



Ideas Beyond Borders

LA Nineteen Twenty-Four

Toastmasters Club Newsletter

Issue 01 | June 2020

Area 1 | Division C | District 92 | Club 9496

Learning
Without Limits



Is it lonely
at the top?

For
excellence in
communication
and leadership,
the buck stops
here

<http://www.la1924.in/>

LEADERS ARE MADE, NOT BORN!

Speak Straight
Speak Strong
Speak Sincere

Embracing
Digital
Transformation



ABOUT LA1924



LA1924 is one of the oldest Toastmasters Clubs started in Bangalore. Almost 22 years ago two young and enthusiastic Toastmasters, Vinay Kamath and Deepak Justin started a new Toastmasters club in Bangalore. Starting with a few members initially, this club has helped numerous individuals to overcome their number one fear - the fear of public speaking!

Over the years, the club has churned out some outstanding speakers and leaders who have in turn brought laurels to the club. The first distinguished Toastmaster from our District was from LA1924. LA1924 Toastmasters club is affiliated to Toastmasters International which is a world leader in Communication and Leadership development.

At LA1924 we believe in and live by the club's motto - "For excellence in communication and leadership, the buck stops here!!!".

Contact Us

LA1924 Toastmasters Club
Royal Orchid Central,
Manipal Centre, 47/1, Dickenson
Road, Bengaluru, 560042.

Timings

7:00pm to 9:00pm
every Wednesday

On the Web



<http://la1924.in>



<http://facebook.com/LA1924.in>



<http://twitter.com/la1924tmclub>

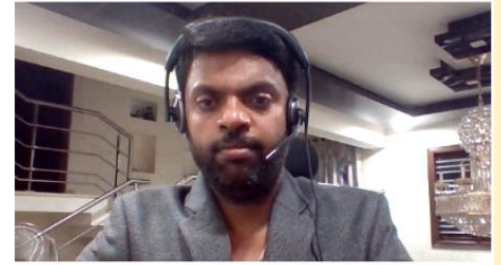


<http://instagram.com/la1924tmclub>



As of June 2020, due to the current covid-19 situation, we are meeting online every Wednesday between 6:30PM and 8:30PM until further notice.

EDITOR'S NOTE



John Wooden, a popular American basketball player and coach once said, "Whatever you do in life, surround yourself with smart people who'll argue with you." I like this particular quote because I think LA is the place where I surround myself with really smart people. Instead of arguing, they encourage, motivate, and inspire me to continuously improve. This is the place where one can master public speaking, and can also have fun socializing.

I joined Toastmasters to become a better speaker, better listener, better leader, and the best version of myself. A year ago, when I attended this club as a guest, I introduced myself and remember saying that I would like to see myself as a (Distinguished Toastmaster) DTM in a few years. Though my journey has just started, I can confidently state that toastmasters has been a blessing in my life. It's obvious that I am acquiring a plethora of learning besides conquering my fear of public speaking.

Our stalwarts at LA and budding toastmasters are not only great speakers but wonderful and inspiring authors too. They have written articles including authentic personal stories, experiences, learnings from mistakes, and numerous tips and tricks. I am very sure that as a reader you would greatly enjoy reading their articles. On behalf of the editorial team, I would like to take this opportunity to thank all the members who contributed to articles and other artifacts for this newsletter. A clear reflection of immense talent and wisdom!

During this term, this club has experienced an unprecedented transformation that is easily noticeable. I have witnessed many firsts during this term: the online Zoom meetings, online ballot to award ribbons, and SurveyMonkey for gathering feedback. I feel very proud to be a part of this transformation. Now that we are meeting online regularly, we attract audience from all over the world, and we are like Toastmasters beyond borders. Some of the articles provide insights into how we people adopt and adjust with the current global situation. Clearly Ideas Beyond Borders.

Finally, I would like to take this opportunity to thank the editorial team below who wholeheartedly supported and helped me deliver this issue of the newsletter. The team comprises of Niby, Preethi, Vishal, Anupama, and Murthy. Thank you, without you guys, this would not have been possible. Special thanks to our President, DTM K GowriShankar, and VP Education, Manoj Nair for their continuous support and encouragement in bringing out the best in me.

With memories to cherish from the lockdown life, I hope you enjoy reading this newsletter!!!

Srinath Ramegowda
EDITOR IN CHIEF

To build confidence and self esteem besides becoming a better public speaker, Toastmasters is the way to go! - Srinath



Niby



Preethi



Anupama



Murthy



Vishal

ABOUT TOASTMASTER'S INTERNATIONAL

Toastmasters International (TMI) is a non-profit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Headquartered in Englewood, Colo., the organization's membership exceeds 358,000 in more than 16,800 clubs in 143 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators, and leaders.

The principal place of business of Toastmasters International is World Headquarters, located in Englewood, Colorado. Led by CEO Daniel Rex, the staff is committed to providing assistance and support in the forms of high-quality products and programs to Toastmasters clubs, areas, districts and regions, while also serving the individual member in their efforts to improve their communication and leadership skills.

Mission: We empower individuals to become more effective communicators & leaders.

Club Mission: We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Toastmasters International Core Values:

- Integrity
- Respect
- Service
- Excellence

Toastmasters International Envisioned Future: To be the first-choice provider of dynamic, high-value, experiential communication and leadership skills development.



WHERE LEADERS ARE MADE

International President
Deepak Menon, DTM

CEO
Daniel Rex

TOASTMASTERS INTERNATIONAL
www.toastmasters.org



TMI World Headquarters. **Englewood, Colorado, USA**

Toastmaster International Mission:

We empower individuals to become more effective communicators & leaders

CONTENTS

- | | | | |
|---|---------------------------|---|------------------------|
| 2 | ABOUT LA1924 | 3 | EDITOR-IN-CHIEF'S NOTE |
| 4 | ABOUT TMI | 6 | EXECUTIVE COMMITTEE |
| 7 | FROM THE PRESIDENT'S DESK | | |

Articles

- | | | | |
|----|---|----|---|
| 10 | DORAI ARASU, DTM
Tired of living TO A happy living | 12 | USHY MOHANDAS
Speak Straight Speak Strong Speak Sincere |
| 13 | PREETHI NAIR
Learning Without Limits | 14 | VISHAL MAHESH
How Much is 100 Rupees? |
| 15 | SANDEEP SUBRAMANYA
Discipline | 16 | SRINATH RAMEGOWDA
Embracing Digital Transformation |
| 18 | PAVAN RC
Go for a SYNTAX Change | 19 | VINAY DEV
Let's Reduce |
| 21 | CHANDRA MOULI
Mouli's Musings | 23 | K. GOWRISHANKAR, DTM
It's Lonely at the Top |
| 25 | DEEPAK TR
The Impact | 26 | VIJAY JAGANNATHAN
Leaders are Made, Not Born |
| 27 | MANOJ NAIR
Farewell Traditional Path..Welcome Pathways. | | |

Reports & Moments

- | | | | |
|----|--|----|------------------------------------|
| 29 | OUR MEMBERS | 31 | CLUB EVENTS |
| 32 | AWARDS & FELICITATIONS | 34 | MESSAGE FROM THE DIVISION DIRECTOR |
| 35 | MESSAGE FROM THE IMMED. PAST PRESIDENT | 36 | MESSAGE FROM THE AREA DIRECTOR |
| 36 | MESSAGE FROM OUR SEASONED TOASTMASTER | 37 | EVENTS & PHOTO GALLERY |
| 41 | OUR ART TALENT | 42 | WHAT'S YOUR PR? |
| 43 | THE GRAND AND SPECIAL | 44 | LOCKDOWN MEMORIES |



EXECUTIVE COMMITTEE



of LA1924



President
DTM K Gowrishankar



VP Education
Manoj Nair



VP Membership
Vishal Mahesh



VP Public Relations
Srinath Ramegowda



Sergeant at Arms
Deepak TR



Treasurer
Senthil Kumar



Secretary
Preethi Nair



VP Admin
Alfred Santosh



Immediate Past President
Jagdish Nagbushan



JAN - JUNE 2020

FROM THE PRESIDENT'S DESK

From The President's Desk!!
Sounds Dramatic Right?

With Covid19 Lockdown putting paid to all WFO, yes work from office, the new normal is WFH work from home. The President, sitting in his living room, with his laptop on his lap (no wonder it's called laptop) is wondering ... where is the desk? Let's then settle for From The President's Laptop!

When we, the new team took over on 1st January 2020, I felt both exhilarated and apprehensive. The first sensation caused by the opportunity of leading the club, a great club, and the second caused by the anxiety as to how we, the new team, would fare vis-a-vis the great achievements of the previous team led ever so ably by a good friend and Immediate Past President Jagdish. I personally felt if we even maintained a status quo, that would be a miracle. Such was the track record of the last term.

My team, however, is made of sterner stuff and assured me that we would do our best to have our own stamp on the club's history. We will not try to compare our work with that of the previous term, they said; we would tread our own path, one that would add quality and substance to the members' journey in the club.

We sat down and chalked out the road map that we would follow. We decided to establish some Best Practices also. We listed out our priorities and decided to share the responsibilities to ensure these were achieved. The main best practices were:

1. Have a Mentors' Council established and appoint a coordinator to liaise with the Vice President Education and be the bridge between the Mentors and the Executive Committee.
2. Establish an Audit Committee headed by a qualified professional to aid and assist the Club Treasurer.
3. Empower and enable the senior members following the traditional legacy toastmasters' path to achieving whatever level they could within the time frame of June 30, 2020 after which these would be withdrawn by the Toastmasters International.
4. To have at least three education sessions during the six months period.
5. To have one business session during the six month period to discuss matters of interest.



K. Gowrishankar, DTM

The new officers were duly inducted into office at a dignified ceremony by the then-District 92 Program Quality Director DTM Boopathy Sankar (now the District 92 Director-Elect) on 1st January 2020.

January

The month of January saw five meetings, of which one was dedicated to the LA Club Contest. TM Preethi won the club level Evaluation as well as the International Speech Contests while DTM Chandramouli won the Table Topics Contest. Both of them moved to the next level of Area Contest. January also witnessed the presentation of the term's budget by the treasurer TM Senthil Kumar and the same was adopted and approved on the floor. As per the policy of giving the traditional legacy path followers the chance to speak, two slots were allotted to them at every meeting.

February

The month of February saw four meetings with followers of both the traditional as well as Pathways being able to continue their progress as speakers.

March

The month of March started like any other and the first meeting was held on 4th March 2020. The second meeting on 11th March was held to commemorate International Women's Day and in this meeting all the role players were lady members of the club. In addition, there was an education session by the budding author Ms. Aditi Chandak who spoke on how to prepare a speech script.

The advent of the lock-down caused by the Covid-19 came as a rude shock to us as personal meetings were out of bounds. We had to do some quick thinking and decided to go online. The month of March saw only two regular meetings but we started the online meetings to ensure there would be no break. **The first online meeting was held on 25th March.** I would like to place on record my sincere appreciation and congratulations to the VP PR Srinath Ramegowda, TM Vinay Dev, and TM SRK for so efficiently stepping into the job of conducting online meetings seamlessly.

April

The month of April had five meetings and the first was on 1st April 2020. The theme was "Locked Down But Not Knocked Down" to symbolize the enterprising and proactive spirit of the members of LA Nineteen Twenty Four during the Covid19 Lockdown.

May

There were five meetings in May 2020 including a Milestone meeting # 1175 on 13th May, a joint "Linkers' Meeting" of four clubs, Bangalore Toastmasters, Daffodils, IIMB Orators, and LA 1924 Toastmasters. The meeting on 20th May had a theme "Spirit of Leadership" & the adventure of Charles Lindberg with the solo non stop flight from New York to Paris on the same day in 1927 in his single engine single seater plane "The Spirit Of St. Louis" was remembered. The meeting on 27th May also had a business meeting at the end.

June

The month of June had five meetings including the club officers' election on 17th June to elect the new set of office bearers for the term July to December 2020. Meeting # 1180 on 10th June was a special thematic milestone meeting. Meeting # 1182 on 14th June had an educational session by Dr. Ushy Mohandas, and ended the term on a high note. The session attracted a huge audience from all over the world, from Indonesia to Malaysia, from the Middle East to the Americas. At one stage the number of attendees exceeded four hundred! The last meeting of the term, on 27th June was a special one dedicated to the members following the traditional programme to complete their final projects.

Looking back at a challenging and tumultuous six months, I can confidently state that the club officers' team has engaged itself commendably well under severe constraints and has ensured the stated objectives were achieved with outstanding success and to the full satisfaction of the majority of the members.

The Mentors Council was established, the accounts up to May 2020 were submitted to the general body and as narrated earlier, the members of the traditional path were able to reach their milestones thanks to the dynamic and proactive steps of the committee.

As I am about to lay down office as President on the conclusion of the term, I can look back with a lot of pride and satisfaction. I would also like to thank my team of officers who worked very hard to maintain the focus and to reach our goal set at the beginning of the term. In the process, we team members established a great sense of camaraderie and friendship, which I would call the greatest success! Personally speaking, I could not have achieved anything but for the overwhelming support and encouragement extended by my team and the majority of the members. It was because of this I was able to weather many a storm, keep my focus on and **help the club get recognized by the District 92 officers as a club that extended the maximum support to the District activities.**

Did I learn something in this period? Of course a lot. Basically a humble servant leader, I discovered a latent talent of standing firm on principles and ethics. I owe this to the best club in the world, LA Nineteen Twenty Four and its members!!

I conclude with a few quotes on leadership by famous persons that I am sure will inspire the reader:

- "If your actions inspire others to dream more, learn more, do more and become more, you are a leader."-John Quincy Adams,
- "Leadership and learning are indispensable to each other." -John F. Kennedy
- "Do not try to be a ruler. He is the best ruler who can serve well." -Swami Vivekananda
- "Ours is the only organization I know dedicated to the individual, we work together to bring out the best in each of us and then we apply these skills to help others."- Dr Ralph C Smedly

K Gowrishankar DTM
President

"Ours is the only organization I know dedicated to the individual, we work together to bring out the best in each of us and then we apply these skills to help others."

- Dr. Ralph C. Smedley

Tired of Living TO A Happy Living

BY DORAI ARASU, DTM

When we were in schools and colleges, we learned lessons and then we had tests; in life first we have tests then we learn lessons.

Many people are fascinated to know "Life after Death" but I believe knowing about "Life after Birth" is more important and relevant. Let me explain some philosophies in life that I really believe in.

Many in this world are merely "existing" some "surviving" and few really living, and rare few lead a "Happy Life". Just because a person breathes and moves around, are we truly alive? Some through manipulation and cunningness attain ordinary goals. Some live ordinary lives complaining and cursing. However, some happily dance through sporting and playing ordinary and extraordinary roles, gaining mastery over themselves and others and make a mark wherever they go and touch the lives of all they come in contact with.

What makes people lead a Happy Life? In my opinion, the following is important:

Positive thinking. Every story has a good and a bad side what if we concentrated on just the good side? I Remember a story on positive thinking: Once a father mosquito asked a baby mosquito, how was your first-day outing, the baby mosquito replied, father it was very good and encouraging, wherever I went people were clapping for me.

Empathizing with a fellow being.

EMPATHIZING: means the ability to understand and share the feelings of others. We can play an important role in other's lives and others in ours. We can support and help each other, this is possible to some extent like we can take the horse to the water, but you cannot make It drink. A person with a legal problem seeks a lawyer's advice, the lawyer may give him or her various options but thereafter he or she has to decide and face the consequence of his or her choice.



Once a father mosquito asked a baby mosquito, how was your first-day outing, the baby mosquito replied, father it was very good and encouraging, wherever I went people were clapping for me.



When we really need help, we should not hesitate to ask, at the same time when anyone needs our help we should readily offer.

Purpose: Let's see how we find purpose by helping each other.

A young woman, who was successful, but had no purpose in life jumped from a wharf on the seaside in an attempt to commit suicide, later she had put it, as "Tired of Living"

A young man saw her jump from the wharf and he too jumped into the water, forgetting he himself did not know how to swim, he stripped off his coat and leaped from the wharf after her in a blind attempt to save a fellow human being. When she heard the thud sound, she suddenly turned back and the young man was drowning, immediately she found purpose and reason to live, she rushed towards him and pulled him out of the water, instead of ending her own life, she saved the life of another person, in that crucial moment, when she saw the young man struggling for life, her own life suddenly gained something it had lacked before: **The Purpose**. So what was drowned beneath the water was her despair and not the spirit, she had known in a dramatic flash the difference between having nothing to live for and something to live for.

With purpose, there after she lived happily!!

Its nature's efforts, after we are born, we grow physically, however to live happily we need to program our mind with positive thoughts and self-efforts to grow gracefully and successfully.

To make it happen!!

There are four types of people:

1. Those who "Make it Happen"
2. Those who talk of "Making it happen"
3. Those who talk of "What happened"
4. And those who "Wonder what happened"

Let's take charge of our lives, Make it Happy Living!!

Just for laughs - At a party a doctor asked a lawyer, "I get disturbed even at social functions with people seeking medical advice, what should I do? How do you deal with such situations? The lawyer said" After advising I send them a bill that stops them. The next day the doctor received the bill from the lawyer.



"We know it makes you happy, but your father and I think you're spending too much time on the computer."

Speak Straight Speak Strong Speak Sincere

BY USHY MOHANDAS

Many of us allow others people's opinions to dictate what we believe value or perceive. It is not always easy to stand up for our beliefs and opinions when others constantly bombard us with their views.

Many people never learn how to appropriately say what they mean, and mean what they say. Why is it so hard for people to say what they mean, and mean what they say, sometimes? Our culture values "niceness" over truth in many cases. People who address issues, or bring something up to someone that could be perceived as hurtful, are looked upon as the problem.

Think about the bosses, co-workers, friends, teachers, and colleagues you may have had over the years who simply were not good at communicating. You may have learned, months or years later, about something you did to offend them or something important they neglected to share.

People are hurt when the truth comes out later, but why is telling the truth at the time such a hard thing to do?

We often want to give our genuine views. However we must also understand that it's not always easy to accept the truth. We need to find the balance and set limitations in order to maintain positive relationships.

Even though telling the truth may be difficult for many people, it's the approach that we take that allows us to earn the respect of others.

Consider these five steps to being a more authentic communicator

Ask permission and make sure it is the right time to offer feedback. Let the person know you'd like to share something, but make sure they are open to hearing it.

When you want to deliver negative or non-positive feedback, consider your goal. What do you hope to accomplish as an outcome? Do you want the person to be more aware? Do you hope they will change their behavior? If you have an outcome in mind, you can frame your comments differently.

Be objective and stick to facts in your approach. One must avoid the subjective approach.

Remember, you are not responsible for how another person reacts. If you have something to say but you don't want to hurt someone else's feelings, does that mean that the situation isn't any less real or legitimate? Be responsible in your delivery, but not responsible for the reaction.

Do your best to remember that most people haven't learned well how to be open and honest in a non-hurtful, productive manner. It's not taught in schools. It's not often learned at home

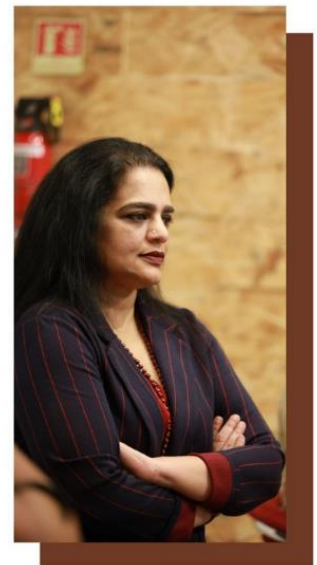
Being an honest straight communicator is a fundamental skill that most people lack. Do your best to practice saying what you mean, and meaning what you say. It's possible that others around you will follow suit.

It's brave and it's hard to speak from the heart. But so necessary to make this world a better place.

“

SPEAK STRAIGHT
SPEAK STRONG
SPEAK SINCERE

DR USHY MOHAN DAS



Learning Without Limits

BY **PREETHI NAIR**
SECRETARY, LA1924

From the time I remember, the stage always set my heart on fire. Even as a shy, introverted teenager, I would transform into a different species on stage – during elocution contests or while hosting events in my school and college. So when I joined LA1924 sometime in 2019, I believed it would serve as a great platform to fine-tune my speaking skills and soon rock the stage! Little did I realize then that becoming a good speaker would merely be one part of my long toastmasters journey.

Pathways, I confess, has transformed into my personal path to discover myself with better clarity.

Recently, a new toastmaster lamented he has no clue what to talk in his very first speech – the Icebreaker. That's when I looked back on my own icebreaker experience and told the gentleman that preparing my first speech was an opportunity to see myself in a new light. To put many aspects of my personality in the spotlight that I perhaps did not consider of any value earlier.

Similarly, many other projects in various levels of pathways have allowed me to become more self-aware and talk about myself and my experiences with greater ease. In fact, projects such as the Humorous Speech have helped me see my so-called shortcomings through the lens of self-deprecatory humor – and this I tell you is highly empowering and cathartic.

"We learn best in moments of enjoyment" - Ralph C. Smedley

Even the audience at the club(s) reflect the larger trends in society, providing a mirror to how people think, process ideas, and react. I have gained deeper insights into people's expectations and how they look at this universe, along with the ability to accept some of their ideas that are at complete odds with mine!

While I stand at Level 4 of Pathways (Effective Coaching), I look forward to enjoying the magic of the stage while opening my heart to many more new learnings.

Pathways, I believe, is merely a guiding polestar for our exciting journey of self-discovery and mastery. There are no limits here because the real curriculum Pathways exhorts us to leverage is our own life and experiences. Good luck to each one of you on your journey that I hope you undertake with conviction, excitement, and without any limits!



Pathways gives me a plethora of opportunities to examine the world around me, understand why people think and behave in a certain way, and empathize with everyone better.

When I delivered a speech on my mentor, it was a way of acknowledging the role he plays in my life and reiterating what it takes to inspire others and help them grow. When I spoke about communication skills, I dug deeper into my interactions with people and realized how many of them have influenced me & helped me improve myself.

Similarly, the speech project on building consensus gave me a wonderful opportunity to understand why people are in communication logjams, and how a true leader can nudge them to find the middle ground. Pathways even enabled me to come to terms with my late dad with whom I often shared a rocky relationship.

HOW MUCH IS HUNDRED RUPEES?

BY VISHAL MAHESH

VP - MEMBERSHIP, LA1924



We are living in a time that no one ever imagined, envisioned, or even prepared for it. The current crisis has a magnitude which even our previous generations haven't experienced both socially and economically. But just like every cloud has a silver lining, every problem and every shortcoming gives us a life lesson provided we are ready to adhere to it. In the days when everyone is talking about recession, layoffs, zero bonuses, plunging stock markets and economy, I am reminded of a story that encapsulates our tendency to behave somewhat irrationally when it comes to money.

Imagine that you are in a store, buying a watch. You like the brand and the design. The strap is just right at Rs.899 and it fits your budget. You decide to pick it up but just as you are about to pay for it, you bump into a dear friend. He notices the watch and tells you that he's seen the same watch in the store across the road... priced at Rs.799. A whole hundred rupees lower!

What would you do? Most of us, I suspect would walk across to the other store and save a hundred rupees. Why spend Rs.899 when you can get the same watch for Rs.799? It makes perfect sense, isn't it? Now imagine another scenario. You are at a store buying an expensive Swiss watch. You like the brand and the design. It's priced at Rs247,900. And you decide to pick it up. Just as you are about to pay for it, you bump into a dear friend. He tells you that the same watch is available at a store across the road for Rs.247,800. A whole hundred rupees lower. What would you do? Like most people, you would probably stay put and buy it there at the same store. After all, what's a hundred rupees when you are spending some 2,50,000 rupees?

Actually, it's quite strange. The truth is that the value of a hundred rupees to an individual is, and should be, the same. Independent of whether at that moment we are spending Rs.899 or Rs. 247,900. But we tend to get carried away by an unrelated metric. How much we spend at a given moment affects our perception of the money being saved. If saving 100 rupees matters to us, it should matter to us whether we are spending 1000 rupees or 1,00,000 rupees. In times of abundance, it's good to be cautious.

This lesson cant be more apt in the current situation where we find ourselves in. Living in the age of social distancing, isolation, uncertain career, and economy even though it's temporary, yet at times under the weight of low spirits, we realize the value of the have and the have not's. We realize that a moment cherished is a moment lived. A penny saved is a penny earned.

Getting money to work for us is no different from getting people to work for us. If we don't treat our money and for that matter our people with respect, they will leave us. And when the slowdown hits, just like the current situation, those who valued those hundred rupees even while they were spending big, will find themselves better placed to tide over difficult times.

My viewpoint towards the symbolic value of hundred rupees note is how we perceive things in our daily life. Today life may have changed gears from growth to hope and for some less fortunate even survival, but humanity has always believed that this too shall pass. When it does, the day will come when we graduate from scarcity to abundance, from despair to harmony, we move out of recession to growth. And when we embrace that day I urge and persuade all of you to also embrace the value of money, people, relations in the same measure as we did during our trying times. **Because my friends it is not the man who has too little, but the man who craves more, IS POOR.**

DISCIPLINE

BY SANDEEP SUBRAMANYA

Discipline. When you hear this word what does it mean? Most of us think of living life in an orderly and timely manner, living life by a checklist and calendar, or it would be following someone else's rules. From an early age, we're punished or rewarded for a certain behavior. Whether it's school or family, we associate discipline with orderly and prescribed behavior. When you come out of teenage, things change. You decide, influence (and create) the rules of your own life. You change the rules of the game. You are not bound by any schedule or timeline. You take interest in activities which you like to do and passionate about. There is a responsibility but in no hurry to be bound for any commitment. You become carefree and spontaneous in your life.

Something becomes different when you get on your career track. You consider 'discipline' as the panacea for success. We have already been brainwashed from childhood on the same. The same is also over-hyped over the internet and with self-help gurus. They say discipline will get you fit. So, you get up early in the morning and go to the gym. You do it for a couple of weeks and then give it up blaming it on lack of discipline. By aping things which society considers it good, we try to live an ideal life. You even may be successful but inside you hate it. You've turned discipline into an enemy of your desires that enforces the rules of the mind. The real problem is not the lack of discipline but the lack of desire to pursue it.



Instead, you need to re-imagine the concept of discipline and see it as a tool to evolve. Being disciplined means that you have the ability to align your habits with what your heart desires. I used to hate getting up early in the morning. But I found a new passion for running. And also running gives me the kick and energy that is needed to carry through the day. I now get up early in the morning not that I am disciplined but love to run.

If you truly don't want to do something, you don't need more discipline to make yourself do it—you need to do the soul searching to figure out why you don't want to. There is an answer to that question, even if you have to dig deep to find it. Because, when you truly want to make a change, discipline will become your friend.



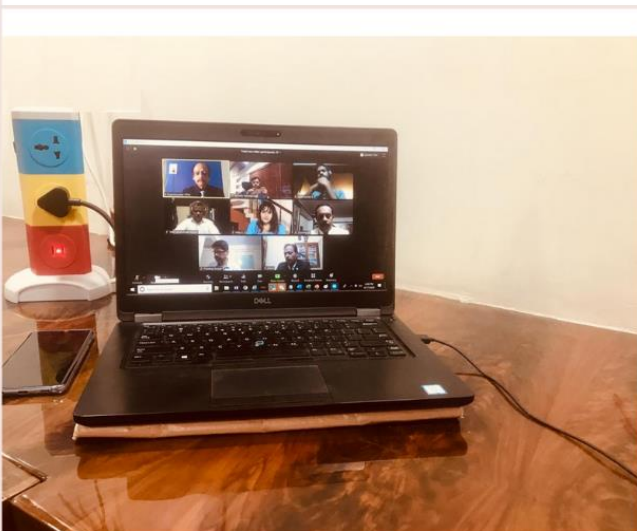
The first meeting gave members a chance to gather and enjoy the experience of an online meeting. Clearly, the prior preparation was the key to our success. Voting was a bit tricky as we always loved the traditional way of filling paper ballots during physical meetings. So, we decided to use Survey Monkey, a separate web tool for online voting. Within no time, the online meetings literally changed our culture, our thinking. Moreover, we could see the speakers up-close and hear with great clarity. It gave us hope that we could continue to attract and inspire new members. We were quite pleasantly surprised to see remote past members attending again.

Any challenges? Yes, we had our own bunch, particularly connectivity hiccups. To address this, we encouraged our members and guests, particularly the role takers, to join the meeting 20 minutes early. Few other members joined me to provide technology assistance for audio or video, and we could sort out most issues. This also served as networking session, and we were able to greet new members and get to know them a little bit, and this also made them feel at home. This window gave us an opportunity to check if the role takers are joined and ready to perform their roles. Around that time, Zoom was being scrutinized on some privacy and security risks, but we circumvented them by tweaking its settings. And, obviously, there were no secrets to steal!

Within a month's time, we were quite comfortable as we acquired many tips and tricks. We ensured the host and co-hosts joined meetings early and stayed until everyone left. We had dedicated people (meeting managers) to manage certain activities like muting, un-muting audio, chats, screen sharing etc. We started using Zoom polling feature to vote for winners. Members loved it as it was seamless. Some speakers requested the recording of meetings which helped them to go back and review their speeches. We started renaming member names by right-clicking their windows so that everyone knew who the role players, speakers, and evaluators were for that day. I personally enjoyed the authority of host in muting and unmuting participants to minimize background noise. Thumps up and silent clapping became the new normal.

During this time of lock-downs and quarantine, the one thing I looked forward every week was LA1924 toastmaster meetings. Though, we can't fully see the body movements of role takers or speakers, we could clearly see and hear a lot more online. It's like someone delivering their speech to you one-on-one. Seemingly online makes it tough to display your full body but sure is a wonderful way improve your video-conferencing skills. For the first time, we could continuously improve our public speaking skills without leaving our house limits. Now, I could finish office work at 6PM, and then put on a suit and join the Toastmaster meeting in minutes. That's digital transformation in action: adapting to technology to deliver the best.

By Srinath Ramegowda
VP - Public Relations, LA1924



GO FOR A SYNTAX CHANGE

BY PAVAN RC

We all have children at home and all of us are adapting to what is now popularly called the "NEW NORMAL". Now can you identify the one behavior that you want to work with upon your child?

Parents in my A+ online sessions mention anger management to increased screen time including constant consumption of videos on mobile, rigidity in thought, getting irritated as quick as the spread of corona or sheer laziness. Most of you want to work on your child's negative behavior or non-productive behavior that is not working.

There are very few people who identify a positive or good behavior.

So what I want you to do is a SYNTAX CHANGE!
Now, most of us worry about something which may happen in the future, something that is yet to happen. We worry about the marks that our child might score in future. Can I now ask you to change the syntax?

The mind is an amazing machine that can focus all its energy in the way we choose to! It follows where attention goes, where the energy flows, and even the reverse of this is true.

So when you focus your attention on an unproductive behavior, even as minor as biting nails, you are letting more energy flow there, and ultimately allowing it to increase!

All you need to do is change the syntax: when you want to work on anger control, consider the opposite of anger. So focus on more peace of mind and calmness. By changing the syntax, you are allowing more energy to flow in the direction of calmness, and not anger.



Here are a few more examples of change in syntax.

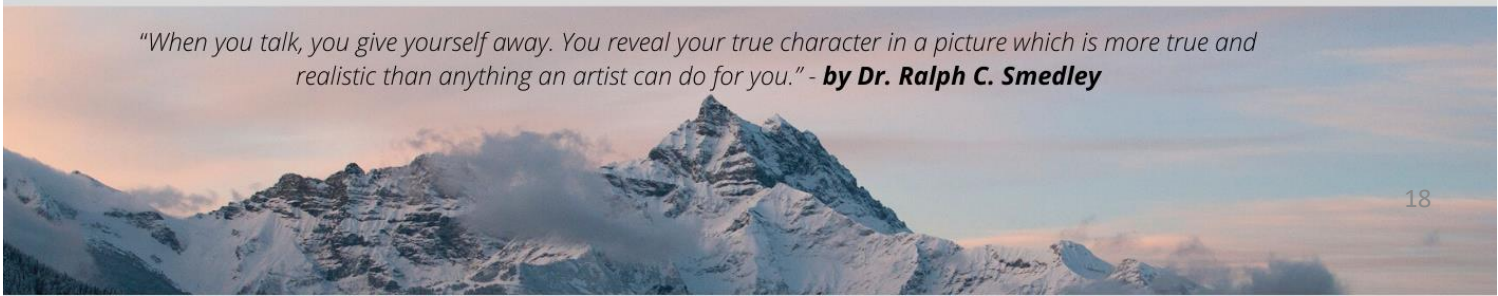
Instead of irritation, change the syntax to self control. Another behavior parents want to work on is an over doze of screen time. In this case, when you tell your child not to think about TV, you are in fact forcing them to think only of TV. This is how the mind works, this is how neuroscience works.

It's like looking at a gulab jamun when you are on a diet, telling yourself that you will not eat it. The funny fact is your mind is already salivating yearning to binge on the sweet. Instead, if you tell yourself you are going to make and eat a yummy salad, you will end up enjoying good food without desiring for wicked junk food.

What happens is that your mind knows what to focus on! By attempting syntax change when needed, you will be able to transform your relationship with your child, family and the whole world. Most importantly, this will transform the way you talk to yourself and deal with the challenges in your life.

I would love to believe that you enjoyed reading this and if you want to know more, you can reach out to me at hello@pavanrc.com

"When you talk, you give yourself away. You reveal your true character in a picture which is more true and realistic than anything an artist can do for you." - by Dr. Ralph C. Smedley



Let's Reduce

BY VINAY DEV



Do you have any idea how much waste is generated daily from Bengaluru alone?

It's an alarming situation, city produces 5757 ton per day(TDP). The capacity of a BBMP truck is 10 tons which means more than 500 trucks are required to clear Bengaluru's waste daily.

Data shows that Bengaluru produced only 650 TDP in 1988, which gradually increased to 1450 TDP in 2000. And in a span of two years, the city's garbage production nearly doubled to reach 2,500 TDP. According to BBMP figures, in 2014-2015, Bengaluru produced 2,500-3,000 TDP.



What could be the cause of this drastic increase in waste?

1. Vertical growth in the city after the IT boom.If you look at the city's population, it increased enormously from 5.7 million in 2001 to 8.5 million in 2011, accounting for 46.68% growth in a decade. The current population in 2020 is more than 12.5 million.
2. Increase in packaged waste.

Processing units are now unable to accommodate garbage, and therefore unprocessed garbage invariably ends up in landfills. The sad fact is BBMP started dumping waste in early 2005 in a village called Mavallipura.

In 2012 there was an amendment by the government to stop dumping, however by that time about 10 lakh tones had already been dumped, creating garbage mountains, destroying ponds, and underwater sources. This has also led to a staggering increase in the number of cases of cancer, kidney failures, skin diseases in the adjoining villages surrounded by landfills.

What are the solutions?

1. Segregation at source

We generally generate three categories of waste

- a. Wet - Kitchen waste
- b. Dry - Plastics and paper
- c. Bio-Medical Waste - Expired medicines, sanitary napkins, and diapers

Disposable diapers take about 500 years to decompose once it goes into a landfill. Segregate waste according to the categories suggested by BBMP and importantly, avoid dumping waste in vacant sites.

Segregation at Source is Mandatory. Else will attract FINE.

ಈಸವನ್ನು ಮೂಲದಲ್ಲಿಯೇ ವಿಂಗಡಿಸುವುದು ಅನಿವಾರ್ಯ. ತಪ್ಪಿದರೆ ದಂಡ ತೆರಬೇಕಾಗುತ್ತದೆ.



2. Avoid using plastic bags

- a. Avoid using plastic covers during purchase, instead carry a set of cotton bags with you.
- b. Carry boxes if you are going to a hotel for a parcel.
- c. Reduce ordering from online vendors, and visit your local Kirani shop or hotel.

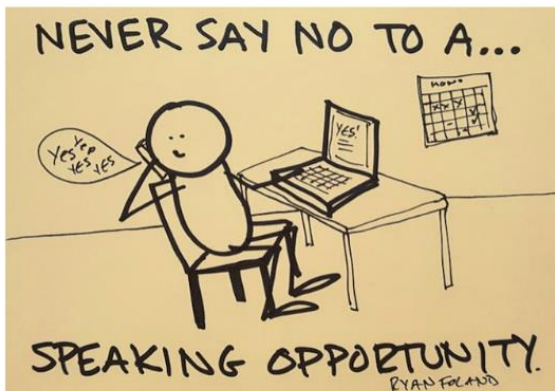


Get Involved!

As I started pondering over this issue, I realized that charity begins at home. Therefore, I started composting in 2018, and also motivated my community members to get involved in this exercise. We can now proudly say that we have two composters of 350 kg capacity each.

In the last two years, we have composted nearly four tons of wet waste and used it in turn for organic gardening.

The only way going forward is to be proactively involved in managing this issue that impacts our city. It all starts with the basic exercise of segregating waste, thereby reducing landfills. The onus is on us to also increase reuse and recycle the available items at home to ultimately reduce waste generation.



Mouli's Musings

COMPILED BY **CHANDRA MOULI, DTM**



Tighten that Belt, cautiously

The world is in the middle of a pandemic and financial crisis impacting governments, corporations, and many families. In a large number of cases where families have not been directly impacted in monthly earning terms, a low stock-market index and dwindling property rates could have resulted in a “feel-good factor” which will vanish with time.

Economists believe - and this intuitively rings true - that people tend to spend their future income. In times like now, when nobody knows what the future holds, spending is directly proportional to their perception of future income. At times like these, the perceived future income is low, and therefore the tendency to spend would be low, despite the current disposable income not really have come down.

Spending less, however, would exacerbate the economic problem, as fewer goods and services would be consumed and the providers of such goods and services would be affected.

Is there a certain priority in spending cuts that could minimize or even improve the economic situation? Perhaps there is. Families could look at two principles while arriving at these priorities:

- 1) Cut down spending in areas where there would, as a consequence, be no reduction in employment,
- 2) Do things that do not hurt “small businesses”

The following areas for action can be considered:

Cut down on fuel costs

Every liter of fuel consumed today costs the exchequer money. Fuel marketing companies would very happily sell less and minimize their losses. Take public transport cautiously, drive the little car rather than the big one, or within easy distance, walk. Clearly, an area of expense reduction where everybody and our environment gets healthier. The savings potential for each vehicle-owning family is substantial by taking these simple steps.

Save Electricity

A majority of electricity in India is produced from coal, which is in short supply. The outcomes in reducing consumption would be the same as for fuel. Switch off those lights when not needed & use appliances sparingly. Every unit saved will be used where it is desperately required - in smaller towns & villages, or by industry which is compelled to use more expensive alternatives instead.

*Take that holiday. In fact,
instead of one, take two!
But take them within India.*

Cut down on overseas holidays

We are all global citizens now and this suggestion might seem contrary to that spirit. About 9 million Indians traveled abroad on holiday last year. However, these are exceptional times and we must not forget that India remains amongst the poorest of countries. Indeed, bus-loads of Indian uncles, aunties and screaming kids are gaining fame for India throughout the world! Take that holiday. In fact, instead of one, take two! But take them within India. This will boost travel and tourism-related economic activity here. Hotels, restaurants, tour operators, and souvenir sellers will be happy beneficiaries. Cautiously of course, once the lockdown ends.

Cut down consumption of “premium” goods

The carbonated beverage-maker, the chocolate-maker, and the potato chip-maker will survive, even with 40% fewer sales. They have deep pockets, unlike the little guys.

Negotiate with Big ticket item sellers, spare small businesses

Human nature works the other way. The little guy is easier to beat down, the refrigerator & washing machine seller get away with a “fixed price” tag.

Instead, squeeze the thousands out of big-ticket branded products & let the small businessman make the hundreds.

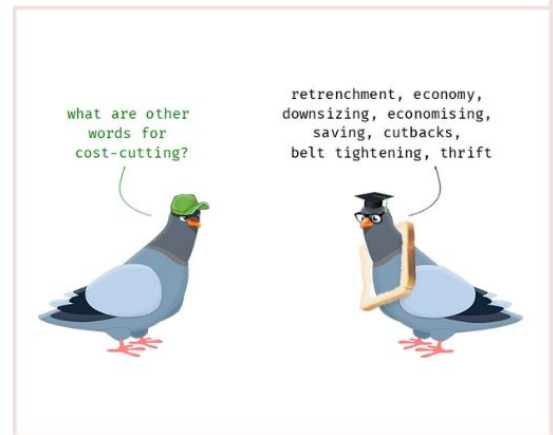
Save Electricity

A majority of electricity in India is produced from coal, which is in short supply. The outcomes in reducing consumption would be the same as for fuel. Switch off those lights when not needed & use appliances sparingly. Every unit saved will be used where it is desperately required - in smaller towns & villages, or by industry which is compelled to use more expensive alternatives instead.

To conclude, tighten that belt carefully and smile -Be mindful when we respond to the impulse to cut back & save. Positive belief is a self-fulfilling prophecy, regardless of how gloom it might seem.

Stay safe and happy!

Compiled by **DTM Chandra Mouli**



Belief in the future and Character

are economic fundamentals. Indeed, they were the only economic fundamentals that ancient man started out with, millennia ago. A belief in the future today is more important than ever before; it leads to constructive planning and vigorous action. The best example is America -a country built during the Great Depression. The euphoria of the last five years led us all to believe that the good times would last forever. A bit of adversity will enable character building.



“Of course you’re allowed to have stage fright.

IT'S LONELY AT THE TOP

BY K. GOWRISHANKAR, DTM

Dear friends,

It's Lonely at the Top.

There cannot be a better expression to describe how it feels when you are the leader of a pack, irrespective of the structure of the organization you happen to lead. Why am I saying this with such conviction? Let us explore!

People spend years working feverishly towards reaching the apex or the topmost position of their discipline or calling, jostling with others, undermining their perceived competitors and if one could get away with it, even bring down the existing one on the perch with dubious methods. **All for what?**



When you are at the bottom rung of the ladder all you crave is to climb to the next step. You do not mind being a 'Gofer' or a doormat to your superiors, happy to be at their beck and call so long as it makes you visible and close to the powers that be, hoping to be picked up for that next level of growth. I can do with that extra income, you tell yourself, not to mention the prestige that the second level offers you. Yes, you love to see your hitherto peers look at you with envy! This jockeying for the next level of power goes on and on till you either succeed or wither away before another smart cookie who was better prepared to capture the next level. **Now you envy that person!!** Life's funny, isn't it?

Finally, you reach the pinnacle of success, the peak you always wanted to reach. Your cup of joy and achievement is full and overflowing. Your loved ones have that look of pride in their eyes when they see you. People around you, the subordinates, the peers and even your mentors show their appreciation. Roses and garlands, gifts and invitations, memberships to clubs and social organizations you always craved for, a huge difference to your income and lifestyle; in short, all that you wanted and worked hard for are now at your feet. You start your honeymoon with your new life assured with the belief that you have finally arrived and hereon, it's only fun and happiness.



Unfortunately, very soon the tires get deflated!

Suddenly, the marble top table that you specially ordered for yourself, neat and clean on the first day, seems to be cluttered up with papers, documents, files, all to be done with that day only! Your To-Do list seems now endless and always unfinished.

Your phone keeps ringing constantly, your incoming emails seem never-ending, demanding immediate attention. Worse still, your team seems to have stopped working and looks like they are waiting for your instructions to take the next step.

What went wrong?

Nothing really went wrong. You, in your newfound excitement, your misplaced confidence that everything would be hunky-dory under your stewardship, completely blinded by the euphoria, did not understand the ground reality that if the focus was missing at the top, so would it be missing down the line. While you were celebrating your success, you forgot to work yourself and the rot set in.

A rude awakening right?

As a leader, you are expected to display your authority, not in a gross sense but in a firm and subtle way to make it clear to others you are the final authority and the boss. You can be democratic, friendly, and all those sorts of things but make it clear, beyond a shade of doubt, you are the boss. You are the Numero Uno so to say. Treat your team members with respect and dignity but also keep a thin line of distance in between so that you can pull up one of them should the need arise. This style may make you look a little aloof but will help in setting up the stage. Yes, it's lonely at the top!



Remember that when you are the top gun, you need to travel alone most of the time. Do not make the mistake of projecting any single person in the team as your favorite. This is not good for the team to work together.

Remember also to be dignified and maintain decency in your interaction with your team. No screaming, no shouting, and definitely no un-parliamentary language. Your team will lose its respect for you if you behave this way and that's the end of collaboration and cooperation.

Feel sort of distanced from your team? Yes, it's lonely at the top!

Friends, leadership is all about taking others along, gaining their confidence and working together for a common good. However, as the leader, you need to project your special stamp of authority, not in a crude fashion but in a sophisticated and graceful manner so your team understands and respects you. You do not need them to fear you but you need to gain their appreciation of your own leadership style.

Yes, it's Lonely at the Top! Enjoy it!!



THE IMPACT

WRITTEN BY DEEPAK TR



July marks a year since I started my Toastmasters journey and took baby steps towards public speaking. Thanks to TM Pavan RC, I am now a proud member of LA1924 toastmasters club - one of the elite clubs in the country.

My first Toastmasters meeting at LA was captivating beyond expectations. Now, as a member and SAA, I feel proud of taking this step and would not do anything differently.

Why Toastmasters?

I am an Educator running three academic coaching centers for students from class VIII to Class X. The academic perspective of mine changed when I became the President of Vasavi Club Malleshwaram in 2017. There I underwent a lot of leadership training and realized the impacts of public speaking and training. As a teacher, I felt all these years I have wasted a lot of time on getting exposed to these organizations to improve my skill set.



Overall my Toastmaster journey has been fruitful in enhancing my communication and leadership skills and also making me a better educator.

I am sure if every school, college & coaching institution can implement some of these learnings, our dream of a new age India will not be too far.

Working with more than 10,000 students made me realize that students lack confidence, motivation, and communication skills. My journey at our club has not only improved my public speaking skills but also gave me ideas to improve the social skillsets of students,

The Impacts are as follows:

1. Classes kick start with a powerful story to motivate and inspire students to face the challenges and share their own stories.
2. Before every class students prepare and deliver speeches that are evaluated by myself and other students. Giving speeches has improved their confidence levels and now we have plenty of students volunteering to play the MC role
3. To have a quality check and enhance their leadership qualities, our students have to motivate their juniors to attend our workshop on leadership. One student has to bring 2 students for the event. Here we teach them the skills of influencing, communication, and leadership.
4. Now, this is my favorite one. I have instructed all my teachers to engage the last 5 min of the class for asking questions. Here we pick the best listener in Toastmasters style. This is a superhit activity
5. To improve their vocabulary and skills in providing feedback, students have been asked to give feedback in 50 to 75 words about their classes. These feedbacks are received through Whatsapp and the best feedback with good language is rewarded.

LEADERS ARE MADE, NOT BORN!

by **VIJAY JAGANNATHAN**
Area C1 Director 2019-2020



As an Area Director, I attend the meetings of 5 different toastmasters clubs – besides this, I am a member of 3 clubs. My close friends ask me why am I spending so much time with toastmasters?

My journey in toastmasters began in 2008 – over the years, I have met different people across the globe, who have had an influence to make me what I am today. Toastmasters gives me an opportunity to meet people from various facets of life – students, budding architects, entrepreneurs, businessmen, doctors, teachers, software engineers, senior executives – the list goes on. I believe in the phrase – “You Are The Average Of The Five People You Spend The Most Time With”. In my case, the average would be a lot more than 5 since I spend time engaging in speeches, evaluations, impromptu talks in toastmasters which brings me in contact with multiple personalities. My objective was and still continues to be how to become a better person.

“You Are the
Average of The
Five People You
Spend the Most
Time With?”

An incident that took place in my role as a manager to a new team made me realize how far I have come in my journey. I was conducting one-on-ones with my team when I overheard one of my engineers say – “This is the first time I felt that I am not talking to a manager, but a coach who is interested in my growth”. It dawned on me that I had become an empathetic listener. It was an eye-opener for me, and I believe the skills I learnt at toastmasters as a listener & speaker were responsible here.

I encourage you to meet up with your role models and keep in touch with them – who knows one day, you will become the leader you always looked up to without realizing it. All the best!

Understanding comes through communication, and
through communication we find the way to peace.
- **Ralph C. Smedley**



“FAREWELL TRADITIONAL PATH..... WELCOME PATHWAYS”

BY MANOJ NAIR



As we are on the verge of parting with the traditional path of Toastmasters, the nostalgia would certainly remain with some of us who learned and grew up in this very familiar path. We have been so used to the two tracks of the traditional program, the communication track, and the leadership track, it is so hard to leave—until we leave!

It is for the better that we are meeting again in the new pathways, the first complete redesign of Toastmasters' education program in the organization's 94-year history! What I like the best about the Pathways education program is the fact that it is much more customized relative to the traditional Toastmasters education program. Pathways combines aspects of both leadership and communication and fuses them into a more individually tailored learning experience.

“GOODBYES ARE NOT FOREVER, GOODBYES ARE NOT THE END. THEY SIMPLY MEAN I’LL MISS YOU UNTIL WE MEET AGAIN.” – UNKNOWN

It gives you the opportunity to build up to **300 unique competencies** and the following **eleven specialized learning paths** to choose from:

- **Motivation Strategies:** Build motivational leadership and communication skills
- **Presentation Mastery:** Build public speaking skills
- **Leadership Development:** Build communication and leadership skills
- **Innovative Planning:** Build a creative project management and communication skills
- **Visionary Communication:** Build innovative communication and leadership skills
- **Strategic Relationships:** Build networking, leadership and communication skills
- **Dynamic Leadership:** Build strategic leadership and conflict resolution skills
- **Persuasive Influence:** Build skills to lead in complex situations
- **Effective Coaching:** Build interpersonal communication, leadership and coaching skills
- **Team Collaboration:** Build collaborative leadership skills
- **Engaging Humour:** Build skills as a humorous and engaging speaker

The program's three most popular paths are Innovative Planning, Presentation Mastery, and Dynamic Leadership.



All learning paths contain the following levels:

- Level 1: Master the Fundamentals
- Level 2: Learning Your Style
- Level 3: Increasing Knowledge
- Level 4: Building Skills
- Level 5: Demonstrating Expertise



We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths.



The other highlights of the program include:

1. More than 14 projects in each path
2. Each Path covers 5 Core Competencies:
 - Public Speaking
 - Interpersonal Communication
 - Strategic Leadership
 - Management
 - Confidence
3. Content available online and in print materials

Distinguished Toastmaster (DTM) will remain as highest achievement and will require completion of two learning paths. Now, let us look at and understand the DTM journey in pathways.

DTM Roadmap in Pathways:

1. Complete two unique learning paths (14 projects each).
 2. Serve as a club officer for 12 months. (Fulfill this requirement by serving as a club officer twice, but you don't have to do it in consecutive terms.)
 3. Serve as a club mentor or coach.
 4. Serve as a club sponsor or conduct a Speech-craft or Youth Leadership program.
 5. Serve as a district officer for one year.
- Complete the DTM project. (Members are required to create and implement a project of their own design, in which they demonstrate the skills and expertise they have gained.)

Let's now look at some more of the specific positives.

- Pathways is an online curriculum, providing users with flexibility; members can work on projects whenever and wherever they want.
- Participants have greater access to educational materials than in the traditional program.
- Pathways speech evaluations are more comprehensive and uniform than in the traditional education program. The criteria is standardized: When members give a speech, they are evaluated by the same objective standards.

To summarize, Pathways remains consistent with the original vision of Ralph Smedley, Toastmasters founder, and maintains what members love about the organization, which is the Toastmasters club experience. The overall structure of the meetings remains the same. Though it's time to say goodbye to the traditional path, I would much rather say "hello" to a more exciting communication and leadership journey, called 'Pathways'!

By Manoj Nair
VP - Education, LA1924

Our Members



Alfred Santosh



Anupama Venugopal



Bala Iyengar



Chandra Mouli



Chandra Mohan (NEW)



Clint Clifford Pais



Deepak TR



Dorai Arasu



Jagdish Nagbushan



Joydeep Ghosh



K. Gowrishankar



Karan Kher



Kishan Kumar



Madhu HV



Manoj Nair



Murthy TA



Mustafa A Muhammed



Niby Elackatt



Niranjan Nerlige



Pavan RC

Our Members



Preethi P Nair



Prem Kiran(NEW)



Ramamoorthy Ramadurai



Ravindranath Narayana Rao



Sadanand AshwiniKumar Jaiswal



Sagar Moudgal(NEW)



Sandeep Subramanya



Senthil Kumar



Sirohi Abhishek



Sivaramakrishnan Nagarajan



Sreepathy D(NEW)



Srinath Ramegowda



Sunil Valsan



Ushy Mohandas



Vijay Jagannathan



Vinay Dev



Pradeep Kumar(NEW)



Vishwanath KP



Vishal Mahesh



Awards & Felicitations

- The club achieved the highest Distinguished Club Programme points of 10/10 and became the **President's Distinguished Club**, the highest accolade in Toastmasters.
- The club also won the prestigious **Dr. Smedley Award** for a successful membership drive.
- The club also won the **Spirit of District 92 Award** for becoming a Distinguished Club.
- Past President DTM Dorai Arasu completed his **first path of all 5 levels** in this period.
- Senior members following the traditional path reached the following **milestones** in their toastmasters' career as a result of the committee's special thrust to encourage them by providing additional speaking slots.

1. Anupama Venugopal ACG ALB
2. Alfred Santosh CL
3. Bala Iyengar ACG ALB
4. Jagdish Nagabhushan CC CL
5. Manoj Nair CC CL
6. Murthy TA CC CL
7. Niby Jacob CC CL, ALB
8. Karan Kher - CL
9. Pavan R C ACG
10. Ramamoorthy Ramadorai - CC CL
11. Ravindranath Narayana Rao CL
12. Sandeep Subramanya CL
13. SivaRamaKrishnan Nagarajan CL
14. Sreepathy D CL

LA's proud "**Triple Crown Winners**" of District 92. This official list is as of June 28, 2020:

1. Anupama Venugopal
2. Dorai Arasu
3. Gowrishankar K
4. Murthy TA
5. Niby Jacob
6. Niranjan Nerlige
7. Preethi Nair
8. Senthil Kumar
9. Vijay Jagannathan

What's a triple crown?

Triple crown is an award instituted by toastmasters if you finish 3 or more education or leadership awards (levels) in a term

Awards & Felicitations

Toastmaster of the Month for JANUARY

SESHACHALAM



Toastmaster of the Month for FEBRUARY

ANUPAMA VENUGOPAL



Toastmaster of the Month for MARCH

PAVAN RC



Toastmaster of the Month for APRIL

ANUPAMA VENUGOPAL & DORAI ARASU



Toastmaster of the Month for MAY

PAVAN RC



Toastmaster of the Month for JUNE

JAGDISH NAGBUSHAN



Toastmaster of the TERM for JANUARY through JUNE

ANUPAMA VENUGOPAL



Recent Important announcements

1. Our application for the prestigious "**Beat The Covid Golden Gavel Award**" has been found eligible by the District 92. (Formal announcement is expected during the first week of July 2020)
2. Our Past President **DTM Dorai Arasu** has been appointed as the Area Director by the District 92.

It doesn't matter how many times you win an award, it is always very special.

- Zinedine Zidane

Message from the Division C Director

CONNECTING PEOPLE

KIRTI KUMAR KASAT



What did the title remind you of? Are you feeling nostalgic?

Not long ago, when I was a teenager, and my parents thought I was grown up enough to have a mobile phone, they gave me an old Nokia 3120. The first thing that pops up when you start the phone is the classic Nokia tune with two hands joining each other. Then a line appears in the bottom portion which says, "Connecting people".

Communication has always been a puzzle for humankind. Don't be shocked if I tell you that many of our problems can be sorted out by employing effective communication. I joined Toastmasters to be a better listener. I could speak well, I could even structure thoughts in my mind, but I was a very poor listener. While I said something, people could hear. Some of them could comprehend, but it was not good enough to connect with people.

In the course of our Toastmasters term, we have seen a crisis that has been termed as the worst of the crises that have hit our generation. We had two options in front of us, either we bend the knee to this adversity or transform it into an opportunity. I can proudly say that 21 out of the 22 clubs went ahead and started with online meetings. LA1924 was one of the forerunners in taking the meeting online and transcending beyond boundaries. It was a delight for me, when members of LA 1924 connected with new clubs like GoJek Toastmasters, Kaggadasapura Toastmasters and helped them know the nuances of communication and leadership. It was the time when I was able to connect people, all through the help from the members of LA1924 and the new clubs, it brought me closer to my personal goals.

The club motto of LA1924 has always caught my attention, whenever I attend the meetings of this fantastic club that has set a legacy of 23 beautiful years.

For excellence in communication and leadership, the buck stops here!

Though the motto doesn't explicitly specify, the excellence achieved in communication and leadership helps us connect with people in better ways. It impacts how we interact with our peers, managers, interest groups, family members, or even strangers. It has taught me empathy, kindness and how to humanize leadership.

While we all are excelling at our club, are we extending our learnings beyond the boundaries of the club? This is the question, I keep asking myself, and I would like you to ask this to yourself, after every club meeting. Are we able to connect with people? Are we able to connect people? Are we building ourselves to be the changemakers in the society?

Let's strive to construct our confidence, contribute through actions and connect beyond boundaries of any kind.



Message from the Immediate Past President

JAGDISH NAGBUSHAN



We at LA1924 Toastmasters club are fortunate enough to have people knock on our doors searching for developing communication skills to become effective public speakers, and to hone leadership skills. Millions of people worldwide have found what they came looking for on toastmasters platform is what I firmly believe. I also believe we at LA1924 TM club can meet these diverse needs because each of us fulfill our promise to ourselves and one another.

I wish to acknowledge the services of the outgoing committee for this term, which has done an excellent job despite all the restrictions, shortcomings, lockdown, all odds, we at LA1924 Toastmasters Club for the first time in the history have switched to online meetings seamless as per today's trend or vogue if we may say so, if we may acknowledge a few names who ably supported the club in bringing this transition, kudos to the support rendered by TM Srinath and TM Shiva Rama Krishnan(SRK), and TM Vinay ! you guys are awesome in making that required quick shift.

My sincere hope is that each one of us identifies our fear and move boldly towards improving constantly with focused efforts on communication and leadership track. This is the very spot where true learning takes place. Make a commitment to your personal greatness by looking for new lessons to learn and supporting the learning of others.

My sincere wish for each of us that we spend some time recognizing and acknowledging our personal greatness. Remember that your greatness will be unique to you. My thoughts and feelings on the concept of us achieving reasonable success and greatness together is captured by a writer John Buchan, who said "The task of leadership is not to put greatness into people, but to elicit it, for the greatness is there already"

Greatness is keeping our promise to ourselves and to each other. I am confident that as we fulfill our promise, we will catch glimpses of the greatness in ourselves and others. That is the reward in our programs. Be bold and grow year after year persistently. Keep your Toastmasters Promise.

Here is wishing the incoming committee, the best



Message from our Area Director's Desk

VIJAY JAGANNATHAN



I became a member of LA1924 Toastmasters after attending a couple of meetings as an Area Director - the reason was the variety of speakers and leaders in the club. The journey over the last 10+ months has been one of learning communication and leadership lessons from seasoned Toastmasters. This is one club where I see every Wednesday evening, brimming with toastmasters members for a 2-hour meeting which sometimes extends beyond 9 pm. Even in times of pandemic, online meetings have been incredible in terms of people attending and the quality. LA1924 has a history of always being president distinguished club and this year has been no different.

My congratulations to the Toastmasters of LA1924 - I look forward to more achievements and milestones in the future.

Note from our Seasoned Toastmaster



BALA IYENGAR

"Toasting was done in the middle ages by your visitor drinking from cup you offered him, to prove it was not poisoned. He touched it and proffered it to you and then drank from your offered cup if you didn't drop dead. This process was done with good wishes for each other's health. Praises were exchanged. With the advent of the twentieth century, a toastmaster offered a toast to the assemblage on a special occasion, like a banquet or evening.

Smedley tried to civilize the masses by helping ordinary folk to speak flawlessly without embarrassment. That set the movement rolling, to what it is today."

EVENTS GALLERY



Jan29



Jan8



Jan22



Feb29 - Speech Contest Winners



Mar 11



Mar 11



Jan 17 - PWC



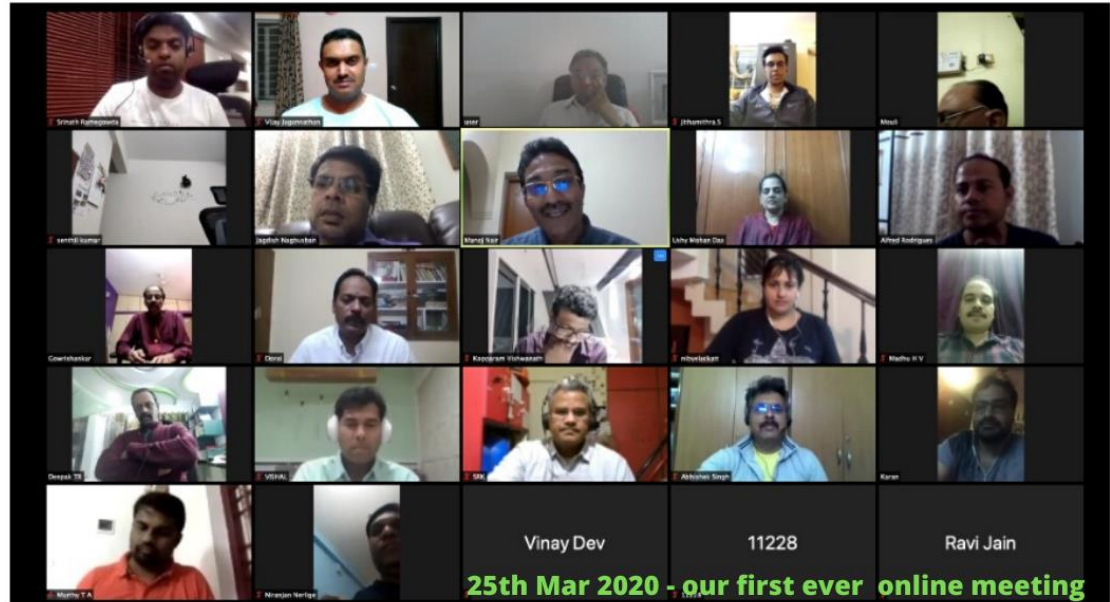
Mar 3 - PALADION Speechcraft



Feb 21 - PWC



Mar 10 - PALADION

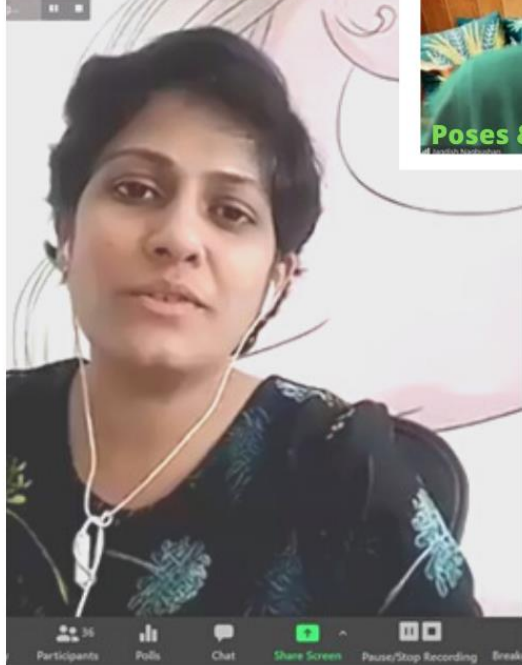
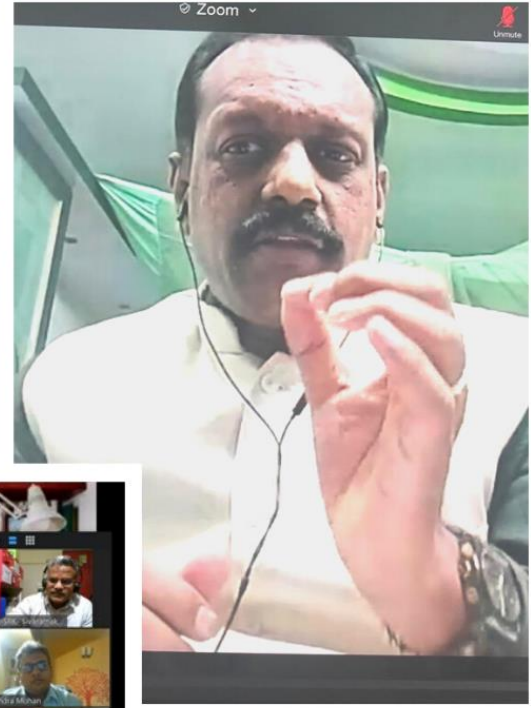
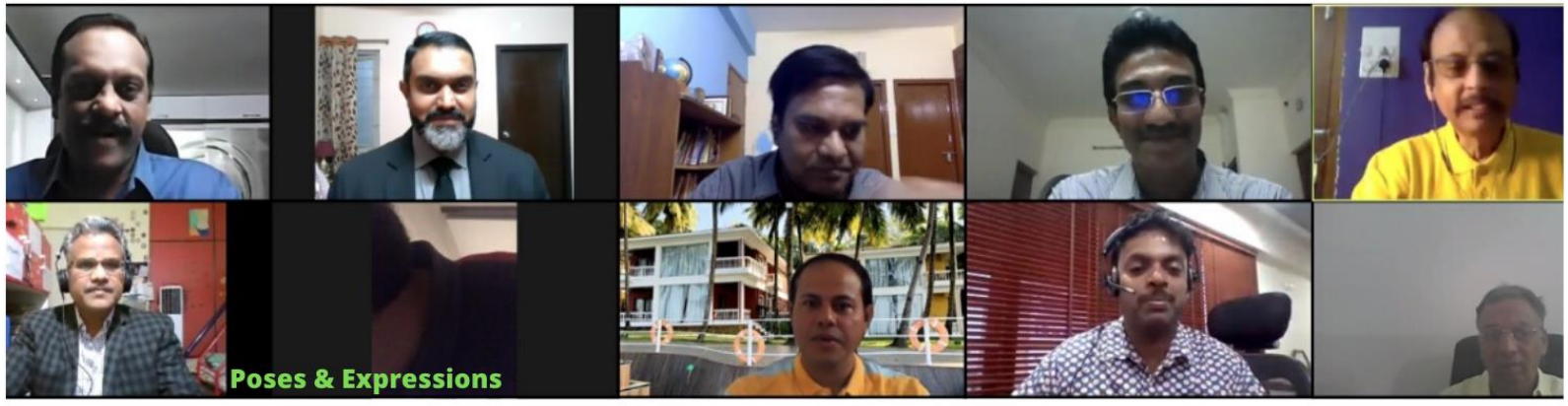


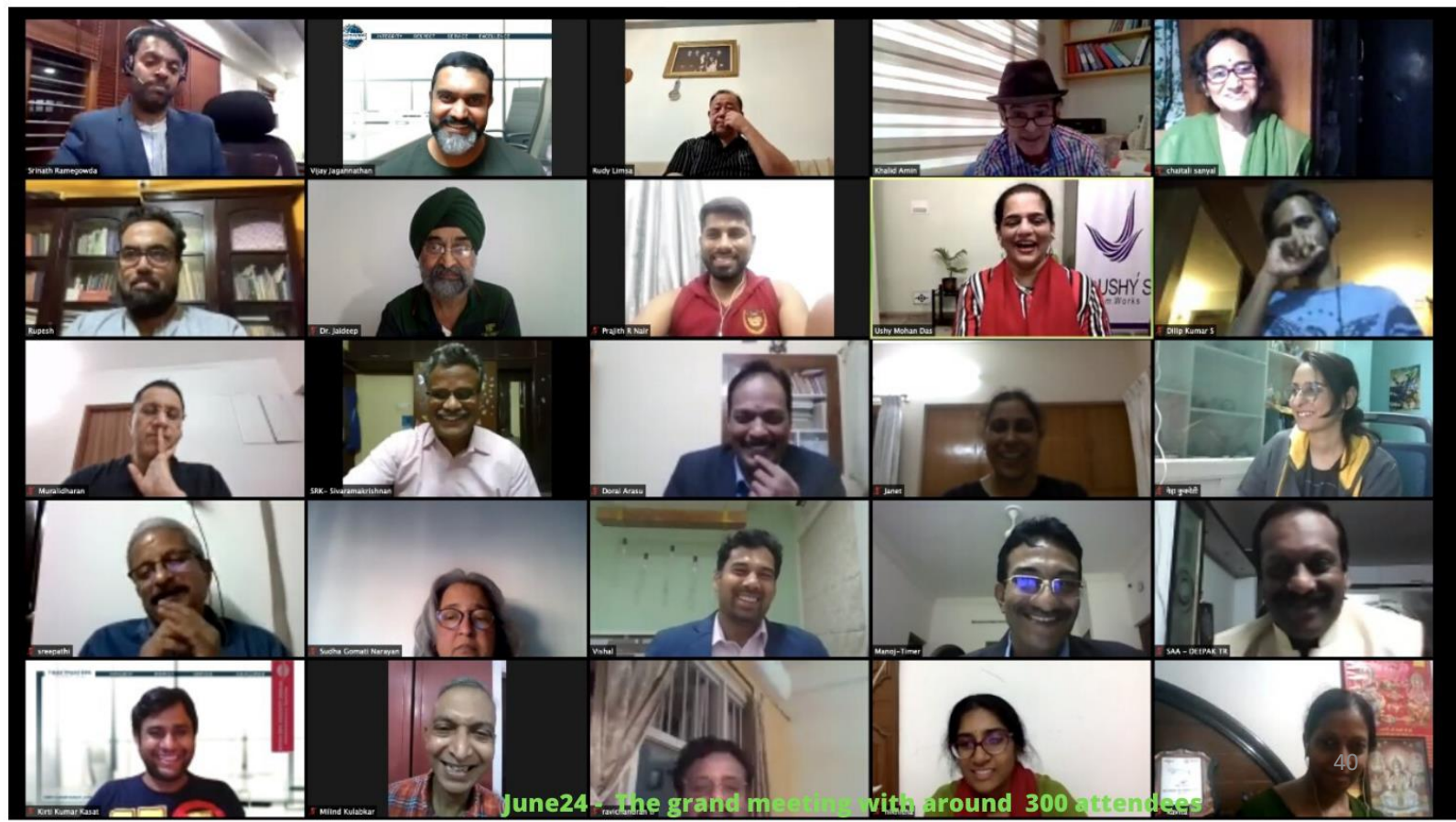
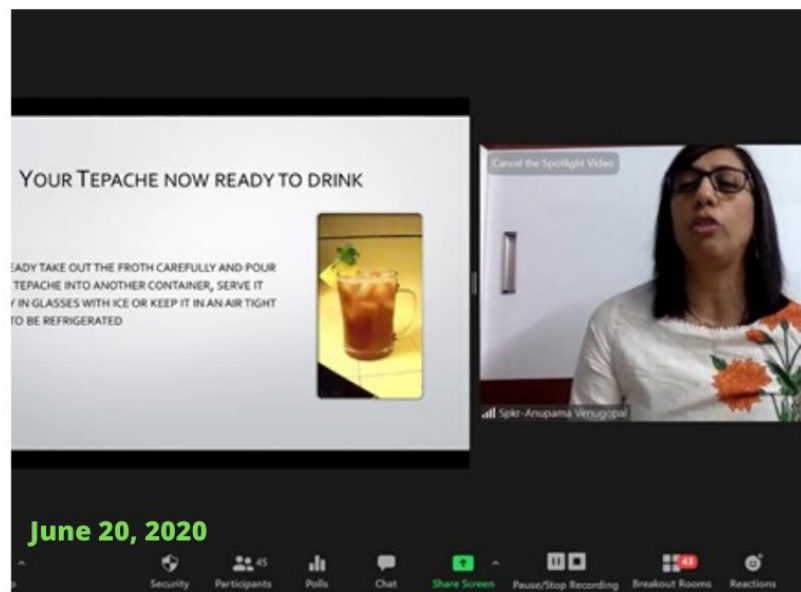
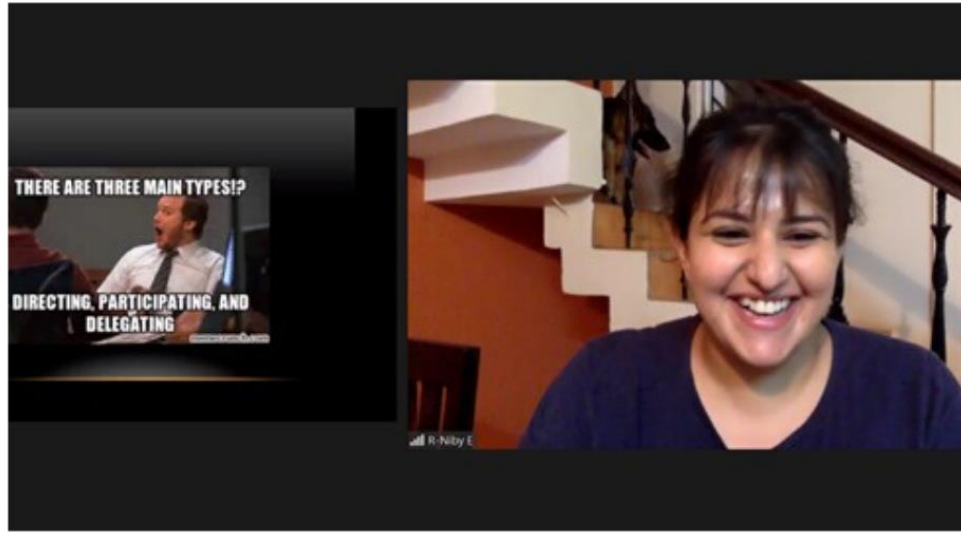
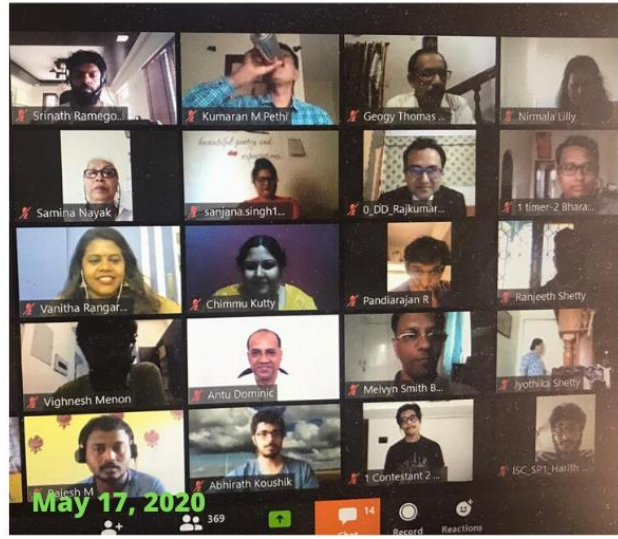
25th Mar 2020 - our first ever online meeting

Close Participants (40)

Search

- NB Nitesh Biradar (host)
- SR Srinath Ramegowda (host)
- Sivaramakrishnan Nagarajan (co-host)
- A Anupamaa
- DT Deepak TR
- AG Abishek Gopal
- AK Akshay K
- AR Alfred Rodrigues 38
- AD Anagha Donekal





Our ART Talent



Art by Mouli



Art by Srinath



Art by Mouli



Dark Thoughts by Bala



Amphora with abstract plant by Bala



Art by Mouli



Art by Srinath



Murudeshwara by Bala



Iceberg with snow float by Bala



oilpaint 101 by Srinath

What's your PR?

BATTLE OF THE BEST

ANNUAL SPEECH CONTEST 2020



The Annual Speech Contest of LA1924 promises to be a high stake event with so many contestants vying for the prestigious and golden opportunity to win and represent the club at the Area Level and further.

Day: Wednesday Date: 22nd January 2020
Time: 5.30 pm to 9 pm

Venue: Royal Orchid Central, Manipal Centre off M G Road

Contests: Evaluation, Table Topics and International Speech

Be there in full strength to experience high quality performance and to support the brave "warriors".

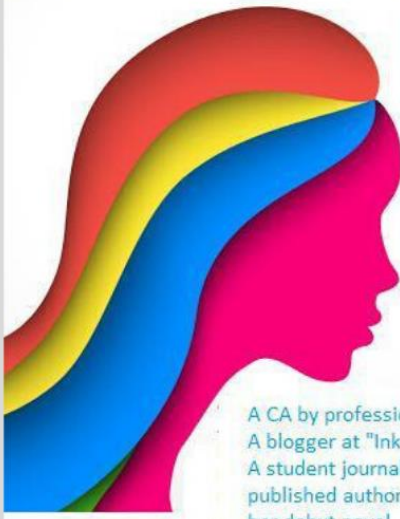



The LA1924 Toastmasters meetings is 100% ONLINE.

Our first online meeting using ZOOM on 3/25/2020 was a great beginning. Wonderful to see all members to come together and support this initiative.

One of our VIP guests gave this interesting feedback: "One of the most professionally organized meeting as LA1924 is always famous for."

INTERNATIONAL WOMEN'S DAY

Women's day Special Guest Speaker **ADITI CHANDAK**

A CA by profession but a writer by passion! A blogger at "Inking and Thinking" for 8 years. A student journalist to a blogger & now to a published author. "Under the Crescent Moon" is her debut novel.

Where: LA1924 Toastmasters Club
Royal Orchid Hotel, Manipal Center
Dickenson Road, Bangalore - 560042

When: At 6:45PM, Wednesday
11 March 2020

Where? ZOOM

Who? Anupama Niby, Niranjana Pavan

When? 29th April Wednesday 6:30PM to 8:30PM Online Meeting

What? Word Of The Day "SWAY"

Table Topics by SRK

U are invited to attend the LA1924 Toastmasters online meeting via the ZOOM call
<https://us02web.zoom.us/j/8749325452>
Password: 202020

LA 1924 Toastmasters Club cordially invites you to

Milestone Meeting #1175
on Wednesday, May 13th, 2020 at 6:25PM using Zoom

"Covid may have stopped us meeting in person..." But nothing can stop us meeting face to face and sharing our thoughts heart to heart! That's LA 1924!

"Bringing a New Meaning to Online Meetings". Come join us at our Milestone Meeting # 1175. Looking forward to seeing you!!!!

WOD: Gratitude
Theme: Involve to Evolve

LA 1924 MEETING #1180
On 10 June 2020 at 6:30PM
WOD: Sustainability
THEME: Forward Thinking

Hello Friends LA1924 Toastmasters Club cordially invites you to a Special Thematic meeting #1180 held online on Wednesday, June 10th, 2020 at 6:30PM via ZOOM

Unify your goals tied to one vision. Treat yourself to *Fantastic Four* speeches by:

- TM Deepak T R
- TM Vishal Mahesh
- TM Jagdish Nagabushan
- TM Anupama Venugopal

With the three LA1924 club stalwarts playing key roles for the special thematic meeting

SRK as TMOD, VIJAY as GE, ALFRED as TTM

<https://us02web.zoom.us/j/8749325452>
Password: 001180

Here Again To Dazzle Our Minds!

LA1924 Toastmasters Club Proudly Presents
'HOW TO BE A MINDFUL SPEAKER'
A Thought Provoking Session by One of the Most Powerful & Versatile Speakers & Thinkers of Our Times:
Dr. Ushy Mohandas

June 24, 2020 | 7.15 - 8.15 PM

Zoom Link: <https://us04web.zoom.us/j/874932542> | Password: 242020
RSVP: Manoj Nair, VP-Education, L101-99999/2021

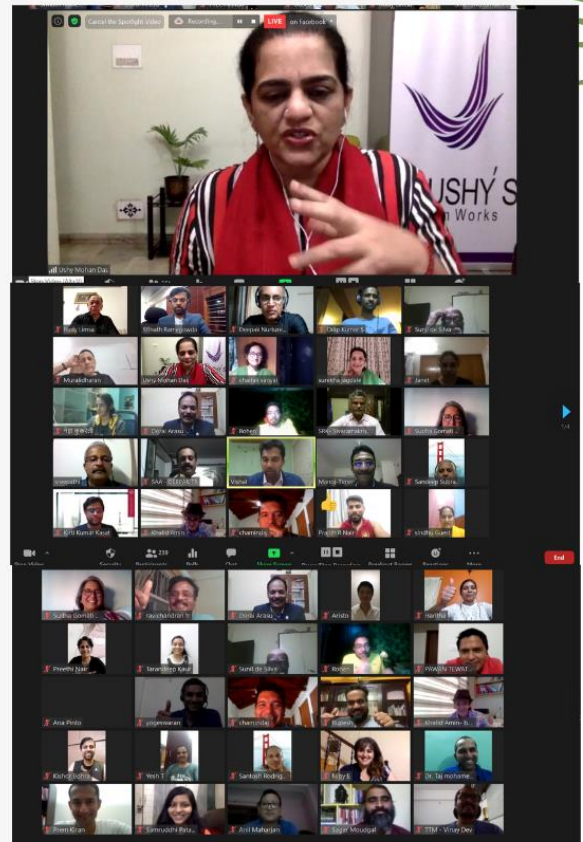
THE GRAND, AND THE SPECIAL

THE GRAND MEETING ON JUNE 24TH WITH A DAZZLING EDUCATIONAL SESSION

Hundreds of toastmasters and participants from across the globe relished an insightful and inspiring session on **How to Be a Mindful Speaker** by one of the most prolific speakers and thinkers of our times, **Dr. Ushy Mohandas** on June 24, 2020. Dr. Ushy emphasized that we must: Speak to Rouse. Speak to Impact. Speak to Influence. The future of public speaking is mindfulness, she exclaimed. The secret of a great speech is to tune in to our audience, make people feel, and most importantly elevate their feelings.

Be in the Moment

That is the operative word when it comes to mindful speaking



THE SPECIAL MEETING ON JUNE 27TH WITH FANTASTIC FIVE SPEECHES

The last meeting of the term was a special one dedicated to the members following the traditional programme to complete their final projects. A perfect meeting with a Fantastic Set of Five Speeches.

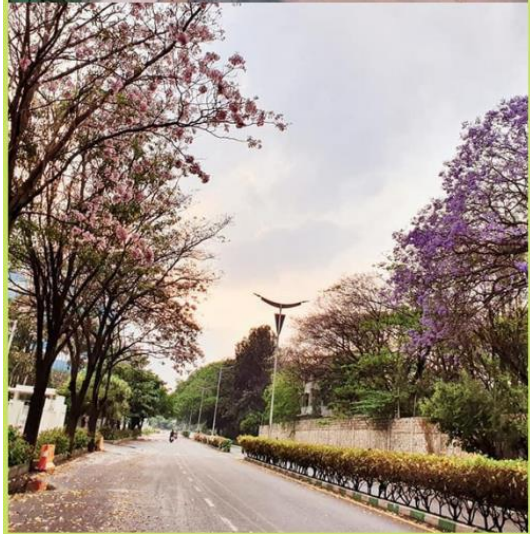
On Saturday, June 27th, we witnessed a perfect finale of speeches to wrap up this term on a high note. Really Amazing!!!



LOCKDOWN MEMORIES



BENGALURU'S SCENIC BEAUTY AND TRANQUILITY



YOUR TOASTMASTER JOURNEY

The only way to do it is through you. Here is how we help you do it.

GUEST?

EXPLORE OUR CLUB!

HOW LA1924 POLISHES A ROUGH STONE INTO A DIAMOND



1. ATTEND AS GUEST

Click to find nearest club to your location and attend as a guest. Understand how a general meeting is conducted and participate, if possible



2. BECOME A MEMBER

Pay the fees towards TMI membership and that of the club of your preference.



3. GIVE SPEECHES

Get inducted into the club and start delivering your speeches



4. TAKE LEADERSHIP ROLES

Participate, Promote and Contribute towards making the club healthy.