GUIDE SECTION

Pravesh

Article No.	Particulars	Remark (As it is / Revised)
9 (iii) (a) (i)	**A Guide Aspirant must have holistic knowledge of the movement**	As it is
(ii)	**Have brief information of the origin of Guiding along with definition, purpose principle and method of the Bharat Scouts and Guides.**	As it is
(b)	Guide Promise and Law.	As it is
(c)	Guide Motto, Sign, Salute and Left Hand Shake.	As it is
(d)	Daily Good Turn at home and maintain a diary atleast for a month.	As it is
(e)	Know the parts of Guide Uniform and how to wear it.	As it is
(f)	Know the composition and significance of the National Flag, the Bharat Scouts and Guides Flag and the World Guide Flag **and the FlagEtiquette**	As it is
(g)	**Sing correctly National Anthem, Bharat Scouts and Guides Prayer and Flag Song. Know about the composer, duration and meaning of the songs**.	As it is
(h)	Attend atleast four Company meetings.	**This can be substituted with Zoom Meetings/Whatsapp Group/ Phone Calls and can share individual activity at home.**
(i)	**Undertake a 4 hour purposeful outing with her Patrol**.	**Make a report on your favourite places in your locality.**

Pratham Sopan

Article No.	Particulars	Remark (As it is / Revised)
14 (I)	**LOOKING AFTER YOURSELF :** (a) Be able to tell correctly about "your duties at home". (b) Be able to make your bed. (c) Know the health rules regarding personal cleanliness. (d) Learn and Practice B.P. Six exercises/Yoga /Asanas / Surya Namaskar. (e) Stitch a button. (f) Clean and polish canvas/ leather shoes. (g) Make a personal First -Aid Kit and know its contents. (h) Should know the definition and Golden rules of First Aid.	As it is
(II)	**DISCIPLINE :** (a) Learn about your Patrol, its Flag, Yell, Song, Patrol Corner and Participate in a Patrol-in-Council. (b) Learn and practice Hand and Whistle Signals. (c) Foot Drill: Savdhan, Vishram, Aram se, Dahiney, Bayen and Pichey Mur. (d) Participate in a Company and Patrol game. (e) Satisfy the Guide Captain that your behaviour at home and at school is good.	(a) Learn about your Patrol, its Flag, Yell, Song, Patrol Cornerand participate in Patrol in Council can be substituted by participating in virtual meeting. (b) As it is (c) As it is (d) Participate in an indoor game with your family.
(III)	**ROPE WORK:** (a) Whip the ends of a rope. (b) Tie and demonstrate the uses of the following knots: Reef knot, Sheet Bend, Clove Hitch, Bowline, Sheep Shank, Fisherman, Round Turn and Two Half Hitches. (c) Tie and demonstrate Shear Lashing Mark I and Mark II. (d) Make a gadget or a handicraft useful at home.	a) As it is (d) As it is
(IV)	**SERVICE :** (a) Undertake a Company Service Project in your School or Guide	(a) Prepare 10 mask at home with the help of your family

	Headquarters under the guidance of your Guide Captain. (b) Deal with simple cuts, burns and bleeding from the nose. (c) Undertake household responsibilities like cooking, water storage, hospitality, cleanliness etc. with the help of parents for a week. (d) Daily Good Turn at home and maintain a diary at least for a month. (e) Participate in the following activities, (i) Discuss with your Guide Captain and render some service involving any one of the points of Guide Law and submit a report to your Guide Captain within a week. (ii) Undertake a nature study project in consultation with your Patrol Leader and submit the report within ten days. **OR** Visit a village Panchayat Samiti/Block Development / Municipality / Municipal corporation office and learn about the services rendered by one such public organisation and submit a report to your Guide Captain within ten days.	members and provide to Unit Leader. (b) Know how to deal with simple Cuts, Burns & Bleeding from the nose. (c) As it is (d)As it is (e) May be substituted with the following activities: (i) Provide awareness on how to prevent spread of COVID-19 within your family and prepare posters, hand-bills in your regional language and paste it at public place/ outside front wall of your house. (ii) Gather information on the services rendered by the various scouts/guides units in the district during the COVID Pandemic
(V)	**COMMUNICATION :** Be able to use the PCO and Mobile Phone and be acquainted with the facilities available on it.	Be able to use the Mobile Phone and be acquainted with some of the facilities available on it.
(VI)	**OUT OF DOORS :** (a) Know the simple wood crafts signs and follow a trail with her patrol of not less than half a kilo meter. (b) Know and Practice Road Safety Rules for pedestrians. (c) Participate in a Nature Study Trail.	OUT OF DOORS : May be substituted with the following activities: (a) Learn woodcraft sign and create a trail for your family in the house. (b) Learn road safety rules for pedestrians. (c) Plant Flower Saplings, Trees and do gardening at home.
(VII)	**Serve as a Pravesh Guide for atleast six months.**	As it is

Dwitiya Sopan

Article No.	Particulars	Remark (As it is / Revised)
15 (i)	**Pioneering :** (a) Demonstrate Timber hitch, Rolling hitch, Marline spike/ Lever hitch and Figure ofEight knot and their uses. (b) Tie the following lashings: Square and Figure of Eight lashing and know their uses. (c) Demonstrate the uses of hand axe or chopper and know the safety rules and how to keep them sharp. (d) Demonstrate the uses, safety and sharpening dagger or a pen knife and the use of a screw driver, pliers and hammer.	(a) As it is (b) As it is (c) Learn safety rules of hand axe or chopper and know how to keep them sharp. (d) As it is
(ii)	**Fire :** (a) Know different types of fire used in camping/outing. (b) Lay and light a wood fire in the open with not more than two match sticks.	(a) As it is (b) Exempted
(iii)	**Cooking :** (a) Know the working and maintenance of a kerosene pressure stove or a Gas stove. (b) Cook in open two simple dishes enough for two persons and make tea/coffee. (c) Know the safety precautions in case of gas leakage.	(a) As it is (b) Cook in at home two simple dishes enough for two members& make tea/coffee. (c) As it is
(iv)	**Compass and Map :** (a) Know the sixteen points of a compass. (b) Be able to find North by at least two constellation during night. (c) Using a compass find the bearing of various objects from your position. (d) Follow a trail laid out using compass bearing and distances. (e) Know the terms : Scale, Direction, Conventional signs, Contours and Grid reference (f) Be able to use a tourist map	(a) As it is (b) As it is (c) As it is (d) Prepare a trail for your family in your house using compass/protector. (e) As it is (f) Able to read a tourist map
(v)	**First Aid :** (a) Have knowledge about wounds and know how to deal with Bleeding, Burns and	(a) As it is

	Scalds, Sprains, Stings and Bites. (b) Demonstrate the use of Roller bandage. (c) Demonstrate the use of a Triangular Bandage for the Head, Hand, Knee, Foot, Ankle and Fracture of Arm. (d) Improvise a stretcher.	 (b) As it is (c) As it is (d) As it is
(vi)	**Estimation :** (a) With the help of improvised apparatus, estimate two distances/widths of not more than one hundred metres but not less than thirty metres. (b) Know the length of your stride/pace and using this, estimate the distance travelled.	 (a) With the help of improvised apparatus, estimate two distances/widths. (b) As it is
(vii)	**OUT OF DOORS** : (a) Participate in a Company Wide Game. (b) Participate in a Company Campfire and know at least two folk/patriotic songs and participate in a Patrol skit. (c) Know and practice Road Safety Rules for vehicles. (d) Know how to ride a bicycle. (e) Visit a factory in the neighborhood of schools/colleges/residence to understand themanufacturing process of various products and also to respect the dignity of labour.	 (a) Practice Yoga/Aerobics/Surya-Namaskar at home (b) Participate in Virtual Camp-fire and present a patriotic song, dance, skit, yell, poem etc. (c) Know road safety rules for vehicles. (d) Prepare homemade 10 Mask and provide to Unit Leader (e) Demonstrate hand wash procedure to you family as prescribed by UNICEF for prevention of COVID.
(viii)	**SERVICE :** Complete any one of the following: (a) Undertake a development Project in your school in consultation with the head of the institution. (b) Participate in one or more Social Service Camp/ camps covering over a period of a month. (c) Serve in community Fair or Mela including preparatory and post event assignments of Fair/Mela. (d) Participate in an Anti Litter Campaign with your Patrol and help to clean up an area around your school or headquarters. (e) Demonstrate the 3R's of Conservation: Reduce, Recycle and Reuse.	SERVICE : May be substituted as: Complete any one of the following : (a) Teach atleast 10 neighbours how to wash hands or how to dispose -off used mask. (b) Learn on how to create awareness on COVID-19 protection (c) Register on IGOT as BSG member and get the certificate for basic of COVID (d) Complete Entry level of plastic tide turner by registering on www.tide-turner.org (e) As it is

	(f) To form and participate in Self Help Groups and such other sustained activities where Guide Skills are made use of.	(f) Prepare posters/hand-bills on prevention of COVID and paste it in the public places/ front wall of your house.
(ix)	**SENSE TRAINING :** Know and play Kim's game to enhance observation, taste, sound, smell and touch.	As it is
(x)	Qualify for **any Two** from the following ProficiencyBadges:- (i) Cook, (ii) Debator, (iii) Friends to Animals, (iv) Gardener, (v) Handy Women, (vi) Cyclist (vii) Laundress, (viii) **Reader,** (ix) **Child Nurse.**	As it is
(xi)	**DISCIPLINE** : (a) Know the various Company formations. (b) Be able to march three deep with your Company smartly and in good order. Follow drill commands during marching. (c) Participate in Four All Faiths Prayer meetings in your Company	(a) Exempted (b) Practice simple drill at home (c) Learn Prayer of your faith and belief at home with the support of your parents.
(xii)	**COMMUNICATION :** (a) Use a Computer and know the advantages and disadvantages of mobile phone and internet. (b) Know how to use the internet and access the website of the Bharat Scouts and Guides.	As it is
(xiii)	**PATRIOTISM :** Collect information on our heritage and culture and prepare a log book.	As it is
(xiv)	Serve as Pratham Sopan Guide for atleast six months.	As it is

Tritiya Sopan

Article No.	Particulars	Remark (As it is / Revised)
16 (1)	**PIONEERING :** (a) **Tie and know the use of the following:** Fireman's chairknot, Man Harness knot, Bowline on a Bight, Draw Hitch. (b) Tie and demonstrate the use of the Diagonal Lashing. (c) Use another method of whipping other than the one used in Pratham Sopan. (d) Make a flag mast of at least three staves with your patrol and demonstrate for Flag Break. (e) Make a temporary shelter for yourself. (f) Know any one method of Splicing: Eye/Back/ Short.	(a) to (c) - As it is (d) Make a Flag Mast with atleast two staves at home and describe in your log book. (e) As it is (f) As it is
(2) (i)	**Swimming :** (a) Swim fifty metres. (b) Know the safety rules of swimming. Know how to deal with cramps. **OR** (ii) Earn any one of the following Proficiency Badges: (a) Athlete (b) Climber (c) Games leader. (d) Gymnast (e) Hiker (f) Yoga (g) Cyclist	(i) Exempted (ii) Earn any one of the following Proficiency Badges not earned earlier: (i) Yoga (ii) Cook (iii) Debator (iv) Friend to Animals (v) Gardener (vi) Launder (vii) Reader
(3)	**Estimation :** Be able to estimate height, depth, width, numbers and weight using recognized methods of estimation.	Be able to estimate height, widths, numbers & weights using any methods of estimation at home.
(4)	**First Aid :** (a) Know how to deal with emergency situations such as Drowning, Electric Shock, General Shock, Automobile Accidents and Human Being caught in fire.	(a) As it is

	(b) Treat for Choking. (c) Deal with simple fracture of collar bone, Upper arm, Forearm, Hip and Lower leg. (d) Treat for Heat Stroke and Sun Stroke (e) Demonstrate CPR (Cardio Pulmonary Resuscitation). (f) Place an unconscious victim in the Recovery position. (g) Transportation of victim - One Rescuer and Two Rescuers.	(b) Learn how to treat Choking. (c) Learn how to treat simple fracture of collar Bone, Upper arm, Fore arm, Hip & Lower leg. (d) Learn how to treat for Heat Stroke and Sun Stroke (e) Know artificial respiration and use of CPR (f) Exempted (g) Transportation of victim - Practice with your family members
(5)	**Mapping :** Be able to access a GPS Map and use it to follow a given route. **Or** Draw a map of the area using a Triangulation method with the help of compass or Plane Table method. **Or** Sketch a map of the route undertaken for at least four kms by using Road Traverse method or Gilwell sketch.	As it is Or As it is Or Exempted
(6)	**Talk :** During the company meeting, give a talk for about five minutes on **any one** of the following subjects: (a) National Integration, (b) Child Abuse, Child Education, Child Health,Child Social Security and Child Labour. (c) Substance Abuse. (d) Your future Guide Training. (e) Gender Equality. (f) Free Being Me.	Prepare a talk for about five minutes on any one of the following subjects and present it to your family: (g) COVID-19
(7)	**Out of Doors :** (a) Plan an overnight Patrol camp. (b) Undertake a day hike of ten kms on foot with Patrol/Company members. Prepare meals and Tea for the patrol. Make a report and submit it within a week	(a) Create awareness about Climate action (SDG-13) through drawing/poster making/video and share it on social media. (b) Create abottle garden.

	after the hike is over. The hike route is to be given by the examiner. (c) Participate in a Night Game.	(c) Organise/participate in Virtual Camp-Fire or Prepare 40 handmade mask and handover to unit leader.
(8)	**Cooking :** Cook food for your patrol by using Backwoodsman method.	Cook food for your family members with the support of your Mother/Guardians at home for atleast a week
(9)	**Signalling :** Learn Morse Signalling and be able to send and receive simple messages of ten words.	Exempted
(10)	**Qualify for any two Proficiency Badges. One from each group (not earned earlier).** Group - A : (i) Civil Defence (ii) Community Worker (iii) **Ecologist** (iv) Pioneer (v) Safety knowledge (vi) Self Defence (vii) World Conservation. Group - B : (i) **Aids Awareness** (ii) Book Binder (iii) Citizen (iv) **Computer Awareness** (v) **DrugAwareness** (vi) **Healthy Women** (vii) **Hostess** (viii) Naturalist (ix) Path Finder	Qualify for any two of the following Proficiency Badges one from each group not earned earlier (Amended) : Group A – (i) Safety Knowledge (ii) Yoga (iii) Cook (iv) Debator (v) Friend to Animals (vi) Gardener (vii) Launderess (viii) Reader Group B – (i) Citizen (ii) Book Binder (iii) Aids Awareness, (iv) Healthy Women, (v) Drug Awareness, (vi) Computer Awareness (vii) First-aider
(11)	**KNOWLEDGE :** a) Knowledge of Guiding in India and WAGGGS (World Association of Girl Guides and Girl Scouts)	As it is

	b) Know and understand the safety measures while using ATM Card and Mobile Phone. **or** Use basic electrical/electronic devices and assemble a useful gadget at home under thesupervision of a trained adult.	
(12)	**Fire :** Complete any three of the following: a) Safety precautions regarding fire. b) Demonstrate Bucket Chain method to put off fire c) How to tackle dry grass fire d) Types of fire extinguisher and use thereof.	(a) As it is (b) Learn how to extinguish LPG Leakage (c) As it is (d) Types of fire extinguisher and its use
(13)	**Service :** Know and understand the disease tuberculoses its symptoms, treatment and precautionary measures for preventing the disease, knowledge about Directly Observed Treatments (DOTS).	Know the symptoms of COVID, its prevention, Learn about quarantine and isolation, use of PPE Kit etc.
(14)	Serve as a Dwitiya Sopan Guide for at least six months.	As it is

Rajya Puraskar

Article No.	Particulars	Remark (As it is / Revised)
17	(i) Ensure Proficiency in the tests undertaken up to Tritiya Sopan. (ii) Hold Tritiya Sopan Badge. (iii) Earn Ambulance Badge (iv) Undertake over night hike for ten kms, along with group of Guides of her own Company and submit report to the Guide Captain within ten days. **Or** An overnight cycle hike for twenty five kms along with group of Guides of her own Company and submit report to the Guide Captain within ten days (v) Work on one of the following for six months and submit a report – Kitchen garden/Roof Garden/Hanging Garden (vi) Mapping: Make a map by using any one of the method not done earlier: Plane Table or Triangulation or Road Traverse **(vii) Camp Craft :** A). Be able to pitch strike and pack a Single/Double fly tent. B) Splicing - Eye / Back / Short – anyone-not doneearlier. C) Make a model of any pioneering Project. (viii) Earn any three of the Proficiency Badges not earned earlier from among the given below: (a) Child Nurse, (g) **Public Health**,	(i) No change (ii) No change (iii) No change **(iv) Organise virtual camp-Fire with your company and submit report to the Unit leader within ten days.** **Or** **Organise Virtual Youth Forum with guides of your company and submit report to the Unit leader within ten days.** **or** **Prepare 50 mask and handover to unit leader** (v) As it is (vi) As it is **(vii) Camp Craft:** (A) Be able to pitch temporary improvised shelter in your residential complex and know the parts of a double fly tent (B) Know the different types of fire extinguisher and their use. (C) Make an improvised gadget useful at home. (viii) Earn any two of the Proficiency Badges not earned earlier from among the given below **Sanitation Promoter, Public Health women, Soil**

	(b) Community Worker, (h) **Soil Conservator**, (c) Ecologist, (i) **Solar Energy Awareness**, (d) Literacy, (j) **Safety Knowledge**, (e) **Community Singing**, (k) **Rural Worker**, (f) Sanitation Promoter, (l) **Rescuer**. (ix) Earn any two of the Proficiency Badges not earned earlier out of the following: i) Camper, ii) Pioneer, iii) Star Gazer, iv) Naturalist,v) Tracker, vi) Electronics, vii) Signaler, viii) Cancer Awareness, ix) Health, x) Nutrition Educator. xi) Farmer, xii) Dairymaid, xiii) Writer, xiv) Beautician, xv) Free Being Me, xvi) Dancer. (x) Have knowledge about the BS&G website and gain information about your Regional Headquarters.	**Conservator, Solar Energy Awareness, Safety Knowledge, Rural Engineer, Literacy, Community Worker, Rural Worker Safety Knowledge, Yoga, Cook, Debator, Friend to Animals, Gardener, Laundress, Reader** (ix) (a) Registered on www.igot.gov.in as BSG member and compete the basic of COVID certificate (b) Complete Entry level of plastic tide turner by registering on www.tide-turner.org (x) As it is

Rashtrapati Guide Award

Article No.	Particulars	Remark (As it is / Revised)
18 (B)	(i) Hold the Rajya Puraskar and be able to maintain the standard. (ii) Camping : a) Camp with her Company/ Patrol for three consecutive nights in the open. Gatheringslike Jamborees, Rallies etc are not to be count. b) Be able to improvise either a shelter or a hut or a machan with available natural material for two persons to sleep in. (iii) (a) Hold the Disaster Management Badge. (b) Re-pass Ambulance Badge. (iv) Qualify for any two of the following ProficiencyBadges not earned earlier: a. **Aids Awareness**, b. **Handywoman** c. **Beautician**, d. Pathfinder e. **Sea Fisherwoman** f. **Hiker**, g. **World Conservation** h. **Interpreter**, i. **Farmer** k. **Free Being Me**, l. **Solar Energy Awareness**, m. **Event manager**, n. **Self Defence**, **(v) Participate in a sustained community development project at least two hours in a week for six months on any two of the following subjects:** **A. Promote gender equality and empower women** **B. Reduce child mortality**	(i) As it is (ii) (a)Make an useful gadget from waste which can be brought in daily use. (iii) (a). As it is (iv) As it is (v) **Complete any three of the following:** (a) **Conduct a zoom meeting and present the topic of your choice from the SDG's to the members of your unit**

	C. Improve maternal health **D. Combat HIV/AIDS, Malaria and other diseases** **E. Ensure environmental sustainability**. (vi) Under the guidance of the Guide Captain, teach games for younger children for fifteen days. **OR** Show the knowledge of Interior Decoration and Fancy Cooking. (vii) **Have knowledge and prepare a log book on the five world centres of WAGGGS**. (viii) Serve as Rajya Puraskar Guide at least for 12 months.	(b) **Participate in the Covid Warriors services for atleast a month and submit a report to unit leader** (c) **Prepare 100 Homemade mask and handover to unit leader.** (d) **Register on www.igot.gov.in as BSG member and complete the basic Covid** **(e) Complete Entry level of plastic tide turner by registering on www.tide-turner.org** **(vii) As it is** **(viii) As it is**