

**Venue : Boat Club,  
Pocha Hall & Zoom**

**Date : 7 July 2024**

**Time : 7 am - 9 am**

**Session 1: Voice of Hope**

POCHA HALL



# Session Plan

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**01** The Experiment - Hope is an essential constituent of human life.

 4 mins


**02** Something about 'ME'.

 10 mins

**03** The 3 Mantra's

 15 mins

**04** You are not alone

 5 mins

**05** Who Won?

 3 mins

**06** Brain Tattoos

 3 mins

## Part 1: The Experiment - 4 mins

An interesting and brutal experiment was conducted in the 1950s by Dr. Curt Richter:



He placed rats in jars half-filled with water to see how long they could tread water.



On average, they drowned after 15 minutes.

### In a second experiment:



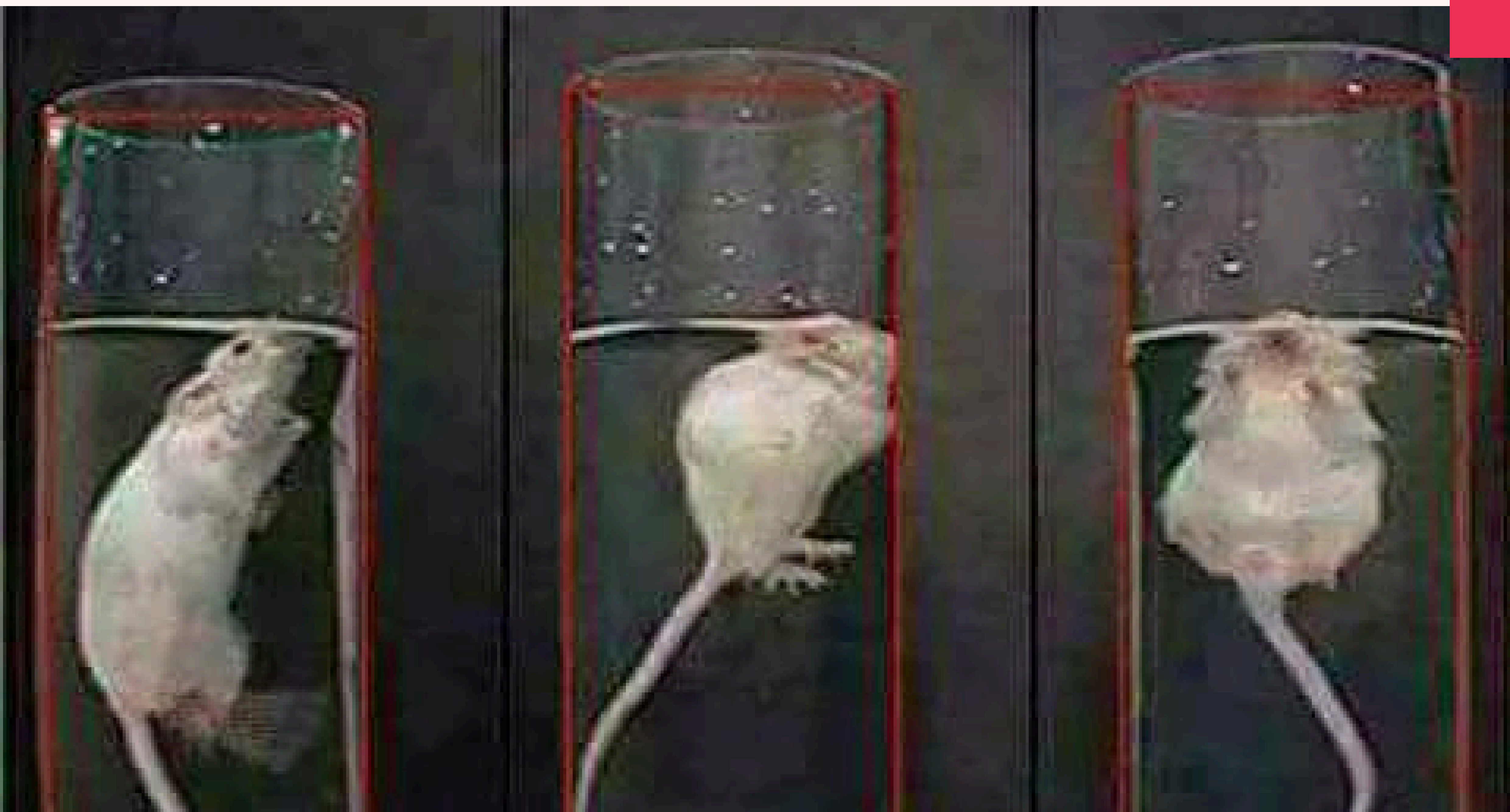
Researchers rescued the rats right before they gave up, let them rest, then put them back in the water.



This time, the rats swam for 60 hours.

### THE CONCLUSION:

The belief in being rescued allowed the rats to push their limits. The conclusion drawn was that since the rats BELIEVED that they would eventually be rescued, they could push their bodies way past what they previously thought impossible.



What made the first set of rats die within minutes and the next set swim for hours?

## THE ANSWER: HOPE

In the second instance, before they died, they were picked up, held briefly, then put back in the water.

This small interlude made a huge difference.

The rats learned the situation was not hopeless and swam for 60 hours.

There are many differences between humans and rats. But one similarity stands out:

If hope can cause exhausted rats to swim for that long, what could a belief in yourself and your abilities do for you?

We all need a reason to keep swimming.

In 1784, Benjamin Franklin, said,

***“HOPE IS AN ESSENTIAL CONSTITUENT OF HUMAN LIFE.”***



## Part 2: Something about 'ME' - 4 mins

Chalo yaar, let's leave the rat bit. Let me talk with you about the founder of KMM - Narendra Goidani

This is the time when he was in the 10th - 11th standard. When he was your age, when he was in the 10th standard, he had no idea what he wanted to be.

What he was sure about is that he wanted to be someone **IMPORTANT**, someone who **MATTERED**. There was a good reason for the same.

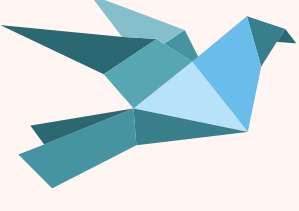
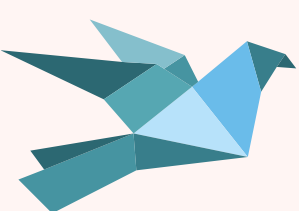
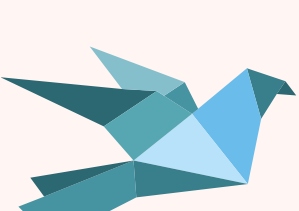
He used to come in the top 3 in his class till the 10th. In a school with about thousands of students, he was the head boy. He was the center of everyone's attention.

He was well-behaved and liked by all. He **ENJOYED BEING IMPORTANT**.






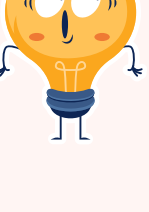
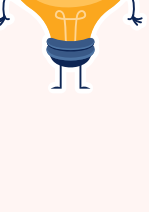
Now, he had to change schools for his 11th standard. In this new school called St Lawrence, he was in a class of 80 kids where bright students from over 20 schools had taken admission. His historical highs placed him in the 20-25th rank. In his mind, he decided he could not come here first. Some of them were like Usain Bolt in 100 meters and Rajnikant in movies.



## This made him drop his guard. He started...

-  Wasting time on gossiping. Finding fault with teacher's teaching style. Teasing them when the class is ON.
-  Doing other things that will make him LOOK cool, like having a girlfriend, etc.
-  He wasn't a head boy anymore. He thought - let me become a 'heart boy'.

## The mind played a few games with him! He started thinking...

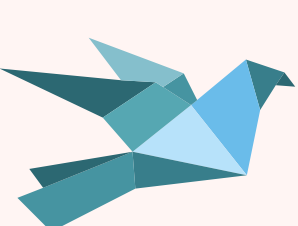
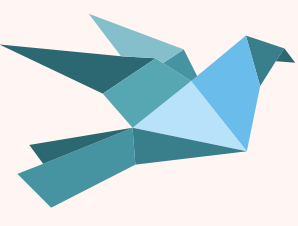
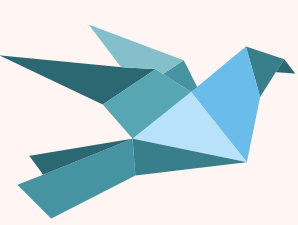
-  If I had a girlfriend, my problems would be solved.
-  If I was better looking my problems would be solved.
-  If I was with students WORSE than me, my problems would be solved.
-  If I spend time with friends, my problems will be solved.
-  If the paper was easier, my problems would be solved.
-  If the teacher was better my problems would be solved.
-  If the subjects were more interesting, my problems would be solved.

**Engagement - Ask your class students, 'What was wrong in naren's thinking?' Ask them what you should have done. This will get them excited.**



He had developed low self-esteem for he was not getting starry-eyed followers anymore. He wondered if he would ever be good enough. He was slowly 'losing hope' of being important!

**Turnaround - Around that time, there was a super hit movie  
-1985 - Meri Jung.**

-  In that movie, Anil Kapoor's father was falsely implicated in a murder and sentenced to death.
-  His mother went insane with grief. Anil Kapoor vowed to avenge his father by defeating Amrish Puri, whose name was 'Thakral'.
-  In this movie, there was a superb song: "***Zindagi Har Kadam Ek Nayi Jung Hai, Jeet Jayenge Hum, Jeet Jayenge Hum Tu Agar Sang Hai.***"

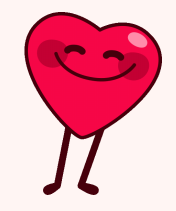

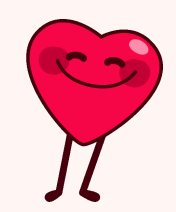
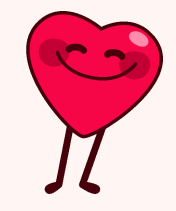
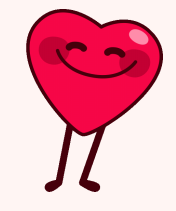
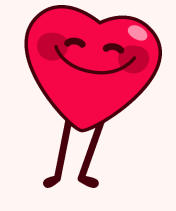
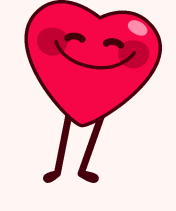

**This song gave him 'hope'. He saw Anil Kapoor fight back and WIN. He believed he too could.**



**ZINDAGI HAR  
KADAM EK  
NAI JUNG HAI**

ज़िन्दगी हर कदम  
एक नई जंग है

Today, he has done well for himself:

-  He is a twice TEDx speaker and an advisor to TEDx.
-  He is on the board of 6 organizations.
-  Together with all of us, he runs the country's largest Life Skills training program in schools - KMM.
-  There was a stamp released by the postal department in honor of KMM.
-  He was chosen as the most inspiring person in India along with Kiran Bedi and Anand Mahindra by The Outlook Magazine.
-  He has written 15 books that have sold close to 50k copies.
-  He has completed 150 batches of his training program called 'Let's Explore'. The LSMs that he writes are read in 44 countries.
-  Life Schoolers are present in 14 countries.

( The idea is - each student should believe Naren was ordinary and hence if Naren has achieved something good today, they too have a chance )

How did all of this happen ?





## Part 3: 3 Mantras 15 mins

To do something about your dreams, to fill yourself with hope, to live a life of importance, remember three things.



1. First, you will never meet anyone 100% confident and secure all the time. Hence, permit yourself to feel uncertain, doubtful, and insecure at times. It is natural and OK. Tell yourself that despite the uncertainties, doubts, and feelings of being insecure, I am hopeful - **'Kuch toh Kamaal karenge'**.
2. Second, our world is changing rapidly. So, don't plan too far ahead. Even if you know where you want to go, the route for getting there will be constantly in flux. If naren had admitted to himself twenty-two years ago that he wanted to be a writer, he couldn't have possibly planned for how that happened, because twenty-two years ago, blogs didn't exist. He has written 15 books and he writes a weekly LSM that has thousands of subscribers from over 44 countries in the world. **Be clear about your goal but embrace the 'UNCERTAINTY' of getting there.** Plan the next three steps but never more than that.
3. Thirdly, and most importantly, he has discovered that we all have two voices speaking inside of us all the time.






The first voice is loud and obnoxious. Let us call it the **'voice of despair'**. It has countless ways of telling us that life is not good enough, we are not loved enough, no one understands us. It keeps telling us, that we will lose, we will fail, we will be cheated and we will be hurt.

The **'voice of despair'** is disgusting, dirty, unpleasant, and substandard. It is the voice that ALWAYS sends us in the wrong direction.




We have to do two things to this voice.

-  Get good at noticing it and all of its many disguises.
-  Get very good at STOPPING it.

Then, there's the other voice. This other voice is the **'voice of hope'**. You can call it...

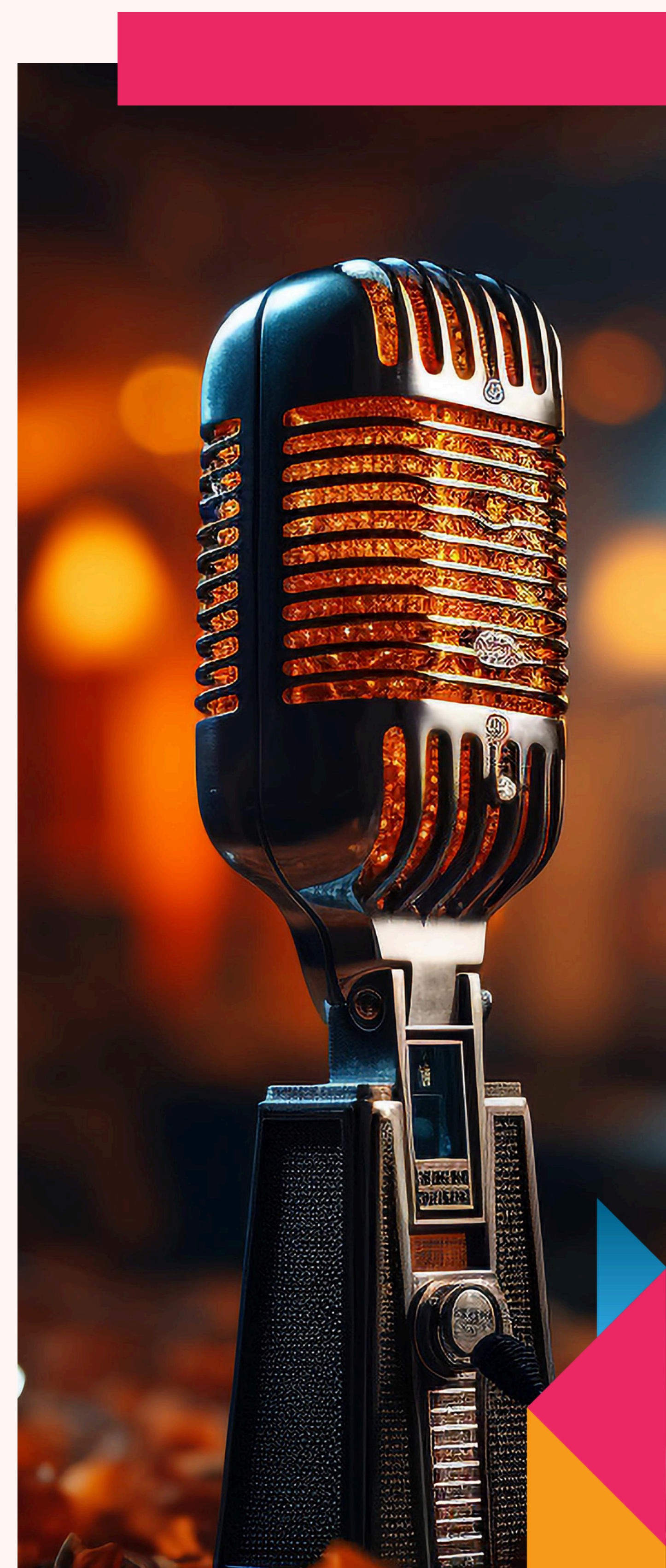
-  The voice of your inner friend.
-  The voice of love.
-  The voice of god

It doesn't matter what you call it; what matters is that you listen for it. For that you will have to put in some sincere efforts. That is because...

-  It is gentle
-  It doesn't shout, it whispers.
-  It sees all the good beautiful things about you.

The **'voice of hope'** sees your truest, worthiest, most loveable self. It is constantly telling you how beautiful you are.







As we get better and better at listening to—and believing—this voice within us, our self-doubt and insecurity slowly begins to diminish. Even in the worst of situations, HOPE will be strong inside you.



## Part 4: You are not alone - 5 mins

If you have been listening to the **'voice of despair'** inside you, you are not alone. If you wish to conquer that **'voice of despair'** and make the **'voice of hope'** strong and powerful, you can.

Millions have faced similar despair, fears and shame and yet emerged stronger. Draw inspiration from their stories and choose hope as your companion on the path forward.

-  Despair is a dim candle, but hope is a blazing torch.
-  Despair casts long shadows and obscures the path ahead. Hope, on the other hand, illuminates the way, revealing possibilities and guiding you forward.
-  Despair is a closed door, but hope is the key that unlocks it.
-  Despair keeps you trapped in your comfort zone, unwilling to take risks. Hope unlocks new possibilities and empowers you to step outside and explore.
-  Despair is a whisper of doubt, while hope is a symphony of possibilities.
-  Despair amplifies the negative thoughts and creates a cacophony of uncertainty. Hope drowns out doubt with a melody of optimism and potential.

During the next challenge of your life, your voice of Despair and your voice of hope will talk to each other inside your head. Decide 'today - who will win'?

**What's your decision? Who will win?**

## Part 5: Who Won? 3 mins

The Olympic Games, Mexico, 1968. The marathon is the final event of the program. The Olympic stadium is packed and there is excitement as the first athlete, an Ethiopian runner, enters the stadium. The crowd erupts as he crosses the finish line.

Way back in the field is another runner, John Stephen Akwhari of Tanzania. He has been eclipsed by the other runners. After 30 kilometers his head is throbbing, his muscles are aching and he falls to the ground. He has serious leg injuries and officials want him to retire, but he refuses. With his knee bandaged Akwhari picks himself up and hobbles the remaining 12 kilometers to the finish line. An hour after the winner has finished Akwhari enters the stadium.

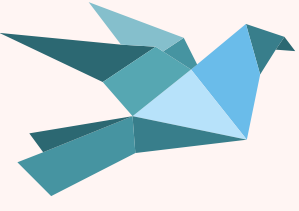
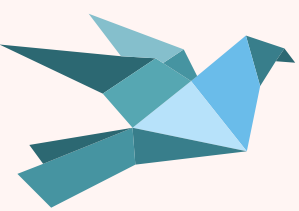
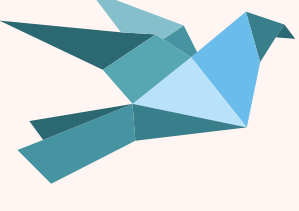
All but a few thousand of the crowd have gone home. Akwhari moves around the track at a painstakingly slow pace, until finally he collapses over the finish line. It is one of the most heroic efforts of Olympic history.



**John Stephen Akwhari**

Afterward, asked by a reporter why he had not dropped out, Akwhari says, “My country did not send me to start the race. They sent me to finish.”

### Here are two questions for you...

-  If you were in John Stephen Akwhari’s place, would you have completed the race?
-  What made him go through the intense pain and cross the finish line?
-  Which voice inside his head, WON? The voice of despair or the voice of hope?

Every time there is an argument inside your head between these two voices, which voice will win?

### **THE VOICE OF DESPAIR OR THE VOICE OF HOPE?**



## Part 6: Brain Tattoos- 3 mins

