



# HINDUSTAN SCOUTS & GUIDES ASSOCIATION



**DHRUVPAD**

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&  
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## FOREWORD

Dear Scouts / Guides & Scouters / Guiders  
Best wishes !

I believe that every creature in the world, whether it is aquatic, amphibious or overland, does everything possible to fulfill the material needs. Man is such a creature who can do anything for the soul.

I consider Scouting & Guiding to be the best work to be done for the soul which starts with doing one good deed every day at home or in the society. Scouting & Guiding's 10 rules, 3 vows, principles and training of duty towards God, motherland and self, incorporating them in life makes boys and girls the best human beings. Along with this, we have also added Sarva Dharma Dhyana Yoga, Yogasana and Pranayama to the international curriculum in the curriculum of Hindustan Scouts & Guides organization, which is helpful in the upliftment of human beings.

I congratulate Ms. Swarnima Luthra, National Headquarter Commissioner, Delhi & Principal, ASN Senior Secondary School for her sincere endeavour in disseminating the knowledge about Scouting & Guiding through 'Dhruvpad'.

**Sriniwas Sharma**

**Founder & Chief Scout**

**Hindustan Scouts and Guides Association**



## CHAIRMAN'S MESSAGE

As the National Chairman of Hindustan Scouts and Guides, I 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.

It is important at a tender age, to inculcate lessons/skills that help in the overall holistic development of the child. Children as members of Scouts and Guides, 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 concept 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, who 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.

I congratulate Ms. Swarnima Luthra, National Headquarter Commissioner –Delhi & Principal, ASN Senior Secondary School for taking up this noble initiative of presenting 'Dhruvpad' which will motivate students to join Scouts & Guides for better perspective of life.

**Bharat Arora**

**National Chairman**

**Hindustan Scouts and Guides**



## FROM THE CHIEF EDITOR'S DESK

**BE PREPARED.....** This motto of the Scouts and Guides aims at the preparedness of a scout/guide to face any unprecedented adversities or emergencies so that, he or she never deters from his or her duties and responsibilities.

The splendid vision and mission of Scouting and Guiding contributes and promotes a value system-based education to build a better world full of self-reliant individuals promoting global peace.

I am of the belief that every Indian citizen should be able to think clearly, be vigilant, make quick and correct decisions, have a caring attitude towards others and act with precision. These traits must be nurtured in children right from their early years with right instruction and direction, allowing them to grow into mature and responsible citizens.

The induction of Scouts and Guides in my school helped children transform into worthy souls who are physically and mentally strong with a deep sense of commitment and self-confidence. It has helped them imbibe a sense of social responsibility, patriotism, empathy and tolerance.

As I present to you the book titled, 'Dhruvpad' on Scouting & Guiding principles and activities, I feel a deep sense of gratification that this book with its extensive coverage will help the scouts/guides to live up to the motto of 'Community before Self'. I am hopeful that it will help Hindustan Scouts & Guides to accomplish its vision of being globally visible and consistently growing into a self-reliant premium youth movement.

Let's build a sustainable and self-reliant India where young people are committed to serve the nation before self.

**Swarnima Luthra**

**National Headquarter Commissioner (Guides)**

**Hindustan Scouts & Guides**

**Principal, ASN Senior Secondary School**



## MESSAGE

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 in terms of time, suggestion, support and help to this movement can make a big change in the country which is crucial at this juncture.

Scouting & Guiding has to fit into the requirements of society. Scouting is leading the way to meet challenges of future by equipping the youth with the skill set that is required in the country. As Scouts & Guides children are the future of the country and as a trainer we are the future maker, so we as trainers must fulfill our duties and responsibilities towards God and country to make every scout & guide a good human being.

This booklet, which emphasises on entrepreneurship and true patriotism, will surely give a wonderful support to scouts/guides. I wish all my scouts / guides/ children all the success in their Scouting & Guiding life.

I am grateful to Ms. Swarnima Luthra for her commendable efforts in bringing out this book, 'Dhruvpad'.

### **Rahul Kumar**

#### **National Training Commissioner (Scouts)**

Scouting Qualification:- Leader Trainer (Scouts) HWB (Rovering)

Award received :-  
Rashtrapati Puruskar by Rashtrapati Bhawan  
Pt. Shri Ram Vajpayee Samman  
Guru Dronacharya Award by Avantika 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 Govt.  
Life Time Achievement Award by HSGA Education



## **MESSAGE**

Scouting and Guiding activities are the biggest of the world fraternity's movement at the international level, with the sole goal to train the energetic, young men and women of the country in creative and courageous activities and prepare them as citizens for the service of the country, humanity and society. To achieve this goal, special courses and training methods have been prescribed for each area and level of Scouting and Guiding activities. This booklet tries to cover the syllabus of National Headquarters, New Delhi.

The course of Scouting Guiding is so vast that it is difficult to present it holistically. However, efforts have been made that the special features of the Scout world, which are related to everyday life should be included in it. An attempt has been made in this book to help students enrich the knowledge of Scouting & Guiding with ease. The subject knowledge material compiled in it will prove to be very useful for scouts/guides.

This booklet, which emphasises on entrepreneurship and true patriotism, will surely give a wonderful support to scouts/guides. I wish all my scouts/guides /children all the success in their Scouting & Guiding life.

I am grateful to Ms. Swarnima Luthra for her commendable efforts in bringing out this book, 'Dhrupad'.

### **Santram**

#### **Leader Trainer (Scouts)**

Scouting Qualification:- Leader Trainer (Scouts)

Education Qualification:- M.A. (Sanskrit & Sociology)

Master of Social Work &

Bachelor of Education

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## CHAPTER 1 - DAILY SCHEDULE

TIME	JOB DESCRIPTION
5:30 am to 6:30 am	Jagran, Prabhat Pheri and freshening up for daily work
6:30 am to 7:30 am	Appearance, warm up exercise yoga
7:30 am to 8:00 am	Bath etc
8:00 am to 8:30 am	Tea snacks
8:30 am to 9:00 am	Camp Inspection
9:00 am to 9:30 am	Flag Hoisting and Duty Change
9:30 am to 11:00 am	First Session
11:00 am to 11:15 am	Rest
11:15 am to 12:30 pm	Second Session
12:30 pm to 1:30 pm	Lunch Arrangement
1:30 pm to 2:00 pm	Rest
2:00 pm to 2:45 pm	Spare Time Activity (S.T.A.)
2:45 pm to 4:00 pm	Third Session
4:00 pm to 4:15 pm	Snack Break
4:15 pm to 5:00 pm	Fourth Session
5:00 pm to 6:00 pm	Experimental exercise, Games and Shramdaan
6:00 pm to 7:30 pm	Rest, Campfire Preparation and making copy
7:30 pm to 8:15 pm	Dinner
8:15 pm to 9:30 pm	Camp Fire
9:30 pm to 9:45 pm	Patrol Leaders Meeting
9:45 pm to 10:00 pm	Training Team Meeting
10:00 pm to 5:30 am	Sleeping

### CAMP RULES

- The rules of the scout/guide will be the rules of the camp.
- Do not leave the camp site without the permission of the director/supervisor.
- Maintain discipline, punctuality, cleanliness and calm atmosphere in the camp.
- Do not use personal recreational equipment, mobile etc. in the camp.
- Do not bring valuables and excess money to the camp, if you do bring it to the camp, deposit it with the Director or Quartermaster, collect the receipt and take your things/deposits before leaving.
- If any item is found by another person or you lose any of your items in the camp premises, immediately inform the director/supervisor and deposit the found item.
- Everyone should behave cordially with each other and live amicably.
- Do all the work with full dedication and in teams.
- Follow all the daily schedule.
- Follow the orders of the camp director/supervisor, other instructors and your group leader.

## CHAPTER 2 - DETAILS OF DAILY WORK (ROUTA CHART)

Functions of Service Team/Service Patrol

- Morning awakening and exercise system
- Breakfast preparation and distribution, kitchen and utensils cleaning
- Cleanliness of the camp site
- Flag etiquette arrangement
- Training class arrangement and arrangement of teaching material
- Lunch and cleaning of utensils around kitchen area
- Hospitality
- Dinner arrangement, kitchen utensils cleaning
- Arrangement of campfire
- Night Guard

### DIVISION OF WORK

DATE / DAY	TEAM NUMBER OR TEAM NAME									
	P-1	P-2	P-3	P-4	P-5	P-6	P-7	P-8	P-9	P-10
DAY 1	1	2	3	4	5	6	7	8	9	10
DAY 2	2	3	4	5	6	7	8	9	10	1
DAY 3	3	4	5	6	7	8	9	10	1	2
DAY 4	4	5	6	7	8	9	10	1	2	3
DAY 5	5	6	7	8	9	10	1	2	3	4

Important –

- All team leaders will be responsible for their respective service work support.
- All the members of the team will follow the orders of their team leader with self-control.



### CHAPTER 3 - DUTY CHANGE

Duty change is of great importance in Scouts & Guides. Duty changes are made to promote the spirit of leadership in each member of the group. In the morning after flag etiquette, duty should be changed before starting the first session. It should be done as follows-

Leaders are changed first.

The commander will command-

Attention

Stand at ease

Attention

After this the commander will give the command for Duty Change. After the command, all patrol leaders will change duty.

First there will be the command of leader change.

The commander:- Attention

Stand at ease

Attention

After this the commander will give the command for leader change. As soon as the command is done, the assistant leader will immediately take it to the right and while marching past the scout leader, he will stand facing him. Both will salute each other and shake hands. The scout leader will hand over the 'Leader badge' and the work slip for that day to the assistant leader. Both will salute each other again. The assistant leader will turn back and stand in the same place. Now, he will be the leader of that team.

After this, the command for the last member of the team will be 'Assistant Leader Change'. The last member of the group at this time steps to the right and marches past to reach in front of the new leader. Both will salute each other and shake left hand. After that, the leader will give him the slip of his earlier task (assistant leader), both will again salute each other. Now, taking it one step to the right while doing the march past, he will stand at the back of the team. Thus, Assistant Leaders will change.

After this, the slips of daily work have to be changed.

Scout master will command-Work Change.

One number team will be on the right side, the rest will be on its left, first patrol 1 leader and patrol 2 leader will move towards each other on command, will salute and shake hands.



After that the leader of the number one team will give the slip of his work to the leader of number two. Both will salute each other and then turn and stand straight. Immediately after this, the leaders of number two and number three will stand facing each other, salute, shake hands and the leader of number two will give his work slip which was first given to him, to number three. Both will salute each other and then turn and stand straight. (Note:- Number two leader will not give that work slip to number three which was given to him by number one.) In this way, this sequence will continue till the last leader. Now, the last leader will move one step ahead of his position and turn to the right and stand in front of number one leader. Both will salute each other, shaking the left hand, the last patrol leader will give his previous slip to number one leader. After saluting and coming back he will stand in his place. Thus, the duty will change.

#### CHAPTER 4 - INSPECTION PROCESS

In Scouts & guides, great importance is given to inspection, it is like a competition.

In this process the scout/guide team has to stand in front of their room or tent. Inspection of the cleanliness of the team, the way they keep their belongings, the way they stand, inspection of camp craft, gadgets, bedding, utensils etc. made by them is done. Inspection procedure should be done in the morning after breakfast and before flag etiquette. Scout guide teams are given marks for inspection and the result is announced in front of everyone at the time of flag etiquette and the good team is motivated.

The process consists of the following steps:-

First of all, the team to be inspected should keep cleanliness in their room or in the tent. Whatever material is available with them like towels, clothes, bags, bedding etc. will be used to prepare their gadgets. All team members will be in full uniform.

At the time of inspection, when the commander comes for inspection, the team will go to their tent or room and will stand from right to left. As the commander approaches the team for inspection, the team leader commands his team

Team Leader :- Attention                      Stand at ease                      Attention

Everyone will stand in attention position.

As the inspector approaches the team, the patrol leader takes a step forward, salutes and introduces his team. After the introduction of the team, he says that the team is ready for inspection.

After this, he salutes, takes one step back and stands in his place. The inspector inspects the uniforms, good turn etc. of the members of the team and may inspect their positions. The inspector then asks the leader to accompany him.

The leader commands                      -                      Second Take Charge

As soon as the command is received, the assistant leader will take a step back and turn to the right and march past to reach behind the leader. As soon as the assistant leader reaches the leader, the leader will take a step forward and walk with the inspector to show the room or tent.

After this, the assistant will take charge of the team.

The assistant leader commands as the inspector leaves.

Attention                  Stand at ease                  Attention                  and will stand.

The leader returns to his place after the inspection by the inspector. Reaching in front of the assistant leader, both salute each other. After the salute, the assistant leader takes a step back and turns left and marches past, standing at the last place in the group at his earlier position. The leader, taking his charge, turns back and stands there. When the assistant leader stands in his place, the leader commands:

Attention                  Stand at ease                  Attention

and takes his team to the place for which he had been already ordered.

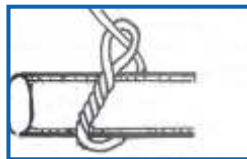
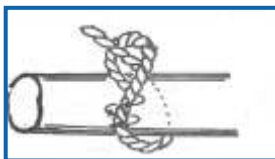
## CHAPTER 5 - KNOTS

Knots are as dry as mathematics, but a good hero makes them interesting through story and event. Sports and functional acting make it more entertaining.

The following are the knots of Dhruvpad.

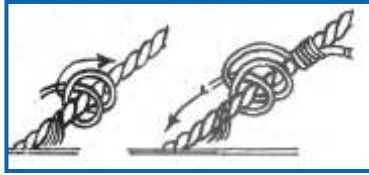
**1. Timber Hitch-**It is used for climbing trees, tying a bundle of sticks, pulling any heavy object or wooden log from one place to another, by raising or lowering it. Diagonal lashing starts from this. Its characteristic is that, the more it is pulled, the more it tightens.

**Method -** Lift the tight end of the rope from the bottom of the log. Then placing it on top of the dull end, taking it from below and taking it up from the middle of the two ropes, wrap it three or four times while moving it from top to bottom on the left side of the dull end and pull the dull end. It gets hitched.



**2. Rolling Hitch-**It is also called sack knot because of the way the mouth of the sack is tied by it. It is used to reduce the excessive pressure on a rope with the help of another rope or to distribute the stretch. Apart from this, if any tied rope becomes weak in the middle or its fraying begins, you cannot change the rope by opening it. So, this hitch can be supported or replaced by using additional rope. If necessary, this hitch slides back and forth.

**Method** - Putting another rope on the already tied rope, taking its tight end up from the bottom side of the loose end rope, press the rope twice and make two rounds. Then tie the slack rope for the third time without pressing it in one round.



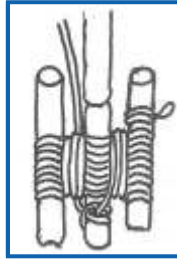
**3. One Round and Two Half Hitches** - This knot is used to tie the rope of the tent to the peg, make a hammock by putting the rope from the tree branches, roof hook or tying the rope in thatch stick etc.

**Method** -Take the rope at the place where this knot is to be placed, make a complete round of the rope around it. Then from around the dull end, put two simple loops coming out in the same direction. After this, keeping the tight head on top of the dull head, take it out from the middle of the two ends and then take out the second hitch (Thumb knot) in the same way. Both of these should come out in the same direction of the slack rope part. Keep in mind, this knot looks like a clove hitch. For strength, the remaining part of the tight end is tied with a string.



**4. Figure of Eight Lashing**:- It is used for tying the ends of two or three parallelly placed weak bamboos, making scissors for the hut or making a gadget or a tripod of a raised flag from a tripod stand of three bamboos. A stand is also made to stretch the drying rope from two bamboos.

**Method**- Put three sticks/bamboos in a row with each other. On any parallelly placed weak bamboos/stick/on the outside, put a snare. Then, taking the rope from the middle stick/bamboo, take the third from the bottom of the bamboo and bring it up. Then, take the middle bamboo from above and take it from the bottom of the first stick/bamboo and bring it upwards. In this way, wrap all three from under one or over the other, 3 to 6 times. Now, you will see that between every two sticks/bamboos 8 of English will be formed. That's why it is called figure of eight lashing. After this, do the frapping by rotating between the first and second and then second and third stick/bamboo two or three times. The rope should be pulled well while frapping. The sheer strength of the lashing depends on the frapping itself. After frapping, put the second stick/bamboo on the outside clove hitch tightly.



**5. Sheer Lashing/Parallel Lashing**-It is also called round lashing. It is used to lengthen or make scissors by tying two sticks or to strengthen by tying two thin or weak sticks together.

**Method**- To make the two poles longer, keep the two poles together by two-three feet. Then, put a clove hitch on both the poles together with a rope and make seven eight simple rounds tightly. Now, put a clove hitch on both the ends again. After this, apply this lashing at a distance near the head of the other pole/bamboo in the same way around between the two poles. For more strength, put wooden wedges between both the poles. This will cause pressure and tightness in the lashing. To make scissors, keep both the poles parallel and hang a clove hitch on one of the poles with a rope. Then, make simple rounds between the two poles seven to eight times and after frapping them, finally put a clove hitch on the other pole and close it. By widening it from the bottom, it becomes a pair of scissors.



**6. Square Lashing:** - When one standing bamboo is tied on the other vertical bamboo making a right angle or plus sign, it is called square lashing. In this, the entire weight of the bamboo cross falls on the standing bamboo. It is used in making gadgets, scaffolding, trestles, bridges, huts, etc. and in tying bamboos /sticks. When two bamboos/sticks keep touching each other by making other degrees apart from right angles, then only diagonal lashing is applied there, not multiplier bond.

**Method** - Put a clove hitch on the standing bamboo at the desired place. Wrap the remaining end of the tight rope over the part of the slack rope. Place the bamboo cross over it and move the rope from the bottom to the top. This will give support to the bamboo cross. Now, twisting the rope from the back of the bamboo lying through the front of the bamboo cross, take the rope on the other side again through the top of the bamboo cross, and take it down. Then, bring the rope from the back of the standing



bamboo to the front, again passing through the front of the bamboo in the same way as before, twisting the back of the lying bamboo and going back on top of the bamboo, make three to four rounds. After this, do the frapping firmly. Finally, close the lashing by putting a clove hitch on the bamboo that came. Insert the rope that is left in it. Keep in mind the rope while applying the lashing. The wraps must not overlap each other, but remain in parallel, then only they can be tightened well.



**7. Diagonal Lashing** - When the four ends of the bamboo or sticks are tied, and when this bamboo or stick collides with each other at a slant cross (X), diagonal lashing is tied. This eliminates the elasticity of the bamboos and sticks and increases the strength of the trestle. This lashing starts with the timber hitch. After tightening the timber hitch, apply two or three wraps on the other side. The end of the bond is done by putting two half hitches or clove hitch. Before that frapping is done well.





## CHAPTER 6 - TENT PITCHING AND PACKING TENT

**Preparation of Shelter** - Before setting up a tent, it is necessary to see whether the material available for the tent is equal or not. How are they, what are the pegs like, what is the strength of the ropes, if the tent cloth is torn from somewhere etc. Before putting the tent, find a suitable place to put it, for that the following things should be done.

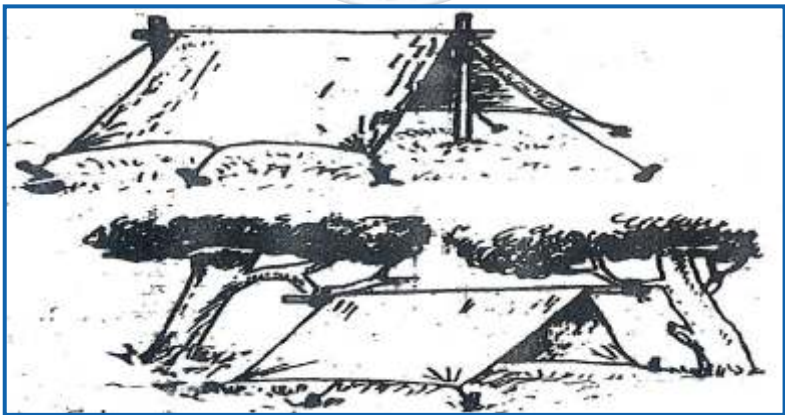
It is important to take care of the following –

- a) The ground is at some height
- b) The surface should not be rough.
- c) Water should be near
- d) Get wood to burn
- e) Secure the location

Keep the material in a fixed place to set up the tent. First spread the tent, then temporarily nail it. Put the middle bamboo in the tent. Now, position the standing bamboos. Make two strong scouts stand on these bamboos. By pitching the tent at the behest of the team leader, the other members of the group will strengthen it with knots and ties. Then they will be tied with pegs using ropes.

The tent will look beautiful. Dig a trench 4 to 5 inches deep all around the tent so that crawling insects can't get inside the tent. In winter, the tent should be from east to west so that the benefits of the sun can be availed. In summer, the direction of the wind is mostly towards the southwest.

If the material is in proper condition, it takes 15 to 20 minutes to erect the tent. Similarly, while removing the tent, the ropes have to be untwisted from the pegs first. The bamboos are opened. Ensure that the place where you had made a ditch etc. is cleaned and levelled. The tent is then removed.



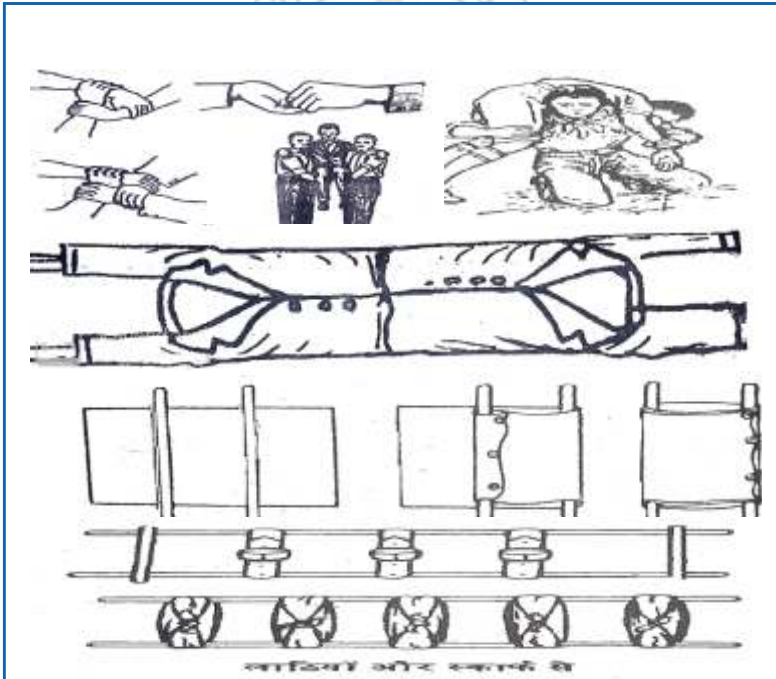


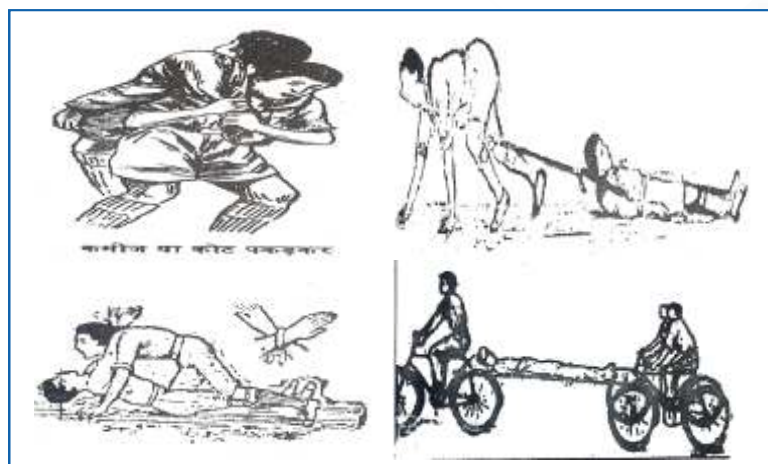
## CHAPTER 7 - FIRST AID

### Stretcher Making & Carrying

The stretcher is maintained by the school and scout guide teams. Nevertheless, sometimes even if the stretcher made at the time of need is not available, the work of the scout/guide does not stop. Scout/Guides make stretchers to transport patients in a variety of ways. In many ways, scouts / guides make stretchers and take the patient from one place to another easily. See some ways to make a stretcher according to the picture –

1. Two-hand seat
2. Three-hand seat
3. Four-handed seat
4. With sticks and scarves
5. From sticks and tree bark
6. By sticks and ropes
7. Sticks and sheets, bedsheets
8. With sticks and shirts
9. With sticks and paint
10. By fireman lift
11. By fireman dragging
12. By the chair
13. Making an ambulance from a cycle





### 15m Life Saving Lanyard (Rope) Throw

The scout always carries a lanyard with him, this is called a life-saving lanyard or lifeline. It is a 3 metre long rope which he uses for self-defence or in the defence of others. The life-saving rope is used for the work of pulling the patient by putting the noose of the bowline. Many more ropes are added if needed. Usually, 8 metres long rope is kept for throwing life-saving rope. One end of it is kept heavy so that it can be easily thrown. To make the rope heavy, either a piece of wood is tied or a knot is tied.



**Method of Throwing Life-Saving Cord-** Wrap the rope in the left hand in such a way that equal loops are formed and do not overlap each other. Wrap the heavy end of the string at the end. Now, take one to three loops in the right hand and throw them towards the front. This will make the loops of rope open in the air. Now, let the loops of the left hand also be opened but don't leave the rope. It must be practised continuously.

### First aid Treatment

**In Case of Sprain -** The stretching or jerking of the joints of the body is called sprain. Often occurs in the wrist, shoulder, ankle or knee. Due to sprain, the joints, ligaments or muscles cannot be moved. Swelling occurs and the injured area becomes colourless. Soak a cloth in cold water and put it on the sprained limb and keep changing it. If cold water does not give relief, then do the same with hot water. Give complete rest to the sprained limb. Don't move it. If you sprain your foot outside the house, don't take off your shoe. Bring a strong bandage from the bottom of the shoe to the front of the ankle, wrap it several times and soak the bandage in water. After coming home, take off the shoes and keep the cloth soaked in cold water over the sprain. If you don't get relief, use warm water. Give the joint rest.

**If An Object Falls In The Eye –** Many a times, small particles of dust, coal, twigs, mosquitoes etc. fall into the eye. When they fall, the eyes turn red. They get gritty and water starts flowing out of the eyes. Without immediate help, there may be a risk of it becoming swollen or deformed. In such a situation, the following remedies should be done.

- If a particle/object enters under the upper eyelids, pull the upper eyelid over the lower eyelid. By doing this, the object will get entangled in the hair of the lower eyelid and come out. If it is not successful, then the object should be removed by wiping with the corner of a clean wet cloth.
- Filling the cup with clean water and washing the eyes in it, also helps in removing the fallen particle easily.
- If the object does not come out using the above tips, then put a drop of castor oil or olive oil in the eye. The object fallen in the eye will come out with tears.
- By using a wet thick cotton wick, a wet handkerchief or vaulting paper's tip and washing with water eye glass can be used for easily removing particles of coal, dust and other substances fallen in the eye.



- e) Clean the nose so vigorously that tears come in the eyes, along with those tears, the object that has fallen in the eye will also come out.
- f) If something falls in the eye, do not rub it.
- g) Washing the eyes with a solution of boric acid in place of plain water removes the substance fallen in it quickly and there is no fear of increasing the problem.
- h) If there is a suspicion of any lethal substance, acid, alkali etc. fallen in the eye, then the patient should be asked to open and close the eye repeatedly. Doing this will reduce the intensity of the acid or alkali. After that, a drop of castor oil should be put in the eye and covered with a cotton bandage. After that the patient should be taken to the doctor as soon as possible.

### **Remedies for sting of bees, wasps, venomous flies, centipedes, scorpions etc**

- a) If the sting of the poison is in the body and is visible, remove it with the help of fine tweezers or a needle sterilized in hot water.
- b) If the blood starts flowing from that place after the sting has been removed, then let it flow for some time. After that, wash the wound with warm water and soap and fill that place with red medicine.
- c) The immediate treatment is to suck the blood by putting the mouth on the infected area and spitting it. This brings out the venom released by the insect. But the person who sucks blood in this way should not have any disease in his mouth. And he should also be careful that the sucked blood does not remain in his mouth.
- d) Apply ammonia, spirit or soda bicarbonate solution on the infected area. This will reduce the pain.
- e) Remove the sting of a bee, wasp or scorpion bite. The injured parts should be washed with spirit or ammonia and potassium permanganate should be applied. The nervousness of the injured person should be removed. He should be made to lie down comfortably and hot tea or milk should be given to drink.

### **Snake Bite Treatment**

The bite of a non-venomous snake gives a general intoxication. The patient feels dizzy, but the poison does not prove fatal. Therefore, common remedies like sprinkling water on the mouth can be used. If the patient faints, then use artificial respiration and keeping the patient in the open air is sufficient. When the patient feels fine, hot tea, milk or coffee should be given to the patient. The patient's anxiety should be removed.

### **Venomous Snake bite Treatment**

A doctor should be called immediately as soon as snake bite is confirmed. Until he comes, the following treatment should be given:-

- a) At some distance from the place where the snake has bitten, towards the heart, tie a bandage. By doing this, the flow of blood will stop towards the heart and the possibility of spreading the poison throughout the body will be greatly reduced. Cut and tie a bandage on the other side of the heart in the wounded area.

- b) Make a cut with a clean, sharp knife or blade at the place where there is a snake bite mark and remove the blood from that area. After a lot of bleeding, clean the wound with warm water and fill it with a fine powder of potassium permanganate.
  - c) Do not let the patient sleep. Give him tea or hot milk.
  - d) If he has become unconscious, then try to make him conscious immediately.
  - e) Most of the snakebite patients die due to panic. Therefore, every effort should be made to remove their fear and increase their patience.
  - f) Try to get medical help immediately. Antivenom serum injections are life saving.
7. If medical help is not possible, then keep the patient in cold water from the beginning and keep pouring thick torrents of water on his head continuously for one or two hours. The coolness of the water quenches the heat of the snakebite and gives hope to the patient.
  8. Burn the entire feathers of the peacock by placing it in a chillam/hookah and ask the patient to inhale its smoke and take that smoke down the throat. By doing this action for some time, the patient can be expected to survive.



## CHAPTER 8 - KNOWLEDGE OF FIRE

Fuel, heat and air, if these three things are removed, then the effect of fire ends. All these three things are necessary for a fire to burn. Following are the causes of fire -

- Throwing a burning fire-stick or a half-lit match stick or burning cigarette, bidi etc.
- Sending a spark of fire in the garbage.
- Careless use of lamp, oil lamps and stoves.
- Leaving bare electrical wires.
- Fireworks, negligence of gas tank or leaking gas pipe.

### How To Control Fire

- By removing the things in the surroundings and beating the fire with a stick or a green branch of a tree.
- By throwing sand or mud on a petrol fire.
- Try to put out the fire with water.
- Use a fire extinguisher cylinder.
- Switch off the mains in case of electrical fire.
- Call the fire brigade if it is accessible.
- To extinguish forest fires, where the fire is growing, cutting grass or other burning material at a distance can stop the increasing fire.

### Measures To Prevent Dry Grass Fire

Such fires usually start in the forests. Mostly, in those forests where pine trees are found. These start blazing fiercely. To avoid this, move away from the place where the fire has started and cut the grass and trees growing at a distance. By doing this, the grass fire does not spread further. If it is not possible to mow the grass, then make a sand or clay mound.

### Remedy For Leaking Gas In The House

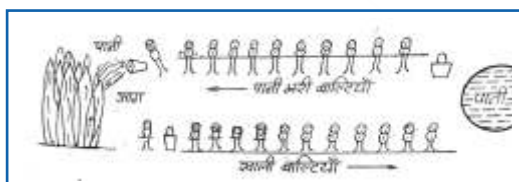
If the gas cylinder leaks in the house and you start smelling the gas, then take the following measures—

- Turn off the gas regulator.
- Do not switch on light or light candle or matchstick.
- Do not turn on any switch.
- Open all the doors and windows.
- If the smell of gas persists, call your local distributor.

### Fire Extinguishing By Bucket Chain System

Bucket chain method is the best means of making water, sand or mud reach the fire. The scouts/guides stand at a short distance from each other by forming two lines/rows from the water source to the fire. One person reaches the fire, by passing to each other, three-quarters full of water buckets. Then, the other row returns the empty bucket. While pouring water, keep your back towards the fire and water should be thrown with a jerk over the left shoulder. If there are not many people then only one queue should be made. Fire in kerosene and petrol is extinguished with soil only.





### Light A Fire With Two Matchsticks

The scout has to kindle a fire in every season. It is easy to light a fire in summer and winter. But difficult in the rainy season. Moreover, the scout is not allowed to use paper or kerosene to light the fire. The matchbox should be wrapped in paper etc. to avoid getting damp. The scout/guide must first collect dry wood and dry grass. Dry twigs will be found on trees in the opposite direction of the blowing wind. Dry twigs on trees will be fine. If dry grass is not available, then take 4 inches thick dry wood and peel it with a knife in such a way that its fins remain attached to the top, these are called fridge sticks. Prepare four to five fridge sticks like this. Make a hearth where the fire is to be lit. Sit back against the wind and light a matchstick and by putting your hands like a cup, light the fire. When the wood catches fire, keep feeding the fire by adding thick wood. If the stove is to be lit, then take the head near the ground and light the stove. This will make the air reach the lower part and the fire will light quickly and the eye will also be saved from smoke and spark.

### Extinguishing of Fire

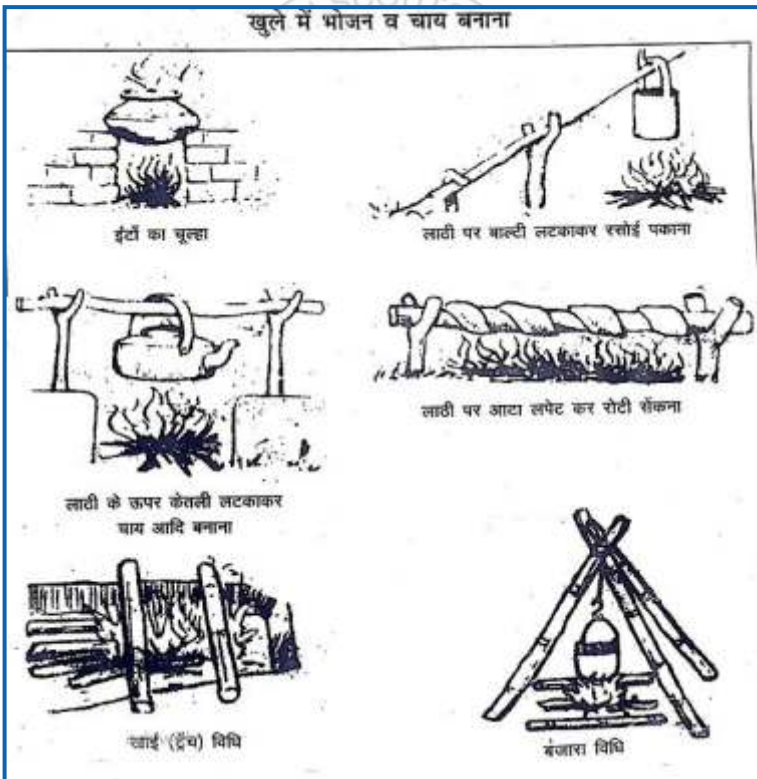
1. After the fire work, the scout guide should extinguish the fire completely.
2. The coal should be buried underground and the ash should be pressed, so that it does not appear that a fire had been lit there.

### Stove or Gas Stove Cleaning

Cleaning a stove or gas stove is an easy task. You can do it efficiently by learning from your mother at home. After 15 days of practice you will learn to do this task. After practicing this, ask your mother to inspect and give you the marks. If she gives 60 marks out of 100, then you have become fully skilled. If you get less marks then you just need more practice.

### Outdoor Dining & Tea Making

Under Dhruvpad, the scout/guide must be so knowledgeable that he/she can cook at least 2 types of food items by using wood fire in an open field or by using stove or gasstove. He/She should be able to make tea and coffee for his/her team. He /She should be able to make dumplings, pudding, porridge, khichdi, gram, peanuts, toast, papad, sandwich etc. for his team, when away from his home.



## CHAPTER 9 – ESTIMATION

Scouts/Guides often need to estimate many times in their life. They can be made proficient by following exercises to know about the height or depth, width, length, size and weight of places.

### 1. Estimating Height

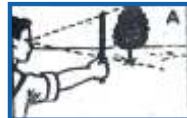
**Ankle Method-** Stand with your back to the object whose height is to be measured, taking some distance between the two feet. Hold your ankles with your hands. In this state, moving back and forth past that place, try to look at the top of the object from between your feet and come to such a position that only the top of the object is visible, that is, on moving away from this place, the vision goes above the top of the object and on retreating, the top isn't visible. Now, measure the distance from that place to the root of the object. This distance will be the height of that object.



**Right Angle Paper Method-** Take a square paper and fold it from the angle so that a right-angled triangle is formed. Hold the paper with this finger and thumb in such a way that the base angle is between the finger and the thumb and the top corner and the top of the object are in a straight line and add the height up to your eye. That would be the actual height of that object.



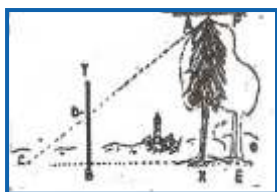
**Pencil Method -** Make a mark on a tree at a height after measuring or make a partner stand. Now, standing at a distance of 10 or 15 yards, hold a pencil straight and spread your hand in front and cover that measurement area with the pencil. Now, find out how many times we can cover the tree on this basis. Multiplying this number by the first measurement or height of the companion will give the height of the tree.



**Shadow Method** - Measure the shadow of the tree or tower etc, the height of which you want to measure first. Now, measure your shadow by standing upright with your pole or its shadow or standing upright yourself. Find the height in the following way –

$$\text{Height} = \frac{\text{Height of the poles/self} \times \text{the shadow of the tree}}{\text{Shadow of poles/self}}$$

**Lord Baden Powell's Method** - Drive a stick some distance away from the tree AX. Lie on the ground and look at the top A of the tree on the pole, it will be visible at D. Measure the height of BD and distance of CX and BC. Use a scout stick, rope, belt or step. Now, find the height of the tree in the following way - $AX=CX*DB/BC$ .



## 2. Weight Estimate

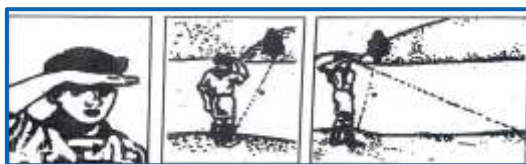
Scouts/Guides need to have knowledge about the weight of items in common use like sugar, flour, salt etc. They should practice this by taking different objects in hand. By doing this, one will be able to estimate the weight by looking at them or lifting them by hand. In this type of experiment, they should practice to estimate the weight of 2 to 5 kg.

## 3. Number Estimate

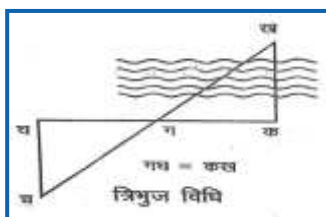
For this the "unit method" is adopted. That is, divide the whole area into segments. Counting one segment and multiplying it by the remaining parts. For example, buttons are placed in a tray. Spread them and divide them into four parts. As in one, there are 80 buttons in the part, so there are  $80 * 4 = 320$  buttons.

## 4. Width Measurement Method

**Napoleon or Hat Method** : By placing a hat or pee cap on the head or keeping the palm, look at any one thing on the front edge of the hat across the field or river, for which the width, or distance is to be determined. Raise or lower the hat as needed. Turn right or left and look in the same way and assume a sign at a place. Now, measure this distance, then this width or distance will come.



**Triangle Method:** A tree or a permanent sign is considered A on the other side of the field or river to measure the width. Now, put a stick B in its line, walk 25 steps to the right or left and bury a stick C. Then, go forward 25 steps and bury the stick D. Now, walk to the right or left so that the mark C and mark A come in a straight line. Mark E at that spot. The width or distance between marks D and E will be the width or distance of that river or stream.



## CHAPTER 10– KNOWLEDGE OF ADVENTURE SYMBOLS

All scouts/guides of the team/company must be aware of the signs. They are very much needed at the time when the scout team leaves for some excursion work or service work. These marks allow a group to easily locate another group or a scout can locate another scout. During the hike, the team should be divided into three parts.

**Leading Team** - This part of the team walks on the left hand side of the paved road, or on the right hand side, marking a distance of 20 to 30 steps using ocher, chalk, clay, coal or lime. Through these signs, various activities should also be conducted by the scout guide. There should be a maximum of three to four scouts in this team.

**Path Investigator Team:-** This part of the team is big. It follows the signs placed by its forerunner and moves forward and searches for its comrades.

**Trailing Team** - In this team also there are three to four members, who like the other team follows the investigator team and find their team mates by erasing the marks which were put by the leading team.

**Note :-** Everyone should follow these signs and should make a road map while walking. Scout guide should have knowledge of more signs yet it is necessary to know some signs which are made with chalk, soil, stone, by marking on trees and thatch. Here are some pictures. :

## SOME NECESSARY SIGNAGES

	Go here		Camp is here		Keep going
	Don't go here		Cross the crossroads		Turn around
	Wait a while		Go straight		Don't go here
	Reached the destination		Turn towards small stones		Sunflower group leader
	Here is the bridge		Don't go here		Everything is fine
	Drinkable Water		Keep going		Don't go here
	Sewage		Turn here		Letter is hidden on step 5





## CHAPTER 11- KNOWLEDGE OF DIRECTION AND COMPASS

Many such opportunities come in the life of every person when they need information about direction. The scout/guide should be able to identify direction and have complete knowledge of compass. There are many ways of knowing the direction viz. from the sun, from the sun's shadow, from the sun clock, compass, temple, mosque, tomb, branches of trees, moss on the trunk of trees and star galaxies at night. From all of these, the easy and correct direction is known from the compass.

### Compass

The compass needle always remains in the same direction i.e. north. After knowing one direction, other directions can easily be detected. First of all, it is necessary to know about the 16 directions of the compass.



### By Sun's Shadow

Facing towards the sun in the morning, it will be the east direction, behind the back will be the west. On the left side, will be the north direction and the south direction will be towards the right hand side.



**From The Head of The Tomb** - The tombs are made in the north-south direction. The north side is high and wide and the south side is thin.

**From The Temple** - The part of the shivling in the temple where the water flows out is in the north direction.

**From The Mosque** - The kawa of the mosque is always in the west direction.

**By Trees** - If you look at some trees in the open field, you will find that most of the long branches are on one side and that side is assumed to be the south direction. Fruits, flowers, leaves also come first on the south side of the trees. They grow and ripen early. This is clearly visible in the mango tree in the summer season. There is more moss on the trunks of trees in the north or the stem is blackened in the north.

**By The Stars - By The Pole Stars** - The pole star always shines in the north direction. This shows the north direction.



**By Sharmishtha or Kashyapa Mandal or Pandava Keshopian -**

The W-shaped constellation is opposite to the Sapta Rishi. When the Sapta Rishi stays down for some time in the night, then this constellation is clearly visible and with the help of this, the pole star can be detected.

**By Bharat or Shikari and Orion -**

Its head always faces north. It is visible in autumn. It is also called Mrigashira deer.



**CHAPTER 12–SIGNALING, MAMOMA & MORSE SIGNALING**

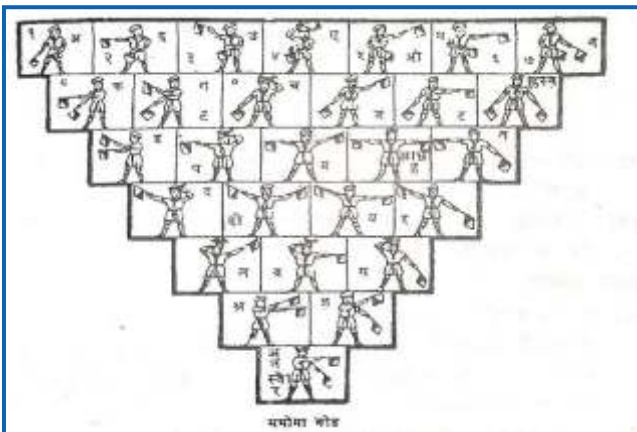
**Signal With Flags Using Mamoma**

When two persons are so far apart that their voices cannot reach each other or they cannot speak loudly because of danger, they can communicate with each other only by signals. These signals can be given successfully and rapidly with flags or discs. This way of conveying message to the other person by signals is called signaling in English.

In addition to fulfilling the appropriate requirement through signaling, there is also exercise of the eyes and various other parts of the body. Due to this the memory power is improved and the child becomes agile and active. There are two methods of signaling-

- a) Angle Method
- b) Line Point Method

**Mamoma-** Mamoma is based on angle method. This method was introduced by Pandit Shri Ram Vajpayee ji. It has been named Mamoma after the first letters of the name of Mahamana Pandit Madan Mohan Malaviya ji, Ma, Mo, Ma. In this method, messages are sent in Hindi by two flags. Signs are assigned for each letter. The list of these signs is called code in English. The signs of the Mamoma code are shown in this figure.





Things to note about Mamoma method -

- a) Each side of the flag is 45 cm. Light wood measuring 65 cm to 75 cm is tied in it.
- b) Half of the cloth of the flag in the shape of a right triangle is white and the remaining part is dark blue or black.
- c) Signal senders stand facing the signal receiver
- d) In the state of preparation, there is a distance of 25 cm between his two legs, the flags of both hands are in the position of a cross in front of the legs.
- e) The receiver signals 'ready' to receive the message by bringing the right-hand flag to the position A. With this sign, he gives his approval again and again that he has understood the message.
- f) If the receiver of the message does not understand a letter or word, he repeatedly brings the right-hand flag straight from head to toe. If a letter or count is wrong, it is because of the sender of the message.
- g) When a word or count is complete, the messenger raises the right-hand flag to position A.
- h) The flags should be crossed over the head (before sending letters) to send half letters.

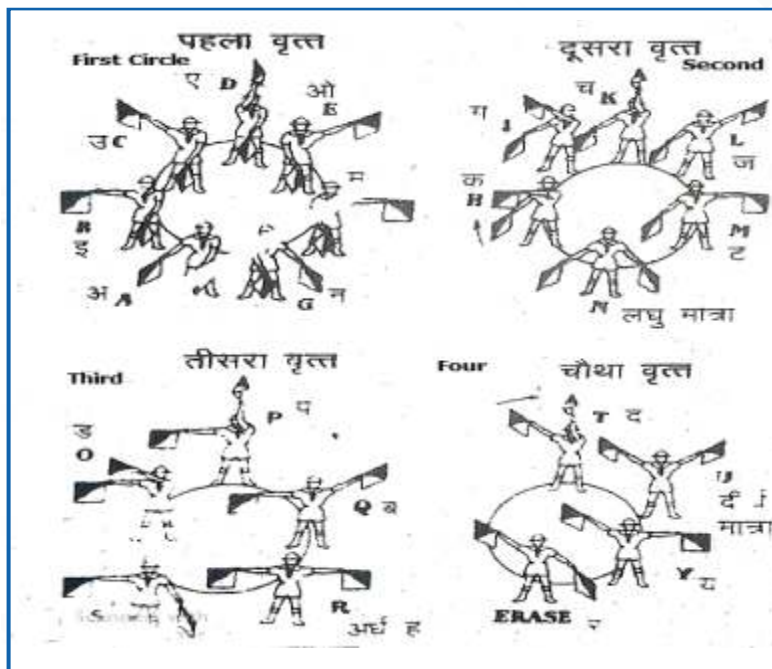
### Semaphore

Semaphore is a system of sending signals in the English language by flags. In this method, signals are sent in English just like Mamoma.

### Morse Signaling

Samuel Morse invented this method. Dot/dash is used in wire home. Dot is called a small sound and pie or dash is called a sound that is played three times longer than dot. All letters are made by matching different types of these dots and dashes. Not only sound, but flag, smoke, fire, bugle, disc, etc. shown for a short period of time are considered as dot and if shown a long period they are considered as dash and their different types make letters.

Hrsva (ह्रस्व) vowels or consonants in which the sound of small vowel is present are named after these letters as dot and the rest as dash. The Morse method usually requires a fine white cloth 2 feet long and 2 feet wide to send a message with a flag. In the middle, there is a blue strip of 3 inches wide. The wooden stick of the flag is 3 feet 3 inches long. To get a flag from A to B and back from B to A, there is a dot, and to bring a flag from A to C and back from C to A, there is a dash or group.



Morse Code/ Alphabet			
Symbol	Dots	Symbol	Dashes
E	●	T	—
I	●●	M	— —
S	●●●	C	— — —
Opposite word			
A	●—	N	—●
B	—●●●	V	●●●—
D	—●●	U	●●—
F	●●—●	L	●—●●
G	— — ●	W	●— —
Letter with no opposite			
C	—●—●	J	●— — —
Z	— — ●●		
Numerals			
1	● — — — —	6	— ●●●●
2	●● — — —	7	— — ●●●
3	●●● — —	8	— — — ●●
4	●●●● —	9	— — — — ●
5	●●●●●	0	— — — — —

Some Special Sign				
Semaphore	Mamoma	Morse	English	Hindi
VE	कत	●●●—●	what is ready	क्या तैयार है
K	र	—●—	ready, send	तैयार है, भेजो
A	ट	●—	read off	पढ़ लिया
IMI	फ	●●— — ●●	send again	दुबारा भेजो
ANNUL	आधावुत्त	●●●●●●●●	cut words	शब्द काट दो
Q	ट	—●—	stay	ठहरो
AAA	अअअ	●—●—●—	full stop	पूर्ण विराम
AR	ख स	●—●—●	sender	भेजने वाला
R	र	●—●	met	मिला
III	ड	●●●●●●	slowly slowly inverted	धीरे धीरे
RR	क्क	●—●●—●	comma	ऊपरी कोमा
II	ल	●●●●	line again	दुबारा लाइन
MM	र	— — — —	division sign	बटे का चिन्ह
GB		— — ● — ●●●	Hi	नमस्कार
UK		●●—●—●—	block letters	बड़े अक्षर
FI		●●—●●●	decimal	दशमलव
MR		— — ● — ●	move right	दाएं हटो
ML		— — ● — ●●	move left	बाएं हटो
CC		—●—●—●—●	comma	अल्पविराम

## Morse Signaling

Symbol	English Alphabet	Hindi Alphabet
●—	A	। आ की मात्रा
—●●●	B	ब
—●—●	C	च
—●●	D	ि ई की मात्रा
●	E	इ
●●—●	F	ऐ की मात्रा
——●	G	ग
●●●●	H	ह
●●	I	इन
●— — —	J	ज
—●—	K	क
●—●●	L	ल
— —	M	म
—●	N	न
— — —	O	े ओ की मात्रा
●— — ●	P	प
— — ● —	Q	क्ष
●—●	R	र
●●●	S	स
—	T	ट
●●—	U	ु उ की मात्रा
●●●—●	V	व
●— —	W	त
—●●—	X	झ
—●— —	Y	य
— — ●●	Z	द



## CHAPTER 13- MAP MAKING AND READING

First of all, you need to know what is a map?

Displaying a picture of a terrain in some proportion on a paper is called a map. To find that information about a terrain in a short time, which we cannot get easily even after taking a lot of time.

1. The map gives us a lot of information about that area in a short time.
2. The map acts as a guide.
3. The map creates adventurous spirit.

Reading a map and making a map are different subjects. First of all, we will consider the things in relation to reading the map.

The exact length and width on the ground are shown on the map by a ratio, which we call the scale. For example, from 1 centimetre to 10 millimetres, scales can be used to make small parts bigger and bigger parts smaller.

Colours used in the map of India

- 1 Red colour: for buildings on the streets
2. Yellow Colour : for agriculture sector
3. Green colour : for garden, forest, natural wealth
4. Blue colour: for pond, lake, river, sea
5. Black color: for railway line
6. Brown Colour: mountain, to show shadow
7. The top of the mountains are shown in the form of a brown triangle

To make a map, we will need the following information which is shown in the map.

1. Name of the place on the map, district, state etc.
2. According to the survey of which year, the map was made.
3. By whom was the map printed

### Knowledge of Four Things is Needed to Read A Map

1. Which area does the map showcase?
2. The direction of the map which is shown by arrows and the direction is written on it, especially north-south.
3. Symbols used in the map
- 4 Map scale/ratio

We call these in short-Demarcation, Direction, Details and Distance

### Tools Needed To Read Maps

Map, compass, scale or chain, paper sheet, pencil, drawing board & board pins

### Map Can Be Made In Two Ways

Triangle Method and Route Map

The knowledge of making two types of maps is essential for a scout.

1 Standing at one place and showing the things around it

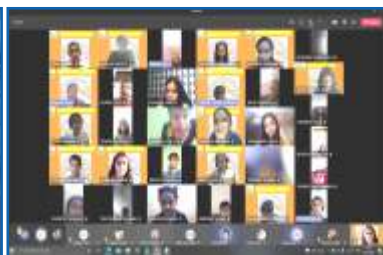
2 Showing things on the way while moving

For both these methods, it is necessary to have knowledge of direction along with fixing the tape and scale to measure the distance. Without these two things a map cannot be made. The scout must be aware of the exact length of his move/step. If there is a measuring tape, then it should be used.



# CONVENTIONAL SIGNS

	METALLED ROAD समतल सड़क		DOUBLE LINE RAILWAY
	UNMETALLED ROAD असमतल सड़क		SINGLE LINE RAILWAY
	ROAD THROUGH A CUTTINGS (SURVEYED)		METRE GAUGE RAILWAY
	COUNTRY BOUNDARY (SURVEYED)		TRAMWAY ON MINERAL LINE
	(TEMPLE) मंदिर		ROAD OVER RAILWAY
	MOSQUE मस्जिद		RAILWAY OVER ROAD
	FORT किला		RAILWAY OVER RAILWAY
	CHURCH WITH TOWER चर्च मंदिर		TUNNEL सुट्टा
	FOOTPATH सड़क		TELEGRAPH LINE तार की सड़क
	RIVER नदी		TELEPHONE KIOS
	SIMPLE BOUNDARY सड़क-सिमा		POST OFFICE डाकघर
	ELECTRIC WIRE बिजली की तार		HOSPITAL हॉस्पिटल
	HEDGE पेड़ों की दीवार		GRAVE YARD कब्रिस्तान
	STONE WALL पत्थर की दीवार		HOUSES घर





## CHAPTER 14 - YOGA AND EXERCISES

Yoga and exercise in Dhruvpad :- There will be repetition of yoga and exercises of Praveshika and Komal pad. Along with this, practice of Surya Namaskar, tratak, eye exercises, pranayama bhastrika and leg exercises will also have to be done. Any four of the following yogasanas given in Dhruvpad should be practised. See the picture :- Katichakrasana, Pawanmuktasana, Bhujangasana, Siddhasana, Mandukasana, Makarasana, Shirshasana, Paschimottanasana and Dhanurasana.

**Katichakrasana** : actually means rotating the waist part. Along with stretching the waist, this posture also brings flexibility in the waist. It takes some time to do but has many benefits. It provides relief from constipation, flexibility of the spine and pelvis and strengthens the abdominal muscles and back while relaxing the neck and shoulders.

**Pawanmuktasana** is one such asana which is well known for the treatment of stomach. While the practice of this asana gives relief in the problem of gas and constipation, the breathing method done in this asana is also very beneficial in curing cold. Losing weight is also easy with the practice of this asana, so regular practice of this asana should be done.

**Bhujangasana** - Keep the legs straight and the feet and ankles together. Bring both the hands below both the shoulders and keep both the elbows close to the body. Taking long deep breaths, slowly lift the head, then the chest and then the stomach. Now while raising the body, with the help of both the hands, pull the waist back. This increases strength and flexibility in the spine.

Benefits

- The working capacity of all the organs present in the lower abdomen can increase.
- Problems of the digestive system, urinary tract are removed, and sexual power can increase.
- Improves metabolism and may help in weight loss.
- The lower back can be made stronger.
- The lungs, shoulders, chest and lower abdomen can get a good stretch.
- Reduces tension.
- It can also be beneficial in depression.

**Shirshasana** - In this posture, the head is on the ground and the feet are on the top in a straight position. By doing this asana, there is blood circulation in the brain and the rest of the body.

**Siddhasana** - First of all, sit in Dandasana, then bend the left leg and place its heel on the penis and bend the right leg and place its heel just above the heel of the left foot. This is also called Siddhasana. It is the most important of all the asanas and the only one that bestows all kinds of siddhis.

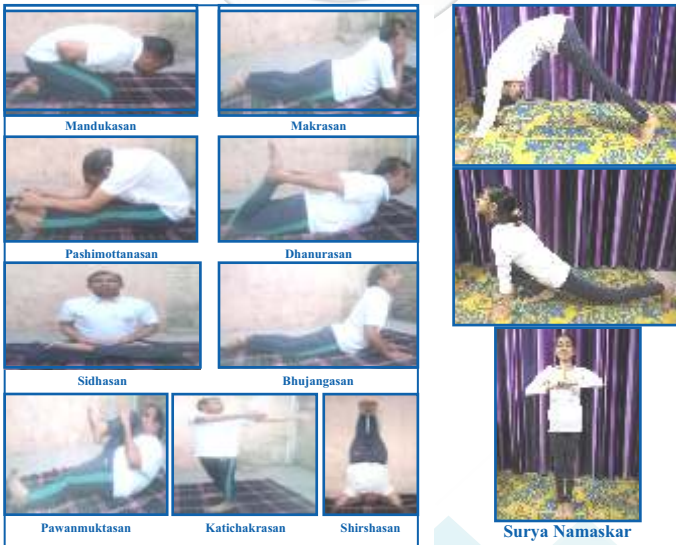


**Paschimottanasana:-** First of all, you sit on the ground. Now spread both your legs in front. Leave the back muscles loose. While inhaling, move your hands up. Then exhale and bend forward. This asana makes the spine flexible and keeps us away from many diseases. Along with reducing the stomach, it also helps in slimming of the waist, removes anger, keeps the mind calm and happy. This asana is beneficial in insomnia.

**Dhruvasana:-** Lay a seat on the ground and stand straight. When standing your position should be in the attention posture. Attach the right leg to the left groin. Bring both the hands together in the posture of pranam and place them above the heart. Keep your breathing rate normal. Stay in this posture for as long as you can. Take rest for some time. Then change the legs and repeat the steps. Due to this, memory power is developed and laziness is reduced.

**Mandukasana :-** is also called 'Frog Pose' in English. Actually, after doing this asana, the person's body becomes in the shape of a frog. Doing Mandukasana not only strengthens the abdominal muscles, but also gets rid of belly fat. It also gives relief from indigestion.

**Makarasana** is derived from Sanskrit words, "makara" meaning "crocodile" and "asana" meaning body posture. It is also known as 'Crocodile Pose' in English language. Makarasana is one of the most comfortable yoga asanas which is beneficial for back and shoulder problems. It can also be used as an alternative to Shavasana, in which complete body is in the state of rest. The purpose of Makarasana is to reduce the strain caused by practising other yoga asanas, so, it is performed at the end of the yoga session.



## CHAPTER 15 - PROFICIENCY MEDALS

To pass the Dhruvpad exam, a scout guide must have the knowledge of the following proficiency medals:- Cook, Debater, Cyclist, Toy Maker, Animals' Friend, Gardener, Handyman and Handy Woman.

The scout guide should have received at least three proficiency medals. Extensive knowledge of proficiency medals can be acquired very well at home, public places, schools with the help of experts. To get these medals, you have to take out some time apart from other tasks assigned to you. Most of the work is related to your daily routine, it is only necessary to mobilize courage and perseverance. Scouts and guides will have to get these proficiency medals with the help of their parents, teachers and companions.

### Cook

Following is the syllabus for this badge

- Knowledge of the chart of balanced diet
- Being frugal while buying food items and vegetables
- To arrange food in 1 week camp
- Making choka, makeshift stove and lighting fire
- Any five things should be prepared in which two drinks and two dishes should be cooked without utensils
- Serving food properly
- Healthy food storage



### Debater

- Have knowledge to speak for or against in a well-organized debate on at least two subjects
- Speak for at least 5 minutes later in the presence of the judge after thoroughly preparing on the topic and presenting a brief systematic note of your speech
- Knowledge of the general rules of the debater and the powers of the speaker
- To preside over a debate competition
- Lead a discussion successfully on a topic in the group



Note - You can get skilled by participating in such competitions in your school.

### Animals' Friend

The scout guide should have information about cow, buffalo, sheep, goat, cat, dog, bull, horse, donkey and camel.

- Have general knowledge about their food and their maintenance



- b) Being aware of cruel behaviour inflicted upon animals.
- c) To know about the common / minor diseases of animals and to take the simplest possible measures to remove them
- d) Knowledge about rearing such animals and birds that we keep in our homes
- e) Taking care of any one pet for at least 6 months
- f) What to do in case of an accident met by an animal? The law made for their protection should be known. To find out in the neighbourhood, the organization established to stop the atrocities on animals

### Gardener

- a) Planting vegetables, fruits and flowers in your home or farm and taking care
- b) In cities, vegetables or fruits can be planted in wooden or earthen pots
- c) Knowing the names of at least 12 plants that can be planted in a garden, knowledge of pruning of plants, grafting and fertilizing
- d) Planting a sapling and taking care of it for 6 months



**Note:** - In the city area, plant saplings on the roofs in pots or in a park etc. and take care of them.

### Handyman (Scout)

A scout must have knowledge of any five of the following:

- a) Painting a door or wall
- b) Cleaning and fixing gas fittings
- c) Changing bulb
- d) Replacing tap washer
- e) Hanging pictures
- f) Hanging curtains
- g) Picking up any floor coverings, brushing them and then laying them
- h) Cleaning window panes
- i) Repairing of hand taps
- j) Taking care of clogged pipe and frozen pipe
- k) Building a hut
- l) Plastering the wall with clay and concrete
- m) Making stairs with wooden logs to go down into a pond or river
- n) Making a cot
- o) Making a chair
- p) Repairing of basket or bucket
- q) Knowing how to use pressure stove
- r) Cleaning and polishing of cars, scooters and motorcycles



### Handy Woman (Guide)

- a) Sew clothes using a sewing machine, clean it, needle it or add oil
- b) Replace gas or oil mantle, electric bulb
- c) Clean oil lamps
- d) Switch off the gas, water or electricity from the main switch



- e) Clean and sweep the house
- f) Change the woven material (nivar) of the bed
- g) Sew a parcel
- h) Sharpen a knife on the cob
- i) Fit the frame of the mosquito net
- j) Put curtains on curtain rod
- k) Make mat, rug, mattress
- l) Change the tap washer
- m) Fit the picture in the frame
- n) Make cupboard from any packing material
- o) Connect a fuse or a wire to the plug
- p) Make any useful item for the house
- q) Can use stove, gas etc

### Cyclist

- a) The scout guide has to prove that he has a bicycle
- b) Can repair the bicycle himself
- c) Knowledge of the rules of walking on the road
- d) Can mend the puncture of the bicycle himself, fill the air, fix the brake, bell etc
- e) Participated in at least one cycle rally with the group
- f) To participate in 30 km scout and 20 km guide in cycle rally
- g) Have practice of climbing and descending from any pedal
- h) Can carry an injured person on a bicycle by making a stretcher



### Toy Maker

- a) The scout guide should know how to make toys etc for the children to play with
- b) They should be able to maintain them
- c) They should also have knowledge of repairing the toys available in the market



## CHAPTER 16 - FOREST SCIENCE / NATURE STUDIES

In the lap of nature, when the scout guide meditates, it is called forest science. In this, they get the knowledge of animals, birds, trees etc. They are friends of nature who protect it and not destroy. To improve the environment at home, scouts / guides should plant trees, flowers, and vegetable plants in the form of gardens, parks in cities.

**During Nature Study, For Scouts To Investigate** - The scout should collect information of 6 vegetables, 6 flowers, 6 birds and 6 trees and prepare a log book about them or grow two types of vegetables or fruit plants and get yield from them.

**For The Guide** - Collect information of 6 fruit trees, 6 flowers, 6 vegetable plants. Prepare a logbook of at least one tree and 3 flowering and 3 vegetable plants.

### Method of Preparation of Logbook (Brochure):

Keeping a record of what you have seen, heard, read and experienced is called a diary or log book. Take a rough copy or file or a scrapbook. Make a list of topics in it. Leave 2-3 pages for each subject. Keep writing, pasting or putting in whatever details you find. Write each observation in a separate line. In this, draw sketches of nature, take a photo from the camera and paste it later. Decorate using coloured pencils and by cutting and pasting pictures from magazines. Dry the flower petals first by placing it in between the newspaper pages. After they dry, stick it in the log book. Paste the pictures of leaves and take the footprints of birds using plaster cast. Cover the logbook properly and send it to your Scout Master for verification.



## DHRUVPAD TEST CARD (EXAM PAPER)

After passing the Dhruvpad exam, get ready for the Scout/Guide Gurupost (Tritiya pad). But there should be a gap of at least 9 months between Dhruvpad and Gurupad (Tritiya pad).

Name of Exam	Examination Date	Scoutmaster/ Guide Captain's Signature
<p>1 Repractice of the course of Praveshika and Komal Pad</p> <p>2. Pioneering / Knots / Binding / Lashing.</p> <ul style="list-style-type: none"><li>a) Timber hitch</li><li>b) Rolling hitch</li><li>c) One round and two half hitches</li><li>d) Sheer lashing</li><li>e) Parallel lashing</li><li>f) Square lashing</li><li>g) Diagonal lashing</li></ul> <p>3. Camp Craft - Tent Pitching &amp; Packing and Shelter preparation.</p> <p>4. First Aid -</p> <ul style="list-style-type: none"><li>a) Making a stretcher and the method of carrying it</li><li>b) Throwing a 15 meter life line</li><li>c) Something fallen in the eye</li><li>d) Sprain</li><li>e) Snake bites</li><li>f) Information on the treatment of</li><li>g) scorpion stings and bee stings.</li></ul> <p>5. Fire Knowledge - Lighting a fire with 2 matchsticks.</p> <ul style="list-style-type: none"><li>a) Knowledge of gas stove and its cleanliness and safety</li><li>b) Knowledge of extinguishing fire by bucket chain method</li><li>c) Prevention and rescue in case of fire in dry grass</li></ul> <p>6. Rescue kitchen in case of gas leak, preparing tea snacks, preparing lunch and dinner with the help of team members (during the camp).</p>		



Name of Exam	Examination Date	Scoutmaster/ Guide Captain's Signature
<p>7. Estimation -</p> <p>a) Measure yourself using your hands, arms and feet</p> <p>b) Estimation of height and depth</p> <p>8. Map making</p> <p>a) Direction indicator and information about compass</p> <p>b) Knowledge of the north direction by stars at night</p> <p>9. Knowledge of the adventure signs and hike symbols</p> <p>10. Flag Talk - Knowledge of any one - Mamoma or Semaphore for sending and receiving messages</p> <p>11. Participate in a 10km walk and write in the logbook.</p> <p>12. Make a plan for any two of the following and enter them in the logbook.</p> <p>a) To perform service work at any fair, religious place, hospital, bus stand, railway station for 12 hours.</p> <p>b) To prepare and participate in the cleanliness campaign program for 12 hours.</p> <p>c) To solve the problem of pollution near your school or home and record in the logbook.</p> <p>d) To record the knowledge of our civilization and culture in the logbook.</p> <p>e) To make plans in school with the members of the team for the development of the society, executing it, providing one month training for the same and making a note of it.</p> <p>13. Complete information about any four of the following yogasanas: Paschimottanasana, Dhanurasana, Katichkrasana, Pawanmuktasana, Bhujangasana, Siddhasana, Mandukasana, Makarasana and Shirshasan,</p>		

Name of Exam	Examination Date	Scoutmaster/ Guide Captain's Signature
<p>a) Knowledge of Tratak and practice of Surya Namaskar.</p> <p>b) Eye exercises and Pranayama Bhastrika</p> <p>14. To organize Sarva Dharma Dhyana Yoga prayer meeting.</p> <p>15. To receive any three Proficiency Medals from the following -</p> <p>a) Cook                                      b) Debater</p> <p>c) Cyclist                                      d) Toy maker</p> <p>e) Animals' friend                          f) Gardener</p> <p>g) Handyman Scout                          h) Handy Woman Guide</p> <p>16. Knowledge of Self defence</p> <p>17. Knowledge and practice of any one of the following-</p> <p>a) Band                                              b)Lezim</p> <p>c) Dandiya                                        d)Drill and parade</p> <p>e) Harmonium                                    f)Dholak</p>		



## INSPIRATIONAL SONGS (प्रेरणादायक गीत)

### स्काउट / गाइड प्रार्थना

वह शक्ति हमें दो दयानिधे,  
कर्तव्य मार्ग पर डट जाएँ ।  
पर-सेवा, पर उपकार में हम,  
निज जीवन सफल बना जाएँ ॥  
हम दीन दुःखी निबलों-विकलों के,  
सेवक बन संताप हरेँ ।  
जो हैं अटके भूले-भटके,  
उनको तारें खुद तर जाएँ ॥  
छल, दंभ, द्वेष, पाखंड, झूठ,  
अन्याय से निशदिन दूर रहे ।  
जीवन हो शुद्ध सरल अपना,  
शुचि प्रेम –सुधा रस बरसाएँ ॥  
निज आन, मान, मर्यादा का  
प्रभु ! ध्यान रहे अभिमान रहे ।  
जिस पुण्य धरा पर जन्म लिया,  
बलिदान उसी पर हो जाएँ ॥  
वह शक्ति हमें दो दयानिधे,  
कर्तव्य मार्ग पर डट जाएँ ।  
पर-सेवा, पर-उपकार में हम,  
निज जीवन सफल बना जाएँ ॥

### स्काउट/गाइड ध्वज गीत

हिन्द स्काउट – गाइड ध्वज  
उड़ते रहो गगन में ।  
देशप्रेम की भरो भावना  
हर प्राणी के मन में ।  
केसरिया रंग त्याग, तपस्या  
और बलिदान सिखाए ।  
तीन पंखुड़ियाँ तीन प्रतिज्ञाओं  
की याद दिलाए ।  
दस नियमों का पालन  
जीवन सुंदर, सुखद बनाए ।  
सेवा के प्रेरक बन उभरो  
जन-जन के जीवन में ।  
हिंद स्काउट –गाइड ध्वज  
उड़ते रहो गगन में ।  
उड़ते रहो गगन में ॥

## राष्ट्रगान

जन-गण-मन अधिनायक जय हे  
भारत भाग्य विधाता  
पंजाब सिन्धु गुजरात मराठा  
द्राविड़ उत्कल बंग  
विन्ध्य हिमाचल यमुना गंगा  
उच्छल जलधि तरंग  
तव शुभ नामे जागे,  
तव शुभ आशिष माँगे  
गाहे तव जयगाथा  
जन-गण-मंगलदायक जय हे  
भारत भाग्य विधाता  
जय हे, जय हे, जय हे  
जय जय जय जय हे!

## हिन्द देश के निवासी

हिन्द देश के निवासी सभी जन एक हैं  
रंग-रूप, वेष-भाषा सब चाहे अनेक हैं  
बेला, गुलाब, जूही, चंपा, चमेली-  
प्यारे-प्यारे फूल गूँथे माला में एक हैं  
हिन्द देश के निवासी ' - ' - ' - '  
रंग-रूप, वेष-भूषा सब चाहे अनेक है  
कोयल की कूक प्यारी,  
पपीहे की टेर न्यारी  
गा रही तराना बुलबुल, राग मगर एक हैं  
हिन्द देश के निवासी ' - ' - ' - '  
रंग-रूप, वेष-भूषा सब चाहे अनेक हैं  
गंगा, जमुना, ब्रम्हपुत्र, कृष्णा, कावेरी-  
जाकर मिल गई सागर हुई सब एक हैं,  
हिन्द देश के निवासी ' - ' - ' - '

## शिविर ज्वाला गीत

आग हुई है रोशन, आओ,  
आओ आग के पास। (2 बार)  
आग से रोशन अपनी बस्ती,  
कैसी बुलंदी, कैसी मस्ती।।  
रंजो आलम को भूलो भुलाओ,  
आओ आग के पास।  
आग हुई है रोशन आओ,

आओ आग के पास।  
सूरज डूबा, निकले तारे,  
खत्म हुए सब काम हमारे।  
मिलकर अलख जगाओ,  
आओ आग के पास।  
आग हुई है रोशन आओ,  
आओ आग के पास।।

## उठ जाग मुसाफिर भोर भई

उठ जाग मुसाफिर भोर भई,  
अब रैन कहाँ जो सोवत है  
जो सोवत है सो खोवत है,  
जो जागत है सो पावत है  
उठ नींद से अखियाँ खोल जरा,  
और अपने प्रभु में ध्यान लगा  
यह प्रीत करन की रीत नहीं,  
रब जागत है तू सोवत है  
उठ जाग मुसाफिर भोर भई,  
अब रैन कहाँ जो सोवत है ....  
जो कल करना सो आज कर ले,  
जो आज करे सो अभी कर ले  
जब चिड़िया ने चुग खेत लिया,  
फिर पछताए क्या होवत है  
उठ जाग मुसाफिर भोर भई,  
अब रैन कहाँ जो सोवत है ....  
नादान भुगत अपनी करनी,  
ऐ पापी पाप में चैन कहाँ  
जब पाप की गठरी सीस धरी,  
अब सीस पकड़ क्यूँ रोवत है  
उठ जाग मुसाफिर भोर भई, अब रैन  
कहाँ जो सोवत है।

## स्काउटिंग दीप जलाएँगे

स्काउटिंग दीप जलाएँगे,  
हम बदलेंगे जमाना ।  
निश्चय हमारा, ध्रुव सा अटल है,  
काया का भेद छोड़,  
सेवा का व्रत है ।  
जागृति शंख बजायेंगे,  
हम बदलेंगे जमाना ॥

स्काउटिंग दीप.....  
बदली हैं हमने, चारों दिशायें,  
मंजिल नई तय करके दिखायें ।  
धरती को स्वर्ग बनाएँगे,  
हम बदलेंगे जमाना ।

स्काउट दीप.....  
श्रम से बनायेंगे, माटी को सोना,  
जीवन बनायेंगे, उपवन सलोना ।

मंगल सुमन खिलायेंगे,  
हम बदलेंगे जमाना ।

स्काउटिंग दीप.....  
कोरी कल्पना की तोड़ेंगे काया,  
ममता की निर्मल बहायेंगे धारा ।  
प्रेम का दीप जलायेंगे,  
हम बदलेंगे जमाना ।

स्काउट दीप .....



## YELLS (निनाद)

छुआछूत को प्रेमभाव को कौन क्या करोगे	भगाने वाले जगाने वाले हम— हम, हम सब जागे हैं, जगायेंगे, जान तक लड़ेंगे	तुम कौन जन्म जहाँ पर अन्न जहाँ का वस्त्र जहाँ के वह प्यारा उसकी रक्षा कौन करेगा	वीर भारती हमने पाया हमने खाया हमने पहने देश हमारा हम हम करेंगे, हम करेंगे
देश की रक्षा जीना है तो मरना है तो	करना सीखो मरना सीखो जीना सीखो	क्या करोगे क्या करोगे क्या करोगे क्या करोगे	परोपकार चमत्कार देश उद्धार परोपकार, चमत्कार, देश उद्धार
घर—घर गूँजे देश हमारा	यह जय नाद जिंदाबाद जिंदाबाद	स्वस्थ रहेंगे स्वच्छ रहेंगे मस्त रहेंगे	जागे हैं, जगायेंगे, जान तक लड़ेंगे
तन से मन से जीवन में हम पर सेवा में	स्काउट गाइड आगे आओ एक चीज लाए हैं मथुरा के पेड़े	हाँ भाई हाँ क्यों भाई क्यों क्या भाई क्या वाह भाई वाह	देश की रक्षा जीना है तो मरना है तो
क्या बनेंगे क्या बनेंगे क्या बनेंगे क्या बनेंगे	सत्यवादी आशावादी चरित्रवान सत्यवादी, आशावादी, चरित्रवादी	बोलो रे भाई बोलो रे भाई बोलो रे भाई	र...स र....स रसगुल्ला
स्काउट गाइड क्या करोगे क्या करोगे क्या करोगे क्या करोगे	पढ़ेंगे सेवा करेंगे काम करेंगे पढ़ेंगे, सेवा करेंगे, काम करेंगे	भारत हमारा हमारा हमारा सर्वस्व हमारा	कर्म देश है धर्म देश है जीवन देश है देश है देश है देश है

### Citation

Dear Scout Guide

This book according to Scout Guide syllabus is for your enlightenment, encouragement and guidance. I praise the compilation of subject knowledge and wish you good luck for the promotion of Scouting & Guiding.

Mohammad Maqbool

Former National Training Commissioner (Scouts)

### Citation

Dear Scout Guide

This book will prove useful to all our HSG's Scouts & Guides in increasing their knowledge and providing encouragement and guidance. I praise the compiled subject knowledge and wish good luck for the promotion of Scouting & Guiding.

G.Nirmala

National Training Commissioner (Guide)

### Citation

Dear Scout Guide

This book gives complete knowledge of the entire subject of Scouting to all our Scouts & Guides of HSG and will prove to be very helpful in achieving success. I extend my best wishes to the author who wrote the book and all the HSG family members who will benefit from it.

Mukesh Sharma

National Organization Commissioner (Guide)



