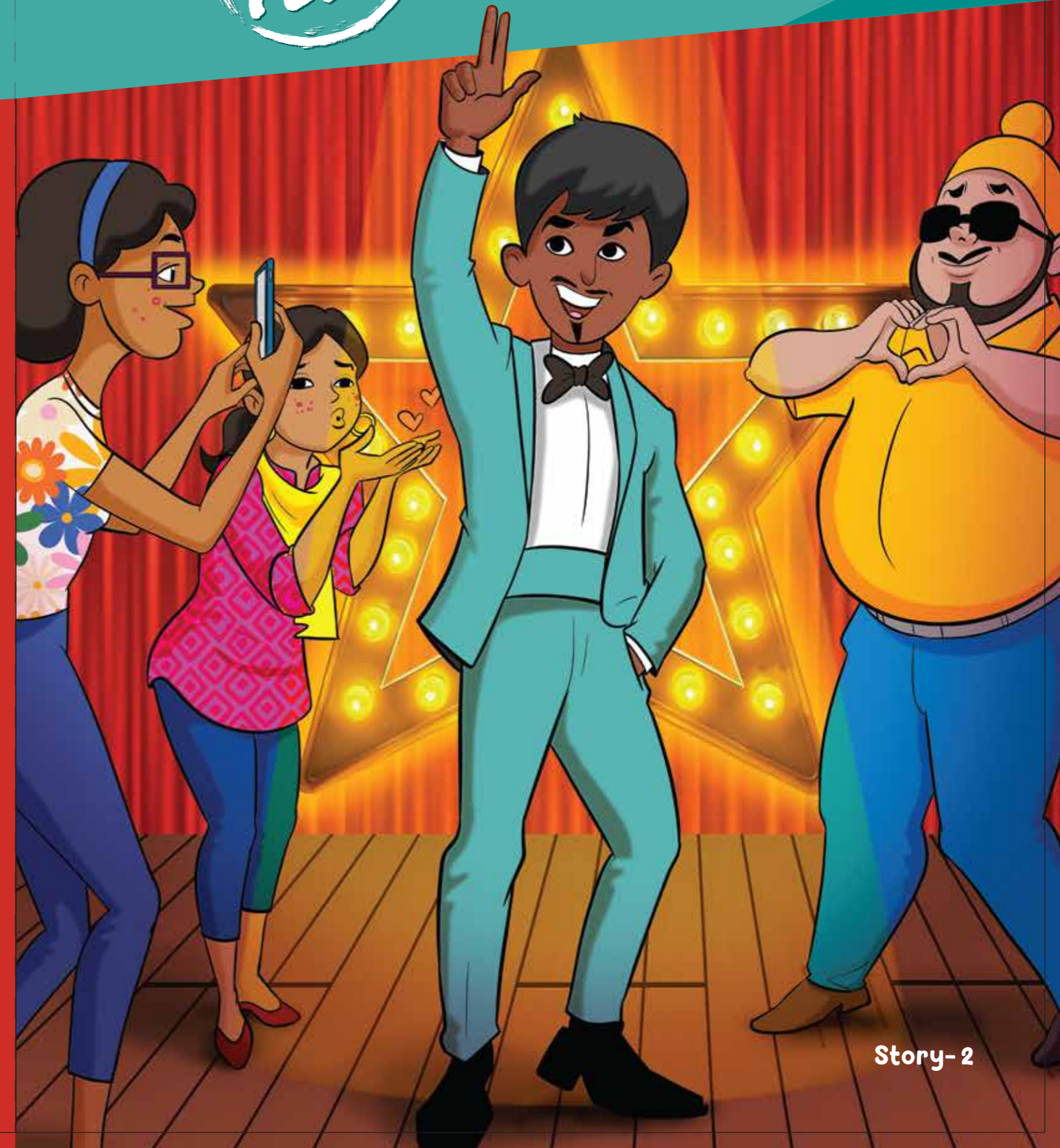




# Big Dreams Bigger Wins

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



Story-2

Developed and created by BBC Media Action  
in partnership with UNICEF, DOVE and the Center for Appearances Research

**Tara**  
 Hi! I am Tara.  
 15 years old and a  
 student of 10th class.  
 Some people call me  
 walking-talking  
 encyclopedia! My slogan?  
**Tara never tells a lie!**

**Kitty**  
 Hello! My name is Kitti.  
 I just turned 18. So I can ride  
 my own scooter and also vote!  
 I am in my first year of college.  
 Some think I am naughty,  
 some think I am intelligent.  
 But one thing they all say...  
**Nothing is impossible for Kitty!**

**Ballu**  
 Hello friends. I am Ballu.  
 Kitty's college friend and  
 the newest member of your  
 favourite AdhaFull Gang.  
 I am blind since birth, but  
 I have something extra.  
**The Superpowers of Smell  
 and Hearing!**

**Adrak**  
 Hi-lo Friends! And I am  
 your one and only Adrak.  
 17-year old and studying at  
 Open School. Now my bag is  
 always full of books.  
**And My Mind is Full of Ideas!**





That means you are perfect for the Talent Hunt!

Get Ready Badlipur For the TALENT HUNT Fee Rs 200 PH-1800-420-420



Everybody in Badlipur has just one thought, that they...



... will win this Talent Hunt and be the next big star.



But I am not tall. And all film stars look so tall.

Time for me to leave... have to study.

This Talent Hunt is the only thing that all of Badlipur is speaking and thinking of.



My uncle's son was good in studies. But he too got obsessed with becoming a star and gave up studies. Spent so much time and money, but ended up nowhere.



Next Day...



Hey Adrak, why so sad?

All the boys and girls in my Open School are going for the Talent Hunt. Except me...

What's stopping you?



Because I am not the 'Hero' type. They say I am too short, and too thin to be one.



Oh ho! So what if you don't look like the boy shown in the poster. It takes a lot more to be a talented actor. Who knows, maybe you have what it takes!



See these movie posters, Adrak. Aren't they all big stars? But they are not like that tall and muscular person shown in the Talent Hunt poster.

Exactly! You need talent for acting. Not a certain kind of face or body.



Acting is also like any other profession. There are acting schools, theatre, and more. Where you first learn how to be an actor.



And acting is just one job, you can learn and do many other jobs in the movie industry.



They don't understand!

Just outside Badlipur... the preparations for the Talent Hunt are on!



And in Badlipur... the young are busy getting ready for it!

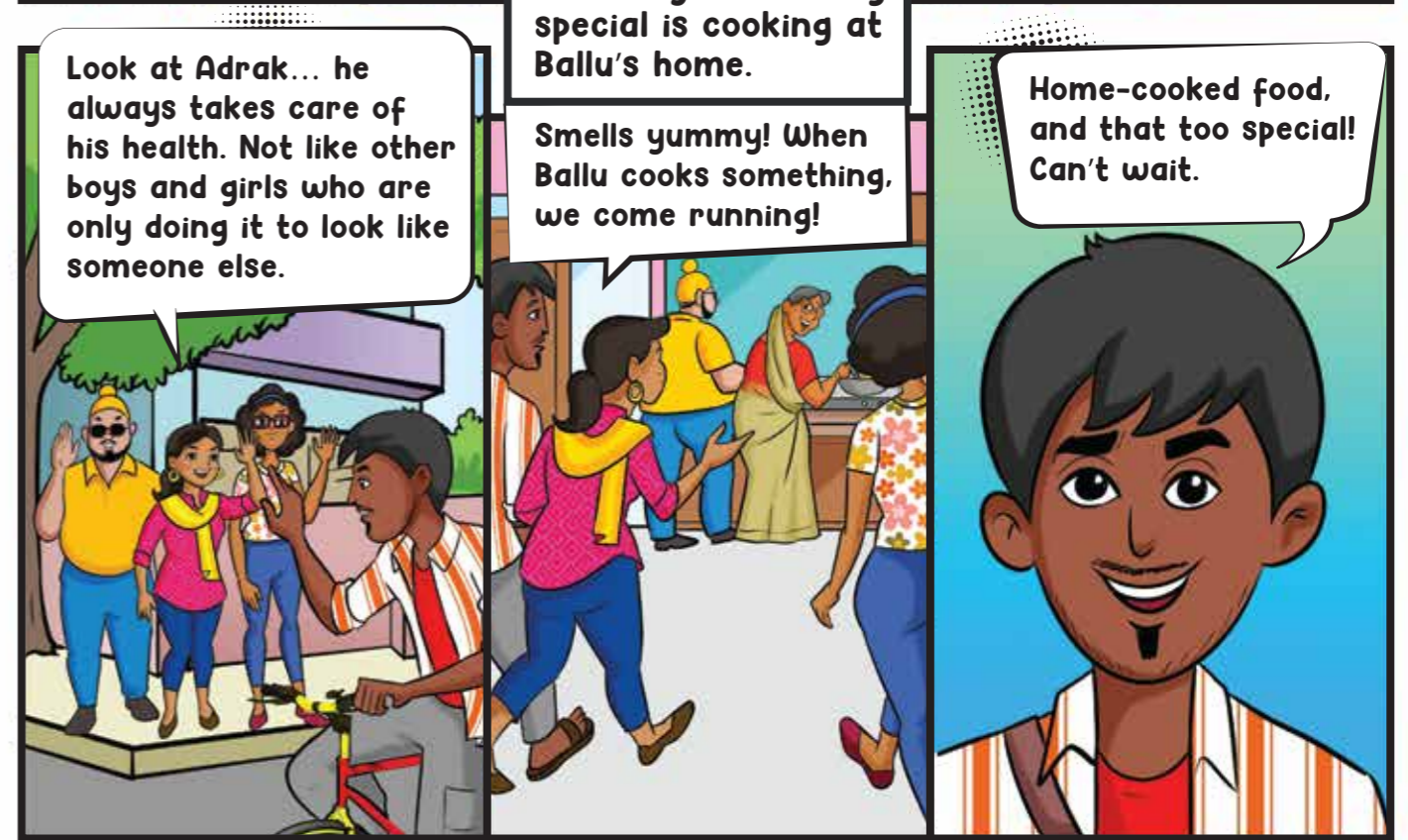


Next day, something special is cooking at Ballu's home.

Look at Adrak... he always takes care of his health. Not like other boys and girls who are only doing it to look like someone else.

Smells yummy! When Ballu cooks something, we come running!

Home-cooked food, and that too special! Can't wait.





Wow! Yummmm!  
Can I get some more?

This halwa is all because  
of Ballu's sense of  
taste and smell.

And a little  
help from  
my mother.

Come,  
let's play  
something  
now.

I have to leave.  
I only came for  
Ballu's special halwa.

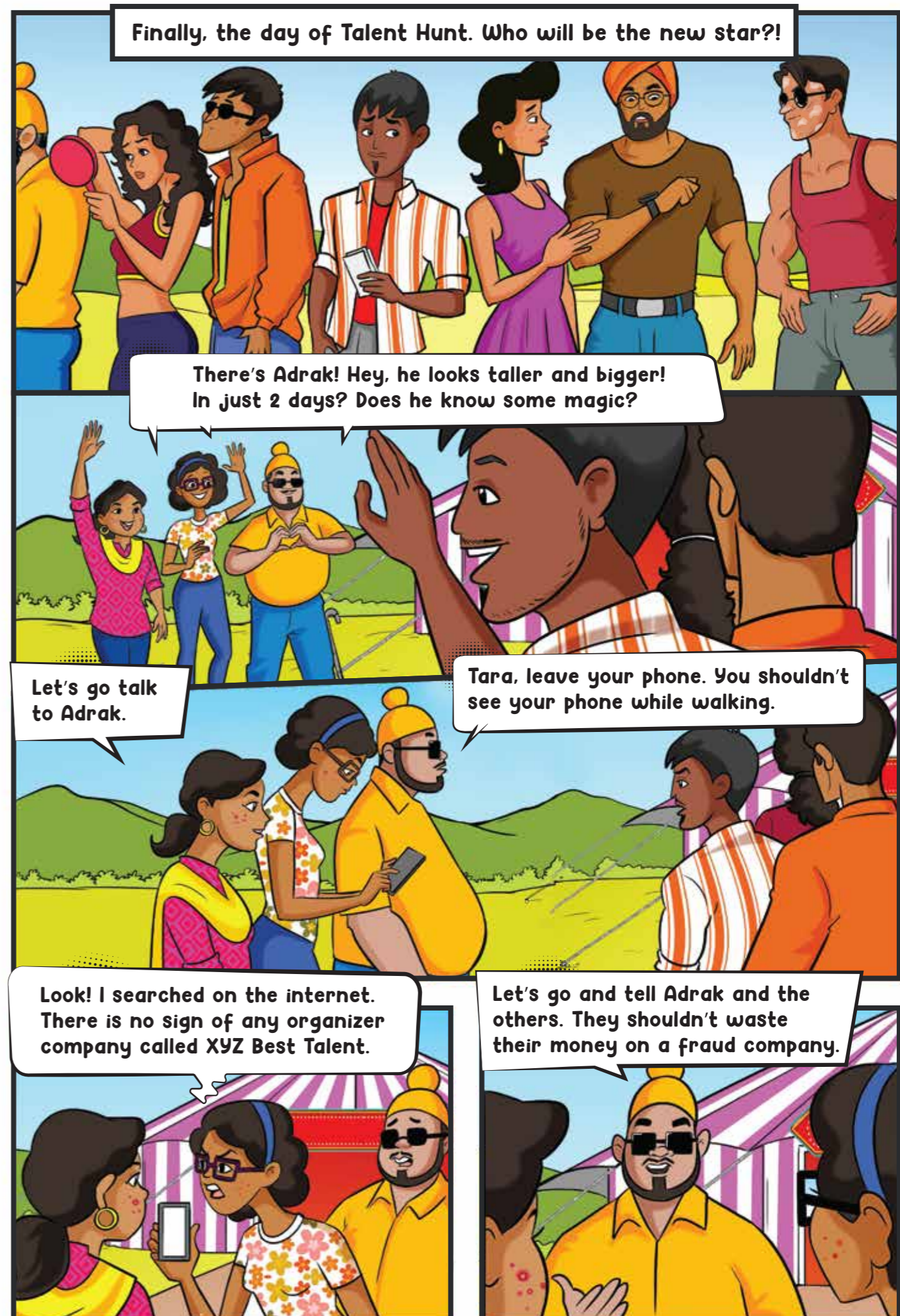
I have decided to go for the  
Talent Hunt. And for that, I have  
to get taller, and stronger.

But that's  
just  
2 days  
away.

No one  
can get  
taller in  
that time.

Hope you  
are not  
taking any  
medicines  
or health  
powder!  
They can  
harm you.

Worry not  
friends!  
I have  
an idea...



Finally, the day of Talent Hunt. Who will be the new star?!

There's Adrak! Hey, he looks taller and bigger!  
In just 2 days? Does he know some magic?

Let's go talk  
to Adrak.

Tara, leave your phone. You shouldn't  
see your phone while walking.

Look! I searched on the internet.  
There is no sign of any organizer  
company called XYZ Best Talent.

Let's go and tell Adrak and the  
others. They shouldn't waste  
their money on a fraud company.



I think Adrak is trying to hide from us. Maybe he doesn't want to tell us the secret to his growing taller!

That's why he is hiding from us?

Everyone is only thinking of being the next star. No one will listen to us!



What's that smell of something burning? It can't escape Ballu's sharp sense of smell!



Ballu follows the smell. Kitty and Tara follow him.

Found it! Kitty can see where it is coming from.

The electricity wires have caught fire!

If the fire spreads, it will burn everything down!

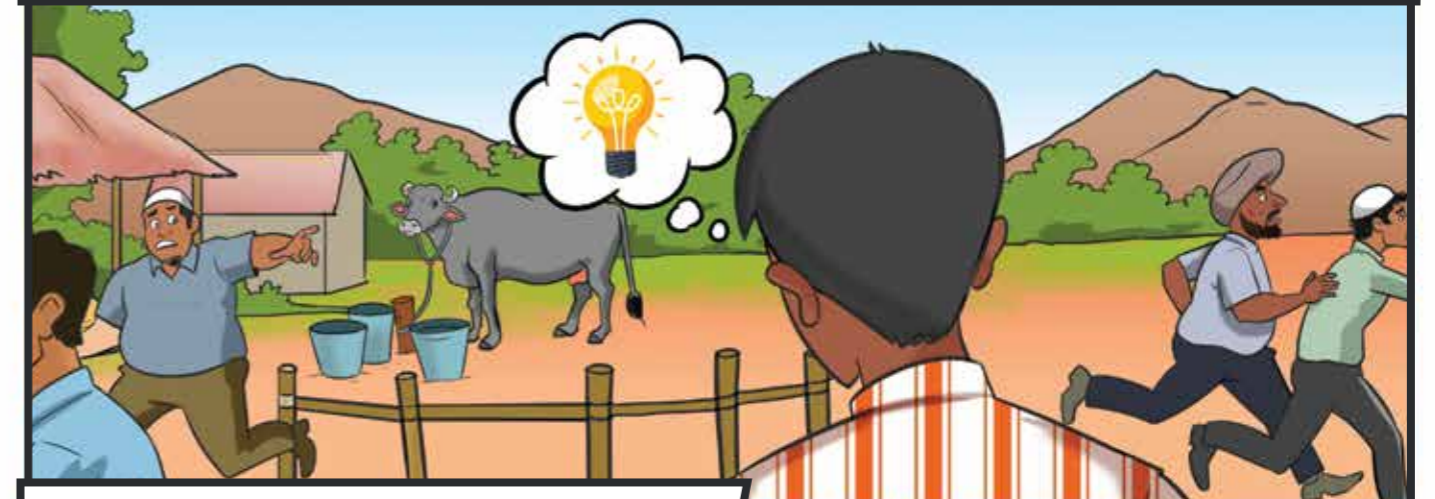


Time for AdhaFull Gang to get together to save the rest.

Adrak!

But is it too late?

Buckets to the left... Sand to the right. Adrak spots the two and a plan is made.



He jumps to pick the buckets... and runs to fill them with sand!



Hurry up! Make a line!

Knee-deep in sand... Adrak fills the buckets with sand and passes them on. Non-stop!



And Kitty keeps throwing the sand on the fire.



We have to get the electricity cut off... Tara, your brother and the electrical engineer are friends. Call him!

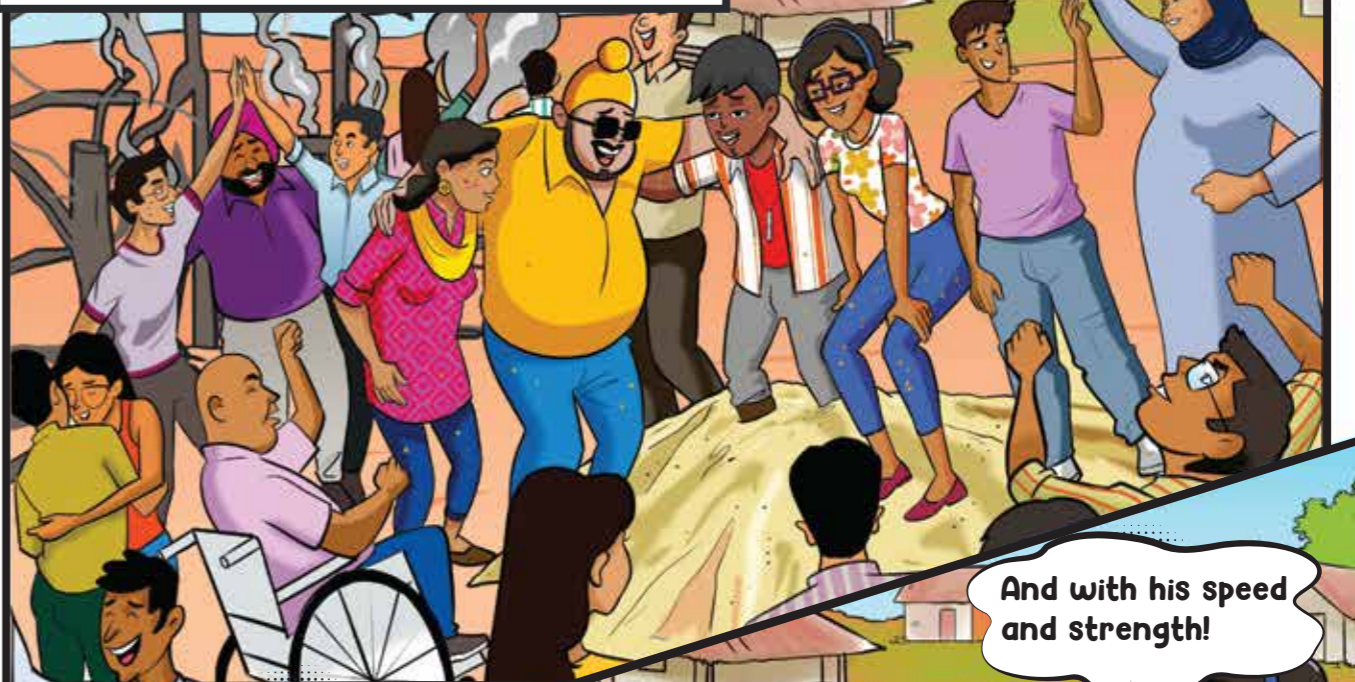
Tara's brother... always ready to help his sister.



From a distance, the organisers are watching.



The fire is stopped! Adrak's idea worked!



And with his speed and strength!

The real star of the Talent Hunt has been found! He is the one who saved everyone with his quick thinking.



Sleeping on time, exercising, and eating well... this is what made Adrak strong and intelligent. We should also do the same!

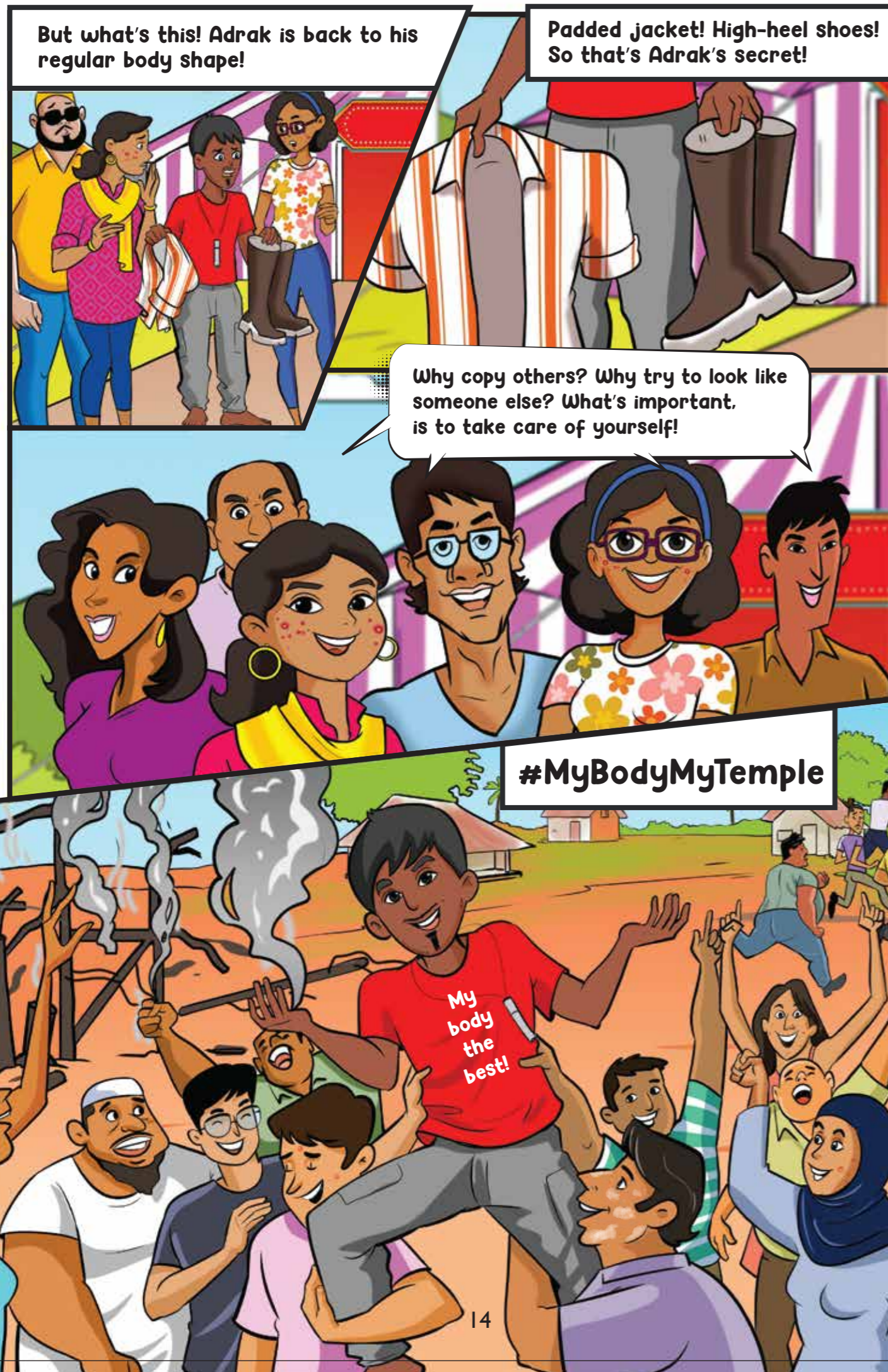




# INTRODUCTION

We have prepared a few activities that are to be conducted after each graphic novel is completed. These activities will be conducted by the facilitator, who is also the group leader. The facilitator will have to ensure that all the girls and boys are present, and are comfortably seated in their places.

- Once the graphic novel has been completed, the facilitator will have to read the activities carefully, explain these to the girls and boys present, and make sure that they all participate in the activities.
- Please make sure that every participant gets a chance to take part and speak up for every activity.
- When it is their turn to speak, the participants must first raise their hands and never speak when someone else is making a point. To ensure this, the facilitator must ensure that each participant gets the time to give the answers completely.
- If a participant is not replying, the facilitator must take out time to ask them directly to read, understand, and give answers to the activities related to the graphic novels and its main messages.
- The facilitator should encourage every single participant to think about the main messages in the graphic novels and share their own personal experiences that match the main messages in the stories.



# BODY IMAGE AND FUNCTIONALITY



## Think, understand, and speak.

Take 60 seconds to think of a recent incident that made you feel that your body was inadequate.

1. What made you feel like this?
2. Was there a 'perfect' body type in your mind that you were comparing yourself to?
3. Did someone in your family or your friend ever say anything about your body? How did that make you feel?
4. **True or False:**  
If you are able to do everything that you want, thanks to your body, then you should not worry about negative thoughts or comments from others, and just take care of your body.



# WHAT WILL YOU DO?



Imagine that you are the most thin person amongst your friends. But you are happy with your body because you are able to do everything that you want to do. Even though you are often made fun of because of your thin body. In that case, what step will you take:

1. You will talk to your friends and tell them that you are happy with your body and also tell yourself that your body is perfectly capable. And ask them to not trouble you.
2. You won't pay attention to their comments and be proud that you have a body that is fully functional and you will take care of it.