



Keep Moving Movement

www.mykmm.org

SESSION 7



K -KMM

Q -QUIZ

C -COMPETITION



25th Sept, 2022

Flow of the Session

- Warm Up
- KQC
- KMM Impact Assessment
- Inspiration to become Volunteers
- The KMM Rhyme
- Story of Oprah Winfrey

Warm Up

- Hud Hud _____
- IDNMHMIH _____
- Eena Meena Deeka _____

KQC - ROUND 1

JO BOLA WOH SIKANDER

01

For what you want in life, how many minimum attempts you must give?

A). 3 Attempts

B). 5 Attempts

C). 0 Attempts

D). 10 Attempts



02

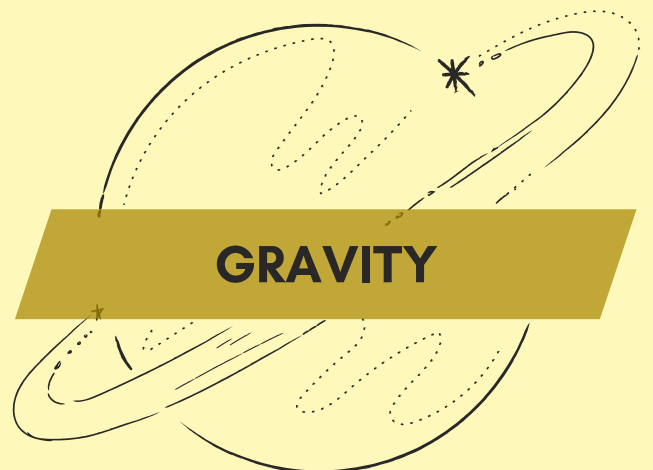
When I am filled with self-doubts and fears, which kind of gravity is holding me down?

A). Universal Gravity

B). Personal Gravity

C). Antigravity

D). Peer Gravity



03

Which city was saved in World War II from being bombed because someone had beautiful memories and stories about it?

A). Tokyo

B). Hiroshima

C). Kyoto

D). Osaka



04

When I feel rejected, I must...

A). Not cry

B). Pretend it doesn't hurt

C). Tell myself "I shouldn't feel this way"

D). Tell myself it is natural to feel pain



05

Use rejections...

A). To blame people for your misfortunes

B). To be tough on yourself

C). As an opportunity for self-improvement

D). As a license to stay depressed & wallow in self-pity



06

I am nature's greatest _____?

A). Superhero

B). Miracle

C). Loser

D). Gift



07

No _____, No _____, No _____ and No gossiping is the kind of attitude I should have to live a GREAT LIFE

A). Blames, Complaints, Excuses

B). Sorry, Please, Thank You

C). Cheating, Lying, Harming

D). Crying, Cribbing, Sobbing



08

Prioritizing and balancing my daily routine is a part of _____ ?

A). Life Management

B). Time Management

C). Study Management

D). Skill Management



09

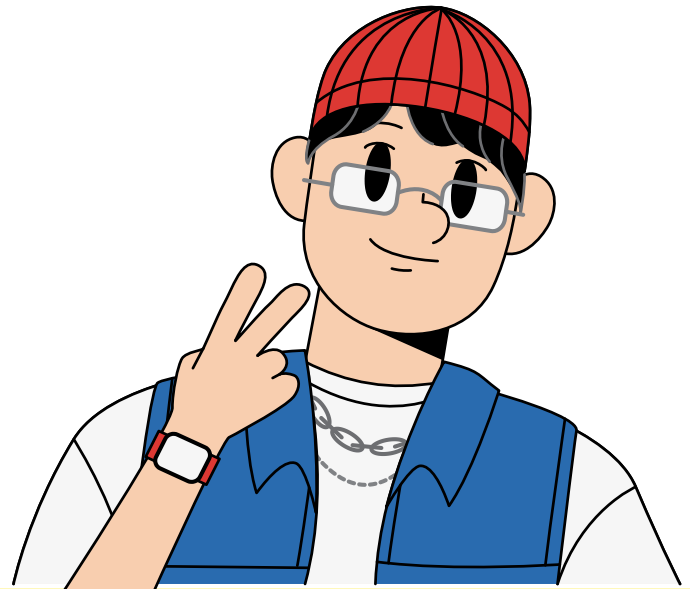
When I can identify others needs and propose win-win solutions, it will make me...

A). An Influencer

B). Kind

C). Considerate

D). A Genius



10

When a misunderstanding occurs between me and my friend. I must...

A). Stop talking to my friend

B). Understand their POV

C). Fight Back

D). Feel Betrayed



11

You wanted to participate in a sports event for your sports day. Unfortunately you didn't get selected. You...

A). Start thinking you are not good enough

B). Become very upset with the sports teacher

C). Say it's OK and pat your back for giving it a shot

D). Blame that life is unfair all the time

12

Smartness is required but _____ is more important



A). Kindness

B). Boldness

C). Cheekiness

D). Naughtiness



KQC - ROUND 2

MAIN HOON KAUN?

Q

- I had to overcome 8 visa refusals.
- I had to work on my English to get a job at WebEx.
- My idea to make WebEx smart phone friendly was rejected.
- I am the founder of Zoom.

Who am I?

ERIC YUAN

Q

- If not for my mother, I would have given up on my participation from a beauty pageant.
- I became the first Indian to become Miss Universe.
- I am also an actress.

Who am I?

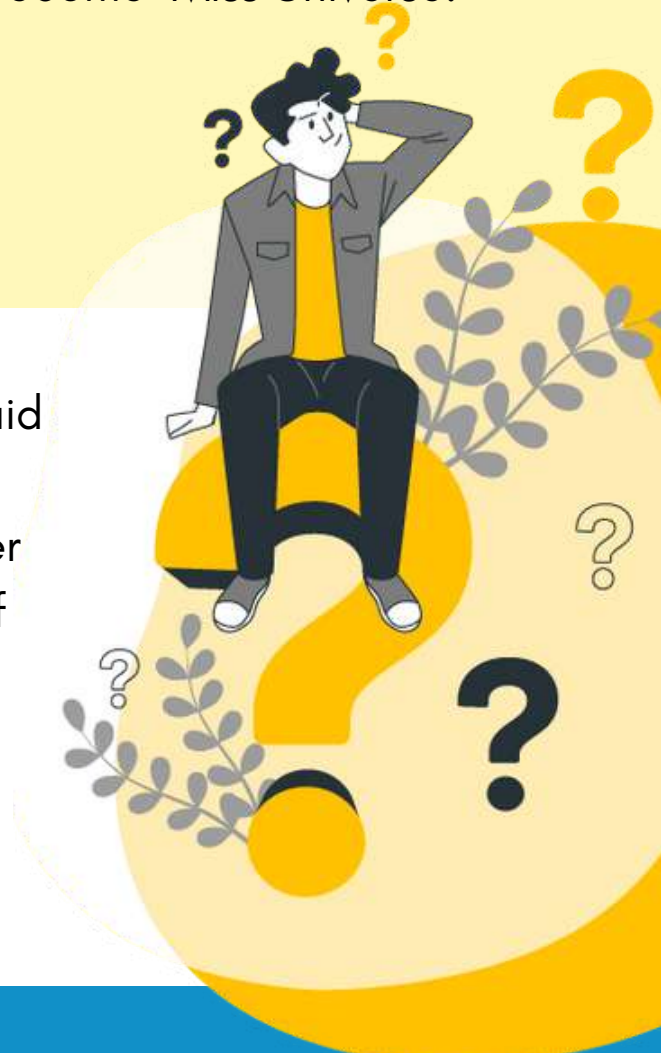
SUSHMITA SEN

Q

- In my debut test match he said these words - Mein Khelega
- I am known as Master Blaster
- Some people call me God of Cricket

Who am I?

SACHIN TENDULKAR



Q

- I was born in Ukraine
- I emigrated to America at the age of 16
- I didn't have a computer till I was 19
- I am the co-founder of Whatsapp

Who am I?

JAN KOUM



Q

- I was a refugee from Afghanistan
- I speak 9 languages fluently
- I became the first Danish player to represent Nike
- I am also a surgeon

Who am I?

NADIA NADIM

Q

- I stayed in slums till my 10th std
- I was determined to achieve anything worthwhile
- I used to study from 12:00 am to 4:30 pm

Who am I?

VAZIDA KARIGAR

Q

- I came from a small town in Tamil Nadu
- Despite struggles, I went on to achieve great heights as a scientist
- I am called as the Missile Man of India
- I was the 11th President of India

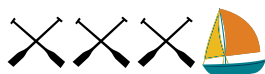
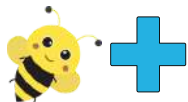
Who am I?

DR. APJ ABDUL KALAM

KQC - ROUND 3

DEKH BHAII DEKH

Match the following



Positive Thought

Cry Baby

I CAN

KMM Warrior

Self Doubt

Laugh a Lot

Smart Vs Bold

Powerful Dreams

Be Honest

Be Positive

Row row row your boat

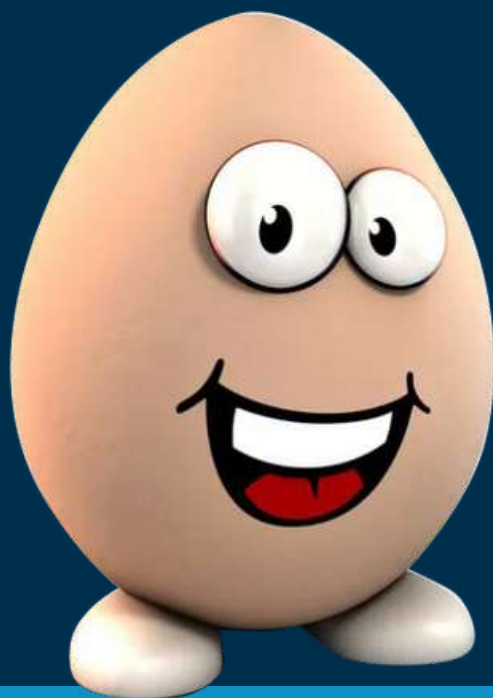
Complaints

Inspire the students to become KMM volunteers



The KMM Rhyme

Aao sikhaun tumhe KMM ka funda.
Yeh nahi pyaare koi maamuli funda.
Isme chupa hai jeevan ka fal-safa
Isme chupa hai jeevan ka fal-safa



Jeet ka funda-FUNDAAAA
Life ka funda -FUNDAAAA
Jeet ka funda- FUNDAAAA...
KMM ka funda-FUNDAAAA !!!