



HINDUSTAN SCOUTS and GUIDES ASSOCIATION



गुरुपद
GURUPAD

Published By :
The Hindustan Scouts and Guides Association

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

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@Publishers

ONKAR PRINTERS

6, SATNAM PARK, OPP. 1, RAM NAGAR,
KRISHNA NAGAR, DELHI-110051



Second Edition : 2022

Price : Rs. 88/-

An Initiative By :

Queen Global International School
C-Block, Dilshad Garden, Delhi-110095

CHIEF SCOUT MESSAGE



Dear Scouts / Guides & Scouts Guides /
Guiders
Bestwishes

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 that 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. Scout 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. is coordinated.

Sriniwas Sharma
Chief Scout & Founder
Hindustan Scouts and Guides Association

FROM THE DESK OF CHIEF EDITOR



Being in the family of eminent educationists, I always had an inclination towards academic excellence. I was always being told, “Kheloge Kudoge Banoge Kharab Padhoge Likhoge to Banoge Nawab” but the meaning of these lines reversed when my father guided me to join camps of Scouts and Guides. It was then when I grew independent, explored the smart self of my personality. Every-time I was a part of Scout

& Guide I was becoming stronger. My strength then led me to firm philanthropy to encourage the same in society. I started my journey in the field of education in 90's and since then I have prioritized scouting and guiding as an integral part of education. Being a mentor of 21st century I have always believed in preparing our students for the challenges of 21st century and thereby as a Commissioner of Hindustan Scouts & Guides, I have made scouting and guiding a significant part of curriculum. What always inspires me about Hindustan Scouts & Guides is that it allows students to earn advancement and experience success. Not only it allows students to have more fun but also allows them to enhance their spiritual growth. Activities like First-Aid Training, Rope Climbing, Different types of Knots, Backwoods Men Cooking and many more have instilled skills such as coordination, rhythm, marching, usefulness and many more led me to prepare a curriculum that aimed for the holistic development of a student. Writing this book is another effort of mine for the betterment of the society. This book is not just the survival guide for its readers but an essential guide that leads to complete transformation of its readers. Scouting and Guiding did wonders for me and as a leader holding experience of 32 years and counting I am assured and firmed to incorporate the same among my students and mentors.

Dr Jyotsana Minocha

Principal

Queen Global International School



FORWORD

Scouting/ Guiding is a movement for the all round development of youth of the country. In scouting we work together for the physical, mental, social and spiritual development of young children and prepare them to become good citizens of local, national and international community in the future. Your contribution of time, suggestion, support & help to this movement can make a big change in the country which is a crucial need at this juncture. It gives me great pleasure to give this “ Gurupad Training Book” for Scouts / Guides of Hindustan Scouts & Guides Association, India. I understand that the book will be a strong tool for our future success story of activities, services, Aims & Objectives of HSG, Camps & Social programmes. Scouting & Guiding have to fit into the requirements of society. Scouting is leading the way to meet challenges of future by equipping youths with the skill set that is required in the country. As a Scouts & Guides you are the future of the country and as a trainer we are the future maker, so we as a trainers must fulfill our duties and responsibility towards GOD and Country to make every Scouts & Guides a Good Human Being for Society.

I wish all my scouts / guides/ children from my side for all success and a better use of this Book in their Scouting & Guiding Life. I am confident that this Book will give a wonderful support to Scouts & Guides which emphasise on entrepreneurship and true patriotism.

Mr Rahul Kumar

National Training Commissioner (S)

Scouting Qualification:- Leader Trainer (Scouts)

HWB (Rovering) and Award received :- Rashtrapati pruskar by Rashtrpati 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 Government

Youth Leader Best Teacher Award by NYK, Bhopal

Life Time Achievement Award by HSGA

B. A.

Education Qualification:-



FORWORD

Scouting and Guiding activities is the biggest movement of world fraternity at the international level, whose sole goal is to train the energetic young men and women of the country by training them 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. Small effort has been made to write this booklet according to the syllabus of National Headquarters New Delhi.

The course of Scouting Guiding is so vast that it is difficult to give the form of a book as a whole, yet an effort has been made that there are special things of the Scout world, which are concerned in the life of each and every day, they should be given in it. An attempt has been made to bring this book to you from the point of view of increasing the knowledge and convenience of Scouting Guiding. The subject knowledge material compiled in it will prove to be very useful for you. You study it. I have full faith that with its study and practice, you can become a skilled scout guide and become a goldsmith.

I wish all my scouts / guides/ children from my side for all success and a better use of this Book in their Scouting & Guiding Life. I am confident that this Book will give a wonderful support to Scouts & Guides which emphasise on entrepreneurship and true patriotism.

Mr Santram

National Joint Training Commissioner (Scouts)

Scouting Qualification:- Leader Trainer (Scouts)

Education Qualification:- M.A. Sanskrit, M.A. –Sociology, Master of Social Work,
Bachelor of Education

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स्काउट / गाइड प्रार्थना

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

स्काउट/गाइड ध्वज गीत

हिन्द स्काउट - गाइड ध्वज , उड़ते रहो गगन में।
देशप्रेम की भरो भावना, हर प्राणी के मन में।
कैसरिया रंग त्याग, तपस्या और बलिदान सिखाये।
तीन पंखुडियां तीन प्रतिज्ञाओं, की याद दिलाये।
दस नियमों का पालन, जीवन सुंदर सुखद बनाये।
सेवा के प्रेरक बन उभरें, जन- जन के जीवन में।
हिंद स्काउट -गाइड ध्वज , उड़ते रहो गगन में।
उड़ते रहो गगन में।

First Aid

Artificial Breath Knowledge

If the lungs do not get sufficient amount of cleanliness, the lungs cannot complete the work of blood purification completely. Only impure blood starts circulating in the body. This is suffocation. Breathlessness occurs due to drowning in water, by breathing in toxic gas, by inhaling less oxygen, by electric shock, by applying more pressure on the abdomen. Fainting, shortness of breath and the person appears lifeless. Do not think the person is dead and give artificial respiration immediately. A slight delay in this can lead to death.



Methods of artificial respiration

- 1. Shaffer Method** - Make the patient lie down on his face. Extend both the arms towards the head, turn the mouth to another, kneel on the side of the patient, keep both hands on the last ribs of the patient, keep the thumbs parallel to each other at a distance of 1 inch. Now slowly put the weight of your body on the patient's ribs. So that the air inside can come out. After pressing for 2 seconds, slowly bring the body back and stay for 3 seconds so that fresh air comes into the lungs. Keep doing this until the person regains consciousness or the doctor declares him dead.
- 2. Method of breathing through the mouth** - Lie the patient on his back, holding the lower jaw with one hand, keep the tongue out. Put your mouth inside his mouth and inhale the whole breath into the patient. The air reaches the lungs and the chest swells. Then remove your mouth so that the patient's breath can come out. Keep doing this action 10 times in 1 minute.

Knowledge of the main parts of the body

The human skeleton is the internal structure of the body. It is composed of 306 bones at birth, 270 bones are found in infants, and in puberty it is limited to 206 with the addition of some bones.[1] The bone mass in the nerve is approximately its own by 30 years of age. reaches maximum density. The human skeleton is divided into the axial skeleton and the appendicular skeleton. The axial skeleton is made up of the spine, rib cage and skull. The appendicular skeleton is attached to the axial skeleton and is made up of the ansa plexus, pectoral plexus, and the bones of the deltoid and upper limbs.

The human skeleton performs six functions: survival, movement, protection, formation of blood cells, storage of ions, and endocrine regulation.

Bone - Bones of head, neck and spine, bones of upper limbs, bone of arm, bone of palm, bone of finger, thigh bone, hip bone, front of leg bone, ankle bone etc.

Sandhi (Joint) - A Joint is the part of the body where two or more bones meet to allow movement. They make the skeleton flexible without them movement would be impossible. In the joints of hip, knee, elbow, etc., the ends of the bones are covered with a cartilage and are wrapped around them by a pouch. Due to which the juice is filled to lubricate the joints. In strong cases the bones are called ligaments.

Muscles - Muscles are the bundle of fibrous tissue in human body and have elasticity. The muscles are connected in the bones and they are above any joint. The bone of the muscle in which it is attached, moves. When a bone is broken, sometimes pieces of bone are placed on top of the base of the muscle.

Heart - The inner structure of the heart and the circulation of blood The heart is a hollow fleshy body made of involuntary muscles. It is a kind of pumping station. With whose force the blood circulates in the whole body. It is a mass of hollow mass equal to a closed fist. This can be easily detected by throbbing and throbbing on the inner left side of the chest. It is divided inwards into two large parts by a strong wall called the interventricular septum. This division occurs in standing force and thus the heart is divided into two parts, left right. There is no relation between these two parts. The right part is soft and the left part is hard. In the auricle and ventral part of the left there is clean and fine blood which is sent to the whole body and in the left side of the food is the bad blood of the body which is sent to the lungs for purification.

Other parts of the body

- | | | |
|----------------------|-----------------------|---------------------------|
| i) esophagus | ii) windpipe | iii) right and left lungs |
| iv) Heart | v) Liver | vi) Pancreatic Stomach |
| vii) large intestine | viii) small intestine | ix) kidney |
| x) spleen | xi) bladder | |

There are three types of blood vessels

- a. Large veins of fresh blood called arteries.
- b. Small veins of blood called capillary cells.
- c. The veins of impure or treated blood which are called veins.

Lungs - It must have been known in the statement of blood that the main function of the lungs is to clean the bad blood coming from the heart and then send it to the heart. Now it has to be seen how the air reaches there. The air goes into the nose and then reaches through the back part of the eyelid. There are 2 taps here that go inside. There is a curtain on its head which does not let the food water into the tube, only let the air go. In front of this air duct, there are two parts which went to different lungs. There, innumerable smaller and smaller branches have sprouted from them and have covered all the lungs. There are two lungs, one inside the chest on the right and the other on the left.

Knowledge of pressure points and stopping bleeding by pressure points.

We cannot survive without blood. it is a specialised body fluid. There are three types of blood vessels in our body from which blood comes out. Artery, vein, capillaries. Blood vessels flow blood though out the body. Arteries transport blood away from the heart. Veins return blood back to our the heart. There are different ways to stop the blood coming out of the artery. First, we will get information about the blood coming out of the veins, capillaries and arteries.

Blood coming out of the artery - It is bright red in colour. If the artery is not deep inside the flesh, near the leather, the blood will come out with a fountain-like jerk. As soon as the heart puts more emphasis, the torrent will come out with a jolt. This blood will come out from the side of the wound which is towards the heart.

Blood coming out of capillary (Small Veins) - It is red. It springs from all sides of the wound, in the middle where the wound is deep it fills up.

Veins - The blood coming out of the veins is like purple ink. flows in a straight line. Comes out from the side of the wound which is away from the heart.

Ways to stop the blood coming out of the veins -

- I. Make the patient lie down or sit to stop bleeding from the veins and capillaries. Remember that standing still bleeds more.
- II. If the thigh bone is not broken, then raise the thigh high. When the blood has to go upwards, less will come out. This is a simple rule.
- III. If there is a cloth etc. over the wound, remove it.
- IV. If the bone is not broken or if something is left inside, then putting a clean thumb on the mouth of the wound, apply pressure, the passage of blood will be closed.
- V. If any bond is tied in the waist, neck and chest, open it.
- VI. Apply Soframycin thoroughly in and around the wound.
- VII. Tighten the elastic crepe bandage by placing the sterilizer pad on the wound and pressing it for 5 to 10 minutes.
- VIII. Keep the injured limb steady by gauging or with support as appropriate. Don't let it move.

The above things are necessary to stop the blood coming out of the artery

The only difficulty is that the arterial blood cannot be stopped by pressing with the thumb because the force of the heart opens the way for blood to flow. Therefore, if you give such a claim to the artery ahead of the wound that blood does not come through it till the wound, then the bleeding will definitely stop from the wound. And then by applying boric powder soframycin cream, you can close the mouth of the wound by applying pressure with a padded bandage.

The artery has passed somewhere in the body just above the skin. Where we can easily stop the blood flow by pressing it. Such places are called pressure points. There are different pressure points for different parts. Following are the measures to stop the blood through the pressure points of the arteries, which can be stopped by suppressing the blood flow.

- I. If the slit has been cut, then apply pressure with the thumb on the artery going from the side of the throat so that the artery falls between the thumb and the reed bone (goes through the neck to the head) and the bleeding stops. If blood comes from the incoming vein, it should also be suppressed. Remember don't blow the air hose. Tighten the bandage by putting it around the neck anytime.
- II. If from the outer part of the chin, lips, throat or nose
If blood comes out, then two-third from the corner of the jaw
The finger is the pressure point in the pit ahead, press it, between the finger and the thumb from the mouth or cheek.
You can stop the bleeding by pressing.



III. If blood comes from forehead or above the eyes which is very close to the ear. There seems to be a pulse going right in front Apply pressure with your thumb.



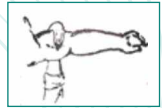
IV. If blood comes out from any part of the head tied tightly with a bandage by keeping it in one place then the blood will stop



V. If the bone is broken, a hard ringed pad prepare and keep it in that place which is all around. Apply pressure but not in between.



VI. If you want to stop bleeding in the arm There is a pressure point in the pit behind the clavicle bone press him. There is a pressure point in the upper side. If you apply pressure, the bleeding will stop. Arm in keep straight and the palm towards the sky.



You will see that a piece of flesh rises in the upper parts of the patient.

There is a pressure point in the pit between it and the flesh below, press it.

VII. If blood is to be stopped under the wrist, then on the wrist pour the medicine on both the points. Irrespective of both the thumbs use or use bottle cork one point at a time tie the bandage tightly by keeping it on. When the artery is in the legs if it comes, it jumps with great force on the joint of the thigh. It seems to have happened.



If without this for 3 minutes. If the blood stops coming out then the person will die.

know how to press it well. Lie down on the patient and fold the leg and put the other thumb on one side and apply pressure on the half of the hip (where the cloth folds when the legs are folded).

VIII. If the blood is stop flowing all over the thigh and the injury is below the thigh, then just as there was a pressure point in the upper arm, there is a pressure point in the thigh as well. Make a pad as big as a fist and keep it on the inner thigh and so high that where the bandage can be tied, keep it tight. You can loosen up whenever you want. Such a bond is called a tourniquet.

Broken Bones -

Bone fractures can be simple, special or complex. Its symptoms are swelling, discoloration and pain. If bleeding occurs due to fracture, it should be stopped immediately. The limb should not be moved. The injured limb should be stabilized and supported. If possible, the organ should be placed in its natural position. Should be hung in the bag.

There can be three reasons for breaking a bone -

- I By direct injury
- II Bone fracture near a distant injury.
- III Stroke or jerk to the muscle.

There are three types of bone fractures -

- I Simple fracture
- II Special fracture/compound fracture, when bone protrudes from the foreskin.
- III Anomalous fractures/complicated fractures, when a fracture has caused injury to the lungs, brain, reed, etc. Ordinary breaks can become special or odd breaks due to ignorance.

Bone breaks are of three types on the basis of injury -

- I Splinter fracture/Communicated fracture:- Bone fragmentation.
- II Raw broken / Green fracture: - The child's bone.
- III Climbed broken/broken bone climbing over each other.

Identification of broken bones -

- I Soreness and pain at the site of the break.
- II Lack of power in the body. Swelling of the organ.
- III The broken part is small, big or not in real form.
- IV Bone moving around.
- V Gritty sound.
- VI Unnatural twisting of limbs.

Medicine -

First of all a doctor should be called. Keep the patient in a position that makes him comfortable. Tie the bandages with the help of splints. If there is no splinter, sticks, pieces of wood, sticks, umbrellas, vents, slippers, books, folding newspapers, pieces of cardboard etc. can be used as splinters.

Jaw broken

Recognition - Curvature of the teeth row, pain in the jaw, Sometimes bleeding gums.

Treatment - palm under the broken bone of the jaw. Applying it slowly by pressing upwards take it to the place a narrow band under the chin. Take it away and tie it on the head. second narrow strip. Take it from the front of the chin and tie it on the back of the neck and then tie it separately from the ends of the first bandage.



Collar bone break

Identity - Injured and uncontrollable arms, Shoulder bowing, patient injured arm with healthy hand The elbow is supported.

Treatment - Take off the coat, a small handful in the armpit Put padding equal to. tie the elbow to the chest And tie it to St. Johnshilling of the first patient Place the hand on the chest towards the injured limb in such a way that the palm should be towards the chest and the fingers towards the other shoulder. Take a triangular open bandage on the chest and put it like this.



So that one end of it is on the healthy shoulder and the tip is below the injured elbow. Rotate the other end from behind and come on the same shoulder. Now keeping the elbow and the whole arm, keep it on the ear of the bandage in such a way that all the burden falls on the ear. Tie the bandage firmly on the right shoulder. Finally, gently press the hanging tip between the arm and the bandage.

Fracture of arm bone

This bone can break in the middle of the arm near the shoulder or near the elbow. Take a wide bandage and place it on the injured arm from the middle and outwards. Take out his head from side to side and tie it on the shoulder. Then put the hand in the bag for support. Inside one arm by making four splints of what can be found one outside, one front and one back side. This splint is long from elbow to shoulder, except the one in front which is bent at the elbow. You should stay up.



Fracture of both the bones of the wrist: - Take two splints wider than the wrist covered with a cushion. One splint should be long from the inner side of the elbow to the tip of the fingers and the other from the outside of the elbow to the top of the hand. Put a thin bandage first on the upper end, then on the lower end and finally on both sides of the fracture and tie it with splints. Put a big neck bandage.

Thigh bone fracture:- Gently pull the leg and make it equal to the other and tie the bandage firmly. Remove the rest from the bottom and spread it in this order:-

- I Found from just below the chest to the side
- II Hip joint
- III Under both ankles.
- IV Slightly up according to the breakdown under both thighs.
- V A little below the breaking point of both the thighs
- VI Under both legs.
- VII There will be a wide band under both the knees.

Put a splint on the outside of the broken thigh reaching from the armpit to the front of the heel and tie it on the splint as above. Only by rotating the figure of eight, the knot will be in front of the soles.

Knee fracture or poly fracture - Lie on the injured person and keep the head and shoulders elevated. Lift the heel and put it on a healthy leg or folded coat. Put a splint under the legs from hip to heel. Put a thin bandage over the broken bone and bring both its ends from behind the knee and the ceiling and tie a knot under the knee in the front. Tie three more strips to hold the splint properly.

Broken leg bone - Pull the broken leg gently and make it equal to the leg and do not leave until the splint is tied. Place splints on the outside and inside of the leg and of equal width to the leg, reaching upwards from the knee to the front and down from the heel. If only one splint is available, then put it outside, consider the other leg as another splinter.



Treatment of electric shock

Lightning sometimes causes shock. Nowadays there is A.C. electricity which is very dangerous. It clings to man. Whenever such a situation arises, the foreign switch should be turned off. If this is not possible, then with the help of wood, stick etc., rescue the patient, he should not be touched. Remove it using rubber boots, mat, wooden pad, rubber gloves etc. The patient can be rescued by climbing on a wooden object. Dry cloth, dhoti etc. can be pulled around the patient's neck. Treat the shock after releasing it. Give artificial breaths as needed. Grab the patient's tongue and immediately bring it to the original position. Treat burns.

Drowning Water Treatment

Incidents of drowning in water happen a lot. A person drowning in water is very squeamish and throws his hands and feet to escape. As a result, water enters the body through his nose and mouth. Due to which his breathing stops and the heart rate stops due to shock. Due to which he dies immediately.

Treatment - After taking out a person immersed in water, first of all, the mud etc. from his mouth and nose should be wiped. Open his mouth by removing the clothes of the chest and put a piece of wood between the teeth so that the teeth can not get splinter. When the patient is made to lie on his stomach. Keeping both your hands under his stomach, lift the torso upwards so that the water comes out of his lungs. When the water stops coming out of the mouth and nose, then make him lie down on his stomach. Then make a cloth ball and put it under his stomach and put both your hands on his back and press it hard and release it immediately. Keep doing this in a minute with the ratio of 12. In this way, by pressing the back, the air comes out from the lungs and the medicine is taken.



Epilepsy - Epilepsy is a disease in which the patient has sudden seizures. It is a disease of the nervous system. In this disease, the patient loses his mental balance due to an attack. His hands and feet start twitching. The body trembles and convulsions. The disease is not completely eradicated if it is treated. As long as the patient keeps taking its medicine, he remains fine and when he stops it, the seizures start again. Next, we will tell you the reason for having an epileptic attack and its home remedies, by using which you can get relief from it.

Due to epileptic seizures

The functioning of the brain depends on the proper signaling of neurons. When there is any kind of obstruction in this, then the problem starts in the work of the brain. Due to this the patient gets epileptic seizures. Apart from this, epileptic seizures can occur due to head injury, excessive alcohol consumption, brain tumor, paralysis, menstrual disturbances and lack of oxygen to the brain.

What to do if you have an epileptic seizure

- i Loosen the patient's clothing, especially the clothing around the neck so that the patient does not have trouble breathing.
- ii A patient of epilepsy should never be suppressed.
- iii Make the patient lie down gently.
- iv Remove nearby furniture or sharp objects to avoid injury to the patient.
- v Do not try to forcefully hold or stop the attack or put anything in his mouth when the patient is having an attack, doing so can be dangerous.
- vi Do not give him smelly shoes or rotten onions.
- vii After the seizure is over, do not leave the patient alone or try to feed him until he regains consciousness.
- viii If the patient's seizure lasts more than five minutes or if a second attack occurs immediately after the first, contact the nearest doctor immediately.

Knots & Pioneering

Draw Hitch

This is a very beneficial and useful trap. Its biggest advantage is that one end of it opens immediately by just pulling. Therefore Its name is khichkhulni phans (draw hitch). This trap is also called Highway Man's Hitch.



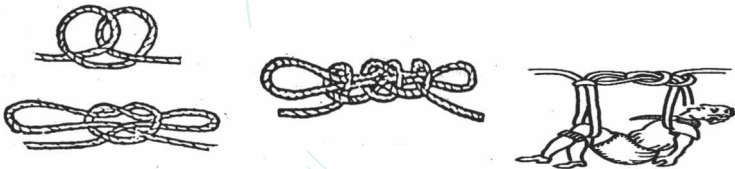
Use - It is trapped by a tree or on fire to descend from the roof of a house is put to work. By this boats and horses etc. can also be tied so that they can be ridden. After passing one end of the rope with a single stroke the rope can be opened by pulling and the rope come to hand

Method - As easy as it is to put this knot, as much caution is required in it. A little bit of a mistake can lead to death. To apply it, first double the rope. Then put the loop made of this double rope on a thick strong branch in such a way that the part of the loop hangs eight to ten inches. After this, by putting one hand in the circle formed on the bend, hold the rope from the lower part of the branch and pull it out towards you. Doing so will form a circle of rope. On pulling the rope, the former will be tightened by the loop of the rope. Now put your hand in this circle and grab the second rope and pull it towards you. This will make the second circle, keeping the length of this circle eight to nine inches, pulling the amount of the second part back down will cause the second one to deepen. With the help of a rope that is pulled later, you can get down on the tree. After coming down and pulling the second rope with a jerk, the top trap will open and the whole rope will come down.

Fireman Chair knot -

In case of fire in a building, rescue work is done by this knot to bring down the trapped persons, injured or any conscious person from the building or when there is no ladder or when the ladder cannot be used due to fire.

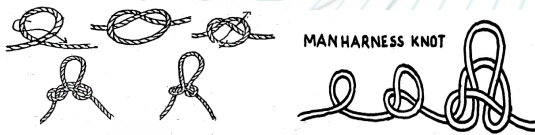
Method - A little more than twice the height of the building take a long rope. Bamboo stick in the middle of this zodiac. Two loops left under loop and make the right-hand side overlap them one Put it on the other in such a way that the circle on the left stay on top of the circle on the right. Inside it Intersecting each other to form two segments of the circle.



Now the little ones on the left hand side from the top of the larger circle segment to the left and the smaller segment on the right hand side is the bigger one on the right. Pull out from the bottom of the circular segment. This type will form two circles on the outside. In this way one circle is about three and a half feet long and another one about two and a half feet as required circles can be made smaller or larger. The larger circle is to be placed under the knees and the smaller circle is to be placed under the shoulders. Now put a semi-trap of two and the slack part of the rope. Make an overhead loop on the short side rope and an under hand loop on the big house loops and put a semi-trap. Then move both of them to the knot and pull them all tight and tighten them properly. To use it, by reversing the knot, bring both the ends of the rope upwards and both the loops downwards.

Man Harness Knot - It is done in carrying or dragging or putting wooden frames in it. Sailors carry it on their shoulders and drag heavy boats from one place to another on the river or beach very easily. Climbers use it. Climbers make three circles in the same rope and wear them around their waist and then start climbing. In this, when the first partner reaches his destination and sits down, the second starts climbing, if his foot slips then the first one holds him. In this way everyone keeps on taking care of each other and moves on.

Method - To put this knot easily, keep the rope on the ground. Make a vertical hand circle in the rope where the knot is to be made. Now lift the bottom part of the circle and put it on the bottom rope in the opposite direction. Now take out the upper part of the circle from under the lower rope and take it out from the top of the other part of the circle. After this make the circle as big as required. Finally, bring the knots on both the sides near the circle and tighten it properly by pulling both the ends of the rope.

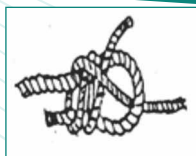


Lever Hitch, Merlin Spike Hitch - This knot is used to make ladders with sticks, to hold a wooden stick or to pull it by tying it with logs. On the occasion of fire, stick or bamboo in such a trap A temporary ladder is made by trapping the pieces of stick or bamboo. Special attention should be taken while making this ladder. It should be placed that the bottom and the top to be bamboo stick on the poles and the gap of the poles keep the goods.



Method - Make an upward hand circle and tie it with a rope. Turn over the remaining part and remove the remaining part of the rope a little from inside it and tighten it by inserting a stick or bamboo end into the removed part. After this, pull both tightly in opposite directions.

Double Sheet Band - This knot is ordinary sheet which is applied like a band, but it is the band is wrapped twice instead of once. It is used to make two ropes of unequal thickness, one connecting the thin and the other thick rope, two wet when the ropes are joined, when there is a fear that due to excessive stress, the sheet band may not open or its ends may not slip from its place, then double sheet band is applied. The ropes attached to it remain stronger.



Method - It is applied like a sheet band. Instead of just tying the tight end of the thin or wet rope once around the band of thick/wet rope, tighten it by moving the end from under the same thin or wet rope to the top of the thick or other wet rope.

HOLD FAST AND ACCURAGES - A Pioneer should possess at least two types of Tightness/Hold Fast knowledge as per syllabus. This fasten or hold fasten is used in any work we build or want to keep it standing. That means designed to make it stand are called fasten/holdfast. It is also to be seen that how is the land? According to the land, one has to choose from the mentioned places, which tightness will be favourable and suitable.

There are mainly two types of tightness

Natural Tightness - As the name suggests, it is clear that this tree, the roots of the tree or other ball or pillar which is already in a stable state. The meaning is that the tightness that we get without being created is just a natural tightness.

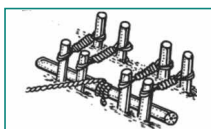
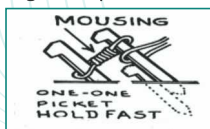
Unnatural Tightness - The tightness which will be created by us is all unnatural tightness. The tightness that we get automatically, in which our labour is not involved. It is natural tightness, they are also called anchorages.

Tightness or holdfast method of burying:-

Single Peg Tightness / Single Picket Holdfast - The peg looks easy but there are some rules in it too. It is necessary to take care of them. If care is taken, an accident can happen. The way to do this is to put the peg on the ground and tilt it 45 degrees in the opposite direction of the tent. Hit a little with a hammer, the peg will stop and stand with your back to the tent and open your legs a little, now you hit the peg. With this, even if the strike of your hammer is missed, then the foot will not hurt and the hammer will come out between the legs. If a long peg is to be hammered, then it should be struck by standing on the right or left side of the peg. The stop of the peg should be like the ground. Depends on the ground and your fidelity to the depth of the peg in the ground. Still, two-thirds of the peg should be buried in the ground. The carrying power of the peg thus buried will be up to 250 kg.

One One Peg Tightness / One One Picket Hold Fast -

The second peg carriage goes behind the peg. Mousing is done by tying a rope to the rear peg from the front main peg. The second peg can be deeply buried behind the main peg. This will double the strength after mousing the main peg. Its carrying power will be twice that of a single peg. You can prepare the tightness of three two one peg and the tightness of peg and stick by looking at the picture.



Camping Equipments and their Use

The following tools are required in the camp -

- I **Knife** - It is absolutely necessary to have a knife with the scout guide. The knife should be kept sharp. It should be used with great care. It should be closed after use. Knife is used in the kitchen as well as in the forest for cutting small branches, marking trees, cutting fruits etc.
- II **Axe** - Comes in the work of cutting trees etc. Its usefulness increases while camping in the forests.
- III **Khurpi** - It is used in peeling grass, leveling the camp land, digging small pit etc.
- IV **Shovel** - It is needed for leveling high and low ground and digging big pits.
- V **Spade** - It is used in digging hard and rocky or pebble ground.
- VI **Saw** - It is used for cutting wood or dividing it into small pieces of correct size. It is also needed in making gadgets in the camp.
- VII **Hammer** - It is needed in the camp, for erecting pegs, tents etc.
- VIII **Vasaka, Summi** - It is needed to dig a hole in the ground before burying anything.

Pioneer / Bridge Construction

Pioneering is the most engaging and skillful activity in Scouting. With no end in sight. It is a technical skills that draws on early engineering and sailing skills. This is the functional aspect of forest science. Scouting without it is an incomplete and lifeless experience. It is a costly exercise to make useful knots, ties and knots, build a hut, measure height, estimate, build bridges etc. Toli is a very useful tool in awakening the spirit. Poles and Ropes is a very enthusiastic fun game that develops foresight, confidence and activity in the Scout. The necessary knowledge is necessary for the construction of bridges as they may have to be constructed in a place over which many men may have to pass. Scouts and guides reach their mature stage in this direction after acquiring the knowledge of knots, shackles and ties. So their next step is the construction of bridges. Therefore, it is necessary for them to take care of the following things:-

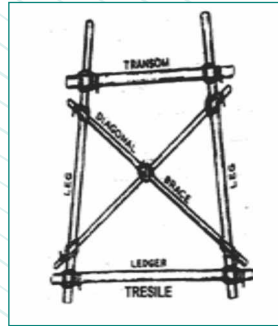
- i) The strength of the bridge,
- ii) the material of the bridge
- iii) Work operations should be planned
- iv). their ratio is correct
- v) Correct bridge ratio
- vi). Have hard work and dedication.
- vii) Be confident when applying knots, shackles and pegs.
- viii) Have general knowledge
- ix) Taking into account the land of the bridge construction site and the natural achievements from there build bridges as needed.
- x) Follow the team method
- xi) Work with discipline

Keep the following things in mind before building a bridge:

- i) Balli, bamboo, sticks, thick and thin ropes, thin ropes, mogri and hammer, long and short pegs, axe, knife and twine etc.
- ii) Bridge can also be constructed on two trees on one side by tree and on other side by other means. If trees are not available, then a bridge can be made with bats.
Trestle/Structure Bridge: - For this the scout guide should come to tie the ear bandage and square bandage. This bridge is built very quickly, a ladder should also be made in it.

Accessories - For four Tresles

Sticks - 24 , Ropes - 36 (2-2 meters long)
Balli - 2 (10-10 feet),
Ropes - 20 (1-1 m long),
Poles - 10 (3-3 ft)



Method - First two sticks in the form of arm in this way keep that there are four parts towards the top then the base at the bottom to be six parts. Now on both the sides of the base put a stick on the side and a stick on the top i.e. keep it on the top like a quadrilateral. In the middle of it two sticks like this keep it in such a way that one end of the stick remains under one arm, the remaining ends will be above the arms. Now tie Square Lashing at all places and Diagonal Lashing where two sticks X pass. In this way make four trestles. Now to make a ladder, lay both the 10 foot Balli on the ground below. The distance between the bats should not exceed 2 feet. Keep 3-foot sticks at a distance of one foot each and tie them with a square bandage. The ladder will be ready. Stand the two trestles facing each other and place the ladder on top. Cross the river channel and take it with you by unpacking it.

Commando Bridge / Two rope bridge - This is the least baggage and the simplest bridge.

Accessories - Two ropes, bore arrester or sackcloth for four places.

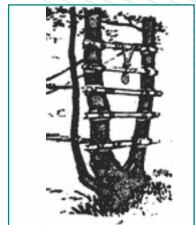
Method - A scout of the first team will go across the drain and one end of the rope will go to his side will take along that edge to the bottom rope will tie the tree with sackcloth. The tree from which do not rub here will be the clove hitch knot then the other side's scout sack. Applying it and wrapping it several times, you will tying the clove hitch. Then the second rope will be tied in the same way at a height of 3 to 4 feet. The bridge will be ready. To cross this bridge, the middle of the foot has to move forward by touching the rope with the foot and the top rope should be held firmly with both hands.



Ladder Bridge - This is also a bridge made by ropes it on two treslows have to make it.

Accessories - For base pillar,

Wooden Log - 4 (12 feet)
Wooden Log - 4 (10 feet),
Wooden Log - 4 (8 feet),
Pegs - 10 , Lacing 18 - (15 foot bat)
Lashing-4 (10 foot Wooden Log),
Ghirries-2 (1 single, 1 double)



Ropes - 4 (1 inch to one and a half inch thick) of twice the length of the bridge,

Ropes - 4 (half inch to one and a half inch thick) 30 feet to support the hands of the length of the bridge, sticks - two feet each as required

Method - Two big trestles have to be made in this way that they will not even have to be buried in the ground for a bit. The whole composition will be according to the peg bandi. The duration will be of 2 hours.

Suspension Bridge / Hanging Bridge - This is also made by ropes. The Ram Jhula and Lakshman Jhula in Rishikesh are similar but they are iron stars.

Accessories - Balls-4,

Little Balls - 8

Lashing ropes - 15 to 20,

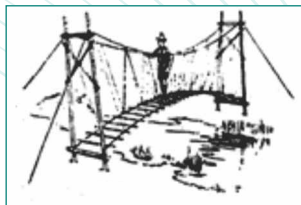
Ropes - 4, Pegs - 8 to 12

Bora captive - 4,

Ropes - 4 (1 inch to one and a half inches thick and one and a half times longer than the width of the river)

Ropes - 2 (for inch to one inch thick net) - Ladder poles

- larger than 4 feet (as required)



Method - Two high trestles have to be made for the base. Through which there will be a way to get out straight. The ladder will be fixed on the bottom by making two thick ropes. The system and 3 to one peg will be firmly fastened by putting the top two thick ropes on the trestle from the inside. The same method is used for the ladder as described in the previous exercise. The width will be more in this, the side (side) mesh will be tightly tied. The + will be done by making one round on the ropes. Just a bridge.

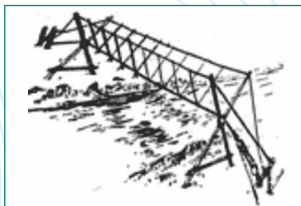
Special - This is a developed form of the bridge on the ladder. In this, the width of the ladder can be kept as per the wish. Instead of sticks, 6 - 6 inch or one foot wide wooden planks can be used.

Monkey bridge swinging bridge - It is made by ropes, sticks are also used.

When you cross it, it is as if a monkey is jumping. That's why it is called Monkey Bridge.

Accessories - Wooden Log :- 4 pieces of Wooden Poles :- 2 Pegs :- 4 to 6, Pully :- 2 or 2 links

Lacing - from 8 to 10 feet rope, sack captive: - 2, ropes: - 6 to 8



Twine - As required

Method - Two scouts will make a catch. Two wooden log at the height of the bridge x Diagonal lashing will be done. on that tighten with twine by putting sackcloth. Second down to base on it by setting the width of tie a strong stick with a square bandage. A thick rope will be laid in the middle, in which thin ropes will be laid at a distance of three feet. Keep the poles on this 2-foot rope, keep in mind that the thick part should be on the middle of the road, the thin part is above. The mouth of both the poles will be opposed to each other, tie the upper end with the lever hitch in the pole and the lower one with the lever hitch.

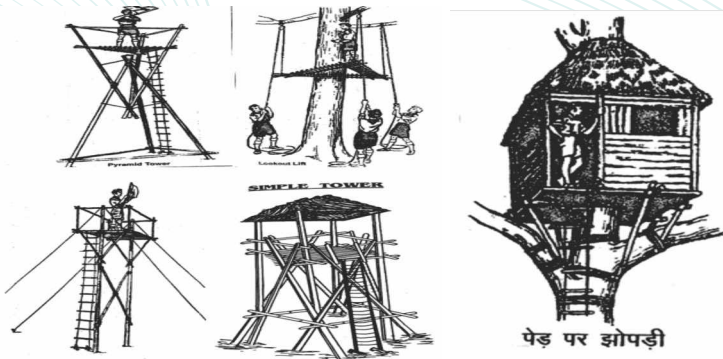
catches on both sides of the river and tie the ropes tightly to the hooks. The bridge will be ready. If there is a long rope, then a lattice will be formed in the shape of W.

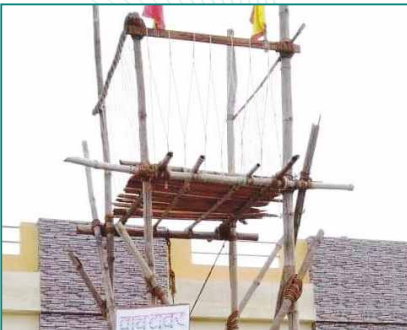
Scout Transporter / Swimming Derrick - This is an interesting exercise. It is used to jump a wall of barbed wire, to cross low water springs and drains. It needs to be used with great care. This can be a true test of team spirit.

Accessories - Ropes - 2 (30 ft long by 1 inch thick), Lashing - 4 (15 ft)
 Lashing - 3 (10 ft), Wooden log - 3 (12 ft by 15 ft)
 One Wooden Log - 6 feet, Two Wooden log - 3 feet



Method - Two scouts, leaving two wooden log equally upwards, leaving 2 feet, do sheer lashing, that too not tightly, because by opening the bottom part, the 6 foot wooden Log will also have to do square lashing on both sides. Shear lashing to both 30 foot ropes Tie it to a guide rope, which each scout will hold of sheer lashing The seat by wrapping the rope on both the wooden log below have to make this seat will be so low that it scout can sit comfortably and do not slip down. Troop leader job will be to make three feet. Make a V-shaped (prop) with two sticks. Apply it on top of where sheer lashing was done. The transporter can be lifted from the third Wooden Log of the transport. This is the transporter apart from these, lookout lift, pyramid tower, signal tower etc. can be made as per the drawings Scout guides should also practice making these.





Map knowledge

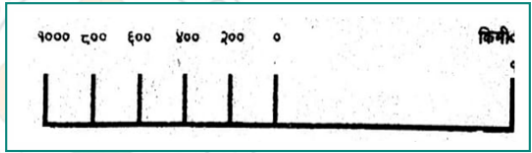
Mapmaking and reading - Almost all scout guide should be able to read and draw maps. The map will tell the scout guide a smooth and short route which will be saved from dangers, will bring you to the destination if you go astray. In fact, the map is such a geographical display of the whole Earth or an area prepared on a flat place by a fixed scale and a fixed sign as it is visible from the atmosphere. In conclusion, the importance of the map is only when its practical study is done. To read Scouts and Guides should have complete knowledge of it.

Scale: - When the map of a particular place comes to the fore, the first attention is paid to its scale. There are three main ways of displaying a scale:

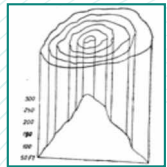
By words - In this method, the distance between two points on the map is measured in centimeters and the distance of the land i.e. The actual distance is displayed in kilometers below. It has a big measurement - 1 centimeter = 500 meters, 1 centimeter = 100 meters
Small scale - 1 centimeter = 10 km, 1 centimeter = 1 km
Large scale is used to get detailed information of small parts and small scale is used by transport, railways.

Demonstrator by Fraction - By this method, the ratio of the distance on the ground to the distance on the map is shown as a fraction. That is, the distance that the fraction shows on the map, the more distance it shows

on the ground. In this method, the measurement is performed by a line. This is the easiest way, easiest way to be displayed in most maps with the help of a line. A line is drawn at the bottom of the map, and it is divided into several parts, and integers are given on it.



Contour lines - There are many methods used to show height in the map, the main ones are contour lines or contour lines. from sea level contours are the only lines joining a high point



Indicative signs -

While making a map, some signs are set to show the mark or objects correctly, with the help of which post office, telegraph, temple, mosque etc. are known. That is why some marks have been accepted all over the world for special things. Seeing those marks, one makes sense out of it. In fact, these marks are prepared on the basis of the shape and nature of an object. These are called symbolic symbols. Following are some of the indicative symbols certified by the Survey of India:-

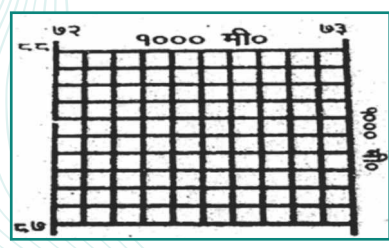
1. A paved road,
2. Distance Stone
3. Unpaved road
4. Walkways

5. Bridge over the river
6. Big Bridge
7. culvert
8. Dam
9. stream, pond
10. Railway line
11. Village
12. Population
13. Fort
14. Hut
15. Temple
16. Home
17. Police Station
18. Circuit House
19. Jungle
20. Khan
21. Orchard, Vineyard
22. Trees
23. Dry Well
24. International Border
25. State Border
26. District boundary
27. Tehsil Limit
28. Prakash Pole
29. Light source etc.

CONVENTIONAL SIGNS

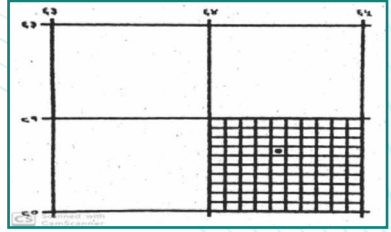
	METALLED ROAD मेटल रोड		DOUBLE LINE RAILWAY
	UNMETALLED ROAD अमेटल रोड		SINGLE LINE RAILWAY
	ROAD THROUGH A CUTTING (SURVEYED)		METRE GAUGE RAILWAY
	COUNTRY BOUNDARY (SURVEYED)		TRAMWAY ON MINERAL LINE
	(TEMPLE) मंदिर		ROAD OVER RAILWAY
	MOSQUE मस्जिद		RAILWAY OVER ROAD
	FORT फोर्ट		RAILWAY OVER RAILWAY
	CHURCH WITH TOWER चर्च के साथ मीनार		TUNNEL टनल
	FOOTPATH फुटपथ		TELEGRAPH LINE तेल ग्रेफ लाइन
	RIVER नदी		TELEPHONE KIOSK
	SIMPLE BOUNDARY सरल सीमा		POST OFFICE डाकघर
	ELECTRIC WIRE बिजली के तार		HOSPITAL बिमर
	HEDGE पौधों के एक पंक्ति		GRAVE YARD कब्रिस्तान
	STONE WALL पत्थर की दीवार		HOUSES घर

Grid: Earth is round. It can be represented from the globe itself, but due to practical difficulties, the method of displaying the imaginary network of latitude and longitude lines of the globe according to a fixed scale on a flat paper or object is called map projection. According to the grid system, the whole world is divided into 60° degree regions between 80° degree north latitude and 80° south latitude. According to the Indian grid system, the grid area of 2500000 * 2500000 meters is divided into 5 * 5 = 25 grade classes. Which are represented by 25 letters up to A & Z except 1 letter of the English alphabet. The area of each grid square is 500000 * 500000 meters.



Grid Map Direction: - The method of reading and directing an object, mark or fact on a grid map is called Grid Map Direction.

- i) **4 Digit Map Direction** - First a 4 digit direction is prepared by taking both the digits of the longitude line and 2 digits of the latitude line.
- ii) **6 digit instructions** - First 4 digit directions of a dot sign are found, then dividing the grid square into 10-10 parts by dividing the Easting and Northing line into 10-10 parts and writing it in front of Esting and Northing after finding the fixed part of the point.



Two main methods of making a map

Survey - Only two places have to be visited and the distance between them has to be measured. The remaining places can be found by drawing a bearing (line showing direction), but this is possible only when the places which are to be shown on the map are visible from those two places.

Traverse circuit method - In this method the map maker has to go to every place, but when there is such a rare place where it is not possible to go, the survey method comes in handy. So both the methods are used in making maps.

Distance - The distance is measured by chain or lace, but the scout also measures the distance with his steps. The average length of a scout's step ranges from 60 cm to 70 cm. Accessories:- 1 Scout Compass (Kutubnuma), 1 hard carton or wooden frame supported by alpin, size card sheet or graph or thick paper, pencil, rubber etc.

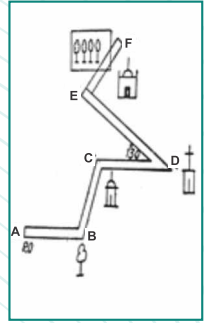
Compass (Qutubnuma) - Some Qutubnuma sit in four parts and each part is divided into 60° degree is 0° degree in north and south and 60° degree on east and west. A point in such Qutubnuma which is towards north 45 degree west. A point in such a Qutubnuma is simply the number of degrees that the perpendicular meets.

Wearing - The simple way to take the wearing is to stand facing the place where the wearing is to be taken. Keep Qutubnuma on the plane in front of the chest in both hands. Now rotate the Qutubnuma so much that the answer written in it comes under the needle showing the correct answer. The angle which is made clockwise from north and clockwise till the point we want to see, this direction is called which wearing. Read the imaginary line that cuts the center of Qutubnuma from the point, which cuts it on the degree, this is the wearing of that place.

Wack Wearing - If it is less than 180 degree then 180 degree should be added to it for Wack Wearing and if it is more than 180 degree then 180 degree should be removed from it for wearing.

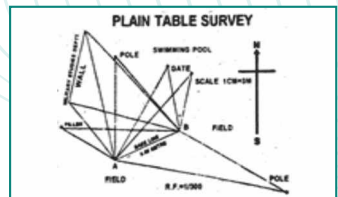
Map in both ways

To start, choose a place where two roads meet or where the road turns. Take note of the road on which you want to go from here. Now walk on that road counting the steps. Suppose your step is 60 cm and you got a bridge at 50 steps, then note on your paper 3000 cm or 30 m. Note down the drain, its flow. Let's move forward while moving forward, whatever things are found worthy to be shown in the picture, such as wire houses, pillars, temples etc. On the same road where there is a place, let's make it go like this to the second turn and write as much as you can on your paper. The direction it has taken after the road turns from here. Find out by wearing and step as before. To mark the objects found at the meeting place etc. note down to the next turn. Like this drawing the same picture from turn to reach where you left. If a local object one who is away from the road and cannot reach then the road take the wearing of the object from both the ends. The place where the item will be cut will same. When making a clear map, draw a full circle first. To show the things of the way later by sign. While completing the round you will notice that the end line does not come at the exact point from where it started. Do not force your line to join at that point. If there is a big difference then check the work again that there is no mistake in noting and the bearings etc. Don't make a mistake in noting.



Map making by survey method -

For this, make your base between two trees or between any two objects which are visible from a distance. Take a measure. Measure this base and put it on your paper write it down Go to one end of this baseline. Carton board by alpino to your paper) Submit it. possible near the head of the baseline Yes keep it. The surface should be flat to Qutubnuma north south line arrow that draws first put it on top of the finished hoop and start rotating your carton without touching it till the line and the needle point in one direction. In this way keeping the map oriented is called setting the map in English. Whenever the map is taken to a new place, it has to be adjusted before drawing something in the map. When the baseline is drawn on the paper, after orientating the map at the end of the baseline, set a point to show the place where you are on the paper so that other places can also be shown on the paper. If an object is not clearly visible from these two



places, then you can tell that place by taking the wearing of that object from the meeting point or points of two other lines of the wearing. After taking notes, you can make clear pictures. If you learn to make a map, then it becomes very easy to read the map. Tourist maps are made up of survey and traverse method. In this, the following things are usually done for the convenience of the passengers. From a central or main place, the visible place is shown by putting numbers in the map and its distance table is given separately. Brief description of the central place and other important places is written separately. Names, addresses and phone numbers of these places (if any) airports, roadways, hospitals, police stations, dharamsalas, hotels, banks, travel agencies etc. are also written.

Yoga and Exercises

Sheetali Pranayama - Sit in any comfortable posture. The knees should be on the ground and the back, waist, neck and back should be straight. Keep your hands on your knees. Take out your tongue and bend it like a drain. Inhale through the folded tongue and mouth. As if you are sucking air and taking it inside the stomach. Bring the tongue into the normal position and take it inside the mouth and slowly exhale through the nostrils by closing the mouth.



Sheetkari Pranayama - Sit straight in any comfortable posture and keep your knees on the ground. Turn the tongue over and close it to the palate. Clench the lips keep it open as much as possible. Mouth breathing through teeth. Take it close the lips and slowly exhale.



Komal Pad, repetition of Dhruvapad's yoga posture. Practicing any 6 of the following Yogasanas :- Karnasana, Utkasana, Uttan padasana, Shalabhasana, Chakrasana, Dhanurasana, Sarvangasana, Halasana, Mayurasana, Shirshasana.



Proficiency Medal

Signaller -

- i) Sending and receiving messages of 25 words through Simafor Code in Scout.
- ii) Sending and receiving messages of 30 words by Morse code in the guide.



Pioneer -

- i) A thick dry tree of at least 225 cm in diameter or quickly tearing it down with a bat of at least 125 cm in diameter efficiently.
- ii) Elementary knowledge of different types of ropes, their parts of rope, collection and maintenance.
- iii) Can use the following knots in addition to Dhruvapad and Gurupad knots:- Catspa, Bowline on white, Double seat band.
- iv) Can erect two types of pillars in different types of land.
- v) Make an ideal bridge or derrick load carrier and Ladder.
- vi) Make a camp kitchen.
- vii) Build camps or huts for individuals.
- viii) Single pulley and double pulley can be used correctly in any ball or pulley.



For guides -

- i) Collect and cut wood suitable for campfire and plant it properly
- ii) Has received the interest of the cook.
- iii) He can cook two types of food in the camper fire.
- iv) In addition to Dhruvapad and Guru pad knots, Catspa, double seat band, bowline on white knot can be attached.

Community worker -

- i) Be aware of the process of community development.
- ii) Encourage and persuade at least 12 local youths or young women to join the Scout Guide movement.
- iii) Act as a liaison between various sources of community development like banks etc.
- iv) Help people in fulfilling at least two basic needs like clean water, school building,



vegetable market etc. to keep wells clean, save river drains and ponds from getting dirty.

v) Organize family welfare camps in your locality, village, slum.

Citizen Proficiency Medal -

- i) Knowledge of voter's eligibility is necessary for this medal as well as encouraging every voter in his family and neighbourhood to exercise his right to vote properly
- ii) Knowledge of the functions and powers of the President and Vice-President of the Union of India and the Governors of the States
- iii) Knowledge of the functions of Lok Sabha, Rajya Sabha, Legislative Council Knowledge of subjects of local institutions like municipal local boards, district panchayats etc.
- iv) To know the functions and functioning of state and local administration.
- v) Knowledge of general knowledge and working of judiciary in the country.
- vi) Active participation in the mock parliament of scouts.



Naturalist -

- i) Tell about any one of the following topics in your observation :-
Evolution of frog,
History of any insect, spider, fish.
- ii) Development of birds, their memories, songs or information about their sounds.
- iii) Information about the habits of four wild animals and some creatures of the pond.
- iv) Keeping a natural diary of two seasons in spring, summer, autumn and winter, which records the following along with the date:-
Pencil sketch of at least 10 birds, 10 plants, 10 trees, 10 types of butterflies and a brief description of the animals seen in between.
- v) Make sketches of 10 living animals or birds and write their histories
- vi) Describe the habits of 30 different types of birds, animals and identify them by their song and sound.



Pathfinder -

- i) In-depth and personal knowledge of public buildings, public services, fire stations, transport facilities, media, health services, etc., in and around your headquarters or home on the basis of your search and visit in addition to doctors, responsible public officers, pastoralists knowledge of persons of eminence in the fields, knowledge of the use of roads, and knowledge of public property in the playground.
- ii) General knowledge of his district so as to guide any unknown person in an area of radius 10 km in day or night. Nearby places within 50 km to give general information of district city.
- iii) Information about the history of that particular place around your district and the historical buildings there.



Literacy -

The syllabus of this Efficiency Medal is as follows:-

- i) To conduct literacy campaign for adults in their village locality.
- ii) Helping the school to open night schools for dropouts.



- iii) Teaching reading, writing and accounting to at least 10 illiterate children or assisting in the studies of 10 children.
- iv) To conduct awareness campaign for literacy campaign.
- v) Organizing the exhibition of posters etc. published by the Government and voluntary organizations.

Environmental Reform Ecologist -

- i) Information about the organizations which are working for environmental balance.
- ii) To take the cooperation of an expert in this regard so that the public can be educated through dialogue and audio-visual means.
- iii) Propaganda campaign against the Earth erosion.
- iv) Organizing Van Mahotsav in monsoon.
- v) To educate people about the problems of pollution in their area.
- vi) Try to solve two of the following problems around you, soil conservation, soil erosion, tree erosion, killing animals, wastage of water and water pollution, air pollution, dumping of garbage.



Leprosy Preventer -

- i) Propagation of this element by audio-visual means that leprosy is cured.
- ii) Contacting Dermatologist National Leprosy Prevention Program worker volunteer.
- iii) Leprosy should be investigated in every school, mohalla or village, to change the attitude of the society towards others, the help of a doctor or specialist who can educate the people of your settlement.
- iv) To bring about a change in the attitude of the society, through audio-visual means, through posters, wall paintings, slogans, speeches, plays, pamphlets, etc., to demonstrate that the treatment of leprosy is possible.
- v) To organize the program in association with your nearest Dermatologist, District Health Officer, Leprosy Prevention Program Unit, Lions Club or Rotary Club.
- vi) To make quick arrangements for the treatment of leprosy patients.



Sanitation Promoter -

- i) To undertake the work of arranging clean drinking water in the nearby Basti Colony.
- ii) Demonstrate the methods of collecting, boiling, filtering water.
- iii) Protecting the grain from rats etc.
- iv) Protecting cooked food from flies, mosquitoes, dirt.
- v) To keep the places where mosquitoes live, clean the drains, coolers etc. and make people aware.
- vi) To campaign for cleanliness.
- vii) Throwing of garbage, dung, etc. and making compost pits.
- viii) Recycling and using empty cans bottles.



Village Worker -

- i) There should be detailed information about the village, such as the area of the village, population, production, drinking water, other means, customs, school going number of boys and girls, number of literates.
- ii) General knowledge of village cleanliness.
- iii) To participate in the program of adult education program, health, de-addiction etc. in the village.
- iv) Get at least 10 people tested for leprosy and other diseases.
- v) To explain at least 10 mothers about tonic to stop diarrhoea.
- vi) To make arrangements for eye, teeth and other health campaigns in his village locality.



Child Nurse (Guide only) -

- i) Care of children from birth to 5 years and take care of the following things.
- ii) To prepare their dress during the day at night according to their district in each season.
- iii) Preparing food for the children.
- iv) Cleaning of the child's body and clothes.
- v) Creating a healthy environment.
- vi) Attention to children's rest and exercise.
- vii) How to be happy through your business and moderation.
- viii) How to massage the body of children.



Camper (for Course Scout) -

- i) Information about personal essential items for the five-day camp.
- ii) Information about goods and ration for 1 week team hike or excursion.
- iii) Can make a map and tell how he will set up a petrol camp.
- iv) What arrangement will be made regarding the tent, kitchen cleaning etc.
- v) The use of an axe and a shovel, can tell about its handling.
- vi) Knowledge of knots of Komal pada and Dhruvapada.
- vii) Setting up tents, uprooting and collecting goods.
- viii) Build a sleeping hut for 2 people.
- ix) Can cook food without utensils in the camp.



To guide -

- i) Spent 5 nights in the open on different occasions.
- ii) Information on personal belongings for a five-day camp and hike.
- iii) Setting up a tent, uprooting, wrapping etc.
- iv) Selecting a camp site for setting up a tent, making a map.
- v) Use and maintain an axe and knife.
- vi) Cooking food in the open and cooking food without utensils.

Tailor -

- i) Cutting and sewing of scout shirts and shorts in own size, by hand or by machine or any other similar garment, darkening, button hanging, kaj making etc.

- ii) Guide for making blouse, frock, shorts or petticoat.
- iii) To make buttons and hinges and to put a patch on cotton printed or woven fabric. To darn two types of clothes.



Nutrition Educator -

- i) Knowledge of basic elements in relation to nutrition such as calories, smoothness, carbohydrates, proteins, vitamins, minerals etc. and their correct amount in our food and knowledge of normal food from which this substance can be obtained.
- ii) Identification of malnutrition and their effect on the body.
- iii) Knowledge of the amount of a balanced diet for a normal adult.
- iv) Knowledge of the harm caused by excessive consumption of specific substances, foods and beverages.
- v) To state the disadvantages of other stimulants etc. other than alcohol.
- vi) Nutritional survey in village and encourage people to consult doctor.



First Aid Trainer

- i) Komal Pad is the knowledge of first aid of Dhruvapad.
- ii) Knowledge of making stretchers, tying bandages etc.



Ambulance Man -

- i) Can answer questions related to Dhruvapad and Gurupad first aid.
- ii) To stop the bleeding.
- iii) Identify the broken parts and bind them.
- iv) Suffocation therapy.
- v) Knowledge of giving artificial breath through the mouth.
- vi) Making stretchers and tying bandages
- vii) Should have knowledge of proper transport of the patient by stretcher etc.



Electronic -

- i) Can read a simple circuit diagram and apply levels to it.
- ii) Knowledge of electronic testing equipment.
- iii) Assemble a simple electronic plant using a simple kit.
- iv) Explain the basic electronic theory.
- v) Knowledge of making a cheap device.
- vi) To fix minor faults of any wireless.
- vii) Knowledge of working method of a loudspeaker.
- viii) Reading a technical diagram and understanding its symbols.
- ix) Change the bulb, change the switch socket etc.



Secretary -

- i) General Knowledge of Hindustan Scout Guide at District level in Group Company.
- ii) Knowledge of Dal Panchayat Toli Parishad.
- iii) Write a passage of at least two hundred and fifty words.
- iv) Knowledge of typing 100 words, cleaning and maintaining computer.
- v) To know the management of the committee in which program making, writing action etc.
- vi) Understanding the structure of the Scout Group Company.
- vii) To keep an account of the income and expenditure of any party team.
- viii) Knowing about banks etc.
- ix) To be aware of correspondence with the concerned departments to prepare drafts of correspondence for the program of any group patrol.



Home Maker (Guide to) -

- i) Waking up early, lighting a fire, cleaning one's own and someone else's shoes.
- ii) To help the mother in breakfast food etc.
- iii) Wrapping the bed and showing sunlight.
- iv) Cleaning the square Helping the mother in mopping the broom
- v) Cleaning the cooking utensils
- vi) Show making murabba chutney
- vii) Care and repair of household clothes
- viii) Shopping for household items



Forester -

- i) To know the basic concept regarding forest. Expansion of forest in India and importance of forest in present situation.
- ii) Know the time of planting the seeds, preparing the nursery, preparing the shift, planting trees, pruning and felling from your experience and observation.
- iii) Know about the knowledge of how trees live and grow.
- iv) Knowledge of the growth of different types of trees in the colony in their village and their remote identification in any season. Identifying their bark, leaf, flowers, their fodder, fruit, medicine, building and other uses.
- v) Knowledge of the causes of forest fires and the measures to be taken to remove them.
- vi) Participation in tree plantation programme. Information about social forest, roadside forest etc.
- vii) Practical knowledge of soil erosion, its causes and measures to prevent them.
- viii) Information about useful timber and medicinal knowledge in a tree.



Firefighters -

- i) Understand the danger of flammable household items such as festival decorations, cotton woollen and cello light items and the sun's rays.

a fire.

- iv) Knowledge of two simple methods of extinguishing a fire.
- v) The use of tying hands to prevent the crowd from moving, the use of ropes to unload the patient by chair knotting, to drag the unconscious man in the smoke, to save the animals.
- vi) Extinguish the fire of the campfire.
- vii) Lighting fire for food in the camp and knowledge of the method of extinguishing the fire.



Basket Making for Guide -

- i) To make a basket of at least 15 cm diameter from 3 mats with 15 m base basket and paper basket.
- ii) Each item has its own different material, cane, raffa straw, light grass, you have made it from wheat straw leaf etc.
- iii) Knowledge of various raw materials, obtaining them and preparing them for work, etc.



Entertainer (Entertainer's Guide) -

- i) Knowledge of singing, playing an instrument, reciting poetry, etc., for the entertainment of the public.
- ii) Entertained for 10 minutes by the following two subjects, by playing of magic, by imitating someone by a playable instrument, by the song of the chorus.
- iii) Presenting programs at the campfire for the entertainment of the company.



Musician -

- i) Be able to play piano, violin, cello, veena, sitar, flute, dholak, harmonium, etc.
- ii) Sing the musical national anthem.
- iii) Knowledge of karnataka, Hindustani Geet music.



Journalist -

- i) Write your own report of the work of the team.
- ii) Write a report on any one of the following:- Write about the program Garden Party Rally in an open field in a garden.
- iii) Submitting cuttings of any of your published articles or reports.
- iv) Knowing the meaning of make-up and preparing an 8-page manuscript for a press containing form reports and lists.
- v) Knowing the point system in the type and the face of the 6 popular types.
- vi) Knowing the signs of purification.



State Award Syllabus (Qualification:- Gurupad (Tritya Pad Pass))

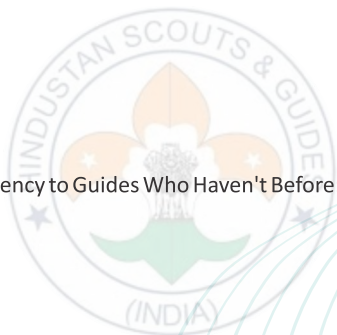
- (a) Participate in a five-day State Award Checking Camp at the state level.
- (b) To mark in your log book by providing 36 hours service at any one place of holy place, village, colony, fair, hospital, railway station, bus stand.
- (c) Select any one of the following projects and enter it in your log book
 - (1) Sarva Shiksha Abhiyan,
 - (2) Environment Pollution Free
 - (3) Cleanliness campaign
- (d) Prepared any two of the following pioneering projects that you haven't done before.
 - (1) Monkey Bridge,
 - (2) Tresil
 - (3) Suspension Bridge
 - (4) Signaling Tower
 - (5) Scout Transporter
- (e) Participate in one of the following events.
 - (1) District Rally
 - (2) National Integration Camp(Note :- Participation certificate should be presented in the camp.)
- (f) Yoga and Exercise :- Exercise of Dhruvapad and Guru pad and practicing Yoga
- (g) Pass any five of the following proficiency badges that have not been passed earlier.
 - (1) Social Worker
 - (2) Environment Reformer,
 - (3) Leprosy Prevention
 - (4) Literacy Campaign
 - (5) Village Worker
 - (6) Camp Warden
 - (7) Yoga Teacher
 - (8) Pioneer
 - (9) Swimmer
 - (10) Cyclist
 - (11) First Aider
 - (12) Child Nurse (Guide)
 - (13) Trailer
 - (14) Cook
 - (15) Nutrition
 - (16) Hiker
 - (17) Educator

Note - Proficiency Badge Examiners will be appointed by the State Headquarters. The Rajya Puraskar Badge will be worn on the left arm at the place of Guru Pada.

- (h) Knowledge of fracture and splitting experiment. (Knowledge and re-practice of the first aid given in Gurupad.)
- (i) Record in your log book the impact yoga and exercise have had on your life.
- (j) Record the answers to the questions given by the teacher in your log book.

President's Award Course

- i) Received State Award
- ii) Participated in five night camp (Rally Jamboree etc. will not be counted)
- iii) Information about the tools used in the Scout Guide Camp
Knife, hand saw, small ax, hammer, summa-varma etc. to be used.
- iv) Preparation of hut scaffolding for two persons from natural available materials.
- v) Obtaining Ambulance Man Badge for both Scouts and Guides
- vi) To receive any two of the following Proficiency Medals to a Scout not previously earned.
 - (1) Electronics
 - (2) Forester
 - (3) Journalist
 - (4) Leprosy
 - (5) Village Worker
 - (6) Secretary
 - (7) Firefighter
 - (8) Camper



Earning a Medal of Efficiency to Guides Who Haven't Before:

- (1) Electronics
 - (2) Basket Making
 - (3) Tailor
 - (4) Entertainer
 - (5) Musician
 - (6) Journalist
 - (7) Pioneer
 - (8) Village Worker
 - (9) Home Maker
- (vii) Write a diary for 36 hours of social service (which must be at least one day in a week) in an interval of 2 months and give it to the Dal Panchayat every week.
 - (viii) To do 10 kms night hike with other scouts and report it to the scout master within 10 days or 50 kms night cycle hike with other scouts and record the same to the scout master within 10 days by registering in the log book .
 - (ix) Guide to do 8 kms on foot with other guides or 15 kms cycle hike and report to guide captain within 10 days.
 - (x) Participation in an intensive community project of health protection, literacy or small savings.
 - (xi) Doing badge training work in a nearby pack/flock, team/company or play toy to young children up to 15 days.
 - (xii) Get interior decoration or fancy cooking done in the guide.

Rules for receiving President's Award

- i) After receiving the State Award, any Scout Guide can receive the President's Scout Guide Award.
- ii) The President of India himself gives this award and certificate for his excellence.
- iii) It is the property of the National Headquarters including the Award Badge. In case of breach of decorum, it can be withdrawn through any prescribed officer.
- iv) Any Scout Guide can prepare for the President's Award on passing the State Award.
- v) This badge can be obtained by any Scout Guide in the age of 13 years 6 months to 17+ years.
- vi) This badge can be received after 9 months of receiving the state award.
- vii) After getting the state award, in addition to practical knowledge, the above written examinations also have to be passed.
- viii) When a scout guide is preparing for the President's Scout Guide Award, then through his team / district institution and through the State Institution, he gives an application on the form prescribed by the National Head Center by March 31st or the prescribed date. The state head center usually sends its registration roll to the National Head Centre by 20th May. The Scout guides are also required to send various dates of passing various Scouting Guiding examinations along with their name and address. Scouts who are registered they have to fill a form received from the State Head Centre in 4 copies. One copy of which is sent to the group, one to the district local Institution and 2 copies to the State and National Head Centre. After this, the center makes arrangements for their re-training and examination in some camp under the supervision of the Director of the National Head Center concerned. On passing the President goes to the rally of the Scout Guide where he is honored with the Rashtrapati Puraskar.

गीत

होंगे कामयाब

हम होंगे कामयाब एक दिन
मन में है विश्वास, पूरा है विश्वास
हम होंगे कामयाब एक दिन।
हम चलेंगे साथ-साथ
डाल हाथों में हाथ
हम चलेंगे साथ-साथ, एक दिन
मन में है विश्वास, पूरा है विश्वास
हम चलेंगे साथ-साथ एक दिन।
होगी शांति चारों ओर
होगी शांति चारों ओर, एक दिन
मन में है विश्वास, पूरा है विश्वास
होगी शांति चारों ओर एक दिन।
नहीं डर किसी का आज
नहीं डर किसी का आज एक दिन
मन में है विश्वास, पूरा है विश्वास
नहीं डर किसी का आज एक दिन

हमारे बाबा मोटर गाड़ी चलावे

हमारे बाबा मोटर गाड़ी चलावे (१)
ओरन की मोटर में लाइट जलत है
हमारे बाबा फूटो कंडील जलावे
हमारे बाबा मोटर गाड़ी चलावे
ओरन की मोटर में होरन बजत है
हमारे बाबा फूटो डब्बो बजावे
हमारे बाबा मोटर गाड़ी चलावे
ओरन की मोटर में सीटे लगत है
हमारे बाबा फटी गद्दी बिछावे
हमारे बाबा मोटर गाड़ी चलावे
ओरन की मोटर में पेट्रोल डलत है
हमारे बाबा धक्का दे दे चलावे
हमारे बाबा मोटर गाड़ी चलावे
ओरन की मोटर में सवारी बैठत है
हमारे बाबा कुत्ता बिल्ली बिठावे
हमारे बाबा मोटर गाड़ी चलावे

Gurupad Test Card

Name of the Examination	Date of Examination	Signature of the Guide Captain / Scout Master
<p>A - First Aid :-</p> <ol style="list-style-type: none"> 1. Knowledge of artificial breathing and demonstration of artificial breathing 2. Knowledge of the main parts of the body 3. Knowledge of simple fractures and knowledge of fractures of collar bone, leg, arm and jaw 4. Knowledge of pressure points and stopping bleeding by pressure points 5. First aid in case of seizure, electric current and shock <p>B - Camp Craft & Pioneering:-</p> <ol style="list-style-type: none"> 1. Repetition of bonds 2. Draw Hitch, Lever Hitch, Manharness, Choir Knot, Double Knot, Hold Pass Anchorage 3. Camping equipment and their use. <p>C - Creating any two of the following pioneering projects</p> <ol style="list-style-type: none"> 1. Commando Bridge 2. Ladder Bridge 3. Monkey Bridge 4. Suspension Bridge 5. Swimming Dress Drake 6. Signaling Tower <p>D - Signaling Mamoma - Sending a message to Mamoma / Simafor (in Hindi or in English) in at least 30 words and receive</p> <p>E - Estimation - Depth and Height</p> <p>F - Map Knowledge-</p> <ol style="list-style-type: none"> 1. Map making and reading 2. Map the Route 3. Travel and Survey of India <p>G - Hikes -</p> <ol style="list-style-type: none"> 1-30 kms cycle or 10 kms on foot hike with your team (for scouts) 2-20 kms cycle or 8 kms on foot hike with your team (for guides) Presenting the report of the 		

Name of the Examination	Date of Examination	Signature of the Guide Captain / Scout Master
<p>hike along with a map of the route to your unit leader.</p> <p>H - Proficiency Medal - Any of the following 4 Proficiency Medals which have not been passed earlier.</p> <ol style="list-style-type: none"> 1. Citizen 2. Camper 3. Athlete 4. Pioneer 5. Yoga 6. Entertainer 7. First Adder 8. Drawing 9. Climber 10. Swimmer 11. Hiker 12. Folk Dance and Song <p>I - Yoga and Workout Practice doing any of the following 6 asanas</p> <ol style="list-style-type: none"> 1. Kagasan 2. Excitement 3. Uttanpadasana 4. Shallow Speech 5. Chakrasana 6. Dhanurasana 7. Sarvangasana 8. Halasana 9. Mayurasana 10. Headstand 11. Sheetali or Sheetkari Pranayama <p>J - Sarva Dharma, Meditation Yoga - Practice of Prayer Meeting</p> <p>K - Preparation of Van Vidya Log Book</p> <p>L - Scout guides are also required to participate in the following activities like-</p> <ol style="list-style-type: none"> 1. To perform service work at any fair, religious place, hospital, bus stand, railway station for 36 hours. 2. Undertake cleanliness campaign <p>M - To participate in social service works.</p>		

Recommendations

Dear Scouts / Guides

I would like to appreciate the knowledgeable content of the presented book through the author has encourage scouting and guiding. I congratulate each and everyone associated with scouts and guide and wish for the success of this book.

Mr Md Makbul
Ex. National Training Commissioner
(Scout)

Dear Scouts / Guides

With great acknowledgment of scouting and guiding, I congratulate reader os this book with great wishes and good luck i appreciate the efforts of the author for promoting the great spirits of scouts and guide.

Ms G Nirmala
National Training Commissioner
(Guide)

Dear Scouts / Guides

Encouraging the knowledge of scouting and guiding this book is an exemplary contribution in the field of Hindustan Scouts and Guides this book will help its readers to reach the extra ordinary height in scouting and guiding. I congratulate all the members of Hindustan Scouts and Guides and wish for the success of this book.

Smt Mukesh Sharma
National Organising Commissioner
(Guide)

निनाद - जय घोष

छुआछूत को
प्रेमभाव को
कौन
क्या करोगे

भगाने वाले
जगाने वाले
हम- हम, हम सब
जागे हैं, जगायेंगे,
जान तक लड़ायेंगे

तुम कौन
जन्म जहां पर
अन्न जहां का
वस्त्र जहां के
वह प्यारा
उसकी रक्षा कौन
करेगा

वीर भारती
हमने पाया
हमने ख़ाया
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 उख़ार
परोपकार, चमत्कार,
देश उख़ार

घर-घर गूँजे
देश हमारा

यह जय नाथ
जिंदाबाद जिंदाबाद

तन से मन से
जीवन में हम
पर सेवा में

स्वस्थ रहेंगे
स्वच्छ रहेंगे
मस्त रहेंगे

क्या करोगे

जागे हैं, जगायेंगे,
जान तक लड़ायेंगे

स्काउट गाइड
आगे आओ
एक चीज लाए हैं
मथुरा के पेड़े

हां भाई हां
क्यों भाई क्यों
क्या भाई क्या
वाह भाई वाह

देश की रक्षा
जीना है तो
मरना है तो

करना सीखो
मरना सीखो
जीना सीखो

क्या बनोगे
क्या बनोगे
क्या बनोगे
क्या बनोगे

सत्यवादी
आशावादी
चरित्रवान
सत्यवादी, आशावादी,
चरित्र वादी

बोलो रे भाई
बोलो रे भाई
बोलो रे भाई

२...स
२...स
२सगुल्ला

स्काउट गाइड
क्या करोगे
क्या करोगे
क्या करोगे
क्या करोगे
काम करेंगे

पढ़ेंगे
सेवा करेंगे
काम करेंगे
पढ़ेंगे, सेवा करेंगे,

भारत हमारा
हमारा
हमारा
सर्वस्व हमारा
देश है

कर्म देश है
धर्म देश है
जीवन देश है
देश है देश है



QUEEN GLOBAL INTERNATIONAL SCHOOL
R-351 (A) KOLHAPUR (A) ROAD, BHAYANDR (WEST)
NEW BRANCH AT D-10, GATE 1, BHOIRAPUR, WILSON SCHOOL
100 YRS OF INDEPENDENCE CELEBRATION

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