Satellite ExNoRa

Office bearers – a Ten Member Team

- President
- Secretary
- Treasurer
- Seven Directors

Each Satellite ExNoRa should take the challenge of enrolling just 10 members (minimum) including you & each member should take up one of the 10 sacred roles.

▶ P3 M3 ExNoRa is a team, of volunteers who are committed to fight noise pollution.



The Seven Directors of your Satellite ExNoRa,

- 1.Director Membership: Membership & Organisation Development
- 2.<u>Director Public Relations</u>: Public, Media, Cine, TV, Sports, VVIP ExNoRa HQ Relations
- 3. <u>Director-Propaganda</u>: Including "Passenger Messenger ", "Your Meeting My 3 Minutes" "Going to Gathering & Gathering Members" (any gathering wherever people assemble)
- 4. <u>Director Activities & Events</u>: One Activity as well as one innovative Event per month including ASK, Weeeeee, GPian, prEVENT
- 5. <u>Director Research & Training</u> Mainly Mosquito Source-Spotting, Creation of Trainers Wing & Speakers Division (Soap Box Speakers ExNoRa) of your Satellite ExNoRa
- 6. <u>Director Culture & Fine Arts</u>: Taking your message by culture & Fine Arts & using humour ("Comedy Remedy" & "Smile a MILE")
- 7.<u>Director e world</u>: <u>e seva : Inducting e sevaks through e medium & make eights of them in-charge of one of the following eight activities</u>
- **➤** Connecting through Internet & Creating website & e groups,
- > Reaching through e mail & your e group & others' e groups,
- >Using Facebook, Twitter, Linked in & all other online communities,
- **➤ Shooting & Posting in YOUTUBE**
- > Holding video- conferencing & Podcasting,
- ➤ Writing & hosting blogs,
- **≻**Publishing your e news letter,
- ➤ Making everyone Digitally Literate through Digital Literacy ExNoRa

If it is considered necessary your ExNoRa can have

- Activity Head "MUSTER HEAD": ASK
- Activity Head "MUSTER HEAD": GPian
- Activity Head "MUSTER HEAD": Weeeeee
- Activity Head: "MUSTER HEAD"

Home ExNoRa

Members

You can enrol members

Model Agenda for your Satellite organisation The next is a model Agenda meant for the ExNoRa Main Organisations including RWA ExNoRa & ExNoRa Innovators Club . This agenda is like a Hotel Menu & very exhaustive. Your Satellite organisation can take those which you & your team consider as relevant & which you think that your organisation can do.

Meeting Agenda to be strictly adhered to by the President

Tree Planting / Tree Salute & Green Fellowship 15 minutes

Assembling at the meeting place. Refreshment (Contributory – be individuals)

- 1. ExNoRans assembling at the Meeting Venue & Collaring of President by an ExNoRan*: (1 minute)
- 2. Call the meeting to order by President :30 seconds
- 3. ExNoRa Greetings* & Mother Earth Salute*:30 seconds
- 4. ExNoRa Anthem*: 1 minute
- 5. ExNoRa Pledge* ExNoRa's Save the Earth the 3 mantra: 2 minutes
- 6. Brief Welcome by the President: 3 minutes
- 7. Smile a MILE Time for laughter and wear a long smile
- 8. Read the agenda first duly mentioning the time & duration: 2 mts
- 9. Reading of Minutes of last meeting by Secretary (oral or printed): 3 minutes
- 10. Approval of minutes (read/corrected): 2 minutes
- 11. Secretary Announcements / Birthday Greetings: 5 minutes

* These roles should be done by members by rotation

Meeting Agenda Continued

- 10.Comedy Remedy:10 minutes
- 11.Treasurer Report & Funds Appeal :10 minutes
- 12.Knowledge Hunger (அறிவு பசி) Chief Guest Address an eminent person known for his acumen: 15 minutes
- 13. Question & Answer for: 5 minutes
- 14.Presentation of a memento to Chief Guest by the President , mostly a plant or tree . See pictures to be given as memento: I minute
- 15.One Minute Reporting by each office bearer / Member-in-charge 10 minutes Each member tell one development done (DAT- Do & Tell) : 30 seconds each
- 16.EnterTimeMent (Entertainment by Children ExNoRas & Women ExNoRas will be organised by Chief Secretary : 10 minutes
- 17. Speak & Peak Soap Box Speakers ExNoRa. Public Speaking Skill Development by 2 members (by rotation): 2 minutes each
- 18. Announcements on Members & announcements by members: 5 minutes
- 19. Vote of thanks: 3 minutes
- **20.National Anthem: 2 minutes**
- 21.Adjournment of the meeting: 30 seconds
- 22.Buffet Dinner: mostly pot luck / preparation as a few teams , each team preparing one item ordering in a good hotel -members share : 30 minutes
- Dinner will be group as you like / or group as senior citizens, professionals, women, youth & kids while they eat their dinner



Your Organisation's Name Board may be displayed prominently



www.exnora.org

exnora@gmail.com

91 98400 34900 / 91 98416 88255

Contact & Connect



91 44 2475 5478 /91 44 2475 8383 /91 44 2815 3376

Facebook/exnora



Twitter/exnora



Youtube/exnora



Linkedin/exnora

Flickr/exnora

Exnora Blog





AGE. The advantage should be made the full use of . Through e technology you can "Serve Smarter & not Harder". You can do "Arm Chair Service" and in a minute spread your messages to hundreds. You the Social

Media & On Line Communities

to take your message to the

nook & corner of the planet

We are in the ELECTRONIC-

"Glowing Globe"- ExNoRa International Medicine to cure, the Planet's Illness, Pollution. Think Globally www.exnora.in	"Neighborly Neighbourhood" ExNoRa Innovators Club Medicine to cure, the Neighborhood's Illness, Aloofness. Network Regionally www.exnora.in/innovator				
"ABC" (Anti Bribe Coalition) Medicine to cure, the Nation's Illness, Corruption. www.exnora.in/abc	"Home Utopia" - Home ExNoRa Medicine to cure, Home Illness , Home Pollution. Do Domestically www.homeexnora.org				
"Street Treat" - Residents Welfare Association ExNoRa Medicine to cure, Street's Illness, Insanitation. Act Locally www.exnora.in/street	Neighbourhood 5 th Pillar (Right to Rights) Medicine to cure, Public Illness, Rights Violation & Corruption www.exnora.in/5thpillar				
MAA 4 Harmony Medicine to cure, the Society's Illness, Communalism www.ma4harmony.org,	Principled Simplicity Medicine to cure, the Family's Illness, Extravaganza www.principledsimplicity.org				
Voluntary Sacrifice Medicine to cure, the Individual's Illness, Greed www.voluntarysacrifice.org	Temperance Reverence Medicine to cure, the Civilization's Illness, Alcoholism <u>www.exnora.in/temperance</u> & <u>www.agnistree.in</u>				
7 th Sense Society (S3) Medicine to cure, the Common man's Illness, Mundaneness www.7thsense.info	VegEdge Medicine to cure, the Human's Illness, various ailments – Sleekness www.vegedge.in				
Service Clubs Synergy Coalition (SCSC) Medicine to cure, the Villages Illness, urbanization www.exnora.in/scsc	PTA (Politician Training Academy) Medicine to cure, the Politics' Illness, Training Youth as politicians www.exnora.in/pta				
PSO (Politician Standard Organisation) Medicine to cure to create Honest politicians www.exnora.in/pso	HSO (Honesty Standard Organisation) Medicine to cure, the System's Illness, no recognition to Honesty www.exnora.in/hso				
H 6 (Heart, Head, Hand, Help, Humanity, & Happiness) Medicine to cure, the Poor man's Illness, Poverty www.exnora.in/poverty	RoSa (Road Safety ExNoRa) 4rrrr : Medicine to cure the illness of the roads, Accidents www.exnora.in/roadsafety				
Human Diamond Lathe (Reformation ExNoRa) Innumerable outlaws reformed. Outlaws www.exnora.in/reformation	SAFIRSTY (Safety First ExNoRa) 30 Safety issues / areas Do-how Dangers www.exnora.in/safety				
Hygiene My Gene (Hygiene ExNoRa) 12 Hygiene issues / areas Do-how www.exnora.in/hygiene	Digital Vital (Digital Literacy ExNoRa) Digital Literacy Made Easy Digital Illiteracy www.exnora.in/digitalliteracy				
PLEASANTIC – P3 by M3 - Plastic Pollution Prevention ExNoRa Plastic Pollution www.exnora.in/pleasantic	Message though e world, IT ExNoRa www.exnora.org/it CONCEPT & DESIGN The Sense Master				
Totally more than 100 Organisations, 1000 concepts just for Social Preparation, Social Mobilisation & Social Participation making mere population as Social Capital PH: 984(03490), 9841(88255)					

P3 M3 ExNoRa

The two options of initiating the organisation

- 1.P3 M3 ExNoRa can be started anywhere as a Satellite Organisation of ExNoRa International in the place of residence, educational institution, place of work, if there is no RWA ExNoRa in that Street or Residential Colony /Area / Block / Avenue
- 2.If already there is a RWA ExNoRa in the Street or Residential Colony /Area / Block / Avenue , P3 M3 ExNoRa can be started as a subsidiary Organisation of that RWA ExNoRa . Somehow the goal of preventing plastic pollution has to be prevented .

P3 M3 ExNoRa

will be generally part of RWA ExNoRa

& will it be Subsidiary Organisation.

Director Environment of RWA ExNoRa will have under the classification of Pollution Prevention will have one member as

Activity In-Charge

P3 M3 ExNoRa can also be started as a Satellite Organisation if there is need subject to the condition that the members of P3 M3 ExNoRa adhere to the mantra of ExNoRa

"Think Globally, Act Locally & Do Domestically"

Can you make one manhole like what you saw in Japan?



REALISE SAFIRST AREA & NEIGHBOURHOOD



SAFIRST stands for SAFETY FIRST



Make use of the do-how shared here and lead a 100% safe LIFE

Jeevana Shastra, Life Science, for Living as Human Being

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

THERE ARE 3 OPTIONS OF IMPLEMENTING SAFETY LOFTY which will include FIRE SAFETY & other kinds of

SAFETY

- 1. As an activity of your ExNoRa INNOVATORS CLUB
- 2. as an activity of Residents Welfare Association (RWA) or RWA ExNoRa
- 3. as an independent activity of the people who need the service in which case that will function as a SATELLITE ORGANISATION of ExNoRa INNOVATORS CLUB of the PLACE / TOWN / INSTITUTION

FIRE SAFETY

will be captained & spearheaded by
DIRECTOR: SAFETY of your
ExNoRa INNOVATORS CLUB
& RWA ExNoRa
with one ACTIVITY HEAD
for each kind or more types of SAFETY

Jeevana Shastra, Life Science, for Living as Human Being

NOW IT IS YOUR TURN

Do brainstorming on this aspect of SAFETY with other members of the family, fellow-residents, friends, classmates as well as colleagues and get ideas from them either through a meeting or e group / Facebook / WhatsApp group (in the name of your ExNoRa organisation) discussion. After all everyone has knowledge and experience The exercise will make them think and will ensure their contribution & involvement. Then you will have a priceless treasure



Add inputs emerging out of brainstorming done with your family, fellow- residents, friends, classmates as well as colleagues and get ideas.

Practise them



Do send the same to exnora@gmail.com



There are more kinds of SAFETY which are all needed for safe, happy, peaceful & long life. What are they? PLEASE SEE the LIST

SAFIRST LIFE 27 sets of do-how on various types of Safety	Safety World Think Safety & Act Safely Safety-First is "SAFIRSTY" Safety ExNoRa	Safety + First 27 sets of do-how on various types of Safety
Home Safety All READ as SAFETY FROM	Personal & Property Safety	Natural Calamities Safety
Air Safety	Burglary Safety	Cyclone Safety
Water Safety	Child Safety	Earthquake Safety
Food Safety	Woman Safety	Tsunami Safety
Electricity Safety	Lift Safety	Lightening Safety
Fire Safety	Travel Safety	Flood Safety
Gas Safety	Road Safety	Land Slide /Slip Safety
Pests Safety	School Van Safety	Neighbourhood safety
Bacteria Safety	Cyber Crimes Safety	Riot Safety
Indoor Pollution Safety	Area Safety	Industrial Pollution Safety

SAFETY is a VOLUNTARY COMMUNITY HRD ACTIVITY

coming under your

ExNoRa INNOVATORS CLUB or RWA ExNoRa

are very much part & parcel of

1. JEEVANA SHASTRA,
LIFE SCIENCE
for
Living as Human Being &

2.MANUSHYA SHASTRA
HUMAN SCIENCE
for
Being Human Being



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



Zero	
Pollutions	රි
Wastes	

Zero Corruption





Zero Dishonesty



Zero Food & Water Shortage



Zero Greed



Zero Wars



Zero Accidents



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
 - cets & 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

3.HINDU TEMPLE 4.BUDDHA VIHAR 5.JAIN MANDIR 6.SIKHS GURUDWARA

1.CHURCH

2.MOSQUE

- 7.JEWS SYNAGOGUE 8.PARSIS FIRE
- TEMPLE
 9. BAHA'I HOUSE OF
 WORSHIP
- In Streets it will be RWA ExNoRa or RWA ExNoRa Innovators Club

ExNoRa Innovators Club (EIC) CHAPTERS: CATEGORIES according to its PLACE of OPERATIONS (all LOCATION BASED)- In detail

1.PLACE OF RESIDENCE
ONE IN EACH Large Flat Complex &
Flat Campus, Big Hostel, Residential
Colony & Neighborhood of Cities &
Towns & Small Towns & Villages
(EIC RESIDENTIAL)

2.PLACE OF WORK
ONE IN EACH Office, Industry,
Factory, Hospital, Hotel, Boarding /
Lodging Elected Body HQ, Courts,
& Shopping Mall / Market
(EIC WORK-PLACE)

3.PLACE OF LEARNING
ONE IN EACH School, College,
University & Place of Education
(EIC STUDENTS promoted by
Management, Students, Teachers &
Parents)

Parents)

5.PLACE of PUBLIC USE

ONE IN EACH like Park,
Playground, Beach, Place of
Recreation & Tourist Spot, Bus &
Railway Station, Airport, Harbour,
Ferry Station, Meeting Venues &
Crematoria / Burial Ground

ONE IN EACH Place of Worship
of all FAITHS (EIC TEMPLE,
CHURCH, MOSQUE, GURUDUWARA
BUDDHA VIHARA, SYNAGOGUE &
each FAITH)

6. PLACE of TRAVEL (PASSAGE)

4.PLACE of WORSHIP

Commuters using regularly a particular passage / mode (road/ air/ rail/ waterways) will come together and form EIC TRAVEL and will ensure the a. SAFETY (6) & b. Eco-friendliness of their TRAVEL, & c. the free flow of traffic

WEBSITES

PPTs

YouTube &

FLASH

CONTACT DETAILS :

Exn Dr. Nirmal Basy GPian 7th SENSE MASTER &

Founder, ExNoRa INNNOVATORS INTERNATIONAL

+91 98400 34900

+ 91 44 2363 8383

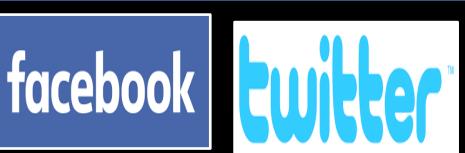
www.7thsense.guru exnora@gmail.com

DVDs

E BOOKS & **ONLINE** COMMUNITIES E BROCHURES

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









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www.linkedin. com/in/mbnir mal

SEARCH Nirmal MB





exnora@gmail.com

+ 91 98416 88255





FLATFORM Directors

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Meeting Agenda to be strictly adhered to by the President

Tree Planting / Tree Salute & Green Fellowship 15 minutes

Assembling at the meeting place. Refreshment (Contributory – by individuals)

- 1. Flatform ExNoRans assembling at the Meeting Venue & Collaring of President by an Flatform ExNoRan*: (1 minute)
- 2. Call the meeting to order by President :30 seconds
- 3. Flatform ExNoRa Greetings* & Mother Earth Salute* :30 seconds
- 4. Flatform ExNoRa Anthem*: 1 minute
- 5. Flatform ExNoRa Pledge* ExNoRa's Save the Earth the 3 mantra: 2 minutes
- 6. Brief Welcome by the President: 3 minutes
- 7. Honouring the Chief Guest by presenting him with a Potted Plant (You can get it from "Dial for Real Plant"). He will be briefly introduced while he is honoured
- 8. Read the agenda first duly mentioning the time & duration: 2 mts
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Meeting Agenda Continued

- 12. Comedy Remedy & Group Laughing :10 minutes
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- 15. Question & Answer for: 5 minutes
- 16. Presentation of a memento to Chief Guest by the President, mostly a plant or tree. See pictures to be given as memento: I minute
- 17. VPs & Secretary's report : each 2 minutes
- 18. One Minute Reporting by each office bearer / Member-in-charge 10 minutes Each member tell one development done (DAT- Do & Tell) : 30 seconds each
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- 25. Buffet Dinner:- mostly pot luck / preparation as a few teams, each team preparing one item ordering in a good hotel -members share: 30 minutes
- 26. Dinner will be group as you like / or group as senior citizens, professionals, women, youth & kids while they eat their dinner

Flattorm Name Board

Keep FLATFORM Name Board outside the Office & at the entrance of your town/ village / Neighbourhood .(Not to be kept on the PLATFORM

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- Seven Directors

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