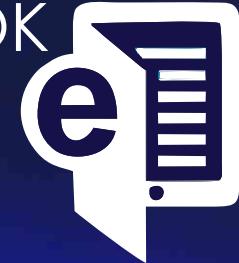




# PASSION

## E-BOOK



Version  
**2.0** → Volume: 2



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# About Orien's Orien's Principles

Orien's is an inspiring, research – based nutraceutical company, with a perfect blend of product range and skill set, fostering health and wealth in today's rapidly evolving society. Research has been our strong hallmark, where our success has manifested through our Research & Development, with over five years of intense research work, with duly earned patents, for more than dozens of nutritional supplements and creating an unique identity in the market. Exhibiting an unique assortment of health and wellness products and services, Orien's is an eye opener, for aspiring people who want to achieve their goals in Life through dedicated efforts. From nutritional supplements, personal care, Ayurvedic Medicines and home care products Orien's is a rare wholesome combination of redefining comfort and showering an affordable wellness to the society. Orien's exceptional services are reflected in improvising solutions, business management and development. Our business process management involves management of the entire business process flow, among our Independent Business Associates (IBAs) through distribution channels, enterprise stockist management and customer services and Product Trainings.



Orien's forte in distributing the products, through their network of channels has been a key driver to its success. Integrating people and resources has been the challenge, which we revel in, and is designed by the vision of our Directors, who have more than a decade of expertise in the field. Direct Selling plays a pivotal role in our operations, distributing products through, our IBAs, who are the heart beat of our organization.

Our Direct Selling marketing plan is the brain child of our Directors, who share the dias for more than a decade in the direct selling industry and have proved themselves to nurture the associates with a positive attitude in generating health and wealth. We duly reward the performance, with premium gifts and nail down their risk quotient, distribute and manage the ever-expanding health and wellness market. Orien's offers peerless support to our distributors and customers with a wide range of tools and services which includes printed product brochures, training programs converging on optimal use of technology, spreading our message of love and care on humanity. We lend a full autonomy, for IBA's which means to stand and think on their own and aid them to reach pinnacle of success.

Orien's have been transforming the lifestyle of common people and let them live their dreams, with our pure and simple marketing plan, lending vision, to all who wishes to accomplish greater goals in life. We calibrate growth based on the smiles of our customers, painting an inspiring legacy.

# Orien's Message

Success in life is a product of discrete planning and goal setting. Health is no exception. There goes a golden saying, "Health is Wealth", but reverse cannot be true. One cannot enjoy the wealth, unless one possesses sound health and it has become the mantra of Orien's.

Urge to create a healthy lifestyle is what drives Orien's to shower wellness to the people. Extracting healthy insight from Ayurveda, Siddha and Unani, Orien's bridges the gap between ancient Indian systems of medicine and modern sophisticated technologies. Orien's health theory is based on seven chakras of body.

Our human body comprise of seven chakras, which manages and control our health. The Crown chakra (or) Sahasrara maintains the entire hormone system of the body, Ajna chakra balance the total metabolism of the human body, Throat (or) Vishudhi chakra is responsible for growth and maturation, while Heart chakra (or) Anahata strengthens the immune system. The solar plexus (or) Manipura aids in digestion and conversion of energy. The chakras are the energy centers which connect the body and mind. Thus, the physical symptoms experienced in the body are manifested as psychological alterations in the mental balance.

"According to the Vedas, the purpose of human life is to strive for the following four purushartha (Great goal), Dharma (pursuing one's religion), Artha (attaining economic development), Kama (Accomplishing regulated sense-gratification) and moksha (attaining liberation). The genesis for attaining all the four purushartha is arogya (health)". Orien's is designed in such a way that ensures a healthy living for mankind.



World Health Organization (WHO) in 1948, Defined health as being "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity". Orien's wellness theory echoes the adherence to health, where "providing complete health is our ultimate goal". Based on the traditional holistic therapy, with basic chakras, food supplements and Equipments were contrived and supplied with concern and purity.

# Orien's Message

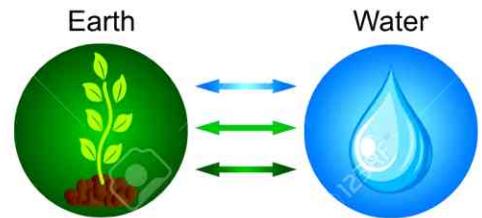
## Traditional Knowledge

### Kapha Dosha

Dr JOEMON JR BAMS

Kapha's elemental makeup consists of water and earth. The common translation of kapha is "that which binds things" or "that which holds things together." According to ayurveda, this is the dosha responsible for the stability, lubrication, substance, and support of our physical body. Kapha supports our emotional calm, our mental and physical endurance, and it allows us to feel deeply, to empathize, and to be patient and compassionate.

### KAPHA



#### Qualities of Kapha Dosha

- Cold
- Dull
- Cloud
- Wet
- Slow
- Smooth/slidy
- Heavy
- Sticky
- Steady or static

- Soft or hard  
(Think of mud-it can be sticky or soft and slimy or hard.)

#### Characteristics of Kapha Dosha

When kapha within us is in balance, according to our constitution, or prakruti, we feel a sense of support in bodily function. The dense, stable, conserving qualities of kapha support our body heat and protect our organs. There is a firm quality to our joints, which are well-lubricated and support the bones, and there is internal support from mucous membranes and GI lining, as well as the myelin sheath for proper brain function. Ayurveda says that contentment is one of the benefits that balanced kapha brings to our lives. Kapha's ability to love and forgive supports relationships with compassion and patience.

#### Dietary Tips to Support Kapha Balance

Foods that are great for balancing of kapha in general are pungent, bitter, and astringent in taste. Ayurveda considers these tastes to be the medicine for warming, drying, and stimulating digestion for kapha. Generally, all six tastes (sweet, sour, salty, bitter, pungent, and astringent) are recommended for healthy digestion!

#### Dietary Foods to Avoid or Consume only Moderately if your Constitution is Predominantly Kapha

Foods that increase kapha are, in general, sweet, sour, and salty in taste. These tastes, if in excess for the kapha in your prakruti (constitution), can create heavy, sluggish, and wet digestion. According to ayurveda, this will cause digestive hardship for kapha and an eventual range of imbalances.

# Orien's Message

## Nutritional Advice



### Health Supplements – A Healthy Need of Our Diet!

Dr.A.I.Charles Dorni, M.Sc.,Ph.D., R&D Head



**"It's not the strongest of the species that survives, nor the most intelligent that survives, it is the one that is most adaptable to the change"**

Charles Darwin

### The Challenge – Unanswered Yet!

The world community is facing an unprecedented and unique pandemic in COVID-19 and has challenged many best health care systems. The medical fraternity has inadequate data and less experience towards an epidemic of such a huge proportion, obviously struggling to control the spread of the infection. The prophylactic measures are of paramount interest among many countries and people are very serious about taking anything which can protect them from accidental exposure to the virus. However, poor suggestions such as hydroxychloroquine are also getting good attention reflecting the helpless state of the modern healthcare systems. The antiviral compounds and regular antibiotics, anti-inflammatory compounds are only having limited success rate among the patients with severe symptoms. Now, what do we need to do to go through this phase of human history? How to survive among "virus scare" everywhere around us? Whether masks & sanitizers are enough? Do they guarantee our safety? These are the questions and debate in all News channels and almost every home around the globe. People are clueless about what is the best way to choose among lots of junk information existing in social media and internet.

**History has keys to all human challenges? Turn to Traditional ways of fighting illness!**

The current pandemic has turned the entire world's attention to our "Immune System", the body's defense forces against invading bacteria and virus that we inhale every day. Our immune system need to adapt to unaided action until a potential vaccine is available. There is tremendous amount of psychological distress in general public with symptoms of depression and anxiety due to this disease.



# Orien's Message

## Nutritional Advice



It is scientifically believed that this type of psychological changes tend to affect our immunity negatively leading to increased risk of viral respiratory tract infections. In fact, psychosocial factors and poor mental health increasing susceptibility to viral respiratory tract infection is well documented. Here comes, the historic way of treating diseases, "The Ayurveda" which pays larger emphasis on building strength of mind and body to cope with various stressors, including infections. The classic Ayurveda text Charaka Samhita, mentioned about epidemic management and defines immunity as the ability to preventing and arresting the progression of disease for maintaining homeostasis. Similar to innate and acquired immunity, the Ayurveda concept of immunity (Bala or strength) is classified as natural (Sahaja), chronobiologic (Kalaja), and acquired (Yuktikrut). In Ayurveda several treatment options are available for enhancing immunity against respiratory illnesses, these include certain immunomodulators (known as Rasayana), local and systemic interventions. Local prophylaxis measures such as herbal decoctions, consumptions of hot water, gargling with medicated water, and steam inhalation described in Ayurveda for respiratory illnesses. AYUSH, the Govt. of India agency for regulating and governing traditional systems of medicine has given specific standard guidelines for prevention of COVID-19.

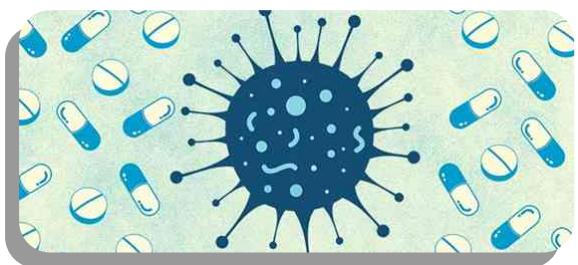
(You can read at <https://www.ayush.gov.in/docs/123.pdf>).

### Health Supplements – not by our choice but it's our healthy need now!

A healthy balanced diet is the first step towards strengthening our immune system. A diet with ample amount of cereals, pulses, fibre, vitamins, minerals and protein are going to help improve the immune system. However, is it enough to have just a balanced diet? Does our vegetables, cereals and grains from our agricultural field have enough of the expected nutrients as they were in the past? There is a phenomenon called "Hidden Hunger" exist due to modernization of Agricultural practices and deterioration of the nutritional standards of food crops in recent times. So, we definitely need to boost our diet with specific targeted nutrients which strengthens our immunity.

There is a serious correlation found between the deficiency of vitamin D and mortality due to COVID-19. Now, Vitamin D supplementation is a viable option for treating COVID-19 patients, as it is having a strong immunomodulatory effect as reflected by the recent clinical data from Italy.

Also, a recent article from British Journal Nutrition suggests that most of the COVID-19 cases in India, especially southern parts have Vitamin D deficiency. A vitamin D supplementation of 50000 IU per week is recommended for people affected with COVID-19 (depending on their blood 25-OH Vitamin D level). Likewise, Omega -3 fatty acids found in fish and flax seed oil does help to moderate the exaggerated immune response during respiratory diseases like COVID-19.



# Orien's Message

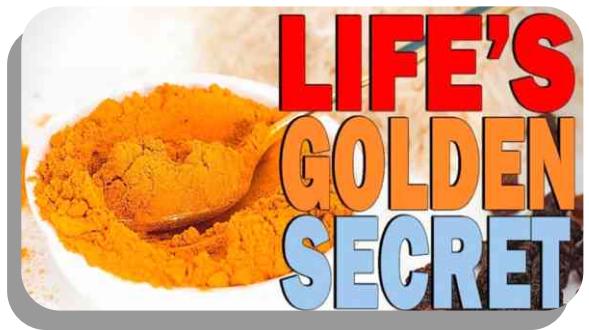
## Nutritional Advice



Polyphenols present in green tea, broccoli and apples have beneficial role in handling COVID-19. These nutrients, as they may not be sufficiently available in our regular diet are needed to be included in daily routine even if it is available in a supplement form to keep ourselves safe and strong.

### Turmeric – An all-purpose golden spice for Good Health!

Curcumin, an active ingredient of turmeric, also an FDA approved health supplement with more than 300 clinical trials completed already, is a strong contender for fighting COVID-19. Because curcumin interacts with around 30 different viral proteins including DNA polymerase targeting critical steps of the viral replication. Curcumin is scientifically known to have effect of impeding the viral infection by targeting the penetration of virus and attacking the components required for viral replication.



Curcumin possesses the better binding capability to the receptors and may inhibit the entry of COVID-19 virus. Moreover, the COVID-19 triggers a "Cytokine Cascade" or "Cytokine Storm" which is responsible for respiratory inflammation, will be blocked by the presence of curcumin. Similarly, Indian spices like ginger, pepper, long pepper, cinnamon and licorice possess strong antiviral properties which if consumed in a special enriched form as a health supplement or as herbal tea or decoction does provide a protective shield as well as can boost our immune system to handle any deadly virus in a healthy way. Siddha Traditional formulations like "Kabasura Kudineer", an herbal decoction having a combination of 15 medicinal herbs and spices with potent immune boosting function is also recommended as a preventive herbal support.

Hence, it is now up to how well we adapt to the current health challenge posed to the human society. A holistic approach of the ancient systems of medicine like Ayurveda, Siddha and Unani which emphasize lots of self-discipline about the hygiene, mental health, the correct choice of healthy foods and the smart use of health supplements based on the traditional wisdom can only help humanity to lift their spirits up and move forward safe and strong!

# Orien's Message

## Herb of the Month



### Swertia Chirata

Dr.A.I.Charles Dorni, M.Sc.,Ph.D., R&D Head

#### Introduction

Swertia is a large genus of herbs distributed in the mountainous regions of tropical area at an altitude of 1200-3600 m. Swertia, a genus in the family Gentianaceae include a large group of annual and perennial herbs, representing approximately 135 species. Swertia species are common ingredients in a number of herbal remedies.

In India, 40 species of Swertia are recorded, of which, Swertia chirata is considered the most important for its medicinal properties. It is a medicinal plant indigenous to temperate Himalayas. The herbal drug "chiretta" obtained from the dried plants of Swertia species. The whole plant parts of Swertia are medicinal but roots are the most powerful parts. Its medicinal usage is well-documented in Indian pharmaceutical codex, the British, and the American pharmacopeias and in different traditional medicine such as the Ayurveda, Unani, Siddha, and other conventional medical systems.



Swertia chirata

#### Traditional Uses

The plant is useful as a tonic without aroma or astringency. In Indian traditional medicine it is used as a remedy for numerous ailments such as bronchial asthma, liver disorders, malaria, chronic fever, anemia, stomachic and diarrhoea. In Ayurveda, S. chirayita is used as antipyretic, anthelminitic, antiperiodic, laxative and in asthma and leucorrhoea. In Yunani system the plant is used as astringent, tonic, stomachic, lessens inflammation, sedative to pregnant uterus and chronic fevers.



Traditional Health Benefits of Swertia chirata

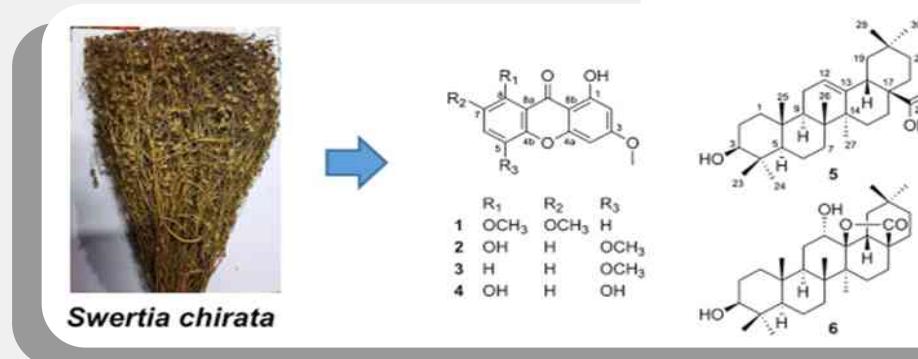
# Orien's Message

## Herb of the Month



### Bioactive Compounds

This ethnomedicinal herb is known mostly for its bitter taste caused by the presence of different chemical constituents such as amarogentin (most bitter compound isolated till date), swerchirin, swertiamarin, and other bioactive compounds that are directly associated with human health.



Viral protein R Inhibitors present in *Swertia chirata*

Recent scientific studies (Journal of Bioscience and Bioengineering, Volume 128, Issue 4, October 2019, Pages 445-449) have found that the four xanthone derivatives, decussatine, methylswertianin , 1-hydroxy-3,5-dimethoxyxanthone, and bellidifolin, and two triterpenoids, oleanolic acid (5) and 12-hydroxyoleanolic lactone have inhibitory action against a key viral protein, Viral Protein R (Vpr). Vpr is one of the most conserved structure found in HIV and SIV viruses which shows its immense therapeutic potential for deadly diseases.

### Safety Aspects

Concerns regarding safety of conventional drugs are vital issues of pharmaceutical industries. Studies have indicated that some commonly used medicinal plants may be mutagenic or cytotoxic especially over a long period of use. However, despite its long history of use in traditional medicine, there is still a lack of scientific information concerning the safety evaluation of *S. chirayita*. It can be traced through the medicinal history as a nontoxic and safe ethnomedicinal herb and has been mentioned in medical papyri to expel fever, relieve headache, inflammation, and to stimulate the central nervous system. *S. chirayita* extracts, did not cause obvious toxic effects in mice as there were no significant differences in body weight and body temperature between the treated and control groups. A clinical study by Medda et al. (1999) concluded that *S. chirayita* revealed no evidence of toxicity in both liposomal and niosomal forms.

# Orien's Message

## Herb of the Month



Also, a recent study conducted to evaluate its potential key drug metabolising enzymes such as CYP450 revealed that it has less inhibitory potential reflecting the safety of its traditional use (Journal of Ethnopharmacology, volume 178, 3 February 2016, Pages 34-39).

### Market Potential & Natural Availability

Destruction of plant resources is a normal occurrence. Due to developmental activities in the Himalayan region, wild populations of many medicinal plants, including *S. chirayita* are reduced to the verge of extinction. *S. chirayita* is traded and used mostly as a traditional drug. *S. chirayita* has an established domestic (India) and international market which is increasing at a rate of 10% annually. In spite of the increasing demand by herbal industry the plant is still collected from wild. Due to its multiple uses the demand is on the rise by both national and international trading leading to increasing over harvesting of wild populations. This has resulted in drastic reductions of its populations. According to the International Union of Conservation of Nature (IUCN) criteria, *S.chirata* conservation status has been categorized as "critically endangered". *S. chirata* is among the 32 most highly prioritized medicinal plants of India as identified by The National Medicinal Plant Board, Government of India.



# Orien's Product Info

## Product of the Month

Dr.Aathithiah Gopalakrishnan, B.A.M.S



### Guduchi

### Ayurveda's Amruta



#### Description :



Guduchi has been utilised in Indian medicine since the ancient times. Guduchi is considered very useful in removing toxins from all bodily systems. It helps to promote general liver health

**Usage :** Used to Purifies blood, heals urinary problems, chronic diarrhoea and dysentery



Used to Reduces blood sugar levels and improves liver function

Helps in chronic rheumatism and other joint diseases

#### Health Benefits :



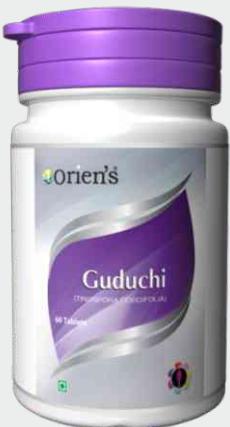
Helps to improve immunity, liver functions and various inflammatory conditions.

Regulates blood sugar level which is beneficial to diabetics .

Aids in proper digestion, strengthens small intestine and alleviates constipation.

# Orien's Product Info

## Product Scientific Background



### Description :

#### Introduction

Guduchi is the only drug which has a name called AMRUTA. It functions like elixir for human kind with ( or ) without unhealthy condition. Guduchi have a strong hold over our digestive system particularly the liver ,which is the dual organ and also most of the vital functions in our body system.

In Ayurveda it is said “when a person’s gut is strong and healthy, he will be merely free from un healthy condition”

*Tinospora cordifolia* is the botanical name and it belongs to Menispermaceae family .

In Tamil its known well in name Seendhil kodi and as Heart leave moon seed in English

**Habitat** Found all over the tropical and Sub tropical region of India.

**Parts Used** Stem

#### Classical reference of Guduchi

Guduchi is mentioned in most of the classical treatises as Amara, Amrutavalli , Chinnodebha and Vatsadani . In Sushruta Samhita it is mentioned under Tikta varga(one which taste tikta) and also for kusta, Maha jvara, Svasa, Aruci . Acharya Charaka and Vaghbatta mentioned it for kamala, Jvara, Vatarakta. Laghutrayi like Bhavaprakasa and Dhanvantari nigantu mentioned for skin problems, diuretic, hepato protectant and as a potential aphrodisiac. In Shastric medicine preparation most of it will have Guduchi as one among it because of its dosha samaka nature. Guduchi is basically hot in potency and Tridosha samaka ( i.e one which acts on three dosha and maintain equilibrium)

#### Phytochemical Profile

Alkaloids,Terpenoids lactones, Glycosides, Steroids, aliphatic compounds and polysaccharides are main constituents in *Tinospora cordifolia*.



# Orien's Product Info

## Product Scientific Background



### Indication of Guduchi in Classical reference

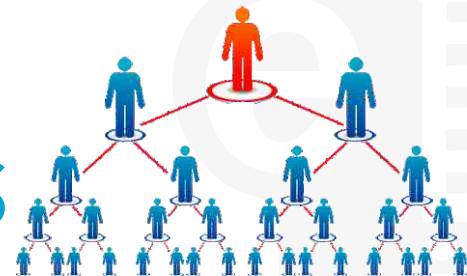
- 1.Rasayana:Tridosha hara property makes it functions as rasayana. It also fights against infection and maintain health.
- 2.Balya: Improve strength by promoting metabolism and assisting production of blood.
- 3.Hepato protectant : It modulates the activity and synthesis of certain enzymes including AGPT, AST and ALP.
- 4.Sothagna: ( Anti inflammatory) Down regulates pro inflammatory cytokines.
5. Hrdya: (Cardio protective activity) modulates lipid metabolism by inhibiting cholesterol and glucuronides.
- 6.Ojovardhaka: ( Immunomodulatory ) stimulation of nonspecific immunity response.
- 7.Medhya: ( Neuro protective activity ) increase the level of pAkt-1 and camKI I-alpha
- 8.Anti tumor–modulates lipid peroxidation through the release of LDH and a reduction in GST( Glutathione S transferase)

Other than these functions there are so many conditions where we can use Guduchi. Promoting good health and maintaining the equilibrium will be a great boon in this era.

### Conclusion:

*Tinospora cordifolia* – boon to human kind helps in preventing almost all unhealthy conditions we face now a days.

Orien' s Guduchi benefits you in all possible way and it will be a tremendous support to our immune system and hepatic cells



# Oriens Business

## Invitation

Somnath Ghosh, MBA (Marketing)  
Marketing Manager East

It's always better to use a mobile phone for inviting your prospects, rather than trying to invite them face to face. If you try to invite them face to face, prospect always tries to take as much information from you, and you will not be able to provide many details then & there. When you invite prospects on the phone & then they ask question/queries, you can simply ask them to meet you & discuss the things more professionally over a table. Don't give unnecessary information to the prospects at the time of invitation. Telling the company name, products, business plan is totally not recommended while you are inviting your prospects. You need excitement in your voice while inviting. Maintaining CURIOSITY is very important if you are able to do that the prospect will definitely turn up to see the business opportunity.

And obviously, whatever you talk, talk with conviction. If you are convinced half the work is done. If the prospect feels you are not sure about what you are talking about, chances are he will not have any interest in meeting you & listen to what you had to offer.

### KISS, don't KILL

"KISS: Keep It Short & Simple"

| "KILL: Keep It Long & Lengthy"

Your invitation call should be a maximum 5 – 10 minutes.

You can use **FORM:**

F	Family Chit Chat
O	Occupation
R	Recreation
M	Message for Money or Invitation for plan show

Give 2 Time Choices to the prospect so that prospect can choose any of the given Time.

Giving an only 1-time option to the prospect to meet you is not recommended because prospects might not be ready for that. But if you give 2-time choices, psychologically prospect will Accept 1 of the given time. You should give an invitation call to the prospect 24 – 48 hours prior to the presentation so that the prospect also remembers & you need not call him again & again.

Always keep in mind the above Inviting Prospect for Network Marketing Opportunity tricks for network marketing business opportunity presentation. The more you do, the more you Learn.



# Oriens Business

## Types of Meeting

Somnath Ghosh, MBA (Marketing)  
Marketing Manager East

We live in a world where we easily can find negative things around us. Hence it is very important for us to attend mlm business seminar, where we are surrounded with positive, ambitious entrepreneurs who go out there to achieve their Dreams & help us & motivate us for doing same. In MLM Business, conducting meetings and attending meetings is so important or else you might not be able to sustain for long in the mlm business. Without knowledge, belief, motivation it's difficult to survive in mlm business

Meetings might include opportunity meetings, in home meetings, one-to-one meetings, OBM or anything else you can think of. This is when anywhere from one to one hundred or more people get together to share ideas, for fellowship, and for new information.

### One to One Meetings:

Investing in One to One Meetings is the best way to build better relationships and produce better result. The best way to build a relationship is to spend time with the individual.

"Don't listen to reply, listen to understand".

This will display your seriousness regarding your prospect. Thus, strengthening the bond that you share with your prospect. Sometimes you can opt for having a good casual discussion with your prospect as well. You can indeed start off with some light talks before proceeding with the rest of the agenda.

### Home Meeting:

A home meeting is a small gathering of ten to fifteen people who are invited to the home of someone they know and trust to discuss issues of shared concern and develop ways to work together. Home meetings are very easy to do, and it does not require a lot of talent as it is something that many people have done before with friends. It is who we are and what we do as a culture. In Home Meeting, you can talk to many people at once, which is more **EFFECTIVE** in network marketing.

#### OBM (ORIEN'S BUSINESS MEETING) SCHEDULE

**MAX 1 HOUR 10 MINS**

##### PRE MEETING - 5 MINS

1.M.C	15 MINS
2.PRODUCTS	15 MINS
3.BUSINESS PLAN	10 MINS
4.PROMOTION	20 MINS

##### POST MEETING Question Answer - 5 MINS

# Oriens Business

## Future of Direct Selling



Direct Selling Companies have generated revenues worth \$193 Billion in 2019 and is having over 118.4 million employment opportunities among 170 countries in the World. In Developed Countries like the United States, Japan, United Kingdom, China, etc, network marketing companies contribute a lot towards the growth of the economy.

India generates over 12 million workforces every year. Looking at the current employment and the overall economic conditions of India, it seems hard for India to generate 12 million job opportunities every year. People will have to look for other opportunities.

Direct Selling or Network Marketing is the best option available to begin with, as it involves less risk and very minimal investment to be made.

Direct Selling will make you self-employed and you can work on your own rules, as per your time availability. As this business model does not require all day, you can consider direct selling as a part-time job

Direct Selling volume in India has increased to Rs.13000 cr in 2018-19 compare to Rs.11670 cr in 2017-18 with 13% growth. Overall no. of Direct sellers in 2019 is 5.7 million in India. It is observed that, average 800 people joined the industry every day in last 2 years. In India Network Marketing is in the growth phase and it seems to have potentially high growth in the future. It is the best time to invest in a Direct Selling Business now at the growth stage, rather than waiting for the maturity stage.

In countries like the United States and China, giant companies have already shifted from traditional marketing to network marketing years back.

In India, such days are yet to come, hence it is better to start early to get all the experience and knowledge you can and enjoy the perks later.

Future of direct selling is very bright in India. For the companies that have ethical product sales and interaction module, good contributory attitude, innovative with ease of usage products would have great selling time in the near future. Direct selling, is likely to reach Rs. 64,500 crore in India by 2025, a FICCI-KPMG report said.



# Oriens Business

## Body is the Unconscious Mind

A.S.Manojrajkumar  
(Marketing Head)  
B.Pharm.,MBA

First let's understand Mind .According to wikipedia, the mind is the set of thinking including cognitive aspects such as consciousness, imagination, perception, thinking, judgment, language and memory, as well as non-cognitive aspects such as emotion.

Our body is part of the sub - conscious mind. All pattern, memory, thought and belief, past experiences, conditioning, and habits are all stored in the body at the cellular level, providing a framework.

In our daily life, we gain awareness through these the stored data in our cellular level and our body follows the routine which is stored already in our cells.

### There are 6 types of Human Minds

- ▶ Joy Oriented Mind
- ▶ Love Oriented Mind
- ▶ Hate Oriented Mind
- ▶ Fear Oriented Mind
- ▶ Boredom Oriented Mind
- ▶ Sex Oriented Mind.

With some amount of observation/awareness you can easily find out what type of mind you possess.

Many of us wanted to do exercise to be more healthier, lose weight, and look good. But most of the time we skip or procrastinate doing exercise. Whenever we wanted to do something new, our body acts and sends message to the mind (brain) as 'this is not our daily routine' and it's a new routine', which comforts our body simultaneously without doing it, since our body is unfamiliar with it. and some new routines are pain creating process. Because of the patterns and routines that is/are stored in the mind (brain)

The body does not work in align with the mind. Because of the past experience (patterns & routines that are stored in cellular level does not allow the body to change)

The body is used to the routine that we have followed in the past. Now when we try to do something new WHICH IS NOT FAMILIAR to it, Body gets surprised all of sudden by the new activity. But our body doesn't like it though it is good. So, our body conveys message to the mind to follow the same old pattern and routines that we have followed all these years & let's be friends again. Thus MIND OBEYS THE BODY without following the new routine as per plan. This is one example.

Whenever we wanted to change something this happen between mind and body.

**"TO CHANGE YOUR MIND"  
"MAKE SURE YOUR BODY LISTENS TO YOU FIRST"**

# Achievers Details

## Achievers of the Month



**Mr. Anil B**  
**Gold Director**



**Ms. Moirangthem Bihnah**  
**7 Diamond**



**Ms. Himingduhawmi**  
**7 Diamond**

# Leader's Speech

## Orien's Moment



**Mr. Samir Beck**  
Crown Ambassador

### Speech :

I am SAMIR BECK from Satali Tea Garden, a small village from Siliguri, West Bengal. In 2000, I started my career in Teaching with a salary of Rs.350. I left my job in 2006. At that time, I was getting a salary of Rs.1000.

On 13th of August 2012, 8 years ago, I Joined Oriens. I am very happy to say that, within 5 years I have achieved CROWN AMBASSADOR rank in Oriens. I'm earning 10 Lakhs plus per month.



I have visited Singapore with my family (Wife & Child), as Oriens Tour Promotion. Also, I have achieved International Tours to Bangladesh once, Malaysia twice and Thailand (Bangkok, Pattaya, Lankawai, Hatay) thrice, and Domestic tours of Kerala and Goa twice. My lifestyle has totally changed. All the credit goes to Oriens Global Marketing Pvt. Ltd. and the Directors and management team. Now in team there are 2 more Crown Ambassadors, 6 Ambassadors, 20 Diamond Directors, 30 Luxury Car Achievers, 50+ Gold Directors, 200 Diamonds, and 500 Car Achievers. All my 50,000+ team are Smart, Hardworking and Passionate, and everyone is working seriously.

**Thank You  
Oriens! Thank You My Nest Global Team!**

# Our Promotion

## Orien's Healthy 2020 Kit

Orien's healthy kit is introduced to support the healthy need of the family during this precarious pandemic time. The Orien's healthy 2020 kit has a dozen different high-quality health products meant for both internal and external health needs. The products are so chosen based on the suggestions of the reputed health organisations across the world. The kit has the following healthy products:



**HEALTHY 2020 KIT**

**DISCOUNT COUPON (500X2 = 1000)**

**DISCOUNT COUPON**

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**1 NO'S**

**10 NO'S**

**3 PLY MASK WITH NOSE PIN**

**5 NO'S**

**HAND SANITIZER 100ml**

**2 NOS**

**REUSABLE MASK**

**3 NO'S**

**N95 MASK**

**2 NO'S**

**GLOVES**

**3-SET**

**DP**  
~~Rs 6320/-~~  
**Rs 6000/-**

**BV**  
~~421.00V~~  
**4500BV**

**PV**  
~~90.5.0V~~  
**100PV**

ORIENS GLOBAL MARKETING PVT LTD

### Health Supplements

As everyone is aware natural remedies are going to be the number one choice for protecting from COVID-19, we have included top priority health supplements such as Ashwagandha (Boosts Immunity); Nimba (Antimicrobial); Detox One (Cleansing Organs); Naturovita (Protecting Lungs); Premium Garlic (Protecting heart).

# Our Promotion

## Orien's Healthy 2020 Kit

### Tulsi Drops

Orien's Tulsi Drops is an excellent addition to this kit, as this product is very effective in preventing throat and lung infections.

### Hand Sanitizer

Hand hygiene is vital to stay strong and safe; Orien's hand sanitizer is a WHO recommended formula with more than 80% Ethyl alcohol which kills all germs including deadly virus.

### Face Masks & Gloves

As per the latest recommendations of the Government, it is mandatory to wear face mask when we go around places. Considering this dire need, three types of masks are included in the kit. Ply Masks (with nose pin & it is disposable type); Reusable Masks (It is reusable cloth mask which can be washed and reused); N95 Mask (It is an USFDA recommended mask which filters 95% of airborne particles). A pair of surgical grade gloves are there to protect from contact infections.

### Aloe vera Soap

The best method recommended to protect from contact infections is by hand washing and applying quality soap. Hence, Aloe vera soap is a good choice to protect your family from contact infections.

# Orien's Testimonial

## Consumer's Feedback

### Consumer : 1

Arokya das, I am a retired government officer. I am diabetic since 15 years. I was not satisfied with the allopathic medicines. Later, I started using oriens diakit and benefited with good result in a short period of time. Generally diabetic people will faint if they are not having proper diet but after taking these oriens products my stamina are maintained evenly thorough out the day because of the effectiveness of the product, I am confidently recommending this to my friends and family members. Thank you oriens for this change in my life.

### Consumer : 2

Hi , My name is Ravichandran. My daughter had a severe uterus problem, for which we have taken a lot of treatment and not satisfied with any of that. I got to know oriens through one of my friend and started using the supplements continuously as per instruction and benefited with good result and satisfaction within 3 months of supplementation. Am glad to share this message for good cause and raise awareness to common people who can also be benefited with us. Thank you Oriens.

### Consumer : 3

My name is Purshothaman, I had Wheezing since 30 years, I couldn't have any kind of cold items which aggravates wheezing and it affected me a lot. After using oriens products my health issue is under control and now i am healthy and leading my normal life. Thank You Oriens.

### Consumer : 4

Am Sathya, I was diagnosed with chronic kidney disease from the age of 2. Now, I am 15 yrs old started doing dialysis few months back. After started taking this Orien's products for one month from last Jan 23 my health condition improved and I am healthy. Now I am confidently stopping dialysis with the physician's advice Thank You Orien's.

### Consumer : 5

Good morning all, I am 13 year old girl from Kerala. I was diagnosed with some muscle problem. My parents took me to so many places for curing this condition but nothing benefited me. Since I was bedridden and suffering for long time, Kerala Government has helped us to build house. I got to know about Oriens through one of my relative and started using total Antioxidant, Naturovita, Wheatgrass and calcium continuously as per their Instructions. I found myself getting better day by day, within a short time period I gained back my normal life and now this is me leading a new, health & happy life as a normal person. I thank Orien's for providing this kind of supplements benefiting for betterment of life.