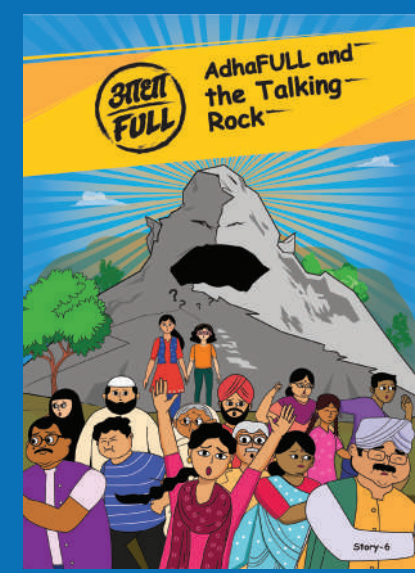
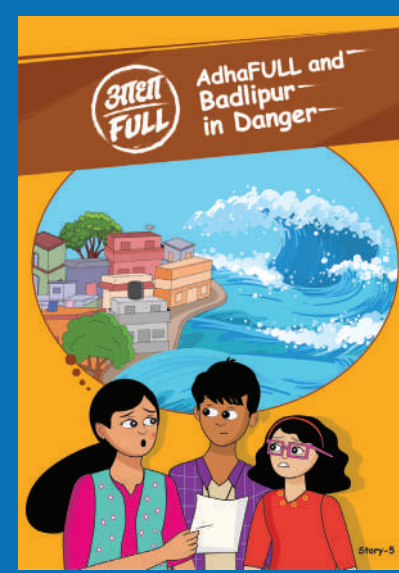
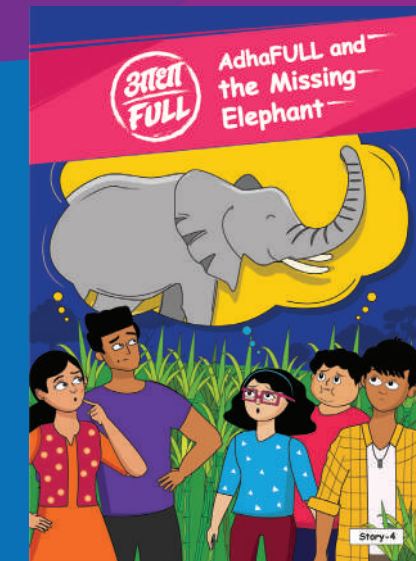
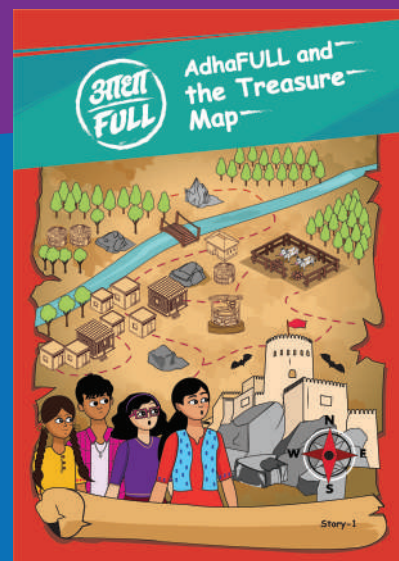


There are many more adventures of AdhaFULL.  
Read them all, don't miss even a single one.



# AdhaFULL and the Cheetahs of Badlipur



Story-2

Developed and created by BBC Media Action  
with support from UNICEF, DOVE and the Centre for Appearance Research



- Name: Kitty
- Age: 16 years
- Grade: Eleventh
- Merits: Sometimes peppy  
Sometimes sensible. Mostly both!
- \*Nothing is impossible for Kitty

Kitty



- Name: Adrak
- Age: 15 years
- Grade: Dropped school after seventh
- Merits: Idea bank number one.
- \*Adrak is packed with ideas!

Adrak

## “The” AdhaFULL team of Badlipur



- Name: Tara
- Age: 12 years
- Grade: Seventh
- Merits: A living encyclopedia
- \*Tara never tells a lie

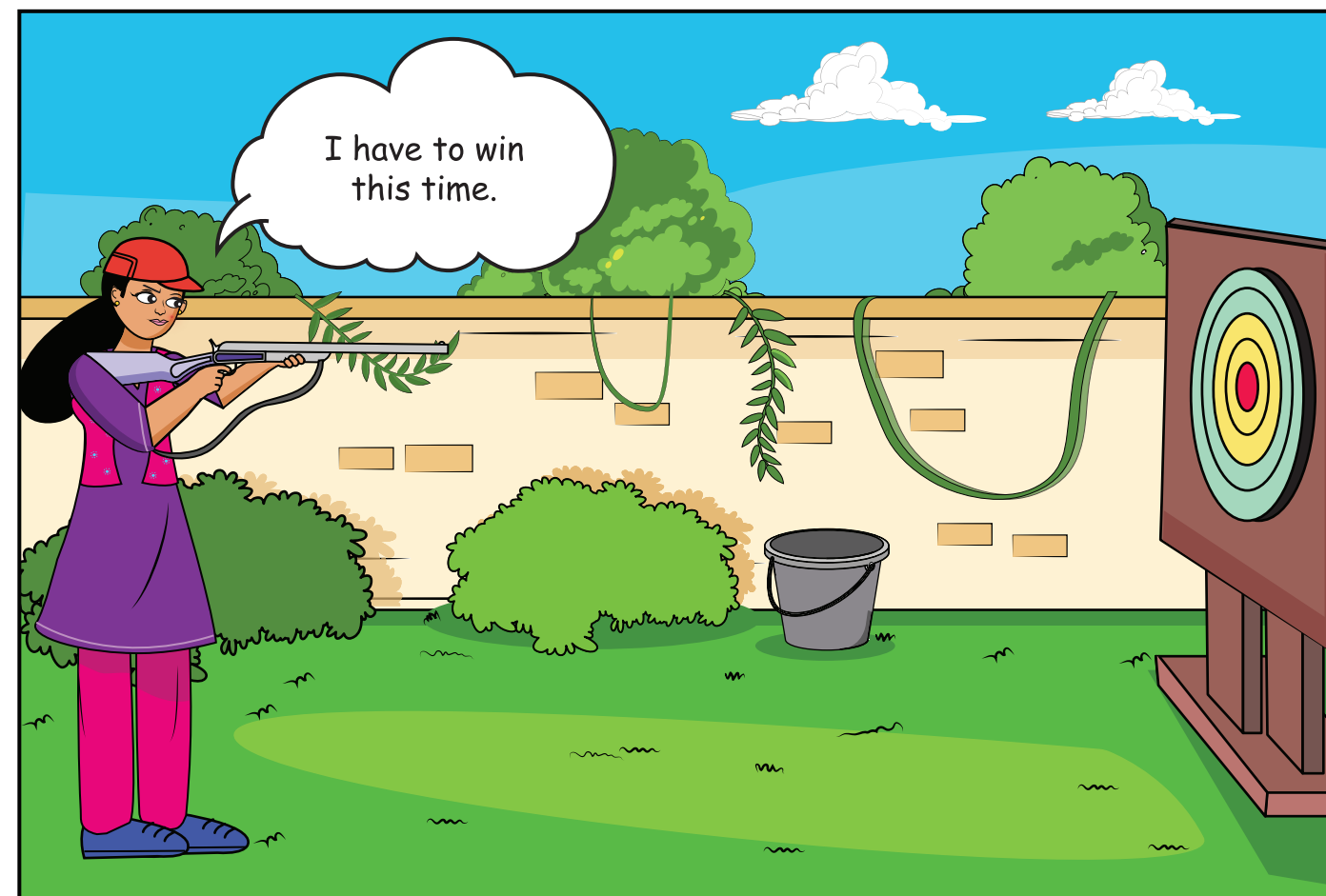
Tara

The three live in Badlipur and love playing detectives. Whenever something happens in Badlipur, they are the first on the scene, and together, solve the toughest of cases. Everybody knows them as the AdhaFULL team.

Badlipur school is going to host a district-level sports tournament.



Kitty is doing shooting practice day and night.







Wow Kitty!  
You are definitely going to win the shooting competition this time.



It is not easy as long as Payal is there. As always, Payal will win this time too.

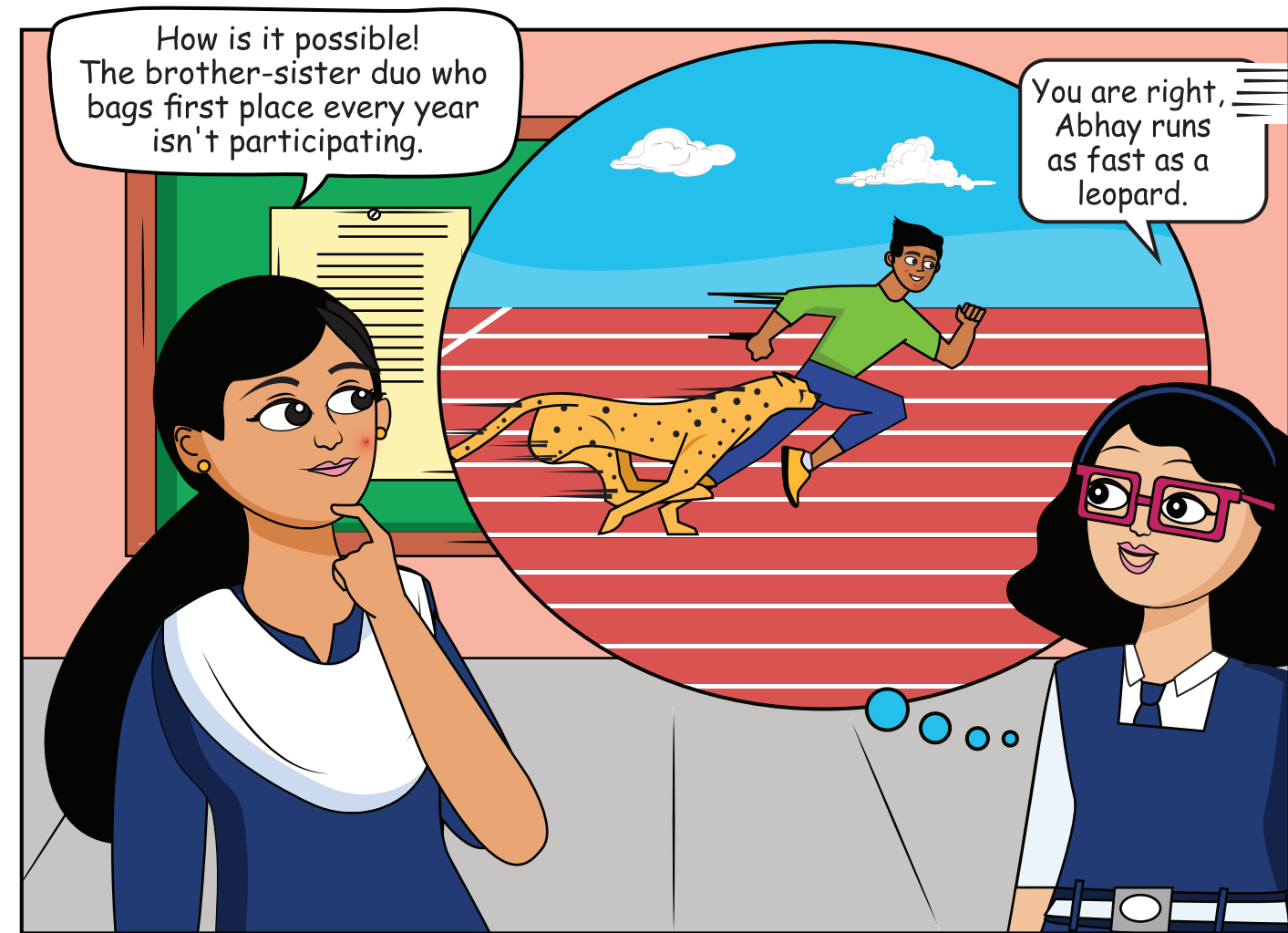
Next day, the list of sports participants was posted on school notice board. Kitty and Tara were shocked when they saw the list.



Oh! Payal's name is not there in the list.

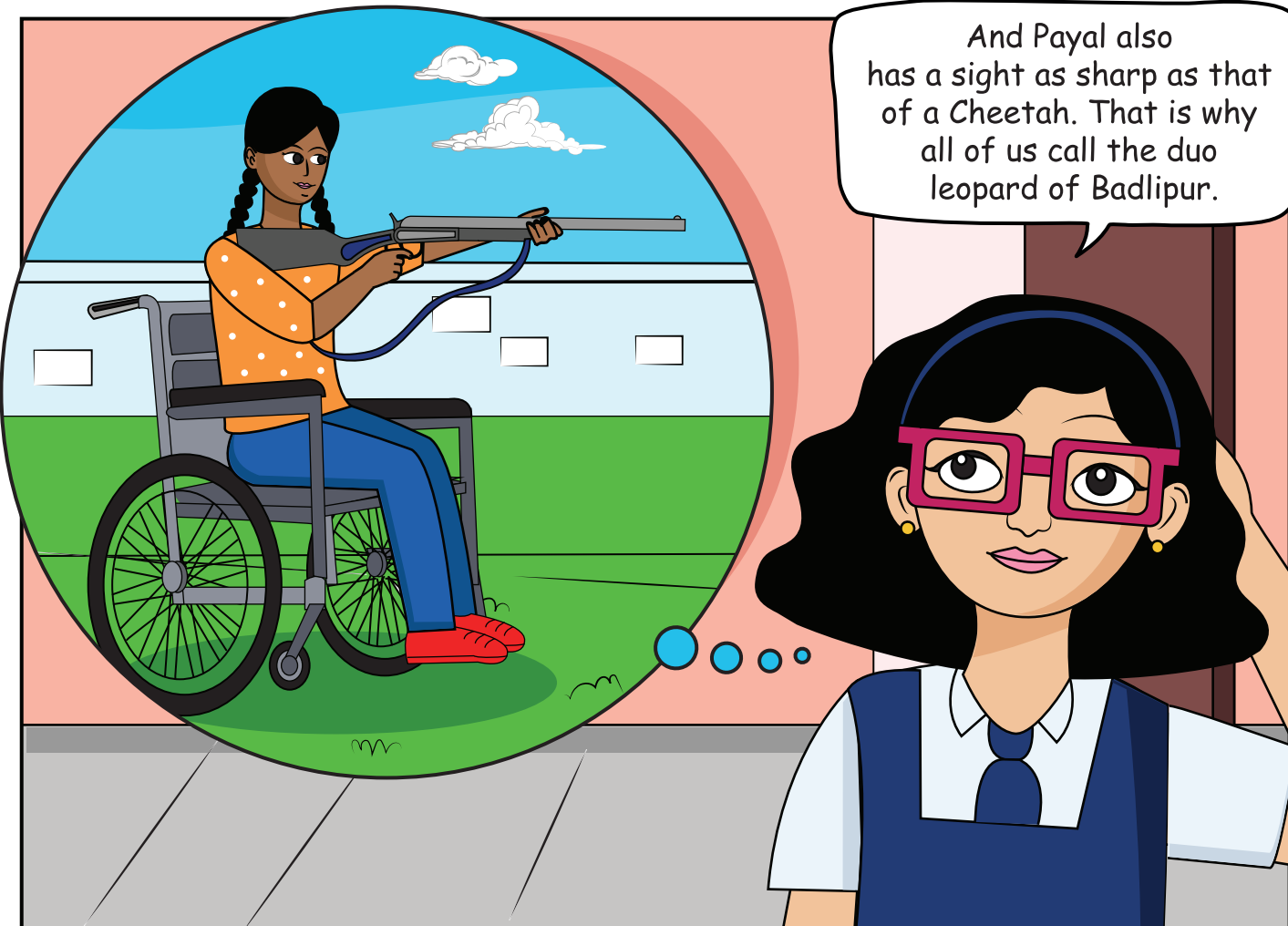


Payal's brother Abhay is also not there in the racing list.

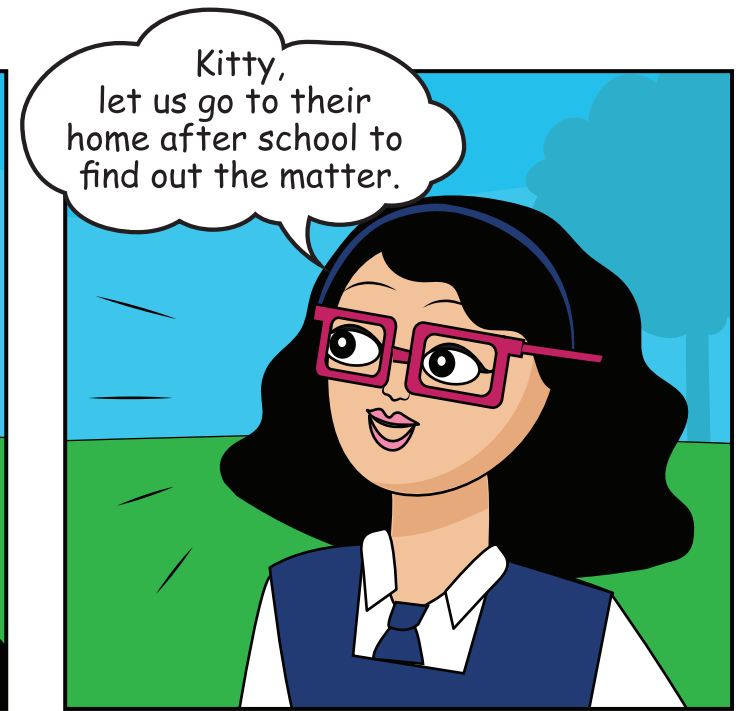


How is it possible! The brother-sister duo who bags first place every year isn't participating.

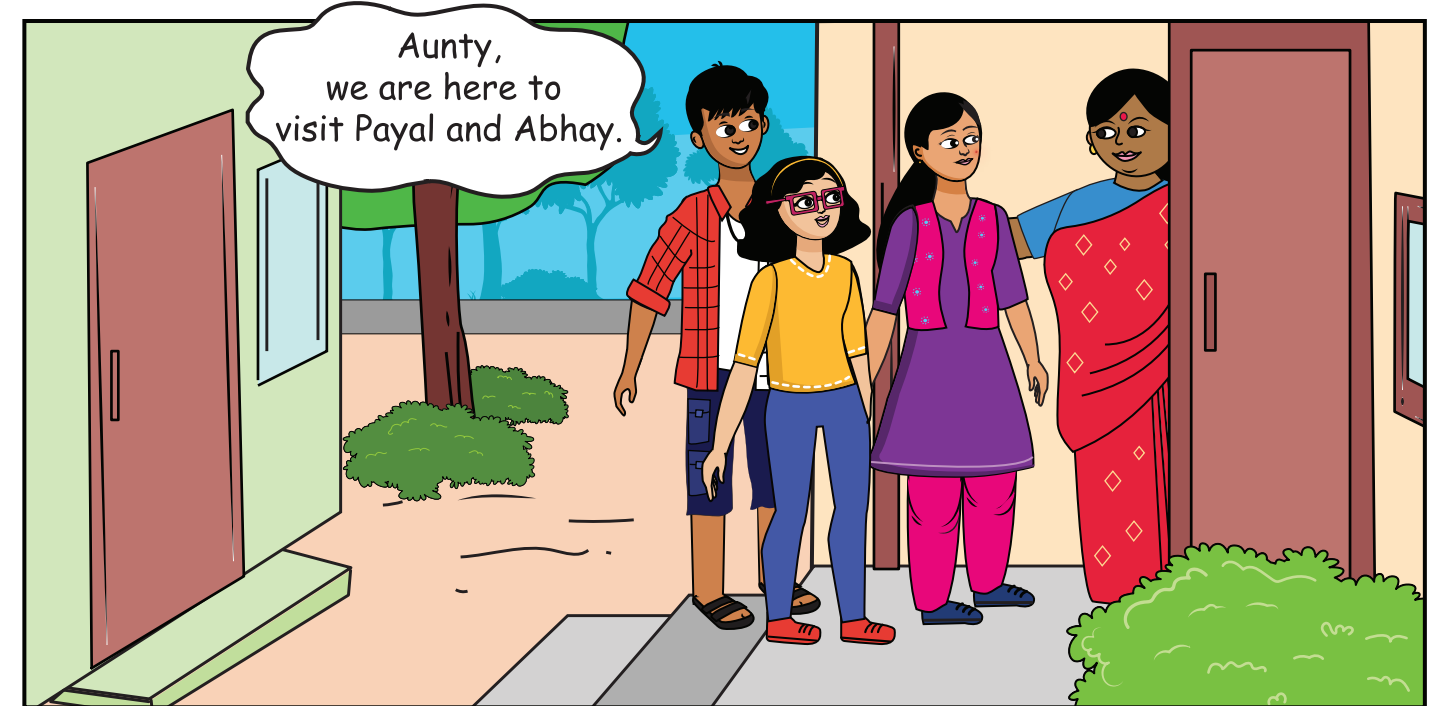
You are right, Abhay runs as fast as a leopard.



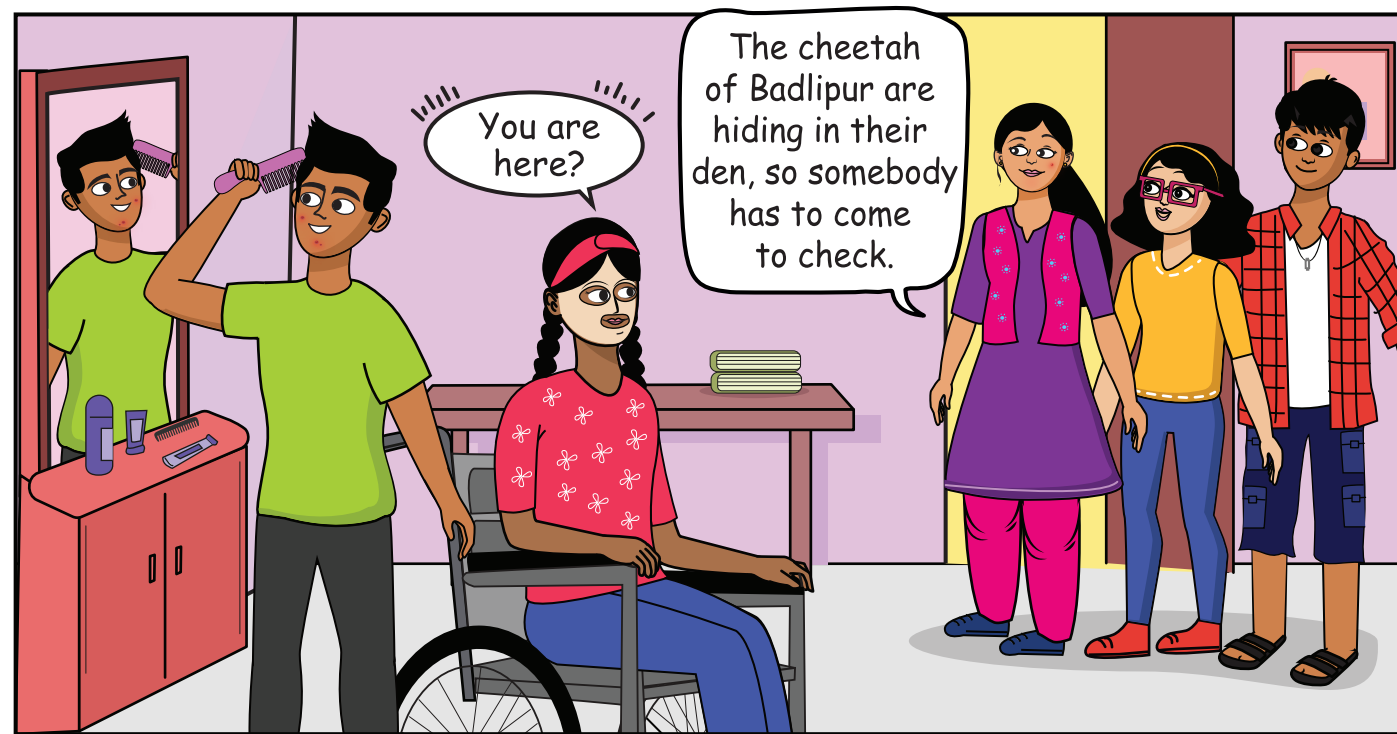
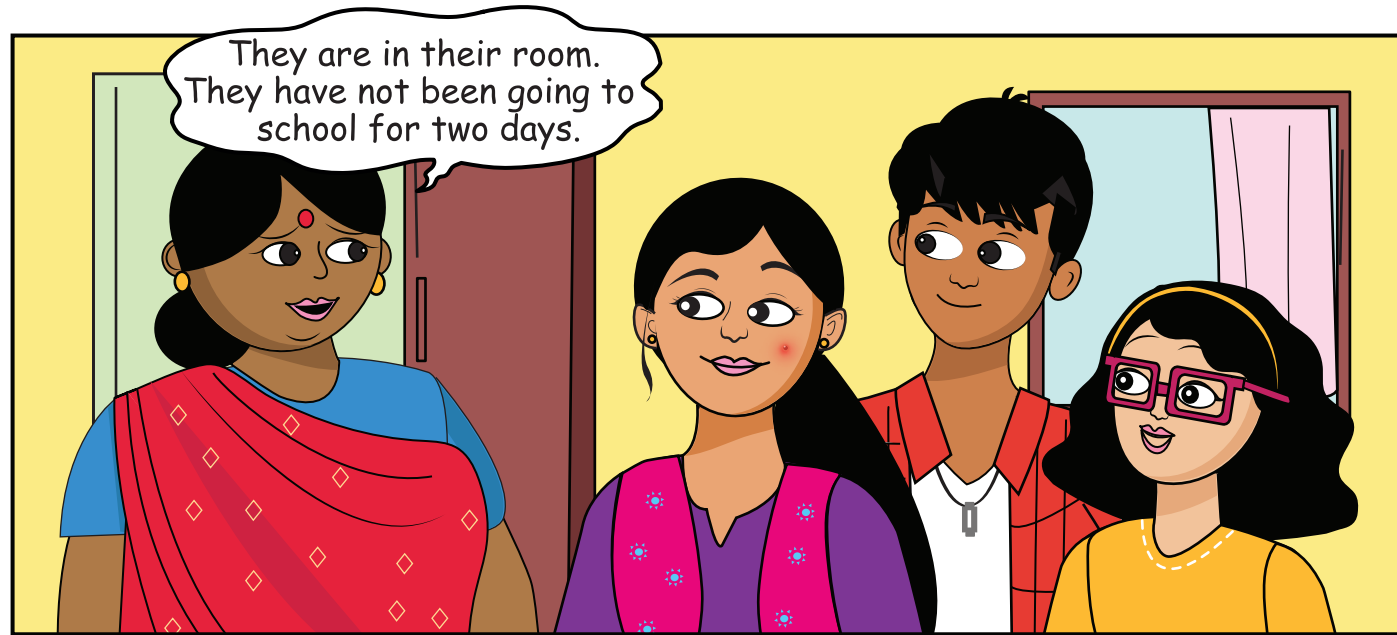
And Payal also has a sight as sharp as that of a Cheetah. That is why all of us call the duo leopard of Badlipur.



First, the trio goes to the PT teacher and asks him about Payal and Abhay.

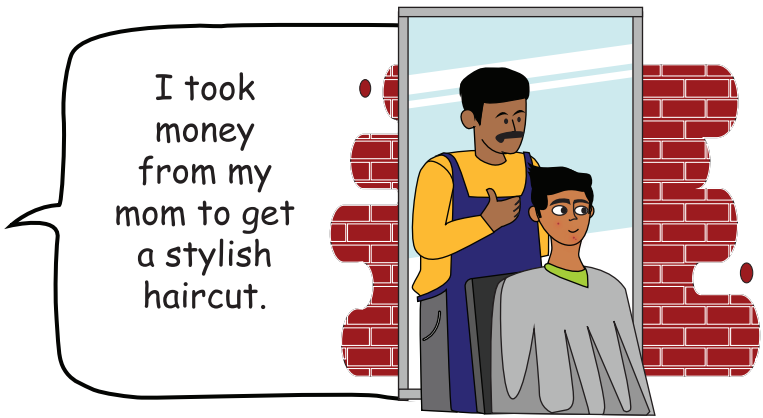
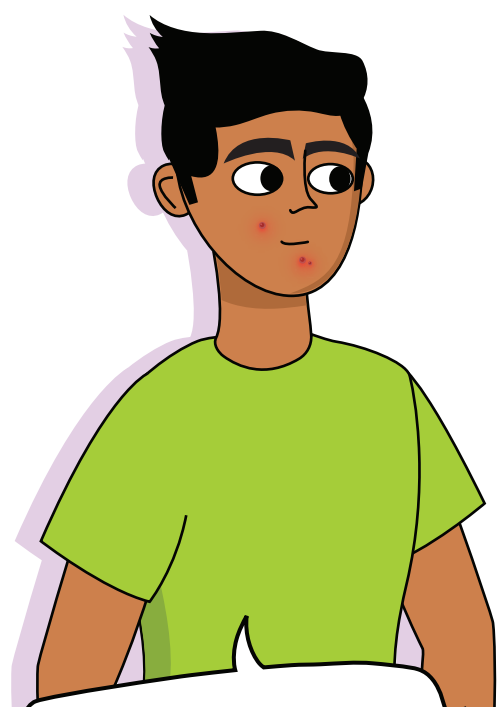








And what about you, Abhay?



I took money from my mom to get a stylish haircut.



Now, if I run, I'd sweat and spoil my hair.



All the money would go down the drain. Girls would make me their friend if I look like a hero...

They also show the same on TV.



Apply gel to you hair, make a lot of friends.



That is why we are not participating in the tournament.

And nor are we going to school

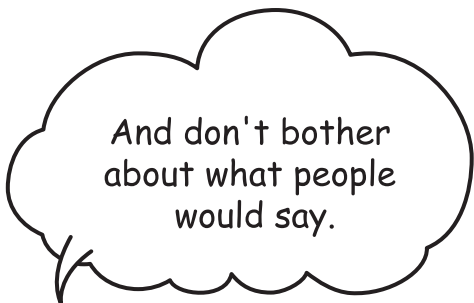
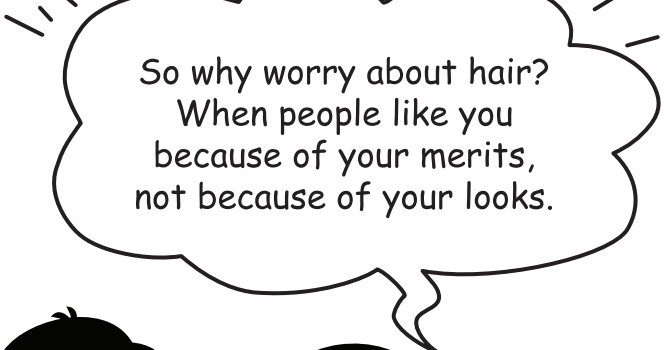
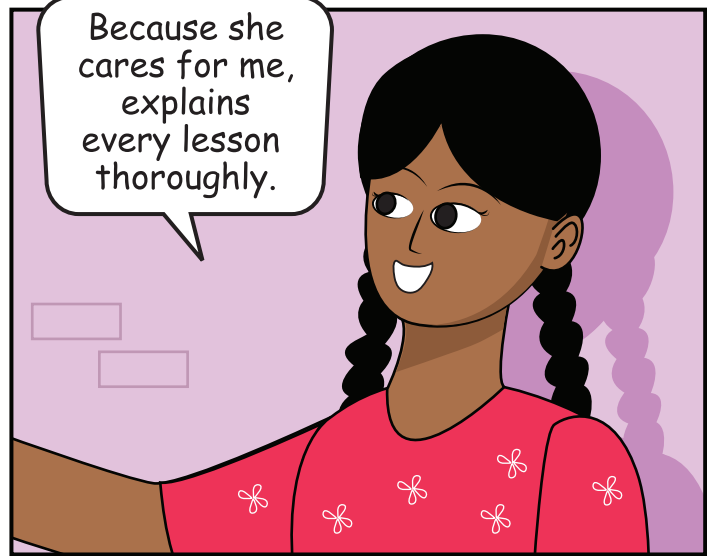
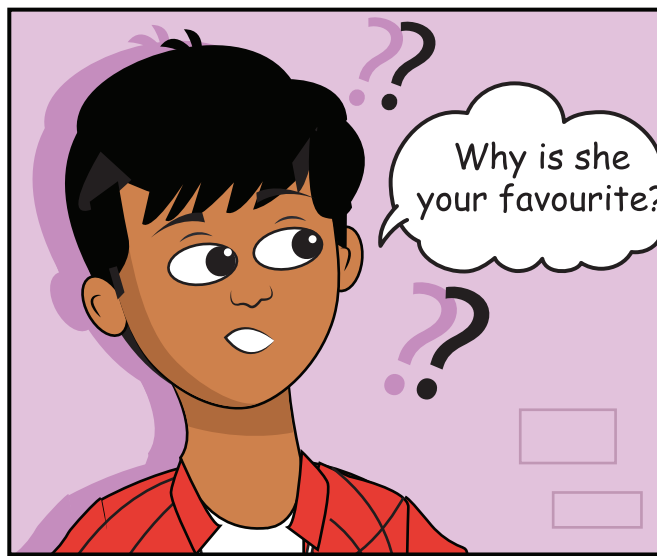
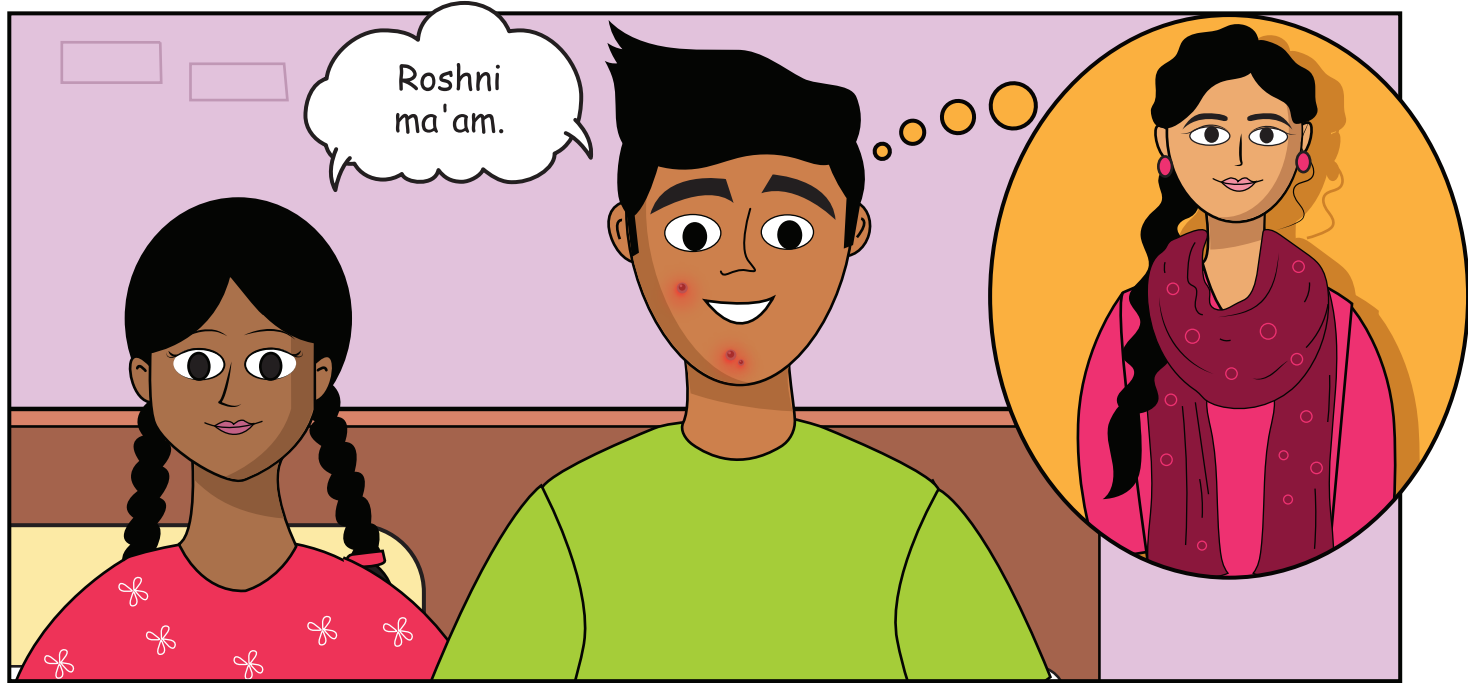


But Payal and Abhay, who told you that the look you want to copy is the ideal look? It's just the society's point of view.



But, what if I become dark-skinned! The people around me not like me.





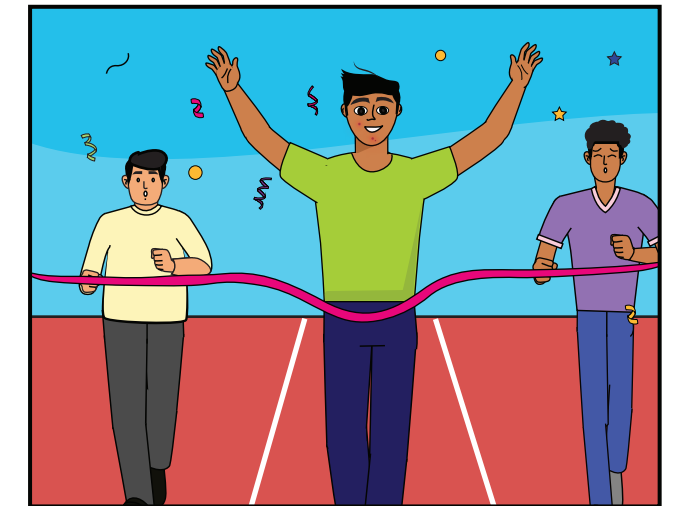
Abhay and Payal smile after listening to this. They understand what AdhaFULL is trying to say.



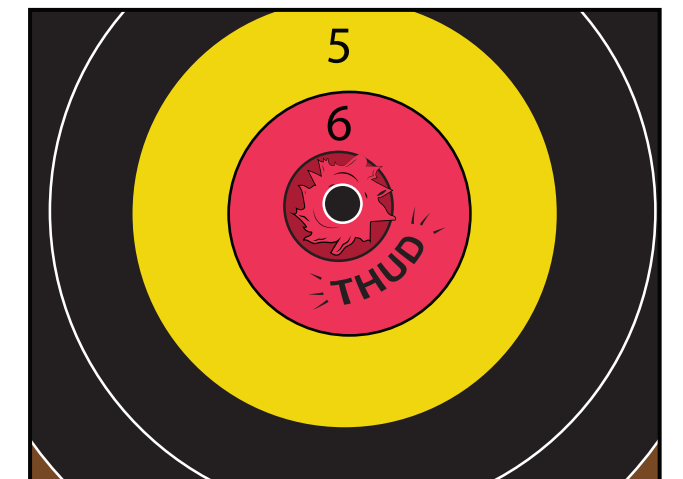
Well said my friends!



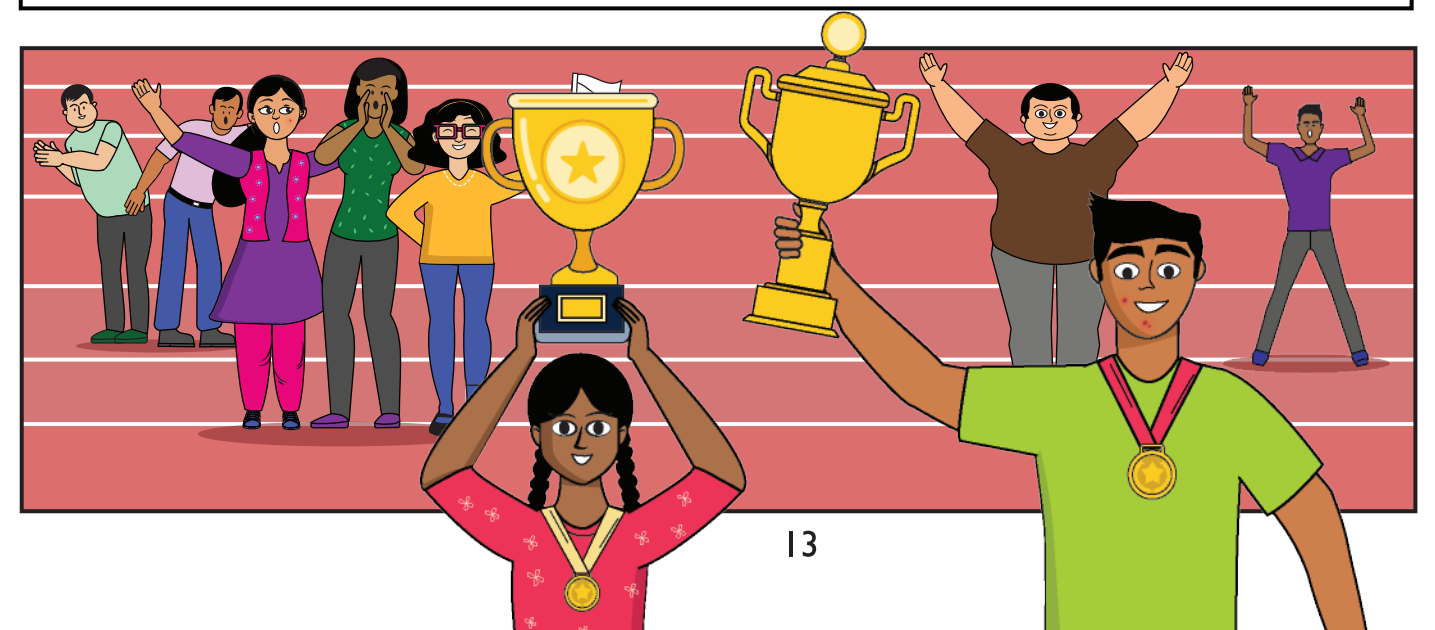
On the next day, Abhay leaves all the participants behind by running like a Cheetah, without worrying about his hair.



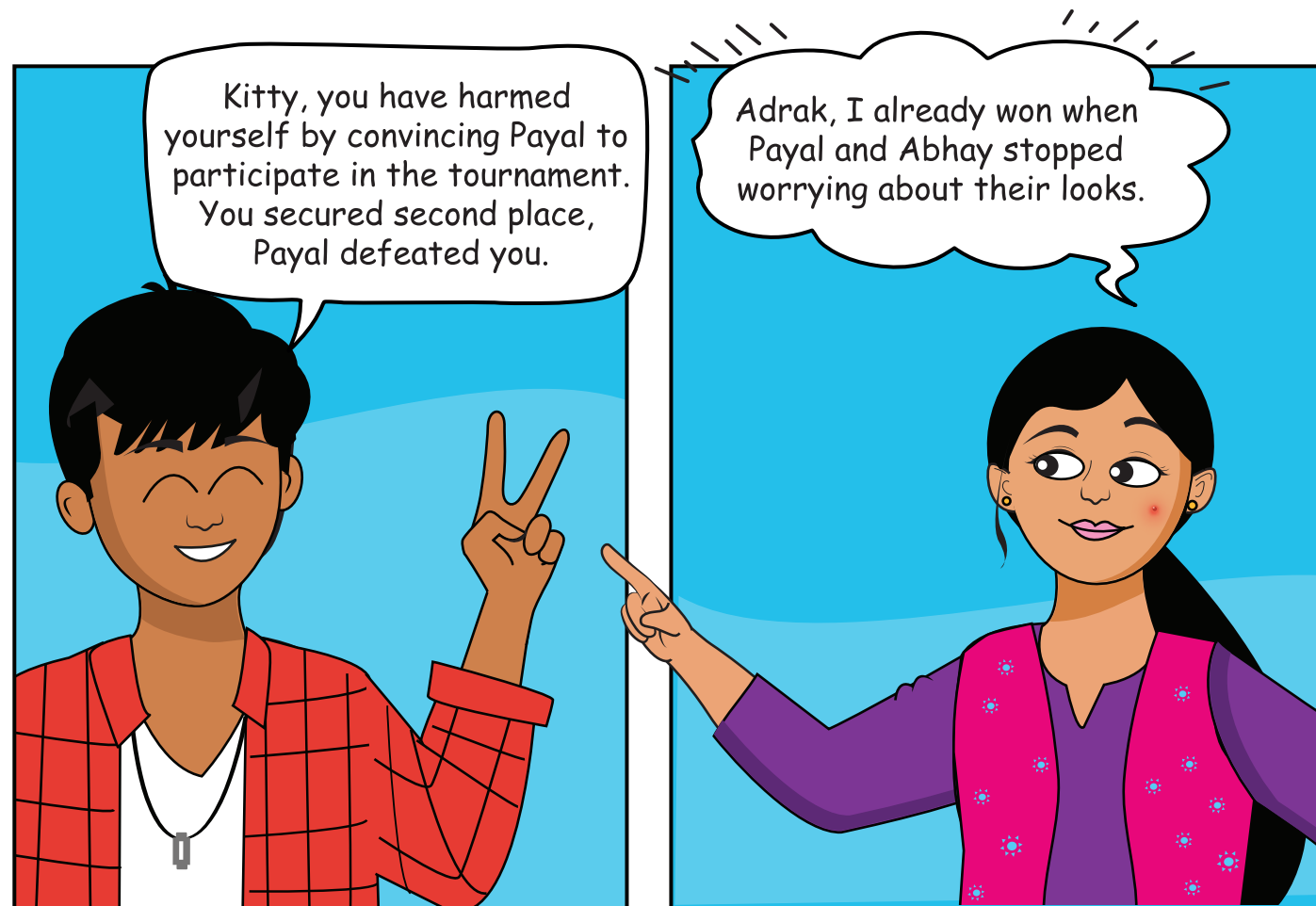
And Payal also hits the bull's eye.



The brother-sister duo secures first place and all the people clap for them.







### Moral of the Story

**What did you learn from this story?**

We try to copy the look shown as the ideal one on TV and in commercials, due to which we feel stressed. For example, girls feel the pressure of looking fair and slim. While boys are under pressure of looking muscular.

It is harmful to chase what is called the ideal look. The pursuit of achieving the so-called ideal looks wastes our money, time and peace of mind, which can be used to do our favourite tasks.

We must appreciate ourselves for our merits. We must remind ourselves that we like people because of their merits, and not because of their looks.

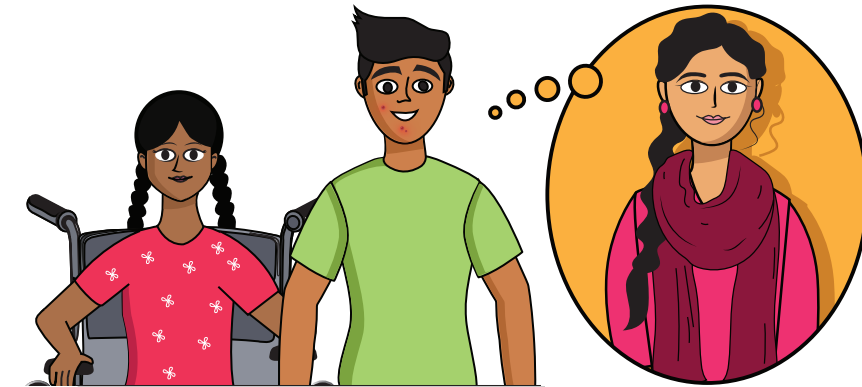


The End

## Must Play



## Play this one too if you wish



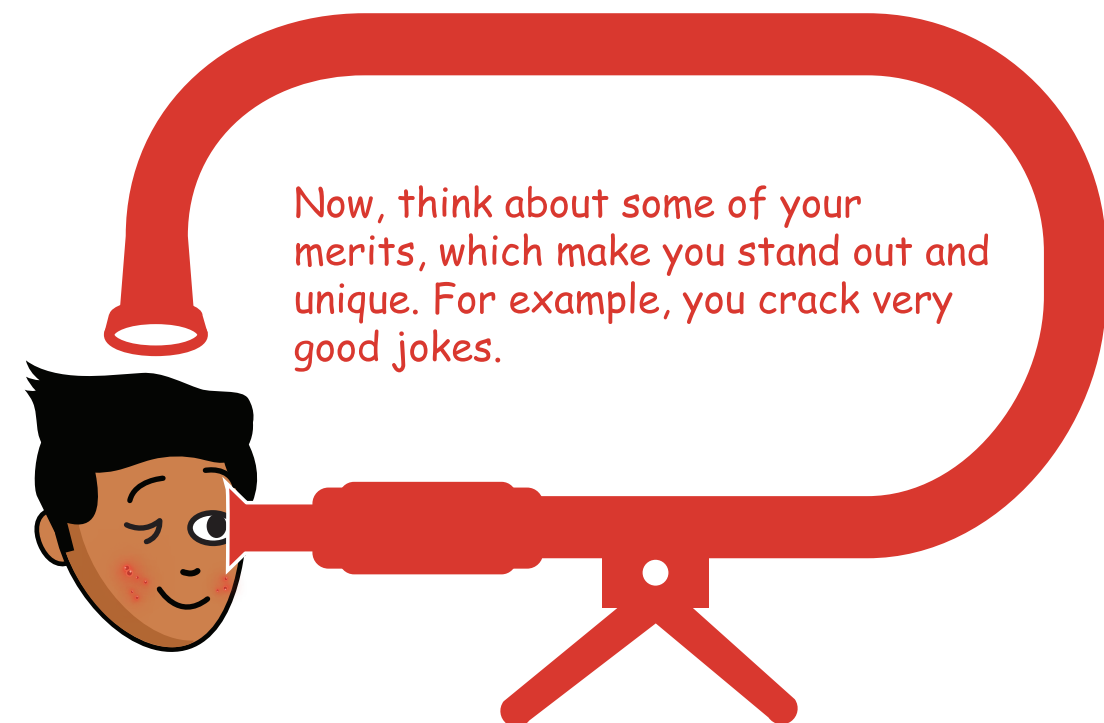
Take some time to think about why Payal and Abhay liked Roshni ma'am mentioned in the story.

Because of her looks  
Because of her merits

Take some time to think what you have learnt from this story.

From the following list, select the statements that prove that trying to achieve the so-called ideal look is harmful.

- Increasing fame
- Feeling jealous towards others
- Getting a lot of love from people
- Unable to spend time with friends
- Become famous
- Spending money to buy magazines
- Being upset with one's looks
- Focussing on what you eat for the sake of looks
- Buying a lot of things to make hair attractive



Now, think about some of your merits, which make you stand out and unique. For example, you crack very good jokes.

Next time when you feel the pressure to achieve the so called ideal look, think about these merits of yours and remind yourself that the importance of merits is much more than that of looks.