

STATE GOVERNMENT TRAINING PROGRAMME FOR GIRL STUDENTS OF 9TH &
10TH CLASS UNDER RMSA IN ANDHRA PRADESH STATE

1. Preamble:

Empowering girl students to fight back against crime. Even in this modern era, violence against girl students was common. So girl students should practice the techniques of self- defense. Girl student needs to learn practical defense techniques in a safe environment from experienced and friendly martial arts instructors. Under RMSA program for girl students was a great way to relieve stress, get and stay in shape, and learn valuable self- defense skills at the same time. This program blends a great physical workout with practical real-life self-defense techniques and are ideal for girl students! RMSA provide realistic, effective self-defense training for today's busy girls. By providing training and education in Awareness Prevention Risk reduction Risk avoidance; and Self-realization of your own physical power. These tools greatly increase personal protection options to combat crime. The paradox of self-defense is that the more prepared you are, the less likely you are to need it. When you can recognize and respond effectively to potentially dangerous situations, you are more confident in your everyday activities. You are also less likely to become a target of crime. They recognize improvement in Karate Technique and they indicate progress. The purpose of the training is to provide the student with short-term goals that reinforce the long-term goal of earning the blackbelt.

At this backdrop, the school going girl students are the worst sufferers and they have every chance of being affected. Sometimes, the girls have to travel a long way from their homes to reach a Secondary or Higher Secondary school either on foot or by bicycle or by bus, sometimes even alone. The parents habitually stoop to this apprehension and restrain the girl children to attend schools regularly. Herein lays chances of dropout the girls from their secondary or higher secondary schools.

The State Government is keen to outsource the entire Training delivery in these schools to the S.V. University/Private Martial Art Training Academies or Institutions as partners for the roll out. These Private Martial Art Training Academies or Institutions should be able to provide training instructors to give training in Martial Arts in the selected schools. The Project will be jointly funded by Central Government and the State Government.

This Expression of interest is intended to shortlist partners for providing following self- defense training in all the 5122 Government High schools situated in the State of A.P. for the girl students of 9th and 10th.

2. Objective of the programme

- A. To improve regular attendance of girl students to the secondary schools.
- B. To equip the girls with self-skills, so that they can avert any kind of awkward situation at the first instances.
- C. To spread a message to the violence-maker that girls are being ready for counter- and awareness is being developed among the girls in this regard.
- D. To empower the girl students in all aspects.
- E. To make the Physical Education teacher at each school aware of these skills for the future practice of them as a part of school curriculum.

3. Programme:

The entire programme is scheduled for 3 months during the academic year 2016-17 covering 30 classes and duration of each class will be 90 minutes. The course will be provided mainly on the techniques of self defense to the girl students.

Anybody who has got a willing mind, healthy body and determination can enjoy with little patience the efforts of these age old art of the orient. Benefits one has achieved by the practice of the Art are healthy body strong character power of concentration and coordination of reflexed, discipline and calm attitude with respect for authority. Karate not only fights the external enemies but also fights the inner enemies such as anger, frustration, temptations and helps to fact the problems of life with confidence and ease.

4. The syllabus for the self defense skills training:

Training Aspects:

Training in the dojo (Training hall) is different in its methods. This involves keeping to a strict timetable accepting the rhythm of group work with the presence of an able instructor who will guide their progress in stages and correct their mistakes. The girl students enter the class after the rituals and respect paid with sincerity to the training hall and instructor. The students are expected to follow a code of strict discipline throughout the class. The programme would involve holistic self defense training and should give a perspective to the trainees on physical abuses and sexual crimes and psychologically empower them to restrict and fight against the same. Hence, please submit the Training Modules covering the following aspects:

- a. Statistics for sexual crime.
- b. Stages of crime
- c. How to avoid being victim?
- d. Potential victim & potential offender/abuser
- e. Social resistance
- f. Psychological resistance
- g. Physical resistance
- h. Basic kicks

- i. Basic punches
- j. Basic blocks
- k. Basic strikes
- l. Use of handy weapon
- m. Use of environment
- n. Attack on vital parts
- o. One step fight.
- p. 3 step fight
- q. Flexibility, strength & reaction developing exercises
- r. Yoga & mediation
- s. Q & A

5. Service Terms:

Following Service Level Terms will have to be adhered by the selected Martial Arts Training Academy/Institution

- 5.1 Complete the syllabus as per the timeline.
- 5.2 Conduct practical sessions as per the syllabus.
- 5.3 Facilitate good exposure of self defense by the girls.
- 5.4 Arrange/facilitate the training keeping in view of the future sustenance of the training.

6. Timings of the Self Defense classes:

- 1. Every instructor who has been provided by Training Academy has to take two/three classes per week up to three months.
- 2. Timing of these classes should be according to the instructions of the Headmaster of the school.
- 3. The PETs concerned have to present during the sessions commenced by the professionals.
- 4. The PETs should involve in the Training. Further PETs act as Master trainer of self defense skills for future generation

7. Eligibility:

Preference will be given to the Training Academy who will provide authorized women instructors, to those who are found to be good in the art so that they could make teaching karate-do as a profession.

- 1. The Training Academy should have a list of Instructors are to be specially trained in self defense\Combination of martial arts and licensed (passed Diploma in Judo/ Karate/ Kickboxing/ Taekwondo from centers of National Institute of Sports and different martial arts who have obtained Brown, Black belt or its equivalent certificate from recognized University/Institute/Dojo) are eligible to train the students in schools
- 2. Each of these instructors provided by the Agency/Institution must train extensively and complete unique specialist instructor training program.
- 3. Training Academy with authorized trained professional instructors will be given preferred, who are found to be good in the art.
- 4. District wise trainers should be available with the Academy.

8. CONDITIONS:

- 1) The selected organization should provide the list of trainers available with them in each District.
- 2) The selected Training Academy will be allocated fixed number of schools to provide training.
- 3) Finalizing the number of Training Academies and selection criteria are the discretion of State Government.
- 4) Further the training instructors provided by the Training Academy will be supported by the Department of School Education, Andhra Pradesh as per the conditions mentioned below.
 - a. Each Training instructor have to give his\her willingness to provide self defense training to all the girl students studying in the Government Schools under RMSA, Government of Andhra Pradesh.
 - b. The broad model is that instructors will be paid honorarium for the trainers depending upon the classes taken in each month /monthly.
- 5) After completion of the course, the certificate for the students would be provided.
- 6) The training modules shall be prepared with various combination of martial arts such as Taekwondo, Karate and Judo and provide to the students during the training.
- 7) After completion of the course Assessment should be done by a committee comprising of representatives from Sports Authority of Andhra Pradesh (SAAP) AP police SP Battalion in the District and any related special Training centers in the District, they are act as External authority

• SELECTION CRITERIA:

Eligibility of authorized Training Academy will be evaluated by three member expert committee nominated by the authorities (Chief instructors level 5thDan/Degree Black belt and above) based on their qualification, Experience and capability of training girl students.

In addition, there will be one State level committee and one District level committee for monitoring entire training programme including the selection of the Training Academy/Agency headed by the Commissioner, School Education which are as follows –

State Level Committee:

1. The Commissioner, School Education, AP – Chairman
2. Director, RMSA, AP – Co-Chair
3. Representative from Sports Authority of Andhra Pradesh (SAAP) – Member
4. State Secretary, School Game Federation, AP – Member

District Level Committee:

1. District Education Officer – Chairman
2. AD, RMSA, AP – Co-Chair
3. District Sports Development Officer(DSDDO) – Member
4. District Secretary, School Game Federation, AP – Member
 - Training period completion required – 3 Months Duration (1st October, 2016 to 31st December, 2016).

• **Expected coverage:**

The details of number of Districts, Mandals/locations, Schools and Students are as mentioned in the table below.

District-wise Number of Schools under RMSA for implementing Self Defense Skills Training

| S/N | District Name | State Govt. | | Social Welfare & Tribal Welfare | | KGBVs | | MPP/ZPP Schools | | Municipal Schools | | Model Schools | | Total | |
|-------|------------------------|----------------|-----------|---------------------------------|-----------|----------------|-----------|-----------------|-----------|-------------------|-----------|----------------|-----------|----------------|-----------|
| | | No. of Schools | Enrolment | No. of Schools | Enrolment | No. of Schools | Enrolment | No. of Schools | Enrolment | No. of Schools | Enrolment | No. of Schools | Enrolment | No. of Schools | Enrolment |
| 1 | SRIKAKULAM | 24 | 2933 | 24 | 3041 | 32 | 216 | 29 | 1921 | 13 | 1291 | 14 | 924 | 400 | 29570 |
| 2 | VIZIANAGARAM | 8 | 842 | 23 | 3042 | 33 | 235 | 20 | 1511 | 10 | 1015 | 16 | 112 | 297 | 23501 |
| 3 | VISAKHAPATNAM | 19 | 1661 | 54 | 5809 | 34 | 255 | 22 | 1968 | 23 | 2337 | 5 | 448 | 362 | 32489 |
| 4 | EAST GODAVARI DISTRICT | 17 | 2257 | 35 | 4922 | 12 | 879 | 0 | 3656 | 43 | 4239 | 2 | 95 | 549 | 48955 |
| 5 | GODAVARI | 12 | 1106 | 20 | 2118 | 3 | 170 | 6 | 2716 | 33 | 3009 | 0 | 0 | 394 | 33570 |
| 6 | KRISHNA | 10 | 952 | 14 | 1913 | 3 | 263 | 4 | 2030 | 40 | 3208 | 2 | 117 | 353 | 26755 |
| 7 | GUNTUR PRAKASA M | 11 | 834 | 10 | 1308 | 24 | 192 | 28 | 2063 | 26 | 2796 | 13 | 808 | 368 | 28310 |
| 8 | NELLORE | 20 | 2279 | 15 | 1928 | 37 | 285 | 26 | 1592 | 6 | 633 | 10 | 540 | 355 | 24163 |
| 9 | KADAPA | 10 | 779 | 13 | 1960 | 10 | 760 | 8 | 1472 | 18 | 1728 | 7 | 420 | 306 | 20372 |
| 10 | KURNOOL ANANTAPUR | 12 | 808 | 18 | 1972 | 29 | 199 | 23 | 1321 | 15 | 1497 | 8 | 454 | 313 | 19941 |
| 11 | CHITTOOR | 19 | 2716 | 18 | 1998 | 53 | 372 | 28 | 2001 | 15 | 1660 | 32 | 190 | 424 | 32014 |
| 12 | CHITTOOR | 14 | 1862 | 11 | 1601 | 62 | 490 | 35 | 2278 | 26 | 3307 | 25 | 154 | 497 | 36003 |
| 13 | CHITTOOR | 22 | 2181 | 14 | 1572 | 20 | 151 | 40 | 2537 | 23 | 1931 | 16 | 115 | 504 | 33724 |
| Total | | 198 | 2121 | 269 | 3318 | 352 | 260 | 382 | 2707 | 291 | 2865 | 150 | 953 | 512 | 389367 |

**PROFORMA FOR TECHNICAL EVALUATIONS FOR THE EXPRESSION
OF INTEREST FOR IMPLEMENTATION OF SELF DEFENSE SKILLS**

TRAINING for GIRLS of 9th & 10th CLASS GIRLS IN GOVT. RMSA

SCHOOLS IN ANDHRA PRADESH

| Name of the Training Academy | Whether provide Training instructors in all the 13 Districts of Andhra Pradesh who holds Pass Diploma in Judo / Karate/ Kick Boxing/ Taekwondo from centers of National Institute of Sports and different martial arts. | No. of years of Operation in providing self defense trainings | Whether provide training in SELF DEFENSE SKILLS stated in Annexure II | Trainings Conducted in Self defense Skills | Trainings done in Similar category i.e. self defense skills training to girls in Govt. Schools | No. of Self Owned operational centers in Andhra Pradesh |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| | Yes/No If Yes, Provide the list of instructors with qualifications and experience | (As on _____) | Yes/No | (Last 2 F.Y. Numbers) | If yes, give details of State - No. of Schools | (Total no. along with centre details) |

NOTE: The interested Training Academies have to inform the office in a required proforma as mentioned above by 5th Sep 2016 on or before 5:00 PM and no EoIs shall be entertained thereafter.

The applications should reach to the following address before above said date & timing.

To
The Commissioner of School Education &
Ex-Officio Project Director,
RMSA, A.P.,
Saifabad,
Hyderabad.

Contact No.010-23234940.

Sd/- K.Sandhya Rani,
Commissioner of School Education &
Ex-Officio Project Director, RMSA
AP, Hyderabad


Director, RMSA

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