

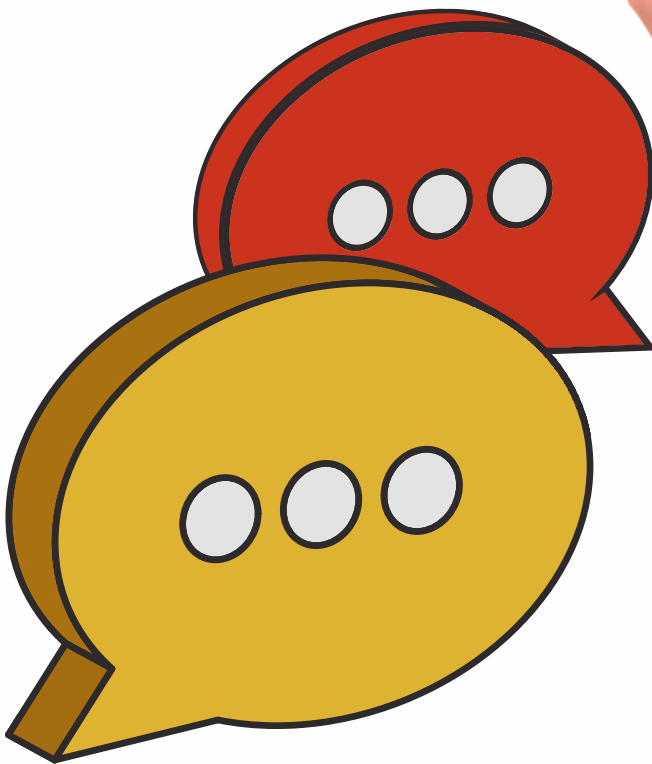
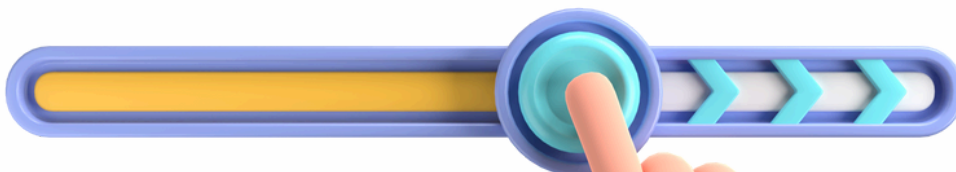
# 5 Star Communication



**SESSION 4**

# Session Plan

<b>Part 1 : Recharge</b>	<b>05 Mins</b>
<b>Part 2 : Power of Communication</b>	<b>05 Mins</b>
<b>Part 3 : 5 Star Communication</b>	<b>15 Mins</b>
<b>Part 4 : The Take Off</b>	<b>15 Mins</b>



# Part 1

## RECHARGE



## Recap Session 1

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 Session 2

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**



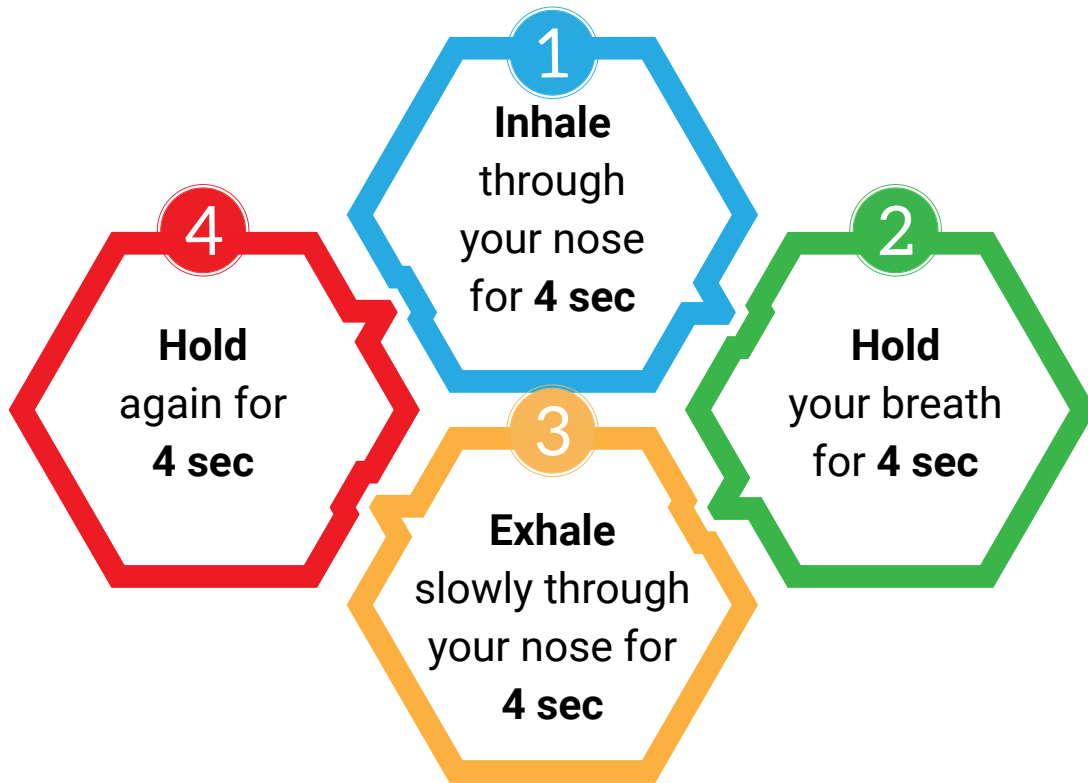
**MAKES YOU BELIEVE  
IN YOURSELF**



**PUSHES YOU**



# Box Breathing



## Part 2

# POWER OF COMMUNICATION



## ● The lighter side of Communication

Before we explore how powerful communication can be, let's enjoy the comedy of communication – those everyday moments where it goes hilariously wrong!

Ghass deya  
Lets hang out  
I slayed it  
He gave me a cold shoulder.  
He's feeling blue.  
She dropped me at the station.

नाक कटवा दी  
आसमान से गिरे, खजूर में अटके  
मुंह में दही जम गया है



## ● Story of Netaji Subhashchandra Bose

Let's begin with a moment in history — a moment where one person's words changed the fate of a nation.

The walk to Freedom

Let me take you back to the 1940s... The world was at war. And India... was still in chains.

And then... a voice gave the clarion to nation :

***"Tum mujhe khoon do, main tumhe azadi dunga!"***

One sentence. Just one. But it shook the hearts of thousands.

That voice? Netaji Subhas Chandra Bose.

In the deep, dangerous jungles of Burma, a group of soldiers answered his call. They were the Azad Hind Fauj—the Indian National Army.

They had no grand tanks. No endless supplies. All they had was courage... and Netaji's words ringing in their hearts.





They began marching through the dense Chakra jungle, trying to reach India. Why?

To fight the British? Yes. But more than that... to wake up a sleeping nation.

The jungle was cruel. Snakes. Mud. Hunger. No proper food. No medicines.

And Malaria... A disease so deadly at the time, it had no cure. One by one, soldiers began to fall sick. Some died. Quietly. Alone. But no one gave up.

Why?

Because Netaji's voice was louder than their fear. His words gave them something more powerful than weapons—purpose.

They walked for days, weeks, months— Knowing they may never reach India. Knowing they may not live to see freedom. Knowing that even if they reached the border, they might lose the battle. And yet... They walked.

Because someone... had believed in them. Spoken to them not as slaves... ...but as soldiers of a free India.

Imagine walking through darkness, With fever burning in your body, Your stomach empty, Your legs trembling...  
...but your heart... full of fire.

That fire? Was lit by a single sentence...

***"Tum mujhe khoon do, main tumhe azadi dunga."***

That's the power of communication.

**One voice. One belief. One sentence.**

It changed hearts. It raised an army. It moved a nation. So many people gave their lives — knowing they might never see independent India. Yet they walked, fought and died. Because someone's words gave them purpose.

This freedom that we enjoy today is not an entitlement. It is a privilege — earned by lakhs who believed in a vision they would never see.


Let's be honest: don't we all want this kind of power?

Wouldn't it be amazing if our words could inspire, build trust, heal relationships or get people to believe in something bigger?

That's what communication can do.

"When you are a master in communication, you make things happen. If you are weak in communication, things happen to you."

Whatever the goal, communication is the key that unlocks it.



**COMMUNICATION**  
isn't just a skill;  
it's a **SUPERPOWER.**

## Part 3

# 5 STAR COMMUNICATION



## 5 Star Communication

5 Star Communication is all about listening with care, expressing yourself clearly and building real connection

Communication is NOT just speaking. Communication is much more. The way we sit, the way we listen, the way we behave, the way we remain silent, the way we participate, knowingly and unknowingly, we communicate ALL the time?

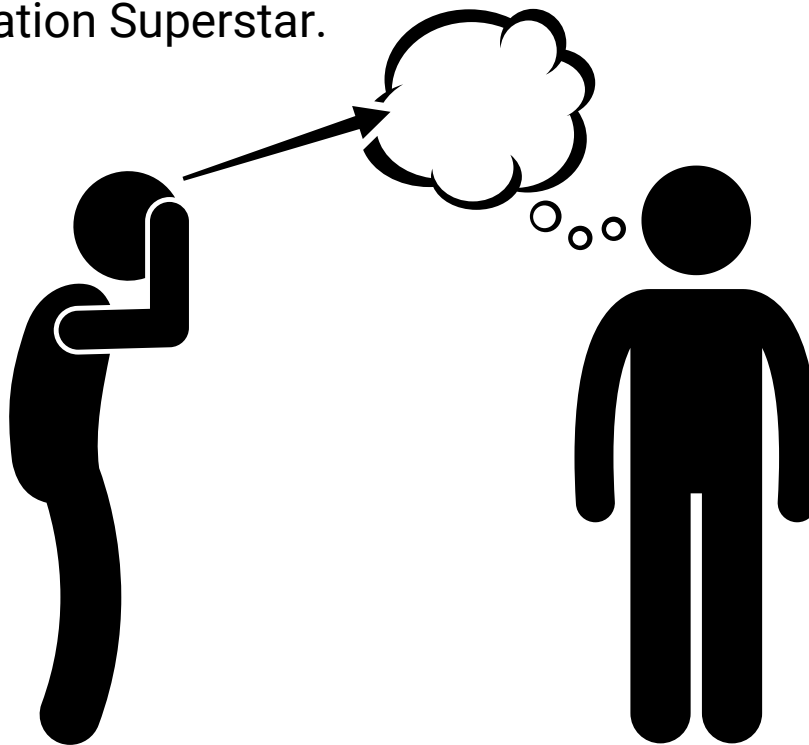
Communication is not just speaking, it's the way we respond – especially when we disagree.

It's not about who is louder. It's about who understands better. Think of it like this:

**Your thoughts ↔ Other person's thoughts**

The bridge between them is communication.

Now let me give you five golden commitments that will make you a Communication Superstar.



## 1) I will listen to understand

A) Priya is telling her best friend Ananya how upset she felt when no one wished her on her birthday at school. But before Priya finishes, Ananya cuts her off and says, “Ya ya, I get it. That happened to me too!” and starts talking about her own story.

What do you think Priya felt?

What could Ananya have done differently?

B) A classmate is upset and says, “You never include me in group projects.”

Instead of defending immediately, you pause and say, “Can you tell me what happened last time? I want to understand.”



### Reflection :

Think of a time when someone truly listened to you. How did it make you feel? What did they do that made you feel heard?

Was there a recent situation where you interrupted or misunderstood someone? How might it have turned out differently if you had listened fully?

You **listen fully before responding**. Not to interrupt, not to reply but to truly understand.



## 2) I will ask questions instead of giving orders

### ✗ When Not Applied:

**Situation:** Samar and Veer doing a project presentation together. Samar tells Veer, "Just do the slides – I'll handle the talking part. Don't mess it up."

**Outcome:** Veer feels disrespected and disengaged. The slides are rushed, and the presentation flops. The teen complains, but the damage is done.

**What went wrong:** Sama gave orders instead of involving others – no collaboration, no buy-in.

### ✓ When Applied:

**Situation:** Same project. This time, Samar says: "Hey Veer, which part would you feel most confident working on?" or "What do you think is the best way to present this?"

**Outcome:** Veer contributes his strengths. The presentation is solid and they well together.

**Why it worked:** Asking questions shows respect and invites ownership – a simple shift, big impact.



### 3) I will speak with respect, even when I disagree.

*Communication is not about arguments or debates. It's about having a healthy relationship even when there is a difference of opinion.*

#### ✗ When not applied:

**Situation:** Rohan's mother says, "Look at your didi! She finished her chores without anyone reminding her. Why can't you be more like her?" Rohan, feeling irritated, snaps: **"You always think she's better than me! I'm so tired of this comparison!"**

**Outcome:** Mother is upset. Rohan feels neglected. Cold war for a few days

**What went wrong:** The point may have been valid, but it was lost in disrespect.

#### ✓ When Applied:



**Situation:** Rohan takes a breath and says, "Mom, I understand you're upset that I didn't finish my chores. But when I'm compared to my didi, it makes me feel like I'm not good enough. I'll do my part—can you help me improve by being a buddy?"

**Outcome:** A conversation happens without hurting each other.

**Why it worked:** They disagreed — but with curiosity and calm, not conflict.

**Disagreements are normal — how you say things decides what happens next.**

#### 4) I will express clearly, no one can read my mind

*Unsaid feelings only build frustration*

Communication is understanding what you're thinking and the other person is thinking. The bridge between the two is communication.

##### ✗ When Not Applied:

**Situation:** Anvi feels upset with Divya for canceling plans but says nothing. She just acts cold.

**Outcome:** Divya is confused and hurt. Misunderstandings pile up and the friendship strains.

**What went wrong:** They expected the other to read their mind, instead of using their voice.

##### ✓ When Applied:

**Situation:** Anvi says, "Hey, I felt a bit let down when you canceled. I know things come up — I just wanted to share how I felt."

**Outcome:** Divya apologizes, explains what happened, and they make new plans. Trust grows.

**Why it worked:** Clear, honest communication prevents silent resentment.



## 5) I will be a Gold Miner

- appreciate others for the good I see in them.

*Good communicators bring out the best in people.*

Communication is also about making people believe in themselves and see the meaning of others.

### ✗ When Not Applied:

**Situation:** Ruhi gives a good speech. Tara thinks, "Whatever. Probably Ruhi just wants attention." — and says nothing.

**Outcome:** Ruhi misses a chance to be encouraged. Tara stays in a mindset of judgment.

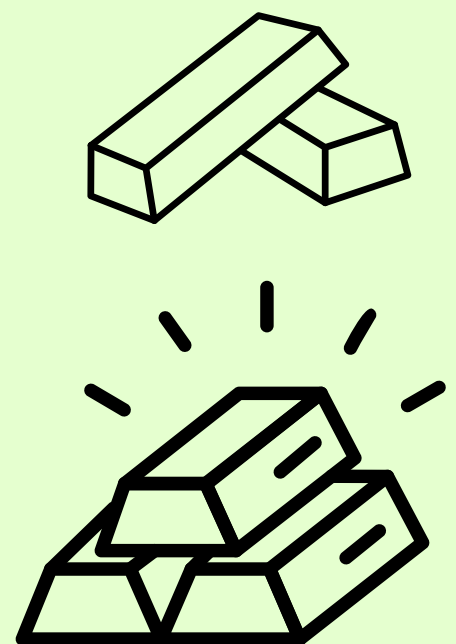
**What went wrong:** Tara looked for flaws instead of value — and stayed disconnected.

### ✓ When Applied:

**Situation:** Tara says after the speech: "You were really clear and confident — that took guts. Nice job."

**Outcome:** Ruhi lights up. That one comment might stick with her all day — or longer.

**Why it worked:** Being a "gold miner" changes the atmosphere — people feel seen and valued.



## Part 4

# THE TAKE OFF

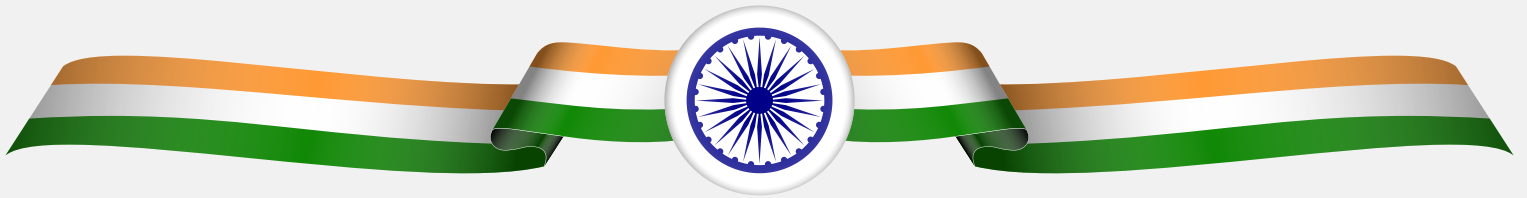




## ● Letter of Appreciation to the Soldiers



कंधों से मिलते हैं कंधे  
कदमों से कदम मिलते हैं,  
हम चलते हैं जब ऐसे तो  
ल दुश्मन के हिलते हैं।



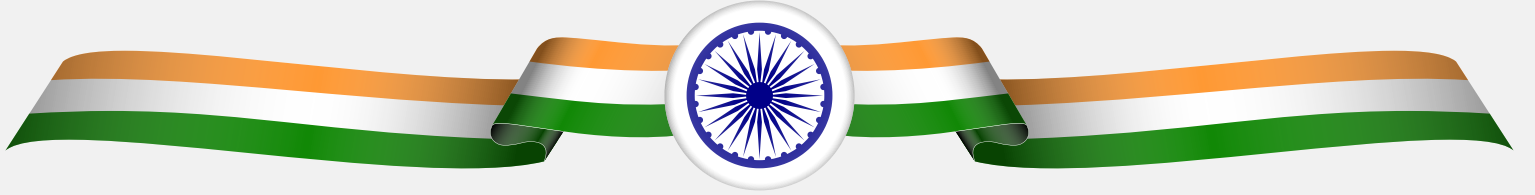
ऐ वतन वतन मेरे आबाद रहे तू  
मैं जहाँ रहूँ जहाँ मैं याद रहे तू  
मैं जहाँ रहूँ जहाँ मैं याद रहे तू  
ऐ वतन मेरे वतन  
ऐ वतन मेरे वतन



तेरी मिट्टी में मिल जावां,  
गुल बनके मैं खेल जावां  
इतनी सी है दिल की आरजू

ओ माई मेरी, क्या फ़िक्र तुझे?  
क्यूँ आँख से दरिया बहता है?  
तू कहती थी, तेरा चाँद हूँ मैं  
और चाँद हमेशा रहता है

ओ वतना वे, मेरे वतना वे  
तेरा-मेरा प्यार निराला था  
कुरबान हुआ तेरी अस्मत पे  
मैं कितना नसीबों वाला था



कर चले हम फ़िदा जान-ओ-तन साथियों,  
अब तुम्हारे हवाले वतन साथियों।  
कर चले हम फ़िदा जान-ओ-तन साथियों,  
अब तुम्हारे हवाले वतन साथियों।



# Brain Tattoos

1.

2.

3.

4.

5.

