

HOW TO WRITE A PROFICIENCY BADGE NOTEBOOK?

1. THE PB SHOULD BE COVERED(WHITE/BROWN)
 2. THE EMBLEM OF THE PB SHOULD BE DRAWN/PASTED ON THE COVER
 3. THERE SHOULD BE A BIO-DATA PAGE
 4. FIRST COH GIVING YOU THE PERMISSION TO START WORKING ON THE PB
 5. SYLLAUBS OF THE PB (AS PER APRO PART 2)
 6. FOLLOW-UP (NOTES)
 7. SECOND COH CERTIFYING THAT YOU HAVE COMPLETED THE WORK
 8. PB CERTIFICATE SIGNED BY THE INDEPENDENT EXAMINER IN THE PRESCRIBED FORMAT
- (LET THE PICTURES GET PASTED ON THE LEFT SIDE PAGES OF THE PB NOTEBOOK)

Rural Worker



Name of Scout/Guide:

BIODATA

Name:

Troop:

District:

Patrol:

BADGE REQUIREMENTS

Date of Commencement:

Date of Completion:

Court of Honour

Permission to Earn Badge

Date:

Scout / Guide has

been given permission to work on

completing the requirements (as per

APRO Part II) towards earning the

.....badge.

Scout Master

Syllabus

(As per APRO Part II)

1. Have detailed information of village, such as area, , population, occupation products, well and other sources of water supply, traditions, the number of children of school going age, the number of literate persons.
2. Have general knowledge of village sanitation (especially preventable diseases), village administration, village panchayat.
3. Produce a record of continuous, useful service (literacy, adult education, sanitation, cleanliness, , farming, labour work, prohibition, games, etc) to the village extending over a period of atleast 6 months
4. Have atleast 50 people checked for leprosy germs.
5. Help 20 children get immunized.
6. Teach 'Oral Rehydration Technique' to atleast 6 mothers.
7. Organise an eye care/ dental care campaign in the village, mohalla
8. Teach to neighbours, management of diarrhea and dysentery or delousing for women

Village Information

1. **Name of Village:**
2. **Population:**
3. **Occupations:**
4. **Sources of Water Supply:**
5. **Number of School Children:**
6. **Literacy Rate:**
7. **Number of Schools:**
8. **Number of Doctors:**
9. **Connectivity:**
10. **Veterinary Doctor Available: YES/NO**

Service Rendered

Write a page on service rendered by you covering any of the following areas

1. **literacy,**
2. **adult education,**
3. **sanitation,**
4. **cleanliness,**
5. **, farming, labour work,**
6. **prohibition,**
7. **games**

to the village extending over a period of atleast 6 months

ORS Method

July 29th is National ORS Day

1. **How do I prepare an ORS solution at home?**
 - If ORS packets are not available, you can prepare it at home as well.
 - Clean Water - 1 litre - 5 cupful (each cup about 200 ml.)
 - Sugar - Six level teaspoons (1 teaspoon = 5grams)
 - Salt - Half level teaspoon
 - Stir the mixture till the sugar dissolves
2. **The home-made solution is adequate in most cases and is very effective for rehydration. Be very careful to mix the correct amounts. Too much sugar can make the diarrhoea worse and too much salt can be extremely harmful to the child.**
3. **Can the ORS solution be stored? The ORS solution should be covered and not kept for more than 24 hours, due to the risk of bacterial contamination.**

Immunization Programme

We arranged a MMR immunization programme at our school campus last year in the month of March. About 1000 students from classes 1 to 9 were immunized by the MMR vaccine. The MMR vaccine was administered with the help of the local health department nurses. We went around the village of Kodyal Hospet to generate awareness among people to take advantage of the programme and get their children vaccinated. It was a satisfying experience.

Diarrhoea

Management

1. What is diarrhoea?

- Diarrhoea is having more frequent, loose, watery poo, which may be referred to as 'stools'.
- You may get diarrhoea after being in contact with someone else who has it, or you may get it from food poisoning - after eating contaminated food or drinking contaminated water.

1.. What causes diarrhoea?

- A virus, such as rotavirus, winter vomiting disease (Norwalk virus or norovirus), enterovirus, or a hepatitis virus.
- A bacterium, such as E. coli, salmonella, shigella, C.diff (clostridium), or cholera (Vibrio cholerae).
- A parasite, such as those that cause giardiasis and amoebiasis.

Symptoms of diarrhoea

- Increased frequency of bowel movements
- Loose, watery stools
- Urgency (having to go right away)
- Incontinence (leakage of stools)
- Bloating, wind
- Rectal pain
- Lower abdominal pain or cramping
- Nausea, vomiting
- Fever
- Blood or flecks of mucus in the stool
- Loss of appetite, weight loss

Treatments for diarrhoea

The most important aspect of treating diarrhoea involves avoiding dehydration and replacing lost fluid. Because plain water does not contain sugar, sodium, or potassium, which are also lost in diarrhoea, it is important to consume plenty of fluids that contain these substances. Fruit juice or fizzy drinks can make diarrhoea worse in children.

Photos