

LA1924 NEWSLETTER

JULY-SEPTEMBER 2015 EDITION

Arise and Shine

By Jagdish N, President of LA1924

As the new committee gets down to implement its plan for this term we would like to share a few thoughts with you. Toastmasters club including our own LA1924 is a voluntary club. We are a common-interest group and have come together to accomplish a specific purpose, which is to polish our public speaking skills and augment our leadership skills.

This group is always available to support you every time you come forward to deliver your speech. It is always there to encourage you every time you take up a meeting role. Having become a part of this support group:

- ▶ Are you being proactive to take advantage of the unique platform available to you?
- ▶ Are you making an effort to fine-tune your speech-writing skills?
- ▶ Are you spending time with your mentors to improve your speech delivery skills?
- ▶ Are you facing the club audience regularly to deliver your speeches or are you taking up the meeting roles?
- ▶ Are you helping other toastmasters hone their skills?

If you are not doing these, then you are not only letting yourself down, but also the club. When you are not stepping up to your potential, the club too loses an opportunity to learn from you. Toastmasters International only provides a template, but it is entirely up to you to work on improving your skills. And if you have a plan, the club can help you put into practice.

Friends, it's never too late to plan your speaking schedule and it is never too early to deliver your speeches. So I say - Carpe Diem. Put aside all your reluctance and seize the moment. Seize the opportunity and see yourself grow! And as you grow, you will experience the real benefit of being part of this support group.



Keeping above factors in mind, we have consciously come up with a collective initiative to unveil a theme for the term 'ARISE AND SHINE', for enthusiasm is the yeast that makes your hopes shine to the stars. Enthusiasm is the sparkle in your eyes, the swing in your gait, the grip of your hand, the irresistible surge of will and energy to execute your ideas.

Toastmasters, to help you with your planning do reach out to our VP-Education TM Ananth, with your focused plan for the next 12 weeks to do your prepared speeches so that he can schedule your slots while preparing the agenda. If you need any assistance from the committee, please reach out to us.

ARISE AND SHINE.

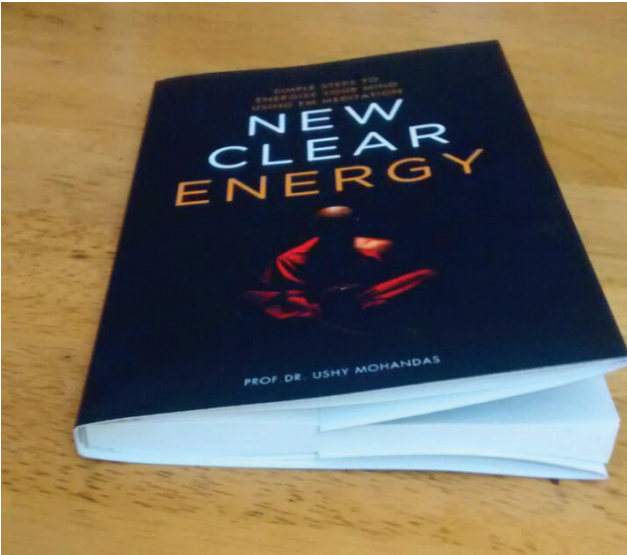
The first responsibility of a leader is to define reality. The last is to say thank you. In between, the leader is a servant. Help us serve you, to enable you meet your speaking objectives.

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# Latest news

By LA1924 Committee

## Authoring new book: Dr. Ushy Mohan Das



Our beloved Prof. Dr. Ushy Mohan Das, Leadership and Energy coach, tongue-fu master, author and more, published this June her book titled “New Clear Energy”. This is available in Amazon, Kindle and Google Play rated 5 stars and has her unique perspective of living a positive lifestyle. Dr. Ushy, who frequently appears in news channels also has been profiled in a book called “When Dreams have Wings” which features 7 powerful women across India who through their grit and determination achieved greatness in their respective fields. Dr. Ushy is in process to publish her next book in the same genre which happens to be one of her many fortes. Grab a copy to read and share with us how you felt.

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LA1924 qualifies for Division level



Evaluation Contest

- ▶ 1. Sridhar Ranganathan - LA 1924
- ▶ 2. Chandra Mouli - LA 1924
- ▶ 3. Nitin Shashidharan - Accent TMC

Humorous Contest

- ▶ 1. Chandra Mouli - LA 1924
- ▶ 2. Sridhar Ranganathan - LA 1924

Congrats TM Sridhar, TM Mouli and all the best for the upcoming division and district level contests.

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It's all the way (again)! This September, LA1924 participated in this term's district level contests – Best Humorous speech and Best Evaluation speech. We are pleased to announce our current standing where both of our club level winners even qualified in the area level. Below are the Area Contest Results:

# Latest news contd...

## LA1924 reaches District level in International speech and Table-Topics contest until the District level



A very proud moment for LA1924 as two of our champion speakers qualified for international

speech contest until the district level. TM Karthikeyan who won the International speech contest at annual Division D conference held at Fortune Select Trinity, this May, stood as the 1st runner up in District 92, Karnataka and Kerala. TM Sridhar Ranganathan, also our member participated and qualified for both International speech and Table-Topics contests in parallel from District 82, Chennai and Sri Lanka. We are very proud of these individuals who achieved this feat after winning the international speech contest in their club levels, area levels and division levels. Hope to receive more trophies in LA1924 way.

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LA1924 membership growth of 30% this term and counting



New members in action

to the family. Let's welcome with arms wide open our new and returning members:

- ▶ Ms. Smita Konduru,
- ▶ Mr. Dorai Arasu,
- ▶ Mr. Jayanti Shah,
- ▶ Mr. Ramkumar Manoharan,
- ▶ Mr. Romal Bhulani,
- ▶ Mr. Jayanth Veerendra,
- ▶ Sri. Gunakara Das,
- ▶ Mr. Mehul Pancholi,
- ▶ Mr. Joy Deep Ghosh,
- ▶ Mr. Jayanth Veerendra,
- ▶ Mr. Sandeep Belekar,
- ▶ Mr. Ananth Krishnan, and
- ▶ Ms. Kavitha Lokeshwarappa.

The old adage – “The More the Merrier” is certainly true and that’s precisely what we keep experiencing time and again here at LA 1924 when more and more people who come as guests to witness LA’s meetings eventually join the fraternity.

Such growing fraternity is yet another case in point of a healthy club that LA1924 is, and its capability to instill value - both in individual’s personal as well as professional growth.

For excellence in Leadership and Communication, the buck stops here.

The club in a short span between July and August, 2015 added 12 members (~30% growth)

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# Latest news contd...



*New members Installation ceremony*

## From the Editor's Desk: LA1924 Club launches new website



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**BECOME A GREAT COMMUNICATOR  
AND LEADER  
JOIN LA1924 TOASTMASTERS CLUB,  
BANGALORE**

[WHAT DO WE DO](#)
[HOW DO WE DO IT](#)

LA1924 has now upgraded their website, <http://la1924.in> with a new look and a fantastic feel. Thanks to the combined efforts of the past and current Vice Presidents of Public Relation namely Namitha Acharya and Sagnik Datta. The site has a responsive design and integrated with all social media outlets like Twitter, Instagram and Facebook with regular updates being fed



in. The Facebook page has 5 stars and over 150 likes. The site has already brought in two leads who converted to members in the short duration since the launch. The committee believes we have a fair shot at the district level website contest targeted in May 2016. Feel free to reach out to the committee should you have any feedback so as to improve the site as we go.

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Communicate and Cultivate

By Akash Agarwal, Secretary



Since the dawn of civilization until this very modern day if there has been something that has been constant throughout, which has altered the course of history – it undoubtedly is - The spoken word, or put another way - Communication.

To think about it - the greatest revolutions in the world were the result of something said by someone - a speech, a communication, whether it was the speech “I have a Dream” by Dr. Martin Luther King Jr., which called for an end to racism in the United States and gave dignity to the black people in America or “India’s Tryst With Destiny” by Pt. Jawaharlal Nehru on the eve of the Indian Independence in 1947 which brought Hope to an ever oppressed nation. Every speech or communication has the potent power to alter the course of history.



And don’t we communicate or speak on a daily basis? Imagine a situation where this ability of communication is taken away from you... What then will happen to your life?

Recently, I watched a movie that completely transformed my perception of communication. I used to associate communication only with speaking or telling what we want or don’t want. But this movie challenged my thoughts and dawned on me an even greater reality.

The movie was BARF! (Barfi) starring Ranbir Kapoor in a mute and deaf role along with Priyanka Chopra whose character is autistic in the movie.

Those of you who have watched the movie would agree with me that although the protagonist did not communicate verbally, his “communication” touched the heart and on a few instances almost brought tears to the eye.

And for those of you who haven’t had the opportunity to watch the movie yet, I highly recommend it. It’s a beautiful movie. It will leave you speechless...

So why am I stressing so much on this movie? No, its not the movie I’m stressing on, it’s the message that it conveys...

That communication doesn’t have to be just verbal. There’s also non-verbal communication, which according to research accounts for 93% when compared to just verbal communication.

No wonder BARF! bagged almost all the awards in the year 2012 when it was released.

What we generally see as communication is not truly communication because most times we only listen to reply, to give our opinion and prove “My point is right”.

Listening is the most crucial part of communication and once we understand this, we begin listening to understand, to understand the other persons’ point of view and to be in communion with the other person because the very word COMMUNICATION has COMMUNE within it. It is a UNION, or rather COMMUNION between two or more people that then makes it a “Communication”.

Generally in life we focus on our verbal communication. However through Toastmasters you will learn that a majority, in fact a 93% of your communication is non-verbal – our attitude, our body language, our tone of voice, that together helps us connect with audience. Its about being PRESENT and in UNION with our audience, observing their response, tweaking your delivery with appropriate gestures, varying tone, voice, pause to sustain the eye-contact and able to fully drive our message home.

So next time we as Toastmasters are giving a speech or playing a role we must ask ourselves:

- ▶ Am I listening to reply or listening to understand?
- ▶ Am I listening to give my opinion or am I listening to understand the other person's point of view?
- ▶ Am I listening to say my point is right or am I in communion?

Because remember every speech or communication has the potential power to alter the course of history...

The time to cultivate your communication is NOW...

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## Barriers of Communication: a different perspective

*By Ananth HV, Vice President - Education*



Type "Barriers of communication" in the search engines of the internet and you get hundreds of links. A whole lot of them, give you tips to improve your communication. Let me tell you, the biggest barrier is yourself. The same holds good in public speaking, the biggest hurdle, the toughest opponent and the largest of hindrance is yourself. If you just work on yourself, you can improve your communication skills and public speaking skills.



So how does it work? The easy feedback that a vast majority would give is improve your communication skills, but if you counter them how do you improve? Half of them would look down upon you and the other half would confuse you. Though the tip in itself is correct, not many guide you through the path nor will I; for it's an individual struggle, a self-driven road map and a sustained effort.

However I would suggest few ways. For one to

communicate sound, one has to have confidence, reasonably good voice, a good aura around, your body, good attire and the art of carrying yourself, a good command on the language that is being used and a good connect with the target audience. These won't come overnight or from the blue sky or the mountains. These needs to be developed, built and honed over a period of time.

### Confidence

Comes by repeated practice, acquiring knowledge of all orders, an open mind of learning from mistakes of self as well as the others and with down-to-earth attitude of taking feedbacks and converting them to actions. One has to have eagerness to acquire knowledge on multiple domains, current affairs, and historical knowledge of sorts in as many areas.

### Voice

This is gifted to one from birth in which ever the way it is (based on the sins and good of the previous birth). However one can work on it and improve irrespective of the glitches it would have otherwise. The best of singers have practiced their breaths out and emptied their lungs during practice, the best of orators have learnt the art of voice modulation by practice, the best of leaders have had their mock deliveries before the final one, so practice, practice and practice to near perfection.

### Good aura around

This comes by rich habits of giving to the world, while we receive. It comes by selfless and not selfish approach. It comes by the good deeds we do. It comes by us, who we are and what we have done over a long period of time. Integrity, name and persona built over a period of time contributes and compliments to the aura of the personality.

### Your body

A sound mind and a sound body makes a difference. Have a good control on the metamorphosis of your body. You are identified by your body to start with and then it is your body language that takes over along with your voice and the content. So body is important. Whether you practice yoga, go to gym or just maintain it with good diet; your body plays an important role in communication and public speaking. Good voice, high on confidence and fairly a good aura around but a shabby body can still beat you down. A person who does not have a control on the body can hardly think of having a command on the mind. Body and mind invariably go together, splitting them is a rarity but not impossible though.

### Attire, aura and the way you carry it

The way you carry yourself is invariably your personality. One has to dress up for the occasion, even if it's simple, it better be meaningful for the occasion and ensure you have that respect built over time for the person you are. If people are able to walk over you your persona is defeated; define your intimate zone well and ensure that

it is not encroached upon. Do not pseudo jokes, do not get in to sarcastic humor, never injure one's feelings or beliefs. If someone does do not lose your head over it. Give it a thought and respond if needed, silence is golden but not at the cost of self-respect. Remember each situation is different. Act tactfully. Never burn bridges for trivial reasons. Carry yourself well that builds an aura around.

### Command on the language

Basic simple use of language is good, but it has its share of time, tenor, tone, temperature, space, pitch, pace, and place. One needs to work on the grammar, the tenses, and the right point of stress in terms of pronunciation, enunciation and diction. One has to be careful in translation, transliteration and of course an extra care whilst quoting someone or while phrasing and para-phrasing.

### Connect with the target audience

The knowledge or the pulse of the target/target audience and the ability to shift or change based on the target-audience in a subtle or a big way, plays a vital role.

Remember you are the ONLY barrier to yourself be it for communication or to pursue your goals, so work on yourself and you would have made your life meaningful. Be thankful to your parents that they gave you the opportunity of working on yourself.

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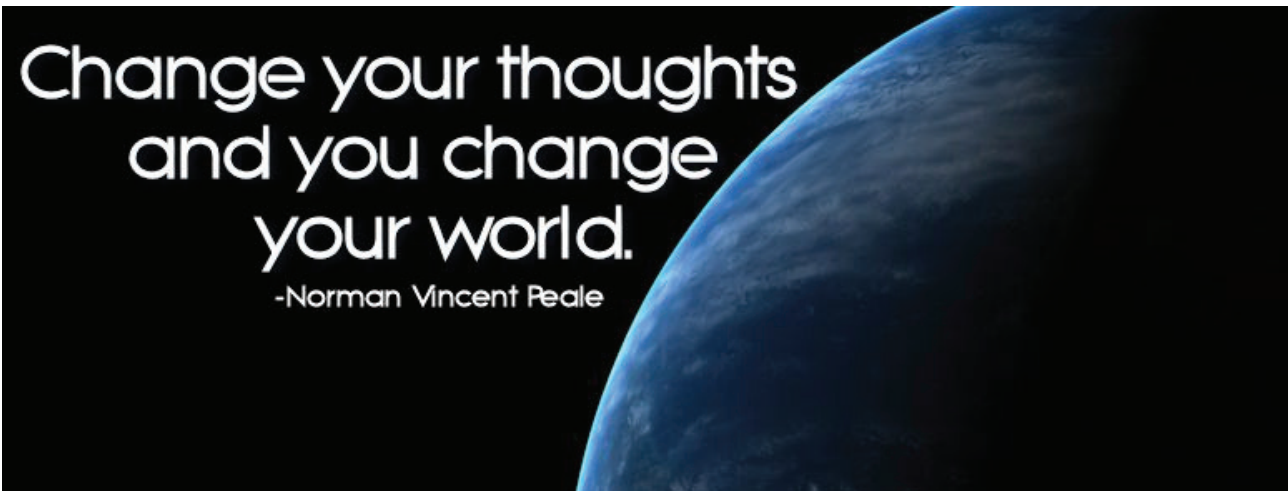
New Committee 2015 July - Dec



Installation Ceremony

Attitude and choices

By Umesh Salimath



Attitude is the single most attribute to propel us to the path of progress, or destruction. It is the foremost quality for a person to take him to a new high or throw him into abyss from where he cannot rise again.

People take decisions, make judgements, give their opinions but they do so in a very impulsive manner. As a social animal we like to be in crowd, get recognised, create our identity and want others to look-up to us. But at the same time we pay little regards to the right attitude with which it should be conveyed. Implicitly life is full of choices and we should thrust ourselves towards the forward direction. But little do we focus on attitude which reflects at the path we take.

We want to be part of all important social gatherings to improve ourselves, our personality and our charisma. But fail to focus on subtle aspects that might be more meaningful for our overall development, and well-being.

At each and every moment and for each and

every reaction, we witness, we refresh our experience and embed a value. Values, whose roots are grown from our parents and the environment where we grew up. The message we convey lays the incremental foundation towards what we want to see in the future.

We select things based on our perception of how do we look at it. Most of these choices are based on attitude or on intuition rather than on values. They tend to overlook, or ignore those values and their experience. The right mix of all these in a decision is the best choice what we can gift ourselves.



Let's imagine a situation where two siblings, one a drunkard, another a successful person. One blames the character he inherits from his father, and the other overcomes the odds as he don't want to be a bad example. He wants to be a good example as he has seen his mother suffer all these years. This shows the difference in attitude of the two siblings in the same situation. Thus right attitude propels the right choice, and the right choice takes us to a bright future we dream about.

~~~ Thank You ! ~~~

Contact us at <http://la1924.in>