

Rani Lakshmibai Atma Suraksha Prashikshan under Samagra Shiksha for Girl Students of Govt. Upper Primary/Secondary/Hr. Secondary Schools of Daman District

INVITING PROPOSALS:

The Asstt. State Project Director, Samagra Shiksha invites Expression of Interest (EOI) from interested and eligible organizations/firms/Individuals in the field of Self Defense Training Programme "Rani Lakshmibai Atma Suraksha Prashikshan" for Girl Students of Govt. Upper Primary/Secondary/Hr. Secondary Schools of Daman District. Training organizations/firms/Individuals will be selected based on the evaluation of proposal submitted in response to the EOI.

**Sd/-
Asstt. State Project Director
Samagra Shiksha, DNH&DD,
Daman.**

1. Preamble:

Empowering the girl student to fight back against crime is the aim of this training programme. 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 Samagra Shiksha 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 is ideal for girl students. Samagra Shiksha provides realistic, effective self-defense training for Girl Students of Govt. Upper Primary/Secondary/Hr. Secondary Schools of Daman District. The girl students get awareness, prevention, risk reduction, risk avoidance and self-realization of their own physical power through this training. These tools greatly increase personal protection options to combat crime. When one can recognize and respond effectively to potentially dangerous situations, they are more confident in their everyday activities. The purpose of the training is to provide the student with short-term goals of self-protection that reinforce the long-term goal of earning the black belt.

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. Even they have to go alone. The parents habitually stoop to this apprehension and restraint the girl children to attend schools regularly. Herein lays chances of dropout the girls from their secondary or higher secondary schools.

Samagra Shiksha is keen to outsource the entire Training delivery to organizations/firms/Individuals as partners for the roll out. These organizations/firms/Individuals should be able to provide training in Self-defense in the 37 schools of Daman district.

This Expression of interest is intended to shortlist the organizations/firms/Individuals for providing following self-defense training for 3 months in all the Government Upper Primary/Secondary/Hr. Secondary Schools of Daman District.

Objective of the programme

- A. To improve regular attendance of girl students.
- 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/college aware of these skills for the future practice of them as a part of school curriculum.

2. Programme:

The entire programme is scheduled for 3 months during the academic year 2022-23 covering 24 classes and duration of each class will be 45 minutes. The course will be provided mainly on the techniques of self-defense to the girl students.

The Karate training taught through the Self-defense programme, 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.

3. 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 time-table accepting the rhythm of group work with the presence of an 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.

1. Historical background of karate-do and principles of ki-ai (super power); vulnerable areas of the body.
2. Body conditioning and flexibility exercises.
3. Different types of stances, punches, hokos and balancing; blocking techniques (uke-waza) and kicks.
4. Different Katas (forms)
5. Complete basic karate, perfect kicks, blocks and attacks with movements.
6. Self-defense tactics. Advanced exercises of Kumites.
7. Ippon-kumite (one-step sparing techniques).
8. Samban-kumite (three-step sparing techniques)
9. Kyo-kushi-kukumite [1-3] (pre-planned fighting).
10. No-contact fighting.
11. Ju-kumite (full-contact fighting with guards).
12. Shiai-kumite (contest-sparing techniques).
13. Very high proficiency in performance of karate basic, fighting and Kata
14. Specialization training can be (a) Katas, (b) karate teaching methods, (c) Shiai (contests) or (d) Kobudoweapons training.
15. First month 1-3; second month 4-9 and third month 10-14 techniques.

4. Service Terms:

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

- 4.1 Complete the syllabus as per the timeline.
- 4.2 Conduct practical sessions as per the syllabus.
- 4.3 Facilitate good exposure of self-defense by the girls.
- 4.4 Arrange/facilitate the training keeping in view of the future sustenance of the training.

5. Timings of the Self Defense classes:

1. Every instructor has to take two/three classes per week upto three months.
2. Timing of these classes should be according to the instructions of the Headmaster/Principal of the school.

6. ELIGIBILITY:

Preference will be given to the organizations/firms/Individuals who will provide authorized 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 Instructors are to be specially trained in self-defense and Licensed (passed Diploma in Judo/ Karate/ Kickboxing/ Taekwondo from centers of National Institute of Sports and different Martial Arts who have obtained Black belt or its equivalent certificate from recognized University/ Institute/Dojo) are eligible to train the students in schools.
2. The trainer should have minimum 1 year experience in conducting Martial Arts/Self-defense trainings.
3. Each of these instructors must have extensive training experience and complete unique specialist instructor training program.
4. Authorized trained professional instructors will be given preference, who are found to be good in the art.

7. CONDITIONS:

1. Selected Trainers will be allocated fixed number of schools to provide training.
2. Each Training instructor have to give his\her willingness to provide self-defense training.
3. The broad model is that instructors will be paid honorarium from the school depending upon the classestaken in each month/monthly.
4. All instructor's eligibility is level of Black belt.

8. SELECTION CRITERIA:

Eligibility of authorized organizations/firms/Individuals will be evaluated based on their qualification, Experience and capability of training girl students.

9. Training period completion required – 3 Months Duration (January to March/April, 2023).

10. Expected coverage: Total 25 Govt. Upper Primary Schools and 12 Govt. Secondary/Hr. Secondary Schools.

NOTE: The interested organizations/firms/Individuals have to inform the office in a required proforma as mentioned above by **12th January, 2023 (Friday)** on or before **5:00 PM** and no EoIs shall be entertained thereafter.

11. Address for sending Application for Self-defense Training Programme:

O/o The District Project Officer- Samagra Shiksha,
Daman, Shiksha Sadan, Behind Collectorate, Moti Daman – 396220
Tel. No. 0260 2231126.