



Keep Moving
Movement

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20
25

ABHI NAHI TOH KABHI NAHI



SESSION 3

Session Plan

Part 1 : Sama Vritti	10 Mins
Part 2 : A Day in the Life of Taalu	10 Mins
Part 3 : Laachar se Chamatkar	10 Mins
Part 4 : Forward Momentum	10 Mins

JUST DO IT.



Part 1

SAMA VRITTI



Recap

Be a

CHAMPION

in positive

SELF-STORIES

In every situation,
there is a

POSITIVE VERSION

of YOUR STORY.



PRESSURE is a PRIVILEGE

Change your

FOCUS

Change your

STORY



Recap

We DEFINITELY need these
5 kinds of friends:

Someone we can have **FUN** with

Someone who **BELIEVES** in us

Someone who **INSPIRES** us

Someone who is our **SUPPORT SYSTEM**

Someone we can **OPEN OUR HEARTS** to



COURAGEOUS



HONEST



AVAILABLE



**MAKES YOU BELIEVE
IN YOURSELF**



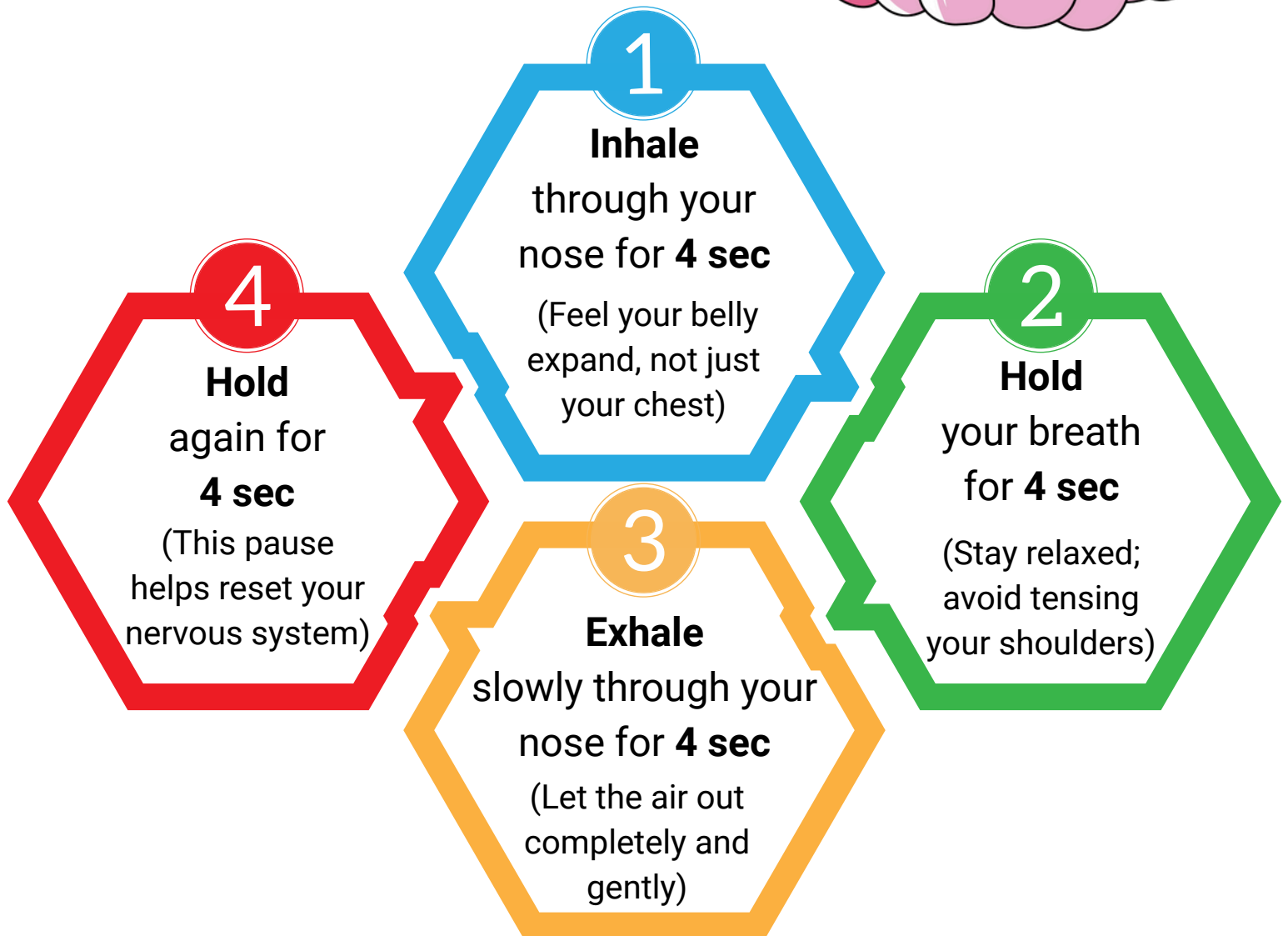
PUSHES YOU



Box Breathing



Known in Sanskrit as Sama Vritti, literally meaning equal fluctuations, this technique involves breathing with equal duration's for all four stages (inhale, hold, exhale, hold)



Benefits of Box Breathing for Students

- 1.Reduces stress and calms the mind. Activates the parasympathetic nervous system, which calms the body.
- 2.Lowers cortisol (stress hormone) levels.
- 3.Improves focus and concentration.
- 4.Helps manage anxiety and nervousness.
- 5.Builds emotional control and patience.
- 6.Boosts performance during exams and presentations.
- 7.Improves sleep and relaxation.
- 8.Encourages a mindful pause before reacting.



Part 2

A DAY IN THE LIFE OF TAALU



It's Saturday Morning

That one rare day when school starts a little late... but Taalu somehow still manages to be late-er.

Let's follow our legendary procrastinator through a day full of plans... and zero execution.



6:00 AM - The Snake-Hand Alarm Assassin

The alarm rings at 6:00 AM. A blanket mound stirs. Slowly, a single arm slithers out like a snake, smacks the alarm with ninja precision and vanishes back inside. Silence returns. Mission accomplished. No one sees the face. Only the blanket. Only peace.

"Operation: Snooze Mode—Successful. Target neutralized. Student—still in hibernation."



6:05 AM The "5 More Minutes" Time Travel

Every morning, he says the same thing, "Bas 5 minute aur, Mummy..." and shuts his eyes. But today, when he opened them—it was 8:17! The school bus had left him behind, and his mom stood over him holding the belan like it's Shivaji's talwar.

He swore he had just blinked! But in that blink—ek ghanta nikal gaya!

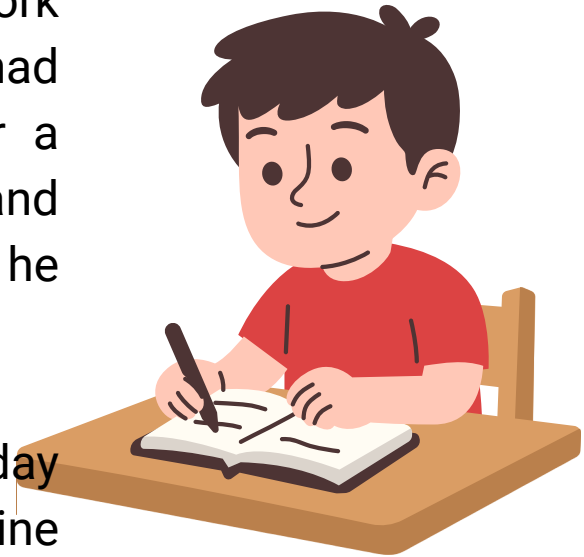




10:00 AM – Homework Hide-and-Seek

“Okay, today I’ll finally finish my homework,” Taalu tells himself. He finds his homework hiding inside his pile of books, where he had kept it CAREFULLY on Monday, “just for a while.” It’s now crumpled, slightly torn, and smells suspiciously like the aloo bhujia he has been eating all week long.

“He said he would start on Tuesday. Tuesday became Thursday. Then, well... the deadline became a lost story.”



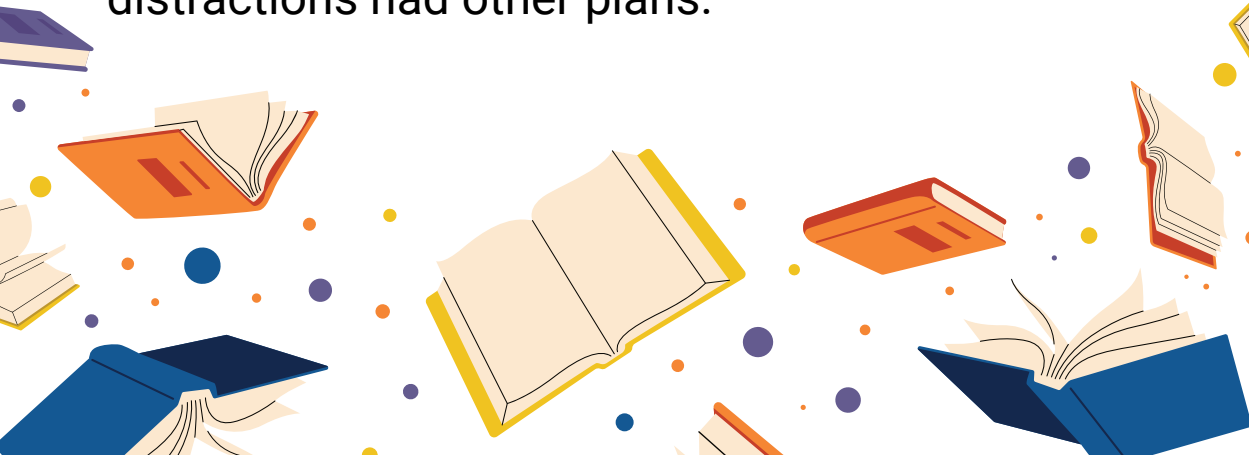
10:30 AM – The Stationery Treasure Hunt

Time to study!

But wait—where’s the pen?

He searches under the bed, behind the couch, in the fridge (yes, even there). Finds three broken pens, one rusted compass, and a half-eaten biscuit. The pen? Still missing.

“The world conspired for him to study. But distractions had other plans.”





11:00 AM – The “I’m Just Cleaning My Desk” Trap

“I can’t study on a messy desk!” Taalu announces.

He starts tidying. One hour later—his desk is a museum. He’s organised erasers by size, made doodle art across his notebook, and built a textbook fort.

Studying? Not even started.

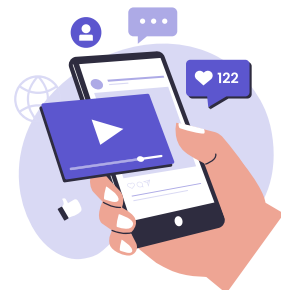


12:00 PM – The Motivational Video Spiral

He opens YouTube for just one motivational video.

Three hours later, he’s emotionally invested in a guy building a house with mud, has watched funny cat videos and knows how to survive in the Amazon jungle.

Motivation? Lost in the wild.



3:00 PM – The Water Break Olympics

Studying finally begins. Fifteen minutes in, Taalu gets up “just for water.”

Then, he scrolls Instagram. Then, watches the ceiling fan. He returns to his books... and forgets what chapter he was even doing.

Hydration: 100%. Focus: evaporated.





4:00 PM – The “Study Group” That Became Gossip Hour

He joins a Zoom study call with friends. They spend 2 hours discussing school crushes, teacher nicknames, and memes. The textbook stays unopened.

"Together, they learned nothing.
But friendship? That flourished."



6:30 PM – The “To-Do List” Masterpiece

Taalu suddenly feels inspired.
He creates the world’s most beautiful to-do list.
Colour-coded. Bullet-pointed. One sticker even
says “Hustle Mode: ON.”
He smiles proudly...Then, proudly closes the book
and never looks at it again.
“He planned the war like a general. Then fell
asleep before the first battle.”



11:47 PM – The “I will Wake Up Early Tomorrow” Lie

At 11:47 PM, he says to himself, “I swear, kal
subah jaldi uth ke sab kar lunga.”
He sets 7 alarms. Sleeps with hope in his heart.
Morning arrives, it's déjà vu. Snake-hand strikes
again. The cycle begins all over.
“Every night, he promises. Every morning, he
forgets his promise. The cycle continues.”



So... who is Taalu?

Taalu is all of us—on those days when comfort wins over consistency, and “later” becomes “never.”

But does he have to stay that way?

No.

Taalu still has potential. He just needs to flip the script.

From T.A.A.L.U. to...

Takes Action And Learns Unstoppably.

Because the moment Taalu chooses progress over pleasure —

- The snooze ends.
- The story changes.
- And he becomes unstoppable.



Discussion

How are we harmed?

When I throw a ball up in the air, what will happen? It will come down. Why? GRAVITY

Similarly, Chanchal Bandar in my head pulls me down... and makes me feel LAACHAR.

Multiple times in a day I hurt my Self Belief:

- Not doing homework at first instance and delaying
- Leaving for school at the last moment
- Not studying in time, revising whilst walking towards the exam hall...
- Not cleaning the room - saying I will do it later, Mom gets upset, etc.

Mere Andar hai yeh Chanchal Bandar

Need to take kabu of the Bandar

***Bandar kabu mein aa gaya to chamatkar,
nahi toh HAHAKAR***



Self Examples:

- Ironing
- Thesis
- To-do list

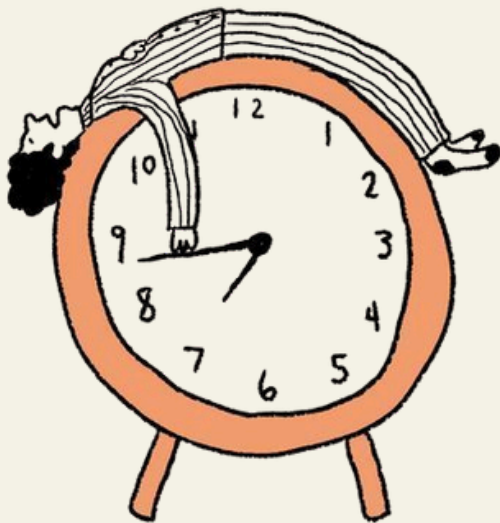


Ask the students where they generally delay

- Normally, when do you procrastinate?
- Which nation do you belong to?

When you delay, you belong to Procrasti-nation

- Self-life examples of delay - life journey



Part 3

LAACHAR SE CHAMATKAR



Virat Kohli

The Wake-Up Call: From 'Chubby Kid' to a 'Fitness Icon'

When Virat was a teenager, he was known for his aggressive batting, but also for his casual approach to fitness. He loved his food, especially 'chhole bhature', and his physical condition was good, but not great. Then, a crucial turning point came in 2012. After a few disappointing performances, he realized that to compete with the best in the world, he couldn't rely on talent alone. He needed to be the fittest.

During an IPL match, have you seen the reviews on TV? The difference between a run out and a not out is .005 seconds.

He stopped eating Chole Bature and all the other food items that would have slowed him down by micro seconds! He did not have them for 15 years !!! And they were his FAVOURITE!



He could have procrastinated, saying, "I'll start tomorrow," or "It's too hard." But he didn't. He made a radical choice to transform his entire lifestyle.

- He gave up his favorite foods and adopted a strict, clean diet.
- He started training for 4-5 hours a day, incorporating strength training, HIIT (High-Intensity Interval Training), and endurance drills.
- He prioritized getting 8-9 hours of quality sleep every single night.



This was not a temporary change; it was a permanent commitment. He didn't wait for motivation; he relied on discipline. He knew that if he wanted to be a champion, he had to train like one, every single day.

The Power of Not Procrastinating

Another powerful moment in his life came during the 2006 Ranji Trophy. Virat was playing a crucial match against Karnataka. He was batting overnight, on 40 runs. The next morning, he received the devastating news that his father had passed away.

Imagine this: The person who encouraged you to play cricket, who believed in your dream more than anyone, is no longer there. The world has just turned upside down. Most of us would have gone home, and no one would have blamed him. It would have been the most natural thing to do.

But Virat didn't procrastinate on his duty. He went back to the field. He walked in, padded up, and scored a magnificent 90 runs, saving his team from a follow-on. He chose to honor his father's memory by playing the game with the same dedication his father had always taught him.

This is the ultimate lesson in not procrastinating. When life throws a challenge at you, you have a choice. You can put things off, or you can face them head-on with courage and conviction.

Virat's decision on that day was a testament to his unbreakable will and his commitment to his goals, no matter the circumstances.



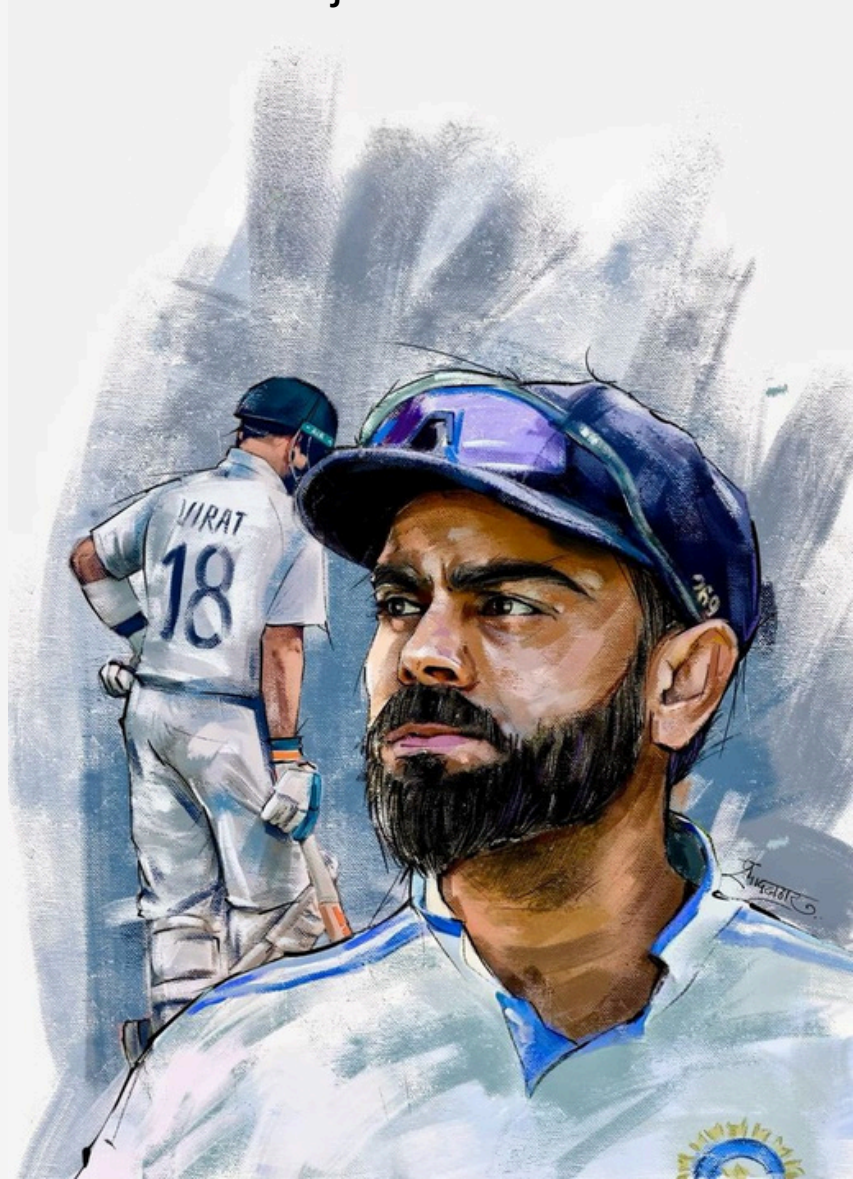
From a Dreamer to an Achiever

This relentless discipline and his habit of never procrastinating are what allowed him to achieve incredible things:

- He led India to victory in the 2008 U-19 World Cup.
- He became the fastest batsman to score 8,000, 10,000, and 12,000 runs in One Day Internationals (ODIs).
- He holds the record for the most centuries in ODI history, surpassing even the great Sachin Tendulkar.
- He won the ICC ODI Cricketer of the Year four times and became the first player to win all three major ICC awards in a single year (2018).

Virat Kohli's story is proof that talent is a gift, but success is a choice. It's a choice you make every morning when you wake up and every night before you go to sleep.

And the guideline to the choice is **'Zero Procrastination'**



Part 4

FORWARD MOMENTUM

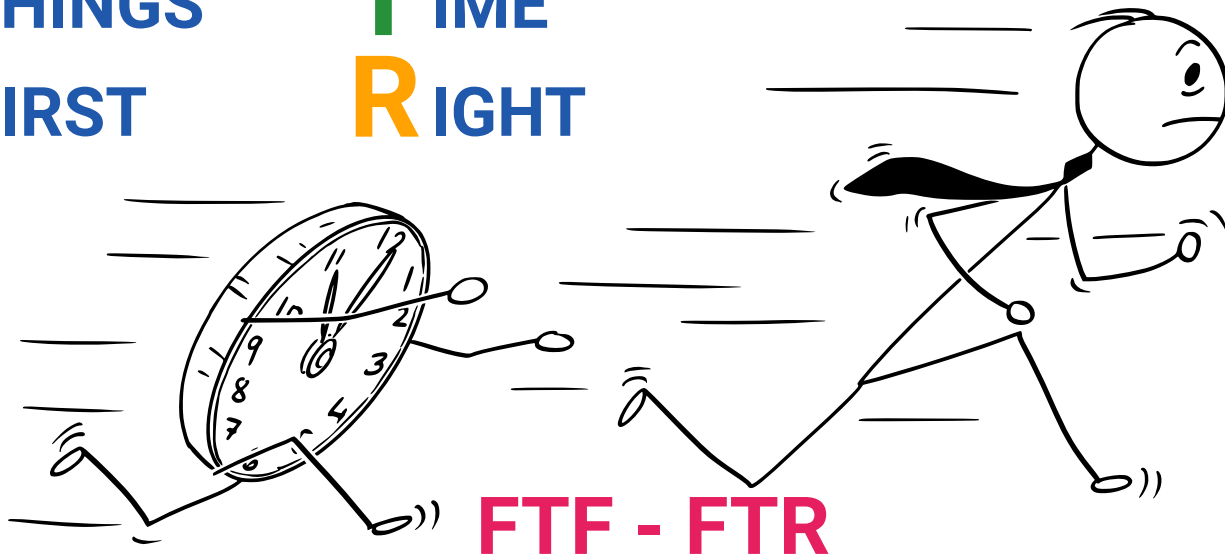


Formula

5 4 3 2 1 Formula

FIRST
THINGS
FIRST

FIRST
TIME
RIGHT



Life is driven by

PRIORITIES

and

NOT PROCRASTINATION

Brain Tattoos

1.

2.

3.

4.

5.

