



# ExNoRa Seva Centre

It will be distinct in its appearance and will be uniform in all towns & villages for easy identification. ExNoRa is for GREEN WORLD. It will have colour strips light green 2' width & dark green 1' width for easy identification as humankind has more frequent man- made and nature-made disasters.

Community  
Alert Alarm

EIC

ExNoRa Seva Centre



H 6 ExNoRa Depot

Jointly Created & Administered by

ExNoRa Innovators Club (EIC)

FedRex



Excellent  
Novel  
Radical

FedRex is the Federation of Residents Welfare Association ExNoRas

Incredible ! The container can be sponsored by Corporates , Service Clubs , Charitable Organisations , NRIs, your **ExNoRa** 's Companion Club outside or anybody & their name will come on the TOP of the H6 Depot

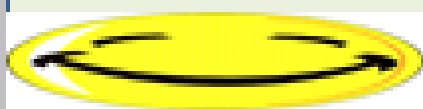
Sponsored by large hearted,.....



DEPOSIT  
HERE  
THINGS  
YOU  
DON'T  
WANT

**H 6** ExNoRa Depot

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



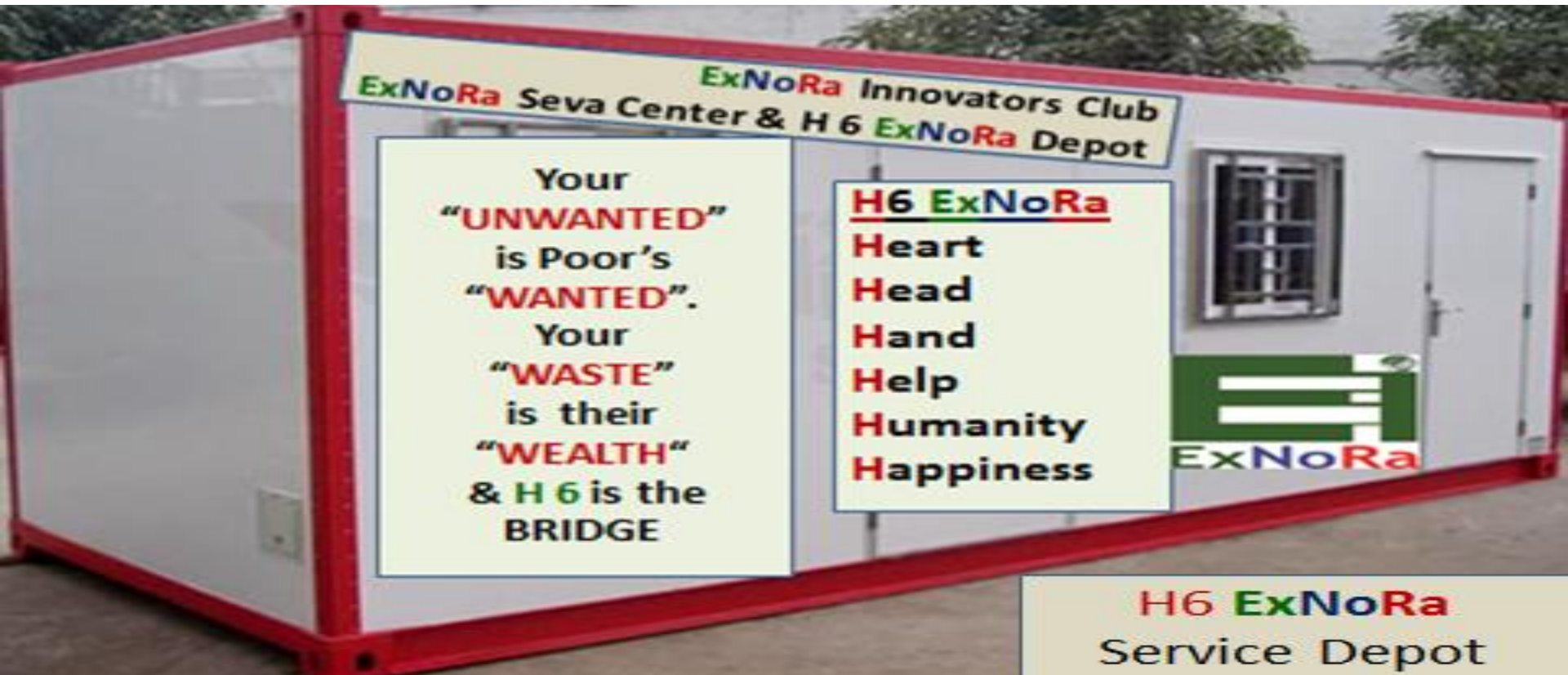
for **BOTH** , the  
**GIVER & RECEIVER**

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

**EPOCH**  
not  
DEPOT

Yes . Money to buy the Container is no problem. Get it sponsored

ExNoRa Seva Center can be there in all Colleges, Schools & Offices including places of worship. A portion of place can be obtained for such a noble cause



Space is no constraint



ExNoRa Innovators Club  
ExNoRa Seva Center  
& H 6 ExNoRa Depot

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

H6 ExNoRa  
Heart  
Head  
Hand  
Help  
Humanity  
Happiness

**Great News . People need not come . We can go to people.  
Yes, the service can be on wheels through a Mobile  
"H 6 ExNoRa Depot"**

**Even the centre can be  
constructed with all waste  
materials . See picture**

## Previously used items Collection Boxes



ExNoRa Innovators Club

ExNoRa Seva center







**Goodwill God-Will**

**ExNoRa's**  
**H 6**

**ExNoRa's H 6**  
**(Heart , Head , Hand, Help,**  
**Humanity & Happiness)**  
**Goodwill God-Will**  
**Drop reusable footwear, cloths &**  
**textbooks for distribution to POOR.**

*Clothes & Shoes*

**ExNoRa Seva Centre** will also have an **Community Alarm**. It will be a siren on a high mast to raise alarm in case of an impending disaster. It is needed in every neighbourhood to alert the people before & during disasters which will save precious lives. It will be installed in the premises of **ExNoRa Seva Center of ExNoRa Innovators Club**. See picture. In addition **ExNoRa Seva Centre** will install **Community Network Alarm System** with the cooperation of residents and the houses will be interconnected.

## **Community Alert Alarm**



# Why ExNoRa Service Centre ?

- The world has reached a no point of return and its future hangs in balance.
- A never before situation of problems, wars, civil wars, catastrophes, disasters & new types of diseases have arisen.
- To know a sample list of problems with stunning pictures log onto [www.ma4harmony.org](http://www.ma4harmony.org) with Climate Change occupying the top place in the list waiting to wipe out the humankind out of the planet.
- It is more than solving them now the question is, how the humanity can ADAPT (cope up / tolerate) and how it can learn Disaster Preparedness.
- The Global Problems need Local Solutions. We need to Think Globally.
- The atmosphere has no boundaries and pollution by one country affects the people of another.
- Massive Awareness has to be created and the Seva Centre must be always in a state of preparedness.
- We must know what other countries do to prevent the ruin and we must also make them know what we do.
- How this is possible?
- ExNoRa Seva Centre guides people and facilitates to Think Globally through its ExNoRa Seva Centre. The people can participate in Global discussions through [www.exnora.in](http://www.exnora.in) both learn and share. They can go to ExNoRa Seva Centre & can participate in the video conferences, Webinars and attend regular seminars as well.

# Why place for ExNoRa Seva Centre of ExNoRa Innovators Club ?

- It will be a multi-purpose service center.
- The Premises will be used almost round the clock to provide space for different causes.
- If premises is made available , why it should be used for only restricted hours when there is need for services for 24 hours.
- It will be a SOS Premises . (Save our Soul).  
Naturally the need for its 24 hours operation .

**Main Meeting place of  
EIC**

**Main Meeting Place  
RWAs & RWA ExNoRas**

# **Place to match two needs, to Volunteer & needing volunteers**

## **ExNoRa Volunteers Bank (VolunCheer):**

- **Those who want to volunteer to serve can register their name . They can specify what type of service they wish to offer .**
- **At the same time those who need volunteers or voluntary service can also register their requirement with ExNoRa Volunteers Bank. Then it is only Matching and Marrying for ExNoRa Volunteers Bank .**
- **Men and women old & young , Senior Citizens , House wives can register .**
- **They can mention their core passion and talent (via Talent Sheet ) which will be made the best use of by ExNoRa Volunteers Bank .**



ExNoRa Seva Centre  
1<sup>st</sup> Utility  
Place for Meeting , Open House

# Meetings

# H6 - ExNoRa Seva Centre / One place with several multi-utility uses Place for Meeting & Fellowship



## 1. Meeting Hub (Place)

of the Members of the ExNoRa world of that area & visiting ExNoRans meeting each other



## 2. Reading Room

For News Paper & Periodicals for members

## 3. Nucleus for Meetings

Brainstorming, Seminars & Roundtables of ExNoRa Seva Centre & RWA ExNoRa of that area

### ROUNDTABLE



## 4. Open House

Weekly open houses on a particular day evening for redressal of grievances, "Face to Face" Meetings with residents on the one side and the concerned government department officials on the other side - e.g. local body, EB, Water PDS, Transport will take place







**Fellowship**

# Human Resource Development Centre

Donate your  
Time & Talent



President's 3<sup>rd</sup> Important function  
 HRD : Team Leader : **LONGuage**

Name	<b>LONGuage</b>
ExNoRa Name	Language <b>ExNoRa</b>
Explanation	“Language PASSAGE to Prosperity ” -----
Slogan	<b>Long Languages Mother Tongue &amp; the language of the MIGRANT state</b>
Website	<a href="http://www.exnora.org/language">www.exnora.org/language</a>



*köszönöm ! תודה dēkuji*  
*mahalo 고맙습니다*  
*thank you*  
*merci 谢谢 danke*  
*Ευχαριστώ شكرا*  
*どうもありがとう gracias*





## HRD- Team Leader : Hindi INDI

Name	Hindi INDI (GIFT)
ExNoRa Name	Hindi ExNoRa
Explanation	Hindi Learning is Learning India
Slogan	Hindi the way to become an HINDIan
Website	<a href="http://www.exnora.org/hindi">www.exnora.org/hindi</a>

अभ्यास - 3  
सही अक्षर पर गोला लगाओ

 भ ब र	 प म फ	 य व ल	 प फ ल
 ह श ब	 श व प	 म ल श	 ल य फ
 म र स	 व भ क्ष	 प भ म	 त्र ल र

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**Service to Humanity : Opportunity 1 — Time , Talent & Things**

<b>Name</b>	<b>Speak &amp; Peak</b> 
<b>ExNoRa Name</b>	<b>Public Speaking ExNoRa</b>
<b>Explanation</b>	<b>Public Speaking is multiplying your communication manifold</b>
<b>Slogan</b>	<b>Speak &amp; peak Everest</b>



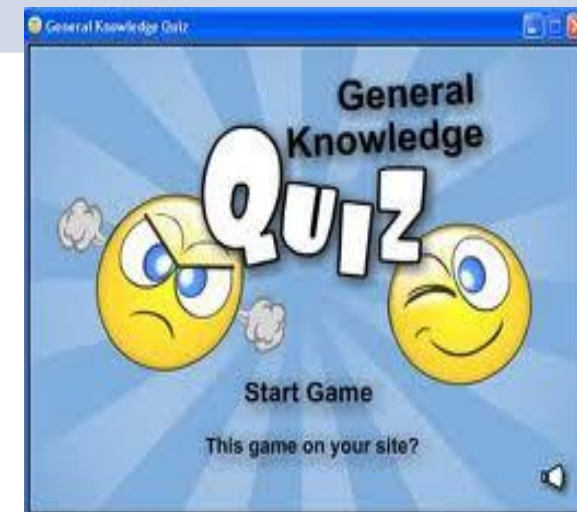
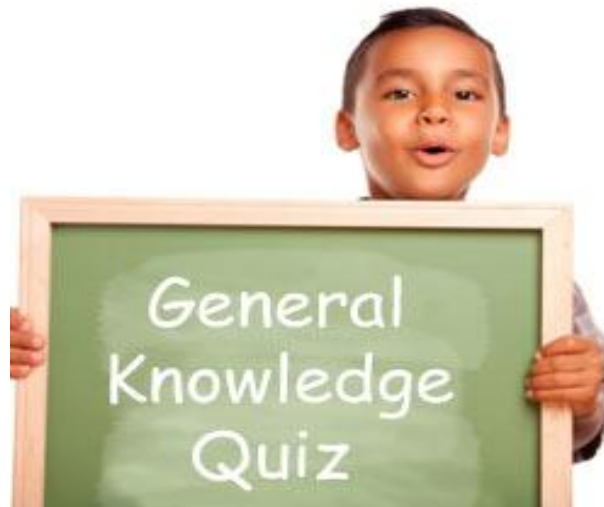


## Human Resource Development Team Leader : **The Uncommon Sense**

Name	<b>The Uncommon Sense</b> 
ExNoRa Name	General Knowledge <b>ExNoRa</b>
Explanation	Common Sense will make one uncommon
Slogan	<b>Knowledge, the EDGE</b>

### Do you know?

1. What is the medical condition that was first classified into the AIDS virus test in 1982?
2. Which peak overlooks the city of Cape Town?
3. Who was first to vote out of the original British Big Brother house?
4. Which TV sports agent's real name was Paul Metchick?
5. What magazine was shut in the day when over £100 million was wiped off the value of shares in the city of London?
6. In which Irish town did Michael Ryan run riot killing 10 people?
7. Which is the first journal listed in the Oxford English Dictionary?
8. What nationality is Jose Marc Hermans, famous for his 'Bosman ruling' affecting football throughout Europe?
9. Which actor, who played Dr. Watson, collapsed and died at a Dr. Who convention?
10. In which country was England cricket captain Nasser Hussain born?







## Human Resource Development


Team Leader : **Digi-Lit**

Name	<b>Digi-Lit</b> 
ExNoRa Name	Digital Literacy <b>ExNoRa</b> <u>Digi-Lit</u>
Explanation	“Knowledge in your fingertips”
Slogan	<b>Digital Vital</b>
Website	<a href="http://www.digitalliteracyexnora.org">www.digitalliteracyexnora.org</a>






## Human Resource Development Team Leader : **Teach reach**

Name	<b>Teach reach</b>
ExNoRa Name	Tuition <b>ExNoRa</b> 
Explanation	Help less-fortunate to be fortunate
Slogan	Light others candle by your candle
Website	<a href="http://www.exnora.org/tuition">www.exnora.org/tuition</a>





## Human Resource Development Team Leader “i” Club

Name	“i” Club 
ExNoRa Name	Self Improvement ExNoRa <u>“i” Club</u>
Explanation	Knowledge-rich-youth help knowledge-poor- youth Knowledge-rich child helps ‘knowledge-poor-Child with KNOWLEDGE
Slogan	EQUALITY by equal INDIVIDUAL DEVELOPMENT. Knowledgeable will make others Knowledgeable
Website	<a href="http://www.exnora.org/iclub">www.exnora.org/iclub</a>





Human Resource Development Team Leader : **EnterPrize**


Name	<b>EnterPrize</b> 
ExNoRa Name	Enterprise <b>ExNoRa</b>
Explanation	Prosperity by creating Entrepreneurs
Slogan	<b>Enterprise EnterPRICE , EnterPRIZE &amp; EnterPRAISE</b>
Website	<a href="http://www.exnora.org/enterprise">www.exnora.org/enterprise</a>





## Human Resource Development

### Team Leader **Vacation Vocation**

Name	<b>Vacation Vocation</b> 
ExNoRa Name	Vacation Vocation <b>ExNoRa</b>
Explanation	Develop by training in vocation during their vacation & give it
Slogan	<b>Teach a man fishing, instead of giving him fish</b>
Website	<a href="http://www.exnora.org/vocation">www.exnora.org/vocation</a>





## Human Resource Development

Team Leader **“Intern Lantern”**

Name	<b>“Intern Lantern”</b> 
ExNoRa Name	Intern’s <b>ExNoRa</b>
Explanation	Train youth to become employable
Slogan	
Website	<a href="http://www.exnora.org/intern">www.exnora.org/intern</a>





## மொழி மொழி

Name	மொழி மொழி 
ExNoRa Name	Tamil ExNoRa
Explanation	தாய்மொழி தமிழ் மொழியை மறப்பவர்களுக்கு மொழியை நினைவூட்ட
Slogan	தாய்மொழி யாம், தமிழ் மொழியில், மொழியுங்கள்
Website	<a href="http://www.mozhimozhi.org">www.mozhimozhi.org</a>

அ	ஆ	இ	ஈ	உ	ஊ
a	ā	i	ī	u	ū
எ	ஏ	ஐ	ஓ	ஔ	ஔ
e	ē	ai	o	ō	au
க	ங	ச	ஞ	ட	ண
ka	ṅa	ca	ña	ṭa	ṇa
த	ந	ப	ம	ய	ர
ta	na	pa	ma	ya	ra
ல	வ	ழ	ள	ற	ன
la	va	ḷa	ḷa	ṛa	ṇa
ஐ	ஸ	ஷ	ஹ	க்ஷ	ஸ்ரீ
ja	ṣa	śa	ha	kṣa	sri



11/08/2011

**4.**

# **Human Reformation**

**Headed by a  
Guide**



# Reformation leads to Transformation

- If brain is a Nature created computer, we should accept nobody is BAD , but are only programmed to be BAD.
- That means they can be very well reprogrammed to be good by only changing the inputs to their brain .
- It is interesting & incredible



Learn  
7<sup>th</sup> Sense &  
become a  
Mind  
Programmer

Change  
yourself &  
Change the  
world

Change one's  
mind  
programme &  
transform one




## Human Reformation Team Leader **“Human Diamond Lathe”**

Name	Human Diamond Lathe 
ExNoRa Name	7 <sup>th</sup> Sense Reformation  (7 <sup>th</sup> sense techniques used for reformation of society’s dropouts ) <u>Human Diamond Lathe</u>
Explanation	If Brain is a computer created by Nature , no one is bad , but are only programmed to be bad . They can be certainly & easily reprogrammed to be good by 7 <sup>th</sup> Sense Techniques. Several hard core criminals and murderers have been reformed by Human Diamond Lathe and have become a good Samaritans now .
Slogan	<b>“No one is BAD , but are only programmed to be BAD”</b>
Website	<a href="http://www.exnora.org/reformation">www.exnora.org/reformation</a>





## Human Reformation Team Leader “Agni Stree”

<b>Name</b>	<b>Agni Stree</b> Woman Power Movement 
<b>ExNoRa Name</b>	<b>Woman Power ExNoRa</b>
<b>Explanation</b>	Women have maximum problems including in many cases in their very home via their drunkard husband. 100 & answers are provided by Agni -Stree , mainly the 7 <sup>th</sup> sense Techniques which they can use for alcohol withdrawal by their spouse
<b>Slogan</b>	<b>Spare Woman &amp; Share with Woman</b>
<b>Website</b>	<a href="http://www.agnistree.org">www.agnistree.org</a>



**Human Reformation Team Leader (in each family) "FAMEly"**

Name	FAMEly 
ExNoRa Name	Family ExNoRa
Explanation	A family itself has members with variety of talents & including good in psychology. Even if they don't have, they can learn 7 <sup>th</sup> Sense Techniques to change an alcoholic member of their family.
Slogan	Families, Fame- Allies
Website	<a href="http://www.exnora.org/family">www.exnora.org/family</a>






**Human Reformation Team Leader (in each family) "FAMEly"**

Name	Family of Families
ExNoRa Name	Family <b>ExNoRa</b> 
Explanation	A family itself has members with variety of talents & including good in psychology. Even if they don't have, they can learn 7 <sup>th</sup> Sense Techniques to change an alcoholic member of their family.
Slogan	Families, Fame- Allies
Website	<a href="http://www.exnora.org/family">www.exnora.org/family</a>



## Human Reformation Team Leader (in each family) We Ourselves

Name	We Ourselves 
ExNoRa Name	Perseverance <b>ExNoRa</b>
Explanation	Alcoholics reform themselves by getting together in periodical meetings & mutual motivation. They will be supported by their own family (FAMEly & Family of Families). They will use 7 <sup>th</sup> sense techniques to come out of the devil that possessed them
Slogan	A Teetotaller is a Value Totaller
Website	<a href="http://www.exnora.org/ourselves">www.exnora.org/ourselves</a>



H 6

Able Differently Abled



## Service to Humanity : Opportunity 1 Time , Talent & Things

Name	“Eyes for Eyeless”
ExNoRa Name	ExNoRa Reading Centers for Visually Challenged
Explanation	The visually Challenged can excel , but they need inputs . Educated should come forward to read for the blind
Slogan	Our eyes will be the eyes for who don't have it
Website	<a href="http://www.exnora.org/eye">www.exnora.org/eye</a>







**Service to Humanity : Opportunity 1 ----- Time , Talent & Things**

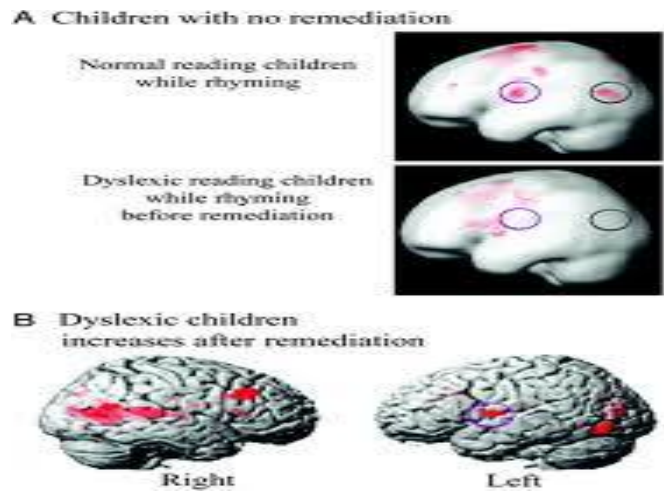
<b>Name</b>	<b>“Ear Here”</b>
<b>ExNoRa Name</b>	<b>Ear ExNoRa -Reading Centers for Visually Challenged</b>
<b>Explanation</b>	<b>The hearing impaired can compete with others provided all their subjects should go to them by sign language</b>
<b>Slogan</b>	<b>Our Ears are here for those who cannot hear</b>
<b>Website</b>	<a href="http://www.exnora.org/ear">www.exnora.org/ear</a>





**Service to Humanity : Opportunity 1 ----- Time , Talent & Things**

<b>Name</b>	Ability for Disability 
<b>ExNoRa Name</b>	DYSLEXIA ExNoRa for Learning Disability Children
<b>Explanation</b>	Not all disabilities are visible
<b>Slogan</b>	
<b>Website</b>	<a href="http://www.exnora.org/dyslexia">www.exnora.org/dyslexia</a>



# H 6 Health Exalt -Health is FIRST Wealth - Voluntary Health Care Centre



**Aid First (First Aid Centre)**

**Blood Flood**

(Blood Donor & Recipient Connector)

**First Aid ExNoRa**

State of Art First Aid will be available

**ExNoRa Blood Bank**  
**Weekly Medical Camp**

**Yoga Yogam (Yoga Centre)**

**Health Exalt (Abode for Medical Camps)**

**Yoga ExNoRa**

Location for Collective Yoga , Pranayam & Mediation as well as Classes

Medical Service **ExNoRa**  
Regular Health Check-up & medical service



*Things*

**Director  
Humanity**



*Activity In charge*

**H 6 ExNoRa**

Donate your "Things , Time & Talent"

**H**Heart that receives the request /sees a requirement

**H**Head evaluates

**H**ands get instructions

**H**elp is rendered

**H**umanity receives

**H**appiness for both

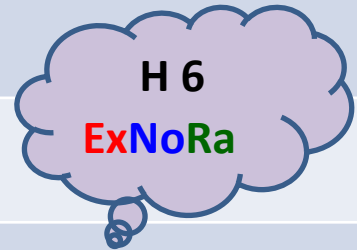


**"H"**  
the  
Great



**H6 : Previously used goods / commodities / articles are donated for reuse**

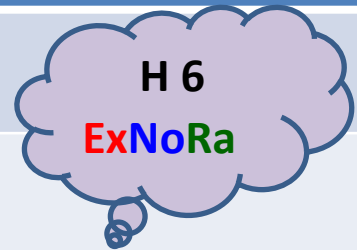
<b>Name</b>	Amuse Music
<b>ExNoRa Name</b>	Music Instrument <b>ExNoRa</b>
<b>Explanation</b>	Music entertains & relaxes mind.
<b>Slogan</b>	Music amuses
<b>Website</b>	<a href="http://www.exnora.org/music">www.exnora.org/music</a>





**H6 : Previously used goods / commodities / articles are donated for reuse**

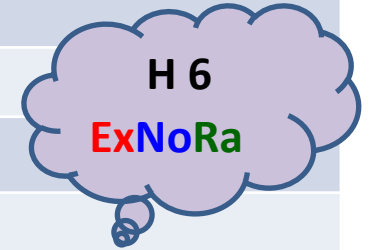
<b>Name</b>	<b>Artificial Beneficial</b>
<b>ExNoRa Name</b>	<b>Artificial Limbs ExNoRa</b>
<b>Explanation</b>	<b>Artificial Limbs will make a handicapped to walk naturally .</b>
<b>Slogan</b>	<b>It is artificial , but beneficial to differently abled .</b>
<b>Website</b>	<u><a href="http://www.exnora.org/limbs">www.exnora.org/limbs</a></u>





## H6 : Previously used goods / commodities / articles are donated for reuse

Name	Bed Bay
ExNoRa Name	Bed ExNoRa
Explanation	Everyone needs good sleep & bed assures it
Slogan	Bed
Website	<a href="http://www.exnora.org/bed">www.exnora.org/bed</a>

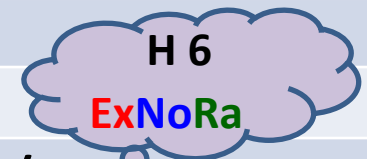






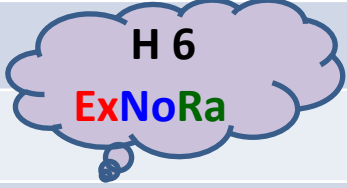
**H6 : Previously used goods / commodities / articles are donated for reuse**

Name	Blanket Banquet
ExNoRa Name	Blanket ExNoRa
Explanation	Nearly 20% population in cities live on platform /road pavements with sky as their roof . They shiver during winters . The surplus blankets can be given to them via ExNoRa Blanket Bank
Slogan	A Blanket can give a blanket cover protect one who is shivering.
Website	<a href="http://www.exnora.org/blanket">www.exnora.org/blanket</a>





## H6 : Previously used goods / commodities / articles are donated for reuse

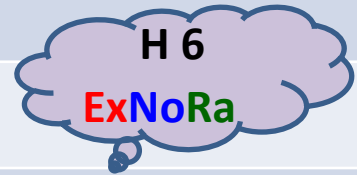
Name	Book Nook	
ExNoRa Name	Book ExNoRa	
Explanation	Books should never remain idle. It must go in circulation & wake up idle minds . Bot text books & library books	
Slogan	Book make one knowledgeable by only one reading it	
Website	<a href="http://www.exnora.org/book">www.exnora.org/book</a>	





**H6 : Previously used goods / commodities / articles are donated for reuse**

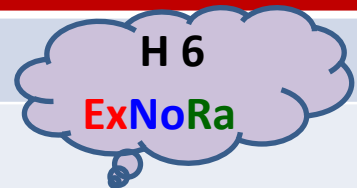
<b>Name</b>	BuyCycle
<b>ExNoRa Name</b>	Bicycle <b>ExNoRa</b>
<b>Explanation</b>	Buy Bicycle Bye Bye Petrol
<b>Slogan</b>	Use Human Resource instead of exhausting Natural Resources & donate it to poor .
<b>Website</b>	<a href="http://www.exnora.org/bicycle">www.exnora.org/bicycle</a>





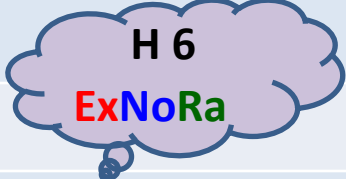
**H6 : Previously used goods / commodities / articles are donated for reuse**

Name	Cane Can
ExNoRa Name	White Cane ExNoRa
Explanation	White cane send notice to those with vision & drive carefully for the safety of those without vision
Slogan	White Cane Red signal for others
Website	<a href="http://www.exnora.org/whitecane">www.exnora.org/whitecane</a>





## H6 : Previously used goods / commodities / articles are donated for reuse

Name	Computer Compliment	
ExNoRa Name	Computer <b>ExNoRa</b>	
Explanation	Used computer is useful to those who don't have computer , particularly for learning.	
Slogan	Used computer can be used by beginners.	
Website	<a href="http://www.exnora.org/computer">www.exnora.org/computer</a>	





**H6 : Previously used goods / commodities / articles are donated for reuse**

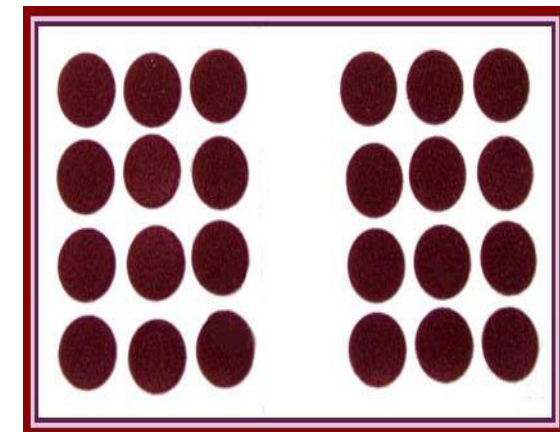
<b>Name</b>	Spectacle-Spectacle
<b>ExNoRa Name</b>	Specs <b>ExNoRa</b>
<b>Explanation</b>	Spectacle means a pair of eyeglasses. Another meaning is : Something that can be seen or viewed, especially something of a remarkable or impressive nature. Yes the spec frame is expensive . We have so many specs lying idle in our home . If you give to <b>ExNoRa</b> Seva Centre they can be given to poor . They he / can she something spectacular
<b>Slogan</b>	Your old specs frame will give new vision to a poor
<b>Website</b>	<a href="http://www.exnora.org/specs">www.exnora.org/specs</a>





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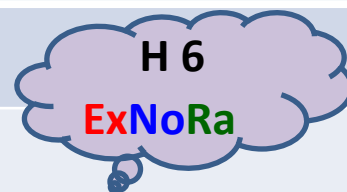
Name	Cosmetics Cosmos	
ExNoRa Name	Cosmetics ExNoRa	
Explanation	Poor women too need it	
Slogan		
Website	<a href="http://www.exnora.org/cosmetics">www.exnora.org/cosmetics</a>	





## H6 : Previously used goods / commodities / articles are donated for reuse

Name	Cradle Puddle
ExNoRa Name	Cradle ExNoRa
Explanation	Cradle ensures the safety of any children
Slogan	
Website	<a href="http://www.exnora.org/cradle">www.exnora.org/cradle</a>







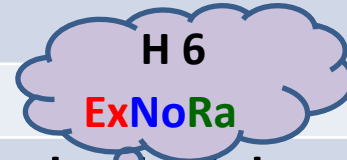
**H6 : Previously used goods / commodities / articles are donated for reuse**

<b>Name</b>	<b>Crutches Crotch</b>	
<b>ExNoRa Name</b>	<b>Crutches ExNoRa</b>	
<b>Explanation</b>	<b>Crutch make one ABLE</b>	
<b>Slogan</b>		
<b>Website</b>	<b><u><a href="http://www.exnora.org/crutches">www.exnora.org/crutches</a></u></b>	





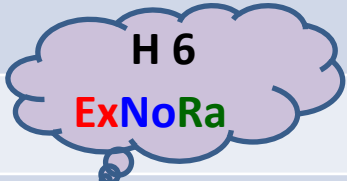
**H6 : Previously used goods / commodities / articles are donated for reuse**

Name	Dress Address	
ExNoRa Name	Cloth ExNoRa	
Explanation	Used but reusable cloths can be donated to those who don't have it	
Slogan	As dress is for protection of people & their modesty , this issue has to be addressed	
Website	<a href="http://www.exnora.org/dress">www.exnora.org/dress</a>	





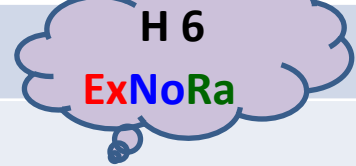
**H6 : Previously used goods / commodities / articles are donated for reuse**

Name	Fees Ease	
ExNoRa Name	School Fees ExNoRa	
Explanation	Only education can create an equal society	
Slogan	Fees eases a poor boy rom worries & eases the giver to guilt	
Website	<a href="http://www.exnora.org/fees">www.exnora.org/fees</a>	





**H6 : Previously used goods / commodities / articles are donated for reuse**

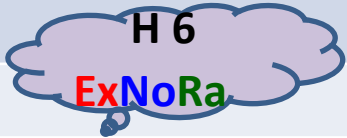
<b>Name</b>	<b>FOOT-WEAR “WARE HOUSE”</b>	
<b>ExNoRa Name</b>	Footwear <b>ExNoRa</b>	
<b>Explanation</b>	Foot protection is Important as it comes in contact with surface	
<b>Slogan</b>	Foot protection is whole human body protection.	
<b>Website</b>	<a href="http://www.exnora.org/footwear">www.exnora.org/footwear</a>	



YX-1821



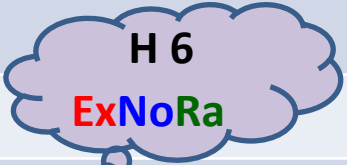
## H6 : Previously used goods / commodities / articles are donated for reuse

Name	Furniture Fortuner	
ExNoRa Name	ExNoRa Furniture Bank	
Explanation	Everyone needs basic furniture . Children need table & chair to do their study	
Slogan	Furniture is a tool for good future	
Website	<a href="http://www.exnora.org/furniture">www.exnora.org/furniture</a>	





**H6 : Previously used goods / commodities / articles are donated for reuse**

Name	Gilt Lit	
ExNoRa Name	Gilt Jewel ExNoRa	
Explanation	It is donation of gilt jewels to poor women. It will certainly remove the guilt of the possessor	
Slogan	Gilt jewel will lit the face of a poor woman	
Website	<a href="http://www.exnora.org/gilt">www.exnora.org/gilt</a>	





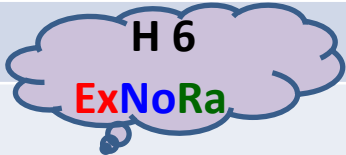
**H6 : Previously used goods / commodities / articles are donated for reuse**

<b>Name</b>	<b>Grain Gain</b>	
<b>ExNoRa Name</b>	<b>Granary ExNoRa</b>	
<b>Explanation</b>	<b>One fistful of grain per week by those who can afford will feed all the poor</b>	
<b>Slogan</b>	<b>Your surplus Grain is poor man's gain</b>	
<b>Website</b>	<b><a href="http://www.exnora.org/grain">www.exnora.org/grain</a></b>	





## H6 : Previously used goods / commodities / articles are donated for reuse

Name	Groceries Necessaries	
ExNoRa Name	Grocery ExNoRa	
Explanation	Groceries costs quite a lot & those who can afford can donate to those who cannot afford via 6 H ExNoRa Seva centre	
Slogan	Groceries have become basic necessities	
Website	<a href="http://www.exnora.org/groceries">www.exnora.org/groceries</a>	







## H6 : Previously used goods / commodities / articles are donated for reuse

Name	Instrument Instruments
ExNoRa Name	Education Instruments ExNoRa
Explanation	Poor students need instruments besides books
Slogan	
Website	<a href="http://www.exnora.org/educational">www.exnora.org/educational</a> instruments





## H6 : Previously used goods / commodities / articles are donated for reuse

Name	Meal Heal
ExNoRa Name	Meal ExNoRa
Explanation	Poverty is the biggest sickness. Cure is sharing food for caring poor
Slogan	Meal heals poverty
Website	<a href="http://www.exnora.org/meal">www.exnora.org/meal</a>





## H6 : Previously used goods / commodities / articles are donated for reuse

Name	Medicine Mound
ExNoRa Name	Medicine ExNoRa
Explanation	Drug Companies can donate medicines well before expiry dates
Slogan	Medicine is panacea
Website	<a href="http://www.exnora.org/medicine">www.exnora.org/ medicine</a>





## H6 : Previously used goods / commodities / articles are donated for reuse

Name	Napkin –the Kith & kin
ExNoRa Name	ExNoRa Sanitary Napkin Bank
Explanation	It is a must for poor women
Slogan	
Website	<a href="http://www.exnora.org/napkin">www.exnora.org/napkin</a>






## H6 : Previously used goods / commodities / articles are donated for reuse

Name	Shoe Shore
ExNoRa Name	Shoe ExNoRa
Explanation	When it come health & protection , shoes are important . So many of us have so many pair of shoes , not being used . Unused shoes can be donated to those who walk bare foot via ExNoRa Shoe Bank.
Slogan	Your old toy is the cause for the new joy of poor children.
Website	<a href="http://www.exnora.org/shoes">www.exnora.org/shoes</a>





**H6 : Previously used goods / commodities / articles are donated for reuse**

Name	Spectacle-Spectacle 
ExNoRa Name	Specs ExNoRa
Explanation	Spectacle means a pair of eyeglasses. Another meaning is : Something that can be seen or viewed, especially something of a remarkable or impressive nature. Yes the spec frame is expensive . We have so many specs lying idle in our home . If you give to ExNoRa Seva Centre they can be given to poor . They he / can she something spectacular
Slogan	Your old specs frame will give new vision to a poor
Website	<a href="http://www.exnora.org/specs">www.exnora.org/specs</a>







## H6 : Previously used goods / commodities / articles are donated for reuse

Name	Tool Pool
ExNoRa Name	Tools ExNoRa
Explanation	However skilled one is , one needs tools to get income
Slogan	Pool Talents & tools
Website	<a href="http://www.exnora.org/">www.exnora.org/</a> utensil







**H6 : Previously used goods / commodities / articles are donated for reuse**

Name	Towel Bestowal
ExNoRa Name	Towel ExNoRa
Explanation	Towel is the basic need for hygiene which people don't have
Slogan	Towel one for one's well being
Website	<a href="http://www.exnora.org/towel">www.exnora.org/towel</a>





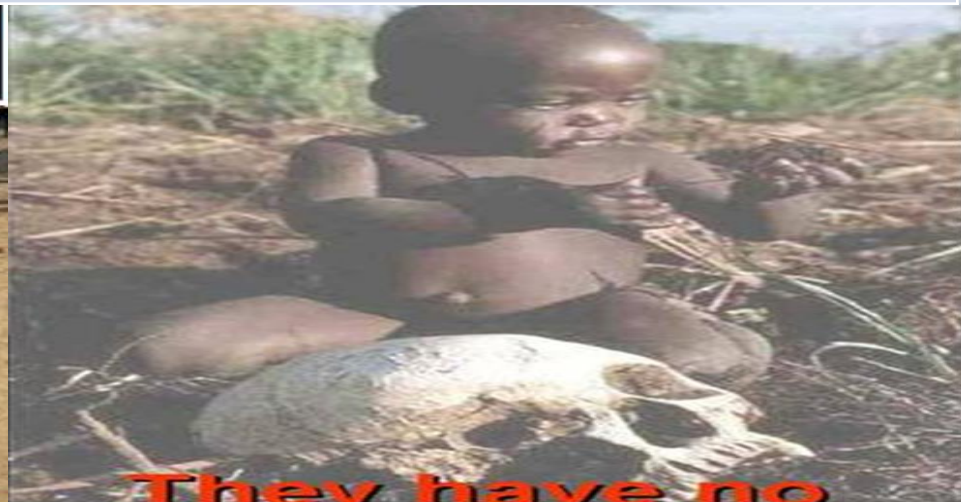
**H6 : Previously used goods / commodities / articles are donated for reuse**

<b>Name</b>	Toy Joy
<b>ExNoRa Name</b>	Toys <b>ExNoRa</b>
<b>Explanation</b>	Toy gives company & happiness to children. The children who can afford keep buying new toy with old toys remaining untouched gathering dust . If it is given to <b>ExNoRa</b> Toy bank , it will be given to poor children .
<b>Slogan</b>	Your old toy is the cause for the new joy of poor children
<b>Website</b>	<a href="http://www.exnora.org/toyjoy">www.exnora.org/toyjoy</a>

The boy in the foreground found one old tennis ball & that is the cause of JOY for 9 children



Which TOY of yours, you are going to share & it is going to bring happiness to how many children



**They have no option!**



## H6 : Previously used goods / commodities / articles are donated for reuse

Name	Uniform Union
ExNoRa Name	Uniform ExNoRa
Explanation	Poor students face another burden , money for buying school uniform
Slogan	Uniform is union of minds
Website	<a href="http://www.exnora.org/uniform">www.exnora.org/uniform</a>





**H6 : Previously used goods / commodities / articles are donated for reuse**

Name	Vessels Easels
ExNoRa Name	Vessels ExNoRa
Explanation	Still people have only mud pots
Slogan	
Website	<a href="http://www.exnora.org/vessels">www.exnora.org/vessels</a>





**H6 : Previously used goods / commodities / articles are donated for reuse**

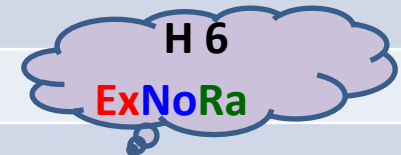
<b>Name</b>	Wheel Zeal
<b>ExNoRa Name</b>	Wheel Chair ExNoRa
<b>Explanation</b>	One who has no legs can move around with a wheel chair . Can every one of us donate one wheel chair at least once in our life time?
<b>Slogan</b>	Wheels are legs for legless
<b>Website</b>	<a href="http://www.exnora.org/wheel">www.exnora.org/wheel</a>





**H6 : Previously used goods / commodities / articles are donated for reuse**

Name	Train Terrain
ExNoRa Name	Training ExNoRa
Explanation	<p>Institute for Trainings &amp; Capacity Building giving lectures on composting , safety including Disaster Preparedness , Home Farming, waste to wealth ideas, etc.</p> <p>ii. Holding physical demonstrations by display of models of above</p>
Slogan	You can light one candle with another without loss of light
Website	<a href="http://www.exnora.org/train">www.exnora.org/train</a>



*Time*



Name	Friends Bank
ExNoRa Name	Friends ExNoRa
Explanation	Friendship is the only cement that will ever hold the world together.
Slogan	Find Friend ( FRIEND )
Website	<a href="http://www.exnora.org/friend">www.exnora.org/friend</a>

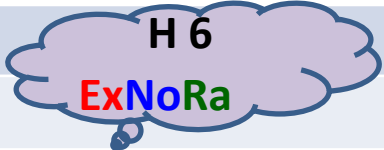




*Talent*



## H6 : Previously used goods / commodities / articles are donated for reuse

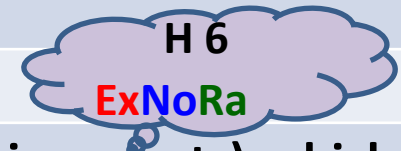
Name	Clothe Lathe	
ExNoRa Name	Cloth ExNoRa	
Explanation	Cloths little damaged can be repaired & given to the needy. The work will be done volunteers who know tailoring . Students who learn tailoring can come forward to do it	
Slogan	As dress is for protection of people & their modesty , this issue has to be addressed	





## H6 : Previously used goods / commodities / articles are donated for reuse

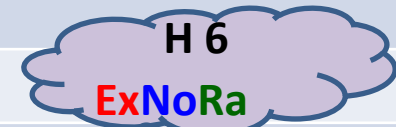
Name	Repair Prepare
ExNoRa Name	Repair Prepaid <b>ExNoRa</b>
Explanation	Any goods (e.g. Furniture , electrical & electronic gadgets) which became faulty can be repaired Little damaged can be repaired & given to the needy. The work will be done volunteers who know tailoring . Students can come who know can do it
Slogan	what you don't need , some one else needs
Website	<a href="http://www.exnora.org/dress">www.exnora.org/dress</a>





**H6 : Previously used goods / commodities / articles are donated for reuse**

<b>Name</b>	Distribute to Destitute
<b>ExNoRa Name</b>	Training <b>ExNoRa</b>
<b>Explanation</b>	<b>Distribution Depot</b> for tree saplings & seeds (ExNoRa Tree Bank , ExNoRa Nursery Bank & <b>ExNoRa</b> Seed Bank)
<b>Slogan</b>	You can light one candle with another without loss of light
<b>Website</b>	<a href="http://www.exnora.org/train">www.exnora.org/train</a>



- **The ExNoRa Seva Centre will be an “Eco-friendly” MODEL and will be recognised as an “Eco-tourist” Spot (Suttru Suzhl Suttrulla Stall) by ExNoRa International”. The tourists, elected representatives government officials , both from India & abroad will flock there to see , understand & Learn**
- **The building will therefore be naturally an “Eco-tourist” Spot . The Office ExNoRa concept will be there in place . Energy Saving , Waste Minimisation , Waste To Wealth Practises, Carbon Neutral Office, Greeneries & Sky Farm all will be in place. The “All Easy Bio-gas plant” is a must. The whole office waste will produce gas for cooking and the gas will also produce power for meeting the office electricity requirements**

**ExNoRa Innovators Club & ExNoRa Seva Centre will be 100% eco-friendly premises and the following eco-practices will be in place. It will be an Eco-tourist spot & Ecobition**

# Here is the checklist for 100% eco-friendly model premises

<b>Source Segregation</b>	<b>Source Composting</b>	<b>Recyclables will be sent to recycling Industries</b>	<b>Handmade Paper recycling will be done</b>
<b>Waste Water will be dealt with &amp; will be used for gardening &amp; Horticulture</b>	<b>Maximum Natural light will be used during day time</b>	<b>Solar Energy will be used</b>	<b>Efforts will be made to install wind mill</b>
<b>Light fittings will be LED</b>	<b>Zero Waste Centre will be installed</b>	<b>Bio-methanation will be carried out</b>	<b>Energy Saving will be carried out as per ExNoRa recommendation</b>
<b>Waste minimisation will be fully practised</b>	<b>Rain Water Harvesting will be implemented</b>		<b>ExNoRa Magic Log Book will be used to reduce power consumption</b>

**H 6 will be the ExNoRa Collection Pool of various necessities to poor through various collection banks . You can have a readymade prefabricated large cabin to receive and store used items for redistribution where you can donate new or Previously owned items / commodities / gadgets .**

**Previously used goods / commodities / articles are donated for reuse**

<b>Toy Joy ExNoRa Toy Bank</b>	<b>Meal Heal ExNoRa Food Bank</b>	<b>Fees Ease School Fees ExNoRa</b>
<b>Grain Gain ExNoRa Grain Bank</b>	<b>FOOT-WEAR “WARE HOUSE” ExNoRa Footwear Bank</b>	<b>Sports Port ExNoRa Sports Material Bank</b>
<b>Book Nook ExNoRa Book Bank</b>	<b>Computer Concourse ExNoRa Computer Bank</b>	<b>Shoe Shore ExNoRa Shoe Bank</b>
<b>Medicine Mound ExNoRa Medicine Bank</b>	<b>Dress Address ExNoRa Cloth Bank</b>	<b>Bicycle Buy Cycle ExNoRa Cycle Bank</b>
<b>Groceries Necessaries ExNoRa Grocery Bank</b>	<b>Bed Bay ExNoRa Bed Sheet Bank</b>	<b>Crutches Crotch ExNoRa Crutches Bank</b>
<b>Gilt Lit ExNoRa Gilt Jewels Bank</b>	<b>Spectacles Spectacle ExNoRa Spectacles Bank</b>	<b>Blanket Banquet ExNoRa Blanket Bank</b>

**Gilt Lit**  
**ExNoRa Gilt Jewels Bank**  
**Instrumental for**  
**Instruments**  
**ExNoRa Study Instruments**  
**Bank**

**DISH Wish**

**Furniture Ligature**

**Paper Pile**  
**ExNoRa Wastepaper Bank**  
**(Old Newspaper too )**

**Tree Free**

**Cradle Puddle**  
**ExNoRa Cradle Bank**

**Attire Metier**

**Spectacles Spectacle**  
**ExNoRa Spectacles Bank**  
**White Cane – We can**  
**ExNoRa White Cane Bank**

**Utensil Ideal**  
**ExNoRa Utensil Bank**

**Plastic Pluralistic**  
**ExNoRa P2 W2 (Paper Plastic**  
**Waste to Wealth)**

**Tool Pool**

**Artificial Beneficial**  
**ExNoRa Artificial Limbs**

**Metal Petal**  
**Metal Waste ExNoRa**

**Trash Cash**

**Blanket Banquet**  
**ExNoRa Blanket Bank**  
**Wheel Zeal**  
**ExNoRa Wheel Chair Bank**

**Uniform Union**  
**ExNoRa Uniform Bank**

**Water Cater**  
**ExNoRa Water Bank**

**Pet “Pet”,**  
**Pet Bottles Recycling**  
**ExNoRa**

**Dignity-kin, Napkins**  
**ExNoRa Sanitary Napkin**  
**Bank**

**Cosmetics Cosmos**

**Paperosaurus**  
**(like DINOSAURS )**

**Toy Joy will also include Toy Share & Toy Exchange**



# How to get a building ?

**Taking a premises on rent**

**A philanthropist offering his place**

**Buying a place by raising funds**

**Government place e.g. Corporation School premises can be go for a nominal rent**

**Asking a Corporate to offer their place**

**Requesting an educational institution to spare space**

**Buying by bank loan t be availed be individuals**

## How to pay rent ?

Such great activities take place . People are there , needs to serve are there , activities are there , guidance is there. Only a premises is needed which is a must. It is not at all difficult, if people decide & act.

Out of subscription

Only by people of the Club area donating their old newspaper ( if they give their paper & plastic waste , the premises can be more spacious)

Just Re 1/ - per resident

If people of the area , even students pay Re 1/- per person , the rent can be paid.

The premises is fundamental & once it is done, rest will be history.

**The premises is fundamental & once it is done, rest will be history.**

Social Architect Have one – money from CSR – very important you need one

**In-Absentia Members : Any ExNoRa Innovators Club can get in touch with their former citizens, now Non-residents in India or abroad & make them in-absentia members & ask them to give ideas & suggestions for making their former area just like the country they are presently living**

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# Companion Club



**This is an extension of the category called in-absentia members. Even if there are five non-residents of a town in India now living in the same place within the Nation or city / foreign nation , they can form “ExNoRa Innovators Companion Club”. This will be like a mirror club or sister club. The only objective of the companion club to support the Club in their home place by ideas , money , etc.**

**Days of Importance for you to observe / celebrate on behalf ExNoRa along with your members without fail. It is a great opportunity to create awareness among members & general public. This is besides the days of National Importance like Independence Day & Republic Day**

**What are the DAYS of such importance ?**

# Days to be observed and awareness created

<b>World Environment Day</b> <b>June 5<sup>th</sup> of Every Year</b>	<b>Earth Day</b> <b>April 22<sup>nd</sup></b>	<b>World Forestry Day</b> <b>21<sup>st</sup> March</b>	<b>World Water Day</b> <b>22<sup>nd</sup> March</b>
<b>World Health day</b> <b>April 7<sup>th</sup></b>	<b>World Safety Day</b> <b>28<sup>th</sup> April</b>	<b>Ozone Day</b> <b>16th September</b>	<b>World Population Day</b> <b>11<sup>th</sup> July</b>
<b>World Heritage Day</b> <b>April 18</b>	<b>Green Consumer Day</b> <b>28<sup>th</sup> September</b>	<b>World Habitat Day</b> <b>3<sup>rd</sup> October</b>	<b>World Animal Welfare Day</b> <b>4<sup>th</sup> October</b>
<b>International Day for Natural Disaster Reduction</b> <b>13<sup>th</sup> October</b>	<b>World Wild Life Day</b> <b>1<sup>st</sup> October</b>	<b>World Wetland Day</b> <b>2<sup>nd</sup> February</b>	<b>World Anti-Tobacco Day</b> <b>May 31<sup>st</sup></b>
<b>Children's Day</b> <b>14<sup>th</sup> April</b>	<b>World Cleanliness day</b> <b>10<sup>th</sup> October . Cleaning campaign will be done in homes , streets , institutions , public places</b>		<b>ExNoRa Founding day</b> <b>28<sup>th</sup> April</b>

# What you can do on these days & How these days can be observed ?

On these days you can organise a special item for the morning assembly in school / college ExNoRas or hold an exhibition or a competition. You can present any of the following items listed below . Same thing applies to Residential & Office ExNoRas

- Read a poem or a quotation or both at the beginning of the assembly.
- Enact a play highlighting the issue.
- Organise a quiz.
- Hold a discussion on the specific issue.
- Organize a debate on the particular issue.
- Ask your art teacher to hold a painting competition.
- Organise a Poster competition.
- Have tree plantation programmes.
- Take up a 'clean your neighbourhood drive'.
- Organise a 'just a minute' competition.
- Have a photograph competition.
- Give a talk on the subject.
- Arrange a wall display highlighting the occasion.
- Hold a classroom board contest on the specific topic
- Conduct events



# The functions of FedRex

1. To bring all the RWA **ExNoRas** under their umbrella.
2. To hold periodical meetings , discuss issues & find solutions .
3. To study & prepare plans for major civic & environmental issues
4. To take it to the Governments directly and holding “**Face to Face**” meetings periodically, with RWA **ExNoRas** on one side and the elected representatives as well as the officials of various service providers , on the other side and find spot solutions, with **FedRex** conducting the meeting .
5. To hold weekly Open House Meetings on every Saturday evenings

# The 4<sup>th</sup> Function of FedRex

A. To conduct at the **ExNoRa** Seva Center ,sectorial meetings periodically of the Directors of Residents Welfare **ExNoRas** , their avenue of service-wise like meeting of all

1. Safety Directors
2. Hygiene & Health Directors
3. Environment Directors
4. Humanity Directors
5. Ecstasy Directors &
- 6.E World / IT ExNoRa Directors

plus all Activities in- charge like Human Relations & HRM , etc. and enable them to brainstorm , exchange their experience, expertise & success stories.

B. To conduct periodical trainings for them at the **ExNoRa** Seva Center

**ExNoRa Information Bureau**

All **ExNoRa** Information from A to Z will be provided there

**Heart for Counselling & Mediation**  
called the **3<sup>rd</sup> Answer** for conflict management & avoidance

**SOS Resort**

**for 24 hours Guidance & 24 Hours Helpline**



**1. Imparting knowledge in the fields of Environment, Self-Improvement , Entrepreneurship , Vocations , ExNoRa Organisation and its various Concepts including Enjoy Life Every Moment, Environmental Courses done by EETI & 7<sup>th</sup> Sense Training Institute which is a Brain Resource Development Institute.**

**2. The Centre will train on Ahimsa Kranthi and the 12 Values of Life including Principled Simplicity , Voluntary Sacrifice , Temperance, Respect to Freedom , Being Non-corrupt & Non-Communal , etc.**

**3. Preference will be given for providing training in Risk Assessment & Disaster Preparedness**



**ExNoRa Seva Centre** will also have an **Community Alarm**. It will be a siren on a high mast to raise alarm in case of an impending disaster. It is needed in every neighbourhood to alert the people before & during disasters which will save precious lives. It will be installed in the premises of **ExNoRa Seva Center** of **ExNoRa Innovators Club**. See picture. In addition **ExNoRa Seva Centre** will install **Community Network Alarm System** with the cooperation of residents and the houses will be interconnected.

## **Community Alert Alarm**





## **Community Kitchen**

**Cultural Centre / Cooking Class centre**



**ExNoRa Hall of Fame & Wall of Fame**

**Fitness Centre**

Video conferences & Webinar Hall- Think  
Globally

## ExNoRa H 6 : Emergency Services

**Eye check up by Eye Care ExNoRa , Dental  
Check-up by Teeth ExNoRa, Skin Check-up by  
Skin ExNoRa , blood sugar check up by  
Diabetes ExNoRa, Heart Check-up by Heart  
ExNoRa, ENT Check-up by ENT ExNoRa , Blood  
Donation camps by ExNoRa Blood Bank ,  
Bone care by Bone ExNoRa & Physiotherapy  
ExNoRa**

Pauper / paper

Method demonstration

