

## KMM 2017 Session 2

### “Har Ek Friend Zaroori Hota Hai?”

#### Session Plan

Part 1 – Practice Story	5 mins
Part 2 – Col. Sundaresan R.	5 mins
Part 3 – Variety of Friends!	15 mins
Part 4 – YOU can choose your friend.	5 mins
Part 5 – How would you define a ‘best friend’?	5 mins
Part 6 – Qualities of a “Best Friend”.	5 mins
Part 7 – Brain Tattoos	5 mins

#### Part 1 – Practice Story 5 mins



Once, Lord Indra got upset with Farmers, he announced there will be No Rain for 12 years & farmers won't be able to produce crops.

Farmers begged for clemency from Lord Indra, who then said, Rain will be possible only if Lord Shiva plays his

Damru. Slyly, he went to Lord Shiva and requested Lord Shiva not to agree

to these Farmers as they had to be taught a lesson. When Farmers reached Lord Shiva he repeated the same thing that he will play Damru after 12 years.



Disappointed Farmers decided to wait till 12 years but one Farmer regularly was digging treating & putting manure in the soil & sowing the seeds even with no crop emerging.

Other Farmers were making fun of that Farmer.

After 3 years all Farmers asked that Farmer why are you wasting your time n energy when you know that rains will not come before 12 years

He replied "I know that crop won't come out but I'm doing it as a matter of "practice". After 12 years I will forget the process of growing crops n working in the field so I must keep it doing so that I'm fit to produce the crop, the moment there is rain after 12 years.

Hearing his argument Goddess Parvati praised his version before Lord Shiva & said You may also lose the practice of playing the Damru after 12 years.



The innocent Lord Shiva in his anxiety just tried to play the Damru, if he could, and hearing the sound of Damru immediately there was rain n the farmer who was regularly working in the field got his crop emerged immediately n others were disappointed.

**It is the practice which keeps on making you perfect. NBNCNE must be practiced for you to master it.**

The game is won during the practice Not during the performance.

**\*Practice is the essence of quality survival\***

Over time, Your resistance to preparation, stops. It just becomes what you do. It becomes **\*THE way of life\***.

And that is when, **\*you are ready for the summit\***.

That is when **\*you are ready for peak performance\***.

That is when you begin to see **\*A FOREST within a SEED\***.

## **Part 2 – Col. Sundaresan R.**

**5 mins**

**\*Run with the soldier, Run for the soldier on 28th May 2017 Pashan LSoM\***

**\*Col Sundaresan R.\*** is running Full Marathon every Sunday in different parts of India. He ran the 25th of 50 Full Marathon on Sunday 28 May in Pune.

He ran Comrades Marathon last year. He is among the few who got deployed to Siachen Glacier twice in a very short time. He had just returned from Siachen and the Kargil war started so he was asked to take his unit back to the



Siachen and support the ongoing war effort.

Col. Sundaresan's mission is to raise funds for the martyred soldier's families. He has committed to give Rs. 1 Lac to every soldier that has died on duty. Thanks to the support from generous people of India he has reached a good part of his goal but still will be working to fulfill the commitment. He also is open to visiting corporates and running groups and motivate people to run and to educate them about the Indian Soldiers and inspire people to achieve more.

While many people take the responsibility to change the world and make an impact in 100s of lives, let you and me take the responsibility to take charge of our lives by living by 'NBNCNE'

**How will you feel if you have Col Sundaresan as your friend?**

### **Part 3 – Variety of Friends!**

**15 mins**

Carry the Airtel ringtone... "Har Ek Friend Zaroori Hota Hai" to the class.

In class 9/10th, the most important people in our life are our friends.

**Everyone has these type of friends.** (Distribute chits in the class)



- Narad Muni Friend
- Shy / Silent One
- Organiser Friend
- Documentor Friend
- Perfecto Friend





- Mystery Friend
- Large Heart Friend



- Toxic Friend
- Sly Friend
- Loyal Friend

- Fearless Adventurer Friend

- Gyani Friend
- The Fun One

- Protective Friend - Mom Friend

- The Dad Friend
- Comedian

- Inspiring Friend
- Sleepy Friend

- Fashionista Friend

- Cool Friend
- Frenemy

- Friend of Friend

- Friend in Need

- Friend in Deed

- Study Friend

- Shopping Friend

- Innocent Friend

- Always Hungry Friend

- Udaas Friend







- Rebel Friend
- Back Ground Friend
- Activity Friend
- Home Work Borrowing Friend
- Skinny Elephant Friend
- Kanjuice Friend
- “I believe in YOU” Friend



## Part 4 – YOU can choose your friend.

5 mins

YOU must CHOOSE your friend wisely.

Anil Gurav and Sachin Tendulkar.



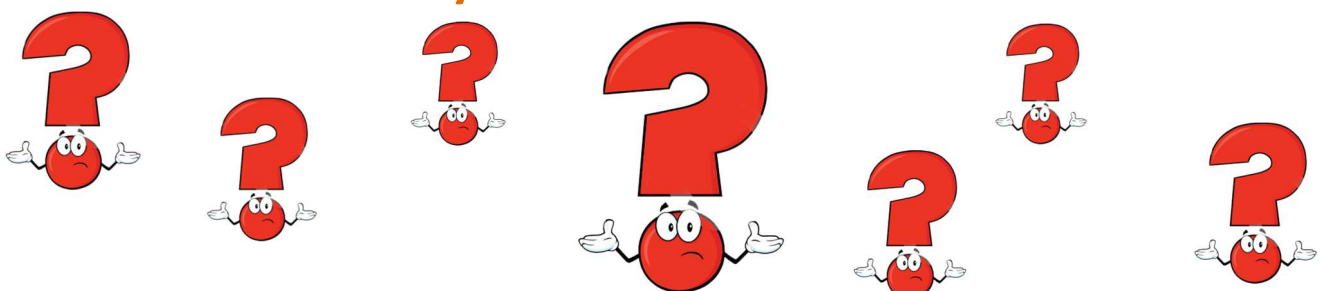
Duryodhan and Karna

Arjun and Krishna

Krishna and Draupadi

## Part 5 – How would you define a ‘Best Friend’?

5 mins



## Part 6 – Qualities of a “Best Friend”.

5 mins

**C**ourageous to stop you if you are doing something wrong.

**H**onest.

**A**vailable when you need him the most.

**M**akes you believe in yourself. Makes you smile.

**P**ushes you no matter what.

## Part 7 – Brain Tattoos

5 mins

