

SCOUTING & GUIDING

— *A Way of Life* —



Written by : Alka Kapur

Acknowledgement

Special Acknowledgement to Sonam bajaj for the support extended to editorial

Shrinivas Sharma	Founder/Chief Scout
Dr. Rakesh Mishra	President
Bharat Arora	National Chairman
Dr. Vikas Kohli	National Gen. Secretary
V.K. Chopra	National Chief Commissioner
Dr. Ravinder Talwar	Former National Secretary
Champat Singh	National Secretary
Aseem Sharma	National Commissioner (S)
Jyoti Arora	National Commissioner (G)
Pawan Sharma	National Joint Secretary
Deepika Chavda	National Joint Secretary (G)
Rahul Kumar	National Training Commissioner
Kavita Bajaj	National Treasurer
K. S. Chauhan	National Organizing Commissioner (G)
Usha Kumar	Vice President (Ex. D.D.E.)
Mange Ram Chauhan	National Joint Training Commissioner
Shiv Lochan	State Secretary (Delhi)
Vivek Kumar	State Secretary (U.P.)
M. Jouhar Trippanachi	State Secretary (Kerala)
Dr. Afshad Ahmed	Chairman (Karnatka)
Shanti Kumari	State Secretary (Jharkhand)
Purv Raj Sharma	State Secretary (Himachal)
Vinod Sharma	State Secretary (Chandigarh)
Ganesh Sharma	State Secretary (Madhya Pradesh)
Surat Singh	State Secretary (Haryana)
Nitin Choudhary	State Secretary (Punjab)
Narender Audhichya	State Secretary (Rajasthan)
Hrishikesh Bhowmik	State Secretary (Tripura)
Bindu Gope	State Secretary (West Bengal)
Joginder Kumar	M.C.D. State Delhi
Gopal Rao Dongre	State Secretary (Maharashtra)
G. Nirmala	N.T.C. (Guide)
Mukesh Sharma	M.O.C. (Guide)
Samar Majumdar	State Chairman Assam

SCOUTING & GUIDING

by ALKA KAPUR

Principal, Modern Public School Shalimar Bagh, Delhi



Published By:

The Hindustan Scouts and Guides Association
Recognised by Ministry of Youth Affairs and Sports
Government of India and full member of WFIS Germany

National Head Qtrs:- C-5/19, Sector-5, Rohini, Delhi-110085

Phone No:- 011-27931146

Email: info@hindustanscoutsandguidesassociation.com

Visit us at:

<https://www.hindustanscoutsandguidesassociation.com/contact-us/>

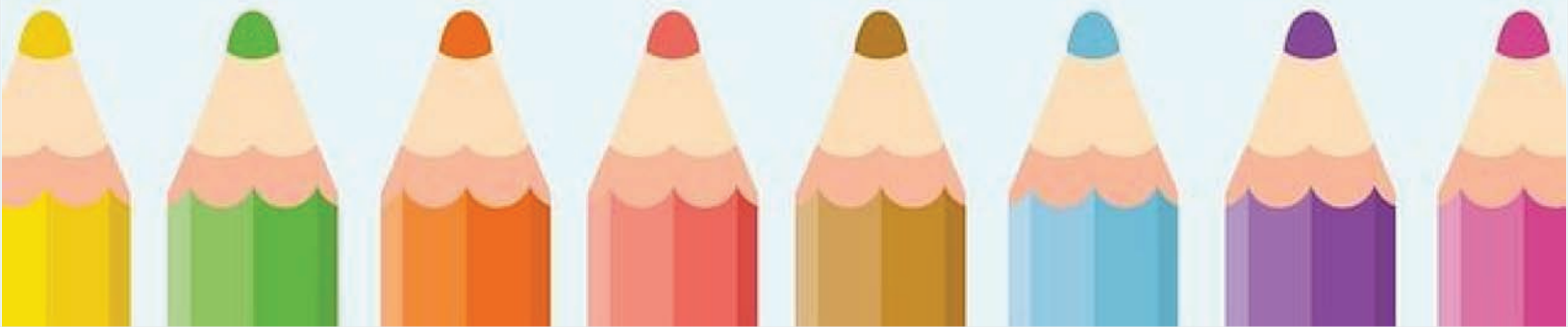
© Publishers

First Edition 2022

ISBN: 978-81-956191-0-8

Printed By:

Process & Spot
C-179, Ground Floor, Back Side Portion
Naraina Industrial Area, Phase-1, New Delhi-110028



Message from Chief Editor



The young generation is society's promise for a better future. They are the fundamental investments to improve a society that respects human dignity and human rights. We, as trainers, must make the youth aware of their power and potential and encourage them to achieve their potential. We need to aim to bring up the next generation as useful citizens with a wider outlook than before and thereby develop goodwill and peace in the world through comradeship and cooperation.

Educating should never be confined solely to developing the teaching of books. It should aim at developing the whole personality which correlates with the four-fold aim of scouting and guiding movement.

Young scouts and guides as individuals strive to develop a sense of personal identity and self-worth which leads to responsibility for oneself and one's actions as a citizen. The value system on which they work helps them to know the importance of mutual support and help between the members of a community to maximize the quality of life for all.

I hope our young cubs and bulbuls follow the practices of the scouting movement not in form but in spirit, to foster universal brotherhood, inculcate non-communal and nationalistic outlook and march happily towards National Integration.

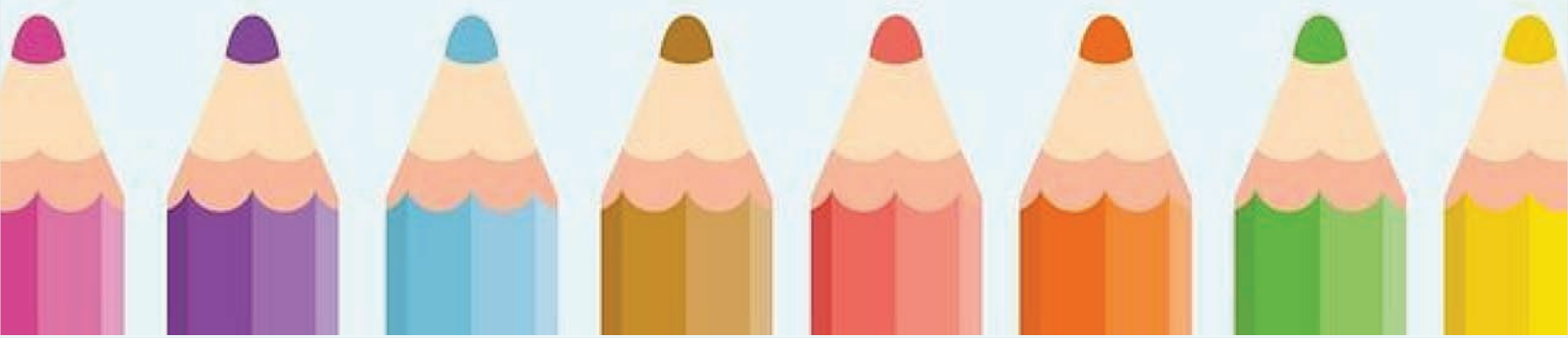
I would also like to extend my thanks to Shri Bharat Arora Ji, National Chairman, Hindustan Scouts and Guides and Ms Sonam Bajaj, co-editor in bringing our vision for this book into shape.

Wishing a happy reading to our young minds.

Alka Kapur

Principal, Modern Public School Shalimar Bagh, Delhi

National HQ Commissioner, Hindustan Scouts & Guides Association



Message from Chief Scout

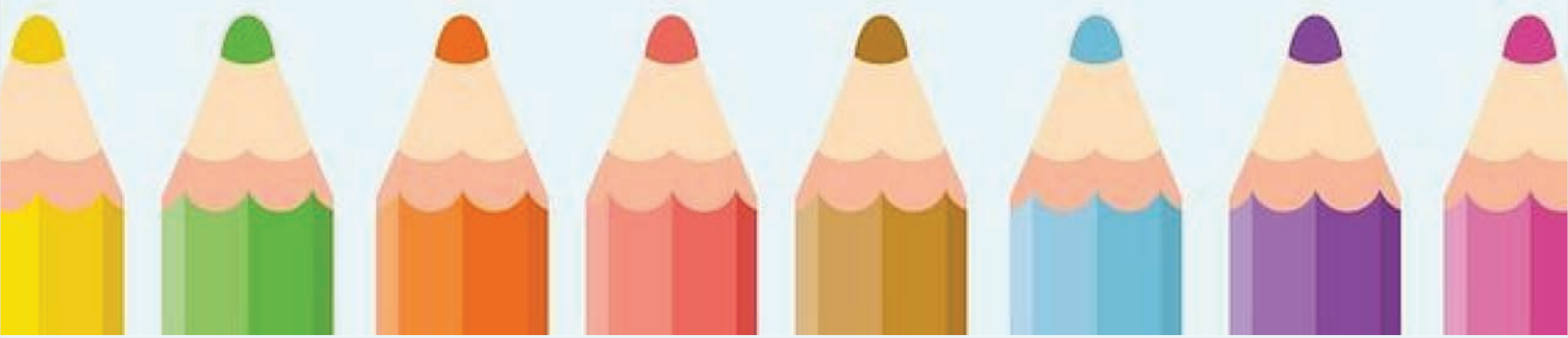


I, Shrinivas Sharma, the founder of Hindustan Scouts and Guides Association, feel highly pleased to put my words here, for the book, specifically meant to give the information about Hindustan Scouts and Guides Association. It is a glimpse of all the aspects of Hindustan Scouts and Guides Association 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 defined target. 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 sensitized everyone to work jointly and bring laurels to the organisation.

Shrinivas Sharma

Chief Scout & Founder

Hindustan Scouts and Guides Association



From the Desk of the National Chairman

Being the National Chairman of Hindustan Scouts and Guides, I feel highly honoured to be associated with an organisation that renders selfless services and aims at building the character of the youth through inculcating the value of self- discipline, social service and patriotism. Service to fellow beings has been the fundamental ethos that drive the act and duties of people like me in contributing to nation building.

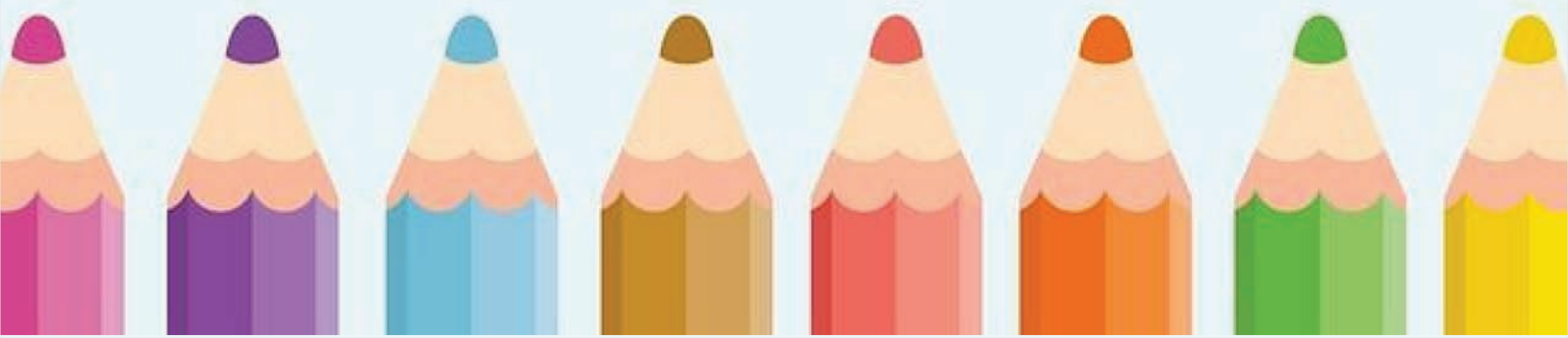


Youth are a tremendous source of energy, creativity and values that can shape a better future wherever they live and it is indeed heartening for them to start acquiring values at a tender age and grow to become individuals working for national integration as well as national harmony.

Hindustan Scouts and Guides provides a unique platform to the youth to learn the values of teamwork, hard work ,harmony and humanity . They are encouraged to take good and informed decisions that foster their critical thinking abilities and collaboration. It is with a sense of great satisfaction that I note the wide spectrum of activities that Hindustan Scouts and Guides have been engaged in for the past many years.

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

Bharat Arora
National Chairman
Hindustan Scouts and Guides Association



Foreward



The overriding goal of scouting and guiding movement is character training and preparation for good citizenship which instils a sense of responsibility and trustworthiness by providing varied opportunities for developing initiative and leadership and promotes self-control, self-reliance and self-direction. This goal is well reflected in the mission statement of the scouts.

Taking the mission further I feel immense pleasure to introduce the training book which is going to serve as the biggest tool in the cultivation of a proper spirit of service among the youth of our country and help them to develop the skill set to play a constructive role in society.

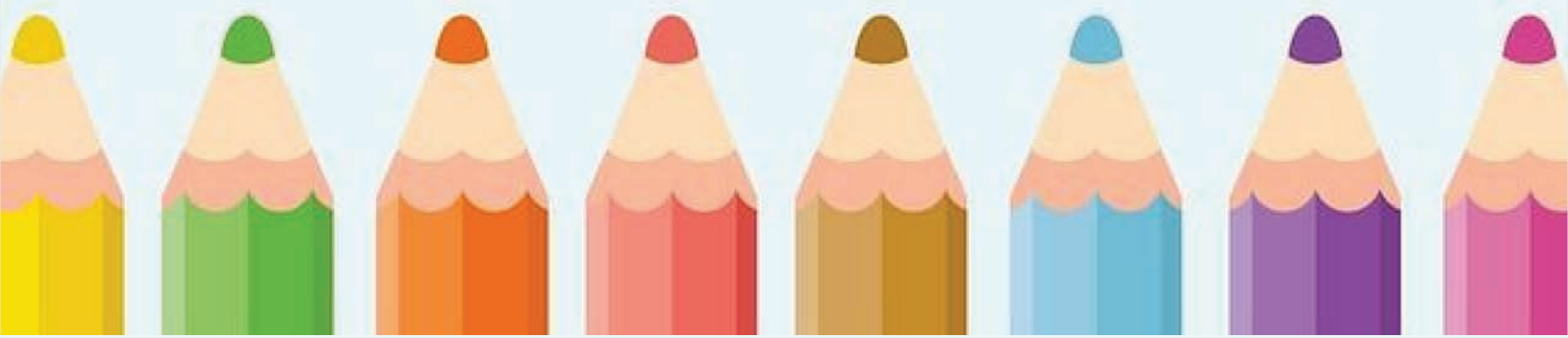
It is our foremost responsibility to train our youth so that they grow up emotionally, socially, intellectually, mentally and spiritually to leave imprints in guiding other lives.

I wish all the best to our scouts and guides for future endeavours and hope for better use of the training manual which will make a positive contribution to their communities and the wider world.

Shri Rahul Kumar

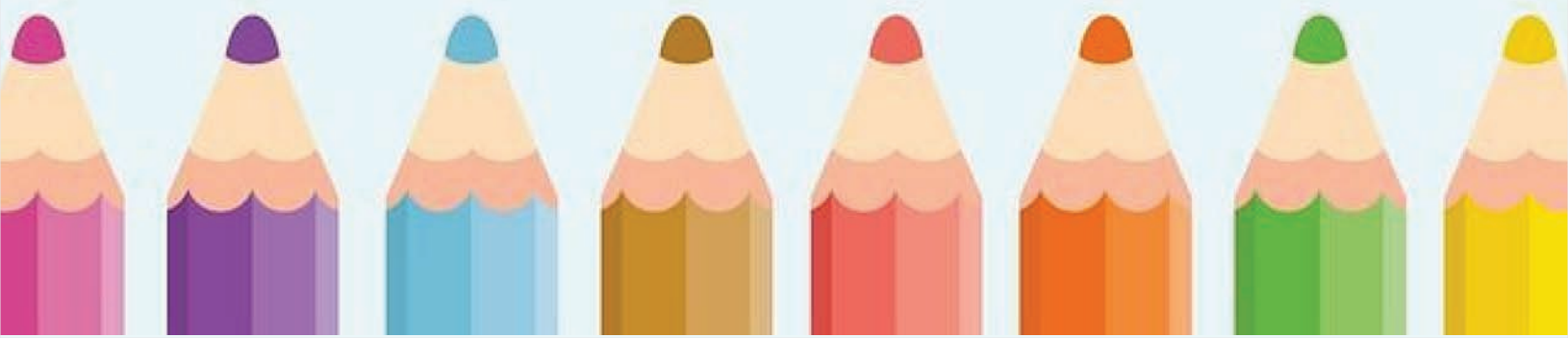
National Training Commissioner

Hindustan Scouts and Guides Association, India



Index

Know Yourself	1
Introduction to Icons	2
History of scouting	3
Practice time	6
Story of Mowgli and Akela	7
Talk about pack	11
Learn about neckerchief	13
Investiture ceremony	16
HSG Uniform	19
Practice time	21
Story of Tara	22
HSG Sign, salute and left handshake	24
HSG Flag	26
HSG flag song	28
Sections of HSG	30
Cub/Bulbul Song	31
Cub/Bulbul promise	33
Practice time	33
The Law of Cub/Bulbul	40
Practice time	41
About Robert Baden Powell	49
Story of Baloo and Mowgli	52
Practice time	54
Sustainable Development Goals	58
Practice time	59



Know Yourself



My name is _____

My friends call me _____

My address is _____

My strengths are _____

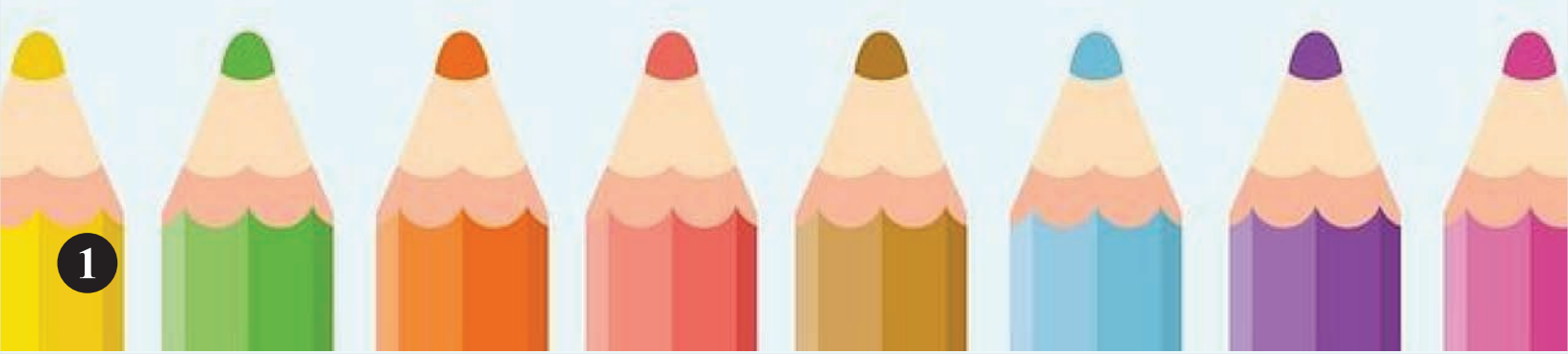
My weaknesses are _____

My hobbies are _____

My role model is _____

I aspire to become _____

I enjoy eating _____



Introduction to Icons

*As you go through the book you will find a few icons.
Let us know about them.*



Hey there! I am Mr Avacado! I am your friend and guide for this book. Together we will explore many things and learn new things.

Hey there! I am Ms Arrow! I am your friend and your practice companion for this book.

Together we will do many activities to ensure your joyful learning.



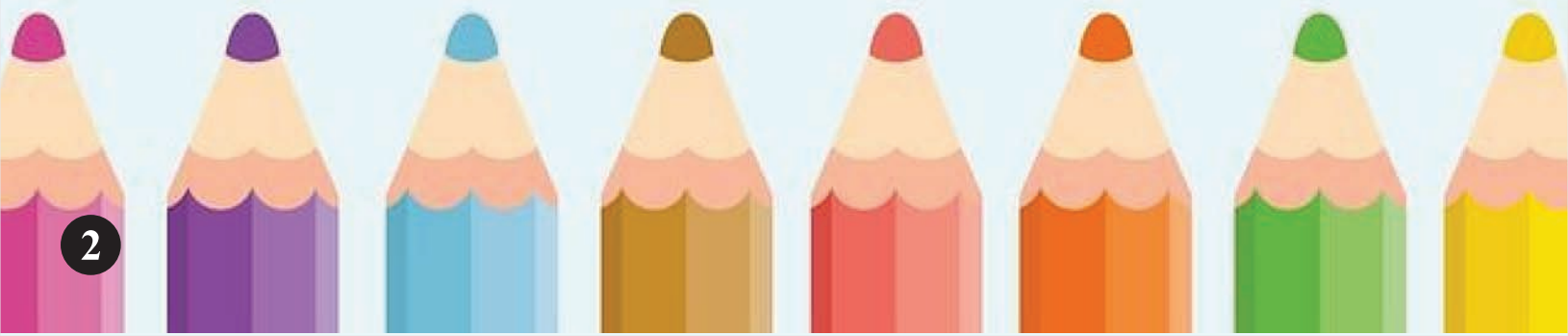
Hey! I am Mr Click. I will help you preserve beautiful memories in this book.

Hey! I am Ms Tune.
I will introduce you to different songs.
You can sing these songs with your teammates
and enjoy the feeling of togetherness.



Let's begin!

Let me take you back in time and tell you about the history of Scouting!



History of Scouting

What is scouting?

Scout is a military word. In the army, the soldiers who are courageous, clever and always at the front to fight are called scouts. They have alert minds and very sharp senses..They always move forward in their platoon and find out the secrets of the enemy and inform their officers. They are warriors and very important to their team.

Above all scouting is a discipline that teaches boys and girls about the value of their country and citizenship. 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 instil in the youth of the country are the need of the hour. These values are rightfully relevant in helping youth in achieving their full potential. The sole reason for scouting is to produce the best citizens who can lead the world and change the society as a whole.

The four-fold aim of scouting

1. The formation of character
2. The formation of sound healthy habits.
3. The training in handicrafts and the acquiring useful skills.
4. The cultivation of a proper spirit of service to society



Brief History of The Scout Movement

A Brief History of the Scout Movement. This institution serving the nation day and night was born ages ago, but it was given its present form by a military officer. The name of that military officer is "Lord Baden Powell." He was born on February 22nd, 1857, in England. After becoming a military officer, he had to go to the Boer War in South Africa. In this battle, the Boers besieged a town called Mafikeng. Here, Edwards Cecil and Lord Baden Powell came up with a trick. He collected the young children of the town and gave them military education. He taught first aid and espionage and sent them to the Boer army after instructing them. These children, knowing all the secrets of the Boer army, informed the British, and Lord Baden Powell and his companions won the battle by attacking at night. This war had a great impact on Lord Baden Powell and made him realise the power of children. Lord Baden Powell, using the methods given in AIDS to Scouting, prepared a plan for the education of boys and, from July 29 to August 9, 1907, divided 20 children into four groups and started training in Brownsea Island, England. For this, he wrote a book called "Scouting for Boys" in 1908.



Scouting in India

In the year 1909, Scouting started in India in the states of Bangalore, Pune, and Jabalpur, along with other countries. Pandit Shriram Vajpayee, the father of Indian Scouting, opened the "Bal Sevak Dal" in Shahjahanpur, Uttar Pradesh in 1913. Before 1916, scouting was only for English and Anglo-Indian children. On October 1st, 1916, Dr Annie Besant formed the "Indian Boy Scout Association" in Madras with the help of Dr G. S. Arundale and F. G. Pearce, whose branches were opened in different places in India. Only Indian children were allowed to enter it.

Hindustan Scouts and Guide Association

The Hindustan Scout Guide Association (HSG) was reborn on November 26, 1998, with Shri Ram Vajpayee as its ideal. The credit for the establishment of the Hindustan Scout Guide Organization goes to the Scout Master of Delhi, Shri Srinivas Sharma. He retired from the teaching service in 1997 and expanded the Hindustan Scout Guide to all the states of India, from Kashmir to Kerala, Gujarat to Nagaland, from the money received after his retirement, without any financial help at the national level. On March 7, 2001, the Ministry of Sports, Government of India, gave recognition under the Scout Guide Policy.

Hindustan Scout and Guide Association was recognised 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-recognized by the Sports Ministry, Government of India on September 26, 2013, and today the organisation is on the path of progress.

Practice Time

Let's check how much have you learnt so far.



Match the contents of column I with the contents of column II

Column I

Bal Sevak Dal

Scouting Started in India

Dr Annie Besant

Scouting for boys

Recognition to HSG

Column II

1909

Indian Boy Scout Association

Pt. Sriram Vajpayee

2001

Robert Baden Powell



Looks like someone is having fun!
Well, it's Story time!
Yes! The story of Mowgli and Akela.
So sit back and let's have a good read.

Story of *Mowgli & Akela*

There lived a pack of wolves in the jungles of India. The wolves lived happily in the jungle as free people. Do you know why? Because they had a law that they all are respected and valued. This gave all the members of the pack freedom and liberty to be different from others.

On a warm summer evening, in a cave, the father wolf woke up after a nap. Yawning and stretching his arms, he got ready to go for a hunt. While the mother wolf and the four little cubs were asleep

Suddenly, a shadow crossed the opening of the cave and then a voice came, “Good hunting, o’ chief of wolves and good luck to your children.” It was Tabaqui, the mad jackal, known for not hunting for himself and eating scraps left by other animals. The father wolf said, “There is no fun food here, but you can come in if you want”.

Tabaqui is always ready to make trouble and speak ill of others. He enters the cave and says, “For a poor animal like myself, a dry bone is a feast.” He further said, “Sher Khan, the Big One has shifted his hunting ground. He will hunt when the next among these hills of the jungle for the next



moon.”

(SherKhan is the tiger who lived 20 miles away near a river.)

Father wolf said, “According to the laws of the jungle, he has no right to do so without any warning.” They came out of the cave and went into the jungle to find him. Father Wolf listened, and below in the valley that ran down to a little river, he heard the whine of a tiger who has caught nothing.

“The fool!” said Father Wolf. “To begin a night's work with that noise! “S'sh. It is neither bullock nor buck he hunts tonight,” said Mother Wolf. “It is Man.”

Father wolf was shocked. The Law of the Jungle forbids every beast to eat Man without a reason, except when he is killing to show his children how to kill, and then he must hunt outside the hunting grounds of his pack or tribe.

As they were evaluating the scenario, they heard some disturbance around the bushes. Father wolf prepared to attack suddenly stopped. “Man!” he snapped. “A man's cub. Look!” As they head nearer to the cub, “How little! How naked, and – how bold!” said Mother Wolf softly.

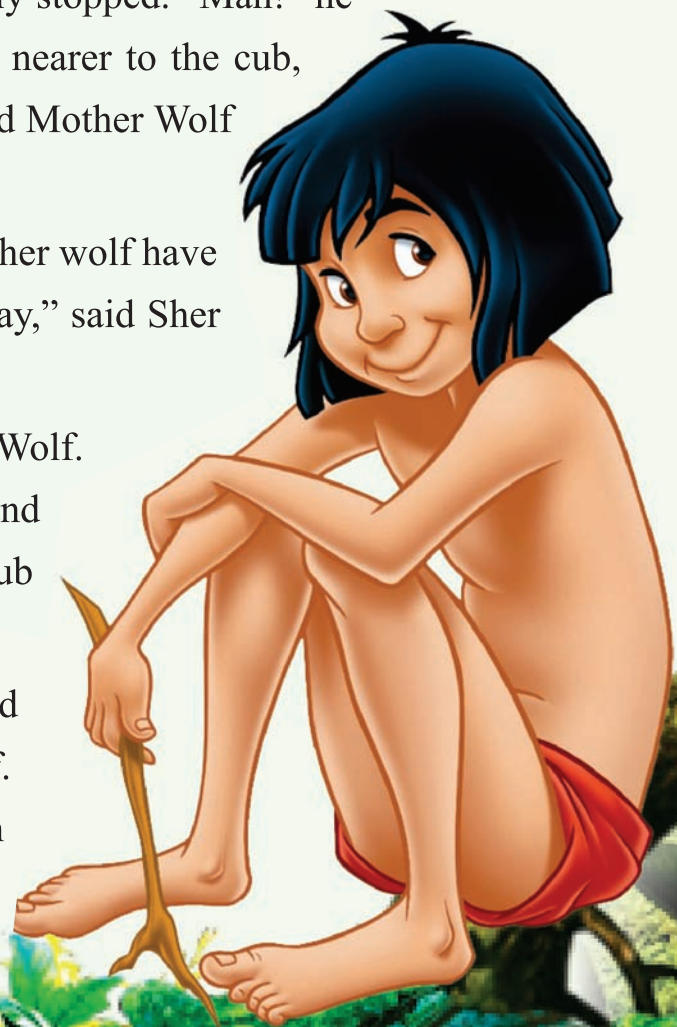
Soon SherKhan came to the cave where the father wolf have taken the Man cub. “A man's cub went this way,” said Sher Khan. “Its parents have run off. Give it to me.”

“The Wolves are a free people,” said Father Wolf.

“They take orders from the Head of the Pack, and not from any stripped cattle killer. The man's cub is ours – to kill if we choose.”

“The man cub is mine” roared Sher Khan. “And the man's cub is mine,” said the mother wolf.

“He shall not be killed. He shall live to run with



the Pack and to hunt with the Pack. I will call him Mowgli, the frog and the time will come when he will hunt SherKhan as he has hunted him today”

“What will the pack say?” said Father Wolf.

The Law of the Jungle says that any wolf may, when he marries, withdraw from the Pack he belongs to; but as soon as his cubs are old enough to stand on their feet he must bring them to the Pack Council. The council is generally held once a month at the full moon, in order that the other wolves may identify them.

Father Wolf waited till his cubs could run a little, and then on the night of the Pack Meeting took them and Mowgli and Mother Wolf to the Council. Soon the father wolf pushed



Mowgli the frog to the centre. As Akela, the great leader of the wolf pack started speaking, SherKhan roared from behind demanding to hand over the man cub. Soon other wolves also asked, “What free people have to do with a man's cub?” Law of the Jungle lays down that if there is any dispute as to the right of a cub to be accepted by the Pack, he must be spoken for by at least two members of the Pack who are not his father and mother.

“Who will speak for Mowgli?” asked Akela.

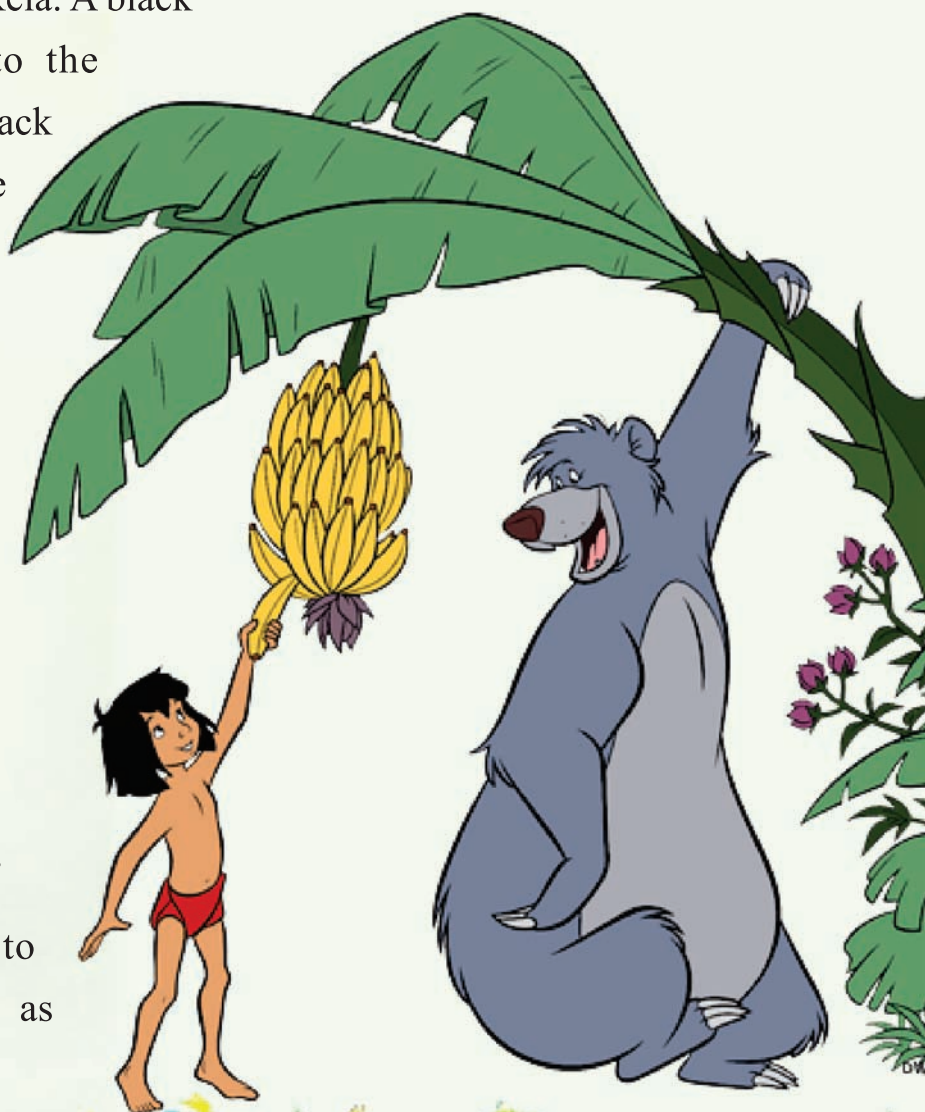
“I speak for the man's cub. There is no harm in a man's cub. Let him run with the Pack, and be entered with the others. I myself will teach him.”

“We need yet another,” said Akela. A black shadow appeared down into the circle. It was Bagheera the Black Panther. “Akela, and the Free People, It is shameful to kill a cub.” He further added, “he will be very useful in the hunt when he is older. If you agree to have the man-cub in the pack, I will offer a bull which I have just hunted down not far from here. What do you say?”

“It was well done,” said Akela.

“Men and their cubs are very wise. He may be a help in time.”

“Take him away,” he said to Father Wolf, “and train him as





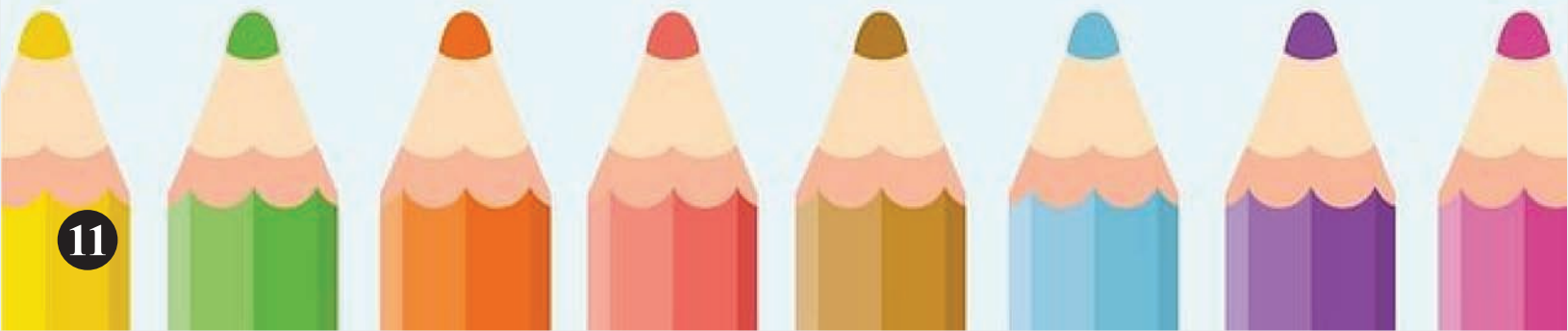
Let's talk about your Pack



Why do you think a pack is important?



Mention a few friends from your pack and tell us about their qualities that you like.

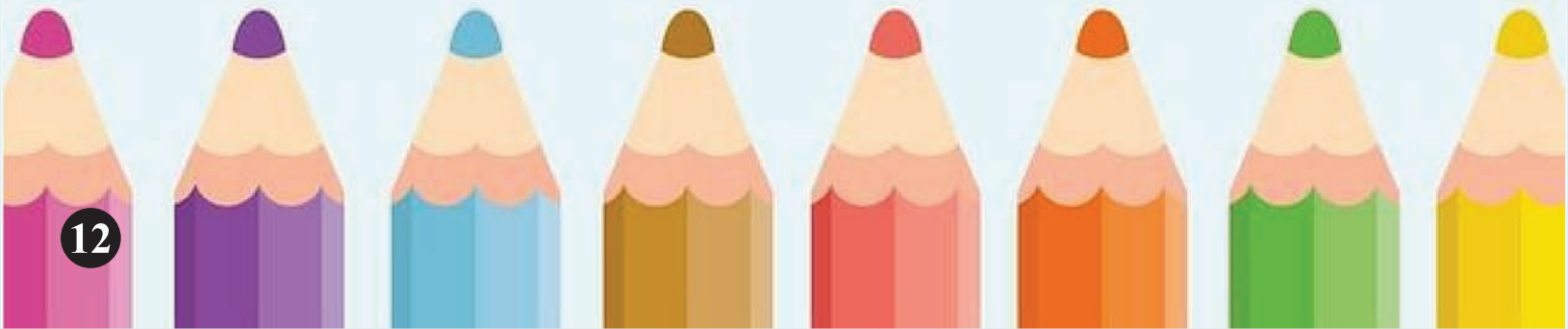




What is similar among the members of your pack?



Take a picture with your pack and paste it here.





Let's learn about your neckerchief



Draw your neckerchief and colour it.





Do you know what does the colour of your neckchief stand for?

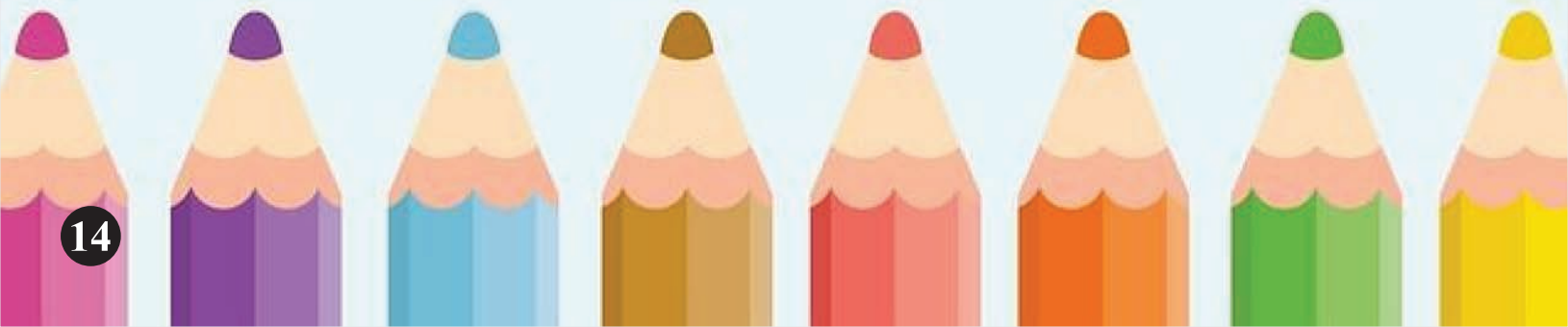
Do you know what is a woggle?
Let's check it out!



A woggle is a ring usually made up of leather or plastic through which a scout's neckerchief is threaded.

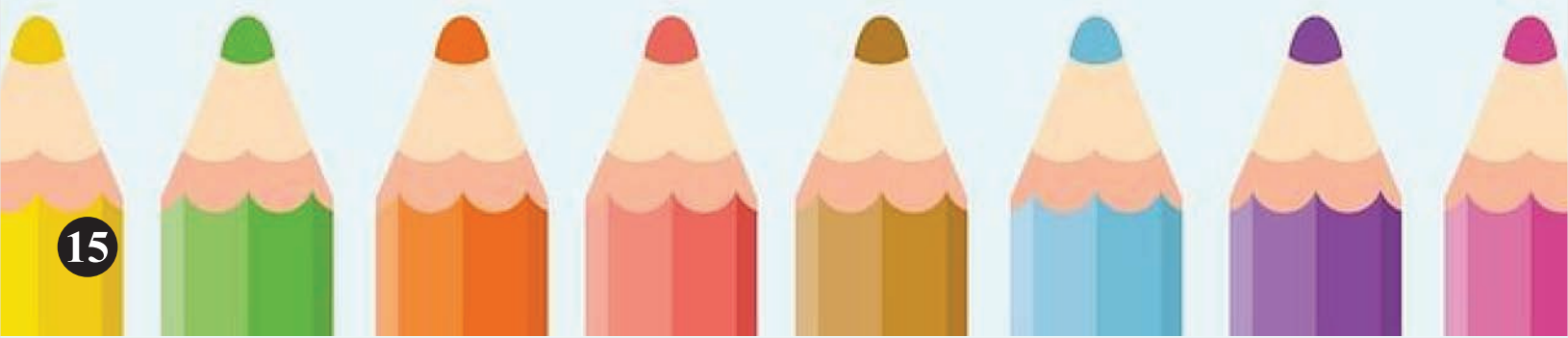
Open the link provided below and learn to make a woggle by yourself.

<https://youtu.be/tvW2eX0AW94>





Design your own neckerchief.
What colours did you choose and why?

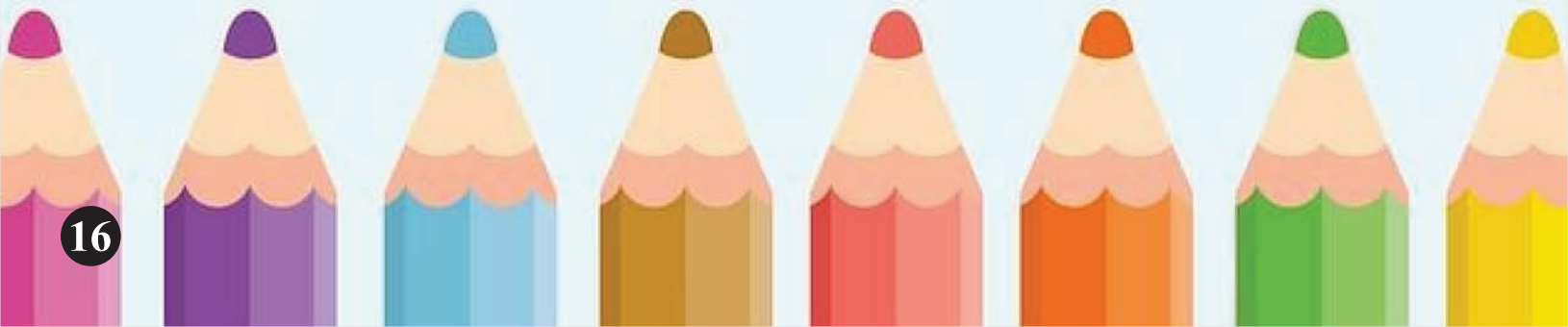




This is the ceremony in which you were given your neckerchief.



Take a picture of your investiture ceremony and paste here.





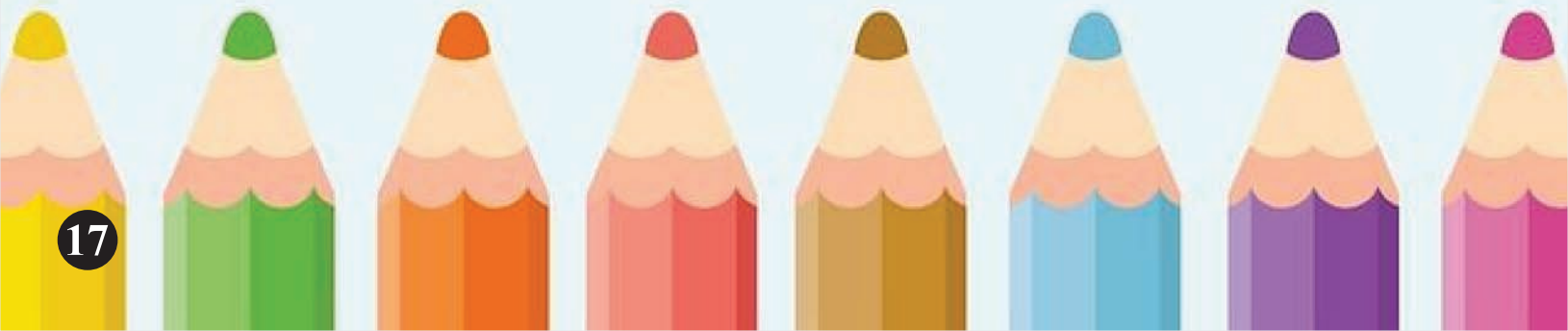
Do you remember your investiture ceremony ?



Were you excited on the day of your investiture ceremony?



Who all were present at your ceremony?





Mention few things that you were excited about.

.....

.....

.....

.....

.....

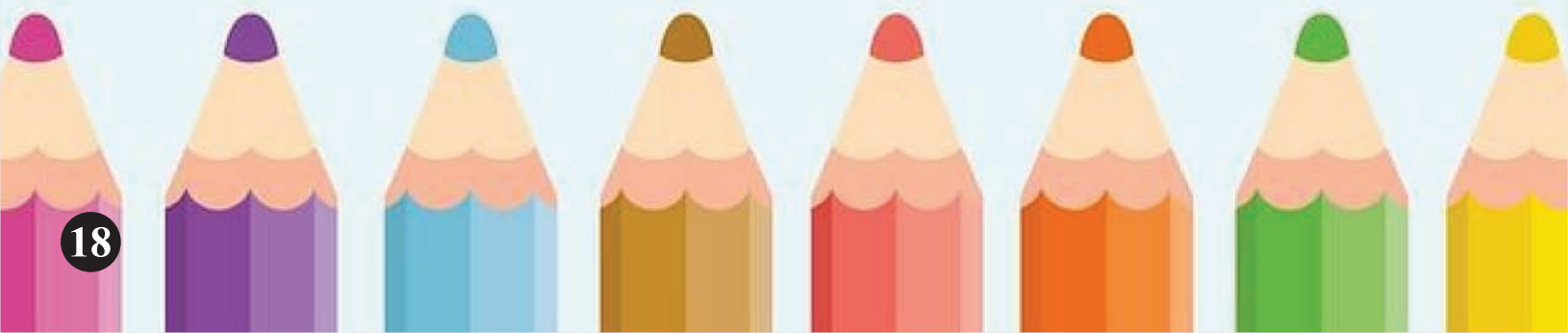
.....

.....

.....

.....

.....





I will now tell you about the Hindustan Scouts and Guides Uniform.

But before that, answer one question.



Can you tell why is uniform important?

.....

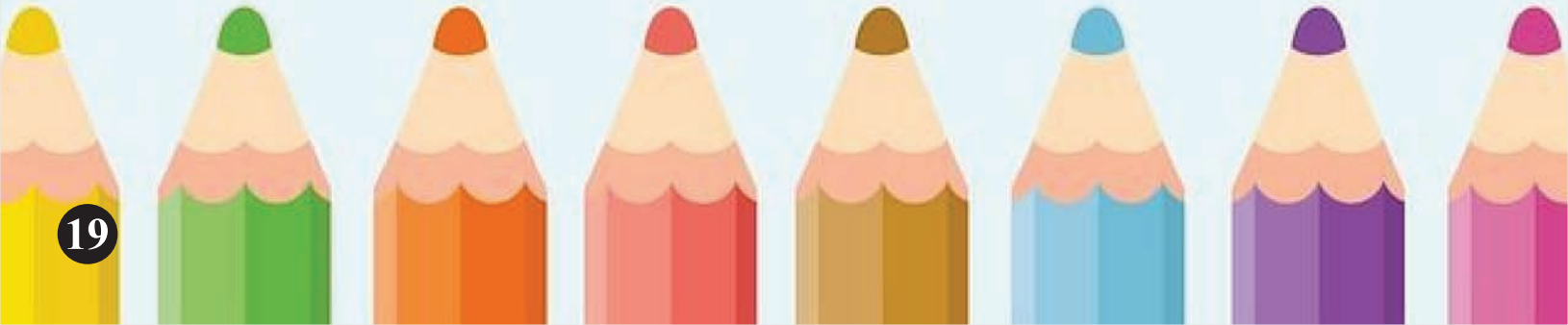
.....

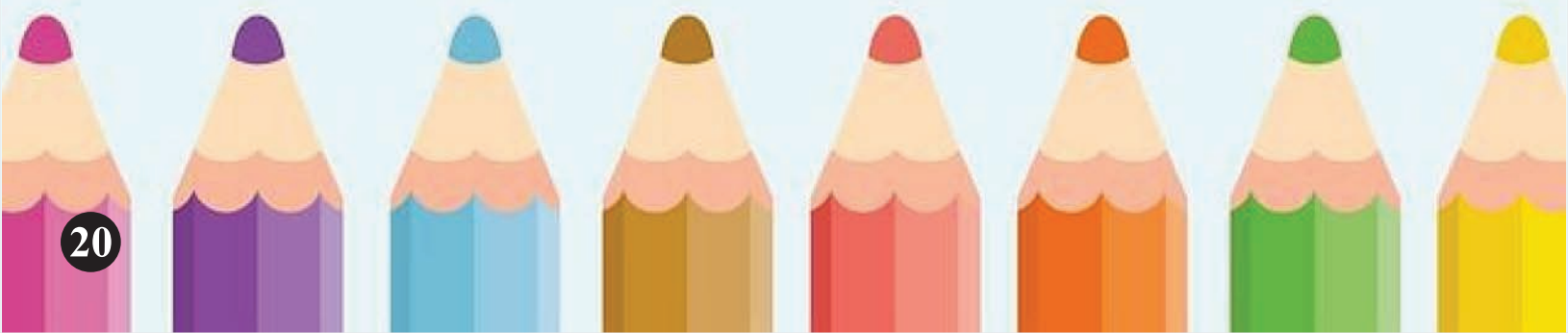
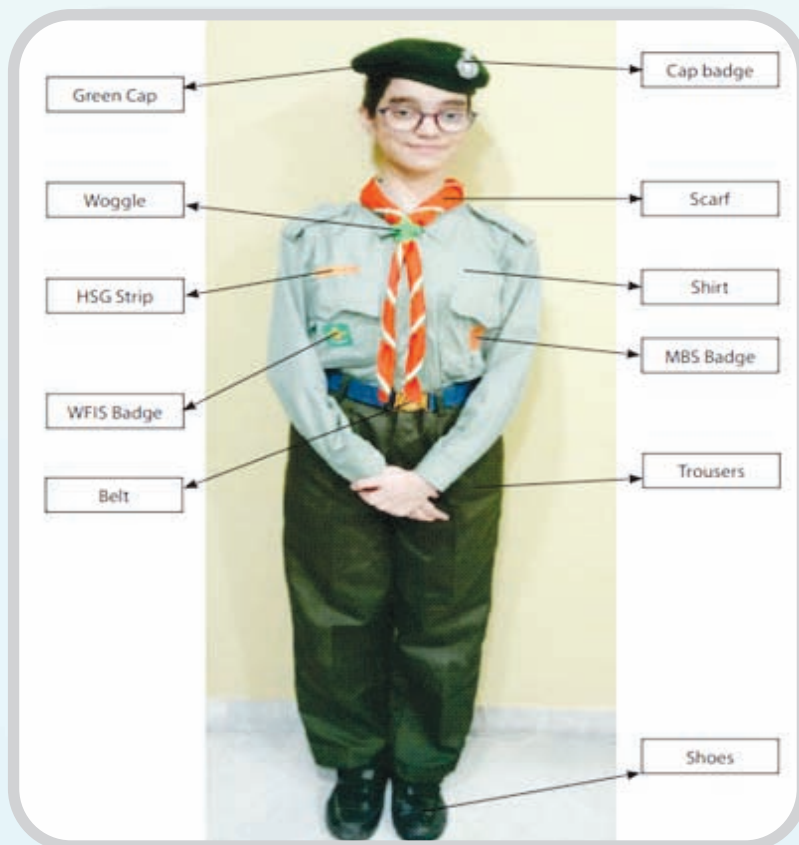
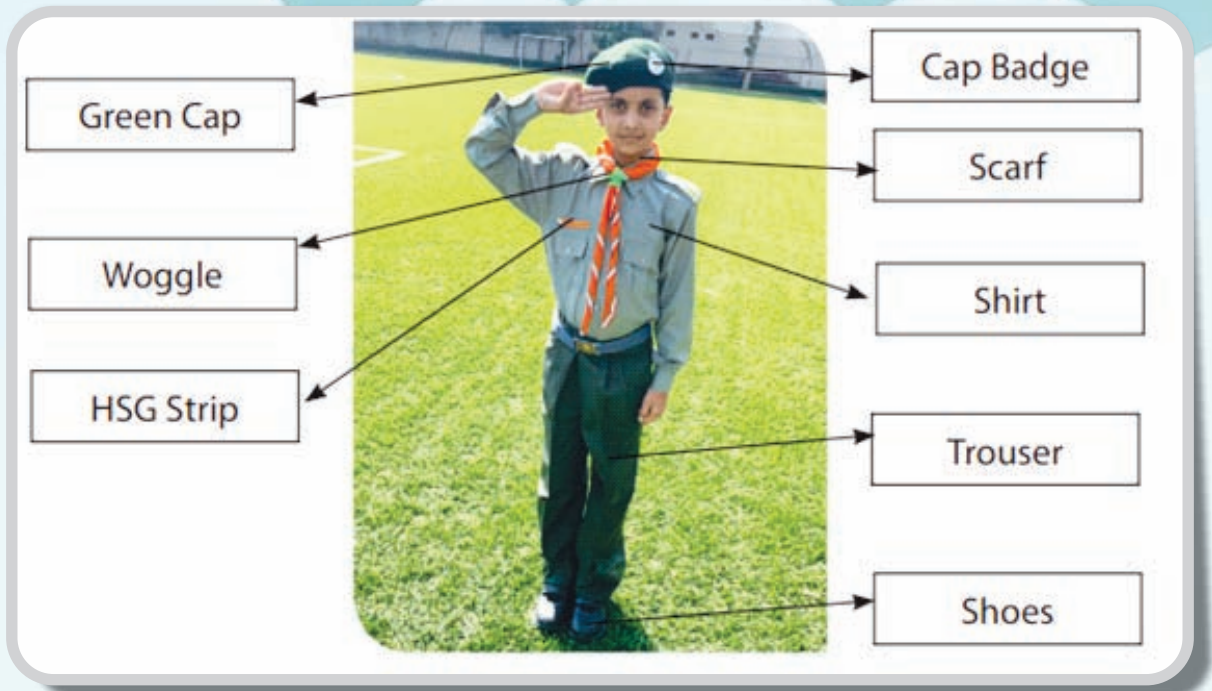
.....

.....

.....

.....





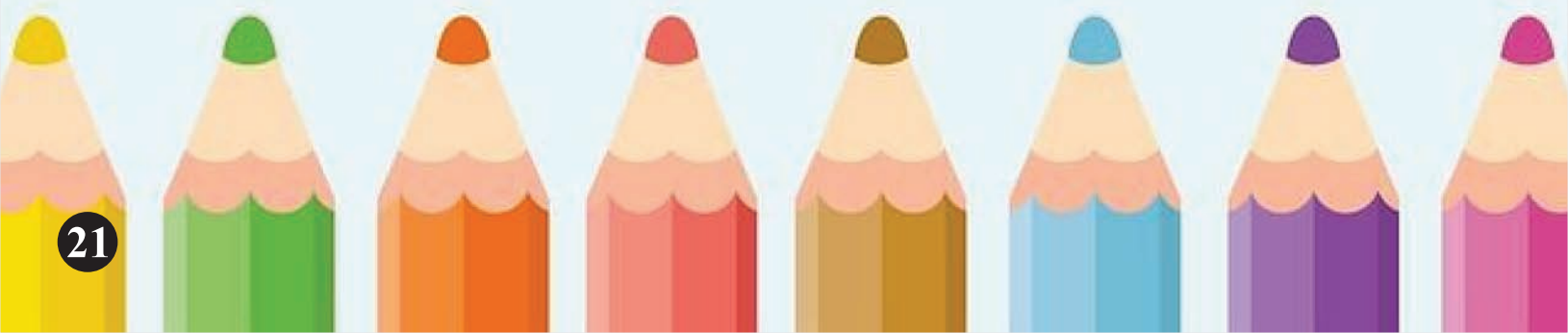
Practice Time



What is the colour of the cap of the uniform?



Does the cap have a badge?





Looks like you are having fun!

Now it's time for another story.

The story of Tara.

Let's sit back and enjoy reading, again

The Story of Tara

Once upon a time, there lived a little girl named Tara. Her parents were poor and lived in a small house. They were very humble and hardworking. Tara had a little brother too. She was always upset because of her family's condition. She never helped her mother with house chores. Once, she found her brother crying when she came back from the school. Her mother was busy cooking food. When she peeped inside the house, she found it a complete mess. She thought if her mother found her here, she would ask her to clean up the mess. So, she did not enter the house and went to a nearby garden. She sat under a dense tree and started crying about her poor condition. There was a nightingale sitting on the tree. She asked the reason of her worry. Tara said, "I am born into a poor family. I have to do the household chores after school, which I don't like." She added, "I have read a story of a princess who never does household work but commands the helpers."

"Oh, poor Tara!" said the nightingale, "I know a few rich families. I will take you there." Listening to this, Tara got extremely happy. The nightingale asked Tara to eat some fruits from the tree. Tara, then, ate a few berries. Soon after this, the nightingale changed its form and said, "Get on my back, Tara!" The nightingale took Tara to a magnificent palace. They could see a princess sadly sitting in her lavish gown and beautiful ornaments. Then a maid entered a room, saying, "Your father has sent this pearl string for you." Another maid followed her, saying, "Your mother has sent this silk gown for you." The Princess looked at them sadly and asked them to keep them in the almirah. When asked about the reason

for her sadness, the princess said, "I want to play in the streets like other kids. I want to visit markets and attend school." Tara heard this all. The nightingale said, "Now let me take you to a different place."

The nightingale took Tara to another palace. There she saw a queen sitting with her daughter. The queen asked, "What did you do today?" The Princess said, "Today I gave some money to a little boy who was crying for sweets. Then I donated some fruits and food to a hospital. Then I came back home and cooked the meal. I enjoyed it a lot. The princess was really happy. Then the nightingale took Tara to another place.

They reached a small hut where a girl was cooking food on fire and a mother was sleeping with a small baby on a cot. The house was neat and tidy. The copper utensils were clean and well arranged. Suddenly, they heard a voice, "Rani, where are you?" "Father, I am cooking food," said the girl. "Why didn't you go to play today?" asked the father. Rani said politely, "I wanted to prepare a meal for you and I love helping my mother. Helping you both are more joyous than playing. I want to give the mother some rest from her busy routine."

Tara heard it all. She said, "Please take me home, Nightingale. I also want to help my mother." After coming home, Tara did all the household work. Her mother could not believe her eyes. She said to her mother, "I went in search of happiness. But I realised that no happiness is greater than being with the parents and helping them. From today onwards, I will help you in every way." Her mother was happy to see this change in her daughter. The nightingale flew away and sat on the nearest tree.



Looks like you are having fun!

So next we will learn about two very important things!

The guide sign, salute and left handshake

SIGN

The sign of three upraised fingers stands for the three parts of the Scouts/ Guides promise. The guide sign is given by raising the right hand in the level with the shoulder, palm to the front with three fingers stretched together and the thumb closing on the little finger



SALUTE

A salute is a mark of respect and good manners. It is given by raising the right arm to the level of the shoulder, palm to the front with three fingers stretched together. The hand first touches the forehead one inch above the right eyebrow and the thumb closes the little finger. After that, the arm cut to the front quickly and smartly brought down curling the fingers.



LEFT HAND SHAKE

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



Try these activities with your friends.
Encircle the one that you have perfected.

Salute, Sign, Left Handshake



Snap Time!!

Click your picture in your uniform doing a salute.
Paste it below.



Now, it's time to learn about the Hindustan Scouts and Guide Flag.

Hindustan Scouts & Guide Flag

The Hindustan Scout Guide flag is saffron coloured. The 45 cm statue in the middle is a statue of three lions. The Scout symbol is made in the middle of the trident lotus. The following representation depicts the values associated with various parts of the flag.



Practice Time

Learn about the different values discussed above.

You can take the help of your leader.

Now write 1-2 examples of these values that you have shown in your daily life.



Progress



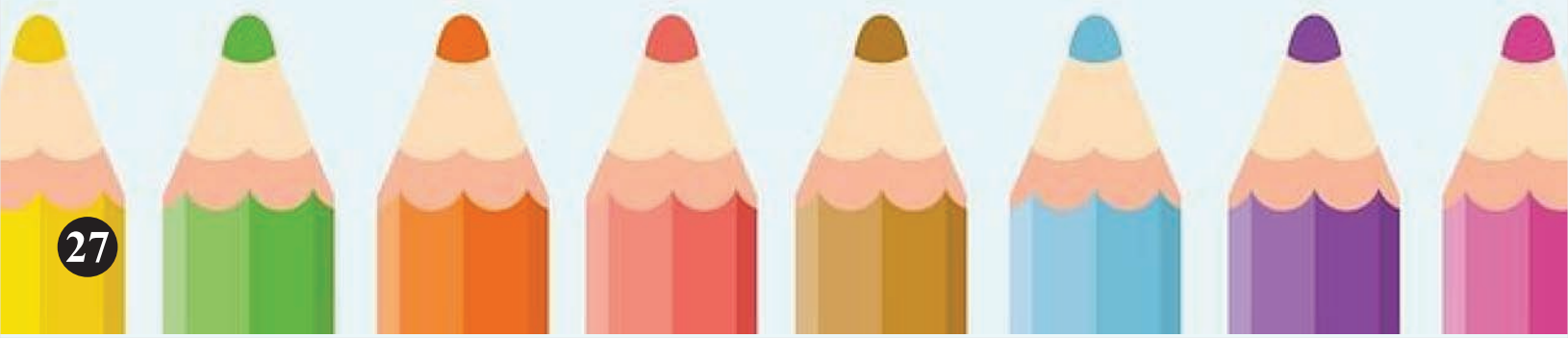
Bravery



Togetherness



Greenery



Let's Sing Together
Scout/guide Flag Song

स्काउट/गाइड ध्वज गीत
Hind scout-guide dhwaj

हिन्द स्काउट गाइड ध्वज

Udte raho gagan mein.

उड़ते रहो गगन में।

Desh prem kee bharo bhaavan

देशप्रेम की भरो भावना

Har praanee ke man mein.

हर प्राणी के मन में।

Kesariya rang tyaag,

केसरिया रंग त्याग, तपस्या

tapasya Aur balidaan sikhaaye.

और बलिदान सिखाये।

Teen pankhudiyaan teen pratigyaon



तीन पंखुड़ियां तीन प्रतिज्ञा

Kee yaad dilaaye.

की याद दिलाये।

Das niyamon ka paalan

दस नियमों का पालन

Jeevan sundar sukhad banaaye.

जीवन सुंदर सुखद बनाये।

Seva ke prerak ban ubhro

सेवा के प्रेरक बन उभरों

Jan jan ke Jeevan mein.

जन-जन के जीवन में,

Udte raho gagan mein. (2 Time)

उड़ते रहो गगन में।

उड़ते रहो गगन में।





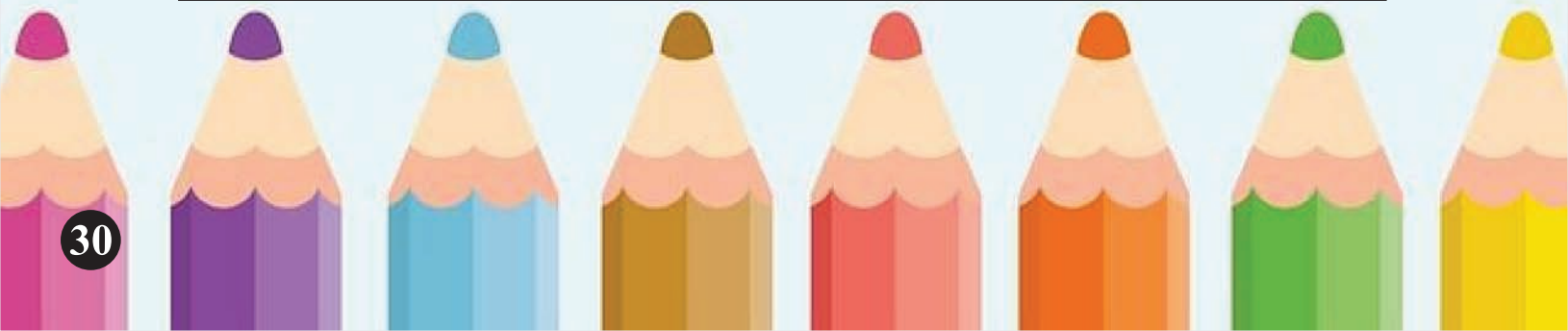
Time to introduce you to the sections of
Hindustan Scouts and Guides

Sections of Hindustan Scouts and Guides

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



Identify yourself as cub/bulbul.
Mention how you feel about it.





Let's Sing Together The Cub/Bulbul Songs

Cub/Bulbul Song

Hum hai chhote chhote baal

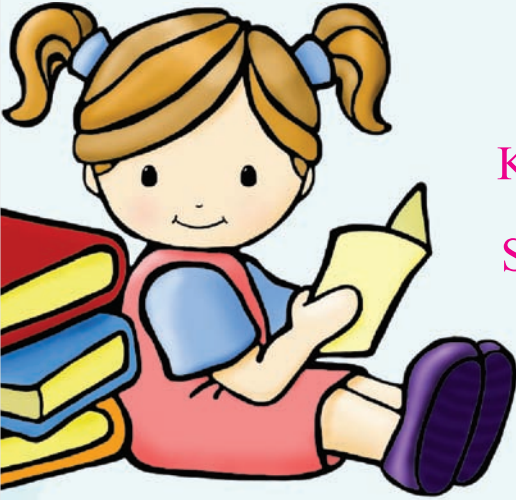
Hume lena tu sambhal

Kadam kadam par kare galtiyaan

Sad buddhi dena bhula galtiyaan

Tum bin kon lega sambhaal

Hum hai chhote chhote baal



हम हैं छोटे-छोटे बाल।

हमें लेना तु संभाल।।

तू कदम-कदम पर करें गलतियां।

सद्बुद्धि देना भुला गलतियां।।

तुम बिन कौन लेगा संभाल।

हम हैं छोटे-छोटे बाल।।



Bulbul Ke Geet

Hum hai chhoti bulbul
Hum me hota kitna mel
Koshish karna humara kaam
Aur hum khele sachhe khel

बुलबुल के गीत

हम है छोटी बुलबुल ।
हममें होता कितना मेल ॥
कोशिश करना हमारा काम ।
ओर हम खेले सच्चे खेल ॥



Hum kab/bulbul bachhe hai,
Har roz fudakte rehte hai
Kaha bado ka hum sab maane,
nit uth sheesh jhukaate hai
Fak fak rail chalate hai hum,
Tuk tuk ghoda chalate hai

Niyam pratigya nityani bhaave,
Sevaka nitya karyakare
Pipi baaja bajate hai,
hum dum dum dhol bajate
Padhne me hum dhyaan lagaaye,
Khele kude naache gaye.

Titli banker udte hai.

हम कब/बुलबुल बच्चे हैं,
हर रोज फुदकते रहते हैं।
कहा बड़ों का हम सब माने,
नित उठ शीश झुकाते हैं।
फक फक रेल चलाते हैं हम।
टुक टुक घोड़ा चलाते हैं।
नियम प्रतिज्ञा नित्य निभावें ।
सेवा का नित्य कार्य करें।
पीं पीं बाजा बजाते हैं।
हम ढम ढम ढोल बजाते।
पढ़ने में हम ध्यान लगाएं।
खेलें कूदें, नाचे, गावें।
तितली बनकर उड़ते हैं



Let's learn something new - The promise



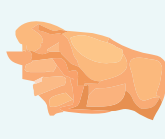
The Cub/Bulbul Promise

“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”

Repeat this promise with your pack and bring the feeling of togetherness.



Encircle the correct hand sign that you make while making this promise.



Practice Time

Let's understand this promise with the help of some fun activities.

Do a good turn every day: Try to do something in your day that makes others feel happy and delighted. Soon, you will also feel valued and happy.





BINGO

Daily Routines



 <p>wake up</p>	 <p>get dressed</p>	 <p>brush your teeth</p>
 <p>take a shower</p>	 <p>have breakfast</p>	 <p>go to school</p>
 <p>eat dinner</p>	 <p>go to bed</p>	 <p>do your homework</p>

Cut out the squares and then make a **3x3** bingo grid in any order you want.

**Magic Words help us converse politely with people.
We should use them when necessary and
be always polite to others.**

MAGIC WORDS

Type the correct magic word in the space provided:

Sorry

Thank You

Please

Excuse me



**Do your duty to God and your country
Always be grateful for what you have in your life.
Thank God for giving you of the best opportunities.**

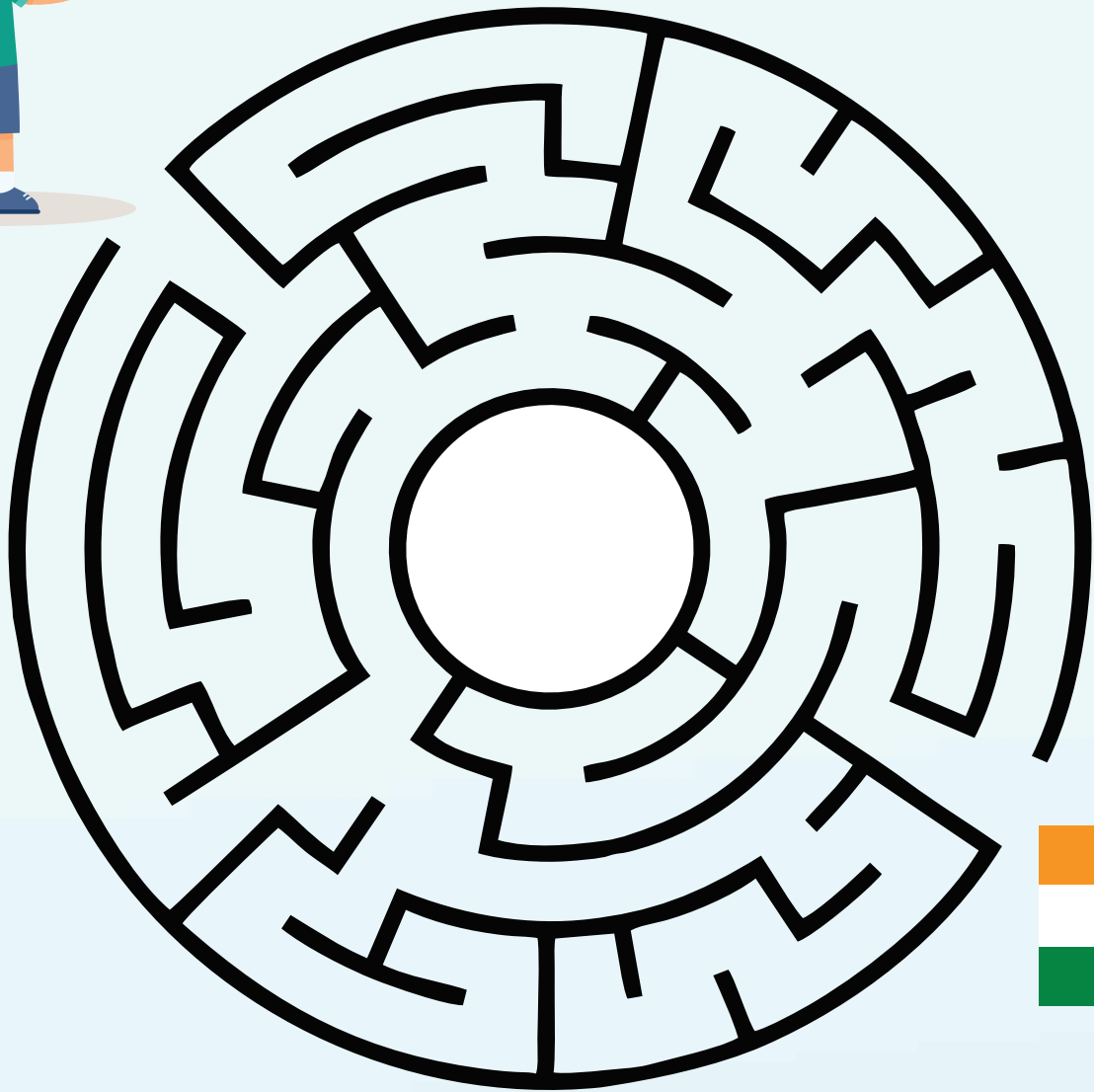
Also, be grateful to the country where you live in.
Be proud of its culture and rich heritage.

Gratitude Web

Make a web to connect all that you are grateful for. Fill in things you are grateful in the black circle.



Help the boy below to
find the Indian flag.





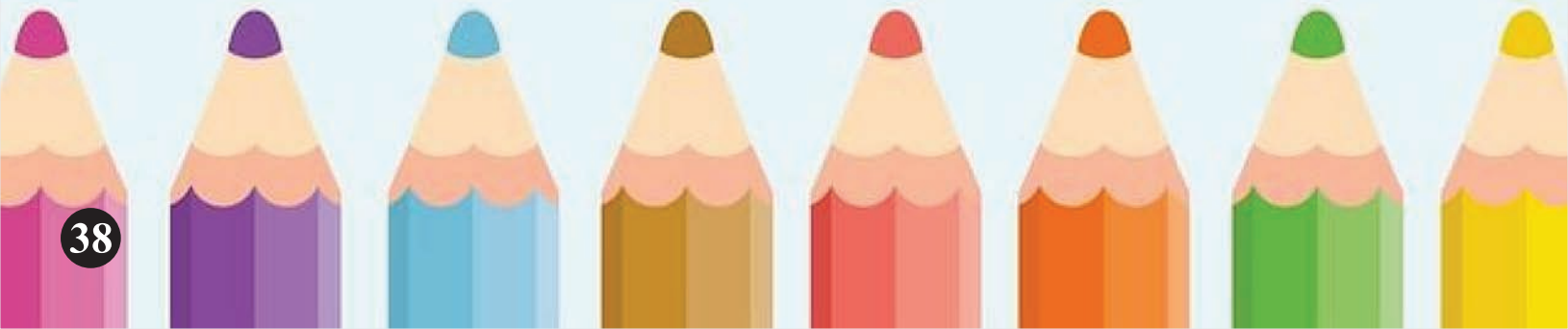
Word Search Crossword Journey to India



T	I	G	E	R	C	O	W	U	Z
L	E	S	A	H	P	C	K	H	C
Z	L	R	J	I	V	A	W	R	L
C	E	I	E	M	U	C	N	Q	O
S	P	C	P	A	L	A	C	E	T
P	H	K	I	L	V	W	O	F	U
I	A	S	G	A	U	C	B	N	S
C	N	H	Y	Y	L	V	R	U	Y
E	T	A	D	A	T	S	A	R	I
S	R	W	H	S	F	L	A	G	K

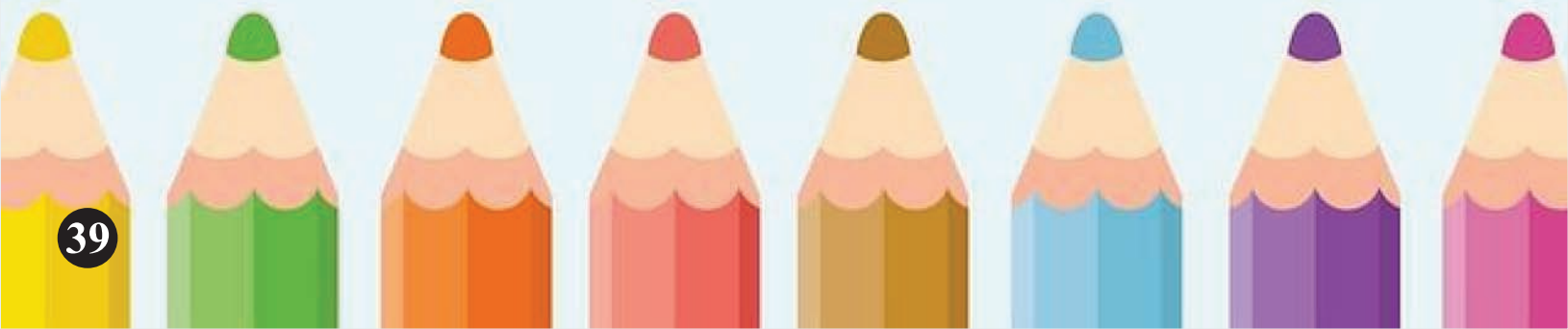



**Elephant, Flag, Palace, Cobra,
Spices, Cow, Rickshaw, Lotus, Himalayas**



Paint your Hand with the colour of the Indian Flag & imprint it down below.

Write, what promises will you make as a Cub/Bulbul?





Let''s learn about The Law of Cub/Bulbul

The Law of Cub/Bulbul

The Cub/Bulbul gives respect to the elders.

The Cub/ Bulbul is clean and courteous.

Repeat this law with your pack and imbibe
the feeling of togetherness.



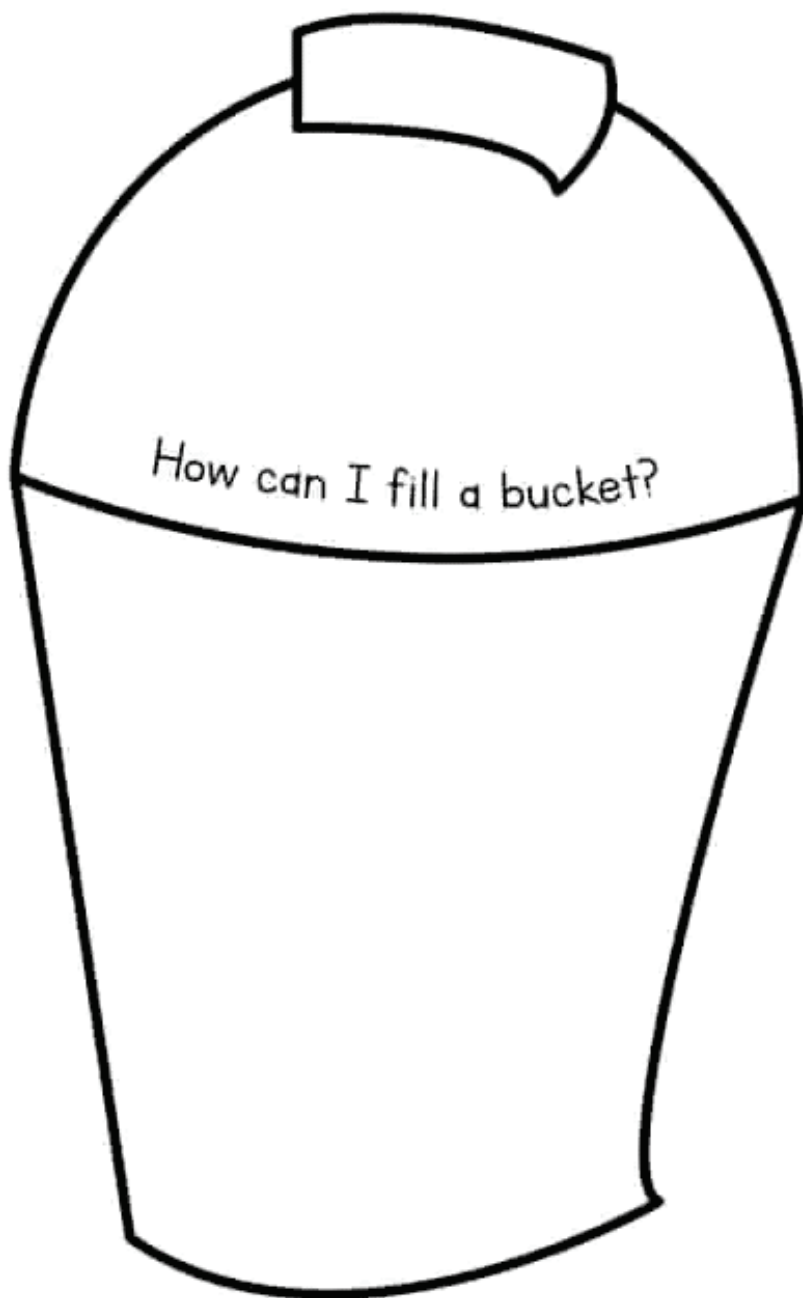
Practice Time

Directions. Select the pictures that show love for others.





Fill the bucket with kindness.



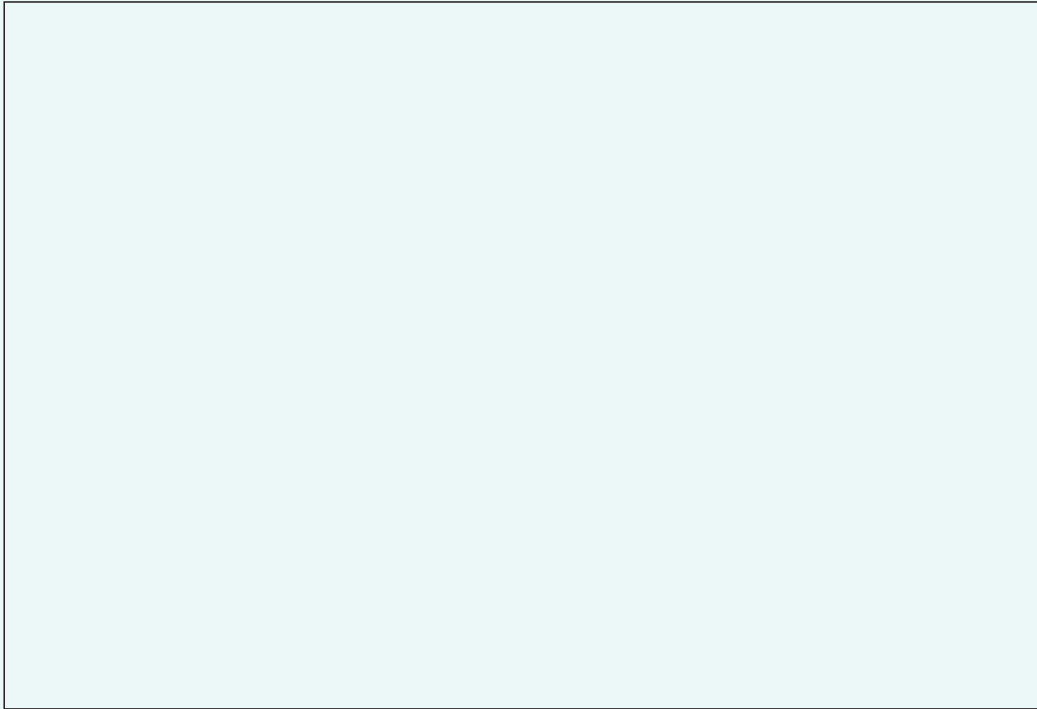
Before you are kind to others, it is important that you are kind to yourself.

*How can you be kind to yourself?
Write your ideas inside of each petal
and finish drawing the flower*

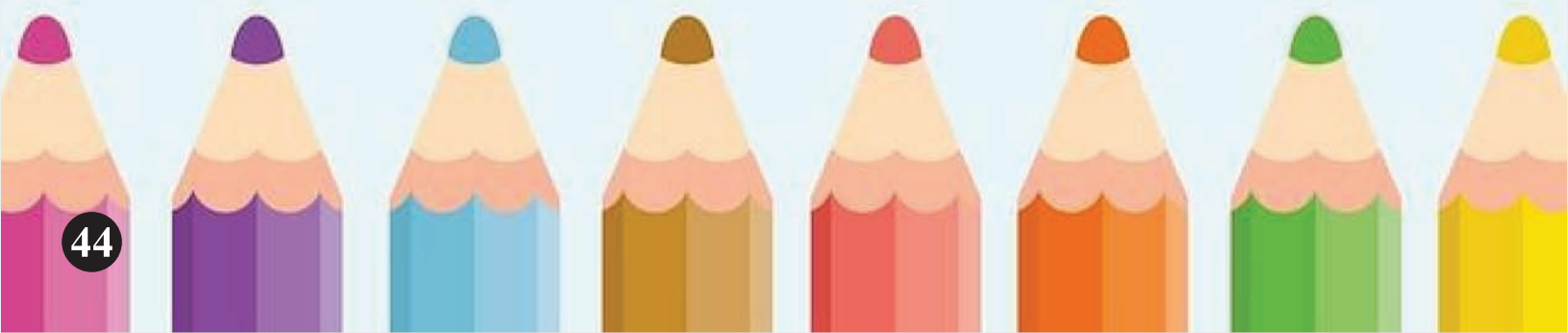


Rewarding Kindness

Draw a certificate to reward anyone who has shown kindness to you.



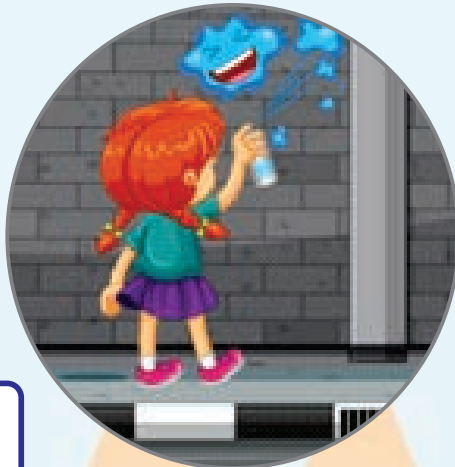
One image is given below for your reference.



Keep your Community Clean

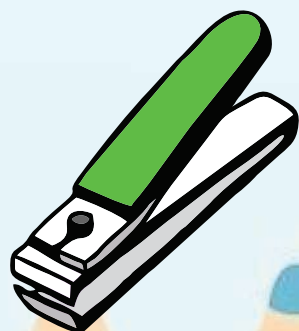
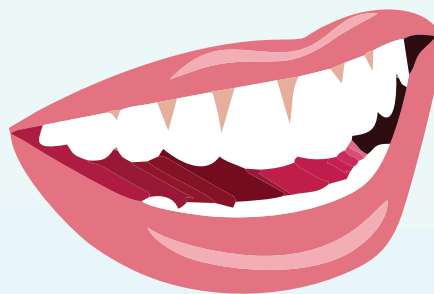
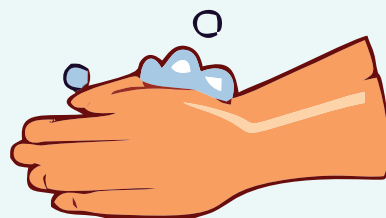
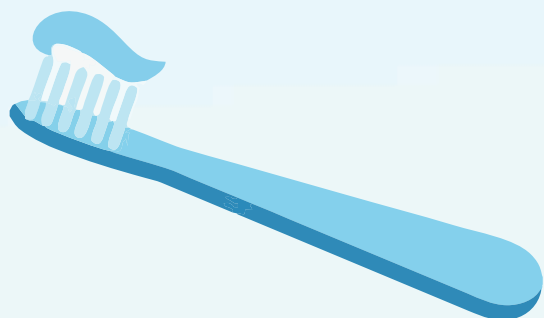
A Cub/Bulbul will always take efforts to the keep surroundings clean

Check the pictures that show people respecting their community and keeping it clean.



Match the tool with the correct body part

A Cub/Bulbul will always look after his/her body.



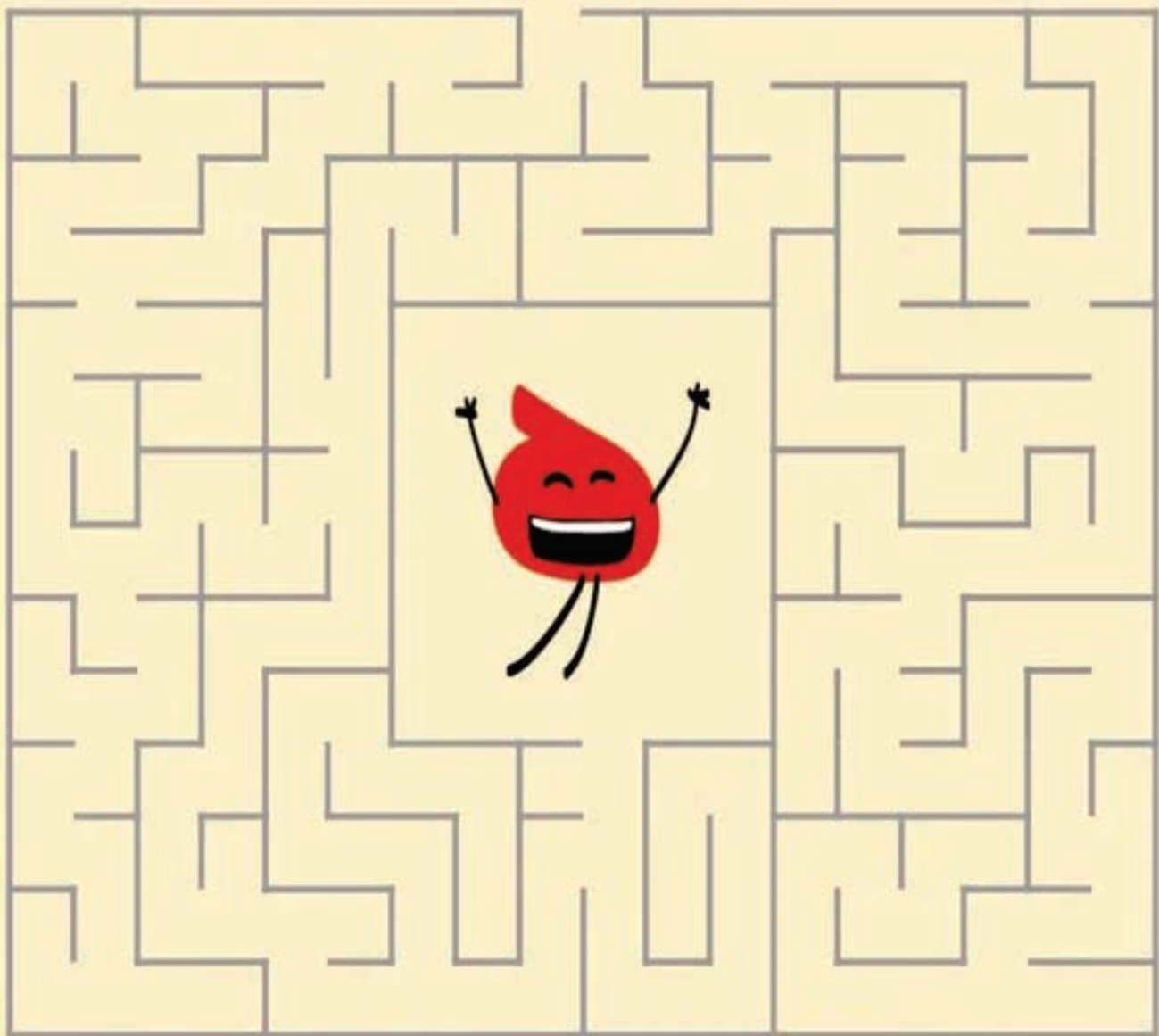
As a Cub/Bulbul make your own
Kindness Pledge

I Pledge To.....

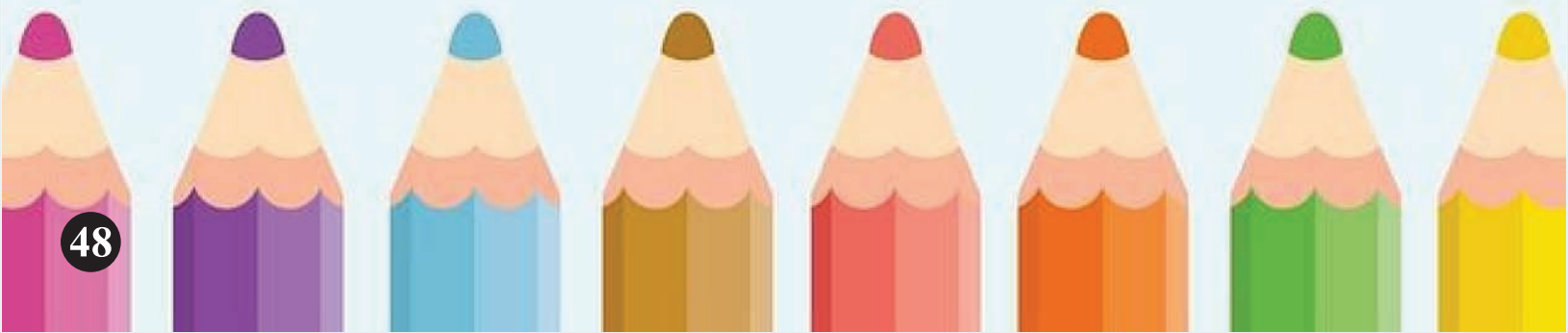
B
E
K
I
N
D
A
L
W
A
Y
S



Help Scott the Dot get out of the maze!



Well done!



Let's Learn about

Robert Baden Powell

Robert Baden Powell grew up with his mother and seven brothers and sisters. His father died when he was very young. He used to help his mother at home and learned many new things right from his childhood. He was a very active child. He used to help his mother at him. He also used to play many outdoor activities with his friends and siblings.

When he became older, he joined the British army. He used to enjoy whatever tasks were given to him. He liked to explore as many things as possible all day and night. So, his friends called him "the wolf that never sleeps". When he retired from the army, he started his own first scouting camp with 20 boys. With its success, the scouting movement became an international organisation. He also founded the Girls Scout Movement. He wrote the book Scouting for Boys which helped many people.

He died in the year 1941 at the age of 84. Children and young people worldwide will always remember him with affection.





Our founder wanted us to learn many things from a tender age.
Let's learn new things and inculcate them in our life.

We should always follow a good fitness regime.
In the chart given below, log in your exercises and time.

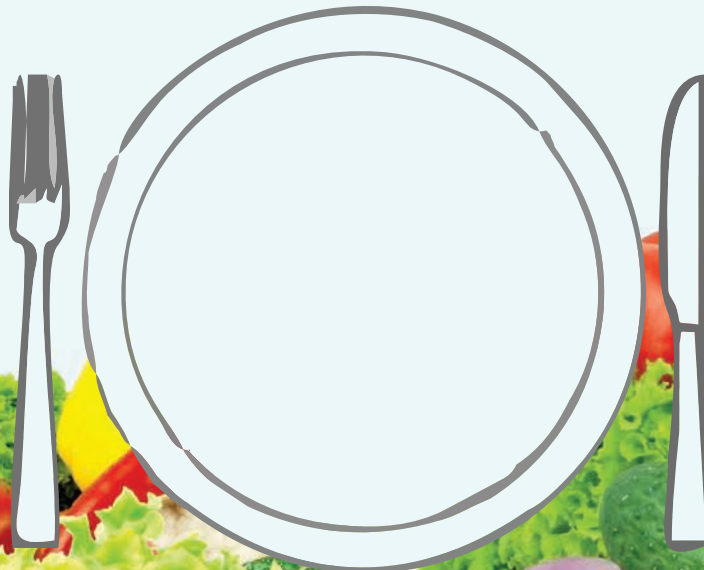
This will help you in doing your exercises regularly and on time.

Practice Time

There are many leisure activities that can help us Stay Fit and Fine. Let's test your awareness

Along with proper exercise and playing sports, a Proper Diet is also essential.

As given below in the image, plan your own meal.
Take care of adding all types of food items for a nutritional meal.



Observe the Food Pyramid given below.
Fill in the boxes with the correct food item in the
pyramid levels.

Use the food item given in the word box.

Word Bank

*Fruits, Vegetables, Meat & Fish, Milk & Dairy,
Fats, Oils & Sweets, Breads & Grains*





It's so great to see you working hard
and having fun.

Now, it's time for another story session.
So just sit and relax.

It was in the days when Baloo was teaching Mowgli the Law of the Jungle. Teaching a man-cub the Law of the jungle was a new thing. He was delighted to have quite quick a pupil.

Sometimes Bagheera, the Black Panther would visit the training of Mowgli. He saw that the boy could climb almost as well as he could swim, and swim almost as well as he could run. He, sure, was a quick learner. Baloo, the Teacher of the Law, taught him the Wood and Water Laws. This included how to tell a rotten branch from a sound one; how to speak politely to the wild bees when he came upon a hive of them fifty feet above ground; what to say to Mang the Bat when he disturbed him in the branches at midday; and how to warn the water-snakes in the pools before he splashed down among them. Mowgli was also taught the Strangers' Hunting Call, which must be repeated aloud till it is answered. This is helpful whenever one of the Jungle people hunts outside his own grounds.

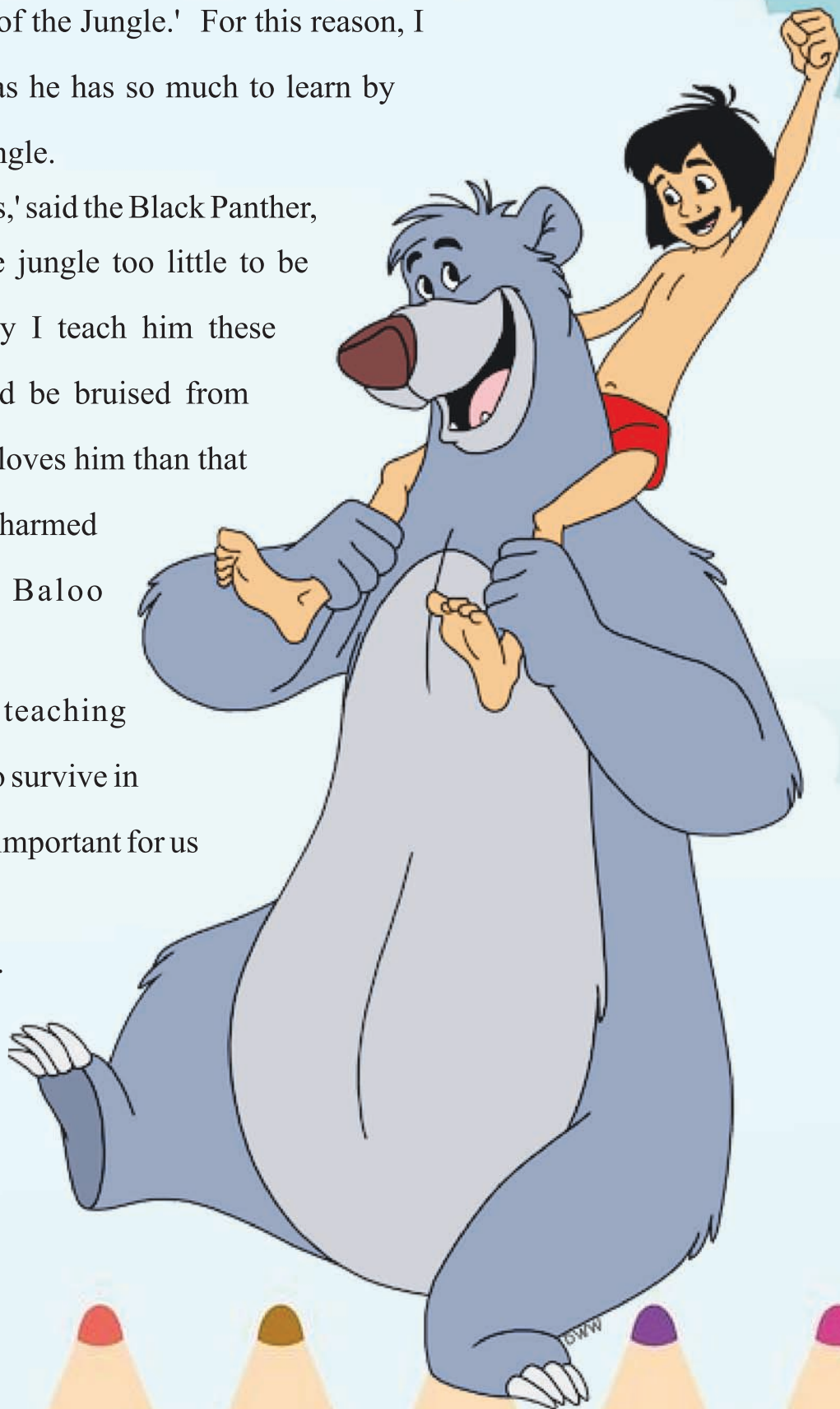
Baloo, the teacher mentioned to Bagheera, 'A man's cub is a man's cub, and he

must learn all the Laws of the Jungle.' For this reason, I am strict with Mowgli as he has so much to learn by heart to survive in this jungle.

'But think how small he is,' said the Black Panther, 'Is there anything in the jungle too little to be killed? No. That is why I teach him these things. 'Better he should be bruised from head to foot by me who loves him than that he should come to be harmed through ignorance,' Baloo answered very earnestly.

Just like Baloo was teaching Mowgli different ways to survive in the jungle. It is also very important for us to be safe.

Now, let's have some fun.





Just like Baloo was teaching Mowgli different ways to survive in the jungle. It is also very important for us to be safe.

Now, let's have some fun and learn about different safety measures

Practice Time

Can you match the safety word with its correct symbol?



Stop



Fire



Danger



Exit

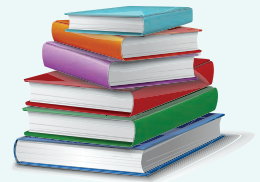


Poison



Next, Let's check if you can take care of yourself

Write Yes or No for the following things you can touch safely







Activity Chart

Kids should aim to get 60 minutes of physical activity each day. Classroom physical activity is a perfect way to help students get moving and increase concentration. Aim for 10 minutes or more of movement breaks in your classroom per day.

Physical Activity Breaks Tracker



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Total Minutes</i>	<i>Total Minutes</i>	<i>Total Minutes</i>	<i>Total Minutes</i>	<i>Total Minutes</i>



Now-a-days, we spend most of our time on the internet. So it becomes important to be safe while we share things online.

Let's learn about some cyber safety measures.

Let's learn about

Cyber Safety



SAFE: Do not give your **name**, **age**, **address** or **password** to anyone online.



MANNERS: Use nice words when talking on the internet, **cyber-bullying** can make others feel sad.



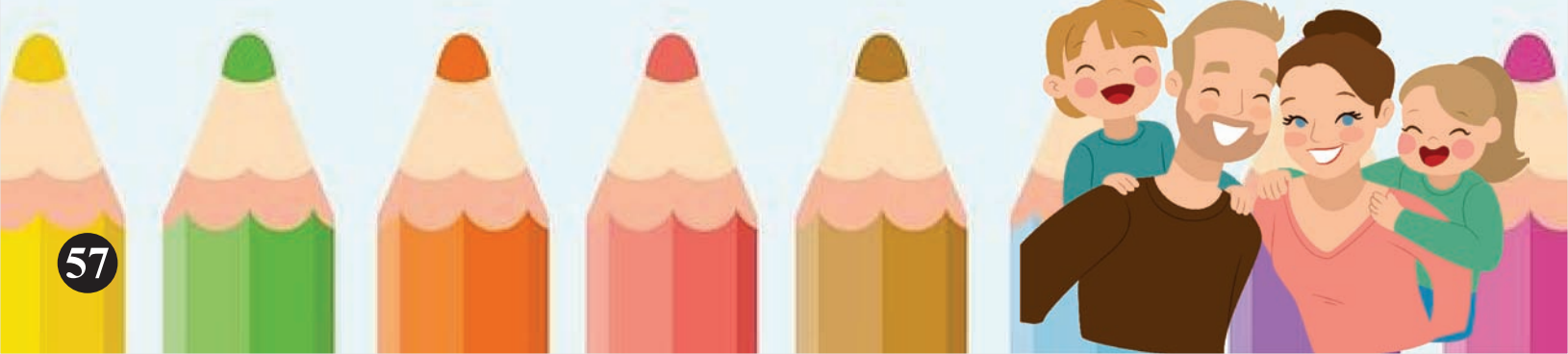
ALLOWED: Do not go onto **websites** that are **inappropriate**. Always get the **permission** of an adult.



RESPONSIBLE: Playing on the computer for a long time is not good for our health. Set a **timer** to remind yourself to get off.



TELL: Tell an **adult** if something online makes you feel upset or worried.



You must have well observed that Babloo, the teacher is teaching the Laws of the jungle. This law ensures that all the animals in the jungle live in peace and harmony. Also, the animals hunt just for food not for pleasure. All the animals are “free people” as they abide by the rules of the jungle. So, the animals are carefree and live happily.

The environment is an important resource for us. It provides us with so many valuable items. We should be grateful to our nature and protect it. As a cub/bulbul, it is your responsibility to be the guardians of our environment.

Let's learn about one such guardian of our nature, The Sustainable Development Goals!

The Sustainable Development Goals (SDGs) are the goals adopted by the United Nations in the year 2015. There are a total of 17 SDGs.

The idea is to end poverty, protect the planet, ensure quality education, etc. by 2030.



Practice Time

Check if you understand the Global Challenges!

Match the vocabulary with the correct definition and write a-h next to the number 1-8



1..... Poverty

A. When there is no war

2..... Peace

B. When people are very poor

3..... To improve

C. When people don't have enough food to eat

4..... To protect

D. The planet

5..... Hunger

E. When someone is healthy and happy

6..... The environment

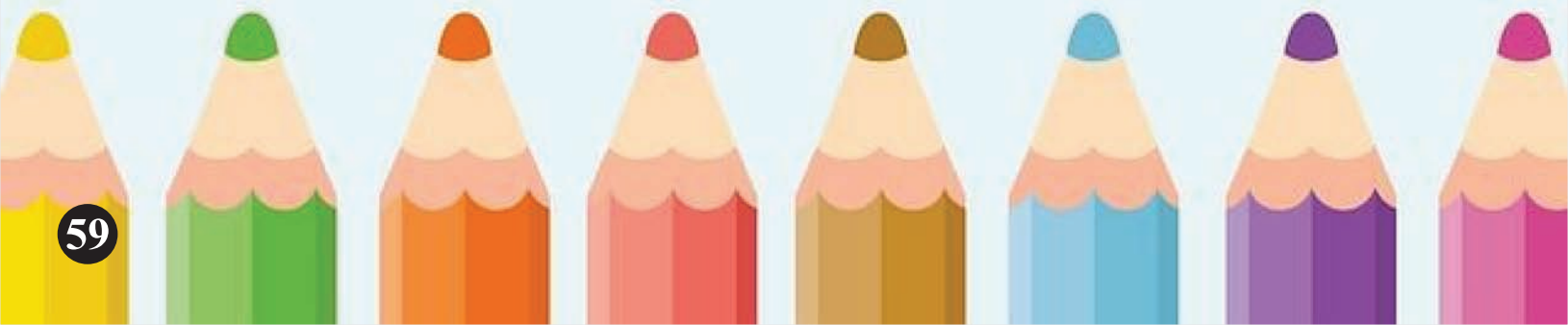
F. To make better

7..... Well-being

G. To look after and keep something (or someone)

8..... The globe

H. The air, land and water where we live



Now check if you understand the basic SDGs.

Unscramble the following terms:

Term	Unscramble	Term	Unscramble
UTIALSSANBE		LMTCIAE	
OAGL		AEWRT	
UGRHNE		OEWMN	
OETPVYR		ELHHAT	
ASEF		ECPCAE	
DCTOEUAIN		AINNTOS	

Answer the following questions :

1. What does SDG stand for? _____
2. What does UN stand for? _____
3. How many goals are there in total? _____
4. Which goal is concerned about children being able to attend school? _____
5. Which goal seeks to ensure that everyone on earth has easy access to food? _____

I hope you must have learnt something unique from this book.

Scouting teaches you a way of life. It helps you to develop a strong character, build inter and intra-personal relationships, make strong connections with nature and become a responsible citizen.

Our motto was to make this learning process joyful for you.

I hope you continue to learn, prosper and serve the nation.





Let's end this journey by paying
tribute to our country.
Let's sing our national anthem

National Anthem

जन-गण-मन अधिनायक जय हे
भारत-भाग्य-विधाता ।
पंजाब सिंध गुजरात मराठा
द्राविड उत्कल बंग ।
विंध्य हिमाचल यमुना गंगा,
उच्छल जलधि तरंग ।
तव शुभ नामे जागे,
तव शुभ आशिष माँगे;
गाहे तव जय गाथा ।
जन-गण मंगलदायक जय हे,
भारत-भाग्य-विधाता ।
जय हे, जय हे, जय हे,
जय जय जय, जय हे ॥



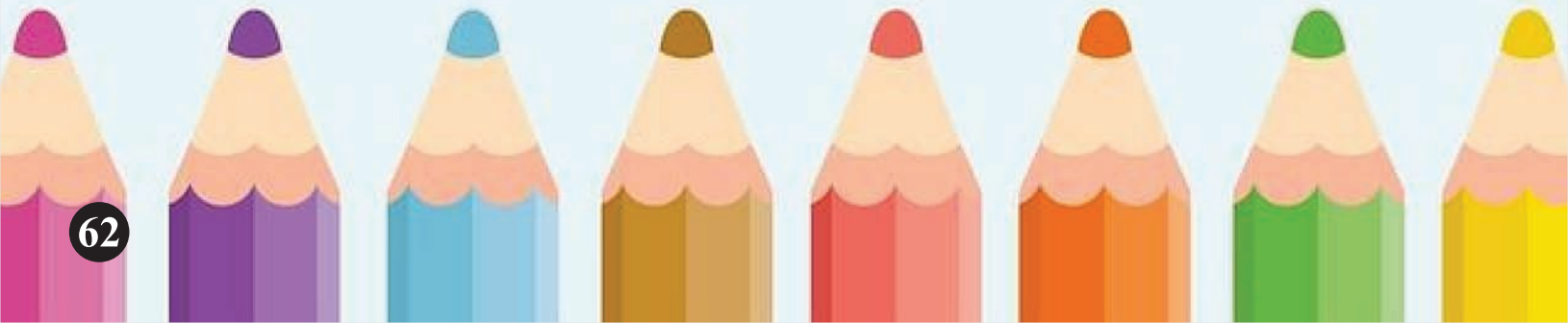
Feedback Time !



Mention few things that you enjoyed while reading this book.



How will you encourage your friends to join Hindustan Scouts and Guides Association?





VISIT US

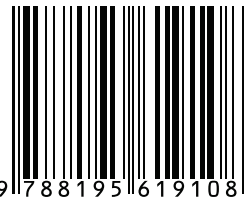
Phone No:- 011-27931146 | Email: info@hindustanscoutsandguidesassociation.com



**THE HINDUSTAN SCOUTS
AND GUIDES ASSOCIATION**

Recognized by Ministry of Youth Affairs
and sports
Government of India and full member
of WFIS Germany

ISBN 978-81-956191-0-8



9 788195 619108

₹ 200/-