



The Bharat Scouts and Guides

Creating Better India

National Headquarters

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To
All the State Secretaries
State Association of
The Bharat Scouts and Guides
INDIAN UNION



Circular No.: 17 /2023
Date : 03rd Feb., 2023

SUB: TRAINING OF TRAINERS (TOT) FOR FREE BEING ME PROGRAMME (PHASE-III).

Dear Madam/Sir,

Greetings from the Bharat Scouts and Guides, National Headquarters!

The Bharat Scouts and Guides is glad to inform the successful completion of Free Being Me Phase –II and have entered Phase - III of Free Being Me Programme. Free Being Me Global Programme Team WAGGGS will be hosting a series of online training for the new Free Being Me (FBM) curriculum. The aim of the online training is to prepare Member Organisations (MOs) that would like to run their own training activities, and to implement FBM activities with their member.

Free Being Me (FBM) is an educational programme that promotes body confidence and a world free from appearance-related anxiety. Through relevant, exciting, accessible and learner-led activities, young people learn that body confidence and self-esteem come from valuing their bodies, challenging beauty stereotypes and advocating for a healthy body image in their friends, and communities.

A new comprehensive and more interactive *Free Being Me* Programme expertly designed is ready to be rolled out. The new curriculum is adapted to local contexts and can be delivered to co-educational groups' online, in-person, in events/camps and at grass root level.

You are requested to nominate Young, Enthusiastic and Active master trainers to work as National Team to undergo the "Online Free Being Me Global Facilitators Training" of Training of Trainers (TOT) which will be held in March 2023 by "Free Being Me Global Programme Team".

Kindly recommend the names of 5 Rover/Rangers/Adult leaders in the attached format those are willing to attend the training and further facilitate and run the "Free Being Me State/District Programme" to waggggs@bsgindia.org with a copy to info@bsgindia.org via email on or before **25th February 2023**.

State Associations are requested to encourage the young members within their State/Districts to register for this "Change-making" opportunity.

Thanking you with regards,

Yours in Guiding,



(DARSHANA PAWASKAR)
JOINT DIRECTOR OF GUIDES
(PROGRAMME & TRAINING)

Enclosed with:

1. Annexure – I FBM Phase - III

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, Novadaya 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 and Sea Scout/Guide Auxiliary Unit.