



**Keep Moving
Movement**

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**20
25**

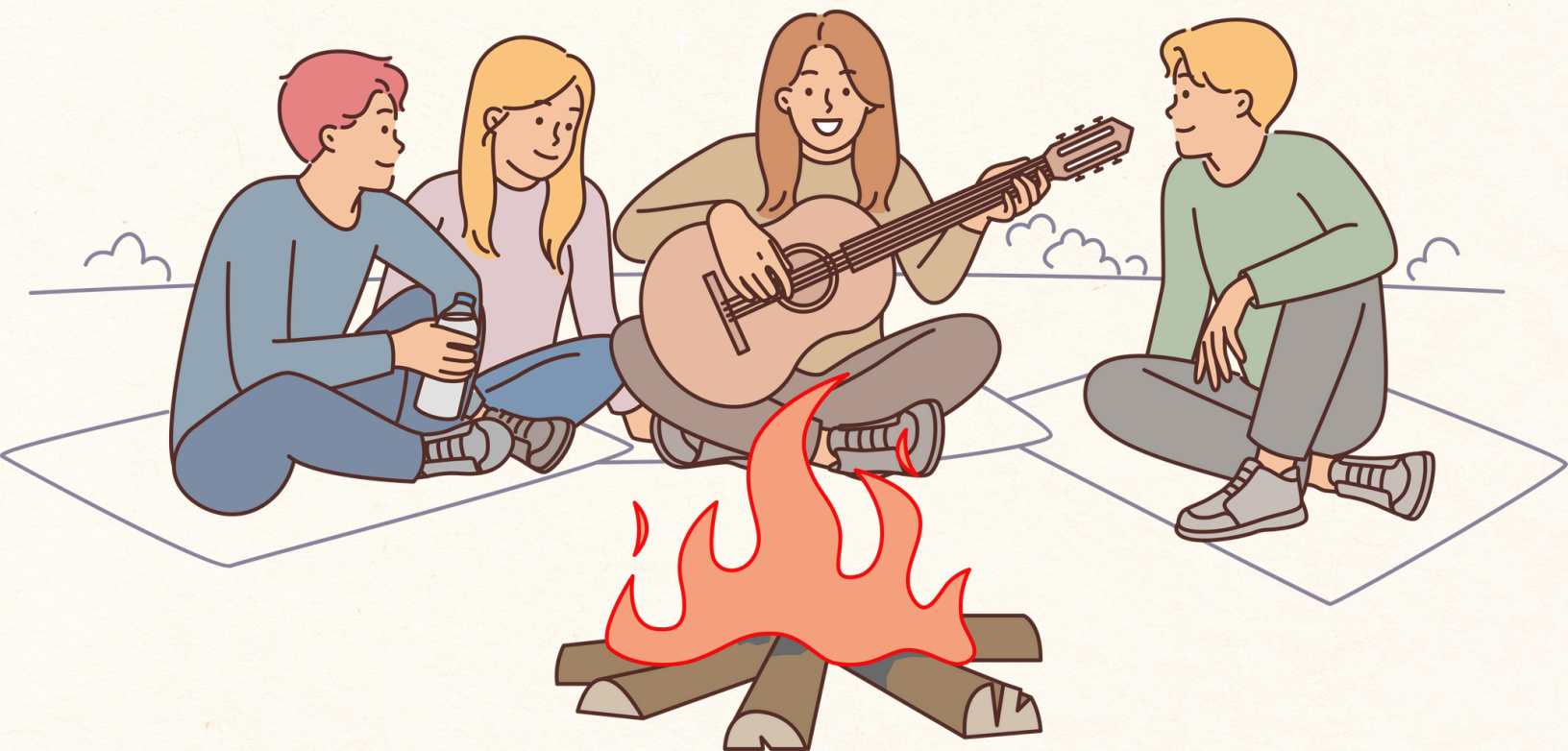
SESSION 2

Har Ek Friend Zaroori Hota Hai



Session Plan

Part 1 : Decode Your Dost!	10 Mins
Part 2 : Invisible in a Noisy World	12 Mins
Part 3 : Choose your friend Wisely	8 Mins
Part 4 : Qualities of a “Champ Friend”	10 Mins



Part 1

DECODE YOUR DOST!



Recap

Be a
CHAMPION
in positive
SELF-STORIES


In every situation,
there is a
POSITIVE VERSION
of YOUR STORY.



Change your
FOCUS
Change your
STORY



Types of Friends

Narad Muni	Shy / Silent One		Organiser	Documentor
Perfecto		Large Heart	Toxic	Sly
	Mystery	Fearless Adventurer	Loyal	
Protective / Mom Friend		The Fun One		Sleepy
Inspiring	Gyani		Comedian	Fashionista
	The Dad Friend	Study Friend	Innocent	
Cool	Friend of Friend	Shopping Friend		Always Hungry
Back Ground Friend	Frenemy		Udaas	Home Work Borrowing
Activity Friend		Friend in Need	Skinny Elephant	
	"I believe in YOU"	Kanjuice		Rebel

We DEFINITELY need these
5 kinds of friends:

Someone who
BELIEVES in us

Someone we can
have **FUN** with

Someone we can
OPEN OUR HEARTS to

Someone who is our
SUPPORT SYSTEM
(space, help)

Someone who
INSPIRES us



Part 2

INVISIBLE IN A NOISY WORLD



A DigiCreator Camp Story

Every summer, the IIT Bombay campus buzzed with energy. Sixty teenagers from across India arrived for the DigiCreator Boot camp.

For two weeks, they immersed themselves in content creation:

- Short films
- Vlogs
- Podcasts
- Storytelling
- Memes



The goal was internships, but also influence, to create a voice that mattered.

Arjun arrived quietly. He wasn't loud or famous, but he was sharp. A quiet genius at editing, **Arjun** believed in storytelling that had meaning.

His roommate, **Rohan**, was his opposite—charismatic, dramatic, and a mini-celebrity online with 75,000+ followers. Radiating popularity, **Rohan** walked in like he owned the place.



Rohan quickly assembled his Hype Crew:

- **Zainab**, who could make anything funny.
- **Neel**, who always agreed with Rohan.
- **Deepak**, the cautious one, was always worried about rules.



They filmed wild skits and lip-sync battles. Their reels flooded the camp's WhatsApp group, and the views just exploded. Rohan was thrilled.

With headphones on, **Arjun** spent his nights alone in the media lab, crafting poetic pieces with slow pans and subtle transitions. The views on his reels were few, but those who watched felt something deep.

Only two people truly noticed **Arjun**. They saw **quality**, not just popularity. *They became his friends.*

- **Meera**, whose videos were like gentle poems
- **Kavya**, who rarely spoke, had a gift for sound and noticed details others missed.



The Right Kind of Challenge

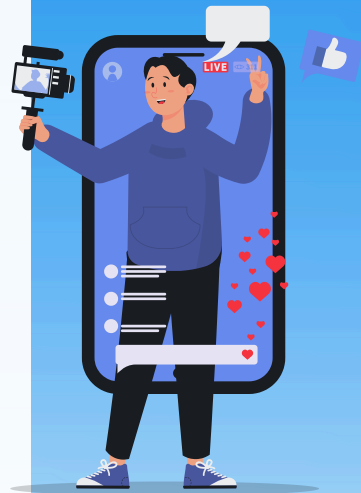
One evening, early in the camp, Arjun scrolled through the camp's WhatsApp group, a knot tightening in his stomach. It was flooded with new reels from the Hype Crew—Rohan's latest prank video and Zainab's hilarious skit.

Each one boasted hundreds of views, a flurry of laughing emojis and many, many super's. Arjun looked at his modest view counts, then at the intricate, quiet film he was editing.

Self-doubt gnawed at him. Was he doing it wrong? Was his work boring... and invisible? He muttered, "Maybe I should just try something louder, something flashier." He felt a bitter pang of **jealousy**, too.

Kavya, sitting at the next computer, paused her fingers that were flying on the keyboard. Without looking up, she asked quietly, "Are you watching the views or working on your story?"

Arjun looked over, startled; she had heard him. "It just feels like no one cares about what I am doing. Everyone's watching Rohan's stuff." His **fear** of being irrelevant was clear in his voice.



Kavya lazily turned towards him. Her eyes were thoughtful. "Rohan makes noise. You make feelings. You are showing what's inside, not just what's on the surface, right?"

She pointed to his screen. "In this noisy world, there is a healing silence that I feel in your work. Life is so filled with chaos... this silence feels like what a lot of us deeply long for. Silence is the language of the Gods. Everything else is just noise. Your work is powerful because it's true, not because it's loud."

She met his gaze. "Your work doesn't need to shout to be heard. It just needs to be honest."

That was it. Not a criticism of Rohan, not a demand to change but a gentle reminder of Arjun's artistic compass.

It was a subtle nudge to trust his unique voice, to understand that genuine connection outweighed fleeting popularity.

Arjun took a deep breath. He spent the rest of the night refining his scenes, focusing on the raw emotions, allowing the silences to speak.

Kavya didn't praise him, but when she gave a faint, knowing nod the next morning, it was an opinion that truly mattered. This quiet moment, this focus on authenticity over attention, was the right kind of support, the right kind of challenge.

The Risk of Popularity

The Final Challenge was announced: “Your True Self.” Each student had to make something reflecting their vision and voice.

Rohan panicked. He didn’t know how to be “deep.” He tried more stunts—flash mobs, celebrity DMs, sparkle filters—but his videos felt empty, noisy, and fake. He was used to performing for others, not expressing himself.

Rohan pitched a bold idea. “We sneak onto the hostel rooftop at sunset—drone shot from above! It will look epic. Viral!”

Deepak immediately panicked. “Guys, the roof’s off-limits! What if someone sees? We could be sent home!” He feared breaking the rules.



Zainab joked, “Well, if we fall, at least we’ll go viral. #ByeByeBatch2025.” Her humor hid the underlying risk.

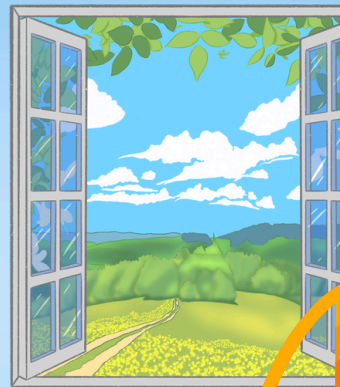
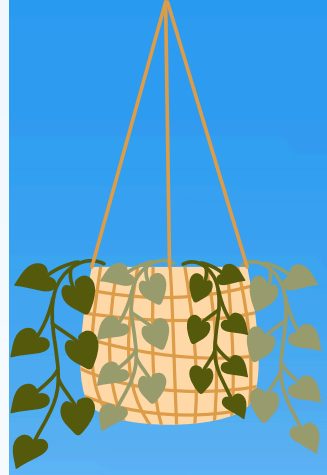
Kavya quietly suggested, “There are safer ways to show height. A staircase shot, maybe?” She offered a responsible alternative.

But the Hype Crew cheered Rohan on, ignoring warnings. They went ahead. The rooftop drone shot was stunning. Their film earned applause. But Coach Tara—camp mentor and creative director—has this to say.

“Technically brilliant. But here’s my question: Did you break rules just to chase attention? Not every ‘wow’ is worth the risk.”

The camp director warned Rohan: The rule had been broken. He would be sent home without a certificate. Deepak didn’t submit anything. Too afraid of being judged, his fear of failure stopped him.

Zainab’s video started on a light note but ended in depth. The final frame faded to a photo of a girl smiling at the beach.



It was Shanaya, a former camper who had passed away, whose mural was near the canteen. The room was silent when Zainab's film ended. It was a raw, honest tribute, showing everyone the power of empathy in vulnerability.

Kavya's film had no visuals—only voices. Raw, real and emotional, these were recordings of people sharing feelings. It was powerful, highlighting her ability to **listen** deeply and understand others.

Meera, though brilliant, helped everyone else. She didn't submit her own. "Next year," she whispered. Her willingness to **help others** before herself showed her selfless nature.

Arjun crafted a short film called Invisible in a Noisy World. It followed a boy walking through Mumbai's chaos—traffic, crowds, school bells. Subtitles revealed his inner thoughts: doubts, fears, small hopes. No one noticed him until two quiet friends helped him pause and listen to himself.

At one point, the boy stopped in front of Shanaya's mural and simply breathed. Arjun's film showed an **understanding** of deeper human feelings and the importance of truly seeing others.



The Power of Real Connections

The Closing Ceremony began. Lights dimmed. Awards were announced. Then:

"The Voice of the Future award goes to... Arjun Sharma."

Gasps, then applause. Meera and Kavya smiled quietly. Zainab let out a proud whistle. Even Deepak stood up.

Rohan didn't clap at first. He was morose. Then slowly, he did. After the ceremony, he found Arjun outside, under the fairy lights. Rohan said, "Your way worked. I had followers. You had... true friends."



Arjun smiled. “Yeah. I had friends who challenged me in a **supportive way**.”

Zainab walked past, grinning. “Not in the falling-off-the-roof way, though!” she joked, showing she had learned.

Everyone laughed.

Meera, barely audible, added, “Shanaya would have loved this story.” Her words brought warmth.

And for a moment, it felt like she truly did. It was a moment where the value of **honesty**, **empathy** and **true connection** overshadowed the fleeting excitement of likes and views.



Reflection Prompts:

What Kind of Company Will Help You Grow?

- Who were the real friends in this story? What specific good qualities did they show that made them true friends? (Think about their honesty, support, responsibility, empathy, and ability to listen.)
- How did Arjun's choice of friend, and the qualities of those friends, help him grow as a person and as a creator? Consider the flashback with Kavya—how did her challenge differ from Rohan's influence?
- Have you ever followed a group decision that you didn't feel good about? How did that experience make you feel?
- Which character do you relate to most? What are the strengths or flaws that you see in yourself?
- Think about your friends. Do they encourage you to be seen (popular, get lots of likes) or to be authentic (value you for who you truly are, supported in your genuineness)?
- What does it mean to have someone "support you the right way"? How is this different from friends who might encourage risky behaviour or simply agree with everything you say?
- If you were at this camp, what kind of creator—and what kind of friend—would you want to be? Why?

Part 3

CHOOSE YOUR FRIEND WISELY



● Sachin Tendulkar and Anil Gurav

In Ramakant Achrekar's camp in Shivaji Park, Mumbai, Anil Gurav was called Sir Vivian Richards of India because his strokes were perfect, he would play fearless cricket and he would mesmerise everyone. People used to gather to watch him play. He was so good that Ramakant Achrekar would tell Sachin Tendulkar and Anil Kumble that if you want to learn batting, just watch Anil play.

Interestingly, Sachin scored his first century in cricket with Anil Gurav's bat. He was Sachin's captain and Sachin used to call him 'Sir'. It so happened that, Sachin was too shy to ask Anil for his bat so he urged one of his friends to ask for it instead. Gurav gave his bat on one condition, he said 'you must score a century if you want to play with my bat.'

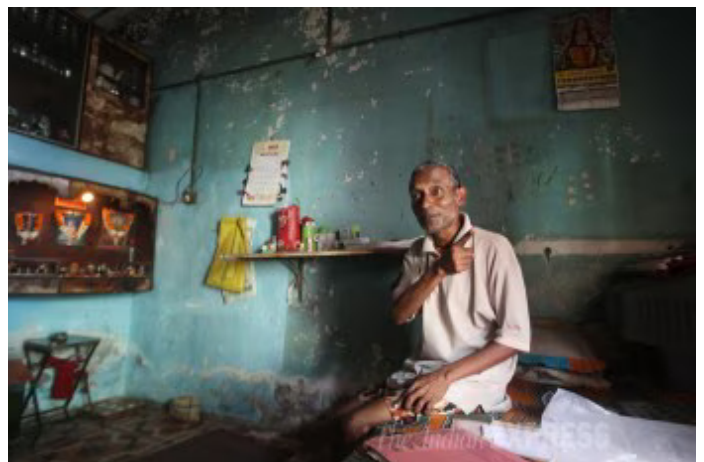


And Sachin went on to score a century for his club with Anil Gurav's bat.

All was good in Anil Gurav's life but one day he became a victim of wrong company and wrong choices in life. He became an alcohol addict, a gambler and now he lives in a shabby room in a slum. Both Sachin and Anil Gurav had the same kind of talent and the same mentor but what is the worth of Sachin and what is the worth of Anil Gurav today?

This story was being covered by an interviewer of a newspaper. After listening to this tragedy he asked Anil, "You were the best of players. You were better than everyone. What happened? How come you did not succeed and landed in the slums?"

Anil replied, "The choice of friends. I made friends with people who liked to drink, who liked to gamble. I made friends with people who liked to earn quick money." He confessed that even though his coach Achrekar had warned him not to play tennis cricket, as it will spoil his game, he still continued to play in the gullies of Mumbai with the tennis ball because he was getting paid for it. He used that money to drink and gamble.



But if Sachin was told not to play cricket with a tennis ball he did not. He also chose to be in the company of people who were sincere, committed and focused on cricket.

This is the reason why Sachin is now an icon all over the world. In the end Anil also shared that Sachin wanted to be his friend, but he rejected him. With much regret Anil Gurav expressed, “If only I could have kept him as my friend, my life would have been so different today.”

The bottom line is that the choice of friendship is going to be super critical in your life. You can live an extraordinary life by yourself but if you surround yourself with extraordinary friends, then your journey will be filled with positive thinking, good energy and confidence.

Now the question remains, How to choose a good friend? How to decide who is a good friend? To make it less complicated and effortless, we have coined a formula so that this ‘Good Friend Hunting’ becomes super duper fast and easy for you.

We call it a

CHAMP

friend formula.



Part 4

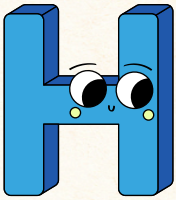
QUALITIES OF A “CHAMP FRIEND”



Champ Friend



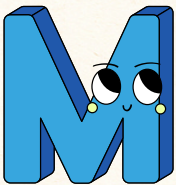
Courageous to stop you when necessary



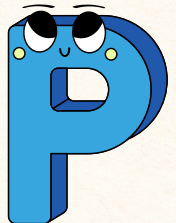
Honest and transparent in thoughts and feelings



Available when you need them the most



Makes you believe in yourself; makes you smile



Pushes you when required



Brain Tattoos

1.

2.

3.

4.

5.

