

# TOUCH THE STARS

NEWSLETTER OF EF TOASTMASTERS | CLUB NO. 2087647, AREA 23, DIVISION F, DISTRICT 116, REGION 11

*interview*

## MEET OUR NEW CLUB OFFICERS

*Get to know more about our three first time club officers*

## LET ME WIN

Shail

*A heart touching story with a call to action*

## WHY HAPPINESS



## Travelogue THE MANIPULATIVE NEGOTIATOR

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## AGONY & ECSTASY OF BIRD WATCHING/PHOTOGRAPHY

## 5 ZOOM TIPS

*For Better Online Meeting Experience*



**WHERE LEADERS ARE MADE**

# TOUCH THE STARS

## NEWSLETTER OF EF TOASTMASTERS

### **Publisher**

TM Shehariyas Kandy

### **Editor**

TM Akhil Chandran

### **Newsletter Team:**

TM Harris Babu

TM Haseeb CM

TM Ranjith Sukumar

TM Amit Malik

### **Club Officers (2020-2021)**

#### **Club President**

TM Shehariyas Kandy

#### **Vice President Education**

TM Harris Babu

#### **Vice President Membership**

TM Marphi Skaria

#### **Vice President Public Relation**

TM Akhil Chandran

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#### **Treasurer**

TM Bipin Mohan

#### **Sergeant at Arms**

TM Amjad Ali

#### **Immediate Past President**

TM Ram Mohan Nair

### **EF TOASTMASTERS**

Meeting Days: Every Second and Fourth Tuesdays of every month

Meeting Time: 6:45 PM to 9:15 PM

Phone: +974 6699 3359 , +974 5589 4039

email: [eftmqtr@gmail.com](mailto:eftmqtr@gmail.com)

Facebook: [www.facebook.com/EFTtoastmasters](https://www.facebook.com/EFTtoastmasters)

Instagram: [@eftoastmasters](https://www.instagram.com/eftoastmasters)

website: [www.eftoastmasters.org](http://www.eftoastmasters.org)

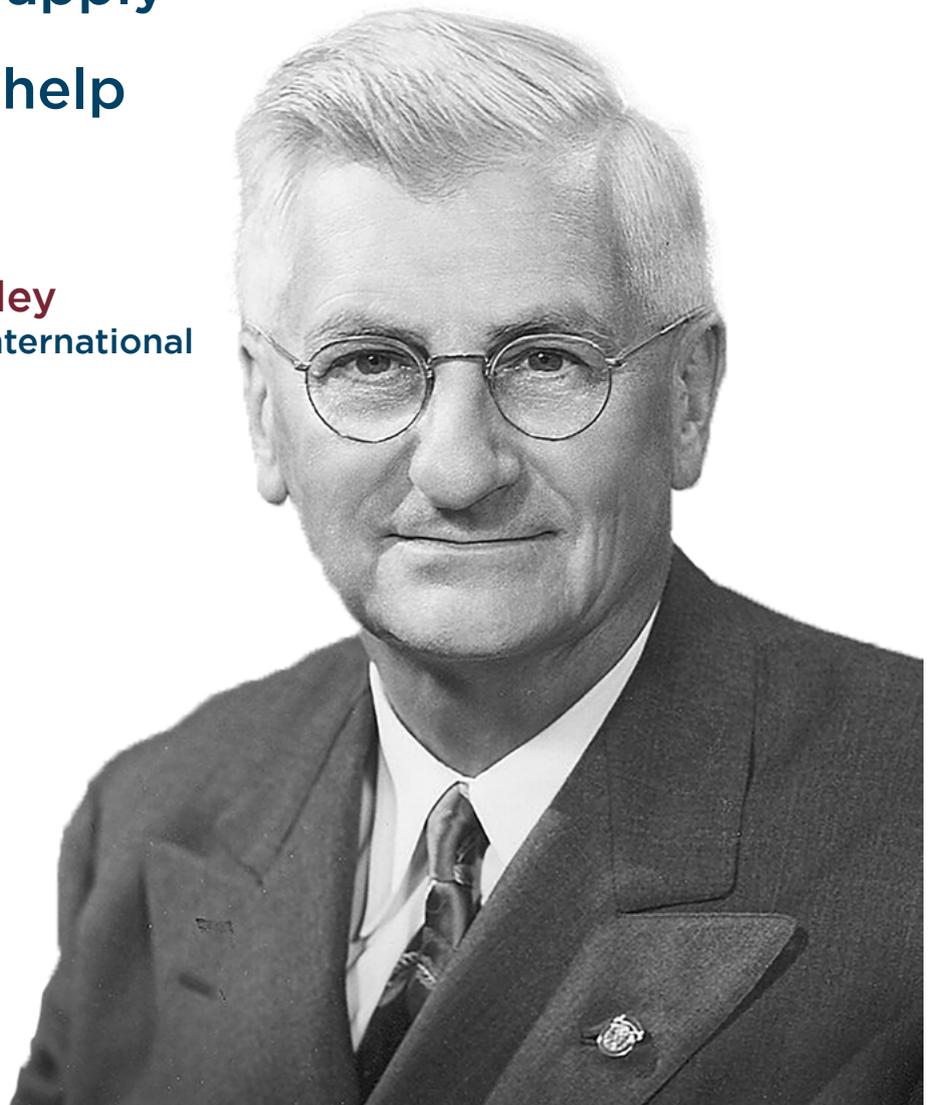
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Ours is the only organization I know dedicated to the individual, we work together to bring out the best in each of us and then we apply these skills to help others.

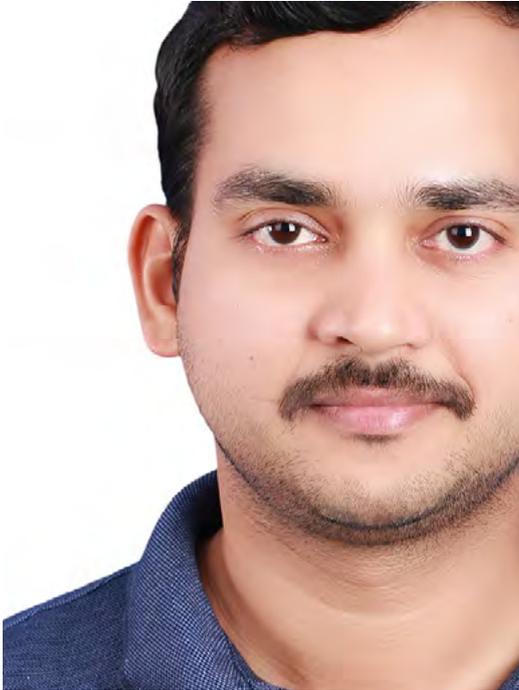
**Dr. Ralph Smedley**  
Founder of Toastmasters International





**If you want to walk fast, walk alone.  
But if you want to walk far, walk together**

## Editor's Note



"If you want to walk fast, walk alone. But if you want to walk far, walk together" is a famous quote by the renowned industrialist and philanthropist, Ratan Tata.

EF Toastmasters help us tread together the extra mile that we all wish to take in our lives. For some, it is to be a better communicator while for others it is to become a great leader or public speaker. Whatever be the ambition, one can associate yourself with EF Toastmasters and eventually you will result in a better version of yesterday.

It is indeed a privilege to take up this bold responsibility as the VPPR of EF Toastmasters and that too within a year of enrolling as member. I know that the road ahead is challenging but I am sure that the ever-supporting ambience of EF Toastmasters will make everything possible.

We are indeed proud to release our latest newsletter "Touch The Stars". We are grateful to those who supported us in this endeavor and contributed for this Newsletter. Please do read and give us your invaluable feedback as we are fast learners and always believe that there will be scope for improvement.

**TM Akhil Chandran**  
Vice President Public Relations

## President's Corner



There's a belief that everything is written in our destiny. Being President of EF Toastmasters is not something which I had planned when I joined the club. My goal was to be a better speaker within a year and then maybe leave the club. But then they say "Man proposes and God disposes" and destiny struck! I started taking leadership roles in the club and beyond and the results were profound. I then realized that I am being made a leader which embodies the Toastmasters International tagline "Where Leaders are Made".

I did not want to see this as a position, but as an action, relating to what Donald McGannon

had said. When you have a great team as club officers and members to support, you just need to have a strong vision, and everything will be executed well. I want to congratulate our Vice President Public Relations, TM Akhil Chandran for bringing out our first newsletter as we had envisioned. It requires a great team effort and determination to carry out all this responsibility. I also want to congratulate our Vice President Membership, TM Marphi Skaria for helping us achieve by this year, a hatrick of TI's prestigious Smedley awards.

I am pleased that the team is also performing well in the endeavor in exceeding expectations with our club meetings and the club is on track with the education goals and awards announced by the district. The SAA religiously ensures that meetings start

on time.

Our Secretary religiously records minutes of our club meetings and pass it through motion in the next meeting. Only a few clubs in the district follow this practice and I want to thank the expertise from the General Evaluators and our Club Mentor, IPDD Raghavan Menon, DTM, for perfecting this process with their invaluable advice. Kudos to our Treasurer who completed membership renewals much ahead of the due date.

And finally, I want to thank all our members for being resilient and pursuing the learning experience in the club through these unprecedented times. Your passion, commitment, and dedication are what drives the club to soar higher.

**TM Shehariyas Kandy**  
President

Dear Members of EF Toastmasters Club,

Greetings.

It makes me proud to know that EF Toastmasters is doing well and is recognized both in District 116 and Internationally as one of the top clubs. That is quite an achievement. Congratulations to all Committee members and to each member of the club. Commitment, enthusiasm, and perception of each member are awe inspiring. I wish the club many years of great achievements and to always remain at the top.

It has been more than 8 years since the club was first chartered. My memories of attending the club in its early stages are vivid. While sharing my knowledge with everyone, I also learnt a good deal on many aspects both technical and non technical from all the professional engineers.

Immediate Past District Director Raghavan Menon, DTM has been a Pillar of strength to the club. His words of wisdom and inspiration must have made all new members to work with zeal and enthusiasm to reach the pinnacle.

The key to a successful meeting is to make it novel. appealing to all members with a carry home message whether to remember it for the speeches presented by

speakers or any role executed by role players. For that all members please do take any role you are assigned with enthusiasm and do justice to it. All it needs is an hour of two of your time. To make the meetings lively add humor to your role and make it different. For that you can take tips from your current District Director Thayalan Kailayapillai, DTM. He executed any role that he had taken up with a difference and had done all the roles. I request all committee members to take up your job seriously and execute them with commitment and dedication.

Thank you for remembering me after all these years and it is nice to get a chance to be with you as you bring out your newsletter for this year. Wish you all a successful and safe toastmastering.

Regards,

**Subha Anupindi**  
Club Sponsor



“

## QUOTE OF THE ISSUE

**I knew how to talk. Now I know how to speak**

**- TM Carsten Lexa**

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# Messages from Leaders

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## 222 and Still Going Strong!!!!!!!

From a small seed of an Idea planted almost 8 years ago to the 222nd milestone meeting when this newsletter was released.....What an amazingly exhilarating journey it has been for EF Toastmasters Club.

It is indeed a time of joy and celebration and at this momentous occasion, on behalf of the entire Division F team I wish to congratulate the founders, current leaders and all the members of EFTM Club for reaching thus far.

The Club has proved that it was BUILT TO LAST and THRIVE IN STYLE producing leaders and legends from all walks of life and inspiring many others through example, be it with dynamic leaders like, DTM Shajil Kader or champion speakers like TM Ram Mohan Nair and many others who have represented the Club at the Area, Division and District, you have always done it in style.

The most important trademark of EFTM Club is consistency

in performance, be it the Membership awards or the 10/10 DCP's every year.

I believe that your best is yet to come and the go getter leaders of the Club ExCom will surely ensure that everything gets better and better from here on. My sincerest good wishes on this happy occasion and congratulations to all of you for achieving yet another milestone in your Journey of a thousand miles.

Regards

**Anil Nair, DTM**  
**Division F Director**



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Dear Club Officers & Members of EF Toastmasters Club,

It gives me immense pleasure to address you as the Area Director. It is EF Toastmasters club which helped me to transform from ordinary person to club officer and now the as Area 23 Director. Even though I have membership in other clubs, EF Toastmasters club is the first club I always look upon as it is my parent club.

As EF Toastmasters always been excel for years in their performance not only in the Area and Division but in the District, I am sure this year too EF Toastmasters club will be top club of the District this year. It was great note that EF Toastmasters club is carryout Youth leadership program, congratulation to all the toastmasters who is behind it. It is great that EF Toastmasters club is one of the first very few clubs who had 100% Pathways implementation in the District and could request you to continue. I would like to congratulate EF Toastmasters club officers and members for getting Dazzing Award and Smedley award.

I am sure that EF Toastmasters has a lot awards on the pipeline.

It is great to note that TM Shehariyas, TM Bipin, Past Area Director TM Kunhikoya are part of the Area 23 Council, which gives me energy to make sure the Area 23 will excel. I am sure all the programs Area 23 have conducted would not be so much success without the support of EF Toastmasters club, I look forward all your support to Area 23 in future too.

I once more wish EF Toastmaster club members best wishes for the upcoming events.

Regards

**R. Sabari Prasad**  
**Area 23 Director**





# MEMORIES OF OUR MENTOR

As the Mentor of the EF Toastmasters Club, I feel really proud to write a few lines for the first issue of this term of the Club Newsletter, "Touch the Stars". Let me recall some sweet memories which is nothing but the history of EF Toastmasters.

It was 2010-11. I was the Area Director. After starting one club KEF, I was thinking of extending the benefits of Toastmasters to other friends in the community. A little flashback: When I came to Qatar in 2007, the very first month there was an event organised by EF and joined immediately. Therefore, my natural choice was EF to start a new Toastmasters club. I met the then Chairman Er. Sivadasan Kuttamani, who incidentally was a member of Indian Club Toastmasters club. He agreed without any hesitation to my proposal.

Fast forwarding to 2011. My successor Area Director was DTM Sameer Moosa. He was

very happy to hear the good news that I'm talking to EF for chartering a new club. I still remember that meeting we had with the EF General Secretary Er. Shaji Francis, Er. Sivadasan at the port cabin at Indian Cultural Centre. From our side this meeting was attended by AD Sameer, Past District 20 CGD Subha Anupindi and myself. In that meeting I proposed Er. Shaji Francis to be the Charter President of the club. I was told that there is a Toastmaster when he was in Saudi Arabia. We selected him to be the VP-Education. That was our dear DTM Shajil Kader. Finally the Club was chartered on the auspicious day of January 01, 2012. Sponsors and Mentors were Subha Anupindi, Sameer Hassan Moosa, Sivadasan Kuttamani and myself. Though technically, my responsibility as Club Mentor ended in 6 months, whenever EF Toastmasters called me for any support, I gladly obliged because I always enjoyed it.

My leadership journey outside Toastmasters started with opening of these two clubs EF Toastmasters and KEF Toastmasters. I was elected as Chairman of both EF and KEF, the parent bodies. This is very important in my life as, choosing as leader of such great organisations; especially when I was not even a class monitor during my school or college days. I'm a living example of Toastmasters International's tagline which says: Where Leaders Are Made.

EF Toastmasters have been a Presidents Distinguished club every year since its inception. During Sabari Prasad's Presidency, EF TMs rose to global level. If I remember right, EF was in the Top 10 in Educational Awards. Wishing all the EF Toastmasters all the very best for one more successful year 2020-21.

**Raghavan Menon, DTM  
(Immediate Past District  
116 Director)**



It was much more than a milestone on 22 September 2020 at our Meeting No. 222 when the founding member and Club Mentor TM Sivadasan made his surprise attendance. This is what he had to say.

I have not seen most of the faces probably as I left Qatar in 2013 and when I saw this email from the CETAAQ Secretary about EF Toastmasters, I had a lot of memories to recollect about the EFTM Club. In fact, I was instrumental in forming EF Toastmasters along with my friend Raghavan Menon who is still with you. At that time, I was a member of Indian Club Toastmasters which was the promotor club for EFTM Club. I am very happy to see that it is continuing in good strength and it is the 222<sup>nd</sup> meeting today.

I wish you all the best!

**Sivadasan Kuttumani**  
**Club Mentor**

We take great pride in hand picking our Club Officers who are energetic, committed and have the potential to take the leadership and our Club to a new platform.

In this newsletter, we have catalogued the thoughts and ideas of a dynamic trio who have helped catapult us into the professional league.

MEET  
OUR NEW  
CLUB  
OFFICERS

**TM Arun Kumar**  
Secretary

### **1. What was your objective when you took up this role?**

I was sure that being a club officer would make me an active member in EF Toastmasters and will help me in understanding Toastmasters better.

### **2. What hobbies and passion do you plan to pursue in EFTM Club?**

I love networking with people and learn from them. I would like to continue this passion with EFTM Club.

### **3. What do you like best in the EFTM Club?**

I found EF Toastmasters would be the best place to anyone who wish to take their skills to next level. This happens only due to the unconditional care and support the leaders in the club extend to its members.

### **4. What do you want the Club to achieve in the next 3 years?**

To be the best club in the world.

### **5. What is the next level you want to do in the Club or beyond?**

I target myself to be seen in contesting Area level competition.



**MEET  
OUR NEW  
CLUB  
OFFICERS**

**TM Bipin Mohan  
Treasurer**

**1. What was your objective when you took up this role?**

To learn how to manage the financials within limited resources and to support the Club's growth to the next level.

**2. What hobbies and passion do you plan to pursue in EFTM Club?**

I want to pursue my passion to learn how to talk confidently in front of a large audience.

**3. What do you like best in the EFTM Club?**

EFTM has a supportive learning experience which brings out the best within you.

**4. What do you want the Club to achieve in the next 3 years?**

The best Toastmasters club in the world.

**5. What is the next level you want to do in the Club or beyond?**

I want to take a supportive role in the Club and beyond where I can interact with reputed leaders in the TM fraternity and learn from them.



## MEET OUR NEW CLUB OFFICERS

### TM Akhil Chandran Vice President Public Relations

#### 1. What was your objective when you took up this role?

Being VPPR of a prestigious club like EF Toastmasters, I was sure will give me opportunity to collaborate with excellent communicators and mentors. I was sure it will add a lot life in me in addition to creating a better version of myself.

#### 2. What hobbies and passion do you plan to pursue in EFTM Club?

I wanted to revive my reading habit and I believe Toastmaster activities will inspire me in that. I am passionate about connecting with people and helping them in whatever way I can. EF Toastmasters is an excellent platform in creating leaders from ordinary people.

#### 3. What do you like best in the EFTM Club?

I found the club ambience itself is conducive and nurturing each other. Humble human beings are the highlight of EF Toastmasters.

#### 4. What do you want the Club to achieve in the next 3 years?

Club meetings are the heartbeat of any club. I wish to see the whole Toastmasters fraternity waiting impatiently by that time to attend EF Toastmasters club meeting which will eventually make us the number one club in the region.

#### 5. What is the next level you want to do in the Club or beyond?

Attending an International speech contest in Division level itself would be the target.





*It was indeed a homecoming, to be back in the midst of the EFTM club after a long break. A break that was forced on me by the pressures of work and the travel distance. TM Harris's repeated reminders ensured that I logged into the online meeting well in advance.*

*It was indeed a warm welcome back for me from the old timers and the new members alike. There were couple of others like me who were coming back after a lengthy break. It was fun and exciting listening to the project speeches and to try the new online meeting tools. During these times of isolated living, I was indeed energized by the camaraderie and friendship shown by my fellow TMs. I wish the Club all the success in their future endeavors.*

**- Mathews Elias**

*Mathews Elias was EF Toastmaster Club's charter member and he is working and living in Al Khor*



Photo by Julia M Cameron

## ONLINE CLASSROOMS CHALLENGES AND BENEFITS

**A** “new normal” takes its shape all over the world these days, it is nothing but adoption of online learning. Such a change would have taken years to take its shape in normal cases, but spread of COVID-19 made it fast, and good news is that academic community was very quick in responding to the change. Thanks to the advancement in modern technology especially “Internet Technology”, millions of children are now able to attend their regular classes online all across the globe. As a person who has worked closely with Internet Technology for approximately two decades in making the Internet work for everyone, I feel proud that the technology has become accessible to everyone to use it productively for an important cause.

As a parent, I am having firsthand experience in this transition of moving physical class rooms to virtual or online classroom model. Moreover, recently I got opportunity to interact with various stake holders – parents and teachers – to understand the concerns, and interestingly, the solutions also. I have written this article mainly based on my personal experience and the interaction I had with teaching community and some of the

parents.

There is a wide-spread perception that online or virtual learning means switching from physical classrooms to online video sessions. Unfortunately, certain schools also have same thought process and they end up delivering classes through live video sessions and conduct routine tests.

A virtual or online classroom should be an environment which creates an online experience of a classroom in which all the stakeholders, including children, teachers, and parents, should be able to communicate, engage, and collaborate. There should be a tutor or facilitator who should be able to track the progress of individual learners during the whole life cycle of the learning process. It will definitely lack many things a physical class room can offer, but definitely comes with enormous amount of benefits. If properly designed, amount of time required for course delivery can be reduced to great extent. Other advantages include availability of different types of media for the course delivery and possibility of getting experts from any part of the world.



Photo by Julia M Cameron

Let's look at some of the challenges being faced in the Virtual or online Classroom approach:

How to set Screen time?

I am placing this as the first challenge since I very often receive this question from parents. I always urge parents to keep an eye on their children's screen time, and curtail online activity when it goes beyond certain limit. Recently I received a query from a parent: "I used to give three-hour screen time to my son, currently he spends five hours for online classes, should I keep eight-hour screen time to him now?"

It is a difficult question. Spending 5 hours a day In front of computer or mobile screen is unhealthy. Extending it to eight hours a day is unimaginable for me. But, what to do? Children are being forced to spend too much time online, in the name of online classes. What is the solution?

Course content and delivery methods adopted by schools to be adjusted to deal with this situation here. Content developed

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for traditional course delivery will not suit for online delivery, and such content to be redesigned. Delivery should be with combination of live classes, pre-recorded sessions, and activity-based learning. Experienced teachers are of having the opinion that the right combination of live and pre-recorded sessions will reduce the need of total amount of time a child has to be spent in front of the computer screen.

There should be screen time limit, and that is my advice to all parents. Understand the amount of time required to finish the studies, and assignments. Set the screen time limit based on that. Educationists and teachers should work at the same time for making the course content “online friendly.”

What if students do not get engaged?

This concern equally raised by parents and teachers, especially in the case of children from lower grades, say up to year 4. The problem is that, for such students, online classes will appear to be a pastime, and they will be in a holiday mood will not feel like attending serious classroom sessions. If left alone in front of a computer, such children will get easily distracted to other activities, say watching YouTube video or online gaming.

How to deal with such children? One solution is to create an environment of real classroom for such children. Wearing school uniform, take a bath before starting the online classes are a few tricks which may work out. Occasionally, such children may be allowed to socialize with their peers and classmates. This may create some feeling in their mind that something really serious is going on. Also, the course content should be interesting, some spices to be added to it like games and interesting activities.

Children with different ability levels? What to do?

Virtual classroom will have real challenge to deal with children with different ability levels so as the physical classrooms. A well-designed course content and balanced delivery will help here. Giving special attention and arranging special sessions to certain group of students when needed could also be an option but often difficult to implement.

Digital inequality?

Digital inequality is a major challenge while adopting virtual classrooms in developing world. In rural areas, children lack good quality internet connection and access to computer devices to utilize virtual classroom facilities. In an Indian State, Kerala, a state-run broadcasting channel, called Victers channel, is used for delivering online course content, in an attempt to deal with digital inequality issue.

While switching to a virtual or an online option, what homework a parent should do?

- Try to understand what tool or platform is being used for delivering the classes online, if possible be familiar with it. This is extremely important in the case of small children. Provide a quiet place for the child to study.
- Be familiarize with the class schedule, dates and timings. If possible, write it and display it in some prominent place, in the study room if the child has a separate study area.

- Know the name and contact details of the person whom to contact in the case of issues in virtual class room setup. Contact him or her in case of any difficulties.
- Ensure that parent knows the contact details of teachers, how to contact them, and when to contact them. Contact them regularly and understand the progress of the child. If a parent does not get reports on progress, attendance, and test results, then ask the teachers for such details. There is a possibility that the parent may miss them if emails are not regularly checked, or the school is communicating such details through a different channel.
- Ask the feedback to the child about how the classes are progressing, and discuss with teachers in case of any issues, provide support to the child when needed.
- Finally, motivate the child!

Finally, in my experience, there exists a major confusion for the schools while picking up the right LMS platform for delivering the online classes. I have personally checked various platforms, which include Edmodo, Schoology, and Google Classroom. Each

one has its own advantages and disadvantages. Hopefully, the teaching community can pickup the right platform to deliver virtual classrooms by weighing the merits and limitations of each platform, and by understanding the requirements of the target community.

Of late, I have noticed that a lot of experts and academicians advising governments and educational agencies to be prepared, and to adapt to the changes during the present transformation in the field of education. Muralee Thummarukudy, Operations Manager for the United Nations Environment Program, is one among them, and he has recently delivered a session for the academic community in India on preparing for the transformation to online education. He along with other academicians have earlier predicted that the adoption of virtual classroom model is imminent, and urged governments to formulate policies to ensure quality control while adopting this model at an International Meet on Transitional Education held in Thiruvananthapuram in 2014.

- Abdul Naseer, DTM

## 5 FAVORITE ZOOM APP SETTINGS



Zoom has become our favorite online meeting application for Toastmasters meetings. The app is now packed with lot of great features where it can make our online meeting experience intuitive and fun. There are so many settings deep inside that we could tune to our preferences. For a normal participant, you will not need to explore all of these. Shared below are my 5 favorite Zoom settings which will make your life easier when attending Zoom meetings.

### 1 Mute your Audio and turn off your Camera - by Default

Diving for the mute audio and camera buttons as soon as you enter a meeting. Keep other participants from viewing you in awkward situations or from hearing weird noises by turning these off by default. To do it, go to **Settings > Audio > Mute microphone** when joining a meeting, and then **Settings > Video > Turn off my video when joining a meeting**.

### 2 Mute and Unmute - with Spacebar

This one is my favorite. If you just have to speak for few seconds or want to briefly intervene with a speaker, you do not have to click microphone button and unmute. Just press and hold the spacebar to quickly mute and unmute the mic, right from the keyboard. To do it, go to **Settings > Audio > Press and hold 'Space Key' to temporarily unmute**.

### 3 Hide Non-Video Participants

When in a big meeting, the screen can get cluttered with participants, which can be distracting, especially when some participants do not turn on their cameras. For a better look on your screen with only participants with their cameras on, hide those participants without video. To do it, by go to **Settings > Video > Meetings**, and check **Hide Non-Video participants**.

### 4 Deactivate - Maximize Zoom Window/Full Screen

This setting is especially handy when you are attending a meeting and working on something in the background. Zoom automatically maximizes the meeting window or goes into full screen when someone starts sharing their screen. Enable this setting and view the shared content in the window size you have set. You have to deactivate two settings. To do it, go to **Settings > Share Screen > a) Enter full screen when a participant shares screen** and **b) Maximize Zoom window when a participant shares screen**

### 5 Custom Gallery View organization

This is a new feature introduced by Zoom and comes especially handy when the speaker wants to have the full gallery view of all the participants. Since all speakers have to pin the Timer's video, they lose the opportunity to have the gallery view. Now, with this update the speaker does not have to pin the Timer's video. Instead, he or she can have the Gallery view and drag the Timer's video to the first screen (when the meeting has more than 49 participants) and continue to enjoy the Gallery view. Once the speech is over you can click **View > Release Video Order** to reset the custom gallery view.

This can be done by Host also and deployed to all participants in the meeting. Once the custom view is set, **click View > Follow Host's Video Order**.

Note: Please ensure that you have Zoom version 5.2.2 for the above settings.

- TM Shehariyas Kandy



WE IMPORE YOU - SHAJIL KADER, DTM



Photo by Anna Shvets

# LET ME WIN

Consider this scene which I witnessed in the waiting room of a maternity hospital recently.

My friend Sunil- the father pacing up and down anxiously. The friends and relatives huddled around waiting for the news. Suddenly the doctor enters the room with a bundle in his hands. Mr. Sunil congratulations "You have a baby".

The father jumps up in joy. Hugs his friends and relatives. There is heavy shaking of the hands and patting of the back. The father then controls himself and moves towards the doctor to take the baby.

With bated breath he looks at the baby's face with wonder, slowly his face changes. Several emotions pass through his face, wonder, anxiety, surprise. He slowly looks at the doctor and asks in a shaky voice "Doctor, what is wrong with my child!! Why is his face like this? Why are his eyes like this? The doctor slowly reveals the truth. "Mr. Sunil, I suspect that your baby has Downs's syndrome."

Having a baby is the happiest thing in a marriage but not, if the child is in any way less than 100% perfect. And a child, a special child, one of God's own child in other words a child with special needs. There is generally no celebration.

On many occasions the special child is an unwanted baby - to the society and sometimes to their parents. Some parents like my friend take time to recover from the shock, and they withdraw from the society. And a few like my friend accept this as a unique

opportunity and nurture their child like any other. This is an exception rather than the rule.

What are these so called children with special needs? Are they children of a lesser God? Are we the so called "Normal" human beings better than them?

What is important today's is not about-facing challenges but realizing that –  
"What truly matters in this life is helping others win, even if it means slowing down and changing our course."

**" WHAT TRULY MATTERS IN THIS LIFE IS HELPING OTHERS WIN, EVEN IF IT MEANS SLOWING DOWN AND CHANGING OUR COURSE "**

If we look around us, we can find there are many children with special needs in and around us. Many kindhearted souls and government agencies have come up and set up schools for them.

Their primary purpose is to integrate through education, the special population into mainstream by eradicating the stigma attached to them and continuously providing them with the best related services in every viable way.

There are several such institutions in the world and several even in your home town.

But the picture is not as rosy as it sounds. Most of these institutions are started by voluntary organizations. They do get some support from the government. Most of them are hard pressed for funds and to my knowledge several have closed or will shut down due to lack of funds.

I have been supporting some of them through monetary

contributions.

So now you will be thinking so here comes the sales pitch!! I am not after your monetary contribution. I am looking out for something much more.

Let me recount another incident that happened during my last vacation.

Mum said – “Your dad’s old teacher’s daughter came here last week. She is running a school for children with special needs.” I caught on immediately and asked. “How much did she want?”

I was surprised with the reply from my mom. “She did not ask for any donation. She just wanted you all to visit the school.”

With curiosity I went to visit the school the next day. The teacher took me around and showed me the facilities. A lot of support had been extended for the school. But I could make out that there was lot of things that could be done.

The teacher told me the reason she had not asked for money and wanted us to visit the school.

She said. “Had I asked for some donation I am sure I would

have got something. But I am looking for more. We want people like you to support this institution. Go out among your friends and let them know about this organization. We need both physical and financial support.”

Friends, we learn a lot in Toastmasters. We learn to improve our communication and leadership skills. Why don’t we put to effective use the skills that we have learnt? Why don’t we give back something to the society and do our bit?

Friends!! Look around you!! There are several similar organizations which are doing their part. You can join the cause in supporting this cause or choose one nearer to you. To which you can relate and be more involved.

Do your bit to help these children of God.

You can even choose another cause. The choice is yours.

Take up a cause like this and you can proudly say “Yes! I am doing my part for the Society!!”

Let us Help these Children Win!!

- Shajil Kader, DTM

# Cycles

**t**he buildings that surround me,  
that i used to look at in wonder  
have become usual  
my boring routine repeats,  
the cycle continuing,  
the days pass by in a blur  
days become weeks,  
weeks become months,  
and slowly i lose myself  
each day is a forgotten memory  
but i can’t do anything to recover them,  
where do i go?  
what do i do?  
i don’t know anymore  
so i’ll keep living here  
my little box,  
my everyday,  
it’s become a part of me  
and i can’t leave it  
i’m tied down by the strings of the past,  
and these are chains i can’t break,  
so i love you, dear home,  
but i hate you too

- Gav. Amina Zaira

## GALLANT GAVELIERS - GAV. AMINA ZAIRA



In picture: Gav. Aamina Zaira



Photo by Ketut Subiyanto

# THE ETERNAL DILEMMA

from the five unsuspecting workers. However, down this side track is one lone worker, just as oblivious as his colleagues. So, would you pull the lever, leading to one death but saving five?

You are standing on a footbridge above the tram tracks. You can see the runaway trolley hurtling towards the five unsuspecting workers. There is large man standing next to you on the footbridge. You're confident that his bulk would stop the tram in its tracks. So, would you push the man on to the tracks, sacrificing him in order to stop the tram and thereby saving five others?

Surprisingly many would pull the lever, and save the five men but, do not agree on pushing the man of the bridge to stop the tram from killing the five coworkers. This made many question, isn't the consequence the same one death for five? Then why do many agree on sacrificing one person in scenario one but not in scenario 2, is it that maybe the situation or the manner in which that person dies is important to us? Is it maybe that in scenario one we were helpless in telling the person to move but in scenario two we are the ones that made the conscious decision to push the bluff man off the bridge?

- Gav. Sumaiya Mohammed

**R**IGHT AND WRONG how can we know what is essentially right or wrong many say it is instinct, others say it is honesty, some say it is being human. This philosophy of right and wrong, ethics as it's called is what we will be looking into, take both these scenarios and make the choice of what's the right thing to do and what's not.

There is a runaway trolley hurtling down the tracks towards five workers who cannot hear it coming. Even if they do spot it, they won't be able to move out of the way in time. As this disaster looms, you glance down and see a lever connected to the tracks. You realize that if you pull the lever, the tram will be diverted down a second set of tracks away





## THE MANIPULATIVE NEGOTIATOR

When I reached back home, it was not the normal mood in the house. The internet savvy family rather than sitting with gadgets all around was not found in the usual couches in the drawing room, it was empty and the kitchen seemed empty.

Wondering what happened, I looked inside and heard serious discussions from the bedroom in Hazem's den. Usually, Hazem will be on the highway preying on the passers-by and killing rest of the time with e-gadgets. I overheard the busy discussions when I was changing clothes. Do you know, what he is planning for all of us this time? We need to break his plan. It was Amina's appealing voice. "Yes, yes, he will have wild ideas as always", came

Phew, what a relief. I knew she will always support me when the storm is brewing. That gave me some confidence with my plan. Last time it was 'Tigers Nest' in Paro, this time it will be Raja Ampat, one of the best diving destinations in the World. Choosing such locations was always an added bonus, to pursue my passion to enjoy the wilderness and capture on the silver screen. Raja Ampat was in my 2016 plan when we went to Afrak Mountains in Manokwari, West Papua.

At dinner table, the subject was brought in pretty directly by the kids. This time your dubious plans will not work, it will be our choice. The crisis bell rang, but since I had time to prepare to counter, I had done my

"how many marvelous places have we seen?" I paused, and there was silence in the air. I continued, do you know started with the quote from Aristotle - "In all things of nature there is something of the marvelous."

I started listing one after the other attributes of Raja Ampat, to build my case. The kind of Tourist destination that everyone must visit at least once in a life. You know, this time our chosen destination is not in the Himalayas or the Kings valley in Egypt or through narrow gorge the main entrance (Siq) to the ancient Nabatean city of Petra in southern Jordan. It is but the most gorgeous islands in the southeastern end of Indonesia, Raja Ampat and Bali islands.

Raja Ampat, the name actually means 4 kings and represents 4 islands namely West Misool, East Misool, Salawati and Waigeo. Our plan was to first stay in Bali and later go to Waigeo and spend quality time in the beaches, enjoying the local cuisine. Deliberately, I kept it secret as these two places are also a Bird watcher's paradise. If I spilled that beans, surely, I will get beaten up.

Raja Ampat is world famous for its many different tourist attractions. It is one of the



Hazem's reply in a thick voice. "Remember the last time also he did the same and forced us to accept in the last minute", Amina was fuming. This time we will win, it will be our choice and he need to listen to us and accept. Hazem asked, Mom, why are you not saying something? Thanuja replied, "Listen, it is time for your dad to be back from office and you better discuss with him, leave me alone. I need to cook our dinner. But remember, even though he dictates, I like his choices".

homework.

Just remembered the words echoed in Toastmasters meetings, practice and you will deliver a marvelous speech. Next came the other advices, one after the other, for a winning speech, must have a good opening, body and a strong conclusion.

With time on my hand for preparation, I had thought of a winning home championship speech. Started with,

“

**IN ALL THINGS OF NATURE THERE IS SOMETHING OF THE MARVELOUS - ARISTOTLE**

best places for diving and to see hidden gems that are a paradise in themselves. We have not done any adventures with snorkeling. The corals there was also largely untouched and was a must see. So famous is this diving spot that it is known as the "heaven for divers." It is considered to be one of world's top 10 diving sites. I am sure you will love the underwater scenery and the wonderful underwater creatures.

The next attraction about this place is the spectacular sunset. This is the place to catch the most picturesque sunsets ever. With the sparkling blue waters and the towering coconut trees in the foreground, sure we will witness one of the most picturesque sunsets that was seen only in movies.

Coral Island – In this part of the world where the coral is largely undisturbed, you will find some of the most fascinating coral formations. Also, must visit Pianemo, which are island clusters with gorgeous formations. To convince them, I had downloaded a few pictures.

While explaining, I took a glance onto Thanuja's face and could read the naughtiness, how my skills improved with the Pathways module on Presentation Mastery and that too used convincingly outside Toastmasters to persuade two innocent souls.

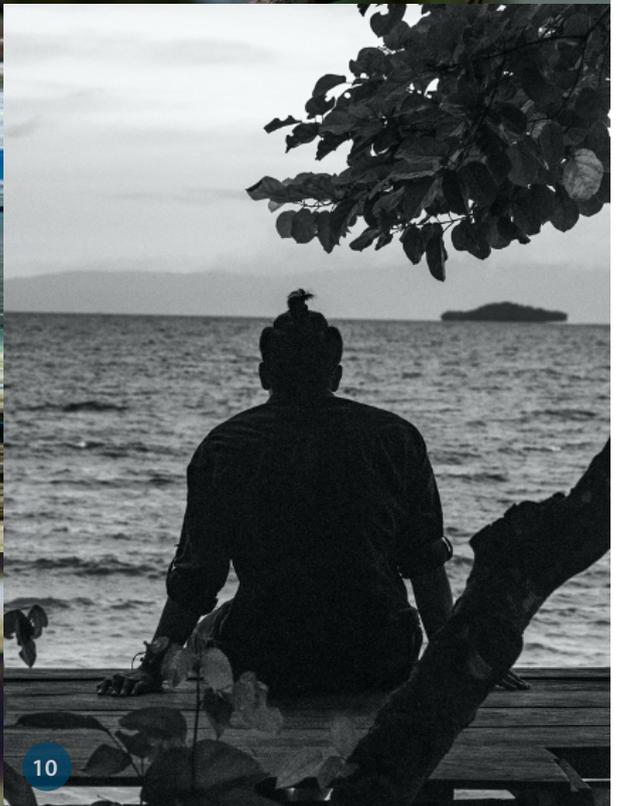
Finally, I concluded, this will be a truly memorable experience for all. Unlike other trips where we travelled, we will stay at a beach side hut and just relax.

Since it was a new experience for them, to enjoy a beach life the opposing team finally gave up the resistance and accepted my proposal with meek resistance.

Finally, we flew to Bali in Indonesia. Spent a couple of days in Bali and enjoyed the Balinese hospitality with the local cuisine.

From Bali, we flew out to Sorong, and took the ferry to Waisai, the island that was the capital of the Raja Ampat regency. At the ferry the driver was ready to drive to the home stay, for which I had done the reservations earlier. The experience was memorable, Amina for the first time has experienced a life without internet and limited electrical power.

- TM Haseeb CM



1. Panoramic view from the top of Pianemo Islands  
 2. Sunrise at Bali beach  
 3. Sunda Scops Owl  
 4. Rufous-backed Kingfisher  
 5. A Wilsons Bird of Paradise  
 6. Another beautiful beach view  
 7. A Star fish  
 8. A Spotted Cuscus  
 9. The Bali myna  
 10. A relaxing day from the homestay by the beach

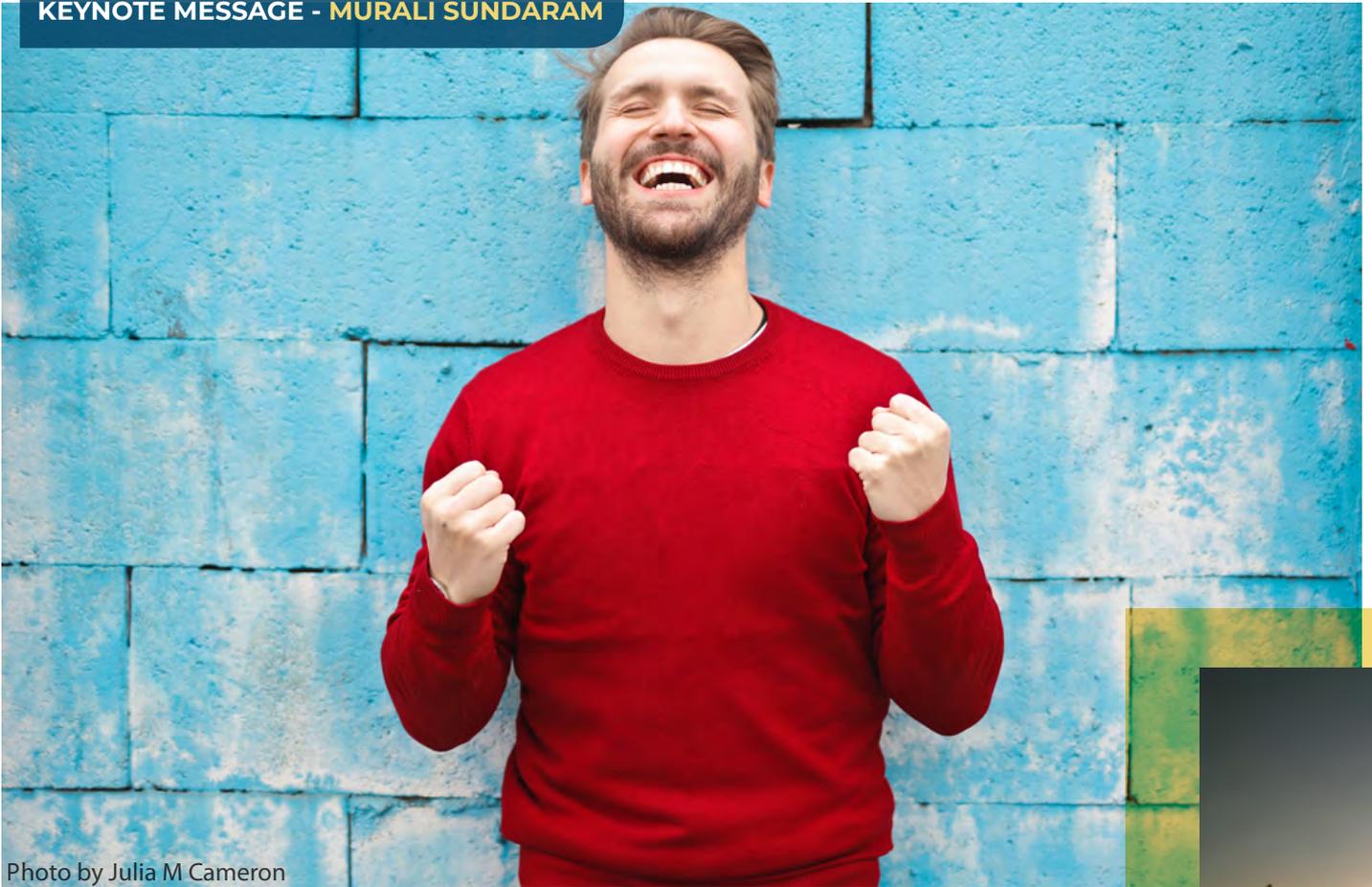


Photo by Julia M Cameron

# WHY HAPPYNESS



Photo by Belle Co



**Murali Sundaram**  
Happyyness Coach

### Why Not?

Life is short...Be Happy! You will live ten years longer, reduce anger, have less stress and confusion, have better focus, better patience and self control, access greater intelligence, utilize wisdom, experience emotional competence, create inner peace, enhanced relationships, and enjoy your life while enriching others with your happiness. Being happy can make a positive difference in your life and in the life of others.

### Untold Secret - Why you are unhappy

There are many who ask me the keys of happiness. Interesting, I cannot teach happiness to anyone. I can only teach how not to be unhappy. To get rid of your unhappiness, There are two keys for unhappiness.

First key is called Monkey. Your mind is like a monkey, which keeps jumping from one to another. There are no blank spaces in the mind. Stillness tames this wild mon-key.

Second key is Donkey. Every day we are in a continuous process of accumulation of emotions & carry them within us like the donkey. Unburden negative, suppressed emotions daily. Yoga Nidra unburdens your don-key. Now, the good news is, there is no key to happiness! Nothing needs to change for you to be happy, right now. You are already born happy.

Just drop the keys and be happy again! Our Intention is to be happy & peaceful, but we lead a life In-Tension only. We are always focussed outward. We have made our lives so complicated following other opinions and claiming ownership rights to others negative thoughts & feeling. We have

## “ Positivity is like Teflon, Negativity is like Velcro! ”



completely ignored our true self. Tell me, honestly Don't you know that you should exercise regularly? Don't you know that you should not eat junk foods? Don't you know that you that prevention is better than cure? Look at your family or friends who have diabetes, hypertension, back pain, arthritis, wheezing, obesity etc. Can you say with full confidence say that you will be 100% healthy by the age of 50. More than 90% are made to believe that they will have some diseases in their lives. Now, Let me spill the beans... Why you are Un-Happy? It may be shocking to you or you may even ignore it since it is openly glaring at your eyes - but you cannot see it or comprehend it. The biggest reason for you to be Un-

Happy is because, You are the Victim of Top 3 Industries!!!

You have just fallen as a victim to the top 3 industries of the world.

By the way, do you know what are the top 3 industries of the world are?

- 1) Arms and ammunition
- 2) Pharmaceutical industry
- 3) Alcohol

Number 1 industry kills you directly, Number 3 gets you sick and Number 2 tries to get you out of sickness, but just maintains the status quo.

Before we go deeper to understand this, let me ask you this question.

If you are a business owner of a beauty soap manufacturing company - How will you market your product?

Obviously, you would have marketed in TV & Media with beautiful models in your visuals apart from your regular marketing activities.

You can see marketing happening all around you for almost 90% of the products/services you and your family consume every single day.

Even, the top 3 industries in the world does marketing.

But, do you know their core marketing strategy or idea?

FEAR is their marketing weapon. They are using it very effectively every single day. I am not sure, whether you are aware of this fact, but unfortunately, this is the current reality.

Just tell me, which attracts you immediately - positive or negative news.

**Positivity is like Teflon, Negativity is like Velcro!**

In fact, it's true.

Mind is a negative instrument designed for survival.

At the end of the day, do you remember ten good things happened or one bad thing that happened?

Many neuro-research points out that

1. Painful experiences are more memorable than the pleasurable ones.
2. Human beings learn and change faster from pain rather than pleasure.
3. The brain generally reacts faster to a negative stimulus rather than to an equally intense positive stimulus.
4. Most people will work harder to avoid losing something they have than they will work to gain the same thing.
5. Lasting good relationship typically need a 5:1 ratio of positive to negative interactions.

Understanding the neuro-psychology of human beings, the top 3 industries in the world use fear & negativity as their means of growing their business.

Many of our minds are conditioned to identify negativity around us. The major mind conditioning tool is the TV & Newspaper. Remember, for them it is business. The more you watch TV or read Newspaper, your fear mechanisms are always activated.

Do you know, that if you stop watching TV, you can become happy?

Many will not agree onto this point. Everyone is craving for the TV soaps and the game shows. Why?

The mind is so conditioned and glued to the TV right from our early childhood(maybe from 3 months on-wards and the rich visuals and emotions grabs all our attention. Just do a rough math here, watching 30 minutes a day for the past 10 years means approximately 4562 hours of TV watching.

Naturally, mind is a negative instrument designed to take care of our survival. That's why, it becomes very easy for us to get hooked to negative information, opinions, emotions etc.

You have to use your will-power to exercise your choice of positivism & optimism. A balanced mind will not blame media, because negativity sells, they are in business.

Two Simple Practices to help you Being Happy, no matter happens:

- 1) Practice Deep Abdominal Breathing daily (10 minutes twice daily-morn and night) will help you to control the MONKEY Mind. You stay more focused, highly energetic and more productive
- 2) Writing a Gratitude Journal Daily will help you release all negative emotions and start appreciating all good things happening around you helps you to dump the DONKEY emotional burdens so that you start living a lighter and peaceful life. Remember, ultimately it is never in the KNOWING, it is always in the DOING. Become Aware- Notice- Appreciate- being happy about living in this moment.

**Happiness is an inside job, Happiness is a learnable skill! Happiness is a choice!**

Wishing you loads of Unlimited Happiness & Prosperity.

- Murali Sundaram, Happiness Coach



## AGONY & ECSTASY OF BIRD WATCHING/PHOTOGRAPHY



A lonely reef heron at Wakra beach - By Sajeev Kumar

Wake up at 4 AM on a Friday Morning when everyone likes to sleep a few more hours. Drive 50 Kms to reach the destination before the sun rise. Further, drive off-road for another 3 to 4 hours. That too with the car A/C off and windows wide open. Repeat every week. If possible, twice a week. Sounds crazy?

Welcome to the world of winged friends. A word of caution: It's a magical elixir. Once you had it, it will change your world forever just like Toastmasters!

All these struggle and agony are taken only to see and if possible shoot (of course not with a gun!) a few winged souls with beautiful feathers and features that grace this otherwise barren land. Bird watching or better known by its scientific term 'Ornithology' is an art that every one of us can engage with least prior knowledge. It may begin with curiosity as in the case of the "bird man of India", Salim Ali,

who wanted to know the name of the unusual yellow bird that he shot dead and approached BNHS (Bombay Natural History Society) office to know more about it. He went on to become the first Indian to conduct systematic bird surveys across India and wrote several bird books that popularized ornithology in India.

Bird watching as a hobby can be a family affair to avoid "conflict of interests". It may also be practiced as a casual morning and evening routine by listening the chirps and watching the common birds in our surroundings. As we develop this habit, I am sure that we will be amazed to discover an alternate world of birds that co-exist with ours. Each species of bird is not only differs in size, shape and colour but in character too. For example, the birds of shrike family like to impale its prey on a thorn before eating it piece by piece. As you continue to watch, you will see some common birds every day.

In Qatar, you can see Pigeons, Mynas, Bulbuls, Doves and Sparrows (to name a few) almost everywhere and in gardens and farms in particular. These commonly seen birds are termed as 'resident birds' as they stay where they have born. There are another group of birds who travel/ migrate great distances to escape the winter and spent their time in Qatar for a few months. They are grouped in general as 'Migratory birds'. In Qatar, migration season starts from end of August and last another 6 months. Birds such as Fly catcher who are smaller than the size of our palms travel more than 4000 KMs from Siberia to spent time here in Qatar. Amazing, isn't it?

Once we are comfortable with our birding expeditions of our surroundings, it is always advisable to travel other areas to meet another set of birds and their habitats such as seashores and deserts. As we observe the birds, we also need to record the observations and Photography comes in handy in such situations. Bird photography demands a different level of skillset as action may take place in a fraction of seconds at the location. One has to be patient and at the same time vigilant at site while observing birds.

This author got interested in bird watching as a serious hobby during his Engineering College days thanks to the influence of one of his seniors better known as "Pakshi Raja" (Bird King), rhyming with his real name

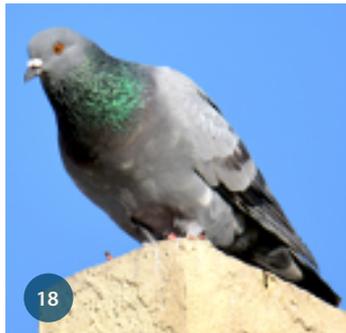


JaiRaj. Together, we used to scout the nearby large paddy fields where the migratory birds used to flock during the winter season. We were fortunate to identify and report a new visitor to Kerala (Spoon Bill). In those days, tremendous amount of passion, a note book and a borrowed binocular are the only equipment that I used to have!

Bird watching helps us to reconnect with the nature and rejuvenate ourselves. The ecstasy after every Friday birding trip is immeasurable. Though it may physically drain the energy, mentally it refreshes and serves as a battery charger for the following week. If you haven't experienced it yet, don't wait anymore especially the current migration season is at our doorsteps. I can guarantee that the joy and mental rejuvenation you derive out of birding are priceless and precious. It also teaches us patience and vigilance. If Toastmasters sharpen your leadership and communication skills, hobbies such as birding helps you to connect to the mother nature and recharge ourselves mentally. You are always contact the author for any assistance.

What more you need?

- TM Sajeev Kumar



1. Kestrel 2. Pallid Harrier 3. Lilith Owl 4. Great Grey Shrike 5. Blue Cheeked Bee Eater 6. House Sparrow 7. Desert Wheatear 8. Collared Pratincole 9. Daurian Shrike 10. Spotted Flycatcher 11. Indian Silver Bill 12. European Bee Eater 13. Red Vented Bulbul 14. White Eared Bulbul 15. Eurasian Collared Dove 16. Common Myna 17. Laughing Dove 18. Rock Pigeon



MEET OUR BUDDING STAR - AKHIL CHANDRAN

# PURSUE YOUR DREAMS

The story of Sri. Ramachandran who waited many years for a girl child is always inspiring, the story of a family filled with full of love and romance in the air.

Mr. Ram was brought up in the Punnad village in Kannur from a family of agricultural background, economically backward but educationally forward. He was good at studies and got a job in the Telecom Department just after completing his Physics Degree in 1971. Being the eldest in the family of 5 sisters and 2 brothers, he shouldered the family's responsibilities. Life went on and Ram got married on 23rd November 1980 and his perennial wait for a baby girl commenced. He romanced with his wife, Usha, as Sathyan sir did with Sheelamma on her first Malayalam movie Bhagyajathakam in 1962. He sung like Yesudas with P. Bhaskaran's famous lyrics "aadyathe kanmani pennayirikkanam" (meaning - the first offspring should be a girl)

Two years later on the corridors of the labor room, his face and walk was the epitome of stress like Ranji Panicker in the movie 'Om Shanthi Oshana'. As the nurse called out, his face expanded eager to hear the glad news. "Congratulations, it is a baby boy". Not to be disappointed, all he did was smile and ready to wait more. He named his baby boy as Sanal Chandran.

Four years later on 2nd October 1986, the scene repeated itself in the same labor room. Mr. Ram was pacing the same corridors but this time with his boy in hand and his dream of the baby girl in mind. As the nurse called out, his face was even more eager for the glad tidings. "Congratulations, it is a baby boy". Disappointed that he was but yet again he smiled, still happy and ready to wait more and named this baby as

"Akhil Chandran". Yes, it was none other than me!

Usha, my mom was my first teacher during Kindergarten. Later, my brother and I went to the nearby Malayalam medium UP school. Though I was branded as an extraordinary student compared to my brother, both of us were equally good at extracurricular activities. When Sanal went to High School leaving me behind in the UP school, Mr. Ram was persistent with his dream.

This time, he was pacing that hospital corridor with two boys in tow, and he was very sure that he named the baby girl "Chandana" in anticipation.

The nurse asked "Who is Ram?" He responded promptly "It's me" and heard those magical words "Congratulations! It's a baby girl". His eyes started glittering, lips wide opened and uttered a meek 'thank you'. A few minutes later, the nurse returned "I am sorry, it's a baby boy." From cloud nine, Mr. Ram fell a long way but he just thanked the nurse. My younger brother, Ramsharan, grew up fast and was lucky to be a student of his brother Sanal in his 10<sup>th</sup> class.

Sanal was an ardent Sanskrit teacher and an excellent orator, whereas the 'extraordinary' me still trembles in my shoes to this very day.

Mr. Ram wanted us to pursue studies and I enrolled for Instrumentation & Controls Engineering after finishing school with flying colors. After finishing from NSS College of Engineering, Palakkad in 2008, I took up jobs like teaching and an apprenticeship before landing in the blistering Gulf heat in Oman.

Soon after my Gulf journey started, I returned as Sanal tied the knot on 9<sup>th</sup> April 2011, with Ms. Dhanya, a passionate teacher. Years later, Sanal was seen walking in the same hospital corridor and of course Mr. Ram was anxiously waiting for Sanal's call, "Acha it's a boy". "Haridhyan" was the first child in the new generation in Mr. Ram lineage.

Our home was nicknamed as the boy's villa by neighbors and it became easy for any fortune teller to predict our kids' gender. Alas, Mr. Ram's pursuit remained a distant dream.

On 18<sup>th</sup> April 2014, I got my life partner in Navya, an engineering graduate who went on to do her Master's in Engineering before mastering me in Oman. We slowly built our dreams.

I remember it was in November 2016, we got the good news from Apollo hospital that Navya was pregnant. We counted days, weeks and months for our new one. My parents even came to Muscat to stay with us and later Navya went to India for the delivery as planned. On 20<sup>th</sup> July 2017, I was pacing my office stressfully in Muscat when Navya was in labor pain. I waited anxiously for the call which seemed an eternity and then heard the phone ring. I rushed and grabbed the phone to hear my father in an ecstatic voice declare "Hey Akhil, it's a baby Girl".

Thirty-seven years yonder, Mr. Ram's dream was ultimately fulfilled. If you are chasing a dream like Mr. Ram make it pure and be strong and relentless like him. If not today, you will certainly achieve the dream!

- TM Akhil Chandran

# EF ANNUAL AWARDS



This year, we have categorized the awards into three distinct segments (PR, Education & Membership) with the goal to maximize participation, accelerate the learning experience, foster growth and accentuate the talent and open vistas beyond the club boundary.

The PR awards are structured to bring out the inert talent in members and enhance creativity and scripting skills, which will help improve speeches. At the same time, our Education awards are structured to maximize participation in meetings, innovation and excellence with role plays, upgrade mentoring, take speeches to the next level and encourage beyond the club forays. Not to be left behind, our Membership awards encourage members to identify hidden talents in potential members, practice the art of persuasion and finally clinch the deal with negotiation to active membership.

Following are the list of Awards we planned for the year.

-  **WHAT AN IDEA! AWARD**
-  **DRONACHARYA AWARD**
-  **FAST & FURIOUS AWARD**
-  **BEST DIRECTOR AWARD**
-  **SUPERSTAR AWARD**
-  **SHOOTING STAR AWARD**
-  **GURUJI AWARD**
-  **JIO AWARD**
-  **CAMARADERIE AWARD**



## EF ALL-ROUNDER AWARD

*NB: For more information about criteria and eligibility, please contact the ExCom*

# Powered by Our CLUB



## CLUB SPONSORED YLP PROGRAM

Nurturing the leaders of Tomorrow is our need, Today!!

The Club is conscious to this fact and the Youth Leadership Program (YLP) was crafted to incite the spark within the youth to come forth, stand and deliver to the needs of our society. In this endeavor, the Club teamed up with other Area 23 clubs to garner the youth. The opening session held on August 02 and was attended by an overwhelming participation of more than 75 attendees from across the globe.

This YLP was conducted as a workshop of eight sessions of one to two-hour each to enable youngsters, under age of 18, develop themselves – find their vocal strengths and innate leadership skills through practically oriented training.

The club sponsored program was held on all Fridays during August and

September. The participants were carefully selected based on pre-defined criteria and formed into 6 groups. Out of 24 participants, 18 are from Qatar, 2 from UAE, 2 from India, and 2 from Malaysia.

The program is spearheaded by our energetic TM Haseeb C.M. and ably assisted by TM Sruthy Mammen and TM Dileep N. from other clubs, and fully supported by the EFTM and its budding stars, the gallant gaveliers. Shajil Kader, Biju Davis, Swathyraj, Ram Mohan Nair, Gav. Tisha Jain and Gav. Adithya Nair conducted educational training for the youth.

The program is guided by our YLP Mentors Shajil Kader DTM, TM Sajeew Krishnan and Area 23 Director TM Sabari Prasad. All attendees will receive guidance and training from notable Toastmasters in District 116.

The Grand Finale is planned on October 03, 2020, with a keynote speech by international renowned speaker and World Champion of Public Speaking (1999) Craig Valentine.

## MEMBERSHIP RENEWALS

Club has completed its membership renewal for October - March with 29 members including addition of 5 new members making it eligible for prestigious Smedley Award from Toastmasters International. This also entitles the club in making it eligible for Dazzling Membership Award and Golden Quarter Award.

## DCP STATUS - 6/10

We had planned to achieve 6 out of 10 DCG Goals by end of first quarter and it is well on track. By September 30 we will achieve 6 DCP Goals.

- Education - 4
- Membership - 1
- Administrative - 1

Our target is to complete 10 DCP Goals by December 2020.

The following members achieved educational awards and contributed to this achievement:

- Haseeb CM - Path Completion & Level 5
- Kunhikoya T - Level 4, Level 3 and Level 2
- Shehariyas Kandy - Level 4
- Brijroy V. - Level 3
- Amit Malik - Level 1
- Abdul Fathah - Level 1
- Hari Prasad - Level 1
- Bipin Mohan - Level 1

# UPCOMING

# EVENTS



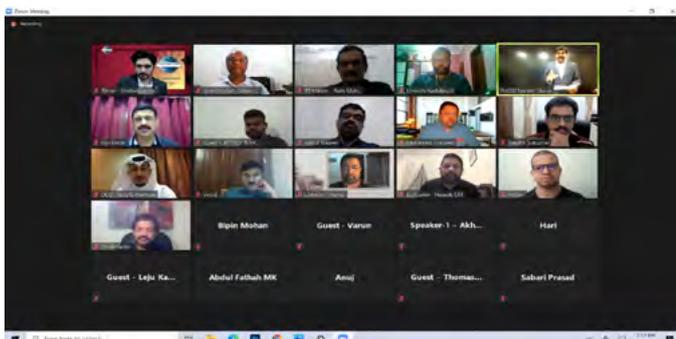
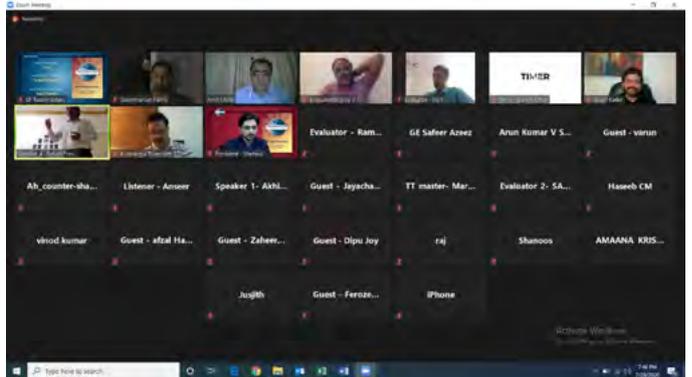
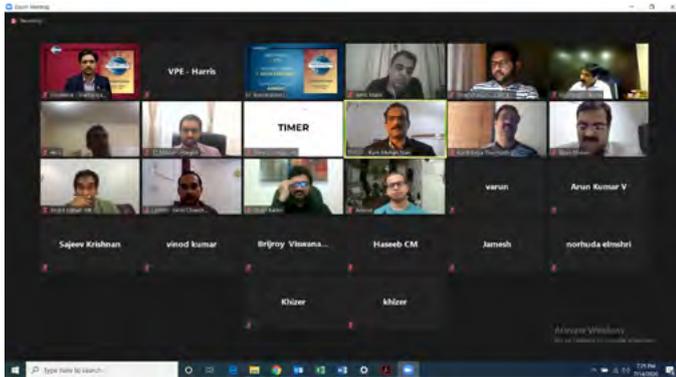
OCT 13  
223<sup>rd</sup> Meeting  
OCT 27  
224<sup>th</sup> Meeting  
NOV 10  
225<sup>th</sup> Meeting  
NOV 24  
226<sup>th</sup> Meeting  
DEC 08  
227<sup>th</sup> Meeting

DEC 22  
228<sup>th</sup> Meeting

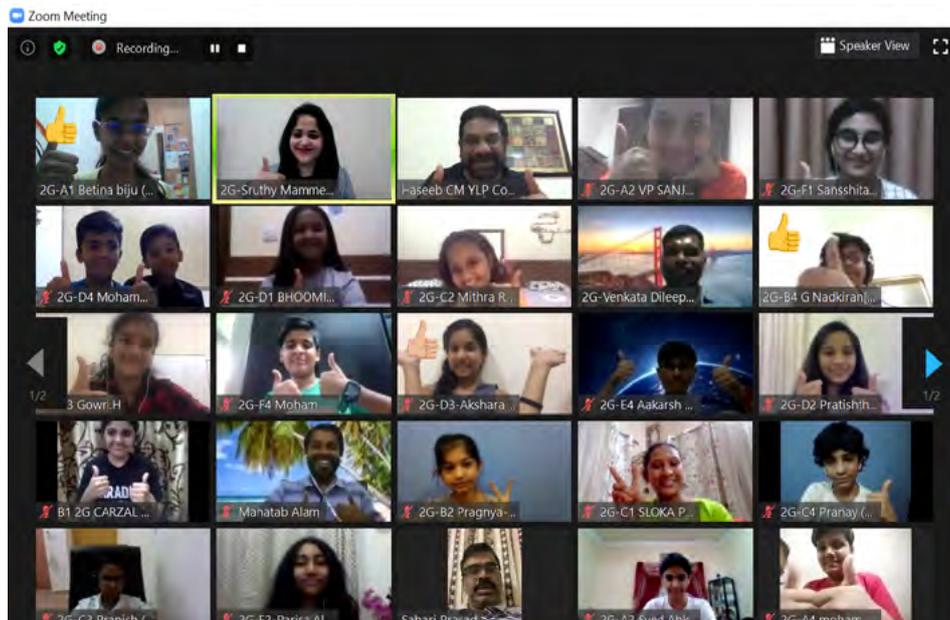
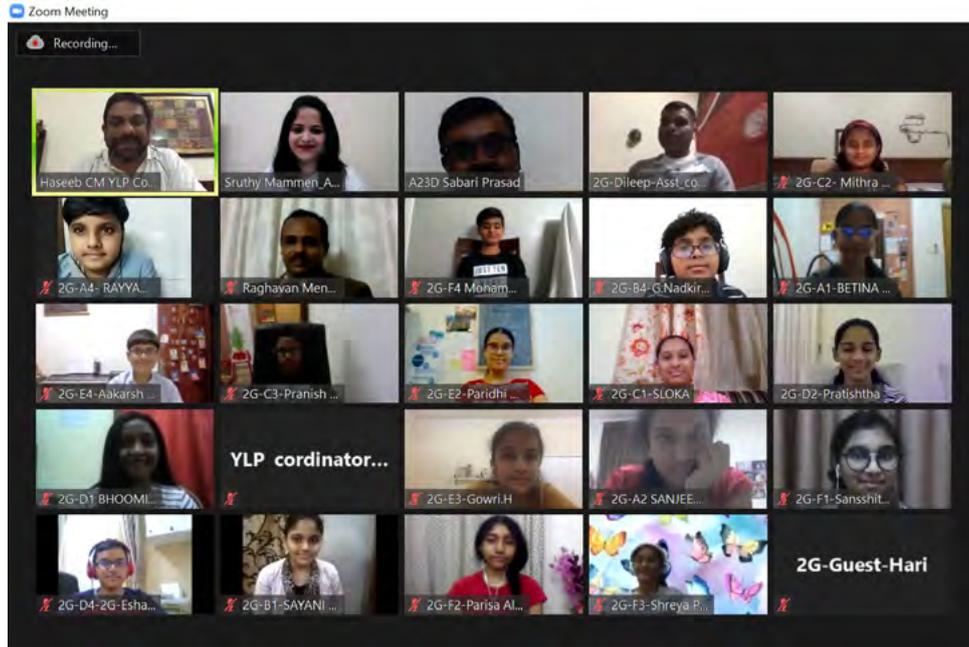
## MEETING SPECIALS

OCT 27  
Educational Module  
NOV 10  
Moments of Truth  
NOV 24  
Educational Module  
DEC 22  
Contest Season Begins

## Meeting Glimpses



# YLP Glimpses



# STARS OF THE QUARTER

Showcasing our members who have completed achievements in the first quarter



**HASEEB CM**  
PATH COMPLETION



**KUNHIKOYA T**  
LEVEL 4, 3 & 2



**SHEHARIYAS KANDY**  
LEVEL 4



**Dr. BRIJROY V**  
LEVEL 3



**AMIT MALIK**  
LEVEL 1



**HARIPRASAD**  
LEVEL 1



**ABDUL FATHAH**  
LEVEL 1



**BIPIN MOHAN**  
LEVEL 1

## RETRO LENS



Group photo of our Charter Executive Committee



# CLUB PR WORKS

Showcasing our meeting invitation posters

**EF TOASTMASTERS CLUB**  
CLUB NO.2087647, AREA 23, DIVISION F, DISTRICT 116

TOASTMASTERS INTERNATIONAL

EF TOASTMASTERS welcomes you to our 217<sup>th</sup> meeting  
Date: 14/07/2020 Time: 6:45 PM - 9:00 PM

Do you get nervous when you have to talk in public? Or when you are called upon to give a business presentation or for a speech in your community club?

Do you want to build your CONFIDENCE?

Do you want to GROW as a LEADER?

Do you want to be a better version of YOURSELF?

THEN COME, JOIN OUR MEETING AS A GUEST TO LEARN MORE ABOUT TOASTMASTERS.

**TMOD: TM RAM MOHAN NAIR**

**THEME: "YOUR PASSION"**

Zoom Meeting ID: 628 9213 697  
Password: eftm217

We meet online every 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays between 6:45 PM - 9:00 PM  
For more details about meetings & membership, please contact... Marphi Skaria - 5589 4039 Akhil Chandran - 5566 5316

[www.eftoastmasters.org](http://www.eftoastmasters.org)

TOASTMASTERS INTERNATIONAL Since 1924

EF TOASTMASTERS CLUB NO. 2087647 AREA 23 DIVISION F DISTRICT 116 REGION 11

TMOD  
TM AMIT MALIK

GE  
SAFEER AZEEL DTM

**MEETING NO. 218**  
MEETING THEME "GRATITUDE"  
**YOU'RE WELCOME TO JOIN AS A GUEST**

Learn how you can be a good communicator and leader in a safe learning place

For more details about meetings and membership contact:  
Marphi Skaria - 5589 4039  
Akhil Chandran - 5566 5316  
[www.eftoastmasters.org](http://www.eftoastmasters.org)

JULY 28, 2020  
6:45 - 9:00 PM  
ZOOM ONLINE MEETING  
MEETING ID: 628 921 3697  
PASSWORD: eftm218

EF TOASTMASTERS CLUB  
CLUB NO.2087647, AREA 23, DIVISION F, DISTRICT 116

TOASTMASTERS INTERNATIONAL

TMOD  
TM ANIL KUMAR

GE  
SIVAM SUNDAR

Date: 11th August 2020  
Time: 6:45 pm to 9:00 pm

**MEETING NO. 219**  
MEETING THEME: "CHANGE"  
YOU ARE INVITED AS A GUEST!

Zoom Online Meeting  
Meeting ID: 3830519133  
Password: eftm

Unless your potential as a great communicator and leader!

We meet online every 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays between 6:45 PM - 9:15 PM

TOASTMASTERS INTERNATIONAL Since 1924

EF TOASTMASTERS CLUB  
CLUB NO. 2087647 AREA 23 DIVISION F DISTRICT 116 REGION 11

TMOD  
TM HARI PRASAD

General Evaluator  
TM PHILIP CHERIA

Meeting No. 220  
Meeting Theme "Be Positive"  
Join our meeting as a Guest to learn more

AUGUST 25, 2020  
6:45 - 9:00 PM  
Zoom Online Meeting  
MEETING ID: 3830519133  
PASSWORD: eftm

For more details about meetings and membership contact:  
Marphi Skaria - 5589 4039  
Akhil Chandran - 5566 5316  
[www.eftoastmasters.org](http://www.eftoastmasters.org)

EF Toastmasters club  
Club Number 2087647 Area 23, Division F, District 116

TOASTMASTERS INTERNATIONAL

Meeting No. 222  
Theme : Taste Buds Memories

TMOD  
TM Hari Prasad

General Evaluator  
TM Mathew Jacob

Date: 22<sup>nd</sup> September 2020  
Time: 6:45 PM to 9:00 PM  
<https://zoom.us/j/3830519133>  
Password: eftm

We meet every 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 6:45 PM - 9:15 PM, online  
For attending, please contact Akhil - +91 5566 5316

[www.eftoastmasters.org](http://www.eftoastmasters.org) [www.facebook.com/EFToastmasters](https://www.facebook.com/EFToastmasters)

TOASTMASTERS INTERNATIONAL Since 1924

EF TOASTMASTERS CLUB  
NO. 2087647  
AREA 23 | DIVISION F  
DISTRICT 116 | REGION 11

**MEETING NO. 221**  
THEME  
**"LOVE STORY"**

TMOD  
TM Bipin Mohan

General Evaluator  
TM Philip Cheria

**WE WELCOME YOU TO JOIN AS A GUEST**

To learn more about  
**PUBLIC SPEAKING | LEADERSHIP | GIVING FEEDBACK | IMPROMPTU SPEAKING**

For more details about meetings and membership contact:  
Marphi Skaria - 5589 4039  
Akhil Chandran - 5566 5316  
[www.eftoastmasters.org](http://www.eftoastmasters.org)

**September 08, 2020**  
**6:45 - 9:00 PM**  
ZOOM Online Meeting  
Meeting ID: 383 051 9133  
Password: eftm

# EF TOASTMASTERS CLUB

CLUB NO. 2087647, AREA 23, DIVISION F, DISTRICT 116

## EXECUTIVE COMMITTEE 2020-21

President  
Sheharyas Kandy



VP Education  
Harris Babu



VP Membership  
Marphi Skaria



Secretary  
Arun Kumar



VP Public Relations  
Akhil Chandran



Treasurer  
Bipin Mohan



Sergeant at Arms  
Amjad Ali



Imm. Past President  
Ram Mohan Nair



**TOASTMASTERS**  
INTERNATIONAL

WHERE LEADERS ARE MADE



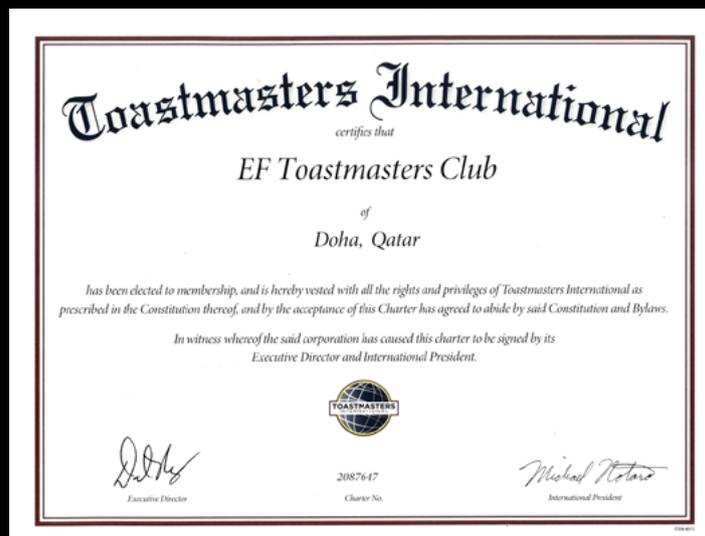
**WHERE LEADERS ARE MADE**

**TOASTMASTERS INTERNATIONAL MISSION:**

**We empower individuals to become more effective communicators and leaders.**

**EF TOASTMASTERS 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.**



Meeting Days:

We meet every second and fourth Tuesdays of every month from 6:45 PM to 9:15 PM.

For membership details, please contact:

TM Shehariyas Kandy (President) - 66993359 or TM Marphi Skaria (Vice President Membership) - 55894039