

SPEAK & PEAK

Public Speaking ExNoRa



THE NAME & STYLE
of this most important
ACTIVITY



SPEAK & PEAK

FOCUS
PUBLIC SPEAKING ExNoRa



SPEAK & PEAK
PUBLIC SPEAKING
ExNoRa

FOCUS
PUBLIC SPEAKING

Do this either as a
Organisation (**SU**) or as a
Satellite Organisation (SA)

Subsidiary

OPTION

1

SPEAK & PEAK

PUBLIC SPEAKING ExNoRa

SU

can be a
SUBSIDIARY ORGANISATION
of your parent

ExNoRa INNOVATORS CLUB or

RWA ExNoRa of place /
institution

OPTION

2

OPTION

3

SPEAK & PEAK

PUBLIC SPEAKING ExNoRa

can be an **INDEPENDENT SATELLITE**
ORGANISATION of your area / institution
affiliated to

the top body (HQ) of
ExNoRa INNOVATORS INTERNATIONAL

SA



SPEAK & PEAK PUBLIC SPEAKING ExNoRa



FOCUS PUBLIC SPEAKING

VERY MUCH PART of
JEEVAN SHASTRA, LIFE SCIENCE,
(जीवन विज्ञान) for **LIVING as HUMAN BEING**
&
MANUSHYA SHASTRA, HUMAN SCIENCE
(मनुष्य विज्ञान) for **BEING HUMAN BEING**

ExNoRa Innovators Club facilitates, as a **SERVICE**,
TRAINING each & every **HUMAN** in the Art & Science of
INNOVENTIONS (Innovation + Invention)
for his **OWN** and **SOCIETAL WELL-BEING**

ExNoRa Innovators Club
SINGLE WINDOW &
WONDER WINDOW
to solve from **PERSONAL** to
SOCIETAL PROBLEMS



ExNoRa INNOVATORS CLUB for 100% Civil Society Empowerment

PART OF
MANUSHYA SHASTRA, HUMAN SCIENCE
for **BEING HUMAN BEING**
for realising
JEEVAN SHASTRA, LIFE SCIENCE
for **LIVING** as **HUMAN BEING**

JOIN / START YOUR
RESIDENTIAL AREA /
INSTITUTIONAL
(Office/ School/ College)
ExNoRa Innovators Club
today and harvest success

ExNoRa INNOVATORS INTERNATIONAL - since 1988

“IDEA-MEN of the WORLD, UNITE”

is the largest organisation in India for **INNOVATIONS** for self-improvement and societal development & **one of the fastest growing in the world**, founded in India & operates through its **LOCATION / INSTITUTION** based chapters,



ExNoRa INNOVATORS CLUB

ExNoRa stands for
Excellent Novel Radical

ExNoRans ensure these three qualities in their
Thoughts / Words / Action & Innovate

ExNoRa is the **ONLY** Club
which trains and
makes its members
INNOVATORS PAR EXCELLENCE

One who wants to serve by **INNOVATIONS** joins **ExNoRa** Innovators Club.

He or she uses the prefix **Exn** as short form of **ExNoRan**
e.g. **Exn Ram, Exn. Robert, Exn Rahim** before his / her name
and is always addressed by others as an **ExNoRa** **INNOVATOR**

ExNoRa : What the 3 colors **Green, Blue & Red** signify?

The **GREEN** represents **ENVIRONMENT**,

The **BLUE** represents **PEACE &**

The **RED** represents **SACRIFICE**

We need Clean & Green **ENVIRONMENT & PEACE** in our
society & within ourselves & we can get both by only **SACRIFICE**

All these easily
realised through
INNOVATIONS

SPEAK & PEAK



BEGINNERS



Learn **Public Speaking** yourself easily and take Earth Saving and Humanity Serving Messages to hundreds and thousands effortlessly and transform them .

That is not all. **Public Speaking** will help you grow in your professional and service careers. You can get a career as a **SOCIAL ARCHITECT**, if you learn **JEEVAN SHASTRA** and **MANUSHYA SHASTRA** so easily through **SPEAK & PEAK**.

GREAT MEN gave **ONE SPEECH** and brought **WONDER CHANGE**.
NOW IT IS YOUR TURN



Abraham Lincoln
Gettysburg
Address
"Government for
the People"



John F Kennedy
"Ask not what the
Nation can do
for Nation"
Speech



Winston Churchill
"We shall Fight"
speech



Martin Luther
King Junior
"I have a Dream"
Speech

Remember their 10 minutes speech changed the **WORLD' HISTORY**



BOX & **BOX**



STAND ON a BOX & BOX (FIGHT) SOCIETY'S MALADIES



Speak & **Peak**



**i.e. Climb Everest
(Harvest Success)**

SPEAK & PEAK

"SPEAK"

Verb

meaning

"to address"

"PEAK"

Verb

meaning

"reach top"

"BOX"

meaning a

"wooden box"



BOX & BOX

"BOX"

meaning

"to punch"
(with words)



JEEVAN SHASTRA LIFE SCIENCE for LIVING as HUMAN BEING
MANUSHYA SHASTRA, HUMAN SCIENCE for BEIN HUMAN BEING



ONE SPEECH , THAT OF
WINSTON CHURCHILL
THAT CHANGED THE WORLD
HISTORY AND CRUSHED
NAZI HITLER



"We shall go on to the end. We shall fight in France, we shall fight on the seas and oceans, we shall fight with growing confidence and growing strength in the air, we shall defend our island, whatever the cost may be. We shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender"



"I have a dream" , Martin Luther King, Jr. A very great speech of the great Black leader

And so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal."

I have a dream that one day on the red hills of Georgia, the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a *dream* today!

I have a dream that one day, down in Alabama, with its vicious racists, with its governor having his lips dripping with the words of "interposition" and "nullification" -- one day right there in Alabama little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers.

I have a *dream* today!

I have a dream that one day every valley shall be exalted, and every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight; "and the glory of the Lord shall be revealed and all flesh shall see it together

SPEAK & PEAK



**An ASSOCIATE of
ExNoRa INNOVATORS CLUB**



Please note to use the name & style as shown below in everything including

Name Boards

Letterhead

Visiting Cards

Publicity Materials

SPEAK & PEAK



An **ASSOCIATE** of
ExNoRa **INNOVATORS CLUB**

Do you want to become good in Public Speaking?

Remember only those who are good in Public Speaking became

Leaders / IAS Officers

Ministers

CEOs of Corporates

Society's Leaders

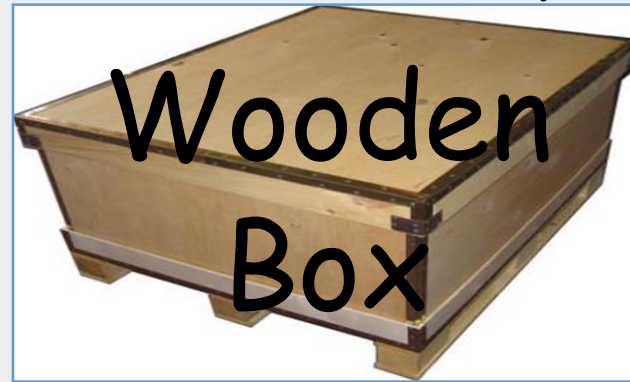
Just acquire a small tool , could be even a

stool

used packing material box

wooden plank

& stand & speak . You will climb one day to the world's biggest dais



Box Speakers' ExNoRa

SPEAK & PEAK

The only THING that you need to start "BOX Speaker ExNoRa" is a **BOX**

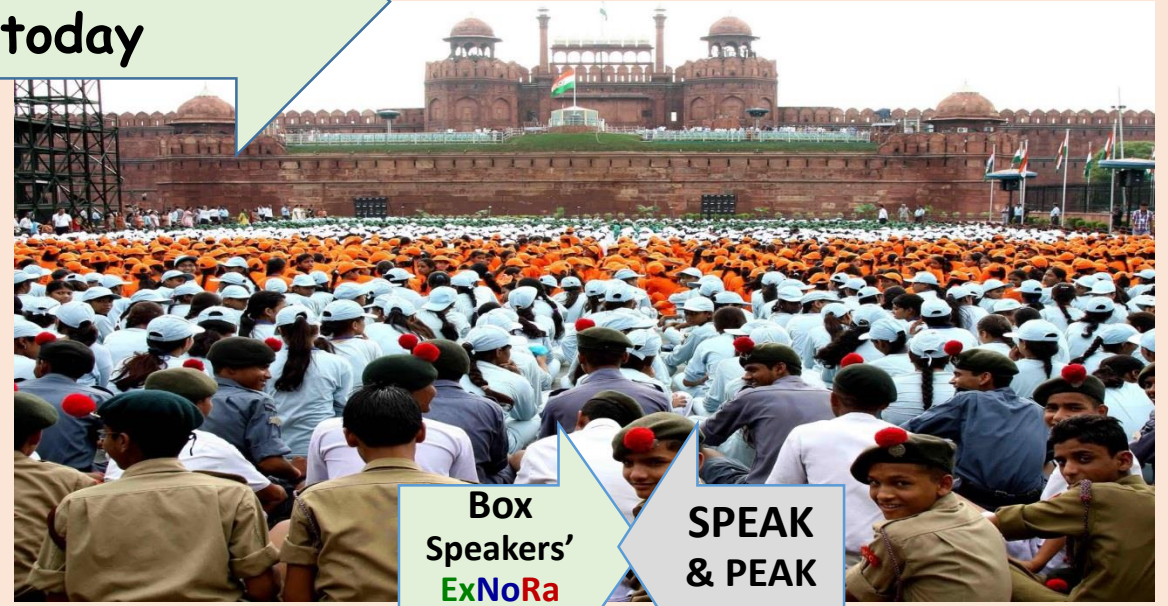
Start your speaking classes / training on a

“BOX DAIS”

Who knows , you may grow to address standing in the Red Fort Dais!

Many Parliamentarians , Spiritual & Religious Leaders had their LKG in Public Speaking like a Box Speaker & grew in stature

You can grow to address from a TINY BOX to Red Fort. Think Big & start today



Box Speakers' ExNoRa'

SPEAK & PEAK

**Box
Speakers'
ExNoRa**

**SPEAK &
PEAK**

**Recommended
for the
following places**



Colleges & Schools



HOSTELS/ HOTELS



OFFICES / INDUSTRIES



Street Corners



Parks & Playgrounds



Flat Complexes



Social get-togethers



Holiday Spots

The following can start

Box Speakers'
ExNoRa

SPEAK &
PEAK



Residents' Associations



Park Walkers' Associations



Trade Unions



Traders Associations



SHGs



Film Fans Associations



Professionals' Bodies



Auto Drivers Associations

Box
Speakers'
ExNoRa

SPEAK &
PEAK

The
following can
start



**College Students'
Associations**



**School Students'
Associations**



**Social Clubs
Members**



**Service Club
Members**



Ladies Clubs



Fitness Centres



**Sportsmen
Associations**



**Retirees Homes
Inmates**

FAMILY SPEAKERS

&

FAMILIES'

can start their "Family Box Spears' ExNoRa"

They can convert 30 minutes of their Regular Family Get-togethers for their Family Box Spears' ExNoRa

Some families of "COMMON FAMILY -ROOT" meet regularly .
Families of Bothers & Sisters meet every month .

You will see how exciting that evening will be , besides being purposeful

Children will get enthused & will get initiated .



e.g. VGP "Family Box Spears' ExNoRa"

VOORA "Family Box Spears' ExNoRa",

SHASUN "Family Box Spears' ExNoRa"

Shafi Syed "Family Box Spears' ExNoRa"

Bhagavan Singh Family Box Speakers' ExNoRa

Remember to register your with ExNoRa International. You will get invites from ExNoRa
www.exnora.org

Your Dining Table Can be your Public Speaking Training College

If you the LIFE of the great people their dining table served for many things like

Discussion

Brain Storming

Conversation

Relationship

Many big decisions, policy making , strategy evolving , plan of action for

their Business

Nation

Family

Service

Any human uses the dining table & time for

Greeting

Exchanging Pleasantries

Prayer

Updating

You can do all these , but surely use it for Public Speak Training like the examples below

1. Before start eating ask everyone to speak on what happened during the day
2. Each one can say a joke, so that eating becomes lively
3. Each one can say an anecdote / quote / story all not exceeding two minutes

Dining Speech



**Your Public Speaking Forum can be
any one of the following or all**

BOX

Dais & Podium

Dinning Table

Living Room Sofa

**Morning Walking
Speaking**

Travel Speaking

We have one hundred problems

But we have one thousand solutions

Why ???

Destructions are very **FAST**

Acts of Construction are very **SLOW**

One out of 1000 of the population should become **SPEAKERS**

You be the ONE. Start your **Box Speakers' ExNoRa** today

Box Speakers
ExNoRa

SPEAK & PEAK

Name of the organisation

Box Speakers' ExNoRa

MANTRA (SLOGAN)

"Speak & Peak"

PUBLIC SPEAKING is very important for

Individual
Development

Team
Development

Institution
Development

& to propagate important messages on a large scale by public speaking for the wellbeing of the

Nation

Nature

Nationals

**Benefits for
INDIVIDUAL
who participates**



**1. YOUR
DEVELOPMENT**

**1. Gains Self
Confidence**

**2. Masters
language**

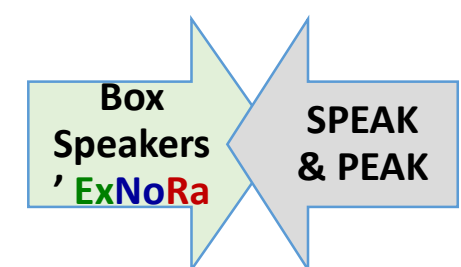
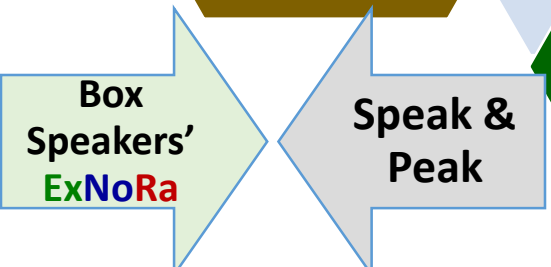
**7.
Becomes
a STAR**

**3.
Commands
respect from
others**

**6. Turns into
a Leader**

**5. Excels in
his / her
work**

**4. Becomes
more
creative**



Public Speaking - Benefits to Institution



Box
Speakers
'ExNoRa

SPEAK
& PEAK



- When Students become speakers they will excel . So the college / school they represent.
- Winner Students names are always mentioned with the College / School name

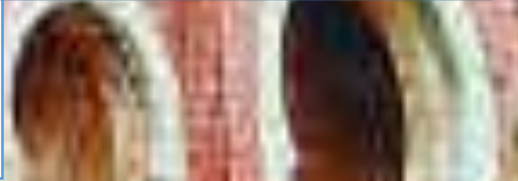
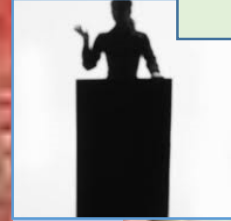
Public Speaking - Benefits to institution

- Students win contests. It is really the College /school winning contests
- There are speech contests for colleges / schools (e.g. Debates) . Students win on behalf of the college / school like sports-events. College/ School names hit the headlines

Public Speaking - Benefits to Institution

- The students' public speaking skill can be used to motivate the fellow students
- The skill can be used in the Community Service Projects of the school & college e.g. Slum or Panchayat School Adoption programmes

2. YOUR
INSTITUTION
DEVELOPMENT



What public speaking does inwardly?

3. Your Thinking System Development

1



2



3



CONSCIOUS
MIND is
SCIENCE

4



SUBCONSCIOUS
MIND
is a MIRACLE

Speakers' inner faculties develop by leaps & bounds

The speaker will become a **CENTRIC THINKER** (& not eccentric) **RIGHT BRAIN** novel ideas will be screened by analytical **LEFT BRAIN**

CONSCIOUS MIND programmes the giant in you , the **SUBCONSCIOUS** which brings stunning ideas & you always have presence of mind

Box
Speakers
'ExNoRa

SPEAK
&
PEAK

4. Your Brain Cells are activated

WHEN YOU GIVE A SPEECH
Your brain cells are activated

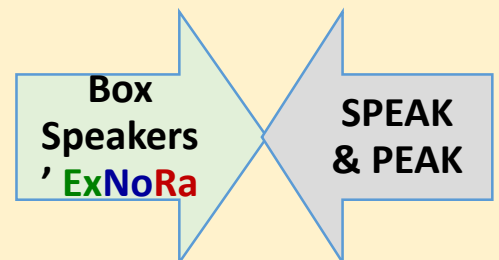
WHEN YOU GIVE A SPEECH

Your brain's software, conscious & subconscious minds work hand in hand work to help you

WHEN YOU GIVE A SPEECH

Your Brain's Hardware, your Left & Right Brains consult each other & do their best to make you the BEST

Remember every training that you give , trains your BRAIN. Speak & Scale Everest



LEFT

RIGHT

Analytical

Logical

Precise

Repetitive

Organised

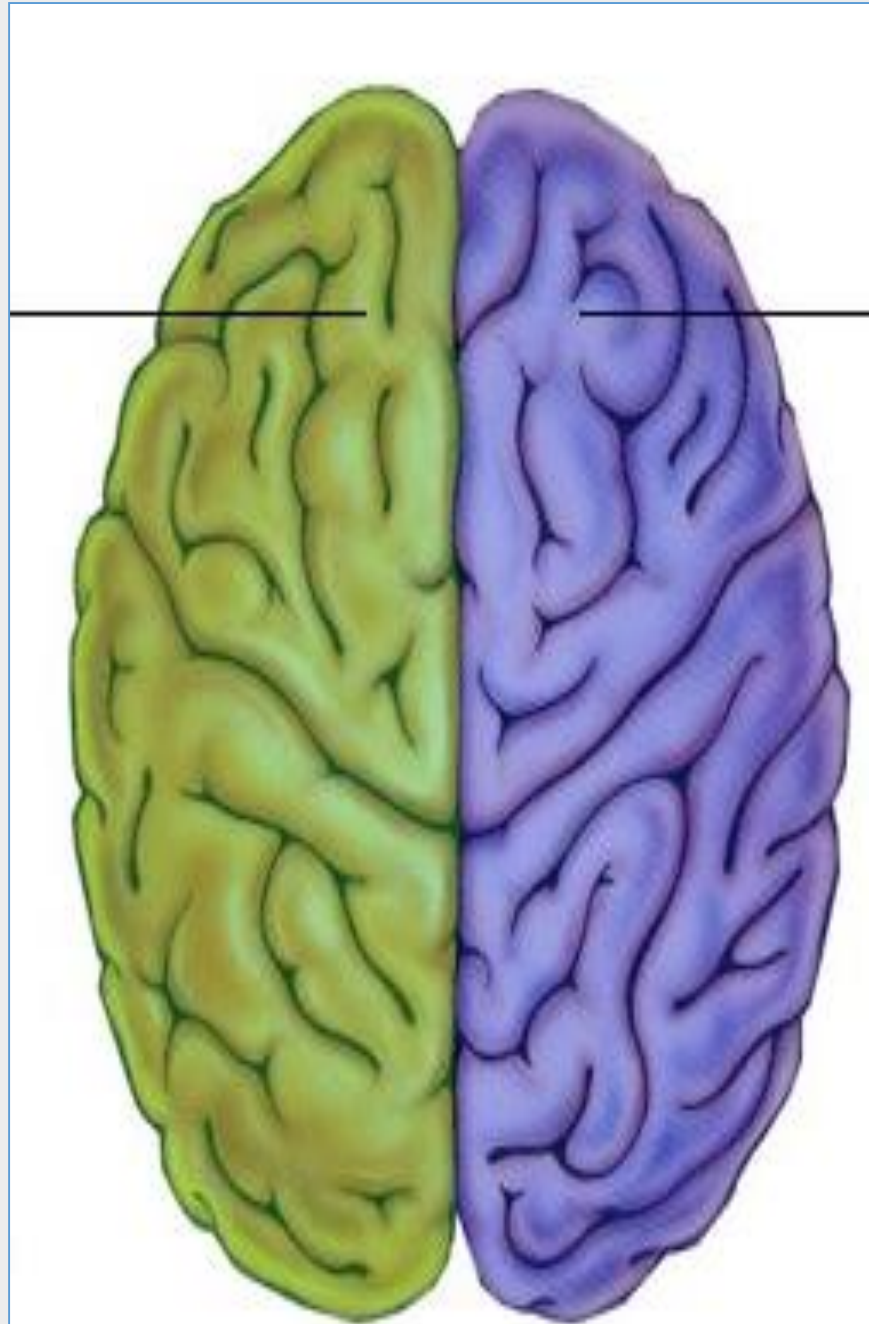
Details

Scientific

Detached

Literal

Sequential



Creative

Imaginative

General

Intuitive

Conceptual

Big picture

Heuristic

Empathetic

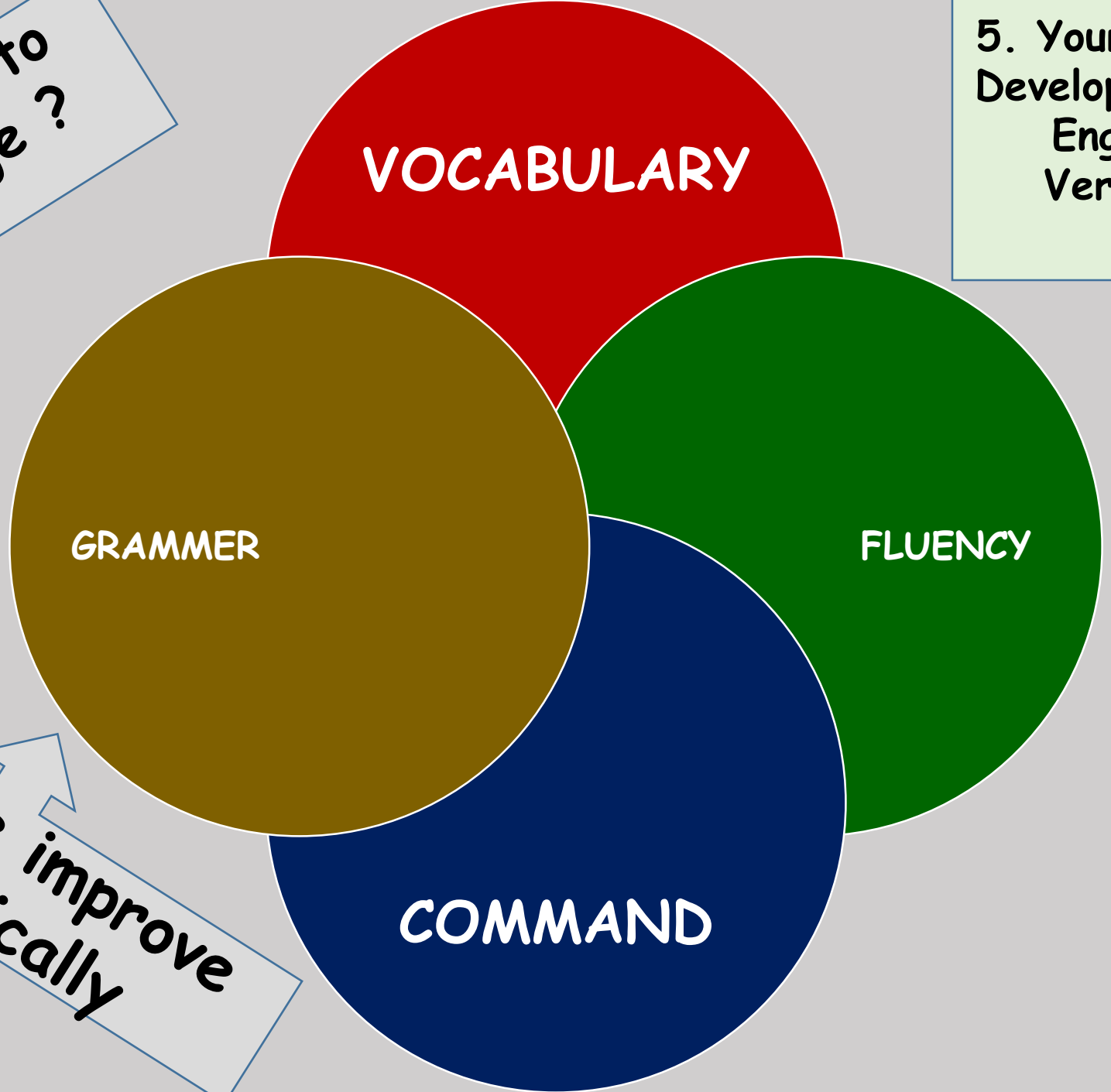
Figurative

Irregular

LEFT BRAIN FUNCTIONS	RIGHT BRAIN FUNCTION
Uses logic	Uses Feeling
Detail oriented	"Big Picture" Oriented
Facts rule	Imagination Rules
Words & language	Symbols & Images
Maths & science	Present & Future
Can Comprehend	Philosophy
Knowing	Believes
Acknowledges	Appreciates
Order/ Pattern Perception	Spatial Function
Knows Object Name	Knows Object Function
Forms Strategies	Fantasy Based
Practical	Pre-sets Possibilities
Safe	Impetuous & Risk Taking

What happens to
your Language ?

5. Your Language
Development, any
English or
Vernacular



All these improve
dramatically

Your
Public
Speaking

Public Speaking

- Three great things happen

6. Your Learning becomes Continuous & so your development



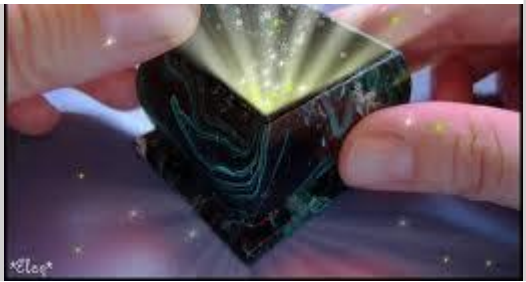
1. Learning before meeting

- Yes. Before every meeting you prepare

2. Mutual Learning

- By listening to each other every one learns in every meeting

Yes speaker stands & speaks on a MAGIC BOX



3. Subconsciously Learning

The triggered subconscious brings loads of information

ExNoRa Organisations for

Human Resource Mobilisation which **ExNoRa** Speakers tap using several tools of psychology which he / she learns from **ExNoRa**

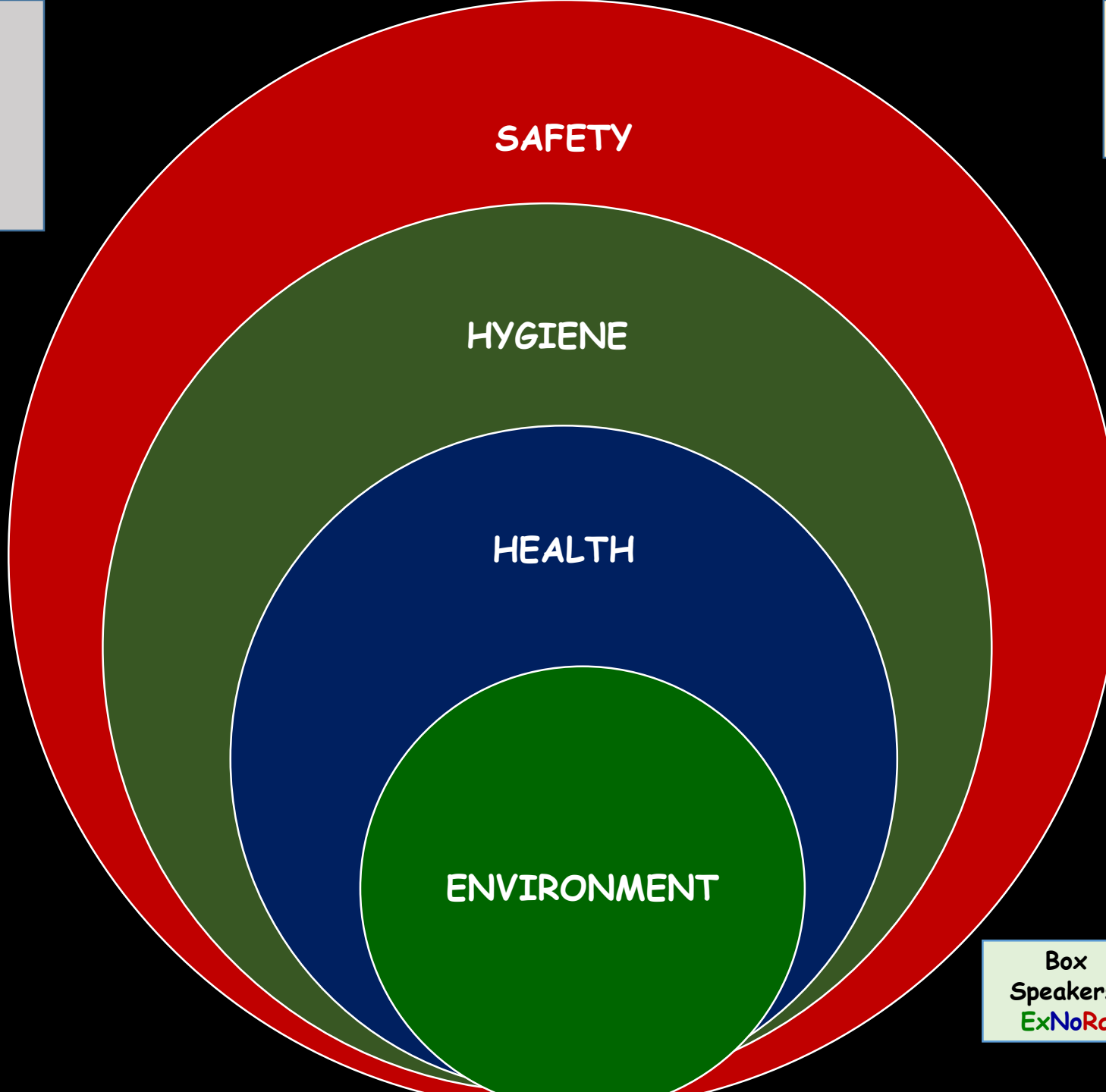
<u>Motto</u>	<u>Name of ExNoRa Body</u>
VOLUNTEER to STEER the world to CHEER	Volunteers Wanted Here
Service by / to Elders	Sense Citizens
Service by / to Women	<u>W</u>onder <u>W</u>omen - WOW
Service by / to Youth	Youth Unique - Y "U"
Service by / to KIDS	Angels on Earth
Service by / to Students	Student Prudent
Service by / to HELPERS (SERVANTS)	Helpmates
Service by / to PROFESSIONALS	Professionals Exceptional
Service by / to AUTOMEN	Super-Auto-Star

SPEAK & MOVE MOUNTAINS

Speak & bring the whole society rally behind you,
to realise common goals and a model Society

It is **Street Human Treasure**. Do
Social Mobilisation and harvest
Social Capital

Speak on SHE



1. Your Ability to
Take Forward
Social Messages

The Planet

Nation

Society

needs awareness on

Safety & Environment

& to do that we need
hundreds of speakers

HENCE

Box Speakers' **ExNoRa**

SPEAK & PEAK

Box
Speakers'
ExNoRa

**SPEAK &
PEAK**

Speak
on
HE

1. Your Ability to
Take Forward
Social Messages

HUMANITY
(HUMANS FOR
HUMANS)

ECSTASY
-Enjoy Life
Every Moment

via
E World
(IT ExNoRa)

& of course
as a
Box Speaker

The poor

Need our help

Everyone needs

Happiness

Spread **HE**

HUMANS FOR
HUMANS &

ECSTASY
(Boundless inner
Happiness)

HENCE

Box Speakers'
ExNoRa

SPEAK & PEAK

Box Speakers' ExNoRa

Speak & Peak

The planet has entered the Global Warming Age.

There are solutions to arrest it & mitigate it

But the message has to be carried forward to people.

We need effective communicators & speakers .

The answer is **Box Speaker' Speakers' ExNoRa- Speak & Peak**

Definitely

We should know
& Speak on

1. Disaster Preparedness

including

a. Risk Assessment & b
Early Warning System) &

2. Adaptation

-as problems persist , people learn to withstand & live with it

3. Your Speaking skill is needed to protect the PLANET, our only HOME

1

+

1

=

1000

How?

Environmental
Knowledge &
Common Sense

+

Public
Speaking
Skill

=

OUTSTANDING
HUMAN

The students will win

AWARDS

& will become the most sought after
candidates when they go for

HIGHER STUDIES or **EMPLOYMENT**



BENEFITS TO THE STUDENTS

Then what the reward the students get

Achievement & Motivation

Self-confidence will develop

Can attend Local, National & International seminars

The learning make them better candidates for higher studies & employment

Leadership skills develop

They can compete for International & European Environmental Awards. Chennai Children have been winning AWARDS with ExNoRa guidance



A LIVE MODEL



Box
Speakers'
ExNoRa

SPEAK
& **P**EAK





It can be a



BOX

LADDER

STOOL

WOODEN PLANK



It should be slightly elevated to give the feeling of a dais &

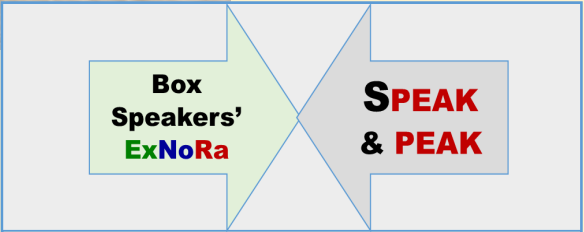


SIMPLE

INEXPENSIVE

PORTABLE

ELEVATED

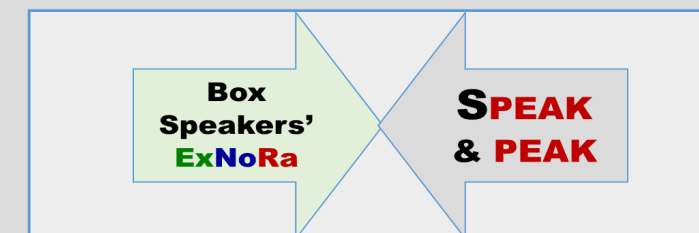
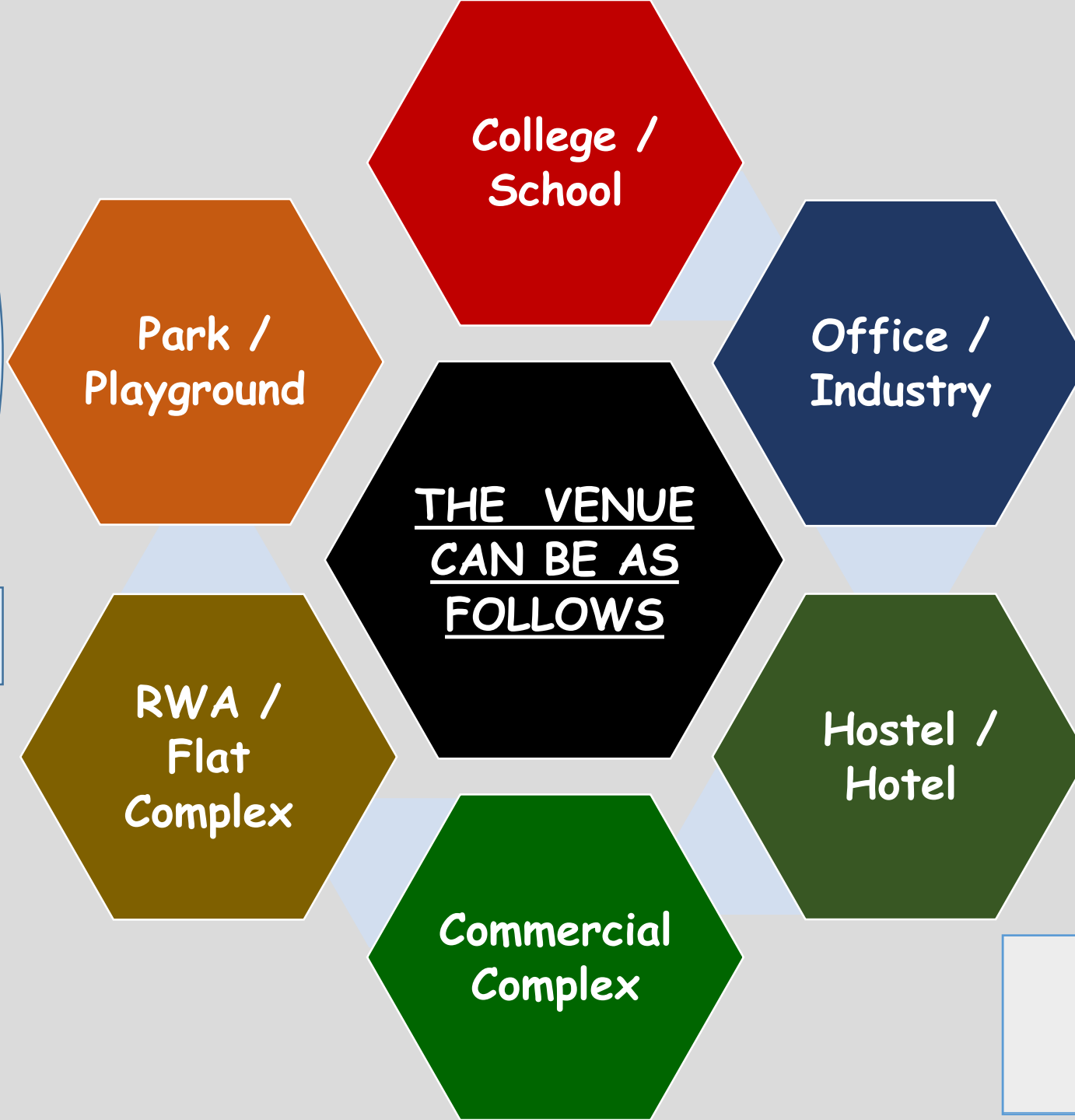




You buy a buckle strap which is less than Rs 200/- & carry your SPEAK BOX easily



Where all
you can
have the
chapters
of
BOX
SPEAKERS'
ExNoRa?



Where all you can find **PLACE** within a **PLACE** ?



Terrace



House Garden



Flat Complex Common Garage



In the Reception Hall



In the Dinning Hall



Under the shade of the **TREE**



In the Balcony

Space in an OFFICE for Box Speakers ExNoRa



Conference
Hall



Canteen



Garden



Reception
Hall

All after office Hours

It is Box Speakers



But you can go to Next Level

But you must go to the next level with out leaving weekly your weekly Box Speakers' Meeting

This is only to impress, to learn Public Speaking , nothing should stand in the way .

A The **TOOL** is just a **STOOL** of Rs. 100/ - is just enough It is for your for your weekly meet

You can keep it anywhere & speak, in	Park	Playground	Street Corner	Under the shade of a tree
--------------------------------------	------	------------	---------------	---------------------------

But you can progress. Box Speakers **ExNoRa** Members should upgrade themselves

If and when possible definitely once in 6 months they must organise and each one of them should address a meeting in a regular hall with dais, mike & podium because

It is promotion for you

You will you increase your public speaking confidence

The invitees will come to know

They will join

PODIUM



PUBLIC ADDRESS SYSTEM



MEETING HALL



AUDIENCE



An **IDEAL SPEECH** even as short as five minutes will include

A Central Theme

Brief Introduction

A Connected Anecdote

An Appropriate Analogy

A Relevant Quote

A proper Joke

Short Conclusion

IMPORTANT INGREDIENTS OF A GOOD SPEECH

Content

Language with good Vocabulary

Body Language

Facial Expression

Voice Modulation

Eye Contact

Punctuation & Pause

Box
Speakers
'ExNoRa

SPEAK
& PEAK

Overcoming hiccups

Stage FRIGHT / FEAR / SHIVER is natural

How to overcome it ?

Box is not a big dais & the audience is small

Relax . We have easy way to get rid it off





"Humourology ExNoRa" offers you an answer & a method
Its name is **Comedy Remedy** . Comedy will come to your rescue

People who join "Box Speakers ExNoRa "
will climb on the Box & just crack a joke for a minute
That is all . Stage fear will run away

This is an idea, the speaker does not become a laughing stock

But the joke evokes laughter

Box
Speakers
' ExNoRa

SPEAK
& PEAK

Comedy
Remedy

HUMOUR

SHYNESS BUSTER 2

Still hesitant to give a speech & has shyness

Can be asked to say something about self

His / her name

His hobbies

His occupation

His favourite sportsman

His goal

His favourite film artiste

This itself will take about three minutes.

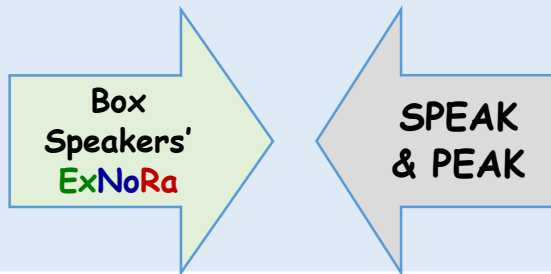
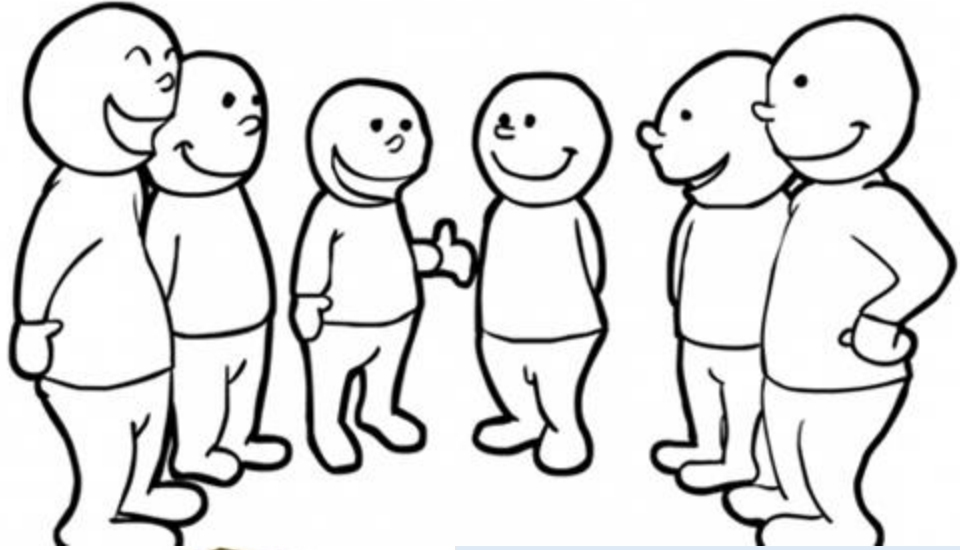
That is enough. He / she knows speech has been delivered

The participant confidence will get boosted.

Then tell him a SPEECH is nothing but sharing the information one has with others.

That will set the trend for the speaker for rest of his / her life.

SHYNESS BUSTER 3



Public Speaking is so simple & it is made now damn simple. TRY today

Ask the participant to climb over to the BOX

Ask him to answer your questions briefly even it can be one word response

Within 2 minutes you will hear him / her giving long answers

Immediately clap & acknowledge that the participant has given the 1st speech

What is a speech ?

A person shares an information known to him / her to more than one person, nonstop

Box
Speakers'
ExNoRa

SPEAK
& PEAK

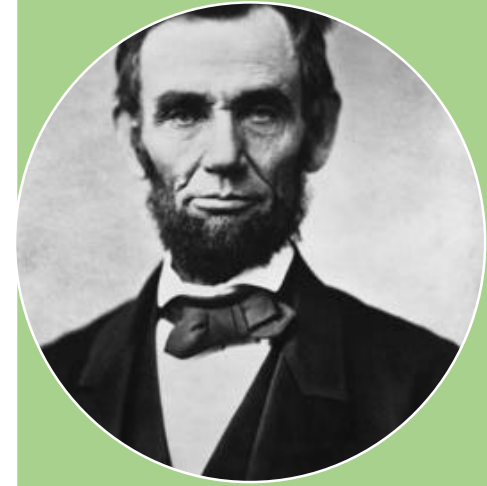
Great Speakers Became
Great Leaders

Great Leaders were Great
Speakers

With all great qualities,
many cannot reach top
because they did not
learn public speaking

1. Their
speeches had
style
They are
remembered more
than others for
their speeches

Their speech
had content
Many of their
speeches are
available , which you
can hear via
YouTube



Abraham
Lincoln
Gettysburg
Address
"Government
for the People"



John F Kennedy
"Ask not what
the Nation can
do for Nation"
Speech



Winston
Churchill
"We shall
Fight"
speech



Martin Luther
King Junior
"I have a
Dream" Speech



Theodore
Roosevelt, "The
Man with the
Muck-rake"
speech

Remember their 10 minutes speech changed the History

"We shall fight"

Wincent Churchill's famous speech
which was
responsible for ALLIES' success &
defeat of Germans (AXIS) in the
2nd World War



"We shall go on to the end, we shall fight in France, we shall fight on the seas and oceans, we shall fight with growing confidence and growing strength in the air, we shall defend our Island, whatever the cost may be, we shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; Listen to Churchill's speech now



We declare the 3rd World War.

"We shall fight our common enemy"

ExNoRa Nirmal's famous speech that brought end to the menace of mosquitoes in residential colonies. The inspiration came to him listening to Sir Winston Churchill's Speech

Read it loudly . You will get **MOTIVATION**.

Incidentally the **EXACT PROBLEM & SOLUTION** is covered in this **ONE MINUTE SPEECH**.

Students should talk it with a lot of emotion



We declare the 3rd World War. It is not a war of humans against humans. But it is humans against their worst common enemy mosquitoes. Let us stop seeing each other as enemy, but join together & collectively fight, our common enemy, mosquitoes. Here begins the 3d world war against mosquitoes

"Mosquito is the worst common enemy of humans, which every split of a second kills precious & innocent human lives.

*We shall fight the **Winged Monster** in our own premises growing in our home's overhead & septic tanks,*

*we shall fight our common enemy, the **Flying Leech** in the water stagnant in our street drainage & sewerage,*

*we shall fight the **Airborne Devil** in the vacant lands in our area,*

*we shall fight the **Bloodsucking Parasites** in the public open spaces, whatever the cost may be, we shall fight.*

I promise I will do everything to fight mosquitoes attacking humans as Flying Gorillas. From today right from this moment I am an **ExNoRa** Mosquito Musketeer and I will make my neighbours and friends too to become so. They will follow the DOs & Don'ts of the World War Against Mosquito Speech and ensure mosquitoes don't grow in their home & surroundings .

We will jointly & collectively take up with our elected representatives & the Governments to immediately do everything stop mosquito breeding in drainages, open spaces & government offices and buildings and we will not rest until they do this important duty

We promise, whatever the cost may be, we shall fight and will not stop till we succeed



How to master English ?

READ: English News Papers & Books

LISTEN: English TV News & Speeches by good orators via YouTube

SPEAK / CONVERSE only in English without worrying for the standard & it can be even in telegraphic language

WRITE: Keep writing in English

LEARN: 5 new words & 3 idioms everyday , NOTE & Use

The two great leaders and the message that we get from their LIFE

Aringer Anna



YOUR
PHOTO

Yes
Serve like Kamraj &
Speak like Anna ,
you will find your
place in the history
book

Karma Veerar Kamaraj



Aringer Anna was the one who rose to top by his public speaking skill. Those who loved Tamil found their language as great when Anna roared on the dais. Hundreds who were inspired by him , also became good speakers reached pinnacle of glory by Public Speaking assumed all importance during his era and thereafter

The greatest visionary and statesman par excellence is Karma Verrar Kamaraj. All great things happened during his rule as Chief Minister . Only thing he lacked was public speaking ability . Had he known that he would have become the Prime Minister of India, though he was never after offices

The MESSAGE

If one was able to serve like Kamaraj & speak beautifully like Anna, he will become world famous .Become good in Public Speaking . Your messages, which you think, are good can reach hundreds and thousands and you will become a SUPER HERO



Here is
**YOUR
LAB**

You have learnt Public Speaking,

- Where & how to test your newly acquired public speaking knowledge?

ExNoRa provides you an **ExNoRa** Lab

Once you learn public speaking you can use your acquired skill for **Social Mobilisation**

Using **ExNoRa**'s proven motivational techniques you can convert the mere **POPULATION** as priceless **Social Capital**

You can create people's Institution in every street e.g. **Residents Welfare Association ExNoRa**

Where did & whom from we can learn **Social Mobilisation**?

Social Mobilisation

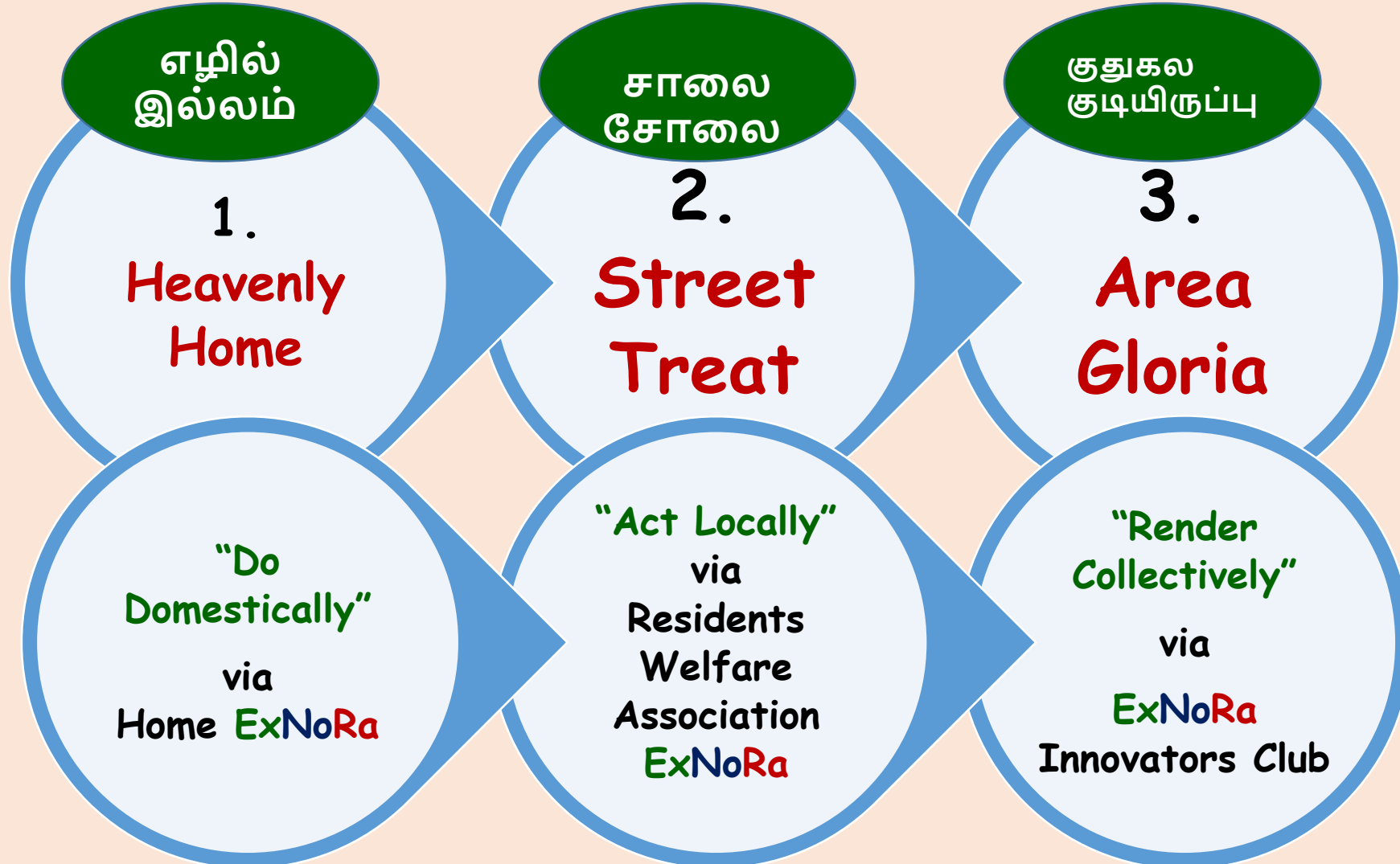
National Example



Local Example



The four messages that you can carry to people



Between 2 & 3 you have one more, Residential Colony category (group of streets / gated Communities) residents "Together Act Locally" for Cosy Colony / குதுகல குடியிருப்பு via RWA ExNoRa

Do you want to see the
MODELS of
Heavenly Home
Street Delight
Cosy Colony
Area Gloria ?

DO DOMESTICALLY

for

HEAVENLY HOME

via

Home ExNoRa



The 1st
PROJECT

Speakers' ExNoRa will guide the people on HEAVENLY HOME



The 2nd PROJECT of Speakers' **ExNoRa** **MODEL STREET**



ACT LOCALLY

for

sTREET+ TREAT

via

STREET Residents Welfare ExNoRa

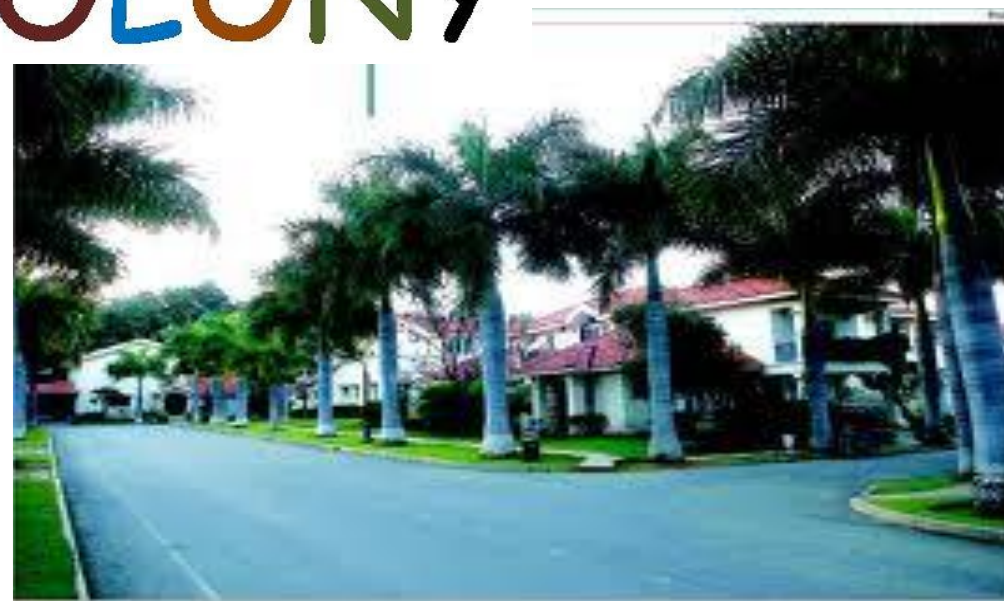


A SLUM AREA,
Giriappa Road is
now better than a
POSH AREA

Between 2 & 3 you have one more, Residential Colony CATEGORY (Cluster of streets including Gated Communities) and residents "Together Act Locally" for Cosy Colony குதுகல குடியிருப்பு via RWA ExNoRa



COZY COLONY



Anna Nagar **ExNoRa** CLUB with its branches transformed it as Arputha Anna Nagar



Render Collectively

for

Area Gloria

via

ExNoRa Innovators Club



The 3rd duty of Speakers' **ExNoRa** is to guide people on realising **model** neighbourhood

ExNoRa since 1989 is the largest Environmental Movement of India and one of the fastest growing in the world. It needs speakers to speak on Nature Saving, Nation Supporting & Nationals Serving including important Jeevan Shastra at all these places. It is now subject in many schools & colleges. You will be deputed to speak at

You will be deputed to address various Local and National Forums & Gatherings as there is tremendous demand to share vital knowledge and naturally much more demand for speaker. Please start / join a branch of Box Speakers **ExNoRa** in your street / Flat Complex / Institution today, right now. Rest will be history



School Students



College Students



Office Staff



Industrial Workers



Area Residents



Service Club Meetings



Municipal Councils



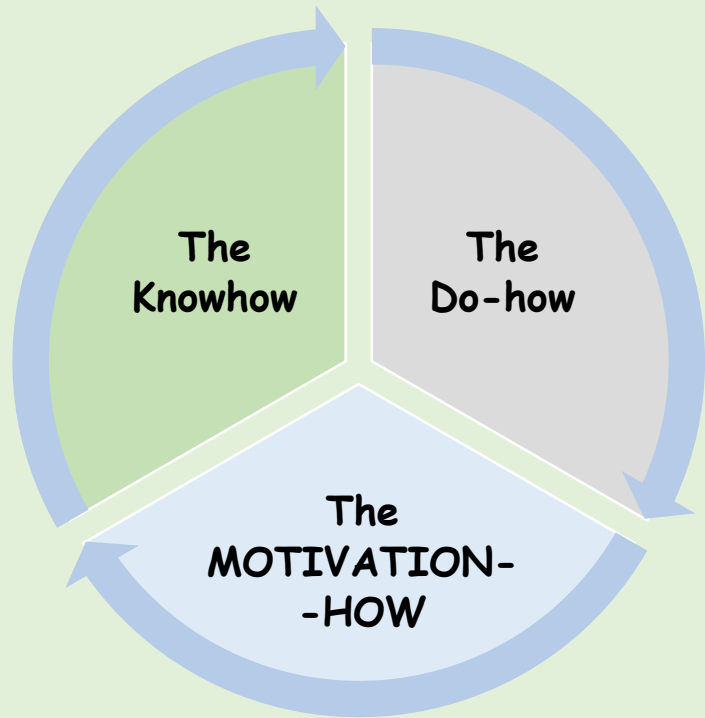
Chamber Commerce Meetings



Places of worship

That the Speakers' **ExNoRa** will provide to the people, the all important **SHE**

ON



Safety

27 types of Indoor & outdoor **SAFETY** subjects what one should do Before, During & After

Hygiene

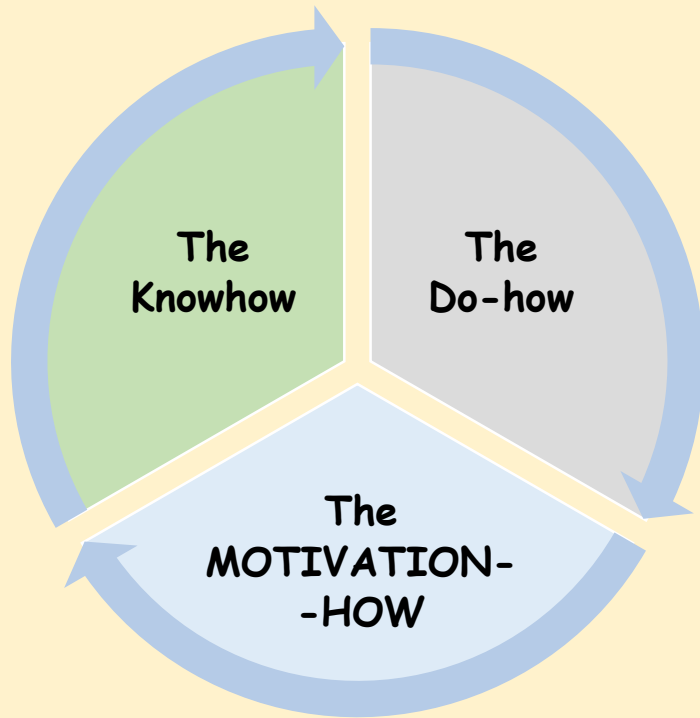
24 varieties of Hygiene Personal, Private & Public Hygiene topics

Environment

54 kinds of Positive Environmental Protection & Nurturing Nature themes

That the Speakers' **ExNoRa** will provide to the people, the all important
HE

ON



Humanity

Humans for
Humans & will
guide people
on running
Hearts Union
(**ExNoRa** Seva
Centre) &
Humanity
Divinity
(**H**umanity
Bank)

Ecstasy

How to attain
happiness via
various **M**ind
Tools
particularly
7th **S**ense
including **E**njoy
Life **E**very
Moment
is shared

E world

ExNoRa will avoid
use of paper by
usage of Computer.
People who can read
their local language
can learn **D**igital
Literacy via **D**igital
Vital

Are you a **SPEAKER** & do you learn public speaking in **Speak & Peak** ? You can join **Speakers' ExNoRa** talk on these on topics and see a sea change very fast . Try your wits now. The down to earth content is available & speaker (you) available . Bring the Transformation



You can realise **plastic litter-free environ** via **ExNoRa's "Play Trick with Plastic"**



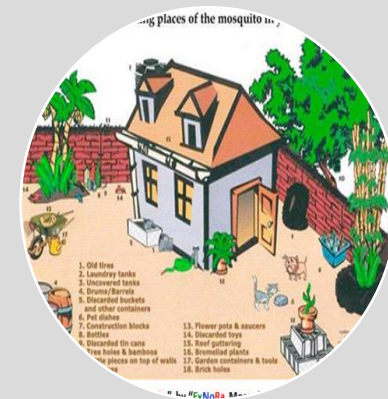
You can realise **mosquito free environ** via **ExNoRa's "MustQUITo"**



You can realise **noise free environ** via **ExNoRa's "VOICE AGAINST NOISE"**



You can realise **litter free environ** via **ExNoRa's "TRASH CASH"**



Speak & Peak . Learn the solutions , use your public speaking skill & bring change / relief

Are you a **SPEAKER** & do you learn public speaking in **Speak & Peak** ? You can join **Speakers' ExNoRa** talk on these on topics and see a sea change very fast . Try your wits now. The down to earth content is available & speaker (you) is also available . Bring the Transformation



You can realise clean politics & honest politician via **ExNoRa's "PTA"** , **PSO & HSO**



You can realise **Communal Harmony** via **ExNoRa's "Maa"** , **Mother Others**



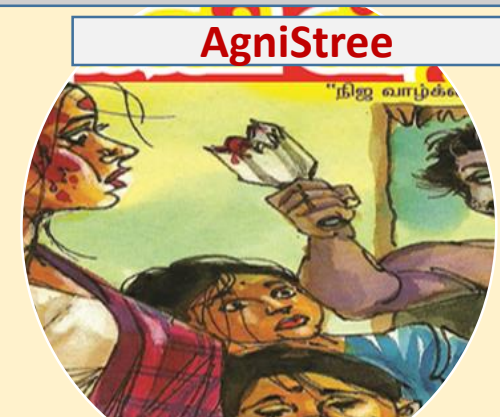
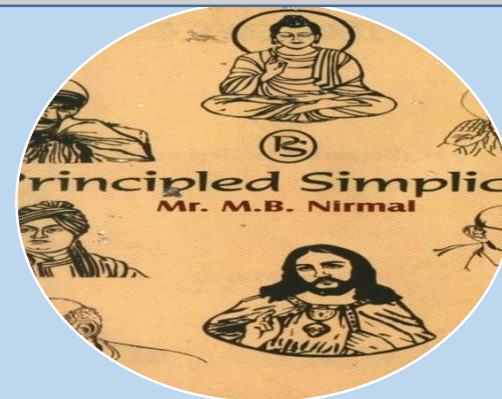
You can realise **Simplicity** via **ExNoRa's "Principled Simplicity"** (9 kinds)



You can realise **Women Empowerment & Protection** via **ExNoRa's "AgniStree "**

Speak & Peak . Learn the solutions , use your public speaking skill & bring change / relief

ExNoRa
PTA
PSO
HSO



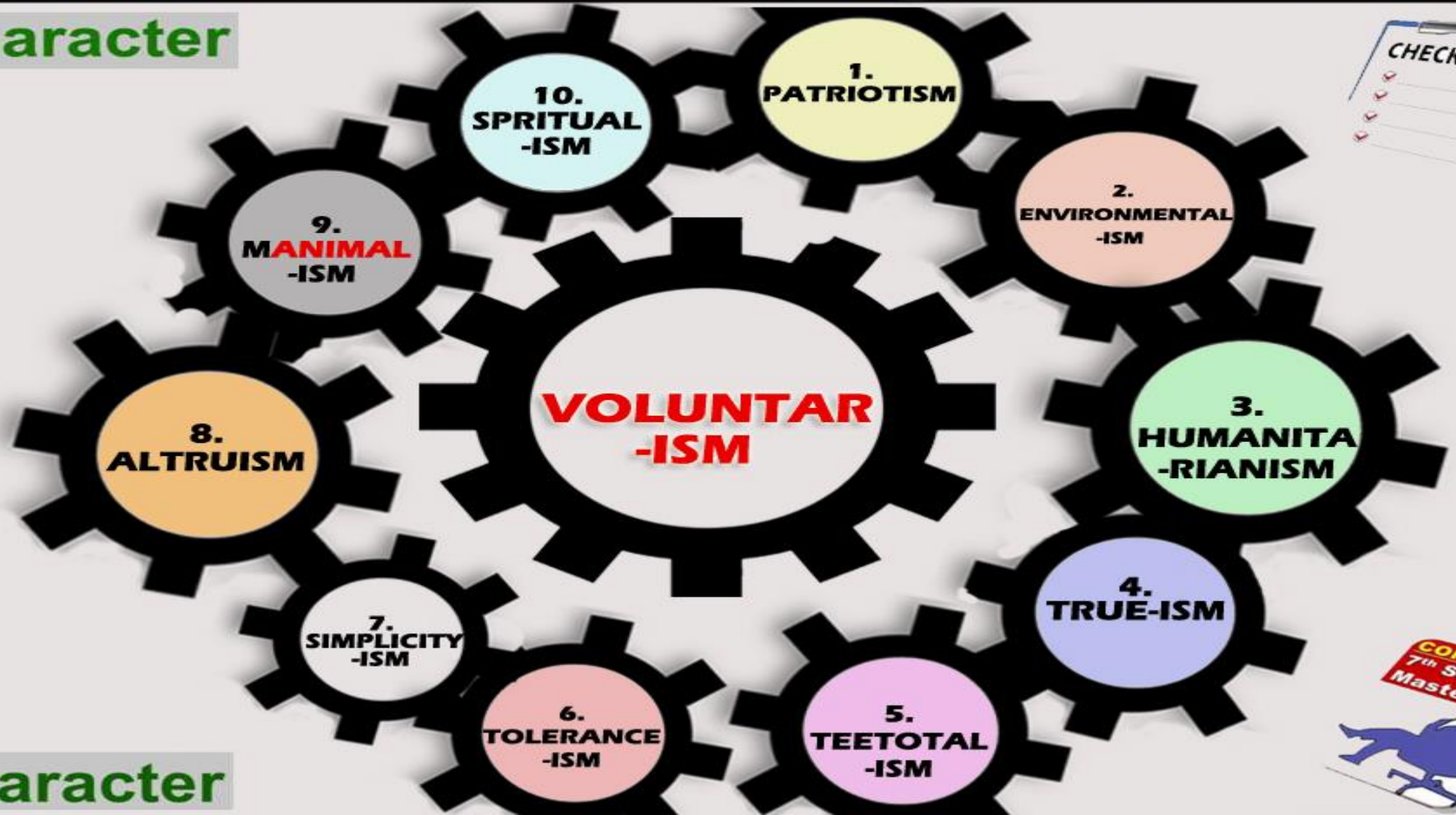


JEEVAN SHASTRA, LIFE SCIENCE for LIVING as HUMAN BEING



MANUSHYA SHASTRA, Human Science for Being Human Being

Character



Character



- ✓ See at the end 140 subjects & Topics with content .
- ✓ See & register in your mind.
- ✓ You will acquire **COMMON SENSE** & **UNCOMMON SENSE** too.
- ✓ You will be the most sought after speaker .
- ✓ One day you can earn a lot as a speaker



ExNoRa INNOVATORS INTERNATIONAL - since 1988

“IDEA-MEN of the WORLD, UNITE”

is the largest organisation in India for INNOVATIONS for self-improvement and societal development & one of the fastest growing in the world , founded in India & operates through its LOCATION / INSTITUTION based chapters,



ExNoRa INNOVATORS CLUB

**ExNoRa stands for
Excellent Novel Radical**

**ExNoRans ensure these three qualities in their
Thoughts / Words / Action & Innovate**

**ExNoRa is the ONLY Club
which trains and
makes its members
INNOVATORS PAR EXCELLENCE**

One who wants to serve by INNOVATIONS joins ExNoRa Innovators Club.

**He or she uses the prefix Exn as short form of ExNoRan
e.g. Exn Ram, Exn. Robert, Exn Rahim before his / her name
and is always addressed by others as an ExNoRa INNOVATOR**

ExNoRa : What the 3 colors Green, Blue & Red signify?

The GREEN represents ENVIRONMENT,

The BLUE represents PEACE &

The RED represents SACRIFICE

We need Clean & Green ENVIRONMENT & PEACE in our

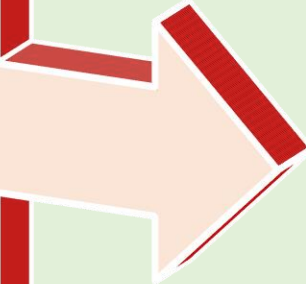
society & within ourselves & we can get both by only SACRIFICE

**All these easily
realised through
INNOVATIONS**

Know now
ExNoRa

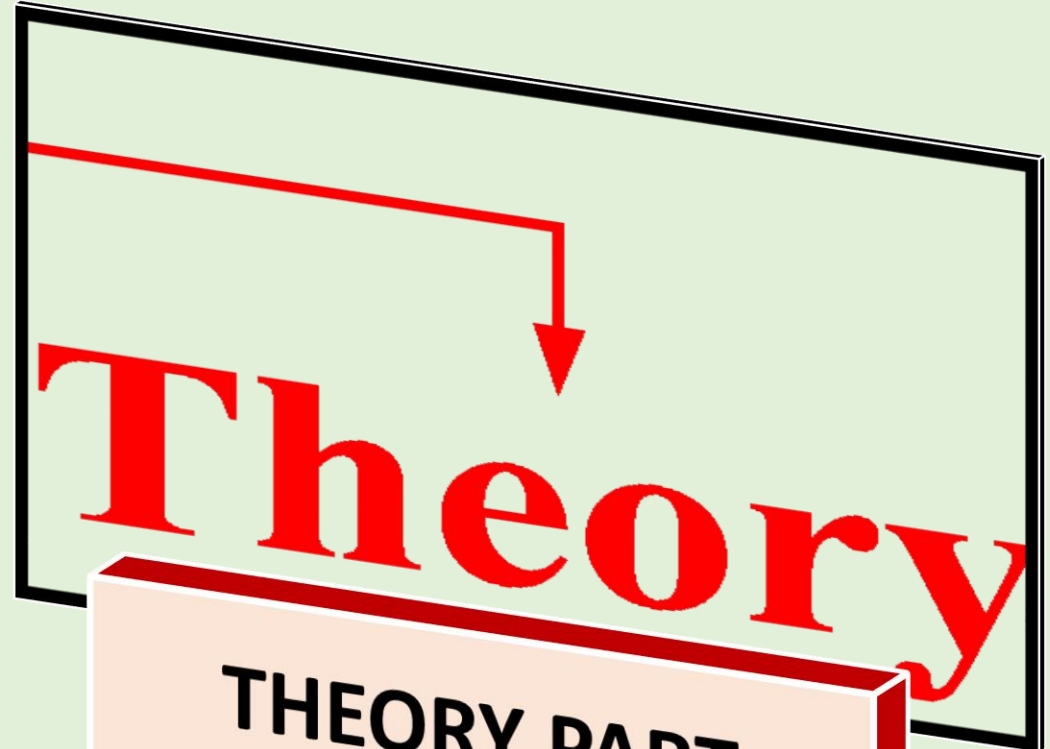


Click the
LINK

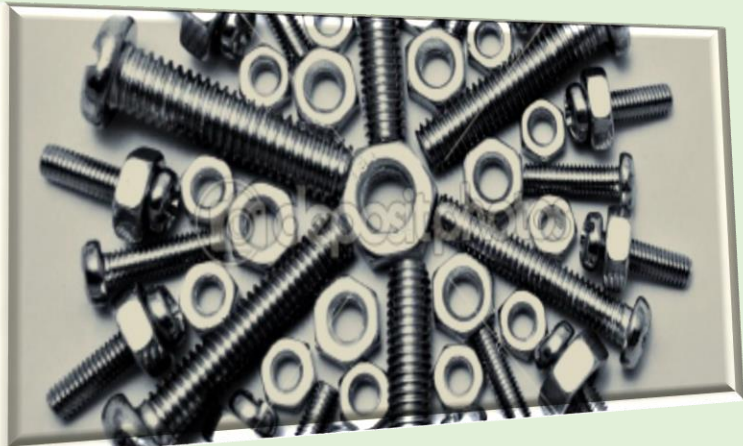




Speak & Peak
Instructions for Office bearers

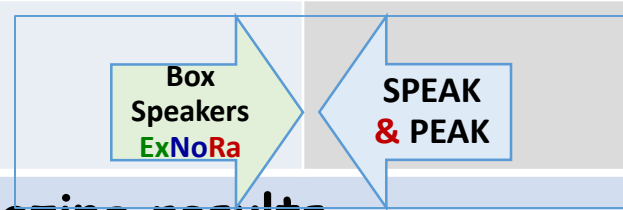


THEORY PART



NUTS & BOLTS
OF RUNNING
THE ACTIVITY

Speak & Peak Box Speakers' ExNoRa



Infrastructure

It is very simple but will produce amazing results

Each chapter will have groups as many as needed. Only 20 members will be there per group

Minimum needed is just THREE

Speaker and mike are not necessary in view of the small audience

The dais must be smallest in the world, a normal goods packing box. The used box is made use of by turning it upside down. The box size can be anything not very big. 2 feet x 1.5 feet X 1.5 feet approximate. It is portable & can be always carried even in a bicycle.

Speak & Peak - Box Speakers' ExNoRa Name clearly painted on it with ExNoRa Logo

Speakers' Box

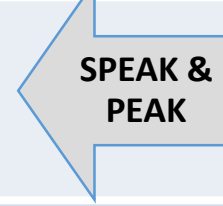
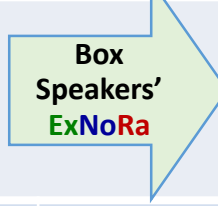


Meeting
Reminder Bell



Speak & Peak

Box Speakers' ExNoRa



MEMBERSHIP

Box Speakers' ExNoRa can have about twenty members

If there are more than twenty members, there should be another box.

In metropolitan cities the Boxes can be language wise, one box per language like

English	Hindi	Tamil	Telugu	Malayalam	Kannada
Bengali	Guajarati	Marathi	Punjabi	Marathi	Urdu
Oriyan	Assamese	Bodo	Dogri	Kashmiri	Konkani
Nepalese	Maithili	Manipuri	Santali	Sindhi	Bhojpuri

The members meet every week on a particular day and time (e.g. Every Saturday 6 pm). Rain or shine the meeting should be conducted

The programme duration can be restricted to 90 minutes. (from 6 am to 7.30 pm)

A wooden packing box can be bought or a packing new or old is converted to serve as dais. See it in the picture. It is simple. Put the box upside down. It should be started in every park as you will get listeners a lot of listeners who will join & take the message as well.

The speaker by turn climbs on the dais

The members stand around the box dais.

Each one by turn climbs on the dais and will speak on any topic under the Sun for a time not exceeding five minutes.

But the subject should not hurt any one . It should be decent and it should be never vulgar or unparliamentarily.

The President of the organisation will have a bell, which he will use very mildly only once i.e. "one ring" after four minutes and the speaker will know that he has to wind up his talk with in a minute and so he should use the last one minute to sum up his talk.

At the end of the 5th minute the President of the meeting will press the bell for a longer duration to indicate that the time is over and the speaker should stop.

The speaker has to stop as time discipline is very important.

There can be a President elected for every meeting who will welcome and another member will propose a formal vote of thanks.

There will be one to do the roles of 'Angel's Advocate' to point out the plus points in the speech & and another to do 'Devil's Advocate' to point out the areas where there is scope for improvement. (quite nicely without hurting the speaker).

These four roles have to be rotated between members in every meeting so that they get well versed in learning the four roles.

The members are expected to bring a writing pad and pen to note down the important points of the speeches made by each speaker

Speak & Peak - Box Speakers' ExNoRa (BSE)

ADVANTAGES

The members learn the art and science of 'PUBLIC SPEAKING' and excel in it. They learn from A to Z of Communication.

They get rid off the stage fear. Their self confidence increases by leaps and bounds

Their command over language improves steeply. Their vocabulary multiplies.

Their right brain becomes sharper and they develop enormous presence of mind & Creativity

Their general knowledge improves. They prepare at least five hours a week for delivering their five minutes speech. Their preparation makes them the most learned.

In the meeting they also lend their ears to others who have similarly spent five hours for their five minutes talk. By only listening to them, one becomes a mobile Encyclopedia and a moving University in just a year.

The members become leaders. The Country and the Society need leaders.

In all their walks of life including their profession they are bound to excel.

Wherever they go they will be surrounded by people who will be eager to listen to them.

They are able to communicate important messages in the BSE meetings and they get a platform to communicate what is some thing dear to their heart and their passion. They can inspire others and make them also subscribe to their mission.

Lastly and most importantly the messages on environmental protection particularly 'Cool the Globe' & Jeevan Shastra for Being Human Being should be spoken

Colleges

Service Clubs

Schools

Voluntary Organisations

Universities

Professional Bodies

Residential colonies

Trade Unions

Flat complexes

Residents Welfare Associations

Offices / Factories

Places of Worship

Hostels / Hospitals

Film Fans Associations

Public Parks & Play Grounds

Traders Associations

Any Association of any nature can start 'Box Speakers' ExNoRa' as an activity and develop their members as leaders possessing excellent public speaking skill. More importantly this forum can be used to share information to improve their services

Start / Join your Box Speakers' ExNoRa, reap benefits and render service

Box Speakers' ExNoRa
Speak & Peak Office bearers

President

Vice President

Secretary

Director : Facilitation

Director : Membership Development

THE MEETING AGENDA

Every
speaker will
climb up the
Box & speak
not
exceeding 5
minutes

Welcome by PRESIDENT

Vote of Thanks by SECRETARY

Appreciation by a every time
nominated **Angel's Advocate**

Constructive Criticism by a every
time nominated **Devil's Advocate**



Box Speakers' **ExNoRa**
Speak & Peak

REGISTRATION FORM

Name		
DOB		
Blood group		
Occupation		
Qualifications		
Positions held		
Membership in other clubs / Associations	Yes / No	If any mention here:
Mother Tongue followed by Languages known	To Read	
	To Write	
Native place		
Eco Passion		
Service Passion		
Extra-Curricular Activities		
Current Address		
Permanent Address		
E Mail ID		
Mobile / Phone (In use)		

Why ExNoRa?

- **ExNoRa** is the largest Environmental NGO of India & fastest growing movement of the world
- The organisation has 25 years of experience

Why ExNoRa?

- **ExNoRa** is a repository of service knowledge
- **ExNoRa** has branches in many parts of the country

Why ExNoRa?

- There is need to exchange ideas on Earth Saving
- By starting this activity, promoted by **ExNoRa** there will be continuous messages & updating will take place . A global & national net working will take place

Box Speakers' **ExNoRa** will be an Idea Exchange



Box Speakers' ExNoRa
Speak & Peak

AFFILIATION FORM

Names & Addresses of Promoters with phone numbers & e mail IDs

Venue

Periodicity (e.g. Weekly)

Days (e.g. Saturday)

From

The Promoters of Box Speakers' ExNoRa

.....

To

ExNoRa International

exnora@gmail.com

Dear Sir ,

We have promoted a chapter of Box Speakers' ExNoRa (Speak & Peak) at ...We request you kindly grant affiliation. Please find enclosed the names of members with their contact details

Thanking you

Yours faithfully

TALK your TOPICS with PPTs to make YOU a **WONDER SPEAKER** & **INCREDIBLE MESSIAH** Some thing great about these topics are

1. You are given **300 Subjects** with complete content and the do-how as PPTs
2. Use them as your talk-matter
3. There are two great benefits
4. You become a versatile speaker
5. You spread wonder messages among the listeners and help make the world better.
6. You become a **SPEAKER** and a **MESSIAH** too

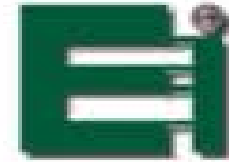
Your **SATELLITE ORGANISATION NAME** will be on top & beneath will be the word, **ExNoRa** with its logo

Name Board

Name of the organisation



ExNoRa



Peak & Peak

ExNoRa

SAMPLES / EXAMPLES



Plastrick

ExNoRa



Voice Against Noise

ExNoRa

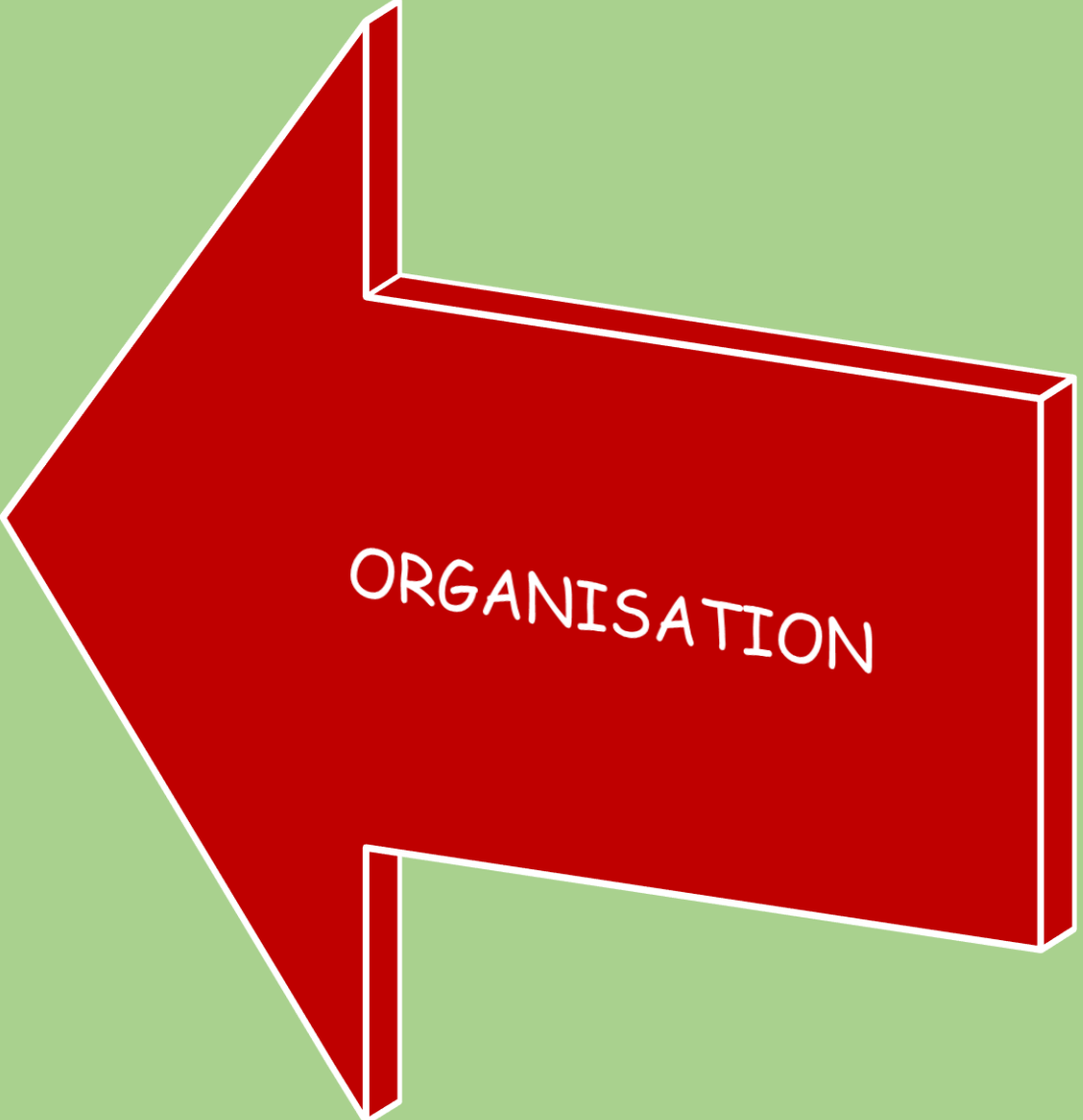
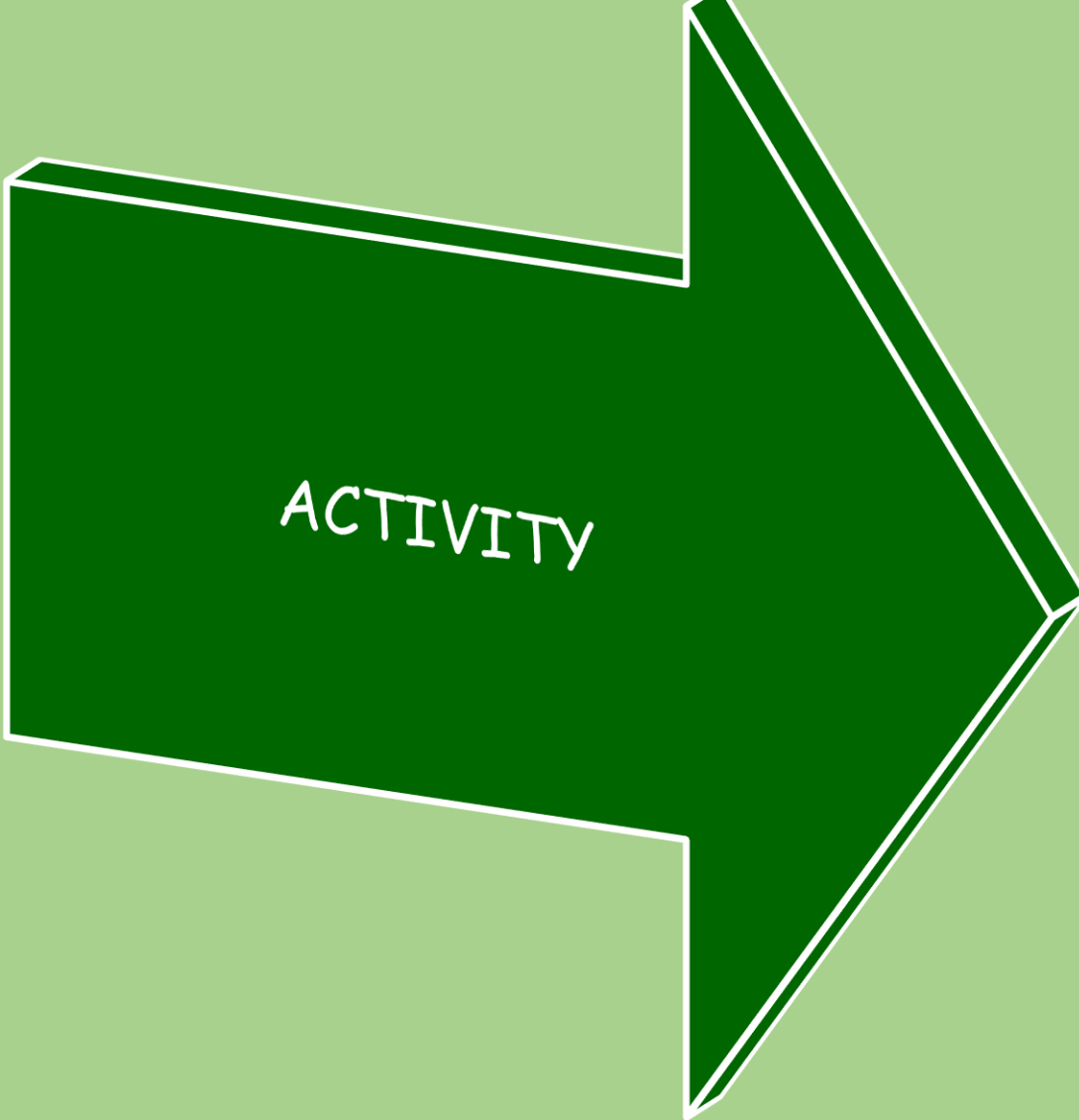
MustQUITo

ExNoRa

Keep Name Board of your Satellite Organisation outside the Office & at the entrance of your town/ village / Neighbourhood and mention clearly the motto of your activity. The above is also the model for your organisation & the change the name.

Speak & Peak ExNoRa

5. How and where I can
initiate my chapter?



ExNoRa International gives you excellent OPTIONS to do one of the following OPTIONS to initiate

OPTION 1

under a

LEAD ExNoRa
as an
ACTIVITY

Start it as an ACTIVITY of a lead ExNoRa
organisation like Residents Welfare ExNoRa
(RWA ExNoRa) or ExNoRa
Innovators Club

OPTION 2

Start straight as an affiliated
Satellite Organisation

In the absence of a Lead
Organisation, Option: 2 will apply.
You can start a Satellite
Organisation (SO) to exclusively do
this activity with FOCUS

What is a LEAD ExNoRa?

Residents Welfare
Association
ExNoRa

OR

ExNoRa
Innovators Clubs

Operating in a STREET,
residential colony, Flat
Complex, Shopping Complex
(of Shop Owners / Tenants)
& Market (of Traders)

Operating in
Neighbourhoods, Towns,
Villages, Offices, Places of
Worship, Schools & Colleges

OPTIONS

Activities & Posts are optional

Activity

If it is an ACTIVITY of a Residents Welfare ExNoRa (RWA ExNoRa)

Then, there will be an ACTIVITY-HEAD who will have a team from members / residents. The team will work & solve it. The ACTIVITY-HEAD will work under the guidance & supervision of their parent, RWA ExNoRa

OR

Satellite Organisation

Activities & Posts are optional

If it is a Satellite

"ORGANISATION" of ExNoRa International, the body will have a 17 member team as follows

President

Director General > Internal (VP)

Director General > External (VP)

Secretary General

Secretary > Jeevan Shastra

Secretary > Basic 5 Duties to

Environment

Treasurer >

Ten Directors (Posts Optional)

OR

Why these two channels? It is simple. if it is a part of a LEAD Organisation like RWA ExNoRa, it will be an ACTIVITY of the RWA ExNoRa with an Activity-in-Charge having a team & If it independent is it will be a Satellite ORGANISATION.

THE RATIONALE

of giving **OPTIONS** to do it as an

ACTIVITY

OR

ORGANISATION

There may be places where everything will be okay, except one or two major problems evading solutions affecting everyone e.g. water shortage, Thefts, pollutions, etc.

The **problem-solving-exercise** need not wait for the residents coming together to start their **Residents Welfare ExNoRa** (or **RWA ExNoRa**) or **ExNoRa Innovators Club** . It is enough, if they create the particular specialist **ExNoRa Satellite Organisation** to solve only that problem. We gift you nearly 140 categories / issues of them with down to earth solutions. You are free to make your choice and select one or more that are appropriate.

How to start
TEMPLE ExNoRa as a
SATELLITE ORGANISATION
of ExNoRa Innovators
International?

TEMPLE ExNoRa
as a Satellite
Organisation

HOW TO BEGIN?

The options of how you
can get involved & the
simple formalities



WHERE TO BEGIN?



How to start
SPEAK & PEAK as a
SATELLITE
ORGANISATION
of **ExNoRa** Innovators
International?



SPEAK & PEAK
as a Satellite
Organisation

When you start / join a Satellite Organisation, as part of **ExNoRa** family, you are expected to do the 5 BASIC DUTIES to Mother Earth

NEW HABIT..... GTAB IT

The duties are just 5 Habits which you should acquire in the interest of yourself and your children!



Habit
Grab it

The world will 100% start moving fast towards **ZERO** in the following areas. Join / Start YOUR "ExNoRa INNOVATORS CLUB"

A 3D rendered graphic of the number '100%' in a vibrant red color, with a slight shadow and perspective, giving it a three-dimensional appearance.

Zero
Pollutions &
Wastes

Zero
Corruption

Zero
Communalism

Zero Crimes
& Murders

Zero
Dishonesty

Zero
Hate

Zero Food &
Water
Shortage

Zero
Violence &
Extremism

Zero
Greed

Zero
Inhumanness

Zero
Wars

Zero
Alcoholism

Zero
Accidents

Zero
Inequality

Zero Gender
Bias

Zero Bonded
& Child
Labour

You can start or initiate **ExNoRa** Innovators Club (EIC) in one or more of the following places to innovate for society, people, environment & the Planet & IMPLEMENT

EIC RESIDENTIAL

1. Villages
2. Smaller towns
3. Residential colonies & Neighbourhoods of cities / towns, hostels
4. Very large flat complexes

EIC WORK

1. **Big Offices** (any type of place of work)
2. **Industries / Factories**
3. **Big hospitals & Hotels**
4. **Markets & Commercial Complexes**
(Jointly)

TRANSFORMING POPULATION
as **SOCIAL CAPITAL**

EIC EDUCATIONAL INSTITUTIONS

1. **Schools**
2. **Colleges**
3. **Universities**
4. **Training Institutes** (soft skills & technical e.g. Computer)
5. **Places of Learning**

EIC
in **PLACES** of
WORSHIP of all
FAITHS

1. CHURCH
2. MOSQUE
3. HINDU TEMPLE
4. BUDDHA VIHAR
5. JAIN MANDIR
6. SIKHS GURUDWARA
7. JEWS SYNAGOGUE
8. PARSIS FIRE TEMPLE
9. BAHA'I HOUSE OF WORSHIP

In Streets it will be RWA **ExNoRa** or RWA **ExNoRa** Innovators Club



I LOVE ENGLISH
as it is quite **STYLISH**
and **LAVISH**
helping to **UNLEASH**
creativity to **ACCOMPLISH**
success & **FLOURISH**

NOURISH
your **ENGLISH**
& then **ENGLISH**
will **NOURISH**
you to **FLOURISH**



WEBSITES

PPTs

DVDs

YouTube &
FLASH

E BOOKS &
E BROCHURES

ONLINE
COMMUNITIES

CONTACT DETAILS :

Exn Dr. Nirmal Basu **GPian**

7th SENSE MASTER & 7th SENSE INTL. TRAINER

Founder, **ExNoRa** INNOVATORS
INTERNATIONAL

+91 98400 34900 /+ 91 44 2363 8383

www.7thsense.guru www.exnorainnovators.club

exnora@gmail.com

www.exnorainnovators.club www.exnora-innovators.club

facebook

[www.facebook.com/
nirmal.exnora](http://www.facebook.com/nirmal.exnora)

twitter™

[twitter.com/mb
nirmal](https://twitter.com/mbnirmal)

LinkedIn®

[www.linkedin.com/i
n/mbnirmal](http://www.linkedin.com/in/mbnirmal)

You
Tube

SEARCH
Nirmal MB