

SELF LEARNING MODULES



ADVANCED COURSE FOR FLOCK LEADERS

**THE BHARAT SCOUTS & GUIDES
NATIONAL HEAD QUARTERS
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Self-Learning Modules

Advanced Course for Flock Leaders

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Organisation – State and National Level

Organisation is a process, which integrates different type of activities to achieve organisational goals and objectives, to achieve these goals there must be competent management providing them all those factors to perform their job efficiently and effectively. Organisation is nothing but a process of integrating and coordinating the efforts of men and material for the accomplishment of set objectives.

Objectives

At the end of this module, the flock leaders will be able to:

1. Explain the composition and function the State level Organisation
2. Explain the composition and functions of a National level Organisation

State Level Organisation

The State Association shall be affiliated to the national association on such affiliation, the National Association shall issue a Charter signed by the Chief National Commissioner and The Director by virtue of such Charter only the State Association shall function as such.

The State Association shall confirm and adhere to the Aims, Policies, organization and try to achieve the targets of the National Association

The State association shall pay to the National Association annually such affiliation fee and such Annual Individual registration fee as may be fixed by the National Executive Committee and approved by the National Council from time to time

Membership of State Association:

- All District or Divisional association of BSG
- Existing Life members of the State association
- Chairperson of the Local association affiliated directly with the State in case of no District Association in the district.
- Group Leader of the group registered directly with the State Association in case of no District/ Local Association in the district
- All the Office members of the State Association
- Life Members

The Office Bearers and Officers of the State Association shall consists of :

- President
- Vice Presidents (1 or more not more than 12)
- The State Chief Commissioner
- The immediate Past State Chief Commissioner
- State Commissioner of Cubs, Scouts, Rovers
- State Commissioner of Bulbuls, Guides, Rangers

- State Commissioner Adult Resources Scouts
- State Commissioner Adult Resources Guides
- State Commissioners (Head Quarters)
- State Treasurer
- State Secretary
- Joint State Secretary
- Assistant State Commissioners of Scouts
- Assistant State Commissioner of Guides
- State Organising Commissioner of Scouts
- State Organising Commissioner of Guides
- State Training Commissioner of Scouts
- State Training Commissioner of Guides
- Assistant State Training Commissioners of Scouts
- Assistant State Training Commissioners of Guides
- Joint and Assistant State Organising Commissioners of Scouts
- Joint and Assistant State Organising Commissioners of Guides
- All Leaders Trainers of scouts holding valid Honorable charges
- All leaders Trainers of Guide holding Valid Honorable Charges

The State Council : the state Council shall continue for Five years from the date of Meeting in which the New Council is constituted.

Meetings of the State Council : Ordinary and Special Meeting

National Level Organisation

The name of the association shall be “The Bharat Scouts and Guides”
Association means The Bharat Scouts and Guides. National Headquarters means the registered office of the National Association.

Membership

The membership of National Association shall consists of

- All the State associations of the Bharat Scouts and Guides.
- All the District Associations of the Bharat Scouts and Guides directly affiliated with the National association.
- All the Auxiliary Units directly affiliated with the Bharat Scouts and Guides , National Association.

All the Office Bearers of the National Association

- President
- Vice Presidents
- The Chief National Commissioner
- The Additional Chief National Commissioners
- The Chief Commissioner of Scouts
- The Chief Commissioner of Guides
- The International Commissioner of Scouts

- The National Commissioner of Guides
- The National commissioners of Cub, Scout & Rover
- The National Commissioners of Bulbul, Guide & Ranger
- The National Commissioner Scouts (Adult Resources)
- The National Commissioner Guides (Adult Resources)
- The National Commissioners (Head Quarters)
- The National Treasurer
- The Deputy National Commissioner of Cub, scout, Rover and Headquarter
- The Deputy National Commissioner of Bulbul, Guide , Ranger and Headquarter
- The Deputy National Commissioners of Scouts
- The Deputy National Commissioner of Guides
- National Advisors
- Regional Chief Commissioners
- The Director
- The Joint Director (Support service)
- The Joint Director of Scouts(Programme and Training)
- The Joint Director of Guides (Programme and Training)
- The Dy. Director of Scouts(Leader Training)
- The Dy. Director of Guides Leader Training)
- The Dy. Director (Boy programme)
- The Dy. Director (Girl programme)
- The Assistant Director
- Other officers as may be appointed

Duration of National council: shall continue for five years from the date of its first meeting.

Meeting of the National Council:

- The ordinary Annual Meeting
- The adjourned Ordinary annual Meeting
- Special Meeting

An attempt to recollect:

- 1)The State Association shall be affiliated to the National Association-True- False
- 2)It is not compulsory for the Sate association to pay to the National Association annually such affiliation fee and such Annual Individual registration fee- True – False
- 3)Duration of National council shall continue for seven years from the date of its first meeting- True - false
- 4) The membership of National Association shall consists of ONLY the State associations of the Bharat Scouts and Guides- True- False

For Further Reading:

Rules Book – The Bharat Scouts and Guides

International Guiding –

Bulbul stories of other countries and World Brownie Badge

Objectives:

By the end of the module, the flock leaders will be able to:

- Tell What International guiding is
- Explain about the world centers
- Narrate bulbul stories of other countries
- Identify World Brownie Badge

International guiding

WAGGGS - World Association of Girl Guides and Girl Scouts

World Association of Girl Guides and Girl Scouts is the International Umbrella Organization for Guiding in the World, composed of national Member Organisation who have accepted the principles of membership and are working on the lines laid down by the founder, Lord Baden Powell.

The WAGGGS consists of:

- World Conference.
- World Boardand
- WorldBureau.

World Conference is the policy making body which meets once in 3 years, the World conference is composed of 2 delegates each from every member country. Each National Organisation got One vote irrespective of the size of its membership. Visitors are allowed in the conference depending on the strength of the membership.

World Board is composed of 12 elected members, and acts on behalf of the World Conference between its meetings. The members are elected for a term of 6 years. The Chairperson of the board is elected by the members of the Board 1/3 of the members retires in each conference. The world board meets at least once a year usually at Olave Centre, London.

World Bureau in London is the headquarters and Secretariat of the WAGGGS. It was setup in 1928. It carries out the policies and orders of the World Board and implements the policies in addition to information support to National Organisations.

All the operations of the World Guide Bureau is from its headquarters from London.

There are five World Centers:

Pax Lodge- London

On 15 March 1991, Her Royal- Highness Princess Benedikte of Denmark officially opened Pax Lodge. Since opening, Pax Lodge has welcomed hundreds of thousands of guests, including day visitors from more than 65 countries. The centre has become a gathering place for girls and young women seeking international

friendship, WAGGGS education and warm accommodation. Everyone at Pax Lodge helps WAGGGS achieve its goals through programme, events and more.

Our Cabana – Mexico

On February 22 1956 the dedication for Our Cabaña with Presence of Lady BP was celebrated. It was on that day, that Lady BP donated the iconic blue door that greets every Girl Guide and Girl Scout to Our Cabaña and welcomes them to the start of a wonderful adventure.

Our Chalet – Switzerland

In 1929, WAGGGS' World Committee met in Holland and decided that a World Centre should be built for all Girl Guides and Girl Scouts around the world to share. Our Chalet, the first WAGGGS World Centre, established in 1932 in Adelboden, Switzerland, was formally opened by the first World Chief Guide, Olave Baden-Powell, and Mrs. Helen Storrow.

Sangam- Pune, India

The Foundation Stone of Sangam World Guide Centre was laid by DAME LESLIE E WHATELEY, D.BE- World Director of the WAGGGS on Thursday, 23rd January 1964. On 16th October 1966 the World Chief Guide, Lady Baden Powell, came to India and declared the Centre open with the following words: "Love through knowledge and understanding – this will be carried out in full measure by the young people who will fill this place, and it is with deep joy in my heart that I declare Sangam open.

Kusafiri- Africa

Kusafiri World Centre was established in 2010 to bring a World Centre experience to Africa. Kusafiri World Centre is using existing facilities to bring World Centre experience to Africa. The 'centre' has no fixed site but changes location at every event, creating international experiences to girls and young women in different countries in Africa.

Each World Centre has its own sub-committee of members from all over the World. They review the progress and formulate the plans and proposals for its development. Various international events are organized at these centers.

WAGGGS receives income from Quota i.e., the membership fee, Grants, Donations, Thinking day contribution, Endowment funds etc. WAGGGS development fund was established in 1990 for support of General development and special projects."

Bulbul Stories of other countries

The Story of the Brownies (Adapted from The Brownies by Mrs. Ewing)

A dear old brown owl sat on a branch in the soft moonlight crooning that cry quietly to herself.

She was a warm, soft old thing, with great big deep eyes that could see even through the dark, and though many people were rather afraid of her she was really quite harmless, full of kindness and also full of fun.

She could see a joke, and her "Oot-toot-to-hoo" often rippled away in gurgling laughter.

Once upon a time, many, many years ago, a poor man and his wife lived with their two children, Tommy and Betty, in a small cottage on the edge of a wood. The mother loved both the children but she was always having to find fault with them because they were lazy and forgetful and untidy.

They used to rush about the place yelling and playing their games, upsetting the furniture, breaking the crockery, spoiling their clothes and generally making themselves a nuisance.

As long as they had a good time they never thought what a bother they were to other people.

One evening at the end of a particularly busy day, the Mother sighed and said, "Oh dear, how different things were when we had a Brownie!"

"What is a Brownie?" asked the children.

"The Brownie," answered their Mother, "was a small creature who came to the house before anyone was up and swept the hearth and lit the fire, drew the water and got the breakfast ready. He tidied up the rooms, weeded the garden, he cleaned the shoes and put the children's clothes away. He did every kind of useful work, but nobody ever saw him. He always slipped away before the people of the house got up, but he was the greatest blessing to everyone. All were happy and the home was bright and clean."

"My word, I wish we had a Brownie!" exclaimed Tommy "He could do all our odd jobs for us." "Yes," agreed Betty, "and we should never have to tidy up after ourselves. Mother, do tell us how we can find a Brownie."

"There's only one person who can tell you that," replied their Mother, "and that's the wise brown owl in the woods. She knows all about the Brownies."

So, after dark the two children went out into the wood to see the brown owl. Tommy led the way very bravely at first, but as the path got darker and darker in the silent woods he began to hang back and to feel sorry that he had started on the adventure. But Betty was eager to find out about the Brownie, and though she felt nervous, she

would not allow herself to turn back, and she pushed on, leading her brother after her.

The Brownie Story, is taken from The Brownie Guide Handbook, published by The Girl Guides Association 1968

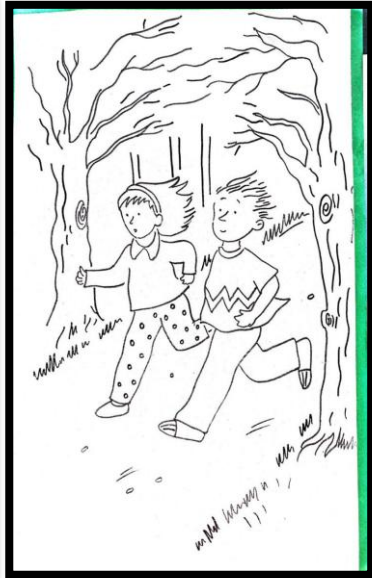
The Brownie Story – Tommy and Betty



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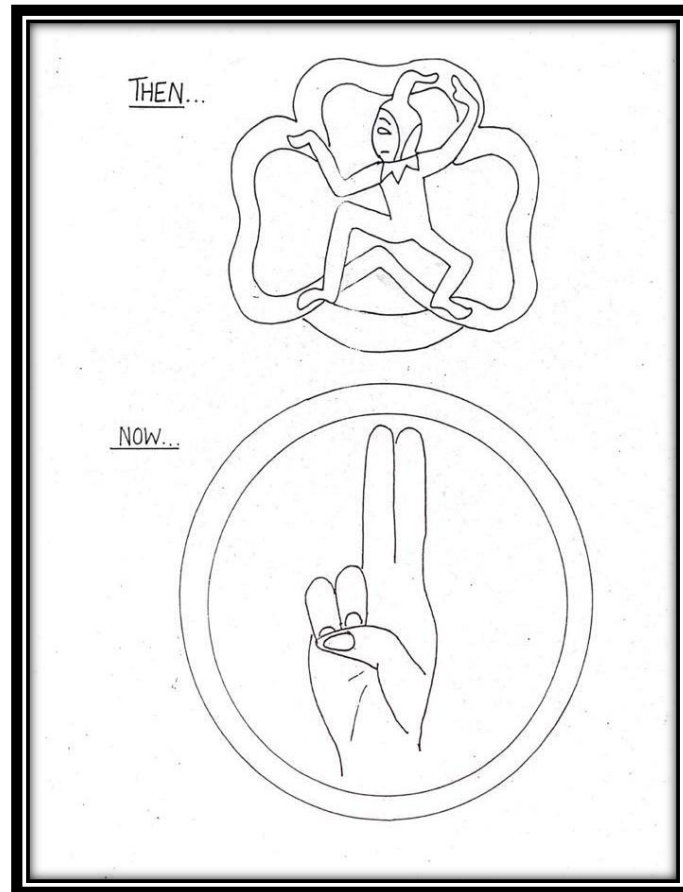


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World Brownie Badge



An Attempts to recollect

1. What is International guiding?
2. What are the world centers?
3. Narrate one bulbul stories of other country
4. Draw a World Brownie Badge

For further reading:

- WAGGGS
- <https://www.girlguidestt.org/the-story-of-the-brownies>

Planning - Day camps , Flock Holiday

Objectives:

By the end of the module, the flock leaders will be able to:

- Define planning
- Explain day camp and flock holiday
- Explain the difference between day camp and flock holiday
- List the activities that can be done in a day camp and flock holiday

Planning is the process of thinking regarding the activities required to achieve a desired goal. For example, events, camps, celebrations.

Planning has to be done well in advance while preparing for day camps and flock holidays. Planning is done in the pow wow. The flock leader, assistant flock leader and the bulbuls sit in a ring and plan for:

- Venue
- Transport
- Things to be carried
- Purpose

Who can attend the Day Camp and Flock Holiday

Only a bulbul who has earned Komal Pankh and who has completed eight years of age is eligible to attend a camp.

- i) Flock leaders or assistant flock leaders shall conduct a bulbul camp with the prior written permission of the concerned District Commissioner. It shall have permission of the parent/ guardian, school / Institution. No bulbul camp shall be held outside the respective state, except with the written permission of the state commissioner
- ii) Before taking bulbuls out to get the permission letter from /district Commissioner (Guides) contact concerned authorities for building, transport, food arrangements, doctor etc., visit the place as often to possible to have a clear idea so that it will be easier to answer the questions of the parents, work out details of staff, medical aid, finance, drinking water, sanitation, fresh vegetables. Detail programme should reach the parents and the District Commissioner (Guides) at least one month in advance.
- iii) It may be held in private buildings or any other suitable building with adequate space for indoor and outdoor activities. The place should be safe, easily accessible. Get a team of helpers to help in the conduct of flock holiday. Balanced diet should be served and meal times should be regular.
- iv) A bulbul shall not camp with guides.
- v) There should be enough leaders and volunteers or an adult help for a camp.

Day Camp

A day camp is a one day outing where the bulbuls are involved in flock activities. It can be held in a known place like school or in an unknown place like parks, garden, training centres. It shall be conducted in a permanent shelter with ample safety measures. Activities like trail, physical activities, handicrafts, first aid etc..can be conducted.

Required arrangements:

- Resource person (for any session)
- Equipment for games
- Water supply
- Food and snacks
- Stationary items, bags for collected nature objects, knotting ropes

Flock Holiday

A bulbul should at least seven years before she goes out for a flock holiday to get the maximum benefits.

Flock holiday programme will provide opportunity for progressive experience to the bulbuls. Going for a flock holiday is an additional opportunity to get together for fun and free play.

Flock leader and bulbuls live together as a family. This gives the flock leader a chance to know more about the bulbuls and she can easily lend a hand whenever and wherever possible. The bulbuls will have the maximum satisfaction of accomplishment when she is within her own group.

The flock leader should be prepared to share experience of both delightful and difficult circumstance.

Activities like knotting, sense training, Kim's games, trials, first aid, nature ramble etc..can be conducted in a flock holiday

Difference between a day camp and a flock holiday:

- Day camp is for one day and flock holiday can be for one or two nights.
- Venue for day camps is at a shorter distance than the flock holidays
- Day camps are educational than flock holidays whereas flock holidays are more of fun and testing/ skill based

An attempt to recollect:

1. What is planning
2. What are the permissions to be sought for a day camp and flock holiday
3. List the difference between a day camp and flock holiday

For further Reading:

Flock leaders handbook

APRO part III

Knowledge Of Advanced First Aid

Objectives:

By the end of the module, the flock leaders will be able to :-

- Define First aid
- Explain the 3 'P' s of First Aid
- State the rules of First Aid
- Treat various types of wounds



What is **first aid**

First Aid Is the First Assistance Or Treatment Given to a casualty for any injury, minor accidents, sudden illness due to allergies, bites etc , before the arrival of an ambulance or qualified medical help.

Who is a **First Aider**

- Whose assistance rendered at the time of the emergency is known as FIRST AIDER
- The term is First Aider also describes any person who has received a certificate from an authorized training body indicating that he or she is qualified to render First Aid

Why ?

Minor injuries occur quite often or may happen at the time of Flock Meetings.If these are not cared immediately and properly then they may turn into serious ones.

A Bulbul or Guide , must have the knowledge and skill in First aid in order to take care of her own body and offer services.

Every Flock Leader should encourage her bulbul to take up this Proficiency Badge – First Aider which is given in APRO Part III

What should be the aim of a First Aider!

The 3'P's

They are

P – To Preserve Life

P - To Prevent aggravation of further injury

P- To Promote recovery

First aid box, which should be handy and available at every bulbul corner

The contents should be regularly checked as there may be expiry dates on simple medicines, like a paracetamol, antiseptic lotions etc

The Bulbuls should be taught about each and every content of the First Aid Box – its uses and names. The First Aid Box should have

- Gauze: Cut into pieces 4” by 1-1/2”, 10 such pieces packed in a polythene bag, sterilized in a pressure cooker and sealed. There should be at least 10 such bags in your kit.
- Bandages: Roller-8 and Triangular-4
- A roll of adhesive plaster 3” wide and 2 dozen Band-Aid strips in various sizes and shapes.
- A elastic Crape bandage 4” wide.
- A bottle of dettol
- A pair of scissors and tweezers.
- A tube of Soframycin Cream
- A thick pad of gauze packed in polythene and sterilized-3

All these should pack in a plastic bag or a metal box. Notice the absence of cotton wool and iodine; they do not play an important part in first-aid any more.

Every Bulbul should be taught the rules for First Aid

1. Go quickly to the accident place.
2. Calm and methodical way of examining
3. Priority for breathing, bleeding & Shock
4. Use first aid equipment - if not available improvised ones
5. Note the area, weather, fire.
6. Keep away the crowd with the help of (by standing) people.
7. Re – assure the casualty
8. Arrange for transport to hospital
9. Give minimum treatment – Do not attempt too much.

The ‘First Aider’s responsibilities end as soon as the medical aid is available.

The First Aider should

F- First...AID ..help

I – Investigate the cause, signs and situation of the injury and make a note of it.

R- Resourceful , may use the best advantage whatever is at hand to prevent further damage.

S- Sympathetic- give comfort and encouragement when the injured is helping/ complying to the First Aider.

T- Tactful treatment- not to ask thoughtless questions, understand the symptom’s and secure confidence and treat efficiently.

A -Assistance , Ambulance . Ask if anyone with knowledge of first aid can assist him to give First Aid to the injured or call for Ambulance

I – Immediate. If serious injuries call for the doctor or remove patient immediately.

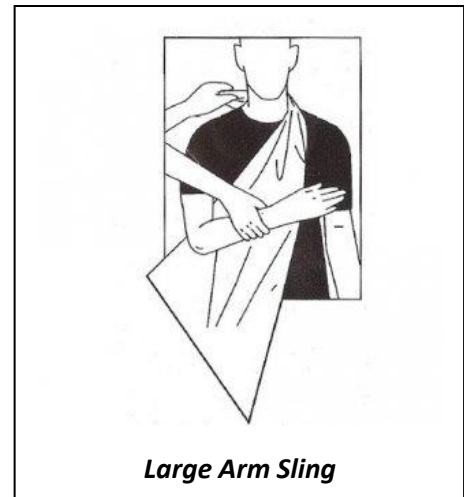
D- Doctor who will give immediate aid when the serious patient arrives.

Golden rules:

1. Diagnose the problem
2. Find out the causes
3. Try to remove causes
4. Don't remove cloth which are not necessary to remove
5. Priority should be given to Breathing, bleeding & shock.
6. First Aider is not a doctor.
7. Take quick decision.
8. Do as fast as possible without troubling the patient.
9. Hand / wound must be cleaned with soap / detol / Savlon & clean water.
10. ABC – AIRWAY – BREATHING – CIRCULATION should be taken care on priority
 - Maintain clean airway
 - Check Breathing & give artificial respiration if needed.
11. Always use sterilized Pad/Bandages/Instruments.

Bandages: Bandages are used for

1. Maintain direct pressure to control bleeding
2. Prevent or reduce swelling
3. Provide support for a limb or joint
4. Restrict Moment
5. Protect the wound from infection caused by germs



Large Arm Sling

Types of bandages:

There are two types of bandages:

- a) Triangular Bandages
- b) Roller Bandages

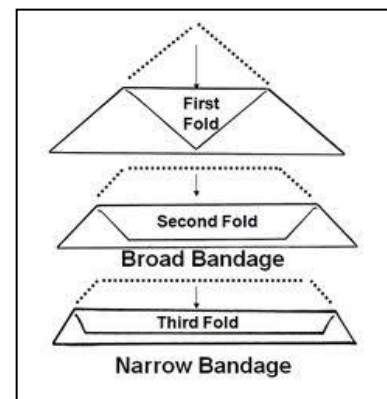
Triangular Bandages : A Triangular Bandages is made by cutting a piece of calico (cotton cloth) 100 cm square from corner to corner so as to give two triangular bandages. The longest is called BASE and other two are SIDES. Opposite corner of Base is called POINT & other two are ENDS.

Triangular Bandages are used as

1. Open : No fold.
2. Broad : Two fold.
3. Narrow : Four fold.

Slings:

Uses of slings



1. to support injured arms, and
2. to prevent pull by upper limb of injuries to chest, shoulder and neck.

Different types of slings

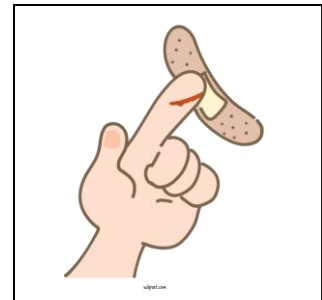
- 1) **Arm sling** :The arm sling is used in cases of fractured ribs injuries of arm, wrist and hands after application of splints or plaster casts and bandaging
- 2) **Collar & Cuff Sling**: Used to support the forearm and the hand and when there are wounds, injuries and in case of fracture of the ribs
- 3) **Triangular Sling**: Used to support hand, the forearm in a well raised position as in the case of hand injury and severe fracture of the Collar Bone.

Wounds:

Minor Wound: Minor wounds are small cuts and scratches from which the bleeding is not so profuse so as to cause death. For very minor scratches or cuts, clean the cut with dettol or soap and water and apply a band-aid.

Principles in the treatment and management of minor wounds:

1. The first-aider must wash his hands before touching any of the dressing material.
2. Clean the wound. Preparing a dettol solution does this. A capful of dettol in half a capful of clean water. Dip sterile gauze into this squeeze off excess and wipe around the wound not over it at first. Use several changes of gauze pieces. Then pour some of the solution over the wound and lightly clean it from inside.
3. Stop Bleeding: If bleeding still persists press a piece of sterile gauze over it for about 10 minutes and elevate the part against gravity.
4. Dressing: After the bleeding stopped, apply Soframycine cream over the wound, cover it with a few pieces of gauze and apply adhesive plaster or bandage to keep the gauze in place.



Burns

Minor burns:

These are caused when a small area of the skin is burnt as while touching a hot cooking pot, oil etc.

Management:Cool the burnt part as soon as possible after getting this by immersing it in a bucket of cold water for at least 10 minutes. This will relieve the pain. Wash the burn with diluted dettol solution as in a simple wound and treat it in a similar way. Do not prick blisters. The gauze padding has to be excessive as initially there is a lot of oozing from the burnt area.



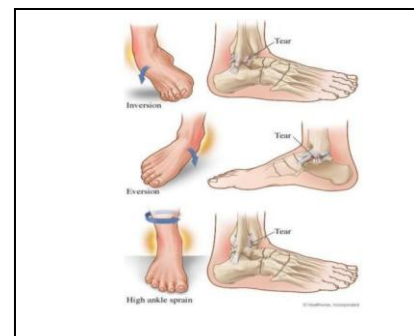
Major burns: In this more than 20% of the skin is burnt. The seriousness with the increase in the surface burnt. It is caused by clothes catching fire, hot liquids or gases, steam being turned on to one's. This is a serious condition.

Bleeding from the nose:

Bleeding from the nose usually occurs after an injury over or scratches while picking inside your nose. At time over enthusiastic slapping of the nose can also cause bleeding. Make the casualty sit in front of a basin leaning forwards. Make him pinch the soft part of his nose and breathe through the mouth for 10 minutes. He must spit out any blood that comes into his mouth. Release the nose slowly after 10 minutes. If bleeding starts again, repeat the procedure for another 5 minutes. If this fails to halt the bleeding, send him to a hospital pinching his nostrils. After bleeding has stopped, refrain from blowing the nose, as this will dislodge the clot formed and bleeding will reoccur.

Sprains:

A sprain is most commonly seen over the ankle. It is caused stretching or tearing of the ligaments around the joint. Very often it is impossible to make out between a sprain and fracture and the part must be X-rayed to rule out any accompanying fracture. If the ankle is sprained, at first put cold compress or an ice packs over the part for about 30 minutes. This reduces the swelling and pain. Now apply a tight elastic crape bandage over it. Do not massage or vigorously rub the affected part with any ointment.



Electric shock: The greater the voltage of current, the greater will be danger on getting an electric shock. Electricity stimulates the muscles to contract. AC current keeps the muscles constantly contracted. Thus a man who touches a faulty handle of an electric iron will have his first forcibly closed, the electric current will not let him release the lethal handle. An electric current passing through the body will have an area of entry where it enters the body and an area of exit where it leaves it. At both these places the casualty will suffer from electric burns on the skin. A strong electric shock can stop the heart beating and also stop breathing.

For the first aid of electric shock, make sure that you are not the next victim. Before approaching the victim, check that the current is off. Disconnect the patient from the contact after switching off the current and pulling out the plug. If this is not possible pull the wire away from the casualty by using a wooden stick or a rope or a pole. All should be dry. If not breathing, start artificial respiration. If unconscious, turn him to the unconscious position. Attend to his burns. Look for the signs of broken bones and attend to them. Send the patient to hospital as soon as possible.

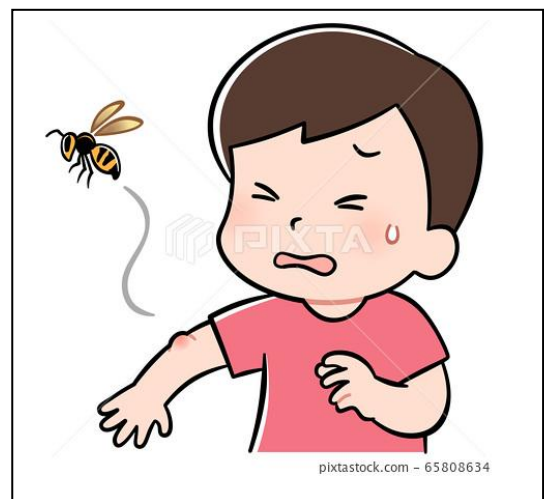
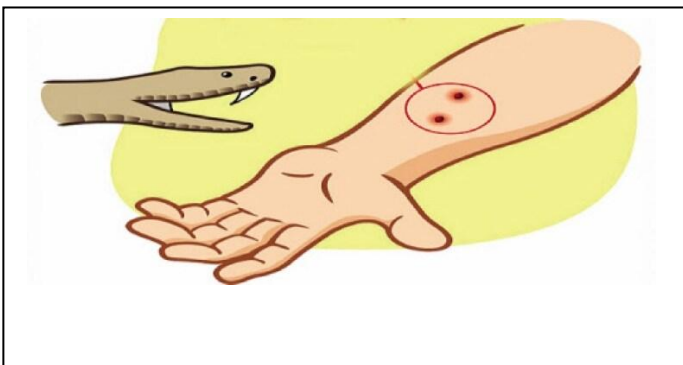
Snake bite: Most snake bite is by non poisonous snakes. A bit by the poisonous snakes will show the presence of two fang marks. For this, wipe off any venom present over the bite. Remove any broken fangs in the bite. Make the casualty lie down and tie a tight constriction bandage above the bite. Splint the limb to

immobilize it. This slows down the spread of poison. Cry therapy is useful if ice is available. Take crushed ice and make a collar of ice around the site of the snake bite. Do not add salt to the ice. As the ice melts replenish it with some fresh ice. This prevents the spread of poison and the activation of various enzymes present in the snake venom. It helps us to buy time till the victim can be administered anti-venom. In snakebite, making cuts over the bite helps in spreading the venom. Sucking out the poison is impracticable.

Insect bite: In insect bites like bee, leaves the sting behind, care must be taken not to press on the poison bag, as pressure may push more poison into the wound. Remove the sting with your fingernail. After this, apply an ice pack to relieve the pain and irritation. Vinegar, soda-bi-carbonate etc. do not help at all.

The importance of first aid supplies cannot be overstated. After all, accidents are called such for a very simple reason. They happen to people when they least expect it. That's why it's crucial to have at least a basic knowledge of first aid and have access to essential first aid supplies so you can deal with any potential accidents in a controlled and measured manner in order to ensure maximum safety for everyone involved.

First aid doesn't just help with recovery; it helps save lives.



Knowledge of locality – Traditional songs and dances**Objectives:**

By the end of the module, the flock leaders will be able to:

- Explain what traditional dance or song is
- List the name of few traditional dances
- Explain the importance of the knowledge of locality



Folklore and folk songs are our traditional heritage of a region. Each place has its own dance and songs according to their traditions, beliefs and geographical locations. Traditional or folk dance is as old as birth of mankind. Those days mankind

who lived in caves and forest danced and sang according to their nature, seasons in form of prayers and rituals. As mankind progressed these traditional songs and dances changed into more vibrant colours along with dress and music. It became a major of festival celebration.

Folk dance or folk song is a popular dance or song considered as a part of the tradition of a particular people of area, region or state. It is developed by people that reflect life of the people, their traditions, their food and clothing of that particular area or region or state. They are mostly in vernacular which are translated sometimes in other languages for their popularity.

Folk dances and folk songs of India

Every state has their own traditional folk songs and dances. Folk dances of India are performed with folk songs. Every region has their own music instruments and folk music.

Bihu is a joyous form of dance popular in Assam. There are three festivals in Bihu. The most colorful and important one is the spring festival called 'Bohag Bihu' which is celebrated in the month of April.



Garba is the popular form of folk dance in Gujarat. It is performed for nine days during the festival of Navratri. This dance is performed by men and women in circular form. Likewise Navratri, this dance form is also performed on Vasant Panchami, Sharad Purnima, Holi, and other such festivals.

Chhau - 'Chhaya', which means shade is in reference to the mask used by the dancers. Further, In this dance form, there are a variety of themes. They are mostly based on everyday life, mythology, mood or emotions, and many more. The rituals for Chhau are spread throughout the year from Dussehra.

Other popular folk dances of India are

- Dandiya – Gujarat
- Dumhal – Kashmir
- Kilkli – Punjab
- Karagam – Tamil Nadu

Importance of Knowledge of locality:

By being aware of knowledge of locality, we can recognize and have an appreciation for other's localities – understand the culture, their practise of traditional dance and songs When we are culturally aware we can know what is considered inappropriate or offensive to others.



Ways to enhance knowledge of locality in bulbs:

- To participate in festival celebrations
- To observe and perform traditional songs and dances

An attempt to recollect:

- Explain what traditional dance or song
- List the name of few traditional dances
- Explain the importance of the Knowledge of locality

