

# Hindustan Scouts and Guides Association



प्रवेशिका  
Praveshika



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**The Hindustan Scouts and Guides Association**

Recognized by Ministry of Youth Affairs and Sports  
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# FOREWORD



I, Shrinivas Sharma, the founder of Hindustan Scouts and Guides Association, feel highly pleased to put my words here, for the book, specifically meant to give the information about Hindustan Scouts and Guides Association. It is a glimpse of all the aspects of Hindustan Scouts and Guides Association which is working tirelessly to uplift the spirits of the youth to come forward and contribute to the development of nation and be the crusaders of the nation at the crucial times.

I, being an integral part of the Association, feel myself very fortunate to guide and encourage the young children to groom their individuality and gain strength to serve the nation at the time of adversities. It gives me immense satisfaction to see the number of members increasing day by day which clearly shows the bravery and stamina with which the youth is working with a clear focus in mind and target defined.

I hope the readers are going to be fully equipped with the detailed information of the Association and will encourage a greater number of youths to join the Association and contribute their bit to help others for the cause of humanity.

I pray to almighty to give strength to me and my team to continue working for the Association and make everyone get sensitized to work jointly and bring laurels to the organization.

## **Shrinivas Sharma**

Chief Scout & Founder

Hindustan Scouts and Guides Association

## FROM THE DESK OF CHIEF EDITOR



I, being the National Commissioner (Guides) Hindustan Scouts and Guides, strongly believe that introduction of Scouts and Guides in schools is very instrumental in developing the personality of the children, to empower them and help them lead a happy life.

It is an effort to provide the youth with an opportunity to try new things, provide service to others, build self-confidence, and reinforce ethical

standards among the children at a very tender age. It is all about building confidence and self-esteem, imbibing important life skills and leadership skills, team building, education, and fun! Being the members of Scouts and Guides, children learn how to make good choices and to take responsibility for their actions so that they are prepared for their adult life as independent beings.

Hindustan Scouts and Guides Association, one of several worldwide youth organizations, is a movement that aims to support young people in their physical, mental and spiritual development, which play a constructive role in society, with a strong focus on the outdoors and survival skills.

The trainers of Hindustan Scouts and Guides work tirelessly to take up the activities with its members which make them strong individuals.

This small gesture is an effort to provide a glimpse of the main features of the movement and motivate the youth to come forward and join the movement and serve the nation with pride.

Looking forward to take the brigade with all our conviction and dedication and help in building a strong nation.

### **Jyoti Arora**

National Commissioner (Guides),

Hindustan Scouts and Guides

Principal, Mount Abu Public School, Rohini, Delhi

## Aims, Objectives, Methods & Fundamentals

Scouting/Guiding is an organization designed for youth and every youth should claim an equal right to it. The values and ideas it aims to instill in youth are the need of the hour. These values are rightfully relevant in helping youth in achieving their full potential. It helps youth develop necessary skills such as academic skills, ethics, leadership skills, self-confidence and citizenship skills that influence their life further. Being a part of worldwide community, it becomes imperative for us to work for the betterment of the society and that begins by working on ourselves and then making valuable contribution in our society.

The Aims of Scouting and Guiding are four-fold. The first is the formation of character, the second is the formation of sound health habits, the third is the training in handicraft and the acquiring useful skills; and the fourth is the cultivation of a proper spirit of service efficiently. The pursuit of these aims leads to the development of good citizenship, among boys and girls. Baden-Powell, who authored the "Scouting for Boys" explains that the object of Scout and Guide training is "to improve the Character and Health; to replace self with service; to make the lads individually morally and physically efficient, with the objective of using that efficiency for service to their fellowmen". He also defined citizenship as "active loyalty to the country".

Our aim is to train the youth for good citizenship. Active citizenship is natural to all, but we want to eradicate it. In the place of "Self" we substitute "the ambition to be of service to fellowmen". We want them to become actively loyal to the community. While training for good citizenship is our ultimate aim but our immediate aim, however is character formation, building of sound health-habits, training in handicrafts and useful skills, and cultivation of proper spirit of service. Through these we want to build in our youth a proper sense of service.

- I. **Character** — We teach character through patrol system, Scout & Guide Law, Scout & Guide lore, woodcraft, and responsibility of a patrol leader, team games, and their resourcefulness involved in camp work. Character training includes the realization of God, the Creator through His work, appreciating beauty of Nature via inculcating love and care of plants and animals..
- II. **Health And Strength** —We secure health and strength through games, regularity in exercises , yoga and through knowledge of personal hygiene and diet.
- III. **Handicraft and Skill**—These are achieved occasionally through indoor activities, but more especially through pioneering, bridge-building, camp expeditions, and self-expression through arts all of which together make us efficient workers.
- IV. **Service to Others** —The spirit of service is developed by practicing religion, "Good turns", i.e., making quite small actions, with community service, accidents and lifesaving.

The Scout and Guide Movement has its foundation on certain fundamental principles as follows:

1. Belief in God,
2. Practice of the Scout Law and Promise,
3. Use of outdoor activities,
4. Voluntary membership,
5. Patrol Method of Patrol System,
6. Loyalty to country,
7. Faith in world friendship,
8. Independent of political influence,
9. Learning by doing,
10. Service to others and
11. Faith in Indian culture.

Faith in God and belief in His goodness is important. There is no place in the movement for those who do not believe in God. Duty to God is one of the duties that a scout or guide has to bear in mind. They have to be taught that God is kind to everyone and has abundant love for all..

Outdoor life and all activities in the open are the working principle followed in the Movement. We believe in doing all our work outdoors. Only rarely we do our work indoors, and then we do only so for the reason that the weather is inclement.

Outdoor life and all activities in the open are the working principle followed in the Movement. We believe in doing all our work in the great outdoors. Only rarely we do our work indoors, and then we do only so for the reason that the weather is inclement.

Boys and girls join Scouting and guiding voluntarily. They join out of their free will. They do not do so out of compulsion or under inducement.

## From writings of Lord Robert Baden – Powell, the International Founder

Lieutenant General Robert Stephenson Smyth Baden-Powell, 1st Baron was a British Army officer, writer, founder and first Chief Scout of the world-wide Scout Movement. Baden-Powell, who authored the “Scouting for Boys” which was then used as an inspiration for the Scout Movement. Baden-Powell laid the foundation of scouts and guides in a nation who diligently work for their individual improvement and for the society as a whole.

To be successful Scouter (Scout master)/Guider (Guide teacher) one has simply to follow the given traits-



1. Must have the spirit and must be able to place himself/herself on a right plain with the boys and girls as a first step.
2. Must realize the needs, outlooks and desires of the different ages of boys & girls life.
3. Must deal with the individual boy/girl rather than with the mass.
4. Needs to promote a corporate spirit among their individuals to gain the best results.

The master has to be neither School master nor Commanding officer, nor Pastor, nor Instructor. He has got to put himself at the level of the older brother that is to see things from the boy's and girls' point of views and to lead and guide and enthuse in the right direction. Like the true elder brother, he has to realize the traditions of the family and see that they are preserved, even if, considerable firmness is required.

The master who is a hero to his boys and girls hold powerful lever to their development, but at the same time brings a great responsibility on himself. The master's job is like golf, or fly-fishing. If you "Press" you don't get there, at least not anything like the extent you do by a light-hearted effortless swing.

The principles of Scouting and guiding are all in the right direction. The success in their application depends on the master and how he applies them. Patrol Method of administration of Troop is the key to success. It trains the youth in being responsible and take on leadership roles. This method makes them worthy of the trust we place in them. The patrol method then employs natural gang-spirit sublimated and linked to a high and noble purpose.

## Brief History of Hindustan Scouts & Guides Association

Concept of Scouts and Guides was introduced in India before India gained freedom from the colonial rule. Sh. Shrinivas Sharma launched Hindustan Scouts and Guides on 26 November 1998 which was recognized by the Ministry of Youth Affairs & Sports, Govt. of India. He post his retirement traveled across India and worked to expand the organization.

Further, Hindustan Scouts and Guides gained recognition from World Federation of Independent Scouts (Germany) which is recognized by U.N.O.

### About Founder of Hindustan Scouts & Guides Association:

Founder: Shrinivas Sharma

Education: M.A., B.Ed

Patent Birth: 13th February 1937 in U.P.

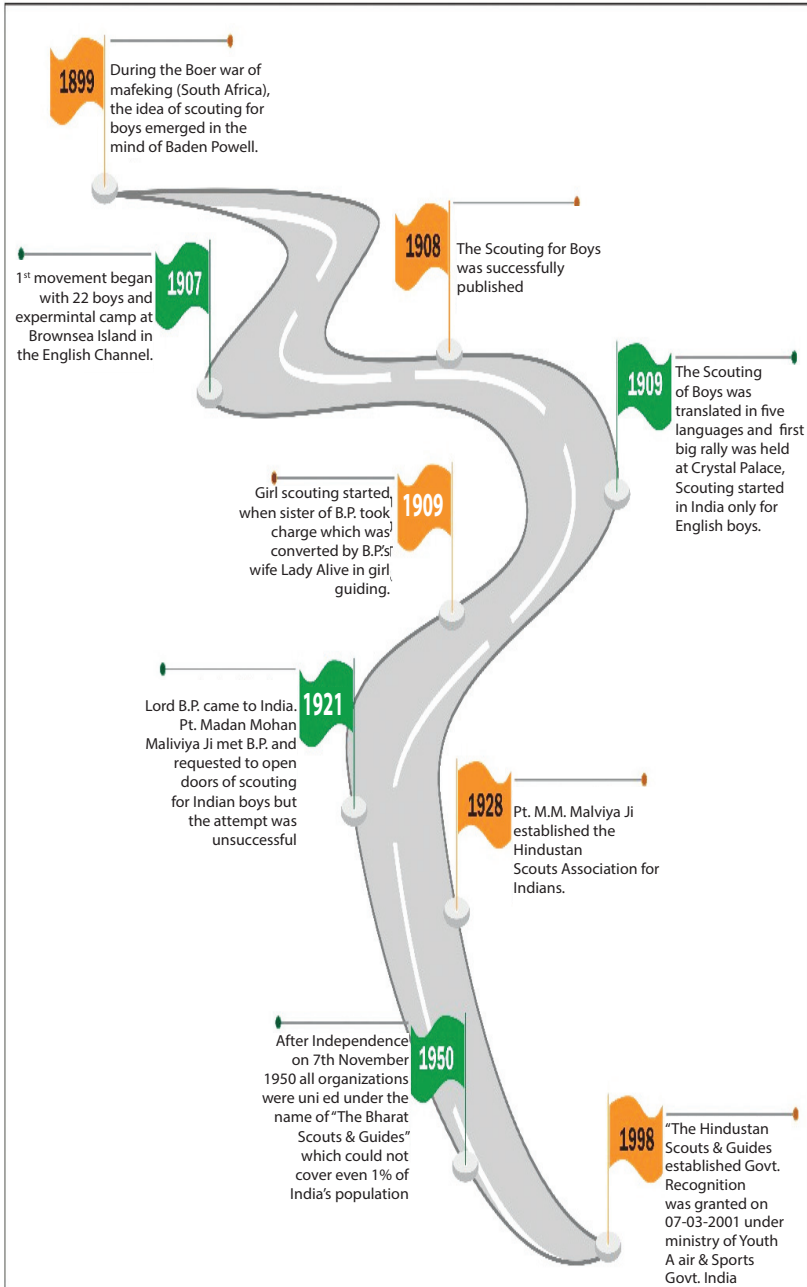
Profession: Delhi School Lecturer, Retired on 31-03-1997;

Sh. Shrinivas Sharma was Scout since 1950 & Joined Delhi Scouting 1959

and established Hindustan Scouts & Guides on inspiration of the then president of India and the National Chief Patron of Scouting Dr K. R. Narainan in India.



## Scouts & Guides Movement and its Emergence in India:





## Brief Introduction to Scouting

The Scout movement or known as scouting or guiding is a youth oriented educational movement. It has the following characteristics-

- It involves voluntary participation.
- It is a non-political organization.
- It is open to all without any distinction of gender, race, cast.
- It is an education for life..
- It creates active and responsible citizens.
- It manifests a feeling of unison.
- It helps an individual in evolving and growing.
- It desires in making a better world.

## Why Scouting?

1. **Time utilization:** Scouts guide children learn the utilization of time and its management. Good companionship encourages them to perform good deeds.
2. **Character Formation:** The scout children inherently build good character.
3. **Nobel Citizen of Education:** Scouting is an institution for imparting education for being a noble citizen. Scouting is successful in teaching good citizenship as the pride of the nation lies in its good citizens.
4. **Service of opportunities:** For a scout/guide, service is his/her religion and duty.
5. **Good Habits:** Learning good habits encourages a scout participate in good works.
6. **Credibility:** A scout learns to speak the truth and hence emerges as a credible being. He/She doesn't engage in activities that might cause harm to others. Respecting others is their duty.
7. **Health:** Engaging in outdoor activities and participating in various fresh air activities develop their physical and mental wellbeing. They learn the importance of a healthy and a fit body.
8. **Talent Development:** Scouting takes pride in evolving a scout's/guides' hidden talent. This further reforms their future.
9. **Pleasantness:** Amidst the beautiful bounties of nature, scouts work collectively and complete even the most difficult task.
10. **Comprehensive Approach:** By establishing contacts with scouts of other nations, scouts learn about various opportunities and expand their knowledge.

## The Promise for the Cub/Bulbul is –

"I Promise to do my best  
To do my duty to God and my country  
To keep the law of the cub flock/Bulbul folk and  
To do a good turn every day



## The Law for Cub/Bulbul is

- i) The Cub/Bulbul gives respect to the elders
- ii) The Cub/ Bulbul is clean and courteous

## The promise for Scout /Guide is

“On my honour,  
I promise that I will do my best-  
To do my duty to God and my county  
To help other people at all time and  
To obey the Scout/Guide Law”

## The Law for the Scout/Guide, Rover/Ranger

1. A Scout/Guide honour is to be trusted
2. A Scout/Guide is loyal
3. A Scout/Guide duty is to revere God and serve his/her country and help others
4. A Scout/Guide is a friend to all and a brother/Sister to every other Scout/Guide no matter to what country, class or creed the other may belong
5. A Scout/Guide is courteous
6. A Scout/Guide is a friend to animals and helps to protect environment
7. A Scout/Guide is disciplined and obeys orders
8. A Scout/Guide is brave and smiles under all difficulties
9. A Scout/Guide is thrifty
10. A Scout/Guide is pure in thought word and deed

## Why your child should become a scout/guide?

1. To attain happiness.
2. To make life self-sufficient by art skills.
3. To make adventurous life by camping and hiking.
4. To make the body strong.
5. Being a class less, apolitical organization, we make contact with scouts/guides from all the countries of the world
6. To encourage naturalistic tendencies.
7. To maintain standard of living.
8. To make a child disciplined, qualified and cultured citizen like every guardian wants for his children.
9. To expand the range of fraternity, as scouting is a world wide institution.

## Sections of the Scout and Guide Movement

S.No.	Section	Age Group (years)	Unit Name	No. of members
1.	Shishu/Chetna	4 to 6	-	-
2.	Cub/Bulbul	6+ to 10	Pack/Flock	16-32
3.	Scout/Guide	10+ to 16	Troop	12-52
4.	Range/Rover	16+ to 25	Team/Crew	12-24
5.	Scouter/Guider	Above 21	-	12-50

### The Cub/Bulbul Section - 6 to 10 yrs

Those who have completed the age of 6 and have not completed the age of 10 are trained as Cub/Bulbuls. The unit of cubs is known as a Pack and the unit of bulbuls is called Flock. The boys themselves are known as Cubs and the girls are known as Bulbuls. A Pack/Flock may consist of not more than 32 and not less than 12 Cubs/Bulbuls. For the sake of convenience, the Pack/Flock is divided into smaller units called Sixes. It consists of 6 cubs and is led by one of them selves. He is called a Sixer. The adult leader who is responsible for the welfare of the Pack is called the cub-master. He is also known as Pack Scouter. The adult leader of Flock is called Flock-leader or lady cub-master. Cubs/bulbuls receive training through games and practices for the most part. The cub-master combines in himself/herself the qualities of an affectionate parent and an enthusiastic playmate. The Flock/Pack through its work and play functions as a Happy Family. The happy family spirit pervades in all its activities.

### The Scout/Guide Section -10 to 16 yrs

Those who have completed the age of 10 but have not completed the age of 17 receive Scout /Guide training. They are grouped as patrols of six to eight Scouts/Guides. Two, three or more Patrols constitute a Troop. The normal number in a Troop is 50 or less. A master is in charge of the Troop as a whole. Each Patrol is led by one of the boys who constitute it. He is known as the Patrol Leader. He is responsible for the welfare and progress of the Patrol. The master is a sort of elder brother who knows the needs and urges of the boys/girls. He runs the Troop, guiding as far as possible by the point of view of them selves.

Those who are over fifteen require to be trained by use of methods slightly different from those employed in the case of boys and girls of 11 to 14. Boys who are over fifteen are capable of undertaking heavier responsibilities. They find delight in substantial jobs. In an ordinary Troop, those who are fifteen and above may be treated as elder Scouts/Guides, and put together in to separate patrols.

## The Rover/Ranger Section-16 to 25 yrs

Young men/women who have completed the age of 17 years may be admitted as Rovers and given Rover Training or Rovering. The Rover unit is called the Rover Crew and Ranger unit is called Ranger team. A young man/woman is allowed to join a Rover Crew/Ranger team as aspirant as soon as he/she enters the university the Ranger/Rover is called Rover/Ranger Leader. The Rover Crew/Ranger team does not have permanent patrols as in the Troop. Patrols are formed temporarily as and when they are needed. Such patrols are known as ad hoc patrols. At the beginning of the year, the crew/team elects one or more Rover/Ranger Mates depending upon the size of the Crew, generally one Mate to every four to six Rovers/Rangers, from among its senior and more experienced members. Rover/Ranger Mates are practically Patrol Leaders without immediate responsibility for Patrols. As and when jobs and projects come up and have to be undertaken, members of the crew/team volunteer to a Rover/Ranger Mate and he/she forms his/her team and once the job is accomplished, temporary Patrol created for the execution of the job is dissolved. The Rover/Ranger Leader gives guidance to adults. He/She is a friend, a philosopher and Scout/Guide to the Crew/Team and its members.

## The Scouter/Guider: Above 21 yrs

The word Scouter/Guider stands for a person appointed by the issue of a warrant in the Scout/Guide wing. Whether it is a Pack, Flock, a Troop, a Crew or team it needs adult guidance of a competent kind. The Cub Pack/Bulbul Flock is run by a Cubmaster/ Lady Cubmaster, the Troop by a Scout master/Guide Captain, and the Rover Crew/ Ranger Team by a Rover/Ranger Leader. Each of these should have an assistant to help him in his/her day to day work. Such helpers are known as Assistant Cubmaster/ Bulbul Flock Assistant Scout master/Guide Captain and Assistant Rover Leaders/ Ranger leader respectively. It is very important that such Assistants are appointed from the very inception of the unit. Such a step will make for efficiency in the running of the unit and will also ensure its continuity. The Cubmaster/Lady cubmaster, the Assistant Cubmaster/ assistant Lady Cubmaster, the Scout master/Guide Captain, the Assistant Scout master/Guide Captain, the Rover/ Ranger Leader and the Assistant Rover/Ranger Leader are collectively known as Group Scouters/ Guiders. The Group Leader also is a Group Scouter/Guider.

## Moto of Hindustan Scouts and Guides

Hindustan Scouts and Guide	SERVE MEN TO REACH GOD
Shishu/Chetna	KEEP SMILING
Cub/Bulbul	DO YOUR BEST
Scout/Guide	BE PREPARED
Range/Rover	SERVICE

## Syllabus of Praveshika

### Cub/Bulbul Section

1. Be told the first Jungle story (for Cubs). Be told the story of Tara (for Bulbuls)
2. Understand the meaning of Cub/Bulbul Law, Promise, Motto, Prayer and Bulbuls six-songs.
3. Demonstrate correctly smiling, cub/bulbul salute and left handshake.
4. Do a daily Good-turn at home.
5. Grand Howl (for Cubs), Grand Salute (for Bulbul)
6. Whistle and Hand Signals.

### Scouts/Guide Section

1. Knowledge of Scouting/Guiding of Hindustan Scouts & Guides Association.
2. Hindustan Scouts & Guides Prayer and Flag song.
3. Knowledge of Scout/Guide Law & Promise.
4. Scout/Guide Motto, Sign, Salute, Left hand shake and Emblem.
5. Scout & Guide Uniform and how to wear it.
6. Know the whistle and hand signals.
7. Know the significance of Hindustan Scouts & Guides and National Flag.
8. Learn and sing National Anthem, Vande Matram and Sare Jahan se Achcha....
9. Do a good turn daily for 30 days and keep the record.
10. Yoga and Drill.
11. Learn proper way of breathing and exercise for breathing, eyes, neck, hands and shoulders.
12. Perform any 4 Aasans - Vajrasan, Padmasan, Tadasan, Shavasan, Surya namasker

NOTE: - After completion of Praveshika the Unit Scouter & Guider will arrange the investiture ceremony for boys/ girls to become a Scout/Guide.

### Range/Rover Section

1. Knowledge of Scouting/Guiding of Hindustan Scouts & Guides Association
2. Hindustan Scouts & Guides Prayer and flag Song.
3. Knowledge of Scout/Guide Law & Promise.
4. Scout/Guide Motto, Sign, Salute, Left hand shake and Emblem.
5. Scout/Guide Uniform and how to wear it.
6. Know the whistle and hand signals.
7. Know the significance of Hindustan Scouts & Guides and National Flag.
8. Learn and sing the National Anthem, Vande Matram and Sare Jahan se Achcha.
9. Do a good turn for 30 days and keep the record.
10. Exercise and Yoga
11. Learn proper way of breathing and exercise for breathing, eyes, neck, hands and shoulders
12. Perform any 4 Aasans- Vajrasan, Padmasan, Tadasan, Shavasan.
13. Laughing, Smiling and Silence for one hour weekly.

14. Life of two great men of India.

**NOTE:** After completion of Praveshika the Unit Leader (Scout Master/Guide Captain) will arrange the investiture for boys/girls to become Scout/Guides.

## The National Flag

The National Flag of India has got immense importance. The National Flag of free India was first adopted by the Constituent Assembly on 22 July 1947. It epitomizes its civilization and culture, heritage and freedom.

The Indian National Flag is a tricolor rectangular panel, made up of three rectangular panels of equal width.



The colour of the top panel is saffron and of the bottom panel is green; the middle panel is white. In the centre there is the design of Ashoka Chakra in navy blue colour. Saffron colour denotes courage and sacrifice, white denotes purity, the path of truth to guide our conduct and the green denotes prosperity. Ashoka chakra with 24 spokes in the centre of the panel is the wheel of the law of Dharma; it denotes progress. The size of the flag is in the ratio of 3:2 (three parts long and two parts wide). The National Flag shall be used only on such occasions and in such manner as in accordance with the rules framed by the Government of India.

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

This flag is in the ratio of 3: 2 with the background of green colour. The trident lotus is in the middle the flag. The yellow line whose outer line is dark green and in the middle of the petal lotus as straight line is formed with red colour. This flag is hoisted only when a program Scouts/Guides from other countries have participated. The following representation depicts the values associated to various parts of the flag.



## Hindustan Scouts and Guide Flag

The Hindustan Scout Guide flag is saffron coloured. Green is in the middle of the white background. The 45 cm statue is a statue of three lions. The Scout symbol is made in the middle of the trident lotus. This flag will be in the ratio of 3:2 (180cmx120cm). The following representation depicts the values associated to various parts of the flag.



## Rules and Precautions for Hoisting the Flag

1. Flag should be honorably hoisted.
2. Flag should be hoisted after sunrise and descent after sunset.
3. While hoisting, participants should be in complete uniform and should serially arranged.
4. Flag should be hoisted completely till the pole.
5. Participants should be present at the time of descent of flag.
6. All officials of the second priority order should stand at the back.
7. If a Scout Guide officer or scout guides hoisting the time is in plain uniforms, then they should stand at the back.
8. Flag should be hoisted speedily and should be descent slowly.
9. Salute should not be done while descending the flag.
10. In case of demise of any national leader, flag should be half-mast as a symbol of mourning.
11. At the end of camp end, flag should be kept on clit followed by national anthem and the announce finishing of the camp.



## Rules for hoisting National Flag and Scouts/Guides Flag Together

1. The pole of the national flag should be 2 feet above and at a distance of 2 feet from the Scouts/Guide flag. First national flag should be hoisted followed by the scouts/Guide Flag.
2. At evening, first Scouts/Guide flag should be descended followed by the National Flag.

### Prohibited for Flag

1. The flag of the cut - torn state should not be hoisted.
2. The Flag which is not in use should be dispersed in flowing water in solitude or should be burnt and buried in ground.
3. In case of demise of any national level leader or a martyr, the person's body should be covered with National Flag but should be removed when cremation practices are performed.
4. Flag should not be used in advertising, as windows curtains, table cloths or as a dress or clean uptasks.
5. Flag should not be kept on ground or should not come in contact of our feet.
6. Flag should be placed orderly when it is descended.
7. Flag should not be inclined in front of anyone except the National President.
8. No other flag should be hoisted towards the right of the National Flag.
9. No person should stand towards right of the National Flag.
10. Flowers should not be kept in Scout Guide flag. If while hoisting the flag opens then it should be hoisted and then tie it back.
11. Flag should be hoisted once in a day and then should be descended at in the evening.

### Process to Hoist a Flag

The flag that is hoisted has a rope attached to it. There is a small wooden block on the top and a knob remains on the other body of the rope. This rope is called "Stay". This part of the flag is called Haste and the part flying in the air is called Fly. The rope which is used to hoist the flag is called the Hallyard. It has a knob at the top which is stuck in the flag block. The flag is tied at the other end of the rope. This head is attached to the sheet band knot in the haystack knob. The flag is hoisted when the rope is pulled down. The length of the flag pole should be 18 to 20 feet, with a clit at the top and a height of about 4 feet from the bottom. The length of the chord of the flag should be twice the length of the pole and both ends should be secured.

To hoist the flag, it should be wrapped in the following way: -

Hold the flag length wise and repeat in width. Tongle should come inwards. Now double in length. Now fold it round by giving it a fold in the middle. Make a loop by taking out the ends of the rope (which should remain outside) with a wrap over it. It is not okay to wrap two. If there is no wooden block in the flag, then apply a band in the upper part and reef knots on the bottom.

## Process of Flag Landing

Flag setting is done at sunset or at the end of the parade etc. It is not necessary that the entire team is gathered under the flag. The simple way of this is that the flag landing flag goes on the pole and separates the two ends of the rope. After this, he blows the long whistle. After listening to the sound of CT, everyone is doing what he is doing in his place, leaving the flag facing the flag and standing in alert. The flag landing slowly descends the flag and blows the long whistle after placing it on the shoulder. After this, everyone gets involved in his work. And the one descending the flag honorably wraps it to its superior officer or to a certain place. Keep in mind that scouts descending the flag should be in uniform.

## Scouts/Guides Pledge

I solemnly swear that:

1. I will do my duty to God and my country.
2. I will always help others.
3. I will follow scout / guide rules.

## Scout/Guides Promise

All girls are valued and take action to change the world Scout/Guide promise and law

Oh my honor, I promise that I will do my best.

To do my duty to God and my country to help other people

To obey the Scout/Guide law.

## Sign

The sign of three upraised fingers stand for the three parts of the Scouts/ Guides promise. The third thumb and, little finger together stand for the bond among all Scout/Guides.

The guide sign is given by raising the right hand in the level with the shoulder, palm to front with three fingers stretched together and thumb closing on the little finger



## Scouts and Guide salute

Scouts/Guides salute is an expression of mutual esteem and good will. It is a mark of respect and good manners. It is given by raising the right arm smartly to the level of the shoulder, palm to the front with three fingers stretched together, the first touching the forehead one inch above the right eyebrow and the thumb closing the little finger and after that the arm cutting to the front quickly and smartly brought down curling the fingers



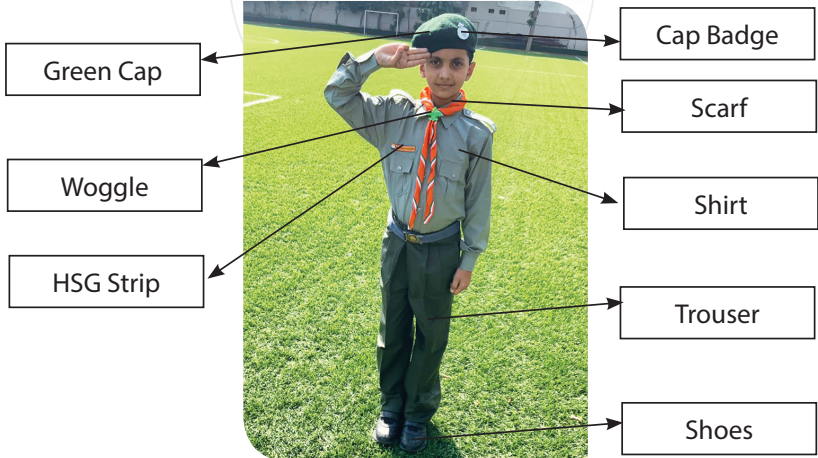
## Left hand shake

Greeting with left hand shake and salute with right hand is the sign of Scouts/Guides.



## Scouts and Guides Uniform

Symbol of democracy





Green Cap

Cap badge

Woggle

Scarf

HSG Strip

Shirt

WFIS Badge

MBS Badge

Belt

Trousers

Shoes

## Scouts and Guides Activities

### Whistle Signals

#### Long Whistle: -

1. - A long whistle careful,
2. 0000000 small consecutive multiple whistles.
3. 0-0-0 – a short whistle is a constant danger.
4. 000- Three short one long.
5. 0000- four short one long.
6. 000-- three short two long.
7. --- Get three long whistles.

#### Short Whistle:0

- Listen carefully
- All gather around
- Be careful
- Patrol leader is called
- Team leader is called
- Scout master or leader is called
- All disperse

**Note:** - The sound of the whistle should be followed by running. These signals can also be given by fire, smoke, flashlight etc.

### Hand Gestures

Hand signs are called silent signs. These are required when we are in a situation where the voice cannot reach. Whether it is a matter of hikes or secret money or that we do not want to tell anyone about ourselves or when we don't have a whistle, then hand signals are required. These signs have an important place in the discipline system of the unit. These are very interesting. These are international signs.

1. Make a line without cutting:- Spreading the right arm straight towards the right shoulder. Fist closed and front facing.
2. With both hands spread, the palms of the hand should be open and facing down wards.
3. Making a row by keeping a gap in the middle: - Opening the fist of the right hand, keeping them spread and keeping the palm in front.
4. Making row like sun ray: - Raise the right-hand fist above the shoulder while keeping it closed.
5. The right and the small and the left and the big stand:-Close the fist of the right arm and keep it bent down from the shoulder.





6. Making a row like a solar eclipse: - Keep the right hand in front you and spread your fingers open. Both hands can also be indicated by. The palm will remain downwards.



7. Standing in front (Indian bar) in Indian file: - With one or both hands spread out in front, the fist should be closed.



8. Closed Column: Toli on the right and the leader on the left, in this the Toli stands nearby. Right arm closed arm to put forward.



9. Open Column: - (Trolleys will stand in the distance) like a closed column, but the fist will be open. If the fists keep the arms raised in the direction of the shoulder, then this sign is also an open column.



10. Making a circle: - Turn both hands back and forth rounding. If half rotates, half gera will be formed.



11. Horse shoe: - Keep the right hand above the head, fingers open, palm facing down.



12. It was like: - Move the right hand and fingers open in front of the face and move it here and there.



13. Move forward: - Keep both hands spread in front of you, down wards and upwards repeatedly.



14. Wait: - Standing one hand directly above the head, keeping the palm in front.

15. Immersion: - Turning both hands in front and spreading hands outward.



16. Gathering: - Put all the fingers of the right hand together and keep them above the head.



17. Careful: - Playing three claps.

18. Sit down: - With the palm of the right hand facing down, bring it in front of the chest and then lower it.

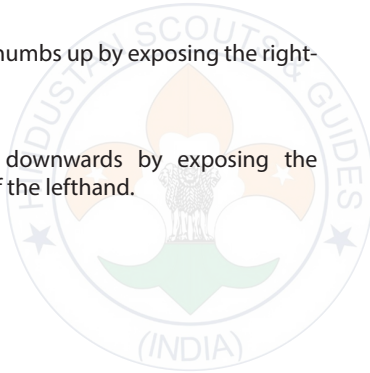


19. Standing: - Move the palm of the right hand upwards while moving upwards.

20. Retraction: - Repeating backwards while exposing the fingers of right hand. Just like we usually do.

21. Good / Bravo: - Thumbs up by exposing the right-hand fist.

22. Bad: - Thumbs downwards by exposing the thumb and fist of the lefthand.



## Yoga

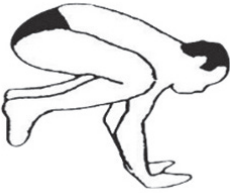
Scouts and guides are encouraged to take up yoga as a part of their everyday routine. Any four asanas from the following asanas are taught Vajrasan, Padmasan, Kagasan, Shashankasan, Tadasan, Shavasan, Surya namaskar.



Vajrasan



Padmasan



Kagasan



Tadasan



Shavasan



Shashankasan

## Other activities of Hindustan Scouts and Guide

- Tree plantation
- Cleanliness drives
- Literary Campaign
- Blood donation camps
- Population control drives
- Old age home care
- Recreational centres, library etc
- Small saving schemes
- Traffic control and awareness
- Craft training
- Drug abuse campaign
- Leprosy eradicate campaign
- Community service

## National Anthem

जन गण मन अधिनायक जय हे  
भारत भाग्य विधाता ।

पंजाब सिन्ध गुजरात मराठा  
द्रविड उत्कल बंग ।  
विंध्य हिमाचल यमुना गंगा  
उच्छल जलधि तरंग ।

तव शुभ नामे जागे  
तव शुभ आशीष मागे ।  
गाहे तव जयगाथा ।

जन गण मंगलदायक जय हे  
भारत भाग्य विधाता ।  
जय हे, जय हे, जय हे  
जय जय जय जय हे ।

## सारे जहाँ से अच्छा

सारे जहाँ से अच्छा हिन्दोस्तां हमारा  
हम बुलबुलें हैं इसकी ये गुलिस्तां हमारा  
गुर्बत में हों अगर हम, रहता है दिल वतन में  
समझो वहीं हमें भी दिल है जहाँ हमारा  
परबत वह सबसे ऊँचा, हम्साया आसमों का  
वह संतरी हमारा, वह पासबाँ हमारा  
गोदी में खेलती हैं इसकी हजारों नदियाँ  
गुल्शन है जिनके दम से रश्क-ए-जनाँ हमारा  
ऐ आब-ए-रुद-ए-गंगा! वह दिन हैं याद तुझको  
उतरा तेरे किनारे जब कारवाँ हमारा  
मजहब नहीं सिखाता आपस में बैर रखना  
हिन्दी हैं हम, वतन है हिन्दोस्तां हमारा  
यूनान-ओ-मिस्र-ओ-रूमा सब मिट गए जहाँ से  
अब तक मगर है बाकी नाम-ओ-निशाँ हमारा  
कुछ बात है कि हस्ती मिटती नहीं हमारी  
साँदियों रहा है दुश्मन दौर-ए-जमाँ हमारा  
इक्बाल! कोई महरम अपना नहीं जहाँ में  
मालूम क्या किसी को दर्द-ए-निहाँ हमारा

## Scout/Guide Prayer

वह शक्ति हमें दो दयानिधे,  
कर्तव्य मार्ग पर डट जाएं ।  
पर सेवा पर उपकार में हम,  
निज जीवन सफल बना जाएं ॥  
हम दीन दुखी निबलों विकलों के,  
सेवक बन संताप हरे ।  
जो हैं अटके भूले भटके,  
उनको तारें, खुद तर जाएं ॥  
छल, दम्भ, द्वेष, पाखंड झूट,  
अन्याय से निश्चिदिन दूर रहें ।  
जीवन हो शुद्ध सरल अपना,  
शुचि प्रेम सुधा रस बरसायें ॥  
निज आन मान मर्यादा का,  
प्रभु ध्यान रहे अभिमान रहे ॥  
जिस पुण्य धरा पर जन्म लिया,  
बलिदान उसी पर हो जाएं ॥

## VandeMatram

वन्दे मातरम्  
सुजलां सुफलां मलयजशीतलाम्  
शस्यशामलां मातरम् ।  
शुभ्रज्योत्स्नापुलकितयामिनीं  
फुल्लकुसुमितद्रुमदलशोभिनीं  
सुहासिनीं सुमधुर भाषिणीं  
सुखदां वरदां मातरम् ॥  
वन्दे मातरम् ।

## Camp Fire Song

आग हुई है रोशन आओ  
आओ आग के पास  
आग से रोशन अपनी बस्ती  
कैसी बुलंदी कैसी मस्ती  
मिलकर भाग जगाओ आओ  
आओ आग के पास  
सूरज डूबा निकले तारे  
खतम हुए सब काम हमारे  
रंजोअलम को भूलो भुलाओ  
आओ आग के पास  
आग हुई है रोशन आओ  
आओ आग के पास

## HSG Flag Song

हिन्द स्काउट — गाइड ध्वज  
उड़ते रहो गगन में।  
देष प्रेम की भरो भावना, हर प्राणी के मन में।।  
केसरिया रंग त्याग, तपस्या  
और बलिदान सिखाए।  
तीन पंखुरियाँ तीन प्रतिज्ञाओं  
की याद दिलाएँ।।  
दस नियमों का पालन  
जीवन सुन्दर, सुखद बनाए।  
सेवा के प्रेरक बन उभरो  
जन जन के जीवन में।।  
हिन्द स्काउट — गाइड ध्वज  
उड़ते रहो गगन में।

# Photo Gallery



