

Self-Study

Q. 1. Answer in one sentence :

(1) What is the meaning of the term 'first aid'?

Ans. First aid is the first help or immediate care given to some one who has suddenly fallen ill or been ^{in accident.}

(2) Who should give first aid?

Ans. The first aid box should only be given by a ^{trained} person.

(3) What should you do if the bleeding does not stop even after giving first aid?

Ans. If bleeding does not stop then take the patient to the ~~doctor~~ ^{immediate} medical help.

Q. 2. Match the following :

Group 'A'	Answers	Group 'B'
(1) Readymade adhesive bandage	minor cuts and straps	(a) Burns and scalds
(2) Gauze cloth	to wrap bigger wounds	(b) Fractures
(3) Cold water bandages	burns and scalds	(c) Minor cuts and scrapes
		(d) To wrap bigger wounds

Q. 3. State what you would do in the following situations :

(1) You injured your foot while you went hiking.

Ans. Prompt treatment includes application of a cold pack to the painful area for 5-10 minutes.

(2) Your grandmother has a minor cut on her hand and you do not have a band-aid at home.

Ans. Take piece of cloth and press on her cut to prevent it from bleeding.

(3) You do not have a ready-made stretcher to carry your teacher who slipped and fell on the playground.

Ans. You can make a stretcher of two shirts and carry her to the principal office.

Q. 4. Write short notes on :

(1) Wrapping of bandages :

Begin by wrapping twice around the injury to hold

Q. Wide games Q. mummification and birding

- (2) Cold water bandages (i) use it over a burn or a self
(2) To Stop excessive bleeding.
(3) The Bandages should not be left to by

(3) Stretcher made of a bedsheets:

- (1) Place the compact / bedsheet on the ground
(2) Fold the compact / bedsheet on the dotted which
Shint stick up the side of the compact. Bedsheets

Q. 5. Answer in brief :

- (1) When does the need for first aid arise?

Ans (i) Playing on ground

(ii) Camps

(iii) Wide Games (iv) mountaineering or hiking

- (2) Write any three precautions that one should take while wrapping the bandage.

Ans (i) If the bleeding still persists then take the patient to a doctor immediately. (ii) Do not touch the wounds with your fingers. (iii) Apply only those ointments that are suggested by the doctor.

- (3) Describe the method of making a stretcher out of a jute sack.

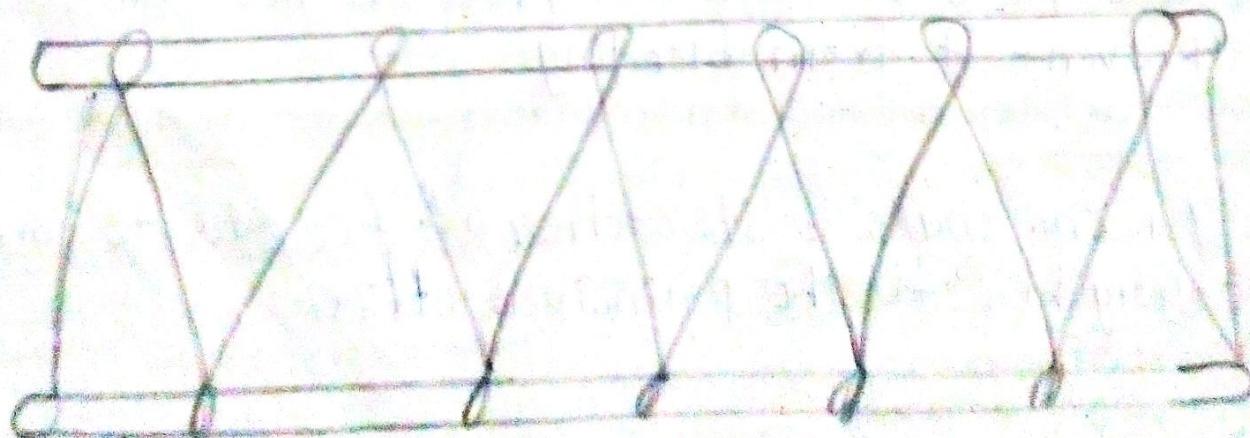
Ans (i) fasten the end corners of sack and make two holes. (ii) Take two bamboos of 6 to 9 feet each.

(iii) Insert the bamboos in the two stand and sack.

- (4) Why should you carry the injured person carefully?

Ans. After a person's it wounded he/she may have to be carried her to hospital to the doctor. While doing extreme care should be occur while lifting an injured person from one place to another.

Q. 6. Draw the following : Stretcher of rope/cord



(2) At school :

- (1) Be punctual to school. Keep your things neat and tidy.
- (2) Always greet your principal, teachers and the administrative staff of your school.
- (3) Respect all elders at school and listen to them.
- (4) Do your homework regularly.
- (5) Behave in a disciplined manner and keep the premises of the school clean.
- (6) Be ever ready to help your classmates, especially those who require your help in studies.

Self-Study

Q. 1. Fill in the blanks :

- (1) The act of communicating with God in supplication is Prayer.
- (2) When we pray together a feeling of religious pervades the atmosphere.
- (3) Scouting and Guiding aims to create individuals with regulations.

Q. 2. State whether the following statements are True or False :

Statements

Answers

- (1) The Prayer Meeting instils in us a sense of mutual hatred.
- (2) The Prayer Meeting should be usually organised in the morning.
- (3) Scouts and Guides need not keep the surrounding of the school clean.
- (4) A Scout or Guide should never admit his/her mistakes.

True

True

False

False

Q. 3. State what you would do in the following situations :

- (1) Your friend chit-chats with other friends during the prayer meeting.

Ans. I will first concentrate on prayer and then complain to my respective teacher / dm.

- (2) You feel disinterested in attending the prayer meeting.

Ans. You can close your eyes and sit for a while this will help you to concentrate on the prayers

- (3) Your Patrol is given the responsibility of saving electricity in your school.

Ans. ① Switch off the light and fan while moving out ② Switch off the light when sun rays are falling inside

- (4) Your mother is not keeping well so you are given the responsibility of taking care of your aged grandmother.

Ans. ① You should ask her what she needs ② Don't stress her ③ keep her engaged.

Q. 4. Answer in brief :

(1) Why do we pray?

Ans. The act of communicating with God in Supplication making please to him to grant us health and happiness and to guide us along the right path is prayer.

(2) What is a Prayer Meeting?

Ans. A prayer meeting is a religious meeting where people say prayers to God.

(3) Write any three effects of prayer.

Ans. ① Put peace into your life ② help you learn more about God's plan for you. ③ Prayer can bless you.

(4) Write any three objectives of a Prayer Meeting.

Ans. ① obey the holy spirit to pray to God.
② Praising God and witnessing
③ Provide social support.

(5) Write any three things that one has to keep in mind while organising a Prayer Meeting.

Ans. ① focus on your God.
② focus on your thinking object.
③ calm and quiet mind.

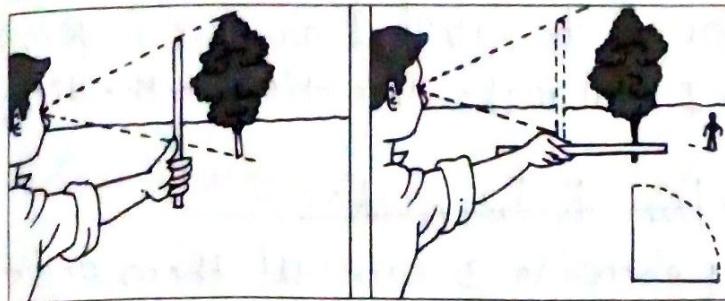
(6) How does a person of good character behave with others?

Ans. Always there to support the important people in their life and doesn't break their promises.

(7) How should a Scout/Guide behave in school? (Give any two instances.)

Ans. ① Scout / Guides must be trusted & try.
② Scout / Guides should always be courteous.
③ Scout / Guides should be friend to animals

(iii) **The Pencil method** : If you have to measure the height of a tree, take a pencil in your hand. Close one eye and hold the pencil at arm's length. (See the figure given below.) Adjust the pencil in such a way that the tip of the pencil should coincide with the topmost part of the tree. Keep your thumb on the pencil at the mark at which the base of the tree coincides. Keeping your arm steady, move your pencil in a right angle, and adjust your position in such a way that the topmost part of the pencil should appear to touch the base of the tree. Mark that point with the help of a partner. Measure the distance between this point and the base of the tree. This would approximately be the height of the tree.



(4) **The following points should be kept in mind for estimation :**

(1) Practice is very important for proper estimation. When you practise a lot you will easily be able to even notice minute differences in weights.

(2) Practise with a variety of things. Such as, while estimating weight, try estimating the same weight with sand, cotton and iron. While estimating length of a road, choose a variety of examples such as a straight road, a road with curves and bends, a road going uphill, etc.

(3) Try estimating weight up to 1 kg, distance up to 1 km and height up to 30 metres.

(4) Keep a note of your personal height and weight. Also note the lengths of the various parts of your body such as your height till your eyes, the width of your palm, the length of your arm and foot, etc. because this would aid in estimation.

(B) Signalling

Communicating silently and non-verbally by signals or signs is called Signalling. These signals are non-verbal actions or gestures that indicate a message.

Methods of Signalling :

(1) **Fire** : Smoke can be used in the day time to send a message, while a huge bonfire in the night can be used to send the predetermined signal to the other party concerned.

(2) **Sound** : Many a time in the forest it is not possible to shout and yell out messages to others because of the natural sounds in the forests such as the sound of a gushing waterfall or river. In such circumstances, messages can be relayed through use of whistle, bugle, drum or any such instrument.

(3) **Other methods** : Flags of various colours can be used to send messages. Mirrors, flashlights or torches can be used for signalling. The Morse code can be used to send messages.

Self-Study

Q. 1. Answer in one sentence :

(1) What is required for proper estimation ?

Ans. In order to make a correct estimate one require tense of all preposition of Pray

(2) What should you do to be able to estimate weight ?

Ans. Practice to get a feet of the approximately weight be bonding thing packed 50 gm and 100 dm

(3) How can you send messages with the help of fire ?

Ans. Smoke can be used in the day and time to other parts can fired.

Q. 2. State what you would do in the following situations :

(1) Your Patrol is given the responsibility of organising a fancy dress competition in your school.

Ans. If my patrol is given the responsibility of running a fancy dress competition I will estimation

(2) You being the leader of the Patrol, you are given the responsibility of mountain climbing.

Ans. I being the leader of the patrol I am give responsibility to maintain climbing. I will make estimation of the time

(3) Two of your friends have lost their way in the forest during your camp.

Ans. ~~I being the leader of the patrol~~

If they will be having phone so I can call them and try to tell them the way.

Q. 3. Write short notes on:

(1) Estimation of number of people :

Crowd counting or crowd estimating is a technique used to count or estimate the number of people in a crowd,

(2) Signalling with the help of sound :

Audio Signals have frequencies in the frequency of roughly 20 Hz to 20000 Hz which corresponding on the lower and upper limits of human hearing.

Q. 4. Answer in brief :

(1) In what kind of situations is estimation required ?

Ans. The estimation or counting of crowded people is required in the situation of, when gave's working with bigger numbers.

(2) Why should you be able to estimate height and depth ?

Ans. The organization of fine art care and Treatment Standards Informational Standards guide for taking, Recording and communicating.

(3) How can you estimate time ?

Ans. ① use time tracking apps ② estimate someone else's time ③ Time your tasks • use a fudge radio.

④

(4) How can you measure the width of a river ?

Ans. Extend tape measure from the point where

The dark bank meets the water on one side
of the river to the same point on the other side.

(8) What is the meaning of the term 'signalling'?

Ans. A gesture or message that people use to communicate with each other.

Social, Cultural and School Welfare Projects

Scouts and Guides believe in 'Service to Others'. They are always 'prepared' to reach out to the community and help in whatever way they can. **Scouts and Guides are required to work on any two projects.** The Projects should be selected from any two of the three, viz. Social, Cultural and School.

(A) Social Projects

Scouts and Guides can conduct preliminary surveys and decide upon the topic and target area of their Social Projects. They can form groups according to their skills and expertise and work accordingly.

(1) Following are some projects that you can work on :

- (1) Cleanliness Campaign.
- (2) Pollution Control.
- (3) Health Awareness Campaign (spreading awareness about cholera, swine flu, leprosy, malaria, polio and AIDS).
- (4) A camp on Road Safety.
- (5) Work as volunteers at science exhibitions, competitions and health programmes organised by various social service bodies.
- (6) Campaigns to fight against superstitions or alcohol/drug abuse and smoking.
- (7) Campaigns to save water, energy and trees.
- (8) Literacy campaigns.

(2) Points to remember while working on projects :

- (1) Before working on a social issue discuss first with your school principal and the Scout/Guide in-charge.
- (2) Find out the scope of your project. Decide upon the target area and prioritise the problems.
- (3) Find out the reasons for the problem. Use methods like interview, observation, survey, group discussions, opinion polls and accessing files and records to find out facts and figures about the problem.
- (4) After understanding the problem, formulate the recommendations or suggestions to solve the problem.
- (5) Take active help of all the people connected with the problem; the officials who are in-charge of the area and the experts in the field.
- (6) After completion of the project make a report of it and submit it to your in-charge.

where the future of a nation is formed. We have certain responsibilities towards it. So school welfare projects are of great importance.

We can select one of the following projects :

- (1) School cleanliness campaign
- (2) Beautification of the school premises
- (3) Tree plantation campaign in the school premises
- (4) Upkeep of the school garden
- (5) Save Water or Save Electricity campaign
- (6) Organising special remedial classes for students who have difficulties in certain subjects
- (7) Helping the school library in preparing and maintaining files of newspaper cuttings on various topics
- (8) Helping the library staff in keeping the library books in order or helping them in maintaining old and rare books
- (9) Organising computer literacy classes for parents or grandparents of students of the school

Points to remember while working on these projects :

- (1) Plan the projects related to school in the Court of Honour wherein the Patrol Leader and the in-charge of Scout/Guide is present.
- (2) Explain the project to the school principal and take his/her permission.
- (3) Divide the work to be undertaken amongst the students on the basis of their skills and prepare a detailed programme. Forward this programme to your principal with a covering letter.
- (4) Make use of the allotted Scout/Guide periods and also the free periods available to you in order to work on this project.
- (5) According to the time that would be available to your group members, make a time-table related to your project.
- (6) Write a detailed report on the various finds, observations and conclusion that you have come to in course of the project.

Self-Study

Q. 1. Answer in one sentence :

- (1) What do Scouts and Guides believe in ?

Ans. Scouts and Guides believe in Service to others

- (2) Name any one social project that you can undertake.

Ans. Pollution control

- (3) How can we instil in students the love for the rich and varied culture of India ?

Ans. The diverse culture of India we need to other information or helping than in round old and race look.

- (4) Name any one project that you can work on to help your school library.

Ans. I helping that library staff in keeping book in order

Q. 2. State what you would do in the following situations :

- (1) Water is being wasted in your house every day.

Ans. I will tell in my house don't waste

have to solve water for future generation because on earth they only drink water

- (2) Your classmates constantly fight with each other.

Ans. I would go and so their for their will help them read and write and solve their Problem.

- (3) You come to know that someone in the neighbourhood is illiterate.

Ans. I would go and their time will help them read and write.

Q. 3. Write short notes on :

- (1) Social projects :

- ① cleanliness campaign
- ② Health awareness campaign
- ③ A campaign roads safety
- ④ literacy campaign
- ⑤ pollution control.

- (2) School welfare projects :

- ① School cleanliness campaign
- ② beautification of school.

- (3) Nature of the record book :

- ① Nature of topic
- ② Name of the patrol.
- ③ Date or which project began and ended
- ④ Indra induction
- ⑤ Use of content
- ⑥ Information should be given in trace

Q. 4. Answer in brief :

- (1) What are things that you should keep in mind while working on a social project?
(Give any three points.)

Ans. ① Before working on project discuss with School principal and Scout and guide in charge.

- (2) Write any four Indian traditions on which you can undertake a project.

Ans. ① Architecture of workshop culture.
② marriage ceremony
③ Dress & jewellery

- (3) Write any three things that you can do as projects related to school welfare.

Ans. ① Upkeep of School garden
② cleanliness in School
③ Savewater campaign

1961 : 'Baden-Powell Bhavan' was inaugurated by Lady Baden-Powell at Pachmadi in Madhya Pradesh.

1964 : The World Scout Guide Association's Asian centre was started at Pune. Dame Leslie Whiteley laid the foundation stone of the building that houses this centre.

1970 : Sixth jamboree held in Mumbai.

Today, the 'Bharat Scouts and Guides' is the only organisation that provides training for Scouts and Guides in India. It has numerous branches in various parts of the country which provide training to thousands of students.

The Bharat Scouts and Guides is a voluntary, non-political, educational movement for young people, open to all without distinction of religion, region or caste, in accordance with the purpose, principles and method conceived by the founder Lord Baden-Powell. This organisation is attached to international organisations. The Scout section of this organisation is attached (affiliated) to the 'World Scout Bureau' and the Girl Guide section to the 'World Association of Girl Guides and Girl Scouts (WAGGS)'. Spreading 'World Brotherhood' is an important objective of this organisation.

Self-Study

Q. 1. Match the following :

Group 'A'	Answers	Group 'B'
(1) Shri Ram Bajpai	- <i>Bal Seva dal</i>	(a) First Indian Commissioner
(2) Indian Girl Guide	- <i>(WAGGGS)</i>	(b) World Association of Girl Guides and Girl Scouts (WAGGS)
(3) First jamboree in India -	<i>Hyderabad</i>	(c) Hyderabad
(4) Abala Bose	- <i>First Indian Commissioner</i>	(d) Bal Seva Dal

Q. 2. Answer in one sentence :

(1) Who headed the Indian Boy Scouts Association based in Madras?

Ans. *Dst. Annie Basant, Dr. Shri and Dr. George.*

(2) Which Indian association got merged into its world parent body in 1921?

Ans. *The Indian Boy Scout Association*

(3) When was the 'Bharat Scouts and Guides' formed?

Ans. *The Bharat Scouts and Guides formed 1908-09*

(4) When and where was the first jamboree in Maharashtra held?

Ans. *1921 - Hyderabad*

(5) Who inaugurated the 'Baden-Powell Bhavan' at Pachmadi in Madhya Pradesh?

Ans. *Lady Baden-Powell.*

(4) Games based on taste and smell :

A collection of various eatables and ingredients that are used for cooking can be arranged on a mat. Students of each patrol can be blindfolded and asked to identify the thing on the basis of either its smell or taste. The patrol that identifies the maximum number of things is the winner.

(5) Other games that can be played :

- (1) Wearing the Scout/Guide uniform in the dark.
- (2) Tying the Timber Hitch and climbing the tree.
- (3) Erecting the tent.
- (4) Searching for the specific things kept hidden by the Scout and Guide officials.
- (5) Playing the game of safeguarding trees from the tree cutters.
- (6) Whistling in a dark room while the others try to catch him/her and take away the whistle if they are able to locate the whistler.

Self-Study

Q. 1. Fill in the blanks :

- (1) In order to earn the proficiency badge of a Cook the student should know the necessary ingredients of a balanced diet.
- (2) The Debater should know to propose at least two motions and oppose two others in a properly conducted debates.
- (3) friend to animals has a complete knowledge of the laws and regulations passed by the authorities for the protection of animals.
- (4) The 'Night Games' Sharpen our senses of hearing, touch, sound, taste and vision.

Q. 2. Answer in one sentence :

- (1) What should a cook know regarding balanced diet?

Ans. Should a cook know regarding balanced diet

- (2) What should a 'friend to animals' know regarding protection of animals?

Ans. law passed for their protection

- (3) What terms related to gardening should a gardener know?

Ans. Twelve Common plants , six kinds of vegetables or flowers from Seeds or cuttings

- (4) Under whose supervision should the Night Games be played?

Ans. official patrol leader

Q. 3. Answer in brief :

- (1) Write down the names of the proficiency badges that one has to earn in Group 2 of earning Tritiya Sopan Badge?

Ans. Swimmer, Whistle, Rope & climbing, gym past

hiker, yoga expert, games / patrol leaders, manager or rescue.

(2) Give any one requirement of earning the badge of a Debater.

Ans. ① Propose at least two motions and oppose at least two other in a perfect debate.

(3) What kind of information should a friend of animals know regarding birds and insects?

Ans. Have knowledge of care of birds, animals and reptiles which are generally kept for domestic purposes.

(4) Give any four things that a handyman should do.

Ans. ① Paint a door ② white wash a ceiling
③ Hang pictures and fix curtain rods.
④ Glaze a window.

(5) What are the benefits of night games?

Ans. ① The night games sharpen our senses.
② The game should be under the supervision of official, patrol leader, of hearing, touch, sound & fasten ~~sight~~ vision.

(6) What are the things one should keep in mind while organising night games? (Give any two points.)

Ans. ① Keep the first aid box ready.

② The game should be under the supervision of official patrol leader.

Q. 4. Write short notes on :

(1) Games based on sound :

The patrol leader should make different kinds of sand from behind the curtain that can be of tearing of papers, cloth, etc.

(2) Treasure Hunt :

A group of things are kept hidden, clues to the hidden treasures are given to the respective groups. The patrol that finds it could be the winner.

- | | |
|----------------------------|--|
| (1) Poles | - these are made of wood or metal, they are used to hitch the tent securely. |
| (2) Tent cloth | - this makes the canopy of the tent. |
| (3) Long and short ropes | - to erect the tent. |
| (4) Guy (rope) | - a rope used to secure tents and protect them from blowing away. |
| (5) Anchors/ground tackles | - to secure the tent to the ground. |
| (6) Hammer | - to fix the anchors in the ground. |
| (7) Flysheet | - this is used as extra protection against the rains. |

(2) Pulling down a tent :

- (1) Loosen the ropes on the sides of the tent.
- (2) These ropes should be held tightly by some students. Two students can then remove the main supporting poles of the tent slowly. This would bring down the tent.
- (3) The tent should then be folded neatly and stored in a bag containing mothballs. The poles should be removed, cleaned and kept aside neatly. The holes where the poles stood should be filled in and levelled. The ropes and other equipment should be stored in smaller bags.

Self-Study

Q. 1. Fill in the blanks :

- (1) Camping is an important activity of Scouting and Guiding.
- (2) At a camping site Forest area is necessary.
- (3) To strengthen a broken chair round lashing can be used.
- (4) Square lashing is used to tie poles at a right angle.
- (5) Hammer is used to fix the anchors while erecting a tent.

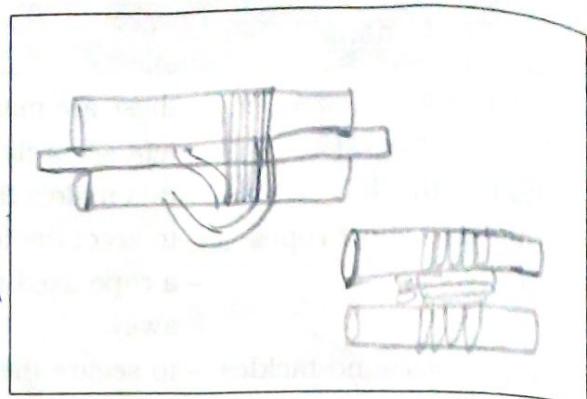
Q. 2. Match the following :

Group 'A'	Answers	Group 'B'
(1) Clove Hitch	- use to tie the end rope of the tent to the pole	(a) enables a rope to be shortened without cutting it
(2) Sheep Shank	- enables a rope to be shortened without...	(b) used to bind wooden logs and bamboo poles together
(3) Timber Hitch	- used to bind wooden logs and bamboo	(c) used to rescue people who are trapped in the upper part of the building
(4) Fisherman's Chair Knot	- used to rescue people who are trapped	(d) used to tie the end rope of the tent to the pole.

Q. 3. Write short notes on :

(1) Round Lashing (Draw Diagram) :

It is used to join two poles in a straight line.
It can be used to make a bridge or strengthen a broken leg.



(2) Short Splicing :

Short splicing is used to strengthen a weak rope or to make a bigger rope out of the small ones.

Q. 4. Answer in brief :

(1) Write any three things that one has to keep in mind while camping.

Ans. ① Select a picturesquely place
② A shaded area for cooking is necessary
③ Fire-wood should be easily available.

(2) Write the uses of Sheet bend.

Ans. tie two ropes of different width or to tie a rope to the end of a sheet. To tie the rope for the flag or a sail.

(3) Write the uses of Short Splicing.

Ans. Strengthen a weak rope, to make a bigger rope out of the small ones.

(4) What equipment do you need to erect a tent?

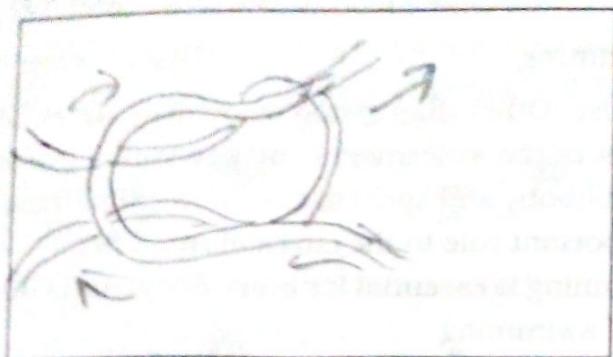
Ans. long and short ropes are needed to erect a tent.

(5) What are the measures taken to keep the tent material safely after it is pulled down?

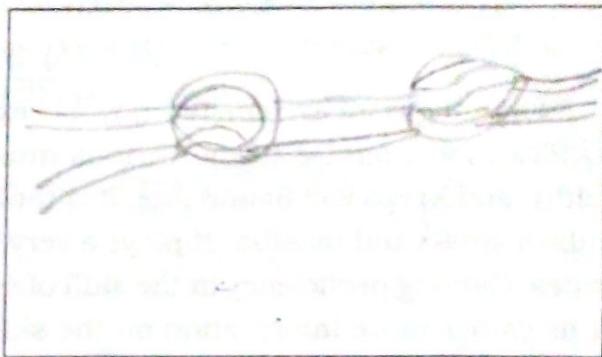
Ans. The tent should be folded and kept inside the bag with mothballs. bambooas should be neatly cleaned and the ropes and other equipments should be kept in small bags.

Q. 5. Draw the following diagrams :

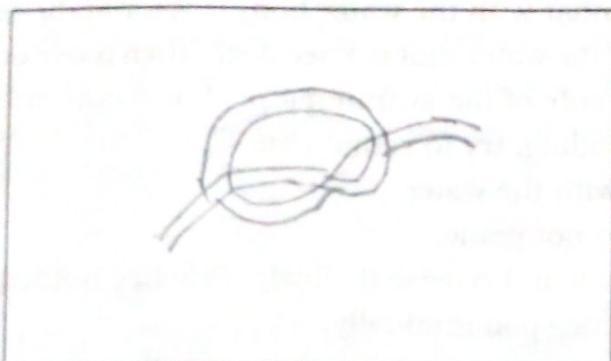
(1) Reef Knot :



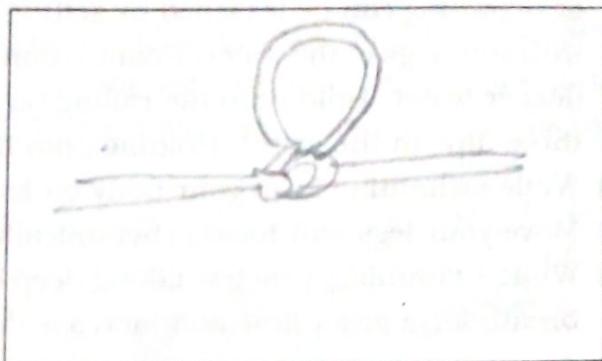
(2) Fisherman's Knot :

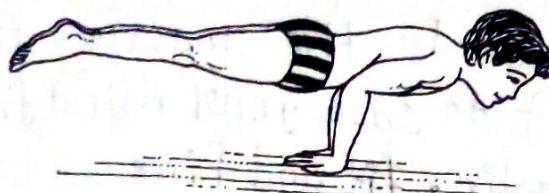


(3) Man Harness Knot :

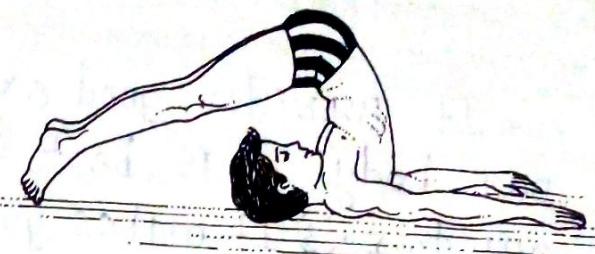


(4) Figure Eight shaped Lashing :





(5) Mayurasana



(6) Halasana

(7) Group Leader :

Requirements –

- (1) Should know to play and conduct any four of the following games :
 - (a) Games such as Tag games, Relay races, Sense Training games, Ball games, Individual contests, etc.
 - (b) Team games such as football, cricket, hockey, etc.
- (2) Should organise games during the weekend (for a period of two months) for children in the neighbourhood.

Self-Study

Q. 1. Answer in one sentence :

- (1) What precautions, regarding breathing, should be taken while swimming?

Ans. Practice taking deep breath and practice holding the breaths

- (2) From whom should you learn swimming?

Ans. from the professional swimmer

- (3) What does Free Style swimming mean ?

Ans. Balancing your body with the help of hand in the water is

- (4) How many kilometres is a Scout hiker required to walk? called -----

Ans. 160 km is a Scout hiker required to walk

Q. 2. Write short notes on :

(1) Breast Stroke :

The hands together move into the water, towards the hips. This moves your body forward. This type of swimming is called Breast stroke.

(2) Butterfly Stroke :

Both the hands are taken in front and then moved in the manner of a butterfly spreading its wings and then taken back. At the same time try to push the water by your leg is called as butterfly stroke

(3) Games Leader :

Games leader should know at least four types of games like Tag games, Relay races, etc. and Should know to play football, cricket, hockey

Q. 3. Answer in brief :

(1) What are the benefits of swimming?

Ans. It provides good exercise to the muscles in our body. It is best sport to ease your mind from any stress. ③ It makes you active, fit and fine.

(2) What precautions should be taken while swimming? (Give any 3 points).

Ans (1) moves your legs and hands rhythmicly don't panic
(2) while swimming keep your body with the level of water.
(3) Before learning to swim you should get aware
(4) Write down any four safety factors of water.

(3) Write down any four safety rules regarding swimming.

Ans. ① Learn to swim only from professional swimmers
② Learn to swim in shallow water. ③ That the life
guards are around. ④ Never swim if you're not feeling well

(4) What are the requirements one has to fulfil in order to earn the proficiency badge of a climber?

Ans. (1) Should have the thorough knowledge of first aid.
(2) Should have a knowledge of mountainous areas covering at least 2 km radius. (3) know to use magnetic compass and maps.

(5) Give any two requirements that a Guide has to fulfil in order to earn the proficiency badge of a hiker.

Ans. ① Be able to cook any 2 dishes with coal/gas or with utensils. ② Possesses a complete knowledge of lighting a fire and collecting fire wood.

- (3) The following steps can be taken while giving first aid .**
- (1) Check the person's breathing, and pulse frequently. If necessary, begin mouth-to-mouth breathing. Call the doctor immediately.
 - (2) Find out the reason of the person's unconsciousness if possible and try to eliminate it.
 - (3) Place a pillow under the person's back. Do not place a pillow under the head. The position of the head should be lower than the body so as to supply it with enough blood.
 - (4) Loosen the clothes of the person. See that the flow of fresh air is not blocked.
 - (5) Sprinkle cold water on the person's face.
 - (6) Do not give an unconscious person any food or drink.
 - (7) After the person regains consciousness, give him/her tea or coffee with a little more sugar than usual. Avoid giving such a drink to a person who has had a heat stroke.
 - (8) Sponge the body of the person who has had a heat stroke with cold water and apply cold bandages on his/her stomach.

(C) Suffocation

(1) What is Suffocation ?

Suffocation is the condition of being deprived of oxygen.

(2) Symptoms of suffocation :

- (1) Shortness of breath or breathlessness
- (2) Skin discoloration
- (3) Slower or strained breathing
- (4) Falling unconscious.

(3) Some general tips for first aid :

- (1) The patient should be shifted to the open air.
- (2) Give mouth-to-mouth breathing if required.
- (3) Call the doctor immediately.

Self-Study

Q. 1. State whether the following statements are True or False :

Statements

- (1) Many people may feel dizzy at the sight of blood.
- (2) The unconscious patient should be fed to avoid starvation.
- (3) Certain physical conditions may render a person unconscious.
- (4) Suffocation is the condition of being deprived of oxygen.

Answers

True

False

True

True

Q. 2. Answer in one sentence :

- (1) What visual illusions does a dizzy person undergo ?

Ans. Seeing blind spots or twinkling lights

- (2) What drink should you give a person who has recovered from dizziness ?

Ans. Tea or coffee

- (3) In what situation will you give the patient mouth-to-mouth respiration ?

Ans. When the person is not breathing properly.

Q. 3. State what you would do in the following situations :

(1) Your friend fainted because of weakness.

Ans. I will first make him / her awake and give them a cup of coffee / tea with more sugar than usual.

(2) Your younger sister fell unconscious and you do not know the first-aid to be given.

Ans. I will say to my parents and take some advice from them after she got her conscious.

(3) Your house is full of smoke as the curtains in the kitchen have caught fire.

Ans. I will try to execute the fire by pouring water if it is not working then will suggest a fire extinguisher.

Q. 4. Answer in brief :

(1) What is dizziness?

Ans. Dizziness is a feeling like everything is spinning around you and you can't balance. It can be caused due to illness, weakness, hearing something shocking etc.

(2) What first aid will you give to a patient who has fainted due to dizziness?

(Give any three points.)

Ans. ① find out the reason of dizziness.

② loosen the cloth of the patient.

③ Given mouth-to-mouth respiration if required.

(3) Write the symptoms of an unconscious person.

Ans. ① face turn pale and dusky.

② The pulses becomes slow.

③ An unconscious person doesn't answer to any question or dry stimulation.

(4) Explain any two ways in which you will give first-aid to a person who is unconscious.

Ans. ① call the doctor immediately, if the mouth-to-mouth respiration is not working.

② Sprinkle cold water on the person's face.

(5) Give the symptoms of suffocation. (Write any two points.)

Ans. ① skin discoloration.

② slower or strained breathing.

Q. 1. Answer in one sentence :

(1) What is the motto of Scouts and Guides?

Ans. The motto of Scouts and Guides is "Be prepared".

(2) What are the problems we face today as a nation? For the service of other, Parochialism, violence, abuse etc.

Ans. We face problems like, Supervision, illiteracy, casteism

Q. 2. State what you would do in the following situations :

(1) Rumours regarding a riot have spread in your neighbourhood.

Ans. I just was from them.

(2) You are in your classroom and the earth starts shaking.

Ans. I will involve them and earth starts shaking.

(3) You are travelling in a bus and your fellow passenger leaves behind his luggage and gets off the bus.

Ans. It is a problem of today. Not a promise at be done person.

Q. 3. Answer in brief :

(1) Which qualities will stand you in good stead during a disaster?

Ans. ① Stimulate disasters like situation and conduct mock drills of disaster management. ② Plan out in details the activities to be undertaken in case of emergency.

(2) What can a Scout/Guide prove by acting instantaneously?

Ans. ① Do not hesitate at time of crisis.

② Do act and immediately to prove your integrity and safety-worth.

(3) Write any two disaster management projects that students can undertake.

Ans. ① Plan & practise with the help of make drills the manner which distance like floods, cyclone and storm.

(2) What does the title and subtitle of a map indicate?

Ans. Title and Subtitle indicate region & type of map.

(3) What scale of proportion is usually used in maps?

Ans. The Scale term means size of map size of area

(4) What is the sign used to indicate the north direction?

Ans. red arrow (N) shows the North direction.

Q. 2. Write short notes on :

(1) Directions :

To indicate the location of a particular place is essential to understand its relation with other one places.

(2) Scale of a map :

Scale refers to relationship between size of the map and the actual size of area that is map as relative distance.

Q. 3. Answer in brief :

(1) What is a map?

Ans. A map is drawing to particular area showing its feature it may be a representation of a country a cities a neighbour's house or a village.

(2) What are the uses of the signs and symbols indicated on a map?

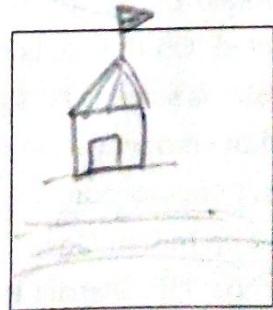
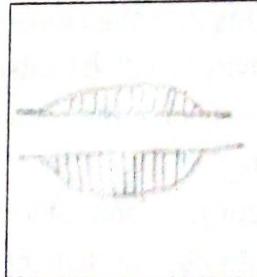
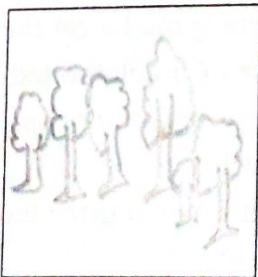
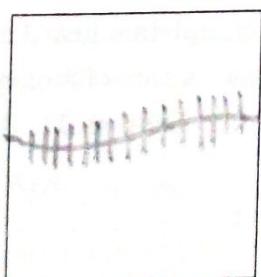
Ans. It is not possible to draw the feature like as Seigh & Symbols that represent those object & features are used.

(3) Give any two points that one has to keep in mind while drawing a map.

Ans. (1) Keep in mind the actual distance of place included in the map. (2) keep the note of directions are they in which they are the in actual direction.

Q. 4. Draw diagrams of the following signs and symbols :

(1) Rail route : (2) Forest : (3) Road Cutting (4) Temple :
across a
mountain :



- (ii) The State Commission – at the State level.
- (iii) The National Commission – at the national level.

Apart from getting redressal at the above Forums, the Supreme Court of India is the final court of approval.

Scouts and Guides are expected to create awareness among people in their neighbourhood about the following :

(1) The Rights of the Consumer : The Consumer Protection Act of 1986 enshrines the following rights of the consumer :

- (1) Right to safety.
- (2) Right to information.
- (3) Right to choose.
- (4) Right to be heard.
- (5) Right to seek redressal.
- (6) Right to consumer education.
- (7) Right to environment.

Consumer Rights cover not only the goods bought by the consumer but also the services that he/she avails of, like, banking and telecom services. The Consumer Protection Act has succeeded in bringing about fairplay in the supply of goods and services available giving substance to the adage : 'Customer is King'.

(2) Duties of a Consumer :

- (1) Must check products before buying.
- (2) Should demand a proper receipt on any purchase.
- (3) Should help in controlling the pollution.
- (4) Should take active part in consumer education.
- (5) Must acquire the basic knowledge of goods and services.

The consumers can participate in campaigns such as 'Jago Grahak Jago' or the activities of numerous non-government consumer organisations.

Self-Study

Q. 1. Fill in the blanks :

- (1) In an attempt to increase production levels, many a time, the manufacturers produce goods in large quantities without paying attention to the quality of the products.
- (2) Advertisements, in a good number of cases, mislead the consumers.
- (3) The consumers are protected by the Consumer Protection Act of 1986.

Q. 2. State what you would do in the following situations :

- (1) Trusting an advertisement you purchased a soap but your skin started itching after you used it.

Ans. I will complain to the customer care.

(2) Your mother purchased some clothes but the shopkeeper is not ready to give a receipt.

Ans. I complained him & told to give him a long time of punishment.

(3) You purchased a new pen set which turns out to be defective.

Ans. I used it and found it more defective and then go with my parents then complain about it to the shop keep,

Q. 3. Write short notes on :

(1) Lack of unity among consumers :

The products of traders are usually untrustworthy. They make more money by cheating consumers but there is lack of unity among consumers.

(2) Consumer Redressal Forums :

A sum of money is paid to injury or loss of consumer. Redressal is act correcting error or evil or a fault or bad.

(3) Duties of a Consumer :

① Should acquire consumer knowledge. ② Should demand food proper recipi. ③ consumer should check the product before buying.

Q. 4. Answer in brief :

(1) What is Consumer Education ?

Ans. The Scout & guide shootful lodging consumers raised against such illegal activities and about details of traders.

(2) Why is the Consumer Protection Act enacted ?

Ans. Consumer protection act enacted because of the cheating done consumers by units of retailing and dealers.

(3) How does a consumer get cheated because of ignorance ?

Ans. Some time consumer ignore to check the price of the product & quality then the dealers take excessive amount from consumers.

(4) Write any four Rights of a Consumer.

Ans. ① Right to choose ② Right to be heard.

③ Right to Safety & ④ Right to Information.

The programmes conducted by the Bharat Scouts and Guides are as follows :

- (1) Jamborees at the State and National level.
- (2) Training sessions, debates and discussions conducted at the state level.
- (3) Awarding the Rajya and Rashtriya Puraskar, and the Prime Minister's shield.
- (4) Organising trips to historical, social, religious and industrial places of interest.

The following is a list of some projects that can be easily undertaken :

- (1) Write and enact plays that convey the spirit of national integration.
- (2) Organise celebration of various festivals.
- (3) Prepare a general awareness programme making the public at large aware of their constitutional rights and duties.
- (4) Take active part in rendering help to the victims of any natural calamities.
- (5) Try and learn as many languages as you can.
- (6) Prepare projects that discuss the role of our country and the world from the perspective of global brotherhood and unity.
- (7) Organise cultural and educational programmes that would improve friendly relations with other countries of the world.
- (8) Prepare projects that focus on issues such as pollution, population growth, global warming, etc.

Self-Study

Q. 1. State whether the following statements are True or False :

Statements

- (1) Terrorism of all sorts are to be condemned.
- (2) Fighting against the divisive forces is the sole responsibility of the government.
- (3) Our country will prosper only if one community or caste progresses.

Answers

True

false

false

Q. 2. Answer in one sentence :

- (1) What does national integration mean ?

Ans. The consolidation of the diverse riches of our country

- (2) What instil in us a feeling of common bond ?

Ans. The fell that we are part of rich culture of heritage ins fill this fell

- (3) What is the core of national unity and integration?

Ans. The feeling of dhesat in the core of national unit integration.

Q. 3. State what you would do in the following situation :

- (1) Your neighbouring district was hit by a massive earthquake.

Ans. I will try to motivate my neighbour give him/her a medical after wish can get

Nothing

(2) One of your classmates harbours prejudice against certain castes.

Ans.

He Should take a madrone on a properties.

(3) You are asked to celebrate different 'language days' in school.

Ans. we will asted to teacher and celebrate it with a last chapter.

Q. 4. Answer in brief :

(1) What tasks can be undertaken to create the feeling of national unity amongst the people of our country?

Ans. ① Organising discussion debat & easy visiting campation ion topics as religion's to learn and Saivism

(2) Why should we try to improve the friendly relations with other countries of the world?

Ans. So that relation would became more strons and can take the ~~he~~ help of one another at the point of needs situdtion.

(3) What are the programmes conducted by the Bharat Scouts and Guides.

Ans. ① Sambaross at the State and National level
② training Session debutor & discession conduct^{ed} at the state level.

- (3) ... massage the fractured area with any oil or ointment.
- (4) ... try to push inside a broken bone which is protruding out of the skin.
- (5) ... speak unnecessarily to the patient, for it may give him/her stress.

Self-Study

Q. 1. Fill in the blanks :

- (1) When the bone of a certain part of a body breaks or cracks internally, without any obvious outside injury, we call this a Simple fracture.
- (2) The Shape of the adjoining area of the fracture changes.
- (3) Do not massage the fractured area with any oil or ointment.

Q. 2. Answer in brief :

- (1) What are the different types of fractures?

Ans. There are three major types of fracture

- ① Simple fracture
- ② Compound fracture.
- ③ Complete fracture.

- (2) How will you recognise a fracture?

Ans. ① Sensation of stiffness between two bones
② The shape of adjoining area changes it may swell
③ They are become very stiff.

- (3) What is the first aid that you would give a person who has had a fracture? (Give any four points.)

Ans. ① Apply an if Pack on the swollen area.
② If bleeding occurs first try to stop bleeding
③ Do not tease him.

- (4) What care should you take, if the leg is fractured?

Ans. ① If leg is fractured support the leg with cloth
② Stop bleeding
③ Tie a wooden splint on mules
on both the sides of the leg.
④ If both the legs are
fractured support both the legs upon to cloth

The information that one should gather while on a nature study project :

- (1) Make a list of the various places that you are to visit and fill in information accordingly.
- (2) Find out the names of the local birds that are to be found in the area and try to find their pictures. Find out the reason why they are found in that particular area.
- (3) Try and get the footprints of the animals that come to drink water at the lake/pond/stream/river/rivulet.
- (4) Study the various plants, the types of leaves, flowers and fruits they bear. Do not harm the trees in any way.

Self-Study

Q. 1. State whether the following statements are True or False :

Statements

Answers

- (1) Wet twigs should be left to dry and then used as firewood.
- (2) Patrol campaigns and tours develop leadership skills.
- (3) Cooking is an art.
- (4) Nature study projects are harmful for the environment.

True

false

True

false

Q. 2. Answer in one sentence :

- (1) For how many people are the Scouts and Guides of Standard X expected to cook ?

Ans. four people these expected to cook.

- (2) Give the list of food items that one has to prepare.

Ans. (1) Salad (2) chapati (3) Rice (4) dal (5) papad,

- (3) What should you do if ants are troubling you while cooking in the open ?

Ans. We Should Sprinkle turmeric powder.

- (4) What things can be presented during the Patrol campaign/tour ?

Ans. Various games and activities am be presented.

- (5) Where can you get the footprints of animals ?

Ans. We can get them at lake pond stream river.

Q. 3. State what you would do in the following situations :

- (1) While cooking, the boys at the Patrol campaign/project/tour are not ready to cut the vegetables.

Ans. Then I and my girl patrol will help to them.

- (2) You are finding it difficult to pitch the tent in the open.

Ans. I will take help of near no now people

- (3) The area where you are to conduct your Patrol campaign/project is unclean and full of potholes filled with muddy water.

Ans. Our patrol will clean it & make it eco-friendly, and cleanliness area.

- (2) Be able to name 40 different animals, insects, reptiles or birds and through observation, give particulars about the habits of at least five of them.
- (3) Make a collection of fifty pressed common flowers, with the name, place and date (when found) written below, making an effort to group them in families.
- (4) Make a collection demonstrating one of the following :
 - (i) How seeds are distributed.
 - (ii) How plants climb.
 - (iii) How plants protect themselves.
 - (iv) How flowers are pollinated.

Self-Study

Q. 1. Match the following :

Group 'A'	Answers	Group 'B'
(1) Pioneer	- Ability to tie knots	(a) General knowledge of the working of the Judicial System of the country.
(2) World Conservationist	- Awareness re-garding Pollution and its effects	(b) Ability to name different animals, insects, reptiles or birds.
(3) Community Worker	- Organise camp in the neighbourhood.	(c) Ability to tie Knots.
(4) Citizen	- General knowledge of the working of the judicial system of the country.	(d) Awareness regarding pollution and its effects.
		(e) Organise camp in the neighbourhood

Q. 2. State whether the following statements are True or False :

Statements

- (1) A knife should be used to cut the green twigs of trees.
- (2) It is important for a pioneer to get information from the surrounding area.
- (3) Conservation of the natural resources is the responsibility of Scouts and Guides.
- (4) Scouts and Guides are not required to get information regarding the public buildings.

Answers

False

True

True

False

Q. 3. Write short notes on :

(1) World Conservationist :

① Know the cause of Pollution and the method of controlling ② understanding the importance of

pioneer of nature & sin out was of conservation natural
only with life.

(2) Citizen : know the basic qualification of
the citizen now to vote to know the function of the
Vidham Sabha Raghavabha, vidhan sabha.

(3) Naturalist : Thus keep natural dions with at least one
enfrees Erndins up to 6 month body to identify
plant & road their sketches how to plant seeds
etc

Q. 4. Answer in brief :

(1) What kind of training is given to pioneers?

Ans. They are given training knot typing lashing
Whipping splicing and skill related to use rope can
and storage shapes spaces related point eat pronous

(2) What kind of information should a pioneer gather?

Ans. ① Bus & start outs around surrounding areas
② cooking and first aid skill
③ sport stadium play.

(3) State any three precautions that one should take while handling tools.

Ans. ① use them in only proper guidance
② keep the knife in take position of ten using

(4) Write the uses of a knife, an axe and a saw.

Ans. ① knife cutting use & tool & making handicraft
② An axe splitting dryless while gathering
fire wood ③ AS cutting bamboo other wooden pae.

(5) Write the requirements one has to fulfil to earn the proficiency badge of a
Community Worker.

Ans. ① know the process of community its development
② come of least 95 young village
③ Start a project in single view.

- (1) Take adequate care so as not to allow the fire to spread.
- (2) Douse (put off) the fire with dry soil, sand or water.
- (3) Use green branches of plants and bushes to beat the fire and douse it.
- (4) Ask all students to keep a distance from the fire.
- (5) Call the police and fire brigade immediately.

Self-Study

Q. 1. Answer in brief :

- (1) What is a campfire?

Ans. A campfire is a fire lit at a campsite, usually in fire ring. Campfires are a popular feature of campaign particular among Scout and guide.

- (2) What is the importance of a campfire? (Give four points.)

Ans. 1) It adds to the zest and enthusiasm of the campers. 2) It helps to showcase the innate talents and skills of students.

- (3) What games can you play at a campfire?

Ans. Singing of folksongs, trying of knots, treasure hunt, Identify the call or sound.

- (4) Write any four ways in which you can prevent the fire from spreading.

Ans. ① Use green branches of plants and bushes to beat the fire and douse it.

② Ask all students to keep a distance from the fire. ③ Call the police and fire brigade immediately.

Q. 2. State what you would do in the following situations : *immediately,*

- (1) Students of your Patrol want to make a huge campfire.

Ans.

- (2) Suddenly the surroundings caught fire during the campfire.

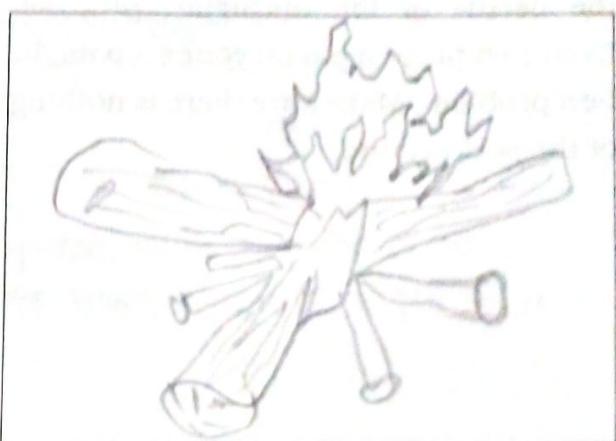
Ans.

Q. 3. Draw the following diagrams :

(1) Pyramid fire :



(2) Star fire :



4

Magnetic Compass

(1) Composition of a Magnetic Compass.

A magnetic compass consists of a small, lightweight magnetic needle balanced on a point. The circular dial of the compass is divided into 360 parts. The 0° or the 360° indicates the North, the 90° indicates East, the 180° indicates South and the 270° indicates West. The directions shown on the magnetic compass are at a distance of $22\frac{1}{2}^\circ$ away from each other. One end of the needle is often marked 'N,' for north, or coloured in some way to indicate that it points toward north. No matter where you stand on Earth, you can place the compass on the ground and it will point toward the North. Once the north is known you can find the other directions.

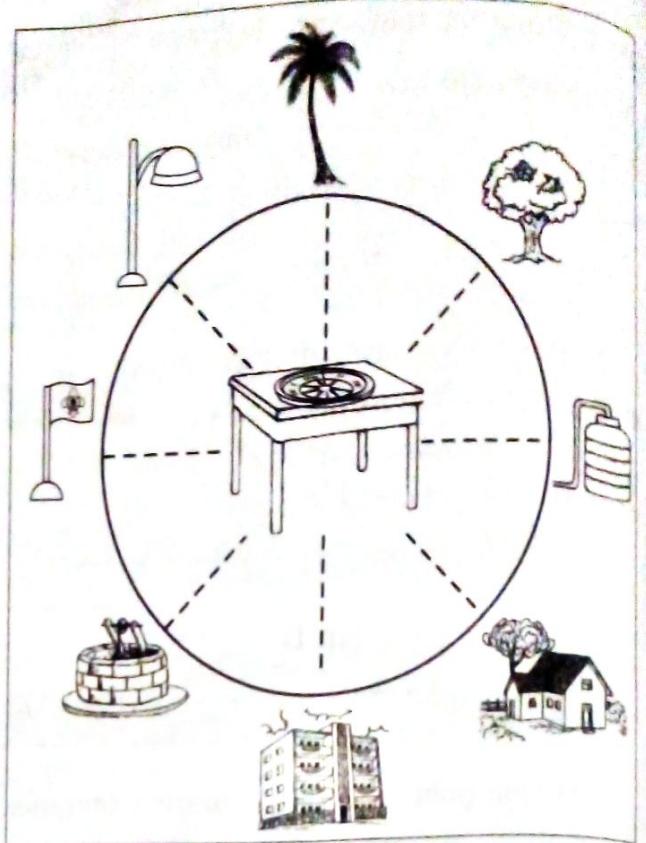
(2) Uses of a magnetic compass :

(1) You can find the North direction. (2) Find the direction of the place you want to go to. (3) To read a map. (4) Find out on the map where you are situated.

(3) How to use a magnetic compass ?

Place the magnetic compass on the ground, the needle will, after a while, rest in the North direction. On the basis of the north, you can find the other directions.

If you are carrying something of iron or something like that, it might disturb the needle of the magnetic compass. Even a staple or a pin on your map might be a problem. Make sure there is nothing of the sort around.



Self-Study

Q. 1. Fill in the blanks :

- (1) The circular dial of the magnetic compass is divided into 360° parts.
- (2) The needle of the magnetic compass always points toward the North.

Q. 2. Answer in brief :

- (1) Write four uses of a magnetic compass.

Ans. ① You can find the North direction ② Find the direction of the place you want to go to. ③ To read a map. ④ Find out on the map where you are situated.

- (2) Give the composition of magnetic compass.

Ans. A magnetic compass consists of a small, lightweight, magnetic needle balanced on a point. The circular dial of compass is divided into 360 part.

- (3) How would you find the degree of a particular place from the north?

Ans. Place the magnetic compass on the ground. The needle of the compass will indicate the north. Face the direction of the place whose degree you want to determine. The centre of the magnetic compass and the place should be in one line.