

The Bharat Scouts & Guides, Uttarakhand State Headquarter



Ref. No./BS&G UK/SHQ/ 3953-4051/2025

Date - 10-10-2025 सशक्त युवा, विकसित भारत

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 mail 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 232/2025	07/10/2025	National Cancer Awareness Day- 2025
2.	NHQ 233/2025	07/10/2025	Celebration of Children's Day on 14 th November 2025
3.	NHQ 234/2025	07/10/2025	Observance of National Constitution Day (Samvidhan Divas) on 26 th Nov' 2025

You are hereby requested to forward it to the eligible candidates from your district enabling them to participate in the aforesaid programmes.

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

"Creating Better Uttarakhand"

Yours in Scouting

(R M Kala)
UID- BSG798627234
State Secretary

The Bharat Scouts & Guides Uttarakhand

Ref. No./UBS&G/SHQ/

/2025

Date -

Copy to: -

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



55 Mothrowala Marg, Ajabpur Chowk, Dehradun- 248001(U.K.), Tel-0135-3595208, SHQ HAM Radio Club Call Sign: VU2DDE

Email- bsguttarakhandstatehq@gmail.com, bsguttarakhand@gmail.com, Website- www.bsguttarakhand.org



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. 232 / 2025

Date: 07/10/ 2025

SUB: NATIONAL CANCER AWARENESS DAY -2025

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 avoiding 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, cancer risk can be lowered in a number of ways, including:

- ☒ Consuming a nutritious diet high in fruits & vegetables
- ☒ Regular exercise and maintaining a healthy weight
- ☒ Abstaining from tobacco products
- ☒ Minimum alcohol consumption
- ☒ Protection from ultraviolet rays (sunscreen, protective clothing)
- ☒ Regular cancer screenings
- ☒ Avoiding harmful chemicals in the environment
- ☒ Vaccination against Human Papillomavirus (HPV)

As members of **The Bharat Scouts and Guides**, we have a duty to contribute to the well-being of our community. Therefore, all State Associations are requested to organize **awareness programs, health camps, and outreach activities** aimed at educating the public about cancer prevention.

Please ensure these programs reach as many people as possible, especially in areas where cancer awareness is limited. Let us collectively work towards spreading knowledge and saving lives.

♦ Suggested Activities for Observance:

- 1**  **Cancer Awareness Seminar** – Expert talks on cancer prevention, early detection, and treatment strategies.
- 2**  **Health Check-up Camp** – Free cancer screening services for early detection.

3 📄 **Awareness Campaign** – Distribute pamphlets, posters, and leaflets on cancer symptoms & prevention.

4 🍷 **Pledge Drive** – Students, employees, and community members pledge to quit tobacco, alcohol, and adopt a healthy lifestyle.

5 🌐 **Social Media Campaign** – Share informative posts using hashtag **#NationalCancerAwarenessDay2025, #BSGAgainstCancer #BSGINDIA.**

6 🚶 **Awareness Walk/Run** – Organize a walkathon, rally, or cycle rally with placards & slogans.

7 🎨 **Poster/Slogan Competition** – Encourage students and youth to create posters or slogans on cancer awareness.

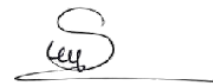
8 🌱 **Healthy Living Drive** – Plant trees or start “**No Junk Food Day**” in schools/units to promote wellness.

9 🤝 **Survivor Interaction Session** – Invite cancer survivors to share their experiences and motivate participants.

Brief report with action photographs may kindly be forwarded to NHQ by **15th November 2025** at girlprogramme@bsgindia.org with a copy of pro@bsgindia.org , 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 OF GUIDES
(GIRL 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, Navodaya 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.



The Bharat Scouts and Guides

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INDIAN UNION



Circular No.: 233/ 2025

Date: 07/10/ 2025

The children of today will make the India of tomorrow.

- Pandit Jawaharlal Nehru

SUB: CELEBRATION OF CHILDREN'S DAY ON 14th NOVEMBER 2025

Dear Sir/Madam,

Greetings from the Bharat Scouts and Guides, National Headquarters!

The Bharat Scouts and Guides, the largest uniformed educational youth movement in the country, observes **Children's Day** on **14th November** every year to commemorate the birth anniversary of **Shri Jawaharlal Nehru**, the first Prime Minister of India. Fondly known as "*Chacha Nehru*", he was deeply loved by children and was a strong advocate for their rights, care, and education.

This day, also known as **Bal Diwas**, reminds us that **children are the true strength of the nation** and the foundation of a brighter future.

Children's Day 2025 provides us with the opportunity to celebrate, honour, and encourage the incredible potential of our young generation. By nurturing creativity, innovation, and empowering young minds, we can help them grow into responsible and capable citizens. Let us reaffirm our commitment to protect their well-being and provide them with every opportunity to thrive.

As the largest uniformed educational youth movement in the country, **The Bharat Scouts and Guides** appeal to all **Adult Leaders** to actively join hands in celebrating *Children's Day 2025*. All Cubs, Bulbuls, Scouts, Guides, Rovers, and Rangers should be encouraged to participate and be inspired on this special occasion.

◆ **Suggested Activities for Celebration**

- 1** 📖 **Storytelling Session** – Narrating inspiring stories that promote values of kindness, unity, and courage.
- 2** 🎨 **Uniform Competition** – Showcase neatness, pride, and discipline in Scouting/Guiding uniform.
- 3** 🎮 **Fun Games & Indoor Activities** – Engaging games to encourage teamwork and joy.
- 4** 🏃 **Outdoor Sports & Traditional Games** – Promote fitness, bonding, and fun.
- 5** 🎨 **Face Painting & Craft Stations** – Allow children to express creativity through art.

6 🗣️ Cultural Program – Songs, skits, dance, and role-plays by Cubs, Bulbuls, Scouts & Guides.

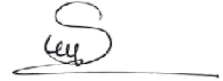
7 📷 Photo Booth with Props – A joyful corner for children to capture memories.

8 🌱 Community Service Activity – Encourage planting trees, cleanliness drives, or visiting orphanages/child care homes to spread smiles.

Brief report with action photographs may kindly be forwarded to NHQ by 20th November 2025 at girlprogramme@bsgindia.org with a copy of pro@bsgindia.org , 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



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To,
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INDIAN UNION



Circular No.: 234/ 2025

Date: 07/10/ 2025

The Constitution is not a mere lawyer's document; it is a vehicle of life, and its spirit is always the spirit of age.

– Dr. B.R Ambedkar

SUB: OBSERVANCE OF NATIONAL CONSTITUTION DAY (SAMVIDHAN DIVAS) ON 26th NOVEMBER 2025

Dear Sir/Madam,

Greetings from the Bharat Scouts and Guides, National Headquarters!

As you are aware, **National Constitution Day**, also known as “*Samvidhan Divas*”, is observed on **26th November every year** to commemorate the adoption of the **Constitution of India**. On 26th November 1949, the Constituent Assembly adopted the Constitution, which came into effect on **26th January 1950**.

The observance of this day aims to:

- ✓ Publicize the rich composite culture and diversity of our nation.
- ✓ Create awareness of **Fundamental Duties** as enshrined in the Constitution.
- ✓ Reinforce the values of **equality, justice, and democracy**.
- ✓ Enable citizens, especially young people, to understand their **rights and responsibilities**.
- ✓ Help children and youth work towards earning the **Citizen Badge** through awareness and action.

These activities are designed to **reiterate and reorient citizens towards the values and principles of the Indian Constitution**, thereby encouraging everyone to play their rightful role in strengthening Indian democracy.

👏 Constitution Pledge

“I, as a citizen of India, affirm my faith in the universal principle of civilized society, namely that every dispute between citizens should be settled by peaceful means; and, in view of the growing danger to the unity and integrity of the country, I hereby pledge myself never to resort to physical violence in the case of any dispute, whether in my neighbourhood or in any other part of India.”

Let us all join hands and observe the **“National Constitution Day”** on 26th November 2025 with various innovative activities and competitions to create mass awareness on the constitution of the country.

◆ To mark the “National Constitution Day” some suggested activities are given here under.

👉 **Pledge Ceremony** – Organize the *Constitution Pledge Taking* in schools, institutions, and Scout/Guide gatherings.

💬 **Talks / Discussions / Debates** – On constitutional values, principles, rights, and responsibilities.

📌 **Awareness Drive** – Spread knowledge in communities about the significance of the Constitution.

🏠 **Youth Parliament (Rovers & Rangers)** – Discussions and mock sessions on constitutional issues.

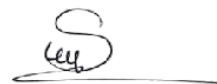
📄 **Essay Writing/Quiz/Poster Competition** – On the importance of the Constitution and Fundamental Duties.

🌐 **Digital Campaign** – Share awareness messages on social media with hashtags like **#SamvidhanDivas** and **#ConstitutionDayIndia**.

Brief report with action photographs may kindly be forwarded to NHQ by 05th December 2025 at girlprogramme@bsgindia.org with a copy of pro@bsgindia.org, 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



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