



**HINDUSTAN
SCOUTS & GUIDES
ASSOCIATION**

ABHIVRIDDHI KOSH
CUB BUBUL

Chief Editor: Dr. Bhawana Malik

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From the desk of the Chief Editor

Dear Cubs/ Bulbuls/Scouts and Guides,

We, as a nation, are on the historic threshold of significant growth, and prophecies of our ascension to a global economic powerhouse abound. To assess whether this prediction comes true, we must acknowledge that our children are our most valuable possession and greatest hope. So, this dynamic segment of our country needs to channelize its energy and enthusiasm and develop the realisation of its potential. Educators and educational institutions play a critical role in lifting our country out of the quagmire of poverty and inequity. Young people all over the world need to broaden their skill sets in order to evaluate and apply knowledge in ways that meet the new demands of our changing social and economic landscape.



Evidently, Scouts and Guides focus on the development of such skills, which leads to the development of a global citizen who is aware and responsible.

The aim of Scouting and Guiding is four-fold. The first is the formation of character; the second is the formation of sound health habits. The third is the training in handicrafts and the acquiring of useful skills; and the fourth is the cultivation of a proper spirit of social service.

Thus, Scouting and Guiding is a Character-Building Educational Movement that works on the motto of "BE PREPARED". The boys as scouts and the girls as guides will get an opportunity to play diverse roles and volunteer their services to society. Your patience and capacity will be put to the test in activities like camping, tracking, marching, flag hoisting, and so on.

Indeed, I am confident that, under the capable leadership of acclaimed teachers, appropriate training modules, and rigorous practises to encounter and survive the blows of unfavourable circumstances, each student's power of expression and degree of confidence will skyrocket..

I wish you all the best!

Dr. Bhawana Malik

Principal, Lovely Public Sr. Sec. School, Delhi

Basic Commissioner Course, Hindustan Scouts and Guides, India

Chief Scout Message

Dear Cubs/ Bulbuls & Scouters /Guiders

Best wishes

I believe that every creature in the world, whether it is aquatic, amphibious or overland, does everything possible to fulfil it's material needs. A 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 society. Scouting & Guiding's 10 rules, 3 vows, principles and training of duty towards God, motherland and self, bringing them into 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 Dr. Bhawana Malik, Principal, Lovely Public Senior Secondary School for her sincere endeavour in disseminating knowledge about Scouting & Guiding through the Cub Bulbul Book “Abhivridhi Kosh”.

Sriniwas Sharma
Chief Scout & Founder,
Hindustan Scouts and Guides, India

From the Desk of The Chairman

As the National Chairman of Hindustan Scouts and Guides, I feel extremely privileged to be associated with an organisation that is working tirelessly for the betterment of the society and the world as a whole. The objective of this esteemed organisation is to provide the youth a platform to uphold the values and laws that guards the society. It helps them develop their academic skills, instils confidence, empowers them with leadership qualities and much more.



It is important, for young learners, to inculcate skills that ensures 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 take informed decisions that foster their critical-thinking abilities and collaboration.

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

I congratulate Dr. Bhawana Malik, Principal Lovely Public Senior Secondary School for taking up this Nobel initiative of presenting 'Abhivridhi Kosh' which will motivate students to join Scouts and Guides for a better perspective of life.

Bharat Arora
National Chairman,
Hindustan Scouts and Guides Association

Foreward

The purpose of the movement is to contribute to the development of young people to achieve their full physical, intellectual, social, and spiritual potential as individuals, as responsible citizens, and as members of local, national, and international communities.



The mission needs your time, advice, support, and cooperation to bring a big change in society, which is actually the need of the hour. It gives me great pleasure to present this training book to all the Cubs and Bulbuls of the country as the National Trainer of the Hindustan Scouts and Guides Association.

This book will be a strong tool for the future success story of HSG's camps, social programs, activities, services, goals, and objectives. Cubs and Bulbuls should be in line with the essential needs of society in the future by scouting youth to lead the skill sets needed in the country. As a Cub Bulbul, you are the future of the country, and as a trainer, we are the builders of the future. We have to do this in the form of training to make each and every Cub and Bulbul a good human being for society to fulfil his duty and responsibilities towards God and country.

I wish all my Cub and Bulbul children all the best for success and better use of this book in their Cubbing /Scouting and guiding lives. I am sure this book will make every cub and bulbul a true patriot and diligent person.

Shri Rahul Kumar (LT)
National Training Commissioner (Scouts)
Hindustan Scouts and Guides, India
Awarded by : President of India



Part 1

Praveshika

Chapter: 1

Introduction to the Cub

Cubing: In 1916, Lord Baden Powell wrote a book, "The Wolf Cub's Handbook," for children aged 6 to 10 years. From that time onward, cubing was born. This book has been adapted from the book "The Jungle Book," written by Rudyard Kipling.

This is a child movement, through which the overall development of children is to be ensured by making them good citizens. A child who is a citizen of India and who has completed 6 years and is below 10 years of age can become a member of the cub by accepting the rules of the cub. The following are the stages of progress for the development of the cubs:

1. Praveshika (3 months)
2. RajatKiran (6 months)
3. Swarn Kiran (9 months)
4. Hirak Kiran (9 months)
5. State award (12 months)

Cub and Bulbul's Festival: There is a gathering of Cub and Bulbul in which opportunities are provided to enjoy their specially designed activities, and they also help them showcase their skills and talents. Some of the activities in this festival include Cub Bulbul's greeting display; Bulbul's tree decoration; enactment of jungle stories; the story of Tara; Jungle dance; exhibitions; and plays. All these activities are organised during this festival.

The cub's evening activities are known as "Red Flowers," and the bulbuls' activities are known for their "Chirping", where the cub and bulbul showcase their skills and talents through the cultural presentation.

Chapter: 2

Story of Mowgli & Tara

The Story of Mowgli



The Story of Mowgli is about a man-baby who found his way into the jungle from his village and got lost there. He was found by a pack of wolves on a hill. A wolf couple, Daruka and Raksha, decided to raise the baby as their own. They named him Mowgli. Akela, the leader of the group, decided that Mowgli would be part of their group. But, not everyone was Mowgli's friend. Sher Khan, the man-eating tiger, was determined to kill Mowgli. But Ballu, the bear,

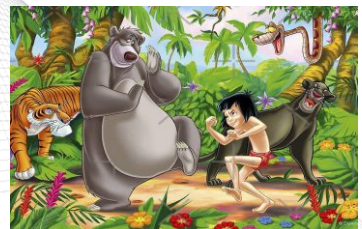
and Bagheera, the panther, convinced him not to do so.

Sher Khan initially agreed to leave Mowgli alone, but was always on the lookout for a chance to trap him. Mowgli learnt from Ballu, Bagheera, and Kaa the python, the rules of the jungle along with the language of the animals. They also taught him to hunt. With the passage of time, Akela, the leader of the wolves, became old and weak. Sher Khan and some young wolves who disliked Mowgli got together and planned to separate Mowgli from his group so that he could be killed. Mowgli understood his plan and decided that he must return to his village, as it was in everyone's best interest.



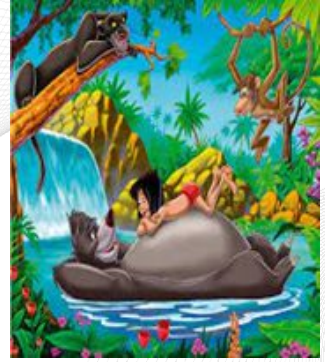
Before Mowgli returned to his village, Bagheera advised him to get the secret of the red-fire. All the animals were afraid of fire. Mowgli challenged Sher Khan with fire and injured him badly. The fire frightened Sher Khan, and he ran away. Now, Mowgli decided to spend some time with his friends before returning to the village. But suddenly, he was captured by a band of monkeys and taken to the ruins of an ancient temple. He met the king of the monkeys in the temple.

The king asked him to tell him the secret of the red-fire, but Mowgli did not tell him the secret, even though his life depended on it. Fortunately, Ballu and Bagheera arrived. After a wild chase, the three friends escaped. After this, Mowgli left for the village. He started living with a couple who believed



that Mowgli was their son and had been carried away into the jungle by the tiger. Mowgli learnt to live away from human beings and became a herder. One day, he met one of his wolf brothers, who told him that Sher Khan was back.

Mowgli made a plan to kill Sher Khan. He, along with Akela and other wolves, trapped Sher Khan in a canyon. They then provoked a herd of buffaloes, which caused a stampede and trampled Sher Khan beneath their hooves. Mowgli then made his way to Sher Khan's hide on the hilltop where his wolf family lived. All the animals were overjoyed with the news, and Mowgli was given a grand welcome.



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. They were labourers. 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 school. Her mother was busy cooking food. When she peeped inside the house, she found it helter-skelter. 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 for her worry. Tara said, "I was 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 rather commands the servants for help. She wears good clothes and jewellery and is always

happy."

"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 is 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.

Chapter: 3

Cub/ Bulbul Pledge, Law, Motto, Salute

Cub/ Bulbul pledge (Promise)

I promise to do my best to do my duty to God and my country.
To keep the cub / Bulbul law and to do a good turn every day.

Cub Bulbul Law

A cub bulbul is obedient.
A cub bulbul is clean and polite.

Cub Bulbul Motto

"Do Your Best"

Cub Bulbul Salute

Cub and Bulbul respect their leader by saluting him. They bow to the national flag and honour it. They salute the flag with their right hand. The first two fingers are set open, and the remaining fingers are closed with their nails pressed under the thumb. The hand is placed just above the end of the right eyebrow to pay the salute. The hand is brought down quickly.



Cub Salute



Bulbul Salute

Shake the left hand:

Scout guides always shake their left hands when they meet other scout guides. Shaking the left hand reveals their obscurity because the human heart is on the left side.



Chapter: 4

Cub bulbul Songs & Bhojan Mantra

<p>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</p>	<p>कब बुलबुल गीत हम हैं छोटे-छोटे बाल। हमें लेना तू संभाल। कदम-कदम पर करें गलतियां। सद्बुद्धि देना भुला गलतियां। तुम बिन कौन लेगा संभाल। हम हैं छोटे-छोटे बाल।</p>
<p>Sher khan kimrityu ka khel Mogli shikari ne, Mogli shikari ne Maara sher ko, Maara sher ko Kheecha chamda saara Kheecha chamda saara Khunkaar ka, Khunkaar ka Ra raraha, Ra raraha</p>	<p>शेर खाँ की मृत्यु का खेल मेगली शिकारी ने। मेगली शिकारी ने। मारा शेर को। मारा शेर को। खींचा चमड़ा सारा। खींचा चमड़ा सारा। खूंखार का! खूंखार का! रा, रा, रहा! रा, रा, रहा!</p>
<p>Bulbul ke geet Hum hai chhoti bulbul Hum me hota kitna mel Koshish karna humara kaam Aur hum khele sachhe khel</p>	<p>बुलबुल के गीत हम है छोटी बुलबुल। हममें होता कितना मेल। कोशिश करना हमारा काम। ओर हम खेले सच्चे खेल।</p>
<p>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, tuktukghodachalatehai Niyampratigyanityanibhaave, Sevakanyakaryakare Pi pibaajabajatehai, hum dumdumdholbajate Padhne me hum dhyaanlagaaye, Khele kude naachegaye. Titli banker udtehai</p>	<p>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</p>

hum balak veer kehlatehai
Hum kab/bulbul haste hai haste
haiHum kab/bulbul haste hai, bade
saverauthke.

हम बालक वीर कहाते हैं।
हम कब/बुलबुल हँसते हैं, हँसते हैं।
हम कब/बुलबुल हँसते हैं,
बड़े सवरे उठके।।

Praying before the meal

Cubs and bulbuls should have faith in God. They should believe in God. We should always be thankful to God for providing us with resources that meet our needs. So, we should pray to God before having our meals as a sign of gratitude. Our body grows after having food. Hence, we should be thankful to the almighty.

Bhojan mantra

Hey matrbumi hey jagdishvar,
Bhojan se poorva pranam tumhe.
Iss bhojan se bal buddhi bade,
Aisa de do vardaana hume.
Hey matrbumi hey jagdishvar,
bhojan se poorva pranam tumhe
Om shanti, om shanti, om shanti.

हे मातृभूमि हे जगदीश्वर,
भोजन से पूर्व प्रणाम तुम्हें।
इस भोजन से बल बुद्धि बढ़े
ऐसा दे दो वरदान हमें।
हे मातृभूमि हे जगदीश्वर
भोजन से पूर्व प्रणाम तुम्हें।
ॐ शांति ॐ शांति ॐ शांति।।



Chapter: 5

Grand Howl & Bulbul Greeting

Grand Howl

Whenever the Cub students welcome the master into their pack, they greet them in a special way. The cub master calls out to the Cubs, those who are standing in queues. Then the cubs run and form a circle by holding each other's hands around the cub master by saying "pack pack." The cub master (Akela) in the middle of the circle in an upright position of attention. This gesture is a sign to all the cubs to put their hands down in their pockets. As soon as the master puts his hands down, the students sit on their ankles and start giving the grand howl.

All the cubs speak out together, 'Ake...la hum sab veer honge'

The cub master salutes with his two fingers of the left hand, saying three times, "you are brave," and then the cubs, with full zeal and energy, announce that "yes, they are brave" and stand in attention position, tapping their right hands, waiting for the cub master's orders.

The Cub Master salutes and thanks all the cubs, and proceeds to further orders.



For Bulbul respect,

All the Bulbuls will stand in line in their flock, and on getting the orders from the unit leader, they will form a circle after Attention and stand at ease with the flock, after which all the Bulbuls will stand in the circle by waving their hands like wings like Bulbul.

On Unity Day, the leader of the unit approaches the reader and informs them that the flock is ready for respect. After that, they will go back to their place and stand in the line.

On the order of Unity Day, all the bulbuls will pray, then come inside the circle, flying like a bulbul, and make a small circle again. Holding each other's hands, name the group after this bird that kept singing his song once. Once on the right side and once on the left side, she will dance, then fly back to her place like a bulbul and stand together in a big circle in her place.

After this, the Bulbul from the number two flock will repeat the process, and this process will remain till the last verse, in which case the Bulbul standing in the big circle place will stand in her place and sing and dance with the Bulbul in the middle. When the number of Bulbul flocks comes, then everyone standing in a big circle will dance and sing the Bulbul song. Holding each other's hands, they will stand after turning right side and left side.



On getting orders, all the Bulbuls will bend their knees and sit on the toes of their feet. And everyone's fingers will touch the ground while trying to stand up twice while making the sound of "KuhuKuhu." The third time, they will stand up, jump on their hands, and go and clap. I will stand on the spot. Then, while bulbul saluting, they will say the motto "I will try my best" and stand in their proper place. Finally, to get the order from the flock leader, flying like a bulbul, she will go back and stand in accordance with the number of her previous one. In this way, Bulbul will be respected.



Chapter: 6

Cub/Bulbul's uniform

Cub Uniform's

The cub shall wear a uniform as follows:

- 1) **Shirt:** A pista green shirt with two patch pockets and shoulder straps, as well as half or rolled-up sleeves that can be turned down in cold weather.
- 2) **Trousers or Shorts:** Army green trousers must be worn.
- 3) **Cap:** A dark green P-cap with the official cap badge provided by the National Association
- 4) **Belt:** A black nylex belt with an official Hindustan Scouts and Guides buckle provided by the National Association.
- 5) **Scarf and Wogal:** An orange triangular scarf must be worn around the neck, over the collar, and over the shoulder. Each of the scarf's two sides must have a minimum length of 70 cm and a maximum length of 80 cm.
- 6) **Membership Badge:** A cloth badge with a green background and a yellow fleur-de-lis, superimposed by the Trefoil with an Ashoka Chakra, also in yellow, in the centre, shall be worn in the centre of the pleat of the left pocket of the shirt.
- 7) **WFIS/ World Scout Badge:** The World Scout Badge should be worn in the centre of the pleat of the shirt's right pocket.
- 8) **Footwear :** "Black shoes (leather or canvas) with laces may be worn."
- 9) **Socks :** Black socks can be worn.
- 10) **Shoulder badge:** A shoulder badge measuring 6 to 8 cm x 1.5 cm with a white background and a red border, with the district and state names in red letters, shall be worn on both shoulders with a slight curve, immediately below the seam.
- 11) **Overcoat, Blazer, or Jacket:** An army green overcoat, blazer, or jacket is only permitted to be worn during the winter season.
- 12) **Metal Badge:** Similar to a cloth badge, a metal badge of the Hindustan Scouts



and Guides may be worn in casual.

- 13) **Whistle and Cord:** Green long whistle on a green cord.
- 14) **ID card with Casual Clothes:**
 - a) A green T-shirt emblazoned with the HSGA logo.
 - b) HSGA belt, black slacks, socks, and shoes are required.
- 15) The arrival badge and pin will be as per the rank and rules of NHQ.

Bulbul's Uniform

- 1) **Overall:-** A deep green overall with two top patch pockets and two side pockets from the underside, half sleeves 8 cm above the elbow with turned up and stitched down cuffs 4 cm wide, and an open sports collar with epaulettes on both shoulders. The overalls should not be too tight-fitting.
- 2) **Salwar, Kameez, and Dupatta:** a deep green-coloured salwar and a light green kameez of plain, non-transparent material. The length of the kameez must reach the knees. The kameez must have two patch pockets and two side pockets, as well as half sleeves that are 8 cm above the elbow and have turned-up and stitched down cuffs. 4 cm. wide, open sports collar with epaulettes on both shoulders. The salwar and kameez should not be too tight-fitting. The dupatta should be deep green in colour and made of plain, non-transparent material.

OR

A light green colour shirt of plain non-transparent material with two patch pockets, half sleeves (8 cm. above the elbow), turned up and stitched down cuffs (4 cm. wide), an open sports collar with epaulettes on both shoulders.

- 3) **Trouser:** Army green trouser
- 4) **Scarf and Wogal:** An orange triangular scarf must be worn around the neck, over the collar, and over the shoulder. Each of the scarf's two sides must have a minimum length of 70 cm and a maximum length of 80 cm.
- 5) **Membership Badge:** A cloth badge with a green background and a yellow fleur-de-lis, superimposed by the Trefoil with an Ashoka Chakra, also in yellow, in the centre, shall be worn in the centre of the pleat of the left pocket of the shirt.
- 6) **WFIS/ World Scout Badge:** The World Scout Badge should be worn in the centre of the pleat of the shirt's right pocket.
- 7) **Cap:** A dark green p- cap with the official cap badge provided by the National Association
- 8) **Belt:** A black nylex belt with an official Hindustan Scouts and Guides buckle

provided by the National Association.

- 9) **Footwear :** "Black shoes (leather or canvas) with laces may be worn."
- 10) **Socks:** Black socks may be worn.
- 11) **Shoulder badge:** A shoulder badge measuring 6 to 8 cm x 1.5 cm with a white background and a red border, with the district and state names in red letters, shall be worn on both shoulders with a slight curve, immediately below the seam.
- 12) **Whistle and Cord:** Green long whistle on a green cord.
- 13) **Cardigan and overcoat:** When worn, the cardigan and overcoat must be army green and plain. Sleeveless according to the season is allowed.
- 14) **Hair Ribbon:** black plain ribbon or black plain hair band (no design, only for short hair).
- 15) **Jewellery:** Except as prescribed by religion or custom, no jewellery shall be worn.
- 16) **Casual Wear:** During field activities, the working uniform or field activity uniform with deep blue jeans or plain sky blue colour T-shirt with collar and pocket superimposed with the BS & G emblem may be worn, along with comfortable shoes.

Special in uniform






Hindustan Scouts and Guides Association Uniform Accessories, Insignia and Rank

1. **Membership Badge:** A cloth badge with a saffron background and fleur-de-lis in tricolor, with four lions in the center, will be worn on the shirt in the centre of the left pocket or in one place by all HSG members charged by Trefoil.
2. **WFIS Badge:** This is a cloth badge with a dark green background on which the WFIS logo is in the middle. This is for all the members of HSG and should be worn in the centre of the right pocket of the shirt.
3. **HSG Tape:** HSG Tape containing Hindustan Scouts & Guides supplied by National Headquarters can be worn just one (1) inch above the right pocket of the shirt. The size of the strip should be 11 cm by 2 cm, the right corner of which should be the tricolor of the national flag of size 3 cm by 2 cm and the rest should be for the title of Hindustan Scouts and Guides.



HINDUSTAN SCOUTS & GUIDES

Cub/Bulbul Advancement:

- 1. Rajat Kiran Badge:** To qualify for the Rajat Kiran badge, a Cub/ Bulbul should work for at least six months. He should be awarded a silver coloured cloth badge along with the black border. The HSG logo in the center is half sun, covered with the words silver kiran in yellow color. It should be 4 inches above the pocket line parallel to the membership badge.
- 2. Swarna Kiran Badge:** A Rajat Kiran Cub / Bulbul will work for at least nine months to qualify for the Swarna Kiran Badge. He should be awarded with a green cloth badge along with a yellow border. The HSG logo in the center is half covered in yellow from the sun's rays, with the word 'Swarna Kiran'. It should be 4 inches above the pocket line, parallel to the membership badge.
- 3. HIRAK Kiran Badge:** To qualify for the HIRAK Kiran badge, a Swarn Kiran Cub/Bulbul should work for at least nine months. He should be awarded with a red cloth badge along with a yellow border. The HSG logo in the center is half covered in green from the sun's rays, with the word 'Hirak Kiran'. It should be 4 inches above the pocket line, parallel to the membership badge.
- 4. Assistant Team Leader Badge:** ATL cloth badge holding the rank of assistant team leader, should be with dark blue borders on a blue background. The white colour single line should have the HSG logo in the center. It should be worn on the top left pocket line.
- 5. Team Leader Badge:** TL Cloth Badge should be with dark blue boarder on blue background holding the rank of Tally Leader post. White color double line should have the HSG logo in the center. It should be worn on the top left pocket line.
- 6. Cub/Bulbul State Award Badge:** One eligible HIRAK Kiran Cub/Bulbul has to earn a total of six Proficiency Badges in Gold Kiran and one State Award for appearing in the State Award Examination. After qualifying State Award Examination, they are awarded with Special State Award Clothes Badge in blue

and white. In which our National Emblem is there above the HSG logo covered with crops and the words 'State Award' in the bottom line. It may be awarded by the Hon. Governor or Chief Commissioner of the State. It should be 4 inches above the pocket line parallel to the membership badge.



7. **Prime Minister's Award Badge:** This is a special award for Cub/Bulbul for serving in the unit and earning a Proficiency Badge. It's a cloth badge in dark blue and white, on which our national emblem is above the HSG logo. The emblem is supported by two national flags on either side and is covered with crops with the words. The Prime Minister's Award is in the bottom row. It should be 4 inches above the pocket line parallel to the membership badge



8. **Cub/Bulbul Cap:** Official cap badge should be with dark green golden lines p cap. It is supplied by the National Association



9. **Cub/Bulbul Belt:** Official Black nylon belt with buckle of Hindustan Scouts & Guides supplied by National Association. This should be three (3) inches for the Cub/ Bulbul.

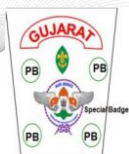


10. **Scarf:** One HSG scarf is saffron coloured with tricolor tape and the HSG logo for all the members. The scarf size with a base and two sides will be triangular. The minimum length of each of the two sides should be 70 cm and maximum of 90 cm. The scarf should be worn around the neck, over the collar.



Scout/Guide/Rover/Ranger and Instructor

Trainers Uniform Design



Bulbul Pena Frock



Right Pocket



Name Plate



Left Pocket



Chapter: 7

Personal Health, Yoga & Workout

Stay healthy by taking care of your personal health. For this, he needs to bathe with soap and water every day. Keep your nails and hair clean. Wash your hands immediately with soap and water before meals and after defecation. After meals, rinse the teeth before sleeping at night. Drink plenty of water during the day, have a balanced diet, and do not overeat. Keep the use of sugar in food to a minimum. Jump and run, get sleep. Get a regular health check-up done by the doctor. The Master Flock Leader should encourage his parents to do the same.

Cub Bulbul should not over-load her body with clothes. The clothes should not be too tight on the body. In summer, clothes should be worn according to the heat, and in winter, clothes should be worn according to the winter.

Yoga and Workout

Cub/Bulbul should be able to laugh, clap, jump and apply Kalamundi well.

Yoga

- * **Namaskar Aasan** –This asana is done at the beginning of yoga. Stand up straight and join hands. This mudra is for prayer.
- * **Vajrasana** – In this yoga posture, the knees are bent with the legs bent. This asana is beneficial for the spine.



Chapter: 8

General Knowledge

Everyday good work in homes and schools.

Everyone knows Bulbul because he helps others in need. There are good deeds and small and big deeds for which work is done. They have convenience, pleasure, and help. One of the characteristics of an act of goodness is that they don't expect reward. A cub should make an effort to do good work every day. The child does not get the idea of doing good work every day, but when he becomes aware with practice, he starts doing good deeds.

Good deeds are small, like helping your mother or father. Polishing shoes at home Keeping clothes in the right place, helping the mother in cleaning the house, keeping your room clean in school, keeping arrangements near the water tank, etc. All are counted as acts of goodness.

Cub/Bulbul will collect leaves and flowers from 10 trees.

Cub/ Bulbul will collect leaves and flowers from 10 trees and tell their names. It helps in the development of the child's observational power. At this age, children are always eager for it, so they know more about trees and flowers. Their interest in finding various types of trees and flowers grows. Therefore, the Cub Master should take Cub/ Bulbul on a tour, introduce him to the trees there, collect their leaves, pronounce their names, etc. It will make children curious to know more and they will remember the names of various flowers and fruits as well.



Can tell the time by looking at the clock.

In the olden days, the need for time was not felt so much because man was not so busy. Today, the need for time has increased so much that it is necessary to learn to see the right time. So, Cub/ Bulbul should also be able to tell the time by looking at the clock.



Using the Telephone

Cub Bulbul boy or girl should know how to operate a phone. He should remember the mobile numbers of his parents and family members. The child should know when to pick up, talk on, and disconnect the phone.



Chapter: 9

(Investiture) Initiation Ceremony

Cub Masters are sure that when the child has fulfilled all the requirements, he or she has to make a vow. For this, he promises that he will perform his duty towards God and his country, help others, and follow the rules. The Cub Master shows faith in him and then gives him a cub badge of honour. When this rite is performed, the child becomes a member of the Universal Brotherhood of Scouts, and then he becomes a Cub or Bulbul.

Note: After passing Praveshika, the Cub Master/flok will prepare the leader for the initiation rites and then make him Cub Bulbul after initiation.





Part 2

Rajat Kiran

Chapter: 1

History of Scouting

What is Scouting?

Scout is a military word. In the army, those soldiers who are courageous, clever, and do not care about life and are always alert with their eyes, nose, and ears are made scouts. These scouts always move forward in their platoon and carefully find out all the secrets of the enemy party and inform their officers. These warriors are called scouts. Scouting is a discipline that teaches boys and girls the values of citizenship. Scouting is neither a military organisation nor a political organization; it is open to all, irrespective of caste and religion. The sole purpose of Scouting is to produce the best citizens.

A Brief History of the Scout Movement

An 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.

Cubbing

Lord Baden Powell wrote the book "WOLF CUB HANDBOOK" in 1916 for children aged 6 to 10 years. Since then, cubbing has been born. This book is based on the book "Jungle Book" by Rudyard Kipling.

Seva Samiti Boy Scout Association: Pandit Shri Ram Bajpai, Pandit Madan Mohan Malviya, and Pandit Hriday Nath Kunzru ji formed the "Seva Samiti Boy Scout Association" and the "Seva Samiti Guide Association" in 1917.

The Boys Scout Association of India: In 1920, Viceroy Lord Chelmsford formed "The Boys Scout Association of India" by merging several English-speaking organizations.

In 1928, a new organisation was formed by merging all Indian parties into the "Hindustan Scouts Association".

In 1937, Lord Baden Powell and his wife were invited to India.

By the time India became independent in 1947, a new institution was formed on November 7, 1950, by merging all the institutions, which was named "Bharat Scout Guide".

Hindustan Scout Guide Association: - The Hindustan Scout Guide Association 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 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.

Chapter: 2

Scout Guide Prayer, Flag Song, National Anthem

Scout/ Guide Prayer

Vah shakti hame do dayaa nidhe,
Kartavya maarg par datd jaaye,
Par sevaa par upkaar me ham,
Nij jeevan safal bana ajaaye,
Ham deen dukhi nibalo vikalo,
Ke sevak ban santaap hare,
Jo hain atke bhoole bhatke,
Unko tare khud tar jaaye,
Chhal dambh dvesh pakhand jhooth,
Anyaa se nisi din door rahe,
Jeevan ho shuddha saral apnaa,
Shuchi prem sudha ras barsaaye,
Nij aan maan maryaada kaa,
Prabhu dhyaan rahe abhimaan rahe,
Jis punya dhara par janm liyaa,
Balidaan usi par ho jaaye,
Vah shakti hame do daya anidhe,
Kartavya maarg par datt jaaye,
Par sevaa par upkaar me ham,
Nij jeevan safal banaa jaaye.

स्काउट/गाइड प्रार्थना

वह शक्ति हमें दो दयानिधे,
कर्तव्य मार्ग पर डट जाएं।
पर सेवा पर उपकार में हम,
निज जीवन सफल बना जाए।।
हम दीन दुःखी निर्बलों विकलों,
के सेवक बन संताप हरे।
जो हैं अटके भूले-भटके,
उनको तारे खुद तर जाएं।।
छल दंभ द्वेष पाखंड झूठ,
अन्याय से निशिदिन दूर रहे।
जीवन हो शुद्ध सरल अपना,
शुचि प्रेम - सुधा रस बरसाए।।
निज आन- बान मर्यादा का
प्रभु, ध्यान रहे अभिमान रहे।
जिसे पुण्य धरा पर जन्म लिया,
बलिदान उसी पर हो जाए।।
वह शक्ति हमें दो दयानिधे,
कर्तव्य मार्ग पर डट जाएं ।
पर सेवा पर उपकार में हम,
निज जीवन सफल बना जाएं ।।

Scout/ Guide Flag Song

Hind scout – guide dhvaj
Udte raho gagan mein.
Desh prem kee bharo bhaavana
Har praanee ke man mein.
Kesariya rang tyaag, tapasya
Aur balidaan sikhaaye.
Teen pankhudiyaan teen pratigyaon
Kee yaad dilaaye.
Das niyamon ka paalan
Jeevan sundar sukhad banaaye.
Seva ke prerak ban ubhro
Jan jan ke Jeevan mein.
Hind scout -guide dhvaj
Udte raho gagan mein. (2 Time)

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 सिखाये।
तीन पंखुड़ियां तीन प्रतिज्ञाओं
की याद दिलाये।
दस नियमों का पालन
जीवन सुंदर सुखद बनाये।
सेवा के प्रेरक बन उभरों
जन- जन के जीवन में,
हिंद स्काउट -गाइड ध्वज
उड़ते रहो गगन में।
उड़ते रहो गगन में।

National Anthem

Jana-gana-mana-adhinayaka jaya he
Bharata-bhagya-vidhata
Panjaba-Sindhu-Gujarata-Maratha
Dravida-Utkala-Banga
Vindhya-Himachala-Yamuna-Ganga
Uchchala-jaladhi-taranga
Tava Subha name jage,
Tava subha asisa mage,
Gahe tava jaya-gatha.
Jana-gana-mangala dayaka jaya he
Bharata-bhagya-vidhata.
Jaya he, Jaya he, Jaya he,
Jaya jaya jaya jaya he.

राष्ट्रगान

जन गण मन अधिनायक जय हे
भारत भाग्यविधाता
पंजाब सिन्धु गुजरात मराठा
द्राविड़ उत्कल बंग
विन्ध्य हिमाचल यमुना गंगा
उच्छल जलधि तरंग
तव शुभ नामे जागे
तव शुभ आशीष मांगे
गाहे तव जयगाथा
जन गण मंगलदायक जय हे
भारत भाग्यविधाता
जय हे, जय हे, जय हे
जय जय जय जय हे!

Chapter: 3

General Knowledge

Do good work at home and school every day.

Everyone knows Cub/Bulbul because he/she helps others in need. Good deeds are those small or big acts which help others and make them happy and comfortable. One of the characteristics of an act of goodness is that there is no expectation or desire for its reward. One should do good work every day. Everyday, the child can not get the idea of performing an act of goodness, but eventually, with time, he becomes aware of the practise and starts putting in his best efforts. There are small acts of kindness like helping mother, helping father, polishing shoes in the house, keeping clothes in the right place, helping mother in cleaning the house, keeping the room clean in school, keeping arrangements near the water tank etc.

Cub / Bulbul has to take care of his/her belongings himself/herself.

Cub/ Bulbul has to take care of his/her belongings by himself/herself. Cub/ Bulbul should keep taking information about his/her clothes, shoes, bed, school bags, etc. He/she has to keep everything well organised at home and at school. The Cub Master should keep discussing this with his/her parents.

Tell a story:

A Cub/ Bulbul must learn at least two Panchatantra stories, which he/she can narrate in his/her pack.

Cub/ Bulbul should be able to tell his/her name and address:

Cub/ Bulbul should remember his/ her name and address well. So that in case of any emergency, he/she can mention it if asked.

Chapter: 4

Yoga and Workout

Cub/ Bulbul should perform acrobatics, frog jump, hopping, throw ball and throwing and catching the ball in front of his/her master.

Cub Bulbul should learn to perform any two yoga asans well.

* **Bhujangasana:** It is done by lying on the stomach. palms resting on the ground, looking up at the sky. This asana helps cure gas and acidity problems.



* **Shirshasana:** In this asana, one has to stand straight on one's head—head on the ground and feet up. This helps in improving blood circulation in the brain and the rest of the body.



Chapter: 5

Play

Cub/ Bulbul should learn any two sense games.

Mouse and Cat

In this game, one child becomes a mouse and the other a cat. The rest of the children hold each other's hands, making a circle. Where the mouse stands in the middle of the circle and the cat outside the circle. When the game begins, the cat starts singing along with the other children while circling around the circle.

Cat: Dekho mein hu, billi rani, mein hu sab bchhuo ki nani

Rat: Acha aao billi rani, kar dikhlao tum manmani

Cat: Ghere me aa jaungi mein, tumhe pakadkar le jaungi mein

Rat: acha aao billi rani, billi rani badi siyani



If the cat catches the rat at the end of the game, it wins. And then they reverse their roles. In this game, everyone has to take a turn becoming a mouse or a cat. This is how the game goes on.

Beggar Cat

In this game, a child is chosen as the cat. The rest of the children stand at the corners of the room. Corners can also be made by intersecting two straight lines at right angles to each other.

Cat sings the song:

Billi ko bhi kona do, bili ko bhi kona do.

Saying this the cat goes to the players.

The players sing:

Billi kona dhund lo, apna kona dhund lo.

Then they try to change their corners by pointing at each other. The player whose place is taken by the cat, that player has to become the cat. Now the player who has become the cat sings:

Billi ko bhi kona do, bili ko bhi kona do.

The players sing:

Billi kona dhund lo, apna kona dhund lo.

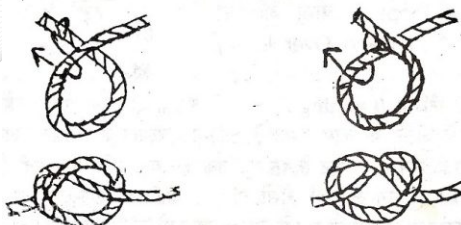
Saying this, they try to change their corner, and the cat tries to take the corner. That's how the game goes on.

Chapter: 6

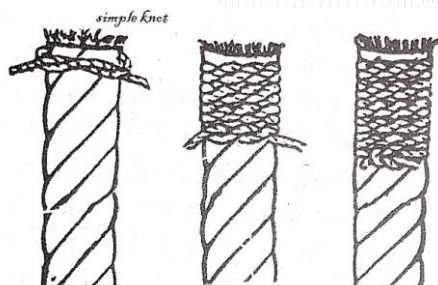
Knots

Cub/ Bulbul should know how to secure the following knots and ends of the rope.

Knot: A knot that connects one rope to another rope, or a section of the same rope to the same rope, or any other material. The act of binding or binding is called knotting. It does not open or move from its position; it only opens when opened.



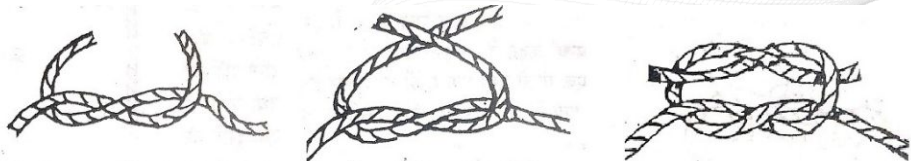
Plain Knot (Thumb Knot): Make an upward or under-handed circle on the tight end of the rope and take it out from the inside of the circle by turning the inserted end under or upwards. Then a plain knot will be formed.



Knot Treading: Keep on tying a simple knot at the end of the rope from a distance of 1 inch. Going up and down the rope once is also called "West Country wheeping".

Reef Knot (Doctor Knot): It is also called "doctor," "flat knot," or "square knot." It is used by doctors to tie knots in the bandage, to connect two ropes of equal thickness on which the stretch remains the same, and to tie the parcel.

Method: Hold both the ends of the rope in your hands in such a way that only the thumb and forefinger (first finger) are pressing in the middle above them. About 15-20 cm should be on the top. Press lightly with three fingers on the remaining rope, letting them keep hanging down. Then put the rope of the left pinch on the rope of the right pinch. Keeping it back, take it out from under the right hand rope. Now the pinched end should come out in the left pinch. Keeping it at the end, take it from the



outside of the index finger of the left hand and take it from the outside of the circle formed. Put it on top. Now, by holding and pulling the rope and ends on both sides, tighten the knot properly. If both the ends have become too long, shorten them. Make sure that both ends are on the same side of the rope.





Part 3

Swarn Kiran

Chapter: 1

Flag Etiquettes

Orderly tying of any flag (nation or institution) with respect, hoisting the flag, flag landing, and handing over the flag is called flag etiquette. The following are the main points of Scouting and Guiding:

National Flag:

The National Flag is a symbol of prestige, self-respect, and pride for every citizen of India. For its honour and dignity, we are all ready to be sacrificed. Respect for the national flag is respect for the country, and insulting the flag is an insult to the country. This is an unforgivable crime. There are three colours in the national flag: saffron, white, and green. Kesari, or saffron, symbolises renunciation and penance. The colour white represents peace and harmony, while green represents the Green Revolution and prosperity. The circle made of 24 spokes in blue in the white band gives inspiration to move forward on the path of progress working 24 hours. The three strips in the flag should be of equal length and width.

It is 120 cm x 80 cm. in the ratio of 3:2. It was hoisted when India became independent on August 15, 1947. Initially, our flag had charkha in the place of the chakra in it. The design of the National Flag of India was adopted by India's constituent Assembly on July 22, 1947 with Chakra on it.



World Federation of Independent Scouts, Germany (WFIS)/ World Organisation Flag

It is in the ratio of 3:2, whose background is mehendi green. The middle of this trident lotus is made of yellow colour, whose outer line is dark green, and the middle of the trident lotus is made of red colour more than the middle of the petal. This flag is hoisted only when scouts and guides from other countries participate in some program.



Flag of Hindustan Scout Guide

The Hindustan Scouts and Guides flag is saffron in color. In the middle of it, on a white background, there is a 45cm-tall, green statue of three lions. There is a scout symbol in the middle of the trident lotus. It is in the ratio of 3:2. (Size: 180cm x 120cm).



Note: The National Symbol has not been taken up completely in the above Hindustan Scout Guide Flag.



Chapter: 2

First Aid

Healthy Living Rules

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

1. **MAKE THE HEART STRONG** - Build mass, bone, and healthy bones by proper circulation of blood in the body. For this, skipping rope, wrestling, pushing each other with wrists and feet, boxing, etc. should be practiced.
2. **MAKE THE LUNGS STRONG** - So that the blood can get pure air. For this, practise deep breathing and pranayama. But pranayama should be done under the supervision of a yoga instructor.
3. **DO ACTIVITIES TO PERSPIRE MORE** - The activities from which the dirt from the blood comes out should be done. The body should be properly scrubbed while bathing. To keep the pores of the body clean, the skin should be rubbed with a towel. A person should do brisk running so that a lot of sweat comes out.
4. **EXERCISE THE INTESTINE** - Exercises should be done for the stomach and torso for the blood to get food. For this, Surya Namaskar should be practised daily.
5. **MAKE THE INTESTINES ACTIVE** - By doing breathing exercises, yoga, and brisk walking. Problems like heartburn, gas, and bloating are solved, and they stimulate the intestinal contractility, helping with the passage of stool through the colon. Also, a lot of water should be drunk.
6. **TAKE WORK FROM EVERY MUSCLE OF THE BODY** - To improve blood circulation and stamina, running, walking, high jumping, long jumping, and yoga should be practised daily.
7. **CLOTHING** - The clothes should be worn according to the weather. Always use a clean towel, handkerchief, vest, etc. Dry the bedding in the sun.
8. **CLEANLINESS** - Physical cleanliness, neighbourhood cleanliness, and mental cleanliness should also be taken care of.
9. **MEALS** - Eat a simple, balanced diet, neither overeat nor remain hungry. Eat food containing vitamins, fats, proteins, carbohydrates, and calcium. Always sit in a clean place while consuming food with proper posture. Food should be

made fresh according to the season. One should not go off to sleep, straight away after consuming food. One should walk at least a hundred steps after meals.

10. PURE AIR - Pure air is very necessary for life. Breathe in through the nose all the time and exhale. Practice deep breathing. Never leave a burning lantern or fireplace in a closed room or in a tent.

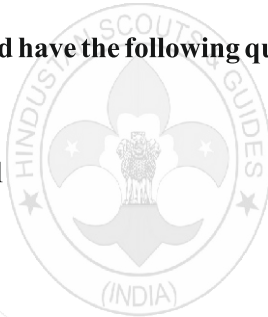
11. SLEEP AND REST - Sleep and rest are absolutely essential for good health. Over sleeping, is also injurious to health.

First aid :

First aid is the immediate assistance given to a patient before a doctor arrives at the scene of an accident.

The first aid provider should have the following qualities:

1. Confidence
2. Promptness
3. Calmness and control
4. Sweet temper
5. First-aid knowledge



FIRST AID IN CASE AN OBJECT FALLS INTO THE EYE

- * When small particles of soil, coal, or small insects fall into the eyes, the eyes turn red. It gets gritty and water starts flowing. If immediate help is not provided, then there may be a fear of swelling or disfigurement. In such a situation, the following remedies should be taken:
- * If an object penetrates under the upper eyelids, pull the upper eyelid and bring it over the lower eyelid. By doing this, the hair on the lower eyelid will get tangled and come out. If it is not successful, then the object should be removed from the corner using a clean wet cloth.
- * Fill a cup with clean water and wash your eyes in it, the object lying in the eye comes out easily.
- * If the object does not come out using the above methods, then put a drop of castor oil or olive oil in the eye. The object lying in the eye will come out with

tears.

- * A wick made of thick cotton wool soaked in water or a handkerchief soaked in water can be easily used to remove particles of coal, soil, and other substances from the eyes.
- * Clean the nose so vigorously that tears come into the eyes. Along with those tears, the object that has fallen into the eye will also come out.
- * If something falls into the eye, do not rub the eyes.
- * If there is a suspicion of getting any acid, alkali, etc. in the eye, then the patient should open and close it repeatedly. By doing this, the intensity of the alkali will decrease. After that, put a drop of castor oil in the eye and put an eye pad on using cotton, then bandage the eyes from above. Soon after, the patient should be taken to the doctor.

Treat a scratch

It is common to get scratches on any part of the body while working. If there are small children in the house, then this kind of injury has to happen two or three times a day. Immediately wash the injured part with cold water if there is a cut or scratch. The elements present in garlic help prevent infection. Apply garlic to the scratched area. This will reduce the pain. Turmeric is a natural antibiotic and antiseptic. Apply turmeric directly to the wound area. It helps to stop bleeding, reduce pain, and prevent infection. Apply honey to the wound and bandage it. Your skin will be completely cured. Take 1 tablespoon of tea tree oil in a cup of water and apply this mixture to the cut skin thoroughly.

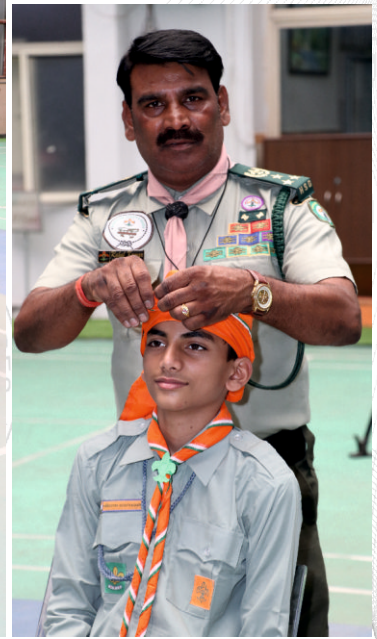
Reasons for bleeding:

In the case of internal injury, blood comes out through the mouth, ear, nose, urine, and feet. In such a case, a doctor should be called immediately.

- * Due to external injury, if the blood is bright intermittently, it comes from the arteries; if it is constantly red in colour and falls on the ground, it comes from the cells; if the black or blue thin blood is fast flowing, it comes from the veins.

First Aid at the Time of Bleeding

- * By giving direct and indirect pressure as required.
- * The wound should be washed with water with drops of Dettol, Savlon, or potassium permanganate.
- * Washing the wound with salt water also stops the bleeding. A dirty or coloured bandage should not be put on the wound. Putting iced cloth or cotton on top of the wound also helps stop the bleeding.

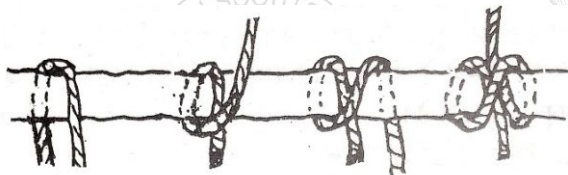


Chapter: 3

Knots

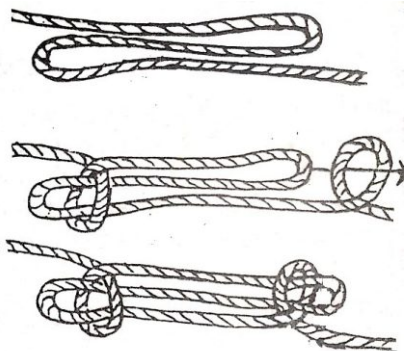
Clove Hitch/Nag Phas:- Due to the snake-like wraps, it is also called Nag Phas. It is used in tying the thatch and in tying the animal's rope with a peg. The same knot is used during first aid to give support to the arms.

Method:- Hold the loose end of the rope in your right hand and with the left hand, bring the tight end of the rope from behind a pole, tree, etc. to the front. Now move the tight end of the rope onto the finger of the right hand. While pressing down on the rope of the first circle, bring it back in front of you. In this way, you will find that the fold has become an "X" sign on your right hand finger, in front of you. Then, taking the tight end from the bottom, put it under the first and second turns and take it out on your right side. At the end, tie a simple knot by tightening both parts. This will give more firmness to the foil.



Sheep Shank: This knot is used to temporarily tighten a rope that is too long, a rope that is weak somewhere in the middle, or to temporarily tighten a loose rope tied at both ends without opening it. It remains strong only as long as pressure is maintained on it.

Method: This knot is made with two nodes and two loops. Make the rope as much or at the place where you want to make it shorter or stronger, make the rope into three lumps. In this way, two turns will be made in the rope. On one turn, make an underhand loop of the slack part and put it on the other by making an overhand loop. Keep in mind that the loop should be inserted in such a way that if the turn is then outwards, the turned loop does not come out. If you want, you can shorten the bend and trap wood in it so that it does not come out.



Chapter: 4

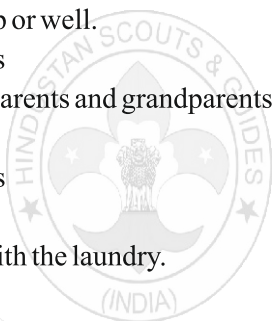
General Knowledge

The Daily Act of Goodness

It's mandatory for the scout students to perform a good act on a daily basis. In order to fulfil this requirement, they tie a knot in their scarves and, after executing the same, they untie the knot. As it is said, "Charity begins at home", so we have to and we should start doing good work at home itself. As a result, every scout member is expected to perform at least one task/duty of their choosing, and in order to keep track of good deeds done, they should also prepare a duty chart for the next 40 days.

The following are the points for guidance:

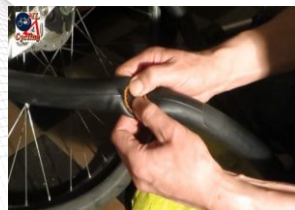
1. Assist mother with cooking
2. Buy groceries from the market.
3. Get water from the tap or well.
4. By lifting a few things
5. To give massages to parents and grandparents
6. Polishing the shoes
7. Welcoming the guests
8. Brooming the floor
9. Assist your mother with the laundry.
10. Cleaning of utensils

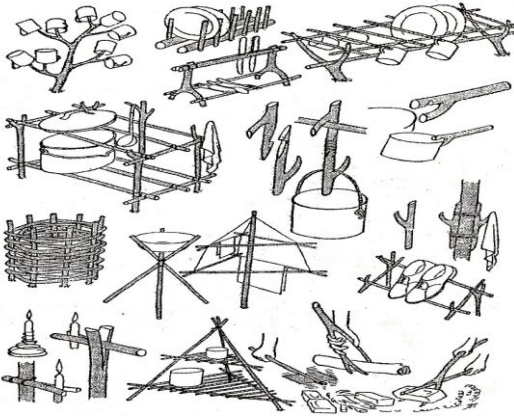


Knowledge regarding Home Appliance and WoodCraft

Many problems in our daily domestic routine disturb our daily lives. Therefore, every scout guide needs to learn any special workmanship that helps him to raise the living standards for himself and for others in need. For this, they should learn plumbing, weaving cots and chairs, binding of books, making chalk and candles, painting, and how to make the best out of waste, etc.

The following are the referring images:

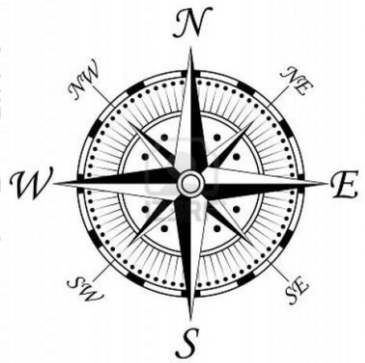




Compass

The compass needle always faces north, which makes it easy to locate other directions:

- i. North
- ii. South
- iii. East
- iv. West
- v. North East
- vi. South East
- vii. North West
- viii. South West



Students (cab/bulbul) need to collect leaves and flowers from 10 different trees

Students (Cab/bulbul) need to find out the different names of different leaves and flowers in order to develop their observing skills, as at this age, children are always excited to learn new things since they have knowledge about trees and flowers. Also, in this way, they become curious about finding out about new trees or flowers, and then their teachers will take them out on an expedition to introduce them to the same by collecting different types of leaves and labelling them. so that they will feel encouraged to remember them by observing different fruits and flowers.

Take Care Of Your Bed

The students must learn from their mother so that they can make or arrange their bed themselves day and night.

Chapter: 5

General Knowledge

The students must be aware of their states and districts, along with their state's capital, mountains, and rivers.

Name of the river

1. **Ganga** - Uttarakhand, Uttar Pradesh, Bihar, Jharkhand, West Bengal, 2525km Bay of Bengal
2. **Yamuna** -Uttarakhand, Himachal Pradesh, Haryana, Delhi, 1376 km Bay of Bengal
3. **Brahmaputra** – Assam, Arunachal Pradesh, Tibet 2900 km MansawarJheel, Bay of Bengal.
4. **Mahanadi** – Chhattisgarh, Orissa 858 km, Bay of Bengal
5. **Godavri** – Maharashtra, Telangana, Chhattisgarh, Andhra Pradesh, Pondicherry 1475 km Bay of Bengal
6. **Krishna** – Maharashtra, Telangana, Karnataka, Andhra Pradesh 1400 km Bay of Bengal.
7. **Narmada:** Madhya Pradesh, Maharastra, Gujarat 1315 km Arabian Sea
8. **Trapti:** Madhya Pradesh, Maharastra, Gujarat 724 km Arabian Sea
9. **Betwa:** Madhya Pradesh, Uttar Pradesh 590 km
10. **Satluj:** Himachal Pradesh, Punjab 1500 km
11. **Raavi:** Himachal Pradesh,Punjab 720 km
12. **Beas:** Himachal Pradesh,Punjab 470 km
13. **Chinab:** Jammu Kashmir, Himachal Pradesh, Punjab 960 km
14. **Jhelam:** Punjab, Jammu Kashmir 725 km
15. **Kaveri:** Karnataka, Tamil Nadu 765 km Bay Of Bengal
16. **Indus:**Gilgit Baltistan, Jammu Kashmir
17. **Godavri:** Maharashtra, Karnataka, Telangana 861 km
18. **Periyar:** Kerala, Tamil Nadu 244 km Bay Of Bengal

Name Of Mountains

Mountain Peek	Height (In Metres)	State
K2	8611 Metres	Jammu Kashmir
Kunchenjunga	8588Metres	Sikkim
NandaDevi	7816 Metres	Uttrakhand
Kangto	7060 Metres	ArunanchalPradesh
RiyoPurgil	6816 Metres	Himachal Pradesh
Mount Sarmati	3841 Metres	Nagaland
Shillong Peak	1965 Metres	Meghalya
Mullayanagiri	1925 Metres	Karnataka
Arma Konda	1680 Metres	Andhra Pradesh

Indian State Capital and Languages

STATE	CAPITAL	LANGUAGES
Andhrapradesh	Haidrabad	Telgu
Arunachal Pradesh	Itanagar	English
Asam	Dispur	Asami
Bihar	Patna	Bhojpuri, Hindi
Chhattisgarh	Raipur	Chhattisgarhi
Goa	Panji	Konkani
Gujarat	Gandhinagar	Gujarati
Hariyana	Chandigarh	Hariyanvi
Himachal Pradesh	Shimala	Hindi
Jammu & Kashmir	Shrinagar	Urduu
Jharkhand	Ranchi	Hindi
Karnatka	Banglour	Kannad
Keral	Trivantpuram	Malyalam
Madhya Pradesh	Bhopal	Hindi

Maharashtra	Mumbai	Marathi
Manipur	Imphal	Manipuri
Meghalay	Shilang	English
Mijoram	AaAijol	Mijo
Nagaland	Kohima	English
Orisa	Bhuvneshver	Oriya
Punjab	Chandigarh	Punjabi
Rajasthan	Jaipur	Hindi
Sikkim	Gangtok	Nepali
Tamilnadu	Chennai	Tamil
Telangana	Haidrabad	Tamil
Tripura	Agrrtaa	Bangali
Uttarpradesh	Lakhnau	Hindi
Uttrakhand	Dehradun	Hindi
West Bangal	Kolkatta	Bangali
Andaman and Nicobar	Port Blair	English
Chandigarh	Chandigarh	Punjabi
Dadar Nagar Haveli	Silwas	English
Daman And Diu	Daman Konkani	Marathi & Gujarati
Delhi	New Delhi	Hindi, Punjabi, Urdu
Lakshadweep	Kavratti	English
Puducherry	Pondicherry	Tamil, English

Chapter: 6

Yoga and Workout

Workout

Students must know how to breathe properly, do eye and neck exercises, jump, hop, and skip so that they will be able to do at least three yogasanas.

Sukh Asana:-This asana can be done while sitting because we need to breathe in and out with our nose to relieve stress.



Sarvang Asana:-With a pull of the abdominal muscles, slowly raise the lower part of the body vertically, supported by the hands (fingers under the hips and the thumb above), making a 90-degree angle. This asana makes us physically strong and is very effective for increasing blood flow towards the brain.

Vrikshasana:- In this asana, we need to stand straight. Then place your right foot against the inside of your left thigh. Join your palms in prayer at your chest level.
























Chapter: 7

Hike & Adventure Sign

Some Essential Search Symbols:

When Cub Bulbul, along with his leader, has to participate in a half-day hike with the members of his pack, he shows it to his unit leader by writing down the entire experience in his notebook.

SOME NECESSARY SIGNAGE

	Go here		Camp is here		Keep going
	Don't go here		Cross the roads		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: 8

Game

What is Hidden?

In this game, small packets filled with rice, wheat, pulses, gram, etc. are kept at a certain place. The players are allowed to see the packets once, and then they are blindfolded. Each player is provided with one packet, and they have to identify it. After identifying the packet, a player who writes more than half the correct names of the filled packet is considered a winner.

The neighbourhood cat

All the players sit together. One of them says the following:

"My neighbourhood cat is black."

Then the other player says, "Like,"

"My neighbourhood cat is bad."

All the words starting with "B" can be made to sound beautiful, brave, bubbly etc, but "My neighbourhood cat..." will remain the same. Only the words starting with "B" will be added further. If any player is not able to make the words, they will be considered a loser.



Chapter: 9

Proficiency Badge

It is in the nature of the child to make progress after completing the given work in such a way that his all-round development is not compromised. The plan to make the right development is there in the scout program. Cub Bulbul has to get the following proficiency badges: cyclist, gardener, runner.

Cyclist:

- * The Scout guide has to prove that he owns a bicycle.
- * He should be able to repair his cycle.
- * He should have knowledge of road rules.
- * He should be able to make punctures in a cycle, fill air, fix rakes and bells, etc.
- * He should at least participate in one cycle rally with the group.



Gardener:

- * Plant the seeds of vegetables, flowers, fruits, etc. in your home or field and take care of them.
- * In cities, vegetable and fruit plants can be planted using wooden or earthen pots.
- * To know the names of at least 12 plants to be planted in a garden, to prune the plants and to remember all the rules of gardening.
- * Planting any plant for 6 months and taking care of it.



Athlete:

An athlete should know the correct way of walking and running. I could walk 3 km in one hour or a 1 km route could be walked at the right time. Winning any running competition held at school or in the colony.



Collector:

When should Bulbul get into the habit of collecting things? Like collecting post cards, collecting or depositing money, collecting any unique thing, etc. She should show the collected things to the leader.





Part 4

Hirak Kiran

Chapter: 1

First Aid

TREATMENT FOR NOSE BLEEDING

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

BURNS OR SCORCH

Burning means indirectly coming into direct contact with fire with any part of the body. Scorching means that any part of the body is scorched directly with heat or hot objects. When they spill, or any hot object gets touched on the body, or if it burns from a distance by steam.

The skin turns red if a person burns or is scorched. Blisters form and the skin burns up to the bone. In case of fire burn foremost cover the patient by putting on a blanket to prevent the fire from spreading. Then cover the wound by applying Burnol etc. Clothes stuck to the body should not be pulled off. If there are blisters, they should not burst and be kept open in the air. After applying the medicine to the wound, cover it with a blank white paper which is further covered with cotton cloth or flour. The burnt part of the patient should be immersed in water at body temperature. Oil or butter should not be applied to the wound. The bandage should be tied with a clean cloth or lint after applying the medicine.

Treatment of SPRAIN First aid in the case of sprain -

The stretching or jerking of the joints of the body is called a sprain. It usually occurs in the wrist, shoulder, ankle, and knee. Joints or tendons cannot move when sprains occur. Swelling occurs and the injured area becomes colorless. Soak a cloth in cold water and put it on the sprained limb. Keep changing the cloth. 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, do not take off your shoes. 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. And after coming home, take off the shoes and put on the cloth soaked in cold water. If you don't get relief, use warm water. Give a complete rest to the joints.

Chapter: 2

General Knowledge

INFORMATION ABOUT NEAREST POLICE STATION, HOSPITAL, DISPENSARY, RAILWAY STATION, FIRE STATION, BUS STAND ETC:

Cubs and Bulbuls should know the information of their nearest Police Station, Hospital, Dispensary, Railway Station, Fire Station, Bus Stand etc. After getting information from their teacher or parents, They should write their phone numbers etc. in their notebook and they should know about it.

THE NAMES OF THE MEMBERS OF THE PACK SHOULD BE MEMORIZED AND WRITTEN IN THE NOTE BOOK:

Cubs and Bulbuls have to write the personal information of the members of their pack/flock like:- name, address, phone number etc. in their logbook and they should also memorize this information about them.

PLANTING 2 PLANTS AND TAKING CARE FOR 6 MONTHS:

Bulbul will have to plant at least two saplings to pass this test and also take care of them for the next 6 months. The leader has to keep monitoring his work.

PARTICIPATION IN RELIGIOUS FUNCTIONS AND PREPARATION OF REPORTS:

Cubs and Bulbuls will have to cooperate with their guardian or leader by participating in any religious program making a report and writing it in their logbook.

Chapter: 3

Proficiency Medal

PATHFINDER

- In-depth and personal search of public buildings, public services, fire stations, transport facilities, media, health services, etc., around your headquarters or home based on your search and visit. Apart from this, knowledge of doctors, responsible public officials, eminent persons, and knowledge of rural areas, the uses of roads, and knowledge of public property in the playground.
- General information of your district so that you can guide any unknown person in an area of a 10 km radius day or night. To give them general information about the nearest place, a district city within 50 km. Information about the history of that particular place around your district and the historical buildings there.



TOYMAKER

- Scouts and guides should know how to make toys for the children to play with.
- They should be able to maintain them.



HOMEMAKER (TO BULBUL)

- A scout should have the habit of waking up early, cleaning the shoes of himself or others.
- They should help their mother in preparing breakfast or meals.
- They should have the knowledge to do the bed wrap and sundress.
- They should help their mother with brooming and mopping.
- They should have knowledge of shopping for household items.
- They should know how to decorate the house with flowers.



(To take proof from your parents and guardians that you are clean and obedient, and helpers of the house.)

ENTERTAINER CUB & BULBUL

- The guide should have knowledge of dance, play any musical instrument, recite poetry, etc. for the entertainment of the public.
- They can entertain for 5 minutes with the following two topics: by playing magic; by manicuring someone with a movable device; or by the song of a chorus.
- They should be capable of presenting programs around the campfire for the entertainment of all.



BOOKBINDER

Cubs and Bulbuls should know how to sew books. They should know to fold the papers and paste the layers together. They should know the rounding of book batter and how to re-line it. They should know to cut and cover it with a paper cloth. They should know to put the books on a shelf.



SWIMMING PROFICIENCY MEDAL

The Cub/bulbul should be able to swim for 8 metres wearing a shirt and trousers. They should be able to take off their clothes by keeping their feet above the bottom of the water. They can dive at least 3 metres deep and pick up things from the bottom.



TAILOR

- They should have knowledge of darning, buttoning, making loops, etc.
- They should know how to button and loop.
- They should have knowledge of how to do patchwork on cotton fabric.



Chapter: 4

Exercise And Yoga

Arm and Shoulder Exercise:- Sit with your legs straight. Sit with a straight back, hands on your thighs, and in a relaxed position. Raise your hands in front of you to your shoulder level, facing the palms downwards. Stretch your arms throughout the exercise. (Each type 5-10 times.)

Spreading the fingers:- While breathing, first clench the fingers into a fist with the thumb inside, then spread them wide. (Do this action ten times).

Fist rotation: clench the fingers into a fist with the thumb inside. While breathing normally, rotate the fists in a circular form. (Repeat 5-10 times).

Loosening and extending the wrists: While inhaling, bend your hands up and down from the wrists one by one. The fingers should remain straight while doing this. (Repeat this 5-10 times.)

Arms rotation:

Keep the fingers together, palms facing forward and the knuckles pointing up. While breathing normally, rotate the hands 5 to 10 times with the tips of the fingers pointing in and out. Once this action is completed, return to the starting position.

Benefits: This action increases the elasticity and blood circulation in the fingers, hands, and arms. It strengthens the muscles of the wrists, arms, shoulders, and back.

Practice meditation for one minute.

Cubs and Bulbuls should practise meditation by sitting in a meditation position. They should be given proper practise for this.

Gyan and Anjali Mudra practice.

Gyan in Sanskrit means intelligence. To get the maximum benefit, this mudra is practised while meditating and doing pranayama.

GYAN MUDRA'S METHOD

Lay a carpet or yoga mat on a clean and flat surface. Now sit in Sukhasana, Padmasana, or Vajra Asana. Keep your hands on your knees and your palms facing the sky. Now, turn the index finger in a circular motion and touch the tip of the thumb. Remove all the thoughts from your mind and concentrate only on Om.

BENEFITS OF GYAN MUDRA

It increases intelligence and memory. It increases concentration. It increases the immunity of the body. Get rid of all mental disorders like anger, fear, grief, jealousy, etc.

WHAT IS ANJALI YOGA MUDRA?

Anjali Mudra is also called Namaste Mudra. This is used to salute deities or people during yoga practice. This mudra can be performed with any asana. Join your hands together and place them in the centre of the chest near the heart.

ANJALI YOGA MUDRA METHOD

The most comfortable position to perform Anjali Yoga Mudra is to sit on the yoga mat in Siddhasana or Padmasana. You have to keep your backbone straight. Join both palms together. Form this mudra near the chest. Your thumbs should touch your chest. Focus on breathing while doing this mudra. Inhale and exhale 20 to 30 times.

YOGA

Do any four asanas and write down their names and benefits.

- **ARDHACHANDRAASANA:** In this asana, the body is rotated like a half-moon.
- **GOMUKHAASAN:** Perform this asana in a sitting position to shape our bodies.
- **SUKHASAN:** Perform this asana in a sitting position. Exhale through the nose. Sukhasana gives relief from stress.
- **IN SARVANGASANA** (in a lying posture, raise your legs upwards). Form a 90-degree angle between the abdomen and the legs to strengthen your body. The body's blood circulation is smooth.
- **TADASANA-** To do this asana, stand on your toes, and raise both hands. This asana is beneficial for the spine. It increases height.
- **SHAVASANA-** Lie down like a corpse for 10 minutes and breathe slowly. Practicing this keeps you calm and at peace.
- **BHUJANG ASANA:** Lie on your stomach to perform this asana. Hold the palms and look at the sky. This is beneficial for the problems of gas and acidity.
- **DANDASANA:** is done while sitting. Straighten your torso and spread your legs. It strengthens the limbs.
- **USTRASANA:** A camel pose is needed to do this asana. By sitting on the knee

and touching the toes, it increases the digestive power.

- **KONASANA:** Do this asana in a standing posture. It strengthens the body.
- **SETU BANDHASANA:** This is an easy yoga practice. In this, the person lies down. Slowly lift the back by holding the feet with your hands. It makes the spine flexible and strong.
- **HALASANA:** This is a relatively difficult posture. In the beginning, keep your body in a plough posture. This brings flexibility to the body.
- **DHANURASANA:** The shape of the body in this asana is like a bow. It increases flexibility and digestive power.
- **KAPALABHATI:** Sit in the posture of meditation, breathing in and out. In this action, pull the stomach inwards. This asana improves digestion.
- **SHIRSHASANA:** In this asana, keep the head straight on the ground. This asana increases blood circulation in the brain and the rest of the body.



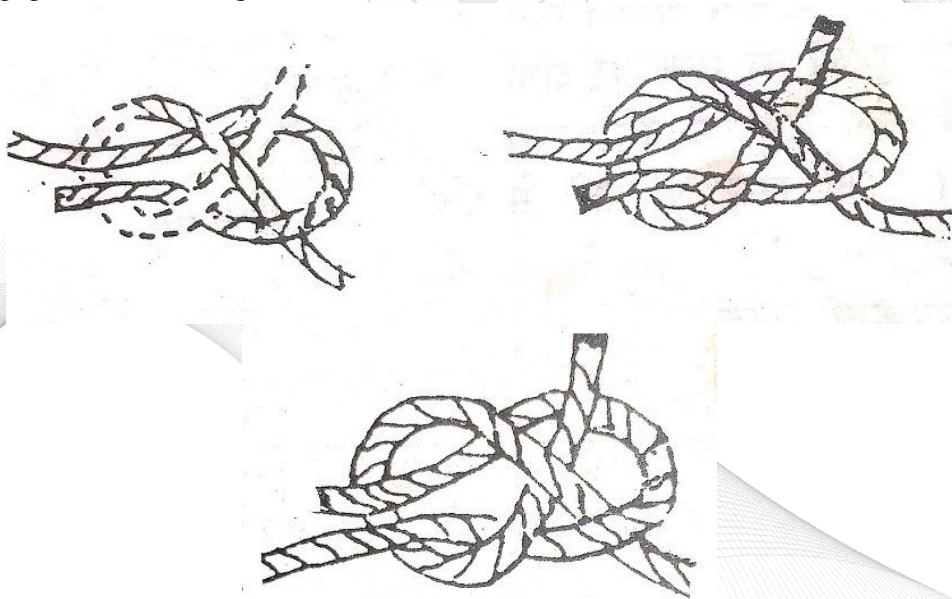


Chapter: 5

Knot

Sheet Band (Pal Bandh): It is called Pal Bandh due to its use in sailing. It is usually made to tie two unequal thick ropes, two wet ropes, wet and dry ropes, or ropes at the corners of the sheet for shelter. A loop is made (mode) of a thick wet rope or sheet. This loop helps in raising the flag.

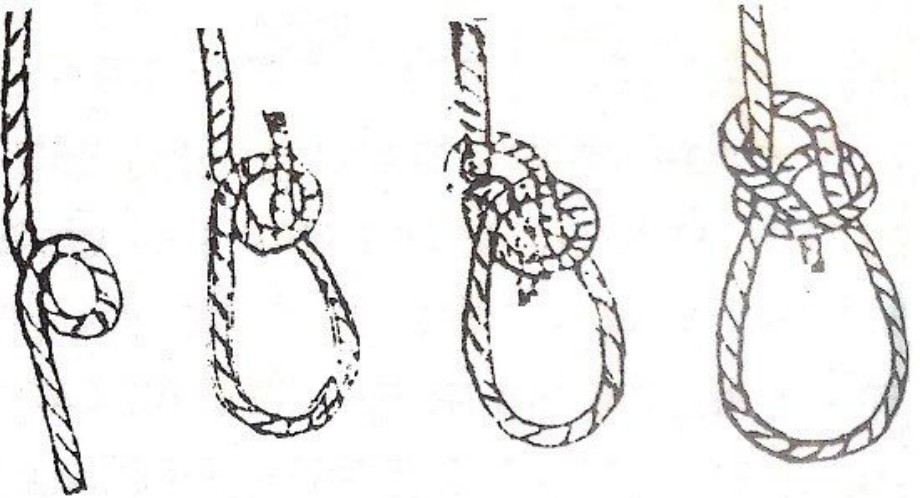
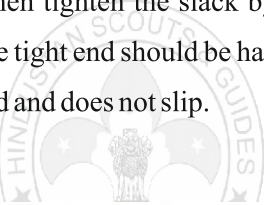
Method: Make a loop by turning the tight end of the rope inward towards yourself and pressing with the pinch of the left hand. Take out the tight end of the second rope with the right hand from the bottom to the top. Take this end from the outside of the mode, take it under the bend, and take it inward. And then, through this rope, tighten it tightly over the mode. In this way, the slack part of the thin rope will be below the thick rope, and the tighter part should be above it. If both the ends remain in the same direction as the knot, then this sail is tied and called the "weaver's knot." It is used to tie the weaver's thread. Never use it in connecting ropes because it does not keep the grip of the knot strong.



Bow Line (Dhruv Knot): The noose of this knot remains fixed in its place and doesn't move, so it is called the Dhruv knot. With the help of this knot, we can bring down an unconscious person from top to bottom or pull him from bottom to top.

It is used in tying a rope to bring an unconscious person out of a room filled with fire or smoke. The bowline is called the king of knots or life-saving knots.

Method: Make a head loop over the tight end of the rope as high (at a distance) from the tight end as you want to make the noose on the left. In this way, the slack part will be away from you and the tight end will be towards you. Now take the thread from the bottom of this loop to the top. While moving from under the slack part, bring it up and put it back in the loop, then tighten the slack by pulling the rope knot of the noose, keeping in mind that the tight end should be hanging in the middle but not too long. Check if it is properly tied and does not slip.





Part 5

State Award

(DURATION 12 MONTHS)

The background features a large, faint circular logo with the text 'HINDUISM STUDY GUIDES (INDIA)' and a central emblem. The page is decorated with light gray, wavy, overlapping lines that create a sense of movement and depth.

Qualified For The Post And Is 8 Years Old.

1. They should know how to make two handicrafts from waste material.
2. They should conduct a cleanliness drive with a pack/group in your school area.
3. They should participate in a one-day pack/group campaign.
4. They should attend a weekend camp.
5. They should collect ten leaves or herbs for medicine.
6. They should participate in any one of the national days or week-long celebrations.
7. They should participate in any District/State/National Camp Rally.
8. Earn any 4 Proficiency Badges not previously earned.
 - (i) a swimmer
 - (ii) a cyclist;
 - (iii) Artist,
 - (iv) Bookbinder
 - (v) Home Craft
 - (vi) Toy Maker
 - (vii) Collector
 - (viii) Guide
 - (ix) Observer
9. Choose any of the following topics:
 1. environmental awareness.
 2. Camp Life.
 3. Fair.

NOTE: The Rajya Puraskar Exam Camp is organised at the State Headquarters. All participants must submit their notes/logbooks for the state award.

Praveshika Test Card

Test Name	Date	Cubmaster/ Flock Leader Signature
<ol style="list-style-type: none">1. Tell the story of Mowgli and Tara2. Prayer Cub Bulbul3. Cub Bulbul Laws, pledge, Motto, salute and shaking left hand.4. For 30 days, do one good deed every day and write it down in a notebook.5. Ground hovel (for cub)6. Ground salute (for Bulbul)7. Cub Bulbul's uniform and its efficiency Badge. <p>Exercise and yoga – laughing, clapping, jumping, bouncing, being peaceful, breathing properly.</p>		

Note: Once the Praveshika has been cleared, the cub master/flock leader must prepare the cub for her initiation into the club and transform them into Cub Bulbul.

Rajat Kiran Test Card

Test Name	Date	Cubmaster/ Flock Leader Signature
<ol style="list-style-type: none">1. The Origin of Scouting and Guiding and a Brief History of Indian Scouting2. The Hindustan Scout Guide Prayer, Flag Song, and National Anthem3. Learn to pray before a meal.4. Do good turns daily at home and school and write them down in your notebook.5. Tell stories.6. Make a collection of ten flowers and ten leaves of different plants.7. Learn to tell the name and address apart.8. Perform the following: Somersault Leapfrog Hoping Relieve9. Throwing and catching the ball10. Yoga and exercise:11. Master the Reef, Thumb, and Whipping knots.		

Swarn Kiran Test Card

Test Name	Date	Cubmaster/ Flock Leader Signature
<ol style="list-style-type: none"> 1. Knowledge of Flags-National, Hindustan Scouts and Guides. 2. Knowledge of health rules, knowing the causes of infection and how to avoid it. 3. First aid for grids, simple cuts, scratches in the eye. 4. Knowledge about clove hitch and sheep shank and their uses. 5. Make a handicraft from waste material and clay. 6. Knowledge of the eight principal points of the compass. 7. Make a good turn and write in the notebook. 8. Identify the plant and flower (at least 10) 9. Earn any two proficiency badges: Collector, Gardener, Cyclist, Athlete, Audience 10. Camp Craft information 11. Go for two km half day hike with your camp. 12. General Knowledge <ol style="list-style-type: none"> (i) Details about your state. (ii) Names of states and their languages. (iii) Knowledge about rivers and mountains. 13. Exercise and Yoga - breathing exercise as well as exercise of eyes, ears and neck, clapping, laughing, jumping, bouncing and whispering. I will be able to do atleast 3 yogaasan-Sukhasan, Sarvangasana, and Vikshasana. 		

Hirak Kiran Test Card

Test Name	Date	Cubmaster/ Flock Leader Signature
<p>1 First Aid; Knowledge of First Aid, First Aid for Simple Sprains, Wounds, and Burns.</p> <p>2 Knowledge about the location of the nearest Police Stations, Hospitals, Dispensaries, Railway Stations, Fire Stations, Bus Stands, and note their phone numbers.</p> <p>3. Note down the names of your group members and their Address is in your notebook.</p> <p>4. Grow two plants and take care of them for 6 months.</p> <p>5. Attend a religious ceremony and write the report in your notebook.</p> <p>6. Knowledge about Sheet bands, bow-line knots, and their uses.</p> <p>7. Earn proficiency badges in any of the four.</p> <p style="margin-left: 20px;">(i) Guider (ii) Toy Maker</p> <p style="margin-left: 20px;">(iii) House Maker (iv) Entertainer</p> <p style="margin-left: 20px;">(v) Artist (vi) Bookbinder.</p> <p style="margin-left: 20px;">(vii) Tailor (viii) Swimmer</p> <p>8. Do Arm and Shoulder Exercises.</p> <p style="margin-left: 20px;">Do any four Asana</p> <p style="margin-left: 20px;">Do Savanna for 10 minutes.</p> <p style="margin-left: 20px;">Practice meditation for a minute.</p> <p style="margin-left: 20px;">Practice Anjali Mudra, Gyan Mudra.</p>		

Inspirational Songs

<i>Shivir Jwala Geet</i>	<i>Aisi Kheer Pakaiye</i>
<p>Aag huee hai roshan, aao, Aao aag ke paas. (2 bar) Aag se roshan apaneer baste, Kaisee bulandee, kaisee pastee. Ranjo aalam ko bhulo bhulao, Aao aag ke paas. Aag hui hai roshan aao, Aao aag ke paas. Sooraj dooba, nikale tare, Khatam hue sab kaam hamaare. Milakaralakh jagao, Aao aag ke paas. Aag huee hai roshan aao, Aao aag ke paas.</p>	<p>Aisi kheer pakaiye Sare milkar khayenge Kaun khayega chammach se, Hum khayenge chammach se (2) Chammach chammach chammach chammach khayenge Aisi kheer pakaiye Kaun khayega katori se, Hum khayenge katori se...(2) Katori katori katori katori khayenge Aisi kheer pakaiye Sare milkar khaiye... (2)</p>
<i>Hind Desh Ke Niwaasi</i>	<i>Scouting Deep Jalayenge</i>
<p>Hind desh ke niwaasi sabhi jan ek hain rang roop vesh bhasha chahe anek hain bela gulab juhi champa chameli pyare pyare phool goonthe mala mein ek hain Hind desh ke niwaasi sabhi jan ek hain koyal ki kook payari papihe ki ter nayari gaa rahi tarana bulbul raag magar ek hai hind desh ke niwaasi sabhi jan ek hai rang roop vesh bhasha chahe anek hain ganga Yamuna Brahmaputra Krishna kaveri jake mil gayi sagar mein hui sab ek hain hind desh</p>	<p>Scouting deep jalayenge, ham badalenge jamaana. Nischay hamara, dhruv sa atal he kaaya ka bhed chhodh, sewa ka vrat hai. Jaagruti shankh bajaayenge, ham badalenge jamaana. Scouting deep.... Badali hain hamane, charon dishayen. Manjil nai tay karke dikhye dharati ko swarg banayenge, ham badlenge jamana. scouting deep.... shram se banyenge, maati ko sona, jeevanbanayenge, upvansalona. mangal suman khilayenge, hum badelengejamana. scouting deep....</p>

Recommendations

Dear Cub Bulbul/Scout Guide

I am presenting this book according to Scout Guide Vidya for your knowledge enhancement, encouragement and guidance, I have voiced the results of compilation of subject knowledge. I wish you all the best for the promotion of Scouting Guiding.

Mangeram Chauhan (LT)
National Joint Orgn. Commissioner (S)
HSG India

Dear Cub Bulbul/Scout Guide

The presented book will prove to be useful for all our scout guides and scouter guiders in their knowledge enhancement, encouragement and guidance. I congratulate you on the outcome of your subject knowledge, I wish you good luck for the promotion of Scouting Guiding.

D C Kamal (LT)
State Training Commissioner (S)
HSGA Delhi State

Dear Cub Bulbul/Scout Guide

I convey my best wishes to the author of the book and all the members of the Shag family who have taken advantage of them. I wish you good luck for the promotion of Scouting Guiding.

R K Khurana (ALT)
Joint SOC
HSGA Delhi State

*To be truly contented
and fulfilled we must
Spread kindness and happiness
To the best of our abilities.
Kindness is always free to give and
Priceless to receive.*

