स्काउट
dूसरों की
सहायता करता है
Dialogue for Peace & Betterworld Framework
Facilitator’s Training
18 - 22 September 2018
THOUGHT FOR THE MONTH

A Sweet Tongue is a Mighty Weapon

मीठा बोलने से सभी अपने हो जाते हैं।

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Price 19.50 per copy

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The entire World was shocked to learn about devastating floods and landslides that affected the states of Kerala and Karnataka. Large scale losses of life and property made everyone act instantly to provide relief to the affected.

In an unprecedented manner Prime Minister of India sanctioned sizeable amount of relief, which was followed by other Ministers.

Our members all over the country plunged into action to provide relief to people of Kerala. Very encouraging reports are received at National Headquarters. We all stand by the affection and pray for speedy recovery.

I Congratulate the Commissioners, Unit Leaders and young people who rose to the occasion and extended helping hand to the flood affected.

Dr. Anil Jain
National President
“Vibrant India-Vibrant Bharat Scouts and Guides” is our mission for year 2021. Presently we are serving about 5.7 million youth of this country as our registered beneficiaries.

Empowering youth is the call of the hour. We propose to conduct rural computer literacy programme with partners in the field of computer education from November, 2018. All formalities to launch a mobile education unit are completed. Another ambitious project that we are taking up is to mobilise resources to utilize our existing training centers. These shall be upgraded as “Skill Development and Empowering Centers” with formal certification through National Skill Development Council (NSDC). Specialists have been engaged from professional institutions to prepare projects to be implemented through our state associations and also directly by the National Headquarters.

I look forward for launching an on line portal for membership registration early next year to document our membership data on a centralised platform for providing better services and to enable us to keep continuous contact with our members, it will help them to engage in their respective communities and helping others.

With Scout/ Guide Greetings.

Dr. K.K. Khandelwal, IAS (Retd.)
Chief National Commissioner
Asia Pacific Regional Workshop on Environment Education in Scouting was held at Hotel Migmar, Thimphu, Bhutan from 21st to 25th August 2018. 43 Participants from Australia-02, Bangladesh-03, Bhutan-24, Hong Kong-01, India-04, Japan-01, Malaysia-02, Singapore-02 and Thailand-02 participated.

It was an amazing moment when the participants from different NSOs interacted with each other. The first session was started with workshop objectives and expectation which was dealt by Mr. Syd Castrillo, Director, Educational Methods, Asia Pacific Support Centre followed by Human–Nature relationship, Better World Framework and Sustainable Development Goals.

The workshop is aimed to gather the Key Scout leaders from National Scout Organizations in Asia-Pacific Region to look at how the World Scout Environment Programme is effectively implemented at national and local level, within the Better World Framework and targeting the contribution of achieving the Sustainable Development Goals and Scout go SOLAR.

The objectives of the workshop were:

1. Build capacity of National Scout Organizations for the environmental education programme through implementing World Scout Environment Programme in their countries, with an opportunity to contribute to the review of WSEP in its 10th year anniversary.
2. Share variety of experiences and understanding among participating NSOs of the environment educational activities undertaken by NSOs.
3. Exploring the relations with other programmes related to Environment Education.

Bablu Goswami, Regional Organising Commissioner (Scout), Mr. Kanniappan Jayaraman, Deepa Manilal Gohil and Hardika Shekhva represented BSG in the workshop.
What happens when the camera-wielding, school-going Chunmun and her ornithologist Uncle Bikky set off on an adventure to find the Great Himalayan Quail – a bird that has not been seen for decades and which many believe is already extinct? Things get wild, of course!

Follow the daring duo as they bound through urban gardens, verdant forests, old rock formations, swampy lands and deserts in The Great Indian Nature Trail, an exciting monthly comic series on WWF-India’s One Planet Academy (OPA) – a digital portal that makes learning about the environment an engaging and thought-provoking exercise.

Along the way, travel through some of India’s most stunning landscapes. From the mangroves of the Sunderbans to the Nicobar Islands in the Bay of Bengal, this book will give you a chance to marvel at the breath-taking biodiversity of our country – gigantic leatherback turtles, peaceful sea-cows, chatty bulbuls and even sloth bears feasting on termites!

Created by popular cartoonist Rohan Chakravarty, who is known for his ‘Green Humour’, this series is inspired by his friends, ornithologist Bikram Grewal and filmmaker Munmun Dhalaria. It also features cameos by Duggu, inspired by his friend Prerna Bindra’s dog, Doginder Singh.

“I was sitting in Bikram’s office when I got a mail from WWF-India asking me to try a different approach for this series. Unfortunately, my initial concept had not worked. So, out-of-the-blue, I looked at Bikram and said that I was going to do a comic on him, and things just fell in place.”

Were they happy being in his comic?

“They were – not that they had too much choice! Even Doginder let out a joyful bark!”

A self-taught wildlife enthusiast and artist, Rohan finds that children are naturally drawn to wildlife, and comics are a great way to learn. “They are action-packed, there are lots of pictures to look at and minimalist text, and yet, unlike videos or animation movies, they allow one to sit down and think about what’s happening. Whenever I’ve created comics for children, they’ve had many questions about them.”

To add to the learning quotient, the comics on OPA are followed by quizzes that can help the readers find out more.

In June this year, the series was also released as a book The Great Indian Nature Trail with Uncle Bikky. It contains all the 16 comic strips Rohan has created along with essays by Bijal Vachharajani.

Although Rohan has drawn an incredible array of animals in his comics, he is especially fond of birds. “I really enjoy drawing birds. They have a lot of character and can be quite mischievous! One of my favourite comics in this series is Bird Bath Matinee which shows a variety of colourful birds coming to a bird bath.”
Register for free on One Planet Academy by scanning the given QR code or visit https://academy.wwfindia.org.

Here’s your chance to win your own copy of The Great Indian Nature Trail with Uncle Bikky.

Register Login Go to Comic ‘The Piggyback Bear’ Find a question at the end of the comic Send the answer to edu@wwfindia.net with your Name, Class, school address and Contact number.

First 5 correct entries WIN a copy of the book.

Note - You can purchase your copy from WWF-India (http://shop.wwfindia.org/books.html) as well as Amazon.

Do You Know?

What is the unwritten 11th article of the Scout Law?

“The Scout is not a fool,” implying that all scouts/guides are expected to develop themselves into people of reason. Simply put, it means that one has to assess the situation-at-hand, gauge the risk factor & then take a calculated action in the best interests of the self & that of others.

Oral Rehydration Therapy is very simple. The body, especially in the summer months loses water due to severe heat. This can also be in the form of 'Diarrhoea'. This causes dehydration. Every scout/guide can prepare a simple solution of salt, sugar and water for oral intake, to check this health condition.

As Scouts/Guides you can promote 'sanitation & hygiene' and thus help keep the environment clean. Put on your thinking caps and kickstart some campaigns.

You could:

- Arrange a Campaign - Clean Water, Save Water, Litter Chase, No More Plastic, Campus Cleanliness
- Arrange – Debates, Quizzes, Essay/Drawing Contests
- Publish – handbills, pamphlets
- Organise a 'health camp' together with the local doctors/health workers

Lord Baden Powell wrote in his last message to the scouts, “Happiness does not come from being rich, nor merely from being successful in your career, nor by self-indulgence, one step towards happiness is to make yourself healthy and strong while you are a boy, so that you can be useful and so can enjoy life when you are men.”

Lady Olave Baden Powell in her last message to the guides, scouts, cubs & all the leaders wrote, “I trust that you will continue fully to use the system of work and play that our Movement provides, keeping up the fun and the friendships made at your meetings and in camps, abiding by the promise and upholding the Laws that you undertook to live by when you joined up. In that way you, will not only advance yourself in body, mind and spirit, but you will affect those around you, in doing what is honourable and right and wise, and in giving out kindness of thought and action, thus striving against all ills and helping to make the world a happier and a better place in which to live in.”
National Training Centre, Pachmarhi

Pre-ALT Course Scout Wing
Pre-ALT Course Scout Wing was held at National Training Centre, Pachmarhi from 7th to 11th September, 2018 in which 51 candidates representing 15 State associations participated.

Pre-ALT course is designed to reinforce the skills required to conduct unit meetings and progressive training of young people. The Adult hearing theory and integrating Unit Leaders job into a role is emphasised in the learning situations.

This course provides an insight into the adult leader training course. The candidates of this course will undergo the course for Assistant Leader Trainers in future. Shri M.S. Qureshi, Joint Director (S) LT was ably assisted by Dr. S.K. Dwivedi, LT (S), M.P., Shri Harish Chandra Srivastava, LT (S), Shri Heera Lal Yadav, LT (S), U.P. and Shri T.K.S. Parihar, LT(S).

* On 10 September, 2018 Pachmarhi Day was celebrated during the Course.

While briefing them about Scouting & Guiding they were informed about the different types of programmes/activities including activities of the National Adventure Institute. All showed their interest in participating in the adventure programme. A few officers said that their children are already in Scouting and Guiding movement and reached upto Heerakh Pankhas Cubs. They assured that they will help the Bharat Scout in every possible way as most of them are sections officers in various ministries.

In the end as a token of remembrance, a book from Bharat Scouts and Guides “Hundred Glorious Years of Scout Movement in India Memories: 1909 to 2009” was presented to Dr. K.K. Pant by DDGLT.

National Adventure Institute, Pachmarhi

A special camp ‘Rescue Training Camp’ for the forest department Satpura Tiger Reserve was conducted at National Adventure Institute, Pachmarhi from 17th to 23rd August, 2018 in which 34 participants from 20 district attended.

The camp was inaugurated by Shri Sunil Kumar Singh, Forest Director, Satpura Tiger Reserve on 18th August, 2018. Shri Sanjeev Kumar Sharma, Assistant Director, Satpura Tiger Reserve too witnessed the programme. Both the officers were presented ‘Hundred Glorious Years of Scout Movement in India Memories: 1909 to 2009’ book from National Adventure Institute.

During the camp an introductory session on Scouting/Guiding was dealt first. Subjects such as knotting & lashing, Estimation & Compass, First Aid, Rock Climbing, Repelling, Rescue skill were dealt by the staff.
Kerala, the Southern most State of India faced unprecedented rains in Eleven Districts covering a population of 40 Million. The Scouts and Guides from different areas of Kerala participated in the rescue and relief operations in the affected areas from 15th August under the leadership of local Unit Leaders. Affected people were rescued and sheltered in relief camps spread across the state.

The Scouts and Guides from all over India collected Food, Clothing and Medicines. They were delivered to the people in 60 relief camps from 20th August. The flood water receded from 21st August and flood affected houses needed cleaning and removal of dead bodies of animals. Rehabilitation of affected people was supported by Armed forces and the HAM of Bharat Scouts and Guides.

Kitchen utensils, Beddings, Clothes etc collected from different parts of the country and by local Scouts and Guides were transported by special vehicles and the Scouts and Guides volunteered to deliver the materials to the affected people. Week long service camps for cleaning the houses, schools, hospital and markets affected by floods are in progress.

Scouts and Guides of District Yamuna Nagar, Haryana under the leadership of Mr Manoj Panjeta, Cub Master/Flock Leader collected a sum of Rs 43,200/- (Forty thousand and two hundred only) for the sufferers of flood victims of Kerala State. The amount was sent to the official account of SFS open and Guide

**Haryana**

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Group and will be utilized to rebuild the home of Scouts or Guides who have lost their homes in flood.

Kerala

A Team of 15 Rovers led by 2 Rover Scout Leaders visited flood affected places in Palghat for extending service and help the affected people under the guidance of Shri Krishnaswamy, Director, Bharat Scouts and Guides.

West Bengal

The Members of Madhya Howrah Bayam Samity Scout/Guide Group organised a programme to practicalize the Scout/Guide promise i.e. Duty to God, Duty to Country, Help other people and the 3rd part of the Scout/Guide Law i.e. A Scout/Guide is friend to all and Brother/Sister to every other Scouts/Guides organised a Rakhi festival on the street of the locality to tie Rakhi to the people passing and giving them sweets. They also organised a campaign for collecting fund for the Brothers and Sisters of Kerala.

राजस्थान

प्राकृति आपदा प्रबंधन कार्यक्रम स्कॉउट हट नवाब युसुफ रोड जिला इलाहाबाद में दिनांक 17 से 19 अगस्त 2018 की अवधि में आयोजित किया गया जिसमें 110 प्रतिभागियों ने भाग लिया।
05th National Youth Adventure Programme was held at National Youth Complex, Gadpuri, Palwal, Haryana from 16th to 20th Sept. 2018. Total 350 participants (Students and Teachers) from Madhya Pradesh – 13, Uttar Pradesh - 14, Eastern Railway - 13, Haryana (Palwal, Faridabad and Nooh) – 310 participated in this event. The biggest number of participants in this camp was from Department of Education, Haryana.

Mr. Ram Kumar – Programme Officer was the Chief Guest at the opening ceremony of the camp on 16th Sept. 2018. Ms. Vijay Laxmi, Director of Vrinda International School, Faridabad and member of NYC Development Committee was the Chief Guest of grand camp-fire on 19th Sept. 2018.

The programme included Trekking, Obstacles / Adventure Bases, Archery, Rifle Shooting, Horse Riding, Water Activities, Fun Activities, Camp Fire and Artificial Rock Climbing and Repelling was conducted in two groups. Total 22 Staff assisted the said event under the leadership of Mr. Siddharth Mohanty, Asst. Director, NYC. Participants also visited Lotus Temple. Everybody enjoyed allot. The camp was ended with National Anthem on 20th Sept. 2018.

Clean India-Green India Campaign Action speaks louder than words

The Bharat Scouts and Guides, promote advocacy programmes and campaign to contribute to sustainable environment programmes.

The National Youth Complex, Gadpuri is being provided “SCENES” Scout Centre of Excellence for Nature and Environment. The District Forest Officer, Palwal sponsored 250 Saplings for plantation is our Centre. M/s Mahindra Telephonic planted 50 Saplings and provides irrigation facilities for sustained grow the of saplings. We already the 251 Saplings under project own year tree at the Centre.
Regional Events

Northern Region
Handicraft & Vocational Training Course was organized at Regional Level for Sr. Scouts, Sr. Guides, Rovers and Rangers of Northern Region at Pandit Shriram Bajpai Smarak, Scout Bhawan, Government Inter College, Hardoi, Uttar Pradesh from 08th to 12th September, 2018 in which 109 participants from 10 State associations participated in the event. The Course was inaugurated by the Chief Guest Honorable Justice Shri S.C. Verma, (former Lokayukta) Administrator, Uttar Pradesh State Bharat Scouts and Guides. The Course was started in the evening on 08th September, 2018. During the course participants learned paper craft, paper Jewelry, chocolate Making, Bath soap Making, candle Making, Bracelet Making, Newspaper Craft, Wedding Card Craft, Ice-cream Stick work, Ceramic work, Mackrum Work, Pot Making and Painting, Wall Paintings, woggle making, Friendship Band making, Greeting Cards, Tie and Dye, Woolen work, Agarbatti and DhoopBatti Making etc. On 11th September 2018, the participants organized Mela cum exhibition where they sold their handmade items to the local people. Shri Pulkit Khare, District Magistrate-Hardoi District was the Chief Guest of the Grand Campfire. Shri Pulkit Khare, District Magistrate visited the Exhibition and appreciated all the participants to make useful items from waste materials and he blessed the participants. Miss Shivangi Saxena, R.O.C. (G), Northern Region was the Leader of the course.

Southern Region
The Regional Level Handicraft and Vocational Training Course, Southern Region was conducted at State Headquarters, Puducherry State from 16th to 20th August, 2018 in which 121 Scouts, Guides, Rovers, Rangers and Unit Leaders attended. The participants were divided into three groups for Handicraft and Vocational course and 6 groups for Free Being Me activities during Integration session. Evening session was devoted to group activities on Free Being Me viz. Beauty around the World, Defining the Image Myth, from where does the Image Myth come from, Spot the difference before and after Air Brushing and Video Clippings on Dove. Shri Arun Chandre Patar, Assistant Director (S), Southern Region was the Leader of the Course.

Skill India Empowering Youth
The Regional Level Skill Development Training Course (Southern Region) was kicked off with 144 enthusiastic Youth participants of the Southern Regional States of Bharat Scouts & Guides viz Karnataka, Tamilnadu, Southern Railway, South Central Railway and South Western Railway at the State Headquarters.
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**Skill India Empowering Youth**

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The Course was hosted by the Karnataka State, BSG with the support of the National Headquarters, New Delhi. Hon’ble Dr. K Narayana Gowda, Ex. Vice Chancellor, University of Agricultural Science, Bangalore inaugurated the Course at 17:00 Hrs. in a short & solemn Ceremony in the presence of Mrs. Geetha Nataraj, Vice President, BSG India and other dignitaries of Karnataka State BSG. After registration at 09:00 Hrs. the Bharat Scouts and Guides Flag was hoisted at 14:30 Hrs. followed by Integration Session and Division of Group and personal expectation and Objective of the Course.

During the Integration session Mr. M A Khalid, KAS (retd.) National Commissioner (Scout), BSG, India addressed the gathering. In the evening, the participants enjoyed a colourful programme of different states.

Second day of the Regional Level Skill Development Training Course kick was...
The Bharat Scouts and Guides

September, 2018

started with BP’s six exercises followed by the Flag ceremony by guide wing of the camp.

Dr. Nagaraju, Former Professor of the University of Agriculture, Bangalore and a senior scientist in the field of Agriculture has shared his immense knowledge of his field with the fellow participants of the course and showed them a different perception of Agriculture which every responsible citizen of India should know. The session ended with good interaction of question and answer where many youths got their doubts clarified; it was an eye opening session for the younger generation.

The next session was delivered by resource person Shri Madhusudhan A S from our scouting fraternity on skills and its development. It was a very interactive session where participants took active part in all the Activities. Afternoon session was Better World Frame Work – WOSM initiatives. It was also led by Shri Madhusudhan in which he gave a brief explanation about the SDG (Sustainable development goals) and WSEP (World Scout environment programme), MoP (Messenger of peace) by WOSM. Participants actively participated in the different activities like “Scout go Solar” and ‘Messenger of Peace’. Shri Raghu P R, Proprietor of Fibre Handicraft who is an Engineer chose the field of Business by passion and started echo friendly products for the betterment of the Country like ‘Areca Leaf’ and ‘Banana fibre’ based products which help to save the nature which influenced the participants to do something beyond the money making and look forward towards their goals in future and to Develop and Cultivate Eco friendly Product. The Most attractive session of the day was the Folk dance and song presentation where everyone enjoyed a lot.

After a peaceful sleep on the 2nd day night, Day 3 began with the lullaby of the warm sun light whispering into our ears “Wake up Dear it is time for BP Six exercise”. Right after the BP exercise, Flag Break Ceremony took place with extreme devotion towards the Scouting Movement.

Session on Renewable Sources of Energy - a look towards Future: Our first Guest Lecturer of the day was Dr. Balakrishna Gowda (Former Dean) from University of Agriculture, Bangalore. He has given us interactive lecture about the “Renewable and Non-Renewable Energy Resources “and its importance and how we can contribute to Conservation of Energy Resources. He even explained how Bio-fuel can be used as the replacement in the place of fossil fuel. It was a truly wonderful and epitomic lecture in the above mentioned field.

Handicrafts and skills - Third pillar of scouting: Our Adult Leader Trainer Dr. N Narayanswamy, ALT(S) of Karnataka conducted a Handicraft Session in a smart way followed by the practical demonstration on Origami. He brought happiness and joy in the heart and souls of the fellow participants.

Free Being ME - Everybody’s Unique: FBM being one of WAGGS initiatives mainly aimed on the way People look at themselves and the Way they should be looking at themselves, treating them in the Right Way. This session was organised to make the world a better place to live in with all the differences in one and others. It was an interactive session where participants expressed their ideas, their way of life, conquered Image myth.

Session on Live Stock, Farming - The Way of Living: Dr. Anand Maneger, Assistant Prof. from the University of Agriculture, Bangalore gave us a knowledgeable lecture about Veterinary Science and development in India, its career opportunities, Dairy farming, Poultry farming and the concept of livestock. His perception towards the entrepreneurship in the field of poultry farming, broiler and
Raksha Bandhan

Odisha

Odisha State Bharat Scouts and Guides celebrated Raksha Bandhan on 26th of August 2018 at State Headquarters, Bhubaneswar. 280 Guides and Rangers from different Schools and Colleges of State assembled at State Headquarters to celebrate the festival. Having been divided into groups, Guides and Rangers moved to different places to tie Rakhi to the people.

Guides and Rangers tied Rakhi to Hon’ble Chief Minister of Odisha, Hon'ble Governor, Hon’ble Mayor, Hon'ble Speaker, Hon’ble MLA, along with many eminent persons of Bhubaneswar as well as State Chief Commissioner, State President, Vice-Presidents and other officers of Odisha State Bharat Scouts and Guides.

A group of Guides tied Rakhi to prisoners inside the special jail of Bhubaneswar. The prisoners were excited with joy and tears came out from their eyes. Some Guides also tied Rakhi to the passengers at Railway station and bus stand to spread the message of world brotherhood.

N.F. Railway

In Connection with Raksha Bandhan, Badarpur District association organized a Swach Bharat programme at Swasan Kali bari Badarpur. In which 40 Rovers along with their Unit Leaders participated.

Tamilnadu

On the eve of Raksha Bandhan, as a unique gesture, Tamilnadu’s girl students have made 16 thousand Rakhis and sent them for Jawans of Army and IAF based on border areas like Siachin and Sikkim through All India Sisters for Jawans Organization.

Gen. Bipin Rawat, Chief of Army Staff received rakhis from Smt Vandana Bisht Vijay, President of All India Sisters for Jawans organization.

In all about 29 thousand Rakhis were collected from various centers including Aryan school -Dehradun, Saraswati Bal Mandir- New Delhi and ‘Vidya and Roti’, NGOs in Gurgaon.

Rakhis for IAF Air Warriors were presented to Air Marshal Shirish Baban Deo, Vice-Chief of the Air Staff (VCAS) of the Indian Air Force in an emotional and touching ceremony at Air Hqrs where girls from many schools tied rakhis to him and other officers in a symbolic and impressive gesture.

Girl Guides of Bharani Park & Bharani Vidyalaya Schools, Karur, Tamilnadu created a history by making 16 thousand Rakhis. Their gesture was highly appreciated by the Army Chief. The campaign for sending rakhis to soldiers was inaugurated by Dr Subhash Bhamre, Union Minister of State for Defence.

West Bengal

On the special day of Raksha Bandhan, the Members of Madhya Howrah Bayam Samity Scout/ Guide Group organized a program to practicalize the Scout/ Guide promise i.e. Duty to god, Duty to Country, help other people and the 3rd part of the Scout/ Guide law i.e. A Scout/ Guide is friend to all and brother/ sister to every other Scout/ Guide.

They organized a Rakhi festival in the streets of the locality to tie Rakhi to the passers-by and gave them sweets. Campaign was led for collecting fund for the flood affected victims of Kerala State.

Honorable IC of Bantra Thana Mr. Gautam Talukdar along with the other officers visited the program and donated for the relief of the Kerala State.
layer has ignited the light of hope in the minds of future India.

**Food and Nutrition – Healthy Habits**

**Yoga: Dr. Shiva Leela** (Retd Professor) from University of Agriculture in her lecture on nutrition and its importance in day to day life of a fellow human being made us to think twice before consuming food and thrice before wasting it. Consequences caused by consuming junk food were an eye opening and highlight of her presentation.

**Camp fire and Cultural Programs** - Shri P. G. R. Sindiya, State Chief Commissioner of Karnataka, BSG, Dr. L Ramakrishna Rao, and Shri M A Chelliah were the Guests of honour in camp fire session. Camp fire was opened by Mr. M A Chelliah who formally welcomed the participants, the staff and declared the Camp Fire Open. Shri P. G. R. Sindiya blessed the participants for being the part of the Regional Skill Development Camp and appealed to all young people to make the golden memory of the event as spirit and work towards Skill India. It was followed by the cultural programme by course participants.

4th day of the course began with the BP’s six exercise followed by the Flag Break Ceremony with V-formation. Our first Guest of the day Dr. Nagaraj, K. H (Professor & Head) from G.K.V.K. (Gandhi krishivigyan Kendra) Bangalore gave us a wonderful lecture on communication and its importance towards the well being of the human, remove FAT (foreign words, Abstract, technical) from your content. It got good response from the participants and 5 key points for the communication skill development (listening, reading, writing, speaking and thinking) was highlight of his lecture. Dr. Suresh S V, Professor & coordinator for bakery training and value addition centre, Bangalore delivered lecture on personality development. It was a motivational session for the course participants; he discussed every aspect of it. His life time examples made us to relate with the concepts of personality development firmly.

Special session on Free Being Me was by Miss. Kriti Chandwani, Regional organising Commissioner. Her interaction with the participants made every one to feel happy and joy as well. Image myth breaking activity explanation by Karnataka State Rover created laughter among the course participants; everyone enjoyed it to the core. Another special session was conducted by Shri. Madhusudan A V about Personal action plan towards skill India made every person in the arena to feel how his/her action leads the nation towards development.

Dr.S. Yathiraj, Chief of Lakeside Veterinary Clinic & Diagnostic Centre, Bangalore was the chief guest for the ‘Valedictory Function’. His speech about how culturally and morally strong our ancestor was, made us to rethink about our potentials once again. Special message by our State treasurer Mr. Prabhudev Cigetare motivated Young minds towards the importance of scouting movement in day to life of an individual.

The Last Day of the Course began with “All Faith Prayer Meeting” dedicated to 131st Birthday of Dr. Sarvepalli Radhakrishnan. The First Session was delivered by Shri Gururaj P about “Creative Computing Skill”. The course come to an end by singing National Anthem. After closing ceremony participants visited the Karnataka Legislative Assembly, the Vidhan Sabha of Karnataka.
"Swachh Bharat Abhiyan"

**East Coast Railway**

Swachh Bharat Abhiyan was organised by East Coast Railway Bharat Scouts and Guides at Mixed Higher Secondary school along with HQOG of Khurda Road district association on 01 Aug 2018. 30 scouts and rangers actively participated in the cleanliness programme. They showed great enthusiasm towards this cause and cleaned and collected the garbage from school premises and also cleaned the class rooms and school surroundings.

**Goa**

A Cleanliness Drive under “Swachh Bharat Abhiyan” was organized by Our Lady of Candelaria High School, Baina, Vasco – Goa, Mormugao – District on 8th August 2018. 47 Guides helped cleaning the School and surrounding area.

Scouts and Guides actively participated in the Cleanliness Drive and cleaned the School and the surrounding area in which 40 Scouts and Guides participated.

42 Scouts and Guides participated in the Cleanliness Drive at School campus and surrounding area on 8th August 2018.

Go Green, Eat Green, Live Green “The students learn to foster a sense of responsibility and work in collaboration in keeping with the S/G law, that is, `A Scout/Guide loves nature`. Scouts and Guides were given different types of Vegetable seeds and Saplings and were allotted place for plantation. 50 Scouts and 45 Guides participated in the event.

1 August 2018 को भीष्म ओपन गुप्त के स्काउट्स एवं रोवर्स द्वारा शहर के साइट मन्दिर व कश्यप घर्मशाला दोनों स्थानों पर 20 सुलतानी व 20 छायादार तथा फलदार पींधे लगाए गए जिसमें 20 स्काउट्स /रोवर्स ने भाग लिया।
Independence Day

Northern Region
Bharat Scouts & Guides, Northern Region Headquarters celebrated 72nd Independence Day at NCTC, New Ashok Nagar, Delhi on 15th August, 2018.
Five Rovers from Delhi State and a few BSG employees along with their family members have attended the celebration. One of the Rovers unfurled the National Flag and the National Anthem was sung. Shri Anesh Kumar, R.O.C. (S) Northern Region welcomed the Guests. The Rovers presented a Patriotic Song.
Shri Ami Chand ji, Ex. Employee of the Bharat Scouts and Guides, NHQ gave his blessings to all and motivated them to work as per the Fundamentals of the movement. Ms. Shivangi Saxena, R.O.C.(G) Northern Region presented her view on freedom and unparalleled contribution of freedom fighters in the freedom struggle of the Nation. She also explained the necessity of Swachh Bharat Abhiyan, BetiBachao-BetiPadhao, Gender Equality etc. and extended sincere thanks to all in making the Independence Day celebrations successful.

East Coast Railway
72nd Independence Day was celebrated on 15 August 2018. The country became independent from British colonialism on this day in 1947. The day is celebrated with great fervor across every state of the country. Moreover, The Bharat Scouts and Guides of East Coast Railway also celebrated this auspicious day in their respective divisions. The March Past by the Scouts, Guides, Rovers and Rangers of respective divisions was the highlight of the day. The celebration continued with patriotic songs and dance performances by the students of different schools in Khurda Road.

Jammu and Kashmir
72nd Independence Day was celebrated at S.P.M. Convent Hr.Sec. School, Udhampur on 15th August, 2018 in which 200 Scouts and Guides of the school participated. The Chairman of the Management Committee hoisted the National Flag. Scouts and Guides presented various cultural items and patriotic songs besides delivering speeches. Principal, Staff members and the members of School management committee were also present on the occasion.

Karnataka
72nd Independence Day was celebrated throughout Karnataka. at State Headquarters the National Flag was unfurled by Sri P.G.R. Sindhia, State Chief Commissioner, Bharat Scouts and Guides, Karnataka. He delivered valuable message to the Rovers and Rangers who were present. Sri Go.RuChannabassappa, former Vice-President, BS&G was also present. 35 Scouts and Guides selected from different districts of Karnataka participated.
Reports from States

Andhra Pradesh
Awareness programme on Malaria and Dengue Disease was organised by Andhra Pradesh Bharat Scouts and Guides at Sri Vidya E. M. School, Kancharapalem, Visakhapatnam to create awareness among general public to safeguard themselves from the contagious diseases that normally spread after the monsoon. Shri M. Harish Kumar, Scout Master initiated this programme to reach out to nook and corner of Kancharapalem and convey the message of precautions to more than ten thousand house-holds.

Assam
State Level Rajya Puraskar testing Camps for Scouts/Guides were conducted with 262 Scouts and Guides.

Chhattisgarh
MAIC Rover and Ranger Fellowship Meet was organised at Maharaja Agrasen International College (MAIC), Samta Colony, Raipur on 20th August, 2018. The Chief Guest of Programme was Dr. Chao-Shao-Po, Chairman, Asia Pacific Regional Scout Foundation Management Committee, Taiwan. Special Guest was Shri Pramod Dubey, Mayor, Raipur and Shri Raj Kumar Kaushik, Deputy Director Bharat Scouts and Guides was the Guest of Honour. The programme was graced by Shri Rajesh Agrawal, Chairman APR Scout Foundation. NSO coordinator of India, Shri G. Swamy, District Chief Commissioner and other invited dignitaries were also present.

The Chief Guest and other dignitaries were Escorted with MAIC Rover and Ranger team with Guard of Honour. The programme was traditionally commenced with Deep Prajwallan and Saraswati Vandana (welcome song). The guests were mesmerized by MAIC band presentation.

The Chief Guest Hon'ble Dr. Chao-Shao-Po addressed the gathering by appreciating the beauty, culture and tradition of India. He expressed his gratitude to all the Rovers and
The Bharat Scouts and Guides

September, 2018

about plastic pollution, followed by route march. 50 saplings were planted and distributed pamphlets to promote awareness and participated in door to door campaign to give the information regarding tree plantation.

1st Basic course for Scout Masters and Guide Captains of East Coast Railway was held at East Coast Railway, Bharat Scouts and Guides, State Training Center, Puri from 06th Aug to 12th August 2018 in which 36 participants attended from both the wings.

Scouts and Guides took part in the campaign for Paper bags and cloth bags as part of Community service. The Scouts and Guides were taught to make paper bags using newspaper while cloth bags were made by using old clothes. Later it was distributed to the shopkeepers in the surrounding area. More than 52 Scouts and 32 Guides participated in the events.

On 20th August 2018, Biodiversity Day was observed. Scouts & Guides were briefed on Biodiversity and how imbalance takes place because of over indulgence of humans in the deforestation and the overall effect on the ecology. 30 Scouts and 30 Guides participated in the events.

Malaria and Dengue Awareness programme was conducted. The resource persons were Dr. Ms. Prajakta Lotlikar, In-charge of NVBDCP–PHC Candolim and Mr. Raju Ugvekar, Extension Educator, PHC Candolim. Later fogging was done and the entire School campus was cleaned with the help of Village Panchayat and Scouts & Guides. They also distributed pamphlets. 136 Cubs and 160 Bulbuls participated in the event.

Eastern Railway

Outdoor Troop Meeting of OCG Scout Troop, Kanchrapara, Eastern Railway Bharat Scouts & Guides was organised at Halisahar, Ramprasad Vita on 9th September 2018. The outing started from OCG to Ramprasad Temple, Halisahar with Awareness cycle rally on Swachh Bharat-Sundar Bharat. Activities of Troop Meeting started with Inspection followed by Flag Ceremony, Session, Games and Action Song. Scouts visited the Ramprasad Kali Mata temple on the auspicious occasion of Kaushiki Amabasha & got blessings.

As a regular feature, this year also on the auspicious occasion of Birth Anniversary of former president of India Dr. Sarvepalli Radhakrishnan, Scout Troop of Officers’ Colony Group, under Kanchrapara District Association, celebrated Teacher’s Day with great enthusiasm.

East Coast Railway

The East Coast Railway, Sambalpur Division of the Bharat Scouts and Guides at Balagir undertook a tree plantation programme on 15th August 2018 on the occasion of 72nd Independence Day in the Railway Colonies. 30 Scouts, Guides, Rovers and Rangers went on a campaign to make the people aware

Rangers and said that they must be proud of having part of “The Bharat Scouts and Guides” and he expressed his feeling about India & experience in Raipur city.

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हरियाणा
Naidu in the field of Social Service, Scouting/Guiding, Sports, Spiritual and Educational for many decades. Sri M.A. Khalid, National Commissioner (Scouts) also spoke on the Occasion. Sri D. Venkatesh, Son of V.P. Deenadayalu Naidu was present on the occasion.

Pioneering and Estimation Camp was organised at Dr Annie Besant Scouts and Guides State Training and Camping Centre from 17th to 19th August, 2018 in which 16 rovers and rangers participated.

Seminar on Rovering to Success was held at Dr Annie Besant Scouts and Guides State Training Centre from 17th to 19th August, 2018 in which 36 Rovers from Bengaluru North, Belagavi, Chamrajnagar, Gadag, Koppal, Mandya and Raichur Districts participated.

Sadbhavana Day was celebrated all over Karnataka. Scouts, Guides, Rovers and Rangers took the National Integration Pledge. The BBMP District observed the Sadbhavana Day at Kondajji Basappa Auditorium. Sri Mohan Kumar Kondajji, Member of Karnataka Legislative Council inaugurated the Programme.

The Bharat Scouts and Guides, District Unit II Dammam, Kingdom of Saudi Arabia have organised Basic and Advanced Training Courses for Scout Masters and Guide Captains at Dr. Annie Besant Scouts and Guides Training and Camping Centre, Doddaballapura from 11th to 17th August 2018. 37 Participants from Dammam, Jaddah, Jubail and Tabuk participated in the Training Courses.
Golden Arrow Testing Camp was conducted at PC Girls School from 6th to 10th August, 2018 in which 93 Cubs, Bulbuls and 8 Unit Leaders participated.

Meghalaya
Department of Art and Culture, Government of Meghalaya organised the programme “Symphony of Thanks” at the State Central Library on 1st August 2018. In which 8 Rovers and 8 Rangers participated.

Mrs W. Tariang STC(G) and SOC(S) Shri Benhur Myrthong attended the BSNL Mass Alert Solution for Natural and Man-made disaster under NDMA and a demonstration on Disaster/ Management and Emergency Committee System which was held at Yojana Bhavan, Meghalaya.

Advance Course for Scoutmasters was conducted from 2nd to 8th August 2018 at the State Training Centre, Umtyngar. In which 27 Scoutmasters participated. Shri Gary James STC(S) was the leader of the course. Shri Aidor Ryngsal ASOC (S), Shri H. Rani of Seng Khasi Higher Secondary School, Shri Dicky N. Sangma of Rongram Secondary School and Shri Panbor Nongkynrih, HWB (S) worked as staff. The training standard was good and a successful one. Mr. K. Kharkongor, State Commissioner (S) was the Chief Guest on the valedictory function.

Teacher’s Day was celebrated by the Boscorean Rover Crew and Meghalaya Open Ranger Team at the State Headquarters Auditorium. The programme started with the inspiring speech by Mrs. A. Swer, State Secretary.

Mizoram
Mizoram State Bharat Scouts and Guides, Kolasib District had organised Triyaa Sopan Testing Camp at St. Maria Gorretis School, Hall from 27th to 31st August, 2018 in which 101 Scouts, Guides and Unit Leaders attended. The testing camp was conducted successfully by Mrs. Lalnunsiami Pachuau, STC (G) & Mr. Lalithlanthanga, SOC (S) Mizoram Bharat Scouts and Guides with the able assistance of 10 staff members.

Baptist Higher Secondary School organised Hiking & Nature Study at Khawiva Hydel Project on 26th August, 2018 in which 43 Scouts and Guides participated.

Baptist Higher Secondary School, Lunglei District organised Pioneering Project Competition (Signalling Tower) at School level.


North Central Railway
Drawing and Essay writing competitions were organised by North Central Railway,
State Headquarters, Unit-3, Bhubaneswar from 23rd to 29th August, 2018 in which 30 Scout Masters and 30 Guide Captains attended.

Different subjects were discussed. Practical & theory tests were conducted by our trainers i.e. Revision of pravesh & patrol system, knots, first aid, fire, estimation, compass, sense training, nature rambles, woodcraft expedition, estimation, programme activities scheme & proficiency badges, mapping, programme planning & Troop meeting, Scout ceremonies such as Investiture, Camp fire, all faiths prayer, Camp Craft, Safety rules of Camp tools, Spiritual Dimension of Training of Scouting, Game, Community Development project CMSC/PMSC, COH proceedings book, Proficiency Badge Log Book & Knowledge of Rashtrapati Award etc. were dealt.

4th State Level Workshop on “Free Being Me” for unit leaders was conducted on 28th and 29th August, 2018 at SHQ, Bhubaneswar under the leadership of Miss Ayasmita Panda and other invited trainer from Odisha State. More than 62 participated in the workshop.

MaaTujhe Salam- a programme on Indian Army with the theme of “One Voice One Nation” covering all the districts of the state was organized on 9th August, 2018 to bring awareness among people of Odisha, in which 250 Scouts, Guides, Rovers and Rangers participated.

Odisha State Set an example in creating body confidence among young boys and girls under Free Being Me curriculum of WAGGGS service of Workshops at Baripada and Bhubaneswar. 101 leaders representing various units of the district participated in the action field educational activities.

Ms. Anamika Das, SOC (G), Mrs. Diprimayee Lenka, Mrs. Ayasmita Panda, Ms. Sulochana Mangaraj, Shri Ajit Kumar Rath and Shri Chandan Das delivered the activities. Unit Leaders in turn will deliver these activities to reach out to 3000 young people.
Simultaneous workshops were organised from 11th to 12th Sept. 2018.

On the 15th Death Anniversary of our former President of Odisha State Bharat Scouts & Guides, Late Basanta Kumar Biswal, “Basanta Divas” was observed at Raghunath Sadan of SHQ. 300 scouts and guides were present from different schools including SHQ staff. On this special occasion two Great Dignitaries & 37 Adult Leaders from Odisha State BS&G were honoured with Balachar Bandhu Award an Basanta Biswal Award by our Honourable Guests and the Chief Guest for their dedication & outstanding efforts.

Atal Bihari Vajpayee Smruti Diwas was observed to commemorate the death of the former Prime Minister of India. Having good feelings for others was the only mission of the government of Atal Bihari Vajpayee ji. Odisha State Bharat Scouts & Guides has observed Smruti Diwas at State Headquarters premises on 21st Aug 2018. 150 Scouts and Guides attended the ceremony. Different competitions such as Debate, Drawing & Essay were held for the participants.

Sadbhavana Diwas or Harmony Day was celebrated to commemorate the birth anniversary of the former Prime Minister of India Shri Rajiv Gandhi. It is celebrated every year on 20th August. This year also Odisha State Bharat Scouts & Guides has observed Sadbhavana Diwas at Jayadev Bhawan, Bhubaneswar. More than 200 scouts and guides attended the ceremony. Four teachers received the prestigious “Rajiv Gandhi Sikshya Samman-2018” award for their excellence in Scouting & Guiding.

**Punjab**

The 22 Ticketlife Scouts of Baba Hardayal Singh Scout Group Barnala (Punjab) participated in the Disaster Preparedness training held at Taradevi (Himachal Pradesh) from 01/09/2018 to 05/09/2018. Mr. Jaspal Singh was the leader of the camp. Scouts learnt about Natural Calamities. They learnt how to keep themselves safe and help others. They learnt the use of scarf as First Aid Tool.

They, practically experienced the value of a rope -clove hitch, reef knot, Fireman’s chair and Bowline, Monkey Crawling etc.

**Tamilnadu**

Bunny Leader Course was organised by the Maharishi District at M/s. Maharishi Vidya Mandir, Mangadu from 14th to 16th September, 2018. 31 Guides from various schools attended. Smt. P. Ramathaiyammal, LT(G) was the Leader of the course. The course was inaugurated by Smt. Meenakshi, Primary In-charge of the
The 43rd Annual Day of Patel Scout & Guide Groups was celebrated on 12th August 2018 in a fitting manner with parents, well wishers & former members of the group, at the State Headquarters of Tamil Nadu Bharat Scouts & Guides, Wenlock Park, Chennai. 12th August, being the Birth of Rovering, a book “VETRIKANNA THIRISARANYAM” published by “PATEL SCOUTS GUIDES” was released to mark 100 years of Rovering. Lion. Dr. C.A.V. Ramamurthy, Dist. Governor, Dist. 324-A8 was the Chief Guest. Lion.D. Lourdraj Region Chairperson was the Guest of Honour. An Exhibition arranged by the Patelians was witnessed by the Guests and Parents, where a variety of Handicrafts, Drawings and Paintings, Photo gallery of group events were displayed along with Model Pioneering Projects, Model Camp site with gadgets etc. The Chief Guest and other dignitaries were happy to know about the Scouting Skills taught to the Scouts & Guides and appreciated their efforts and interest.

Maharishi District organised Refresher Course at Maharishi Vidya Mandir Sr.Sec. School, Chetpet on 18th August, 2018 in which 110 Scouters and Guiders from different schools participated. The Course was inaugurated by Shri C. Ramalingam, District Commissioner of Maharishi District and Head Master of Maharishi Vidya Mandir Sr.Sec. School,Chetpet Chennai. Sessions like Knots, Mapping, Filling Application forms, Log book preparation, Greeting, Inspection and Jungle Play etc. were dealt. Shri D. Poornachandran, ALT (C) was the Leader of the course.

State Level Workshop “Free Being Me” was conducted at Isabella School, Salugara, Siliguri on 1st and 2nd September, 2018 in which 39 Scout Masters, Guide Captains, Rovers and Rangers from different districts of North Bengal participated. Mrs. A.U. Patel was the Leader of the Workshop.

Western Railway

State Level Handicraft and Vocational Training Course was organised by Western Railway Bharat Scouts and Guides at District
Scout Den, Sabarmati, Ahmedabad from 29th August to 2nd September, 2018 in which 51 participants attended. During the course Flower making, Chocolate making, Glass painting, Imitation Jewellery making, Cloth making, Screen printing, Quillint art, Ceramic art, Bottle/ Flower Vase painting, Tick making, Lamp making, Egg Tray Framework and Pop work etc. were demonstrated. On 1st September, 2018 camper's night was organised. President & Divisional Railway Manager, Ahmedabad was the Chief Guest. A Cycle Hike by the Guide wing of Dahod District Association was organised at Saat Banglaw on 15th August, 2018 in which 18 Unit Leaders from Guide Wing participated. Nature Trail cum Hike was organised at Sanjay Gandhi National Park, Borivali, Mumbai District Association on 15th August, 2018 in which 45 Scouts, Guides, Rovers, Rangers along with Adult Leaders participated in the hike.

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**Quiz Time 229?**

Test your Scouting/Guiding knowledge

(For below 25 years only)

Note: Your answers along with recent passport size photographs should reach us on or before 15th October, 2018. The names and photos of first five lucky winners with correct answers will be published in the Magazine of October, 2018 issue.

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**Questions**

1. Who was the first Chief Commissioner?
2. Where was the first company of Indian Girl Guides a formed?
3. Who was the first Indian Guide Commissioner for Indian Guides?
4. What was the name of the organization started by Dr. Annie Besant?
5. Who was the Pioneer of Scouting in Banaras & Kanpur?
6. Who was the first in Bengal to become a warranted Scout Master?
7. What is the name of Provincial Scout Magazine published from Calcutta?
8. In which year the first merger took place?
9. In which year Mr. Vivian Bose started Scout Organization?
10. In which year Guide Company was opened in Calcutta?
### UPCOMING EVENTS

#### International Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Name of Event/Course</th>
<th>Venue</th>
<th>Circular No. Date</th>
<th>Last date of Application</th>
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<tr>
<td>23rd to 29th Jan. 2019</td>
<td>10th National Scout Jamboree, Bangladesh</td>
<td>Gazipur, Bangladesh</td>
<td>80/31st Aug. 2018</td>
<td>25th October 2018</td>
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<td>2nd to 8th Feb. 2019</td>
<td>21st International Adventure Programme</td>
<td>NAI, Pachmarhi (M.P.)</td>
<td>73/21st Aug. 2018</td>
<td>31st December, 2018</td>
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#### National Events

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<tr>
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<th>Venue</th>
<th>Circular No. Date</th>
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#### National Adventure Programme, Pachmarhi from Oct. to Nov. 2018

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<tr>
<th>Sl. No.</th>
<th>Name of Events</th>
<th>Days</th>
<th>Month</th>
<th>From</th>
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<th>Dev. Fee</th>
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<td>300.00</td>
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#### Adventure Programme, NYC, Gapuri from from Oct. to Nov. 2018

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<th>Month</th>
<th>From</th>
<th>Reg. Fee</th>
<th>Dev. Fee</th>
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<td>Nov.</td>
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YOGA (Indian culture and tradition): for Blissful living

Yoga and misconceptions:

Yoga is also commonly understood as a therapy or exercise system for health and fitness. While physical and mental health are natural consequences of yoga, the goal of yoga is more far-reaching. "Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony." Yoga does not adhere to any particular religion, belief system or community; it has always been approached as a technology for inner wellbeing.

Yoga for Blissful Life:

Devoted yogis will tell you that yoga is not only the path to enlightenment but also happiness. Numerous studies support this claim, pointing to yoga as a general practice for quelling stress, easing anxiety and elevating mood with certain body posturing, respiration and thinking positively influence our physiology. Yoga postures combined with deep breathing facilitate deep relaxation that combats stress and make you happy. When practiced properly Yoga can make you a lot happy.

1. By practicing yoga, you learn to listen to your body and honor it- you automatically will be happier
2. When you practice, you raise serotonin, oxytocin and GABA levels in your body. Feeling “happy” has everything to do with the chemical reactions in your body.
3. Practicing yoga reduces your blood pressure and cortisol, the stress hormone.
4. Deep focuses breathing encourages positive emotion. It is a powerful stress management technique.
5. Yoga and deep breathing reduces anxiety.

Yoga changes your brain immediately:

You may think it takes years of dedicated practice before you start to see happiness results, but that's not the case at all. Studies have shown that the brain's gamma-aminobutyric (GABA) levels spike after just a single hour of yoga. Higher GABA levels are associated with lower levels of depression and anxiety. Simply put, even a single class can start changing your brain chemistry and improving your mood.

Long-term yoga practice creates long-term changes:

Those who stick with regular yoga practice report themselves to be happier and healthier. Studies like this one show that yoga reduces fatigue, anxiety, and anger. Real biochemical changes created through yoga practice support better physical and mental health.

Yoga and stress management:
Yoga can have a positive effect on the parasympathetic nervous system and aid in lowering heartbeat and blood pressure. This reduces the demand of the body for oxygen. Yoga can also improve digestion, strengthen immunity, helps in effective elimination of toxic wastes and also increases lung capacity. Effective use of this practice can also reduce the chances of stress culminating in anxiety and depression. When we are in a constant state of stress, our minds are tense, our bodies are tense and our sympathetic nervous system is heightened. Specific yoga poses can induce the relaxation response in the body. Calming and restorative poses along with controlled breathing activate the parasympathetic nervous system, bringing the mind and body to a calm and relaxed state.

**Yoga and Positive thinking:**
Being positive is a state of mind. It is the 'feel good' factor that we all talk about. There are no specific yoga asanas or techniques that could render positive thinking. It is a synergic outcome of the five principles of yoga – asanas, pranayamas, relaxation, meditating, and the right diet. These work with your thoughts, healing you in the process. When the body and mind work in a synchronized fashion, the outcome is bound to be positive.

**Breathing makes you happier:**
Every yoga practice incorporates some elements of focusing on the breath to invigorate or relax. Research has shown that the ability to become aware of and regulate the breath is key in terms of lowering stress and anchoring oneself in the moment--both of which are needed to feel happier. Although you could do the breathing exercises without the yoga, pairing the two together is a guaranteed happiness-booster.

**Straighten your mood:**
Did you know that your posture is related to your mood? It is, and although we tend to think of sadness as causing slumping rather than vice-versa, it turns out that changing your posture can change your mood. Yoga of all types strengthens that brain-body connection where the body sends messages to the brain that make it feel strong and positive.

**Yoga and Tourism:**
Yoga tourism is an act in which people from all around the world travel to other countries to obtain salvation & medical care while at the same time touring, vacationing, and fully experiencing the attractions of the countries in which they are visiting. Yoga is a fast growing healthcare therapy towards which people are getting aware and start learning yoga to live fit and fine life. It has enormous prospective for generating employment and earning huge sum of foreign exchange. India is the origin place of yoga; it has lot of opportunity to develop yoga tourism and to capture a big share of tourism industry. But on the other hand, there are lots of challenges which Indian tourism industry has to face before developing yoga tourism in India.

To Be Conti....
Justice Geeta Mital, Chief Justice of J&K High Court and Dr. K.K. Khandelwal, Chairman HARERA, Chief National Commissioner were Guests of Honour at the General Assembly. Shri Satya Narayan Sharma, Patron, ISGF and Vice President BSG, Dr. J.C. Mohanty and Mrs. A. Swer International Commissioners of BSG were present.