

Colombo Trip 2009 Participants - Instructions

All the participants of Colombo Trip 2009 are requested to follow the following instructions and contribute in making this trip a grand success.

1. You are requested to attend the alignment meeting on dated 5th November 2009 at 7.00 a.m.
2. The detailed programme of the trip shall be given to you at Chennai.
3. Please be in Dress Code in all official sessions (with Black Coat).
4. You can be in Civil Dress (any type of dress you want) on the field visit day and on the day of return.
5. Be participative and responsive during the congress to get the full value of the congress and all other sessions.
6. Please Wear Congress ID whenever you are outside in Colombo.
7. Do not carry heavy baggage with you.
8. Carry adequate No. of White Shirts, Socks etc.
9. Bring your Camera /Video Camera, for your memory.
10. Bring Money for Shopping.
11. Be Courteous to Everyone Around you and do not argue with people.
12. Keep you Hotel rooms clean all the time.
13. Keep the bathroom and toilet of your room clean and floors dry and flush after the use.
14. Do not use the Mini Bars in your room and donot use the hotel laundry.
15. Do not spit on the unauthorized area.
16. Please do not disturb your co participants by moving during the congress for water, toilet etc.
17. Wear Noni tie.
18. Pl. do not move in between the session.
19. Attend all the sessions on all the days.
20. Please be seated on your chair 15 minute before the starting of the programme.
21. Please follow the Queue system.
22. Please do not be hurry.
23. Allow others to go first.
24. Do not waste the food.
25. Eat less, you will be more attentive.
26. Move slowly.
27. Respect everybody in the hall.
28. Always give way for the VIP's and Guests.
29. Make friendship with as many new people you can and collect their name cards.
30. Be excited - clap hand and create energy around you.
31. Be with your group and be in communication with your group leader.
32. Be smiling always.
33. Be on time (preferable 5 minutes before).
34. Take responsibility and come forward to help, at any time required.
35. Participate in the taking World Wellness Organization (WWO) Actively.
36. Vibrate Love around you - Say I LOVE YOU.
37. Book your onward and return tickets to Chennai in advance.
38. We have organized the Foreign Exchange Agency at Chennai for those who want to exchange currency, so come prepared with cash you wish to exchange.

Let's Show the World Who You Are and Who Noni Family is ?