



BHARAT SCOUT AND GUIDE, UTTAR PRADESH

State Headquarters : Gole Market Mahanagar, Lucknow - 226006

Registration Number 1-9407/1959-1960

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Circular No. : SK/SAP-03-05 /1944 /2024-25

Date : 21st Nov. 2024

To,

All the District Secretaries,

Bharat Scouts and Guides.

District Associations of the Uttar Pradesh,

All the Head of the Institutions / Departments & All the Adventure Clubs in India



SUB: State Adventure Program at State Training and Adventure Centre, Sheetlaket, Almora, Uttarakhand from Dec. 2024 to Mar 2025.

Dear Sir/Madam,


Greetings from the Bharat Scout and Guide, Uttar Pradesh State Headquarters!

It is a matter of great pleasure to announce the State Adventure Programme of the Bharat Scout and Guide, Uttar Pradesh scheduled at State Training and Adventure Centre, Sheetlaket Almora. The State Adventure Programme is scheduled from Dec. 2024 to Mar 2025 are furnished hereunder:

Following are the details of the event: -

S L	Name of the Event	Month	Dates		Last Date of Registration
1	3 rd State Adventure Program	December 2024	21.12.2024	25.12.2024	16 Dec. 2024
2	4 th State Adventure Program	January 2025	04.01.2025	08.01.2025	31 Dec. 2024
3	5 th State Adventure Program	March 2025	21.03.2025	25.03.2025	16 Mar. 2025

01.	Arrival	The forenoon of the first day.
02.	Departure	The afternoon of the last day.
03.	Contribution for Welfare of Scouts and Guides	i) FOR : SCOUT/GUIDE, ROVER/RANGER AND UNIT LEADERS : Total Contribution Rs.3500/- per head. ii) FOR : NON – SCOUT/GUIDE STUDENTS : Total Contribution Rs. 5 5 0 0/- per head. iii) FOR : NON - STUDENTS : Total Contribution Rs. 7 5 0 0/- per head.
04.	Special Offer's:	1- For Individual: Participants who register online within the specified time frame will be eligible for a 10% rebate. 2- For Group : For schools and groups registering together, one unit leader/coordinator can participate free of charge for every 10 participants. Prior permission is mandatory to avail of this benefit.

05.	Accommodation/ Food/Activities	Accommodation, food, souvenir and kit will be provided free of cost by the UP BSG. All activities including trekking, hiking and visit to nature/tourist/religious places will be conducted free of cost by the UP BSG.
06.	Mode of Payment	I-ONLINE TRANSFER (NO CASH) State Secretary, U.P. Bharat Scouts & Guides Account No - 10122401342 IFSC Code - SBIN0006144 Bank - State Bank of India Branch- Jawahar Bhawan, Lucknow (Original Bank Pay- In – Slip should be submitted along with the applications at the time of Registration)
07.	Registration Proses	Registration for the camp can be done through Our official website www.bsgup.org or via link and QR code provided below. https://forms.gle/tHqEtGzeik6kZD7i9 
08.	Who can Participate	<ol style="list-style-type: none"> 1- Open to all Male / Female age group 12-50 years. 2- Members of Adventure Club, School Group, Youth Organization and members of Bharat Scouts and Guides. 3- Medically and physically fit and can bear the strain of Trekking for 12 K.M per day. 4- One Escort must be deputed with a group of 8 to 15 Boys/ Girls. 5- Lady Escort must be deputed with the female participants. 6- Student without Escorting Teacher will not be allowed. 7- Escorts should also Register and Pay the Full Camp Fee along with Application, Risk and Medical Certificate. 8- The maximum age limit for Escorting Teacher is 50 years (Male / Female)
09.	Programmes	<p>High Rope Activities :</p> <ol style="list-style-type: none"> 1. RUSSIAN WALL 2. NET BRIDGE 3. SINGLE LADDERS CROSSING BRIDGE 4. LOG HANGING 5. FIYING TYRE CROSSING 6. VALLEY CROSSING 7. HORIZONTAL TYRE BRIDGE 8. LOOP HANG CROSSING 9. CROSS WALK BRIDGE 10. BURMA BRIDGE 11. SKY CYCLING 12. ZIP LINE 13. ARTIFICAL WALL CLIMBING/ RAPPELING <p>Ground Level Obstacle :</p> <ol style="list-style-type: none"> 1. LOG BALANCING 2. ZIG ZAG PLANK WALKING 3. MONKEY CRAWAL 4. COMMANDO BRIDGE 5. BALANCING ON TIGHT ROPE

		6. HORIZONTAL LADDER 7. HANGING HORIZONTAL LADDER 8. VERTICAL ROPE LADDER 9. TARZAN SWING 10. TYRE WALL 11. TIGHT ROPE WALK 12. TYRE CHIMNEY 13. BAMBOO WALL 14. NET CRAWLING 15. SLOTH WALK 16. GROUND TYRE JUMP 17. TYRE TUNNEL 18. BALANCING BEAM 19. ARCHERY 20. SHOOTING (AIR PISTOL/RIFLE) Trekking, introduction of Scouting/Guiding, Nature Study, Camp Fire, Cultural Program etc. (Program may be changed with any notice as per the situation)
10.	Kits to Brings	1- T-shirt, Jeans and Tracksuits, Extra wearing clothes and costumes for cultural items. 2- One set correct and complete uniform as per APRO Part- II & III.(For Uniform members only) 3- Warm Clothes, Jackets, Sweater, Hand Gloves. 4- Hunter/ Sport Shoes, Extra Pairs of Socks and Slippers, Plate(Thali) Glass or Mug, Spoon, Water Bottle. 5- Personal Toiletries, Cold Cream, Odomas, Torch, Note book, Pen First Aid Kit Sleeping Bag/ Blankets.
11.	Accommodation	Tent and Rooms for Participants and Escorting teachers at the campus of the Adventure Centre.
12.	Weather	During winter, lowest temperature is around 0°C – 03°C and in summer maximum temperature is around 30°C. Hence, it is advised to carry sufficient warm clothing during winter.
13.	How to reach	The nearest Railway Station is Haldwani , The distance from Haldwani to Sheetlakheth is 90 KM. Buses are available in Haldwani Bus Stand.
14.	Original Document to be submitted after arrival *Mandatory	1- Two recent stamp size color photograph. 2- Application form signed by Participants. 2- Medical Fitness Certificate and Risk Certificate. 3- Parent consent in case of minors. 4- Copy of Aadhaar card / Identify proof of Institution.
15.	Risk Management	Bharat Scout and Guide, Uttar Pradesh take every care of the participants sincerely, but Bharat Scout and Guide, Uttar Pradesh, State Training and Adventure Institute, Sheetlakheth will not be held responsible for any accident, illness or injury during the program. The Escorting teachers should take extra care of their students before the camp, during the camp and after the camp.

16.	Health	1- Medical Checkup should be done strictly. 2- General Medicines and First Aid will be available at the Camp Site. Extra medicines for individuals if any will be purchased by the person concerned.
17.	Other Information's	1- Without selection letter/Mail participants will not be admitted in the camps. 2- Sheetlakhhet is a polythene free area. Hence no one should bring polythene bags with them.
18.	Contact	Website: www.bsgup.org Email: stcsheetlakhhetbsgup@gmail.com Office: 9838726066
19.	Available Seats	Limited seats available at our Adventure Centre—only 80 spots! Register now; spots will be filled on a first-come, first-served basis.

Looking forward your patronage for promotion of Adventure among the youth. Your kind co-operation is highly solicited by deputing interested candidates.

With regards,

Yours Sincerely,

(ANAND SINGH RAWAT)
State Secretary
Bharat Scout and Guide, Uttar Pradesh

Encl.: Application Form, Medical & Risk Certificate.

Copy to:-

1. All the SHQ Office Bearers of the Bharat Scout and Guide, State Headquarters.
2. All District Magistrate Uttar Pradesh.
3. All JD's, DIOS, and BSA, Uttar Pradesh.
4. All DCC's, ASOC, Bharat Scout and Guide, Uttar Pradesh.
5. Adventure Coordinator/Centre Manager, STAC, Sheetlakhhet, Almora.
6. IT Department, Bharat Scout and Guide, Uttar Pradesh.



BHARAT SCOUT AND GUIDE, UTTAR PRADESH

State Headquarters : Mahanagar, Lucknow

Adventure Program Application form

PHOTO

Date :

Place : State Training and Adventure Centre, Sheetlakheta Almora.

Application For :

- SCOUT/GUIDE, ROVER/RANGER AND UNIT LEADERS
- NON - SCOUT/GUIDE STUDENTS
- NON - STUDENTS

1. Name : (हिंदी में) :

Name (Capital Letters) :

2. Father's :

3. Date of Birth : *BSG UID

4. Address :

..... Pin Code

5. District :

6. Mobile No. : Whatsapp No :

7. Email ID :

8. Adhaar No. :

9. Blood Group : Gender

10. Education Quatification : Scouting/Guiding Qualification:.....

11. Hobbies:

Date :

(Participants Signature)

=====For Office Use =====

- Contribution for Welfare of Scouts and Guides Rs. : _____ UTR No _____
- Total Amount : _____ Receipt _____ Date _____

Accountant

Leader of the Camp



BHARAT SCOUT AND GUIDE, UTTAR PRADESH

State Training Centre and Adventure Institute

MEDICAL CERTIFICATE

CAMP NAME : _____
CAMP DATE : _____ to _____
CAMP PLACE : _____

1. Name : _____
2. Address : _____
3. Height : _____ Weight: _____ Blood Group : _____ Age : _____
4. Present/Past illness of Significance : _____
5. Injuries / Operations undergone and present condition : _____
6. Any known allergy to drugs or food stuff _____
7. Is the Applicant Suffering from
 - (i) Any Infectious disease Yes / No
 - (ii) Any Skin disease Yes / No
 - (iii) Mental disease Yes / No
 - (iv) Heart Trouble Yes / No
 - (v) Asthma/Respiratory Diseases Yes / No
 - (vi) Any other disease/defect Yes / No
 - (vii) Any Major Fracture in the Past Yes / No

8. I, on this date _____ have examined Mr./Miss _____ and found Him / Her medically fit/unfit to undergo an Adventure Programme in mountains.

Signature of the Candidate

Medical Officer
Registration Number &
Designation Office Seal

Date : _____

RISK CERTIFICATE/PARENT-CONSENT

It is certified that my son/daughter / ward Mr./ Miss _____ is joining the Sheetlakh Centre Adventure Programme with my consent and the organizers shall not be responsible for any illness, injury or accident during the event or journey periods for the purpose. It is further certified that he/she is physically fit to undergo the said Adventure Programme.

Signature of Participants

Signature of Parent / Guardian

Relationship with participant : _____

Name : _____

Address _____

Aadhar No: _____

Mobile No _____ Date _____