

SCOUT LOG BOOK

(PRAVESH / PRATHAM SOPAN / DWITIYA SOPAN / TRITIYA SOPAN
/ RAJYA PURASKAR)

BIO DATA

1. NAME OF THE SCOUT :
2. NAME OF THE PATROL :
3. NAME OF THE TROOP :
4. REGISTRATION NUMBER OF TROOP :
5. NAME OF THE SCHOOL :
6. DATE OF BIRTH :
7. DATE OF JOINING IN THE MOVEMENT :
8. DATE OF INVESTITURE :
9. DATE OF PASSING PRAVESH :
10. DATE OF PASSING PRATHAM SOPAN :
11. DATE OF PASSING DWITIYA SOPAN :
12. DATE OF PASSING TRITIYA SOPAN :
13. DATE OF PASSING RAJYA PURASKAR :
14. NAME OF THE SCOUTMASTER :
15. SIGNATURE OF THE SCOUTMASTER :
16. SIGNATURE OF PRINCIPAL :

SCHOOL ROUND SEAL

PRAVESH

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1. General & holistic knowledge of the scout movement

Lord Baden powell of Giwell chief scout of the world



Robert Stephenson Smyth Baden Powell known to millions by his magical initials. B.P. is founder of the Boy Scout and Girl Guide movement. He was born in London on the 22nd February 1857. He was the sixth son of Professor H.G. Baden Powell and Henrietta Errance, daughter of Admiral William Smith. Professor Baden Powell died when B.P. was three years old and the burden of bringing up the families, therefore, developed entirely on Mr. Baden Powell. He allowed them a good deal of freedom to go about and learn things from themselves. This early upbringing gave B.P. the real start for his future life as a soldier and an outdoors man.

- The Boy Scouts Movement had a simple start in the year 1907 when a Maj. General of Army Lord Baden Powell conducted an experimental camp in Brownsea Island in England with 20 boys. The successful conduct of the camp and publication of the Book "Scouting for Boys" in a fortnight marked the start of the Boy Scout Movement.
- In the year 1910, Crystal Palace Rally was held where girls wearing the boy Scout uniform appeared and wanted to join the Scout Movement. Lord Baden Powell decided to start a movement for girls with the help of his sister Agnes Baden Powell.

After the formation of the boy scout movement, B.P. came to India twice, once in 1921 and again in 1937 to attend the first all-India Jamboree in Delhi and to attend in third separate organization. After going back he attended world Jamboree in Holland. This was the last Jamboree.

The ends come suddenly on the 8th January 1941. He was buried in Nyeri amidst nature's most beautiful vistas with his head to the North to the snow capped mountains of Kenya which he loved so much.

Our Fundamentals

- **Definition:**
The Bharat Scouts & Guides is a voluntary, non-political, educational movement for young people, open to all without distinction of origin, race or creed, in accordance with the purpose, principles and methods conceived by the Founder Lord Baden Powell in 1907.
- **Purpose:**
The purpose of the Movement is to contribute to the development of young people in achieving their full physical, intellectual, emotional, social and spiritual potentials as individuals, as responsible citizens and as members of local, national and international communities.
- **Principles:**
The Scout /Guide Movement is based on the Following Principles.
 -
 - **DUTY TO GOD:**
Adherence to spiritual principle, loyalty to the religion that expresses the acceptance of the duties resulting there from.
 - **DUTY TO OTHERS:**
Loyalty to one's country in harmony of local and international peace, understanding, co-operation.
Participation in the development of society with recognition and respect for dignity of one's fellowmen and for the integrity of the natural world.
 - **DUTY TO SELF:**
Responsibility for the development of one's self.
- **The Method:** The Scout /Guide Method is a system of progressive self-education through:-
 - A Promise and Law
 - Learning by doing.
 - Membership of small groups under adult leadership involving progressive discovery and acceptance of responsibility and training towards self-government directed towards the development of character, and the acquisition of competence, self-reliance, dependability and capacities to co-operate and to lead.
 - Progressive and stimulating programs of various activities based on the interest of the participants including games, useful skills and services to the community taking place largely in an outdoor setting in contact with nature.

Influences

Important elements of traditional Scouting have their origins in Baden-Powell's experiences in education and military training. He was a 50-year-old retired army general when he founded Scouting, and his revolutionary ideas inspired thousands of young people, from all parts of society, to get involved in activities that most had never contemplated. Comparable organizations in the English-speaking world are the Boys' Brigade and the non-militaristic Woodcraft Folk; however, they never matched the development and growth of Scouting.

Aspects of Scouting practice have been criticized as too militaristic. Military-style uniforms, badges of rank, flag ceremonies, and brass bands were commonly accepted in the early years because they were a part of normal society, but since then have diminished or been abandoned in both Scouting and society.

Local influences have also been a strong part of Scouting. By adopting and modifying local ideologies, Scouting has been able to find acceptance in a wide variety of cultures. In the United States, Scouting uses images drawn from the U.S. frontier experience. This includes not only its selection of animal badges for Cub Scouts, but the underlying assumption that American native peoples are more closely connected with nature and therefore have special wilderness survival skills which can be used as part of the training program. By contrast, British Scouting makes use of imagery drawn from the Indian subcontinent, because that region was a significant focus in the early years of Scouting. Baden-Powell's personal experiences in India led him to adopt Rudyard Kipling's *The Jungle Book* as a major influence for the Cub Scouts; for example, the name used for the Cub Scout leader, Akela (whose name was also appropriated for the Webelos), is that of the leader of the wolf pack in the book.

The name "Scouting" seems to have been inspired by the important and romantic role played by military scouts performing reconnaissance in the wars of the time. In fact, Baden-Powell wrote his original military training book, *Aids To Scouting*, because he saw the need for the improved training of British military-enlisted scouts, particularly in initiative, self-reliance, and observational skills. The book's popularity with young boys surprised him. As he adapted the book as *Scouting for Boys*, it seems natural that the movement adopted the names *Scouting* and *Boy Scouts*.

"Duty to God" is a principle of Scouting, though it is applied differently in various countries. The Boy Scouts of America (BSA) take a strong position, excluding atheists. The Scout Association in the United Kingdom permits variations to its Promise, in order to accommodate different religious obligations. While for example in the predominantly atheist Czech Republic the Scout oath doesn't mention God altogether with the organization being strictly irreligious, in 2014, United Kingdom Scouts were given the choice of being able to make a variation of the Promise that replaced "duty to God" with "uphold our Scout values", Scouts Canada defines Duty to God broadly in terms of "adherence to spiritual principles" and leaves it to the individual member or leader whether they can follow a Scout Promise that includes Duty to God. Worldwide around one in three Scouts are Muslim.

2. Scout Promise and Law

SCOUT PROMISE

On my honor, I promise that I will do my best

To do my duty to God* and my country.

To help other people and

To obey the scout law.

- The word 'Dharma' may be substituted for the word 'God' , if so desired.

SCOUT LAW

The Law for the Scout and Guide is:

- *A Scout /Guide is trustworthy.*
- *A Scout /Guide is loyal.*
- *A Scout / Guide is Friend to all and brother/Sister to every other Scout/Guide.*
- *A Scout / Guide is courteous.*
- *A Scout / Guide is friend to animals and loves nature.*
- *A Scout / Guide is disciplined and helps protect public property.*
- *A Scout / Guide is courageous.*
- *A Scout / Guide is thrifty.*
- *A Scout / Guide is pure in thought, word and deed.*
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3. Scout motto, sign salute and left hand shake

SCOUT MOTTO

“ Be prepared “

This has to be achieved by being

Physically strong, Mentally Awake and Morally straight.

SCOUT SIGN

The Scout sign is given by raising the right hand in level with the shoulder palm to the front with three fingers stretched together and the thumb closing on the little finger. The Scout sign identifies you as a Scout anywhere in the world. Use it whenever you give the Scout Oath or Scout Law.

The three upraised fingers stand for the three parts of the Scout Oath. The thumb and little finger together stand for the bond between all Scouts.



SCOUT SALUTE

The three-finger salute is used by members of [Scout and Guide](#) organizations around the world when greeting other Scouts and in respect of a national flag at ceremonies. In most situations, the salute is made with the palm face out, the thumb holding down the little finger, and with the fingertips on the brow of the head.

Meaning of the three fingers

In his book, *Scouting for Boys*, [Robert Baden-Powell](#) chose the three-finger salute for Scouts to represent the three aspects of the [Scout Promise](#):

1. Honor God and the King
2. Help Others
3. Obey the [Scout Law](#)



It is always done with the right hand. It is the privilege of the one who sees first to salute first - Irrespective of rank.

LEFT HAND SHAKE

"The Bravest of the Braves"

Our Founder conceived left hand shake as a form of greeting for the members of the movement. The idea originated from an incident in his military career in South Africa.

When Colonel Baden Powell entered the capital city of the Ashanti people in 1896 he was met by one of the chiefs named prempheh who came to him holding out his left hand. B.P held out his right in return but the chief said: NO, in my country the bravest of the brave shake with the left hand. So began the left handshake of the world wide brotherhood of scouts.



4. Good Turn Every day

GOOD TURN DIARY

S.NO	DATE	GOOD TURN DONE	TO WHOM	SIGNATURE OF THE BENEFICIARY
01				
02				
30				

SIGNATURE OF THE SCOUT/ GUIDE :

SIGNATURE OF THE SCOUTMASTER:

5. Uniform: - A Scout shall wear uniform as follows:

i) Shirt: A steel grey color shirt with two pockets with shoulder straps with Half or rolled up sleeves, Sleeves may be turned down in cold weather.

(ii) Shorts or Trousers : Navy blue shorts or trousers shall be qorn. But at the time of Rashtrapati Scout Testing camp and Rashtrapati Award Rally – Trousers are compulsory. Trousers shall neither be loose fitting nor tight fitting and shall have two side pockets and one back pocket.

(iii) Head dress: A dark blue beret cap with the official badge. A Sikh may wear a blue turban with the official cap badge.

(iv) Belt : Grey Nylex belt with official buckle of the B.S. & G.

(v) Scarf: A triangular scarf of the group color other than yellow, green and purple approved by the local or District Association with the two sides not less than 70 cm and not more than 80 cm in length.

(vi) Shoulder badge: A shoulder Badge of 6 to 8 cm in length and 1.5 cm in width with white background and name of the group in red letters shall be worn on both the shoulders immediately below the seam with a little curve.

(vii) Shoulder strips: Two shoulder stripes indicating the name of the patrol each 5 cm x 1.5 cm. Each 2 cm apart on a square shape steel grey cloth. This patch shall be worn at the top of the left sleeve immediately below the shoulder badge

(viii) Membership badge: A cloth badge with green background and the Fleur-de-lis in yellow superimposed by the trefoil with Ashoka Chakra in yellow in the center shall be worn on the middle of the left pocket or at the same place on Jersey/Coat.

(ix) Stockings or socks: Black socks or Stockings may be worn, Stockings should be rolled down below the knees with green garter tabs 1.5 cms visible outside. Stockings will be worn with shorts only.

(x) World scout badge: World Scout badge should be worn in the centre of the pleat of the right pocket of the Shirt.

(xi) Footwear: black shoes (leather or canvas) with laces may be worn

xii) Over Coat, Blazer or Jacket : A navy blue overcoat or navy blue Blazer or navy blue wind cheater may be worn in the winter season only.

xiii) Metal Badge: In mufti, a metal badge of the Bharat Scouts & Guides may be worn.

xiv) Lanyard : Grey lanyard worn round the neck with a whistle tucked in the left pocket of the shirt. Knotting rope of 3 mtrs. Of standard size shall be worn in the Uniform.

xv) A Haversack or Rucksack may be carried during out door activities.

xvi) The name stripe containing “The Bharat Scouts & Guides” supplied by National Headquarters may be worn on just above the right pocket of the shirt. The size of the stripe should be 11cm x 2cm, the right corner of which should be tri colour of National Flag of the size of 3cm x 2cm and rest for the Title of the Bharat Scout & Guides.



6. Composition and significance of the National flag, Bharat scouts and guides Flag and world scout flag.

NATIONAL FLAG



THE NATIONAL FLAG OF INDIA is in tricolour (TIRANGA) of deep saffron (Kesari) at the top, white in the middle and dark green at the bottom in equal proportions.

The Indian flag is a horizontal tricolour in equal proportion of deep saffron on the top, white in the middle and dark green at the bottom. The ratio of the width to the length of the flag is two is to three. In the centre of the white band, there is a wheel in navy blue

to indicate the Dharma Chakra, the wheel of law in the Sarnath Lion Capital. This center symbol or the 'CHAKRA', is a Buddhist symbol dating back to 200th century BC.

Its diameter approximates the width of the white band and it has 24 spokes, which intends to show that there is life in movement and death in stagnation. The saffron stands for courage, sacrifice and the spirit of renunciation; the white, for purity and truth; the green for faith and fertility. The design of the National Flag of India was adopted by India's constituent assembly on 22nd July, 1947. Its use and display are regulated by a code. The flag symbolizes freedom. The late Prime Minister Pandit Nehru called it a flag not only of freedom for ourselves, but a symbol of freedom for all people.

THE BHARAT SCOUT AND GUIDES FLAG

The Bharat Scouts and Guides Flag shall be in dark blue color, the emblem in yellow colour shall be in the center of the flag with Ashoka Chakra in blue color. The size of the flag shall be 180 cms. in length and 120 cms. in width, the emblem will be 45 cms by 39 cms. The size of the Group Flag, which is the same as above, shall be 180 cms X 120 cms. with proportionate emblem. The name of the group shall be written in a yellow color below the emblem in straight line. The Fleur-de-lis the International emblem of Scouting and Ashoka Chakra is meant to emphasize the all-India character of the Movement. The super imposed trefoil represents the guide wing of the B.S.&G.



WORLD SCOUTS FLAG

The flag is actually royal purple with the white fleur-de-lis and rope is the flag for the World Organization of Scouting Movements (WOSM), headquartered in Switzerland. The flag represents all member organizations of the WOSM in a like manner as the United Nations flag represents all member nations of the UN.



The flag is taken from the fleur-de-lis, or lily of the flower, which as the previous poster wrote, is found as part of the Scout emblem of every other nations' Scouting organizations. It is also found frequently on compasses and pointing devices and points in the true direction, as Scouts should also be moving positively toward.

The two stars on the flag allude to truth and knowledge, the two most important elements found in the creeds, promises and oaths of all member organizations. They also remind us of the stars in the sky and the outdoor element of Scouting.

The rope encircles the fleur-de-lis and a reminder of the true brotherhood of all WOSM members. The rope is tied at the bottom in the reef knot (we Americans call it the square knot), which is the most useful of all rope knots if tied properly and reminds all of our obligations to be of service to one another as well as to be useful.

7. National anthem

The Indian national anthem, composed by Rabindranath Tagore, it was first sung at Calcutta session of Indian national congress on 27th December 1911. jana gana mana was officially adopted by the constituent. Assembly as the Indian national anthem on January 24th, 1950.
Duration: 52 sec

Jana gana mana adhinayaka, jayahe
Bharata bhagya vidhata
Punjab sindhu Gujarata maratha
Dravida utkala ganga
Vindhya himachala Yamuna ganga
Uchala jaladhi taranga
Tava shubha name jage
Tava shubha ashisha maage
Gahe tava jaya gatha
Jana gana mangala dayaka jaya he
Bharata bhagya vidhata
Jaya he, jaya he, jaya he
Jaya jaya , jaya, jaya he!

PRAYER SONG

Written by : veer deva veer LT/s former soc, Haryana, one of the freedom fighter.
Duration : 90 sec

*Daya kar dan bhakti ka,
Hamein paramatma dena
Daya karna hamari
Atma mein shuddhata dena.
Hamare dhyan mein aao
Prabhu ankhone mein bas jao
Andhere dil mein aakar ke
Param jyoti jaga dena*

*Baha do prem ki ganga
Dilo me prem ka sagar
Hamen aapas me miljulkar
Prabhu rehana sikha dena
Hamara karam ho seva
Hamara dharam ho seva
Sada imaan ho seva
Wo sevak char bana dena
Vatan ke vaste jeena,
Vatan ke vaste marna
Vatan par jaan fida karna
Prabhu hum ko sikha dena
Daya kar dan bhakti ka,
Hamein paramatma dena
Daya karna hamari
Atma mein shuddhata dena.*

FLAG SONG

Written by : Sri Dayashankar bhat Duration : 45 sec.

Bharat Scout Guide Jhanda Uncha Sada Rahega
Uncha Sada Rahega Jhanda Uncha Sada Rahega
Neela Rang Gagan Ka Visrit Bhatru Bhav Phailata
Tridal Kamal Nit Teen Pratignaon Ki Yaad Dilata
Aur Chakra Kehta Hai Pratiphal Age Kadam Badega
Uncha Sada Rahega Jhanda Uncha Sada Rahega
Bharat Scout Guide Jhanda Uncha Sada Rahega

8. Troop Meeting :

How to run a good Troop Meeting

The weekly meeting is the glue that holds a Scout troop together. Well-planned meetings run by the troop's youth leaders can be full of excitement and satisfaction. Meeting time devoted to learning new skills and organizing future campouts, service projects, and other activities will help keep interest levels and enthusiasm high.

Troop meetings serve many purposes, including these:

- **Motivating Scouts.** From Scouts' points of view, troop meetings are chances for them to get together with their friends for fun and adventure. For Scoutmasters, meetings offer many avenues to encourage Scouts to learn, to advance, and to improve themselves.
- **Strengthening patrols.** Patrols have opportunities at troop meetings to meet together, to learn as a team, and to share what they know. Whether they serve as the honor guard during an opening flag ceremony, as the presenters of a Scouting skill, or as the organizers of a game or activity, every patrol can contribute to every troop meeting.
- **Learning and practicing Scouting skills.** A portion of a troop meeting may be devoted to the demonstration and practice of skills that will enhance Scouts' ability to hike and camp, and to pass requirements for higher ranks.
- **Exercising leadership.** The troop's youth leaders take leading roles in planning, conducting, and assisting the success of troop meetings. Leadership is a skill that can be learned only by experience, and troop meetings serve as regular occasions for that to happen.
- **Promoting Scout spirit.** Troop meetings offer ideal settings for patrols to take part in contests and competitions that test their expertise and their abilities to cooperate with one another.

Most troops have a troop meeting or activity every week. Meetings should occur at the same time every week to help boys and their families schedule effectively. If a troop has camped all weekend, the patrol leaders' council may decide to forego the meeting the following week. Most troop meetings occur on week-nights and should not last longer than 90 minutes to get boys home in time for homework and adequate rest. Troop meetings should not always be held at the same place. For example, now and then a troop may meet at a fire station or police headquarters so the members can learn about how their town is protected on a summer evening, they might gather at a local pool to pass some of the swimming requirements for a rank or merit badge.

Weekly troop meetings should be fun and full of action and excitement. They can be opportunities to learn new skills and plan future activities and service projects. Aside from the Scoutmaster's Minute, the content and conduct of each section of a troop meeting is the responsibility of the Scouts themselves.

Planning a Troop Meeting

Responsibility for the conduct and content of a troop meeting falls to the scouts themselves. Troop meetings are planned well in advance by the senior patrol leader and the patrol leaders' council.

Each troop meeting should have been planned the previous month at the meeting of the patrol leaders' council. The senior patrol leader will have assigned patrols and individuals to take care of portions of a meeting, giving as many Scouts as possible the chance to contribute. The seven-part troop meeting plan provides the framework for efficient, well-run meetings.

The Seven Parts of a Troop meeting

The seven-part plan for troop meetings is an important guide, but use flexibly. The times noted in the plan are suggestions only and can vary to fit various situations. For example, the troop may be getting ready for a campout. The usual amount of time set aside for patrol meetings might be expanded to allow Scouts time to complete their patrol camping preparations. A troop nearing the date of a district camporee may devote extra time to skills instructions so that everyone will be ready for activities

involving the theme of the camporee, and the interpatrol activity can include an extended competition that also focuses on the key skills.

When the minutes allotted to one part of the troop meeting plan increase, consider shortening other portions of the plan. Every troop meeting should be interesting and useful, and it should begin and end on time.

1.The Preopening

As Scouts begin to arrive for a troop meeting, a patrol leader or an older Scout assigned by the senior patrol leader should get them involved in a preopening game or project designed so that additional Scouts can join as they show up. The preopening is often well-suited for the outdoors. Those in charge of the preopening activity should be ready to start about 15 minutes before the scheduled beginning of the meeting. Varying the activities from week to week will keep the preopening fresh.

Scouts whose patrol has been assigned to serve that week as the service patrol should use the preopening time to prepare for the troop meeting. The meeting room may need to be rearranged, chairs set up, flags displayed, and other preparations completed before the meeting can begin.

2. The Opening (5 minutes)

Call the meeting to order on time, instructing Scouts to line up in formation by patrol. The patrol responsible for the opening ceremony may conduct a flag ceremony and then lead the troop members in the Scout Oath and Law and the Pledge of Allegiance.

3.Skills Instruction (15 to 20 minutes)

This portion of the meeting is devoted to the mastery of knowledge that Scouts need to participate fully in an upcoming activity, or upon skills they must learn to complete advancement requirements.

The skills to be taught at each meeting will have been determined in advance by the patrol leader's council. Often the skills will relate directly to the month's program plan for troop activities. Instruction should be hands-on learning rather than lecturing. All skill instruction should follow a simple process called the Teaching EDGE. First the skill is explained, then demonstrated. Then the learner is guided as he tries the skill. Enabling, the last E in EDGE, means creating an environment for the trainee to continue to be successful (like providing an opportunity to practice and use the skill).

Those who may be effective in teaching skills are the troop guide, instructors, junior assistant Scoutmasters, assistant Scoutmasters, and members of the troop committee. Older Scouts and members of the Venture patrol also can be effective instructors, though at most meetings they will be involved in their own activities.

Whenever possible, troop skills instructions should be divided into three levels:

- Basic Scouting skills instruction for the new Scouts

- Advanced instruction for the experienced Scouts
- Expert instruction for the Venture patrol

Each instructional area should be separated from the others so there are no distractions.

4. Patrol Meetings (5 to 20 minutes)

End skills instruction on time and ask patrols to go their patrol areas for their patrol meeting. Patrol leaders will take charge of the patrols.

Matters to be dealt with during a patrol meeting include taking attendance, collecting dues, planning the patrol's involvement in upcoming troop activities, selecting menus for hikes and campouts, assigning patrol members to specific tasks, and working out any other details for the smooth operation of the patrol.

Circulate among the patrol meetings and be ready to serve as a resource if a patrol leader asks for your assistance. If you notice that patrols have completed their work, call the patrols back together and move on to the next part of the troop meeting.

5. Interpatrol Activity (15 to 20 minutes)

You or someone appointed by you can lead this opportunity for the patrols to interact with one another in a competitive or cooperative effort. The activity might be a game that will test the skills the Scouts are learning for an upcoming activity like pitching tents or tying knots, for example. Troop Program Resources has a wealth of games that foster friendly teamwork and competition,. The BSA manual Project COPE, No. 34371, also contains many appropriate games and challenges.

6. Closing - Scoutmaster's Minute (5 minutes)

The closing of a meeting is the Scoutmaster's opportunity to step forward. Ask everyone to sit quietly, then turn the meeting over to the Scoutmaster for reminders and announcements about upcoming events, and support of the patrols for their achievements and progress.

The highlight of the closing will be the Scoutmaster's Minute, a brief message built on one of Scouting's values. As the concluding thought of a troop meeting, the Scoutmaster Minute is a message each person can carry home.

7. The "After the Meeting" Meeting (5 minutes)

Ask members of the patrol leaders' council to stay a few moments after the closing to discuss with you and the Scoutmaster the quality of the just-concluded meeting. Offer praise for portions of the meeting that went well, and talk about ways that future troop meetings can be improved. Make a few written notes so that suggestions can be explored more fully at the next patrol leader's council meeting.

Here are some questions to ask:

- What should we start doing that would make the meeting better?
- What should we stop doing that didn't work for us or got in the way?
- What should we continue doing that worked well for us? This is an important question because it helps us identify our strengths.

Finally, review the troop meeting plan for the next meeting and make sure that everyone who will have a role is aware of the assignment and is prepared to do a good job.

While the patrol leader's council is reviewing the meeting, the service patrol can put away troop gear and return the meeting room to order.

Troop Meeting Plan :

Date:

ACTIVITY	DESCRIPTION	RUN BY	TIME
Pre opening			
The Opening ceremony			
Skills Instruction			
Patrol Meetings			
Inter Patrol Activity			
Closing		S.M.	
After the Meeting			

9. Scouting is Outing

Scouting is outing but Scouting is not just an outing club or another activity.

Scouting is aimed at “preparing young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law”. We do this by applying the methods of Scouting.

Frankly all this would be a whole lot easier if we were just an outing club. Adults can plan an outing and make the reservations in a half an hour – piece of cake. We can lead, instruct and do pretty darn good at it.

Adults can certainly do it more thoroughly and efficiently than that most barometric and unpredictable of creatures – the Scout-aged boy.

But if we do we aren't Scouting anymore – we're just running another activity.

Scouting places all of this responsibility squarely in the hands of inexperienced, sometimes unreliable Scouts and gets us to stand back and watch what happens.

PRATHAMA SOPAN

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1	LOOKING AFTER YOURSELF: a) Be able to tell correctly “your duties at home”. b) Be able to make your bed. c) Know the health rules regarding personal cleanliness d) Learn B.P. six exercises and practice Yoga / Asana / Surya Namashkar. e) Stitch a button f) Clean / Polish canvas / leather shoes. g) Make a personal first aid kit and know its contents	
2	DISCIPLINE: a) learn about your Patrol, its Flag, Yell, Song, Cry, Patrol Corner, Patrol Call and participate in Patrol in Council b) learn & Practice Hand & Whistle Signals. c) Foot Drill : Savdhan, Vishram, Aramse, Dahiney, Bayen & Pichey Mud. d) Participate in a Troop & Patrol game.	
3	ROPE WORK: a) Whip the end of a rope b) Tie & demonstrate the use of the following knots : Reef knot, sheet bend, clove hitch, bowline, sheep shank, fisherman knot, round turn & two half hitches c) Tie and demonstrate Sheer Lashing Mark I and Mark II d) Make a gadget or handicraft useful at home.	
4	SERVICE : a) Undertake a Troop Service Project b) Golden rules of First Aid c) Deal with simple Cuts, Burns & Bleeding from the nose. d) Undertake household responsibilities like cooking, water storage, hospitality, cleanliness etc with the help of parents for a week e) Participate in the following activities i) Discuss with S.M. and render some service involving any of the points of Scout law ii) Undertake a nature study project. (or) Visit a village panchayat samiti/ block development/ Municipality / municipal corporation office and learn about the service.	
5	COMMUNICATION: Be able to use PCO & Mobile Phone and be acquainted with some of the facilities available on it	
6	OUT OF DOORS: a) Know the simple wood craft signs b) Know and practice Road Safety Rules for Pedestrians. c) Participate in a Nature Study Trail	

1. LOOKING AFTER YOURSELF:

Duties at Home:

1. Participates (imperfectly) in household tasks as interested, usually not yet completing the task. May attempt to sweep, mop, wipe table, set table, vacuum, etc.
2. Participates more and more in dressing self
3. Washing clothes.
4. Feeds himself independently
5. Pick up toys as finished and put in proper place
6. Put books and magazines in a rack.
7. Sweep the floor or sidewalk with a small broom, use dustpan with help.
8. Clean up what they drop after eating. Clean up spills.
9. Clear dish from the table, scrapes leftovers, loads dishwasher, helps wash dishes.
10. Independently uses the bathroom, washes hands, brushes teeth and hair.
11. Help with grocery list and shopping.
12. Assists with work in yard and garden.
13. Tell parent his whereabouts before going out to play.
14. Wash and polish vehicles at home.
15. Help with meal planning and grocery shopping.
16. Participates in simple food preparation, such as slicing soft foods, peeling, and spreading. Prepare food and learn simple recipes.
17. Make own bed and straighten room.
18. Choose clothing the night before, dresses self.
19. Polish shoes and clean up after.
20. Attends to personal hygiene.
21. Fold clothes and puts them away.
22. Answer the phone properly.
23. Feed pets and clean their living area.
24. Care for own belongings.
25. Earn money for special jobs, perhaps receive an allowance.
26. Beginning money management: saving, giving, spending.
27. Increasing thoughtfulness toward others, appropriate manners.
28. Participate in family budgeting.
29. Help with home repair and maintenance.
30. Maintain respectful family relationships.
31. Take on greater responsibility for his life and choices, gaining independence while maintaining safety and communication with parents.

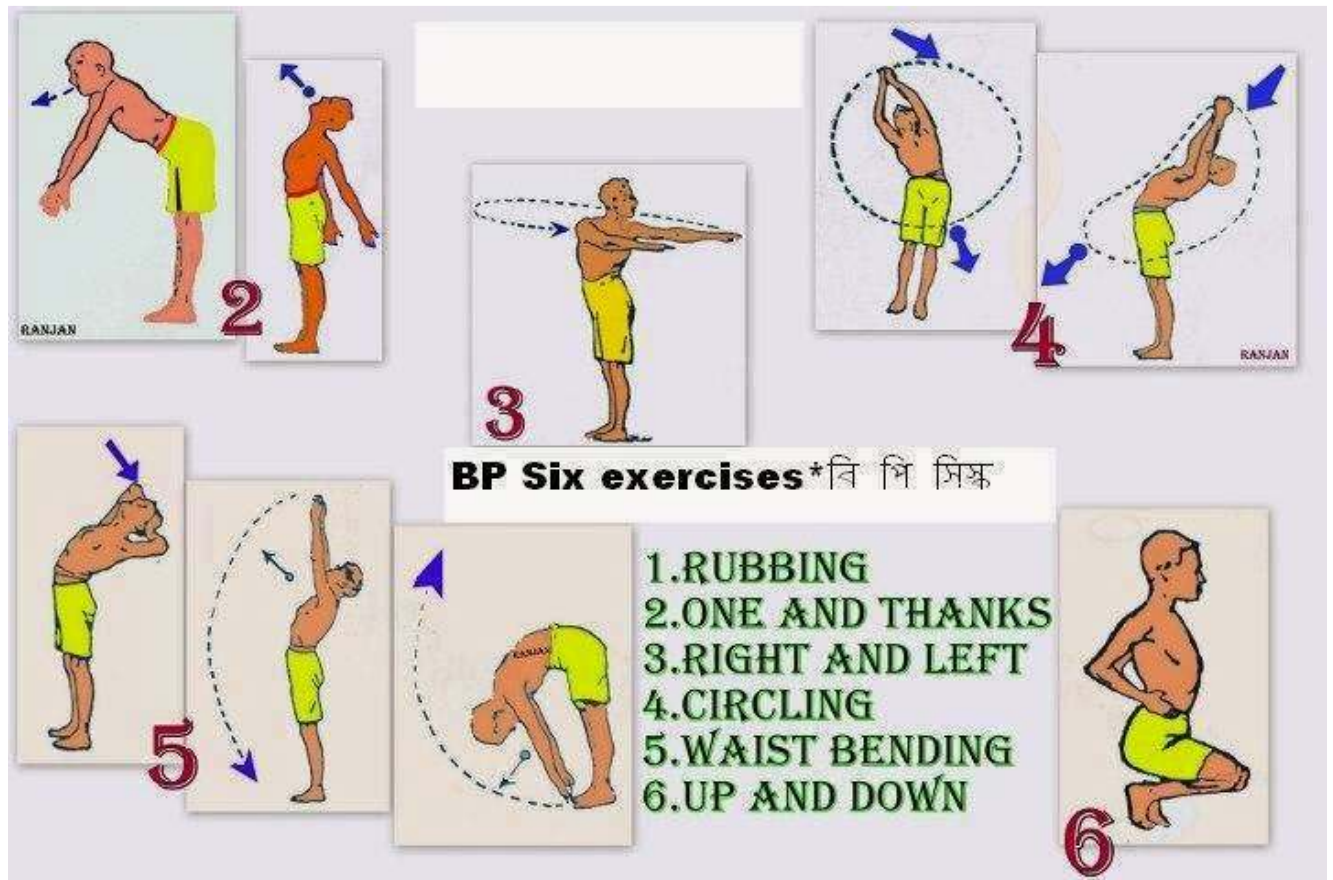
Making Your Bed

1. **Clear the bed.**
2. **Put the fitted sheet on.**
3. **Put the top sheet on.**
4. **tuck the end of the top sheet between the mattress and box springs at the foot of the bed.**
5. **Place the duvet or comforter on top.**
6. **Fold the top sheet and duvet down.**
7. **Fluff the pillows.**
8. **Add the finishing touches.**

Health rules regarding personal cleanliness:

- washing the body often. If possible, everybody should have a shower or a bath every day. However, there may be times when this is not possible, for example, when people are out camping or there is a shortage of water
- If this happens, a swim or a wash all over the body with a wet sponge or cloth will do
- cleaning the teeth at least once a day. Brushing the teeth after each meal is the best way of making sure that gum disease and tooth decay are avoided. It is very important to clean teeth after breakfast and immediately before going to bed
- washing the hair with soap or shampoo at least once a week
- washing hands with soap after going to the toilet
- washing hands with soap before preparing and/or eating food. During normal daily activities, such as working and playing, disease causing germs may get onto the hands and under the nails. If the germs are not washed off before preparing food or eating, they may get onto the food
- changing into clean clothes. Dirty clothes should be washed with laundry soap before wearing them again
- hanging clothes in the sun to dry. The sun's rays will kill some disease-causing germs and parasites
- turning away from other people and covering the nose and mouth with a tissue or the hand when coughing or sneezing. If this is not done, droplets of liquid containing germs from the nose and mouth will be spread in the air and other people can breathe them in, or the droplets can get onto food
- **Clip your fingernails and toenails regularly.**
- **Don't share razors, towels, or makeup with other people.**

B.P. SIX EXERCISES:



I EXERCISE

For the Head: Rub the head and face, firmly over several times with the palms and fingers of both hands. Thumb the muscles of the neck and throat.

Repeat 12 times

II EXERCISE

For the Chest: From upright position bend to the front, arms stretched downwards, with back of the hands together in front of the knees. Breathe out. Raise the hand gradually over the head and lean back as far as possible, drawing a deep breath through the nose as you do. Lower the arms gradually to the sides, breathing out the word "Thanks" through the mouth. Lastly, bend forward again, breathing out the last bit of breath in you, and saying the number of times you have done it in order to keep count. Repeat 12 times

III EXERCISE

For the Stomach: Standing upright, send out both arms, fingers extended, straight to the front, then slowly swing round to the right from the hips without moving the feet, and point the right arms as far round behind you as you can, keeping both arms level with, or a little higher than, the shoulders. Then, after a pause, swing slowly round as far as you can to the left. Breathe in when pointing to the left. "Body twisting".

Breathe out when pointing to the right. Repeat six times, change the breathing to the other side and repeat six times. Repeat 12 times

IV EXERCISE

For the Trunk: This is also called the "Cone Exercise". Standing at "Attention" position, raise both hands, as high as possible over the head, and link fingers. Lean backwards, and then sway the arms very slowly round in the direction of a cone, so that the hands make a wide circle above and around the body, the body turning from the hips, and leaning over one side. Then to the front, then to the other side, and then back.

After completing the circle, start in the opposite direction. Repeat six times both ways. Breathe in when leaning backward and breathe out when leaning forward.

Repeat 12 times

V EXERCISE

For Lower Body and Back of Legs: Stand with feet slightly apart, touch your head with both hands and look up into the sky, leaning back as far as you can, and then bend forward and downward till your fingers touch your toes, without bending your knees.

Repeat 12 times.

VI EXERCISE

For Legs, Feet and Toes: Stand in 'Attention' position, put the hands on the hips, stand on tip-toe, turn the knees outwards, and bend them slowly down to a squatting position, keeping the heels off the ground the whole time. Then gradually raise the body and come to the first position again.

Repeat this 12 times. Breathe in as body rises and breathe out as the body sinks.

Stitch a button:

Pull the thread all the way through until the knot snugs against the underside of the fabric.

Use a fingertip to keep the button in its place. Turn the needle around and push it back down through the hole opposite the one you came up from. Push it all the way through and tug the thread tight.

Clean / Polish Shoes:

There are a lot of opinions when it comes to the best way to shine a shoe. Everyone has their own unique twist from using spit to using a lighter to burn the top coat of polish (cool, although potentially dangerous). The process below is a simple one that I have used for many years and it has worked fine for me and many of my military peers.

Step 1: Find an old towel or newspaper to spread over the area you will be working on. Shoe polish has an uncanny ability to get smeared everywhere even when you're being extremely careful...and it's really hard to get out of carpet.

Step 2: Clean the dust and dirt off your boots with a horsehair shine brush or damp rag. If you must get your boots a little wet to clean them off, allow them time to dry before applying the polish.

Step 3: Cover the entire shoe with a generous amount of polish, using your shoe polish brush. The polish I'm using is black Kiwi Shoe Polish, but *be sure to match the color of the polish to your shoe as closely as possible*. Make sure you get down in the seams of the shoe and attempt to cover evenly with polish. Allow 15 minutes for the polish to dry.

Step 4: Brush the entire shoe vigorously using the horsehair shine brush. The point of this is to basically brush off all the excess polish, leaving only a small film on the outside of the shoe.

Step 5: Once you feel comfortable that the entire shoe has been covered and brushed it is time to **focus on the toe and heel for extra shine**. Dip a cotton ball or pad into some water and squeeze out any excess moisture so it is damp, not dripping. Then get a little polish on the damp cotton. Next apply the polish on the toe and heel of the shoe using small circular motions. Sit back, this is going to take a while.

Step 6: Repeat Step 5 until you are satisfied with the level of shine. Remember to use a new piece of cotton each time and to remove all excess polish before applying a new coating. Also, the initial shine is the hardest, it should get a bit easier each time you do it. These boots were fairly new and this was my first time giving them a good shine. From start to finish, it took me approximately 45 minutes to get them to the state shown below. Most of this was spent with the cotton pads shining the toe and heel. If I were to come back in a couple weeks it would take me half the time to do the same job.

First Aid Kit Contents List

The first aid kit contents should consist of all the basic essentials needed to treat an injury. Prepare a first aid kit contents list and cross check it with a medical practitioner. Visit the local drug store and buy proper quantity of requirements according to the first aid kit contents list. The following first aid kits contents should be present in your kit.

- Bar of soap
- 2-inch roller bandage
- 1-inch roller bandage
- 1-inch adhesive

- 3-by-3-inch sterile pads
- Triangular bandage
- Assorted gauze pads
- Adhesive strips
- Oral thermometer
- Scissors
- Tweezers
- Sunburn lotion
- Lip salve
- Poison-ivy lotion
- Small flashlight (with extra batteries and bulb)
- Absorbent cotton
- Iodine tablets
- Safety pins
- Needles
- Paper cups
- Foot powder
- Instant ice packs
- Insect repellent
- Insect sting swabs
- Matches
- Oil of Cloves
- Hot-water bottle
- Alcohol wipes
- Acetaminophen and Ibuprofen
- Gloves
- 1 blanket (space blanket)
- 1 blanket (space blanket)
- Antibiotic Cream
- Antiseptic solution (like hydrogen peroxide)
- Antiseptic solution (like hydrogen peroxide)
- First aid instruction booklet
- List of emergency phone numbers

The main aim of first aid can be summarised in three key points:

- **Preserve life** – the overriding aim of all medical care, including first aid, is to save lives
- **Prevent further harm** – also sometimes called **prevent the condition from worsening**, this covers both external factors, such as moving a patient away from any cause of harm, and applying first aid techniques to prevent worsening of the condition, such as applying pressure to stop a bleed becoming dangerous.
- **Promote recovery** – first aid also involves trying to start the recovery process from the illness or injury, and in some cases might involve completing a treatment, such as in the case of applying a plaster to a small wound

2. DISCIPLINE:



PATROL

It is a method of training in leadership and in discipline by which scouts are put into permanent teams under their own leaders. It is a system of learning by doing and it can show concrete principles working in practice. Each patrol shall bear the name of a flower chosen in consultation with the patrol in council and every member of the patrol shall wear the emblem of the patrol on the uniform.

PATROL FLAG

Each patrol has a flag that display the emblem of the patrol. The patrol flag is the triangular shape, white in colour with emblem in red colour. The length of the base is 20 cm and sides 30 cm each. The best type of flag is the one which has been designed and made by the patrol it self.

PATROL SONG

Make up a short catching song with your patrol. It will not only adjust to your patrol activities, but bring all of you closer still and increase the patrol spirit.

PATROL CORNER

Generally patrol corner means two things one is the time given to patrol activities during the company meetings. The other one means the physical place that is located to the patrol in the meeting place.

PATROL CALL

Every Scout Patrol has its own distinctive Patrol call. If your Patrol has picked the name of an animal or bird, your call, naturally, is the call or cry of that animal or bird.

If you have picked some other kind of a name, you'll need to choose an animal or bird call to go with it. Indians usually had such tribal calls, and many explorers use them.

The Patrol call is given by the Patrol Leader to get the gang together. Besides, it is used by a member of the Patrol to let the others know where he is without telling the rest of the world.

If you're a member of the Owl Patrol, for example, you'll make the hoot of the owl in such a lifelike manner that the ordinary person will think it comes from a real owl-while your boys, on the other hand, will recognize the hoot as the Patrol call and will know where to look for you.

Get someone who is good at imitating animal and bird calls to teach the call to your whole Patrol- whether the grunt of a bear, the clap of a beaver's tail, the bellow of a bison, the scream of eagle or hawk, the bark of a fox, the caw of a raven, or whatever it is.

As soon as a new boy joins the Patrol, get him to learn the call as quickly as possible.

It is a rule in Scouting that a Scout makes his own call only and never uses the call of another Patrol for any purpose whatever.

PATROL YELL

Did you ever attend a college football game? If you did, you'll remember the way the college boys cheered their teams with thundering yells. Did you see what effect that cheering had on the players? It made them want to do their best for their Alma Mater.

The same kind of cheering works in a Patrol. A good yell puts pep into the gang and builds team spirit. So make up your own and practice it until the fellows put everything they've got into it.

Patrol-in-council

When a Patrol gets together to discuss and take decisions (what they want to do, how much to be paid as subs should be, where they would like to camp, etc) it is called a Patrol-in-Council.

There shall be a Patrol-in-Council for every Patrol. The Patrol-in-Council shall consist of all members of the Patrol. Patrol Leader shall be the Chairman. The Patrol-in-Council shall deal with all affairs of the Patrol.

Court-of-Honor

There shall be a Court-of-Honor for every Troop. The Court-of-Honor shall consist of Troop Leader, Asst. Troop Leader and Patrol Leader; Seconds may be admitted as members of the Court-of-Honor except when matters of discipline are dealt with. Troop Leader, Asst. Troop Leader or one of the Patrol Leaders elected shall function as the Chairman and one of the members elected shall function as Secretary. The Court-of-Honor shall plan the activities and deal with internal matters of the Troop and also matters of finance and discipline. The Scoutmaster and Assistant Scoutmaster shall act as advisers.

Whistle Signals

When a Scoutmaster wants to call the Troop together he whistles "The Scout Call", or uses a special Troop call.

Patrol Leaders thereupon call together their Patrols by giving their Patrol call. Then they take their Patrol "at the double" to the Scoutmaster.

Here are some whistle signals for Scout wide games.

1. _ One long blast means "Silence", "Alert"; "Look out for my next signal".
2. _ _ _ A succession of long, slow blasts means "Go out", "Get farther away", or "Advance", "Extend," "Scatter".
3. ooooo A succession of short, sharp blasts means "Rally", "Close in", "Come together", "Fall in".

4. o_o_ A succession of short and long blasts alternately means "Alarm", "Look out", "Be ready", "Man your alarm posts".
5. ooo_ Three short blasts followed by one long one from the Scoutmaster calls up the Patrol Leaders-i.e., "Leaders come here".

Any signal must be instantly obeyed at the double as fast as you can run-no matter what other job you may be doing at the time.

Hand Signals

Hand Signals-which can also be made by Patrol Leaders with their Patrol flags when necessary.

Hand waved several times across the face from side to side, or flag waved horizontally from side to side opposite the face means "No", "Never mind", "As you were".

Hand or flag held high, and waved very slowly from side to side, at full extent of arm means "Extend", "Go farther out", "Scatter".

Hand or flag held high, and waved quickly from side to side at full extent of arm means "Close in", "Rally", "Come here".

Hand or flag pointing in any direction, means "Go in that direction".

Clenched hand or flag jumped rapidly up and down several times means "Run".

Hand or flag held straight up over head, means "Stop", "Halt".

Foot Drill:

Savdhan:

Vishram :

Aramse :

Dahiney Mud :

Bayen Mud :

Pichey Mud :

Participate in a Troop & Patrol Game :

Scouts & Guides play wide games for fun & Adventure. Wide game is played over a wide area may be woody, hilly and rough. The players develop various qualities such as fearlessness, intelligence, planning, reasoning, observation, organizing etc. they also learn how to lead and how to be good followers. When on a hike or camp never miss the opportunity to play a wide game. The scouts and guides should describe when, where, how they played such wide games. How they enjoyed the fun & Adventure through such game .

3. ROPE WORK

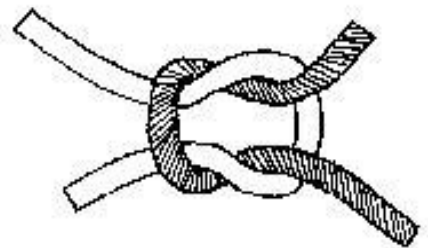
Whipping:

Whipping the end of a rope will make it look nicer and keep it from unravelling. This will help the rope to last longer.

1. Cut a piece of twine about 12 inches long for each end of the rope.
2. Make a loop of the twine, and lay the portion of the loop along side the end of the rope, with one end of the twine extending past the end of the rope.
3. Holding one side of the loop, start wrapping the loop around the end of the rope about a half inch back. Wrap the twine around the end of the rope about 10 or 12 times.
4. Pull the two ends of the twine. This should pull the twine tight and secure.
5. Trim ends of the twine.
6. Repeat for other end of rope

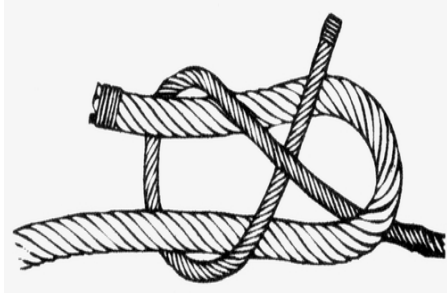
Reef Knot

- An excellent general purpose knot for tying two pieces of string or twine together, the reef knot is possibly the most commonly used knot for the job, and is easy to learn. However, it cannot be overly stressed that the Reef knot is not a long term or secure knot, and it should only be used to finish parcels or bindings. In other cases, use a more secure method of bending two ropes together, such as a Sheetbend, a Double Sheetbend, or a Fisherman's Knot.
- Unfortunately, the Reef knot can easily change into a slipping Lark's Head, so it should never be used where life or limb are at risk.
- Holding one end of each rope in each hand, pass the left rope over the right, and tuck under. Then pass the same rope, now in the right hand, over the left rope, and tuck under.
- It is common to chant "Left over Right and Under, Right over Left and Under" when tying the knot. (This can also be performed as "Right over Left and Under, Left over Right and Under".)
- The reef knot can easily be undone by gripping one loose end, and pulling it back over the knot, in the opposite direction, thus straightening the rope which is pulled. The other rope forms a Lark's Head knot, and slips off the tugged rope.
- The knot gets its name from its use on sailing ships, when the sails were "reefed" – rolled up and tied to the cross spar with a reef knot. To release the sail, the sailors would climb the rigging, and work their way along the cross spar, pulling the top end of the reef knot down. They only had to use one hand, holding on with the other. The weight of the sail would cause the reef knot to slip, and the sail would be released.



1. Tip. If you want to tie two ropes together of similar thickness then never use a Reef knot. Only use it with string and twine when tying parcels, whippings and bindings.
2. Tip. Never use this knot to join ropes of two different thicknesses.

Sheet Bend (Flag Bend, Common Bend)



- The Sheetbend is commonly used to tie two ropes of unequal thickness together. The thicker rope of the two is used to form a bight, and the thinner rope is passed up through the bight, around the back of the bight, and then tucked under itself.
- The knot should be tied with both ends coming off the same side of the bend, as illustrated here. However it can easily be accidentally tied with the ends coming off opposite sides of the bend, when it is known as the Left Handed Sheet Bend. The Left Handed Sheet Bend is to be avoided as it is less secure.

Tip. If the ropes are of very unequal thickness, or placed under a lot of tension, use a Double Sheetbend.

Clove Hitch:

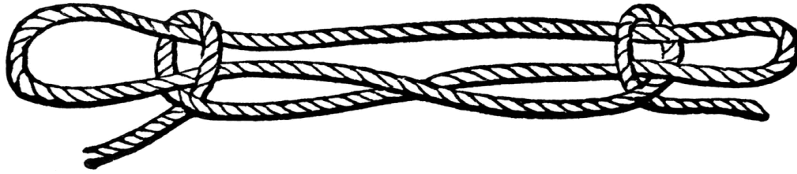
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- Use to attach a rope to a pole, this knot provide a quick and secure result. It rarely jams, and can in fact suffer from the hitch unrolling under tension if the pole can turn. Often used to start and finish lashings.
 - With practice, this can be easily tied with one hand – especially useful for sailors!
1. Tip. If you are in a situation where the clove hitch may unroll, add a couple of half hitches with the running end to the standing end of the knot, turning it into a “Clove Hitch and Two Half Hitches”!
 2. Tip. When pioneering, use the Round turn and two half hitches to start and finish your lashings instead of the Clove Hitch. It won’t unroll, and is easier to finish tying off. It just does not look so neat!

Sheepshank:

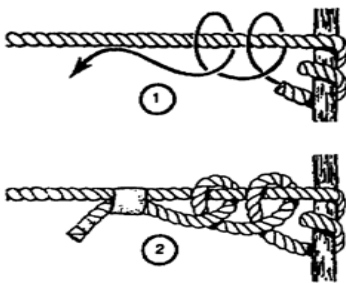
- The Sheepshank is a shortening knot, which enables a rope to be shortened non-destructively.
- The knot is only really secure under tension, it will fall apart when slack. (See tip below.)



-

 1. Tip. Use up to five half hitches each end of the Sheepshank to make the knot more secure, and for fine tuning the shortening.
 2. Tip. Never cut ropes to shorten them! Always use a shortening knot such as the Sheepshank, or coil the excess.

Round turn and two half hitches



- Used to secure a rope to a pole, or to start or finish a lashing. Pass the running end of the rope over the pole twice. Then pass the running end over the standing part of rope, and tuck it back up and under itself, forming a half hitch. Repeat this for a second half hitch.
- This knot has a redeeming feature – it rarely jams!

Tip. Superior to a Clove Hitch for starting and finishing a lashing as the half hitches prevent this knot from unrolling, as they have the effect of locking the knot. The Clove Hitch looks neater (!) but it has a tendency to unroll, and can be difficult to tie tightly when tying off.

Fisherman's knot (Angler's knot, English knot, Englishman's bend, Halibut knot, True Lover's bend, Waterman's knot)

- The Fisherman's knot is used to tie two ropes of equal thickness together. It is used by fishermen to join fishing line, and is very effective with small diameter strings and twines.
- Tie a Thumb knot, in the running end of the first rope around the second rope. Then tie a thumb knot in the second rope, around the first rope. Note the Thumb knots are tied such they lie snugly against each other when the standing ends are pulled.

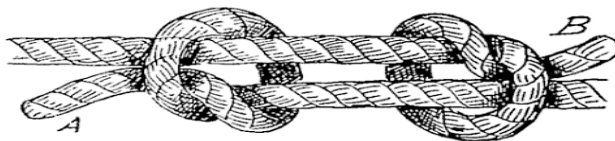


FIG. 17.—Fisherman's knot (making).

Tip: When tying knots in monofilament line, moisten the line before pulling the knot tight. This helps to stop the line heating up with friction, which weakens it.

Bowline :

- A commonly used knot to tie a loop in the end of a rope. It has the advantage of not jamming, compared to some other loop forming knots (for example when using an overhand knot on a large bight to form a loop).
 - Form a small loop (the direction is important), and pass the free end of the knot up through the loop, around behind the standing part of the rope, and back down through the loop.
 - A chant used by many to remember this knot is “The rabbit comes out of the hole, round the tree, and back down the hole again”, where the hole is the small loop, and the rabbit is the running end of the rope.
 - In the same way that a Left Handed Sheet bend is a Sheet bend that has the running end of the rope coming out of the wrong side of the knot, a cowboy bowline is a bowline that also has the running end of the rope coming out of the wrong side of the knot. It suffers the same problems as the left handed sheet bend.
-
- Tip. Don't be afraid to use this knot to form a loop of any size in rope.
 - Tip. To quickly identify if you have tied the Bowline normal or left handed, check to see that the running end exits the knot on the inside of the loop.
 - Tip. For added security, finish the knot with a stop knot such as a Figure of Eight knot to remove any possibility of the Bowline slipping.
 - Tip. If you use this knot in a man carrying situation – perhaps a rescue where a harness is unavailable – then you MUST use a stop knot as mentioned above.



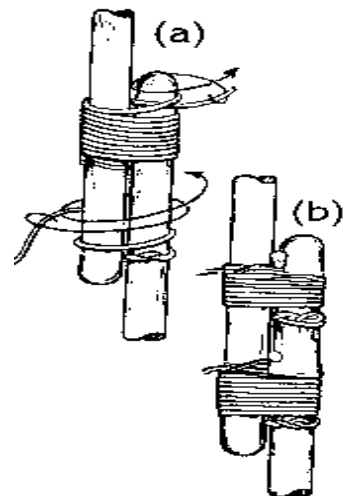
Sheer lashing

A sheer lashing can be used singly or in pairs . . .

For joining two spars to increase the overall length eg when making a flag pole -

It is important to have a good overlap of spars - between a quarter and a third of their length.

- Start with a clove hitch or timber hitch round one of the spars near the end of the overlap.
- Wrap the rope neatly and tightly round both spars for 8 - 10 turns (a)
- Finish with a clove hitch round the second spar
- Add a second lashing at the other end of the overlap so that no movement is possible (b)

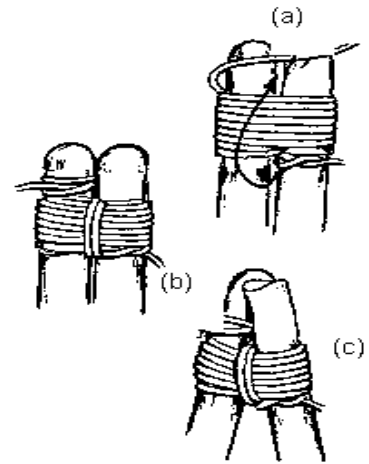


- To tighten further, add small wedges between the spars next to the lashings

For sheer legs, where the spars are opened to form an inverted 'V'.

Line up the ends of the spars

- Start with a timber hitch or clove hitch round one spar
- Continue with 8 to 10 turns round both spars - these turns should be neat and firm but not too tight.
- Do three frapping turns and finish with a clove hitch on the second spar (a) and (b).



The lashing tightens as the sheer legs are opened which is why the first turns round the spars should not be too tight or it will not be possible to open the legs as required (c).

4. SERVICE:

Troop Service Project :

GOLDEN RULES OF FIRST AID:

1. Do first things first quickly, quietly and without fuss or panic.
2. Give artificial respiration if breathing has stopped-every second counts.
3. Stop any bleeding.
4. Guard against or treat for shock by moving the casualty as little as possible and handling him gently.
5. Do not attempt too much-do the minimum that is essential to save life and prevent the condition from worsening.
6. Reassure the casualty and those around and so help to lessen anxiety.
7. Do not allow people to crowd round as fresh air is essential.
8. Do not remove clothes unnecessarily.
9. Arrange for the removal of the casualty to the care of a Doctor or hospital soon as possible

Deal with Cuts and Scrapes

Follow these steps to keep cuts clean and prevent infections and scars.

- **Wash your hands.** First, wash up with soap and water so you don't get bacteria into the cut and cause an infection. If you're on the go, use hand sanitizer.
- **Stop the bleeding.** Put pressure on the cut with a gauze pad or clean cloth. Keep the pressure on for a few minutes.
- **Clean the wound.** Once you've stopped the bleeding, rinse the cut under cool running water or use a saline wound wash. Clean the area around the wound with soap and a wet washcloth. Don't get soap in the cut, because it can irritate the [skin](#). And don't use [hydrogen peroxide](#) or iodine, which could irritate the cut.
- **Remove any dirt or debris.** Use a pair of tweezers cleaned with alcohol to gently pick out any dirt, gravel, glass, or other material in the cut.
-

Deal with Burns:

Act Fast: Immediately hold under cool running water or apply a cold, wet towel until the pain subsides. Cover any small blisters with a loose bandage or gauze and tape; call a doctor as soon as possible if burns are on the face, hands, or genitals, or if they're larger than 1/4 inch anywhere on the body. If the burn looks deep -- the skin may be white or brown and dry -- go to the E.R. For a burn covering a tenth of the body or more, don't use cold compresses; call 911 and cover the child with a clean sheet or a blanket to prevent hypothermia until help arrives.

Follow-Up Care: Don't pop any blisters yourself. If the skin breaks, apply an anti-biotic cream and cover the area with a bandage or gauze and tape until it's healed. Watch for any redness, swelling, tenderness, or discharge -- all signs of infection.

BLEEDING FROM NOSE-

A nose bleed occurs when a small vein, along the lining of nose, bursts

- Most nosebleeds look scary, but are harmless
- Can be treated at home • Common in children/elderly Causes
- Dryness • Nose picking • Blowing nose with force • Use of medications, like aspirin
- Introducing objects into nose (mostly children) • Injuries • Allergies • Infections • High BP
- Atherosclerosis • Blood-clotting disorders • Use of cocaine Symptoms •

Bleeding from nose • Sometimes bleeding from ears/mouth too Types a. Anterior Nosebleed • Affects lower part of wall that separates nostrils • The wall or septum contains blood vessels • These can be broken by blow to nose/fingernail • The bleeding starts from front of nose • It flows outward when patient is sitting/standing • Occurs during dry season/harsh winter b. Posterior Nosebleed • The bleeding starts deep within the nose • It flows down the back of the mouth & throat • This happens even when the person is sitting/standing • Occurs in old people/those with high BP/injuries • This type of bleeding is severe/ requires medical help

Treatment • If your nose bleeds, • Sit down and lean forward • Using your thumb & index finger, squeeze soft part of nose • This part is between end of nose and the bridge of nose • Continue holding till bleeding stops- • Do not stop in-between • If bleeding continues, hold for another 10 minutes • If the patient is a child, divert attention by TV/Stories • Avoid picking, blowing or rubbing nose for 2 days • Place an ice pack on the bridge of nose Consult a Doctor If, • The bleeding continues for more than 15 minutes • The bleeding is caused by an injury • You get nosebleeds often

Prevention : Keep fingernails short • Quit smoking • Open your mouth while sneezing • Use a humidifier at night in case of dry weather

ADOPT FOR PURPOSE OF KEEPING CLEAN A TEMPLE :

PLACE : Temple of SaiBaba , Nagampet

Purpose : Cleanliness and Maintenance

Work : The whole members of my Patrol along with my Scout Master went and told the priest that we had come on a voluntarily basis. The patrol of 8 members took some brooms and cleaned the whole compound, after which we cleaned the statue of Shirdi SaiBaba. We continued this for a week and distributed 'PRASAD' to people. On the last day, after cleaning the temple we participated in Annual Day of SaiBaba Temple which was being organized there. This gave me immense pleasure as it is the Promise of a Scout 'To do my Duty to God & My Country '. I am also sure that I have succeeded in my task.

Services rendered by Village Panchayat samiti:

A. Licenses / Permissions issued by the Village Panchayat

- 1) Grant of License for Construction/ Reconstruction of any structure:
- 2) Permission for Repairs of House/Structure:
- 3) License for Hotels/ Shops/ Restaurant/ Eating House/ Coffee House/ Sweet Meat Shop/ Bakery/ Boarding etc.
- 4) Permission for construction of factories/ Installation of Machinery.
- 5) License for using any place for Trade, Business or Industry.
- 6) License for places for disposal of Dead Bodies:
- 7) Licensing of Shops:

B. Certificates issued by the Village Panchayat

- 1) Income Certificate:
- 2) Birth / Death Certificate:
- 3) Occupancy Certificate:
- 4) No Dues Certificate:
- 5) Non-Availability of Birth or Death Certificate:
- 6) Residence Certificate:
- 7) Character Certificate:
- 8) Dependency Certificate:
- 9) Poverty Certificate:
- 10) Divergence Certificate:
- 11) Bonafide Fisherman Certificate:
- 12) Occupation Certificate:

C. No Objection Certificates (NOCs) issued by the Village Panchayat

Any person desirous of obtaining the following NOCs may apply to the concerned Village Panchayat. The required NOCs are issued by the Panchayat after taking into consideration objections, if any, from the villagers and verifying the ownership/title documents in respect of the property. All NOCs issued are duly registered in the Register maintained for the purpose and are issued only after passing of a resolution to that effect by the Panchayat

- 1) NOC for Water Connection
- 2) NOC for Electricity Connection
- 3) NOC for House Repair
- 4) NOC for Road Cutting
- 5) NOC for running General Stores
- 6) NOC for running Bar/ Liquor shop
- 7) NOC for Establishment

D. Other Services

1) Correction in Births and Deaths Records.

5. COMMUNICATION :

PCO in India :



In [India](#), manned and automated (coin-operated [payphone](#)) versions of the service are in existence. [BSNL](#), a [public sector](#) corporation, has the largest installation of PCOs in India. Mr. R. L. Dube, a Dept of Telecom officer, introduced concept of PCOs in India. As of 2006 there were about 4.2 million (42 lakh) PCOs operating in India, according to the [Telecom Regulatory Authority of India](#) (TRAI).^[1]

[Private sector](#) operators such as [Reliance Infocomm](#), [Tata Indicom](#), [Hutch](#), [Idea](#) and [Airtel](#) predominantly are prepaid PCO providers and have a moderate number of PCOs in the public landscape.

There are two types of PCOs: landline and wireless. The wireless PCOs use two technologies: CDMA and GSM. Reliance and Tata Indicom are CDMA-based prepaid PCO connection providers. [Airtel](#), [Idea](#) and [Hutch](#) are GSM-based prepaid PCO connection providers. Initially, the Dept of Telecom, and later BSNL, MTNL and Airtel provided fixed landline postpaid PCO connections. BSNL and MTNL also provide prepaid PCOs.

USES OF MOBILE PHONE:

What we use them for most

- | | |
|---------------------------|-------------------------|
| 1. Sending text messages | 6. Making calls |
| 2. Reading text messages | 7. Sending emails |
| 3. Reading emails | 8. Checking the time |
| 4. Surfing the internet | 9. Using the calculator |
| 5. Setting an alarm clock | 10. Checking Facebook |

Making a call is now only the sixth most common **use** for a **mobile phone**, a study has found. Sending and receiving text messages, reading emails, browsing the internet and using the **phone's** alarm clock have all overtaken actual conversation.

Advantages of Mobile Phones

1. They are convenient:

It's great being able to call a friend when you are out and about – without being tied to a land line.

2. They can be life savers.

Taking a mobile phone with you when you go hiking is a basic safety precaution. If you lose your way or get stuck in bad weather, your mobile phone could just save your life.

3. Staying connected.

There is no need to feel lonely when you have a mobile phone in your pocket: just connect with friends via text, FaceTime, voice calls or social media.

4. Fun and games

These days, mobile phones are loaded with all kinds of fun games. We all remember Nokia Snake, but more recently people have got way more into challenging their brains with Sudoku or whiling away the time during a long commute with a game of Candy Crush Saga.

5. Your mobile keeps you informed.

Whether you are searching for that Spanish word you read in the newspaper or reading some articles on a topic close to your heart, mobiles that are connected to the internet are a treasure trove of information.

6. Getting snap happy

Sophisticated cameras mean that you can take professional quality photos on your humble cell phone.

7. Knowing where you are

GPS technology enables you to pinpoint yourself on a map no matter how lost you are. Just fire up your phone to see your position and create a route to your destination.

8. A handy torch

Turn on the flashlight function on your mobile to find your keys in your purse as you step off the bus, or to locate the candles when there's a blackout in your house.

9. A recording device

Record the dawn chorus or your friends singing you happy birthday – all on your mobile phone.

10. A fashion statement

Owning the latest cellphone technology, and decorating it with cute phone covers, is a great way to mark yourself out as a style icon.

Disadvantages of Mobile Phones:

1. Distraction

It's so hard to work when your phone is tempting you to pick it up.

2. Interruption

You're trying to have a romantic date and yet are plagued by incessant calls and texts.

3. Cost

That contract costs, WHAT, now?

4. Dependency

It is easier than you might think to become addicted to your mobile phone, and so dependent on it that you forget to communicate in real life.

5. Isolation

It's ironic, but some people feel that the cellphone (which is designed to keep people connected) can actually drive us further apart. Have you ever seen a group of friends at a restaurant, looking down at their phones instead of each other? That.

6. Security issues

If someone taps in to your data they could steal your identity, pilfer your photos, and erase your contacts list.

7. The temptation to call your ex late at night

No explanation needed here

8. Eyesight issues

Hunching over your phone screen for hours in the dark can strain your eyes.

9. RSI

Tapping constantly at your phone can lead to repetitive strain injury (RSI) in your fingers.

10. Nostalgia

Some of us are just nostalgic for a good old chat on the landline.

Conclusion

Used wisely, a mobile phone can be a lifesaver that enhances your social life.

6. OUT OF DOORS :

WOOD CRAFT SIGNS:

The trail should be one which an observant scout can follow easily, but which an ordinary person would not even see!

- * Make the signs on the right hand side of any track you may be following.
- * The signs should be close to the ground or at least no higher than the knee.
- * They should be regularly spaced.
- * If more than one person is to follow a trail, the earlier ones must not spoil the trail for the others. The last person should destroy the signs when he has finished.
- * The signs need not be large – about as big as your hand
- * Make sure your signs can be recognized as man made. It is surprising how often twigs lying naturally on the ground look like an arrow.

 Road to be followed
 Letter hidden three paces from here
 in the direction of the arrow
 This path not to be followed
 I have gone home

 (Signed) Patrol Leader of the Ravens,
 Fifteenth London troop
 XV
 LH

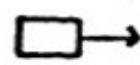
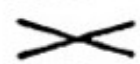
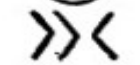
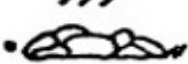



 This is the way




 Turn to
 the right

Scout Signs.

Sign.	Secret Patrol or Troop Sign.	Meaning.
		Road to be followed.
		Letter hidden 3 paces from here in direc- tion of arrow.
		This path not to be followed.
		"I have gone home."
		War or trouble about.
		Peace.
		We camped here be- cause one of us was sick.
		A long way to good water, go in direc- tion of arrow.
		Good water not far in this direction.
		This is good water.
 21 GW.		Signature of Scout No. 4 of the Fox Patrol, 21st Glas- gow.

Shaking a blanket: I want to talk to you.

Hold up a tree-branch: I want to make peace.

Hold up a weapon (axe) means war: I am ready to fight.

Hold up a pole horizontally, with hands on it: I have found something.

Safety Rules for Pedestrians:

The most important safety tip to reduce pedestrian injuries and fatalities is to pay attention. You can significantly reduce your chances of being in a collision with a motor vehicle by obeying traffic rules and being aware of dangers posed by cars in your vicinity. Make eye contact with drivers if possible and make sure that they can see you.

- Where possible, avoid walking next to the kerb with your back to the traffic. If you have to step into the road, look both ways first.
- Wear or carry something light coloured, bright or fluorescent in poor daylight conditions. When it is dark, use reflective materials (e.g. armbands, sashes, waistcoats and jackets), which can be seen, by drivers using headlights, up to three times as far away as non-reflective materials.
- Young children should not be out alone on the pavement or road. When taking children out, walk between them and the traffic and hold their hands firmly. Strap very young children into push-chairs or use reins.
- Always walk on the footpath, they are meant for you. Where there is no footpath, walk in the right side margin of the road so that you can see the traffic coming in the opposite direction.
- Cross roads where there are pedestrian crossings. They have been painted at great cost for your convenience.
- Where there are no pedestrian crossings, watch the traffic on both sides and cross when it is safe.
- You MUST NOT walk on motorways or slip roads except in an emergency.
- Never walk on the main carriageway, it could be fatal.
- Do not read newspapers or look at hoardings while walking on the road.
- Do not greet friends on the road. Take them to the footpath or the side margin.
- Do not come on to the main road while waiting for a bus. Stay on the footpath at earmarked bus stoppage.
- Where there are barriers, cross the road only at the gaps provided for pedestrians. Do not climb over the barriers or walk between them and the road.
- Do not run after a moving bus. Follow safety rules on the road and live long.
- You MUST NOT get on to or hold on to a moving vehicle.
- Don't "Drink and Walk." If you've been drinking, take a cab or a bus, or let someone sober drive you home.
- When walking at night, wear retro any type of crossing you should always check that the traffic has stopped before you start to cross or push a pram onto a crossing . Always cross between the studs or over the zebra markings. Do not cross at the side of the crossing or on the zig-zag lines, as it can be dangerous. You MUST NOT loiter on zebra, pelican or puffin crossings.

Nature Study Trail :

DWITIYA SOPAN

INDEX

S.NO.	TOPIC	PAGE NO.
1	PIONEERING: a) Demonstrate Timber hitch, Rolling hitch, Marline spike / Lever hitch & Figure of Eight knot and their use. b) Tie the following lashings and know their uses : Square and Figure of Eight. c) Demonstrate the uses of hand axe or chopper and know the safety rules and how to keep them sharp. d) Demonstrate the use safety and sharpening of a dagger or a pen knife and the use of a screw driver, pliers and hammer.	
2	FIRE: a) Know different types of fire used in camping outing. b) Lay and light a wood fire in the open with not more than two match sticks.	
3	COOKING: a) Know the working & maintenance of a kerosene, pressure stove or a Gas stove. b) Cook in the open two simple dishes enough for two persons & make tea / coffee. c) Know the safety precautions in case of a gas leak.	
4	COMPASS & MAP: a) Know the sixteen points of a compass. b) Be able to find North by at least two constellations c) Using a Compass know how to find the bearing of various objects from your position. d) Follow a trail laid out using compass bearing & distances. e) Know the terms : Scale, Direction, Conventional signs, Contours & Grid Reference. f) Be able to use a tourist map	
5	FIRST – AID : a) Have knowledge about wounds and know how to deal with Bleeding, Burns and Scalds Sprains, Stings & Bites b) Demonstrate the use of Roller bandages. c) Demonstrate the use of a Triangular Bandage for the Head, Hand, Knee, Foot, Ankle and fracture of Arm. d) Improvise a stretcher	
6	ESTIMATION: a) With the help of improvised apparatus estimate two distances / widths of not more than 100 metres but not less than 30 metres. b) Know the length of your stride / pace and using this, estimate the distance travelled.	

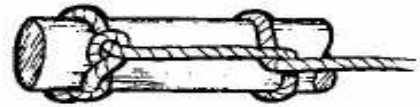
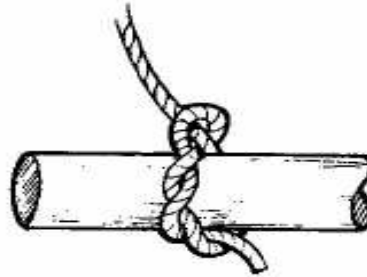
7	OUT OF DOORS: a) Participate in a Troop Wide Game. b) Participate in a Troop Campfire & know at least two folk / patriotic songs & participate in a Patrol skit. c) Know & Practice road safety rules for vehicles. d) Know how to ride a bicycle. e) Visit a factory in the neighbor hood of schools / colleges / residence to understand the manufacturing process of various products and also to respect the dignity of labour.	
8	SERVICE : Complete any one of the following : a) Undertake a development Project in your school in consultation with the head of the institution. b) Participate in a Social Service Camps covering at least for a month. c) Serve in community fair or Mela including preparatory and post event assignments of Mela / fair. d) Participate in an Anti – Litter Campaign with your Patrol and help to clean up an area around your school or headquarters. e) Demonstrate the 3R's of Conservation : Reduce, Recycle & Reuse. f) To form and participate in Self Help Groups. g) Such other sustained activities where Scout skills are made use of.	
9	SENSE TRAINING: Know and play the following Kim's Games: Observation Game, Taste Games, Sound Games, Smelling Games, Touch Games.	
10	Proficiency Badges: 1. 2.	
11	DISCIPLINE: a) Know the various Troop Formations. b) Be able to march three deep with your Troop smartly & in good order. Follow drill commands during marching. c) Participate in four All Faiths Prayer meetings in your Troop	
12	COMMUNICATION : a) Use a computer and know the advantages and disadvantages of mobile phone, internet and their applications in the development of the country. b) Know how to use the internet & access the website of the Bharat Scouts & Guides	
13	PATRIOTISM: Collect information on our heritage and culture and prepare a log.	

1. PIONEERING:

Timber Hitch :

Pass the end of the rope around the pole and then around the standing end. Wrap the end around itself three times and tighten the knot so that the three turns are gripped against the pole.

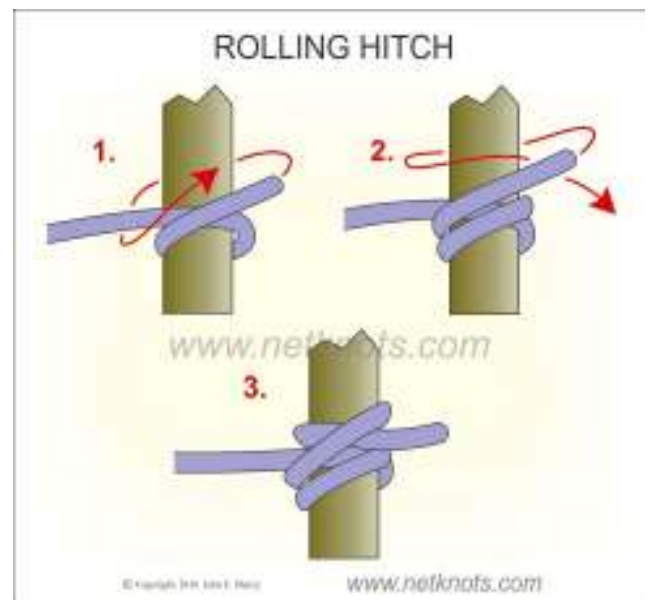
A timber hitch can be used as a temporary knot when you need to drag, tow or lift a log or pole.



Rolling Hitch:

A very secure and easy to tie method of fastening a rope to a post. The knot holds firmly in the direction of standing line. The Rolling Hitch is much more secure than the similar clove hitch when tying a rope to a pole or other object.

1. Wrap the end of a line around an object. Repeat, crossing over the standing line a second time.
2. Wrap a third time around the object but wrap above the standing line so as to not cross over it.
3. Pass the free end under the last wrap and pull tight.

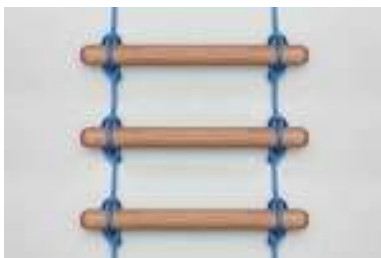


Marlinspike Hitch :



Make a loop and through it tuck a bight of the standing end. Place the loop over the pole and tighten it. With a second rope, tie the same knot at the other end of the pole. Repeat to make a step ladder.

The **marlinspike hitch** is a temporary [knot](#) used to attach a [rod](#) to a [rope](#) in order to form a [handle](#).^[1] This allows more [tension](#) than could be produced comfortably by gripping the rope with the [hands](#) alone. It is useful when tightening knots and for other purposes in [ropework](#).



As the name suggests, the type of rod traditionally used with this hitch is a [marlinspike](#). The advantages of this hitch over others which might serve the purpose are its quickness of tying and ease of releasing.

Figure of Eight knot :

- A useful “Stop” knot to temporarily bulk out the end of a rope or cord, the finished knot looks like its name. It is superior to using a Thumb Knot, because it does not jam so easily.

Tip: The Figure of Eight is useful to temporarily stop the ends of a rope fraying, before it is whipped.

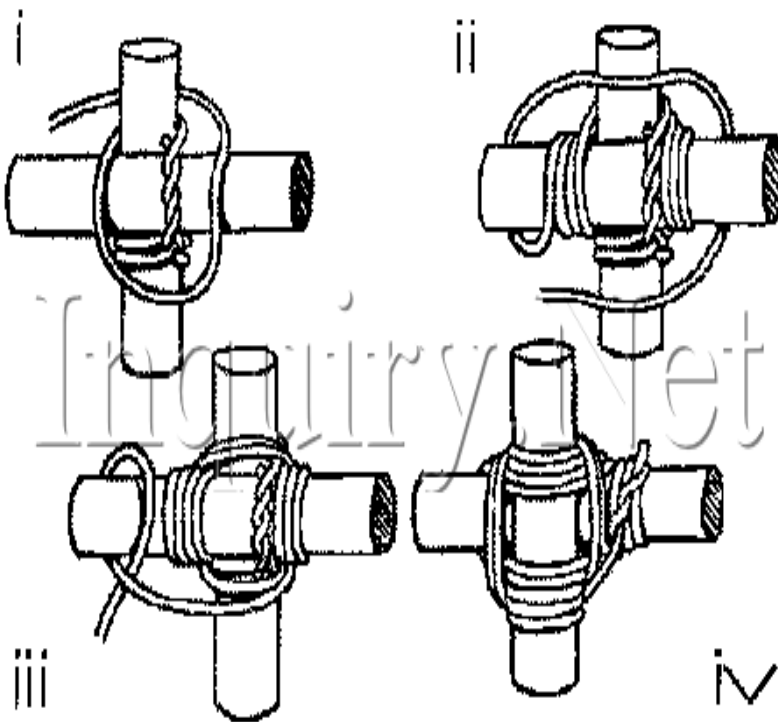


Figure Eight Knot

Figure Eight Knot Tying

- Tie a single eight in the rope two feet from its end. Pass the free end through any tie-in point if desired.
- Retrace the original eight with the free end leaving a loop at the bottom of the desired size.
- Pull all four strands of rope to cinch down the knot.

SQUARE LASHING:



Square lashings are used to bind together two spars that are at right angles with one another.

- h) Place the poles on the ground in the shape of a cross. Tie a clove hitch around the bottom pole near the crosspiece. Twist the free end of the rope around its standing part and tuck it out of the way.
- ii) Make three or four wraps around the spars, keeping the rope very tight. As you form the wraps, lay the rope on the outside of each previous turn around the crosspiece, and on the inside of each previous turn around the bottom pole.
- iii) Then wind three or four frapping turns around the wrapping to tighten the lashing

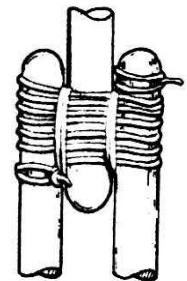
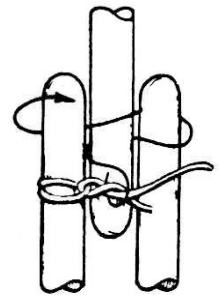
as much as you can.

- iv) Finish it off with another clove hitch.

Figure of eight lashing

Also known as 'round', 'tripod' or 'gyn' lashing.

- Three spars are laid so that the centre spar goes in the opposite direction to the two outer ones.
- Start with either a clove hitch or a timber hitch on one of the outside spars.
- Wrap the rope neatly, but not too tightly, under and over the spars until six or seven complete turns have been taken.
- Finish with frapping turns round either side of the central spar and tie off with the clove hitch.



The tripod is formed by turning the centre spar through 180° and opening out the other two spars.

HAND AXE :



Keep the hand axe stored in the axe sheath when not in use. Inspect the hand axe before using it to ensure that the blade does not fly off during use. Make sure to use safety glasses and safety boots when using a hand axe. Use a firm and stable surface when chopping wood with a hand axe and make sure that wood logs do not contain metal pieces in them that can dislodge during chopping and fly into the air injuring somebody in the process. A proper stance is very important to have when using a hand axe.

Chopping wood is becoming more common with wood burning stoves gaining in popularity as well as for camping - but how do you perform this task safely? The simple task of cutting up logs can be potentially deadly if you do not follow a few simple rules when using a hand axe to chop wood.

First, keep the hand axe in a sheath over the blade of the axe when not in use. Covering the axe both protects the axe blade and any person who can become injured by the sharp axe blade. Before using a hand axe inspect the wood handle or haft for nicks or cracks. Also, make sure that the blade is attached securely to the haft and that it does not wiggle on the end of the haft. If the blade is not firmly attached to the haft it is possible for the blade to fly off while you are working with it.

Three ways to Sharpen a knife:



Using a Whetstone or a Diamond Stone

Using a Honing Rod (Sharpening Steel)

Using a Coffee Mug for Quick Results

Screwdriver :

The screwdriver consists of four parts: 1) The handle, 2) the shank, 3) the blade, and 4) the tip.



HAMMER :

A lot of men today are clueless when it comes to tools. The increased affluence of the past 50 years led many men to outsource handyman work instead of doing repairs and home improvement themselves. And let's face it. Men today can be pretty darn lazy. They'd rather play their Xboxes than work on building something with their own bare hands.

But knowing how to handle tools is an essential skill every man should, well, have a handle on. You'll become more self-reliant, you'll save money, and you'll enjoy the supremely manly satisfaction of [working with your hands](#). To help the generation of men who never got around to learning how to use tools, we'll be doing a series of posts on basic toolmanship.

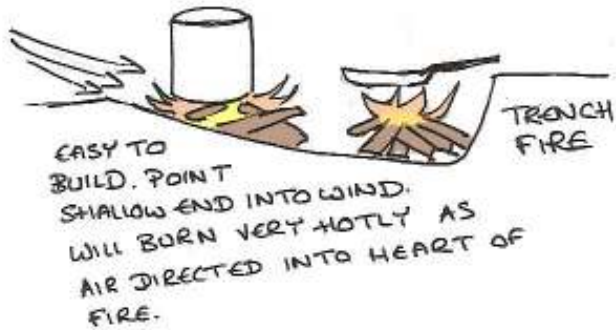
To kick off our series on tool use, we start with the lowly hammer. To the unskilled, hammering just means pounding the hell out of something until you get the job done. Sure, you *could* do that, but you'll end up with crummy results and a tired arm to boot. A wise handyman knows how to use a hammer safely, effectively, and efficiently.



2. FIRE:



STAR FIRE
SIMPLE FIRE



EASY TO BUILD. POINT SHALLOW END INTO WIND. WILL BURN VERY HOTLY AS AIR DIRECTED INTO HEART OF FIRE.

TRENCH FIRE



GYPSY FIRE
EXCELLENT FOR COOKING POTS. STEWS, WATER ETC.



FIRE IN A HOLE
WOOD SLIDES DOWNWARDS INTO HEART OF FIRE, LESS MAINTENANCE.

9 Types of Fire

K. DAVIES, 2009



LUMBERMAN'S FIRE
LOGS EITHER SIDE ACT AS WIND SHIELDS. AIR DIRECTED INTO HEART OF FIRE. GOOD FOR POTS + SPIT ROASTING.



ALTAR FIRE

IDEAL FOR LONG STAY CAMPS, AS PROTECTS GROUND. ALTAR IS BEST KEPT LOW.



REFLECTOR FIRE

BACK REFLECTS HEAT, PERHAPS TO WARM A BIVOUAC



CRANE FIRE

PROVIDES CLEARANCE OVER THE FLAMES FOR POTS



BACK LOG FIRE

NO OVERHEAD SUPPORT, LOGS SHIELD FIRE.

+

LAY & LIGHT A WOOD FIRE :

- Ask from the owner if it is outside.
- Remove the turf from area longer than fire area
- If ground is wet, cover it with sand , dust or stones
- Make a pyramid of dry sticks leaving an air passage
- Put few bricks on other side.
- Let the match stick burn fully before you take it to the firewood.
- Add bigger sticks & wood after the tiny sticks give proper flames.

3. COOKING :

MAKING TEA WITH MILK:

Directions:

1. Boil water in a saucepan.
2. Add sugar and tea powder in it and boil it for 3-4 minutes on medium flame.
3. Add milk and boil it over medium flame for 6-7 minutes or until bubble starts to rise. ...
4. Turn off the gas and strain tea in cups.

Making Instant Coffee

1. Start boiling some water. For this recipe, you will need some very hot, almost-boiling water. ...
2. Add the coffee. ...
3. Add the sugar and spices. ...
4. Pour in the hot water. ...
5. Add some milk or cream. ...
6. Stir your coffee and serve it.

Safe Handling of LPG

LPG gases are combustible and highly flammable. LPG can burn or explode when it comes in contact with air or a source of ignition. It has the potential to create a disaster. Since LPG is stored under pressure, it can leak from any joint or improperly sealed connection. Awareness or knowledge of safe handling LPG can eliminate the chance of fire or explosion. Following are some useful tips for safe handling of LPG cylinder.

- In the early morning, proper precaution is required to ensure that there no gas buildup in the room, by opening doors and windows prior to turning on the stove.
- LPG containers are not to be placed in close proximity to the stove or any other sources of flame.
- Ensure that the gas tube is not squashed or severely bent.

- Choose an LPG supplier who can provide you with well-maintained LPG cylinders, and after-sales support.
- Replace the LPG cylinder hose on a regular basis, and replace any damaged or worn hose with a new hose.
- Landlords who use agents to manage properties need to ensure that tenants are aware of safe use of LPG and LPG rubber tubes they use have an ISI mark.
- Never check for gas leaks using a lit match. Always use a solution of soapy water and look for bubbles coming from around valves and pipe joints. These bubbles indicate a gas leak.
- After securely connecting a new or refilled cylinder, apply some soapy water to the cylinder connections and turn on the cylinder.
- Any burning objects must be extinguished prior to installation of any equipment to the new LPG cylinder.
- Spare cylinders should not be kept next to cylinder in use.
- Do not store kerosene or other flammable equipments in the kitchen.
- In order to avoid danger, cylinders and its accessories must be used according to the usage instruction.
- Never switch on the electricity or light stove when LPG scents are present.
- Use a child-safe regulator on the LPG cylinder for domestic use.
- Using domestic cylinder for commercial purpose is illegal and if caught legal actions are taken against the consumers under the Essential Commodity Act which is forfeiture of cylinder, penalty and imprisonment up to 3 years.
- It is safer to evacuate everyone from the area.

Leaking of LPG

1. If escaping gas is not on fire, close any valve which will stop or reduce the flow of gas.
2. Turn off or remove any other source of ignition.
3. Ventilate the room by opening doors and windows
4. If you think that there is a danger of a fire, inform your gas supplier or Fire Department and your neighbors immediately.

LPG is on fire

- If you have a fire fighting equipment, make sure that you know how to use it, and that it is maintained regularly. If you can't put it out, leave it to the fire brigade. It is safer to evacuate everyone from the area.

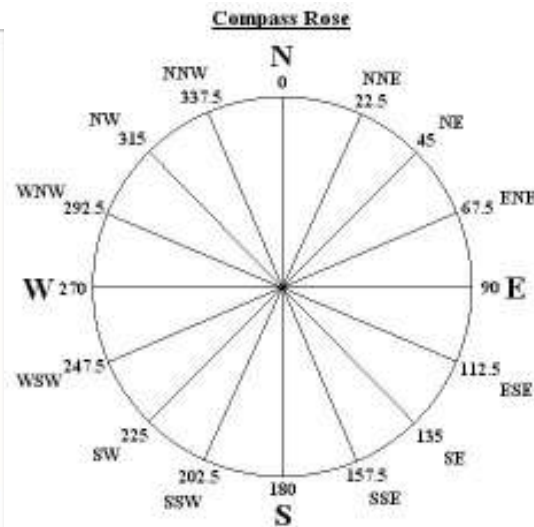
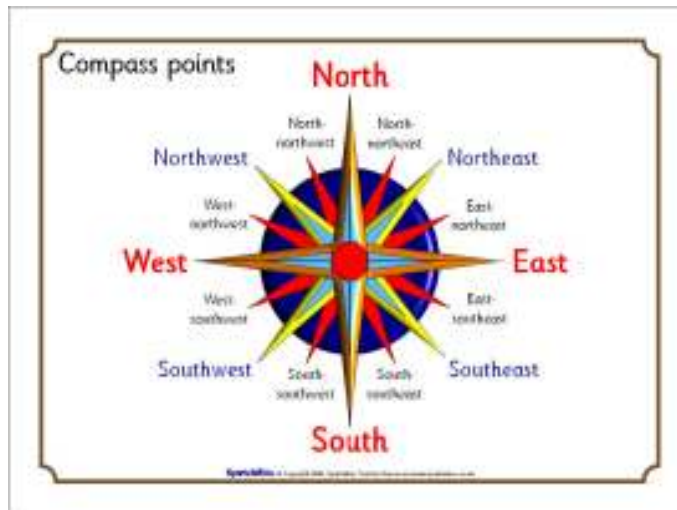
- A small fire from a container may be smothered by a wet cloth or dry powder extinguisher and then it may be possible to stop the leak and remove the cylinder to a safe location.
- If the gas is escaping in large quantities and has been ignited, immediately apply large quantities of water to all surfaces in the form of a jet, spray or fog.
- If the only valve which can be used to stop the flow of gas is involved in the fire, consider the possibility of effecting the shut-off by approaching the valve behind a water spray. This approach should be made at right angles to the flame and the spray used to reduce the intensity of the flame but not to extinguish it.
- Portable LPG cylinders should be removed to a safe location.
- If you feel the situation is not under control of you, call experts or call Fire Department immediately.

4. COMPASS & MAP :

16 POINTS OF A COMPASS-

S.NO.	Compass point	Abbreviation	True Heading
1.	North	N	0.00°
2.	North-northeast	NNE	22.50°
3.	Northeast	NE	45.00°
4.	East-northeast	ENE	67.50°
5.	East	E	90.00°
6.	East-southeast	ESE	112.50°
7.	Southeast	SE	135.00°
8.	South-southeast	SSE	157.50°
9.	South	S	180.00°
10.	South-southwest	SSW	202.50°
11.	Southwest	SW	225.00°
12.	West-southwest	WSW	247.50°
13.	West	W	270.00°
14.	West-northwest	WNW	292.50°
15.	Northwest	NW	315.00°

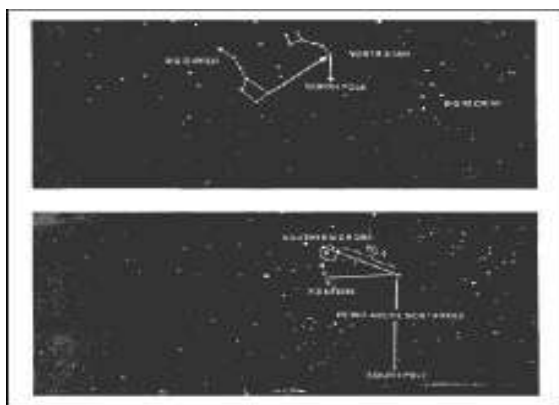
16. North-northwest NNW 337.50°



FINDING NORTH BY CONSTELLATIONS

Star Method.

- (1) Less than 60 of approximately 5,000 stars visible to the eye are used by navigators. The stars seen as we look up at the sky at night are not evenly scattered across the whole sky. Instead they are in groups called constellations.
- (2) The constellations that we see depends partly on where we are located on the earth, the time of the year, and the time of the night. The night changes with the seasons because of the journey of the earth around the sun, and it also changes from hour to hour because the turning of the earth makes some constellations seem to travel in a circle. But there is one star that is in almost exactly the same place in the sky all night long every night. It is the North Star, also known as the Polar Star or Polaris.
- (3) The North Star is less than 1° off true north and does not move from its place because the axis of the earth is pointed toward it. The North Star is in the group of stars called the Little Dipper. It is the last star in the handle of the dipper. There are two stars in the Big Dipper, which



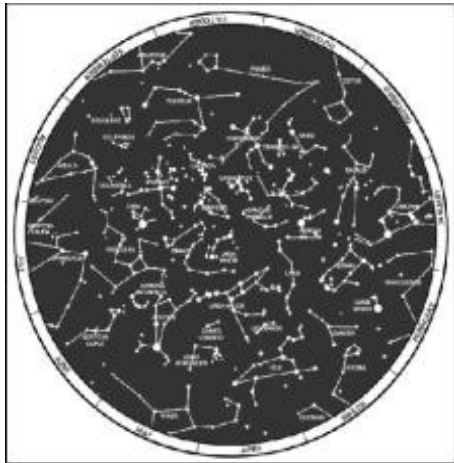
are a big help when trying to find the North Star. They are called the Pointers, and an imaginary line drawn through them five times their distance points to the North Star. There are many stars brighter than the North Star, but none is more important because of its location. However, the North Star can only be seen in the northern hemisphere so it cannot serve as a guide south

of the equator. The farther one goes north, the higher the North Star is in the sky, and above latitude 70°, it is too high in the sky to be useful

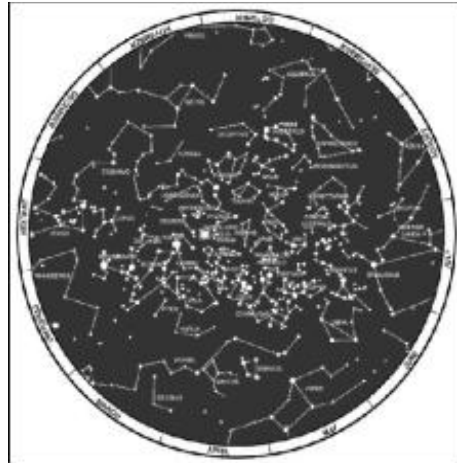
Determining direction by the North Star and Southern Cross.

(4) Depending on the star selected for navigation, azimuth checks are necessary. A star near the north horizon serves for about half an hour. When moving south, azimuth checks should be made every 15 minutes. When traveling east or west, the difficulty of staying on azimuth is caused more by the likelihood of the star climbing too high in the sky or losing itself behind the western horizon than it is by the star changing direction angle. When this happens, it is necessary to change to another guide star. The Southern Cross is the main constellation used as a guide south of the equator, and the above general directions for using north and south stars are reversed. When navigating using the stars as guides, the user must know the different constellation shapes and their locations throughout the world

Constellations, northern hemisphere.



Constellations, southern hemisphere.



Bearings

A **directional compass** is shown below. It is used to find a [direction](#) or [bearing](#).

The four main directions of a compass are known as **cardinal points**. They are north (N), east (E), south (S) and west (W). Sometimes, the half-cardinal points of north-east (NE), north-west (NW), south-east (SE) and south-west (SW) are shown on the compass. The above compass shows degree measurements from 0° to 360° in 10° intervals with:

- north representing 0° or 360°
- east representing 90°
- south representing 180°
- west representing 270°

When using a directional compass, hold the compass so that the point marked north points

directly away from you. Note that the magnetic needle always points to the north.

Bearing

The **true bearing** to a point is the [angle](#) measured in [degrees](#) in a clockwise direction from the north line. We will refer to the true bearing simply as the **bearing**.

For example, the bearing of point P is 065° which is the number of degrees in the angle measured in a clockwise direction from the north line to the line joining the centre of the compass at O with the point P (i.e. OP).

The bearing of point Q is 300° which is the number of degrees in the angle measured in a clockwise direction from the north line to the line joining the centre of the compass at O with the point Q (i.e. OQ).

Note:

The bearing of a point is the number of degrees in the angle measured in a clockwise direction from the north line to the line joining the centre of the compass with the point. A bearing is used to represent the direction of one point relative to another point.

For example, the bearing of A from B is 065° . The bearing of B from A is 245° .

Note:

- Three figures are used to give bearings.
- All bearings are measured in a horizontal [plane](#).

scale

scale, in cartography, the ratio of the distance between two points on a map to the real distance between the two corresponding points portrayed. The scale may be expressed in three ways: numerically, as a ratio or a fraction, e.g., $1:100,000$ or $1/100,000$; verbally, e.g., “one inch to one mile” (not “one inch equals one mile”); and graphically, by marking distances on a sample line. The last method has the advantage that the scale remains true even if the map is enlarged or reduced mechanically. The first method is particularly useful since any unit of measurement may be used; e.g., if one uses metric units, a scale of $1:100,000$ would mean that one centimeter on the map represents one kilometer on the earth’s surface (since 100,000 centimeters equals one kilometer). The more the size of features on the map approaches the features’ actual size on the earth’s surface, the larger the scale of the map is said to be. A large-scale map usually shows more detail than does a small-scale map, but covers a smaller area than does a small-scale map of the same size.

MAP SCALES & UNITS

This handout was designed to help you understand the relationships between different map scales, map units, distance, and area. You should understand the logic behind how these are used and how they should appear on real topographic maps. On your upcoming lab exam, you should also be able to convert one type of map scale into another, and calculate size differences (scale factor, area factor) between different maps.

A. Review of Common Types of Map Scales

All map scales are an expression of the numerical relationship between the MAP and the LAND that is represented. The MAP unit is always mentioned first.

1. **Verbal Scale**: The verbal scale is just a sentence stating that “**1 Map Unit = X Land Units**”. For reasons of convenience, a mixture of units is commonly used, such as

1 inch = 1 mile

However, there are NO requirements that the units must be different! The expression “**1 inch = 63,360 inches**” is still a verbal scale. A mixture of map and land units makes the verbal scale difficult to compare between different maps – it must be converted first to a Representative Fraction (see below).

2. **Representative Fraction (R.F.)**: An R.F. scale is a ratio, or fraction, that expresses the mathematical relationship between MAP and LAND, such as

1 : 24,000

which means “*1 map unit is equivalent to 24,000 land units.*” Because an R.F. carries no units (inches, centimeters, etc.), it means that the R.F. scales can be compared between different maps. Converting an R.F. scale to a verbal scale is very easy; simply select ONE unit and apply it to BOTH map and land numbers. The above example can be written as a verbal scale as “**1 inch = 24,000 inches**” or “**1 meter = 24,000 meters,**” etc. (*Note: YOU CANNOT MIX UNITS in an R.F.! Doing so will change the numerical relationship of the R.F.*)

3. **Graphic Scale**: The graphic scale is a bar chart or “ruler” that is drawn at the bottom of a topographic map. This is the scale that you should use when asked to measure distances on the map. *Be Careful: Note that the zero mark is not located at the left end of the graphic scale. For your convenience, the graphic scale extends to the left of the zero mark to indicate fractions of units, such as 1/10 of a mile. You may measure distances by marking off the 2 end points on the edge of a sheet of paper and aligning the edge of the paper against the graphic scale (make sure one of your marks is on the zero).*

Conventional signs

The various features shown on a map are represented by conventional [signs](#) or symbols. For example, colors can be used to indicate a classification of roads. These signs are usually explained in the margin of the map, or on a separately published characteristic sheet

A map is a birds eye view of a piece of land draw on a mangerbal piece of paper only accret to the day it was printed., almost everything that appears on a map, except a written name, is a conventional sign.

Conventional signs are designed to enable the maximum amount of information to be put on a map in the clearest way possible.

Why are symbols used in maps?

Because there's not enough room to print the words of the items represented by the symbols.

For simplicity and due to space constraints. It makes the map easier to understand. In addition, if full names of features were to be used on maps, it would be too messy to read.

Since a map is a reduced representation of the real world, map symbols are used to represent real objects. Without symbols, we wouldn't have maps.

Both *shapes* and *colors* can be used for symbols on maps. A small circle may mean a point of interest, with a brown circle meaning recreation, red circle meaning services, and green circle meaning rest stop. Colors may cover larger areas of a map, such as green representing forested land and blue representing waterways.

To ensure that a person can correctly read a map, a *Map Legend* is a key to all the symbols used on a map. It is like a dictionary so you can understand the meaning of what the map represents.

Railway Line : Broad gauge, Metre gauge, Railway station	
Roads : Metalled, Unmetalled	
Boundary : International, State, District,	
River, Well, Tank, Canal, Bridge	
Temple, Church, Mosque, Chhatri	
Post Office, Post and Telegraph Office, Police Station	
Settlement, Graveyard	
Trees, Grass	

5. FIRST AID:

WOUNDS AND CUTS:

A **wound** is a type of injury which happens relatively quickly in which skin is torn, cut, or punctured (an open **wound**), or where blunt force trauma causes a contusion (a closed **wound**). In pathology, it specifically refers to a sharp injury which damages the dermis of the skin.

HOW TO DEAL WITH BLEEDING:

1. Wash your hands with soap or antibacterial cleanser to prevent infection.
2. Then, wash the cut thoroughly with mild soap and water.
3. Use direct pressure to stop the bleeding.
4. Apply antibacterial ointment and a clean bandage that will not stick to the wound.

BURNS: an injury caused by exposure to heat or flame.

HOW TO DEAL WITH BURNS:

1. Cool the burn to help soothe the pain. ...
2. Remove rings or other tight items from the burned area. ...
3. Don't break small blisters (no bigger than your little fingernail). ...
4. Apply moisturizer or aloe vera lotion or gel, which may provide relief in some cases.

SCALD : a burn or other injury caused by hot liquid or steam.

How to treat a scald :

1. make sure you are safe.
2. put the burnt area under cool running water for at least 20 minutes, but don't use ice.
3. use a hydrogel for first aid if water is not available.
4. remove any clothing near the burn that is not stuck to it.
5. remove any jewellery near the burn if that is easy to do.

Sprain: A sprain, also known as a torn ligament, is damage to one or more [ligaments](#) in a [joint](#), often caused by trauma or the joint being taken beyond its functional range of motion. The severity of sprain ranges from a minor injury which resolves in a few days to a major rupture of one or more ligaments requiring surgical fixation and a period of immobilisation. Sprains can occur in any joint but are most common in the ankle and wrist.

How to treat Sprain:

- **Rest** the sprained or strained area. If necessary, use a sling for an arm injury or crutches for a leg or foot injury. Splint an injured finger or toe by taping it to an adjacent finger or toe.

- **Ice** for 20 minutes every hour. Never put ice directly against the [skin](#) or it may damage the skin. Use a thin towel for protection.
- **Compress** by wrapping an elastic (Ace) bandage or sleeve lightly (not tightly) around the joint or limb. Specialized braces, such as for the [ankle](#), can work better than an elastic bandage for removing the swelling.
- **Elevate** the area above [heart](#) level if possible. Keeping the sprained joint elevated (in relation to the rest of the body) will also help minimize swelling.

INSECT BITES AND STINGS

INSECT BITES AND STINGS Overview Insect bites are, mostly, not severe. Sometimes they cause a severe allergic reaction, anaphylaxis. Anaphylaxis is life-threatening if not treated on time. Sting of bees, wasps, hornets / bite of fire ants, painful. Bites of insects, like mosquitoes, cause itching. The bite of a black widow spider can be fatal,

Overview

- Insect bites are, mostly, not severe
- Sometimes they cause a severe allergic reaction, anaphylaxis
- Anaphylaxis is life-threatening if not treated on time
- Sting of bees, wasps, hornets / bite of fire ants, painful
- Bites of insects, like mosquitoes, cause itching
- The bite of a black widow spider can be fatal, if left untreated

Causes Examples of biting insects

- Mosquitoes
- Fleas
- Mites
- Spiders

Examples of stinging insect

- Bees
- Wasps
- Hornets

Symptoms

- Localized Pain
- Swelling
- Redness
- Itching
- Numbness
- Burning
- Tingling sensation
- Breathlessness
- Weakness

Treatment

- Remove the stinger using a straight- edged object
- Wash the area thoroughly with soap and water
- Place ice wrapped in a cloth on the affected area
- Repeat after every 10 minutes
- Apply a gentle cream to prevent itching
- Take anti histamines if necessary
- Observe for signs of infection like pain, redness or swelling

In case of emergency-

- Try to keep the person calm
- Check the person's breathing
- Remove constricting items, like rings, from finger/nose/ears
- Do [Cardio Pulmonary Resuscitation \(CPR\)](#), if necessary
- If the person is carrying an emergency kit, use it
- If required, treat the person for signs of shock
- Seek medical help as soon as possible

Consult a Doctor In case of the following, seek medical help

- Wheezing
- Swelling on the face
- Difficulty in breathing
- Tight feeling in the throat
- Body turning blue

Steps to Avoid

- Do not remove the stinger using a tweezer
- Do not apply a tourniquet
- Aspirin, pain medications, should not be given unless advised by a doctor

Prevention

- Avoid placing hand near the mouth of a seizure-affected person

Take caution to prevent your child from developing biting habit

ROLLER BANDAGE

Roller bandages are long strips of material which are rolled up for easy use. They come in different widths and material.

Roller Bandages: Gauze or Cotton Roller Bandage

Gauze and cotton bandages are non-conforming. This means that they do not stretch, and will not mould around the part of the body to which they are applied. Non-conforming bandages do not stay on very well. If you have both types of bandage in your first aid kit, it is best to use the conforming bandages first. Roller Bandages: Conforming Roller Bandage Conforming bandages are designed to stretch. This allows them to mould to the shape of the parts to which they are applied. Conforming bandages can be used on their own to provide support to an injured joint or muscle. They can also secure pads and dressings, when this is necessary to control bleeding

Applying Roller Bandages

All roller bandages should be applied in the following manner.

1. Hold the bandage so that the head or rolled part is on top and the tail is pointing inward.
2. Pass the rolled part from hand to hand, allowing it to unroll as you go. Make sure that each turn overlaps the last by two thirds of its width.
3. Fasten the end with tape or tuck the end in and check that the bandage is not too tight.

TRIANGULAR BANDAGES

A First Aid Kit will typically contain triangular bandages which are large triangular pieces of material, with two sides about 1 metre long, and the third about 1.4 metres.

Triangular bandages can be used as:

- Collar & Cuff Sling
- St John Sling
- Full Arm Sling
- Broad Bandage
- Narrow Bandage
- Pad

Triangular bandages: Collar & Cuff Sling

The collar and cuff sling is useful for a casualty with a fracture of the upper arm or an injured hand.

Triangular bandages: St John Sling

The St John sling is useful for a casualty with an injured shoulder, collar bone, hand or fingers.

It is the best sling for shoulder and collarbone injuries because it supports the whole arm and takes the weight of the arm off the injured shoulder or collar bone. In the case of hand or finger injuries, it can be used to elevate the injured part.

Triangular bandages: Full Arm Sling

The full arm sling is used to support an injured forearm or wrist.

It is the best sling for these injuries because it forms a comfortable cradle which spreads the weight of the forearm evenly along its whole length. This prevents the damaged parts from pushing together or pulling apart as they would if the other slings were used.

Triangular bandages: Broad Bandage

A broad bandage is simply a triangular bandage which is folded and used to tie on splints and dressings.

- First, you fold it in half, point to base.
- Then you fold it in half again.
- You now have a broad bandage.

Triangular bandage: Narrow Bandage

A narrow bandage has one more fold than the broad bandage and is mainly used for the collar & cuff sling.

- First, you fold it in half, point to base.
- Then you fold it in half again to make a broad bandage.
- Then you fold it in half again.
- You now have a narrow bandage.

Triangular bandage: Pad

If you do not have a sterile pad in your First Aid Kit, you can use a triangular bandage as a pad.

- First, you fold it in half, point to base.
 - Then you fold it in half again to make a broad bandage.
 - Then you fold it in half again.
 - You now have a narrow bandage.
 - Then fold the two ends into the middle.
 - Now fold both ends into the middle again.
 - Fold what is left in half to make a pad.
 - When a triangular bandage is folded like this, it is easy to store. It is in a first aid kit.
- You can also use it in this form if you need to control bleeding.

HEAD, KNEE, FOOT/HAND BANDAGES

Uses of Triangular bandage

Head bandage

- Stand behind the casualty. Use a triangular bandage as a whole cloth with a narrow hem folded along the base. Place the centre of the base in the middle of the

forehead, close to the eyebrows.

- Bring the point over the top of the head to cover the dressing, and down the back of the head, cross over the point, and around the head to the front. Tie the ends together, using a reef knot, low on the forehead.
- Steady the head with one hand, and gently pull the point down to put the desired amount of pressure on the dressing. Fold the point up toward the top of the head and secure it carefully with a safety pin or tuck it under the back crisscross.

Knee or elbow bandage

- Use a triangular bandage as a whole cloth with a narrow hem folded along the base. Place the centre of the base on the leg below the kneecap with the point toward the top of the leg (or to bandage an elbow, on the forearm with the point toward the shoulder).
- Bring the ends around the joint, crossing over the point in front of the elbow or at the back of the knee.
- Bring the ends up and tie off over the point. Pull the point up to put the right amount of pressure on the dressing and then fold it down and secure it with a safety pin or tuck it under the knot.

Foot or hand bandage

- Use a triangular bandage as a whole cloth. Place it on a flat surface with the point away from the casualty
- Place the foot or hand on the triangular bandage with the toes or fingers toward the point, leaving enough bandage at the ankle or wrist to fully cover the part. Bring the point up and over the foot or hand to rest on the lower leg or wrist.
- Bring the ends alongside the foot of hand and crisscross the folded ends up and around the ankle or wrist. Cross over the point and wrap any extra bandage before trying it off.
- Tie off over the point. If the point extends beyond the knot, pull it up to apply the desired pressure. Fold it downward and tuck under the knot.

BANDAGES -

Roller & Triangular Bandage is applied:-

- (a) To retain dressing and splints in position and to immobilize fractured limbs. Knots should never be tied over a fracture.
- (b) To afford support to an injured part (e.g. sprained ankle) or in the form of a sling.
- (c) To control bleeding.
- (d) To reduce or prevent swelling.
- (e) To assist in the lifting and carrying of casualties

Triangular bandages are made by cutting a piece of linen or calico, not less than thirty eight inches square, diagonally into two pieces, A triangular bandage has three borders. The longest is called the “base” and the other two the “side”. There are three corners; the upper one (opposite the base) is called “point” and the other the “ends” .

The bandage may be applied:-

- (a) As a whole cloth spread out to its full extend, e.g., chest bandage.
- (b) As a broad bandage made by bringing the point down to the center of the . base and then folding he bandage again in the same direction .
- (c) As narrow bandage made by folding the broad bandage once again in the . same direction .

It is sometimes advisable to halve the size of the triangular bandage by bringing the two ends together before folding it into the broad or narrow bandage.
To secure the ends of a bandage a reef knot must be used.

For the Shoulder:

Stand facing the casualty's injured side and place the center of an open bandage on his shoulder, with the point running up the side of the neck. Fold the hem inwards along the base, carry the ends round the middle of the arm, cross and tie them on the outer side so as to secure the lower border of the bandage. Apply an arm sling. Turn down the point of the first bandage over the knot of the sling, draw it tight and pin it .

For the Elbow:

Bend the casualty's elbow to a right angle. Fold to narrow bandage, then inwards along the base of an open bandage. Lay the point on the back of the upper arm and the middle of the base on the back of the forearm; Cross the ends in front of the elbow, then round the upper arm and tie above the elbow . Bring the point down over the knot and elbow pin it. If it is not advisable to bend the elbow, a narrow or broad bandage should be used according to the needs of the case.

For the Hand:

place an open bandage under the palm the injury being uppermost with the point away from the casualty and the base of the bandage at the wrist. Bring the point over the hand to the wrist and after folding the inwards along the base of the bandage, pass the ends round the wrist, cross them and finally tie over the point . Bring the point over the knot and pin it to the bandage over the hand. After the application of a dressing and bandage for wounds of upper limb, a sling should support the limb.

For the Knee:

Bend the casualty's knee to a right angle. Fold a narrow bandage hem inwards along the base of an open bandage. Lay the point on his thigh and the middle of the base below his knee; cross the ends behind his knee, then round his thigh and tie above his knee on the front of this thigh. Bring the point down over the knot and knee and pin it.

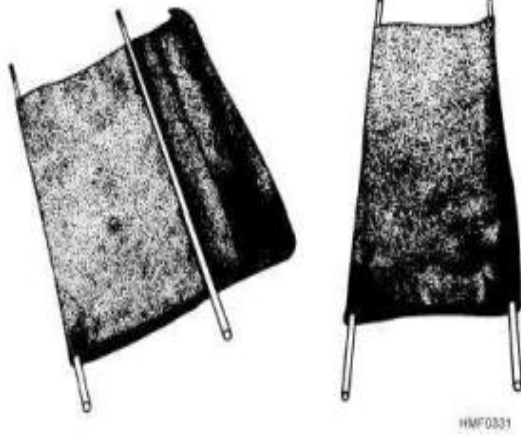
If it is not advisable to bend the knee a narrow or broad bandage should be used according to the needs of the case .

For the Foot:

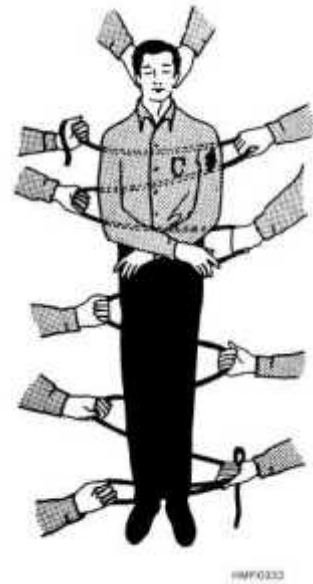
Place the casualty's foot on the center of an open bandage, with his toes towards the point. Draw up the point over his instep, bring the ends forward so that his heel is covered and cross them; pass the ends round the ankle, cross at back and then tie them in form. Draw the point forward and pin it to the bandage over the instep.

MAKING IMPROVISED STRETCHER

USING BLANKLETS AND POLES



IMPRPOISED STRETCHER USING BLANKLETS AND POLES



IMPROVISED STRETCHER USING ROPE

3) ESTIMATION - HEIGHT AND DISTANCE

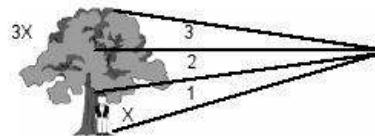
Estimation

The proper method of estimating heights and distances is a knowledge no Scout should be without. Using this knowledge a Scout can easily determine how long a rope he'll need to rappel down a building or to make a bridge across a lake.

Estimation of Heights

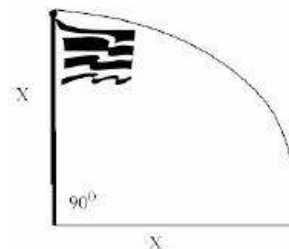
Pencil Method

Have a friend (whose height is known) stand beside the object to be measured or you may use your own height by standing beside it and marking your height on the object using a rope or chalk. Hold a pencil or stick at arm's length you. With one eye closed, sight through the pencil or stick so that the tip of the pencil or stick seems to touch the known height (your friend or your marker), while the bottom of the stick touches the base of the object. Move your pencil or stick up and see how many pencil or stick you will need to cover the entire height of the object. Multiply this by the known height. The product is a rough estimation of the object's height.

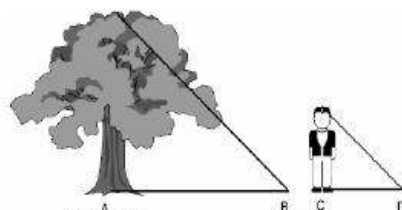


Tree Felling or Lumberman's Method

Hold a pencil or stick at arm's length. Move back so that the top of the pencil or stick seems to touch to top of the object to be measured and the bottom of the pencil or stick seems to touch the base of the object to be measured. Swing the pencil or stick 90° keeping the bottom of the pencil or stick in its place as if touching the base of the object. Note where the top of the pencil or stick seem to touch the ground perpendicular to the object being measured. All you have to do is the measure the distance between the base of the tree to that point on the ground that you have marked in your mind. That distance is an estimation of the height of the tree.



Shadow Method

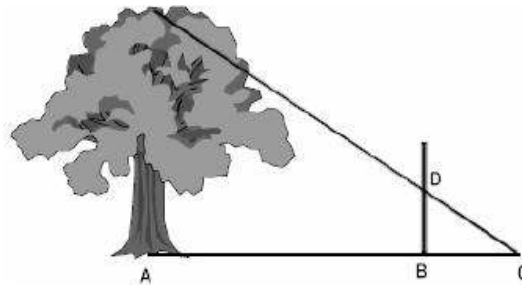


This method can only be used whenever the sun is able to cast a shadow. First, we measure the shadow cast by the object to be measured (from its base to the tip of its shadow). We label this length as AB. We then measure the shadow cast by someone or an object of known height (H), we label the shadow as CD. We then solve for the unknown. Note that the shorter the shadow cast by the sun (the closer it is to noon), the less accurate the estimate will be.

$$X = \frac{AB \times H}{CD}$$

Inch to Foot Method

From the foot of the object to be measured, measure eleven-(11) units. We label this distance AB. A unit can be any number of paces. So if we say our unit is five paces, then 11 units is equivalent to 55 paces.



Place something to mark the point B.

From B take one more unit forward. This

is distance BC. From point C, place your eyes as close to the ground as possible and sight the top of the object being measured through your marker placed on point B. Note where your line of sight cuts the marker to the tip of the tree. That spot is point D.

The distance BD in inches is the estimated height of the tree in feet.

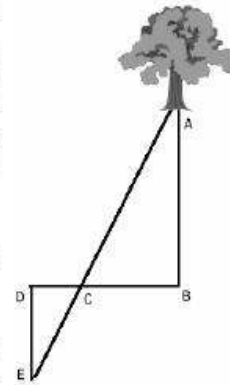
Estimation of Distances

Napoleon Method

To measure the width of a narrow river for example, stand straight on your side of the river looking towards the other side. Stoop your head down until your chin rests on your chest and place your hand across your line of sight as if executing a military salute. Position the edge of your hand in such a way that it is as if touching the opposite shore. Turn 90° and note the distance where the edge of your hand seems to be touching on this new direction. The distance between the marker to your position is an estimate of the width of that river.

Stride or Step Method

Select an object on the opposite side of the river, such as a tree and we mark it as A. Mark the point directly in front of the object on the opposite side of the river, mark it as point B. Take at least 50 paces to point C, so as to form line BC. Note that line BC should be perpendicular to line AB. Mark point C with a stick or another person. Again, pace another distance to point D. The distance CD is half the distance of BC.



From point D, pace another distance to point E. Line DE is parallel to line AB.

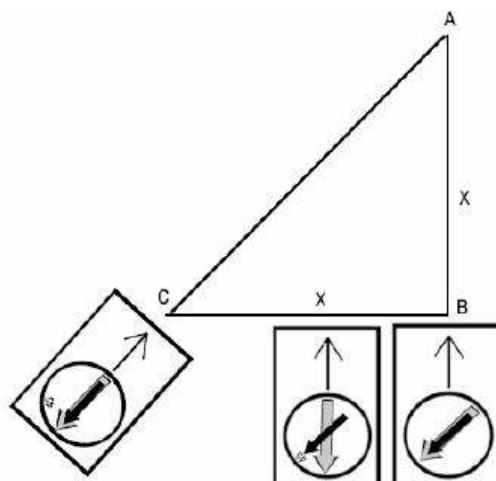
Point E is marked on a location wherein you can see point C forming a straight line with point A. Meaning when you look at the stick on point C, it somewhat blocks your line of sight to point A. The distance AB is twice the distance DE. $AB = DE \times 2$.

We can alter the method a bit. Instead of having distance CD half the distance between BC, we can make it equal to each other. Do the same method to find point E. Using this alternative, $AB = DE$. This is more accurate.

Compass Method

Locate an object on the other side of a river. Stand on your side and point the direction-of-travel arrow towards the object. Align the magnetic needle to 45° indicator of the compass housing. Face the line BC while pointing the direction-of-travel arrow towards the object all the time. Point C is marked when the compass is oriented (magnetic needle is directly above the orienteering arrow).

The distance BC is an estimate of distance AC. You have just formed a 45-45-90 triangle.

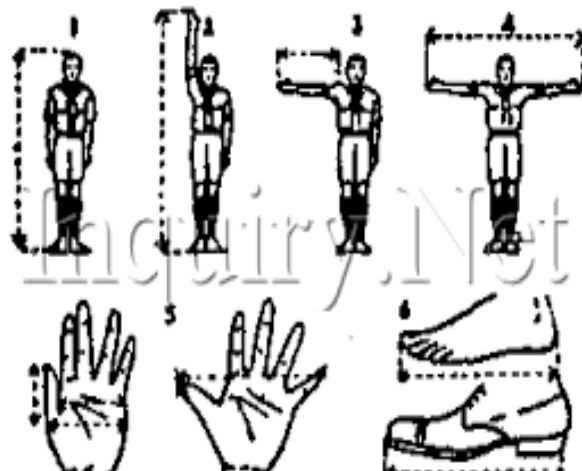


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Learning to Judge Distance

As a means of checking your estimates, learn the exact length of your pace. If fairly tall, learn to pace an exact yard, heel to heel. On a quiet road, in a field, or out on the prairie, begin judging short distances to various objects, then pacing to check your "guess." Gradually increase the distances. Do this in competition with several other Scouts and you'll find it an interesting game. Remember that the eye measures distance as in an "air line," from eye to object, and does not allow for irregularities of the ground. In other words, ground distance may be greater than visual distance.



As an aid in making short measurements you should know a number of your personal measurements. Your known hand-span will often be particularly useful. If fully developed your measurements will be close to this:

Breadth of thumb, and nail joint of forefinger = 1 inch (2.54 centimeters).

Span of the thumb and forefinger = 6.5" (or 17 centimeters).

Span of thumb and any other finger = 8.5" (or 21.6 centimeters).

Wrist to elbow = 10" (or 25 centimeters).

Elbow to tip of forefinger = 17" (or 43 centimeters).

Your reach, arms out-stretched, will nearly equal your height.

Some Further Hints

At 1/2 mile or approximately 880 yards (or 800 meters) a man looks a post.

At 770 yards (or 700 meters) the head is not yet visible.

At 660 yards (or 600 meters) the head is visible as a dot.

At 550 yards (or 500 meters) the shoulders appear bottle shaped.

At 1/4 mile, or approximately 440 yards (or 400 meters) movements of the legs can be seen.

At 330 yards (or 300 meters) the face can be seen.

At 220 yards (or 200 meters) buttons and details of clothing are recognizable.

At 110 yards (or 100 meters) eyes and mouth can be seen clearly.

To estimate greater distances, judge the farthest probable distance, then the nearest possible, and "split the difference."

8) SCOUT PACE-

A pace (or double-pace or *passus*) is a measure of distance used in Ancient Rome. It is the measure of a full stride from the position of the heel when it is raised from the ground to the point the same heel is set down again at the end of the step. Thus, a distance can be “paced off” by counting each time the same heel touches ground, or, in other words, every other step. In Rome, this unit was standardized as two gradūs or five Roman feet (about 1.48 meter or 58.1 English inches). There are 1000 *passus* in one *mille*, and a *mille* was sometimes referred to as a *mille passus*.

The Byzantine pace or *vema* was 2½ feet (pous)

A pace in modern terminology is usually taken as being a single pace rather than a double pace. It has no formal definition but is taken as being around 30 inches

7. OUT OF DOORS :

Participate in a Troop Wide Game :

Scouts & Guides play wide games for fun & Adventure. Wide game is played over a wide area may be woody, hilly and rough. The players develop various qualities such as fearlessness, intelligence, planning, reasoning, observation, organizing etc. they also learn how to lead and how to be good followers. When on a hike or camp never miss the opportunity to play a wide game. The scouts and guides should describe when, where, how they played such wide games. How they enjoyed the fun & Adventure through such game .

Campfire

Messages from four directions

North

I come from north and bring the message of truth and honesty.

Let all untruths and dishonesty be burnt into ashes in these flames.

South

I come from south and bring the message of love and loyalty.

Let all hatred and disloyalty be burnt into ashes in these flames.

East

I come from east and bring the message of courtesy and kindness.

Let all discourtesy and unkindness be burnt into ashes in these flames.

West

I come from west and bring the message of peace and purity.

Let all enmity and impurities be burnt into ashes in these flames.

Order : North, South, East and West

CAMPFIRE OPENING AND CLOSING SONG

Camp Fire Opening Song

Camp fire's burning
Camp fire's burning
Draw nearer draw nearer
In the gloaming in the gloaming
Come sing and be merry

Camp Fire Closing Song

“Softly at the close of day
As the campfire fades away
Silently each Guide(Scout) should ask
Have I done my daily task
Have I kept my honour bright
Can I sleep guiltless tonight
Have I done and have I dared
Every thing to be prepared

Day is done....
Gone the sun
From the sea ,
From the hills ,
From the sky ,
All is well,
Safely rest,

God is nigh.

What To Do at Your Camp Fire

By Harold Van Buren

The importance of the camp fire as an institution in a summer camp cannot be over-estimated! Every incidental of the camping program is a factor in making the camp fire the central attraction and the greatest joy of the camp. The evening with its gathering shadows, the physical weariness of the campers, the witchery of dancing flames—all tend to make the gatherings around the mystic circle the greatest single item in camp life.

It is the psychological time of day; for the boys are a little exhausted with the strenuous activities of the daily program, and the mind is receptive and susceptible to the soothing influence of a story or a little entertainment. The gathering of dusk over the far hills and the falling of night during the happy hour at the fire seem to round off to perfection a day in camp.

For the director or counselor in charge of the fires, there must have been many hard moments of thought and planning to make the council fire a success. Mere haphazard camp fires cannot attain their objective nor bring about the results. The fire must be planned, and, in planning, many things must be taken into consideration. First, the length of time to be occupied by the fire.

There are as many different kinds of camp fires as there are evenings in which to have them. No two will work out just the same, and no camp fire will ever work out just as it has been planned. The director should have his program, carefully outlined, and written on a slip of paper. He should have in mind half a dozen little things that can be substituted if the mental attitude of the campers should prove itself not to be attuned to the proposed schedule.

Much Depends on the Start

The opening of the camp fire is naturally of great importance, since it sets the standard for the whole fire. We have evolved an elaborate ceremonial which occupies about eight minutes for the opening. However, the opening of the fire must follow one of three lines: Informal, formal or ceremonial.

The informal opening involves merely gathering around the fire at a call and starting right in with a certain program. The formal opening begins with a roll call, or a cabin report by counselors. The ceremonial follows a stated ritual which has been worked out and planned carefully, and in which all the members of the council fire have a part. This attracts boys far more than the other types. The juvenile mind is attracted to the ceremonial and ritualistic, and the more elaborate and complex it is the better they will like it.

The camp fire proper cannot be a standardized process. With us, it consists of some stunts, games and contests (Indian wrestling, boxing, trick contests, and a hundred other ideas for competition and amusement). There are more formal stunts, in the form of short vaudeville acts staged and engineered by various cabins and groups of boys and counselors. These cannot come very often because of the amount of time involved for practice, the limited ideas of the boys and

the fact that this formal camp fire type does not appeal so greatly to the individual boy.

Of course, the camp fire story is a factor of extraordinary importance to the council fire. An Indian legend always has an appeal, and every director can find literally thousands of them, all ready for his telling, in the books of Indian lore. An original story about anything at all has an irresistible lure.

Upon certain occasions we utilize our camp fire period as a time for making plans for hikes and special occasions. Inasmuch as these things involve every boy in camp, they hold his interest, even though they fail to furnish the inspiration which the camp fire has within its mystic power. We do not recommend this, but at times it has a great utility.

Most Depends on the Close

The closing of the camp fire is even more important than the opening. The psychology underlying the impressive and mystic closing is based upon the fact that directly after the closing of the fire, the boys go to their cabins and turn in. A solemn, quiet, impressive closing is an excellent preparation for a quiet, orderly retiring period and a quick trip to the land of sleep.

Underlying all of this, back of all that must be done and the time that must be consumed to make the camp fires what they should be are the facts that:

The camp fire is the finest and most proper place for instilling a real vital camp spirit.

The camp fire is the easiest and most logical place for building up a healthful camp "pep."

The camp fire is the camp's best place for the Director and staff to teach everything or anything.

The camp fire is the finest source of camaraderie and fellowship.

The camp fire should be the place where inspiration of the highest ideals can be effectively carried through.

Types of Camp Fires

We have ten general types of camp fires at Cherokee. Briefly explained they are:

The Singing Camp Fire: Here the evening is spent in general singing of the ever-popular camping songs, the camp's own songs, popular songs, and impromptu verse songs. Everyone sings and the ukuleles, banjos, mouth organs and mandolins make romantic accompaniment.

The Hiking Fire: In this fire, the secrets and tricks of successful over-night camping are explained and illustrated by campers and counselors for the instruction of the inexperienced. It gives everyone a chance to exchange ideas. Often hikes are planned at these fires.

The Pep Fire: We find these are needed once in a while to bring up the camp spirit. During rainy summers, a pep fire is indispensable. We include a lot of camp songs, and yells. Perhaps a little pep

talk or two interspersed at the right moments will succeed here when they fail at most other times.

The Instructive Fire: A fire where effective teaching is done is long remembered. As an instance, at one of our fires this summer, the instruction was in the making of Indian necklaces (of glass beads, bells and wooden claws). One or two necklaces which had been made were brought out as examples and passed around. The talk illustrated how to carve a claw from a piece of wood. Within a week, every camper wore a ceremonial necklace at the fires.

The Game Fire: The Director has at his command many books of interesting little games which can be successfully played at the camp fire and after a quiet day, a strenuous camp fire assists in stimulating that "tired feeling." This means healthy, happy boys.

The Moralistic Fire: Here the central purpose is one or two serious talks from counselors or the Director. These talks must be most carefully planned and must follow the general plan of "Clean Sports," "Playing Fair" and "Living Clean." Subjects that vitally interest the real boy. This is a hard fire to put across, but once over it means an everlasting impression on the young minds.

The Impromptu Fire: Here we let the boys plan their own evening. One evening every boy had to do some stunt, trick, or sing or crack a joke. The hour passed so quickly it hardly seemed possible that it was over. Another time, different boys suggested things they would like to do. This is a lazy fire, and one that should not be allowed more than three or four times in a season.

The Story Fire: A good story or two, told or read, never fails to secure and hold attention. We lean strongly to Indian stories and find that all our boys, from the youngest to the oldest (and even the staff), enjoy them. There is something about "The Indians" that attracts the boy's mind, even when it is housed in a man's body.

A Plan Fire: Before a long trip, such as our all week trip to Canada, an evening can well be spent in teaching points of hike sanitation and comfort. Before a baseball game, plans for the entertainment of the visitors can be made. Before an entertainment, plans and instructions for the event can be handled at the fire where the whole group is assembled, willing and ready to give undivided attention.

The Cabin Fire: About once a week, it is a great joy to let the boys build their fires before their own cabins, and spend the evening with their cabin mates. It gives the counselor a chance to know his worth away from the dominance of the Director. It gives the boys a chance to develop their own ideas, in a way the big fire does not.

But all in all, the Camp Fire will in years to come play a bigger part in the memories of the camper than anything else. The happy hours spent around the circle, with the flames leaping high or the embers glowing red, will live forever in the hearts of the boys, and be ever vivid in the memories of the Men, our products.

Ceremonies Around the Camp Fire

Some Do's and Don'ts

Plan your program so that it is flexible.

Never wait for a stunt to get ready. If the Scouts are unprepared when called upon, skip them and return to them later on. There should be no delays between acts.

Endeavor to have as many Scouts take part in the program as possible. When the evening is over every Scout around the Camp Fire should have taken part in some capacity or other.

Prepare and plan carefully for each program. Make your stunt [skit] assignments in sufficient time to permit the group which is to put it on to rehearse it carefully.

Remember—An interested group is a well disciplined group.

Do not be afraid to switch your program if you find it fails to go over.

It is inadvisable to permit a stunt to go on without first having previewed it. Young boys, and old ones for that matter, too often lack the ability to recognize the fine line which cannot be passed without causing offense.

Do not permit “razzing;” it can only cause bad feelings and is poor sportsmanship. Drag the chronic ‘razzer” out of the circle and make him do it better than the “razzee.”

Avoid adult speakers. Your program is by the boys. If you must have speeches impress upon the speakers the necessity of being brief.

Blend the program. Do not go from an hilariously funny stunt into profoundly serious event. Boys lack the ability to adjust themselves so quickly. Have your comic event, follow it by an instrumental solo, then go into your serious number.

Watch your time! It is better to have a brief program which keeps every fellow on his toes than a long winded one which makes it necessary to blow reveille over the sleeping boys in order to send them to their tents.

Watch your fire hazards!!

Program Values

The value of the Camp Fire Program may be measured as a general rule in the following ways:

The degree in which the program is planned and carried out by the boys.

The degree in which it is organized around the cabin or tent groups.

The amount of variety in the program.

The degree in which it is a purposeful experience, with educational and character values, rather than “just another way to spend an evening.”

The materials suggest dividing the program into

Music , Activity, Educational and character events

Road Safety Rules

Fatalities and accidents on the road occur because someone somewhere is not paying attention to road safety rules. There are a number of factors that come into interplay while traveling on the road. There are road safety rules for drivers to follow as well as the pedestrians and other vehicles.

In this article we will focus on the main road safety rules that everybody on the road needs to keep in mind.

Road safety rules

- **Keep to the left**

Keep to the left while driving and allow vehicles from the opposite direction to pass. Most head-on accidents happen as we fail to keep to the left and stay in the middle of the road. This is one of the most important road safety rules for drivers.

- **Slow down on bends and turn**

another mistake most people make is to never slow down on turns and bends. Be all the more cautious when negotiating bends and sharp turns.

- **Move cautiously and slowly during congestion on roads**

This is another very important road safety rule that most of us ignore. We should move carefully especially at the roundabouts and road junctions.

- **Wear helmets**

Those on bicycles and two wheelers should never go on the road without a helmet. Make sure the helmet is of superior quality and strapped properly.

- **Remain within the speed limit**

This is common sense and a common one among road safety rules for drivers. Keep in mind that the speed limit is related to the traffic condition of the area. If you come within schools and hospitals, just slow down

- **Maintain the right distance**

Often it is seen that collisions occur because adequate distance from the vehicle in front is not maintained. These are important road safety rules for drivers.

- **Understand and follow the road signs**

These road safety rules are a must for all to follow, whether walking on the road or in their vehicles. It can be dangerous for you as well as other people on the road if you have poor understanding of the road signs.

Keep the above road safety rules in mind while travelling and make the roads safe for yourself and everyone.

8.SERVICE :

Anti-Litter Campaign

The goal of the Anti-Littering Initiative is to create litter awareness and to educate residents of all ages. Increasing litter consciousness will encourage proper garbage disposal and reduce the amount of litter found in our region.

What can you do?

Reducing litter is everybody's job. Successful litter control is an ongoing effort that involves the entire community. Take action!

You can make a difference by disposing of waste in the proper receptacles. One person, one business, one organization can set a positive example for others to follow.

Get involved with these easy steps:

- Take responsibility
- Get involved in [Community Cleanups](#)
- Place garbage in containers with lids
- Cover open loads on trucks
- [Recycle](#)
- Reduce and reuse as much as possible
- Donate unwanted items



How long does litter take to decompose?

Here are some examples:

- Napkin: two to four weeks
- Paper bag: one month
- Cotton rags and paper: two to five months
- Orange peel: six months
- Plastic bag: 10 to 20 years
- Tin can: 50 to 100 years
- Straw: 200 years
- Plastic six-pack rings: 450 years
- Plastic bottle: over 500 years
- Glass bottle: 1 million years

What is litter?

Litter is waste that has not been disposed of properly. It is unsightly and reduces the aesthetic appeal of the community. It can pose environmental, health and safety concerns. Sharp objects like broken glass and metals can cause injury to pets and children. Decaying food and pet droppings can spread disease, putting both humans and animals at risk.

Where does litter come from?

Motorists and pedestrians are responsible for creating between 30-55% of all litter. The rest comes from household or commercial garbage, construction sites, and loads which are not properly secured.

Cigarettes are the most littered item in the world, with an estimated several trillion butts discarded every year - flicked on sidewalks, beaches, trails, roadways, and other public places. Cigarette filters are made of cellulose acetate tow fibers, can take decades to degrade, may enter water systems, and are known to contain toxic chemicals that can hurt wildlife if consumed.

No matter where litter starts, it moves, from streets and highways to parks and waterways. Wind, weather, and animals scatter litter around the community into gutters, fence lines, parking lots, and alleys. Up to 18% of litter can end up in our streams and waterways, which causes contamination and pollution.

Who litters?

Studies have shown that people of all ages, genders, and social background litter. Whether it is apathy, indifference, or laziness, litter is a problem.

Studies have also shown that litter attracts litter. If an area is litter-free, people are more likely to think twice about littering.

9. SENSE TRAINING :

Kim's Games

Required:

Paper pencil for each scout.

Various items of interest.

Notes:

This is a traditional observation game.

Instructions:

Collect a number of items and place them under a tarp or sheet.

Have the scouts gather around and uncover the items for 1 minute.

Cover the items and have each scout write down every item he remembers. The one with the most has demonstrated the best observation and recollection skills.

Alterations:

- Have patrol members combine lists to come up with the best patrol list.
- Give patrols 30 seconds to discuss and prepare before viewing the items and then work together to make a list.
- Have a guest give a 1 minute talk about some topic of interest and then leave the room. Have people or patrols make a list of what he was wearing.
- Use ropes of different colors to tie various knots. Have scouts list color of rope and name of knot it tied.
- Have two leaders and two backpacks, one full of camping items. Leader takes item from pack, names it, and tosses it to other leader who puts it in his pack. When all items are in 2nd pack, leader puts it on and leaves the room while scouts write down all the items.
- Send each patrol to a separate room or place where they can not see each other. Each patrol makes a list of all the other scouts here today, but not on their team.

10. PROFICIENCY BADGES :

1. COOK

2. GARDENER

Refer to Proficiency Badge books

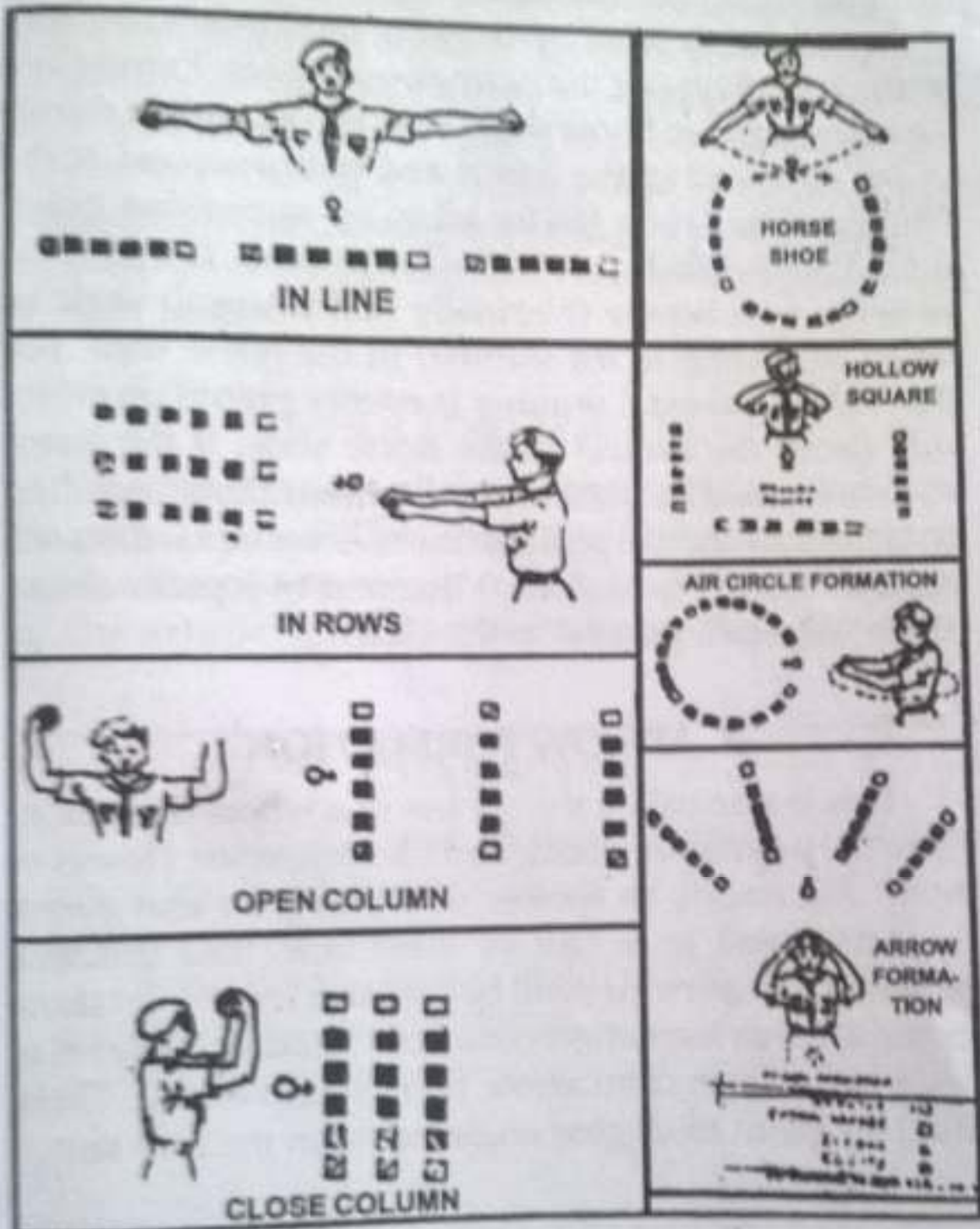
11. DISCIPLINE :

Troop Formations:

Lord Baden Powell had a lot of practical experience hence he advised special methods to Scouts in executing various tasks. In his book 'Scouting for Boys' (campfire yarn-19) he has mentioned special signals to do various troop formation instead of fiving words of command. This method has helped in getting the troop and patrols form quickly at public places or on other occasions, without making noise. This inculcates smartness and good order in scouts and the troop.

- Single line formation
- Close column
- Open column
- File or Rows formation
- Horse shoe formation
- Arrow formation
- Circle formation
- Hollow square

TROOP FORMATION



TROOP FORMATION

All Faith Prayer

Prayer

Prayer means communication with God. Prayer will lead us into dependence upon God. A person completely declared before God “I am nothing” and God is supreme. And declare without God I am nothing. Prayer involves many aspects. Prayer produces faith. A person with faith without prayer is like a skeleton less a body. Prayer will lead us to confession. Prayer will lead us to conviction. Prayer will lead us to conformation. Prayer leads us to declaration. Prayer will lead us to make decisions of righteousness. Prayer will lead us to stand firm in God. Prayer will lead us to a victorious life.

Respect of Others’ Beliefs

The Scout Law teaches, “A Scout is reverent. A Scout is reverent toward God. He is faithful in his religious duties. He respects the beliefs of others.” It is important that Scouts be taught to recognize the beliefs of other Scouts and to respect those beliefs. Scout outings and activities that span weekends should include an opportunity for members to meet their religious obligations. When planning an interfaith service, it is recommended that scripture, prayers, hymns, and all other parts of the worship be considerate of everyone present—respectful of all religions.

Purposes & Benefits of Multifaith Prayer

Multifaith prayer is an effort to symbolize and actualize the aspiration toward interreligious unity.

More specifically, multifaith prayer:

- Acknowledges the rich diversity of humankind’s spiritual traditions.
- Affirms the unity and solidarity of the human family while respecting religious differences.

“Unity amidst diversity” is the keyword here.

- Provides an occasion and a safe environment to build and nurture relationships among faith traditions and among individuals in these traditions.
- Appreciates common ethical values and a common search for truth.
- Exposes individuals to the prayer, meditation, musical and ritual expressions of other religions.
- Inspires common action in the realms of charity, healing, community service, social justice, scholarship, global issues and spiritual & religious care.
- Provides an occasion to practice interreligious hospitality.

Four **All Faith Prayer** Meetings I conducted in my Troop

Court-of-Honour

Court-of-Honour (COH) of my troop was called for to discuss and decide about the [all faith prayer](#) meetings scheduled to be held by our troop in our vidyalaya premises. The opinions of various patrol leaders were considered and consulted.

Permission from the Principal

With the minutes of the COH meeting, our troop got the permission from the Principal to hold [all faith prayer](#) meetings in the Vidyalaya premises in the said dates.

Meeting of Scouters

The scoutmaster and assistant scoutmaster of my troop met in the scout room and formed various committees and fixed in-charges for performing following tasks relating to the conduct of [All faith prayer](#) meetings.

1. Purchase of materials like oil, agarbathi, flowers, thiri, candles and a match box.
2. Xeroxing and distribution of [all faith prayer](#) pamphlets
3. Giving practice to the lead group
4. Selection of scouts belonging to different religions
5. Seating arrangement (cleanliness, bed sheets, notice board etc)

Venue

The venue selected for conducting [all faith prayer](#) meeting is our school (that long hall where we used to conduct our scout camp classes). Because the venue chosen

1. Is Calm and quiet
2. Is Away from crowded classrooms
3. Has a pleasant roofing design
4. Has Enough fans and lights
5. Has Sufficient ventilation
6. Has In-built public address system with speakers

Time

The [all faith prayer](#) meetings were held between 7:00 am and 8:00 am. The prayer in the morning after a fresh bath and pure thoughts is always better and fruitful.

Arrangements made at the place

1. The venue was swept clean and kept neat and tidy.
2. Clean bed sheets available in the vidyalaya were spread evenly.
3. Agarbathis were there to spread the fragrance.
4. A big lamp was placed in the front centre.
5. Bunch of flowers were spread around the lamp to beautify it.
6. Candles of different colour wrappers were placed around the flowers.
7. Symbols of various religions were drawn on the floor.

Selection of Scouts

1. Some scouts who are in the Vidyalaya choir group were given two days practice before the [all faith prayer](#) meeting to lead the prayer.
2. Scouts belonging to different religions were voluntarily invited to offer individual prayer during the [all faith prayer](#) meeting. These scouts were asked to offer their prayer in front of the scoutmaster to check their voice and verses chosen.

Seating Plan of other scouts

- The bed sheets brought by the scouts and guides were spread over the hall in a symmetrical way to present a pleasant seating design.
- All the scouts were given a copy of the [all faith prayer](#) songs.
- They were all briefed on the way they have to enter the hall and the way they have to exit after the [all faith prayer](#).
- They were also instructed on the importance of keeping quiet, without talking , during the entire course of [all faith prayer](#) programme.
- All the scouts were asked to remove the shoes and enter the hall
- Two non-scouts were asked to stand near the entrance of the hall to stop the scouts who may visit the hall after the starting of the [all faith prayer](#).

Notice board

1. The information about the [all faith prayer](#) meeting was made available in the S &G Notice board and general notice board of the Vidyalaya.
2. A separate board mentioning the order of songs to be offered during the [all faith prayer](#) was placed in the hall.
3. The aforesaid special board had symbols of various religions drawn over there by our beloved scouts.

Outcome / Result / Feedback

1. A peaceful spiritual experience by all the scouts and scouters
2. A growing respect for all the religious beliefs
3. A broad minded attitude to see the goodness of all religions
4. A realisation of the importance of group / common prayer
5. An experience of a serene atmosphere
6. Demand for more such prayers from my scouts

12.COMMUNICATION :

Advantages and Disadvantages of Mobile Phone for Students

There are some Advantage and Disadvantages too of Mobile Phone for Students as Usage of mobile is becoming very popular in the society. Every individual is seen with a mobile phone no matter from which class does he belong. China mobile industry is boosting it in Pakistan by offering cheaper cell phones. In old age, keeping mobile phone was a symbol of a very rich man and it was very rare. But now a days, keeping cell phone is not a big deal. Having mobile phone with the students in school, colleges and universities is very common

now. Parents mostly allow their kids to keep mobile phone so that they can be in contact with them. But now it's the responsibility of the students how he uses the mobile phone. Every technology has its own advantages and disadvantages for Students. Same is the case with mobile phones. The advantages and disadvantages of this new mobile as a gadget are the hot topics with great importance.

Advantages of Mobile Phone for Students

- Mobile phones are the source of keeping student's parents in contact. It is convenient to communicate with anyone they want to. In case of emergency, they call their parents or any family members.
- Smartphones are now very common. Internet has provided great benefits to the users. Students can download books, dictionaries or any other information to their mobile for the purpose of study. They can download other helping material and tools for their help in education. Students have wider access as they can get reviews of experts, read blogs and interact with the people of their field.
- Another advantage of mobile phone is if students get absent or miss some lecture or notes, he/she can communicate to his friends to inform him with the lecture note or homeworks.
- Mobile phones aids communication. By communicating with different people, they can enhance and polish their communication skills and get to know more about the people around them.

Disadvantages of Mobile Phone for Students

Talking about disadvantages, there are lot of negative aspects of using mobile phones.

- Using mobile phones in class can distract students from attending class with attention. Playing games, facebook and other tools can easily distract them.
- Smart phones can impact eyes of the students if use for longer period of time for example while playing games.
- Talking to friends at late night can make their sleep disturbed. They can suffer from sleep disorders and will disturb their routine.
- Mobile phones emit special kind of electric waves that can harmful for the students and it can damage his brain if used for loner period.
- – One of the disadvantage of keeping mobile phones is it stains the brain memory. For example, student with a mobile phone can use calculator for mathematics. Another perspective is students do not even remember the mobile number of their parents. Although it has provided with the convenience but the brains are stained.

Conclusion

Mobile phone has been a blessing for the humanity and provided high level of ease but if used properly and sensibly. Parents should take care of their kids that if they are giving them mobile phones then it should be used beneficially rather than spoiling them.

Internet

Internet is a global network which connects millions of computers all over the world. It has become very simple and easy in accomplishing all day to day activities which were very time taking and hard to manage in those days. We cannot think our life without this great invention called internet. As everything has its pros and cons means both positive and negative effects, internet also has affected the human lives in both ways. Because of the internet, online communication has become very easy and simple. The mode of communication in those days were through letters which was very time taking and hard as one had to travel a long distance. But now, we just need to connect our internet to open some social networking websites and opening Gmail or other accounts (Yahoo, etc) to send messages within seconds.

It has reduced the usage of paper and paper works to a great extent by making everything computerized in the offices (governmental or non-governmental), schools, colleges, educational institutions, training centres, NGOs, universities, shops, business, industries, railway, metro and many more. Using this internet we can get all the news time to time from all across the world from one place. It is very effective and efficient in gathering huge information whether required for references or activities on any topic within seconds. It has benefited the education, travel and business sectors to a great level. It has made easy access to the online public libraries, textbooks or other resources to find relevant topics.

In the earlier time when people were without internet, they had to waste lots of time for any type of work like standing in the long queues and waiting for their number to get travel ticket. But in the modern time of internet, one can book train online in just few clicks and get travel ticket through printout or get a soft copy in his/her mobile. In the internet world, one does not need to travel a long distance for his/her meeting for business or other purposes. One can attend his/her meeting online from own office through the use of video calling, conferencing, Skype or using other tools. It helps in getting admission online in his/her desired school, college or universities, hiring highly skilled employees and teachers, business transactions, banking transactions, applying for driving license, money transfer, learning cooking recipes, bill payment, purchasing anything on free delivery and so many activities.

13. PATRIOTISM :

Heritage and Culture of India

A nation that has no cultural heritage is like an orphan who has nothing to feed upon. An individual human being, a race or a nation must necessarily have certain roots somewhere. India is deep rooted in the culture of her past—the glorious past. India is a vast country, and centuries old. It is difficult to sum up her heritage in a few words. Her past has been full of glory. She has been the birth place of many great men and women. She has given birth to many great movements in religion, art and literature. These movements have not been limited to India alone, but they have travelled to other parts of the world. The India of today has a rich past over which we can look back with pride. Our past has given us a definite way of life, which is typically Indian and yet universal in approach.

The most prominent feature of India's culture is that it combines many cultures. India is a land of great variety and many influences have worked to produce modern India. India has shown great capacity for absorbing what came to her from outside. The base of the Indian civilization was formed by the coming together of the old Indus Valley Civilization and the Aryan Civilization came from beyond the North-West frontier of India. It has been repeatedly influenced by other civilizations, though basically it has recognized the same. The Greeks, the Romans, the Scythians, the Turks, the Russians, the Arabs and the Europeans left their impression. India's capacity to absorb was so great that they all became Indian.

British rule in India brought a new element. The industrial civilization of the West brought in her influences. It produced changes in thought and outlook. The ideas of democracy of the parliamentary type were brought to India by the West. The English language also was helpful in bringing us in contact with the modern world by science.

For several hundred years India was weak and came under foreign rule. She lost her vitality. In ancient times, Indian missions went out, carrying India's religion, language, culture, habits and art, all over South-East Asia, Western and Central Asia. Ashoka, the great emperor, sent missionaries to spread Buddhism all over the then known world, some of the oldest books in Sanskrit drama have been found in the Gobi desert.

There came a period when narrow-mindedness entered Indian ways of thinking. Religion became a superstition. The ideas of caste cut Indian society into countless divisions. Foreigners took advantage of these and conquered India.

It was Gandhiji who made Indians aware of their ancient heritage which they had forgotten. He led us in our struggle for freedom. In this task he put into practice the basic wisdom of ancient India. That wisdom consisted in freedom from fear and freedom from hatred. To the ideals of truth and non-violence which had been preached long ago by the wise men of old, he gave a new shape.

Throughout her past India has preached and practiced toleration and understanding. These have been the basis of Indian religion, philosophy, art and literature. Her sons went far and wide, unmindful of the dangers in their ways, to spread this message of peace. By adopting peaceful

means forgetting our independence, Gandhiji showed the superiority of peaceful methods over force and violence.

The charms and graciousness of the Indian way of life endures due to the philosophy of life which we have inherited from the past. Religion in India is not a thing to be put on and put off like Sunday clothes. It permeates the whole fabric of Indian life. Whatever we do, however great or small, is colored with religious sentiments. From the planting of a tree to the establishing of an industry, all are regarded as pious acts. Training and education, marriage and procreation, birth and death are all tinged with religious fervour.

It true that our attitude towards life is now rapidly becoming materialistic. The glamour of the western way of life with its glorification of material prosperity and its wonderful achievements in the field, of science and technology has modified our aim and ambitions. A new orientation has been given to Indian life. The ideal now chiefly adored is success or the ability which produces success. The Quest of success has dazzled our eyes and some of us have started looking down up to the old traditions and culture. The results, however, have not been very happy. We are losing our roots. Blind imitation of the west will just make us get lost in blind alley.

However, we must not also resist the winds of change and remain clinging to the past values and principles of life. We must not close our doors to the influences from the outside world. If those influences are good, they will strengthen the basic concepts of our culture and so enrich it as to make it truly representative of the life of our people. What is to be avoided is a blind imitation of cultures and values. Countries become great not because they have achieved progress in material things but because they follow noble traditions and base their life on what has been called by Tagore 'Dharma', or a moral way of life. We should remain true to the real genius of our land, the quality and habit of mind which has preserved us through the ages.

INDIAN CULTURE AND HERITAGE

One of the oldest and distinctive cultures of the world, the Indian culture is the result of the country's rich and long history, ancient heritages, varied demography and unique geography. The different parts of India, the north, the south, the east and the west make a wonderful display of their distinctive culture that have fascinated people all over the world.

The language, dance, religions, music, various customs and architecture form the rich culture of Indian. In fact, the culture of India is perfect combination of varied sub-cultures that are spread throughout the Indian sub continent along with century old Indian tradition.

Among other things, the different religions are one of them that represent India. The religious culture of India is one of the most diverse in the whole world. The Indian sub-continent is the birthplace of various religions of the world, which include Hinduism, Jainism, Buddhism and Sikhism. All these religions are collectively called Indian religions. Religions in India play an important role in the lives of majority of Indian. The religious culture among the various Indians has been imbibed since the early years of consciousness.

Apart from the major Indian religions, some other important religions like Christianity, Muslims, Jews, Parsis sects have been living side by side in India from time immemorial and are also representative of the religious culture of India.

When talking about religions, the festivals that are the most essential parts of the different religions of India must be mentioned. Some of the integral festivals that are representative of the religious culture of India are Holi, Id, Durga Puja, Christmas, Diwali, Guru Nanak Jayanti, Ramadan and many more.

Since majority of people in India are Hindu, the Hindu culture plays an important role in making the whole gamut of Indian culture. The different Hindu festivals, the rituals, norms and customs, cuisine and attire make a perfect display of the Hindu culture of India.

The languages form an important part of the rich culture of India. India is a land of various languages namely Bengali, Hindi, Sanskrit, Assamese, Kashmiri, Tamil, Urdu, Marathi and more. In fact, each of the different states of India is representative of the respective language culture. According to history, one of the oldest languages of India is Rigvedic Sanskrit, which dates back to 1500 BC.

The society of India is a perfect exhibition of the culture of India. The traditional Indian society is represented by family, festivals, names, marriages and many more. In this regard it must be mentioned that marriage is one of the most essential parts of the Indian society. India is rich in its marriage culture, arranged marriage for centuries have been considered the tradition of the society of India.

Dance forms in India

Here are some of the most popular dance forms of India :

Chhau: This dance form originated in the region of Seraikella and is performed on the eve of the spring festival every year. The mask is the main focus of this dance. It is a traditional art form and is still performed all over the country.

Bhangra: Bhangra is a popular folk dance of Punjab, North India. It is a dance performed on special occasions like weddings and festivals. The dance symbolizes and reflects the happiness of the Punjabi farmers.

Mohiniattam: Mohiniattam is one of the major classical dance styles of India. It is an elegant dance form that originated from the land of Kerela and today, the dance form has spread to other parts of India as well.

Manipuri: Manipuri is a popular dance of the state of Manipur. The main theme of the Manipuri dance is the love of Radha and Lord Krishna. In the 18th century the Manipuri dance blossomed into a classical dance form. /li>

Myriad Emotions: It is a dance form in which myriad emotions are portrayed by the artist dancers. It originated from the Kuchipudi village, in the Krishna district of Andhra and its origin dates back to as far as the 2nd century B.C. Innumerable emotions ranging from pride to anger are expressed.

Odissi Dance: It is one of the oldest classical dances of the country. The dance themes mainly centers on the eternal love stories of Radha and Krishna. The Odissi dance can be

distinguished from other dance form by the colorful costumes, ornaments, dance steps and fine display of emotions of love and pangs of separation.

Kathakali: Kathakali is a unique dance form of Kerela and dates back to the 17th century. The themes are mostly religious. The costume of the Kathakali dance is intricate and is one of the distinctive traits of this dance.

Bharat Natyam: Bahrat Natyam is India's ancient classical dance style. It originated from the land of Tamil Nadu and has come a long way since the time of its invention and days in the temples. This dance form is famous not only in India but also abroad. It is regarded as the most elegant of all the dance form in India.

Indian Music Forms

Tradition – A story of Strings: The string instruments have reached great heights in recent times. The endless moments of ecstasy and pleasure one can derive by listening to the soothing sound of the string instruments, cannot be actually surpassed by any other form of instruments.

Carnatic Music: The carnatic music of the South Indian exposes the rich history and culture of the past. It is considered to be the richest and oldest music tradition in the world. The south Indian states of Tamil Nadu, Kerela, Andhra Pradesh and Karnataka are famous for their strong presentation of the Carnatic music.

Hindustani Music: The Hindustani Music has assumed a role of immense significance. It is based primarily on the raga system, which is a melodic scale comprising of notes. Each raga acquires a distinctive character of its own. Hindustani music is catchy, rhythmic and takes us to the depth of the Indian culture.

TRITIYA SOPAN

INDEX

S.NO.	TOPIC	PAGE NO.
1	PIONEERING : a) Tie & know the use of the following: Fireman's Chair Knot, Man Harness Knot, Bowline on a bite, Draw Hitch. b) Tie & demonstrate the use of Diagonal Lashing c) Use another method of whipping other than the one used in Pratham Sopan. d) Make a Flag Mast of at least three staves with your Patrol and demonstrate Flag Break. e) Make a temporary shelter for yourself f) Know any one method of Splicing: Eye/ Back/Short	
2	(I) SWIMMING : (a) Swim fifty metres. (b) Know the safety rules of swimming and (c) Know how to deal with cramps. OR (II) Earn any one of the following Proficiency Badges: (i) Athlete (ii) Camel man (iii) Climber (iv) Gymnast (v) Hiker (vi) Games Leader (vii) Yoga (viii) Cyclist	
3	ESTIMATION : Be able to estimate height, depth, widths, numbers & weights using recognized methods of estimation.	
4	FIRST - AID : a) Know how to deal with emergency situations such as Drowning, Electric Shock, General Shock, Automobile Accidents and Human Being caught in fire. b) Treat Choking. c) Deal with simple fracture of collar Bone, Upper arm, Fore arm, Hip & Lower leg. d) Treat for Heat Stroke and Sun Stroke e) Demonstrate CPR (Cardio Pulmonary Resuscitation). f) Place an unconscious victim in the Recovery position. g) Transportation of victim - One Rescuer & two Rescuers	
5	MAPPING : Be able to access a GPS Map & use it to follow a given route (or) Draw a map of the area using Triangulation method with the help of compass or Plane Table method. Or Sketch a map of the route undertaken for at least four kms by using Road Traverse method or Gilwell sketch	

6	TALK : During the Troop Meeting give a talk for about five minutes on any one of the following subjects : a) National Integration, b) Child Abuse, c) Substance Abuse, d) Your future Scout Training, e) Gender Equality, f) Child Education, Child Health, Child Social Security & Child Labour, g) Free Being Me.	
7	OUT OF DOORS : a) Plan an overnight Patrol camp. b) Undertake a day hike of ten kms on foot with Patrol/Troop members. Prepare meals & Tea. Make a report & submit it within a week after the hike is over. The hike route is to be given by the examiner. c) Participate in a Night Game.	
8	COOKING : Cook food for your patrol by using Backwoodsman method	
9	SIGNALLING : Learn Morse Signaling and be able to send and receive simple messages of ten words	
10	PROFICIENCY BADGES : A. Community worker B. Citizen	
11	Knowledge : (a) Knowledge of Scouting in India and WOSM (World Organisation of Scout Movement) (b) Know and understand the safety measures while using ATM card and Mobile Phone. Or Using basic electrical / electronic devices, making out gadgets useful at home, under supervision of a trained Adult	
12	Fire : Complete any three of the following: a) Safety precautions with regards to Fire. b) Demonstrate Bucket Chain method of Putting off fire c) How to tackle Dry Grass Fire d) Types of fire extinguisher and use thereof.	
13	Service :- Know and Understand the disease tuberculosis-its symptoms, treatment and precautionary measures to be preventing the disease, knowledge about Directly Observed Treatments (DOTS).	

1. PIONEERING :

Fireman's chair knot

A **fireman's chair knot** (or simply **chair knot**) is a [knot](#) tied [in the bight](#) forming two adjustable, lockable loops. The knot consists of a [handcuff knot](#) finished with a locking [half hitch](#) around each loop. The loops remain adjustable until the half hitches are tightened.

Usage

A fireman's chair supporting a person in a horizontal highline configuration

The knot was first introduced by the Victorian chief fire officer Eyre Massey-Shaw in 1876.

Made with suitable [rope](#) by qualified personnel this knot can be used as a rescue [harness](#) capable of supporting a person while being hoisted or lowered to safety. One loop supports the body, around the chest and under the arms, and the other loop supports the legs, under the knees. Tied towards the middle of a line, one end is used for lowering and the other end can serve as a tagline, to control the victim's position with respect to hazards during the descent. A snug fitting of this knot should restrain the victim, even if unconscious. The fireman's chair can also be used to move a victim laterally when used as a part of a tensioned horizontal highline system.

The fireman's chair knot is considered to be merely a makeshift harness, to be used when conventional [rope rescue](#) techniques are not available. It is rarely used by modern rescue teams.

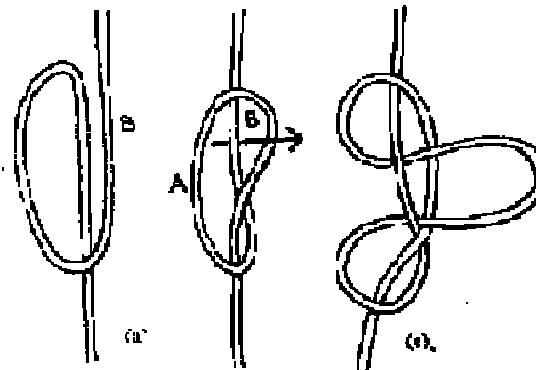


Man harness knot

Use: The **Man harness** is a knot with a loop on the bight for non-critical purposes. This knot is used when multiple people are to pull a load. Typically one end of the rope is tied to a load, and one man harness knot per puller will be tied along its length. Each loop is then pulled by a different person.

How to tie:

1. Lay the rope flat
2. Make a loop in the rope with the running end going beneath the standing part.
3. Pull the running end down so that it crosses over the loop.
4. Pull the bottom of the loop through the gap between the top of the loop and the running end.



WARNING: The Man harness knot must have the loop loaded or it will slip and contract easily.

Bowline on a bight

The Bowline on a bight is a knot which makes a pair of fixed-size loops in the middle of a rope. Its advantage is that it is reasonably easy to untie after being exposed to a strain. This knot can replace the figure-eight knot when tying into a climbing harness. However, it is critical to use a strong backup knot with plenty of tail beyond the knot.

Uses:

This knot can be used to provide a toe hold in the middle of a rope; to make an emergency [bosun's chair](#); and to create an upper rope "block" to make a crude purchase by threading the rope round an anchor point and then back up through the loop. It is sometimes used in [sport climbing](#) to tie into two anchor bolts independently. This knot is convenient when a dependable loop is required but neither end of the line is available. It's also commonly used as a seat while being hoisted as there are two secure loops as opposed to the traditional one loop bowline. In theory, this knot would make hoisting many people with one line possible. This knot is very popular in [caving](#) as it allows the load to be spread between two anchor points, reducing the stress placed on them and providing a backup should one fail. Commonly known as the Y-hang it allows for a free-hang descent and can be easily adjusted to avoid waterfalls or rub points.



As mentioned earlier, this knot can replace the figure-eight knot when tying into a climbing harness by tying a regular bowline knot and then re-threading it, such as is done with a figure eight knot. However, it is *critical* to use a [strong backup knot](#) with plenty of tail beyond the knot, as the knot may untie during long climbs. The advantage of using this knot instead of the figure eight knot is that it can be easily untied after a severe fall.

How to tie :

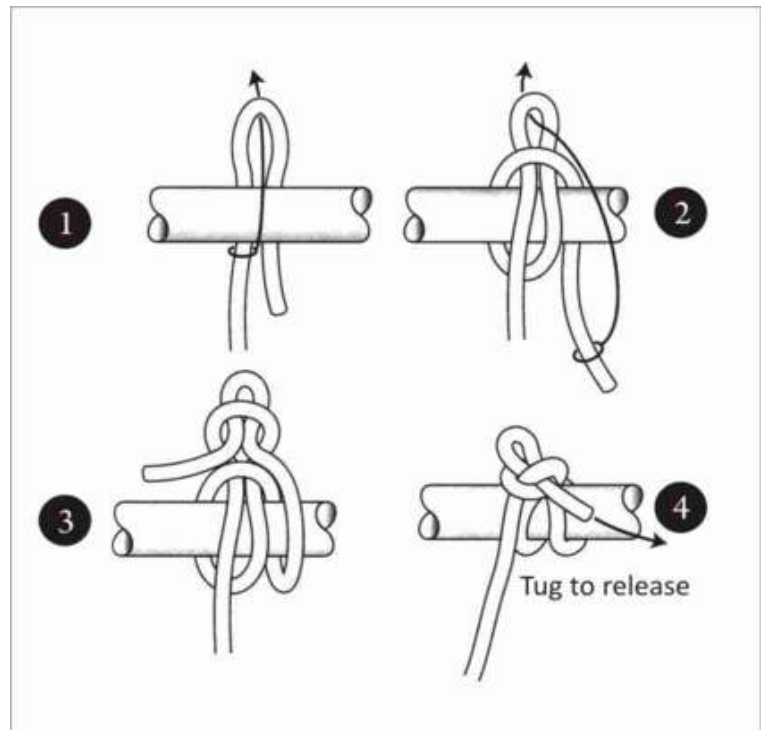
The bight of rope is initially used to make a bowline in the usual way (picture on right). However, the bowline is *not* completed by going on round the standing end(s) and tucking the bight back down beside itself. Instead, the bight is opened up to allow the whole knot to pass through it (see picture on right). When tightened, the bight now embraces the pair of standing ends

Draw Hitch

This is a neat quick-release knot that can hold a considerable strain. It's also known as the Fireman's Hitch and the Highwayman's Hitch. Though there is no verifiable evidence that it was ever used by robbers on horseback to unhitch their horses for a quick getaway, it is ideal for reliably securing a boat to a mooring (or horse to a hitching post) with the assurance that you can easily release the knot with a simple tug and quickly be on your way. And all you need is one hand to do it. In *Scout Pioneering*, John Sweet describes the draw hitch as "definitely a fun knot—fun to make and use."

In addition to securing the end of a line to a fixed point, the draw hitch can be tied in the middle of the line resulting in two ends of the rope hanging down equally. This way, a climber can lower himself down using one end (standing part), and have the ability to retrieve the rope by tugging on the other end (free end).

Pioneering Use: When hoisting a large structure that is not intended for climbing, e.g. a tall gateway, and the lines you're using for lifting and preventing over-pulling are not guy lines, tie the middle of the hoisting ropes to the structure with Draw Hitches. Then, when the structure is standing, these lines can be easily removed with a simple tug on the free end.



Diagonal Lashing:

Introduction

A Diagonal Lashing is used to bind two poles together that cross each other but do not touch (or are likely to be pulled apart) when their ends are lashed in place in a structure. Often used for securing diagonal braces used to hold a structure rigid.

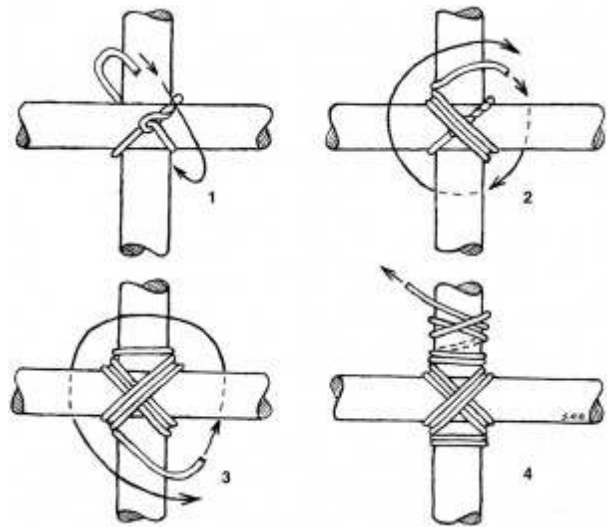
When wooden poles are used in a lattice like structure a combination of Diagonal and Square lashings is used to hold them together.

The Diagonal Lashing can be used to bind poles that cross at an angle of between 90 to 45 degrees. If the angle between the poles is less than 45 degrees a sheer lashing should be used.

Note: If a square lashing was used to bind poles that do not touch the beginning clove hitch would pull the cross pole towards it causing unnecessary bowing of the cross pole and could also produce a force that would act along the length of the pole to which the clove hitch is tied. This could place unnecessary strain on other lashings and cause the structure to twist and fail.

Step by Step Guide

- Tie a Timber Hitch horizontally around two poles crossed diagonally. Pull tight. Take the working end around to the back of poles ready for the first turn.
- Start the wrapping turns on the opposite diagonal to the timber hitch. Pull the rope tight so that the poles contact each other. Make three full horizontal turns around both poles and over the Timber Hitch. Pull each turn tight as it is made.
- Change the direction of the turns by taking the rope behind the poles at the bottom of the lashing then to the front of the poles at the top. Try to go around the pole when changing direction to avoid crossing the first set of wrappings diagonally.
- Make three vertical wrapping turns around the crossed poles tightening each turn before making the next one. Be sure to keep them parallel.
- Tighten the lashing with a frapping turn by going past and around one of the poles and then threading the rope alternately behind then in front of each pole. This will help to secure the lashing.
- Make two more frapping turns, pulling each one tight as it is completed.
- End the lashing with a clove hitch by taking the first half hitch of the clove hitch by going past and then around one of the poles. Lock the half hitch tight against the lashing by working it tight and pulling it from below.
- Take a second half hitch around the pole and work it tight against the first so that the clove hitch is locked tight against the lashing.



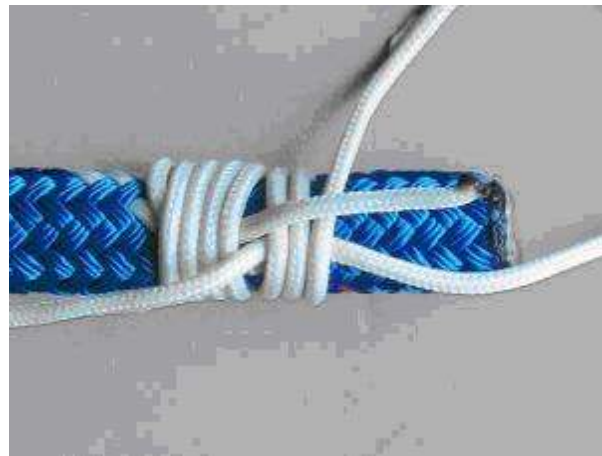
West Country Whipping

Pass the twine round the rope and tie an overhand knot. Repeat behind the rope and tie another. Continue making overhand knots in front and behind to reach the diameter of the rope. Finish with a square (reef) knot. Or add more overhand knots, thread the ends through the rope and trim them.



Sailor's Whipping

With the end taped or burned, lay the whipping twine against the rope and tightly wind the twine round until the twine is secured – usually eight to ten turns. Make a loop and wind the loop round the rope and the twine – another eight to ten turns. Pull tight, & cut the ends off close to the rope.



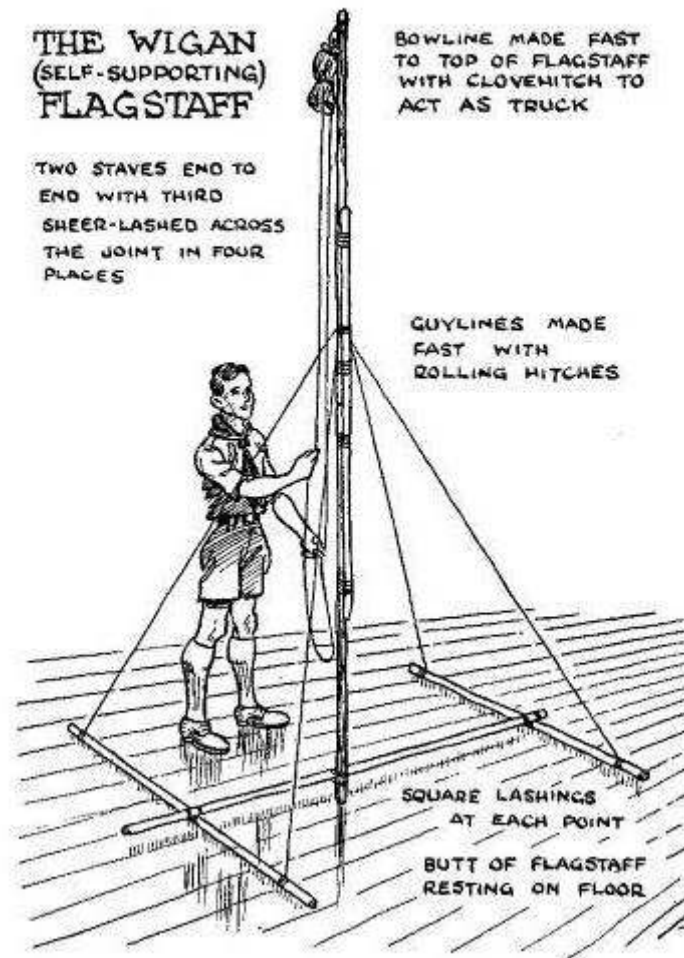
Make a Flag Mast of at least three staves :

We think this is a particularly good project. There are many occasions when Scouting is operating in a hall and it is not possible to have an effective flagstaff for flag break. Things draped from rafters always look like – well – things draped from rafters. It may be that a Scout display is being staged in the Town Hall or in a Church Hall, and to have the full effect of the opening ceremony you do need to have a flag break, and that means a flag pole.

The Wigan Flagstaff has two great merits in our view. It is easy to construct – a patrol should be able to make a satisfactory job in ten minutes – and it is self-supporting so we do not have to bore holes in the dance floor or in the Town Council's mural paintings. It can be put up and used, taken down, and taken away without causing the least distress even to the most exacting caretaker.

Just a few words about the construction: –

The sheer lashing by which the height is obtained needs to be very tight. It is a good idea to drive wedges between the spars to tighten the lashings. Remember that when you use sheer lashings in this way you start with a clove hitch round both spars. There are no frapping turns, and you finish with a clove hitch round both spars. If you have the head-room there is no reason why you should not add another section, but it is as well to estimate correctly before you build the flag pole. I remember very vividly my first indoor flag staff put up in a huge Church Hall for a Parents' Evening. We did some wonderful lashing, but our enthusiasm was far in excess of our judgement and the evening had to be spent with a precariously placed flagstaff at an angle of 45° with the flag drooping disconsolately from it.



EYE SPLICE

Unravel enough for 5 tucks. Tape the rope. Arrange strands. Pass center one under a standing strand. Pass lower one under lower adjacent standing strand. Pass the upper strand under the upper adjacent standing strand. Repeat this process with the center strand, the lower strand, and the upper strand. Continue to create five complete sets of tucks. Pull ti



The Back Splice

Form a Crown Knot by tucking each strand over its neighbor and back down beside the standing end. Splice each strand into the rope by passing it over and under alternate strands in the standing end. Three complete tucks – two more than the one shown here – are sufficient.

2. SWIMMING:

Swimming is a great form of all-round exercise. It's ideal if you want to be more active and stay healthy, whatever your age or ability.

Regular swimming can reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes and stroke. It can also boost your mood and keep your weight under control.

Swimming is a lifelong skill that could save a life.

Swimming Rules

- Always swim with a buddy.
- Swim only in areas that have a lifeguard.
- Stay out of the water when you are very tired, very cold, or overheated.
- Follow all swimming rules posted at the swimming area.
- Obey the lifeguard's instruction.
- If you can't see the bottom of the pool in the deep end or the water is cloudy, don't swim there.
- Avoid swimming at night in unlighted areas.
- Don't chew gum or eat while swimming, you could choke.
- Do not push, shove, or run near the water, horseplay can be dangerous.
- Get out of the water if you see lightning or hear thunder.
- Swim a safe distance away from diving boards and slides. Never swim under them.
- Never swim near a dam or boat ramp.

Swimming rules

- Only swim at beaches with life guards.
- Only swim between the flags.
- Pay attention to safety signs.
- Never swim alone.
- Never drink alcohol and swim.
- Never run and dive into the water.
- Never swim at dusk or at night.

How to deal with cramps :

A cramp is a sudden, involuntary muscle contraction or over-shortening; while generally temporary and non-damaging, they can cause significant pain, and a paralysis-like immobility of the affected muscle. Onset is usually sudden, and it resolves on its own over a period of several seconds, minutes or hours. Cramps may occur in a skeletal muscle or smooth muscle. Skeletal muscle cramps may be caused by muscle fatigue or a lack of electrolytes such as low sodium, low potassium or low magnesium.

Treatment

Stretching, massage and drinking plenty of fluid, such as water, may be helpful in treating simple muscle cramps. With exertional heat cramps due to electrolyte abnormalities (primarily sodium loss and not calcium, magnesium, and potassium), appropriate fluids and sufficient salt improves symptoms.

Medication

Quinine is likely to be effective; however, due to side effects, its use should only be considered if other treatments have failed.^[18] Vitamin B complex, naftidrofuryl, lidocaine, and calcium channel blockers may be effective for muscle cramps. Research has also shown that pickle "juice" can be an effective remedy based on its high sodium and electrolyte content.

Cyclobenzaprine (Flexeril) has proven effective in preventing muscle cramps, although data suggests that effectiveness decreases when taken for more than several weeks.

Prevention

Adequate conditioning, stretching, mental preparation, hydration, and electrolyte balance are likely helpful in preventing muscle cramps.

3. ESTIMATION - HEIGHT AND DISTANCE

At 110 yards (or 100 meters) eyes and mouth can be seen clearly.

To estimate greater distances, judge the farthest probable distance, then the nearest possible, and "split the difference."

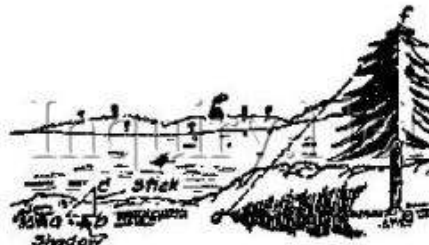
Judging Height

With practice you will be able to estimate height up to 1,000 yards or meters.



Pencil Method

Pencil Method: A simple method for measuring the height of trees and ordinary buildings is the Pencil Method. Standing some 25 yards or meters from the tree, with a pencil or stick held upright in the fully extended hand, first move the thumb up the stick until the exposed length covers, to your eye, the lower two yards or meters of the tree (the height of a man). Now move hand and pencil up in two yard or meter jumps till the top is reached. Multiply the jumps by six and add any odd yards or meters left at the top. To get the height of a building a rapid method is to calculate the height of a story, and multiply by the number of stories.



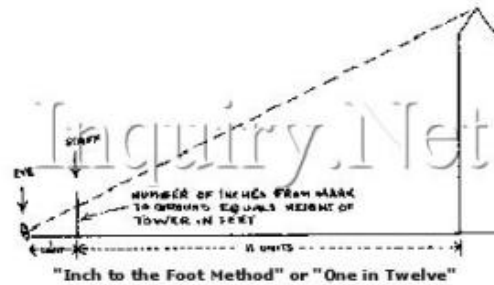
Height by Shadow

Shadow Method: You need your staff, notched in feet and inches (or meters and centimeters); or a straight stick of known length (measured by the spread of your fingers). Proceed thus (see above illustration): Stand the staff (b c) upright in the sun and measure the length of its shadow (a b). Measure the length of the

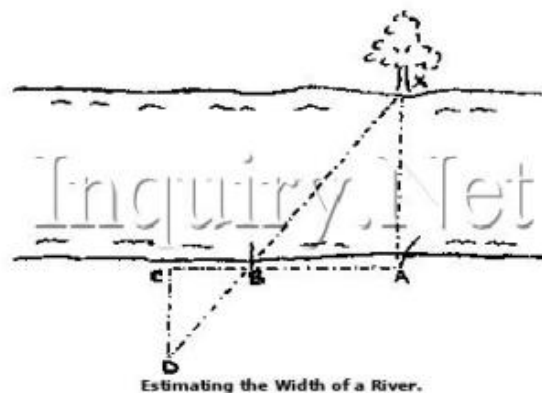
shadow of the tree. Multiply by the length of the staff. Divide by the length of the staff shadow. The result is the height of the tree.

For example, say the length of the tree's shadow is 40 feet or meters, the staff's shadow ten feet or meters and the staff is the normal length of 1.73 feet or meters, the formula will be as follows:

$$40 \times 1.73 = 69.2 \text{ divided by } 10 = 6.92$$



Inch to Foot: Here you start from the base of the object which you are measuring, mark off eleven units of any length, say eleven staff-lengths, here set up a Scout staff with a companion to hold it. Measure off one more one unit beyond the upright staff and there, getting your eye as close to the ground as possible, sight the top of the object. Where that sighting line cuts the staff have your companion make a mark on the upright staff, then measure the number of INCHES from that mark to the ground. This will equal the height of the object in FEET.



The Width of a River: Pick out a point A (illustration) just opposite a tree, X (or other prominent object) on the other side of the river, and drive a stake in the ground. At right angles to the imaginary line across the river make a base line

AB, any convenient length, say 40 feet or meters, here place a stone or push a stick into the ground. Continue along in the same direction for half the first distance you measured, to point C; CB will be 20 feet or meters. At point C turn at right angles and walk inland until you bring your marker and distant tree in line, stop at this point, D. Now measure the line CD. This will give you half the distance from A to X. Double that and there's your answer.

Judging Distance by Sound

Distance can sometimes be judged by sight and sound. If you see a gun fired, for instance, and count the seconds between the flash and report, you can tell how far the sound has come, if you remember that sound travels at 365 yards a second.

During a thunder and lightning storm you may be able to quiet nervous people by pointing out to them the time between the flash of lightning and the roll, or crash of a bolt -this proving that the bolt in reality struck several miles away

4. FIRST AID :

Drowning

Drowning is defined as respiratory impairment from being in or under a liquid. It is further classified by outcome into: death, ongoing health problems, and no ongoing health problems. Drowning itself is quick and silent, although it may be preceded by distress which is more visible

1. Get Help. Notify a lifeguard, if one is close. ...
2. Move the Person. Take the person out of the water.
3. Check for Breathing. Place your ear next to the person's mouth and nose. ...
4. If the Person is Not Breathing, Check Pulse. ...
5. If There is No Pulse, Start CPR. ...
6. Repeat if Person Is Still Not Breathing.

Electric shock

Electric shock is the physiological reaction, sensation, or injury caused by electric current passing through the (human) body. It occurs upon contact of a (human) body part with any source of electricity that causes a sufficient current through the skin, muscles, or hair.

Very small currents can be imperceptible. Stronger current passing through the body may make it impossible for a shock victim to let go of an energized object. Still larger currents can cause fibrillation of the heart and damage to tissues. Death caused by an electric shock is called electrocution

Take these actions immediately while waiting for medical help:

1. Turn off the source of electricity, if possible. ...
2. Begin CPR if the person shows no signs of circulation, such as breathing, coughing or movement.
3. Try to prevent the injured person from becoming chilled.
4. Apply a bandage.

General shock

The circulatory system distributes blood to all parts of the body, carrying oxygen and nutrients to the tissues. If the circulatory system fails, and insufficient oxygen reaches the tissues, the medical condition known as shock occurs. If the condition is not treated quickly, the vital organs can fail, ultimately causing death. Shock is made worse by fear and pain.

Treatment of Shock

DO NOT let the casualty move unnecessarily, eat, drink, or smoke.

DO NOT leave the casualty unattended. Reassure the casualty constantly.

- Treat any cause of shock which can be remedied (such as external bleeding).
- Lay the casualty down, keeping the head low.
- Raise and support the casualty's legs (be careful if suspecting a fracture).
- Loosen tight clothing, braces, straps or belts, in order to reduce constriction at the neck, chest and waist.
- Insulate the casualty from cold, both above and below. Contact the emergency service.
- Check and record breathing, pulse and level of response. Be prepared to resuscitate the casualty if necessary.

The Most Common Causes of Automobile Accidents

Despite the advances in automobile technology and overall vehicle safety strides, automobile accidents unfortunately still happen. According to the World Health Organization, about 1.24 million individuals will die each year because of traffic crashes, be it on the highway or roadways.

Moreover, WHO also indicates that road traffic injuries are the leading cause of death for young people, who are aged 15-29 years of age. Perhaps the more startling piece of information is the data suggesting that the former figure will rise and around 1.9 traffic fatalities will occur annually by the year 2020.

With the idea that traffic accidents are not only on the rise, but also causing more deaths, one should keep in mind the most common causes of automobile accidents. In no short order, here are the five leading causes of automobile accidents in the United States.

Most Common Causes

- **Speeding.**
- **Drunk Driving.**
- **Failure to Adhere to Road Guidelines.**
- **Inclement Weather.**
- **Inexperience.**

When one does not exercise proper caution when driving the results can culminate into an automobile crash with various degrees of severity.

Human Being caught in fire.

Fires are flames that have gone out of a human being's control. Fire starts when the temperature of a material's ignition turns out to be lower than the temperature of the heat source. Among the most common causes of fire, the following can be noted: carelessness of people, defects of electric or heating appliances, self-ignition, lightning, a large number of electric appliances connected to one socket, etc.

If your clothing catches fire:

1. STOP where you are—moving or running feeds air to the flames and worsens the fire.
2. DROP to the floor—if you stand up, the fire can burn your face. ...
3. ROLL slowly on the floor or ground, in a rug or blanket if you can.
4. COOL off as soon as possible with water for first and second degree burns.

Choking :

Choking is the mechanical obstruction of the flow of air from the environment into the lungs. Choking prevents breathing, and can be partial or complete, with partial choking allowing some, although inadequate, flow of air into the lungs.

Choking can be caused by:

- Physical obstruction of the airway by a foreign body.
- Respiratory diseases that involve obstruction of the airway.
- Compression of the laryngopharynx, larynx or vertebrate trachea in strangulation.
- Laryngospasm, a temporary closing of the vocal cords, which simulates the feeling of choking.

If the Person Is Conscious but Not Able to Breathe or Talk:

1. Give Back Blows. Give up to 5 blows between the shoulder blades with the heel of your hand.
2. If Person Is Still Choking, Do Thrusts. If the person is not pregnant or too obese, do abdominal thrusts: ...
3. Give CPR, if Necessary. ...
4. Follow Up.

First Aid to Arm, and Collarbone Fractures

Collarbone Fractures:

A collarbone fracture is commonly caused by indirect force resulting from a fall on an outstretched hand or the point of the shoulder.

Collarbone fracture due to a direct force are rare.

Symptoms and Signs:

General symptoms and signs of fracture.

Casualty may support the arm on the injured side at the elbow and may keep the head inclined towards the injured side to relieve pain.

Treatment:

1. Gently place the limb on the injured side across the casualty's chest with the fingertips almost resting on the opposite shoulder.
2. Place padding between the limb and chest on the affected side.
3. Support the limb and padding in an elevation sling.
4. For additional support, secure the limb to the chest by applying a board bandage over the sling, tie the knot in front on the uninjured side.
5. Remove to hospital.

Arm Fractures:

Fractures can occur anywhere along the length of the upper-arm bone or the two forearm bones, and may involve the elbow and upper arm bone.

Treatment:

1. Place a pad in the person's armpit.
2. Use a padded splint.
3. Support the lower arm with a narrow pad around the neck and wrist.
4. Use a wide bandage to bind the upper arm to the chest.

Treat for Heat Stroke and Sun Stroke

Heat stroke is a potentially serious medical condition where a person has become so hot that their body can't cool down and their temperature gets dangerously high.

Sunstroke is a form of heat stroke caused by being exposed to harsh sunlight.

You might think heat stroke and sunstroke are not anything to worry about in this country, but you'd be wrong.

Although it normally affects people during a heat wave it can also happen if you're not drinking enough non-alcoholic liquid and are doing very strenuous physical exercise.

Severe heat stroke is life threatening and is a medical emergency. It happens when a person's body temperature becomes dangerously high and they are unable to cool down.

Treatment involves lowering the person's core temperature.

If you think someone is having seizures, is confused or is unconscious because of heat stroke then this is a medical emergency and you need to call 108. Whilst waiting for help try to lower their temperature by getting them to a cool, shady or air-conditioned area and removing any unnecessary clothes.

You could also:

- Wet their skin and fan air over them.

- Apply ice packs to their neck, back, armpits and groin. These are areas rich with blood vessels close to the skin and cooling them may reduce body temperature.
- Get them to drink water, fruit juice or a sports rehydration drink providing they are conscious and able to swallow.

Demonstrate CPR (Cardio Pulmonary Resuscitation)

1. CALL

Check the victim for unresponsiveness. If the person is not responsive and not breathing or not breathing normally. Call 108 and return to the victim. If possible bring the phone next to the person and place on speaker mode. In most locations the emergency dispatcher can assist you with CPR instructions

2. PUMP

If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down in the center of the chest 2-2.4 inches 30 times. Pump hard and fast at the rate of 100-120/minute, faster than once per second.

3. BLOW

Tilt the head back and lift the chin. Pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second.

CONTINUE WITH 30 PUMPS AND 2 BREATHS UNTIL HELP ARRIVES

NOTE: This ratio is the same for one-person & two-person CPR. In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth breathing.

Place an unconscious victim in the Recovery position.

If a person is unconscious but is breathing and has no other life-threatening conditions, they should be placed in the recovery position.

Putting someone in the recovery position will keep their airway clear and open. It also ensures that any vomit or fluid won't cause them to choke.

The video on this page shows a step-by-step guide to putting someone in the recovery position.

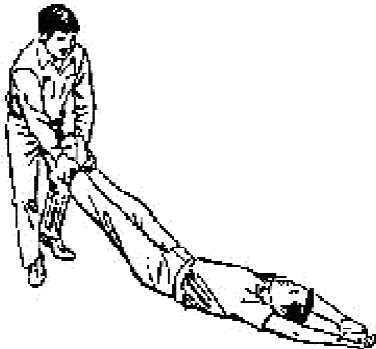
Or you can follow these steps:

- **with the person lying on their back**, kneel on the floor at their side
- **place the arm nearest you at a right angle to their body** with their hand upwards, towards the head
- **tuck their other hand under the side of their head**, so that the back of their hand is touching their cheek
- **bend the knee farthest from you to a right angle**
- **carefully roll the person onto their side** by pulling on the bent knee
- **the top arm should be supporting the head** and the bottom arm will stop you rolling them too far
- **open their airway** by gently tilting their head back and lifting their chin, and check that nothing is blocking their airway
- **stay with the person** and monitor their condition until help arrives

Transportation of victim - One Rescuer & two Rescuers

ONE RESCUER

ANKLE PULL



The ankle pull is the fastest method for moving a victim a short distance over a *smooth* surface. This is not a preferred method of patient movement.

1. Grasp the victim by both ankles or pant cuffs.
2. Pull with your legs, not your back.
3. Keep your back as straight as possible.
4. Try to keep the pull as straight and in-line as possible.
5. Keep aware that the head is unsupported and may bounce over bumps and surface imperfections.

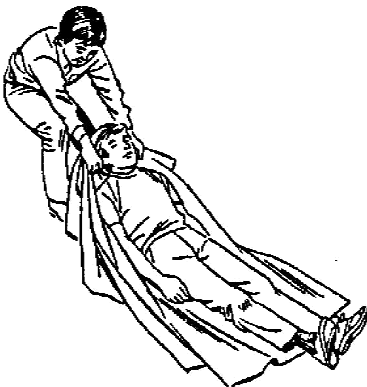
SHOULDER PULL



The shoulder pull is preferred to the ankle pull. It supports the head of the victim. The negative is that it requires the rescuer to bend over at the waist while pulling.

1. Grasp the victim by the clothing under the shoulders.
2. Keep your arms on both sides of the head.
3. Support the head.
4. Try to keep the pull as straight and in-line as possible.

BLANKET PULL



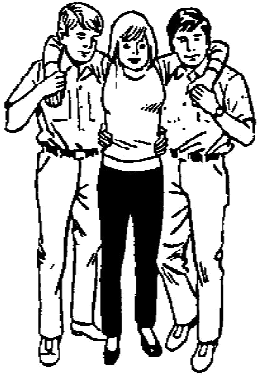
This is the preferred method for dragging a victim.

1. Place the victim on the blanket by using the "logroll" or the three-person lift.
2. The victim is placed with the head approx. 2 ft. from one corner of the blanket.
3. Wrap the blanket corners around the victim.
4. Keep your back as straight as possible.
5. Use your legs, not your back.
6. Try to keep the pull as straight and in-line as possible.

ONE-PERSON LIFT 	This only works with a child or a very light person. 1. Place your arms under the victim's knees and around their back.
FIREFIGHTER CARRY 	This technique is for carrying a victim longer distances. It is very difficult to get the person up to this position from the ground. Getting the victim into position requires a very strong rescuer or an assistant. 1. The victim is carried over one shoulder. 2. The rescuer's arm, on the side that the victim is being carried, is wrapped across the victim's legs and grasps the victim's opposite arm.
PACK-STRAP CARRY 	When injuries make the firefighter carry unsafe, this method is better for longer distances than the one-person lift. 1. Place both the victim's arms over your shoulders. 2. Cross the victim's arms, grasping the victim's opposite wrist. 3. Pull the arms close to your chest. 4. Squat slightly and drive your hips into the victim while bending slightly at the waist. 5. Balance the load on your hips and support the victim with your legs.

TWO RESCUERS

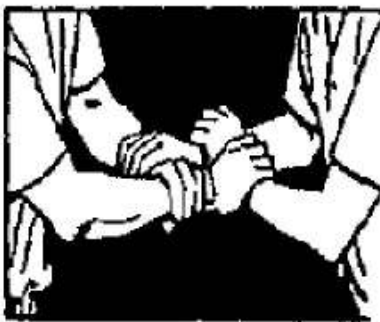
HUMAN CRUTCH/ TWO-PERSON DRAG



For the **conscious victim**, this carry allows the victim to swing their leg using the rescuers as a pair of crutches. For the **unconscious victim**, it is a *quick* and easy way to move a victim out of immediate danger.

1. Start with the victim on the ground.
2. Both rescuers stand on either side of the victim's chest.
3. The rescuer's hand nearest the feet grabs the victim's wrist on their side of the victim.
4. The rescuer's other hand grasps the clothing of the shoulder nearest them.
5. Pulling and lifting the victim's arms, the rescuers bring the victim into a sitting position.
6. The **conscious victim** will then stand with rescuer assistance.
7. The rescuers place their hands around the victim's waist.
8. For the **unconscious victim**, the rescuers will grasp the belt or waistband of the victim's clothing.
9. The rescuers will then squat down.
10. Place the victim's arms over their shoulders so that they end up facing the same direction as the victim.
11. Then, using their legs, they stand with the victim.
12. The rescuers then move out, dragging the victim's legs behind.

FOUR-HANDED SEAT



This technique is for carrying conscious and alert victims moderate distances. The victim must be able to stand unsupported and hold themselves upright during transport.

1. Position the hands as indicated in the graphic.
2. Lower the seat and allow the victim to sit.
3. Lower the seat using your legs, not your back.
4. When the victim is in place, stand using your legs, keeping your back straight.

TWO-HANDED SEAT



This technique is for carrying a victim longer distances. This technique can support an unconscious victim.

1. Pick up the victim by having both rescuers squat down on either side of the victim.
2. Reach under the victim's shoulders and under their knees.
3. Grasp the other rescuer's wrists.
4. From the squat, with good lifting technique, stand.
5. Walk in the direction that the victim is facing.

CHAIR CARRY



This is a good method for carrying victims up and down stairs or through narrow or uneven areas.

NOTE: The chair used should be a sturdy one. Don't use aluminum beach chairs, resin patio chairs, swivel chairs, or lightweight folding chairs.

REMEMBER: Chairs with wheels can be used to roll the victim, but should not be used for a carry.

1. Pick the victim up and place them or have them sit in a chair.
2. The rescuer at the head grasps the chair from the sides of the back, palms in.
3. The rescuer at the head then tilts the chair back onto its rear legs.
4. For short distances or stairwells, The second rescuer should face in and grasp the chair legs.
5. For longer distances, the second rescuer should separate the victim's legs, back into the chair and, on the command of the rescuer at the head, both rescuers stand using their legs.

IMPROVISED STRETCHER



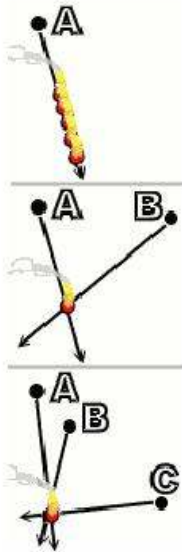
This technique requires two poles/pipes strong enough to support the victim's weight and at least two shirts.

REMEMBER: Rescuers should not give up clothing if, for any reason, this might affect their health, welfare, or reduce their effectiveness.

1. While the first rescuer is grasping the litter poles, the second rescuer pulls the shirt off the head of rescuer one.
2. All buttons should be buttoned with the possible exception of the collar and cuffs.
3. The rescuers then reverse the procedure and switch sides.

5. MAPPING :

Triangulation



Triangulation with Compass

Triangulation is the process of pinpointing the location of something by taking bearings to it from two remote points.

Forest fire lookout towers used triangulation to locate spot fires.

A ranger at **Tower A** would see smoke in the distance and take a bearing to it on his compass. This single line was not enough information to locate the fire because it could be anywhere along that line, close or many miles away.

The ranger would radio **Tower B** and tell him the general direction of the fire. Tower B would then find the fire from his viewpoint and take a bearing. Where the two bearings crossed would pinpoint the fire and firefighters could be efficiently dispatched to put it out.

Sometimes, a third tower would be used to verify the location, but two readings are all that is usually necessary. If a fire occurs directly between two towers or off in a direction that causes their bearings to be similar, then a third bearing is necessary.

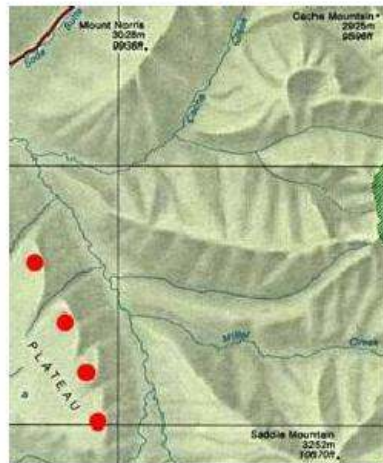
This type of triangulation is used by two fixed spots to find a third unknown spot. What you need to do while in the outdoors is similar, but you need to find out where you are, not where something else is.

Finding Yourself

In order to successfully triangulate, known features must exist on your map. In other words, you must have some idea of where you are or be able to identify a well-known landmark from your viewpoint.

By taking bearings to the distant landmarks, you can plot your current location on your map in this way:

- Make sure you have adjusted your compass correctly for [declination](#) in this area.
- [Orient your map](#) so map north is facing true north.
- Take a bearing to one landmark. Point the direction of travel arrow at it and turn the compass dial until **RED is in the Shed**.
- Place your compass on the map so that the [orienting lines](#) are parallel to the map's north-south meridian lines.



- Move your compass so the top end of one edge of its baseplate ends at the landmark, keeping it aligned with the map's meridians.
- Draw a line along the edge of your compass from the landmark along the bearing you took. You are somewhere on this line.
- Repeat taking a bearing and drawing a line for a second landmark.
- Where these two lines intersect is your approximate location.

If you are standing on a known landmark such as a road, river, or ridgeline but don't know where on that landmark you are, a single remote landmark is enough to plot your position. Where your bearing line to the remote landmark and the landmark you are on intersect is where you are - as long as you take accurate readings and transfer them accurately. :-)

Triangulation Example

This example will step you through the process of triangulating your location based on bearings to two or more known landmarks.

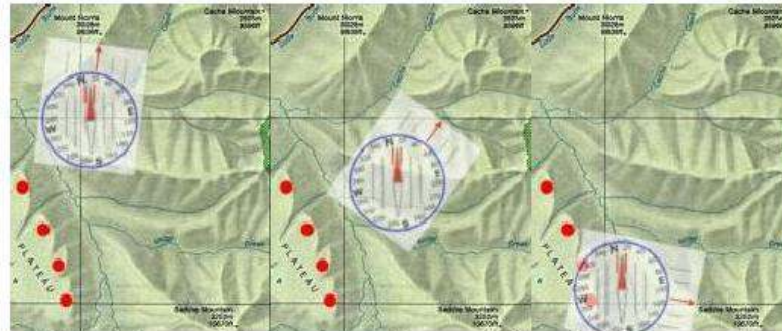
Look at this section of map - it has mountains, streams, and hills as indicated by the shaded relief enhancements. Notice it does not have contour lines but that doesn't matter when we are just finding directions.

You might find it useful to print the image and actually do these steps.

Print the map and lay it on the floor.

Orient the map for North right where you are and imagine that you can see mountains off in the distance.

You have just climbed the plateau in the southwest, coming up from the southwest. You do not know at which of the 4 red spots you are currently standing, but you can see 3 mountains off in the distance towards the north and east.



For your triangulating, you take bearings to the mountains and get:

- 16 degrees to Mt. Norris
- 48 degrees to Cache Mountain
- 112 degrees to Saddle Mountain

To simulate taking each of these bearings, turn your compass dial until that bearing is at the index pointer. Then, turn the compass until **RED is in the Shed** and the direction-of-travel arrow will be pointing along that bearing.

Transfer your bearings to the map and find out where they intersect. If you oriented your map, took correct bearings, and transferred them accurately, your map should look close to:



6. TALK :

National Integration

India has many races, nationalities, castes, subcastes and communities but so far the hear of India is concerned it is one. It is true that societies that have been integrated into bonds of unity have always enjoyed peace, stability, prosperity and permanence. And those torn by mutual distrustful tendencies among various sections of the society have always been short lived and become non-existent. The national integration is the process of uniting different people from all walks of life into a single whole. The most serious problem being faced by India in present circumstances is, how to develop an atmosphere of national consciousness among so varied a people.

Indians already have suffered for long periods, the pangs of enslavement and servitude. It is India in the whole world which has to suffer under foreign rulers for more than seven hundred years. The separatist tendencies among people and kings have always resulted in the fall of our kingdoms. Our country was always divided into large number of small kingdoms which were mostly at daggers end. There has been a lack of national consciousness. The internal disputes among the Rajput kings allowed Muslim invaders to establish their foothold here. Then the Britishers were able to create rifts between various kings and princes and thus established their supremacy. It was only overthrown when Indian nationhood joined together by unparalleled acumen of some great Indian leaders who became creators of history.

There is a need to make efforts for creating emotional integration or a sense of unity. The need of the hour is national integration. It should be taught at the very beginning, in all schools and colleges all over the country that India is one and only one. The difference between various cultures are just superficial and basically it is only one. What is needed is superior interpretations, synthesis of the power of the mind that can give rise to a vision of the whole and oneness. The school and college teaching material should be suitably revised wherein importance and need of oneness should be emphasised. From one end of the country to the other end, regular long distance tours must be conducted so as to foster emotional integration among the young students of our country. Steps must be taken to see that, there are no sectional appeals so that disunity among the people does not increase manifold.

To bring about national integration, there are many techniques. It can be forced out, or can be made to strengthen from within the core of hearts. The result by way of exercise of power would always be weak, unsuccessful and it would be for a temporary phase only. But when the sense of national integration stems from within, it would be strong stable and ever-lasting.

British government brought about national integration by way of their needs. For the first time during the British rule, the whole of India came to be governed from one centre and all regions of the country from West to East and South to North obeyed instructions and advice from the central power. This was because the God of freedom was the same and realized all over the country. The national unity became more emotional when the country fought a united struggle for freedom. Emotional integration is the basic foundation on which the main structure of national integration can be created.

There is a rich cultural heritage in India. All of us are inheritors to several grand treasures in the fields of music, dance, drama, fine arts and paintings, sculpture and theatre. Our seers and sages have left behind a tradition of piety, penance, conquest of passion and spiritual greatness. Our cultural unity is further exemplified by the great temples of the South, the caves of Khajuraho and Ajanta and Ellora which are glittering examples of proficiency of India in the field of architecture and sculpture. India classical music is built on the concept of ragas and talas. Each raga is regarded appropriate to a certain emotion, a certain mood suitable for a specified time of the day or night. In the modern times, people like Pandit Ravi Shanker have taken the Indian music to great heights in the whole world and thus have bridged the gap between the East and the West in the field of music.

Today the intellectuals of Indian society can give the right direction as the country is standing at the crossroads of failures and achievements. The intellectuals must come out of their narrow cells of detachment and awake up to their responsibilities towards the general masses. Through national integration, we will prosper and flourish and dominate the others who are characterized by divisive forces. We will carry with us, a power and strength, solidity and solidarity and an element of cohesiveness which will impart to us further permanence and stay in present struggling world.

7. OUT OF DOORS :

PATROL	SPL :
CAMP DATES :	LOCATION

	HEAD COOK	ASST COOK	HEAD CLEAN	ASST CLEAN
FRI NIGHT				
SAT BREAKFAST				
LUNCH				
DINNER				
SUN B.FAST				
LUNCH				
DINNER				

MENU:

FRIDAY NIGHT	
SATURDAY BREAKFAST	
LUNCH	
DINNER	
SUNDAY BREAKFAST	
LUNCH	
DINNER	

MEMBERS OF PATROL
PL:
APL :

NOTES:

Patrol Hike : This is an alternative for Outdoor meetings.

“ No scouting without outing “. In fact scouting is an outing – ‘science of outing’. Hiking is an opportunity for fun and adventure in outdoor life.

Scouts & guides explore nature , know the new land, its villages, hills, forests and plains. Hiking makes us hard and healthy. We have to face the odds of nature also. It is really enjoyable. Our mind becomes open and free we learn many new things from an experience of hiking. We learn the value of co-operation, use common sense, develop and apply scouting skills, help one another and achieve something at the end of a hiking trip. A scout goes with a patrol in uniform on foot in a new land for about 15 kms as per the instructions of their scout master and do activities like observations. Good turns , flag break, pioneering work, nature study, meeting people, gathering information, cooking etc and return as per the given route and time. This is called a patrol hike. It is to be done in a scouts way. In the beginning it is only a day hike i.e., the whole hike is over during the day time may be 6 hours or more. The hikers have to take all necessary things with them. Make a list of the kit as per the time and activities given. Also keep in mind the weather, the route etc. don't forget to take a compass, note book and pencil, map, cord, first aid kit, utensils, food material etc.

Troop Night Game:

The scout troop or the guide company should play a night game. In a troop camp we have a nice opportunity. Play hide & seek, catch the light holder, catching the shadow in the moon light etc., during night. It will make you bold. Our observation power will increase.

8. Cooking :

Backwoodsman Cooking

Backwoodsman cooking has been dubbed as one of the toughest section after Pioneering. Nevertheless, there are many failures in this section, so a good foundation in the basics of backwoods cooking is necessary for Scouts. The secret to successful backwoods cooking is to build a good fire that will provide hot embers, for it is on embers that we cook - not flames. One of the problems with embers is that they tend to become cool after a short while. The keyhole fire solves this problem. Build the fire in a large circle area and pull the hot ashes through into the smaller circle where the cooking takes place, as they are needed. A two inch bed of ashes is required for successful backwoods cooking, use beech or oak logs, as these will give longer lasting embers. Charcoal can also be used and it will hold the heat longer than wood embers. Aluminium foil can be used if you want to take the easy way out. With it, it is possible to construct pots and pans for cooking food or you can place your food in an aluminium foil envelope. The pioneers and backwoodsman of the past used only those materials that could be found locally for creating cooking utensils. They often used leaves and clay as well as ingenious cooking spits and holders made from green twigs and branches (green twigs and branches are less likely to go on fire and are pliable so they can be worked).

HYGIENE

Although backwoods cooking is considered to be primitive in approach your food hygiene methods should not be. Wash all food before use and keep covered until you intend to use it. Take care not to burn food and avoid cooking the food quickly in a flame. Make sure all the food is properly cooked, thus the need for slow cooking over embers. Quick cooking will cause the food to cook on the outside and be raw inside. Clean up the area used after you are finished and dispose of all food scraps carefully. Don't forget to clean your hands also after you have finished eating as it is likely that it will be your hands that you use to hold and eat the food with.

COOKING METHODS ROASTING

For this method you will require a good bed of embers. For large animals and birds you will need a spit construction over the fire. For smaller animals and fish, the best way, is to peg them out on a board or a flat piece of wood and stand this next to the fire to form a kind of reflector.

BAKING

This method is useful if you want to cook a meal while you are away - a bit like a hay box oven. Dig a pit around 60cm (2 feet) deep and 60cm (2 feet) across. Now light a fire in the bottom of the pit. Place a thin layer of soil on top of the embers then place a number of leaves (cabbage leaves are best) on top of the soil. Now place your food on top of the leaves covering it with more leaves. Cover this with more soil and then light a fire on top of it. It will take an hour or more to cook this food depending on how big the food is you are cooking. Another way of baking food is to wrap your food in leaves or grass and then in mud. Then bury it in, or surround it with, a fire, and leave it for an hour or more. When you break open the cast of clay, you will find that the grass has kept the food moist.

GRILLING

For this method, you will need some kind of grill which can be made from green sticks, and a hot bed of embers. The disadvantage of grilling food is that it tends to dry out.

FRYING

You will need some form of pan or grill base, usually a flat stone which is placed in the fire to heat it up. The stone is then cleaned off and food fried on it. It may be necessary to place small pieces of twig around such things as eggs to stop them rolling off the stone.

BOILING

You will need some form of container. It is possible to use a paper bag to boil up water the trick is to ensure that the heat only touches that part of the bag that has liquid behind it to absorb the heat. In stone age times a water hole was created. Into this hole were placed hot stones, heated on a fire nearby. This resulted in heating the water and thus boiling the food.

CONTAINER COOKING

It is possible to use food as containers for other foodstuffs, such as, orange skins in which eggs can be cooked. Onion 'shell' created by cutting an onion in half and scooping out the core of the onion and leaving three or four shins in place to form a container. You can also use potatoes or pineapples in the same manner

SIMPLE RECIPES

Orange eggs Cut an orange in half and eat out the contents without breaking the skin. Break an egg into the orange shell and place on embers and allow to cook. When done, eat from container. **Onion eggs** Cut the onion in half after removing the outer skin. Remove internal contents except for the remaining three outer layers. Break egg into shell and place on embers. When cooked eat the onion container as well as contents after removing the outer scorched layer. **Spud egg** Halve a large potato. Hollow one half. Break egg into hollow. Pin two halves of potato together with small sticks and roast in hot embers. **Twists** Mix flour, water and a pinch of salt together to form a thick dough, adding raisins and sultanas if you like. Make a snake like roll of the dough and twist this snake like fashion on a thick green stick (with bark removed). Support it over glowing embers turning occasionally until the outside turns golden brown. **Instant hot dogs** Lay sliced onion on a cabbage leaf add a sausage or two and place more onions on top. Wrap up the cabbage leaf tightly and secure with a number of small green sticks. Place in embers for about 7 - 10 mins turning occasionally . **Boiling** You will need some form of container. It is possible to use a paper bag to boil up water. The trick is to ensure that the heat only touches that part of the bag that the liquid is in contact with so it can absorb the heat. In stone age times a water hole was created, into this were placed red hot stones, heated on a fire nearby. **Container cooking** It is possible to use food as containers for other foodstuffs such as orange skins in which eggs can be cooked. **Onion Skins 'shell'** created by cutting an onion in half and scooping out the centre leaving 3 or 4 skins to form a container. You can also use potatoes or pineapples in the same manner. **Baked potato** Perhaps the easiest to cook backwoods . Take a potato and place it in the embers of the fire. When it is cooked , after about 25 - 30 mins slice open the skin and place a piece of cheese or butter on top. **Simple Kebab** Remove the bark from a green stick and onto it spear slices of bacon, mushrooms, sausage, carrot, tomato, peppers, pieces of pork. Support the skewer over glowing embers turning occasionally. Eat when the meat is crisp and golden brown.

FISH

It will be necessary for you to clean and gut any fish before you cook it. The fish should be cleaned thus:- Wash the fish thoroughly in clean water Remove the scales by scraping with the back of a knife(that is not the sharp edge), working from the tail towards the head. Cut the spine at a point just behind the gills and tear the head off with a steady, slow, forward motion. If you are careful, the fish innards will come out with it. (Dispose of carefully) Slice the belly open from tail to gills and thoroughly clean the inside. Finally, cut off the fins and tail and cook as desired.

COOKING METHODS FOR FISH

Wrap method - wrap fish in grass and cover in mud and place on fire. Or wrap fish in cabbage leaf and pin together with small twigs and place on fire. **Planked method** - Pin the fish flesh side forward on a plank or piece of flat board and

cook by reflected heat, place a knob of butter on the fish when it is cooking and later a splash of lemon - delicious. **Broiling method** - Construct a broiler as shown and place your fish in it cook over hot embers turning regularly. Fish cook very quickly so be careful you do not burn them.

MEAT AND BURGERS

Meat and burgers can be cooked by a number of methods some of which are described above such as the Kabob method or the wrap method whereby the meat is wrapped in cabbage leaves. Meat may also be cooked using a broiler or by frying on a hot stone.

Burgers in leaves

Place three layers of cabbage leaves directly onto the hot embers and put the burgers or mince patties on top of them. After approx. 10 minutes, turn the meat over, putting it onto three new cabbage leaves. Repeat this process until the meat is cooked.

Note: Cabbage leaves can replace foil in most instances when using backwoods cooking recipes. It is important that at no time should rhubarb leaves be used, as they contain a highly poisonous resin.

INSTANT OVEN

You will need about 1.5 meters of foil and a number of green sticks. Fold the sheet of foil in half and peg one end to the ground with the bottom of a stick in each corner at the end. Fold the foil in half and bring the free end up, attaching it to the top of the two sticks as shown. Place the food on the bottom half of the foil and light your fire by the open end of the reflector oven.

9. SIGNALLING :

Morse Signaling :

Morse code is a method of transmitting text information as a series of on-off tones, lights, or clicks that can be directly understood by a skilled listener or observer without special equipment. It is named for Samuel F. B. Morse, an inventor of the telegraph. The International Morse Code encodes the ISO basic Latin alphabet, some extra Latin letters, the Arabic numerals and a small set of punctuation and procedural signals (prosigns) as standardized sequences of short and long signals called "dots" and "dashes", or "dits" and "dahs", as in amateur radio practice. Because many non-English natural languages use more than the 26 Roman letters, extensions to the Morse alphabet exist for those languages.

Each Morse code symbol represents either a text character (letter or numeral) or a prosign and is represented by a unique sequence of dots and dashes. The duration of a dash is three times the duration of a dot. Each dot or dash is followed by a short silence, equal to the dot duration. The letters of a word are separated by a space equal to three dots (one dash), and the words are separated by a space equal to seven dots. The dot duration is the basic unit of time measurement in code transmission. To increase the speed of the communication, the code was designed so that the length of each character in Morse varies approximately inversely to its frequency of occurrence in English. Thus the most common letter in English, the letter "E", has the shortest code, a single dot.

Morse code is used by some amateur radio operators, although knowledge of and proficiency with it is no longer required for licensing in most countries. Pilots and air traffic controllers usually need only a cursory understanding. Aeronautical navigational aids, such as VORs and NDBs, constantly identify in Morse code. Compared to voice, Morse code is less sensitive to poor signal conditions, yet still comprehensible to humans without a decoding device. Morse is, therefore, a useful alternative to synthesized speech for sending automated data to skilled listeners on voice channels. Many amateur radio repeaters, for example, identify with Morse, even though they are used for voice communications.

In an emergency, Morse code can be sent by improvised methods that can be easily "keyed" on and off, making it one of the simplest and most versatile methods of telecommunication. The most common distress signal is SOS or three dots, three dashes, and three dots, internationally recognized by treaty.

International Morse Code

1. The length of a dot is one unit.
2. A dash is three units.
3. The space between parts of the same letter is one unit.
4. The space between letters is three units.
5. The space between words is seven units.

A	● —	U	● ● —
B	— ● ● ●	V	● ● ● —
C	— ● — ●	W	● — —
D	— ● ●	X	— ● ● —
E	●	Y	— ● — —
F	● ● — ●	Z	— — ● ●
G	— — ●		
H	● ● ● ●		
I	● ●		
J	● — — —		
K	— ● —	1	● — — —
L	● — ● ●	2	● ● — —
M	— —	3	● ● ● —
N	— ●	4	● ● ● ●
O	— — —	5	● ● ● ● ●
P	● — — ●	6	— ● ● ● ●
Q	— — ● —	7	— — ● ● ●
R	● — ●	8	— — — ● ●
S	● ● ●	9	— — — — ●
T	—	0	— — — — —

10.PROFICIENCY BADGES :

1. Community worker
2. Citizen

Refer to Proficiency Badge books

11.KNOWLEDGE :

History of Scouting in India

Genesis of scouting in the world:

The Boy Scout Movement took a start in the United Kingdom when Lord Baden Powell (Robert Stephenson Smyth Baden Powell) organised a Scout Camp at Brown sea Island on 1907 and the ‘Scouting for Boys’ was published in 1908. The movement spread quickly in United Kingdom and other countries of the world.

Scouting / Guiding in India before 1950:

The first Scout Troop in India, consisting of Indian Boys, was formed by a Scottish Missionary, in the Central Provinces (present Madhya Pradesh) in 1908. However, the troop was disbanded in 1910. The common confirmed date, however, for the start of Scouting in India is 1909, when three troops for British boys were started at Bangalore, Kirkee and Jabalpur.

This list of three Scout Troops increased to nine different Boy Scout Organisations in early 1911 in Shimla, Calcutta (present Kolkata), Jabalpur, Allahabad, Bangalore, Poona, Kirkee, Saidpur and Madras (present Chennai).

Efforts were made to merge all the Boy Scouts Organisations with the help and assistance of Lord Baden Powell in 1921. These efforts were partly successful. An endeavor was again made in 1937.

The Girl Guide movement got a start in India at Jabalpur (M.P.) In 1911. It expanded enormously. There were about 50 girl guide companies with a membership of over 1200 by 1915. There companies were directly registered with imperial scout headquarters, London, like other Scout organisation. But an All India Girl Guides Association was formed in 1916. Girl Guiding was restricted to British Girls till 1916.

Unification of Scouting and Guiding

There were scattered organisations during the pre-independence era. However, serious efforts made by leaders like Pt. Jawahar Lal Nehru, first Prime Minister of India, Maulana Abul Kalam Azad, the then Education Minister, Govt. of India, Mr. Mangal Das Pakwasa, the then Governor of C.P. and Scout Leaders like Dr. H. N. Kunzru, Pt. Sri Ram Bajpai, Justice Vivian Bose. Final merger took place on 7th November 1950 under the name of the Bharat Scouts & Guides. The Girl Guides Association joined the Bharat Scouts & Guides a year later in 15th August 1951.

The Bharat Scouts & Guides was housed in small rooms in Regal Building, Connaught Place, New Delhi. It shifted to its new building at 16, Mahatma Gandhi Marg, New Delhi in the year 1963 – 64.

The Bharat Scouts & Guides has extended since 1950 enormously in quantitative and qualitative terms.

World Organization of the Scout Movement (WOSM)

The World Organization of the Scout Movement is a worldwide, non-profit and non-partisan organisation of over 40 millions members, male and female, operating through a network of local groups supported by National Scout Organizations in 161 countries. For over one hundred years the Scout Movement has contributed to building a better world through the personal commitment of hundred of millions of women and men living up to their Scout Promise. Scouting's mission is to contribute to the education of young people through a value system based on the Scout Promise and Law, and to help build a better world

where people are self-fulfilled as individuals and play a constructive role in society. This is achieved by: - Involving them throughout their formative years in a non-formal educational process - Using a specific method that makes each individual the principal agent of his or her development as a self-reliant, supportive, responsible and committed person - Assisting them to establish a value system based upon spiritual, social and personal principles as expressed in the Promise and Law. Recognising today's problems, World Scouting is prepared for future challenges: building on its experience, it looks toward the future with renewed enthusiasm as new generations of girls and boys join in to "play the game" that will make them the future leaders of social change, breaking the barriers, and building Peace.

- Website <https://www.scout.org>

Safety measures while using ATM card :

- Observe your surroundings before using an ATM. ...
- Shield the screen and keyboard so anyone waiting to use the ATM cannot see you enter your PIN or transaction amount.
- Put your cash, card and receipt away immediately. ...
- If you see anyone or anything suspicious, cancel your transaction and leave immediately

Safety measures while using mobile phones :

- USE A HEADSET OR SPEAKER. Choose either wired or wireless. ...
- WHEN IN USE, HOLD PHONE AWAY FROM YOUR BODY.
- TEXT MORE, TALK LESS. Phones emit less radiation when sending text rather than voice communications.
- CALL WHEN THE SIGNAL IS STRONG. ...
- Don't store your phone in your pocket (or under your pillow)
- Don't make calls while charging

12. FIRE :

SAFETY PRECAUTIONS WITH REGARD TO FIRE

A large part of scouting is going on camping [trips](#), and there are few things as pleasant during a camping trip as sitting by a fire, telling stories, roasting marshmallows, and enjoying the warmth and glow of the flames. However, to fully enjoy this experience and to ensure that you do not lose control of the fire, you need to observe some basic fire safety rules. By building, tending and extinguishing a fire safely, you can ensure that you are upholding your promise as a scout to treat nature with respect.

Location

Whether in a remote area or within the confines of a scout camp, where fire pits may already be on-site, you need to ensure that the location of the fire is suitable. Remove all burnable debris, twigs and leaves in a 10-foot diameter circle from the spot where you plan to build your fire. This will help to ensure that the fire cannot spread easily. Make certain you do not build the fire in an area with overhanging branches or old stumps nearby. Be sure to have water and a shovel nearby so that you can extinguish the fire quickly if necessary.

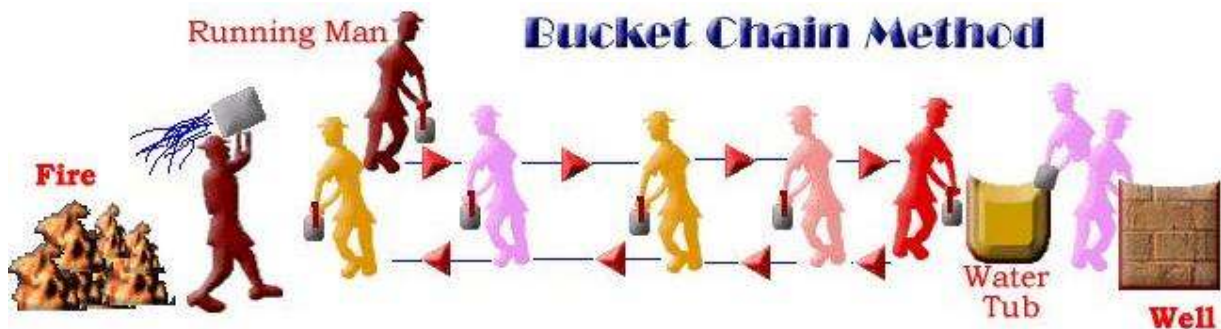
Building a Fire

The fire-making process should be supervised by the scout leader. A fire does not have to be large to provide warmth. A good bed of coals and some stones surrounding the fire will produce plenty of heat. Use small twigs and leaves to start the fire and add bigger pieces of wood as the fire grows. Point the largest pieces of wood toward the center of the fire and push them inward as they burn. Keep any additional wood stacked a safe distance from the fire. Even small gusts of wind can cause a fire to spread. Never run or play around a fire. You must always remember the potential harm that fire can cause and treat it respectfully. Never leave a fire unattended.

Extinguishing the Fire

Use plenty of water to douse the fire. Use a shovel to stir the coals so that you can be certain there are no remaining embers. Mix in dirt with the water and stir the embers some more. Repeat this process until you can safely touch the remnants of the fire with your bare hands. Be sure to clean the area around the campfire and leave the site ready for others to enjoy. Scouts should always remember that the goal is to leave a natural area as if you had never been there.

Bucket Chain method of Putting off fire :



- Make 2 rows of scouts & Guides facing each other
- One row will send buckets full of water towards the end where fire is, the other row will carry back the empty buckets for filling again.
- The bucket should move from hand to hand at a constant speed. The water should not spill.
- Water should be thrown at the fire continuously.
- Interchange the work of rows to give a rest.

To tackle Dry Grass Fire :

- Take away dry grass from all sides
- Spread the burning grass by hitting with a stick
- Sprinkle water over the fire.

13. SERVICE :

Tuberculosis

Tuberculosis (TB) is an infectious disease caused by the bacterium *Mycobacterium tuberculosis* (MTB). Tuberculosis generally affects the lungs, but can also affect other parts of the body. Most infections do not have symptoms, in which case it is known as latent tuberculosis. About 10% of latent infections progress to active disease which, if left untreated, kills about half of those infected. The classic symptoms of active TB are a chronic cough with blood-containing sputum, fever, night sweats, and weight loss. The historical term "consumption" came about due to the weight loss. Infection of other organs can cause a wide range of symptoms.

Tuberculosis is spread through the air when people who have active TB in their lungs cough, spit, speak, or sneeze. People with latent TB do not spread the disease. Active infection occurs more often in people with HIV/AIDS and in those who smoke. Diagnosis of active TB is based on chest X-rays, as well as microscopic examination and culture of body fluids. Diagnosis of latent TB relies on the tuberculin skin test (TST) or blood tests.

Prevention of TB involves screening those at high risk, early detection and treatment of cases, and vaccination with the bacillus Calmette-Guérin vaccine. Those at high risk include household, workplace, and social contacts of people with active TB. Treatment requires the use of multiple antibiotics over a long period of time. Antibiotic resistance is a growing problem with increasing rates of multiple drug-resistant tuberculosis (MDR-TB).

One-third of the world's population is thought to be infected with TB. New infections occur in about 1% of the population each year. In 2014, there were 9.6 million cases of active TB which resulted in 1.5 million deaths. More than 95% of deaths occurred in developing countries. The number of new cases each year has decreased since 2000. About 80% of people in many Asian and African countries test positive while 5–10% of people in the United States population tests positive by the tuberculin test. Tuberculosis has been present in humans since ancient times.

Signs and symptoms

Tuberculosis may infect any part of the body, but most commonly occurs in the lungs (known as pulmonary tuberculosis). Extrapulmonary TB occurs when tuberculosis develops outside of the lungs, although extrapulmonary TB may coexist with pulmonary TB.

General signs and symptoms include fever, chills, night sweats, loss of appetite, weight loss, and fatigue. Significant nail clubbing may also occur.

Prevention

Tuberculosis prevention and control efforts rely primarily on the vaccination of infants and the detection and appropriate treatment of active cases. The World Health Organization has achieved some success with improved treatment regimens, and a small decrease in case numbers. The US Preventive Services Task Force (USPSTF) recommends screening people who are at high risk for latent tuberculosis with either tuberculin skin tests or interferon-gamma release assays.

Vaccines

The only available vaccine as of 2011 is Bacillus Calmette-Guérin (BCG). In children it decreases the risk of getting the infection by 20% and the risk of infection turning into disease by nearly 60%. It is the most widely used vaccine worldwide, with more than 90% of all children being vaccinated.

The immunity it induces decreases after about ten years. As tuberculosis is uncommon in most of Canada, the United Kingdom, and the United States, BCG is administered to only those people at high risk. Part of the reasoning against the use of the vaccine is that it makes the tuberculin skin test falsely positive, reducing the test's use in screening. A number of new vaccines are currently in development.

DOTS (directly observed treatment, short-course), also known as **TB-DOTS**, is the name given to the tuberculosis control strategy recommended by the World Health Organization. According to WHO, "The most cost-effective way to stop the spread of TB in communities with a high incidence is by curing it. The best curative method for TB is known as DOTS." DOTS has five main components:

- Government commitment (including political will at all levels, and establishment of a centralized and prioritized system of TB monitoring, recording and training).
- Case detection by sputum smear microscopy.
- Standardized treatment regimen directly of six to nine months observed by a healthcare worker or community health worker for at least the first two months.
- A drug supply.
- A standardized recording and reporting system that allows assessment of treatment results.

RAJYA PURASKAR

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S.NO.	TOPIC	PAGE NO.
1	Ensure Proficiency in the tests undertaken up to Tritiya Sopan.	
2	Hold Tritiya Sopan Badge	
3	Earn Ambulance Man Badge.	
4	Undertake overnight hike for ten kms, along with group of Scouts of his own Troop and submit report to the Scout Master within ten days. Or An overnight cycle hike for thirty kms along with group of Scouts of his own Troop and submit report to the Scout Master within ten days.	
5	Work on one of the following for six Months and submit a report – Kitchen Garden/Roof Garden/Hanging Garden/Nature Collection.	
6	Mapping: Make a map by using any one of the method not done earlier: Plane Table or Triangulation or Road Traverse	
7	Camp Craft: A). Be able to pitch, strike and pack a Single/ Double fly tent. B) Splicing - Eye / Back / Short – anyone not done earlier. C) Make a Patrol Pioneering Project	
8	Proficiency Badges : 1. Sanitation Promoter 2. Solar Energy Awareness 3. Literacy	
9	Proficiency Badges 1. Cancer Awareness 2. Nutrition Educator	
10	Have knowledge about the BSG website and gain information about your Region.	

1. Ensure Proficiency in the tests undertaken up to Tritiya Sopan.

2. Hold Tritiya Sopan Badge

3. Earn Ambulance Man Badge.

***Refer to Proficiency Badge Books**

4. Overnight hike

5. Kitchen garden



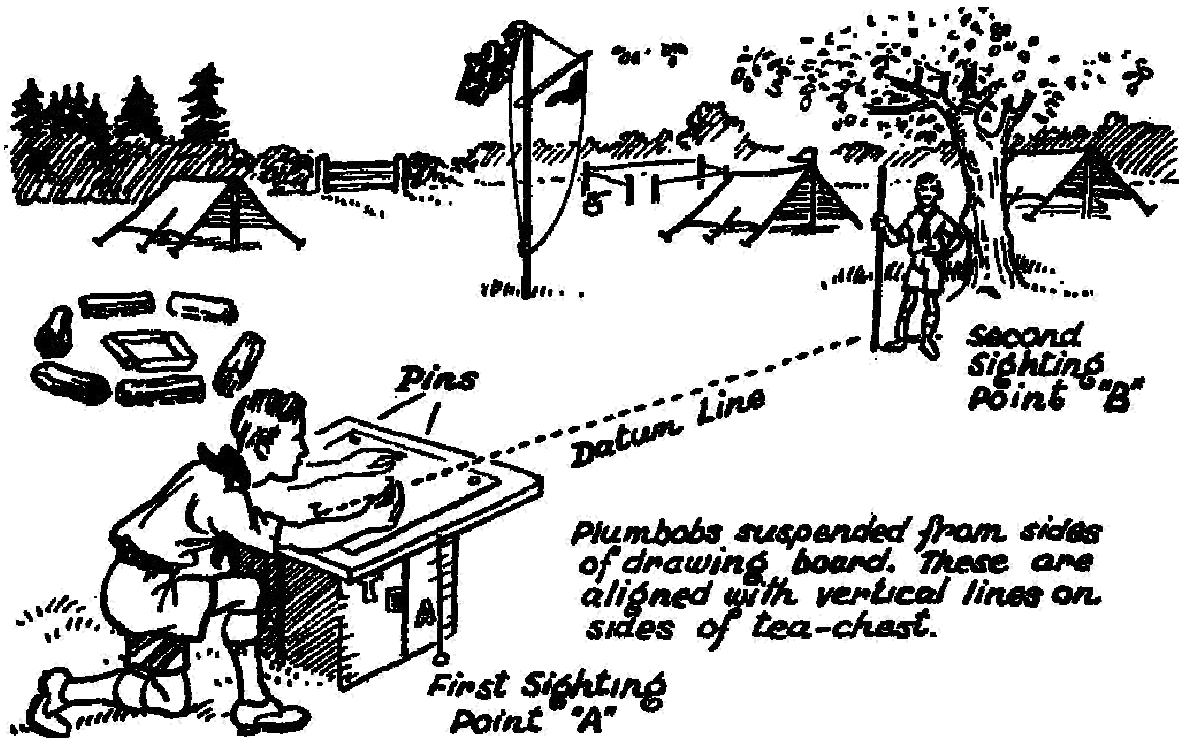
[Companion planting](#) of carrots and onions

The traditional **kitchen garden**, also known as a **potager** (in French, *jardin potager*) or in Scotland a **kailyaird**, is a space separate from the rest of the residential garden – the ornamental plants and lawn areas. Most vegetable gardens are still miniature versions of old family farm plots, but the kitchen garden is different not only in its history, but also its design.

The kitchen garden may serve as the central feature of an ornamental, all-season landscape, or it may be little more than a humble vegetable plot. It is a source of herbs, vegetables and fruits, but it is often also a structured garden space with a design based on repetitive geometric patterns.

The kitchen garden has year-round visual appeal and can incorporate permanent perennials or woody shrub plantings around (or among) the annuals.

6. Mapping: Plane Table Method



CARRYING OUT A PLANE TABLE DRAWING

You will require a tea-chest or box, a drawing board, paper, two ordinary pins, pencil and ruler.

To carry out the survey, you must first estimate the main dimensions of the field and fix a scale to suit the drawing (e.g. if the field is 100 m square, and the paper 40 cm square, the maximum scale would be 1 cm : 3 m, leaving room for a 5 cm margin all round.)

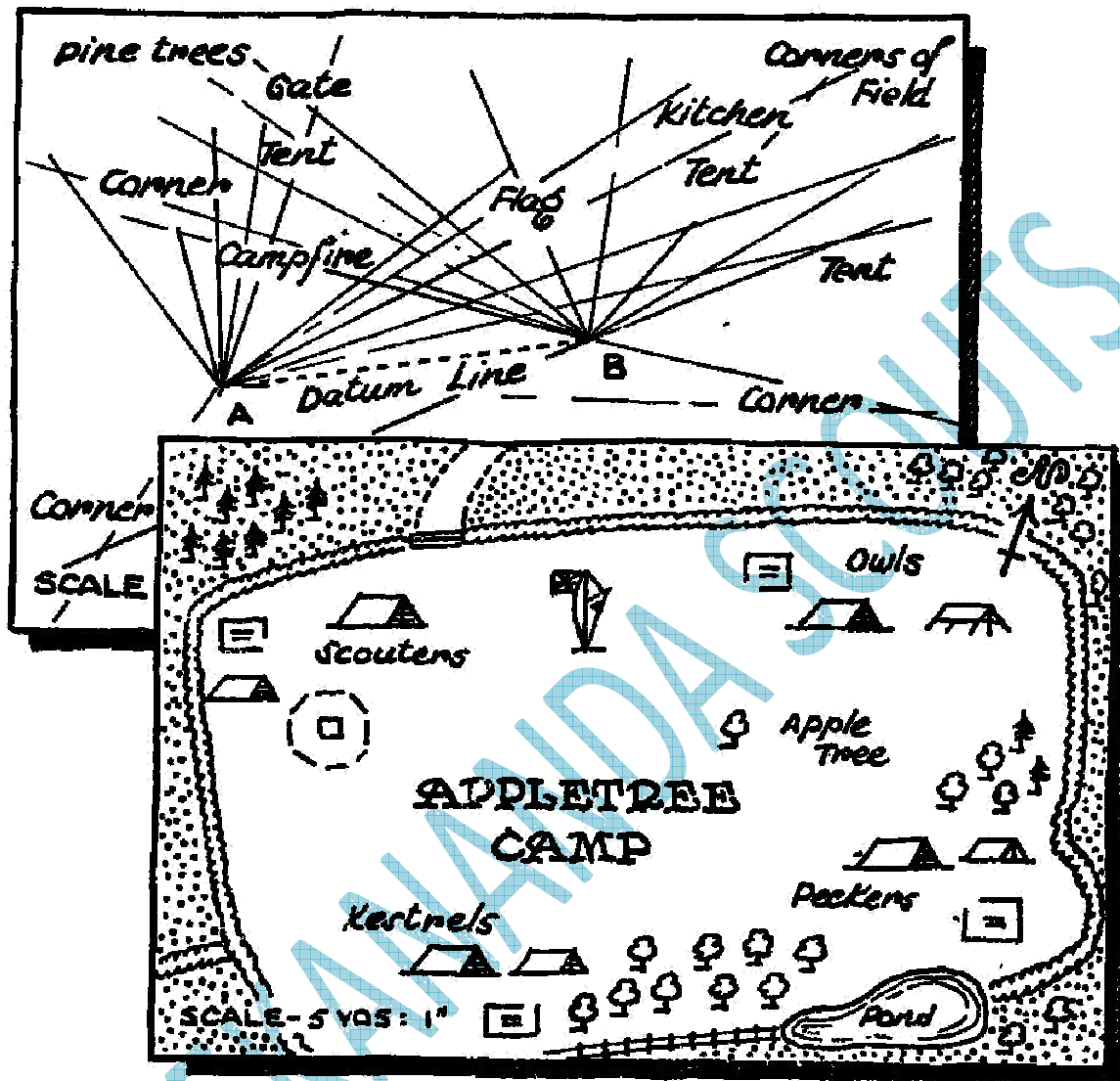
Next, decide on the position of two sighting points near the center of the area and measure the distance between them accurately. Mark point "A" on your paper with a pin. Set up your Plane Table at point "A", and take sight with a second pin on point "B". With a ruler draw a line from the first pin through the second pin and mark off datum line to scale, thus fixing the actual position of point "B" on the drawing paper.

Now without moving the drawing board, take sights on other features (tents, trees, gate etc.), moving a second pin to give you an accurate reading, and noting down the names of features. With a ruler draw lines from point "A" through the pin-pricks.

When all features have been plotted from point "A", move plane table to point "B" and take sights from there, **STARTING BY TAKING A SIGHT ALONG THE DATUM LINE TO POINT "A"**.

Where the sighting lines cross is the position of each feature.

Your field sketch will look something like this:



Later you could elaborate your drawing and rub out the pencil lines and rough notes, or, better still, transfer the pinpricks to a clean sheet of drawing paper and make a finished drawing in greater detail.

A plane-table survey plan of the summer campsite, framed in natural wood grown on the spot, would make a novel wall-decoration for the patrol corner or den, and should be good for a lot of points in any patrol competition.

Note that in carrying out this plane-table survey, you have applied the principle of triangulation, which is the basis of all mapmaking and cartography.

7. Camp Craft:

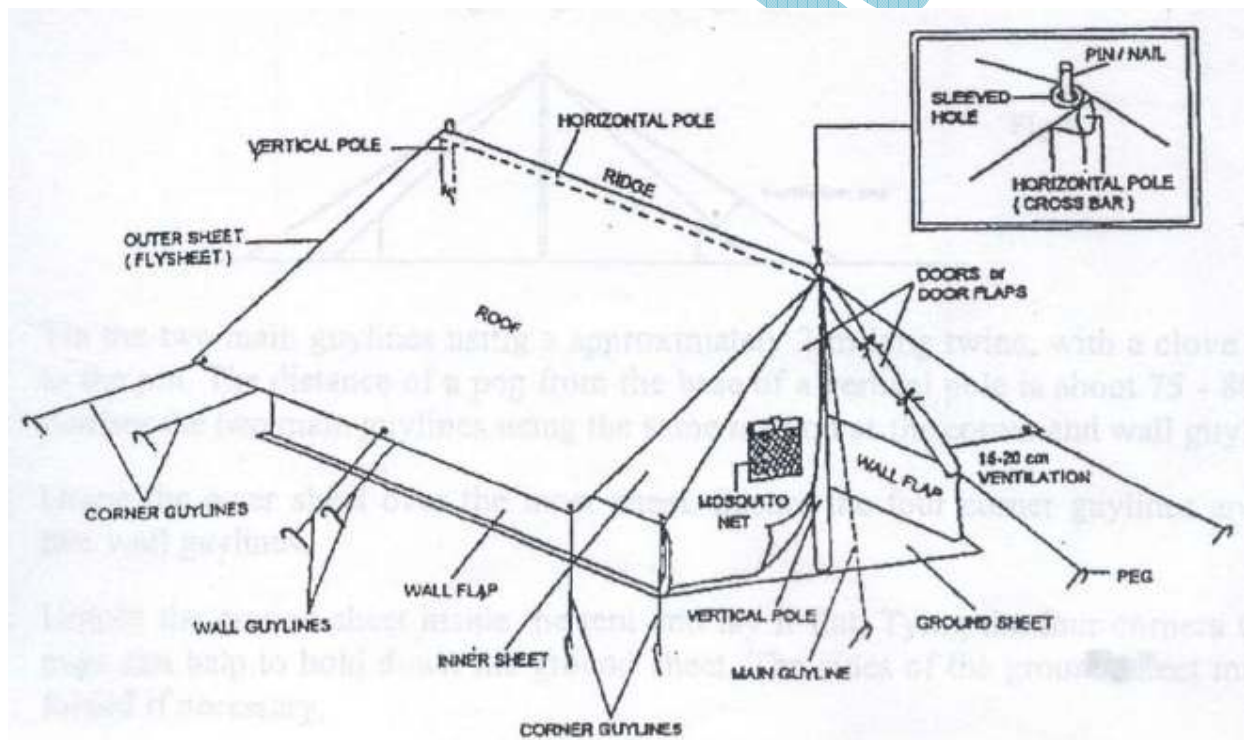
Tent Pitching :

Pitching a tent is the process of putting the tent up correctly. When you actually reach the point of erecting the tent itself bear in mind a couple of points.

The first rule in pitching a tent is to always face the tent door down hill. This is a must to keep water from entering the tent through the door. This rule should be followed even if the weather forecast does not call for rain.

It may be an idea to look out for the prevalent wind direction as well. Make sure the wind will not be blowing into the tent all the time (except perhaps in hot weather where this can help cool you down!).

If the weather is particularly bad or if you just want to protect the tent erect a simple shelter over the tent. Placing a simple shelter (e.g. a tarpaulin or sheet of plastic) over the site can help keep the tent dry in the most severe of weathers and can be useful in bad weather allowing you to pitch the tent in the dry.



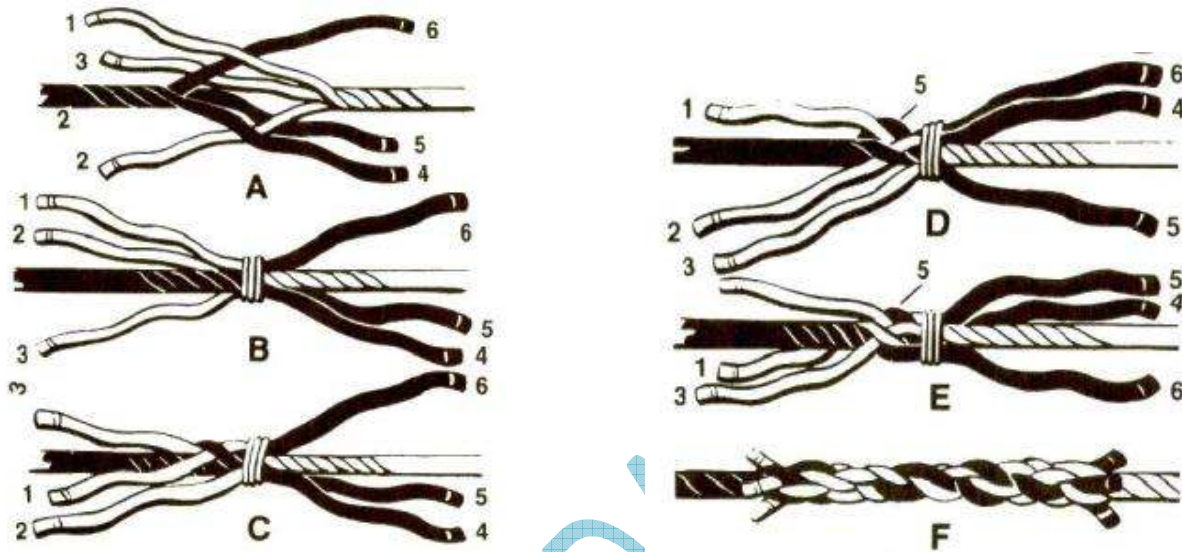
STRIKING A TENT

In general, a tent is 'struck' (taken down) in the reverse way to which it was pitched. However, there are a few useful points to consider.

- If your tent has a separate groundsheet, take this up first. Remove it from the tent and turn it over to dry the underside. Remove grass and dirt before packing away for storage.
- Remove tent pegs by slackening the guy line and using it as a handle, caught under the peg notch. Pull in line with the direction of entry by bending your knees and then standing up.
- Scrape dirt and soil from pegs before packing them away.
- Tie guy lines up by folding its length into thirds, then tie the whole bundle in an overhand knot. This means it will always come out straight and unknotted by simply undoing the overhand knot.
- When folding collapsible tent poles, start from the centre to prevent excess strain on the inner shockcord.
- Most tents can be easily packed back into their bags by simply folding the inner and flysheet into a long thin shape, the same width as the bag. Then roll the tent around the poles to expel the air.
- Try not to pack a wet tent. In some instances this is unavoidable, but ensure that tents are unpacked and dried as soon as possible. Damp tent fabric and guy lines are soon affected by mildew and will start to rot.

Splicing :

Short Splice:



Begin by unlaying (untwisting) the ropes a few turns. If the rope is large, make temporary whippings on the ends of the strands.

A. Alternate the strands of the two ropes.

B. Tie strands down to prevent more unlaying.

C. Tuck strand 1 over an opposing strand and under the next strand.

D. Tuck of strand 2 goes over strand 5, under the second, and out between the second and third.

E. Repeat operation with strands 1 and 3 from same rope end.

F. Remove tie and repeat operation on other rope end. Make two or more tucks for each strand. Then roll the tucks and cut off ends.

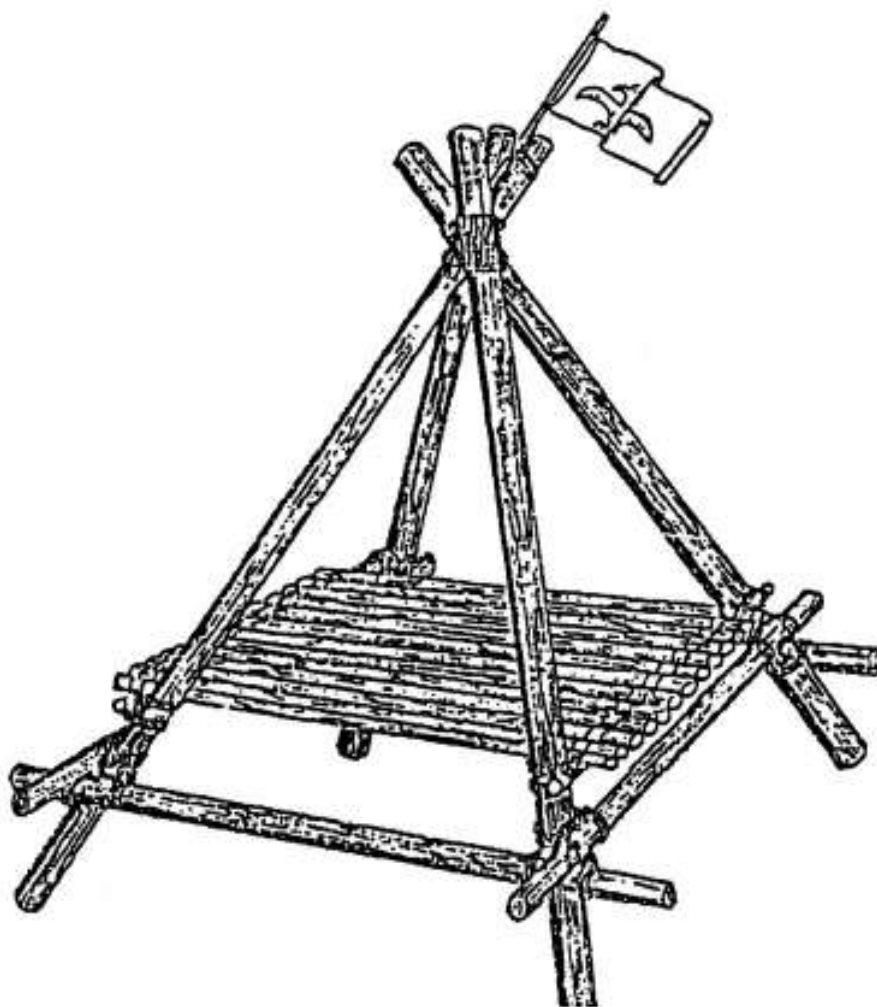
You can smooth the splice by rolling it under your foot on the floor.

Patrol Pioneering Project :

PATROL CAMP TABLE

MATERIAL LIST

Quantity	ITEM
4	12' Uprights (1 1/2" to 2" Diameter)
4	8' Seats (2" to 4" Diameter)
24+	6' Table Braces and Surface (1 1/2" to 3" Diameter)
16	8' Lengths ill line for lashing
1	12' Length 1/4" line for lashing
	Binders Twine for lacing table surface





8. Proficiency Badges (3)

1. Sanitation Promoter
2. Solar Energy Awareness
3. Literacy

- Refer Proficiency Badge books

9. Proficiency Badges (2)

1. Cancer Awareness
2. Nutrition Educator

- Refer Proficiency Badge books

10. About the BSG website and information about our Region

Website: <http://www.bsgindia.org/>

Scouting In India

- **Scouting started in India in the year 1909**, when Captain T.H.Baker established the first Scout Troop in Bangalore and got it registered with imperial Headquarters, London. subsequently, Scout Troops were formed in Kirkee (Pune), Simla, Madras, Jabalpur, Lonavla (Mumbai) and registered with the Imperial Headquarters during 1910 and 1911. These units were open to European and Anglo Indian Children only.
- **The first Guide Company in India was started in Jabalpur, Central India in 1911.**
- As the Scout Movement was not initially open to the Indian boys, Nationalist leaders of India decided to offer Scouting activities to Indian Boys and Sewa Samiti Scout Association was formed with Headquarters in Allahabad by Pandit Madan Mohan Malviya, Pandit Hriday Nath Kunzru and Pandit Sriram Bajpai. Dr. Annie Besant with the help of Shri G.S.Arundale started a separate Scout Association for Indian Boys in Madras.
- Efforts were made for unification of different scout groups existing in India during the visit of Lord Baden Powell to India in 1921 and 1937 but failed. Major reason for the failure in unification was the promise clause which included the word "Duty to King". Our Patriotic sentiments of our Nationalist leaders did not approve the allegiance to the British Empire and instead it was insisted that allegiance loyalty to the Country should be part of the Scout Promise.

Scouting Guiding In independent India

- After the independence of our country efforts were made for unification of the Scout and Guide Associations functioning in India. Serious efforts were made by our National leaders like Pt. Jawahar Lal Nehru, First Prime Minister of India, Mauland Abul Kalam Azad, the First education Minister of India, Shri Mangal Das Pakvasa, Governor of Central Province, and Scout leaders Pandit Hriday Nath Kunzru, Pandit Sri Ram Bajpai, Justice Vivian Bose and others for the merger of the Scout / Guide Associations.
- Dr. Tara chand, Education Secretary, Government of India made significant contribution in finalizing the merger deed.
- The Final merger took place on 7th November 1950 and the unified Organisation came into existence under the Name "The Bharat Scouts and Guides". The Girl Guides Association formally joined the Bharat Scouts and Guides a little later on 15th August 1951.

Constitution and Headquarters

- The Bharat Scouts and Guides is a Registered Society under Societies Registrations Act. It is totally voluntary, non-political and secular Organisation.
- The National Headquarters of the Bharat Scouts functioned from Regal Building, Connaught Place,

New Delhi, till 1963. Thereafter, it shifted to its own building and is functioning from Lakshmi Mazumdar Bhawan, 16, Mahatma Gandhi Marg, Indra Prasth Estate, New Delhi – 110002. The National Headquarters building was inaugurated in the year 1963 by the then Vice President of India Dr. Zakir Hussain.

AWARDS AND RECOGNITIONS

- The Organization received International and National Awards in recognition of its Contributions for International Peace and understanding United Nations “Peace Messenger Award” – The United Nation conferred the Peace Messenger award to the organization in recognition of outstanding contribution for promotion of International Understanding and Harmony in the year 1986-87.
- **Indira Gandhi Award for National Integration** – The Organization received the 3rd Indira Gandhi Award for National Integration in the year 1987 in recognition of its contribution for promoting Harmony and Integration.
- **Bronze Wolf Award** - The following National Commissioners of Bharat Scouts and Guides has got the Bronze Wolf Award during their term as National Commissioner
 1. Smt. Lakshmi Mazumdar
 2. Shri. Sardar Lakshman Singh
 3. Shri L.M.Jain

Shri. G. Ranga Rao, Former Director of Bharat Scouts & Guides also received Bronze Wolf.
- **Asia Pacific Regional Award for distinguished services** – The President of the Bharat Scouts & Guides Shri Rameshwar Thakur and Shri L.M.Jain, National Commissioner received the Asia Pacific Regional Award for distinguished services in the year 2009 and 2006 respectively.
- **Padma Bhushan** – The former National Commissioner of the organization Sardar Lakshman Singh was conferred Padma Bhushan Award from Government of India in the year 1988. He is also a recipient of Bronze Wolf Award from WOSM
- **Padma Shri** - The former National Commissioner of the organization Smt. Lakshmi Mazumdar received the Padma Shri Award from Government of India in the year 1965 for her contribution in the field of Scouting. She is also a recipient of Bronze Wolf Award from WOSM