense sessions & maintain discipline and time, class management during the sessions.

E. Role of SCERT:

- Support to Professional Group to develop comprehensive self defense course Curriculum.
- Support to Professional Group in the development of Self defense course hand book.
- Participate in self defense course training programmes.

F. Role of Martial Arts Academies and Trainers:

- Academies shall inform the day & date-wise list of Trainers and institutions who are attending to the schools well in advance before starting of the programme in schools concerned to District & State level officers i.e. on or before 22nd January 2016.
- A total of 30 sessions should be covered in 90 days after commencing the course in schools and the duration of each session will be 1 hour.
- Each Instructor should cover 12 Schools for giving Self defense training to students during the academic year 2016-17. The time table and further plan of action to be followed will be provided after allotment of Schools.
- Punctuality shall be maintained by the Trainers in all sessions. If he/she comes 30 minutes late to class, the particular class will not be calculated. They have to compensate the particular session on other covering day by taking prior permission from the authorities concerned.
- If any Trainer's behaviour is not appreciable as duly reported to the DEO by the concern Head Master/Principal/Special Officer of KGBV, he/she will be terminated immediately without any further communication and replaced by a good suitable person immediately.
- Appropriate dress code shall be followed in school premises by the Trainer.
- She/he shall not collect any amount from students, parents or teachers for self defense training. Trainers shall not induce in any form that, the students to join in their academy.
- The Academy should maintain daily attendance and submit at the end of the calendar month and also at the end of the entire programme.
- The Academy should deploy 2 persons to each District to supervise and monitor the implementation of the programme.
- If any adverse thing happens from academy side, the Academy will be put under blacklist and as well as impose punishment as per the law.
- The technical terminology during the session should be explained in the local language.

G. MONITORING BY RMSA:

All the Monitoring officers of the State and District will monitor schools with prescribed monitoring format and same is to be submitted to RMSA.

H. MONITORING BY THE SELF DEFENSE AGENCY:

- Close monitoring is very essential for the success of the self defense training programme.
- Monitoring mechanism at State level and District level of School Education

- President and 2 directors from self defense agency and School education department officials will monitor the conduct of self defense training.
 - One regional in charge, 2 supervisors and One district in charge from self defense agency and District Educational officer, RMSA and SSA officials will monitor the training programme at district level.
1. **Trainers:** Trainers should take training classes in the allotted schools and allotted timings. Trainers should take the signatures from HM and PET's or concern authorities specified by the education department. Trainers should report to in charge masters and Supervisors.
 2. **In charge Masters:** To observe and supervise running the training classes as per schedule and sort out any minor problems in conducting the training classes and report to concerned Regional In charge master. If necessary directly report to Directors/ President.
 3. **Supervisors:** The self defense agency will appoint 2 supervisors in each District. Each supervisor to visit daily 10 to 20 schools and collect the reports from concern school authorities and trainers. Co-ordinate with the students and take the feed back in front of PET's or concern authorities. The supervisors directly report to Directors/ President.
 4. **Regional In Charge Masters:** To look out smooth running the training classes in their concerned region and sort out any problem regarding the training classes and depute the masters in absence of regular trainers. They co-ordinate with in-charge masters and trainers and directly contact with the Directors/ President. They directly report to President of self defense agency.
 5. **Directors:** To collect the reports from supervisors, in-charge masters and submit the reports to the president. Directors to visit the schools and meet the HM's and PET's and Students. To look out overall smooth running the training classes
 6. **President:** To collect the reports from Directors and In-charge masters and co-ordinate total training programme. He is total head of the project.

Sd/- K Sandhya Rani
Commissioner Of School Education & Ex-Officio Project
Director, RMSA, Ibrahimpatnam, Amaravathi, Andhra
Pradesh

//t.c.attested.//


Assistant Director, RMSA

