

3. COOKING / ಅಡಿಗೆ



- a. Know the working & maintenance of a Kerosene, Pressure or a Gas Stove.
ಸೀಮೆಎಣ್ಣೆ ಸ್ಟೋವ್, ಒತ್ತಡ ಸ್ಟೋವ್ ಅಥವಾ ಅನಿಲ ಸ್ಟೋವ್‌ನ ಕಾರ್ಯರೀತಿ ಮತ್ತು ನಿರ್ವಹಣೆ ತಿಳಿದಿರಬೇಕು.

Working of Kerosene Stove /

ಸೀಮೆಎಣ್ಣೆ ಸ್ಟೋವ್‌ನ ಕಾರ್ಯ ರೀತಿ :

Cooking stoves powered by liquid petroleum fuels like kerosene usually require a mechanism that vaporizes the fuel and mixes it with oxygen for the fuel to burn efficiently. Once the fuel is vaporized, it is directed toward a dispersion plate or burner where it is ignited and forms a flame suitable for cooking. Stoves of this type require priming and preheating before they are ready to use.

Maintenance / ನಿರ್ವಹಣೆ :

A kerosene wick stove works much like a candle. One end of a fiber wick rests in a reservoir of fuel, and fuel is drawn up through the wick by capillary action. A flame is applied to the other end of the saturated wick, igniting the fuel and drawing more fuel into the wick, thus maintaining the flame.



Working of Pressure Stove or Gas Stove /

ಒತ್ತಡ ಸ್ಟೋವ್ ಅಥವಾ ಅನಿಲ ಸ್ಟೋವ್‌ನ ಕಾರ್ಯ ರೀತಿ :

In cooking, a gas stove is a cooker/stove which uses syngas, natural gas, propane, butane, liquefied petroleum gas or other flammable gas as a fuel source. Prior to the advent of gas, cooking stoves relied on solid fuel such as coal or wood. This had the disadvantage of a continual consumption of gas.

Maintenance / ನಿರ್ವಹಣೆ :

- Wipe your stovetop after each use.
- Wait until the burners and surrounding areas have completely cooled before cleaning them.
- Take the burners apart to soak and then clean them thoroughly in warm, soapy water.
- Soak and then scrub the grates in warm, soapy water.

5. FIRST - AID / ಪುನರುಜ್ಜೀವನ ಚಿಕಿತ್ಸೆ

- a. Have knowledge about wounds & know how to deal with Bleeding, Burns & Scalds, Sprains, Stings & Bites / ಗಾಯನ ಬಗ್ಗೆ ತಿಳಿದುಕೊಳ್ಳುವುದು ಮತ್ತು ರಕ್ತಸ್ರವ, ಸುಟ್ಟು, ಕಡ್ಡಾಯ, ಹಿಡಿದುಕೊಳ್ಳುವುದು, ಉಳಿಸುವುದು, ಕುಟುಂಬ, ಕಚ್ಚುವಿಕೆಗೆ ಪುನರುಜ್ಜೀವನ ಚಿಕಿತ್ಸೆ ತಿಳಿದುಕೊಳ್ಳುವುದು.

Knowledge about wounds

+ Acute wound :- a disruption of the skin or underlying soft tissue that has a well-organized healing process with predictable tissue repair.

- Stab wounds
- Lacerations
- Bruises

* Chronic wound: a wound with an impaired healing process, usually involving a prolonged or excessive inflammatory phase, persistent infections formation of drug-resistant microbial biofilms, and the inability of cells to respond to reparative stimuli. All chronic wounds begin as acute wounds.

- Vascular ulcers.
- Diabetic ulcers.
- Pressure ulcers.

* Open wound :- a wound with skin breakage and exposure of underlying tissue to the outside environment

→ Lacerations

→ Punctures

→ Gunshot wounds

How to deal with Bleeding

* Stop Bleeding. Apply direct pressure on the cut or wound with a clean cloth, tissue, or piece of gauze until bleeding stops.

* Clean Cut or Wound. Gently clean with soap and warm water.

* Protect the Wound. Apply antibiotic cream to reduce risk of infection and cover with a sterile bandage.

* When to call a Doctor.

How to deal with Burns

* Cool Burn. Hold burned skin under cool [not cold] running water or immerse in cool water until pain subsides.

* Protect Burn: Cover with sterile, non-adhesive bandage or clean cloth.

* Treat Pain

How to deal with scalds.

- * Make sure you are safe.
- * Put the burnt area under cool running water for at least 20 minutes, but don't use ice.
- * Use a hydrogel for first aid if water is not available.
- * remove any clothing near the burn that is not stuck to it.
- * remove any jewellery near the burn if that is easy to do.

How to deal with bites and stings.

- * Apply insect repellent before going into the woods or other areas where you may come in contact with insects.
- * Wear light-colored, smooth-finished clothes that cover your body, such as long-sleeved shirts and long pants.

How to treat sprains and strains

→ Rest - stop any exercise or activities and try not to put any weight on the injury.

→ Ice - apply an ice pack (or a bag of frozen vegetables wrapped in a tea towel) to the injury for up to 20 minutes every 2 to 3 hours.

→ Compression - wrap a bandage around the injury to support it.

b. Demonstrate the use of Roller Bandages / ಸರಳ ಪಟ್ಟಿಗೆ ಉಪಯೋಗ ಪ್ರದರ್ಶನ.

Roller bandages vary greatly depending on how they are to be used.

A roller bandage is used to:

- * hold a dressing in place on a wound
- * Maintain pressure over a bulky pad to control bleeding
- * support an injured limb or joint
- * apply pressure to a limb.

Roller bandages are made from lightweight cotton, crepe or elasticised crepe, depending on the pressure to be achieved.

7. OUT OF DOORS / ಮೂರಾಂಗಣ

a. Participate in a Troop Wide Game.
ವಳದ ವ್ಯಾಪಕ ಆಟದಲ್ಲಿ ಭಾಗವಹಿಸಿ.

Details of Troop Wide Game
ವಳದ ವ್ಯಾಪಕ ಆಟದ ವಿವರ

Date :

ದಿನಾಂಕ

Place :

ಸ್ಥಳ

BUCKET BRIGADE

Materials: for each patrol, two 5 gallon buckets, one marked with a line 1-inch from the top and filled with water up to that line, and the other with a line 1-1/2 inch from the top and empty, one plastic 16 oz. Cup (red solo cup) for each scout

Method:- The patrols line up in single file with the patrol leader facing the filled bucket. The empty bucket is positioned behind the last person in line. On signal, the patrol leader fills their cup with water from the bucket. They pour the water into the cup of the next Scout in line, who pours it into the next Scout's cup, and so on to the last scout, who pours the water into the bucket at the end of the line. This process is repeated until one patrol has emptied the front bucket and filled the other bucket.

8. SERVICE / ಸೇವಾ ಕಾರ್ಯ

Complete any one of the following:

ಕೆಳಗಿನವುಗಳಲ್ಲಿ ಯಾವುದಾದರೂ ಒಂದನ್ನು ಪೂರ್ಣಗೊಳಿಸಿ:

- Undertake a Development Project in your School in Consultation with the Head of the Institution.
ಶಾಲಾ ಮುಖ್ಯಸ್ಥರೊಡನೆ ಚರ್ಚಿಸಿ, ನಿಮ್ಮ ಶಾಲೆಯಲ್ಲಿ ಒಂದು ಅಭಿವೃದ್ಧಿ ಯೋಜನೆಯನ್ನು ಕೈಗೊಳ್ಳಿ.
- Participate in a Social Service Camp/ Camps covering at least for a month.
ಸಮಾಜ ಸೇವಾ ಶಿಬಿರದಲ್ಲಿ / ಶಿಬಿರದಲ್ಲಿ ಕನಿಷ್ಠ ಒಂದು ತಿಂಗಳ ಕಾಲ ಭಾಗವಹಿಸಿ.
- Serve in community fair or Mela including preparatory & post event assignments of Mela -Fair / ದೇಶದ ಜಾತ್ರೆಯ ಪೂರ್ವ ಮತ್ತು ನಂತರದ ಸಿದ್ಧತೆಗಳನ್ನು ಒಳಗೊಂಡಂತೆ, ಸಮುದಾಯ ಮೇಳ ಜಾತ್ರೆಯಲ್ಲಿ ಸೇವೆ ಸಲ್ಲಿಸಿ.
- Participate in an Anti-Litter Campaign with your Patrol & help to clean up an area around your school or headquarters / ಕಸ ವಿರೋಧಿ ಆಂದೋಲನದಲ್ಲಿ ನಿಮ್ಮ ಪಾಲಂನೊಡನೆ ಭಾಗವಹಿಸಿ. ನಿಮ್ಮ ಶಾಲೆಯ ಅಥವಾ ಕೇಂದ್ರ ಸ್ಥಾನದ ಸುತ್ತಲಿನ ಸ್ಥಳವನ್ನು ಸ್ವಚ್ಛಗೊಳಿಸಲು ಸಹಕರಿಸಿ.
- Demonstrate the 3 R's of Conservation: Reduce, Recycle & Reuse/
ಸಂರಕ್ಷಣೆ ಮತ್ತು ಬಳಕೆಗಳನ್ನು ಪ್ರದರ್ಶಿಸಬೇಕು. ಕಡಿಮೆ ಬಳಕೆ, ಅನ್ಯ ಬಳಕೆ ಮತ್ತು ಮರು ಬಳಕೆ.
- To form & participate in Self Help Groups/
ಸ್ವಸಹಾಯ ಗುಂಪುಗಳನ್ನು ರಚಿಸುವುದು ಮತ್ತು ಭಾಗವಹಿಸುವುದು.
- Such other sustained activities where Scout skills are made use of/
ಸ್ಕೌಟ್ ಕೌಶಲ್ಯಗಳನ್ನು ಬಳಸಿದ ಇದೇ ರೀತಿಯ ಇತರ ನಿರಂತರ ಚಟುವಟಿಕೆಗಳು.

d. Participate in an Anti-Litter Campaign with your Patrol and help to clean up an area around your school or headquarters.

Service Selected / ~~Service Selected~~Details of Service / ~~Details of Service~~

We had undertaken a patrol service project under the banner of Amrutha Varshini Scouts and Guides Troop in the month of January. We had chosen to take up the cleaning of the banks of River Tungabhadra around the town of Harihar as part of this project.

Every year tonnes of plastic, cloth, slippers, and other waste is dumped along the banks of Tungabhadra river by pilgrims, tourists and locals. We decided to clean up the banks and render it cleaner for everybody to enjoy the serenity it has to offer.

We divided ourselves into our patrols and took up one task each. Some patrols took up the responsibility of gathering the waste material, other patrols took up the job of segregating the plastic from other stuff. We worked for nearly 3 hours to clean up the banks for a stretch of half a kilometre that is frequented by people the most.

Plastic waste was buried in deep pits while cloth and other waste was burned in heaps. Overall it was a rich experience and a lesson in managing our environment.

Signature of the Concerned Person

ಸಂಯೋಜಕ ವ್ಯಕ್ತಿಯ ಸಹಿ