

HABIT GRAB-IT

CHANGE

CLIMATE CHANGE

& MAKE YOUR

HABITAT a HAPPYTAT

by damn simple

5 HABITS

THE NAME & STYLE
of this most
important **ACTIVITY**



HABIT GRAB IT

ExNoRa

FOCUS

Environmental Protection



HABIT GRAB IT
ExNoRa

FOCUS
Environmental
Protection

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

OPTION

1

HABIT GRAB IT

ExNoRa

can be a

SUBSIDIARY ORGANISATION

of your parent

ExNoRa **INNOVATORS CLUB** or

OPTION

2

ExNoRa

of place /

institution

SU

OPTION

3

HABIT GRAB IT

ExNoRa

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

affiliated to

the top body (HQ) of

ExNoRa **INNOVATORS INTERNATIONAL**

SA



HABIT GRAB IT

ExNoRa



FOCUS

Environmental Protection

VERY MUCH PART of

JEEVAN SHASTRA, LIFE SCIENCE,

(जीवन विज्ञान) for

LIVING as HUMAN BEING

MANUSHYA SHASTRA, HUMAN SCIENCE

(मनुष्य विज्ञान) for BEING HUMAN BEING

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

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



ExNoRa INNOVATORS CLUB for 100% Civil Society Empowerment

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

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

ExNoRa INNOVATORS INTERNATIONAL - since 1988

“**IDEA-MEN of the WORLD, UNITE**”

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



ExNoRa INNOVATORS CLUB

ExNoRa stands for
Excellent Novel Radical

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

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

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

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

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

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

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

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

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

All these easily
realised through
INNOVATIONS

Why 5 HABITS ?
**PROBLEMS AGAINST
HUMANKIND GALORE**



Why you need to follow the 5 HABITS in and spirit ?

the humans face, 24 x 365, the WRATH of

01. Global Dangers
02. National Catastrophes
03. Local Calamities
04. Street Threats
05. Home Hazards
06. Individual Perils
07. Air Cancer
08. Water Wear & Tear
09. Soiling the Soil
10. Food Rude Truths QUANTITY & QUALITY
11. Man Made Dangers
12. Anywhere & Everywhere- BEAWARE

After all, the
planet which you
and me live must
EXIST

We are on the 11th HOUR. Please know them fully

01. Global Dangers
02. **National Catastrophes**
03. Local Calamities
04. **Street Threats**
05. **Home Hazards**
06. **Individual Perils**

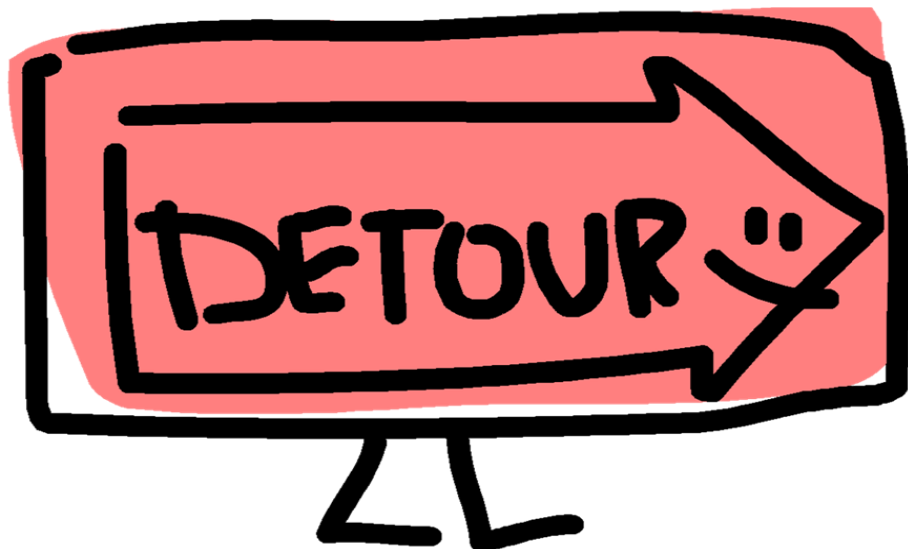
07. Air Cancer
08. Water Wear & Tear
09. **Soiling the Soil**
10. **Food Rude Truths**
11. **Man Made Dangers**
12. Anywhere & Everywhere-

CLICK HERE



CAUTION

We are on the 11th
HOUR



HUMANKIND's COMMON ENEMIES

ALL GOOD THINGS BEGIN WITH ME

ANECDOTE ANECDON'T



ALL GOOD THINGS BEGIN WITH ME

KING

In ancient India, a King constructed a tank in which he wanted the citizens to pour one liter of milk per family for a ritual which he wanted to conduct. He was happy when he saw the people in large numbers pouring into the tank.

CITIZENS

But he was shocked when he opened the tank the next day. What he found there was nothing but water. Every citizen thought, after all others are going to pour one liter milk, if I only pour water, how the King will know it. But the sad story was every citizen had thought so.

ALL GOOD THINGS BEGIN WITH ME

This story has lot of relevance for today's environmental degradation. Everyone thinks if he causes pollution, how it will affect the environment as others will take care of it. The sad story here to is that every citizen thinks similarly and the result is our fragile Planet moving fast towards total destruction. Each citizen should tell himself "ALL GOOD THINGS BEGIN WITH ME" and DO SO for others to emulate you. "TEACH by EXAMPLE"

FIVE simple
HABITS to make

HABITS
make
HABITATS

Your **HABITAT** a
HEAVEN.



&

Our common
HABITAT, HABITABLE



The Earth saving 5 habits are same like your morning habits, quite simple.

following 5



**Brushing
teeth**



**Washing
Hand**



**Drinking
Coffee / Milk**



**Reading
Newspaper**



Taking Bath

**These are routine
5 morning Habits.
Your earth saving
5 habits are also
same & simple**

Saving Planet has been made simple by everyone just acquiring simple habits

Know something interesting about the word

HABIT

Good or Bad, Habits Die Hard

Good Habits improve Quality of Life

Develop Good Habits

Make now a GOOD HABIT of developing GOOD HABITS.

Start a GOOD HABIT today

**Adopt ExNoRa Basic Mantra as your
new Habit**

Acquire a new **HABIT'**

Remove the first letter
'H' from the word **HABIT**

'A BIT' WILL be still there

Now remove the first letter 'A'

'BIT' will still be there

Now remove the first letter 'B'

'IT' will be there

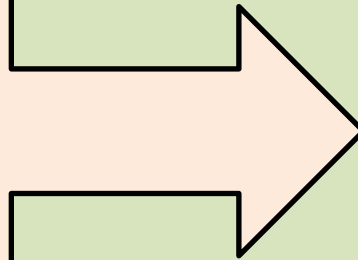
YES! Once it becomes a **'HABIT'**
it will always be there

5 HABITS

As **ExNoRa** member you need to acquire the five simple Earth Saving HABITS

These habits will help you to realise clean & green Environment, i.e. Your **IMMEDIATE ENVIRONMENT**

Practise of these 5 habits are equal to your practice of



EveryDay
is
**EARTH
DAY**



Can you believe that 5 habits can save the PLANET and make your Habitat as Habitable ?

**HABIT
GRAB-IT**

**HABIT
GRAB-IT**

**HABIT
GRAB-IT**

**HABIT 1
INITIATE
INDIVIDUALLY**



**RESULT
FLOWERING
MIND**



**ONE MAN
ORGANISATION "i"
ExNoRa**

**HABIT 2
DO
DOMESTICALLY**



**RESULT
HEAVENLY
HOME**



**FAMILY
ORGANISATION
HOME ExNoRa**

Can you believe that 5 habits can save the PLANET and make your Habitat as Habitable ?

HABIT 3
ACT LOCALLY



RESULT
**STREET a VISUAL
TREAT**



STREET or
Res. Colony
organisation
“RWA” ExNoRa

HABIT 4
**RENDER
COLLECTIVELY**



RESULT
**Neighbourhood
Neighbourly-
hood**



Neighbourhood
ORGANISATION
**ExNoRa INNOVATORS
CLUB**

HABIT 5
**THINK
GLOBALLY**



RESULT
**PLANET
PLANT-NET**



ORGANISATION ExNoRa
**INNOVATORS
INTERNATIONAL**

My 1st HABIT in **MY MIND** **INITIATE**
INDIVIDUALLY for
FLOWERING MIND via “i” **ExNoRa**

EARTH SAVING
PANCHA MANTRA

HABIT 1

MY MIND



The moment you think of Environment,
you should, as an individual, breathe
GREEN & carry on the DOs & Don'ts via
“i **ExNoRa**”. Join “i **ExNoRa**” today

MAKE your
HABITAT

as a

HAPPYtat by becoming an
“**EXNORA** Innovators
Family”



HAPPYtat Indra
Kumar's Happy
“**ExNoRa**
Innovators'
Family”



**Basic Earth Saving
PANCHA MANTRA**

Habit 1

MY MIND

My Mind

is

FLOWERING MIND

**“Initiate
Individually”**

via

i ExNoRa

Say “Greening Starts With Me” & begin



Think Green



Practise Green



Source Segregate



Source Compost



**Paper Prosper – Source
Recycle**



Plant Tree



Use Waste Water for plants



**Grow Your Vegetables (vertical
sky farm)**

**ExNoRa Magic
Log Book**
Save consumption of
electricity, cooking
gas, petrol & water

Save Electricity, Gas & Petrol – Use

Magic Log Book

How to know & measure the energy that you save? There comes “**ExNoRa** Pocket Magic Log Book” which you please maintain.

EXcellent NOvel RADical ExNoRA



ExNoRa

Magic Log Book

for

Office ExNoRa Activity

MAINTAIN ExNoRa

Footprint by the Government STAFF

Pocket Magic Log Book

Global Warming which includes Soil, Sea & Atmospheric Warming threatens to wipe out many life forms on our planet that too within a decade.

Global Warming is mainly due to excessive burning of solid fossil fuel, “COAL” & liquid fossil fuel, “PETROL / DIESEL / KEROSENE / Natural” which generate the “Green House Gases”

We need to urgently reduce the burning of fossil fuels

GRS
Magnet School

Environmental Partners

Incredible it is . Every individual acquiring just one **HABIT**, **Initiate Individually**, his **HOME**, his **STREET**, his **AREA** & our **PLANET** are all taken care, becoming clean, green, safe & a model

Don't get panicky
that you must
acquire
5 HABITS

Imagine how we
become panicky
when we face a
natural disaster.

Here is the good news.
Just pick up the **1st Habit**
“Initiate Individually”

The other four
HABITS are
automatic

Be sincere in your
duties to mother
EARTH

YOUR 1st HABIT :
YOUR **MIND**
“**INITIATE**
INDIVIDUALLY” for
“**FLOWERING MIND**” via
i **ExNoRa**

You do first & spread. Make your family members, friends, colleagues & neighbours also adopt this habit, which will result in **FLOWEING MIND** . This will automatically lead to heavenly Home, Street Treat, Neighbourhood Neighbourly-hood

The 2nd HABIT (of our family) in MY HOME DO DOMESTICALLY for Heavenly Home via HOME ExNoRa

EARTH SAVING PANCHAMANTRA

HABIT 2

MY HOME



What everyone does in his / her home will save our only home, the planet.

HOME WITH a HEART

HOUSE IS BUILT BY CONCRETE

HOME IS MADE OF LOVE

AS YOU
IMPLEMENT,
CHECK EACH BOX
(TICK) ONE BY ONE



CHECKLIST

CLEAN HOME	<input checked="" type="checkbox"/>	WASTE CHASTE HOME	<input checked="" type="checkbox"/>
HYGIENE HOME	<input checked="" type="checkbox"/>	POLLUTION FREE HOME	<input checked="" type="checkbox"/>
GREEN HOME	<input checked="" type="checkbox"/>	REENERGY HOME	<input checked="" type="checkbox"/>
HEALTHY HOME	<input checked="" type="checkbox"/>	RESPONSIBLE HOME	<input checked="" type="checkbox"/>
SAFE HOME	<input checked="" type="checkbox"/>	CONSERVATION HOME	<input checked="" type="checkbox"/>
HAPPY HOME	<input checked="" type="checkbox"/>	MOTIVATED HOME	<input checked="" type="checkbox"/>

Initiate **ENVIROTITLEMENT** in your home
(All Eight Kinds of Environment)
via your HOME **ExNoRa**



**Treat your home gently like you will treat a woman
Clothe your home with a green sari and a place a
scarf on her head**





Garage Garden



Balcony Garden



Indoor Garden



Window Garden



Terrace Garden



Terrace Lawn

COOL HOME



COOL HOME



COOL HOME



My 2nd HABIT in **MY HOME**

DO

DOMESTICALLY for

HEAVENLY HOME via **HOME ExNoRa**

Before



After



in your Home follow the Dos & Don'ts & make your HOME Clean, Green, Safe & a Model. You will prevent indoor pollution and can grow your vegetables.

My Home

is

HEAVENLY HOME

“DO DOMESTICALLY”

via

Home ExNoRa

Declare **“Charity Begins at Home”** & **DO**

Your dwelling may be just a

HUT

or

PALATIAL BUNGALOW



5 Habits

2nd



It is a **HELL** or **HEAVEN** does not depend on the money spent . But on how it is maintained

Do you want to see how Habit 2 , **“Do Domestically”** transformed a slum HOME ?

What makes a **Home HEAVENLY?**

Use this as a **CHECKLIST**

1. Source Segregation of Solid Waste

5. Source Liquid Waste Management with Black , Grey & White Waste Water treated & used

2. Source Composting of Organic Waste

6. Safety , Hygiene & Indoor Pollution Prevention

3. Having a system for Recyclables like Plastic & Paper reaching the respective Recycling Industry

7. Home Gardening , Home Farming & Tree Planting, including Vertical Terrace Farming, Indoor Farming & Home Front Gardening

4. Hazardous waste alone handed over to Local Body for safe disposal

8. Source Rain Water Harvesting

9. Energy Saving & Conservation by maintaining **ExNoRa Magic Log Book**

HOME WITH a HEART

HOUSE IS BUILT BY CONCRETE

HOME IS MADE OF LOVE

AS YOU
IMPLEMENT,
CHECK EACH BOX
(TICK) ONE BY ONE



CHECKLIST

CLEAN HOME	<input checked="" type="checkbox"/>	WASTE CHASTE HOME	<input checked="" type="checkbox"/>
HYGIENE HOME	<input checked="" type="checkbox"/>	POLLUTION FREE HOME	<input checked="" type="checkbox"/>
GREEN HOME	<input checked="" type="checkbox"/>	REENERGY HOME	<input checked="" type="checkbox"/>
HEALTHY HOME	<input checked="" type="checkbox"/>	RESPONSIBLE HOME	<input checked="" type="checkbox"/>
SAFE HOME	<input checked="" type="checkbox"/>	CONSERVATION HOME	<input checked="" type="checkbox"/>
HAPPY HOME	<input checked="" type="checkbox"/>	MOTIVATED HOME	<input checked="" type="checkbox"/>

Initiate **ENVIROTITLEMENT** in your home
(All Eight Kinds of Environment)
via your HOME **ExNoRa**





SCHOOL WITH a HEART CHECKLIST As you implement, check each box (TICK) one by one (DO DOMESTICALLY for school students also mean their school)

CLEAN SCHOOL	<input type="checkbox"/>	WASTE CHASTE SCHOOL	<input type="checkbox"/>
HYGIENE SCHOOL	<input type="checkbox"/>	POLLUTION FREE SCHOOL	<input type="checkbox"/>
GREEN SCHOOL	<input type="checkbox"/>	RENERGY SCHOOL	<input type="checkbox"/>
HEALTHY SCHOOL	<input type="checkbox"/>	RESPONSIBLE SCHOOL	<input type="checkbox"/>
SAFE SCHOOL	<input type="checkbox"/>	CONSERVATION SCHOOL	<input type="checkbox"/>
HAPPY SCHOOL	<input type="checkbox"/>	MOTIVATED SCHOOL	<input type="checkbox"/>

Make your school a **COMPLETE SCHOOL**
by initiating

ENVIROTITLEMENT

(All Eight Kinds of Environment)

by Initiating your **SCHOOL ExNoRa** Innovators Club



COLLEGE WITH a HEART . CHECKLIST

As you implement, check each box (TICK) one by one (DO DOMESTICALLY for COLLEGE students also mean their COLLEGE)

CLEAN COLLEGE	<input type="checkbox"/>	WASTE CHASTE COLLEGE	<input type="checkbox"/>
HYGIENE COLLEGE	<input type="checkbox"/>	POLLUTION FREE COLLEGE	<input type="checkbox"/>
GREEN COLLEGE	<input type="checkbox"/>	REENERGY COLLEGE	<input type="checkbox"/>
HEALTHY COLLEGE	<input type="checkbox"/>	RESPONSIBLE COLLEGE	<input type="checkbox"/>
SAFE COLLEGE	<input type="checkbox"/>	CONSERVATION COLLEGE	<input type="checkbox"/>
HAPPY COLLEGE	<input type="checkbox"/>	MOTIVATED COLLEGE	<input type="checkbox"/>

Make your school a **COMPLETE COLLEGE** by initiating

ENVIROTITLEMENT

(All Eight Kinds of Environment) by Initiating your

COLLEGE ExNoRa Innovators Club



OFFICE WITH a HEART CHECKLIST As you implement, check each box (TICK) one by one (Do Domestically for OFFICE students also mean their OFFICE)

CLEAN OFFICE	<input type="checkbox"/>	WASTE CHASTE OFFICE	<input type="checkbox"/>
HYGIENE OFFICE	<input type="checkbox"/>	POLLUTION FREE OFFICE	<input type="checkbox"/>
GREEN OFFICE	<input type="checkbox"/>	RENERGY OFFICE	<input type="checkbox"/>
HEALTHY OFFICE	<input type="checkbox"/>	RESPONSIBLE OFFICE	<input type="checkbox"/>
SAFE OFFICE	<input type="checkbox"/>	CONSERVATION OFFICE	<input type="checkbox"/>
HAPPY OFFICE	<input type="checkbox"/>	MOTIVATED OFFICE	<input type="checkbox"/>

Make your Office a **OFFICE** by initiating
ENVIROTITLEMENT
(All Eight Kinds of Environment) by Initiating your
OFFICE ExNoRa Innovators Club

Green your Home. Various types of GARDENS to suit your HOME



Front Garden



Sunshade Garden



Gate Garden



Balcony Garden



**Living
Compound Wall**



Indoor Garden



Compound



Terrace Vertical Garden



Inside Garden



Terrace Lawn



Garage Garden



Terrace Foldable Lawn



Front Garden



Sunshade Garden



Gate Garden



Balcony Garden



Living Compound Wall



Terrace Garden



Compound Garden



Terrace Vertical Garden



Indoor Garden



Terrace Lawn



Rooftop Garden



Terrace Foldable Lawn

Same green wrapping for your office, school & college

Our 3rd HABIT is **ACT LOCALLY** in my street / residential colony by the residents together for making our **STREET a VISUAL TREAT** via **RWA ExNoRa**

**EARTH SAVING
PANCHA MANTRA**

HABIT 3

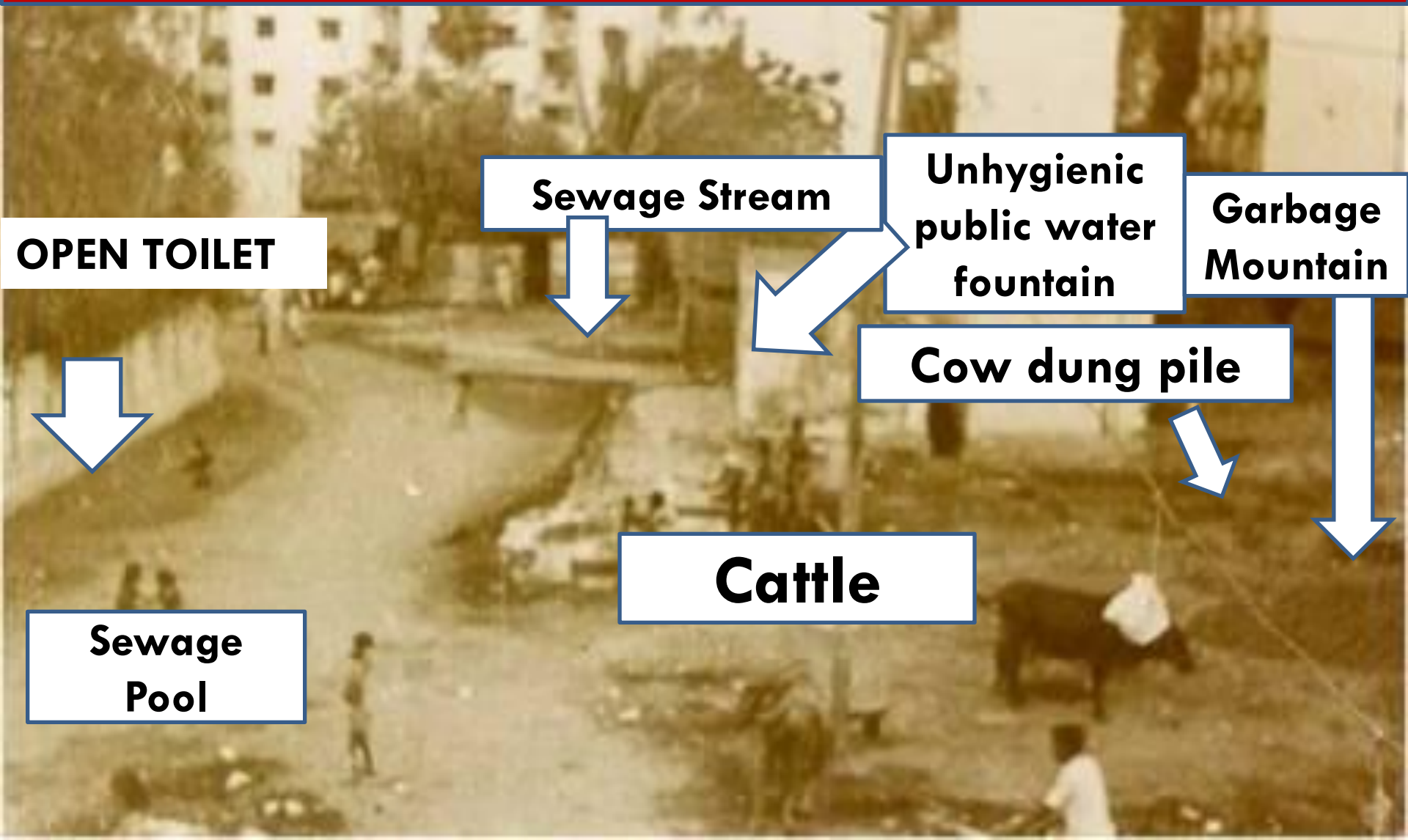
MY STREET/ AREA



**Model streets & Residential Colonies
lead to model towns / villages &
ultimately model NATION**

Do you want to know how the **HABIT NUMBER : 3**

“Act Locally” changed the surrounding of this dirtiest house possible in the world ?



Our STREET

is

a visual TREAT

“ACT LOCALLY ”

via

RWA ExNoRa

VOW “TOGETHER WE WIN” & MARCH



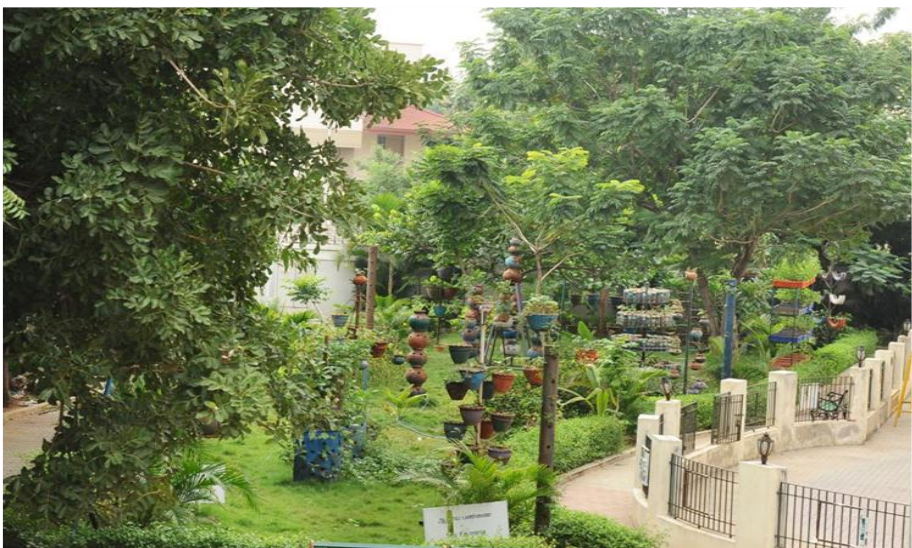
Basic Earth Saving

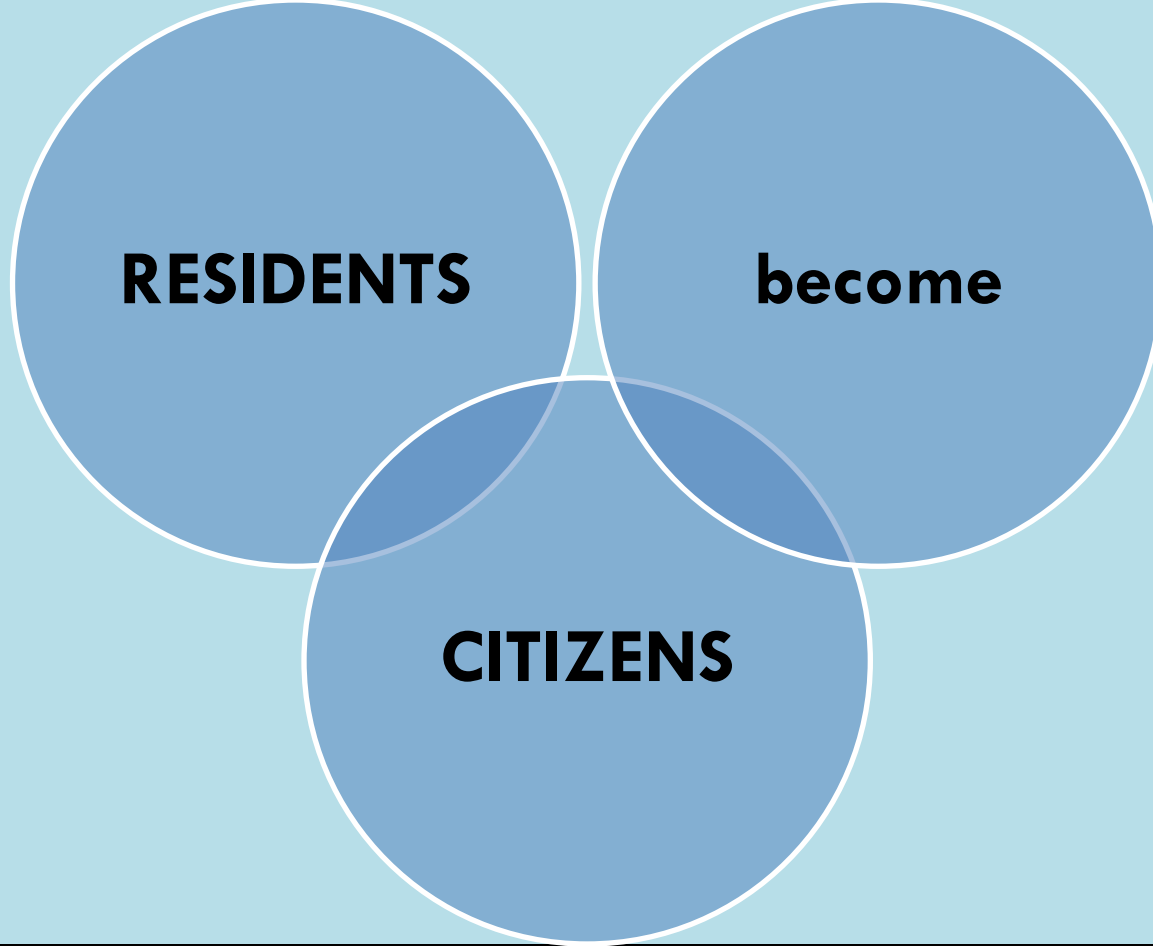
Pancha Mantra / Habit

3

MY STREET

**See the Model Street
Presentation**





**Via your
RWA
ExNoRa**

**& make your
street a
visual**

TREAT

What makes a **sTREEt** a **TREAT**?

1. Source Segregation of Solid Waste in every unit

2. Source Composting of Organic Waste

3. Decentralised Solid Waste Management . Street Level Community Composting with a system for Recyclables like Plastic & Paper reaching the respective Recycling Industry

4. Hazardous waste alone handed over to Local Body for safe disposal

5. Source Liquid Waste Management with Black , Grey & White Waste Water treated & used

6. Street Safety , Hygiene & outdoor Pollution Prevention

7. Street Gardening , Street Farming

8. Energy Saving & Conservation

9. Decentralised Rain Water Harvesting

Use this as a CHECKLIST

5 Habits

3rd

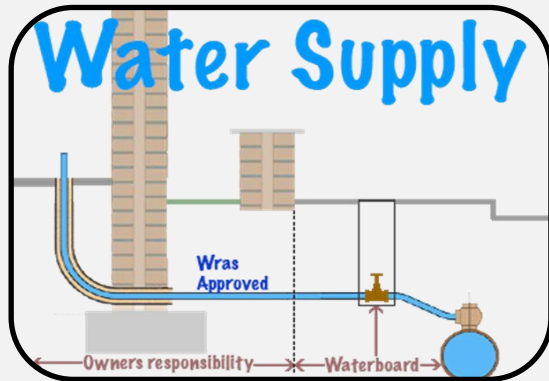
“Street a Treat & Delight”

Pictorial Menu

Eight ingredients which make a road a model via its Residents Welfare Association **ExNoRa**. **ExNoRa** will guide and lend support to you to get them. One can make use of eight wonder **ExNoRa** Social Change Instruments “**ASK**”, “**We are One**” (formidable **COLLECTIVISM**), “**Face to Face Meetings**” etc. & get these eight needs within a short time.

BASIC STREET AMENITIES / UTILITIES

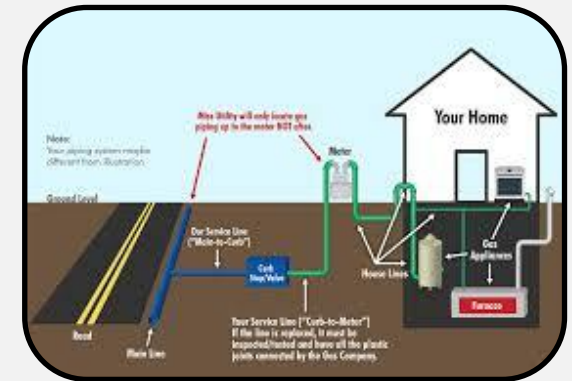
A **CIVIL SOCIETY** existent in every Street / Apartment Building i.e. **Residents Welfare Association** will have full empowerment to get its basic Street Amenities / Utilities



1. Water Supply



2. Electricity Supply



3. Gas supply



4. Storm Water Drainage with Rain Water Harvesting



5. Sewerage to carry sewage



6. Drainage Manhole with an artistic LID

BASIC STREET AMENITIES / UTILITIES

A **CIVIL SOCIETY** existent in every Street / Apartment Building i.e. **Residents Welfare Association** will have full empowerment to get its basic Street Amenities / Utilities



7. Well Laid Road



8. Trees on either side



9. Well paved pedestrian path



10. Street Garden



11. Solar Street Lighting



12. Benches to sit

The Best & Model Road Layout

PEDESTRIAN PATH

CYCLISTS PATH

AUTOMOBILE PATH



The Best & Model Road Layout

PEDESTRIAN PATH

CYCLISTS PATH

AUTOMOBILE PATH



The Best & Model Footpaths

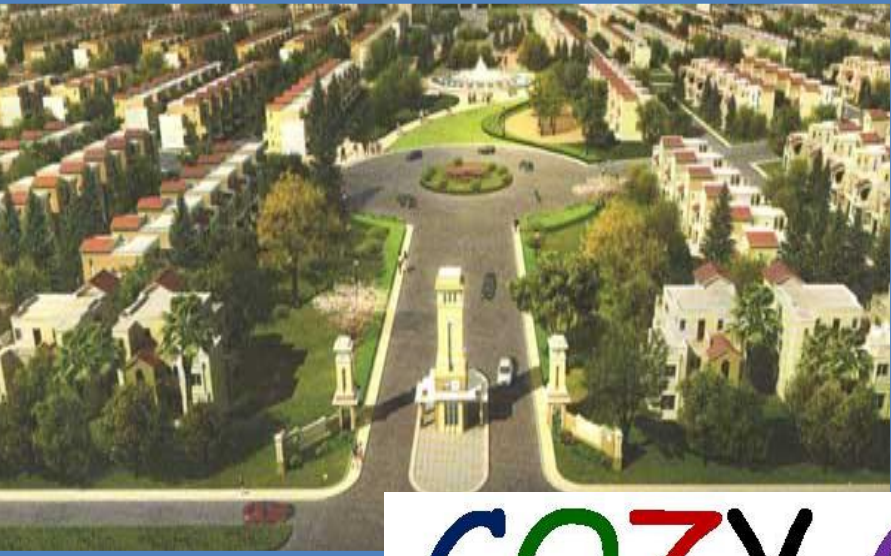
STRIP GARDEN

PEDESTRIAN PATH

STRIP GARDEN



Under 3 you have one more, **Residential Colony CATEGORY** (Cluster of streets including Gated Communities) and residents **“Together Act Locally”** for **Cozy Colony குதுகல குடியிருப்பு** via **RWA ExNoRa**



COZY COLONY



Our 4th HABIT is **RENDER COLLECTIVELY** in our neighbourhood by the residents as well as all Residents Welfare Associations together for making our **Neighbourhood** as **Neighbourly-hood** via **ExNoRa INNOVATORS CLUB (CHAPTER)**

**EARTH SAVING PANCHAMA
MANTRA**

HABIT 4

MY NEIGHBOURHOOD



Model Neighbourhoods lead to model towns / villages & ultimately model NATIONS

My neighbourhood	is	Neighbourly-hood
“RENDER COLLECTIVELY”	via	ExNoRa Innovators Club

**BELIEVE “Sustain-innovation for Salvation”
& SUTAINNOVATE**



Basic Earth Saving
Pancha Mantra / Habit 4
MY AREA

Use this as a CHECKLIST

What makes neighbourhood a model.

The role of **ExNoRa** Innovators Club

1. Initiating RWA **ExNoRa** in every Street & Flat Complex

2. Starting Students' **ExNoRa** Innovators Club in every School & College

3. Launching **ExNoRa** Innovators Club in every Office / Industry

4. Opening Place of Worship **ExNoRa** of all faiths & Bus stands & Railway Stations
ExNoRa

5 Habits

4th

5 Initiating In Market Areas & Shopping Complexes **ExNoRa**

6. Inaugurating in Hostels, Hospitals, Hotels, **ExNoRa**

7. Introducing Parks, Playgrounds, Places of Entertainment & Crematoria **ExNoRa**

8. Coordinating activities of all these organisations, collect suggestions , prepare blue print for the whole area , present to the authorities (Governments) and collectively pursue for implementation

9. Having its own office which will house a. **ExNoRa** Seva Centre which in turn will have a. **ExNoRa** Humanity Bank & b. **ExNoRa** Humanity Bunk . The place will be used for Sustainnovation & 50 activities . The rent for the place will come from the activities itself

My 5th HABIT @ MY PLANET

THINK

GLOBALLY for

PLANET PLANT-NET via

ExNoRa

INNOVATORS INTERNATIONAL

Basic Earth Saving
PANCHA MANTRA

Habit 5

MY PLANT



WHATEVER YOU DO, THINK OF THE PLANET & DO This is similar to “MY MIND” and basic. Whatever we do here impacts the planet, our only HOME & it boomerangs. As we do anything, we should think of our planet first.

MY PLANET	is	PLANET PLANT-NET
“Think Globally ”	via	ExNoRa International

Work for “Ideamen of the world UNITE”

When you do anything , think of the PLANET, our only HOME & ponder. Whatever you do will improve or spoil the planet? That is called as “Think Globally”



**Basic Earth Saving
PANCHA MANTRA**

HABIT 5

MY PLANET

**MY PLANET—
My Only Home**

What
should
you do
NOW?



BEGIN HOME AWESOME
in your **DWELLING**
(even in FLAT or HUT)
via HOME **ExNoRa**



START
s**TREEt SWEET**
in your **ROAD**
(SMALL ROADS
: It can be for a
few roads)
via **RWA ExNoRa**



INITIATE
“**COLONY COZY**” or
“**COSY COLONY**”
in your
RESIDENTIAL COLONY
(or Neighbourhood)
via **ExNoRa** Innovators Club
(**EIC** also in your **INSTITUTION** -
College, School & Office)

+ NEIGHBOURHOOD NEIGHBOURLY-HOOD

“THINK GLOBALLY” meaning

**Whatever you do,
whenever you do,
wherever you do,
keep the planet, in your MIND,
as every action of humans impact the planet,
our only HOME.**

**Hence “Think Globally”
(think of the planet) while you
“ACT LOCALLY”**

HABIT GRAB IT is MANAGEMENT-SIMPLE

What is 'MANAGEMENT' ?

Remove the last letter 'T'

Yes 'MANAGEMENT' is nothing but 'MANAGE MEN'

What is 'MANAGE MEN'?

Remove the last letter 'N'

Yes it is 'MANAGE ME'

- Yes ! Manage Yourself !!**
- You will find your HABITS are managed !!!**
- Practise 5 HABITS in letter in spirit, save your habitat & our Habitat, the planet & live long, healthily !!!!**

What is MANAGEMENT?

The 5 habits can become the world's simplest management

1. What is MANAGEMENT?

2. Remove the last letter "T"

3. Yes MANAGEMENT is nothing but "MANAGE MEN"

4. Then what is "MANAGE MEN"?

5. Remove the last letter "N"

6. Yes it is "MANAGE ME"

7 Manage yourself . The world will have one true person

8. That is what is "i" ExNoRa is all about

9. Join Today "i" ExNoRa & learn to manage yourself

It is so simple. 5 habits can make your world which are your home & Street & our WORLD, the PLANET beautiful. For that you need to do only one thing , making Flowering Mind as your HABIT via **ExNoRa** & rest will be automatic



Flowering Mind
via
i ExNoRa

My 1st HABIT : MY MIND
“INITIATE INDIVIDUALLY”
for **“FLOWERINMIND”** via
i ExNoRa



Heavenly Home via
Home ExNoRa

My 2nd HABIT : MY HOME
DO DOMESTICALLY for **“HEAVENLY**
HOME” via Home **ExNoRa**



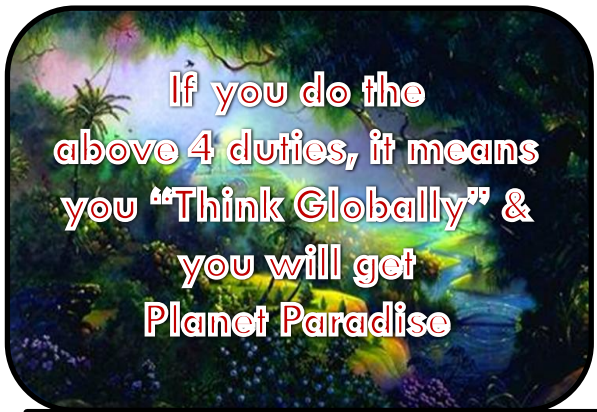
sTREET TREAT via
RWA Civic ExNoRa

My 3rd HABIT : MY STREET
ACT LOCALLY for **“sTREET**
TREAT” RWA Civic
ExNoRa



Area Gloria
via **ExNoRa**
Innovators Club

My 4th HABIT : MY AREA RENDER
COLLECTIVELY via **ExNoRa**
Innovators Club



If you do the
above 4 duties, it means
you **“Think Globally”** &
you will get
Planet Paradise

My 5th HABIT: MY PLANET
THINK GLOBALLY All begins with “Think
Globally” as what you do here affects
the planet . Answer Planet Paradise

Please contact
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exnora@gmail.com
www.exnora.org
www.exnora.in

CONCEPT
Human Tsunami &
7th Sense Master
Exn Dr Nirmal Basu

THINK GLOBALLY

& Always **REMEMBER** this

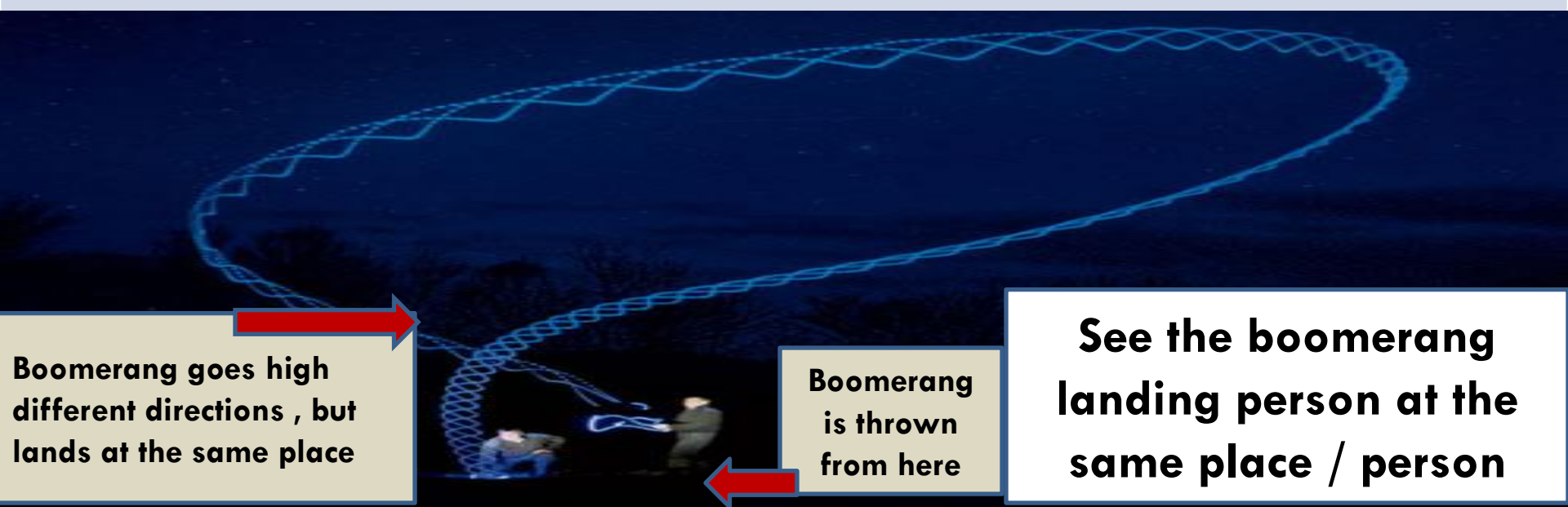


BOOMERANG

Whatever you **DO**, whenever you **DO**, and from wherever you **DO**, just not think **ONLY** of **YOU** and your interests, but and think about the **PLANET & ITS** Interests and then **DO**

Because what you do locally, affects the **PLANET** and results in **GLOBAL PROBLEMS**

GLOBAL problems have **LOCAL** repercussions and affects you. In one word, your **ACTION** boomerangs back.



Boomerang goes high different directions , but lands at the same place

Boomerang is thrown from here

See the boomerang landing person at the same place / person

5 Habits

5th



9

Our Action Boomerangs back



1

For our comfort



2

We Pollute the air



8

Loss of properties & Life



As you
sow
So you
reap



3

Cause Global Warming



7

Tsunami knocks our door



4

polar ice caps melt



6

Increased Water Weight shakes the tectonic plate to Earthquake drives sometimes to a tsunami



5

sea level raises increasing the weight on the sea surface

Are you a
“**ONE WAY STREET**” like **MOST**
HUMANS or a
“**TWO WAY STREET**” like
TREES?

ONE REASON why the **5 HABITS**
are so important. Just see
“**Humans are ONE WAY TRAFFIC**”.
You will not only adopt the **5**
HABITS instantly, but propagate it too

Why ?



one should
practise
ExNoRa's Earth
saving **5 HABITS**



To make
the planet
LIVEABLE

Humans are the bad example for **“ONE-
WAY- STREET ”**.

He knows only to take & not give.

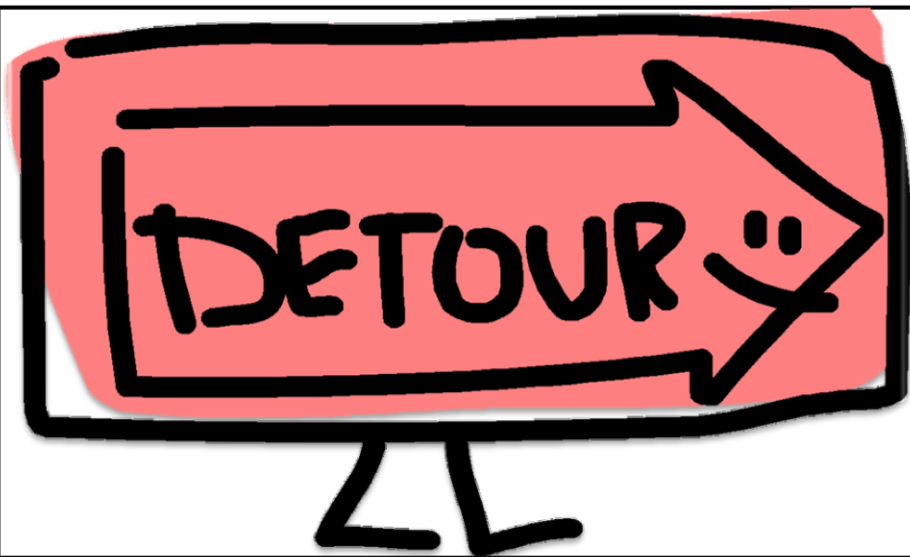
**ROAD
CLOSED**

DO YOU WANT PROOF?

Humans are “**ONE WAY STREET**” & unilateral

What we all do are
totally wrong.
Mother Earth gives
us everything.

You must see this which will
change your total approach



Do you know what
we give her back ?
We take everything
but give her back
hurts & injuries

CLICK HERE



Mother Earth
Salute

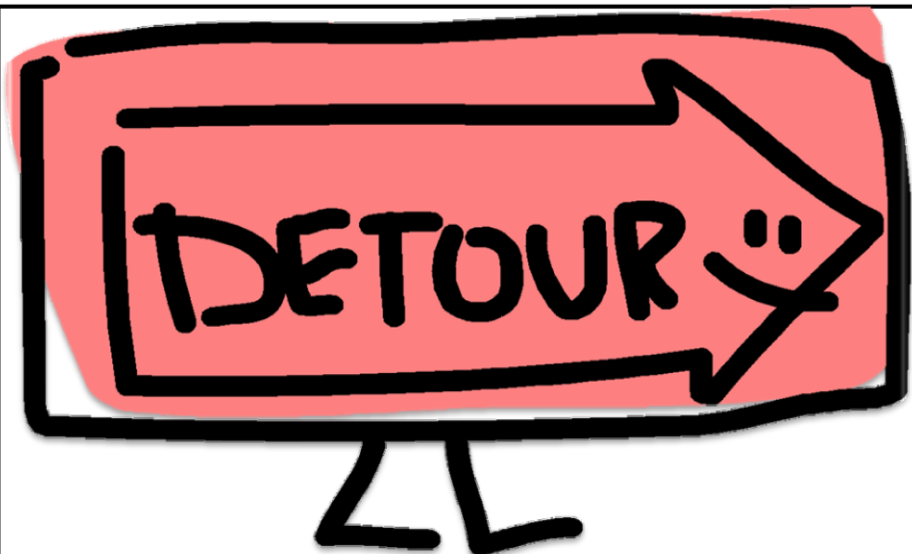
But trees are “Both Ways” & are “BILATERAL”

Don't you agree we need a teacher, who must be a role model, must be seen by us everyday. Yes we have, a brother / sister whom you can see anywhere and everywhere !

CLICK HERE



[Tree-Brother & Sister Anthem Salute](#)



“Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.”

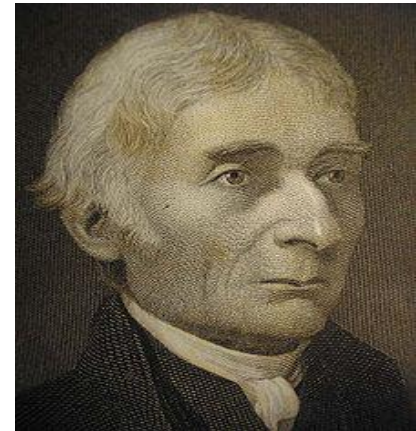
John Wesley



Born: 17 June 1703, Epwort, Lincolnshire, United Kingdom
Died: 2 March 1791, London, United Kingdom

“I shall pass this way but once; any good that I can do or any kindness I can show to any human being; let me do it now. Let me not defer nor neglect it, for I shall not pass this way again”.

Stephen Grellet



Born 2 November 1773, Limoges, France
Died: 16 November 1855, New Jersey, United States

ExNoRans follow these two
GOLDEN-QUOTES in letter & spirit

JUST PRACTISE
JEEVAN SHASTRA
LIFE SCIENCE

for

LIVING as HUMAN BEING
MANUSHYA SHASTRA,
HUMAN SCIENCE

for

BEING HUMAN BEING

Become an

ExNoRa

MEMBER

An **EXNORA** MEMBER's
BASIC DUTIES & SIMPLE
SERVICE ACTIVITIES. As you do
these, you will be regarded by
people as an
ENVIRONMENTALIST
par excellence

AS an EXNORA MEMBER (ExNoRa / Exn) , YOU HAVE a SET of BASIC DUTIES. 1

- Follow in letter and spirit ExNoRa's five simple EARTH SAVING HABITS and spread it in your residential area and institution
- In all meetings in which you participate (either as a speaker or an invitee, one among the audience), avail the opportunity to administer ExNoRa's MOTHER EARTH SALUTE as well as ExNoRa's SIBLING TREE SALUTE and ask the audience to follow you & take the pledge.
- After the two salutes, remember to make without fail ExNoRa TREE CHALLENGE to the audience

DUTY 1

FIVE EARTH SAVING NEW HABITS

INITIATE INDIVIDUALLY

DO DOMESTICALLY

ACT LOCALLY

RENDER COLLECTIVELY

THINK GLOBALLY

HABIT GRAB IT

PRACTICE

ALREADY
EXPLAINED

DUTY 2

Any meeting you attend, you MUST GUIDE the people there to offer
ExNoRa's MOTHER EARTH SALUTE

In all the gatherings offer & guide people **ExNoRa's** MOTHER EARTH SALUTE. You have to administer the salute, giving pause between each stanza so that the members of the audience are able to grasp and repeat the same . Hold your hands as if you are holding Mother Earth in your hand, with your eyes showing kindness to Mother Earth & the audience will do the same.



[Click here](#)

ExNoRa's MOTHER
EARTH SALUTE

DUTY 3

Following that , you MUST GUIDE the people there to offer **ExNoRa's**
SIBLING TREE SALUTE

After **ExNoRa's** MOTHER EARTH SALUTE, administer **ExNoRa's** SIBLING TREE SALUTE , giving pause between each stanza so that the members of the audience are able to grasp and repeat the same . Hold your hands as if you are holding a TREE SAPLING in your hand, with your eyes showing kindness to the sapling & the audience will do the same.



[Click here](#)

ExNoRa's SIBLING
TREE SALUTE

DUTY 4

A MUST FOR YOU TO DO

One simple,
one time action

Making a
TREE CHALLENGE
to ANOTHER

Here is ExNoRa TREE CHALLENGE

[Click here](#)
[TREE CHALLENGE](#)

Do you want to join one of the following?

ExNoRa Innovators International

ExNoRa Entrepreneur

ExNoRa Trainer

ExNoRa Speaker

How to become a
member of
ExNoRa?

[Click here](#)

[All about ExNoRa
Membership](#)

AT A GLANCE

Everything that will guide to excel in life and make the world better is in one frame i.e. the next one.

ExNoRa INNOVATORS CLUB (EIC)

ROLES for GOALS

for

SERVICE TORCHBEARERS .

See next and view fully.

**SERVICE
TORCH
BEARERS**

**ExNoRa INNOVATORS CLUB (EIC)
PRINCIPAL PRESIDENT** 

**ROLES for
GOALS**

PRESIDENT

Maa

MOTHERLY HR

with 8 HODs (Head of Divisions)

PRESIDENT

Paa

FATHERLY HR

with 8 HODs (Head of Divisions)

PRESIDIUM

**DIRECTORATE
PRINCIPAL DIRECTOR
EXISTENCE**

VOLUNTARY OPTIONAL

**DIRECTORATE
PRINCIPAL DIRECTOR
ESSENTIALS**

**SECRETARIAT
PRINCIPAL SECRETARY
(plus) MBN WINDOW ENDOW**

Directorate

**DIRECTOR
CLEAN
ENVIRONMENT
DIRECTOR
BUILT
ENVIRONMENT
DIRECTOR
LIVELIHOOD
ENVIRONMENT
DIRECTOR
SAFETY
ENVIRONMENT**

EXISTENCE

**SECRETARY
"RIGHTS"
JEEVAN SHASTRA,
LIFE SCIENCE
for
LIVING as
HUMAN BEING**

SECRETARIAT

**SECRETARY
"DUTIES"
MANUSHYA
SHASTRA,
HUMAN SCIENCE
for
BEING HUMAN
BEING**

Directorate

**DIRECTOR
GREEN
ENVIRONMENT
DIRECTOR
SOCIAL &
HARMONIOUS
ENVIRONMENT
DIRECTOR
MENTAL &
CELLULAR
ENVIRONMENT
DIRECTOR
CLIMATIC
ENVIRONMENT**

ESSENTIALS

TREASURY

**MEMBERS are called
ExNoRa INNOVATORS**

**PRINCIPAL TREASURER
FINANCES & FUNDS (FUNDS ENDLESS)**

**"IDEA-MEN
of the world UNITE"**

**TREASURER
plus CHESS-MATE CHECKMATE**

**The CLIMAX
GPian. ASK &
ExNoRa COMMUNITY-STAR**

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)

Location-Based

3.PLACE OF LEARNING

ONE IN EACH **School, College, University, Place of Education & Training Institutes** (EIC STUDENTS promoted by Management, Students, Teachers & Parents)

4.PLACE of WORSHIP

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

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

6. PLACE of TRAVEL (PASSAGE)

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**

TRANSFORMING POPULATION as SOCIAL CAPITAL

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

7.GOVERNMENTS

**CENTRAL, STATE & LOCAL
GOVERNMENTS & THEIR
UNDERTAKINGS at CAPITAL ,
DISTRICTS & GRASSROOT**

8 .PROFESSIONAL BODIES

**ADVOCATES, DOCTORS,
ACCOUNTANTS , ENGINEERS,
ARCHITECTS, BUILDERS ,FILM
/TV ARTISTES & OTHRS**

Location-Based

**9.MANUFACTURERS
ASSOCIATION**

**like FICCI , CII & CHAMBERS of
COMMERCE**

**10. TRADERS ORGANISATIONS
WHOLESALE , RETAIL , MEDIUM
TRADERS & MERCHANTS**

11. TRADE UNIONS

**like CITU , AITUC, INTUC ,
MAZDOOR , AIBEA etc**

**12. Nongovernmental
Organisations / Service
Organisations**

**like CRY, SMILE , WORLD VISON
Rotary. Lions & Round Table**

TRANSFORMING POPULATION as SOCIAL CAPITAL

Residents Welfare Associations operating in STREETS / FLAT COMPLEXES / RESIDENTIAL COLONIES can get affiliated with ExNoRa and become a total success . They have the following two options

1. Residents Welfare Association

ExNoRa

or

2. Residents Welfare Association

ExNoRa INNOVATORS CLUB

ExNoRa
INNOVATORS
INTERNATIONAL
HEADQUARTERS
LICENSE



INNOVENTOR
(INNOVATOR+ INVENTOR),
CONCEPT CREATOR, NEOLEXIAN & AUTHOR



Exn Dr Nirmal Basu, **GPian**

7th Sense Master & Trainer (SINCE 1991)

FOUNDER- ExNoRa International (1989). 5th Pillar (1997),

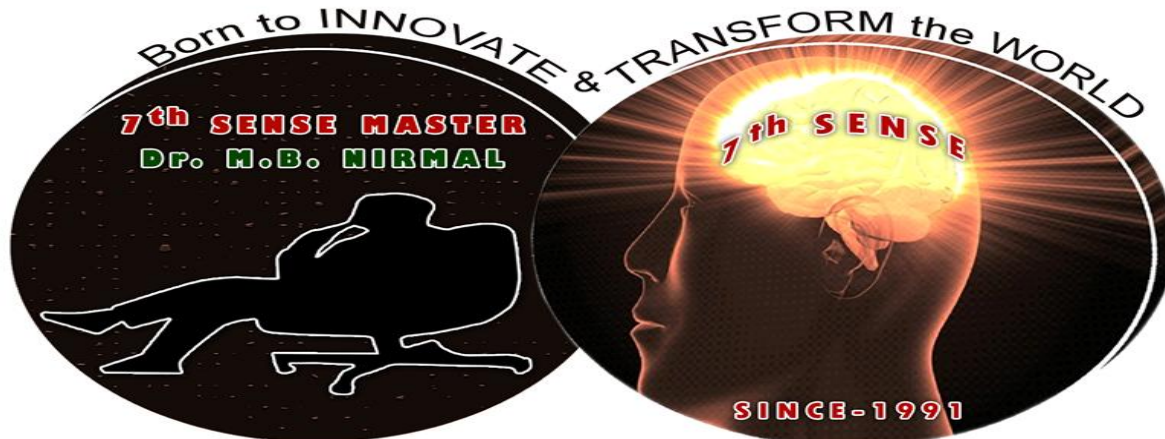
7th Sense Society (1999), INNOVENTIONS (1999) & 40 more

INNOVENTOR (INNOVATOR+ INVENTOR), (since 1977) of nearly of 3000

IDEAS, CONCEPTS, SERVICES & PRODUCTS **AUTHOR** (since 1964) 14 books

& hundreds of articles, stories & research papers **PHOTO-JOURNALIST** (since

1964) **NEOLEXIAN** (coiner of new words) in 3 languages (since 1980)



WEBSITES

PPTs

DVDs

**YouTube &
FLASH**

**E BOOKS &
E BROCHURES**

**ONLINE
COMMUNITIES**

CONTACT DETAILS :

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**Founder, ExNoRa INNNOVATORS
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**SEARCH
Nirmal MB**

CONCEPT

**7th Sense
Master**



Thank you!
Jim





COMPOSTING at SOURCE



De-SoWaM -2nd LEVEL FLAT COMPLEX



FLAT RESIDENTS' EXNORA

De-SoWaM MBN