

# NAMMA BENGALURU

## Ease of Education

### PLANNER AND CALENDAR 2025-2026

AOEC 2025-2026 for  
Helping secure  
communications of concerns

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*Awareness*

*Sustainable  
Livelihood*

*Ease of Education*

*Accretive & Secure Communication*

*Health & Wellness*



*Disaster Events*

*Safety & First-Aid*

# *Awareness of*



❖ *Sustainable Expectations*

❖ *Health and Wellness*

❖ *Safety and First Aid*

❖ *Disasters/Hazards* ∅

❖ *Social Welfare*

❖ *Voicing Out*

*Accretive & Secure Communication*

*Ease of  
Education  
and  
Welfare*

# *Voicing out and its Welfare*



- ❖ *Realistically every one of us expect generative involvement for our concerns, and voicing out*
- ❖ *The mission of each educational institution is to balance and harmonize the focal point of education for conscious thinking and doership*
- ❖ *Accretive and secure communication is not an Ease of Education vision as yet. Feedback or complaints redressal is not the same as Voicing out with zeroed negatives.*
- ❖ *Accretive meaning element of interest gaining wider focus*
- ❖ *The opposite Dilutive meaning non-generative involvement for any element of interest or lowering its purpose or value*

*Accretive & Secure  
Communication*



*Ease of Education  
and Welfare*

# *Voicing out and its Welfare*



- ❖ *Voicing out with zeroed negatives is a vision that enables students, staff, parents, stakeholders, management, committee members to help or use accretive & secure communication to express core purposes like:*
- ❖ *A Recommendation*
- ❖ *A Suggestion*
- ❖ *Accountability viewpoint (like road safety)*
- ❖ *Assistance or Need reporting*
- ❖ *Events of concern*
- ❖ *Incidents of concern*
- ❖ *Complaints needing redressal*
- ❖ *Problem solving for ease of education*
- ❖ *Goodwill important*
- ❖ *Community causes*
- ❖ *More than a concern highlights where a vision helps zeroed negatives in fitful assurance*

*Accretive & Secure  
Communication*



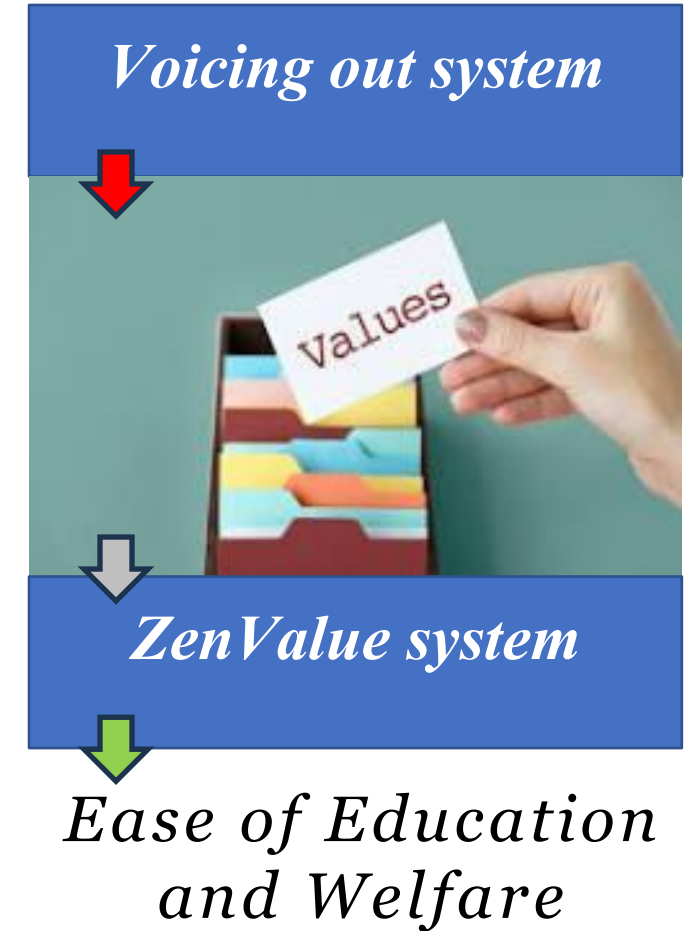
*Ease of Education  
and Welfare*



# *Voicing out and its Welfare*



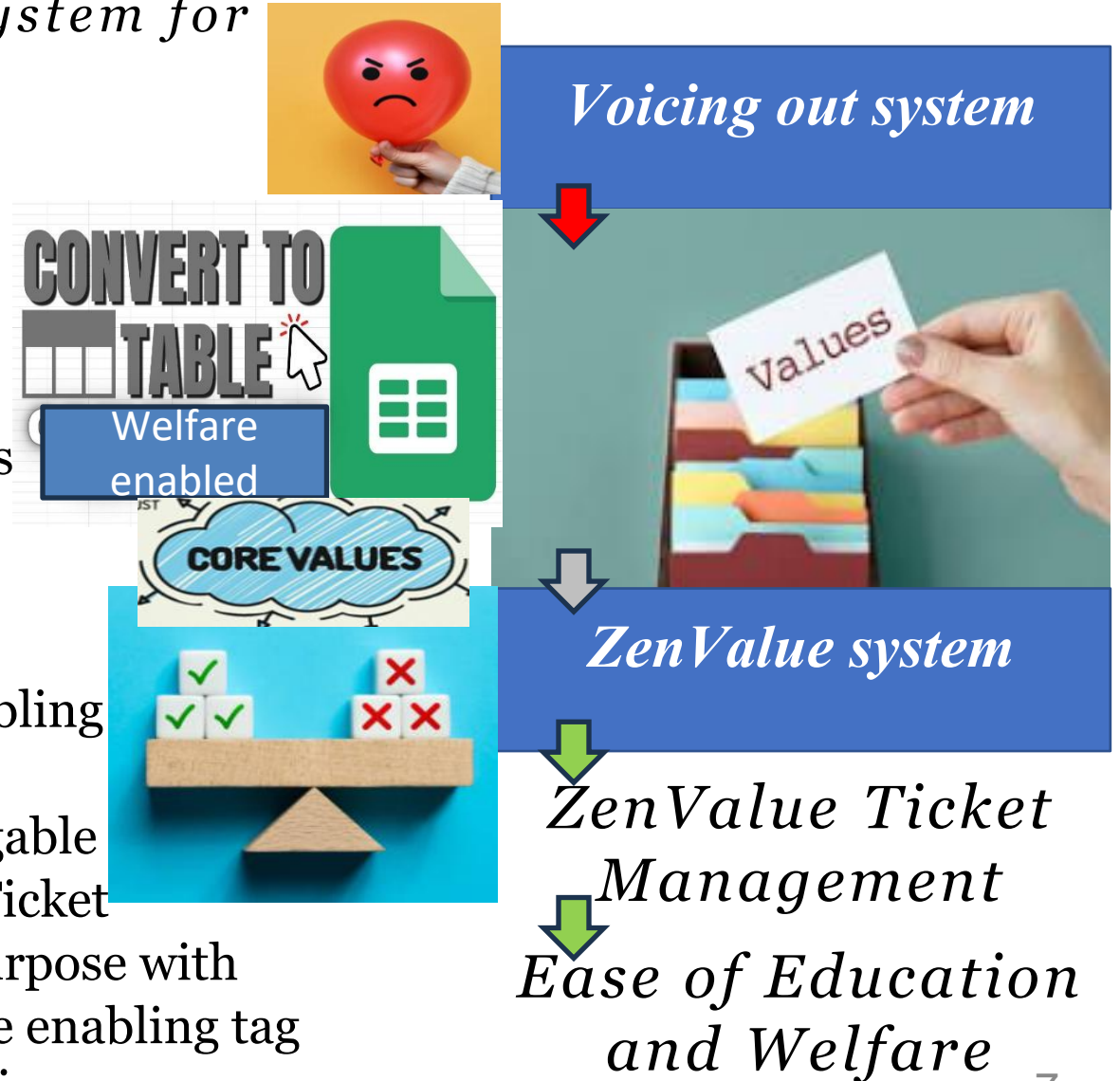
- ❖ *Voicing out with zeroed negatives is a vision that works on a “zen” value in all concerns being expressed.*
- ❖ *The “zen” value is to think that we are communicating with no fuss intended but are with a welfare element that this is*
- ❖ *A Belief*
- ❖ *A Strategic need*
- ❖ *A Propagative responsibility*
- ❖ *A Productive action*
- ❖ *An Accretive value for the educational system*
- ❖ *A Dissatisfaction or disagreement of less avulsion*
- ❖ *A Bicker free concern*
- ❖ *Unconventional resolution, where welfare element communication and its accretive fulfilment does not affect the earnings, return of investment, recognition, value system & belief, harmony, and ease of education mission*





# *Voicing out and its Welfare*

- ❖ *Voicing out and the “zen” value system for all concerns being expressed.*
- ❖ Stage 1: Concerns Coloured **Red**
- ❖ Stage 2: Concerns in **Greyed** opinion (degrees of information expressed in black & white but with a welfare enabling format)
- ❖ Stage 3: Greyed opinion to Valued concerns **Green colour**
- ❖ Solution: ZenValue status for Ease of education and welfare
- ❖ The ZenValue system uses a ZenValue Enabling format to capture information to raise an Accretive Ticket that is put through a navigable course of value enabling with a ZenValue Ticket status being present at each stage. For a purpose with “More than a concern highlights”, the value enabling tag helps a ticket have unconventional resolution

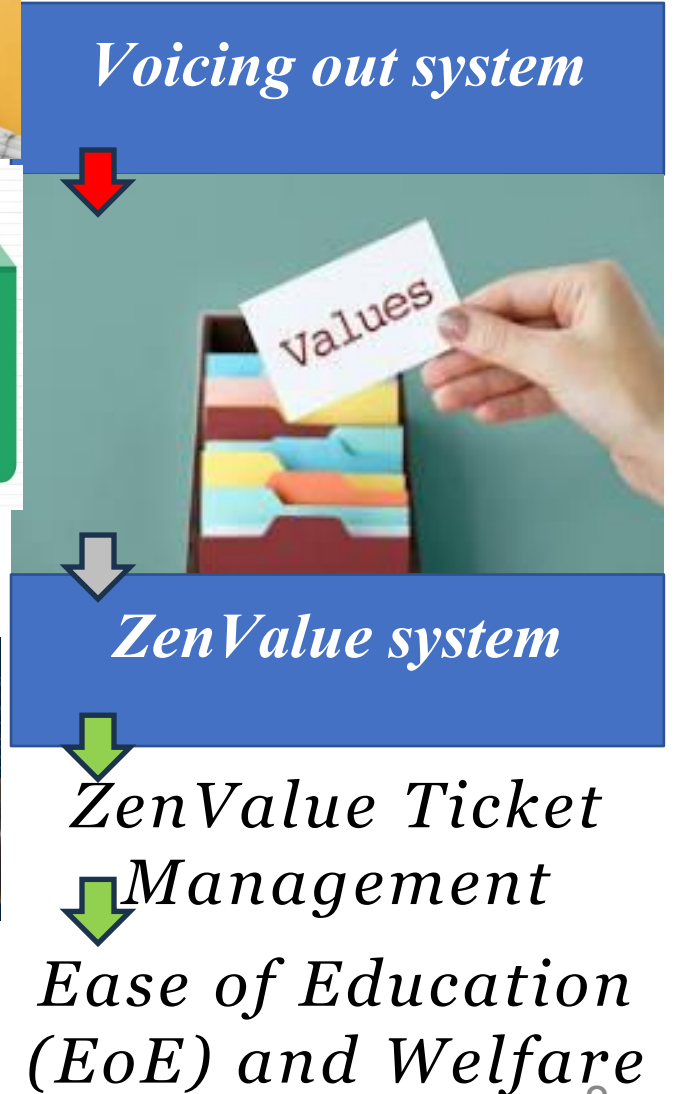


# Voicing out and its Welfare



❖ Voicing out tabulation.

Purpose as in Page 5 And details that need action taking based on Core Values or unconventional But fitful resolution for welfare	From	To	Core Values expected like  Help  Support  Guidance  Advice  EoE-and-Welfare  Fitful Welfare	ZenValue Ticket status For Core Values like Yet-a-View, Open, In-progress, On-hold, Diluted-Value, Closed







# Voicing out and its Welfare

*Ease of Education (EoE)  
and Welfare*

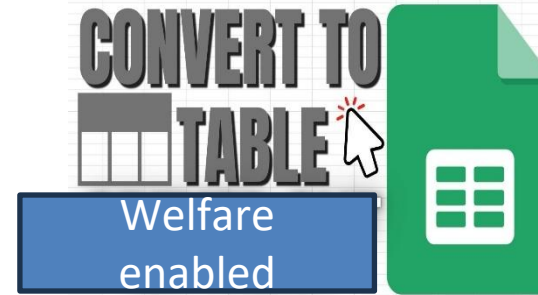
## PURPOSE



Here details could be confidential in nature or more than voicing out concerns, then the “More than a concern highlight” enables the ZenValue Ticket Lifecycle to hide private or secluded action taking where the resolution could be more than a zen core value



*Voicing out system*



*ZenValue system*



*ZenValue Ticket  
Lifecycle*



*Ease of Education  
(EoE) and Welfare*



# Core Values Evolving

## Ease of Education

- ☐ Academic Learning
- ☐ Development
- ☐ Growth
- ☐ Achieving Livelihood
- ☐ Equity theory for Resource Provisioning

☐ <https://venkataoec.wixsite.com/ease-of-education>



*Accretive & Secure Communication*

## Guidance for Sustainable Livelihood

- ☐ Systemic Expectations
- ☐ Educational Expectations
- ☐ Knowledge Enabling Expectations
- ☐ Skill Development
- ☐ Voicing out or No Fuss Communication



# Core Values Evolving

## Ease of Education

- ☐ Academic Learning
- ☐ Development
- ☐ Growth
- ☐ Achieving Livelihood
- ☐ Equity theory for Resource Provisioning



*Accretive & Secure Communication*

## Systemic Expectations

- ☐ Growth and Development
- ☐ Self-development
- ☐ Future Reasoning
- ☐ Visualizing Belief
- ☐ Accretive & Secure Communication or Voicing Out of concerns/purposes explained



# Core Values Evolving

## Ease of Education

- ☐ Academic Learning
- ☐ Development
- ☐ Growth
- ☐ Achieving Livelihood
- ☐ Equity theory for Resource Provisioning



*Accretive & Secure Communication*

## Educational Expectations

- ☐ Books
- ☐ Study/Reference Guides
- ☐ Resources for virtual/online learning
- ☐ Educational Allowance
- ☐ Transportation Allowance
- ☐ Hostel/PG Allowance
- ☐ Medical Benefits Allowance



# Core Values Evolving

## Ease of Education

- ☐ Academic Learning
- ☐ Development
- ☐ Growth
- ☐ Achieving Livelihood
- ☐ Equity theory for Resource Provisioning



*Accretive & Secure Communication*

## Knowledge Enabling Expectations

- ☐ Reference Books
- ☐ Workshops
- ☐ Participation in competitions
- ☐ Accretive Voicing Out (sometimes in a language of potential effectiveness)
- ☐ Pilot project/product/service implementations
- ☐ Training/Upskilling





# Core Values Evolving

## Ease of Education

- ☐ Academic Learning
- ☐ Development
- ☐ Growth
- ☐ Achieving Livelihood
- ☐ Equity theory for Resource Provisioning



*Accretive & Secure Communication*

## Skill Development

- ☐ Courses
- ☐ Certifications
- ☐ Skill enabling real world interactions
- ☐ Assistance for additional study programmes
- ☐ Adhoc Transportation Allowance
- ☐ Adhoc Hostel/PG Allowance



## Taken/Assistance

- [illegible]

- ☐ Supportive & Sustainable Super Food Programmes for the family
- ☐ Insurance policy facilitation
- ☐ Personal Hygiene
- ☐ Worm infestation
- ☐ Drugs and Medicines
- ☐ Ointments and Creams
- ☐ Anti-addiction programmes
- ☐ Life wise thinking



## Core (Guided) Vital Health

**Healthcare group for quality of life:** Educated family/Partially Educated family/Uneducated family/Other requirements

Weight: Normal/Under-weight/Overweight/Needs monitoring/Do not know

Blood picture diagnostics: Normal/Susceptible/Needs monitoring/Do not know

Blood sugar diagnostics: Normal/Low/High/Needs monitoring/Do not know

Blood pressure diagnostics: Normal/Low/High/Needs monitoring/Do not know

Cardio-vascular function diagnostics: Normal/Diagnosis available/Susceptible/Needs monitoring/Do not know

Liver function diagnostics: Normal/Diagnosis available/Susceptible/Needs monitoring/Do not know

Renal function diagnostics: Normal/Diagnosis available/Susceptible/Needs monitoring/Do not know

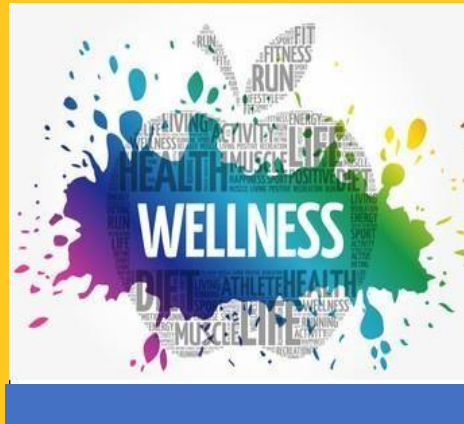
DNA/RNA (mutation) diagnostics: Normal/Diagnosis available/Needs monitoring/Do not know

Auto-immune system diagnostics: Normal/Diagnosis available/Needs monitoring/Do not know

# Core enablers for Health and Wellness Evolving

## Super Foods Gardening

- ❑ Healthy Heart garden activities
- ❑ Anti-addiction garden activities
- ❑ Natural Remedies and Health
- ❑ Home Remedy Clusters



## Super Foods (fruits and vegetables)

- ☐ Apples
- ☐ Bananas
- ☐ Berries
- ☐ Broccoli
- ☐ Cinnamon
- ☐ Turmeric
- ☐ Carrots
- ☐ Garlic

# Natural Remedies and Health



Herb/Flower element	Medicinal benefit
Bach flower	Helps improve moods and emotions
Dandelion	Helps flush out excess fluids
Echinacea	Improves immunity and reduces incidences of cold and flu
Grapefruit	Cleanses the air
Hibiscus	Reduces high blood pressure
Brahma Kamal	Treatment of fever, bone ache, intestinal ailments, cough, and cold
Lemongrass	Can refresh, cleanse, stimulate digestion and ease nervous feelings in the stomach. Can remove toxins and also has an antibacterial and antiseptic effect
Mandarin	Boosts self-worth
Marigold	Treating minor wounds, callouses, insect bites and stings, eczema, itches, burns and haemorrhoids
Primrose	Helps balance hormones, reduces stress and improves moods



# Natural Remedies and Health



Herb/Flower element	Medicinal benefit
Rose	Boosts self worth
Rosemary	Helps balance moods
Ylang Ylang	Boosts self worth
<b>Moringa Oleifera or</b> Murunga Plant/seed pod/leaves (Excerpts from Siddham)	Helpful in management of Cardiac diseases. Improves immunity, controls inflammation, removes toxins. It contains 0% cholesterol and also beneficial for patients suffering from Hypertension. Reduces chances of cancer. improves Eye vision and also prevent Ageing Macular Degeneration. Beneficial in managing Sugar level.
Palm fruits, roots, seeds, leaves and flower sap (Excerpts from PubMed)	Improves health , fights / controls infections, infestations and disorders of human systems. Has antioxidant activities, helps in lowering cholesterol, has anti-cancer effects and protects against atherosclerosis.

# Natural Remedies and Health



Herb element	Medicinal benefit
Aloe vera	Anti-inflammatory and healing properties
Basil	64 basil species, some of which are used as food wraps, elements of culture and ornamental ingredients
Bay	Cooking and ornamental purposes
Brahmi	Improve brain function and memory, ornamental purposes
Chilli	Culinary spice, ornamental and landscape purposes
Coriander	Cultivated for its culinary foliage, roots and seeds, herbal medicines
Curry plant	Cooking, floral arrangements and edging herb gardens
Eucalyptus	Medicinal applications and fragrance
Fennel	Culinary purposes like salads, salad dressings, pickles, baked foods and for its ornamental qualities
Flax	Printing inks, paints, varnishes, linoleum, bakery and cereal products

# Natural Remedies and Health



Herb element	Medicinal benefit
*Garlic and onions	Garlic used in medicinal preparations for its antimicrobial effects, anti cancer effects, improving blood circulation, Onions used for medicinal benefits and Culinary qualities
Ginger	Medicinal uses, to control arthritis, rheumatism, to protect the heart and blood vessels, to improve digestion and even to treat motion sickness, nausea
Jasmine	In essential oils, for perfumery and aromatherapy
Lavender	Medicinal uses in antiseptic, anti inflammatory preparations, treating anxiety, sleeplessness, essential oil in home-made air-fresheners and cleaning products
Lime	Medicinal uses to treat anxiety, tension, circulatory disorders, arthrosclerosis, respiratory infections, for ornamental and shade qualities
Mint	Uses fragrance, flavor, taste, in medicinal preparations to treat digestive disorders, for pain relief, as a nasal decongestant
Nettle	Medicinal uses to remove toxins, to treat arthritis, skin disorders and for its diuretic effect

# Natural Remedies and Health



Herb element	Medicinal benefit
Parsley	Medicinal uses to remove toxins, to treat arthritis, skin disorders and for its diuretic effect
*Plantain	Cooking to add flavor, for garnishing and medicinal uses to treat arthritis, digestive disorders, urinary-tract disorders and for its diuretic effects.
Poppy	Medicinal uses for anti-inflammatory and healing qualities, to prevent constipation and treat hemorrhoids
Sage	Medicinal uses like pain relief, treating insomnia, anxiety, to aid relaxation but should not be used for addictive qualities like heroin
Tea	Culinary qualities like flavor, aroma and for medicinal uses as an anti-oxidant, to control cardiovascular diseases, cancers and to improve mental alertness and concentration Green tea though very beneficial must be consumed with precaution and in controlled measures
Tea tree	Medicinal uses to treat cuts, skin infections due to antimicrobial and antiseptic qualities
Thyme	Ornamental qualities like profuse flowering, culinary qualities like aroma, flavor and for medicinal uses like anti-microbial qualities to treat and cure gastrointestinal infections, digestive disorders & respiratory disorders
Turmeric	Ornamental foliage and medicinal properties like anti-inflammatory effects, anti-oxidant effects, anti-cancer effects and anti-thickening properties to improve the health of arteries

# Natural Remedies and Health



Berries element	Medicinal benefit
Blackberry	Used for astringent properties and to treat diarrhea
Cranberry	Used for anti-oxidant effects and to treat and improve urinary disorders
Juniper	Used to treat arthritis, rheumatism and in treating diseases like gout due to its anti-inflammatory qualities
*Schisandra	Super berry that is used to treat asthma, cough and for its anti-inflammatory and anti-oxidant properties
Wild strawberry	Used to treat digestive disorders



# Natural Remedies and Health



Spices element	Medicinal benefit
Asafoetida	Culinary qualities and medicinal purposes such as to treat digestive disorders, respiratory problems
Black Pepper	Culinary qualities and medicinal purposes like anti-microbial effects to treat digestive disorders
Cinnamon	Culinary qualities and medicinal purposes like for its possible anti-carcinogenic properties, its anti-bacterial, anti-fungal and anti-viral properties, to quality to reduce cholesterol levels
Clove	Culinary qualities and medicinal purposes like its anti-septic, anti-inflammatory and analgesic properties
Cumin	Culinary qualities and medicinal applications to improve digestion, to control and treat colitis, bowel spasms
Fenugreek	Culinary qualities and medicinal uses to manage blood sugar levels in order to treat diabetes and to lower cholesterol levels
Saffron	Medicinal uses like its anti-cancer properties, its qualities to treat respiratory problems and in cooking for its flavor, fragrance and appearance
*Nigella	Widely used for its culinary qualities and in medicinal applications that treat digestive disorders, and for anti-parasitic, anti-inflammatory and anti-cancer qualities
Tamarind	Culinary qualities and for medicinal purposes to treat nausea, constipation, rheumatism



# *Core Safety & First-Aid* *Evolving*

## Do you know what to do for

- ☐ Cuts/Wounds
- ☐ Burns
- ☐ Fractures
- ☐ Bites
- ☐ Stings



## Do you have assistance for

- ☐ Supportive Requests
- ☐ Social Welfare
- ☐ Contact with chemicals
- ☐ Contact with sewage
- ☐ Contact with acid
- ☐ Rising air pollution levels



# Core enablers for Disaster/ Impactful Events Evolving

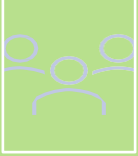
## Do you know what to do for

- ☐ Snake bites
- ☐ Electric shocks
- ☐ Bites
- ☐ Stings
- ☐ Fires
- ☐ Heat waves
- ☐ Cold waves
- ☐ Climate change related illnesses



## Do you get SMART city

- ☐ WHO Health indications
- ☐ Generation NEXT Analytics
- ☐ Warnings
- ☐ Reminders
- ☐ Broadcasted messages
- ☐ Critical notifications
- ☐ Planning updates
- ☐ Road Safety information
- ☐ Supply chain information for budgeting



# Sustainable Communities

Do you receive and send SMART city-wide bulletins for

- ☐ Health & Wellness Programmes
- ☐ Road Safety
  - ☐ <https://venkataoec.wixsite.com/roadsafety-edu-centr>
- ☐ Life Skills Understanding / Reverts
  - ☐ <https://venkataoec.wixsite.com/guidancecentre>
- ☐ Road Arboriculture and Super Food Gardening
  - ☐ <https://venkataoec.wixsite.com/treeconservator>
- ☐ Green Building Guidelines
  - ☐ <https://venkataoec.wixsite.com/gbrc>
- ☐ Saving Lakes, Ponds & Wells
- ☐ Acid Rain warnings
- ☐ City planning schedules
- ☐ Critical status management
- ☐ Planning, Evaluation, and Resolution
- ☐ Transformation to Service, or Amenities



*Receive*

*Send*



2025

January



SUN		5	12	19	26
MON		6	13	20	27
TUE		7	14	21	28
WED	1	8	15	22	29
THU	2	9	16	23	30
FRI	3	10	17	24	31
SAT	4	11	18	25	



2025

February



SUN		2	9	16	23
MON		3	10	17	24
TUE		4	11	18	25
WED		5	12	19	26
THU		6	13	20	27
FRI		7	14	21	28
SAT	1	8	15	22	

2025

March




SUN	30	2	9	16	23
MON	31	3	10	17	24
TUE		4	11	18	25
WED		5	12	19	26
THU		6	13	20	27
FRI		7	14	21	28
SAT	1	8	15	22	29

2025

April



SUN		6	13	20	27
MON		7	14	21	28
TUE	1	8	15	22	29
WED	2	9	16	23	30
THU	3	10	17	24	
FRI	4	11	18	25	
SAT	5	12	19	26	

2025

May



SUN		4	11	18	25
MON		5	12	19	26
TUE		6	13	20	27
WED		7	14	21	28
THU	1	8	15	22	29
FRI	2	9	16	23	30
SAT	3	10	17	24	31

2025

June



SUN	1	8	15	22	29
MON	2	9	16	23	30
TUE	3	10	17	24	
WED	4	11	18	25	
THU	5	12	19	26	
FRI	6	13	20	27	
SAT	7	14	21	28	

2025

July



SUN		6	13	20	27
MON		7	14	21	28
TUE	1	8	15	22	29
WED	2	9	16	23	30
THU	3	10	17	24	31
FRI	4	11	18	25	
SAT	5	12	19	26	

2025

August



SUN	31	3	10	17	24
MON		4	11	18	25
TUE		5	12	19	26
WED		6	13	20	27
THU		7	14	21	28
FRI	1	8	15	22	29
SAT	2	9	16	23	30



2025

September (now for us)



SUN		7	14	21	28
MON	1	8	15	22	29
TUE	2	9	16	23	30
WED	3	10	17	24	
THU	4	11	18	25	
FRI	5	12	19	26	
SAT	6	13	20	27	

2025

October



SUN		5	12	19	26
MON		6	13	20	27
TUE		7	14	21	28
WED	1	8	15	22	29
THU	2	9	16	23	30
FRI	3	10	17	24	31
SAT	4	11	18	25	

2025

November




SUN	30	2	9	16	23
MON		3	10	17	24
TUE		4	11	18	25
WED		5	12	19	26
THU		6	13	20	27
FRI		7	14	21	28
SAT	1	8	15	22	29

2025

December



SUN		7	14	21	28
MON	1	8	15	22	29
TUE	2	9	16	23	30
WED	3	10	17	24	31
THU	4	11	18	25	
FRI	5	12	19	26	
SAT	6	13	20	27	

# NAMMA BENGALURU



Building Sustainable  
Communities URL(s):

Website URL:

<https://venkataoec.wixsite.com/roadsafety-coe>

The ZenValue Voicing out system is an idea  
but is part of the Centre of Excellence  
functioning

Ease of Education and Welfare by  
AOEC, A Small Office Home Office