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## **KMM 2015, SESSION 3: I LOVE ME. JAI HIND!**

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### **SESSION PLAN**

PART 1 - WE WERE IDIOTS!	(3 minutes)
PART 2 - We are BORN TO LEARN!	(4 minutes)
PART 3 - SELF BELIEF!	(10 minutes)
PART 4A - SELF EVALUATION QUESTIONNAIRE	(7 minutes)
PART 4B - PLAY PREPARATION	
PART 5 - DRAMA - JAI HIND!	(12 minutes)
PART 6 - BRAIN TATTOOS	(4 minutes)

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### **PART 1 - WE WERE 'IDIOTS'!**

Human beings are the most cognitive complex and behaviourally flexible of animals. Evolution has used an unlikely trick for achieving this state. Relative to most other animals we are born "immature" and helpless. Compared to all other species, we would dare to say that when we are born, we are the MOST useless. E.g. at birth, the cub of a Giraffe is dropped from a height of 6 ft plus. Within one hour it can not only walk but it can RUN!

Our extended period of infantile immaturity confers us with some benefits. It allows us to learn and adapt to the specific physical environment into which we are born. Instead of relying on fixed reflexes adapted for a narrow ecological niche (like other living beings), our learning capacities allow us to colonise a wide range of ecological niches, from the Arctic to the Equator, modifying our dress and shelter accordingly.

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### **PART 2 - We are BORN TO LEARN! (15 minutes)**

How does a child learn? For that matter, how do adults learn?

We learn either by 'play', 'imagination' or by 'imitation'.

- A. Learning by play is learning by experiments. Here, I know, I will make mistakes as I am doing something new. For me to find the way out will take time. I often go in with very little expectations. I am very very open minded. I am an explorer.
- B. Learning by imagination is primarily driven by 'what-iffing?'. I have an issue. I brain storm. I think. I search for a muse. I might get it from poetry, from nature, from people around me, from accidents. I am a seeker.
- C. Learning by imitation is learning by observation. I want to do what others are doing. Social behaviour is a stark example. Advertisements are a classic example. Eg. from 'Ladke roya nahi karte.' to 'Ladke rulaya nahi karte.'

All our lives we learn by all three methods.

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### **PART 3 - SELF-BELIEF**

As we grow, we LEARN how to SEE ourselves. This is self-belief or self image.

People with negative, weak self-belief have less than 15% chances of success. People with high self-belief have more than 90% chances of success.

How many of you would love to have a strong positive vibrant self-belief? (Engage). Why? (Engage)

There are 4 ways to have strong positive vibrant self-belief. (Engage)

1. By depending on others. Eg. Motivation... (For light atmosphere, discuss it is in this age we wait for someone to say 'I LOVE YOU' or we wait to ask someone "Do you love me?")
2. By depending on yourself...you are essentially saying "I LOVE ME". MRPs (Mood Restored to Positive)
3. By doing things that make you truly proud. (achievements, refusing bad habits, refusing to lie or cheat etc)
4. By having a sense of responsibility (Will discuss this after 15 minutes)

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## **PART 4A - SELF EVALUATION QUESTIONNAIRE**

Ask the students to fill up the questionnaire.

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## **PART 4B - PREPARATION FOR DRAMA**

While the the students are filling up the questionnaire, the speaker will ask a few students to volunteer for the play. The speaker will take them outside the classroom and brief them about the script for the play.

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## **PART 5 - DRAMA - JAI HIND!**

Enact the play.

Discussion points after play:

How can an ordinary person make India better?

Don't litter hither and thither.

Consume less international brand's products.

Don't take/ask for dowry.

Respect people.

Be an example.

Maintain discipline.

Cast your own vote.

Don't ignore any crime in front of your eyes.

Be physically fit.

Pay your tax regularly.

Go abroad to learn new technology but come back to use in favour of India.

Don't think that you can't do anything to make India better.

Don't be an employee. Have employees

Produce the oxygen you consume.

Reduce waste of all kind.

Stop using plastic wherever possible.

Don't piss in public.

Smile at people.

Appreciate.

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## **PART 6 - BRAIN TATTOOS**

Ask the class to share their brain tattoos. Make them write at least one thing that they have learnt out of the session.

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