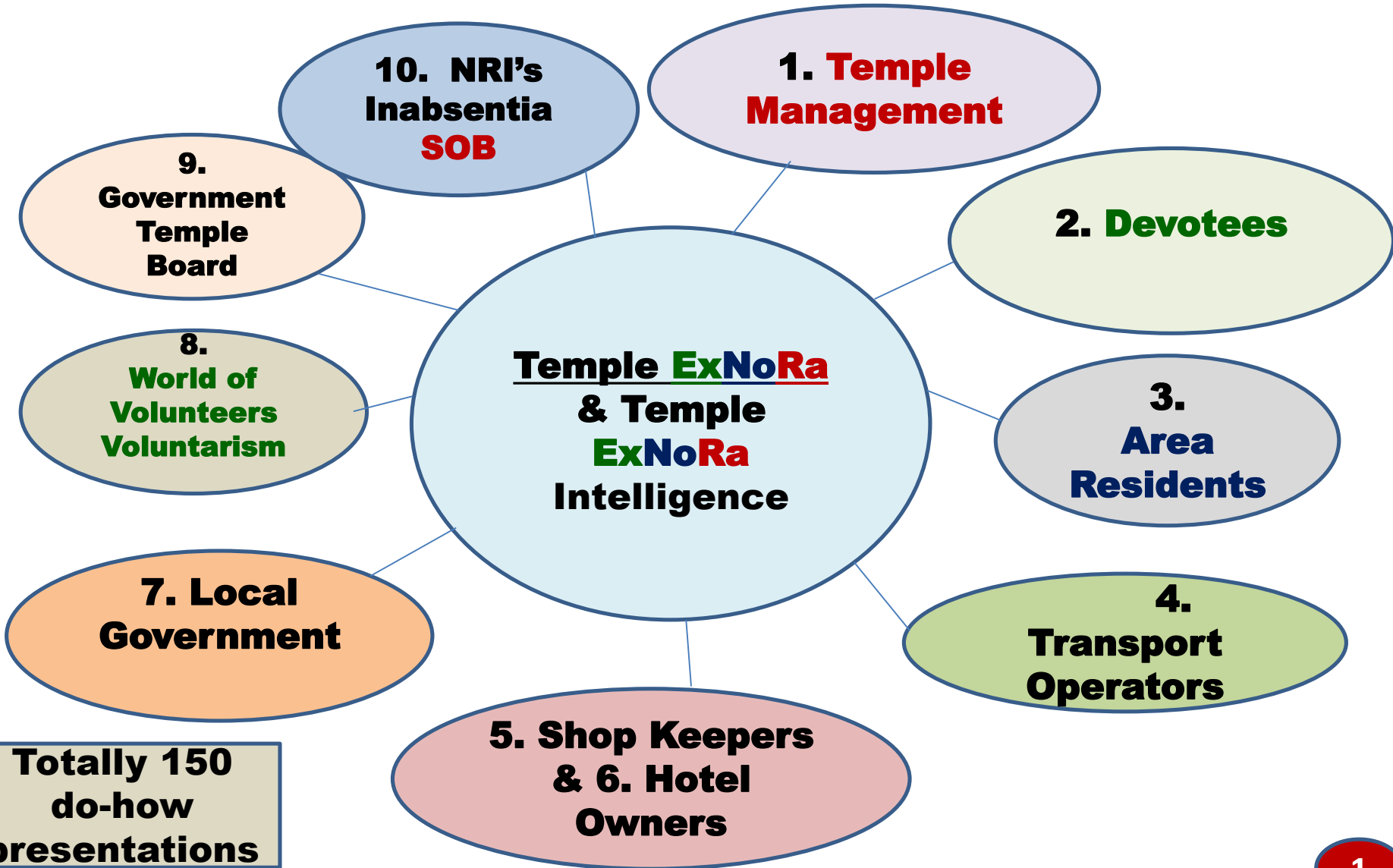


**Model temple Partners**

**Temple Safety**



# THE SOLUTIONS Formation of Temple **ExNoRa** Innovators Club

e.g. Golden  
Temple **ExNoRa**  
Innovators Club

It will be run by a  
team of **S**ervice-  
**o**pportunity-  
**b**earers

The service Opportunity  
bearers from

1. Temple Management Board,
2. Devotees,
3. Area Residents,
4. Shopkeepers & Hotels,
5. Transport Operators,

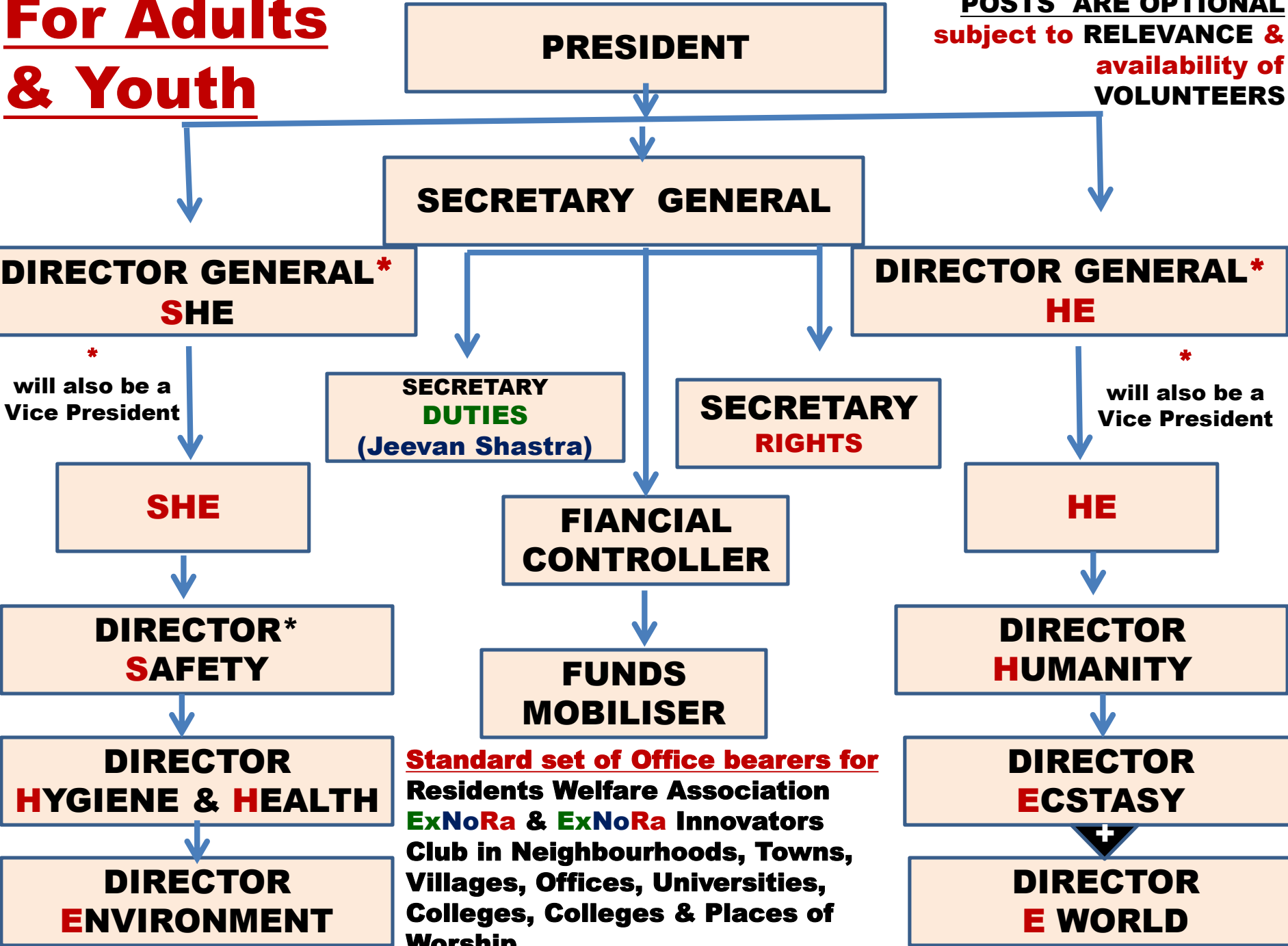
The service Opportunity bearers  
Continued

6. NRIs in absentia –(Companion Temple **ExNoRa**)
7. Local Government
8. Government (In case of public Temple)
- 9 World of Volunteers
- 10 Temple Combined Intelligence

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# For Adults & Youth

**POSTS ARE OPTIONAL**  
**subject to RELEVANCE &**  
**availability of**  
**VOLUNTEERS**



# Temple Example

## Temple **ExNoRa**

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# 5. How and where I can initiate?



# **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**

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# OPTIONS

## Activity

Activities & Posts are optional

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**

## 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 (**ART of HEART**)  
**Secretary** > Basic 5 Duties to Environment  
**Treasurer** >  
**Ten Directors (Posts Optional)**

OR

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**

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# 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 BEGIN?

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



# WHERE TO BEGIN?

How to become  
member of **ExNoRa**  
International?

**JOIN**  
TODAY



# NEW HABIT..... GTAB IT

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 !



**We live now in the ELECTRONIC AGE . This advantage should be made full use of.**

**By making use of the e world you can serve smarter and not harder. You can do ARM CHAIR SERVICE. Sitting on your chair you can spread the message to hundreds**

**Use the Social Media . By opening your online community account e.g. Facebook, you can take your message to the nook & corner of the planet . You can get hundreds of members / supporters / followers**

- ✓ **One or more accounts will help you to do wonders.**
- ✓ **You can render armchair service. .**
- ✓ **You will become the chairman of a very big Friends bank, the best asset you can earn.**

**Facebook /  
Your ExNoRa**

**Twitter / Your  
ExNoRa**

**LinkedIn / Your  
ExNoRa**

**Your WAYN/  
ExNoRa**

**YouTube / Your  
ExNoRa**

**ExNoRa.in/  
your ExNoRa**

**Blog / Your  
ExNoRa**

**Your e mail  
Group**

**Your Bulk  
SMS Group**

**Make your Satellite Organisation Paperless by  
using the following E WORLD by your IT ExNoRa**



**Facebook**



**Twitter**



**Linked in**



**ExNoRa in  
Online Eco-  
Community**



**YouTube film  
sharing**



**G Mail**



**Yahoo Mail**



**Hotmail**



**Skype**



**Your Blogs**



**Flickr Photo  
Sharing**



**Documents  
Sharing**



**CONCEPT**  
**7<sup>th</sup> Sense**  
**Master**





Thank you!  
Jimmy



## **PART 2**

**Part 2 is a GIFT to all the Temple ExNoRa members for the YEOMAN SERVICE that they do to their temple.**

**The exact GIFTS are their realising**

- 1. Heavenly Home &**
- 2. Street Treat**

**This GIFT will also be an excellent attraction / incentive for other devotees to join Temple ExNoRa team**

Director : **SAFETY**  
“**S**AFIRSTY”

**S**HE

**S** in **S**HE

**S**AFETY

In **ExNoRa** it is  
“**S**AFIRSTY”  
(**S**afety + **F**irst)

# “Student **ExNoRa** Innovators Club”

## Director **Safety** - “**S**afirsty is Safety First”

<p>Students learn <b>SAFIRSTY, DO-HOW</b> on 27 types of <b>SAFETY</b></p>	<p><u>Safety World</u>  <b>Think Safety &amp; Act Safely. “SAFIRSTY”</b>          is Safety-First by Safety <b>ExNoRa</b></p>	<p>If the College wants, <b>ExNoRa</b> can help the College to setup “<b>College INTELLIGENCE</b>” as of late, the students have become soft targets of anti-socials</p>
--	---	--

<u>Home Safety</u>	<u>Personal &amp; Property Safety</u>	<u>Natural Calamities Safety</u>
<b>Air Safety</b>	<b>Burglary Safety</b>	<b>Cyclone Safety</b>
<b>Water Safety</b>	<b>Child Safety</b>	<b>Earthquake Safety</b>
<b>Food Safety</b>	<b>Woman Student Safety</b>	<b>Tsunami Safety</b>
<b>Electricity Safety</b>	<b>Lift Safety</b>	<b>Lightening Safety</b>
<b>Fire Safety</b>	<b>Travel Safety</b>	<b>Flood Safety</b>
<b>Gas Safety</b>	<b>Road Safety</b>	<b>Land Slide /Slip Safety</b>
<b>Pests Safety</b>	<b>College Van Safety</b>	<b>Neighbourhood safety</b>
<b>Bacteria Safety</b>	<b>Cyber Crimes Safety</b>	<b>Riot Safety</b>
<b>Indoor Pollution Safety</b>	<b>Area Safety</b>	<b>Industrial Pollution Safety</b>

**Students, teachers, parents & transporters are made aware of SAFIRSTY**

## **Food Safety First – FROM**

**Chemically  
Grown Food**

**Pathogens  
contaminated  
Food**

**Insecticide &  
Pesticide  
Contaminated  
Food**

**Adulterated  
Food**

**Hormones in  
Food**

**Genetically  
Modified Food**

**Road Order &  
Terrific Traffic : Scientific & Specific  
(TTSS)  
4 r r r r**

**ExNoRa**

**Traffic  
Warden**

**ExNoRa**

**Traffic  
Warden on  
Wheel**

**ExNoRa**

**Traffic  
Guides**

**ExNoRa**

**Responsible  
Motorists**

**“I Give  
Way”**

**Campaign**

**Par**

**Parking**

# What are the 4 "R"s ?

**It refers to 4 Health Requirements related to Road Safety**

The First Requirement 'R'  
R 1  
**"Health of the DRIVER"**

The Second Requirement 'R'  
R 2  
**"Health of the DRIVING"**

**The 4 'R's**  
**4rrrr**  
that will make travel **SAFE**

The Third Requirement 'R'  
R 3  
**"Health of the Vehicle"**

The Fourth Requirement  
R 4  
**"Health of the Road & Footpath"**

**Terrific Traffic : Scientific & Specific (TTSS)**

**Terrific Traffic : Scientific & Specific (TTSS)**

# Emergency Management





# Get ready – the Planet has entered the **Disaster Age**

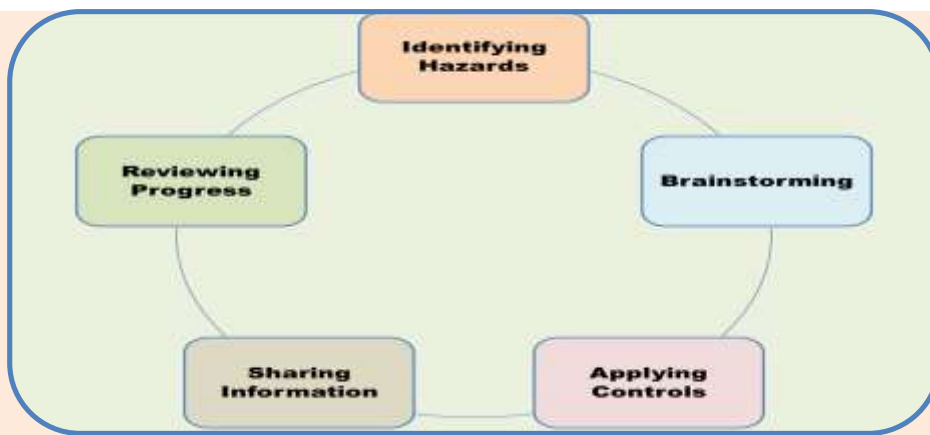
**Risk  
Assessment  
(RA)**

**Early  
Warning  
System (EWS)**

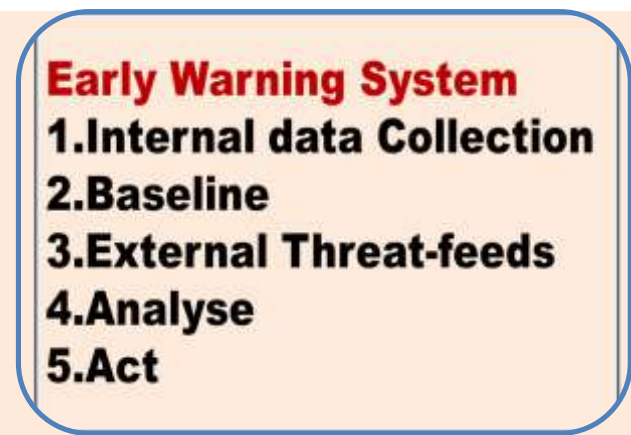
Learn **Emergency Management**

**Disaster  
Preparedness  
(DP)**

**Disaster  
Recovery  
(DR)**



**Risk Assessment**



**Early Warning System**

**Warning : The Planet has entered the Disaster Age**



**Disaster Preparedness & Management**



**Disaster Recovery Management**

**“Jeevan Shastra” by “ART of HEART” for Being Human Being**

**1**

**Identifying  
Hazards**

**Brainstorming**

**Reviewing  
Progress**

**RISK  
ASSESSMENT**

**Sharing  
Information**

**Applying  
Controls**

**2**

## **Early Warning System**

**1. Internal data Collection**

**2. Baseline**

**3. External Threat-feeds**

**4. Analyse**

**5. Act**

3

# Disaster Preparedness **GO BAG**

Keep it  
always ready



# **The Things To Carry –Always Keep it Ready List**

**Flashlight / Torch Battery  
or Solar  
Light Sticks  
Batteries  
Whistle Sturdy shoes  
Prescription medications  
Toothbrush and toothpaste  
Extra keys to your house and  
vehicle  
Emergency cash in small  
denominations and quarters for  
phone calls Little Food & water  
Packets First Aid Kit  
Permanent marker, paper & tape  
Write In The Rain  
Any special-needs items For  
children seniors people with a  
disabilities.**

**Local map  
Dust mask  
Pocket knife  
Emergency Blanket  
Fire Starter (Lighter)  
Cell phone with Solar Charger  
List of emergency point-of -  
contact phone numbers  
Radio – battery operated or Solar  
Photos of family members  
(Identification) Copy of health  
insurance and identification  
cards List of allergies to any  
drug (especially antibiotics) or  
food Extra prescription eye  
glasses, hearing aid or other  
vital personal items**

# What is a paracord ?



**The term paracord has long been thought of as a concept associated with Airborne units. While Airborne units do use paracord, this cord is also used by all U.S. military branches. Paracord is a lightweight cord that can withstand 550 pounds of pressure when in use. There are also many uses for paracord including but not limited to, securing equipment, attaching items to each other, tying down heavy items to vehicles and more.**

**Paracord can also be used in life or death survival situations. When extra rope is needed to pull someone up from deep caves or holes, paracord is ideal. If several smaller strings are needed for sewing, paracord can be dissected to provide for this. In a pinch paracord can be used as a swing or other makeshift engineering technique as needed in a survival situation.**

**Paracord bracelets are made by using three equal pieces of paracord and weaving them in a particular way to make a bracelet that can be worn conveniently and used when needed. Usually paracord bracelets can be secured with a button or special metal or plastic lock. If an emergency arises where you need to use the paracord, simply unravel the bracelet and use it. When the paracord bracelet is not being used in survival situations it can be a symbol of support for favourite sports teams, military/law enforcement/ fire-fighter branches, causes, and school spirit. Wearing your favourite team's colours shows everyone where you stand. They are also a very good project to promote as fundraisers as they provide a great fashion accessory with a functional use.**

**Being prepared is always a good thing and with the paracord bracelet you can not only wear something that is meaningful but you can be prepared just in case.**

4





# **Festival Survival**

## **Festival Dangers Safety**

**Pumpkin  
Bumpkin**

**Fire Ire**

**Hubbub  
Noise  
Blare**

**SMOKE  
Smokeless  
Bhogi**

**Crackers  
Breakers**

**Kite Plight  
Cut-  
Cutthroat  
Kite**

**MUSTQUITO**  
thru  
“**MUSTQUITO**  
**Musketeers**”

**Director : Hygiene (& Health)**  
**“Hygiene My Gene”**

**SHE**

**H in SHE**

**Hygiene**

**ExNoRa**  
organisation is  
**“Hygiene My Gene”**

# Hygiene can also be classified such as

## Personal Hygiene

**Proper living habits, cleanliness of body including Hand Hygiene and clothing**

## Domestic Hygiene

**Sanitary preparation of food, cleanliness, and ventilation of the home**

## Public Hygiene

**Supervision of water and food supply, containment of communicable disease, disposal of garbage and sewage, control of air and water pollution**

## Industrial Hygiene

**Measures that minimize occupational disease and accident**

## Mental Hygiene

**Recognition of mental and emotional factors in healthful living**

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**SHE**

# Director **H**giene - “**H**giene My Gene”

## **H**giene My Gene

24 sets of **DO-HOW**  
on 24 types of **HYGIENE**

## **H**giene World **H**giene **ExNoRa**

**H\*** for **H**giene + Health  
(Only Preventive ) Curative  
Health comes under **HE**

### **Personal Hygiene** (**Self -Hygiene** )

### **Private Hygiene**

### **Public Hygiene**

**Oral Hygiene**

**Home Hygiene**

**Street & Area Hygiene**

**Hair Hygiene**

**Water Hygiene**

**Public Water Hygiene**

**Hand Hygiene**

**Toilet Hygiene**

**Public Toilet Hygiene**

**Foot Hygiene**

**Kitchen Hygiene**

**Transport Hygiene**

**Body Hygiene**

**Pest -free Hygiene**

**Parks/ Playgrounds  
Hygiene**

**Bed Hygiene**

**Mosquito -free Hygiene**

**Marriage Hall ` Hygiene**

**Food Hygiene**

**Bacteria-free Hygiene**

**Hospital Hygiene**

**Clothe Hygiene**

**Virus - free Hygiene**

**Hotel / Hostel Hygiene**

**H\*** is also for **H**ealth (Preventive) like Pranayama, Yoga ,  
Mediation, **WalkX**ercise ,etc. **H**ealth Curative comes under **HE**

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**DIRECTOR**

**Hygiene & Health**

**“Health Wealth”**

**“Health is first  
Wealth”**

# **DIRECTOR**

## **H**yggiene & **H**ealth

**Health Service to**

**ExNoRa** members

**(The same Health Service will be rendered also to the general public, particularly the poor by Director Humanity. But when it is rendered to the members, the same will be done by Director Hygiene & Health)**

**Director : Health (& Hygiene)**  
**“Health Wealth”**

**SHE**

**H in SHE**

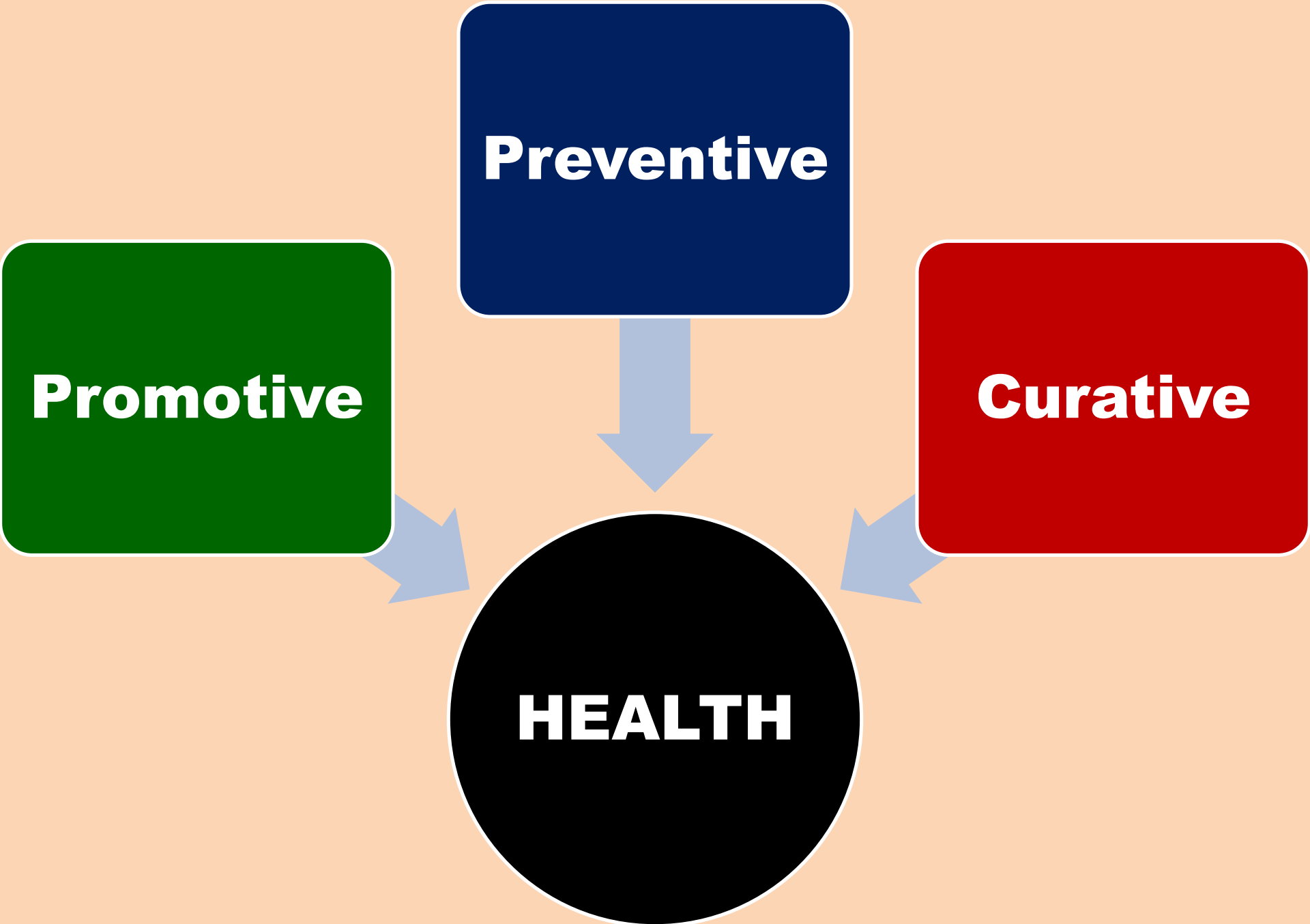
**is also Health**

**Health**

**ExNoRa**  
**organisation is**  
**“Health Wealth”**

**There are two PREVENTIVE HEALTH & CURATIVE HEALTH**  
**“Jeevan Shastra” by “ART of HEART” for Being Human Being**





**Preventive**

**Promotive**

**Curative**

**HEALTH**

**“Jeevan Shastra” by “ART of HEART” for Being Human Being**

# **Promotive Health**

**PROMOTIVE HEALTH** involves a few natural way of promoting good health so that no sickness comes. Here is a representational LIST

**Do one or more PROMOTIVE HEALTH acts**



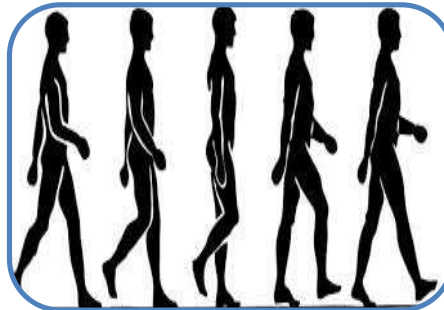
**YOGA**



**MEDITATION**



**Pranayama**



**Walking**

**Do one or more PROMOTIVE HEALTH acts**



**Walk & Exercise**



**Relaxation**



**Quality Sleep**



**Exercise Machines**

**Do one or more PROMOTIVE HEALTH acts**

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# You can manage your Health

**Meditate Health**  
**“Meditation**  
**ExNoRa”**

**Pranayama**  
**“Pranayama**  
**ExNoRa”**

**Yoga Yogam**  
**“Yoga ExNoRa”**

**Workout Worthwhile**  
**“Exercise ExNoRa”**  
**Workout while**  
**working**

**Walk Man**  
**“Walk-King ExNoRa”**  
**Walking Meditation,**  
**Walking Breathing,**  
**Walking Music**

**Walk ‘n’ Exercise**  
**“Walk ‘n’ Exercise**  
**ExNoRa”**  
**100 types of**  
**exercises one can**  
**do while walking.**  
**See video**

**Reiki**  
**“Reiki ExNoRa”**  
**Reiki, a Japanese**  
**technique for stress**  
**reduction and**  
**relaxation**

**Pranic Healing**  
**“Pranic Healing**  
**ExNoRa”**  
**a highly evolved and**  
**tested system of**  
**energy medicine**

**Pyramid Amid**  
**“Pyramid ExNoRa”**  
**work & sleep under**  
**a pyramid &**  
**meditate**

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# **Preventive Health**

**PREVENTIVE HEALTHCARE** consists of measures taken to prevent diseases

**PREVENTIVE HEALTHCARE, make them as new Habits**



**Hand wash**



**Breast Feeding**



**Immunisation**



**Vaccination**

**PREVENTIVE HEALTHCARE, make them as new Habits**



**Eating Fruits & Vegetables with nutrients**



**Regular health Check up & early diagnoses of ailments**



**Monthly Weight Check-up**



**Avoiding Junk Food**

**PREVENTIVE HEALTHCARE, make them as new Habits**

**“Jeevan Shastra” by “ART of HEART” for Being Human Being**

**An Important activity for Preventive Healthcare is Growing trees and plants around you**



**Wrap your house by plants**



**Create Green wall over Compound**



**Create Sun Shade Hanging Creepers**

**Create green protection layers of greeneries around your house**



**Home front Garden**



**Street Garden**



**Home-front Jungle**

**PREVENTIVE HEALTHCARE, make them as new Habits**

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# **Curative Health**



# The Curative Medicine World

<b>Allopath</b>	<b>Alternative Medical Systems</b>	<b>Mind</b>	<b>Mind-Body Intervention</b>
<b>BODY</b>	<b>DIET</b>	<b>External Energy</b>	<b>Senses</b>

# **Natural / Indigenous / Traditional / Native Medicines / Treatment**

**Ayurveda**

**Siddha**

**Osteopathic**

**Magnet Cure**

**Pyramid**

**Homeopathy**

**Naturopathy**

**Herbal**

**Acupressure**

**Reflexology**

**Unani**

**Acupuncture**

# ALLOPATH

Heart <b>ExNoRa</b>	Derma <b>ExNoRa</b>	ENT <b>ExNoRa</b>
Life Style <b>ExNoRa</b>	Public Health <b>ExNoRa</b>	Nephrology <b>ExNoRa</b>
Urology <b>ExNoRa</b>	Renal <b>ExNoRa</b>	Eye Care <b>ExNoRa</b>
Organ Donation <b>ExNoRa</b>	Cardiology <b>ExNoRa</b>	Blood Donation <b>ExNoRa</b>
Diabetes <b>ExNoRa</b>	Ortho <b>ExNoRa</b>	Pediatrics <b>ExNoRa</b>
Obstetrics <b>ExNoRa</b>	Gastroenterology <b>ExNoRa</b>	Dental <b>ExNoRa</b>
Endocrinology <b>ExNoRa</b>	Neurology <b>ExNoRa</b>	Urology <b>ExNoRa</b>
Physiotherapy <b>ExNoRa</b>	Pulmonology <b>ExNoRa</b>	Allergy & Immunology <b>ExNoRa</b>

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### **1. Spiritual Habitual**

**Spiritualism by deep meditation is a key to any disease and it should be made a habit**

### **2. Cancer Answer**

**Cancer is the most dreaded disease & no doubt about that. But there are innumerable cancer affected persons who have survived as they got the right answers**

### **3. Heart Art**

**A healthy person has a healthy heart and vice versa. What is good and bad for heart, one should know & change his lifestyle accordingly**

### **4. CholeAstral**

**Cholesterol is a fat (lipid) which is produced by the liver & is crucial for normal body functioning. Astral : being or relating to or resembling or emanating from stars.**

### **5. Blood Pleasure**

**Every adverse thing has a positive side. People affected by diseases can take it as an alert & overcome & also maintain their overall health**

### **6. Daya-Betes**

**Daya means kindness. Diabetes will help monitoring and maintaining better health. For many it has found out to be a GIFT**

**Director : Environment**  
**“Environment Entitlement”**

**SHE**

**E in SHE**

**Environment**

**ExNoRa**  
organisation is  
**“Environment**  
**Entitlement”**

# **Director Environment-** **“Environment Entitlement”**

# Pollution Prevention

Activities are optional & liberal

**“Care Air”**  
(Air Pollution Prevention)

**“Cure Air”**  
(Purifying Air)

**“Water Matters”**  
(Water Pollution Prevention)

**“Cater Water”**  
(Providing Potable Water)

**“Soil Not Soil”**  
(Soil Pollution Prevention)

**“Soil Toil”**  
(Soil up-gradation)

**“P3 M3”**  
for Plastic Pollution Prevention  
PlasTrick **“Pathetic to Fantastic”**

**“AND”**  
**“LEND MIND AND HAND” -END**  
**“SAND AND LAND ABUSE”**

**“Voice Against Noise”**  
(Noise Pollution Prevention)

**LITE**  
**“Light”**  
(Light Pollution Prevention)

**“Bust the DUST”**  
(Dust Pollution Prevention)

**NuClear**  
Make Nuclear Energy Production  
**SAFE NuClear ExNoRa**

**Visual Sensual Unusual**  
(Visual Pollution Prevention)

**PosTEAR**  
(Poster Pollution Prevention)

**“Beach Reach”**  
**Ocean Conservancy**

**Thermal Terminal**  
Thermal Pollution Prevention

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# ECO-PRACTICES & Environment Promotion ©

Activities are optional & liberal

## RaWaHa

-Rain Water Harvesting  
SoRaWaHa, DeRaWaHa &  
CeRaWaHa

## SoWaM

(Solid Waste Management)  
SoSoWaM Source DeSoWaM  
Decentralised CeSoWaM  
Centralised

## LiWaM

(Liquid Waste Management)  
SoLiWaM- Source  
DeLiWaM-decentralised  
CeLiWaM-centralised

## GaWaM

(Gas Waste Management)  
SoGaWaM -Source DeGaWaM-  
Decentralised CeGaWaM-  
Centralised

“Bike Like”

“Cycle Bustle”

Transport  
Simplicity

“Trash to  
Cash Bank”  
“Waste Bin to  
Wealth Bin”  
TRASHure

**RENERGY**  
(Renewable Solar,  
Wind, Biomass,  
Geothermal, Biofuel  
& Hydro- Power)

“Paper Prosper”  
“Paper Super  
Star”  
“Paper Super  
Man”

“Jeevan Shastra” by “ART of HEART” for Being Human Being



# **Green Organisations & Practices**

## **Activity for SPECIFIC PLACES /Areas**

**Green Cross**  
**Across** (Global  
Tree Movement &  
Parent Organisation)

**sTREEt**  
(street with  
trees )

**Green Wall**  
(Trees around  
polluting  
Industries)

**Green Canopy**  
(of tree to do useful  
activities like  
Speak & Peak /  
Teach Reach )

**Forest FOR-REST**  
(afforestation  
support- Rest for  
You & the Planet )

**GREENWAYS**  
(any road / path  
with greenery)

**Jail Hail**  
(greenery in jails)

**Concrete Green  
Jungle**  
(compensation  
done in concrete  
jungle)

**Green  
Tombstone**  
(in burial ground in  
memoriam tree  
planting )

# Activity for specific Groups

## **TreeTaller**

(Tree Planting meant as a rehab-activity for alcoholics)

## **TREEtanic**

(Children as group of 5 plant trees on holidays)

## **TREEsure**

( an activity for Timber Merchants as an act of compensation)

## **Green Minds – Free Minds**

( A tree planting activity for prisoners )

## **Plantology Psychology & Plant Psychiatry**

(for rehab of mentally-ill )

## **Green Hand**

(for Tree-felling contractor & wood cutters)

# Tree Lovers Hierarchy

**TREE-MATE**

**TREE  
GUARDIANS**

**TREE  
WARDENS**

**Friends of  
Foresters**  
(Support extended  
to Forest officials &  
workers)

**GREEN  
SHIRTS**  
(positively prevent  
tree-felling)

**Treezan**

# The Providers

## **Reserve Tree Bank**

**(round the clock tree sapling provider)**

## **Nursery Nurtury**

**(Create a small nursery in your balcony to gift)**

## **Green Depot**

## **“Seed Exceed”**

**(Seed Bank : collect seeds like stamps, but use them)**

# Green Recognitions

## **TREEbutes**

(recognitions in the form of tree saplings)

## **GREENBELT**

(Green Belt given to those who complete planting of 1000 trees)

## **Bamboo Babu**

(planting Bheema Bamboo, an excellent carbon-sink)

## **Tree Cheers**

# Tree Phraseology

**Tree Cheers**

**TREEbutes**

**Yours  
TREEly**

**One, Two,  
Tree**

**Green TREEbunal**

**Giving a Treet**

**Signing a  
Treaty**

**TREEmendous**

**Tree Spree**

# Tree Events / Campaigns

**Vriksha  
Raksha  
Bandan**

**Tree Guard  
of Honour**

**Money Tree**

**Treeking**  
in Hills

**TREE  
HUGGER**

**Tree Walk –  
Free Walk**

**Save Energy**

**Heaven Power is Rain Water, Wind & Sunlight**

**Hell Power is water , light & heat you get by burning coal**

**Campaigns**

**Sky-LIGHT for  
Future Bright**

**Keep the future  
BRIGHT, Turn off  
the LIGHT**

**One Unit Of  
Electricity Saved  
Is Two Units Of  
Electricity Saved**

**Use Solar Save  
Polar**

**“Jeevan Shastra” by “ART of HEART” for Being Human Being**



**“Farm Arm” The Farm World-  
Create Useful Green Architecture**

**Concepts – Concepts – Concepts**

**Organic  
Farm**

**Collective  
Farm**

**Sky Farm**

**Terrace  
Farm**

**Places – Places – Places**

**Home  
Farm**

**Flats  
Farm**

**Street  
Farm**

**City Farm**

**Places – Places – Places**

**Sea Farm**

**College  
Farm**

**School  
Farm**

**Office  
Farm**

**Places – Places – Places**

**Hostel  
Farm**

**Hotel  
Farm**

**Hospital  
Farm**

**Sea Farm**

**“Jeevan Shastra” by “ART of HEART” for Being Human Being**

## Models Model

“Heavenly Home”

“Flat Art”

“Street Treat” (or Delight)

“Cosy Colony”

“Area Gloria”

“Town OWN”

“City Agility”

“Village Vantage”

“Hospital Optimal”

“Hotel Marvel”

“Hostel Laurel”

“School Cool”

“College Green Collage,”

“University Universe City”

“Office Bliss”

“Industry Artistry”

“Market Magnet”  
Mall Marvel

“Slum Awesome”

“Marine Shine”

“Jail Hail”

# Basic Civic Needs

**Platform**  
(Platform:  
Right to Walk)

**Road Broad**

**Par Parking**

**Street Lights  
Bright**

**Electricity  
Eternity**

**Drainage  
Voyage**

**Sewer  
Server**

**“Glitter, not  
Litter”  
(Litter-free  
Habitat)**

**Water Filter**

**“4 r r r 4  
Road  
Safety”**

**“Civil  
Supplies  
Fulfil  
Supplies”**

**“Transport  
Support”**

**Park Spark**

**Playground  
Abound**

**“Station  
Ovation”  
(Railway / Bus/  
Police Stations)**

**“Bus Stop  
Top”**

**Toilet Joylet,  
ToyLet,  
People’s  
Toilet, Energy  
Toilet**

**Pocket Urinal  
+ Urine Purine  
Urine Bank**

**“Burial Ground-  
Memorial Abode”  
“CREMATORIUM  
GREENATORIUM  
”**

**Individual  
Safety  
Property  
Safety**

**“Jeevan Shastra” by “ART of HEART” for Being Human Being**

**Places of Worship, must be the place where God's first creation  
NATURE should reside**

**Temple  
Example**

**Church  
Green  
March**

**Mosque  
Green Mass**

**Viharas  
Vistas**

**Director Environment- "Environment Entitlement"**

# Worshipful Workers

**Kissan  
Bhagavan  
(Farmers)**

**Samudhra  
Devatha  
(Fisherman)**

**WEAVER**  
**Weave- Fortune-  
Ever**

**Super Auto  
Star  
(Auto men  
Auto Great)**

**DRIVER**  
**Drive &  
Thrive**

**Cooly Holy**

**Nurse  
Universe  
Verse**

**Teacher  
Clincher**

**Maid  
Angel's Aid**

**07.BENEFITS to Humanity & Ecstasy**  
**Director General HE &**  
**Director Humanity “Hearts**  
**Union”©**

©  
**Student ExNoRa Seva Centre**

# ExNoRa's Satellite Organisations: Humanity

**Eyes for Eyeless**

**Ear Here  
(for earing  
impaired)**

**Ability for  
Disability &  
Speak for  
speechless**

**Mind for Mind  
Handicapped**

**Hands for  
HANDLESS**

**Legs for  
LEGLESS**



**1. © "Hearts' Union" @ –Student ExNoRa Seva Centre** where all the service minded people will meet to give 3 “T”s which will not cost them anything.



**2. © Humanity Divinity Bank by H6 Student ExNoRa -Heart to Hand to Help to Humanity to Happiness- for depositing Things (Used & Unused)**

**The School can have in its campus (with CC TV Camera)**

- 1. "Hearts Union" @ Student ExNoRa Seva Centre GOAL : Being Human Being** which will indeed become a place for Parents, Teachers, Alumni & Students to offer their leisure and serve the poor & needy &
- 2. Humanity Divinity Bank by H6 Student ExNoRa for depositing Things (Used & Unused) for distribution to poor nearby**

**It is giving T3 to N3 not MONEY**

<b>T 3</b>	to	<b>N 3</b>	<b>EXPLANATION</b>	<b>PLACE</b>
<b>Things</b>		<b>Nation</b>	<b>Motherland</b>	<b>Humanity Divinity Bank @ H6 Student ExNoRa</b>
<b>Time</b>		<b>Nature</b>	<b>Environment</b>	<b>"Hearts' Union" @ Student ExNoRa Seva Centre</b>
<b>Talent</b>		<b>Nationals</b>	<b>People</b>	<b>"Hearts' Union" @ Student ExNoRa Seva Centre</b>



# **“Hearts Union” @ Student ExNoRa Seva Centre**

## **ONE PLACE TO DO ONE HUNDRED SERVICES**

**@ zero cost including rent & CC TV –Activities are optional**

### **1. CENTRE TO RENDER ENVIRONMENTAL SERVICE & TRAINING**

<b>Composting</b>	<b>Paper Recycling</b>	<b>School Cool</b>
<b>Street Treat</b>	<b>Renewable Energy &amp; Energy Saving</b>	<b>Pollution Prevention</b>
<b>Heavenly Home</b>	<b>Grow your Vegetables</b>	<b>Paper Super Man</b>
<b>ADAPTATION</b>	<b>Nurture Nature &amp; Conservation</b>	<b>Change Climate Change</b>

### **2. INSTITUTE FOR COMMUNITY HUMAN RESOURCE DEVELOPMENT**

<b>Spoken English</b>	<b>Public Speaking</b>	<b>Digital Literacy</b>	<b>Interns Training</b>
<b>Vocational Training</b>	<b>Teach Reach- Tuition</b>	<b>IAS Coaching</b>	<b>Jeevan Shastra</b>
<b>Language Classes</b>	<b>Entrance Exam Coaching</b>	<b>Common Sense</b>	<b>Leadership Training</b>

### **3. PLACE TO RENDER SOCIAL SERVICE**

<b>Reading for Blind</b>	<b>Classes for Deaf &amp; Dyslexia</b>	<b>Adult Literacy</b>
<b>Food Bridge</b>	<b>Eye Donation Awareness</b>	<b>Giving Used Things by “Humanity Divinity”-BANK</b>

### **4. PLACE TO RENDER HEALTH SERVICE**

<b>First Aid</b>	<b>Blood Donation Camps</b>	<b>Cancer Awareness</b>
<b>Yoga / Meditation Classes</b>	<b>Organ Donation Guidance</b>	<b>Medical Camps</b>
<b>Vaccinations</b>	<b>Hygiene my Gene</b>	<b>Stem Cell Awareness</b>

# **“Hearts Union” @ Student ExNoRa Seva Centre**

**One Place to do One Hundred Services @ zero cost including rent**

**can be put into maximum use besides holding a number of meetings for providing training / awareness & knowledge to poor & uneducated**

## **5. PLACE FOR MEETINGS -**

**Every activity optional & select those which are appropriate**

**1. “Face to Face” Meetings**

**2. OPEN HOUSE, Weekly open houses**

**3. Brainstorming & Roundtables**

**4. Counselling & Mediation**

**4. Student ExNoRa Meetings**

**5. Student ExNoRa Parliament**

## **6. SOS & EMERGENCY CENTERS**

**Safety Training (27kinds of Safety)**

**Disaster Preparedness & Mock Drill**

**SOS Resort & 24 Hours Helpline**

**Community Call Center**

**Community Alert Alarm**

**Disaster Assembly Point**

## **7. ABODE FOR EXHIBITION, ECOBITION & METHOD DEMONSTRATIONS**

**Solid Waste Management**

**Liquid Waste Management**

**Rain Water Harvesting**

**Hall & Wall of Fame**

**Biomethanation & Gas**

**Climate Change**

## **8. CENTER FOR FELLOWSHIP, FRIENDSHIP, HOSPITALITY, ENTERTAINMENT, CULTURE & FINE ARTS**

**Get-together Location**

**Friends Bank**

**Culture Nurture**

**FaceLook**

**Comedy Remedy**

**Religious Festivals Joint Celebration**



# 1. “Hearts Union” @ Student ExNoRa Seva Centre

Quite easy @  
almost Zero  
Cost

## “ONE PLACE ONE HUNDRED WONDER SERVICES”

Start your “Hearts Union” @ Student ExNoRa Seva Centre inside or outside the School Campus. Teachers & Parents must be joint in-charge. What a tremendous impact that it will create, tuning the students minds towards humanity, blossoming of LOVE instead of HATE in their minds

A 1200 sq. ft. building / room is needed for the Student ExNoRa Seva Centre. Parents / Teachers/ Students/ Alumni wanting to do social service can join.

The Student ExNoRa Seva Centre management can be left to “Parents ExNoRa” to whom motivation on “Effective Parenting” will be provided as an INCENTIVE besides providing them the inputs. **RENT OPTIONS**

The cost of rent & maintenance which is virtually zero or sponsored

1. The School can give

2. Parents can sponsor

8. Corporate Sponsorship

4. Out of subscription

5. By sale of Compost & Recyclables

6. Students Contributing one day newspapers

7. Establishing a Trash to Cash Bank

8. Students each contributing Re 1/- to Rs. 2/- per month

9. Starting Student ExNoRa Companion Clubs outside, anywhere in the Nation & WORLD, of NRIs (including alumni) belonging to your place making them Inabsentia members / patron members & / or getting the rent sponsored

# **ExNoRa's Satellite Organisations:** **Humanity – Special Human Resource**

**“Eyes for Eyeless”**  
**ExNoRa Reading Centers for Visually Challenged**

**“Ear Here”**  
**ExNoRa Sign Language Centers for hearing impaired**

**Ability for Disability for Learning Disability Children**  
**DYSLEXIA ExNoRa**

**Limbs for Limbless**

**Speak for Speechless**

**“Teach Reach”**  
**ExNoRa Tuition Centre**

**“Brick by Brick”**  
**ExNoRa Housing**

**“Clothe Lathe”**  
**ExNoRa Cloth Repair Workshop**

**“Skill Spill”**  
**ExNoRa Talent Bank**

**“Repair Prepare”**  
**ExNoRa Repair Workshop**

**Roof Roofless**

**Food Bridge**

**“Jeevan Shastra” by “ART of HEART” for Being Human Being**

**ExNoRa's Satellite Organisations:  
Humanity – Human Resource Development**

**“Speak & Peak”**  
**Public Speaking**  
**ExNoRa**

**“Digit Lit”**  
**Digital Literacy**  
**ExNoRa**

**“English  
Accomplish”**  
**ExNoRa English  
Academy**

**“Language  
Gauge”**  
**Language Learning**

**“i Club”**  
**for nonstop  
INDIVIDUAL  
DEVELOPMENT**

**“Teach  
Reach”**  
**ExNoRa Tuition Centres**

**“Jeevan Shastra” by “ART of HEART” for Being Human Being**

# ExNoRa CAMPAIGNS

**“Dowry is Worry  
& No Dowry is  
Merry”**

**“Pills Ills”**

**“Boozers,  
Losers”**

**DRUG -  
SHRUG**

**Don't Do  
Drunken Driving  
(D 4)**

**Helmet or  
Hell-Mate**

**Betting -Life  
Upsetting**

**Ad Ache -  
Head Ache**

**BORE-DOOR  
(Bore well-Door)**

**Don't Back  
Tobacco**

**“Eve Teasing ,  
Evil Tossing”**

**Child Labor ,  
Cruelty Harbour**

# **ExNoRa** CAMPAIGNS Festivals

**KITE PLIGHT**  
**“Cut- Cutthroat  
Kite”**

**Crackers  
Breakers**

**“Holi Eco-Holy”**

**Bull**

**Pumpkin  
Bump Kin**

**Ganesh**

**Director : Humanity**  
**“Humans for Humans”**

**HE**

**H in HE**

**Humanity**

**In ExNoRa it**  
**is “Humans**  
**for Humans”**



In a large/ medium/ small container

DEPOSIT  
HERE  
THINGS  
YOU  
DON'T  
WANT

<b>H6 ExNoRa</b>	Your
Heart to	"UNWANTED"
Head to	is Poor's
Hand to	"WANTED":
Help to	Your
Humanity to	"WASTE"
Happiness to	is their
for BOTH , the	"WEALTH"
<b>GIVER &amp; RECEIVER</b>	& H 6 is the connecting BRIDGE

"Humanity Divinity Bank" - H 6 ExNoRa

UNWANTED  
is Poor's  
"WANTED".  
Your  
"WASTE"  
is their  
"WEALTH"  
& H 6 is the  
connecting  
BRIDGE

**ONE** action, but  
**SERVICE** to **"TWO"**  
**-Environment & Humanity-**

**Give Things New & Used**

**"Humanity Divinity Bank" H6 Student ExNoRa Give Things New & Used**

**Begin your Student ExNoRa Innovators Club with this 'Environment cum Humanity Service'**

**Just buy (or get it donated) any used or a not being used, old GOODS CONTAINER. The donor's name can find a place on the "Humanity Divinity Bank**

**Buy (or get it donated) as many as you need (at least 20 ) used 2<sup>nd</sup> hand HDPE bins**

**Paste stickers on HDPE bins the names of categories of used goods that shall be deposited**

**Tell the students to bring & deposit things not being used in their home but occupying space.**

**Once in a Month, go to a slum as a team and distribute these to the needy &**

**“H6 Student ExNoRa” “Humanity Divinity”-BANK Containers shall be “USED-HDPE” 200/ 100 / 50 litter bins for storing used items for onward distribution to the poor**

<b>Spectacles</b>	<b>Clothes</b>
<b>Your Trash</b>	<b>Poor’s Cash</b>
<b>Your Muck</b>	<b>Poor’s Luck</b>

<b>Text Books</b>	<b>Utensils</b>

<b>Footwear</b>	<b>Toys</b>
<b>Your Unwanted</b>	<b>Poor’s Wanted</b>
<b>Your Filth</b>	<b>Poor’s Wealth</b>

<b>Groceries</b>	<b>Blanket</b>
<b>Your Refuse</b>	<b>Poor’s Rescues</b>
<b>Your Junk</b>	<b>Poor’s Bank</b>

<b>Grains</b>	<b>Story Books &amp; periodicals</b>

<b>Tools</b>	<b>White Cans</b>
<b>Your Litter</b>	<b>Poor’s Glitter</b>
<b>Your Rubbish</b>	<b>Poor’s Furbish</b>

# **ExNoRa's Humanity Bank–Give used things for reuse**

## **6 H Heart, Head , Hand, Help, Humanity & Happiness**

<b>Toy Joy</b>	<b>Book Nook</b>	<b>Roof Roofless</b>	<b>Bike Like (Used cycle donation)</b>	<b>Meal Heal</b>
<b>Fees Ease</b>	<b>Computer Crusader</b>	<b>Spectacle, Spectacle</b>	<b>Footwear Warehouse</b>	<b>Medicine Divine</b>
<b>Blanket Wallet</b>	<b>Grain Gain</b>	<b>Shoe Shore</b>	<b>Sports Port</b>	<b>Tool Pool</b>
<b>Groceries Necessaries</b>	<b>Wheel Zeal</b>	<b>Vessels Essentials</b>	<b>Clothe Oath</b>	<b>Uniform Conform</b>
<b>Dress Bless</b>	<b>Artificial Beneficial (Limbs)</b>	<b>Guilt Lit (Plated Jewel)</b>	<b>Cosmetics Aesthetics</b>	<b>Crutches Braces</b>
<b>Bed Shed</b>	<b>(Music) Instrument Grant</b>	<b>Crib Hub</b>	<b>Napkin Kin</b>	<b>Food Bridge</b>

Here service to humanity also becomes service to Mother Earth ? Yes. Here is the “2 in 1” . You will be delighted to know that when you give your unwanted to the poor , you help them & conservation too .

**Goods & the Name of “Donate-used-goods” organisation**

**ExNoRa NAME for SAME**



**Amuse Music**

**Music Instruments ExNoRa**

**Artificial Beneficial**

**Artificial Limbs ExNoRa**

**Bed Shed**

**Bed ExNoRa**

**Blanket Wallet**

**Blanket ExNoRa**

**Book Nook**

**Book ExNoRa**

**Bike Like**

**Bicycle ExNoRa**

**Cane Plane**

**White Cane ExNoRa**

**Clothe Oath**

**Clothe ExNoRa**

**Cloth Cause**

**Cloth ExNoRa**

**Computer Crusader**

**Computer ExNoRa**

**Cosmetics Aesthetics**

**Cosmetics ExNoRa**

**Crib Hub**

**Cradle ExNoRa**

**Crutches Braces**

**Crutches ExNoRa**

**Dress Bless**

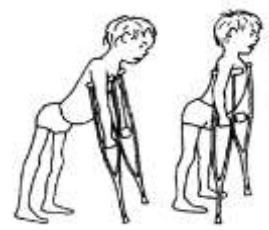
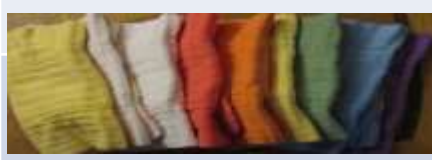
**Dress ExNoRa**

**Fees Ease**

**College Fees ExNoRa**

**H6**

**H6**



**H6 Heart to Head to Hand to Help to Humanity to Happiness**

Your Trash	Poor's Cash	Your Unwanted	Poor's Wanted
Your Muck	Poor's Luck	Your Filth	Poor's Wealth
<u>Name of "Donate-used-goods" organisation</u>		<u>ExNoRa NAME for SAME</u>	
		<b>FOOT-WEAR "WARE HOUSE"</b>	<b>Footwear ExNoRa</b>
		<b>Gilt Lit</b>	<b>Gilt Jewel ExNoRa</b>
		<b>Grain Gain</b>	<b>Granary ExNoRa</b>
		<b>Groceries Necessaries</b>	<b>Grocery ExNoRa</b>
		<b>Instrument Instruments</b>	<b>Instruments ExNoRa</b>
		<b>Meal Heal</b>	<b>Meal ExNoRa</b>
		<b>Medicine Devine</b>	<b>Medicine ExNoRa</b>
		<b>Napkin Kin</b>	<b>Sanitary Napkin ExNoRa</b>
		<b>Shoe Shore</b>	<b>Shoes ExNoRa</b>
		<b>Spectacle-Spectacle</b>	<b>Specs ExNoRa</b>
		<b>Sports Port</b>	<b>Sports ExNoRa</b>
		<b>Tool Pool</b>	<b>Tools ExNoRa</b>
		<b>Toy Joy</b>	<b>Toys ExNoRa</b>
		<b>Uniform Conform</b>	<b>Uniform ExNoRa</b>
		<b>Vessels Essentials</b>	<b>Vessels ExNoRa</b>
		<b>Wheel Zeal</b>	<b>Wheel Chair ExNoRa</b>

**H6**

**H6**

**Director : Ecstasy**  
**“Enjoy Life Every Moment”**

**HE**

**E in HE**

**Ecstasy**

In **ExNoRa** it is  
**“Enjoy Life  
Every Moment”**

**Director : E World**  
**“IT ExNoRa”**

**HE**

**E in HE**

**is also for**  
**E World**

**In ExNoRa it**  
**is**  
**“IT ExNoRa”**

**Zero Paper Organisation.  
Use Internet & send e  
mails, except those who  
don't do it. You can teach  
them easily through  
Digital Literacy ExNoRa.  
If they know a vernacular  
language, it is enough.**



**Director : E World**  
**“IT ExNoRa”**

**The categories within e world**  
**waiting for you to change the world**



**“Jeevan Shastra” by “ART of HEART” for Being Human Being**

**Director : E World**  
**“IT ExNoRa”**



**Open your e mail & ExNoRa**  
**e mail group & interact**

**Gmail**

**YAHOO! Mail**



**rediff.com**



**“Jeevan Shastra” by “ART of HEART” for Being Human Being**

**Director : E World**  
**“IT ExNoRa”**



Create your **ExNoRa**  
Blog & spread valuable  
message



**“Jeevan Shastra” by “ART of HEART” for Being Human Being**

**Director : E World**  
**“IT ExNoRa”**

**Join Online Communities and open an account in your ExNoRa name & spread the message**

facebook

twitter 

Linked 

**TAGGED™**

g+

 wayn

*¡QUÉ Pasa!*

 Zorpia

orkut beta

**“Jeevan Shastra” by “ART of HEART” for Being Human Being**

**Director : E World**  
**“IT ExNoRa”**

**Use Voice Over Internet (VoIP) and  
open an account in your ExNoRa name  
& spread the message**

The Skype logo is displayed in white lowercase letters within a blue, cloud-like shape on a black background.The Google Talk logo features the word "Google" in grey above the word "talk" in multi-colored lowercase letters (blue, red, yellow, green). To the right is a white speech bubble icon.The Tango logo is written in a white, elegant cursive font on a dark orange-to-red gradient background.The Viber logo consists of a white speech bubble containing a purple telephone handset icon and the word "Viber" in purple.The Ooma logo features a white stylized flower-like icon followed by the word "ooma" in white lowercase letters on a black background.

**Cable-  
company  
VoIP**

**“Jeevan Shastra” by “ART of HEART” for Being Human Being**

**Director : E World**  
**“IT ExNoRa”**

**Get Royalty Free Photos from following Websites**



Director : **E** World  
"IT **ExNoRa**"

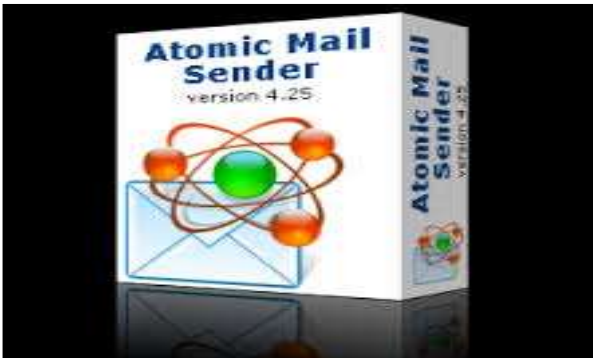
Share heavy documents



"Jeevan Shastra" by "ART of HEART" for Being Human Being

Director : **E** World  
"IT **ExNoRa**"

# Send Bulk e mails



"Jeevan Shastra" by "ART of HEART" for Being Human Being



Director : **E** World  
"IT **ExNoRa**"

Use free website services and  
initiate your **ExNoRa** website



"Jeevan Shastra" by "ART of HEART" for Being Human Being

Director : **E World**  
"IT **ExNoRa**"

Use **ONLINE PETITION Sites**

**change.org**

**care2**  
petitionsite

**act**



"Jeevan Shastra" by "ART of **HEART**" for **Being Human Being**

**Director E World will also be in charge of also the effective of mobile phone like the following**

**Calls**

**SMS**

**Group  
SMS**

**MMS**

**Send free Group SMS & MMS  
free websites**

Director : **E World**  
"IT **ExNoRa**"

**Send free bulk sms &  
involve people**



# Media Relations will be the duty of Director E world which will include

<b>Print Media Newspapers &amp; Periodicals</b>	<b>Visual Media TV &amp; DVDs</b>	<b>Audio Media Radio including FM</b>	<b>Electronic Media Internet</b>	<b>Online Media Online Communities</b>
<b>IT ExNoRa</b>	<b>E Seva ExNoRa</b>	<b>VISCOM ExNoRa</b>	<b>TV ExNoRa</b>	
<b>Cinema ExNoRa</b>	<b>Dramatics ExNoRa</b>	<b>Broadcast ExNoRa</b>	<b>Telecast ExNoRa</b>	
Podcast ExNoRa	Magic ExNoRa	SMS ExNoRa	MMS ExNoRa	

# Temple Example

## Temple **ExNoRa**

“Jeevan Shastra” by “**ART** of **HEART**” for **Being Human Being**

# 5. How and where I can initiate?

# HOW TO BEGIN?

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



# WHERE TO BEGIN?

“Jeevan Shastra” by “ART of HEART” for Being Human Being

**Your **S**ATELLITE **O**RGANISATION NAME will  
be on top &  
**ExNoRa** name with plain logo beneath it**

## **Name Board**

**Name of the organisation**



**ExNoRa**

e.g.



**Temple Example**

**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**

**“Jeevan Shastra” by “ART of HEART” for Being Human Being**



How to become  
member of **ExNoRa**  
International?

**JOIN**  
TODAY



Do you know whether what you do here is an activity or you start a Satellite Organisation, as part of **ExNoRa** family, you are expected to do the **5 BASIC DUTIES** to Mother Earth?





**Here is the  
1<sup>st</sup> set of  
GIFTS**

**25 keys to  
solve problems  
of any kind**



**For any problem just  
use one of the keys. If  
success still evades use a  
few more combining them**

**There are so many topics for you to speak & help spreading earth saving & Humanity Serving Messages, topics with compete presentation are provided to you.**

**It will be great opportunity for you to master public speaking and become the most learned person**

**The Planet is badly is in need of good speakers to spread the message and awareness. You be one please.**

**The moment you are confident and become reasonably good in public speaking (or already you are good), please register your name via e mail [exnora@gmail.com](mailto:exnora@gmail.com)**

**We will register as **ExNoRa** speaker and send you to places to speak & spread the fragrance of the wonder messages on behalf of **ExNoRa****

# 04. BENEFITS to College & Students' getting Exemplary Conduct.

IMPLEMENTER : “COLLEGE ExNoRa”

## Art of Heart

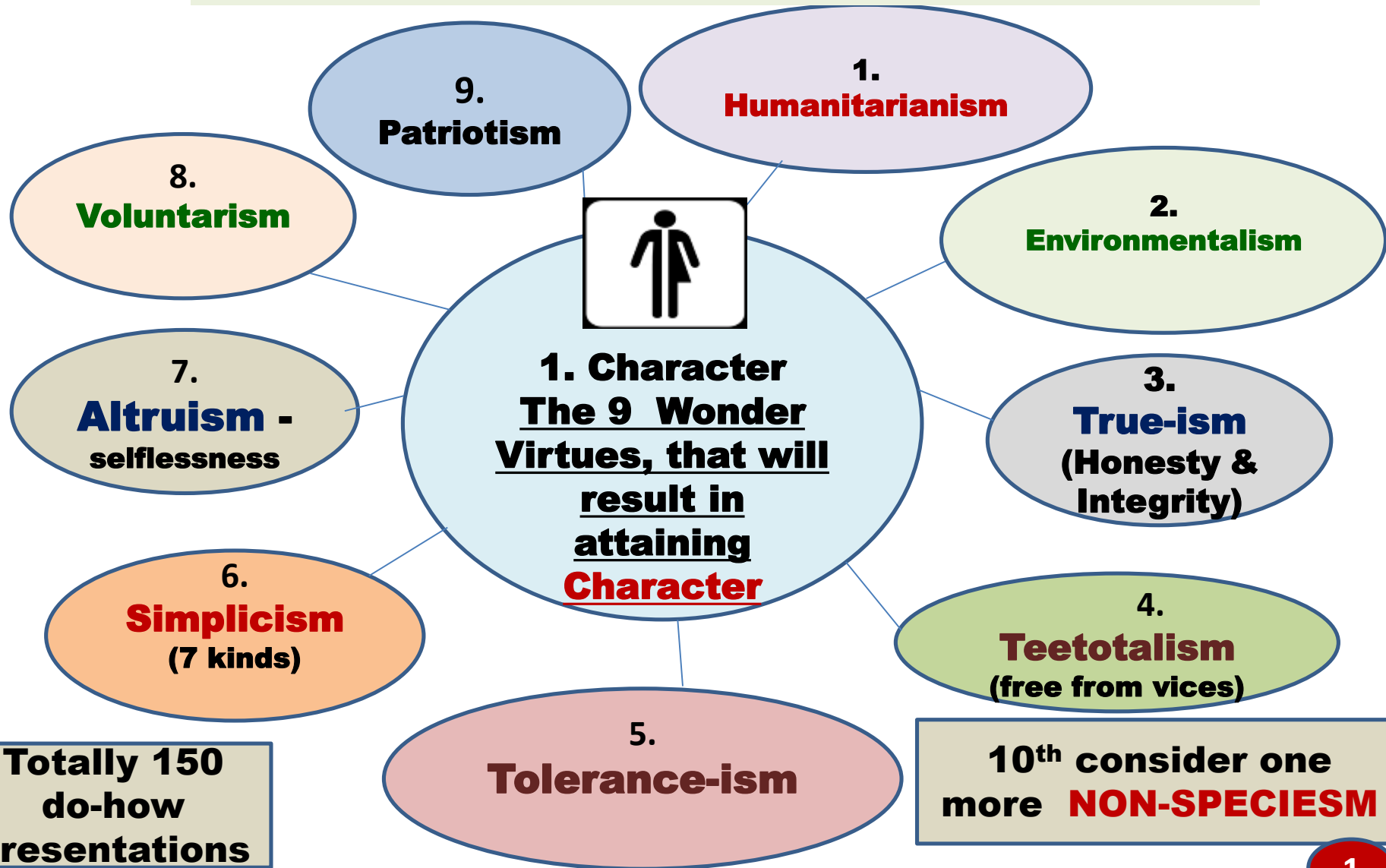
Goal : “Being Human Being”

## 7<sup>th</sup> Sense Mind Tools & Techniques

will do the magic of positive Programming of students' mind

**The 9 + 1 VIRTUES that make one a COMPLETE STUDENT**

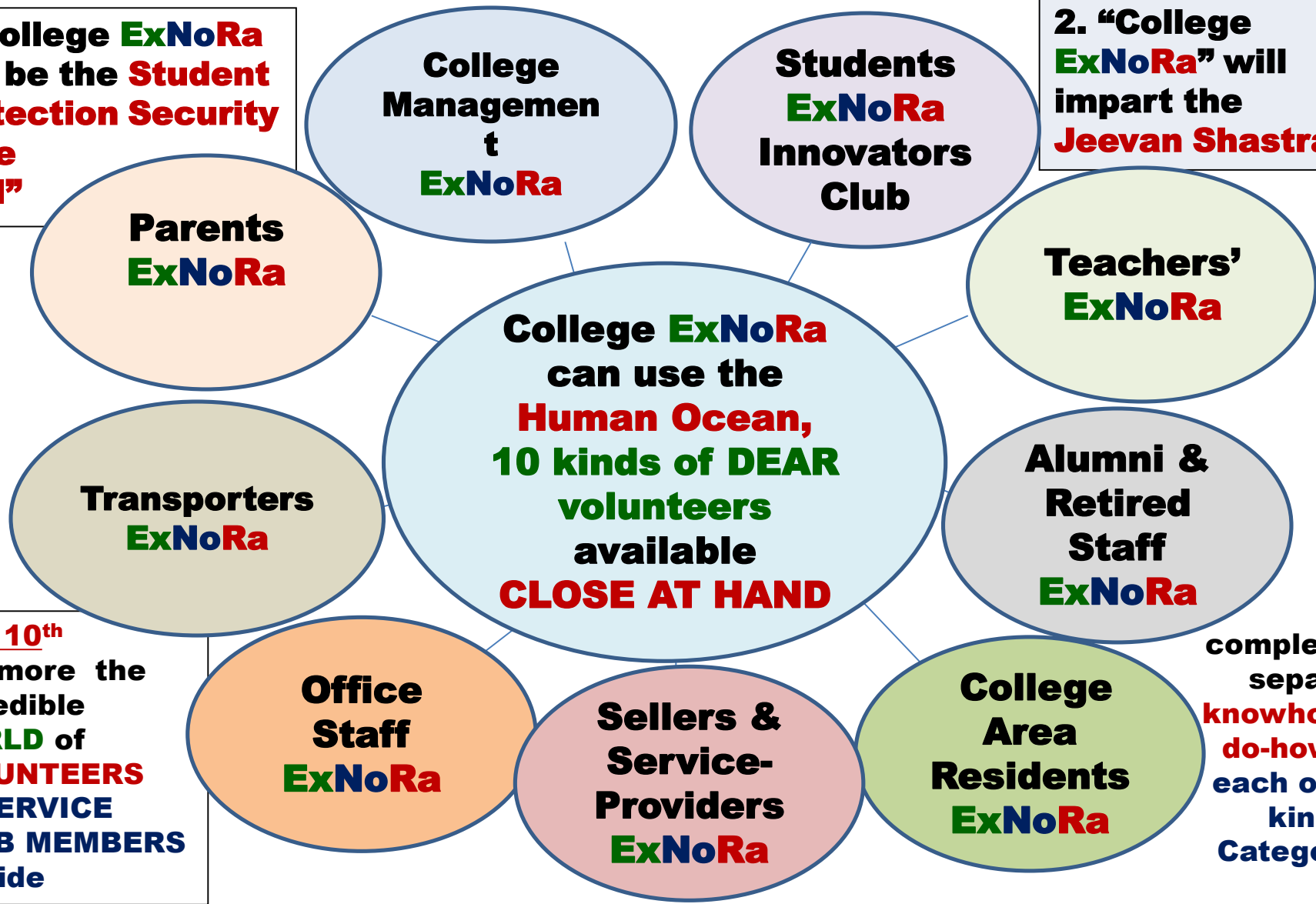
**The numbers denote the preference order**



Here comes the "College **ExNoRa**" to do two services 1. It will be the **Magic Protection Fort** for College Students 2. It will impart **Jeevan Shastra** to students using **10 SETS OF READILY & FREELY AVAILABLE HUMAN RESOURCE**

1. College **ExNoRa** will be the **Student Protection Security "Fire Wall"**

2. "College **ExNoRa**" will impart the **Jeevan Shastra**



**THE 10<sup>th</sup>** one more the incredible **WORLD** of **VOLUNTEERS & SERVICE CLUB MEMBERS** outside

with complete & separate **knowhow & do-how** for each of 10 kinds & Categories

**THE INCREDIBLE ZERO COST STUDENT PROTECTION SECURITY FIRE WALL & KNOWLEDGE HOUSE of Jeevan Shastra**

# VIRTUES

# Knowledge Organisations

The 9 important values/virtues called **Jeevan**

**Shastra** *alias* **Art of Heart**

aiming students achieve the status of **“Being Human Being”**

1

**Humanitarianism**

1. **“Hearts’ Union”** (ExNoRa Seva Centre) &
2. **“Humanity Divinity”** (H6 ExNoRa)

2.

**Environmentalism**

**“ExNoRa International”** & 80 ExNoRa Eco-Satellite Organisations

3.

**True-ism**

- Honesty & Integrity

**“Honesty Honourability”** (Honesty Standard Organisation)



**Say Welcome**  
**to Jeevan**  
**Shastra &**  
**Goodbye to**  
**Students'**  
**Crimes**  
**Violence**  
**Eve teasing**  
**Ragging**  
**Drugs**  
**Alcohol**  
**Gambling**  
**Absenteeism**  
**Thieving**  
**Hate Crimes**  
**Communalism**  
**Sex Crimes**

**VIRTUES**

**Organisations**

4.  
**Teetotalism**  
 (non- alcoholism)

1. "Flowering Mind"
2. "i Myself"
3. "We Ourselves"
4. "**FAME**ly"
5. "Family of Families"
6. "Agni Stree"

5.  
**Tolerance-ism**  
 (Non-Communalism,  
 Non-Racism, Non  
 Caste-ism)

1. **Ma** "Mother Others"
2. "**Da**, Friends Bank"
3. "**Fa**, Family"
4. "The 3<sup>rd</sup> Answer"

6.  
**Simplicism**

- "Principled Simplicity" (9)**
1. Material
  2. Behavioural
  3. Attitudinal
  4. Thinking
  4. Food
  5. Sleep
  6. Communication
  7. Method
  8. Procedure
  9. Rules

# VIRTUES

# Organisations



7.

**Altruism**  
(Selflessness)

“Voluntary  
Sacrifice”

Gradually  
evolve to Virtue  
**10.**

**Non- Speciesm**  
“Stop Cruelty  
to Animals”

8.

**Voluntary-ism**

“VolunCheer” *alias*  
Volunteers **ExNoRa**

Organisations  
1. “**MANIMAL**”  
(man is also an  
animal)  
2. “**VegEdge**”

9.

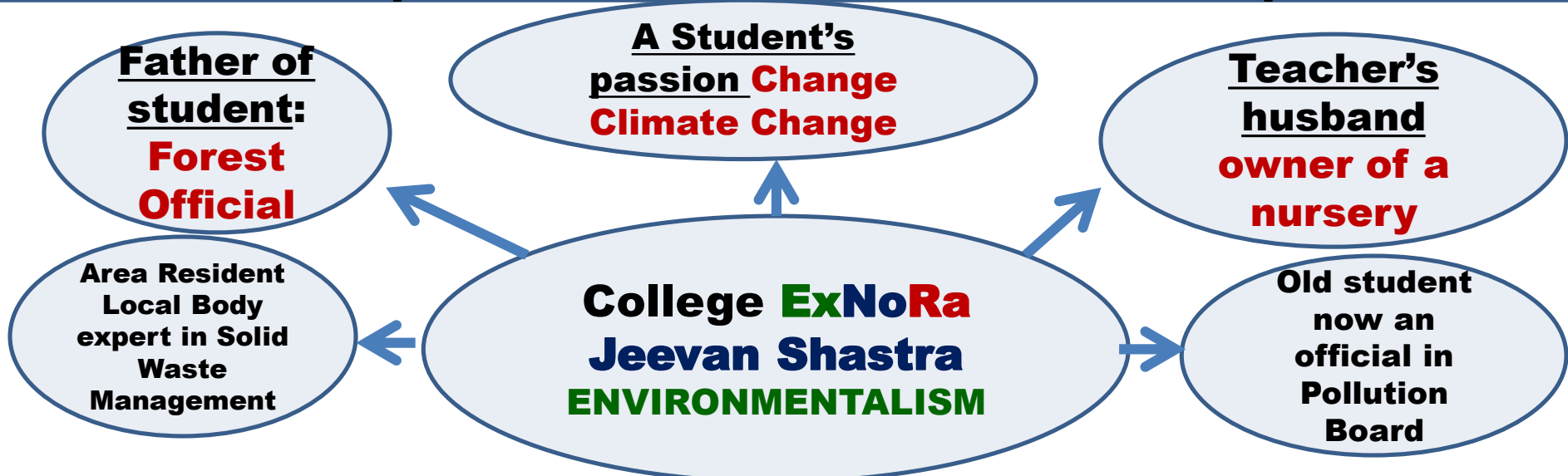
**Patriotism**

“Nation Elation”

**A QUESTION .**  
Already the  
College has so  
much work . How  
to take forward  
**Jeevan Shastra** ?

The college is the one place which  
is blessed with so much of Human  
Resource & Social Capital  
remaining unused. It is not an  
additional work for the college,  
but getting it done by others .

Tap the resourceful Human Resource, through “Know your Parent”  
... Teacher ,.... Student, ...area Residents, etc. using **ExNoRa’s**  
brilliant “**Know your TEAM MATE**” form cum “**TALENT SHEET**” .  
Identify their talents, knowledge , vocation, passion, hobbies, etc.  
You will find a hidden treasure from among your own circle which  
can be used to spread **Jeevan Shastra** . See this example



Get from **ExNoRa, Patent-Latent-Talent-Extent** Form for making history

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

## Name Board

Name of the organisation

 **ExNoRa**



Temple Example  
**ExNoRa**

### SAMPLES / EXAMPLES



Plastrick  
**ExNoRa**



Voice Against Noise  
**ExNoRa**

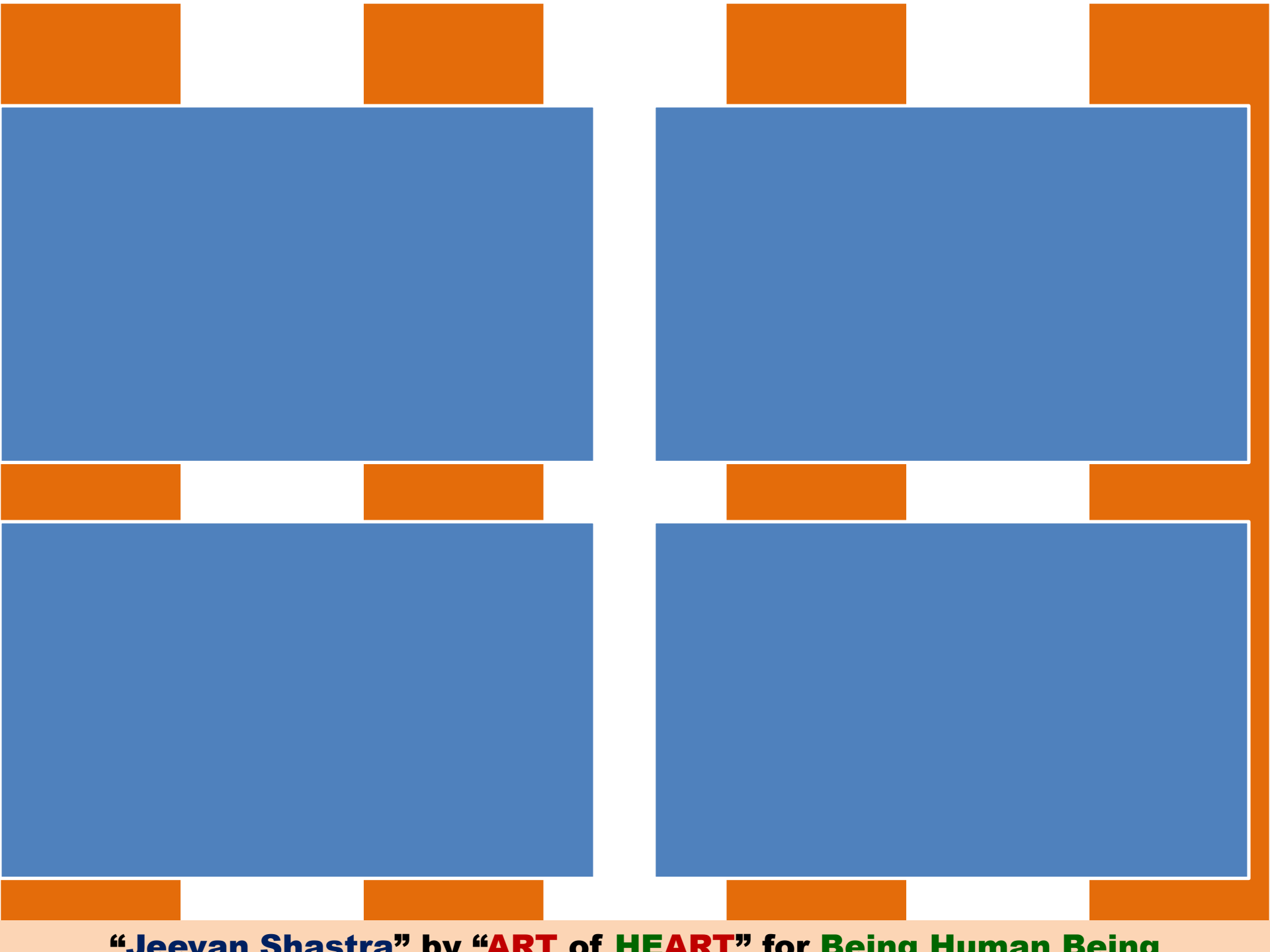
MustQUITo  
**ExNoRa**

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.

The **2011 Sabarimala stampede** on 14 January 2011, , killing 106 pilgrims and injuring about 100 more

### **5 devotees killed in stampede**

Five devotees were killed in a stampede at the famous temple of Lord Siva at Junaghad in Gujarat this morning. Lakhs of devotees have visited this temple today on account of Maha Siva Ratri. (JUBS)



1. SHE first & Foremost

2. SHE first & Foremost

3. SHE first & Foremost

4. SHE first & Foremost

5. SHE first & Foremost

6. SHE first & Foremost

7. SHE first & Foremost

8. SHE first & Foremost

## 8. SHE first & Foremost

SHE first & Foremost

SHE first & Foremost

SHE first & Foremost

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SHE first & Foremost

SHE first & Foremost



**SHE first & Foremost**

**SHE first & Foremost**

**SHE first & Foremost**

**SHE first & Foremost**

**SHE first & Foremost**

SHE first & Foremost

