SPEAK & PEAK
Public Speaking ExNoRa
THE NAME & STYLE of this most important ACTIVITY

SPEAK & PEAK PUBLIC SPEAKING ExNoRa

FOCUS
PUBLIC SPEAKING ExNoRa

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

SPEAK & PEAK PUBLIC SPEAKING ExNoRa

SPEAK & PEAK can be a SUBSIDIARY ORGANISATION of your parent ExNoRa INNOVATORS CLUB or RWA ExNoRa of place / institution

SPEAK & PEAK PUBLIC SPEAKING ExNoRa

SPEAK & PEAK can be an INDEPENDENT SATELLITE ORGANISATION of your area / institution affiliated to the top body (HQ) of ExNoRa INNOVATORS INTERNATIONAL
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
ExNoRaans 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 ExNoRa
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
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
STAND ON a BOX & BOX (FIGHT) SOCIETY'S MALADIES

Speak & Peak
i.e. Climb Everest (Harvest Success)
“SPEAK” meaning “to address”

“PEAK” meaning “reach top”

“BOX” meaning a “wooden box”

“BOX” meaning “to punch” (with words)

JEEVAN SHAASTRA, LIFE SCIENCE for LIVING as HUMAN BEING
MANUSHYA SHAASTRA, HUMAN SCIENCE for BEING HUMAN BEING
"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"
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, and 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.

![Center Table](image1)
![Wooden Box](image2)
![Corner Stand](image3)
![Chest](image4)
![Wooden Stand](image5)

The only THING that you need to start “BOX Speaker ExNoRa” is a BOX.
Start your speaking classes / training on a

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.
Recommended for the following places

- **Box Speakers' ExNoRa**
- **SPEAK & PEAK**
- **Colleges & Schools**
- **HOSTELS/ HOTELS**
- **OFFICES / INDUSTRIES**
- **Street Corners**
- **Parks & Playgrounds**
- **Flat Complexes**
- **Social get-togethers**
- **Holiday Spots**
The following can start

*Residents' Associations*
*Park Walkers' Associations*
*Trade Unions*
*Traders Associations*
*SHGs*
*Film Fans Associations*
*Professionals' Bodies*
*Auto Drivers Associations*
College Students' Associations
School Students' Associations
Social Clubs Members
Service Club Members
Ladies Clubs
Fitness Centres
Sportsmen Associations
Retirees Homes Inmates

Box
Speakers' ExNoRa

SPEAK & PEAK

The following can start
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 Brothers & 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 dinning table served for many things like

<table>
<thead>
<tr>
<th>Discussion</th>
<th>Brain Storming</th>
<th>Conversation</th>
<th>Relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td>Many big decisions, policy making, strategy evolving, plan of action for</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>their Business</td>
<td>Nation</td>
<td>Family</td>
<td>Service</td>
</tr>
<tr>
<td>Any human uses the dining table &amp; time for</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Greeting</td>
<td>Exchanging</td>
<td>Pleasantries</td>
<td>Prayer</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>BOX</th>
<th>Dais &amp; Podium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dinning Table</td>
<td>Living Room Sofa</td>
</tr>
<tr>
<td>Morning Walking Speaking</td>
<td>Travel Speaking</td>
</tr>
</tbody>
</table>
We have one hundred problems

Destructions are very FAST

One out of 1000 of the population should become SPEAKERS

Why ???

But we have one thousand solutions

Acts of Construction are very SLOW

You be the ONE. Start your Box Speakers’ ExNoRa today
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. Gains Self Confidence
2. Masters language
3. Commands respect from others
4. Becomes more creative
5. Excels in his / her work
6. Turns into a Leader
7. Becomes a STAR

Box Speakers’ ExNoRa

Speak & Peak

SPEAK & PEAK

YOUR DEVELOPMENT
Public Speaking - Benefits to Institution

- When Students become speakers, they will excel. So the college/school they represent.

- Winner Students names are always mentioned with the College/School name.

- Students win contests. It is really the College/School winning contests. College/School names hit the headlines.

- 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.

- 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

Box: 
Speakers, ExNoRa

SPEAK & PEAK
What public speaking does inwardly?

1. LEFT BRAIN is LOGIC

2. RIGHT BRAIN is MAGIC

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

3. Your Thinking System Development
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 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

Analytical
Logical
Precise
Repetitive
Organised
Details
Scientific
Detached
Literal
Sequential

RIGHT

Creative
Imaginative
General
Intuitive
Conceptual
Big picture
Heuristic
Empathetic
Figurative
Irregular
<table>
<thead>
<tr>
<th>LEFT BRAIN FUNCTIONS</th>
<th>RIGHT BRAIN FUNCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uses logic</td>
<td>Uses Feeling</td>
</tr>
<tr>
<td>Detail oriented</td>
<td>“Big Picture” Oriented</td>
</tr>
<tr>
<td>Facts rule</td>
<td>Imagination Rules</td>
</tr>
<tr>
<td>Words &amp; language</td>
<td>Symbols &amp; Images</td>
</tr>
<tr>
<td>Maths &amp; science</td>
<td>Present &amp; Future</td>
</tr>
<tr>
<td>Can Comprehend</td>
<td>Philosophy</td>
</tr>
<tr>
<td>Knowing</td>
<td>Believes</td>
</tr>
<tr>
<td>Acknowledges</td>
<td>Appreciates</td>
</tr>
<tr>
<td>Order/ Pattern Perception</td>
<td>Spatial Function</td>
</tr>
<tr>
<td>Knows Object Name</td>
<td>Knows Object Function</td>
</tr>
<tr>
<td>Forms Strategies</td>
<td>Fantasy Based</td>
</tr>
<tr>
<td>Practical</td>
<td>Pre-sets Possibilities</td>
</tr>
<tr>
<td>Safe</td>
<td>Impetuous &amp; Risk Taking</td>
</tr>
</tbody>
</table>
What happens to your Language?

All these improve dramatically your Public Speaking

5. Your Language Development, any English or Vernacular

VOCABULARY

GRAMMER

COMMAND

FLUENCY
Public Speaking

1. Learning before meeting
   - Yes. Before every meeting you prepare

2. Mutual Learning
   - By listening to each other every one learns in every meeting

3. Subconsciously Learning
   - The triggered subconscious brings loads of information

4. Your Learning becomes Continuous & so your development

Yes speaker stands & speaks on a MAGIC BOX

Box
Speakers' ExNoRa

SPEAK & PEAK
**ExNoRa Organisations for Human Resource Mobilisation** which ExNoRa Speakers tap using several tools of psychology which he/she learns from ExNoRa

<table>
<thead>
<tr>
<th>Motto</th>
<th>Name of ExNoRa Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>VOLUNTEER to STEER the world to CHEER</td>
<td>Volunteers Wanted Here</td>
</tr>
<tr>
<td>Service by/to Elders</td>
<td>Sense Citizens</td>
</tr>
<tr>
<td>Service by/to Women</td>
<td>Wonder Women - WOW</td>
</tr>
<tr>
<td>Service by/to Youth</td>
<td>Youth Unique - Y &quot;U&quot;</td>
</tr>
<tr>
<td>Service by/to KIDS</td>
<td>Angels on Earth</td>
</tr>
<tr>
<td>Service by/to Students</td>
<td>Student Prudent</td>
</tr>
<tr>
<td>Service by/to HELPERS (SERVANTS)</td>
<td>Helpmates</td>
</tr>
<tr>
<td>Service by/to PROFESSIONALS</td>
<td>Professionals Exceptional</td>
</tr>
<tr>
<td>Service by/to AUTOMEN</td>
<td>Super-Auto-Star</td>
</tr>
</tbody>
</table>

**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
The Planet
Nation
Society
needs awareness on
Safety & Environment
& to do that we need hundreds of speakers
HENCE
Box Speakers' ExNoRa
SPEAK & PEAK

1. Your Ability to Take Forward Social Messages

Speak on SHE
HUMANITY
(HUMANS FOR HUMANS)

ECSTASY
-Enjoy Life Every Moment

via
E World (IT ExNoRa)

& of course as a Box Speaker

1. Your Ability to Take Forward Social Messages

The poor Need our help
Everyone needs Happiness
Spread HE
HUMANS FOR HUMANS &
ECSTASY (Boundless inner Happiness)

HENCE
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.
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**

<table>
<thead>
<tr>
<th>Achievement &amp; Motivation</th>
<th>Self-confidence will develop</th>
<th>Can attend Local, National &amp; International seminars</th>
<th>Leadership skills develop</th>
</tr>
</thead>
<tbody>
<tr>
<td>The learning make them better candidates for higher studies &amp; employment</td>
<td></td>
<td>They can compete for International &amp; European Environmental Awards. Chennai Children have been winning AWARDS with ExNoRa guidance</td>
<td></td>
</tr>
</tbody>
</table>
A LIVE MODEL

Box
Speakers’
ExNoRa

SPEAK
& PEAK
It can be a box, ladder, stool, or 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?

```
THE VENUE CAN BE AS FOLLOWS

College / School

Park / Playground

Office / Industry

RWA / Flat Complex

Hostel / Hotel

Commercial Complex
```

Box Speakers’ ExNoRa

SPEAK & PEAK
Where all you can find PLACE within a PLACE?

- Terrace
- House Garden
- Flat Complex Common Garage
- In the Reception Hall
- In the Dining 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*
But you must go to the next level without 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 weekly meet.

<table>
<thead>
<tr>
<th>Park</th>
<th>Playground</th>
<th>Street Corner</th>
<th>Under the shade of a tree</th>
</tr>
</thead>
</table>

You can keep it anywhere and speak, in Park, Playground, Street Corner, and 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 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
<table>
<thead>
<tr>
<th>Important Ingredients of a Good Speech</th>
</tr>
</thead>
<tbody>
<tr>
<td>Content</td>
</tr>
<tr>
<td>Language with good Vocabulary</td>
</tr>
<tr>
<td>Body Language</td>
</tr>
<tr>
<td>Facial Expression</td>
</tr>
<tr>
<td>Voice Modulation</td>
</tr>
<tr>
<td>Eye Contact</td>
</tr>
<tr>
<td>Punctuation &amp; Pause</td>
</tr>
</tbody>
</table>
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
Still hesitant to give a speech & has shyness

<table>
<thead>
<tr>
<th>His / her name</th>
<th>Can be asked to say something about self</th>
</tr>
</thead>
<tbody>
<tr>
<td>His occupation</td>
<td></td>
</tr>
<tr>
<td>His goal</td>
<td></td>
</tr>
</tbody>
</table>

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.
Ask the participant to climb over to the BOX

Ask him to answer your questions briefly even if 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

Public Speaking is so simple & it is made now damn simple. TRY today
Great Speakers Became Great Leaders

Great Leaders were Great Speakers

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

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

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 about 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

<table>
<thead>
<tr>
<th>Aringer Anna</th>
<th>Karma Veerar Kamaraj</th>
</tr>
</thead>
</table>

#### Aringer Anna

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.

#### Karma Veerar Kamaraj

The greatest visionary and statesman par excellence is Karma Veerar 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.

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### 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.
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**

<table>
<thead>
<tr>
<th>National Example</th>
<th>Local Example</th>
</tr>
</thead>
</table>

[Images of national and local examples]
The four messages that you can carry to people

1. Heavenly Home
   “Do Domestically” via Home ExNoRa

2. Street Treat
   “Act Locally” via Residents Welfare Association ExNoRa

3. Area Gloria
   “Render Collectively” via ExNoRa Innovators Club

Between 2 & 3 you have one more, Residential Colony category (group of streets / gated Communities) residents “Together Act Locally” for Cosy Colony / சாலைசசாலை எழிை் இை்ை்ம் குதுகை குடியிருப்பு via RWA ExNoRa
Do you want to see the MODELS of Heavenly Home Street Delight Cosy Colony Area Gloria?
DO DOMESTICALLY

HEAVENLY HOME

Home ExNoRa

for

via

The 1st PROJECT

Speakers’ ExNoRa will guide the people on HEAVENLY HOME
| ACT LOCALLY                      | for              | A SLUM AREA,  
| sTREET TREAT                   | via              | Giriappa Road is  
| STREET Residents Welfare ExNoRa | 😊               | 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 குதுகைக் குடியிருப்பு via RWA ExNoRa
Render Collectively  

Area Gloria

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

<table>
<thead>
<tr>
<th>Safety</th>
<th>Hygiene</th>
<th>Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>27 types of</td>
<td>24 varieties of Hygiene</td>
<td>54 kinds of Positive Environmental</td>
</tr>
<tr>
<td>Indoor &amp;</td>
<td>Personal, Private &amp; Public Hygiene</td>
<td>Protection &amp; Nurturing Nature</td>
</tr>
<tr>
<td>outdoor</td>
<td>topics</td>
<td>themes</td>
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<tr>
<td>SAFETY</td>
<td></td>
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<tr>
<td>subjects</td>
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<tr>
<td>After</td>
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</table>

ON

The Knowhow

The Do-how

The MOTIVATION-HOW
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 (Humanity Bank)

**Ecstasy**

How to attain happiness via various Mind Tools particularly 7th Sense including Enjoy Life Every Moment is shared

**E world**

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

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.

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

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.
MANUSHYA SHAHTRA,
Human Science for Being Human Being

Character

VOLUNTAR
-ISM

1. PATRIOTISM
2. ENVIRONMENTAL
-ISM
3. HUMANITARIAN
-ISM
4. TRUE-ISM
5. TEETOTAL
-ISM
6. TOLERANCE
-ISM
7. SIMPLICITY
-ISM
8. ALTRUISM
9. MANIMAL
-ISM
10. SPIRITUAL
-ISM

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
Box Speakers' ExNoRa

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
**Box Speakers’ ExNoRa**

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

<table>
<thead>
<tr>
<th>Language</th>
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<th>Language</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>Hindi</td>
<td>Tamil</td>
<td>Telugu</td>
<td>Malayalam</td>
<td>Kannada</td>
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<tr>
<td>Bengali</td>
<td>Gujarati</td>
<td>Marathi</td>
<td>Punjabi</td>
<td>Marathi</td>
<td>Urdu</td>
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<tr>
<td>Oriyan</td>
<td>Assamese</td>
<td>Bodo</td>
<td>Dogri</td>
<td>Kashmiri</td>
<td>Konkani</td>
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<tr>
<td>Nepalese</td>
<td>Maithili</td>
<td>Manipuri</td>
<td>Santali</td>
<td>Sindhi</td>
<td>Bhojpuri</td>
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</tbody>
</table>

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.
<table>
<thead>
<tr>
<th><strong>Speak &amp; Peak - Box Speakers’ ExNoRa</strong></th>
<th><strong>Meeting Protocol</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>The speaker by turn climbs on the dais</td>
<td>The members stand around the box dais.</td>
</tr>
<tr>
<td>Each one by turn climbs on the dais and will speak on any topic under the Sun for a time not exceeding five minutes.</td>
<td></td>
</tr>
<tr>
<td>But the subject should not hurt any one. It should be decent and it should be never vulgar or unparliamentarily.</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
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<tr>
<td>The speaker has to stop as time discipline is very important.</td>
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<tr>
<td>There can be a President elected for every meeting who will welcome and another member will propose a formal vote of thanks.</td>
<td></td>
</tr>
<tr>
<td>There will be one to do the roles of ‘Angel’s Advocate’ to point out the plus points in the speech &amp; and another to do ‘Devil’s Advocate’ to point out the areas where there is scope for improvement. (quite nicely without hurting the speaker).</td>
<td></td>
</tr>
<tr>
<td>These four roles have to be rotated between members in every meeting so that they get well versed in learning the four roles.</td>
<td></td>
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<tr>
<td>The members are expected to bring a writing pad and pen to note down the important points of the speeches made by each speaker.</td>
<td></td>
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<tr>
<td>ADVANTAGES</td>
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<td>---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
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<tr>
<td>The members learn the art and science of ‘PUBLIC SPEAKING’ and excel in it. They learn from A to Z of Communication.</td>
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<tr>
<td>They get rid off the stage fear. Their self confidence increases by leaps and bounds</td>
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<tr>
<td>Their command over language improves steeply. Their vocabulary multiplies.</td>
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<tr>
<td>Their right brain becomes sharper and they develop enormous presence of mind &amp; Creativity</td>
<td></td>
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<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>The members become leaders. The Country and the Society need leaders.</td>
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<tr>
<td>In all their walks of life including their profession they are bound to excel.</td>
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<tr>
<td>Wherever they go they will be surrounded by people who will be eager to listen to them.</td>
<td></td>
</tr>
<tr>
<td>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.</td>
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<tr>
<td>Lastly and most importantly the messages on environmental protection particularly ‘Cool the Globe’ &amp; Jeevan Shastra for ‘Being Human Being’ should be spoken.</td>
<td></td>
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<tr>
<td>Speak &amp; Peak Box Speakers’ ExNoRa</td>
<td>Where all the chapters can be started?</td>
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<tr>
<td>Colleges</td>
<td>Service Clubs</td>
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<td>Schools</td>
<td>Voluntary Organisations</td>
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<td>Universities</td>
<td>Professional Bodies</td>
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<tr>
<td>Residential colonies</td>
<td>Trade Unions</td>
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<tr>
<td>Flat complexes</td>
<td>Residents Welfare Associations</td>
</tr>
<tr>
<td>Offices / Factories</td>
<td>Places of Worship</td>
</tr>
<tr>
<td>Hostels / Hospitals</td>
<td>Film Fans Associations</td>
</tr>
<tr>
<td>Public Parks &amp; Play Grounds</td>
<td>Traders Associations</td>
</tr>
</tbody>
</table>

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

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

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
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,

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

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

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

- **ExNoRa Innovators Clubs**
  - Operating in **Neighbourhoods**, **Towns**, **Villages**, **Offices**, **Places of Worship**, **Schools** & **Colleges**
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

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)

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

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

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”

- Zero Pollutions & Wastes
- Zero Corruption
- Zero Communalism
- Zero Crimes & Murders
- Zero Dishonesty
- Zero Hate
- Zero Food & Water Shortage
- Zero Violence & Extremism
- Zero Greed
- Zero Inhumaness
- 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)

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

**TRANSFORMING POPULATION as SOCIAL CAPITAL**

**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. BAHAI 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
CONTACT DETAILS:
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7th SENSE MASTER & 7th SENSE INTL. TRAINER
Founder, ExNoRa INNNOVATORS INTERNATIONAL
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exnora@gmail.com

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