

**PROCEEDINGS OF THE DIRECTOR SCHOOL EDUCATION AND STATE PROJECT
DIRECTOR, SAMAGRA SHIKSHA, TELANGANA, HYDERABAD.**

Present: Dr. E. Naveen Nicolas, I.A.S.,

Rc.No.6132/T9/GE/PMSHRI/2023-1

Dt:12-06-2026

Sub: PMSHRI - Gender & Equity – Self Defence Programme in 658 PMSHRI Schools with a budget of Rs.190.95 Lakhs – Certain instruction issued - Reg.

Ref: 1. PAB M PAB Minutes of 2026-27 PM SHRI
2. BRO No.661 Dated: 21.04.2026 of the Finance Department
3. G.O.Rt.No.83 Dated 24.04.2026 School Education (PROG.II) Department
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All the District Educational Officers & Ex-Officio Project Officers in the State are informed that sanction has been accorded for an amount Rs. 190.95 /- (Rupees One Crore Ninety Lakhs, Ninety-Five Thousand only) towards conduct of Self Defence Programme in 658 PM SHRI Schools.

In this regard, it is informed that a module on Adolescent Safety and Empowerment Programme has been developed by Samagra Shiksha, Telangana and communicated to all schools. Accordingly based on the objectives of this programme incorporated in the module and budget allocation to PMSHRI schools, the following implementation plan is suggested:

- To impart self-defence training to girls i.e., Kung fu, Karate, Judo, kalaripayattu etc.,
- To impart certain self-defence techniques like using nudges, flicks, kicks, punches etc., to strategically defend themselves in dire conditions.

Implementation Plan

- At district level, trainers shall be identified with the help of District Sports development officers or trainer can be identified locally by concerned Head Master
- Allotment of trainers to schools shall be done by DEO at district level.
- Women trainers shall be given preference. If not available, male trainers shall be engaged.
- The training shall take place within the school hours only. The HMs shall make arrangements in the timetable accordingly.
- The training shall be held under the supervision of the school PET/PD or any other teacher of the school.
- The training shall invariably impart self-defence techniques like using nudges, flicks, kicks, punches etc., strategically.
- **Honorarium:** Rs. 10,000/- per month for 6 days a week i.e., 24 sessions per month

- **Period:** For a period of three months with (6) sessions per week or for a period of (6) months with (3) sessions per week. Each PM SHRI School allocated with a budget of Rs. 30,000/- should conduct (72) sessions in the year.
- The schedule for (72) sessions and evaluation method is enclosed.
- **Budget Provision:**

Activity	No. of Schools	Amount per School	Total Amount to be Sanctioned	Total Sessions
Training to girls on Self-defence (Less than 50 girl children in (VI to XII	43	15000	645000	36
Training to girls on Self-defence (More than 50 girl children in (VI to XII	615	30000	18450000	72
Total	658		19,09,5000	

Therefore, the District Educational Officers are directed to implement the self-defence programme from the month of July 2026 as per the 72 session schedule enclosed. The funds shall be released in due course of time.

Encl:

1. 72 Sessions schedule
2. Evaluation time process
3. School list (Annexure I-A, II-A and III-A)

Sd/-
Dr. E. Naveen Nicolas,
State Project Director

To

The State Finance Controller of this office.

All the District Educational Officers & Ex-Officio Project Officer, Samagra Shiksha in the State.

Copy to the Secretary TREIS, Telangana, Hyderabad.

Copy to the Addl. Director, Model School Telangana, Hyderabad.

Copy to the Director, SCERT, Telangana.

Copy to the RJDSEs Hyderabad and Warangal.

Copy to the Director, SIET.

Copy to the CEO TSAT.

Copy to the State Community Mobilization Coordinator of this office with a request to include GCEASCs as a topic in the PTM to be held every month in the academic year 2026-27.

// True Copy Attested//


Joint Director-II, SS

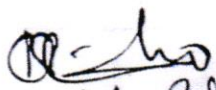
Samagra Shiksha, Telangana
Self Defence Programme PM SHRI School
Suggestive Day Wise Activities
(Karate /Taekwando/Wushuu/Judo and other mixed martial arts)

Daily Schedule - Division of Time:

- Warm Up- 5 minutes
- Explanation - 5 minutes
- Skill Training- 20 minutes
- Demonstrative Skill Training- 10 min
- Cool Down- 5 minutes

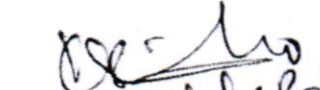
Day	Fundamental Skill Training /Activity	Demonstrative Skill Training
1	i. Clenching the first & ii. Lower Block iii. Middle Punch	Kata (Sequence)- 20 Step sequence: STEP 1 Tai Koku Shodan
2	Lock fist hand release forward stance	STEP 2
3	Front Elbow Strike Upper Block	STEP 3
4	Front Kick Face Punch	STEP 4
5	Horse Stance Side Elbow Strike	STEP 5
6	Side Kick Middle Inside Block	STEP 6
7	Lower Punch Back Elbow Strike	STEP 7
8	Round House Kick Back Stance	STEP 8
9	SD-Technique against Chain Snatching Front Knee Kick	Sparring (Pre arranged Fighting) Attacking & Defence of Upper (face) punch)
10	SD-Throw Middle Outside Block	Sparring (Pre arranged Fighting) Attacking & Defence of Middle (Stomach) punch)
11	SD-Choke Cross Knee Kick	STEP 9
12	SD-Neck catch release	STEP 10
	SD-X Block - Escape from knife attack	STEP 11


K. RAMESH GOWD
NIS
SATG KARATE COACH.


Dr. K. Srinivasulu
Faculty of SCERT

Day	Fundamental Skill Training /Activity	Demonstrative Skill Training
13	i. Clenching the first & ii. Lower Block iii. Middle Punch	STEP 12
14	SD-Lock fist hand release Forward stance	STEP 13
15	Front Elbow Strike	STEP 14
	Upper Block	STEP 15
16	Front Kick	STEP 16
	Face Punch	
17	Horse Stance	Demonstration for all SD (Self Defence Techniques)
	Side Elbow Strike	
18	Side Kick	Demonstration for all SD (Self Defence Techniques)
	Middle Inside Block	
19	Lower Punch	Demonstration for all SD (Self Defence Techniques)
	Back Elbow Strike	
20	Round House Kick	Sparing (Pre arranged Fighting) Attack & Defence- Front thrust kick
	Back Stance	
21	SD-Technique against Chain Snatching	Sparing (Pre arranged Fighting) Attack & Defence- Side thrust kick
	Front Knee Kick	
22	SD-Throw	Katha (Sequence)- 20 Step sequence: STEP 17
	Middle Outside Block	
23	SD-Choke	STEP 18
	Cross Knee Kick	
24	SD-Neck catch release	STEP 19
	SD-X Block - Escape from knife attack	
25	i. Clenching the first & ii. Lower Block iii. Middle Punch	STEP 20
26	SD-Lock fist hand release Forward stance	Sparing (Pre arranged Fighting) Attack & Defence- Round House kick
27	Front Elbow Strike	Non-stop demonstration of 20 steps kata (Sequence)
	Upper Block	
28	Front Kick	Non-stop demonstration of 20 steps kata (Sequence)
	Face Punch	
29	Horse Stance	Non-stop demonstration of 5 techniques of Sparing (Pre arranged Fighting)- Attack and defence
	Side Elbow Strike	


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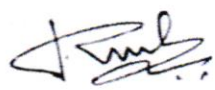

 Dr. K. Subash Babu
 Faculty of SCERT

Day	Fundamental Skill Training /Activity	Demonstrative Skill Training
30	Side Kick	Non-stop demonstration of 5 techniques of Sparring (Pre arranged Fighting)- Attack and defence
	Middle Inside Block	
31	Lower Punch	Non-stop demonstration of 5 techniques of Sparring (Pre arranged Fighting)- Attack and defence
	Back Elbow Strike	
32	Round House Kick	Non-Stop Self Defence- Demonstration of all techniques
	Back Stance	
33	SD-Technique against Chain Snatching	Non-Stop Self Defence- Demonstration of all techniques
	Front Knee Kick	
34	SD-Throw	Non-Stop Self Defence- Demonstration of all techniques
	Middle Outside Block	
35	SD-Choke	All kata sequences, Sparring & self-defence techniques demonstration
	Cross Knee Kick	
36	SD-Neck catch release	All kata sequences, Sparring & self-defence techniques demonstration
	SD-X Block - Escape from knife attack	
37	i. Clenching the fist & ii. Lower Block iii. Middle Punch	Hein Shodan STEP-1 STEP-2
38	Lock fist hand release forward stance	Front kick
39	Front Elbow Strike	STEP-3
	Upper Block	
40	Front Kick	STEP-4
	Face Punch	
41	Horse Stance	STEP-5
	Side Elbow Strike	
42	Side Kick	STEP-6
	Middle Inside Block	
43	Lower Punch	STEP-7
	Back Elbow Strike	


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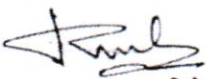

 Dr. K. Sridhar Babu
 Faculty of SCERT

Day	Fundamental Skill Training /Activity	Demonstrative Skill Training
44	Round House Kick	STEP-8
	Back Stance	
45	SD-Technique against Chain Snatching	SD
	Front Knee Kick	
46	SD-Throw	SD
	Middle Outside Block	
47	SD-Choke	SD
	Cross Knee Kick	
48	SD-Neck catch release	Pre arranged attack
	SD-X Block - Escape from knife attack	
49	i. Clenching the first & ii. Lower Block iii. Middle Punch	Pre arranged attack
50	SD-Lock fist hand release Forward stance	Pre arranged attack
51	Front Elbow Strike	STEP-9
	Upper Block	
52	Front Kick	STEP-10
	Face Punch	
53	Horse Stance	STEP-11
	Side Elbow Strike	
54	Side Kick	STEP-12
	Middle Inside Block	
55	Lower Punch	STEP-13
	Back Elbow Strike	


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 Dr. K. S. Srinivas
 Faculty of SCEKT

Day	Fundamental Skill Training /Activity	Demonstrative Skill Training
56	Round House Kick	STEP-14
	Back Stance	
57	SD-Technique against Chain Snatching	STEP-15
	Front Knee Kick	
58	SD-Throw	STEP-16
	Middle Outside Block	
59	SD-Choke	Pre arranged attack
	Cross Knee Kick	
60	SD-Neck catch release	Pre arranged attack
	SD-X Block - Escape from knife attack	
61	i. Clenching the first & ii. Lower Block iii. Middle Punch	Pre arranged attack
62	SD-Lock fist hand release Forward stance	STEP-17
63	Front Elbow Strike	STEP-18
	Upper Block	
64	Front Kick	STEP-19
	Face Punch	
65	Horse Stance	STEP-20
	Side Elbow Strike	
66	Side Kick	SD-Leg Techniques
	Middle Inside Block	
67	Lower Punch	SD-Hand Techniques
	Back Elbow Strike	
68	Heian shodan full kata practice	full kata Heian shodan
69	kumite(only)	Practice
70	SD-Important techniques	Practice
71	SD-Important techniques	Practice
72	SD-Important techniques	Practice


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10.3 EVALUATION AND CERTIFICATION

Assessment and Examination

Although the program focuses on skill development rather than formal examinations, students are expected to demonstrate their learned techniques. These demonstrations serve as practical assessments.

Mode of Examination

- The assessment occurs after 25 training sessions.
- Group A: Students of Class 6 and 7.
- Group B: Students of Class 8 and 9.
- An external examiner conducts the practical examination.
- Digital certificates are awarded to the First, Second, and Third place winners in each group.

Examination Format

- Duration: 90 minutes (1.5 hours)
- Maximum Marks: 100

Scoring Criteria

No.Activity	Duration	Marks Allotted
1 Warm-up	15 minutes	No marks
2 Punches, Blocks, Kicks	15 minutes	30 marks
3 1st KATHA Taikyoku Shodan		20 marks
4 2nd KATHA Taikyoku Medan		20 marks
5 Techniques		
a Single Hand Release	10 minutes	5 marks
b Double Hand Release	10 minutes	5 marks
c Neck Release	10 minutes	5 marks
d Chain Snatching	10 minutes	5 marks
e Knife Attack	10 minutes	5 marks
f Plait Catch	10 minutes	5 marks