30-Day- Skill Bharat Kids Program
(Classes 1 to 5)

This will be activity-based, simple, colorful, and engaging so that kids enjoy learning while developing habits, discipline, creativity, and digital awareness.

Focus on Foundational Skills – Discipline, Health, Creativity, Digital Basics

- Good Habits & Discipline
- Yoga & Basic Exercises
- Storytelling & Moral Values
- Drawing, Craft & Creativity
- Basic Computer & Internet Safety
- Karate & Self-Defense (intro level)
- Communication Skills (simple English speaking, poems, rhymes)

Skill Bharat Kids Program

Affiliated & Organised by: Scout & Guide Trust

Skill Bharat Kids Program – 30 Days Activity Book

➢ Good Habits & Health

- Day 1:Introduction – Good Habits (cleanliness, politeness, greetings)

- Day 2: Personal Hygiene (hand wash, teeth cleaning, bathing, nails)

- Day 3: Healthy Food & Nutrition (fruits vs. junk food activity)

- Day 4: Yoga Basics (deep breathing, butterfly, cat-cow, tree pose)

- Day 5: Morning Routine Chart – students design their own daily routine

- Day 6: Storytelling with Moral Values (short Indian folk story)

- Day 7: Recap & Fun Quiz

➢ Creativity & Communication

- Day 8: Drawing & Coloring (My Family / My School)

- Day 9: Craft (paper boat, paper flower, or simple origami)

- Day 10: Singing Rhymes / Poem Recitation in English

- Day 11: Simple English Words & Sentences (Hello, Thank You, Good Morning)

- Day 12: Storytelling by Students (short 2–3 lines story)

- Day 13: Role Play / Skit (Greetings & Manners)

- Day 14: Creativity Showcase Day

➢ Discipline, Safety & Self-Defense

- Day 15: Importance of Discipline in School & Home

- Day 16: Traffic Rules & Road Safety (drawing traffic signals)

- Day 17: Introduction to Karate (basic stance, punches, blocks)

- Day 18: Simple Self-Defense Techniques (escape holds)

- Day 19: Internet Safety Basics (don't share passwords, stranger danger online)

- Day 20: First Aid Basics (bandage demo with cloth, when to call parents/teachers)

- Day 21: Safety Quiz & Practical Demonstration

➢ Digital Basics & Life Skills

- Day 22: Parts of Computer (mouse, keyboard, monitor)

- Day 23: Using Paint/ Drawing App on Computer

- Day 24: Internet Basics (safe search, YouTube Kids, school websites)

- Day 25: Teamwork Activity (group drawing/poster on 'My Dream India')

- Day 26: Communication Skills (saying name, age, school, hobby in English)

- Day 27: Confidence Building Game (memory game, talent sharing)

- Day 28: Environmental Awareness (plant a seed, cleanliness drive)

- Day 29: Revision – all topics through fun games & quiz

- Day 30: Final Day Celebration – Certificate Distribution & Cultural Performance

➢ Key Features:

- Each day has 1–2 activities + 1 small learning outcome

- Keeps balance between discipline, creativity, health, digital skills, and safety.

- Can be taught in 1 hour daily for 30 days.

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Photo

Student Application Form

छात्र नामांकन फॉर्म

Applicant Personal Details/ आवेदक की व्यक्तिगत जानकारी:-

Applicant's Full Name / छात्र का पूरा नाम: ……………………………………………..

Gender / लिंग: …………………………………

Date of Birth / जन्म तिथि: …………………………………

Age / आयु: ……………

Blood Group / ब्लड ग्रुप: ……………

Father's Name / पिता का नाम: …………………………………………….

Address/पता:

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………………………………………………………………………………………

City / शहर: ……………………………………………

State / राज्य: ……………………………………………

Pin Code / पिन कोड: ……………………………………………

Contact Details / संपर्क विवरण:

Phone Number / फोन नंबर: …………………………………………….

Email ID / ईमेल आई.डी.: …………………………………………………….

Parent's Contact Number / माता-पिता का संपर्क नंबर: …………………………………………

Educational Details / शैक्षणिक विवरण:

School/College Name / स्कूल/कॉलेज का नाम: ……………………………………………..

Class/Year / कक्षा/वर्ष: …………………………………………………….

Grade / ग्रेड: ……………………………………………………….

Stream / स्ट्रीम: …………………………………………………….

Scout and Guide Details / स्काउट और गाइड विवरण:

Skill Bharat Kids Program

Affiliated & Organised by: Scout & Guide Trust

Unit Name / यूनिट का नाम: ………………………………………………………

Group Leader's Name / समूह नेता का नाम: ………………………………………………………

Scout & Guide Enrollment Number / नामांकन संख्या: ………………………………………………

Medical Details / चिकित्सा विवरण:

Any Medical Conditions / कोई मेडिकल स्थितियाँ (Yes/No): ……………………………………………

Allergies / एलर्जी (Yes/No): …………………………………………………………

Emergency Contact Person / आपातकालीन संपर्क व्यक्ति: …………………………………………

Emergency Contact Number / आपातकालीन संपर्क नंबर: …………………………………………

Declaration / घोषणा:

I hereby declare that the information provided by me is true and accurate. I understand that any false information may lead to cancellation of my registration.

मैं यहाँ पर घोषणा करता/करती हूँ कि मेरे द्वारा प्रदान की गई जानकारी सही और सत्य है। मुझे यह ज्ञात है कि यदि कोई जानकारी गलत पाई जाती है तो मेरा पंजीकरण रद्द किया जा सकता है।

Date / तिथि: _____

Place / स्थान: _____

Signature of Applicant / आवेदक के हस्ताक्षर: _____

Signature of Parent/Guardian / अभिभावक के हस्ताक्षर _____

Program Details / विवरण:

- Affiliated under NITI Aayog, Government of India
- भारतीय ट्रस्ट अधिनियम एवं नीति आयोग, भारत सरकार के अंतर्गत पंजीकृत

- Application fee ₹39 only
- आवेदन शुल्क केवल ₹39/-

- One Month Training Program (Digital Skills, Karate, Self Defense & Life Skills)
- एक माह का प्रशिक्षण कार्यक्रम (डिजिटल कौशल, कराटे, आत्मरक्षा एवं जीवन कौशल)

- Mode: Online & Offline (Hybrid)
- माध्यम: ऑनलाइन और ऑफलाइन (हाइब्रिड मोड)

Website: https://scoutandguidetrust.in/   Email id: nhq@scoutandguidetrust.in