



**Keep Moving  
Movement**

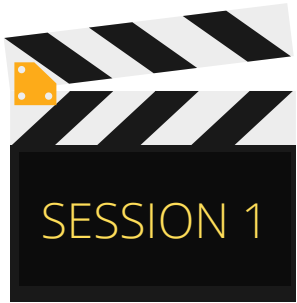
**SESSION 6**

6th Sept, 2020

**MAKE THINGS  
HAPPEN!**



# SUMMARY



## What's your story?

Life is all about the stories we tell ourselves.



## The secret to defeat all disappointments !

Life without ambition is a bird without wings.



## Bharat @ 100

What role will you play in Bharat @100?



## LIVE well, BREATHE well !

Wonderful breathing techniques.



## The Mantra of Success

'In Life you do not get what you desire, but you get what you DESERVE'.



# BREATHING TECHNIQUES

Before sitting for studies



# BREATHING EXERCISES

# STUDY TECHNIQUE



**PREVIEW**



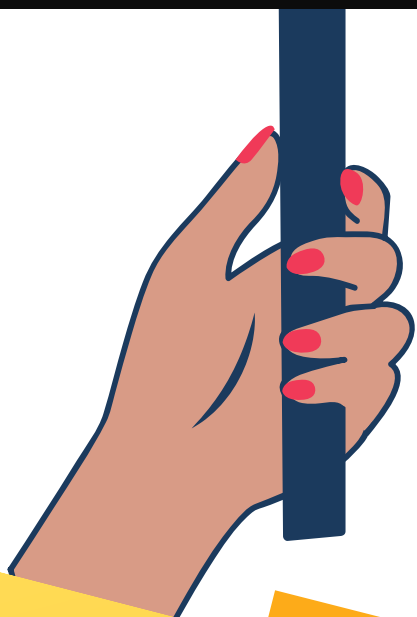
**STUDY**



**REVIEW**

# STUDY TECHNIQUE

**FIRST  
THINGS  
FIRST**



FIRST  
TIME  
RIGHT

# STUDY TECHNIQUE



**50 MIN**  
HOUR

# STUDY TECHNIQUE

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ENOUGH  
**REST**

# STUDY TECHNIQUE

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LIGHT  
FOOD



# STUDY TECHNIQUE

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## DIGITAL DETOX



# STUDY TECHNIQUE

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TALK TO A  
**POSITIVE PERSON**

# BHARAT

@

100



Video to be  
submitted at:

**+91 77410 85000**

KMM 2020  
Session 6



**MAKE THINGS  
HAPPEN!**

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keepmovingmovement



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kmmpune



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