

4. Release the nostrils. Look for the person’s chest to fall as he or she exhales. Listen for the sounds of breathing. Feel for the person’s breath on your cheek. If the person does not start breathing on his or her own, repeat the procedure.

MAPS

Map Reading

A map is a flat, two-dimensional representation of an area. Usually maps present a view from above. Normally the space they represent is a geographic area (cities, towns, countries or neighborhoods, for example), but maps can in theory represent non-geographical things (a “map” of the circulatory system) or even things with no physical reality at all (a “map” of someone’s consciousness).

A globe is a three-dimensional map of the earth overlaid on a sphere. Other differences include the fact that any large map, being an attempt to display part of the surface of a sphere (the earth) on a flat sheet of paper, is always distorted to some degree, while a globe is not.

Maps are the basic tools of geography. They enable us to depict spatial phenomenon on paper. There are conventions used in cartography which allow a map to be read efficiently and quickly.

Map Symbols			
	Airport - Domestic		Private College
	Airport - International		Public College
	Ambulance Station		Express Post
	Barbecue		Fire Station
	Cycleway		Golf Course
	Boat fueling point		Guide Hall
	Boat Ramp		Hospital
	Bowling Club		Hotel
	Bus Stop		Information Centre
	Camping Area		Kindergarten
	Caravan Park		Library
	Car Park		Lighthouse
	Lookout - 360° view		Lookout - 180° view
	Masonic Centre		Memorial / Monument
	Motel		Picnic
	Place of Worship		Playground
	Police Station		Post Office
	Private School		Public School
	Scout Hall		Service Station
	Shopping Centre		Swimming Pool
	Taxi Stand		Telephone
	Toilets		Weighbridge
	Wineries		Distance from GPO
	Roundabout		Traffic Lights

A good map will have a legend or key which will show the user what different symbols mean. For instance, a square with a flag on top usually represents a school and roads are represented by a variety of widths and combinations of lines. Often a dashed line represents a border. Note, however, that map symbols used in the United States are often used for different things in other countries. The symbol for a secondary highway on a USGS Topographic map is equivalent to a railroad in Switzerland. Make sure to read the legend and you’ll

understand the symbols.

Every map is a representation of a larger portion of the earth. Read the feature about scale to learn more about how to determine the distance on earth represented on the map.

Without a north arrow, it is difficult to determine the orientation of a map. With a north arrow (pointing in the correct direction), a user can determine direction. Some maps, such as topographic maps, will point to “true north” (the north pole) and to magnetic north (where your compass points, to northern Canada). Usually, you won’t see something quite as detailed as a compass rose but a map does need to provide orientation.

A neatline is the border of a map. It helps to define the edge of the map area and obviously keeps things looking “neat.”

Since the map is a flat representation of the curved surface of the earth, all maps are inherently inaccurate. There are a variety of projections which have been formulated for different uses.

A map's title provides important clues about the cartographer's intentions and goals. You can hope to expect entirely different information on a map titled "Unemployment in North East India" versus "Topography of Deccan Plateau Region."

Color appears so often on maps that we often take it for granted that mountains are brown and rivers are blue. Just as there are many types of color maps, there are also many different color schemes used by cartographers. The map user should look to the legend for an explanation of colors on a map.

Our expectations of colors on a map leads to some problems when it is used for elevation. Elevation is often represented as a sequence of dark greens (low elevation or even below sea level) to browns (hills) to white or gray (highest elevation). Since many people associate green with a fertile region, many map users will see lower elevations, which may be deserts, and assume those areas are filled with lush vegetation. Also, people may see the reds and browns of mountains and assume that they are barren, Grand Canyon-type landscapes of desolation but the mountains may be forested and covered in brush.

Additionally, as water always appears bright blue on a map, the user is often inclined to visualize any water on a map as pristine and clear blue – even though it might be entirely different color due to pollution.

Knowledge of scale

A map represents a portion of the earth's surface. Since an accurate map represents the land, each map has a "scale" which indicates the relationship between a certain distance on the map and the distance on the ground. The map scale is usually located in the legend box of a map, which explains the symbols and provides other important information about the map. A map scale can be printed in a variety of ways.

Representative Fraction: A ratio or representative fraction (RF) indicates how many units on the earth's surface is equal to one unit on the map. It can be expressed as 1/100,000 or 1:100,000. In this example, one centimeter on the map equals 100,000 centimeters (1 kilometer) on the earth. It also means that one inch on the map is equal to 100,000 inches on the land (8,333 feet, 4 inches or about 1.6 miles).

Verbal Scale: A word statement gives a written description of map distance, such as "One centimeter equals one kilometer" or "One centimeter equals ten kilometers." Obviously, the first map would show much more detail than the second because one centimeter on the first map covers a much smaller area than on the second map.

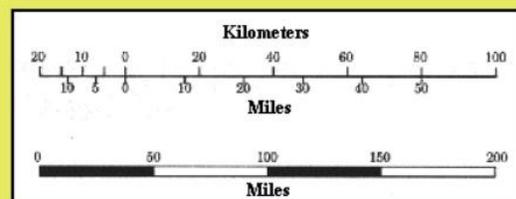
Graphic Scale: The graphic scale is a bar chart or "ruler" that is drawn at the bottom of a topographic map. This is the scale that you should use when asked to measure distances on the map.

Maps are often known as large scale or small scale. A large scale map refers to one which shows greater detail because the representative fraction (e.g. 1/25,000) is a larger fraction than a small scale map which would have an RF of 1/250,000 to 1/7,500,000.

Large scale maps will have a RF of 1:50,000 or greater (i.e. 1:10,000). Those between 1:50,000 to 1:250,000 are maps with an intermediate scale. Maps of the world which fit on two 8 1/2 by 11 inch pages are very small scale, about 1 to 100 million.

Graphic Scales

- Graphic scales are useful since they remain accurate even if the map is enlarged or reduced.



Conventional signs, contours and grid references

The topographic map contains a variety of information about physical features, which are given by using signs and symbols in various colours. This helps in maintaining clarity in the map. It is necessary to have knowledge about these signs and symbols to read the map.

Sheet Number

The sheet number refers to a specific geographic area. India and its neighbouring countries have numbers ranging from 40's to 50's. The area in the map is given its particulars like longitudes and latitudes.

Scale

The scale in the map is used to know local details of a specific area. The scale of maps as a statement, representative fraction or linear scale is given at the bottom of the topo-sheet.

Grid Lines

The method grid lines is used to locate places on a topographic map. There are four figure grid lines and the six figure grid lines. In these maps eastings are read first and northings are stated later. The Easting increase in value east wards, while Northings are stated later.

Longitudinal and Latitudinal squares

If grid references do not exist the Alphabets are given for West to East and numbers are given for North to South. These squares are based on the latitudinal and longitudinal interval of 5' while the maps are drawn on the scale of 1:50,000.

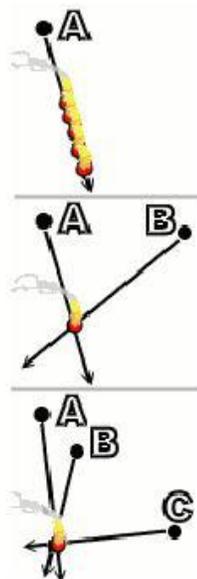
Symbols

Various features are depicted by means of symbols in the form of a key. Physical features such as peaks, knolls, etc. are shown at the bottom of the map. To get the required information should be familiarize with these symbols which helps in reading the map quickly.

Map making

Triangulation Method

Triangulation



Triangulation with Compass

Triangulation is the process of pinpointing the location of something by taking bearings to it from two remote points.

Forest fire lookout towers used triangulation to locate spot fires.

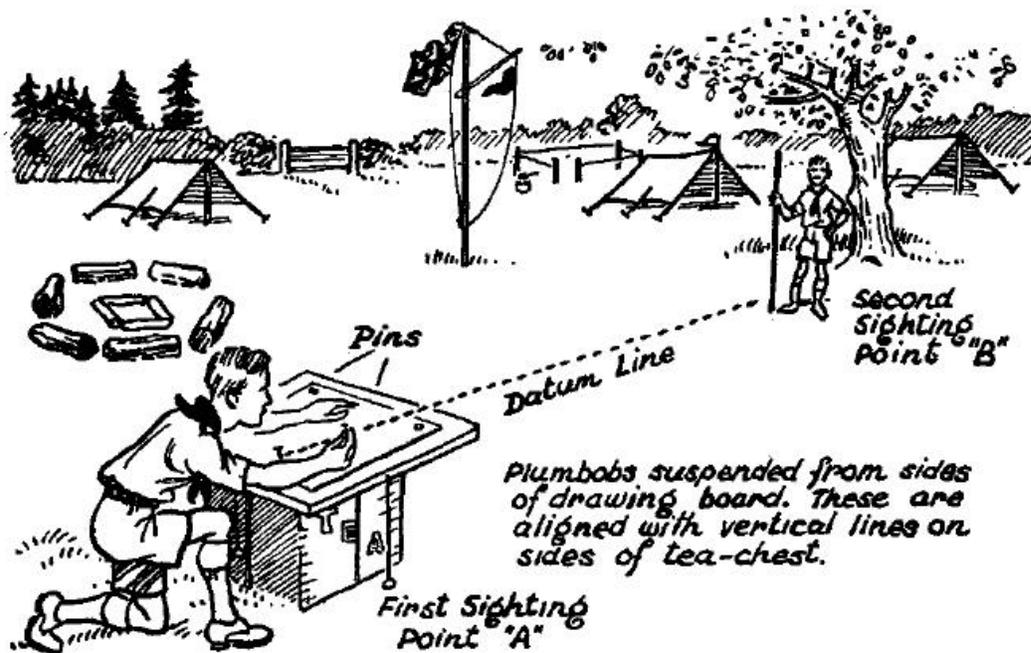
A ranger at **Tower A** would see smoke in the distance and take a bearing to it on his compass. This single line was not enough information to locate the fire because it could be anywhere along that line, close or many miles away.

The ranger would radio **Tower B** and tell him the general direction of the fire. Tower B would then find the fire from his viewpoint and take a bearing. Where the two bearings crossed would pinpoint the fire and firefighters could be efficiently dispatched to put it out.

Sometimes, a third tower would be used to verify the location, but two readings are all that is usually necessary. If a fire occurs directly between two towers or off in a direction that causes their bearings to be similar, then a third bearing is necessary.

This type of triangulation is used by two fixed spots to find a third unknown spot. What you need to do while in the outdoors is similar, but you need to find out where you are, not where something else is.

Plane Table

Plane Table Mapping**CARRYING OUT A PLANE TABLE DRAWING**

You will require a tea-chest or box, a drawing board, paper, two ordinary pins, pencil and ruler.

To carry out the survey, you must first estimate the main dimensions of the field and fix a scale to suit the drawing (e.g. if the field is 100 m square, and the paper 40 cm square, the maximum scale would be 1 cm : 3 m, leaving room for a 5 cm margin all round.)

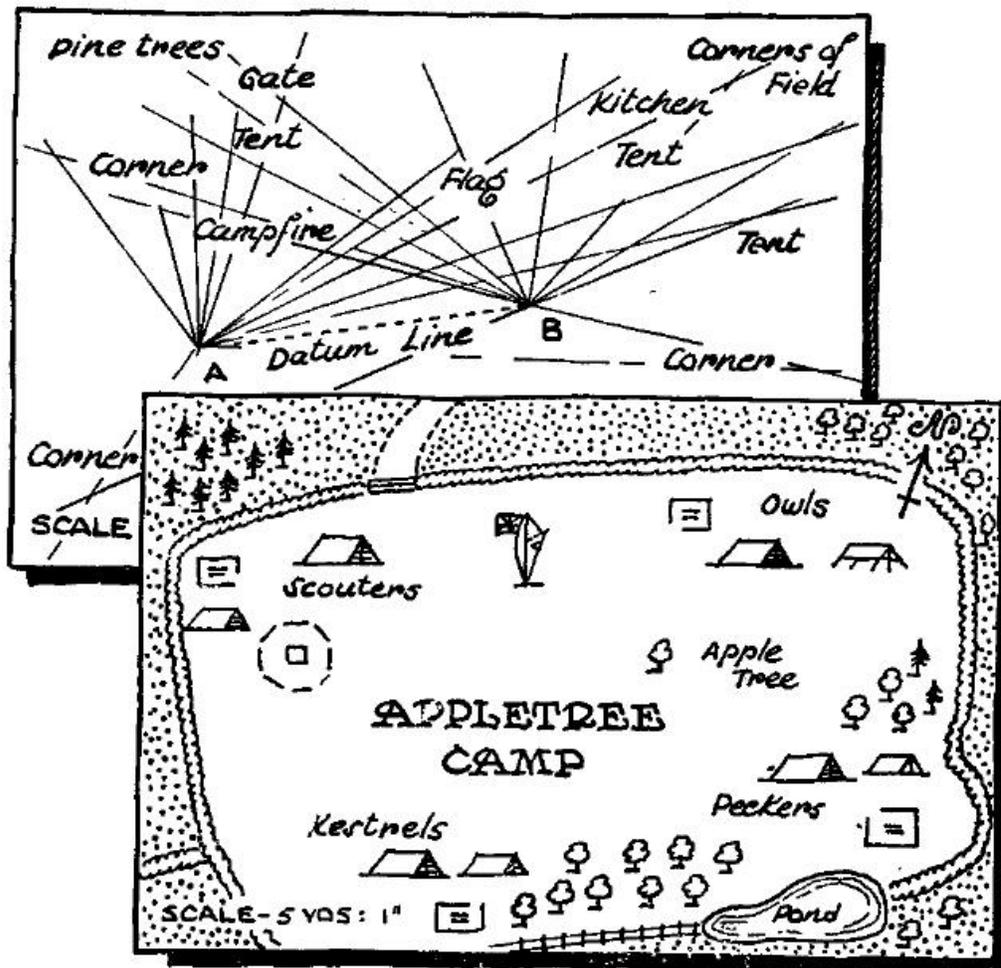
Next, decide on the position of two sighting points near the center of the area and measure the distance between them accurately. Mark point "A" on your paper with a pin. Set up your Plane Table at point "A", and take sight with a second pin on point "B". With a ruler draw a line from the first pin through the second pin and mark off datum line to scale, thus fixing the actual position of point "B" on the drawing paper.

Now without moving the drawing board, take sights on other features (tents, trees, gate etc.), moving a second pin to give you an accurate reading, and noting down the names of features. With a ruler draw lines from point "A" through the pin-pricks.

When all features have been plotted from point "A", move plane table to point "B" and take sights from there, **STARTING BY TAKING A SIGHT ALONG THE DATUM LINE TO POINT "A"**.

Where the sighting lines cross is the position of each feature.

Your field sketch will look something like this:



Later you could elaborate your drawing and rub out the pencil lines and rough notes, or, better still, transfer the pinpricks to a clean sheet of drawing paper and make a finished drawing in greater detail.

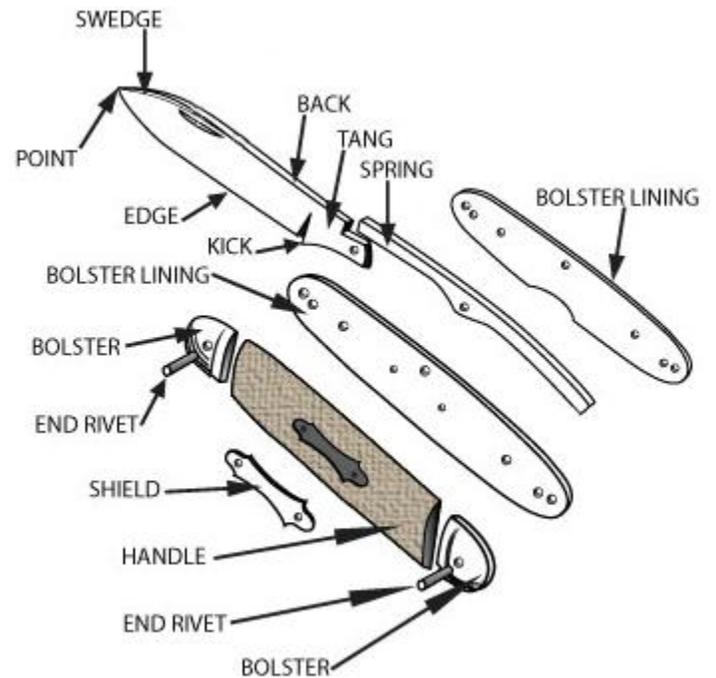
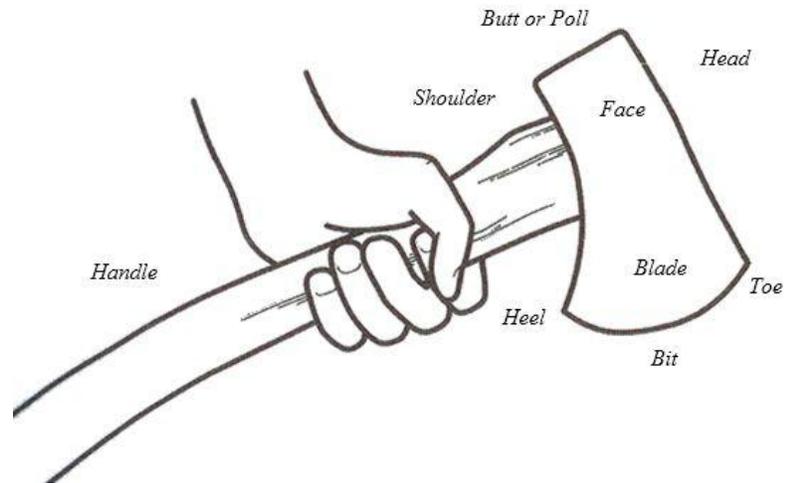
A plane-table survey plan of the summer campsite, framed in natural wood grown on the spot, would make a novel wall-decoration for the patrol corner or den, and should be good for a lot of points in any patrol competition.

Note that in carrying out this plane-table survey, you have applied the principle of triangulation, which is the basis of all mapmaking and cartography.

Pioneering

Safety Rules For Knife, Axe & Saw

- 1) Wear boots or hard shoes not trainers.
- 2) Take off anything that could get tangled like scarf's.
- 3) Never use an axe or saw with a loose head or blade.
- 4) Ensure that there are no overhanging trees or bushes.
- 5) Make sure that on one is closer than 3 axe lengths.
- 6) Always use a firm chopping block.
- 7) Do not use a knife, axe, or saw when you are tired.
- 8) Always mask the axe or saw and put away when not needed.
- 9) Always keep tools clean and sharp.
- 10) Carry axes and saws correctly.
- 11) When using a knife always cut away from you.
- 12) Never throw knives or stick them in the ground.



Patrol Pioneering Projects

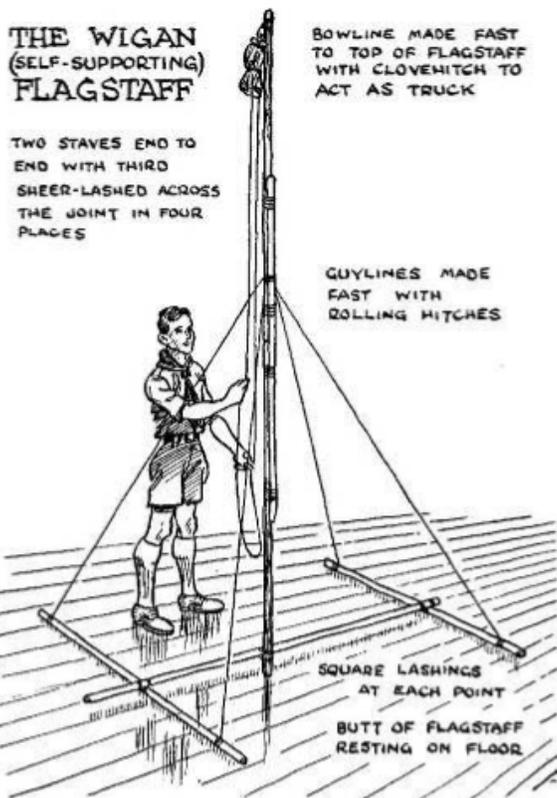
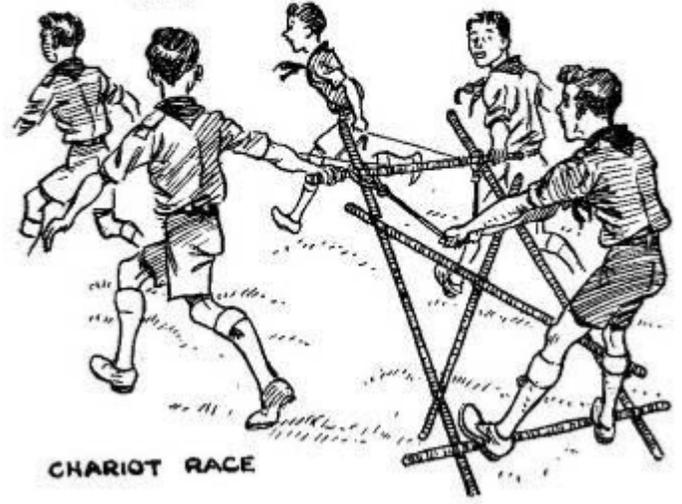
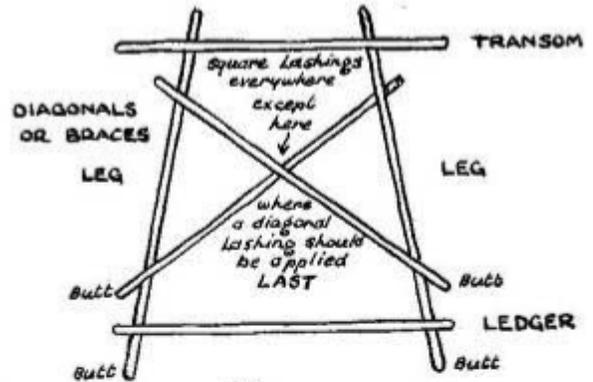
THE TRESTLE

Gear Required:

- 6 Staves
- 9 Lashings
- Rope for Reins

The making of a trestle is one of the basic requirements for pioneering. These are the points to consider:

1. The butts of the spars or staves should be placed at the foot of the trestle. As in the illustration, it is the butts that will drag along the ground and not the tips, for reasons which we hope are sufficiently obvious.
2. The proportions of the trestle should be six units at the ledger to five units at the transom, that is, the distance between the respective lashings.
3. The transom and the ledger are on the same side of the trestle and, when constructing, it is easier to refer to this same side as the top.
4. The diagonal braces have three points on top of the trestle and one-point underneath.
5. All lashings are square lashings except where the diagonal braces cross each other, and here a diagonal lashing is used. This, incidentally, is a good example of the use of a diagonal lashing.



THE WIGAN SELF-SUPPORTING FLAGSTAFF

Gear Required:

- 6 Staves
- 8 Lashings
- 1 Pulley Block (optional)
- 70 ft. Light Line

The Wigan Flagstaff has two great merits in our view. It is easy to construct – a patrol should be able to make a satisfactory job in ten minutes – and it is self-supporting so we do not have to bore holes in the

Just a few words about the construction: –

The sheer lashing by which the height is obtained needs to be very tight. It is a good idea to drive wedges between the spars to tighten the lashings. Remember that when you use sheer lashings in this way you start with a clove hitch round both spars. There are no frapping turns, and you finish with a clove hitch round both spars. If you have the head-room there is no reason why you should

not add another section, but it is as well to estimate correctly before you build the flag pole

Overnight troop camp

<<Write a page on overnight camp you stayed in>>

Cycle hike for 30 kms

<<Write a page on Rajanahalli cycling expedition>>

Plan and participate in patrol expedition

<<Write a page Airani expedition>>

Lead your patrol to a nearby place of historical importance and discuss the importance

<<Write a page on historical significance of Harihareshwara temple / Chitradurga Fort >>

Cooking

<<Write a page on your experience in outdoor cooking. Place a photo if possible >>

Know and understand the disease Tuberculosis, symptoms, treatment, precautionary measures and DOTS

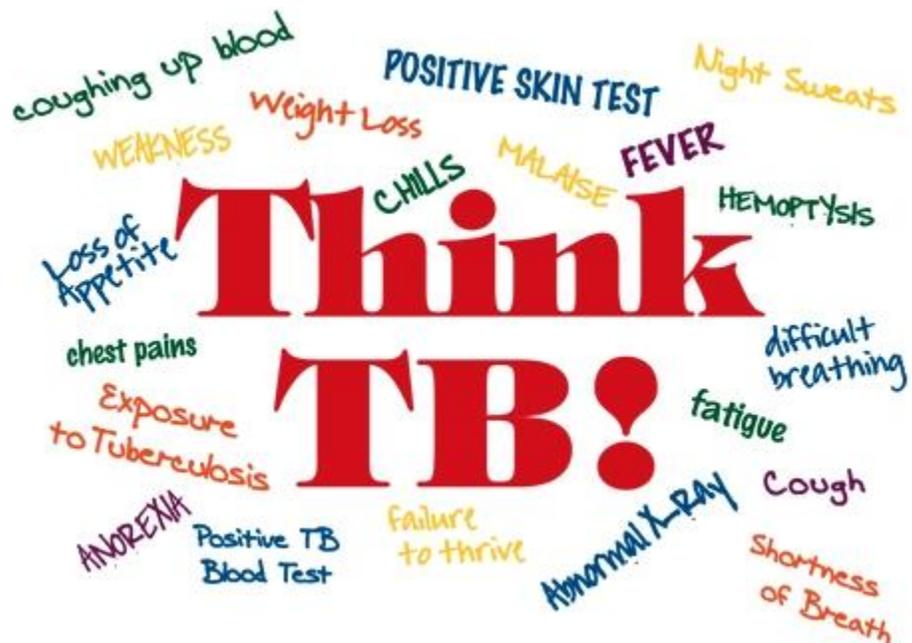
In India, each year, approx. 220, 000 deaths are reported due to Tuberculosis. Between 2006 and 2014, the disease cost Indian economy USD 340 billion. This public health problem is the world's largest tuberculosis epidemic. India bears a disproportionately large burden of the world's tuberculosis rates, as it continues to be the biggest health problem in India.

Symptoms

The bacterium that causes TB is called Mycobacterium tuberculosis. Active tuberculosis is the start of the bacteria developing, and the signs and symptoms begin to be visible. Although the TB bacteria can infect any organ (e.g., kidney, lymph nodes, bones, joints) in the body, the disease commonly occurs in the lungs. Around 80% of all TB cases are related to pulmonary or lung.

Common symptoms include:

- coughing that lasts longer than 3 weeks with green, yellow, or bloody sputum
- weight loss



- fatigue
- fever
- night sweats
- chills
- chest pain
- shortness of breath
- loss of appetite

Diagnosis

Testing for pulmonary TB

Any person who has signs and symptoms suggestive of TB including a cough for more than 2 weeks, significant weight loss, haemoptysis (coughing blood) etc. and any abnormality in a chest radiograph should be evaluated to find out if they have TB.

Children with a persistent fever and/or cough for more than 2 weeks, children who have a loss of weight or no weight gain, and/or children who are household contacts of people who have already been diagnosed as having pulmonary TB must be evaluated for TB.

There are a number of diagnostic TB tests currently available.

1. Microbiological confirmation on sputum
2. Chest X-ray as a screening tool
3. Cartridge Based Nucleic Acid Amplification Test (CB NAAT)

Treatment

To prevent spreading TB, it's important to get treatment quickly and to follow it through to completion by your doctor. The antibiotics most commonly used include isoniazid, rifampin, pyrazinamide, and ethambutol. It is crucial to take your medication as instructed by your doctor, and for the full course of the treatment (months or years). This helps to ward off types of TB bacteria that are antibiotic-resistant, which take longer and are more difficult to treat

The Indian government's Revised National TB Control Programme (RNTCP) started in India during 1997. The program uses the WHO recommended Directly Observed Treatment Short Course (DOTS) strategy to develop ideas and data on TB treatment

Precautions while using mobile phone and internet.

<<Write a page on precautions to be taken while using mobile phone and internet >>

