




Session 3

Percussa
Resurgo



Part 1: Broken Crayons Still Color - 10 mins

-  COVID happened
-  Accident - Vandana met with an accident and had a brain injury
-  Rains create havoc, doesn't it?

In Sapere Vedere we had a session



TRAGEDIES ARE OFTEN THE BIRTH OF A REVOLUTION

God forbid, but if you were to be hit by a tragedy, what would you do?

REMEMBER, YOU WILL ALWAYS HAVE THREE OPTIONS.

Part 2: Be a High Agency Person - 10 mins

Freeze (Inaction) (Despair)

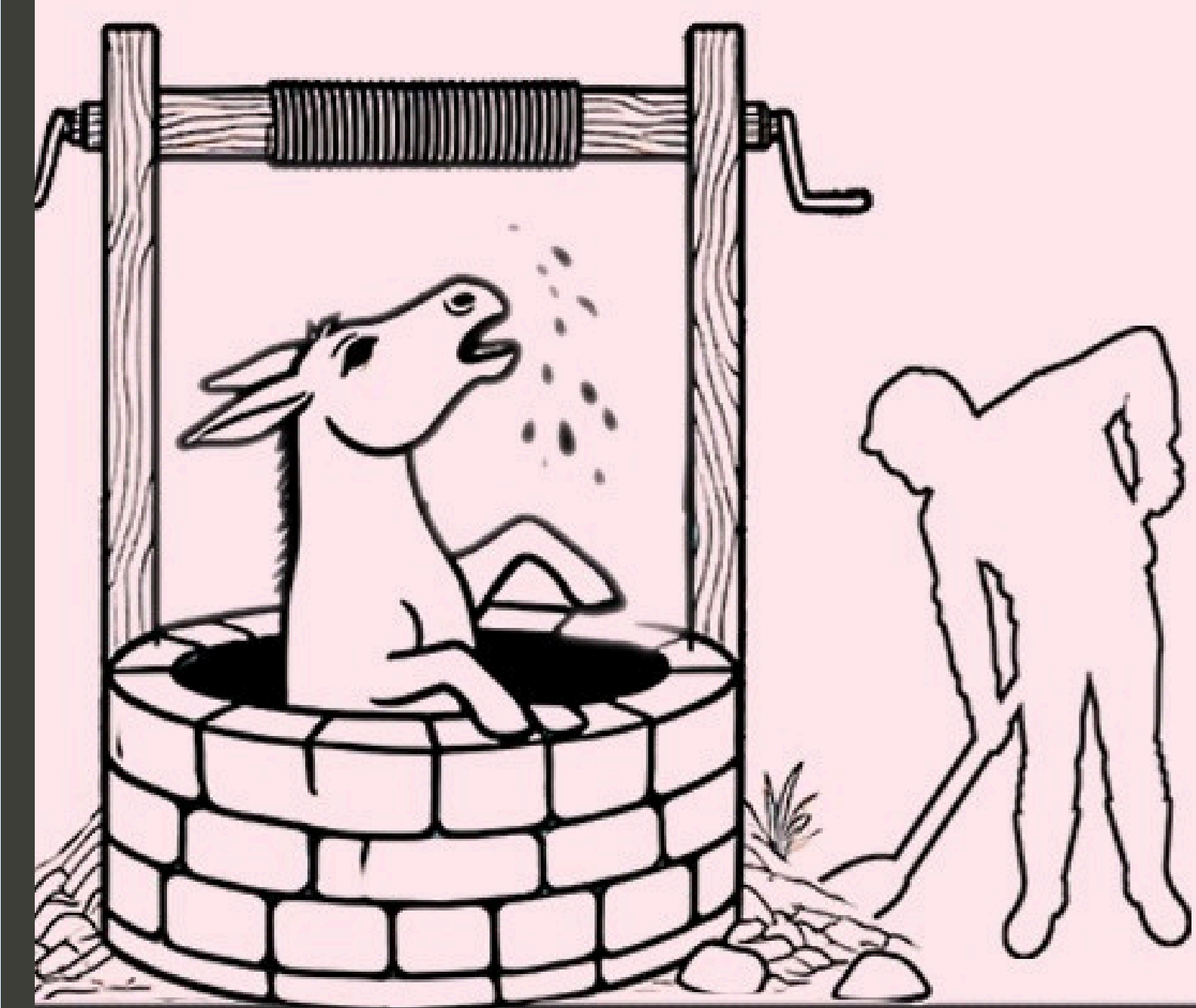
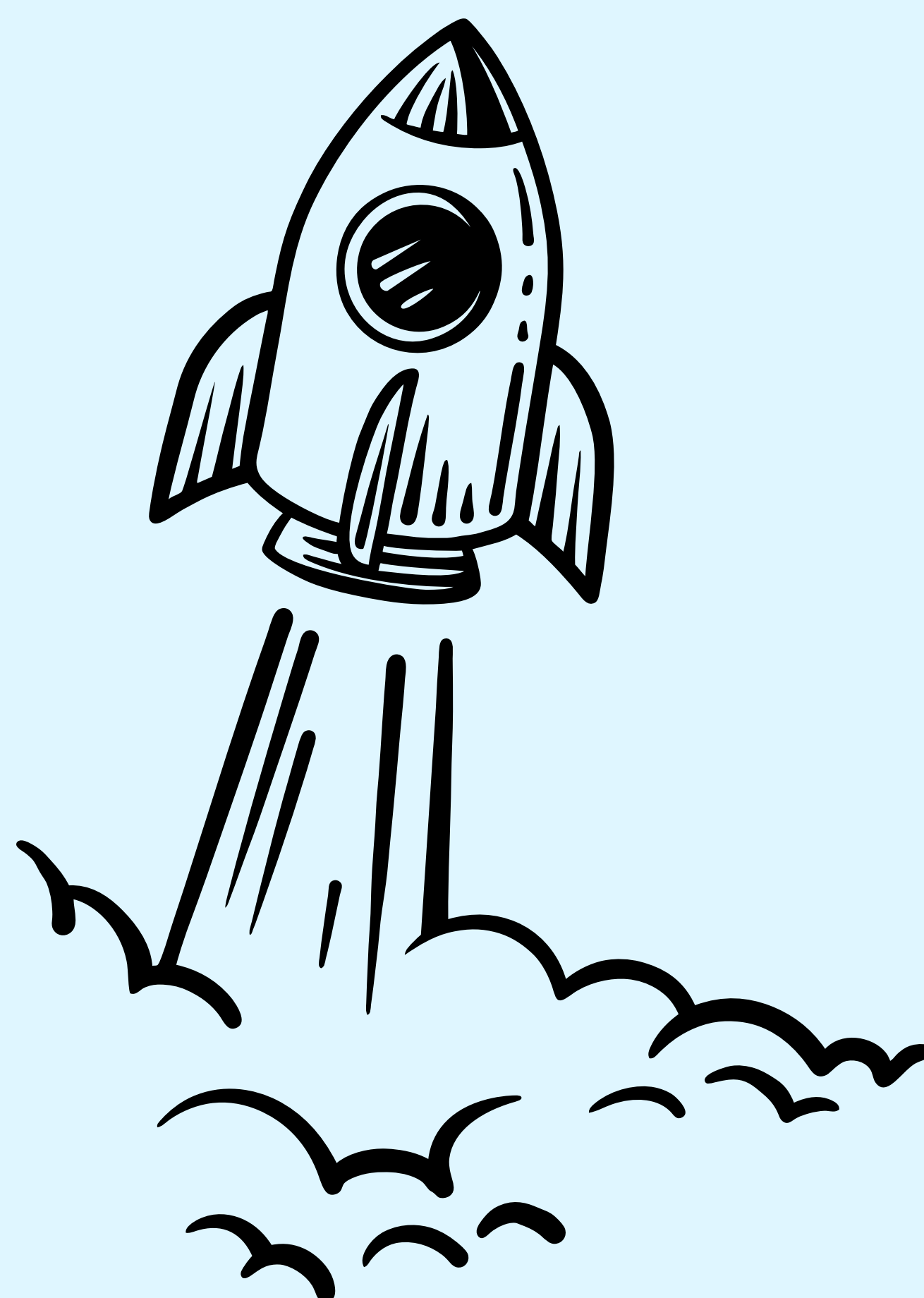
- You are stunned. You feel numb.
- You feel powerless.

Flight - (Negative action) (Despair)

- You run away. You take up alcohol, smoking, drugs, and you can keep blaming and cursing someone for the mishaps of your life

Freedom (Positive action) (Hope)

- You shake it off. The farmer and the donkey who had fallen in the dry well.
- Escape velocity.
- They buried me but they forgot I was a seed.

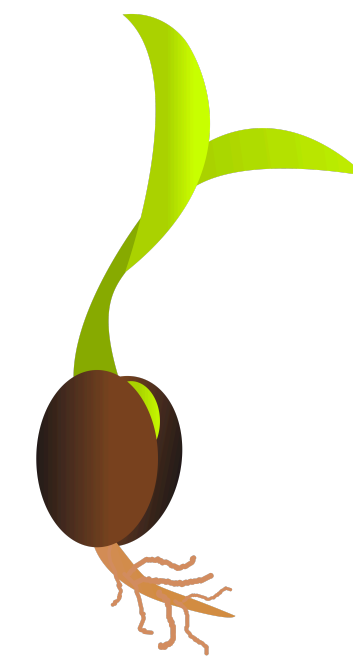


Part 3: Raise your hands if you agree - 10 mins



ONE SEED CAN START A FOREST

(Chinese saying...inside every seed there is a forest)



ONE SMILE CAN BEGIN A LIFETIME OF A RELATIONSHIP

(Rajan, Suchi and Aadhya)



ONE HAND CAN LIFT A SOUL

(mother teresa lifted a million souls)



ONE SMALL CANDLE CAN DEFEAT THE BIGGEST OF DARKNESS

Lobang T Rampa would say, "Its better to light a candle than to curse the darkness".



ONE LAUGHTER CAN CONQUER GLOOM

(we are surrounded by enemies said the soldier. The general replied - That's great news. Fire in any direction you can, we can kill enemies in every direction). If you can laugh at your life, no one can ever hurt you!





ONE SONG CAN RAISE OUR SPIRITS

Teri mitti / Its the climb (Miley Cyrus) /
Kachha Ghada



ONE TOUCH CAN SHOW YOU CARE

(My hug and Raj broke down crying)



ONE ACTION CAN MAKE A DIFFERENCE

(Bhagat Singh - I will not run. Let them capture me. They will file a case and I will get a chance to speak in front of the media from the whole world. You will sentenced to the gallows, said his friends. Bhagat Singh replied - My death will benefit my country more than me being alive)



ONE PERSON CAN MAKE A HUGE DIFFERENCE

(Jonas Salk - Polio)



ONE SESSION, THIS SESSION, CAN CHANGE A FEW LIVES.



Part 4: You are not alone - 5 mins

KMM will lift you. Life School will lift you. Will you lift others?

How many of you would like to promise ME that you would LOVE to be one of these everyday for the rest of your life?

Just remember

Percussa (Struck down) Resurgo (Rise again)

and be a....



**A PERSON
WHO LIFTS
THEMSELVES**



**STRENGTH OF 2
LIFTS
THEMSELVES +1**



LIFTS MANY



Part 5: Bharat needs... - 5 mins





**Today, Your friends and family needs a hero.
Our Bharat needs many many super heroes.**

Bharat don't need people who can tell us what is wrong. Sangram's dad would say, "Criticise if you can also say, Let me solve it."

We need people who can say, 'I will solve it for my country.' IAS Vishal Solanki said, 'Do not be cynical. Do not give up on India.'

We can look at our country and say, "There are so many problems in India". Or you can say, "There are so many opportunities to help my country and countrymen".

Let us lift the country. To lift it, we need dreams and we need commitment backed by accountability.

-  **An idea expressed - 10% chance of success.**
-  **An idea planned - 40% chance of success**
-  **An idea with determination - 65% chance of success.**
-  **An idea with accountability - 90% chance of success.**



Part 6: Accountability Exercise - 5 mins

DREAM

How do you want to see your country
Bharat at 100?

COMMITMENT AND ACCOUNTABILITY

What role do you want to play in Bharat @
100 ?



**Create a less than 60 seconds video, upload
it on any social media, tag KMM and share
the link at +91 77410 85000**



Part 7: Brain Tattoo

