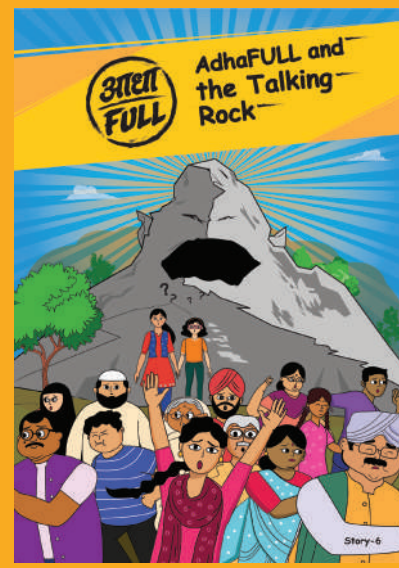
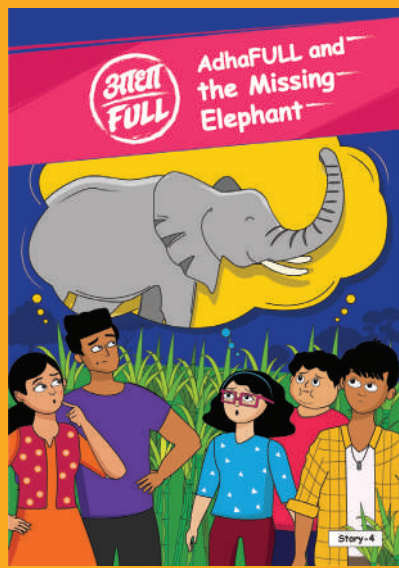
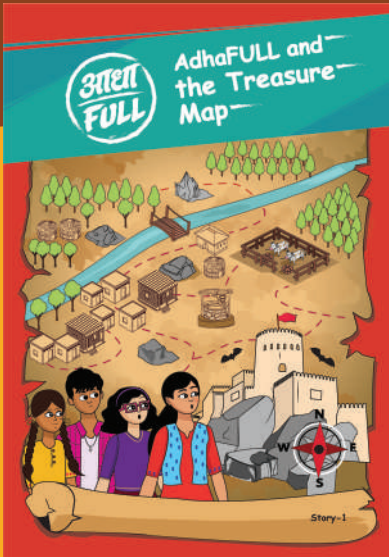




AdhaFULL and Badlipur in Danger

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



Story-5

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

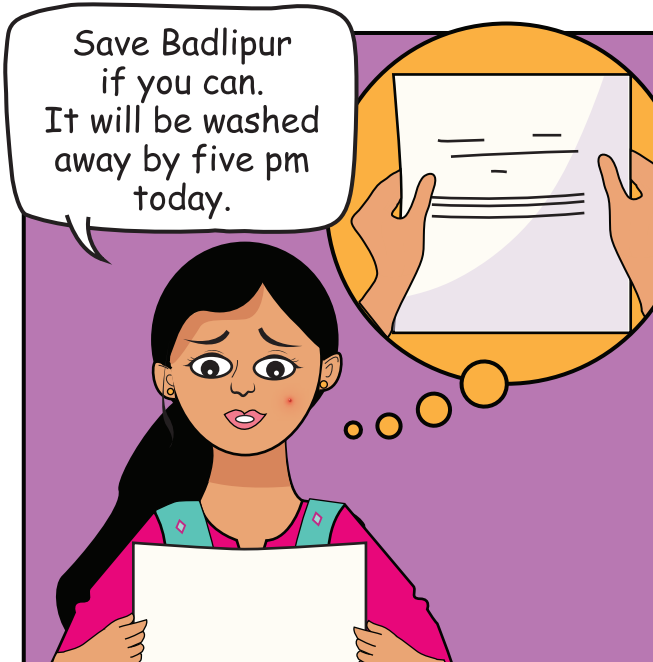
"The" AdhaFULL team of Badlipur



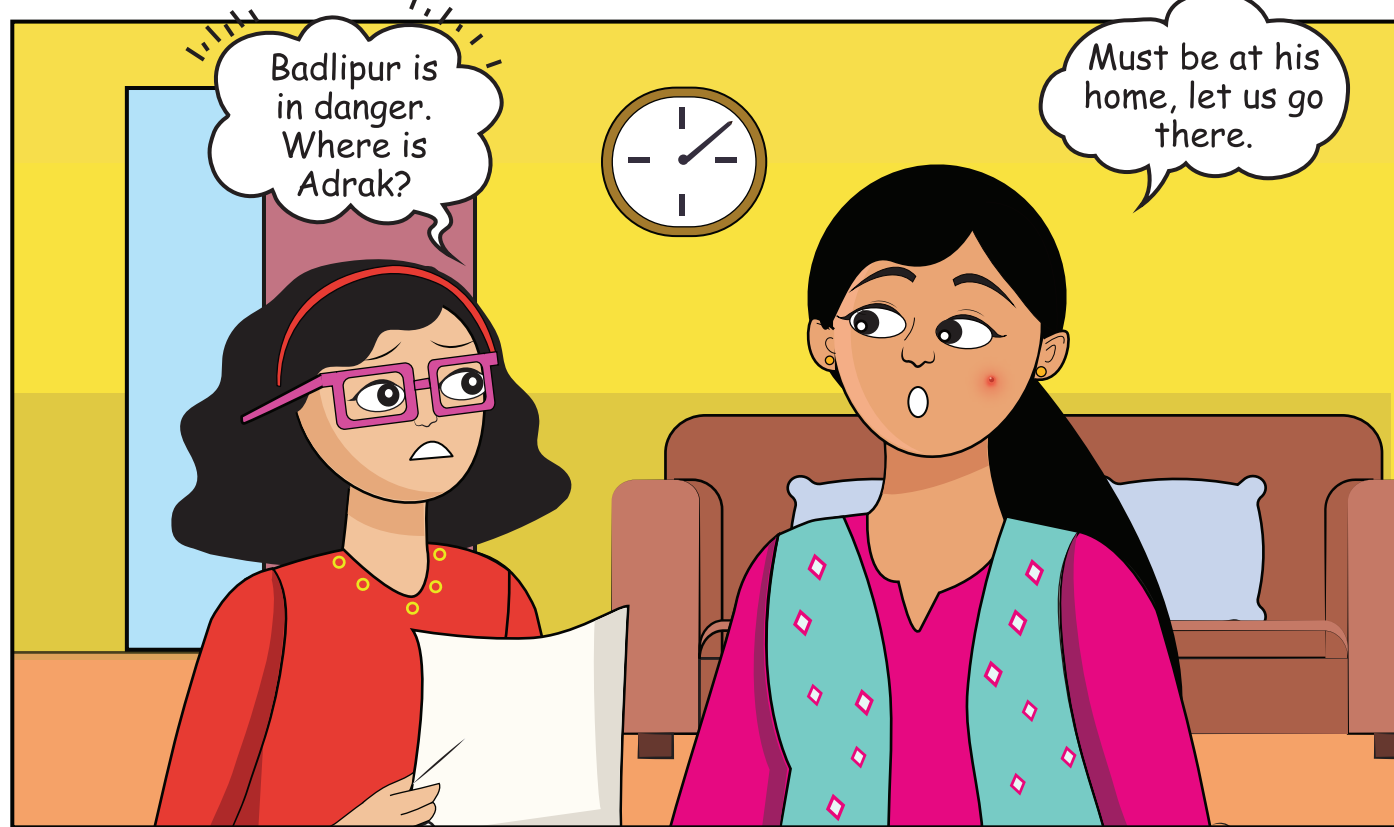
- Name: Tara
- Age: 12 years
- Grade: Seventh
- Merits: A living encyclopedia
- *Tara never tells a lie

Tara

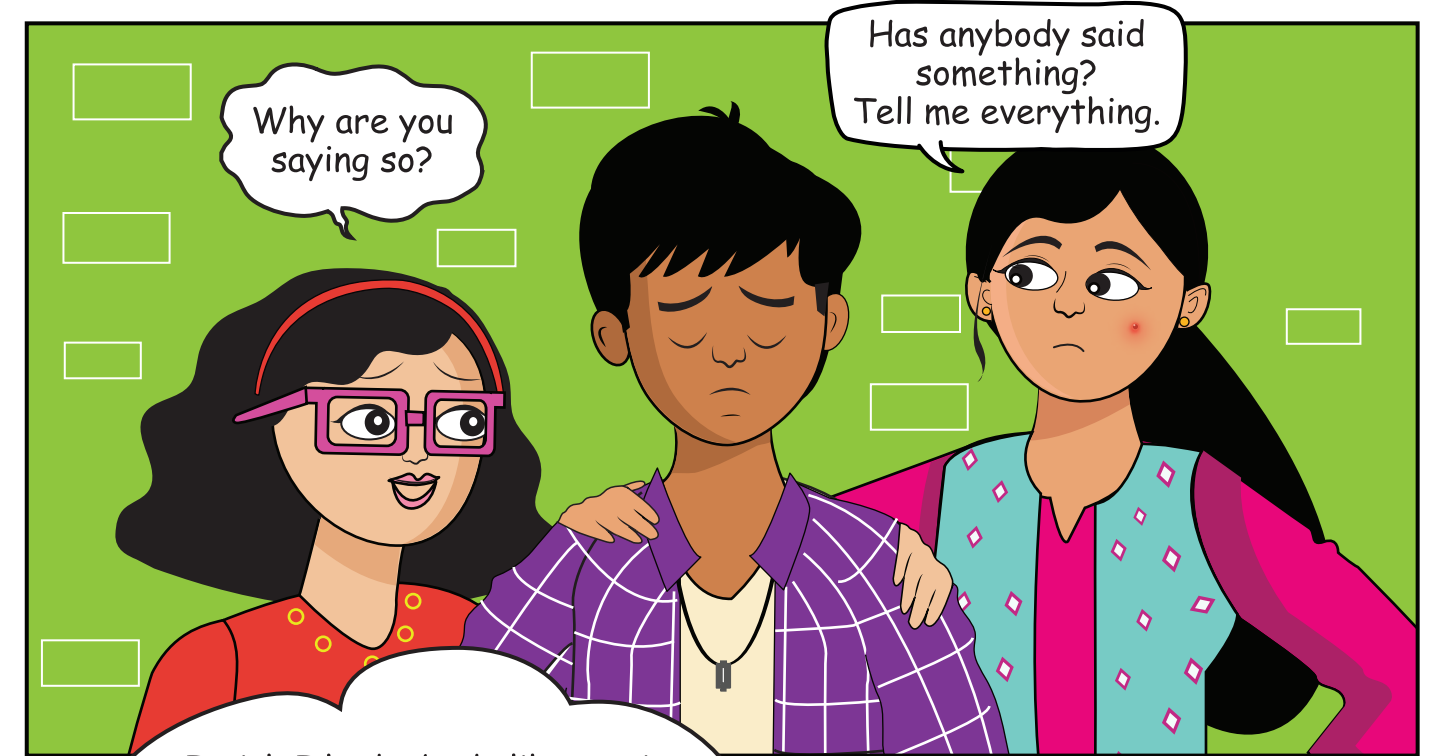
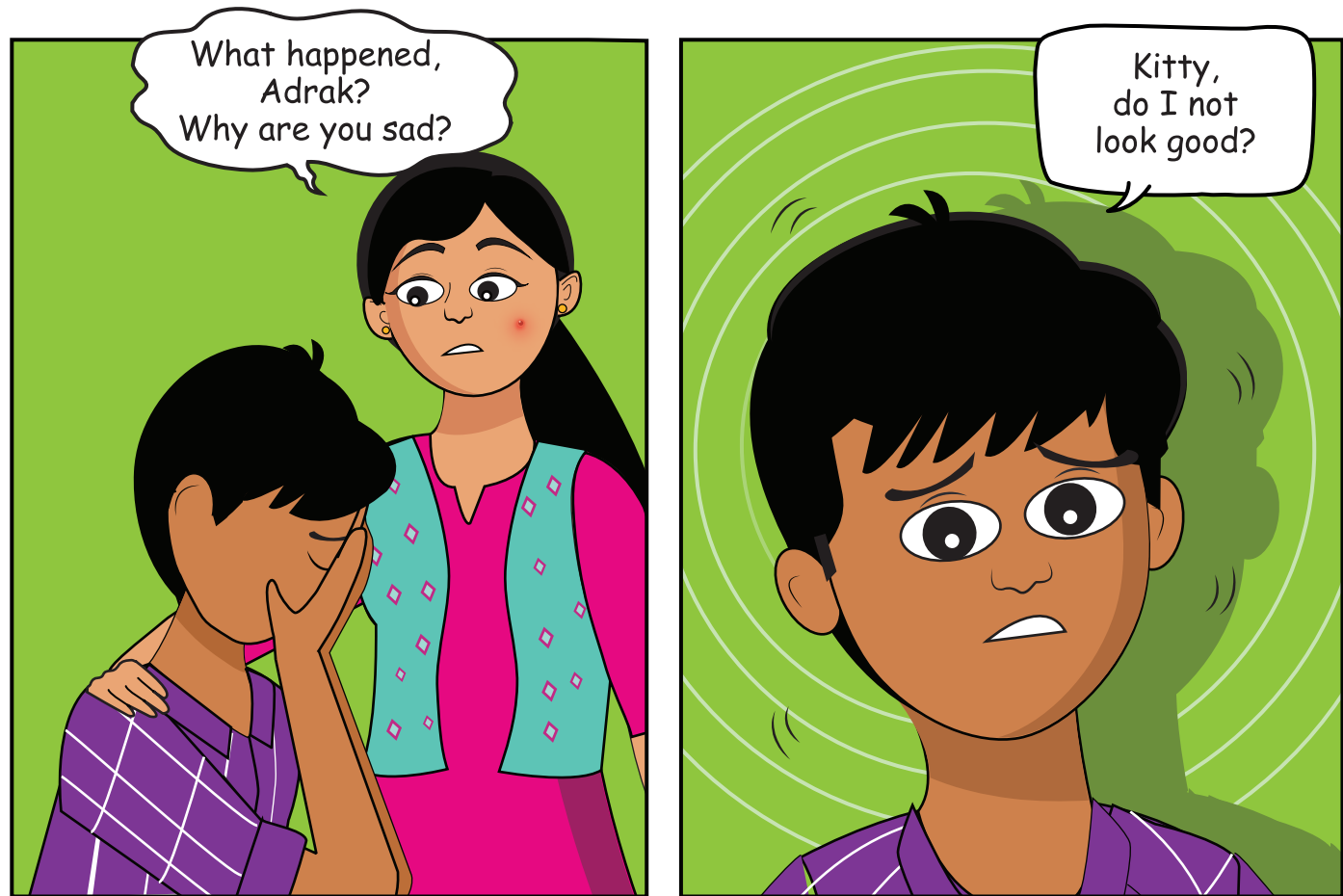
The three live in Badlipur and love playing detectives. Whenever something happens in Badlipur, they are the first on the scene, and together, solve the toughest of cases. Everybody knows them as the AdhaFULL team.



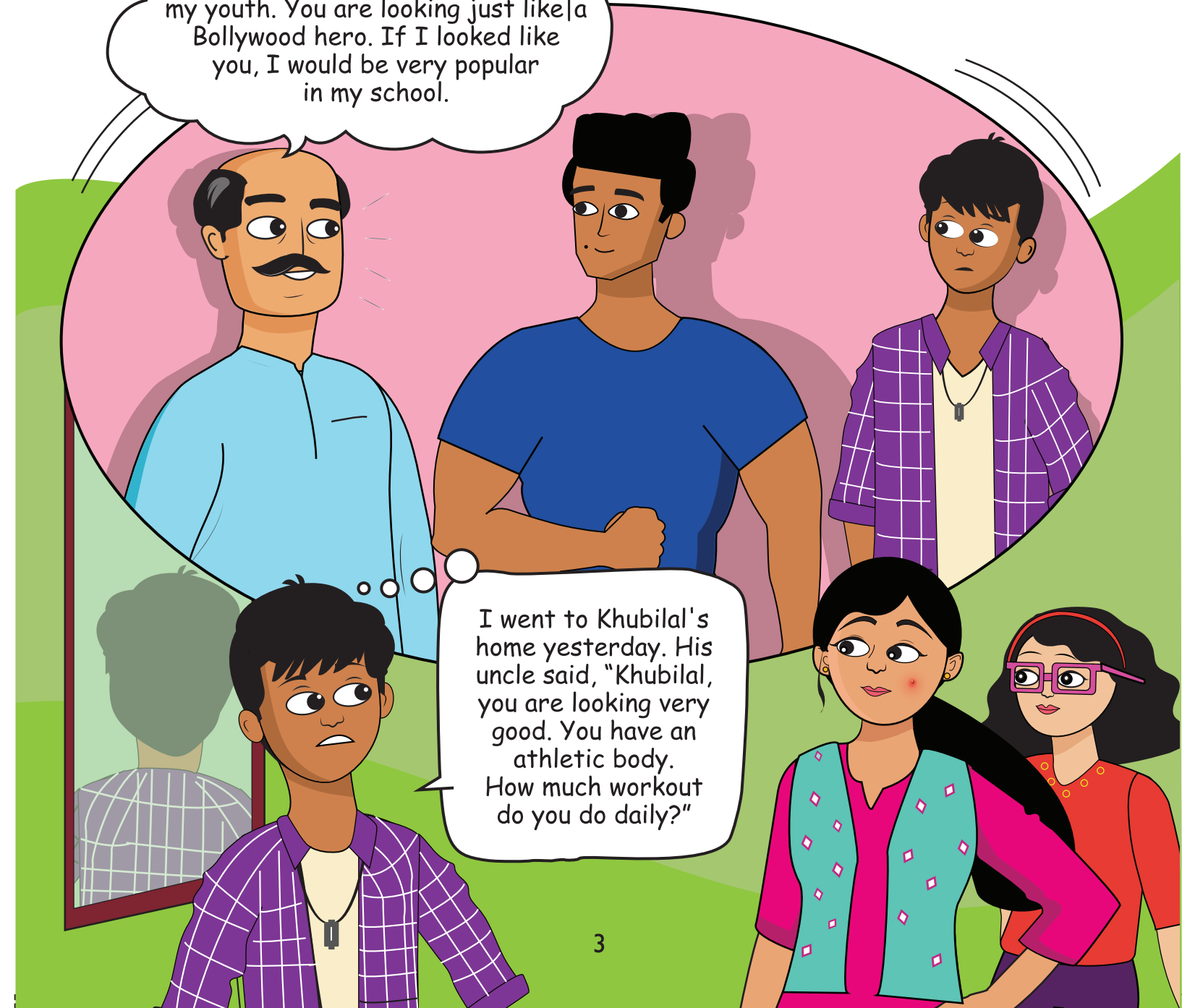
Kitty goes to Tara and shares all what was there in the letter.

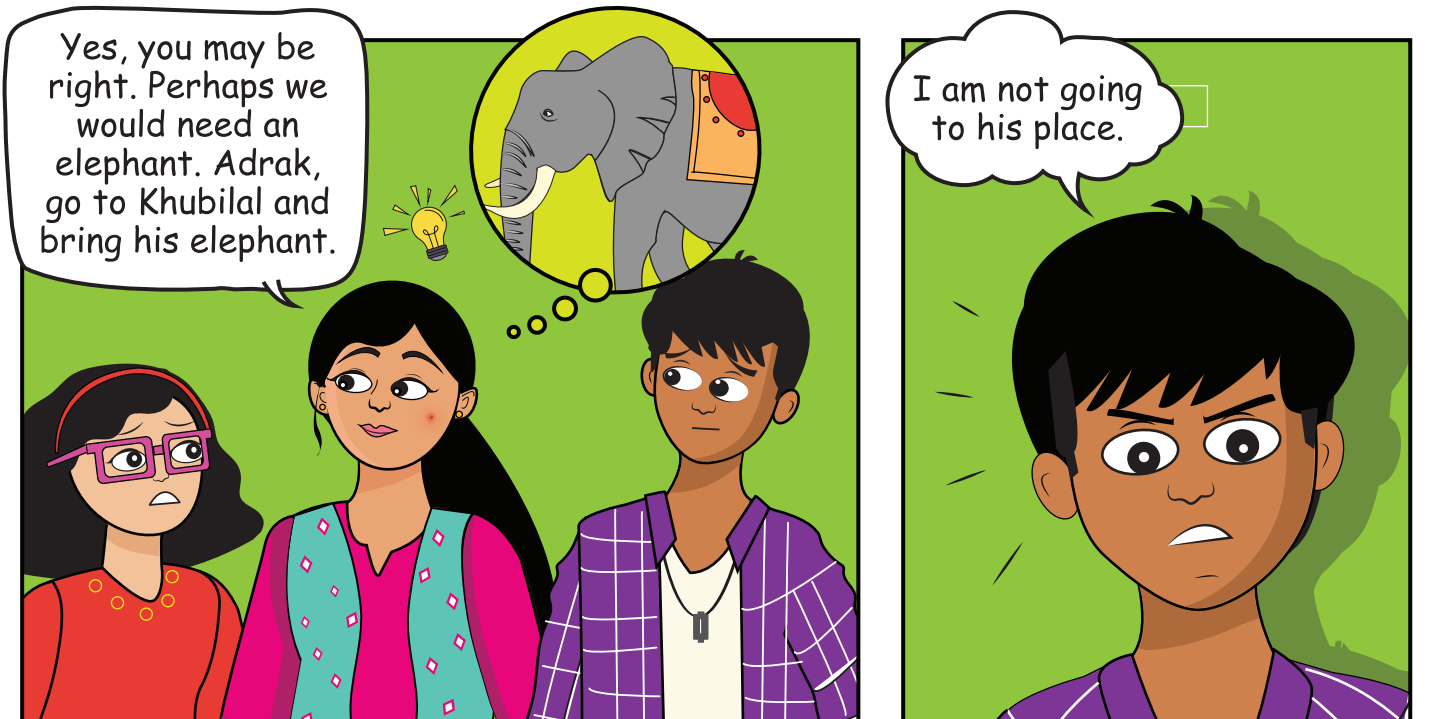
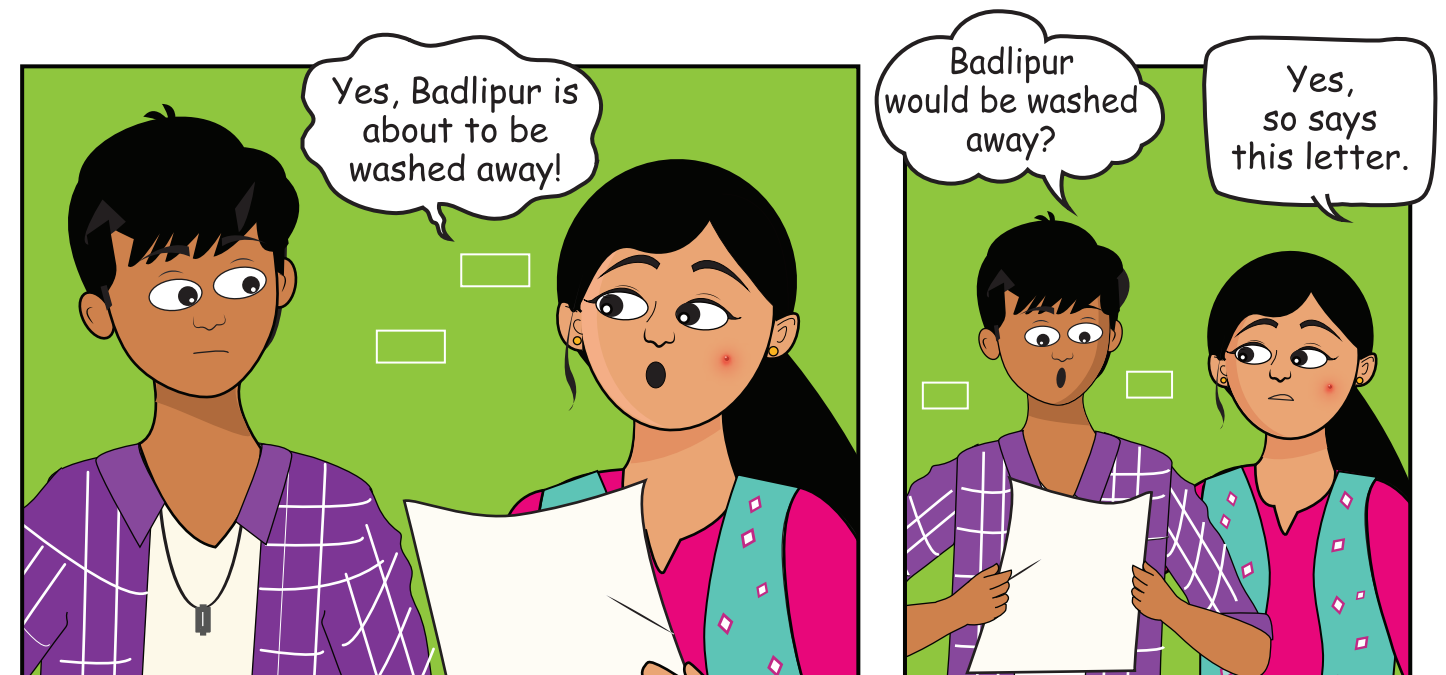
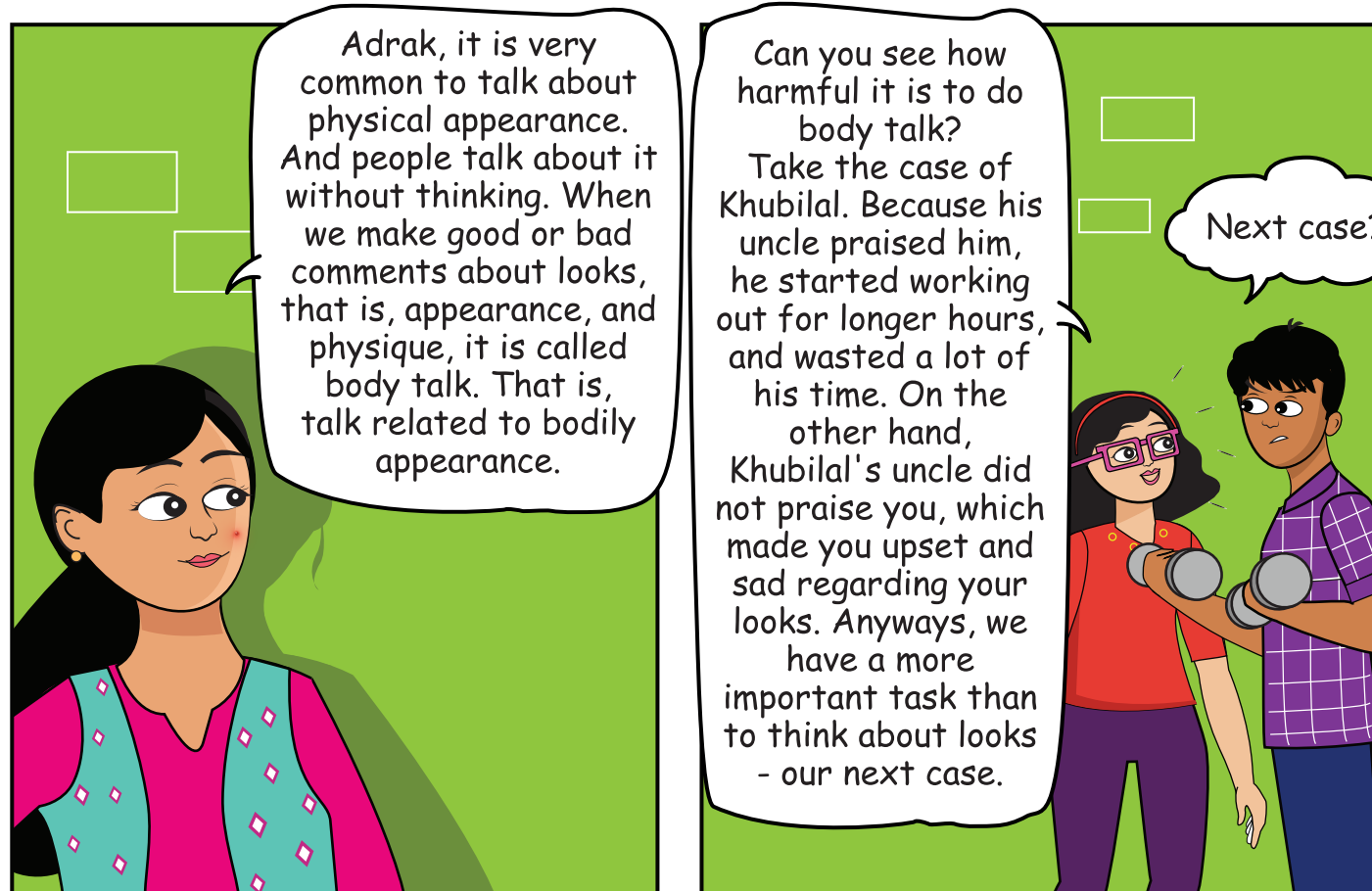


Both of them reach Adrak's home. Adrak is sad, sitting in a corner.



I wish I had a body like you in my youth. You are looking just like a Bollywood hero. If I looked like you, I would be very popular in my school.





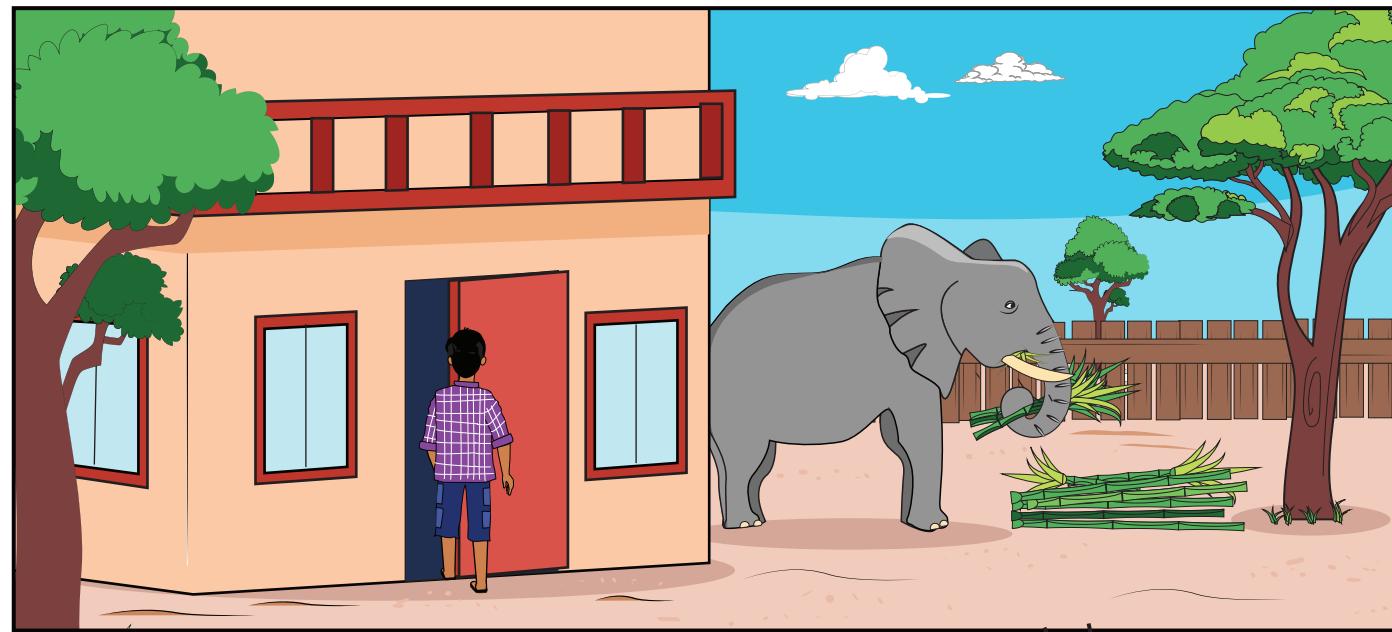
'Now you understood how harmful body talk is? Next time, when uncle talks about looks, interrupt him there and explain to him everything we discussed today on the subject.'



Then, Kitty and Tara rush to the dam. The dam has a crack and water is coming out of it.



Adrak goes to Khubilal's home.



Hey Adrak, what's up?

Badlipur is in danger, come with me along with your elephant.



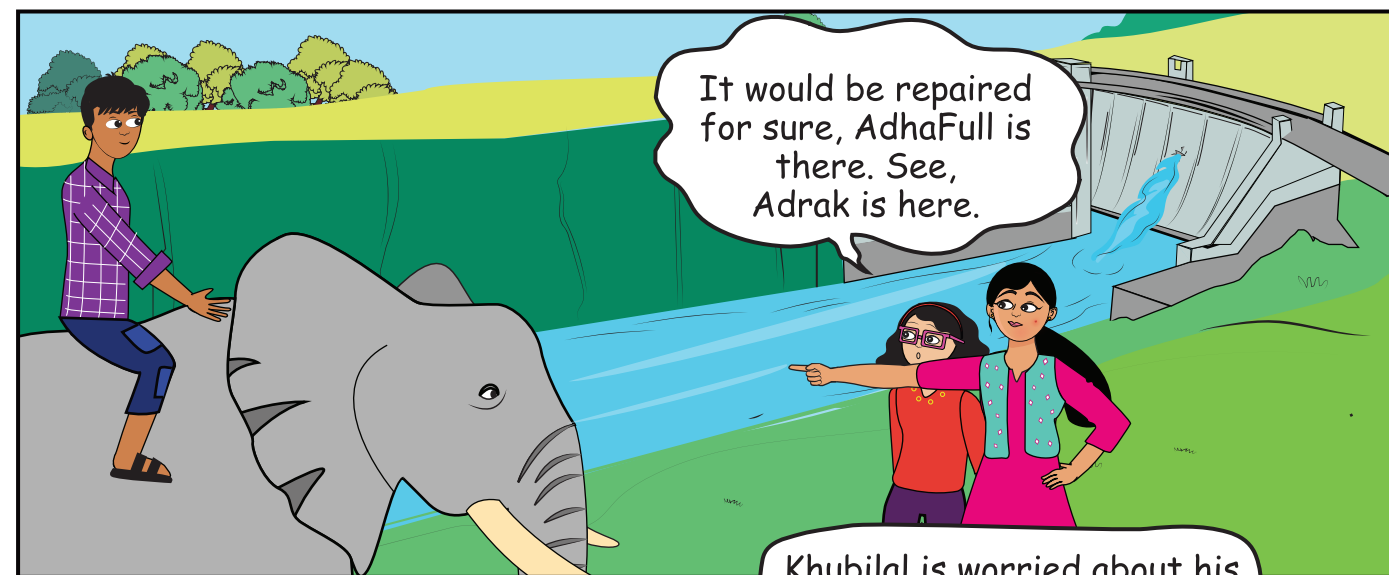
I cannot go dear. Did you not hear what my uncle said? I have to workout to maintain my body. I will first do my workout, only then I will step out of my home. Since the moment my uncle praised my body, I am taking it even more seriously, therefore I do not have any spare time. You take the elephant.



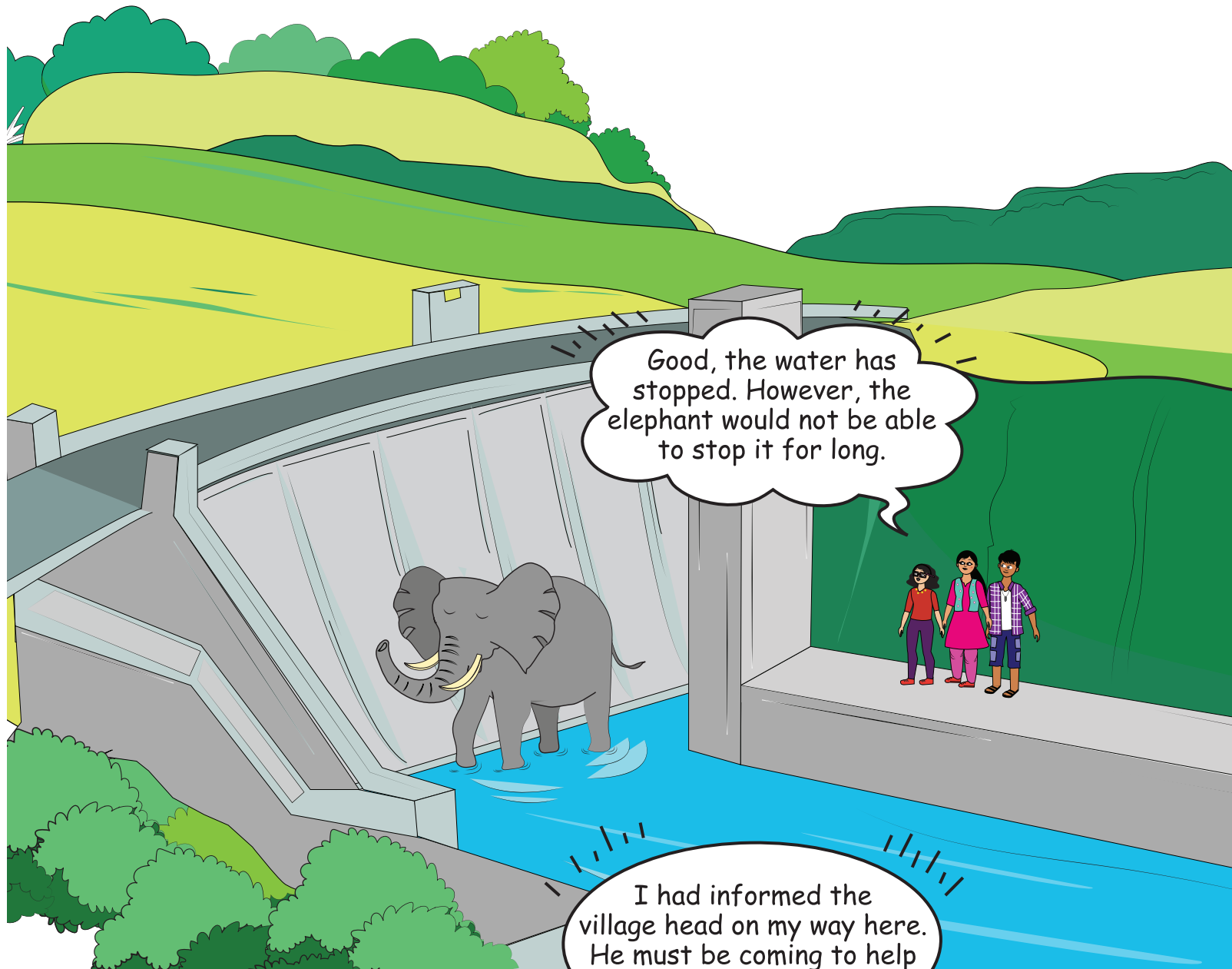
Adrak unties the elephant and takes it with him.



Adrak reaches near the dam.



Adrak makes the elephant stand near the hole.

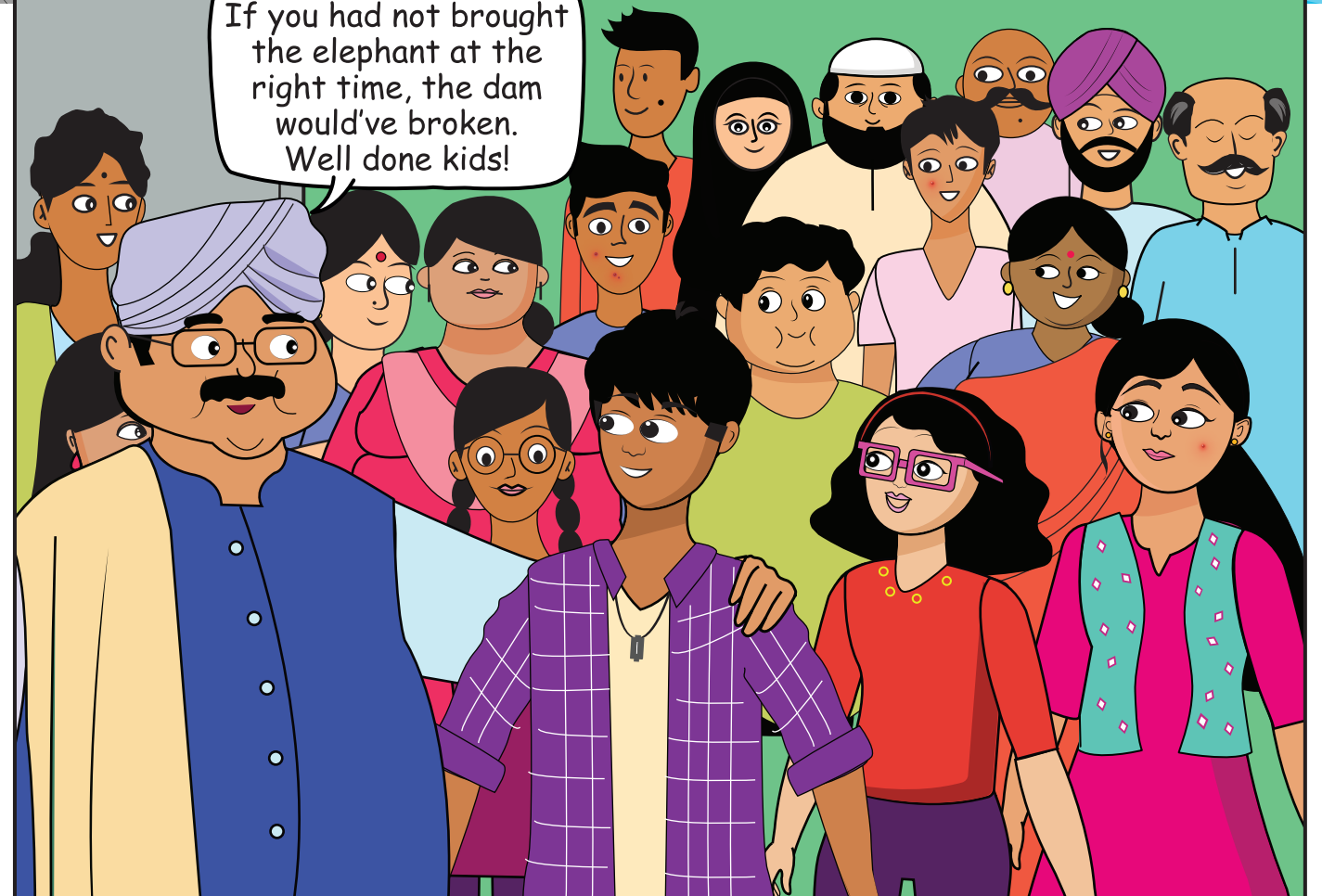


Good, the water has stopped. However, the elephant would not be able to stop it for long.

I had informed the village head on my way here. He must be coming to help along with the villagers.



After a while, Pradhan ji comes and gets the broken part of the dam repaired.

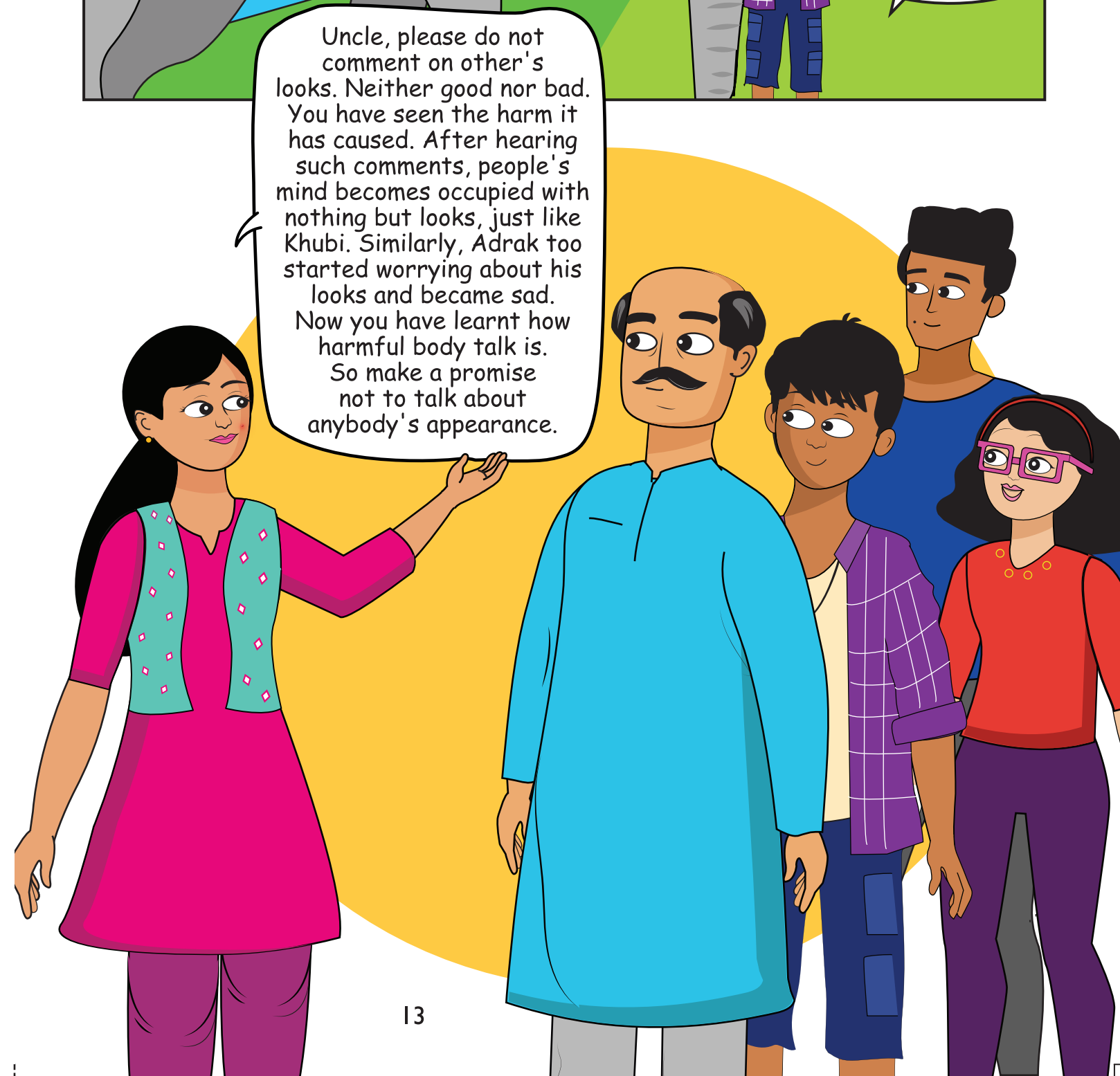
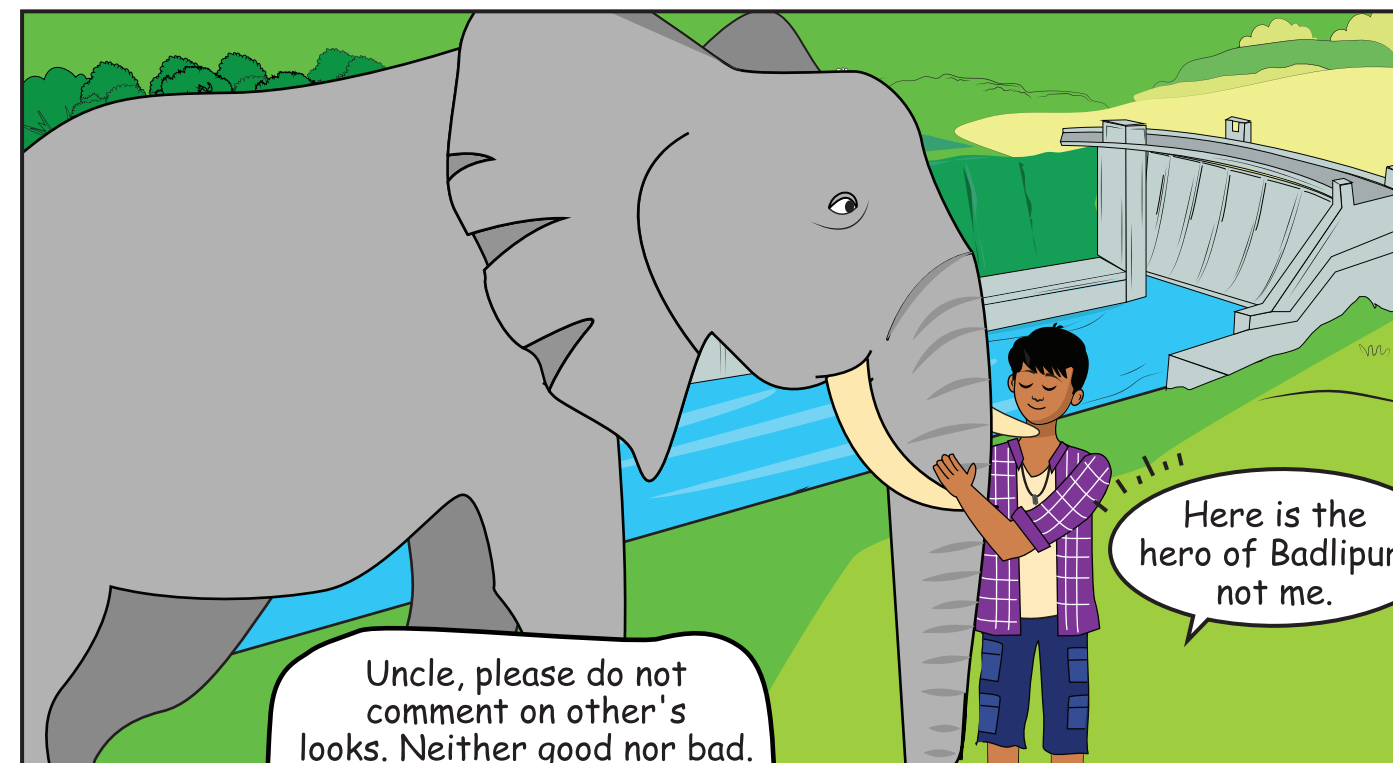
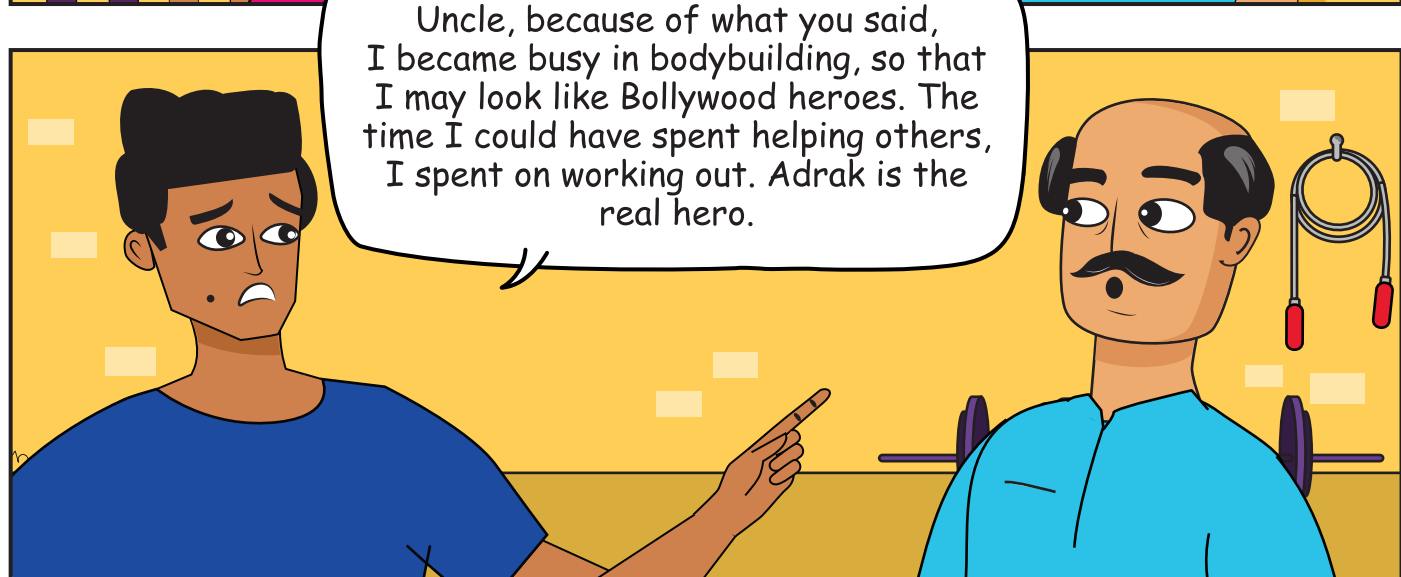
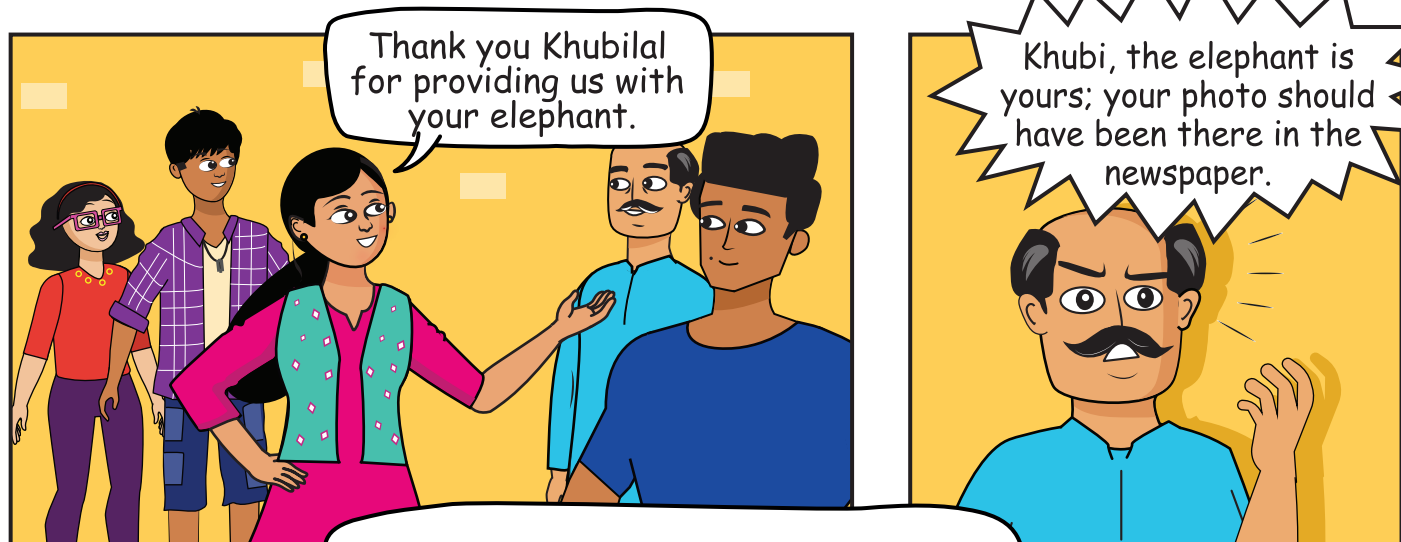


If you had not brought the elephant at the right time, the dam would've broken. Well done kids!

The next day, there is a photo of AdhaFULL and the elephant in a newspaper.



AdhaFULL goes to Khubilal's home to thank him.





Ones actions make them a hero, not their looks.

The elephant takes all three of them on its back and trumpets aloud.



Long live AdhaFULL.

The End



Moral of the Story

What did you learn from this story?

People talk about physical appearance without thinking because it is a common thing in our society. The reason behind is that people feel the pressure of achieving the ideal look they see on TV and commercials. Body talk refers to talking about things related to physical appearance.

Such talks can be both positive (You are looking so good. Have you lost weight?) or negative (E.g. I wish I had a more brawny body.). Such talks related to the bodily appearance may be made regarding you, your friend or any film star.

Some people do body talk with good intentions, but such talks are harmful for everyone and promote the pressure of achieving the ideal look. These talks distract people from their merits and interests. Body talk is harmful not only for the people who are praised for their looks, but also for people around them. For example, they may begin to feel as if they lack something. Due to which, they spend all their time worrying about their looks.

While people frequently engage in body talk, it is necessary to stop it and challenge the ones who do it. When someone is doing body talk, we should try to explain to the people that it is harmful and try to diverge the topic of conversation towards talking about merits.

Must play

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

Now imagine someone tells you

"I am looking very fat today."

Read the context given below and identify which of the following statements may be an appropriate response.

Write 'Yes' next to the appropriate response, and 'No' next to the incorrect one.

But at least your skin is clean and fair.

Do not feel the pressure of achieving the ideal look. Remember that the pictures we see in magazines are not the reality of those actors.

Yes, I am also looking very fat. We should workout.

It is very boring to talk about looks and it wastes so much time. Let us talk about what to do after school.

You are not looking fat. You have lost so much weight. You are looking just like our favourite actress.

Do not say so. You have many such merits, which make you more unique and beautiful than your appearance.

Play this one too if you wish



We have given a list of qualities below. Think about a person sitting next to you. Now select a quality from the list given below which is appropriate for him/her. Then, tell him/her why you chose the qualities for him/her.

(E.g., You are very kind because you share your food with me.)

Here is a list of some qualities

- Funny
- Intelligent
- Brave
- Exciting
- Reliable
- Good listener
- Patient
- Full of ideas

Next time when you find yourself or any other person thinking or talking about appearance, praise his/her qualities instead of his/her looks.

