



# KOMAL PAD

## कोमल पद

Hindustan Scouts and  
Guides Association





## **Published by:**

**The Hindustan Scouts and Guides Association**

Recognized by Ministry of Youth Affairs and Sports  
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# FROM THE DESK OF CHIEF EDITOR

I feel honoured to represent Hindustan Scouts and Guides in my profile as the Headquarter Commissioner of one of the the largest global movement, to promote unity and brotherhood with a goal to train the youth of the country in creative, courageous activities and prepare them to be ideal citizens for the service of the country, humanity and society as a whole. This little booklet based on the syllabus of National Headquarters New Delhi is a small endeavour to provide the basic guidelines about the scouting movement. The course of Scouting Guiding is vast and there are many wonderful books authored by various dignitaries of our organization. I have compiled the subject matter in this book in a lucid easy to understand language which will propel you to take active interest in scouting and guiding, instill discipline, self regulation, strength of character and equip you with life saving skills. The world needs more heroes like you, so it's crucial for you to be committed to your order and rise in your own power. Patriotism, dear ones doesn't mean dying for your country. On the contrary, it's about high thinking, following a healthy lifestyle, overcoming all fears, building upon your mental, emotional, spiritual, physical wellbeing and standing up for your country without any fear of death. I sincerely hope that this booklet will encourage you on this path. I express my heartfelt gratitude to all the sources and references mentioned in this booklet and humbly request all my readers to overlook errors if any while creating this booklet and accuracy of its subject matter. I request all of you to send your constructive suggestions to make this booklet more useful so that the work of Scouting and Guiding can be carried forward smoothly. If you feel the need for any changes and error correction, then do write your suggestions to the National Headquarters and to me. My best wishes that the book is helpful and useful in solving your problems.

Happy scouting

**Priyanka Gulati**

National Headquarters Commissioner

Hindustan Scouts and Guides

Principal, Evergreen Public School, Vasundhara Enclave, Delhi





# Foreword

Dear Scouts/Guides & Scouter / Guiders

Greetings !!!

I believe that every living being in the world, whether it is aquatic, amphibious or land, does everything possible for the fulfillment of their basic needs. Man is one creature that can go beyond and do something for evolving the soul. I consider Scouting/ Guiding to be the best possible work for the advancement of soul which starts with doing one good deed every day at home or in society. Scouting/ Guiding's 10 rules, 3 vows, principles and training of service and duty towards God, motherland and self would bring out the best in boys and girls in making them wonderful human beings. Along with this, we have also added Sarva Dharma Dhyana Yoga, Yogasana and Pranayama to the international curriculum while creating the curriculum of Hindustan Scouts and Guides organization, which would be helpful in self-realization. All the above things have been combined in this book in simple language.



I congratulate Ms. Priyanka Gulati, National Headquarter Commissioner & Principal Evergreen Public School for her sincere endeavour in disseminating the knowledge about Scouting & Guiding through Komal Pad. I appreciate the efforts with best wishes.

**Happy Scouting Guiding**

**Sriniwas Sharma,  
Founder, Chief Scout**



# NATIONAL CHAIRMAN

I being the National Chairperson of Hindustan Scouts and Guides feel extremely privileged to be associated with an organization that is working tirelessly for the betterment of the society and the world as a whole. The objective of this organisation is to expose the youth to the values and laws on which our society is built. It helps them in developing their academic skills, instill self-confidence, empower them with leadership qualities and much more.



At a tender age, it is important to inculcate such lessons/ skills which help in the overall holistic development of the child. Being a member of the Scouts and Guides, children understand what is important to them as an individual. They are encouraged to make good and informed decisions that foster decision making and critical thinking abilities in them.

Hindustan Scouts and Guides is one such organisation that aspires to support young people in their physical, mental and spiritual development. They introduce the advice of lifelong learning, catering to others' needs, a healthy lifestyle, character building and belief in oneself. In doing so, they address the very important section of our society- the youth, that are the building blocks of our nation.

As a human being and fellow citizen, by supporting and being a part of Hindustan Scouts and Guides, I am trying to put in my efforts to bring in a constructive and positive change in our society.

**Bharat Arora**

National Chairman

Hindustan Scouts and Guides



# Foreword

Scouting/ Guiding is a movement for the all round development of youth of the country. In scouting we work together for the physical, mental, social and spiritual development of young children and prepare them to become good citizens of local, national and international community in the future. Your contribution of time, suggestion, support & help to this movement can make a big change in the country which is a crucial need at this juncture. It gives me great pleasure to give this “**Komal Pad Training Book**” for Scouts / Guides of Hindustan Scouts & Guides Association, India. I understand that the book will be a strong tool for our future success story of activities, services, Aims & Objectives of HSG, Camps & Social programmes. Scouting & Guiding have to fit into the requirements of the society.



Scouting is leading the way to meet challenges of future by equipping youths with the skill set that is required in the country. As Scouts & Guides, you are the future of the country and as a trainer we are the future maker. Hence we as trainers must fulfill our duties and responsibility towards God and the country to make every Scout & Guide a good human being for society.

I wish all the scouts / guides all success. I am sure you will efficiently use this book in your Scouting & Guiding life. I am confident that this Book will give a wonderful support to Scouts & Guides which emphasise on entrepreneurship and true patriotism.

## Mr Rahul Kumar

National Training Commissioner (S)

Scouting Qualification: Leader Trainer (Scouts), HWB (Rovering)  
Award received : Rashtrapati pruskar by Rashtrpati Bhawan  
Pt. Shri Ram Vajpayee Samman  
Guru Dronacharya Award by Avan\_ka  
R.S.P. Best Award by Delhi Police  
Long Service Medal by HSGA  
Youth Award by Ministry of Youth Affairs & Sports,  
Govt. of India  
SMC Award by Delhi Government  
Youth Leader Best Teacher Award by NYK, Bhopal  
Life Time Achievement Award by HSGA

Education Qualification: B. A.



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# Chapter: 1 History of the Scout Movement

22 February 1857- Birth of Lord Baden Powell, the military officer who gave the present form to the scout movement.

29 July to 9 August 1907- Returning to England, Lord Baden Powell prepared a plan of action using the methods given in "Aids to Scouting", and trained 20 boys (divided into 4 groups) near the Brown Sea island in England.

1908- Lord Baden Powell wrote a book called "Scouting for Boys" and thus started the scout movement which gradually gained momentum throughout England. King Edward VII of England awarded official recognition to the movement through a Royal Charter.

1909- The Scouting movement came to India in 1909. Captain Wacker started the first scout camp in Bengaluru which enrolled only British and Anglo Indian children.

1910- Lord Baden Powell, with the help of his sister Miss Agnes Baden Powell, started Girl Guides Society, an organization for girls, similar to the Boy Scouts Society

1912- The Indian Scout magazine got published.

1913- Pandit Shriram Vajpayee, the father of Indian Scouting, started the Bal Sevak Dal in Shahjahanpur, Uttar Pradesh with Indian children.

1 October 1916- Dr. Annie Besant formed the Indian Boy Scout Association in Madras with the help of Dr. G. S. Arundale and F. G. Pearce. Only Indian children were allowed to enroll in these organisations.

1916- Lord Baden Powell wrote a book called "Wolf Cub Handbook" for children aged 6 to 10 years based on Rudyard Kipling's Jungle book. And thus did Cubbing come into existence.

1917- Pandit Shri Ram Bajpai, Pandit Madan Mohan Malviya and Pandit Hriday Nath Kunzru formed the Sewa Samiti Boy Scout Association and Sewa Samiti Guide Association.

1920- the Viceroy Lord Chelmsford formed The Boys Scout Association of India by merging several English organizations. The Seva Samiti and the Girl Guide Association continued to work separately.

1919- saw the birth of Rovering.



1922- Lord Baden Powell wrote the book "Rovering to Success".

7 November 1950- With the efforts of the then Education Minister of India, Maulana Azad, Bharat Scouts was formed.

1951- The Girl Guide Association India was merged with Bharat Scout.

Hindustan Scout Guide Association:- On 26 November 1998, the Hindustan Scout Guide Association was reborn following the ideals of Shri Ram Vajpayee. The credit for the establishment of Hindustan Scout Guide goes to the Scout Master of Delhi, Shri Srinivas Sharma, who retired from the teacher service in 1997 and without any financial assistance, expanded the Hindustan Scout Guide to all the states of India from Kashmir to Kerala and Gujarat to Nagaland with the money received after his retirement. On 7 March 2001, the Ministry of Sports, Government of India gave the association recognition under the Scout Guide Policy. The journey of Hindustan Scouts and Guides was not an easy one as it faced many hurdles and obstacles. Hindustan Scouts and Guides were recognized by the World Federation of Independent Scouts, Germany. With the tireless efforts of Pandit Shri Srinivas Sharma ji, the Hindustan Scouts and Guides institution was re-recognised by the Sports Ministry, Government of India on 26 September 2013 and today the organization is progressing from strength to strength.





## Chapter : 2 Flag Etiquette

Flag etiquette refers to the principles to be followed in the orderly tying of any flag be it national or institutional, respectful flag hoisting, flag lowering and exchange. Following are the main flags of Scouting Guiding :-

National flag –The National flag is a symbol of prestige, self-respect and pride for every citizen of the country and they are ever ready to defend its honour at anytime.

Honouring the national flag is equivalent to honoring the country and insult to the flag is considered an insult to the country and an unpardonable crime. The national flag has three colors saffron, white and green. Saffron

or kesri, symbolizes renunciation and penance, White, that of peace and harmony and the color green is the Green Revolution and thereby represents prosperity. The circle made of 24 spokes in blue color in the white band gives inspiration to move forward 24 hours, on the path of progress. The three strips in the flag should be of equal length and width. It should be in the ratio of 3:2 (120 cm x 80 cm). The national flag was first hoisted when India became independent on 15 August 1947. Earlier our tricolor had a spinning wheel instead of a wheel. On 22 July 1947, the Legislative Assembly of India accepted it as the national flag by replacing the spinning wheel with a wheel.



### World Federation of Independent Scouts, Germany (WFIS)

World Organization Flag - This flag is in the ratio of 3:2 and has a Mehndi green background. It has in the middle a triangular yellow lotus with dark green outer line and has a medium to dark red petal shown in a straight stripe. This flag is hoisted only when Scouts/Guides from other countries are participating in an event.





## Flag of Hindustan Scout Guide

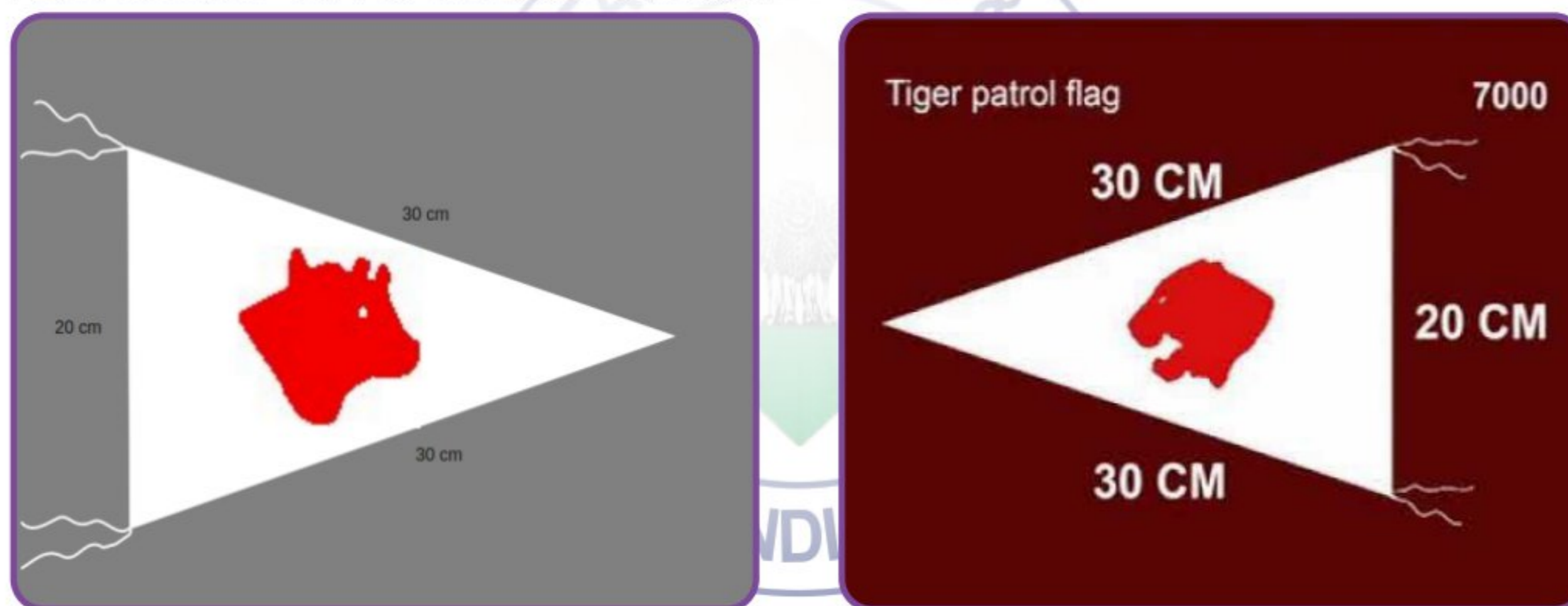
The Hindustan Scout Guide flag is saffron in colour. In the middle against a 45 cm white background, three lions are shown. The scout symbol is made in the middle of the trident shaped lotus. This flag is in the ratio of 3:2 (180 cm x 120 cm).



**Note** - The entire national emblem has not been taken in the said Hindustan Scout Guide flag.

**Unit flag** - The length of the flag of the Scout Guide team is 120 cm and width 80 cm. The flag is made on the lines of Hindustan Scout Guide Association.

**Team flag** - The Team flag is made in a triangular shape. Its base is 20 cm and both the sides 30 cm each. The name and picture of the group is made with red color on a white cloth.



## Rules and precautions for hoisting the flag

1. Exchange the flag with respect while hoisting and lowering the flag.
2. Unfurl the flag after sunrise and lower it before sunset.
3. At the time of flag hoisting, the participant should be in full uniform, and stand in complete discipline at the prescribed place.
4. The flag should be flown in full mast at the top of the pole.
5. It is not mandatory for all the participants to be present at the time of flag lowering in the evening.
6. At the time of flag hoisting, all the officials should stand behind the flag in order of seniority and the participants, in front of the flag.
7. If any scout guide officer or scout guide is in plain uniform at the time of hoisting the flag, then he should be made to stand behind those in scout guide uniform.



8. At the time of flag hoisting, the flag should be raised at a high speed and at the time of flag lowering, it should be lowered slowly. When it comes to shoulder level, it should be kept on the right shoulder or on the cleat.
9. Salute should not be done while lowering any flag.
10. During flag hoisting, Scout guides should make a formation of a crescent moon or the sun's rays.
11. On the death of a national leader or prominent figure, the flag is hoisted at half mast as a symbol of condolence. First the flag should be raised to the top, then brought down to the width of the flag and then tied. In the evening, while lowering, the flag should be raised all the way up and then slowly lowered.
12. At the end of the camp, the flag should be kept on the cleat and the culmination of the camp should be announced by singing the National Anthem.

### **THE STAGE OF HOISTING THE SCOUT / GUIDE FLAG WITH THE NATIONAL FLAG**

1. The pole scout/guide flag should be at a height of 2 feet and at a distance of 2 feet from the National flag pole. The flag of Scout/Guide should be hoisted only after hoisting the national flag.
2. In the evening the scout flag should be presented first and later the national flag.

**Note:-** In the evening, before or after the flag lowering a long whistle should be sounded for attention and stand at ease.

### **THE DON'TS ABOUT FLAG**

1. Do not hoist the flag if it is in a mutilated, dilapidated condition.
2. If the flag is not in useable condition, it should be either immersed in water, burnt or buried in solitude.
3. After death, the body of a national level leader or martyr can be covered with the National Flag, but it should be removed before cremation.
4. The flag should not be used in advertisements, or as curtain material, tablecloth, nor used for cleaning purposes.
5. The flag should not touch the ground or feet.
6. After lowering, the flag should be kept in order in a proper place.
7. The flag should not be bowed in front of anyone other than the President of the nation.



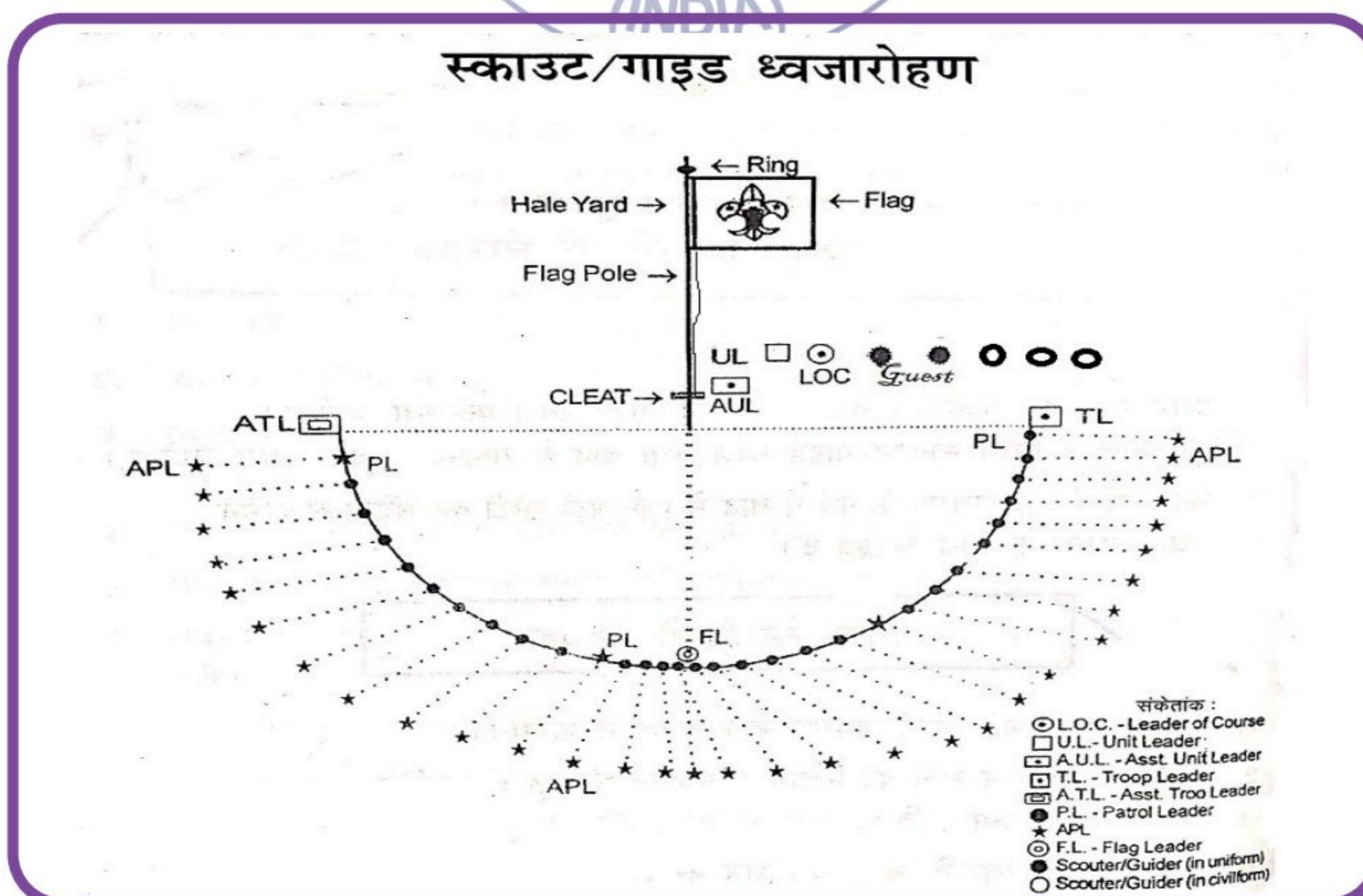
8. No other flag should be flown to the right of the national flag.
9. No person should stand to the right of the flag.
10. Keeping flowers in the scout/guide flag is prohibited. If the flag opens up while being raised, then it should not be taken down again, but should be raised all the way up and then tied.
11. After the flag is raised up during the day, it should be lowered only in the evening.

## METHOD OF HOISTING THE FLAG.

A flag that has to be hoisted has a rope with a small wooden block (toggle) on top and a knob attached to the other end. This rope is called the stay, this part of the flag is called the hoist and the part that is hoisted in the air is called the fly. The rope used to hoist the flag pole is called Hellyard. The knob in its upper part is stuck to the block of the flag. This head is attached to the heist rope knob by a sheet band knot. When the rope is pulled down, the flag starts to fly. The length of the flag pole should be 18 to 20 feet, with a Ring tight in the upper part and a cleat at a height of about 4 feet from the bottom. The length of the flag string should be twice the length of the pole and both ends should be secured.

At the start, the Assistant Scout Master / Assistant Guide Captain stands in his place and commands.

**ASM/AGC: "Attention Stand at ease Attention."**



After thus organizing all the members in the state of attention, he/she turns back and salutes the SM/GC and hands over the charge.

After saluting, he/she takes one step to the right and one step forward, turns back and takes position.



Thereafter the Scout Master/Guide Captain, takes a step ahead, takes charge and commands all the team members.

SM/GC: "Stand at ease...Attention...Stand at ease...Attention."

The scout then gives command for prayer. All the scouts pray together.

After the prayer gets over-

SM/GC: "Stand at ease...Attention."

SM/GC: "Flag leader get moving."

As soon as the command is received, the flag leader marches past and stops two steps away from the flag pole.

Then takes a step forward. If a guest has come to hoist the flag, he invites him and holds the rope of the flag from the top and pulls it. SM/GC then commands—"Salute."

All crew members (except the flag leader) salute. The flag leader takes a step back and salutes after wrapping the stretched rope over the cleat. As soon as he salutes, the SM/GC commands: "As it was."

After this, the SM/GC gives command for the flag song.

SM/GC: "Start Flag Song."

As soon as the flag song ends, everyone will stand in attention and the flag leader without command would turn back. Go to his place and take position.

Following this everyone together acclames "Jai Hind" and then command is given to share the thought of the day. After this, any member of the team, in the first row, takes a step forward, says the motto, salutes and goes back to take position. If in the middle, the person will take a step to the right, say the motto after saluting, and then take position at the original place.

Then the report of the day-to-day inspection work is presented. After presenting the inspection report, the duty is changed and so is the patrol leader. The Scout Master/Guide Captain then commands for Break off. Everyone leaves and goes to their respective class.

## **COLOR PARTY**

Requirements— Guard of honor by the whole team in honor of the guests in the ceremony, in conducting the flag hoisting program.

Number - Five by scout, three by guide.

Material - National flag-1, Scout/Guide flag-1, two pole of length 5 feet, and 3 or 5 sets of color party flower uniforms.

Note - Color party should be performed in Scout/Guide uniform.

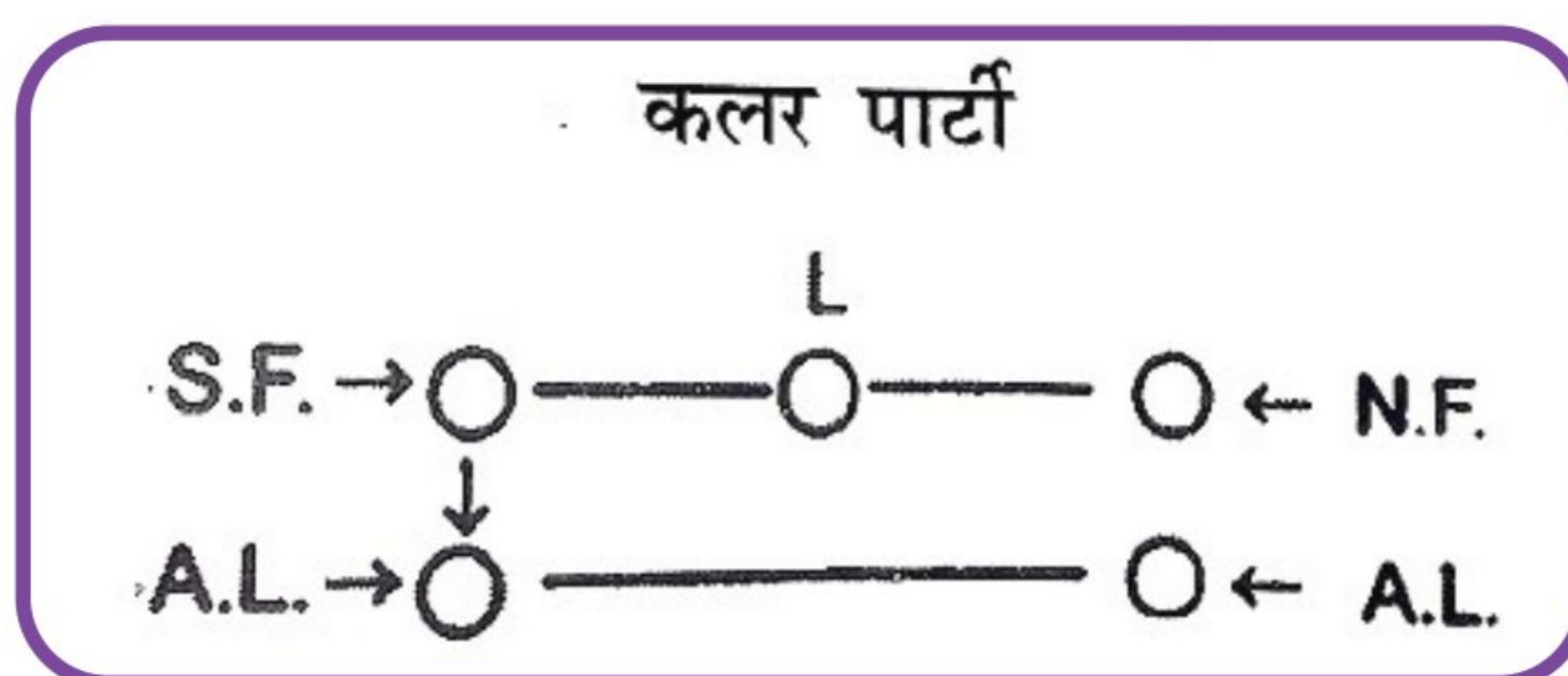
color party stage



The numbers in the color party are as per the requirement. Scouts consist of a team leader, two flag bearers and two bodyguards (assistants). The scout to the leader's right shall have the national flag systematically draped or uncovered on the pole. The scout to the left shall have the scout flag systematically draped or uncovered. There will be a gap of one hand between the scouts.

**Note** - The National Flag should be 1 foot higher than the Scout Flag.

### COLOR PARTY ORDER



Leader - Color party, Attention, forward march. (will march forward with the leader)

Leader - Color Party, Stop (Color Party will stop)

Leader - Color Party About Turn (The flag bearer with the leader and the assistant will turn about from the right. Quickly the two flag bearers will cross each other and first the national flag bearer will take his place.

Leader - "Color party March forward faster. On reaching the destination, the leader will give the command -

Leader- Color Party Stand at ease.

### FLAG LOWERING METHOD

Flag lowering is done at sunset or at the end of parade. During this time, it is not necessary that the whole party gather under the flag. Commonly, the one who lowers the flag goes to the pole and separates the two ends of the rope. Then he blows a long whistle. Hearing the sound of the whistle, everyone drops whatever work they are doing and stand in attention facing the flag.



The flag bearer slowly lowers the flag and after placing it on the right shoulder, blows another long whistle. Everyone gets back to their work. The person who lowers the flag wraps it respectfully and hands it over to his higher authority or keeps it at its pre ordained place. It should be kept in mind that the scout who lowers the flag should be in uniform.





## Chapter : 3

# Establishment of Unit / Patrol / Group

Each unit of Scout/Guide consists of 52 Scouts and 52 Guides. Above them is a Scout Master / a Guide Captain / Unit Leader. The unit is divided into five groups of 10 each. Each team consists of a leader and an assistant leader. All the members of the team don't always follow their leader. The Patrol Council, Court of Honor and Patrol System are essential parts of the Patrol. This committee decides on the affairs of the party. The Scout Master/Guide Captain appoints a Team Nayak for each team. Toli Nayak wears a green stripe of 6 cm by 15 cm on either side of the membership badge on his left pocket. The team leader wears a three-patti badge and the sub-division leader two-patti badge on the right side of the pocket. The Scout/guide groups are named after motto, great leaders, thinkers, flowers and birds etc. The ideal names are considered to be the motto of the group.

**Examples of some of the scout names are given below –**

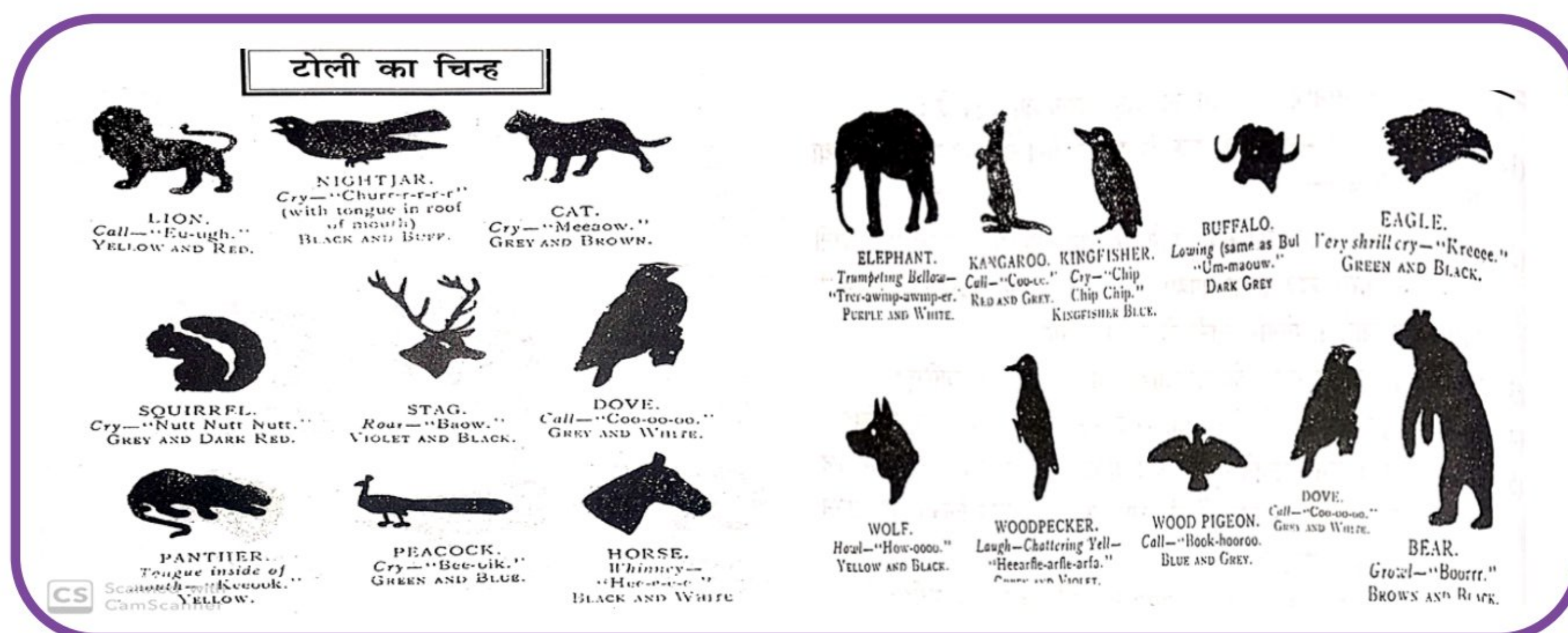
1. Seva Karo group
2. Veer Bano group
3. Parisrami group,
4. Swalambi group,
5. Paropkari group,
6. Aageybado group,
7. Arjun Toli,
8. Subhash Toli,
9. Hanuman Toli,
10. Azad Toli etc.

**Names of Guide Teams:-**

1. Gulab Toli,
2. Marigold Toli,
3. Juhi Toli,
4. Kamal Toli,
5. Durga Toli,
6. Mother Teresa Toli,
7. Parvati Toli,
8. Anasuya Toli etc.



Each group should have its own flag, Yells (Ninaad), song and knowledge of the team corner.



### Court of Honour / Maryada Sabha

This is the company's or party's Panchayat which is headed by a member as the Team Leader/Company Leader and Assistant Team Leader/Company Leader who take over the work of Scout Master/Guide Captain in their absence. The appointment of the Dal Nayak / Company Leader is done by the Scout Master / Guide Captain in concurrence with the Court of Honour /Maryada Sabha. The Scout Master/Guide Captain don't force their point but give due consent as an elder sibling. All decisions related to program expenditure as well as punishment of an erring scout guide etc. are taken in this meeting. Views are boldly and humbly expressed by all and most of the decisions are taken in consensus.

Scouts/Guides have the freedom to choose their Team Nayak and Team Nayaks as their Group Leader/Guide as Company Leader. Scout Master / Guide Captain or Team Nayak, Toli Nayak etc. are not officers but work with love and brotherhood. The way of work is not "Go, do this work" but "Come let's do this work".



## TOLI SABHA / PATROL IN COUNCIL

Just as the group has "Troop Panchayat" (Court of Honour) for its work, the "Toli Sabha" helps in the work of the group, whose members are all scouts/guides of the team. Toli Nayak / Team Leader is appointed in the 'Toli Sabha' by the Scout Master / Guide Captain with the concurrence of the Court of Honor. The appointment of Assistant Team Nayak is decided by the Nayak as Scout Master/Guide Captain and Court of Honour.



### Patrol Meeting



### Patrol Meeting



## Chapter : 4

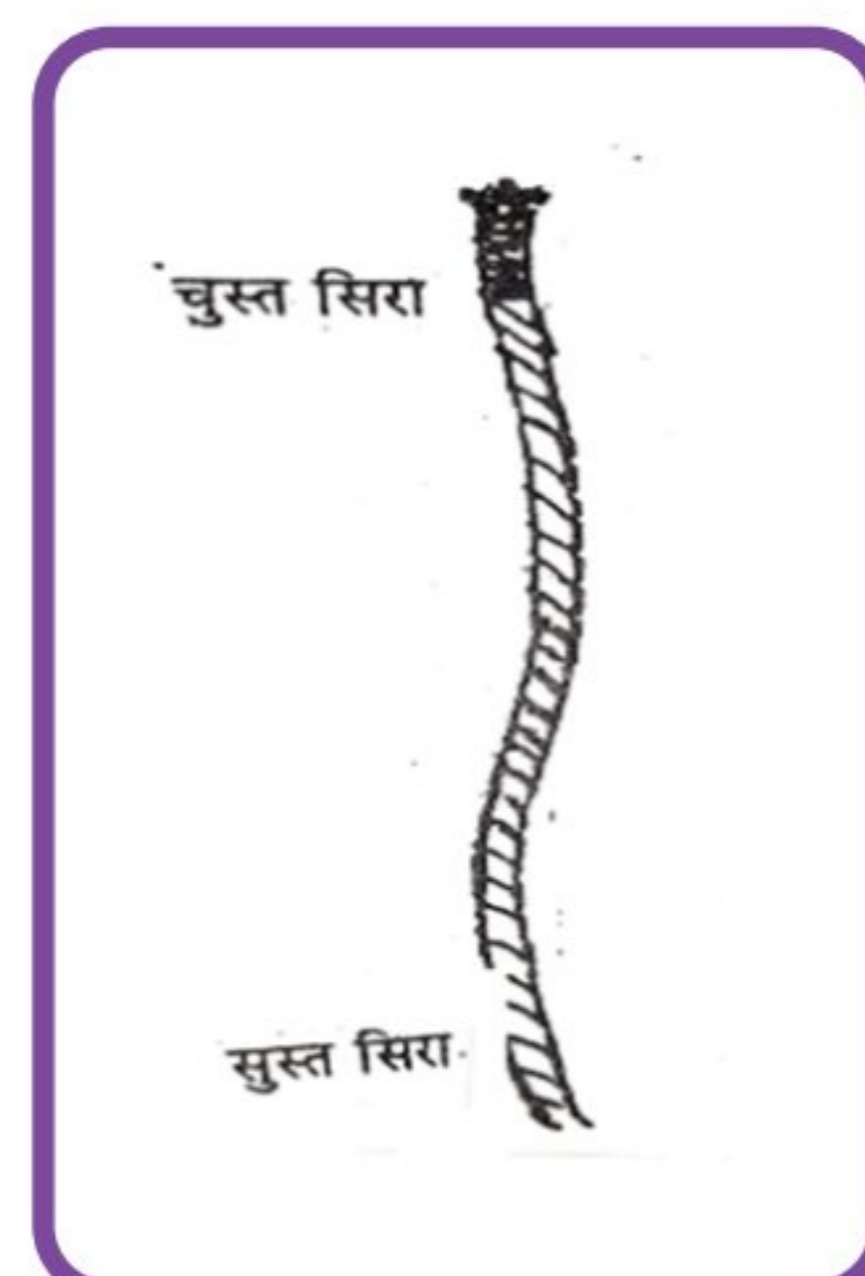
### Knots

**Scout Guide's knots** – Knots have special importance in our life. Everyone needs them from the beginning of life till death. Small farmers, laborers, doctors, teachers, engineers, traders, etc., use bales every step of the way. It is needed for the scouts/guides for tying knots, pulling water, tying nets, tying bandages, making ladders, huts and scaffolding, saving drownings, tying luggage beds, tying gadgets etc. Therefore, the Scout Guide should be skilled in knotting. Scout's rope is called lifeline, because it fulfills many needs, serves others and saves life. It reminds one of Lord B.P.'s words, “Knotting seems to be a very simple task, but it can be done either using the right or the wrong method.”

Scouts should have the knowledge of knotting properly as it could be life saving during an emergency. The right kind of knot is one that you are confident will withstand, despite being pulled from any/all sides and yet, be opened easily. A bad knot is the one that slides out when stretched or that tightens so tightly that it doesn't open easily.

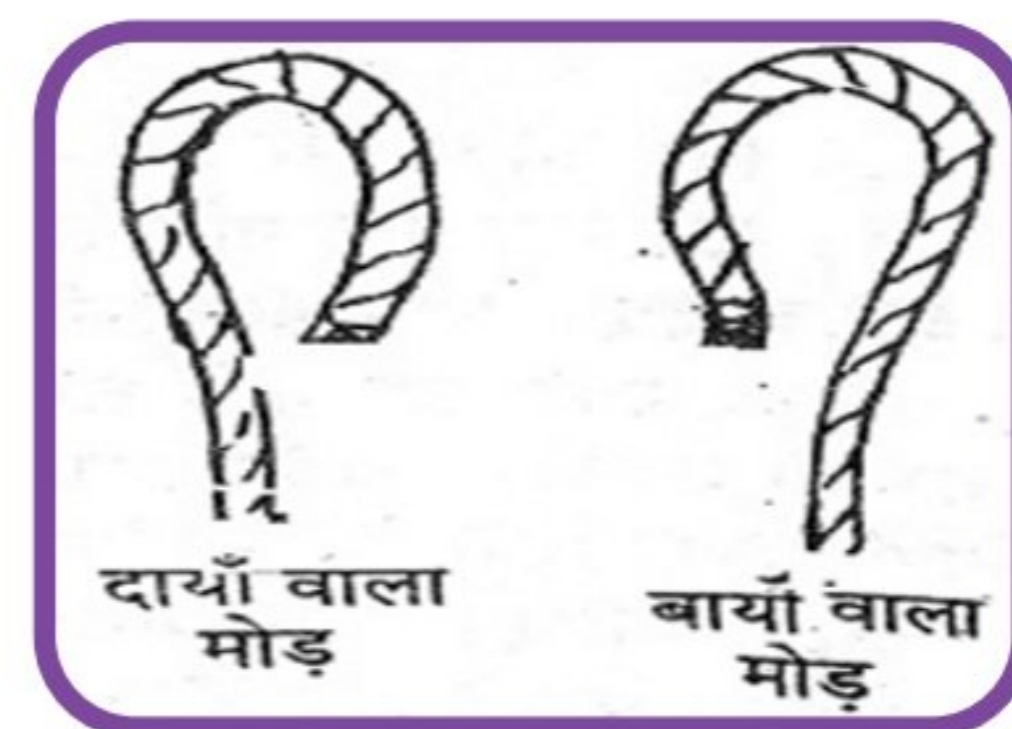
Only one who knows the knot science, can be considered a scout and hence this skill is an absolutely necessity for scouts. To learn the knots well, two rope 3 meter long, thick threads of different colours would be good. Fatal results have been seen, if these ropes are not safely kept. Therefore, the knowledge of wheeping, lashing and knots is necessary. Before that it is also necessary to know some things.

**1. Active and Non Active Part** - The rope has 2 parts one of these parts is often used in tying a knot-this part is smaller than the other end. This part is called active part or the running end. The other end that is tied somewhere doesn't come in handy is called the non active part or dull end.





2. **Mode (Bight)** - When active part of the rope is twisted into shape and brought parallel to the running part, it is called mode/bight.



3. **Loop** - Making a twist on the active end of the rope, twisting it diagonally and placing it over the running part, would make it a hoop. If the active end is placed over the loose part, then it is called overhand loop. If the active end is placed below the loose part, then it is called an under hand loop.



4. **Lashing** - The part of the rope or string which is used to tie something is called lashing. Lashing is used to tie sticks, bamboos, logs with each other at right angles, parallel to each other or in multiples of each other to lengthen. Roughly, the length of the lashing is considered to be about 6 feet to 15 feet.

5. **Knot** - The act of tying a rope to another rope or to a part of the same rope or with any other material is called knotting. It does not open or move from its place. It opens only when opened.

6. **Hitch** - When a rope is tied by wrapping it in a special way on a material is called a hitch knot. It cannot maintain its form by itself. If the relevant material is removed, the trap opens. Even if there is a lack of tension in the rope, the noose becomes loose and may even open.

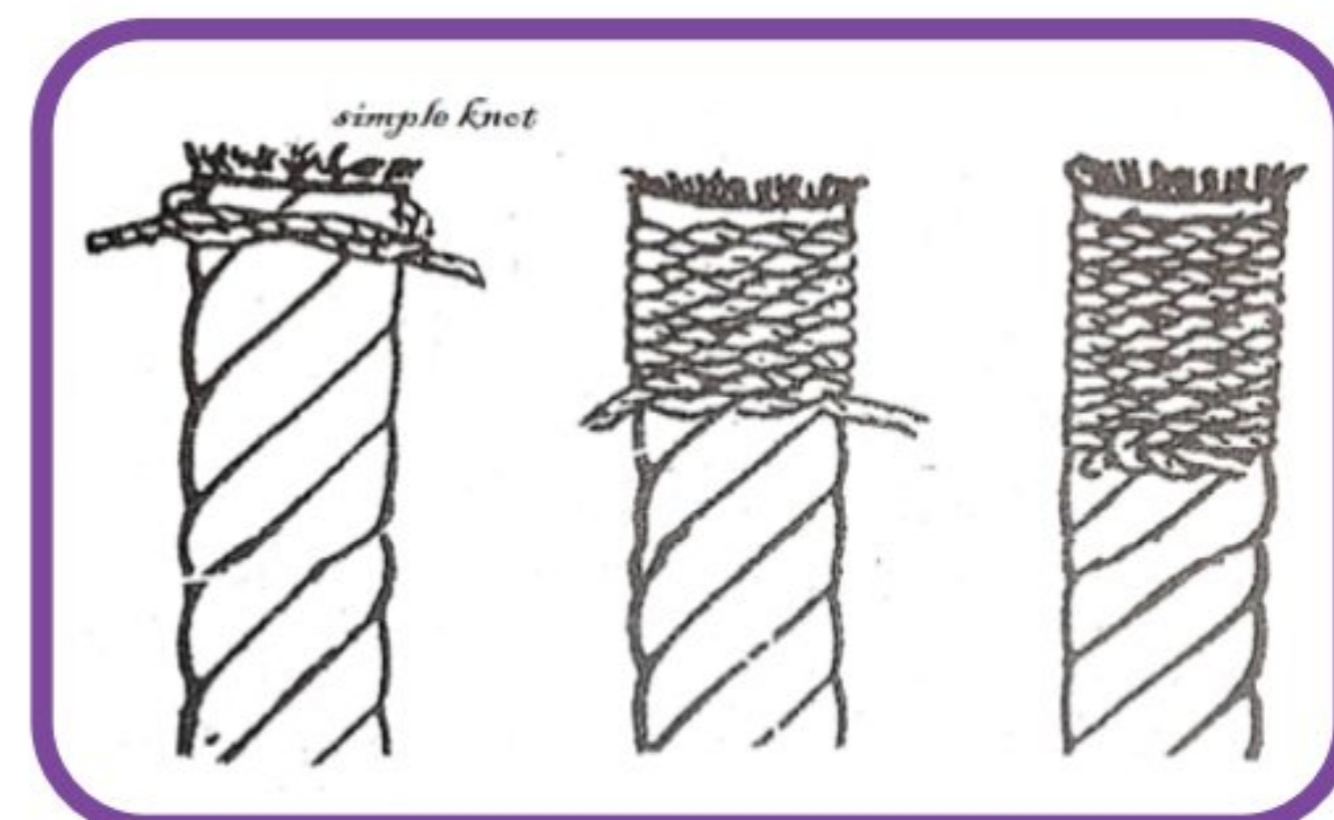
7. **Plain knot (Thumb knot/Over hand knot)**- Make an upward or under-handed circle on the active end of the rope and take out the active end from the inside of the circle by turning the active end under or up to the loose part. Then it will become a simple knot.



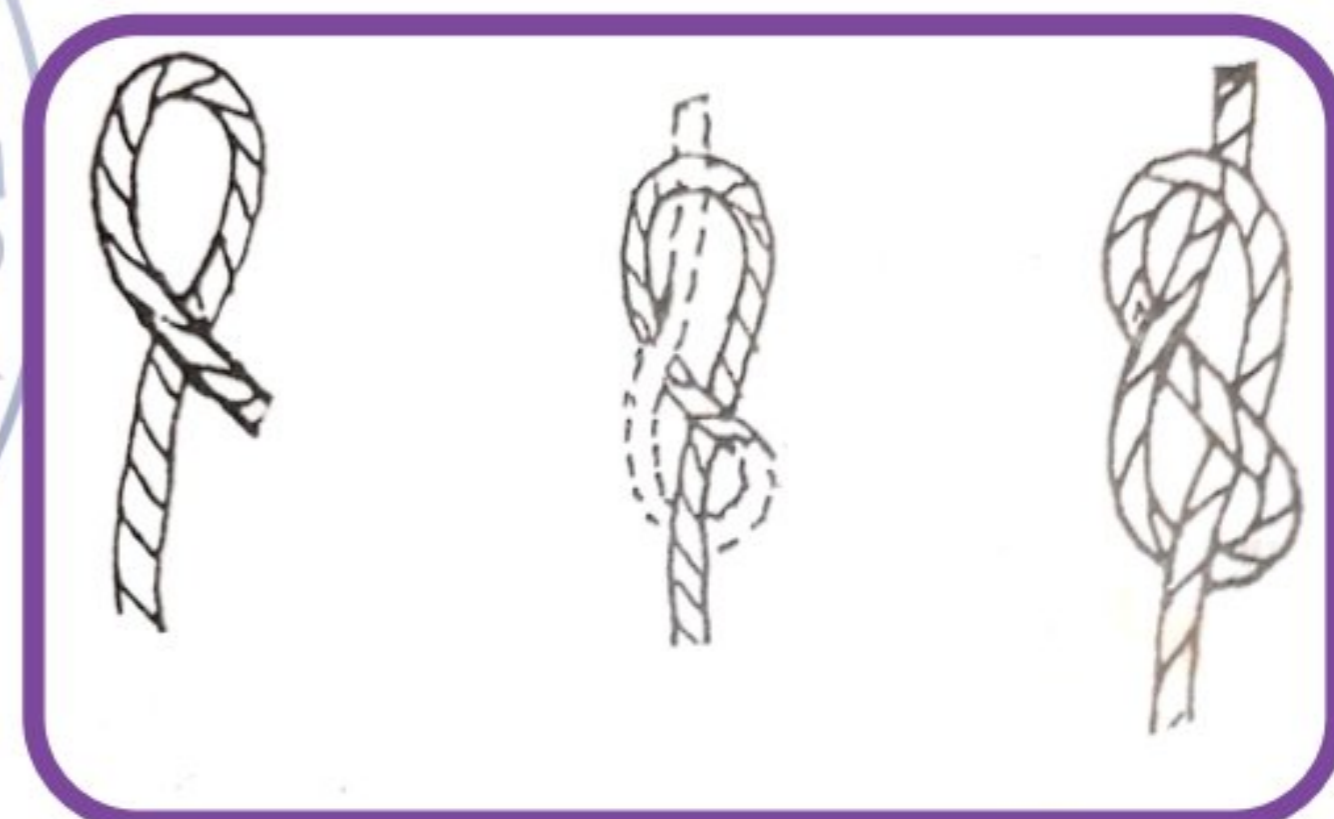


Before learning the knots of komal pad, one has to learn to secure the rope end. If the rope end has wear and tear, then the rope will be weak and useless. Whipping or mounting helps in strengthening the rope which is done in the following ways:

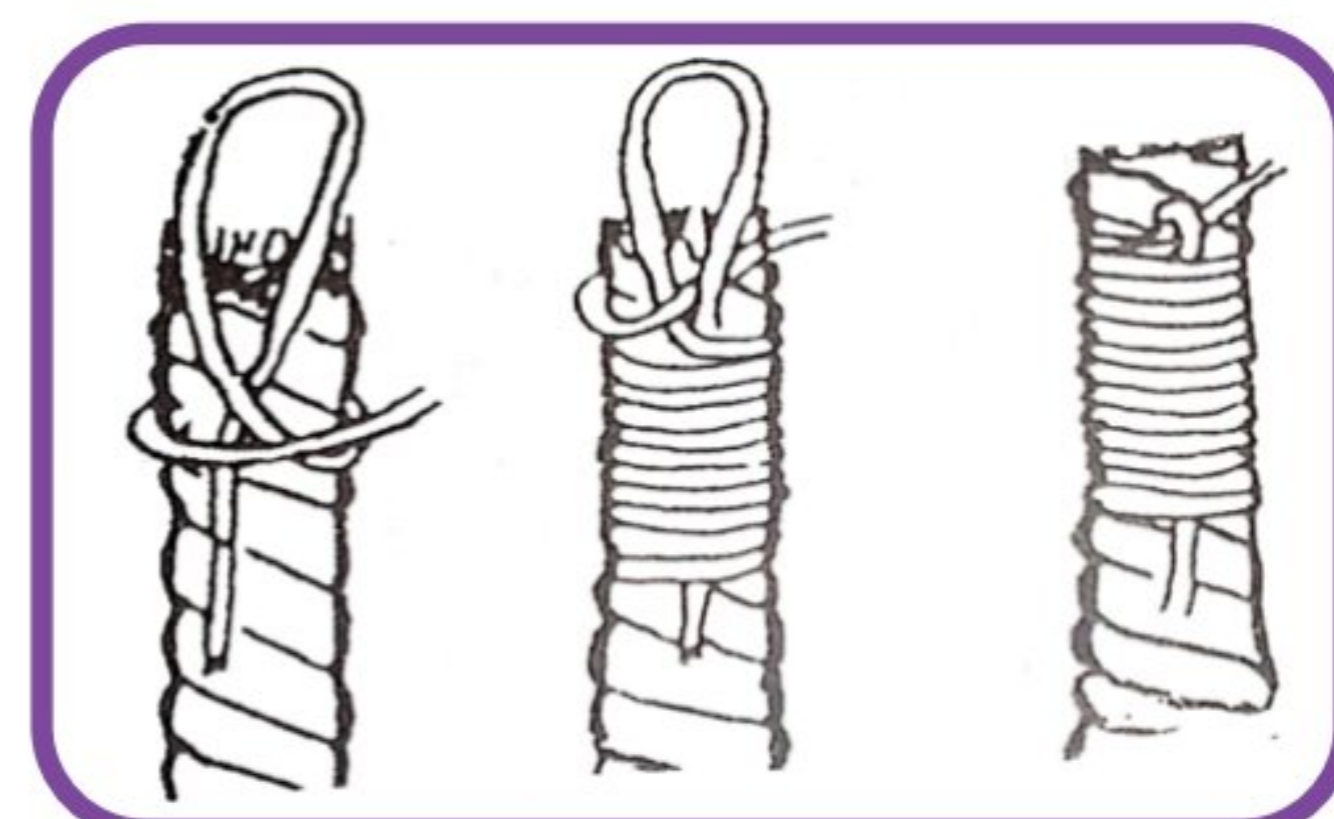
**1. Knot Tying** - Keep putting a simple knot on the end of the rope in a distance of 1 inch. Keep taking the rope above and once below the knot. This is also known as West Country Whipping.



**2. Figure of Eight Knot** - That part of the active end of the rope which is used to tie the knot and is shorter in length than the other non active end. Make an overhand loop on the non active part of the rope, placing the active part over the longer part. Then taking it from the bottom of the non active part, take it from the top of the loop of the active part and put it inside the loop and tighten it by pulling it out. Afterwards, reduce its thickness a little by rubbing this lump in a circular motion with a flat stone etc.

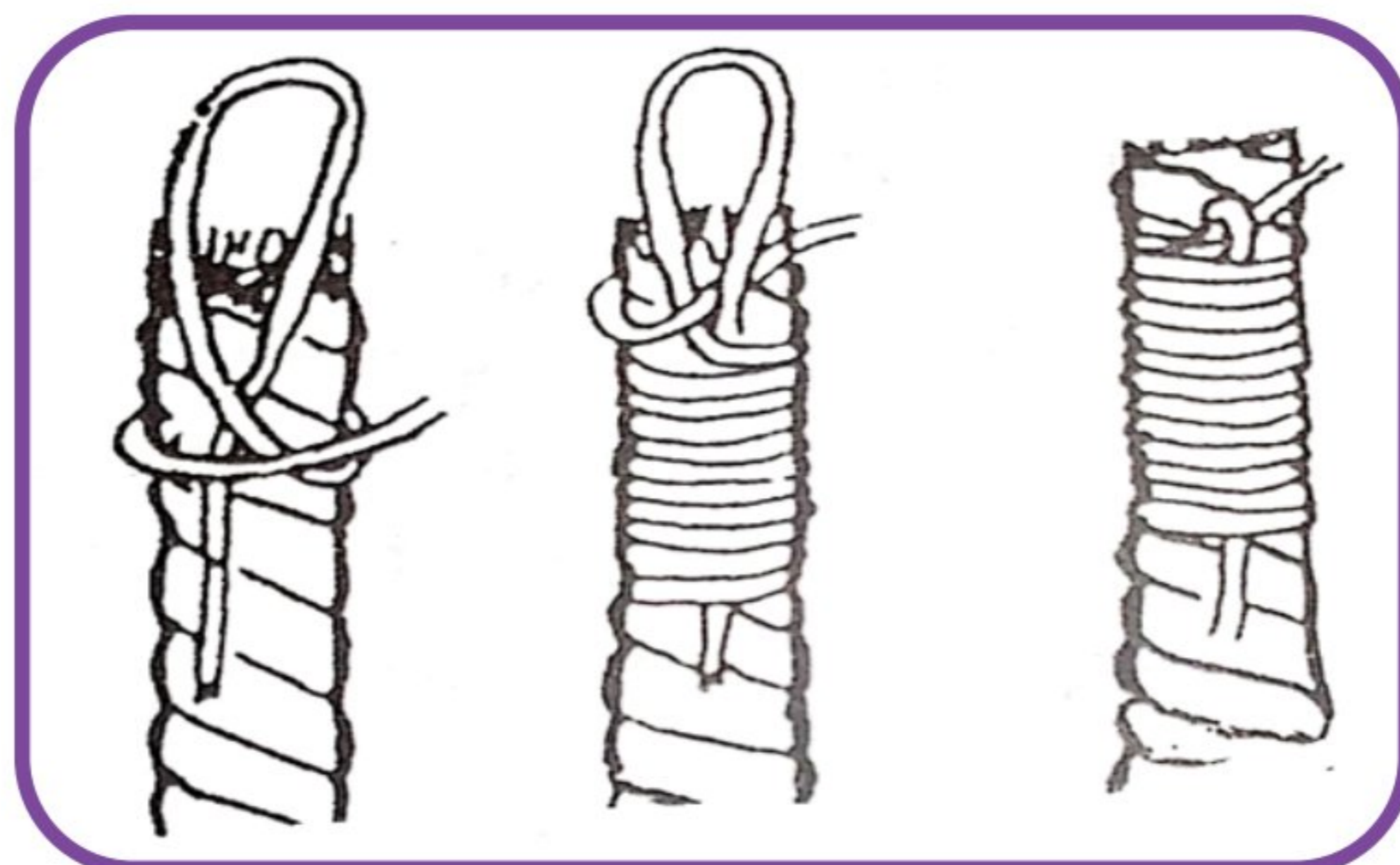


**3. Simple Plaiting** - Take a strong thread about half a meter long. Pulling out a little from the end of the rope, make a circle and push it down about 5 cm from the rope and then wrap the rope around the long end tightly and snugly in such a way that the threads do not cross each other. Take the remaining part of the thread from the top and put it in the circle, now while pressing it with the thumb and finger of the right hand, pull the already pressed end lightly towards you with the left hand till the knot in the loop is complete. If it does not reach half the loop, then cut off both the remaining ends of the thread and make it permanent. Keep the solid things in the center, move them in a circular motion. This will reduce the size of the loop and make it look beautiful.



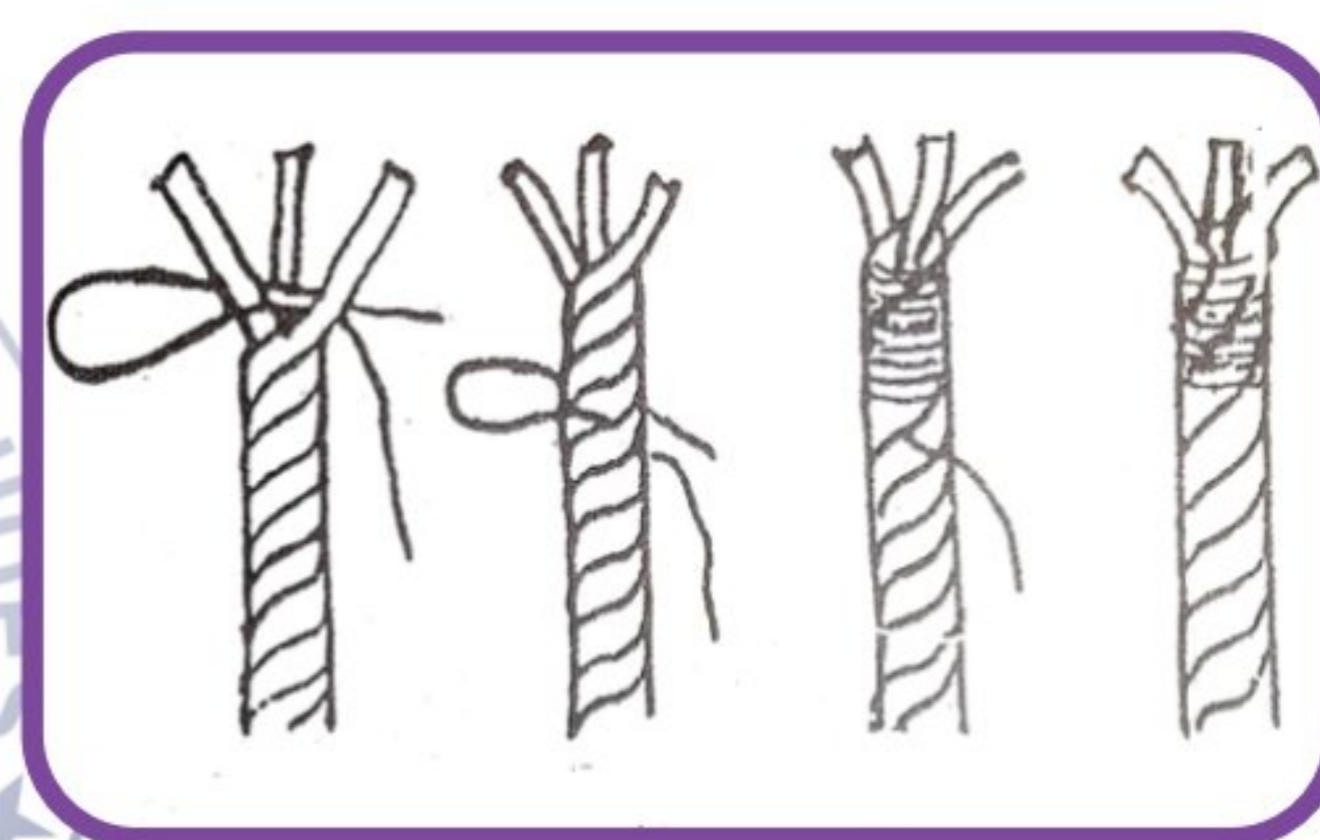


4. **Back Suplice** - First of all unravel the ends of the rope for about 3-4 inches by opening its strings and separating them. Tie one of the strings tightly at the end of the opened rope so that the rope does not open further. The scout/guide's rope consists of three or four threads. So first take any one thread and wrap it in anti-clockwise direction over the thread next to it. Then take the second thread similarly over the third in such a way that the first thread remains in the loop formed by the second thread. Then take the third thread through the loop made of the first thread. Thus, the previous thread will come out of the following thread's loop. Now keeping the thumb on the top end of the rope, pull the three strings down one by one so that there is no slack in the loops at the ends of the rope and the strings are fully tightened. By doing this you will see that all the three strings will turn towards the rope. The knot made at the end of the rope is called crown knot. This method is also called crown suplice because it is made of crown knot. To counteract, take one of the strings and take it out from under the other string, leaving one string of the rope in the opposite direction of the rope. A sharp wood or nail can be used in this action. Pull the threads tight. Repeat this action three to four times. Finally, flatten it by rotating it in a circular motion.





**5. Sail Maker Method** - Open the string of the rope about one and a half inches at the end. Then take a thick thread and make a loop in half of it. Put this loop around one of the loose strands of the rope and hang the two ends of this thread outwards on the opposite side of the circle. The hoop should also hang out about 1 inch. After this, wrap one end of the string tightly towards the end of the rope and wrap it outside 10-12 times. While pressing this end with one thumb, lift the loop with the other hand and thread it upwards into another thread. After this, slowly pull the thread towards the non active end of the rope with a slight thrust. This will tighten the loose loop. Keep in mind that the wrapping of the top pad should not become loose. Finally, pull both the ends of the thread upwards. Cut off the remaining end by placing the reef knot in the middle of the rope. Afterwards, flatten the end of the rope by rotating it in a circular motion by pressing it lengthwise with a hard object.



## Knotting

**1. Reef Knot** - It is also called medical or flat lump or square lump. It is used by doctors for tying bandage, connecting two ropes of equal thickness on which the stretch remains the same and tying the parcel.

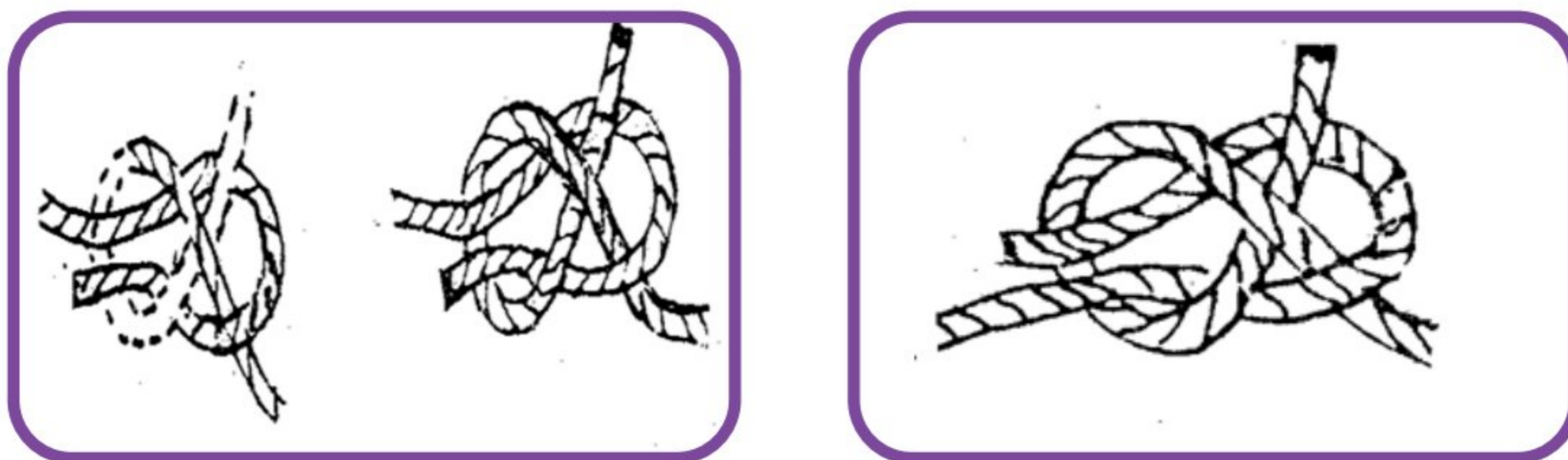
**Method** - Hold both the ends of the rope in your hands by pressing between the thumb and forefinger (first finger) in such a way that the ends remain about 15-20 cms above them and the remaining part of the rope, Pressing lightly the remaining part with three fingers, so that they hang down. Then put the rope of the left pinched portion of the rope and take it back from under the rope of the right hand. Now put the pinched end on the left pinched end and take it from outside with the index finger of the left hand and take it out from outside in the circle formed. Now by holding and pulling the rope and ends of both the sides, tighten the knot properly. If both ends are too long, shorten them. Keep in mind that both the ends should be on the same side of the rope.





**2. Sheet Band** - Due to its use in sailing by seafarers, it is called Pal Bandh. It is used for tying two ropes of unequal thickness or two wet ropes or one wet and one dry rope or, rope at the corners of the sheet for shelter. In this, a loop is made at the corner of a thick, wet rope or sheet. It is used to raise the flag.

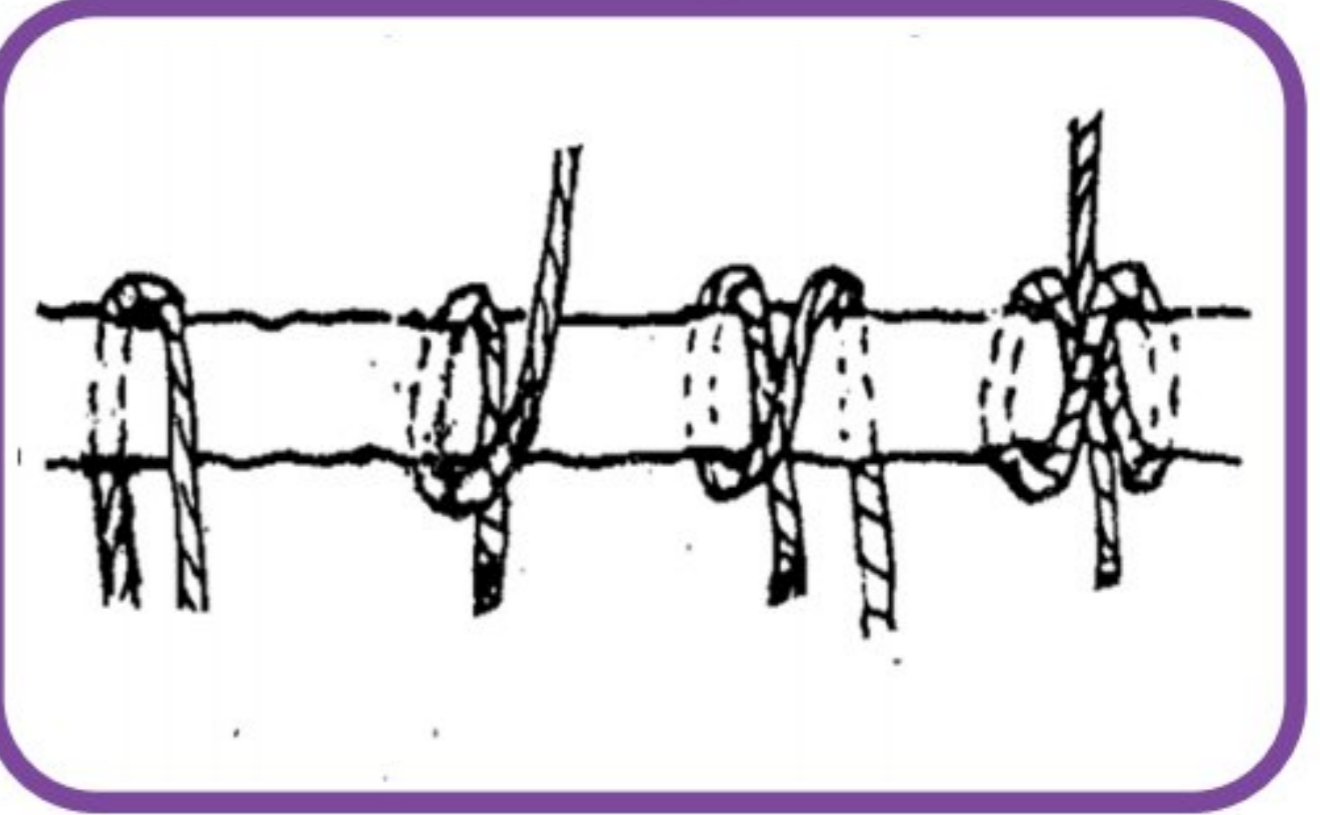
**Method** - Make a loop by bringing the active end of the thick rope towards you and pinch it with the thumb and index finger of the left hand. Then in the right hand take out the active end of the second rope from the bottom to the top. Taking this end from the outside of the turn, take it under the bend and take it inwards towards yourself. And then through the bottom of this rope, tighten it tightly over the mode. Thus the slack part of the thin rope will be below the mode of the thick rope and the active part will be above it. If both the ends remain in the same direction of the knot, then it is called weaver's knot rather than a pal bandh, it is used to connect the weaver's thread. Do not use it to connect ropes because it does not keep the grip of the bond strong.



**3. Clove Hitch** - Due to the snake-like wraps, it is also called Nag Phas. It is used in tying thatch, tying rope with pegs or bamboo/wooden log etc., tying the rope of animals to pegs. The same knot is also used to open or close various shackles and while draping the collar cuff during first aid.

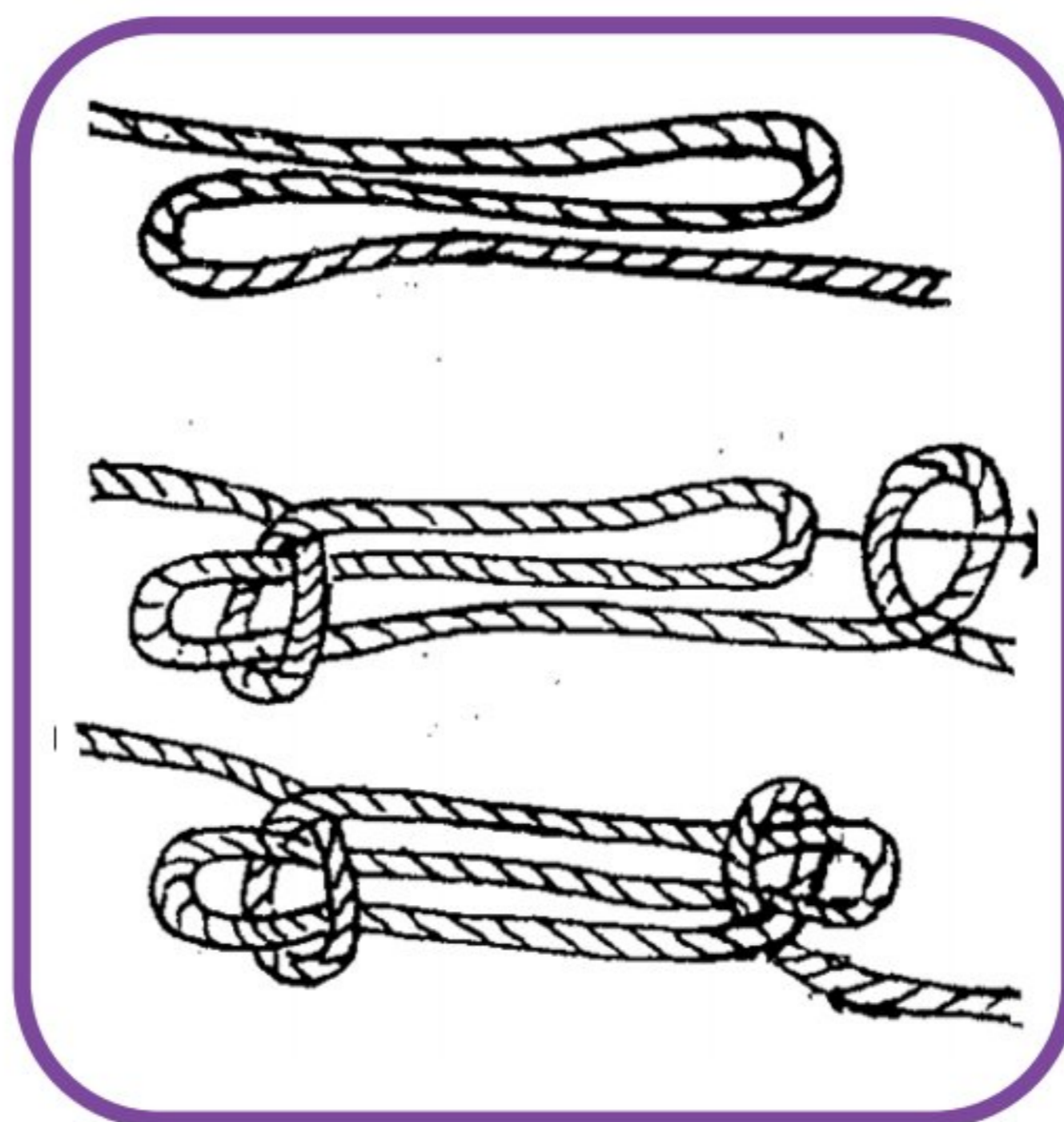


**Method** - Hold the non active part of the rope in your right hand and with the left hand bring the active part of the rope from behind the ball, tree etc. to the front. Now bring the active part down from the rope of the first loop while pressing the slack part of the rope on the finger of the right hand and bring it back in front of you. In this way you will find that on the finger of your right hand towards your front has become X. Then taking the active part end from the bottom, put it under the first and second turns and take it out on your right side. At the end, tie a simple knot tightly to both the parts. This will give more firmness to the trap.



**4. Sheep Shank** - This is used to temporarily tighten an excessively long rope or a loose rope some where in the middle or to temporarily untie a loose rope tied at both ends without opening it. It remains strong only as long as active end tighten is maintained on it.

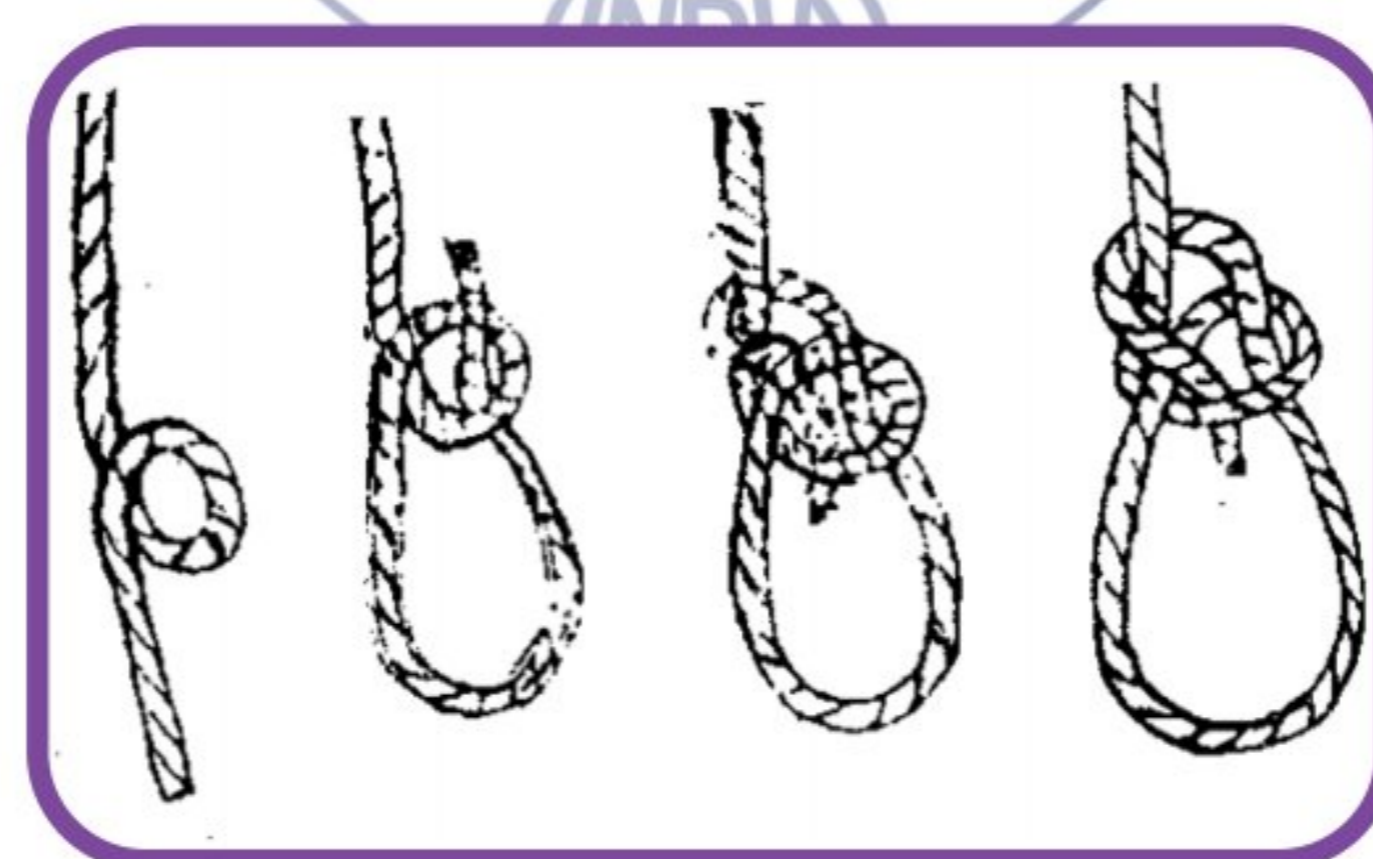
**Method** - This trap is made with two modes and two loops. Make the rope in 3 loops at the place where you want to make it shorter or stronger. In this way two turns will be formed in the rope, on one turn there is an under-circle of the loose part and on the other there is a vertical hand. Make a loop and put it in, taking care that the loop enters the mode in such a way that it stretches out but doesn't come out of the mode loop. If needed, the mode can be made smaller, by inserting a trap wood in between.





**5. Bowline (Dhruv knot)** - The noose of this knot does not move from its place, hence it is called Dhruv knot. It is used to lower an unconscious person from above or to pull the person up eg. from the bottom of a well etc. It is also used in dragging an unconscious person out of a room filled with fire and smoke, tying a rope around the neck of cattle etc. Bow line is called the king of knots. It is also called life saving knot.

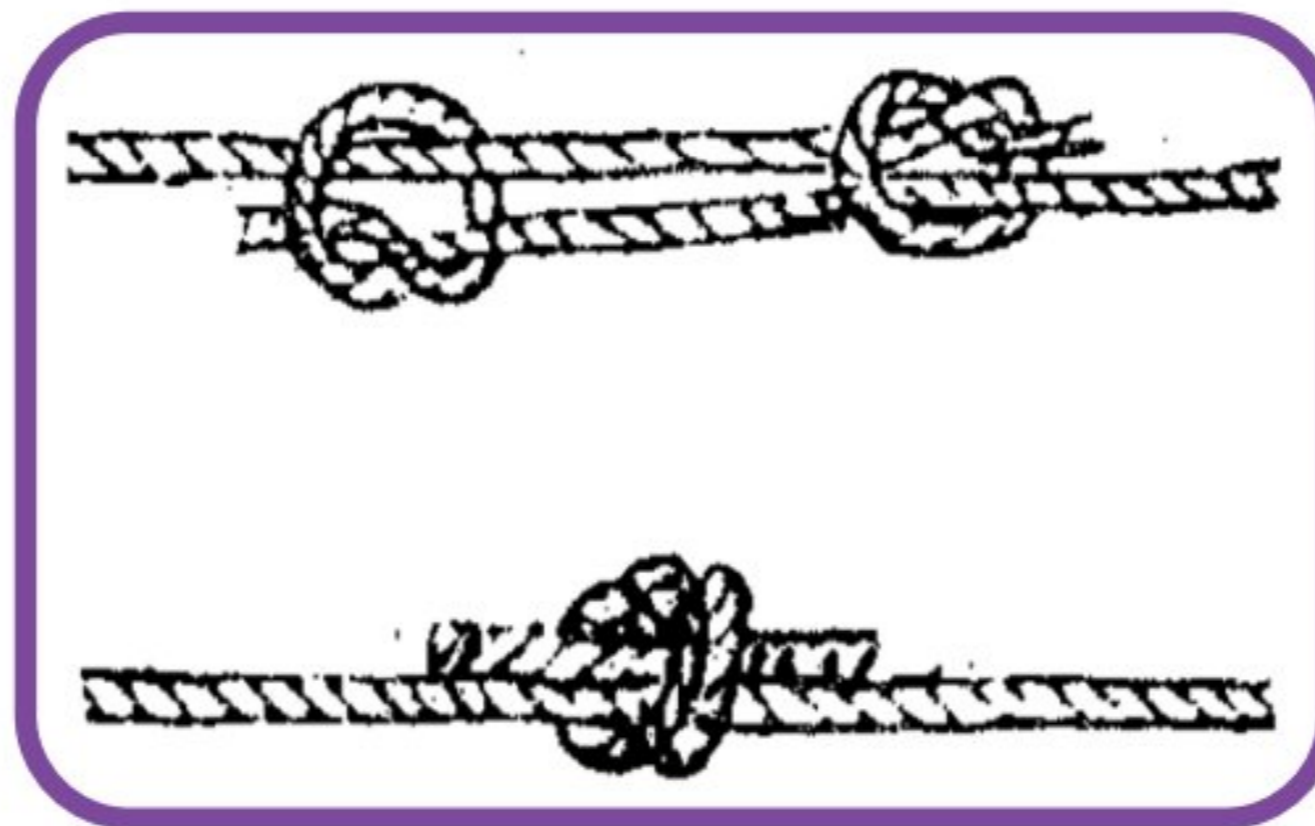
**Method** - Make an over-handloop on the non active part of the rope from the active part at the place where you want to make the noose, from the left side. In this way, the non active part will be away from you and the active part will be towards you; now take the active end from the bottom of this loop to the top and bring it up while moving it from under the loose part of the rope and put it back down into the loop. Then tighten the slack part by pulling the rope, the knot, the slack rope and the loose end respectively. Keep in mind that the active end should be hanging in the middle of the noose. It should not hang too long. Before use, check thoroughly so that the noose does not slip from its place.



**6. Fisherman's Knot-** It is used by the fishermen to tie the ropes of their nets. It is useful in connecting two ropes of any kind or tying a pot to draw water from the well or to carry it by hanging the pot or hanging it on the tree. It can also be lengthened by joining two wet or lubricated ropes. Its feature is that both the ropes connected are in the same straight line. It is also called pot knot.



**Method-** Keep the ends of the ropes to be joined parallel to each other. Now put a simple knot on the non active part of the other rope with the active part of each rope one by one in such a way that at the end both the active part come out. Now by pulling the slack ends of both the ropes outwards, both the knots will join together and both the active part will be in the same direction of the loose part. If these active part are also pulled out and tightened again by inserting the neck of the pot in the middle part, then you can hang it on a tree and also draw water from the well.





## Chapter : 5

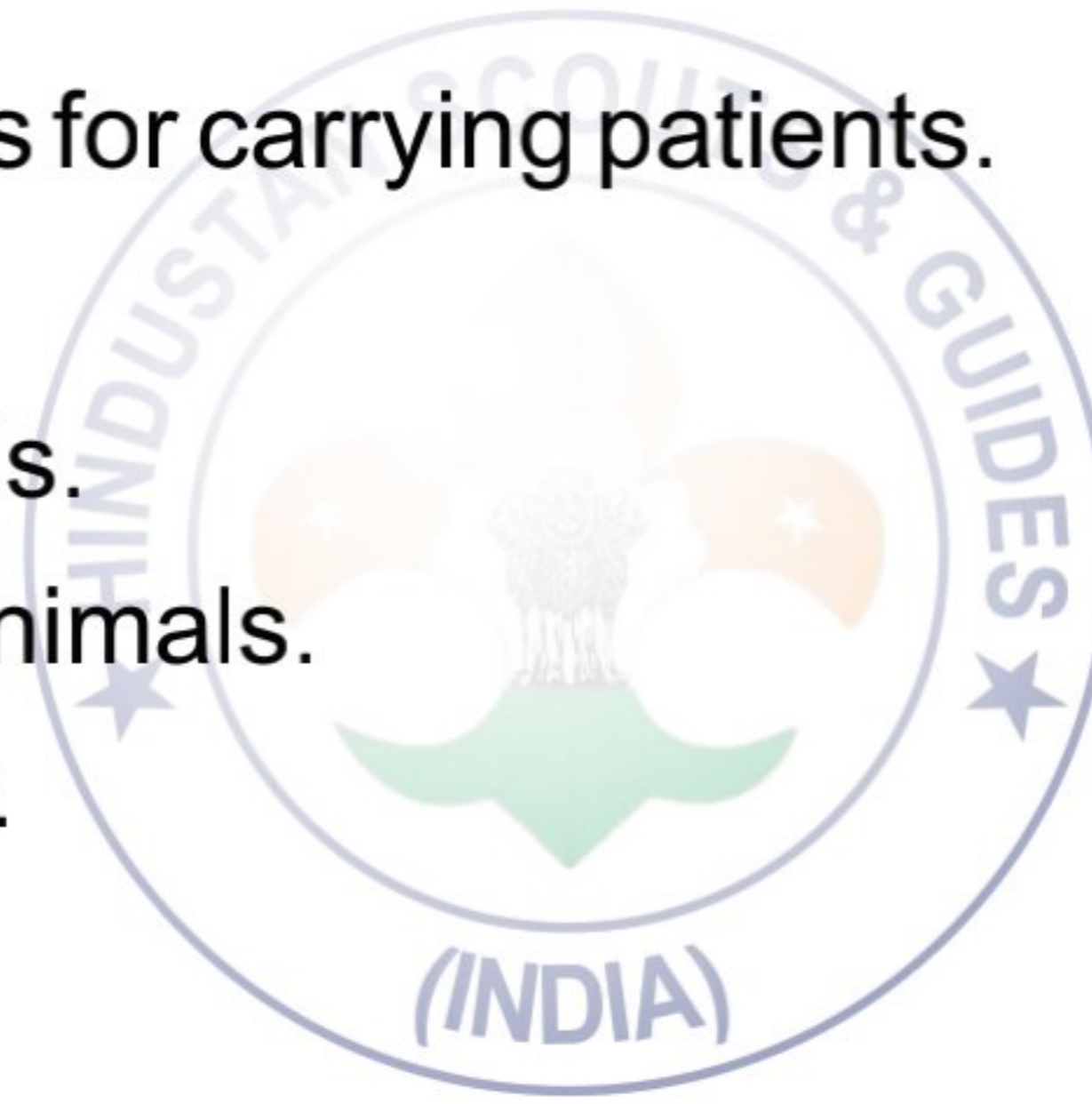
# Scout Drill, Staff Drill, March Past

Scout /Guides should be healthy, fit and disciplined. Thus, drill plays an important place in the activities of the team/company and enhances the gait of the Scout/Guide as is required at the time of inspection, hiking activity and at the time of march past.

### USE OF STICKS

Scouts/Guides are capable of defending themselves and also being of services to others. The stick is 5 feet long with each foot measurement marked on it. In its upper part, the scout engraves his name and name of the team. Sticks made of bamboo are the best. Following are some of the uses of sticks

1. In making stretchers for carrying patients.
2. In making flag post.
3. In jumping over walls.
4. In protecting from animals.
5. In crossing the river.
6. In making tents.
7. In extinguishing fire.
8. In carrying goods.



[See the rules of stick drill in the picture](#)







Badan Dund

Aaram Bait

Suraksha Dund

Kandey Dund

Kandey

### Drill commands and their meanings:-

**Attention** - Scout/Guide will energetically lift the left leg forward and then bring it down to the same level next to the right leg. Palms of both hands should be open and heels of feet should be placed together. Body and neck should be held up erect. Look straight ahead, arms at the side of the body with fists closed, thumbs in front.

**Stand-at-ease** - The left leg should be energetically moved and placed to the left at a 30 cm distance, hands should beat the back, with right hand holding the left wrist and eyes looking straight ahead.

**Stand Easy** - This command is given when the team is in stand-at-ease position. The scout/guide can move their neck and hands, but are not permitted to talk.

**Right Dress** - The right scout / guide will stand straight facing straight ahead. Everyone else will face right and look there. Lifting the right hand at shoulder height, keeping the fist closed and touching the shoulder of the scout/guide standing to the right, one has to take small steps till he/she is in complete alignment to the person on the right. The unit leader will inspect this. Whoever is at fault will be told. The rest will stand still.



**Looking ahead** - The one who had raised right hand would have to drop it down with a spurt and face head and eyes ahead. Similar orders are given to look left and right.

**Dahina Mode/Right Turn** –Turn the whole body clockwise towards the right, by turning on the right heel and the left toe with the right toe and left heel raised off the ground. The right heel should be firmly fixed. Shoulders should be drawn back, head straight and body in attention position. The arms should lie straight down and touching the thighs. Bring the left foot firmly into the right. Stand in Attention.

**Left Turn** – Exact opposite to the first, the heel of the left foot and the toe of the right foot are turned to the left.

**About TURN** – Individuals turn 180 degrees (always turning to the right), ending up facing the opposite direction, turning on the heel of the right (left) and the ball of the left (right) foot. The rear foot is then brought energetically alongside the front foot.

**Inward Turn** - This command is given for the formation of a crescent moon, when all the groups come to a halt in a row. After this order, they come in Horse Shoe Formation.

**“Kadam Taal/Mark TIME”** –Individuals march in place, with the knees brought up so that the thigh is parallel to the ground Forward march - This command is given after the move. The left leg is extended forward. Finally stop by joining the right leg to the left leg.

**Forward March:** This command is given after Mark Time. Always move off using Left foot first. At the end one comes to a halt by bringing the right foot together with the left.



**Team Halt** – The cautionary order and the executive order are given on two consecutive beats of the right foot, the next left foot completes its full marching pace and the left hand is brought parallel to it, and the next right foot is then brought smartly in line with the left without stamping and the right hand too is brought to the side. The body should not sway forward or backward once in halt position and the arms and hands must be kept steady at the side.

**Line Formation/Fall In** – From Stand at ease to the Attention position, walk energetically and stand in the Attention position. Then come back to stand at ease state.

**Fall Out** - Break ranks or disperse, turn to the right, pause momentarily, take a step and walk towards the indicated position.

**Dismiss** - After giving a salute, turn to the right, take one step forward and disperse. Dismissal command is given when the unit does not need to get back together anytime soon.

**Salute** - Is given on receiving a command.

**Numbering:**

- Eyes Right
- Slow March
- Quick March
- Double March
- Change Steps
- Change Direction
- As You Were
- By the Number
- Close column
- Open Column
- Form Line
- Form two



## Chapter : 6

### First Aid

#### Healthy living rules:-

To make yourself strong and healthy, it is necessary to first start with yourself, purify your blood and correct the heart rate. (Lord B. P.)

1. **Make the heart strong** – It is crucial to build flesh, bone and healthy muscles, increase proper blood circulation in the body. Rope skipping, wrestling, pushing each other with legs, shoulders, wrists, wrestling, boxing etc. should be practiced.
2. **Make the lungs strong** - Practice deep breathing and pranayama to increase the supply of oxygen in blood. Pranayama should however be done only under the supervision of a yoga instructor.
3. **Sweat it out**– Regularly take part in activities such as running, brisk walking and physical labour that make you sweat out so that it clears impurities in the blood. The body should be rubbed clean with a loofa while bathing and thereafter wiped dry with towel.
4. **Work on the abdomen** – Abdominal exercises aid in digestion and proper distribution of energy. Regular practice of Surya Namaskar is a must.
5. **Activate the intestine** – Activities to ease out constipation must be done regularly. eg. like drinking plenty of water, exhaling and pressing the stomach inwards, twisting the body and going for regular defecation twice a day.
6. **Muscle building** – Activities to build muscles like running, walking, high jump, long jump, yoga should be practiced daily. This would also improve blood circulation and increase stamina.
7. **Cleanliness** – Care should be taken about physical cleanliness, cleanliness of the neighborhood and cleanliness of mind.
8. **Clothing** – Weather appropriate clothing should be worn. Wash towel, handkerchief, vest etc. regularly. Dry the bedding etc. in the sun.



9. **Food** - Neither overeat nor starve. Eat simple balanced food containing vitamins, fats, proteins, carbohydrates, calcium. Food should be fresh and consist of seasonal fruits and vegetables. Wash hands and feet and sit in a proper posture in a clean and hygienic place to have food. Walk at least a hundred steps after meals before going to bed.
10. **Pure Air** - Pure air is very necessary for life. Inhale and exhale through the nose and practice deep breathing exercises. Never leave a burning lantern or fireplace in a closed room or in a tent.
11. **Sleep and Rest** – Adequate sleep and relaxation are absolutely essential for good health. Too much of sleep is also injurious to health.
12. **Distance from intoxicants** - For the good health and long life of the Scout/Guide, it is absolutely necessary that the person let go of anger and stay away from intoxicants like smoking, alcohol etc.

## FIRST AID

First aid is the immediate assistance given to the patient before the doctor arrives at the time of an accident. The first aid provider should have the following qualities:

1. Confidence,
2. Cheerfulness
3. Cleanliness and Hygiene
4. Patience,
5. Knowledge of first aid.



## Following points should be kept in mind at the time of accident –

1. Minimize the suffering, if possible.
2. Stop the pain or suffering from progressing till the arrival of the doctor. Give artificial respiration when breathing stops. One should be more careful in case of snake bite venom and bleeding.
3. Help should be sought immediately from a doctor or other external source.
4. Crowd should be dispersed so that victim has access to sufficient clean air.
5. Patient should be infused with courage and patience.
6. Care should be taken to maintain cleanliness during treatment.
7. When the face is puffed up, raise the head high and the if the face is pale, the feet should be raised high.

## FIRST AID BOX INFORMATION



The First Aid Box should be made of wood or iron and be of a dimension of 14 by 10 by 9. It should contain at least the following items :-

- |                          |  |
|--------------------------|--|
| 1. Scissors,             | 15. Thermometer  |
| 2. Knife and Razor Blade | 16. Dettol or Savlon                                       |
| 3. Spoon                 | 17. Black tape   |
| 4. Matchbox              | 18. Betadine Lotion  |
| 5. Tincture              | 19. Betadine ointment                                      |
| 6. Triangular bandage    | 20. Mercurio Cream   |
| 7. Cotton packets        | 21. Balm   |
| 8. Soap                  | 22. Iodex or Moov  |
| 9. Towel                 | 23. Potassium Permanganate                                 |
| 10. Splints              | 24. Paracetamol  |
| 11. Bamboo sticks        | 25. Digene   |
| 12. Adhesive Plaster     | 26. Crocin   |
| 13. Bandage              | 27. Aspirin  |
| 14. Beaker               | 28. Roller Bandages (2, 3, 4, 6)<br>at least 4 strips each |
|                          | 29. Medicines etc.   |



## REASONS FOR BLEEDING

1. In case of internal injury, blood comes out through the mouth, ear, nose, urine and feaces. In such a case a doctor should be called immediately.
2. In case of external injury, if there's an intermittent flow of bright red blood, then it's coming from arteries. If it is flowing out continuously, is red in color and coagulates when falling on the ground, then it is from cells and if black or blue thin blood is flowing fast, then it is coming from veins.

## FIRST AID FOR BLEEDING

1. By giving direct and indirect pressure as required.
2. The injured area should be cleaned by pouring Dettol, Savlon or potassium permanganate mixed in water. Cloth should be soaked in Betadine lotion and tied on the wound.
3. Washing the wound with cold salt water solution could also stop the bleeding. Dirty or colored bandage should not be put on the wound. Keeping a cotton pad dipped in cold water also helps in stopping the bleeding.

## TREATMENT FOR NOSE BLEEDING

1. Ask the patient to breathe through the mouth.
2. The head should be kept high by loosening the clothes or the head should be tilted back.
3. Ice should be rubbed on the head, neck and nose. A cloth pad should be kept soaked in cold water.
4. Soak cotton in alum water and keep on the nostrils, which should be removed later.



The skin turns red if a person suffers from burns or scalding. The skin may burn right to the bones and blisters may form. Put a blanket over the person to put off the fire. Work on relieving the trauma of the victim. Cover the wound by applying burnol etc. Clothes glued to the body should not be pulled off. Care should be taken so that blisters don't burst. The wound should be covered with blank white paper, cotton, cloth or flour until the time the medicine gets applied on it. The burnt part of the patient should be immersed in body temperature water. Oil or butter should not be applied on the wound. The bandage should be tied with a clean cloth or lint after applying the medicine.

### **USE OF BANDAGES IN FIRST AID**

1. in case of injury.
2. With the help of splints, to prevent broken bones from moving.
3. In making a sling to support the injured part.
4. To stop the blood flow.
5. To prevent the progression of inflammation.
6. To assist in lifting and transporting patients.

### **TYPES OF BANDAGES**

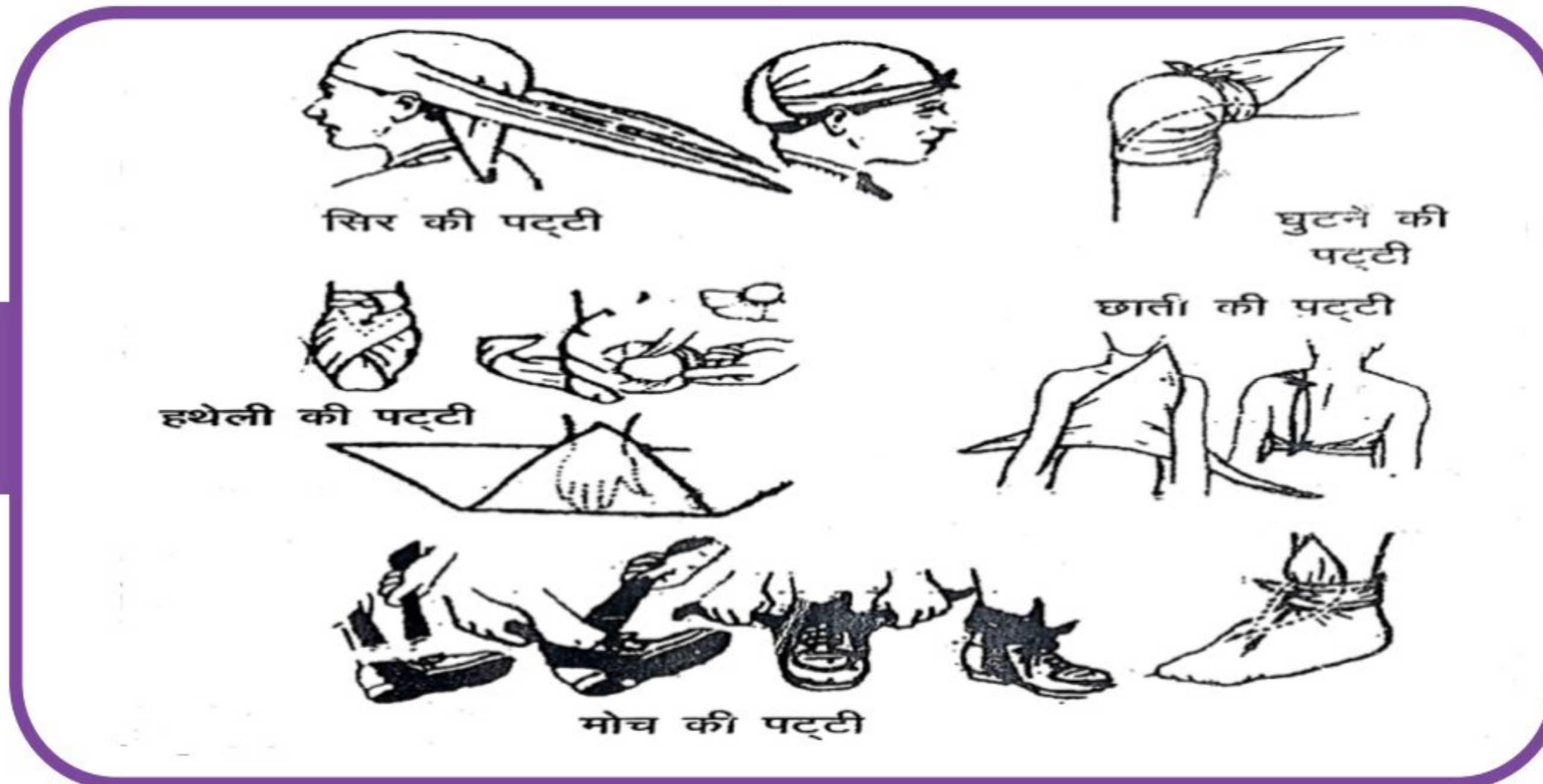
1. Triangular bandage - is made by cutting 30 to 40 inch square cloth into two parts diagonally. If need be, the Scout may even use his scarf or towel to make a triangular bandage.
2. Long bandage –This is available at pharmacies and has a width ranging from 1 to 6 inches. Doctors use it to tie on wounds.
3. Narrow band –When a wide strip of cloth is folded once from the middle, after making eight layers, it is called a narrow band.
4. Broad bandage - The triangular bandage is used as a broad-fold bandage with the point folded down to the base twice to provide support to a lower-body injury like a knee fracture.



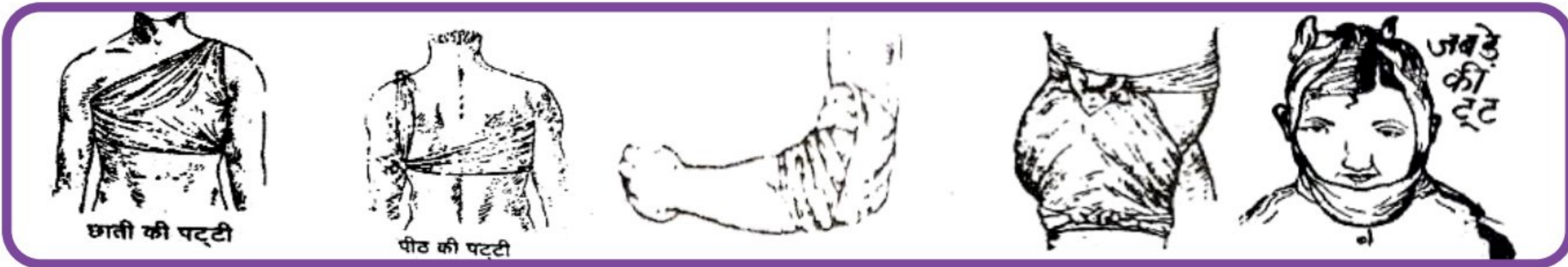
## BANDAGING OF SOME OF THE MAIN BODY PARTS

- |                  |          |             |
|------------------|----------|-------------|
| 1. Skull         | 2. Jaw   | 3. Clavicle |
| 4. Rib           | 5. Thigh | 6. Knee     |
| 7. Elbow         | 8. Toes  | 9. Heel     |
| 10. Palm of hand | 11. Hip  | 12. Chest   |

See  
Picture







## Slings

Slings are used as follows :-

1. To provide support and relaxation to the upper arms.
2. To reduce the strain on the arm while moving the neck, shoulder or chest.

See picture :-

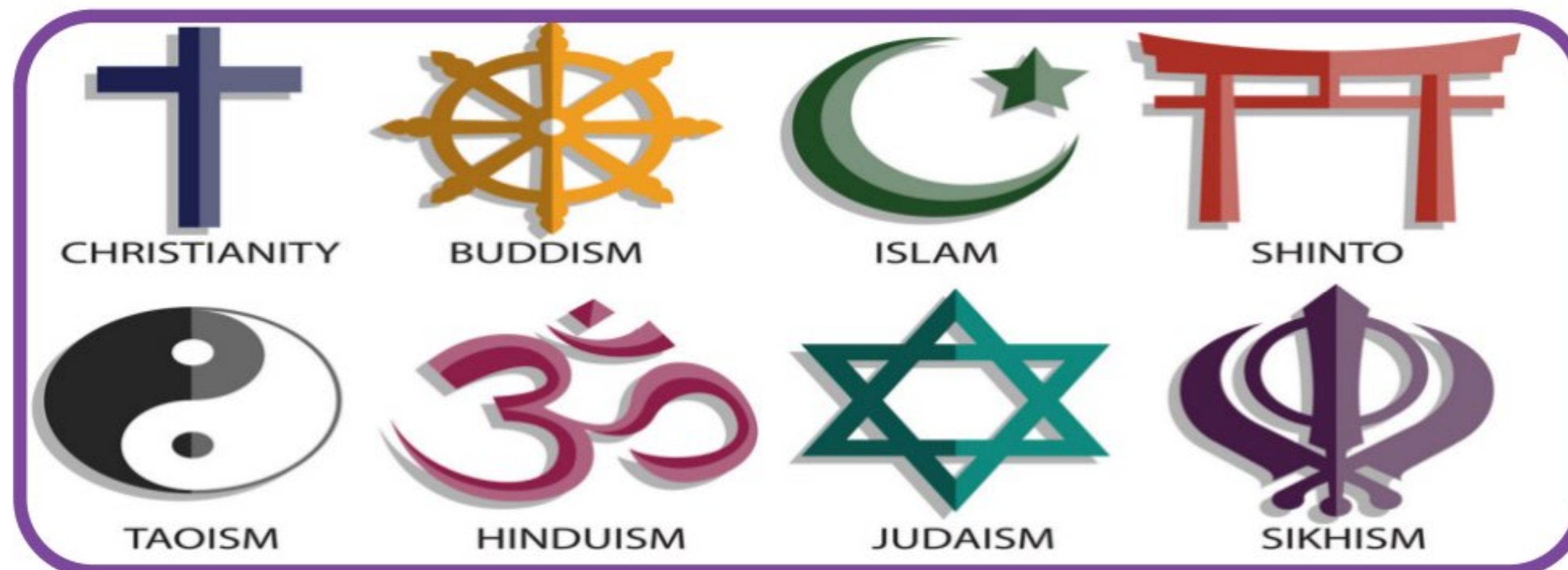
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## Chapter : 7

# All Faith Meditation / Sarva Dharma Dhyam Yoga



This should be done every day before the start of the class and after the campfire ends and after that "Ae Malik Tere Bande Hum" should be sung. Method –Sit crosslegged on the floor with both eyes closed. Tilak should be applied on the forehead between the two eyebrows according to the respective faith and those who do not believe in God, can apply a red dot. Note- When you begin to sense that this symbol has started to turn golden, understand that you have established a direct timeless connect with God. Benefits - The mind will be calm, there will be no physical diseases like blood pressure, sugar, tension, depression etc.

### ALL FAITH PRAYER MEET

The Scouts/Guides pledge to perform their duty towards God/Dharma. According to the pledge, Hindustan Scout Guide Organization must do 5 minutes of meditation yoga before the start of the work in the camp every day and after the campfire ends. Therefore, it is expected from everyone that if prayer meeting is not possible every day, then it must be done on the 1st day of the camp, in the morning before the work starts. Scouts / guides should invite parents, social workers and officers in advance by fixing the time and place to announce the program.



Before the scheduled time of the program, everyone should sit in their designated place in complete silence. Details of the prayer should be written on the black board. A two- minute meditation should be done before starting the prayer.

### प्रभु हम सबों की

प्रभु हम सबों की विमल बुद्धि होवे,  
सदाचार ही की सदा चाह होवे ।।  
न दुख हो हमें हम न दुख दे किसी को,  
सभी प्राणियों से हमें प्रेम होवे ।  
प्रभु हम सबों की विमल बुद्धि होवे,  
सदाचार ही की सदा चाह होवे ।।  
कुपथ के पथिक को सुपथ हम दिखावें,  
कभी न किसी से हमें द्वेष होवे ।  
प्रभु हम सबों की विमल बुद्धि होवे,  
सदाचार ही की सदा चाह होवे ।।  
तुम्ही मंदिरों मे तुम्ही मस्जिदों में,  
तुम्हारा ही गुणगान गिरजों में होवे ।  
प्रभु हम सबों की विमल बुद्धि होवे,  
सदाचार ही की सदा चाह होवे ।।

### त्वमेव

त्वमेव माता च पिता त्वमेव,  
त्वमेव बन्धुश्च सखा त्वमेव ।  
त्वमेव विद्या द्रविणं त्वमेव,  
त्वमेव सर्वम् मम देवदेव ।।  
सदाचार ही की सदा चाह होवे ।।

### गुरु वन्दना

गुरुर ब्रह्मा गुरुर विष्णु  
गुरुर देवो महेश्वरः  
गुरुः साक्षात्परब्रह्मा  
तस्मै श्री गुरुवे नमः

### गायत्री मंत्र

ॐ भूर्भुवः स्वरु तत्सवितुर्वरेण्यं भर्गो  
देवस्य धीमहि धियो यो नः प्रचोदयात् ।।

### नामधुन

जय बोलो सतधर्मों की,  
जय बोलो सत्कर्मों की ।  
जय बोलो मानवता की,  
जय बोलो सब जनता की ।।  
पिछड़ी कोई ना जाति हो,  
सबसे सबकी प्रीति हो ।  
देश धर्म की नीति हो,  
हम सत के ही साथी हों ।।  
जय बोलो सत्धर्मों की,  
जय बोलो सत्कर्मों की ।  
जय बोलो मानवता की ।  
जय बोलो सब जनता की ।।  
हम सब कष्ट उठायेंगे,

सब मिल कर प्रभु गुण गायेंगे ।  
सत का यश फैलायेंगे,  
सब मिल कर सुख पायेंगे ।।  
जय बोलो सतधर्मों की,  
जय बोलो सतकर्मों की ।  
जय बोलो मानवता की,  
जय बोलो सब जनता की ।।

### प्रार्थना

हिंदू प्रार्थना,  
मुस्लिम प्रार्थना,  
सिख प्रार्थना,  
ईसाई प्रार्थना,  
जैन प्रार्थना,  
पारसी प्रार्थना,



### ईश वन्दना

हर देश में तू हर वेश में तू,  
तेरे नाम अनेक तू एक ही है  
तेरी रंग भूमि यह विश्व धरा,  
सब खेल में मेल में तू ही तू है  
सागर से उठा बादल बनके,  
बादल से गिरा जल हो कर के  
फिर नहर बना नदिया गहरी,  
तेरे भिन्न प्रकार तू एक ही है  
चींटी से भी अणु परमाणु बना,  
सब जीव जगत का रूप लिया  
कही पर्वत वृक्ष विशाल बना,  
सौन्दर्या तेरा तू एक ही है  
हर देश में तू हर वेश में तु,  
तेरे नाम अनेक तू एक ही है ॥

### रामधुन

रघुपति राघव राजाराम,  
पतित पावन सीताराम  
सीताराम सीताराम,  
भज प्यारे मन सीताराम  
रघुपति राघव राजाराम,  
पतित पावन सीताराम  
ईश्वर अल्लाह तेरो नाम,  
सब को सन्मति दे भगवान  
रघुपति राघव राजाराम,  
पतित पावन सीताराम ॥

### आशीर्वचन

मुख्य अतिथि द्वारा आशीष वचन

### ईश प्रार्थना

ऐ मालिक तेरे बंदे हम,  
ऐसे हो हमारे करम  
नेकी पर चलें, और बदी से टलें,  
ताकि हसते हुये निकले दम  
ऐ मालिक तेरे बंदे हम.....  
जब जुल्मों का हो सामना,  
तब तू ही हमें थामना  
वो बुराई करें, हम भलाई करें,  
नहीं बदले की हो भावना  
बढ़ उठे प्यार का हर कदम,  
और मिटे बैर का ये भरम  
नेकी पर चलें .....  
ये अंधेरा घना छा रहा,  
तेरा इनसान घबरा रहा  
हो रहा बेखबर,  
कुछ न आता नज़र,  
सुख का सूरज छिपा जा रहा  
है तेरी रोशनी में वो दम,  
जो अमावस को कर दे पूनम  
नेकी पर चलें .....  
बड़ा कमज़ोर है आदमी,  
अभी लाखों हैं इसमें कमीं  
पर तू जो खड़ा, है दयालू बड़ा,  
तेरी कृपा से धरती थमी  
दिया तूने जो हमको जनम,  
तू ही झेलेगा हम सबके ग़म  
नेकी पर चलें .....

### शांति पाठ

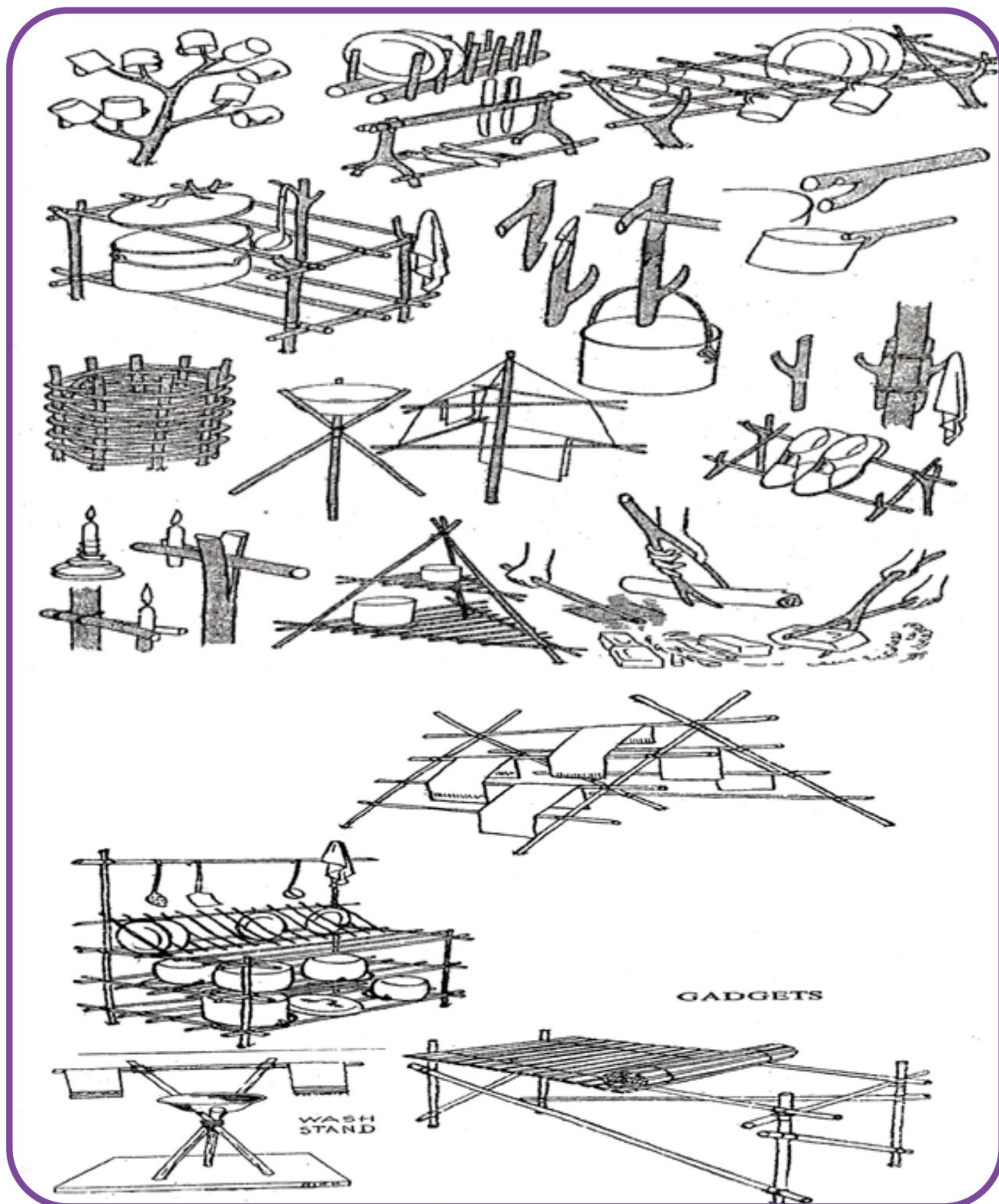
सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु मा कश्चिद्  
दुःखभाग्भवेत् ॥  
शांतिः शांतिः शांतिः



## Chapter : 8

### TOOLS FOR HOME USE AND KNOWLEDGE OF WOOD CRAFTS

In the day-to-day life, some problems may crop up sending life in a tizzy. Therefore, every scout / guide should know some workmanship to save time and improve the financial condition. He must have the know-how on installing washer of the tap, fixing puncture of the cycle, weaving cane chair and cot, book binding, chalk, candle making, painting and making new things out of waste materials etc. Here are some pictures: –





## Chapter : 9

### Doing ONE Good Turn (DEED) Everyday



Every boy and girl who gets admission in the Scout, must do one good deed every day. The knot in the scarf is made to serve as a reminder to do a good turn every day. As soon as the person does some good work, they untie the knot in the scarf. In order to get into this habit, one should begin from home itself just as the famous saying "charity begins at home". In Komalpad, there is a provision to do good work everyday at home. Therefore, every Scout/ Guide is expected to do at least one good work for the family members voluntarily in addition to the regular work assigned by the guardian at their home and prepare a detailed report of 40 days. This work can be done by anyone, junior or senior. As a guideline, some tasks are mentioned below:

1. Helping mother in cooking.
2. Bringing milk, vegetables, ration etc. from the market.
3. Bringing water from a tap or a well.
4. Helping the family members in lifting things.
5. Pressing hands and feet of parents, grandparents.
6. Polishing the shoes.
7. Welcome guests.
8. Sweeping.
9. Helping mother in washing clothes of the house.
10. Cleaning utensils etc.
11. Ironing clothes.
12. Assistance in making the bed etc.
13. Cleaning the courtyard.
14. Contribute in the upkeep of the house garden
15. Organize goods scattered here and there.



## Chapter : 10

# Yoga AND WORKOUT

Yoga is the union of the soul with the Supreme Soul, to become completely one with the source energy. Yogacharya Maharishi Patanjali has presented the secret of complete yoga in the form of sutras in his Yoga Darshana. Along with yoga, the scout/guide should also do abdominal and chest exercises and postures. Scout/Guide should have complete knowledge of asanas such as Kaga Asana, Dhruvasana, Garudasana, Paschimottanasana, Shithil Asana and Gomukhasana. Along with this the scout /guide should keep calm, laugh and be ever smiling.

**Kagasana:-** In the final stage of this asana, body takes the shape of a crow, hence it is called Kagasana or Crow Pose. Doing this asana in the morning is good and acts as a panacea in many stomach diseases.

**Dhruvasana:-** Lay a mat on the ground and stand straight in attention on it. Place the right bare foot on the left thigh. Bring both the hands together in a pranam posture close to the chest and position it slightly above the heart. continue breathing at a normal pace. Stay in the pose for as long as you can. Take rest for some time. Then change the legs and repeat. This asana helps in bringing alertness and enhances memory.

**Garudasana:-** Stand straight. Move the right foot over the left foot to the other side. Interlock the arms with each other like ropes. Place the intertwined hands in front of the chest like the beak of an eagle. Bend your knees and maintain balance. Repeat on the other side. Regular practice of this asana brings peace and harmony to the body and mind, relieves joint pain and increases the strength of the hands.



**Paschimottanasana:-** Sit on the ground and spread out both the legs in front. Leave the back muscles loose. While inhaling, move your hands up. Then exhale and bend forward. This asana makes the spine flexible and keeps us away from many diseases. Along with reducing the stomach, it also helps in slimming the waist. Regular practice of this asana helps calm the mind, resolve anger issues and keep the mind happy. The asana is also beneficial for those suffering from insomnia.

**Shithila asana:** - Lie face down on the belly on a mat with the right ear on the ground. Keep the stomach and chest close to the ground. Leave the body completely loose. Release all tension from every part of the body. This asana relaxes the body completely. Focus on the breathing process. Practice of sleeping in this asana helps overcome insomnia by inducing sound sleep, removing fatigue.

**Gomukhasana:-** This posture resembles the mouth of a cow. This yoga posture is very easy to do. Gomukhasana strengthens the muscles of our shoulders and thighs and is a good practice for the lungs and helps in respiratory diseases. This asana is excellent to strengthen the muscles of the back and arms. Practice of this asana keeps the spine straight, keeps liver and kidneys safe and provides relief to those suffering from backache.

### **Knowledge and Anjali Mudra Practice.**

Gyan in Sanskrit means knowledge. This mudra is practiced while meditating and doing pranayama to get more benefits from yoga.

**STEPS TO DOING THE GYAN MUDRA-** First of all, lay a carpet or yoga mat on a clean and flat place. Now sit in Sukhasana, Padmasana or Vajrasana. Keep your hands on the knees and the palms of the hands should face the sky. Now fold the index finger so that the tip of the index finger and thumb meet. The other three fingers are to be kept straight. This GYAAN mudra has to be done with eyes closed, using both hands and breathing normally. One can also focus on and chant Om while doing this.



**Benefits of Gyan Mudra:-** Enhances intelligence and memory, Increases concentration, Improves immunity, helps heal mental health conditions like anger, fear, grief, jealousy etc.

### WHAT IS ANJALI YOGA MUDRA?

Anjali Mudra, also called 'Namaste' mudra, is commonly used to salute a person or deities, or during yoga practice. This mudra can be performed in any asana. Join the palms and fingers of both the hands equally together and place them in the middle of the chest near the heart.

### METHOD OF DOING ANJALI YOGA MUDRA

Sit in a comfortable position on the yoga mat in Vajrasana, Sukhasana, Siddhasana or Padmasana with the spine straight. Join both the palms together making sure that the palms aren't applying any pressure on the other. The mudra should be held close to the chest with the thumbs touching the chest and complete focus on the breath. Inhale slowly and exhale slowly about 20 to 30 times.



Dhruvasana



Garudasana



Gomukhasana



Paschimotasana



Sheetalasana



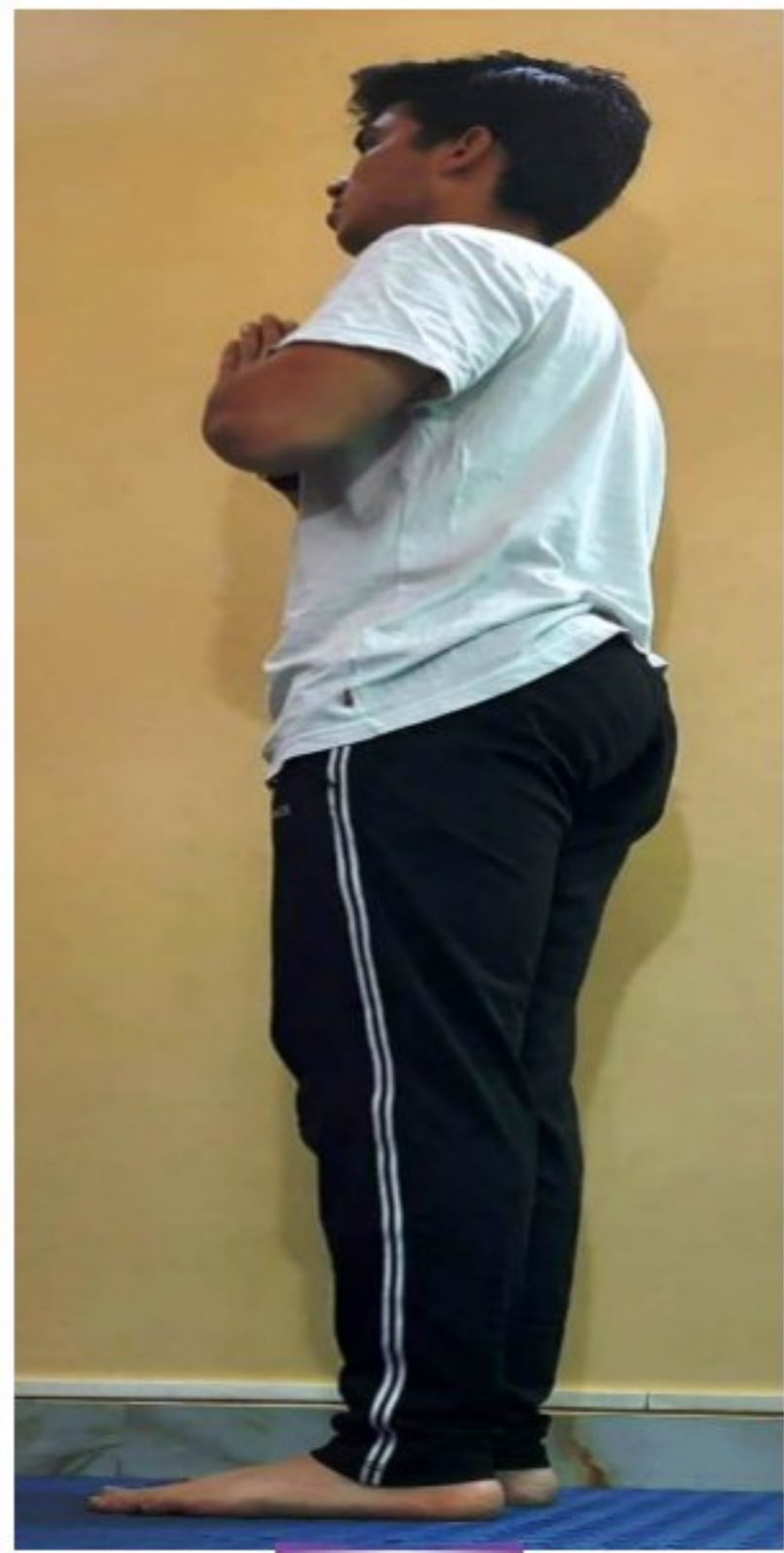
Kagasana

### Some Yoga Postures

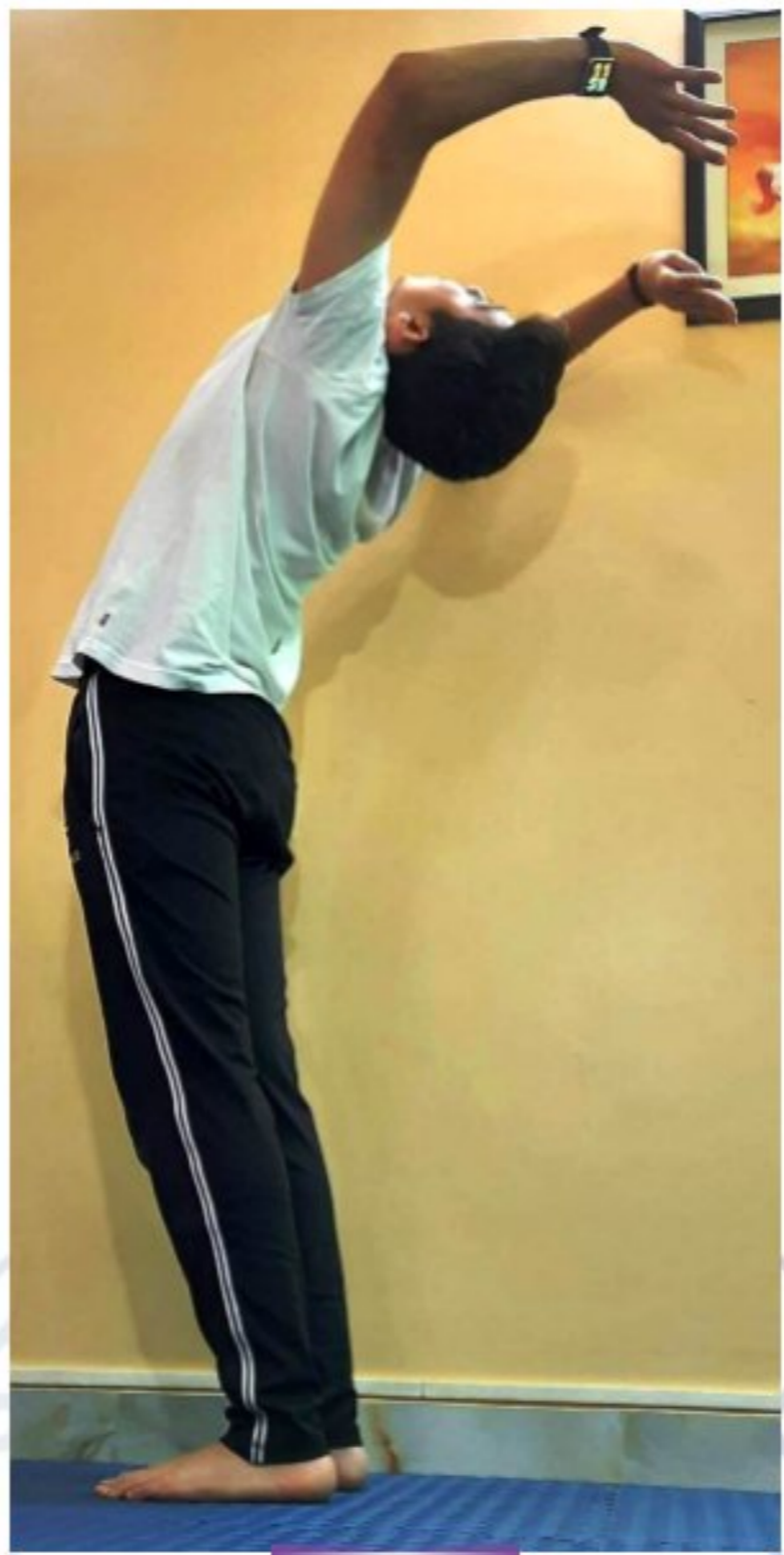




# Steps to do Suryanamaskara



1



2



3



4



5



6



7



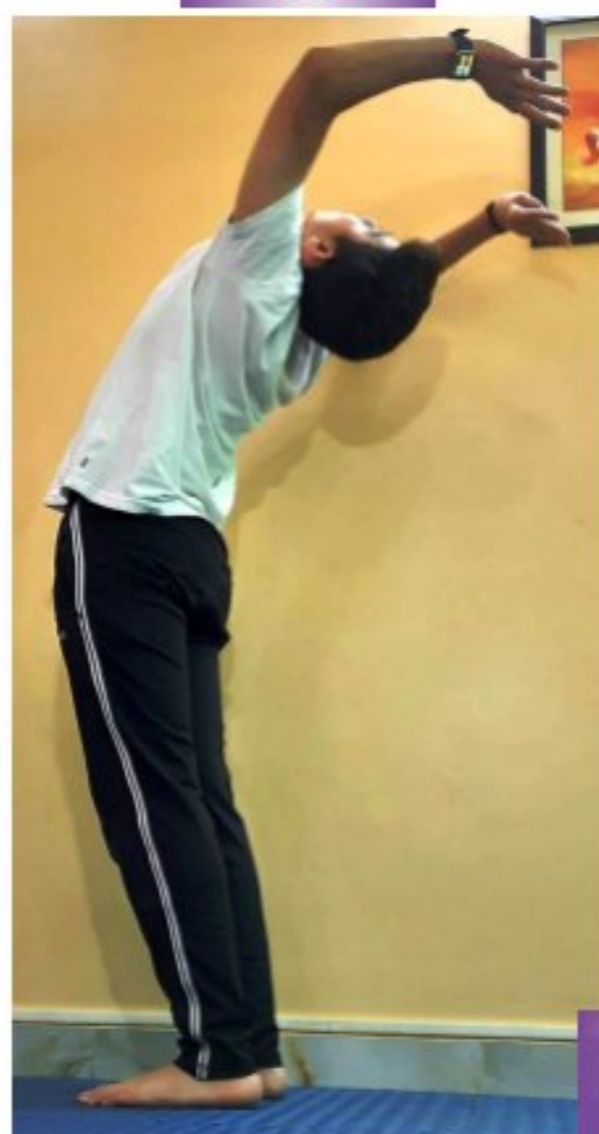
8



9



10



11



12



## Komal Pad (Tenderfoot) Test Card

After passing the exam of tender foot, scouts / guides should start preparing for Dhruvapad. But there should be a gap of at least 6 months between Komal pad and Dhruvapad.

NAME OF EXAMINATION	DATE OF EXAMINATION	SIGNATURE OF SCOUT MASTER/ GUIDE CAPTAIN
1) Knowledge of team principles, organization, team corner, scout/guide flag, siren, songs and group meeting		
2) Knowledge about securing the ends of the rope, different knots viz., reef knot, sheet band, Clove Hitch, Sheep Shank, Fisherman's Knot Bowline Fastening etc.		
3. Knowledge about first aid, first aid box, bandages and their use, burns, cuts, stopping bleeding from nose and veins.		
4) Use of Stick, Ordinary Drill and Stick Drill		
5) Knowledge of Campcraft / Woodcraft (Handicraft) making tools (gadgets) for home use.		
6) Information on Small Savings		



**Komal Pad**  
(Tenderfoot) Test Card



NAME OF EXAMINATION	DATE OF EXAMINATION	SIGNATURE OF SCOUT MASTER/ GUIDE CAPTAIN
<p>7) Knowledge of wide sports and mind games</p> <p>8) Doing community service work at home, neighborhood and school for 40 days and journaling it the notebook.</p> <p>9) Information about all religion meditation yoga and all religion prayer meeting</p> <p>10) Show any four yogasana: Dhruvasana, Garudasana, Kagasana, Paschimottanasana, Dhamkasana, Gomukhasana, Knowledge of Surya Namaskar and Pranayama</p> <p>11) Information about the life history of 5 great people</p>		







# SUSTAINABLE DEVELOPMENT GOALS

The United Nations drafted the 2030 agenda for Sustainable Development as a plan of action for people, planet and prosperity. It aims to eradicate poverty and strengthen universal peace through a collaborative partnership. The UN in its agenda, seeks to realize human rights of all, gender equality and empowerment of all girls and women.

It is important that the essence of patriotism which is so close to the heart of scouting and guiding also include the SDG goals in its spectrum of activities and collaborate with other likeminded countries globally to eradicate poverty and hunger from the face of the world and work towards environmental conservation and prosperity of the whole world...after all our Bharat believes in the Vasudeva kutumbukam philosophy, that the whole world is my family.

The goals are integrated, indivisible and balance the three dimensions of sustainable development: economic, social and environmental.

## **PEOPLE:**

The goals aim to end poverty and people going hungry and ensure that they fulfil their potential in dignity and equality in a healthy environment.

## **PLANET:**

THE SDG aims to protect the planet from degradation through ensuring zero wastage, sustainable consumption and production, sustainably managing its natural resources and also taking urgent action on climate change so that it can support the needs of the future generation.

## **PROSPERITY:**

It also works towards ensuring that all human beings enjoy a prosperous and fulfilling life wherein economic, social and technological progress occurs in harmony with nature.



## PARTNERSHIP:

The United Nations plans to implement the agenda through a revitalised global partnership for sustainable development based on the spirit of strengthened global solidarity.

There are 17 goals created under the SDG:

1. No Poverty
2. Zero Hunger
3. Good Health & Wellbeing
4. Quality Education
5. Gender Equality
6. Clean Water & Sanitisation
7. Affordable & Clean Energy
8. Decent Work & Economic Growth
9. Industry, Innovation & Infrastructure
10. Reduced Inequalities
11. Sustainable Cities & Communities
12. Responsible Production & Consumption
13. Climate Action
14. Life Below Water
15. Life on Land
16. Peace Justice and Strong Institution
17. Partnership for the goals

Let the all the scouts and guides, the world over show their collaborative brilliance by contributing to the overall growth and wellbeing of not just our motherland but the whole world.





# ANTHEM

## NATIONAL ANTHEM

जन गण मन अधिनायक जय हे,  
भारत भाग्य विधाता।

पंजाब सिन्धु गुजरात मराठा,  
द्राविड़ उत्कल बंग

विंध्य हिमाचल यमुना गंगा,  
उच्छल जलधि तरंग

तब शुभ नामे जागे,  
तब शुभ आशिष मांगे

गाहे तब जय गाथा।

जन गण मंगलदायक जय हे,  
भारत भाग्य विधाता।

जय हे, जय हे, जय हे, जय जय जय जय हे॥

## NATIONAL SONG

सारे जहाँ से अच्छा, हिन्दोस्तां हमारा  
हम बुलबुले हैं इसकी, वो गुलसितां हमारा  
गुरबत में हों अगर हम, रहता है दिल वतन में  
समझो वहीं हमें भी, दिल हो जहाँ हमारा, सारे ...  
पर्वत हो सबसे ऊँचा, हमसाया आसमाँ का  
वो संतरी हमारा, वो पासवां हमारा, सारे .....  
गोदी में खेलती हैं, जिसकी हज़ारों नदियां  
गुलशन है जिसके दम से, रश्क-ए-जिनां हमारा, सारे .....  
ऐ आब-ए-रौंद-ए-गंगा! वो दिन है याद तुझको  
उतरा तेरे किनारे, जब कारवां हमारा, सारे .....  
मजहब नहीं सिखाता, आपस में बैर रखना  
हिन्दी हैं हम वतन हैं, हिन्दोस्तां हमारा, सारे .....  
यूनान, मिस्र, रोमां, सब मिट गए जहाँ से  
अब तक मगर है बाकी, नाम-ओ-निशां हमारा, सारे.....  
कुछ बात है की हस्ती, मिटती नहीं हमारी  
सदियों रहा है दुश्मन, दौर-ए-जहाँ हमारा, सारे ...  
शक़बालश़ कोई मरहूम, अपना नहीं जहाँ में  
मालूम क्या किसी को, दर्द-ए-निहां हमारा, सारे ...



# R RECOMMENDATIONS S

Dear Scout Guide

The book is being presented according to the principles of scout/guiding, to enhance your knowledge, provide encouragement and guidance. As I compliment the result of this compilation, I congratulate you for promoting Scouting /Guiding.

**K. S. Chauhan(LT)**

**National Organization Commissioner (S)**

Dear Scout Guide

This book which I too have studied, provides knowledge and study material on the entire subject of Scouting and will prove to be very helpful for the Scout, Guides and Scouters and Guiders in taking them forward to reach the pinnacle of scouting. I extend my greetings and good wishes to the author of the book and all the people who benefit from it.

**Mangeram Chauhan (LT)**

**National Joint Org. Commissioner**

Dear Scout Guide

This book which I too have studied, provides knowledge and study material on the entire subject of Scouting and will prove to be very helpful for the Scout, Guides and Scouters and Guiders in taking them forward to reach the pinnacle of scouting. I extend my greetings and good wishes to the author of the book and all the people who benefit from it.

**R K Khurana (ALT)**

**National Joint Secretary (S), Delhi State**



# Gallery





# Gallery

