On World Environment Day, let us pledge to collectively work towards conserving precious environment resources. Let us live in harmony with Mother Nature and keep our beloved Earth clean and green.

- Dr. Anil Kumar Jain

"On World Environment Day, let us pledge to collectively work towards conserving precious environment resources. Let us live in harmony with Mother Nature and keep our beloved Earth clean and green."

- Narendra Modi, Prime Minister of India
Glimpses of First Rover Moot of Nepal Scouts
THOUGHT FOR THE MONTH

Doubt is good. It means you are searching for truth. Suspicion is sickness - it means you already made a negative conclusion.

संदेह अच्छा है। इसका तात्पर्य है आप सत्य की खोज कर रहे हैं। शंका बीमारी है - इसका तात्पर्य है कि आप पहले से ही एक नकारात्मक निष्कर्ष बना चुके हैं।

sadguru
On behalf of 57 lakh members of the Bharat Scouts and Guides I convey my heartiest greetings to our visionary Prime Minister Shri Narendra Modi ji who was sworn in for second consecutive term as the Prime Minister of India.

Shri Kiren Rijiju a youthful, dynamic leader has assumed the office of the Minister for Youth Affairs & Sports. We congratulate him on assuming the charge of our nodal ministry.

We recently celebrated the birth anniversary of Shri Maharana Pratap, the patriot who sacrificed his comforts to protect the motherland. Lord Baden Powell quoted the bravery, patriotism and loyalty to one’s subject by mentioning the story of Maharana Pratap in his book “Scouting for Boys in India”. We expect every Scout and Guide to draw inspiration from the life of Maharana Pratap and continue to serve the motherland.

I am glad to learn from the action plan of the World Organisation of Scout Movement that the scouts all over the world are committed to contribute to the Sustainable Development Goals. On 5th June, being the World Environment Day, the scouts and guides all over our country actively participated in tree plantation programme and also created awareness among our community on the importance of climate action.

May, June months experienced severe heat waves and our members swung into action by providing drinking water to the passengers at various Railway Stations and Bus Stands. These services will go a long way in developing character of our youth.

Sustainable Development Goal-3 addresses Good Health and Well-being. Everyone deserves to live a healthy life. Our government has come up with Ayushman Bharat Scheme to make health affordable to common people. The Scouts and Guides should become ambassadors of Ayushman Bharat and create awareness among members of the society.

Let us commit that every one of us will create awareness on Ayushman Bharat for creating a healthy, happy and prosperous India.

With good wishes,

Dr. Anil Kumar Jain,
National President
The Bharat Scouts and Guides
I, welcome you all to the month of July – the supposedly rainy season, however due to global warming this year we are witnessing acute scarcity of rainfall and drought like condition throughout the country, especially in cities like Chennai, Delhi, Hyderabad etc. I would to take this opportunity to express my concerns regarding drastic climate change and appeal Bharat Scouts and Guides family to actively spread across the message on water conservation and adverse effects of climate change on mankind. It is relevant at this juncture to spread consciousness regarding ‘right to water’, which can only be realised through conserving our water resources. Every drop counts! make sure you are doing your part to save water.

I would like to congratulate all of you for actively participating in celebrating International Yoga Day on 21st June, 2019 by successfully conducting training programmes at regional, state, district and unit level. The reports received in this regard are published in this issue.

I would also like to share with you that a Bharat Scouts and Guide team received the honour and privilege to meet the Hon’ble President of India, at Rashtrapati Bhawan, New Delhi on 4th July, 21019, wherein I discussed the matter pertaining to ‘Rashtrapati Award’ certificates and rally. The meeting with the Hon’ble president was very encouraging and inspiring. For the other half of the day, a meeting of the office bearers of Bharat Scouts and Guides was conducted at National Headquarters to discuss important issues related to capacity building of the organisation for its smooth functioning.

I am pleased to inform you all, that on an invitation received from Department of Revenue, Government of National Capital Territory of Delhi, we, the Bharat Scouts and Guides, in collaboration with Delhi Haj Committee are organising a service camp for haj pilgrims from 3rd July to 18th July, 2019 and again from 17th August to 1st September, 2019 at Indira Gandhi International Airport and Ram Leela Maidan, New Delhi. For this purpose, every day eighty rovers along with their unit leaders shall be contributing their services to facilitate the pilgrimage.

I heartily appreciate the Bharat Scouts and Guides family for its constant endeavour and dedication towards nation building.

Dr. K.K. Khandelwal, IAS (Retd.)
The purpose of Scout Movement is to contribute to develop the inherent potentials of young people with the ultimate aim of **Creating a Better World**.

Today's world calls for individual actions to Protect, Preserve and Promote a congenial environment for our future generations to live in peace.

The Sustainable Development Goals (SDGs) call for individual action. The World Scout Movement has come up with the idea “50 Days to create a better world” - **SCOUTS # Make It Happen**. Everyone in the movement can contribute for promoting a better world by committing themselves by preparing a ‘to do list’ which can be as simple as- “switch off your lights and other electrical appliances when you leave the room” or “learn to set up a compost bin in our own home”. Such simple ideas are available on the website of World Scouting [www.scout.org](http://www.scout.org) Scouts for SDGs.

Professionals Commissioners, Unit Leaders and Rovers/Rangers may visit the site and share these ideas with our young people to enable them to partner in creating a better world for themselves and for the generations to come.

Every action counts.

-Editor.
**International Events**

**First Rover Moot of Nepal Scouts**
The Nepal Scout Association organized their first 1st Rover Moot at Pokhra, Nepal from 31st May 2019 to 4th June 2019. On invitation, the Bharat Scouts and Guides has deputed a Contingent of 21 Rovers & 6 Rangers from Rajasthan, Tamil Nadu, Karnataka, Kerala, Uttarakhand, Haryana lead by Shri. Vivek Kumar Das, Jr.Instructor. National Adventure Institute, Bharat Scouts and Guides.

The team departed from National Headquarters, New Delhi on 29th May 2019 at 7.00 am in the morning where the Director, Bharat Scouts and Guides, Shri. Krishnaswamy R. and Deputy Director. B.P, Bharat Scouts and Guides, Shri. Amar. B. Chettri accompanied by other officials of the National Headquarters blessed them. The team arrived at Pokhra, Nepal on the 30th May 2019 at 8.00pm in the evening and were welcomed by flower garlands by the Nepal Scout Association.

The contingent participated actively and with full enthusiasm throughout the various programmes of the Moot including the very new and challenging activity called the Superman Zip Line activity. They also took part in the flagship programmes such as Messengers of Peace, World Scout Village, Sight Seeing, International Night and celebration of India Day on the 3rd June 2019 which was graced by Chief of Nepal Scouts and Director of Nepal as Chief Guest and Guest of Honour in presence of contingent leaders from participating Countries namely Bangladesh, Malaysia, Hong Kong, Taiwan, and the host country Nepal.

The Honorable Prime Minister of Nepal, Shri K.P. Sharma Oli, inaugurated the 1st Rover Moot. It was a very memorable experience for me to be given the opportunity in welcoming such a personality with a Flower Bouquet.

The Chief National Commissioner, Bharat Scouts and Guides, Shri K.K. Khandelwal, I.A.S (Retd.) visited the Moot on the inauguration ceremony and he also presented the Honorable Prime Minister of Nepal a Bharat Scouts and Guide Memento. He then visited the tent area of the Indian Contingent while interacting with all participants and later made time for a group photo session with the contingent.

The closing ceremony was held on the 4th June 2019 where Shri Jagat Bahadur Bishwakarma, Sports Minister, Ministry of Youth and Sports Affair, Nepal graced the occasion as the Chief Guest. I once again had the grand opportunity of exchanging gifts and presenting memento along with the National Scarf, Cap and other gifts.

It was indeed a programme full of enjoyment and new experiences. I am very thankful to the National Headquarters for providing me such an opportunity to lead the contingent of young and active Rovers and Rangers.

Report by: Shri Vivek Kumar Das
Junior Instructor, BSG NAI, Pachmarhi

**Young Womens Advocacy Forum And Woman Delivery Conference**

Young Womens Advocacy Forum is organized by WAGGGS to encourage Girl Guides to work on different advocacies of their choice at local/national/regional/global levels and 'women delivery conference' which is one of the largest global conference on gender equality held at Vancouver Canada.

The YWAF played a nurturing roll for the girls to work on their advocacies and enhance their communications skill so that they can go back in work on their advocacies actively and women delivery conference gave them a platform to interact with influencers and global organizations and to know about their advocacies sand work for gender equality.

The stay was settled at YWCA hotel in the down town of Vancouver City. On 30th May after a gala dinner met Stacie...
and Lourna the leaders who are working with Dove self-esteem project i.e. FBM and ABC. After this we were briefly informed about the upcoming days and how we are going to work in our respective patrols and working groups.

On Day 01 we went to British Columbia University to start the session and discover more about advocating in various topics.

On Day 02 we had to show a rich picture showing the difficulties and problems in our country either on Body confidence or nutrition. In this activity we got to know a lot about the problems in each other country. Also we got a chance to informally present our advocacy planning and got guidance in preparing our advocacy maps. One of the major fun part of day 2 was everyone wore an Indian Bindi as they find it quite interesting part of girls make up in India.

On day 03 the venue was Vancouver City Olympics which was a amazing place and part of sports and games history of the world. As per the session plan we had the session of 'Body Confidence and Girl Power Nutrition' continued with the arrival of the special guest, the founder of The a Foundation Madam Swarnima Bhattacharya from India.

Day 04 was extremely special as we were going to attend the Women delivery conference finally with the theme 'Power-Progress-Change'. All of us went to attend the youth pre conference which wasn’t a typical conference rather it was filled wit5h fun, music and dance with the theme – The Power of Youth

Day 05 we attended several sessions and gained knowledge. Also got an opportunity to meet media and represent the Wagggs booth with its activities to the visitors. Late in the evening attended a conference organized by 'Plan International' which was named 'Power party' where I got an opportunity to meet madam Jayathama Wickeamanayake (The UN Secretary Generals Envoy on youth).

Day 06 in the beginning of the day attended several sessions in different booths to get more idea about advocacies. After that we got an opportunity to meet the CEO of Unilever Sir Alan Dope and shared plans about our project and continued with the interaction with girl guides of Canada, where we met madam Maryam Monsef the Minister of Women and International Development Canada.

Day 07 the last day of the conference we had an early morning session of Dove and then scattered to attend session watch inspirational movies in the plenary section and move around the other booths. Then we attended the closing ceremony of the Women Delivery Conference.

Later we had our final reflection session where everyone shared thoughts about their journey of YWAC and WDC with all their teary eyes & emotions over flowing through songs we bid good bye to each other.

I am thank full to the Bharat Scouts and Guides, Dr. K. K. Khandelwal, Chief National Commissioner, IAS (Retd.), Shri Krishnaswamy R., Director, Shri K.P. Mishra, Vice President, State Chief Commissioner of Odisha State, all the professionals of Odisha State Bharat Scouts and Guides, my College, Principal & Staff, National Commissioner (S), Mr Madhu, Madam Shivangi for helping me to get this opportunity.

A Big thanks to each & everyone.

Report by: Ms. Sonakhi Malla
Ranger, Odisha State

5th APR NSO Messenger of Peace Coordinators Meet
Shri Amar B. Chettri, Deputy Director (Boy Programme) was nominated by the Hon’ble Chief National Commissioner to represent the Bharat Scouts and Guides in the 5th Asia Pacific Regional Messenger of Peace NSO Coordinators Meet held at Bangkok, Thailand from 09-13 May, 2019. Total 19 (Nineteen) National Scout Association (NSO) of WOSM participated i.e. Australia, Bangladesh,
On 12th June 2019, the participants were taken for half day educational tour around followed by field visit in one of the most reputed institution of the area. In the evening, International night was organised.

The closing of the meet was held on 13th April evening in a short and solemn ceremony in which chairman and Vice-Chairman of APR Scout Committee was present along with International Commissioner of NSOT and presented participation certificate to all the individual participants. All NSO representatives presented their country mementos to the host NSO Thailand as a souvenir and memory of participation.

Shri S. Prassanna Shrivastava, Director Organisational Development & MoP, WOSM/APR was the Co-Director of the Meet and conducted the meet very successfully with the assistance of other invited leaders from the NSO.

Report Submitted by,
Amar B. Chettri, DDBP

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**Quiz Time 238?**

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 July, 2019

The names and photos of first five lucky winners with correct answers will be published in the Magazine of July, 2019 issue

1. From which year National Integration Camp was begun?
2. Which year was declared as Cub Bulbul Year?
3. When and where the Seventh National Jamboree was held?
4. What was the name of the 7th National Jamboree Arena?
5. In which year consent was given for the PM Shield Competition?
6. When was the first Prime Minister Shield Rally held?
7. Who presented the PM Shield to the winners in the First Rally?
8. When & where was the First National Cub Bulbul Utsav held?
9. When & where was the Eighth National Jamboree held?
10. In which year Bunny Scheme was introduced?
National Level Rover Ranger Samagam

341 Rovers, Rangers, Unit Leaders along with Staff members from 27 different States of India namely Bihar, Chhattisgarh, DNH, Delhi, E.Co.Rly., Eastern Rly., Gujarat, Haryana, Himachal Pradesh, Jharkhand, Karnataka, Madhya Pradesh, Maharashtra, Meghalaya, N.F.Rly., N.C.Rly., Northern Rly., Odisha, Rajasthan, S.C.Rly., S.E.Rly., Southern Rly., Tamilnadu, Uttar Pradesh, Uttarakhand, West Bengal and Western Rly., arrived at the National Training Centre, Pachmarhi on 10th June, 2019.

From 8:30 am both online and offline Registration was started and first time 100% registration was done online. At 3:30pm flag ceremony was conducted followed by integration session. Leader of the event Shri Arup Sarkar – I/C Deputy Director of Scouts (Project) welcomed the participants and staffs in Samagam. Rovers and Rangers were divided into four different groups.

After the arrival of Chief Guest Mr. R.K Kaushik-Joint Director & Administrative Officer, BSG, Guest of honor Mr. M.S Qureshi -Joint Director of NTC, Mr. Govind Agarwal-Reporter, Mr. S.S Ray - Assistant Director of NAI the opening ceremony was started at 6:00pm. After the ceremony Dinner was served at 7:30pm and group song competition was held within groups after dinner.

B.P’s six exercise was conducted in the morning. At 8:00 am group A&C left for Trekking to Mahadeo and group B&D left for Obstacles at NAI. From 3:00pm onward group discussion on Uniform of Rovers and Rangers were done and the recommendation committee was formed and they came up with recommendations. After dinner Fashion Show was held in which Rovers and Rangers wear their state costume and walk on the ramp. Soon after Fashion Show Talent Hunt State wise was exhibit where our Rovers and Rangers present their individual talent in dance, song, acting etc.

To celebrate World Day against Child Labour, Youth Forum on Child Labour was conducted and the recommendation committee for Youth Forum was formed and they came up with few recommendations about why Child Labour is happening in India and how as a Rovers and Rangers they can contribute to eradicate it. After Dinner State wise Colorful Folk Dance Competition was held and all the Rovers and Rangers were given their best.

Rovers and Rangers gave service to the camp site from 6:15am onward. From 9:00am to 12:30pm Input sessions were taken on SDGs and JOTA-JOTI by Ms. Pallobi Biswas from West Bengal. Coln. Vijay Kumar – Commandant, AEC, Pachmarhi and his team Capt. Gokul, Major Neeti and Major Radhika took a session on Career counseling on how to join the INDIAN ARMY. All participants actively participated and interacted during session. In the afternoon a session was taken on Environment Education by Ms. Manshi and Mr. Nikhil – Consultant, WWF (India). They conducted online quiz and prizes were given. The session was interactive and Rovers Rangers shown their keen interest on the subject. Around 7:00pm the Grand Camp Fire started. Col. Vijay Kumar – Commandant, AEC, Pachmarhi was graced the occasion as Chief Guest and Principal, KVS-Gwalior was the Guest of Honour along with other guests and staffs from NTC and NAI. The participants were present colorful cultural programme. Grand Dinner was served at 9:00pm.

Morning 7:00 hrs. All Faith Prayer was conducted followed by Flag Ceremony. At 9:00am WOSM and WAGGGS initiatives, Participation in International events, about BSG Internship and BSG in Skill Development Training etc. were dealt by Shri Arup Sarkar – Leader of the Samagam. Distribution of Certificates and Closing Ceremony started at 11.00 am followed by lowering of the Flag and National Anthem. Odisha state stood first position and Haryana runners up in the overall result of the competitions.

Started with B.P’s six exercise at 6:30am. At 8:00am group B&D left for Trekking to Mahadeo and group A&C left for Obstacles at NAI. During the obstacles H.E. the Governor of Madhya Pradesh and Chhattisgarh Ms Anandiben Patel visited the National Adventure Institute and interacted with the Rovers and Rangers on event programme, food, accommodation etc.
Himalaya Wood Badge Courses for Scout Wing

Himalaya Wood Badge Courses for Scout Wing (Cub Masters/Scout Masters/Rover Scout Leaders) were held at Bharat Scouts & Guides, National Training Centre, Pachmarhi from 18th to 24th May, 2019. 129 participants from 27 State associations and 27 Staff Members attended. Shri Krishnaswamy R., Director Bharat Scouts and Guides blessed the staff and participants of HWB Courses. Shri R. C. Rana, LT(S), MP who was specially invited to lead the Skill Development Training for the NHQ Professionals, has inaugurated the HWB Courses.

All the four courses concluded as per NTC Standard Procedure in the line of Scheme of Training (Scout Wing). Every morning B.P.Six, Inspection followed by Flag Ceremony and every night/Camp Fire/Red Flower were conducted. Director, Bharat Scouts and Guides inspected the camp, also took some important sessions and motivated the participants to strengthen the Movement. Some of the important sessions were taken by Jt. Director, NTC, Dy. Director Project (Scouts), Dy. Director Projects (Guides), Asst. Director and ROCs. Model Tent Base, Fire Base, Hold Fast, Model Kitchen Base were prepared by Asst. Directors and Regional Org. Commissioners. Participants have constructed various pioneering Projects and Sand Models.

Participants were given practical training on the skill areas as per their course schedule. They have constructed gadgets using the right knots and lashings. The participants of Scout Masters and Rover Scout Leaders went on a Night Hike from campsite to Amba Mai Temple through jungle by using Route Map, Compass and instruction. The Cub section also had a Overnight Camp and stayed in the Amba Mai. The Director witnessed the Special Pack Meeting ‘Animated Yarn’ of cub section. Each participant and staff have been given Free Literature worth Rs. 100/- each.

On 23rd May, 2019 evening, combined Grand Campfire was organized for all the four courses of Scout Wing. Shri Alkesh Jain (Owner Satpura Safari), Chairman, Amba Mai Temple, Sh. Govind Agarwal, Senior Media Correspondent, Pachmarhi, Shri Jharbade, Junior Engineer, M.P. State Electricity Board, Shri S. S. Ray, Asst. Director, NAI were the invited guests. All the NHQ officials from Regional Org. Commissioner to Dy. Director Level who were on their Skill Development Programme have also attended the programme.

On 24th May, 2019 morning, All Faiths Prayer meeting was conducted and the course came to an end by lowering the Flag and singing of National Anthem.

Shri M. S. Qureshi, Jt. Director, NTC was the Course Director. Shri D. R. K. Sarma, LT(C), S.C.Rly was LOC for Cub Masters, Shri G. Parameshwar, LT(S), SOC(S), Telangana was LOC for HWB SM-Group-A, Shri Arvind Kumar Srivastava, LT(S), STC(S), UP was LOC for HWB SM-Group B and Shri Karnail Singh, LT(S), STC(S), Delhi was LOC for HWB RSL Course. Sh. Rajendra Singh, WQM/Estate Manager did the Quarter Masters’ job.

Himalaya Wood Badge (Bulbul)
The Himalaya Wood Badge Bulbul course was conducted at National Training Centre, Pachmarhi from 20th to 26th May 2019.
in which 25 participants from 11 State associations actively participated. Under the leadership of Ms. M.N. Machamma assisted by Ms. Saraswati Giriya, Chhattisgarh, Ms. Alka Vishnu Pawar, Maharashtra, Ms. Ameeta U Patel, West Bengal, Ms. Reeta Rathor, Uttar Pradesh, Ms. Aneeta Sonawane, Madhya Pradesh and Ms. Premalatha, A, Kerala State, the course was conducted successfully.

After B.P. Six, Inspection, Prayer & Flag, subjects such as revision of advanced course, Practical value of Bulbul Promise & Law. B.P. life & Sayings, Flock good turn, Skill upto Heerak Pankh knowledge of golden arrow, importance of Charts & Models, Flock expedition, Communication techniques, Organization, First Aid, Micro – Teaching, Free Being Me, Festivals and Decorations, Gathering & Utsav, improvised shelter, Bulbul Ceremony, Make believe in Bulbul programme, Flying up Ceremony were dealt. As they are adults Guide’s own, Flag Procedure, Roll Call Drill too dealt in practical way. Kalarav / Campfire was organized everyday by the participants.

On the last day morning All Faiths Prayer meeting was conducted, followed by Prayer and Flag. In the afternoon, the course came to an end after lowering the Flag. The Course was coordinated by DDGLT. All the candidates were accommodated under the canvas. Central mess was organized. We are thankful to the state association for deputing candidates to the course at NTC, Pachmarhi.

Assistant Leader Trainer (G) Course
The 56th Assistant Leader Trainer (G) course was conducted at National Training Centre, Pachmarhi from 28th May to 03rd June, 2019 in which 41 participants from 14 state associations and 7 staff members under the leadership of Ms. M.N. Machamma.

As per Scheme of Training (Guide), sessions such as Fundamentals, what is Scouting/Guiding, Training Needs of Unit Leaders, Group Dynamic, Importance of Games, A Systematic Approach to Training, Different Areas of Training, Designing the Course Program, Training Administration and Course Report Base Method, Team Teaching and Brain Storming, Assessment of Candidates, Selection of course Staff, Principles of Communication, Obtaining and using resources, Role Function and Skills of a Trainer, Human Relation, Community Development Project, Planning and Back Dating, Golden Arrow, PMSC / UPRAC, Free Being Me, Micro Teaching, written test and Quiz were dealt.

Apart from these subjects regular activities such as B.P.Six, Inspection, Roll Call Drill were conducted.

On the 07th day morning, All Faiths Prayer Meeting followed by Prayer Flag and sessions were conducted. In
The afternoon after Completions of the open session by lowering the flag the course came to an end.

The successful participants were given the qualifying certificate with proper guidelines for submitting the recommendation form to issue Hon’ble charge.

All the participants were accommodated under the canvas, Central mess was organized.

**Himalaya Wood Badge Ranger Course**

National Level Himalaya Wood Badge Ranger Course was conducted at National Training Centre, Pachmarhi from 20th to 26th May, 2019 in which 25 participants from 14 State associations actively participated. The Leader of the Course was Smt. Surekha Shrivastava, Dy. Director of Guides (Project), Bharat Scouts and Guides, National Headquarters, New Delhi. She was assisted by two staff Smt. Shubha, LT (R) and Smt. Ramalatha B. V., ALT (R) both from Karnataka.

The course began with the registration at 9:00 A.M. on 20th May, 2019 followed by other activities as per the course routine. The course was divided into 4 patrols, syllabus was dealt as per SOT (G).

The course session included fundamentals, revision upto advanced course, BP’s life and sayings, Map Making, lashings and knots, signaling, pioneering project, WAGGGS, Youth Organization, National Development Scheme, National & World Affairs, Career counseling, Human relations, First aid etc. Every day STA was conducted which included Guides Law, Promise, 4 Bonds, Prayer Songs, Flag Song, National Anthem, Flag procedure – V formation, knots, Lashings, bandages and BP Six, micro teaching and games test was been conducted Pioneering projects. All the participants were taken to National Adventure Institute to take part in the adventure activities.

On 25th May Grand Campfire was conducted, where all the NHQ, NTC and NAI staff took part. Ms. M. N. Machamma, Dy. Director (G) L.T. was the LOC of Bulbul and Guide. On the last day All Faiths Prayer meeting was conducted and the course came to an end by lowering the Flag and singing of National Anthem.

**THE BHARAT SCOUTS AND GUIDES NATIONAL YOUTH ADVENTURE INSTITUTE, NATIONAL YOUTH COMPLEX GADPURI, PALWAL, HARYANA**

National Youth Adventure Programme was conducted at NYC in Gadpuri from 17th to 19th May, 2019. 42 participants from Kala Niketan International School, Gazipur, Delhi participated in this event.

The programme included Obstacles/ Adventure Bases Crossing, Archery, Rifle and Pistol Shooting, Fun Activities, Camp Fire, Artificial Rock Climbing and Repelling. They have also visited Water Park on 19th May, 2019.

Free Being Me activity was conducted during the programme by Mr. Shubhanshu Kumar Kori, Office Secretary, NYC to all participants. Mr. Siddharth Mohanty, Asst. Director, NYC, was the Leader of the programme duly assisted by Mr. Shubhanshu Kumar Kori, OS, NYC, along with the NYC staff members.

The camp ended with National Anthem on 19th May, 2019.
406th National Adventure Programme

406th National Adventure Programme which conducted from 16th to 22nd May 2019 with a strength of 78 participants from Andhra Pradesh, Eastern Railway, Madhya Pradesh, Maharashtra participated.

A non-formal learning opportunities were created throughout these 7 days programme, a fitting set of activities comprising of Hiking, Trekking to beautiful and popular spots inside Pachmarhi, Zip Lining, Obstacles Course, Rifle shooting, Archery, Horse riding etc. were delivered to the participants to complete out including sessions on Scouting during Camp Fire, Free Being Me which had enabled the beneficiaries to achieve full body confidence while embracing themselves. Inputs on Scouting Guiding with challenging task in form of Cooking Without Utensils (Backwood's Man method) was put up to them after having briefed about how to start a fire including the basic constituents of a fire. Every evening after a strenuous day of activities, the participants will then have a platform where they let their steam off by displaying their hidden talents performing dance, songs, plays and other entertainment during the Camp Fire. Volunteer Interns worked hard for the success of the event. Mr. S. S. Ray conducted the programme ably assisted by the professionals.

407th National Adventure Programme

The recently concluded 407th National Adventure Programme which started from 26th May 2019 to 1st June 2019 had a strength of 80 participants. As usual the camp started with the opening of the flag, followed by the welcome and an integration session where participants and escorting teachers were given a chance to introduce themselves and the team. Throughout these 7 days of camps, a fitting set of activities comprising of Hiking, Trekking to beautiful and popular spots inside Pachmarhi, Zip Lining, Obstacles Course, etc. were delivered to the participants to complete out including sessions on Scouting during Camp Fire, Free Being Me which had enabled the beneficiaries to achieve full body confidence while embracing themselves. They would also provide cleaning service at these popular spots, forest ways, roads etc. and whenever needed to maintain the cleanliness of the hill station. Another challenging task in form of Cooking Without Utensils (Backwood's Man method) was put up to them after having briefed about how to start a fire including the basic constituents of a fire. Every evening after a strenuous day of activities, the participants will then have a platform where they let their steam off by displaying their hidden talents performing dance, songs, plays and other entertainment during the Camp Fire. Volunteer Interns played a vital role for the success of the event. Mr. S. S. Ray conducted the programme ably assisted by the professionals.
SCOUT GUIDE VOLUNTEERS' TRAINING COURSE

---a report by
Shri Analendra Sharma,
Asst. Director, Southern Region, Bangalore

Relationship between Volunteer and Professional, Professional Ethics, Public Speaking, Teaching Technique & Methods, Counselling, Event Management, Time Management, Human Relation & Stress Management etc. were discussed. Further, topics related to the organization, namely, What is Scouting, History of the Movement, Organisational Structure/Level of Organisation, Advancement of Young People, Advancement of Unit Leader, Youth Programme, Fundamentals of BSG, Rovering to Success, Formation of Unit, Administration of LA & DA, International Brotherhood (WOSM) and Sisterhood (WAGGGS), Information about Beginners’ Course, Awards and Decoration in BSG, WOSM & WAGGGS Initiatives, Vision 2024, Patrol System, Ceremonies & Ceremonials, Running Unit & Maintaining Records, Scouting & Community, Camping & Hiking etc. Also, it was taking care to provide a learning opportunities during the Training to practice Scouting Skills likes Pioneering, Mapping, First-Aids, Estimation apart from regular activities B P Six, Yoga, Aerobics, Simple Drill, Inspection and Flag Ceremony. Opportunities were provided to practises different types of Flag ceremonies – section wise apart from common flag Ceremonies. Different types of Unit Meetings also demonstrated during the Training so that our SGVs will be have knowledge in all sections.

To be good leaders, SGVs should develop their knowledge in all the areas hence sessions like Duties and Responsibility of SGV, Planning and Prepare Action Plan, Maintain District Profiles, Preparation & Presentation of Audio Visual Aids specially Power Point, Documentation & maintenance of Records, Maintain and Submit accounts etc. were discussed. Apart from Campfire, different activities like Pep-talk, Case Study, Film Show, Quiz etc were performed and presented during the night sessions.

In the second phase of the Training, opportunities were extended to be an effective leader and a liaison between State and District by arranging Computer Education. Spoken English Classes for all SGVs were held at Mysuru
from 21st to 30th May 2019 under the leadership of Shri Basavaraja B K, Jt. State Secretary, Karnataka State BSG.

In the third phase of Training, importance was given to expose the talents of the SGV by speaking, presenting themselves in different occasions. Field visit was one of the important aspects of the SGV Job, hence opportunities were created to visit different Schools in nearby area of Doddaballapur (Bangalore Rural District), and they met Heads of the Institutions, Unit Leaders and Students and interacted for active Scouting Guiding and shared their experience during the presentation of visit reports. Shri P G R Sindhia, State Chief Commissioner, Karnataka BSG and former Home Minister, Govt. of Karnataka inaugurated the World Environment Day in Dr. Annie Besant Scout Guide Training cum Camping Centre and addressed a press meet. All the SGVs took active part in the World Environment Day celebration and everyone planted sapling in the training center.

No participant was new to scouting and some of them completed Pre-ALT and HWB courses. The SGV was well executed by a dedicated team of BSG, Karnataka supported by the National Headquarters, Professionals and State Headquarters Staff Members. More than 36 resource persons contributed to the Training by handling different sessions. The presence of the Director, BSG Shri Krishnaswamy R and Jt. Director, NTC Shri M. S. Qureshi, Assistant Director Mrs. Kumud Mehra lifted the spirits of the young people and added value to the training. Contribution of the resource persons invited for different sessions had really a great impact towards the success of the training. All the handouts and presentations were provided in soft and hard copies apart from the supply of scout literature such as APRO - I, II, and III, Rovering to Success, Rules, Progress Cards, Job Profiles etc. by host state. The Director, BSG, gladly presented a copy of the “Scouting for Boys” to each SGV from NHQ.

Presence of the State Chief Commissioner, Karnataka State BSG was an inspiration to the participants. He appealed to all the SGVs to develop their personality and be honest leaders by practising truth in personal and public life and contribute their best to the community through Scout Guide movement. The most expected moment came and a smile was seen in everybody's face when Shri Basavaraja B K, Jt. State Secretary, Karnataka State BSG announced the appointments of SGVs and handed over appointment letters to the participants. The Course came to an end by lowering the flag and singing National anthem.

It is a beginning of the new era in the Scout-Guide Movement. We look forward to the positive effect of the training in the days to come.

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**Answer Quiz 237**

1. On 20 February, 1968, at Bombay
2. Sir Charles Macleans the Chief Scout of Commonwealth opened the “Kunzru Hall” on 11th Oct 1968 in the Eightieth birthday of Dr.H.N.Kunzru
3. Mrs Lakshmi Mazumdar
4. Mrs Lakshmi Mazumdar
5. On 20 May, 1965
6. Mrs. Lakshmi Mazumdar, 1965
7. In 1926, Nagpur
8. May, 10-11, 1958 by the Scout Bureau
9. At NTC, May 29th to June 02nd 1970
10. From 27th to 31st December 1970 at Aarey Milk Colony, Bombay
Southern Region
World Environment Day was observed by The Bharat Scouts and Guides, Southern Regional staff on 05th June 2019. They cleaned the office as well as surroundings, planted many types of plants in front of the regional office under the guidance of Assistant Director, Southern Region.

National Youth Adventure Institute NYC, Gadpuri

The programme was started with oath to prevent air pollution and save the nature. Shri Ashutosh Kumar, HR, Head from the Mahindra Telephonics along with their team members were present. They planted about 50 Trees in National Youth Adventure Institute at Gadpuri. Shri Harish, J.E. cum E.M. NYC, Shri Anesh Kumar, ROC (S) Western Region, Mr. Subash Chandra Behera, WQM, NYC, Mr. Dhanraj Saini, OSJI NYC, Mr. Machindranath Uttam Gund, Cook, NYC, Mr. Meharban Singh – Gardener, NYC and Mr. Yadram – SCW were present.

Haryana
World Environment Day was celebrated under the theme 'Air Pollution' at Satluj Public School to increase sensitivity towards the environment issues. Open waste burning and organic waste in landfills release harmful toxins, so the Eco Club of the school performed an activity on "Save Water, Save Life". An enactment was done on 'Save Nature, Save Environment' to educate the students on how to save our ever degrading planet.

Karnataka
Karnataka state Bharat Scouts and Guides, Udupi district had celebrated World Environment day on 5th June nearby Padubidri Beach with the help of department of Tourism, Ministry of Environment Forest & Climate change (MOEFCC), Society of Integrated Costal Management (SICOM) New Delhi), Association of Costal Tourism, Pollution control Board, Udupi & Grama Panchayat, Padubidri.

They along with Scouts, Guides, Rovers and Rangers prepared SEED BALLS, and worked towards the World environmental Day Theme: “BEAT AIR POLLUTION”. They also pledged to save ocean and for clean air and clean environment making policy.

Kendriya Vidyalaya Sangathan
World Environment Day was celebrated in various Schools of Kendriya Vidyalaya Sangathan on 05th June, 2019 with full enthusiasm. Scouts, Guides, Rovers,
Rangers and Unit Leaders actively participated. Rallies were organised by the Scouts and Guides of Kendriya Vidyalaya No. 1 Hubballi Karnataka, KVS Ardaapur West Bengal, KVS Calicut Kerala, KVS IFFCO, Gujarat, KVS Pauri, Garhwal, Uttarakhand, KVS Ramnagar Hubballi, Kendriya Vidyalaya, ITI, Mankapur U.P., and KVS Harda Madhya Pradesh with placards to create awareness among the people.

Meghalaya

Smt. Pearla T.D. Sangma, MCS, FAC, North Garo Hills, was the Chief Guest of the programme. Smt. Smritilata Nokrek, Principal of the Resubelpara Govt. Higher Secondary School was the Guest of Honour.

All the Scouts & Guides, Scout masters and Guide Captains from different schools, Teachers & students from the Resubelpara Govt. Higher Secondary School actively took part in the World Environment Day-2019 by planting trees.

Nagaland
Secretary, Sports and youth affairs, Nagaland was inducted as Vice President of BSG Nagaland at a special function.

Pūrvātār Rēlēvē
dināṅk 05.06.2019 kō kīyā gāya, jīṣakā mādhyaṃ bārām lōgōṃ ko pāryāvāraṇa sūkṣma sa samabhinvitā jānakārī dī gāya evaṃ vākāropeṇa kāraṇaṃ ko āyāyōjan kīyā gāya vētā gōrēkhpūr rēlēvē stēśanān prābhavaṃbhāv māhādāyā ko uपस्थितित में nūkaḍā nāṭakā ko āyāyōjan kīyā gāya.

उत्तर मध्य रेलेवे
dināṅk 31 mā. 2019 ko dūmāpanā nīṣēṣṭa dīvāsa jīlā ilāhābād ko kānapūrā anāravān gūnīnīt dūrā rēlēvē stēśanān vētā pāsā ko sāthānān prābhavaṃbhāv nī śātikā lātā nūkaḍā nāṭaka ko mādhyaṃ bārām lōgōṃ ko āyāyōjan kīyā gāya jīṣakā 16 sādhyānān nē bāgha ligāya.

राजस्थान

- jīlā pāryāvāraṇa samātti evaṃ rājstāna rājya bārāt stēkāuṛ gāiḍā jīlā muṇakālī bēlāvādā ko anāravāna uśāna pāryāvāraṇa dīvāsa ko āvārṣa prāryāvāraṇa jānta—jāgārokuṇa rēlī dināṅk 5 jūn 2019 ko āyāyōjita kī gāya. īs āvārṣa prā bhārā jājīvān vāchārī, śātvā jīlā vivaśka saṃśa pāryāvāraṇa, śērā jānān, uṇā vēn sātkār bēlīvādā vētā uṇā pātyākārīyā/āpātyākārīyā ko rēlī ko hēri śāndī dīkhaṅkā rāvāna kīyā. rēlī rājstānī bhālīkā ucyā mādhyaṃ bhālīkā vivaśka gūlāmādī ko rāvāna hōkār pāsī dhārī kāre pūkaṛ kē lāgakār kāre sīṃgār, kē bādē jēśe—jēśe kūrēhālī hōnī kē jēśe—jēśe, pātī kō n vētā kūyā īs īs bēkā kār pūya kāmāyē tētā vēnā jīvē hē sātānā ko kēyā pāyāngē īs īs dhārā ko jēśe mātṛpurān nārē lāgāyē hūṛa stēkāuṛ, gāiḍāuṛ, rōvāṛ vētā rējēśān sāhā ko bhāmnā bārrēn se hūṛa pūna gūlāmādī vivaśka lēnā hūṛa hē.

- dināṅk 05 jūn, dīvāsa pāryāvāraṇa dīvāsa ko āvārṣa prā rājstāna rājya bārāt stēkāuṛ evaṃ gāiḍā stēkānu saṃśa koṭā dākṣīṇā evaṃ jīlā muṇakālī ko saṃyukta tālātvāsān mēśārāṅ dōḍā ko āyāyōjan kīyā gāya. śērā sāṃbhāvī bhārā, muṇakālī atithī ko mēśārāṅ dōḍā ko hēri śāndī dīkhaṅkā rāvāna kīyā tētā mēśārāṅ dōḍā mēśā muṇakālī atithī ko atithī bhārā stēkāuṛ evaṃ gāiḍāuṛ ko sāthā dōḍā mēśā bhāg ligāya. īs āvārṣa prā stēkāuṛ gāiḍā ko kērī se bhāga jāne jāne tāvēkātā pāvānādā evaṃ stēkānu saṃśa ko kērī se bhāga jāne jāne bālā pāryāvāraṇa saṃśka ko evaṃ sāmbārān pāvānādā ko sāth—sāth sāf—sāfāi vētā pāryāvāraṇa kīyā gāya.
**World Anti Tobacco Day**

**Kendriya Vidyalaya Sangathan**
World Tobacco Day was celebrated in various Schools of Kendriya Vidyalaya Sangathan on 31st May, 2019 with full enthusiasm. Scouts, Guides, Rovers, Rangers and Unit Leaders actively participated. The Rallies were organised by the Scouts and Guides with placards to create awareness among the people. The day was celebrated in the Kendriya Vidyalaya Sangathan, Alidabad, KVS Bhimtal, KVS Dinazpur, KVS Harda, KVS Hubballi, KVS Hyderabad, KVS Mahabubabad, KVS Mankapur, KVS Mashrak Saran, KVS Secunderabad, KVS Tatat Nagar, KVS Channikaran, KVS Jabalpur, Kendriya Vidyalaya, Tehran and KVS Masrooi etc.

**Delhi**
Delhi State Bharat Scouts & Guides under the direction of Dr. (Smt.) Manik Barsaley, State Chief Commissioner and under the Supervision of Shri Rajeev Sharma, Joint Secretary organised a Flag March and a Rally in Dwarka. Scouts & Guides spread message of awareness among the young generation about the ill effects of Tobacco on human life through placards and Nukkad–Play.

The Director of Sahaj-Sambhav, Ms. Rekha Jhingan appreciated the role played by the Scouts, Guides, Rover and Rangers of Delhi State Bharat Scouts & Guides. Ms. Manjula Singh, A.S.O.C. (G), Ms. Suman Bala Singh (Guide Captain) GGSSS.No-01, Najafgarh and Mr. Moti Chand (Scout Master) organised the programme.

**Nagaland**

**Southern Railway**
Southern Railway Bharat Scouts and Guides of V.O. Chidambaram Scout Group and Jhansi Rani Guide Group conducted World No Tobacco Day at Integral Coach Factory, District Headquarters on 31 May 2019 in which 34 Scouts, Guides, Rovers and Rangers actively participated.

The awareness walk, escorted by the local Police was led by Shri Naresh Kumar, RSL. Posters explaining the evils and causes of Tobacco were displayed and Pamphlets were distributed. Smt. Indumathi, Inspector of Police, K-7 Police Station conveyed a message on the Theme “LUNG HEALTH”. Shri N. Senthil Kumar, DOC/S inaugurated a skit.

The dramatical skit was based on the topic “Causes of Tobacco in various organs of human body.”
Mizoram
Scouts and Guides of Saihnuni Sailo Memorial School organised Swachh Bharat at Public place and donated dust bins for Public use.

Western Railway
Cleanliness drive was undertaken at State Training Centre, Gholvad on 19th May, 2019 under Swatchta Abhiyan. 45 Scouts, Guides and Unit Leaders actively participated. Around one quintal of plastic and another five quintals of other natural and un-natural trash were collected and disposed off.

Odisha
Odisha State Bharat Scouts and Guides organised Swachh Bharat Abhiyan activities in the Districts of Bhubaneswar, Keonjhar, Balesore, Jagatsinghpur and Ganjam during April, 2019. More than 317 Scouts, Guides and Unit Leaders participated with full enthusiasm. Scouts and Guides cleaned Public areas like Temples, Slums, Schools, Hospitals, Roads and Toilets. The services rendered by the Scouts and Guides were highly appreciated by the Public and the Government.
Reports from States

Assam

- State Level Scoutmaster Advance Training Course was held at State Training Centre, Assam, Chamatapathar from 26th May to 1st June, 2019. Mr. Jiten Chetia, ALT (S) conducted the course.

- State Level Cubmaster Advance Training Course was held at State Training Centre, Assam, Chamatapathar from 26th May to 1st June, 2019. Mr. Kumud Ch. Sarma, LT (C) conducted the course.

Delhi

Three day skill training camp was conducted for 84 scouts and guides of Najafgarh schools from 22nd to 24th May 2019 at MP hall in GCoEdSSS, Najafgarh. Mr Rajesh Karan, Mr Motichand, Scout masters and Suman Bala Singh, Guide Captain along with other teachers efficiently transferred the skills to our scouts and guides. They constructed different types of gadgets. The camp activities were observed and appreciated by the DDEs. In the closing ceremony Delhi state ASOC Ms Manjula and trainer Mr Brijpal Sant blessed the Scouts and Guides.

Karnataka

Around one lakh Scouts, Guides, Rovers and Rangers from almost all the 35 districts actively participated in the Lok-Sabha Voting Awareness Proramme. This had a telling effect on the voters and the Scouts, Guides, Rovers, Rangers to become more responsible citizens.

Election Commissioner, Karnataka, permitted Scouts, Guides, Rovers, Rangers for the first time to assist the
Voters to reach the voting booth and cast their votes and helped the Senior Citizens and Physically Challenged Voters. They received certificates of appreciation from the Election Commissioner of Karnataka State.

**Mizoram**

Mizoram State Bharat Scouts and Guides conducted Rajya Puraskar Testing Camp at State Training Centre, Tanhril from 13th to 17th May, 2019 in which 42 Scouts and 83 Guides and 4 Unit Leaders attended.

The state association organised Cub-Bulbul Utsav cum Golden Arrow Certificate Award Distribution Ceremony at Dawrpui Multipurpose Hall on 24th May, 2019 in which 61 Cubs, 76 Bulbuls, 13 Unit Leaders and 6 Staff members actively participated. Shri Zothanmawia, State Chief Commissioner Mizoram State Bharat Scouts and Guides & Director Sports and Youth Services Department distributed Golden Arrow Award Certificates.

**Nagaland**

Rajya Puraskar Testing Camp was held at State Training Centre, Nerhema from 31st May to 4th June 2019 in which 40 Scouts, Guides and Unit Leaders actively participated.

**Purva Bharat Relyeb**


• The costal belt of Odisha faced a heavy cyclone named as “fani” on the morning of 03rd May 2019 and it devastated the buildings, electricity, social networks and up-rooted most of the trees of the area.

Odisha state Bharat Scouts and Guides organised Cyclone service camp at Puri from 04th May. Rovers, Rangers and unit leaders rescued the homeless people and children. Biscuits, chuda, sugar, milk powder, Drinking water, candles, match boxes, medicines were distributed to the victims in the affected areas.

• Rover Ranger Coronation camp was organised by Odisha state Bharat Scouts and Guides at N.B.C College, Kendupadar, Ganjam from 04th to 08th April 2019 in which 300 Rovers, Rangers and Unit Leaders from different colleges and including SHQ staff participated in this skill development training camp.

Dr. Santosh Kumar Aapat, Principal, Rabi Narayan Patra, Admin Officer and Asutosh Sahoo, Professor from N.B.C College, Kendupadar released the Logo for the Rover Ranger Coronation in the presence of Shri Surajit Sen, State Training Commissioner(S) of the state.

Dr. Kali Prasad Mishra, National Vice-President
cum State Chief Commissioner, Smt. Puspanjali Mohapatra, Joint State organising Commissioner (G) of Odisha state Bharat scouts & guides attended the Grand Evening.

- Odisha state Bharat Scouts and Guides organized “election” service camp all over the state from 11th to 29th April 2019. Around 4500 Scouts, Guides, Rovers, Rangers and Unit Leaders participated in helping the old and physically handicapped persons.

- Odisha State Bharat Scouts & Guides organized Summer Service camp in all 31 Districts. Scouts, Guides, Rovers & Rangers distributed curd and lemon water all over the State. The summer Services have been started from month of March to May.

- The Odisha State Bharat Scouts & Guides has organized Restoration Service camp in Fani affected areas of Khordha, Puri and Cuttack. 1500 Scouts & Guides, Rovers and Rangers & Unit Leaders participated in the restoration work.

Youngsters think that “Good things come to people who wait, but better things come to those who go out and get them.”

Rover Ranger Moot camp was organised by Odisha state Bharat Scouts and Guides at Baripada college, Baripada, Mayurbhanj from 21st to 25th April, 2019 in which 409 Rovers, Rangers and Unit leaders from 21 different Colleges of Odisha and including SHQ staff participated. Sri Dhruva Charan Behera, District Education officer, Dr. Kali Prasad Mishra, National Vice-President cum State Chief Commissioner and other dignitaries were present in the Grand Evening.

Punjab
Scouts & Guides of SRT DAV Public School, Bilga took part in a four-day camp in village Shail, Shimla. They performed various activities and underwent training for all-round development with ability to face challenges in life. Twelve scouts were awarded Rajya Puraskar. Mr. Hemant Kumar, ASOC Jalandhar organised the camp. Mrs. Ritu Malhotra, Guide Captain and Mr. Balvir Singh, Scout Master assisted in the camp. Principal Ravi Sharma congratulated the Rajya Puraskar winners and appreciated the efforts of other students.

राजस्थान

राजस्थान राज्य भारत स्काउट व गाइड जिला मुख्यालय सीकर के तत्त्वाचार्य में सुश्री सुयश लोधी सी.ओ. गाइड के नेतृत्व में आत्मसेवा प्रशिक्षक श्री परम्परा पं. वं. अन्य प्रशिक्षकों के दिशा निर्देश में जिले के 30 विद्यालयों को गाइड कौटन एंव वालिकाओं को आत्मसेवा सम्बन्धी कार्यक्रम एवं उनके पास उपलब्ध संसाधन बेग, खेत, बोटल, बुक्स, व अन्य सामग्री से अपनी रक्षा कैसे की जाये का प्रशिक्षण प्राप्त किया।
Southern Railway
- Southern Railway State Headquarters organized Chaturtha Charan/ Heerak Pankh Training Camp at Neelakurunji Camping Centre, Ketti (Nilgiris) from 4th to 6th May, 2019 in which 40 Cubs and 24 Bulbuls along with 13 Unit Leaders of District Associations actively participated. Activities such as Cub/ Bulbul Greeting, Story Telling, Kalrav & Red Flower, Jungle Dance / Tara Story, and requirements in CC / HP Stage were dealt during the training Camp. The participants also enjoyed the visit to Botanical Garden and Dodabedda Peak as part of Nature Study. Cubs & Bulbuls also rendered their service in litter drive in the Campsite under the mission of Swachh Bharat Sunder Bharat Abhiyan. Prizes were distributed to the winners of Quiz and Cat walk Competitions.

- The Phase II Testing Camp was organised for Scouts, Guides, Rovers & Rangers at Neelakurunji Camping Centre, Ketti (Nilgiris) from 7th to 11th May, 2019 in which 87 Scouts, 31 Guides, 19 Rovers, and 4 Rangers actively participated. The participants were tested on Scouting Skills & Knowledge. Checking of Uniform, Advancement Certificates, Proficiency Badge Certificates, Hike Certificates along with the log Books were performed as per the Guidelines of NHQ. Apart from Testing, a workshop was also arranged to assist the scouts/guides to refresh their knowledge & skill and to complete the testing successfully. Daily Quiz was conducted for the participants to enhance their knowledge on scouting.

- The Bharat Scouts & Guides Maharishi District conducted the Pre-Test Camp for Zone-2 at Maharishi Vidya Mandir Sr.Sec.School, Hosur on 7th June, 2019. 233 Scouts, Guides, Scouters, Guiders and staff members from Maharishi Vidya Mandir Sr. Sec. School, Hosur participated in the camp.
The Bharat Scouts and Guides, West Bengal, Barrackpore District association conducted Water Distribution Service Project at Shyamnagar Railway station from 20th to 25th May, 2019. 40 Scouts, Guides, Rovers, Rangers and Unit Leaders participated in the event. Mrs. Gouri Chakraborty, District Commissioner, Guide inaugurated the event.

The project was concluded on 25th May, 2019. Shri Sudip Paul, District Secretary congratulated all the participants for their active participation in their service for mankind and thanked each and everyone who strived to make it a grand success. This was the third successful year of water distribution service which is an initiative by the Youth committee of our District association.

Western Railway

Rajya Puraskar Testing Camp was conducted at State Training Centre, Gholvad from 27th to 31st May, 2019 in which 73 participants from all over Western Railway with staff members attended the camp. Scouts, Guides, Rovers and Rangers were tested as per the syllabus of APRO Part II & III respectively. The testing covered oral, written and practical examinations. The camp was conducted under the supervision of Shri Aijaz Mirza, SOC (S) Western Railway.

A State Level Tritiya Sopan Testing Camp was conducted at State Training Centre, Gholvad from 20th to 24th May, 2019 in which 45 participants from all over Western Railway and staff members attended the camp.

A month-long free Water Service was undertaken by Vadodara District Association of Western Railway at Vadodara, Bharuch and Anand Railway Station from 25th April 2019 to 24th May, 2019. Scouts and Guides served the passengers with free drinking water on coaches and platforms. Around 5 to 6 thousand litres of drinking water was served daily.

Free Water Service to Passengers was also organised at Nandurbar Railway Station on 05th May, 2019 and at Udhna Railway Station from 16th to 18th May, 2019 by Mumbai District Association of Western Railway.

Sustainable Development Goals

Goal 1: No Poverty
Goal 2: Zero Hunger
Goal 3: Good Health and Well-Being
Goal 4: Quality Education
Goal 5: Gender Quality
Goal 6: Clean Water and Sanitation
Goal 7: Affordable and Clean Energy
Goal 8: Decent Work and Economic Growth
Goal 9: Industry, Innovation and Infrastructure
Goal 10: Reduced Inequality
Goal 11: Sustainable Cities and Communities
Goal 12: Responsible Consumption and Production
Goal 13: Climate Action
Goal 14: Life on Land
Goal 15: Peace and Justice Strong Institutions
Goal 16: Partnerships to achieve the Goal
अन्तर्राष्ट्रीय योग दिवस के उपलक्ष्य में भारत स्कूल्स एवं गाइड्स द्वारा 5 क्षेत्रीय योग दिवस आयोजित किये गये क्रमशः पूर्वोत्तर क्षेत्र शिविर गुवाहाटी में आयोजित किया गया जिसमें असम, अरुणाचल प्रदेश, मणिपुर, नागालैण्ड, एन.एफ., रेलवे तथा त्रिपुरा से कुल 183 सदस्यों ने भाग लिया।

पश्चिम क्षेत्र में योग दिवस शिविर रतलाम, मध्य प्रदेश में आयोजित किया गया जिसमें छत्तीसगढ़, मध्य रेलवे, गुजरात, मध्य प्रदेश, महाराष्ट्र, राजस्थान, उत्तर पश्चिम रेलवे तथा पश्चिम रेलवे के 170 सदस्यों ने प्रतिभागिता की।

पूर्वोत्तर हेतु शिविर दानापुर, बिहार में पूर्व मध्य रेलवे पश्चिमकण केन्द्र में आयोजित किया, जिसमें बिहार, पूर्व रेलवे, पूर्व मध्य रेलवे, पूर्व तटीय रेलवे, झारखंड, उड़ीसा तथा दक्षिण पूर्व रेलवे से कुल 180 प्रतिभागियों ने हिस्सा लिया।

उत्तर क्षेत्र हेतु राज्य पश्चिमकण केन्द्र प्रमाणगाज उत्तर प्रदेश में आयोजित योग दिवस शिविर में दिल्ली, हिमाचल प्रदेश, उत्तर रेलवे, उत्तर मध्य रेलवे, पंजाब, उत्तराखंड, केन्द्रीय विद्यालय संगठन तथा उत्तर प्रदेश से आये 128 सदस्यों ने भाग लिया।

दक्षिण क्षेत्र में योग दिवस शिविर हुब्बली, दक्षिण पश्चिम रेलवे पर आयोजित किया गया जिसमें आन्ध्र प्रदेश, कर्नाटक, केरल, तमिलनाडु, दक्षिण रेलवे, दक्षिण मध्य रेलवे तथा दक्षिण पश्चिम रेलवे से आये 203 प्रतिभागियों ने भाग लिया।

शिविरों की विस्तृत जानकारी अगले अंक में प्रकाशित की जायेगी।
Trainer's Corner

Emotional Intelligence

Dr. Cyrus Wadia MD
Leader Trainer (Scouts)

What is it?

It is about having empathy for others. It is about standing up for what you believe in a tactful and respectful way. It is about not jumping to conclusions, but getting the whole picture before you react. The key to emotional intelligence is an understanding of your emotions and the emotions of others, and acting in the most appropriate way based on that understanding.

Having a healthy emotional intelligence is very important for human beings to live happy and successful lives. Healthy emotional intelligence helps us set our personal boundaries, make decisions about our lives, and communicate with the people we love.

Regardless of your score, keep in mind that your emotional intelligence can change. People are always evolving. You can increase your EQ at any point in your life by learning to identify your emotions and taking responsibility for those emotions. And just as easily as you can increase your EQ, you can also decrease it. You must continue to identify and work on areas within yourself that need work.

Tips to increase emotional intelligence:

- Go to the gym, take an exercise class or participate in activities that reduce your stress level.
- Take up a new hobby or sport that involves interacting with other people.
- Take a class at your local community college.
- Join a support group.
- Keep a feelings journal.
- See a counselor to help you deal with your emotions.
- Take an anger management course.
- Enroll in a communication skills course.
- Read books about emotional intelligence and social skills.
- Do emotional intelligence workbooks.
- Ask your friends and family to help you recognise the things about yourself that may need correcting.

1 Know the following –
- Definition of YOGA
- Types of YOGA-Gyan Yoga, Karma Yoga, Ashtang Yoga, Bhakti Yoga
2 What is Ashtang (Hatha) Yoga? What are its eight parts? Describe briefly each of them.
3 Do's and Don'ts during the Yoga practice
4 Practice Surya Namaskara for a month
5 Practice for a month following asanas and know their benefits on body.
   - Padmasana, Vajrasana, Yogamudra, Ushtrasana, Tadasana, Ardh Kati Chakrasana, Bhujangasana, Naukasana, Vakrasana, Pawanmuktasana, Sarvangasana, Shavasan
6 Practice following Pranayama for at least one month – Anuloma – Viloma, Kapalbhati and Bhramari
7 Be able to do Tratak for one minute.
## 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>
</tr>
</thead>
<tbody>
<tr>
<td>01st to 8th July 2019</td>
<td>Wonderland-2019</td>
<td>Azerbaijan</td>
<td>41/14th May 2019</td>
<td>31st May, 2019</td>
</tr>
<tr>
<td>19th to 28th July 2019</td>
<td>16th World Scout Moot, Ireland</td>
<td>Dublin City Centre, Ireland</td>
<td>34/18th April 2019</td>
<td>30th June, 2019</td>
</tr>
<tr>
<td>12th to 18th Aug. 2019</td>
<td>4th National Jamboree of Kazakhstan Great Stepple Heritage</td>
<td>Kazakhstan</td>
<td>42/14th May 2019</td>
<td>31st May, 2019</td>
</tr>
<tr>
<td>13th to 15th Aug. 2019</td>
<td>18th National Rover Moot, Korea</td>
<td>Julpo, Bay Korea</td>
<td>47/21st May, 19</td>
<td>15th June, 2019</td>
</tr>
<tr>
<td>14th to 20th Nov. 2019</td>
<td>Juliette Low Seminar 2019</td>
<td>Pune, Maharashtra</td>
<td>09/1st Feb. 2019</td>
<td>20th February, 2019</td>
</tr>
</tbody>
</table>

### National Events from May to June 2019

<table>
<thead>
<tr>
<th>Sr.</th>
<th>Event Name</th>
<th>From</th>
<th>Palace</th>
<th>Palace/ Last Date of Application</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>World Scarf Day</td>
<td>01st Aug. 2019</td>
<td>SHQ./NHQ</td>
<td>All over India</td>
</tr>
<tr>
<td>2</td>
<td>Independence Day</td>
<td>05.08.2019</td>
<td>SHQ./NHQ</td>
<td>All over India</td>
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<tr>
<td>3</td>
<td>Saddhawana Day</td>
<td>07.08.2019</td>
<td>SHQ./NHQ</td>
<td>All over India</td>
</tr>
<tr>
<td>4</td>
<td>Community Singing Course for Unit Leaders</td>
<td>01st to 17th Sept. 2019</td>
<td>NHQ. Delhi</td>
<td>NHQ. Delhi</td>
</tr>
<tr>
<td>5</td>
<td>Teachers Day</td>
<td>06th Sept. 2019</td>
<td>SHQ./NHQ</td>
<td>All over India</td>
</tr>
<tr>
<td>6</td>
<td>International Literacy Day</td>
<td>06th Sept. 2019</td>
<td>SHQ./NHQ</td>
<td>All over India</td>
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<tr>
<td>7</td>
<td>Pachmarhi Day</td>
<td>10th Sept. 2019</td>
<td>SHQ./NHQ</td>
<td>All over India</td>
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<tr>
<td>8</td>
<td>National Level Tribal Scout/Guide/Rover/Ranger Meet</td>
<td>16th to 20th Sept. 2019</td>
<td>DTC, Palamu, Jharkhand</td>
<td>31st July, 2019</td>
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</table>

### National Adventure Programmes, National Adventure Institute, Pachmarhi, Madhya Pradesh from June to November 2019

<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Event Name</th>
<th>From</th>
<th>To</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>410th National Adventure Programme</td>
<td>10.07.2019</td>
<td>17.10.2019</td>
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<tr>
<td>2</td>
<td>411th National Adventure Programme</td>
<td>19.10.2019</td>
<td>25.10.2019</td>
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<tr>
<td>3</td>
<td>412th National Adventure Programme</td>
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<td>07.11.2019</td>
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<tr>
<td>4</td>
<td>413th National Adventure Programme</td>
<td>18.11.2019</td>
<td>24.11.2019</td>
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<tr>
<td>5</td>
<td>414th National Adventure Programme</td>
<td>27.11.2019</td>
<td>03.12.2019</td>
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</tbody>
</table>

### National Adventure Programme, NYC, Gadpuri from May to July 2019

<table>
<thead>
<tr>
<th>Sr.</th>
<th>Event Name</th>
<th>Month</th>
<th>From</th>
<th>Reg. Fee</th>
<th>Dev. Fee</th>
<th>Camp Fee</th>
<th>Total Fee</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>30 NYAP</td>
<td>July</td>
<td>08th to 12th July 2019</td>
<td>100/-</td>
<td>200/-</td>
<td>2200/-</td>
<td>2500/-</td>
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<tr>
<td>2</td>
<td>31 NYAP</td>
<td>Sept.</td>
<td>23rd to 27th Sept. 2019</td>
<td>100/-</td>
<td>200/-</td>
<td>2200/-</td>
<td>2500/-</td>
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<tr>
<td>3</td>
<td>32 NYAP</td>
<td>Oct.</td>
<td>14th to 18th Oct. 2019</td>
<td>100/-</td>
<td>200/-</td>
<td>2200/-</td>
<td>2500/-</td>
</tr>
<tr>
<td>4</td>
<td>33 NYAP</td>
<td>Oct.</td>
<td>21st to 25th Oct. 2019</td>
<td>100/-</td>
<td>200/-</td>
<td>2200/-</td>
<td>2500/-</td>
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</table>
Glimpses of National Rover / Ranger Samagam
Dr. Anil Kumar Jain, President, Bharat Scouts and Guides led the International Day of Yoga-21.6.2019