

Ref. No./BS&G UK/SHQ/ 11983- /2024
12081

Date - 27.09.2024

From,
State Secretary
The Bharat Scouts & Guides Uttarakhand

To,
District Chief Commissioners and Chief Education Officers:
Districts- Almora/ Nainital/ Pithoragarh/ Bageshwar/ Champawat/ Dehra Dun / Udham Singh
Nagar/ Haridwar/ Pauri/ Chamoli/ Rudra Prayag/ Tehri/ Uttarkashi/ Shanti Kunj

Subject: Forwarding Information regarding Upcoming National Programme(s)

Dear Sir,

Please note that the State Headquarters is in receipt of the below mentioned programme(s) from the National Headquarters please find the attached Circular(s) which are to be forwarded to the eligible participants from Schools and the Degree/ PG Colleges in your respective district.

S No.	Circular No.	Date	Subject
1.	NHQ 184/2024	23/09/2024	Observation of Global Hand Washing Day 2024
2.	NHQ 185/2024	25/09/2024	National Cancer Awareness Day 2024

You are hereby requested to direct the eligible candidates from your district to participate in the aforesaid programmes.

Attachment(s): - Copy of NHQ Circular(s)

"Creating Better Uttarakhand"

Yours in Scouting



(R M Kala)

State Secretary

The Bharat Scouts & Guides Uttarakhand

Ref. No./UBS&G/SHQ/

/2024

Date -

Copy to: -

1. State Chief Commissioner, The Bharat Scouts & Guides Uttarakhand
2. State Commissioner (Scout/ Guide) The Bharat Scouts & Guides Uttarakhand
3. Director Secondary Education Uttarakhand
4. Director Higher Education, Uttarakhand
5. Regional Officer, CBSE Regional Office Kaulagarh Road, Dehra Dun
6. Joint Director Higher Education, Uttarakhand
7. State Organizing Commissioner (Scout/ Guide) The Bharat Scouts & Guides Uttarakhand
8. Principal, All PG and Degree Colleges (Kumaon and Garhwal Division) Uttarakhand State
9. All District Secretaries, The Bharat Scouts & Guides Uttarakhand





The Bharat Scouts and Guides

Creating Better India

National Headquarters

Address: Lakshmi Mazumdar Bhawan, 16, M. G. Marg, I. P. Estate, New Delhi-110002

Website :www.bsgindia.org Email Id: info@bsgindia.org Phones:+91-11-23378702,23378667



To
All the State Secretaries,
State Association of
The Bharat Scouts and Guides
INDIAN UNION

Circular No.: 184 /2024
Date : 23/09/2024

SUB: - OBSERVATION OF GLOBAL HAND WASHING DAY 2024

Dear Sir/Madam,

Greetings from the Bharat Scouts and Guides, National Headquarters!!!

October 15 is celebrated as Global Hand Washing Day all over the world. This day is an annual global advocacy day dedicated to promoting hand washing with soap as an easy, effective, and affordable way to prevent diseases and save lives. Currently, 3 out of 10 people worldwide lack access to basic hygiene services. Global Hand washing Day provides a platform to take action and increase access and practice of hand washing with soap to achieve Sustainable Development Goal 6: Clean Water and Sanitation for All.

To promote this initiative, The Bharat Scouts and Guides, National Headquarters is planning to observe Global Hand Washing Day in collaboration with UNICEF with the theme "**Why are clean hands still important?**"

The details of the celebrations and activities are here under:

01. Online Orientation on Global Hand Washing

Date	:	30th September 2024
Time	:	04:00 PM (IST)
Mode	:	Virtual
Speakers	:	Experts from UNICEF
Hashtag	:	#H4handwash #handwashing #ghwd2024 #handwashingwithbsg #unicefindia #wash #BSGIndia
Zoom Link	:	https://unicef.zoom.us/j/98323415683?pwd=c3xI17Ij7kNrbatEH8R6sKMcwk8tXR.1 Password: 851469

We invite all the Members of the organization to complete the Zoom registration and join the Online Orientation on Global Hand Washing. Share your action picture on Social handle by using above hashtags.

02. We are inviting all the BSG members and his/her family members for, **Mass Hand Washing Demonstration** at the PAN India level on 15 October 2024.

03. Community Awareness Rally.

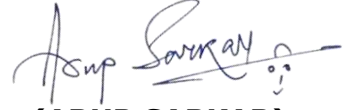
04. Drawing /Painting Competition on Hand Washing

05. Door-to-door Campaign
06. Awareness video /or reels of 1 minute or less.
07. Nukkat Natak

All the State Associations are requested to inspire and motivate Cubs, Bulbuls, Scouts, Guides, Rovers, Rangers and Adult Leaders to join the virtual Orientation Programme as well as conduct the above activities at unit, Local, District and State Levels and share it on social media, print media etc. as well as send us the activity report in pdf format with photographs etc. through email to bsghandwash2023@gmail.com and pro@bsgindia.org so that we can publish it in our monthly Magazine.

Thanking you,

Yours Sincerely



(ARUP SARKAR)
DY. DIRECTOR OF SCOUTS
(BOY PROGRAMME)

Copy to:-

1. All the NHQ Office Bearers of the Bharat Scouts and Guides, National Headquarters.
2. Chairman/Secretary, Railway Scout and Guide Board, Rail Bhawan, New Delhi.
3. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Areas, Shahid Jeet Singh Marg, New Delhi - 110016.
4. The Commissioner, Novadaya Vidyalaya Samiti, Institutional Area, B-15, Sector - 62, Noida-201309, Uttar Pradesh.
5. Monica Maurya, SBC Officer, UNICEF, Madhya Pradesh.
6. The Director, DAV
7. All the District Secretaries, District Association of Dammam, Riyad, Muscat and Jamiat Youth Club.
8. Assistant Director, (Regional Director & State Association) BSG, NHQ



The Bharat Scouts and Guides

Creating Better India

National Headquarters

Address: Lakshmi Mazumdar Bhawan, 16, M. G. Marg, I. P. Estate, New Delhi-110002

Website :www.bsgindia.org Email Id: info@bsgindia.org Phones: +91-11-23378702, 23378667

To

All the State Secretaries,
State Associations of
The Bharat Scouts and Guides,
INDIAN UNION



Circular No.: 185 / 2024

Date: 25th September 2024



SUB: NATIONAL CANCER AWARENESS DAY -2024

Dear Sir/Madam,

Greetings from the Bharat Scouts and Guides, National Headquarters!

National Cancer Awareness Day is observed on 7th November to create awareness about early detection and avoid leading cancer-causing lifestyles. The date, November 7, was chosen to honour Marie Curie's birthday, recognizing her pioneering work in the use of radiotherapy for cancer treatment.

Prevention of Cancer

Although many forms of cancer are not preventable, some people will still be diagnosed with cancer even if they lead a healthy lifestyle.

Cancer risk can be lowered in a number of ways, including:-

- Consuming a nutritious diet high in fruits and vegetables and low in processed foods and red meat
- Regular exercise and maintenance of a healthy weight
- Abstaining from the use of tobacco products
- Minimum alcohol consumption
- Taking precautions against ultraviolet rays include using sunscreen and wearing protective clothing
- Participating in the recommended cancer screenings on a regular basis
- Avoiding exposure to harmful chemicals in the environment
- Vaccination against virus human papillomavirus (HPV) that can cause cancer.

As members of The Bharat Scouts and Guides, we have a duty to contribute to the well-being of our community. Therefore, we kindly request all state associations to organize awareness programs, health camps, and other initiatives aimed at educating the public about cancer. Your valuable participation will help further our mission of creating a healthier, informed society.

Please ensure that these programs reach as many people as possible, especially in areas where information on cancer prevention and treatment might be limited. Let us collectively work towards spreading awareness and potentially saving lives.

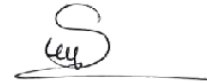
Some suggested activities are given hereunder:-

1. Cancer Awareness Seminar - Expert talks on cancer prevention, early detection, and treatment strategies.
2. Health Check-up Camp - Free or discounted screening services for early detection of common cancers.
3. Awareness Campaign - Distributing pamphlets and posters that outline healthy lifestyle choices and cancer symptoms to watch for.
4. Employee/Student Pledge - Encourage everyone to take a pledge to adopt healthy habits, including quitting tobacco, limiting alcohol, and maintaining a balanced diet.
5. Social Media Campaign - Engage in social media activities by sharing informative content using the hashtag #National Cancer Awareness Day2024 to spread the word. Cancer Awareness Seminar - Expert talks on cancer prevention, early detection, and treatment strategies.
6. Health Check-up Camp - Free or discounted screening services for early detection of common cancers.
7. Awareness Campaign - Distributing pamphlets and posters that outline healthy lifestyle choices and cancer symptoms to watch for.
8. Employee/Student Pledge - Encourage everyone to take a pledge to adopt healthy habits, including quitting tobacco, limiting alcohol, and maintaining a balanced diet.
9. Social Media Campaign - Engage in social media activities by sharing informative content using the hashtag #National Cancer AwarenessDay2024 to spread the word.

Brief report with action photographs may kindly be forwarded to pro@bsgindia.org and girlprogramme@bsgindia.org with a copy to info@bsgindia.org by 15th November 2024, so that the report can be published in BSG NHQ monthly magazine and BSG social media sites for the greater visibility of the movement.

Thanking you,

Yours in Guiding,



SUREKHA SHRIVASTAVA

DY. DIRECTOR

(ADVENTURE PROGRAMME)

Copy to: -

1. All the NHQ Office Bearers of the Bharat Scouts and Guides, National Headquarters.
2. Chairman/Secretary, Railway Scout and Guide Board, Rail Bhawan, New Delhi.
3. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shahid Jeet Singh Marg, New Delhi - 110016.
4. The Commissioner, Navadaya Vidyalaya Samiti, Institutional Area, B-15, Sector -62, Noida, Uttar Pradesh – 201309.
5. The Director, DAV
6. All the District Secretaries, District Association of Dammam, Riyadh, Muscat and Jamiat Youth Club.
7. All Assistant Director, Bharat Scouts and Guides for follow up.