



Suhani (13) and Saanvi (14) were close friends. Both of them loved sports and dreamed of one day becoming excellent at their favorite game — Suhani in **volleyball**, and Saanvi in **football**.

They trained hard every single day and never gave up. During practice, they played incredibly well — but whenever there was a match or a tournament, things would fall apart.

They got nervous, forgot what to do, and made mistakes they never made during practice. No matter how much they wanted to do well, they couldn't perform when it really counted.

Disappointed and sad, they went to visit **Madam Sporty**, an experienced coach who had once played on Nepal's national team.

They greeted her cheerfully: **“Sairam, Madam Sporty!”**

And they shared everything — about their training, their effort, and the sadness they felt when they failed.

Madam Sporty listened carefully. Then she smiled and said:

**“Sairam, girls. Don't worry. You both have talent. But you're still missing something important. If you do what I ask, you'll grow — not only as athletes, but also as individuals.”**

### **Week 1 – The Bird Assignment**

**“Every day between 5:00 and 6:00 PM, count how many birds fly over your house. Write it down and come back next week.”** She added firmly: **“Patience and focus.”**

On their way home, Suhani said, **“I don't see how this has anything to do with volleyball or football...”**

Saanvi replied, **“Madam Sporty is the most respected coach in the country. If she says something, I trust her. Let's just do what she asks.”**

For one week, they faithfully counted the birds. But when they returned, Madam Sporty shook her head: ***“More patience, more focus. This week, count how many birds fly from east to west and how many from west to east. See you next week!”***

The girls realized ***“She’s right. We weren’t patient or focused. But how did she know?”***

### **Week 2 – Direction and Attention**

The second week went better. They paid close attention to the direction each bird was flying.

When they came back, Madam Sporty said: ***“Much better — but still: more patience, more focus.”***

Then came the next task: ***“This week, between 5:00 and 6:00 PM, only count parrots. For each parrot, write down its color and any special details. Good luck!”***

On the way home, Suhani said: ***“Parrots? I’ve never even seen a parrot flying in our town! Is she playing a trick on us? I’ll just write down zero parrots.”***

Saanvi smiled: ***“No, Madam Sporty would never trick us. You know, I got the best school test scores I’ve ever had this week. I really think I’ve become more patient and focused thanks to counting birds.”***  
***“That’s true,”*** Suhani added, surprised. ***“I also got my best scores ever!”***

### **Week 3 – The Surprise**

After week 3, the girls returned excitedly. Both had counted exactly **108 parrots** flying over their homes.

Madam Sporty beamed: ***“Mission accomplished. You’ve understood the lesson. Keep using this patience and focus, and you will shine — not just in sports, but in everything you do.”***

Suddenly, they heard a voice: ***“Sairam, Suhani and Saanvi! Congratulations! So much patience, so much focus, well counted!”***

They looked around but saw no one. Then the voice said: ***“I’m right here!”*** And a **parrot** flew to Madam Sporty’s shoulder.

The girls gasped: ***“That’s the parrot we saw every day! No wonder they all looked exactly the same. That was you, wasn’t it?”***

The parrot chuckled: ***Kraa Kraa..., Suhani and Saanvi... I’m not telling you that – it’s my little secret, hee hee! But huge congratulations to you both: so much patience, so much focus ... well done! Keep up the good work, okay? ... Saaai Raaam!***

And then the parrot flew away.

From that moment on, Suhani and Saanvi didn’t just become great athletes — they also became calm, patient, and focused young people.

And everyone noticed — on the field, at school, and at home.

**Question and Heart-Work:** Can you think of a time when slowing down and paying attention changed the outcome for you?