

# UBUNTU | THE GABBYS

Volume 6.0

September 2023



Since  
1924





# 1 FAMILY 2 CLUBS



***THE GABBYS  
TOASTMASTERS CLUB***

Area B1, District 92



***THE GABBYS ONLINE  
TOASTMASTERS CLUB***

Area B4, District 92



# CONTENTS

UBUNTU  
6.0

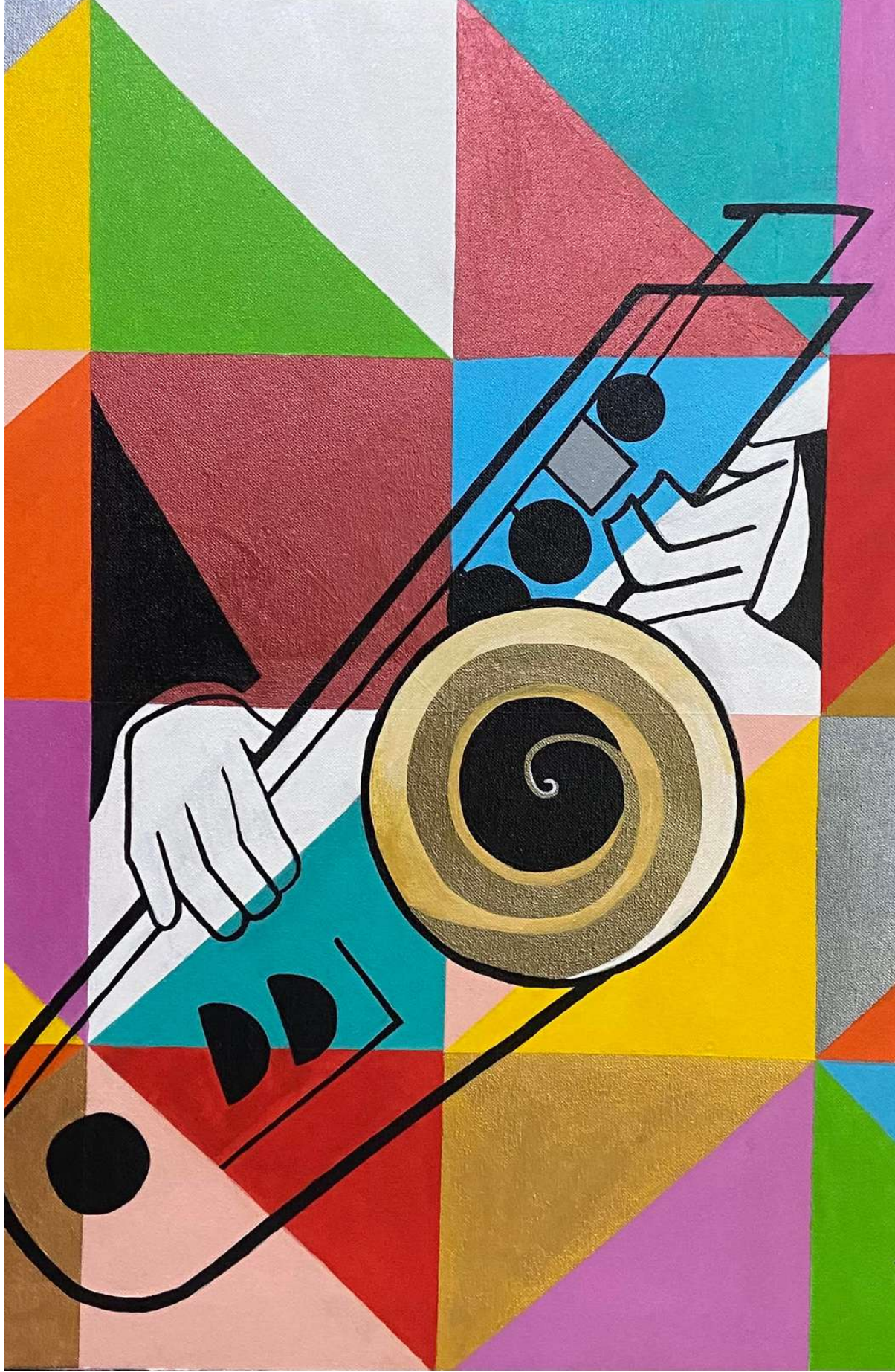
## TOASTMASTERS INTERNATIONAL®

---

<b>OLOOTU</b> From the Editorial Team	05
<b>OM OS</b> About US - Toastmasters International & The Gabbys	14
<b>ÁR GLÓR</b> The Humans of The Gabbys and their voices	24
<b>UFAKAZI</b> Testimonials from the Friends of The Gabbys	40
<b>NOUVELLE</b> Contributions by the newest members of The Gabbys	47
<b>IDU NIMAGE</b> Finally, a TRIBUTE to our ROOTS, NAMMA BENGALURU	53



PAINTINGS BY DHWANI ADESARA





UBUNTU  
6.0

# OLOOTU

“ Integrity is the most valuable and respected quality of leadership. Always keep your word. ”

— Brian Tracy,  
motivational public speaker and author

TOASTMASTERS INTERNATIONAL LEADERSHIP QUOTES

## THE EDITORIAL BOARD

ABIGAIL



MAANVI



SHILPA



DHWANI



**Sourav Dutta, DTM**  
**EDITOR IN CHIEF**

# YES, THE GABBYS GOT THIS RIGHT.

*Sourav Dutta, DTM*

VP PUBLIC RELATIONS

THE GABBYS TOASTMASTERS CLUB

THE GABBYS ONLINE TOASTMASTERS CLUB

## UBUNTU !!!

There is no better proof of excellence than multiplicative growth. So when The Gabbys grew from strength to strength, from 23 charter members in Sep 2020 to 60+ members in June 2023, we saw an incredible opportunity. An opportunity to multiply, and grow. After all what's better than one Gabbys? Two Gabbys.

It's easy to make such structural changes when things are down. Because, when things aren't working right, try different things or do things differently. But here was a club which was getting everything right - awards, participation, meeting quality, renewals, new members ... you name it, we aced it. Who would want to fix something Isn't broken? **The Gabbys**.

**The Gabbys**, as a club, has seen some terrific times and terrible times. And we sailed through, with the tide, against the tide. Choked and cheered, in equal proportion, The Gabbys continued to RISE. And our cover page of **UBUNTU 6.0** is a visual story of our journey. The diversity, the unity, the pains, the pleasure. This image is a blend of human creativity and artificial intelligence. Look deep and you will see emotions oozing out in every pixel.

**UBUNTU** - we are because you are. And you for us is the entire Toastmasters International fraternity. Since Sep 2020, this fraternity has stood with us and strengthened us and if we stand tall today, it's because we are standing on the shoulders of these giants of Toastmasters. And therefore, this TRIBUTE. To the unity in the diversity of The Gabbys, to the relentless support of the fraternity and to the magic that happens when humans embrace innovation.

**This newsletter is a tribute to THE GABBYS PRIDE & to the TOASTMASTERS PRIDE !!!**

**TOASTMASTERS**  
INTERNATIONAL

FROM THE EDITOR'S DESK





**Nagesh  
Ramamurthy, DTM**

**PRESIDENT - THE GABBYS  
DIVISION DIRECTOR, DIVISION B, DISTRICT92**

# **THE GABBYS LEAD WITH HUMILITY & FIERCE RESOLVE.**

I have always admired films as beautiful art by artists' contributions. Analysis reveals the reasons for this finely woven tapestry – a movie. What we see as a club meeting is the final performance. Willing people give many hours to ensure that each meeting is a success of their efforts and leadership. Productive meetings don't just happen. I often get this response from new Toastmasters about expectations from club meetings – "something that is meaningful to me." Every Toastmaster has a right to expect this from attending their club meeting. I wonder, have we succeeded in this endeavor?

High-quality and meaningful meetings are no accident — they come from a structured program of new member orientation, excellent club programs, and a strong emphasis on sharing. These three areas of work by the club keep senior members involved while providing clear direction and focus to its members. Toastmasters club meetings offer numerous opportunities for training within and outside the club. I am glad that the practice at THE GABBYS meetings is now beyond the club, and members are gathering accolades.

The secret of successful club meetings at THE GABBYS lies in its preparation, which is complete, efficient, and with commitment. In club meetings, energy spent in preparation gives outstanding meetings. It is incredible to see all role-takers showing their 100% commitment to the success of the meeting and their learning.

In many ways, the commitment of these people is similar to the commitment they give to their families. The club gets going by the belief that we can rely on our families when we require them, allowing us to be a little more caring, daring, and willing to take risks. At THE GABBYS, as in any family, we take assistance from all members, learn from them, and #bethere for their triumphs and assistance.

These past 2 months have been fascinating as your President of this club and a District Officer. Working alongside so many talented toastmasters is a sheer providence. With determination, we have reached this club's important milestone. Congratulations to the club for sowing a seed 3 years ago, which is now towering. I thank the charter, past, and current members for making a difference in people's lives by developing effective transferable skills to transform workplaces, communities, and homes.

We have had many greats in this wonderful organization, Toastmasters, including Dr. Ralph C. Smedley. I want to share my Top 3 quotes from him –

- "Criticism is one of the finest things — perhaps the very finest thing — in Toastmasters, and yet it is the weakest spot in most of our clubs."
- "Our past prepares us to meet the challenges of the future."
- "If you want to make your speeches attractive, impressive, and easily remembered, illuminate them with good illustrations. "

At THE GABBYS, we wish to assist you in moving in the right direction. Hence, our club is a great place to start networking to find your way up.



**Neha Jain**

**PRESIDENT**

**THE GABBYS ONLINE TOASTMASTERS CLUB**

# **THE GABBYS GREATER, STRONGER, BIGGER, TOGETHER.**

The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things." - Ronald Reagan

As the Charter President of The Gabbys Online Toastmasters Club, it is both an honor and a privilege to be a part of this vibrant community of learners, leaders, and communicators. From the very inception of our club, we envisioned a space that not only empowers individuals to become better speakers, but also fosters a sense of belonging and camaraderie.

## **Building Bridges Beyond Boundaries**

Toastmasters clubs have long been known for their commitment to personal growth and public speaking excellence. At The Gabbys Online Toastmasters Club, we take this commitment a step further by embracing diversity and inclusivity. By coming together from different walks of life and corners of the world, we enrich our club with a multitude of perspectives, cultures and experiences. This diversity fuels our creativity, broadens our horizons, and allows us to learn from one another in ways that a single club might not offer. We embody the spirit of collaboration and unity, proving that distance can never be a barrier when hearts and minds connect.

## **Embracing the Power of Two Clubs**

Our journey began when the Gabbys decided to multiply into 2 clubs with a shared vision to create an environment that promotes holistic development - "One Family, 2 Clubs, " The new club proved that collaboration delivers remarkable outcomes. We started with 20 members and quickly added 10+ members. Just by bringing together the best practices, talent, synergies and energies of two clubs, we started punching above our weight.

## **Nurturing Growth, One Step at a Time**

At The Gabbys, growth is not just a goal, it's a way of life. The Club offers a supportive and nurturing environment, whether you're a pro or a newbie. Our mentoring program is a cornerstone of our growth culture. Experienced members generously support every new member in their pursuit of excellence in communications & leadership.

## **Events that Unite and Ignite**

From engaging speech marathons that showcase our members' talents to Panel Discussions that offer valuable insights, our club's calendar is packed with events designed to foster learning, networking, and fun. No wonder in a short span of time, both our clubs climbed up the charts while members continue to thrive as leaders & speakers.

## **Looking Ahead**

As we continue to write the story of The Gabbys Online Toastmasters Club, let us remember that our journey is ongoing. There are more speeches to be delivered, more leadership opportunities to be seized, and more connections to be fostered. Together, we will carry our legacy of trust, togetherness & transparency, as 1 Family, 2 Clubs.



**Paduka Kannan**

AREA DIRECTOR, AREA B1, D 92

MEMBER - THE GABBYS TOASTMASTERS CLUB



LEADERS SPEAK

# THE GABBYS CELEBRATING EXCELLENCE, NURTURING INCLUSIVITY.

As the Area Director and as a member of The Gabbys, I am truly honored to spotlight one of the world's top 10 clubs - The Gabbys Toastmasters Club. With unwavering commitment and dedication, this club has not only achieved remarkable success but has also created an atmosphere where every member's growth is nurtured.

At the heart of The Gabby's Club lies a commitment to delivering an unparalleled experience to each and every member. This dedication to inclusivity and growth is what sets them apart. It's inspiring to witness how the club's leadership and members work cohesively to create an environment where everyone feels valued and motivated to excel.

What truly fills me with pride is The Gabbys's swift journey towards excellence. Their achievement of completing 8 Distinguished Club Program (DCP) points in District 92 is a testament to their hard work, determination, and a shared vision of success. This remarkable accomplishment not only showcases their commitment to personal development but also their collaborative spirit.

As we warmly welcome new members into The Gabby's family, I am confident that they will find a community that encourages growth, fosters confidence, and celebrates achievements. The Gabbys has demonstrated that the path to success is paved by collective effort, and every member is an integral part of this journey.

In conclusion, The Gabbys stands as a beacon of excellence and unity. Their commitment to delivering a unique and enriching experience to every member sets a shining example for the Toastmasters community worldwide. May their journey be filled with continued growth, camaraderie, and success.

*Priyanka Rannorey*

AREA DIRECTOR, AREA B4, D 92  
VP MEMBERSHIP - THE GABBYS ONLINE  
TOASTMASTERS CLUB



## LEADERS SPEAK

# THE GABBYS GET THE BETTER OF YOUR FEARS, I DID.

Your fears are your limitations! I have been hearing this for long but did not really reflect on it. Until recently, I got the confidence to take that leap & decide to serve District 92 as an Area Director.

My biggest challenge - making quick and spontaneous decisions, a critical skill for any leader. That has held me back in the past, from grabbing or aiming for leadership roles, including the role of an Area Director in Toastmasters.

Today I can say with confidence, a year and two months into this role - I am feeling confident. This journey has not only helped me work on my challenges and inhibitions but also helped me develop strengths like empathetic leadership.

There is never one solution to one problem. I always knew this, but still always got stuck.

A big shout out to my mentor DTM Sourav Dutta for guiding me through this and also guiding a person who's often doubtful. During this journey, one of the clubs that intrigued me the most was The Gabbys. With excellence, enthusiasm, creativity, and innovation they seemed to tick all the boxes and hence soared to become one of the Top 7 clubs in the world. Last year The Gabbys, was in my Area, and that does take me to Cloud 7. When The Gabbys decided to have another club, The Gabbys Online Toastmasters Club, that club too was chartered in my Area.

What would you call this - surreal? It is, and I am loving it. All the Best The Gabbys and The Gabbys Online Toastmasters Clubs.



**Nancy Goel, DTM**

**VP EDUCATION  
THE GABBYS TOASTMASTERS CLUB**

# **THE GABBYS EMBRACE CHANGE, FUEL SUCCESS.**

"The Gabbys is one of the top 7 clubs in the world. Congratulations, Nancy! You did it."

When I heard this news from DTM Sourav Dutta, i just couldn't believe my eyes and ears. I did it? What?

It took me hundreds of thousands of seconds to process this information. We were on top of the charts because of our educational awards. Filing 92 educational awards in a program year was no cakewalk.

But, those are numbers, and there's always a story behind the h=numbers. And my story is the story of an accidental VPE.

When I jumped into this role, my incognizance took the better of me. I had just a vague idea of my responsibilities in this role. The most appropriate of all, 'Conduct quality meetings.'

I would open up the roster and the roster was not getting filled. Even if I was asking my club members to pick up roles during 1 to 1 conversations, all i could manage to get was an excuse. It was utterly disappointing.

Learning from my mentors and experiencing it more, I realized that i was understanding it all wrong.

Little did I know, the crux of the VPE role is to empathize with the club members. Getting on a call with a new member, keeping in touch with existing members, appreciating their small wins within and outside toastmasters, connecting with them often to understand the roadblocks or concerns they might have, pepping them up time to time to prioritize their learning etc. Is the unsaid and unknown part of the process that you must follow to ensure next time you open up roster, you have the members to invest in their learning and growth. This has been a golden learning that solved my major challenge as a VPE.

Within few weeks, the momentum of the club was set. Most of the members were investing in their growth, that showered loads and loads of accolades and educational awards on the club.

I am still in the process of learning through this beautiful role.

When I see people making progress in their learning through the meetings we conduct, I feel the real motivation for me to be a proud Toastmaster.





**Karthik Venugopal**

**VP EDUCATION - THE GABBYS ONLINE  
TOASTMASTERS CLUB**

# **THE GABBYS EXCELLENCE FIRST, GROWTH ALWAYS.**

As the Charter Vice-President of Education of our esteemed club, I am thrilled to share with you the incredible journey of growth, empowerment, and excellence that has defined our collective experience. Our club, guided by the motto "1 Family, 2 Clubs," stands as a testament to the power of unity and the pursuit of continuous learning.

From the very inception, our vision was to create a space where individuals could embark on a transformative journey of personal and professional growth. Our commitment to fostering an environment where everyone can shine has been the driving force behind our endeavors. Today, I am proud to say that our club exemplifies the spirit of empowerment and the art of effective communication.

At the heart of our club's success lies our plan for members' growth. The exposure to different styles of speech projects and leadership roles challenges and inspires our members to push their boundaries. With each project completed, members gain not only proficiency in public speaking but also valuable leadership skills that extend into their personal and professional lives.

Our mentorship program is the lifeblood of our club's growth culture. Seasoned members who have honed their skills over time dedicate themselves to guiding newer members on their journey. The exchange of knowledge, insights, and encouragement strengthens the sense of community that defines us as one family.

Witnessing the growth of our mentees is a rewarding experience that underscores the impact of mentorship on personal development.

Personally, I have sharpened my public speaking skills and grown as an individual with the help of the esteemed mentorship program we have at The Gabbys. If Gabbys is standing out as the top 7th club in the world, it's because of its strong pillar of mentorship.

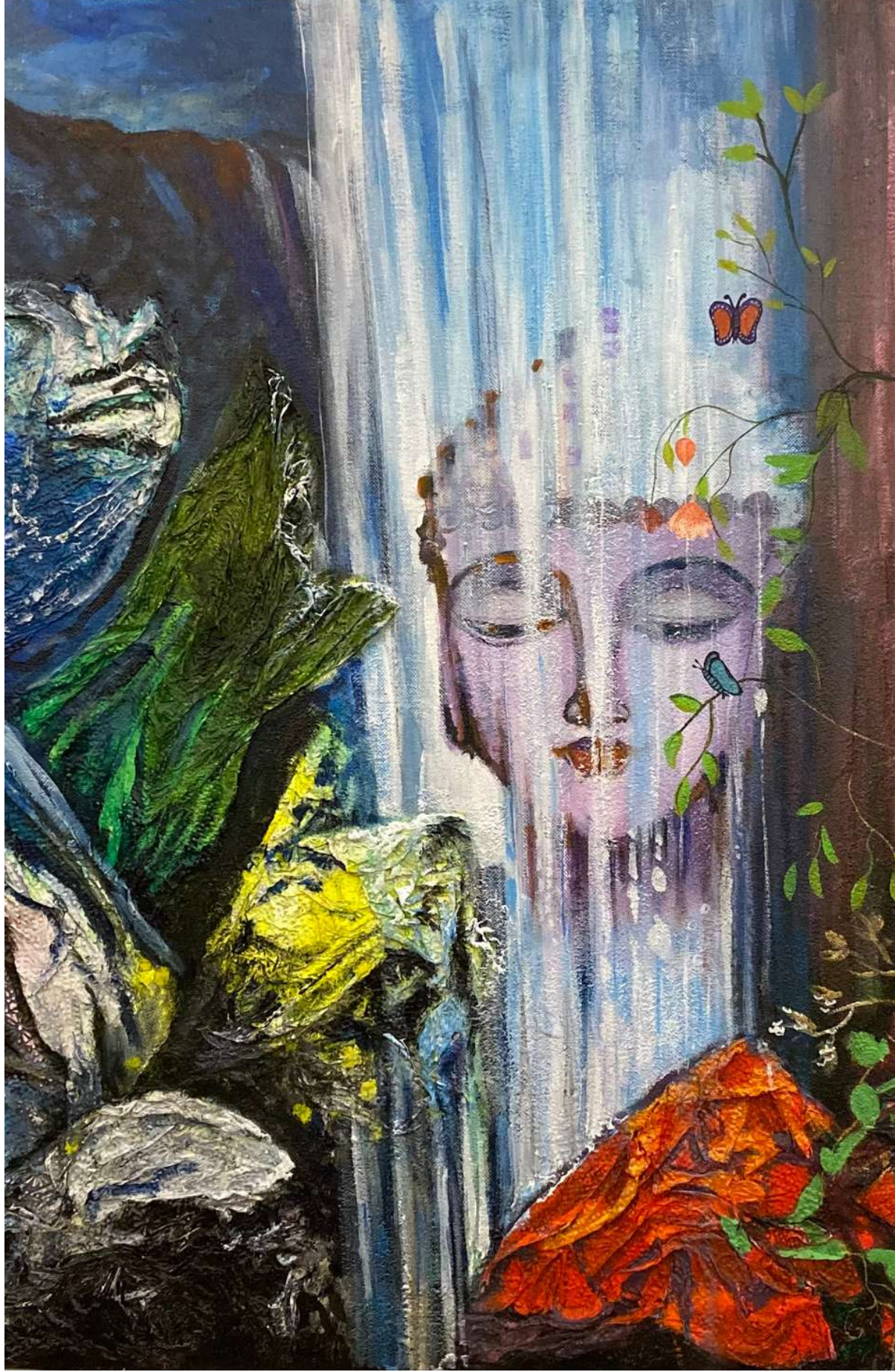
Our events are more than just gatherings; they are platforms for inspiration, camaraderie, and skill development. From captivating speech contests that showcase the diverse talents within our club to interactive workshops that delve into the intricacies of communication and leadership, each event is carefully crafted to empower and elevate our members.

Our club's uniqueness lies in the rich diversity of our members. Hailing from different corners of the world, we bring a kaleidoscope of perspectives, cultures, and experiences. This diversity enriches our learning environment, broadens our horizons, and fuels creative thinking. It's heartening to witness connections formed across borders and cultures, reminding us that unity knows no boundaries.

As the Charter Vice President of Education, I extend a warm invitation to both aspiring and seasoned speakers to join our journey of excellence. Whether you're taking your first steps into the world of public speaking or seeking to refine your skills, The Gabbys Online Toastmasters Club offers a nurturing space where you can thrive. Together, we embrace challenges, celebrate successes, and create lasting memories that define our shared experiences.



PAINTINGS BY DHWANI ADESARA







UBUNTU  
6.0

# OMOS



In this section we will introduce you to Toastmasters, and The Gabbys. Before you delve into the ocean of creativity & innovation, lets have a quick ice-breaker. What is Toastmasters? What is The Gabbys? Where, when, how, why ... answered here.





**270 K+**  
**MEMBERS**



**14,700 +**  
**CLUBS**



**148**  
**COUNTRIES**

## MISSION

We empower individuals to become more effective communicators and leaders.

### CORE VALUES



INTEGRITY



SERVICE



RESPECT



EXCELLENCE



**INTERNATIONAL PRESIDENT**  
**MORAG MATHIESON, DTM**



**DISTRICT 92**  
KARNATAKA, INDIA

## DISTRICT MISSION

We build new clubs and support all clubs in achieving excellence

<https://www.tmdistrict92.org>

## 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.

# ONE FAMILY | TWO CLUBS

<b>FACT SHEET</b>	<b>THE GABBYS TOASTMASTERS CLUB</b>	<b>THE GABBYS ONLINE TOASTMASTERS CLUB</b>
CLUB NUMBER CLUB CHARTER DATE	<b>CLUB #7806290</b> <b>SEP 11, 2020</b>	<b>CLUB #28676476</b> <b>JUNE 9, 2023</b>
TOASTMASTERS DISTRICT ALIGNMENT	AREA B1 DISTRICT 92 REGION 13	AREA B4 DISTRICT 92 REGION 13
DISTINGUISHED CLUB POINTS (2023-2024)	9 (AS ON SEP 8, 2023)	9 (AS ON SEP 8, 2023)
POSITION ON DISTRICT 92 TOP CLUBS CHART	FIFTH (AWARDS/MEMBERS)	FIRST (AWARDS/MEMBERS)
NEW MEMBERS ADDED (2023-2024)	13 (AS ON SEP 8, 2023)	10 (AS ON SEP 8, 2023)
ACTIVE MEMBERS AS ON SEP 8TH 2023	TILL SEP 2023 - 47 TILL MARCH 2024 - 37	TILL SEP 2023 - 36 TILL MARCH 2024 - 26
EDUCATION AWARDS (2023-2024)	28 (AS ON SEP 8, 2023)	17 (AS ON SEP 8, 2023)
#PATHBREAKERS/ DTMS (23-24)	4 PATHBREAKERS 1 DTM	1 PATHBREAKER 1 DTM
#MEMBERS CURRENTLY SERVING AS DISTRICT OFFICERS	FOUR	TWO
WEEKLY MEETING DAY & TIME & MODE	EVERY SAT ONLINE/ HYBRID 10 AM IST (GMT + 5:30)	EVERY TUESDAY ONLINE 7:30 PM IST (GMT + 5:30)

**THE CLUBS ALSO HAVE A JOINT MEETING EVERY THURSDAY 7 PM IST (GMT + 5:30)**

## EXECUTIVE COMMITTEE (JULY - DEC 2023)

### THE GABBYS TOASTMASTERS CLUB



Top row (L-R) : VPE - Nancy Goel, DTM, VPM - Dhvani Adesara, VPPR - Sourav Dutta, DTM  
Centre : President - Nagesh ramamurthy, DTM  
Bottom row (L-R) : Secretary - Chitrakshi Vij,  
Treasurer - Amit Gupta, SAA - Chaitanya Prasad

### THE GABBYS ONLINE TOASTMASTERS CLUB



Top row (L-R) : VPE - Karthik Venugopal, VPM - Priyanka Rannorey, VPPR - Sourav Dutta, DTM  
Centre : President - Neha Jain  
Bottom row (L-R) : Secretary - Sanjana Garai,  
Treasurer - Shrilakshmi Hegde, SAA - Pranav Pothan



## CONTACT US



[www.thegabbystmc.com](http://www.thegabbystmc.com)



[gabbys.toastmaster@gmail.com](mailto:gabbys.toastmaster@gmail.com)



+919972010011

[bit.ly/thegabbystmc](https://bit.ly/thegabbystmc)

MEETING LINK



@THEGABBYSTMC

SCAN TO JOIN  
OUR GUEST  
GROUP







# THE GABBYS

## WHERE LEADERS & CHAMPIONS ARE MADE

### DISTINGUISHED TOASTMASTERS



**Sourav Dutta, DTM**  
July 2022, July 2023



**Nancy Goel, DTM**  
December 2022



**Bala Venkat, DTM**  
June 2023



**Nagesh Ramamurthy, DTM**  
July 2023

### DISTRICT OFFICERS



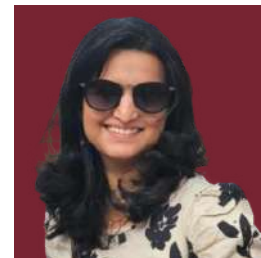
**Nagesh Ramamurthy, DTM**  
Division Director - Div B, D92



**Aparna Raja**  
Area Director - Area D34, D117



**Dhwani Adesara**  
Area Director - Area D31, D117



**Paduka Kannan**  
Area Director - Area B1, D92



**Priyanka Rannorey**  
Area Director - Area B4, D92

### CONTEST CHAMPIONS (2022-23)



**Aparna Raja**  
District TT Champ - D92  
Div ISC, TT, Eval Champ - D92



**Dala Venkat, DTM**  
District TT Champ - D80  
Div ISC, TT, Eval Champ - D80



**Joane Joseph**  
District TT Champ - D98  
Div TT, Eval Champ - D98



**Preeti Pranav Jain**  
Division ISC First RunnerUp  
Div B, District 92



# THE GABBYS

**WE OFFER THE BEST MENTORSHIP EXPERIENCE**



**THE GABBYS**

**Congratulations!**  
**MASTER MENTORS OF DISTRICT 92**

APARNA RAJA      BALA VENKAT, DTM      CHITRAKSHI VIJ

DHWANI ADESARA      NAGESH RAMAMURTHY, DTM      NANCY GOEL, DTM      SOURAV DUTTA, DTM

MASTER MENTOR - BRONZE      MASTER MENTOR - GOLD      MASTER MENTOR - GRAND SLAM

**UBUNTU - WE ARE BECAUSE YOU ARE ... THANK YOU !!!**

**The Gabbys Multi-Level-Mentorship Program offers robust support to all members to START, RESTART, JUMPSTART & UPSTART their Toastmasters journey**



## THE GABBYS

### WE OFFER THE BEST LEARNING EXPERIENCE

**THE GABBYS ONLINE TOASTMASTERS CLUB**

LEADERSHIP THROUGH MYTHOLOGY

TM - NANCY GOEL, DTM  
CE - DR. GAYATHI DESHMUKH, DTM  
TMCO - PRAKASH POTNAN

TMCO - JOANE JOSEPH  
TM - SITENDER BULANIYA

TUE, AUG 1 | 7:30 PM IST  
BIT.LY/THEGABBYSMTC

**a MAMMOTH of a MARATHON**

IT CAN'T GET BIGGER THAN THIS

THU, AUG 17  
FROM 17:00 HRS IST

3 SESSIONS OF 100 MINS EACH

17 SPEECHES

An initiative by  
The Gabbys Toastmasters Club, India  
Toastmasters of Sri Lanka

SCAN ME TO JOIN THE MARATHON

**CAMARADERIE**

TM - NANCY GOEL, DTM  
CE - DR. GAYATHI DESHMUKH, DTM  
TMCO - PRAKASH POTNAN

**THE GABBYS**

SAT 5TH AUG | 10 AM IST

SPRINGBOARD | KORAMANGALA, 7TH DL  
BIT.LY/THEGABBYSMTC

+919972010011 @thegabbysmtc

**MISHTI DOI**

TOASTMASTERS PATHWAYS

**SPEAKERS**

Jyothi Mandal  
Understanding Cultural Differences

Mamta Singh  
Persuasive Speaking

Sanjay Jain  
Understanding your Leadership Style

SAT, 29TH JULY  
10 AM IST (GMT + 5:30)

THE GABBYS  
BIT.LY/THEGABBYSMTC

**NEW MEMBER ORIENTATION & INDUCTION**

THU, AUG 2, 7:00 PM IST

SKILLS  
RESPONSIBILITY  
TEAMWORK  
LEADERSHIP  
COMPETENCE  
SUPPORT  
COMMUNICATION

THE GABBYS ONLINE WEEKLY MEETING

THE GABBYS WEEKLY MEETING

BIT.LY/THEGABBYSMTC

**FIRST**

**THE GABBYS ONLINE TOASTMASTERS CLUB**

TM - UPASANA  
CE - JOANE

TUE, AUG 8  
7:30 PM IST

BIT.LY/THEGABBYSMTC

**THE GABBYS**

**MAANVI KUMAR**  
TOASTMASTER OF THE DAY

**Spotlight Chronicles**

AUG 12  
10 AM IST

SCAN ME TO JOIN THE MEETING

**LIBERATIONS OF LAUGHTER**

TUE 15TH AUG  
7:30 PM IST (GMT + 5:30)

SCAN ME TO JOIN THE MEETING

**SPEECH MARATHON**

**THE GABBYS**

THU, AUG 31, 7 PM IST (GMT + 5:30)

BIT.LY/THEGABBYSMTC

**PANEL DISCUSSIONS**

MAMTA SINGH  
AYUSH GOYAL

INDIA ON THE RISE - A POWERHOUSE IN THE MAKING

THE TWO SIDES OF BODY POSITIVITY

SUNDAY, SEPTEMBER 3RD  
10 AM IST

**THE GABBYS**  
BIT.LY/THEGABBYSMTC

**ICE-CREAM**  
ENJOY BEFORE IT MELTS

**THE GABBYS ONLINE**

5TH SEP, 7:30 PM IST  
BIT.LY/THEGABBYSMTC

**Over the moon**

**The Gabbys Online Toastmasters Club**

Tue, Aug 29  
7:30 PM (GMT + 5:30)

SCAN ME TO JOIN THE MEETING



**WE ARE ONE OF THE  
TOP 7 CLUBS  
GLOBALLY IN 2022-  
23 IN TERMS OF  
THE NUMBER OF  
EDUCATION  
AWARDS FILED**



**SUPER CLUB**

**Twice in a row winning all three  
Global Membership Awards -  
Smedley, Talk Up, Beat the Clock**

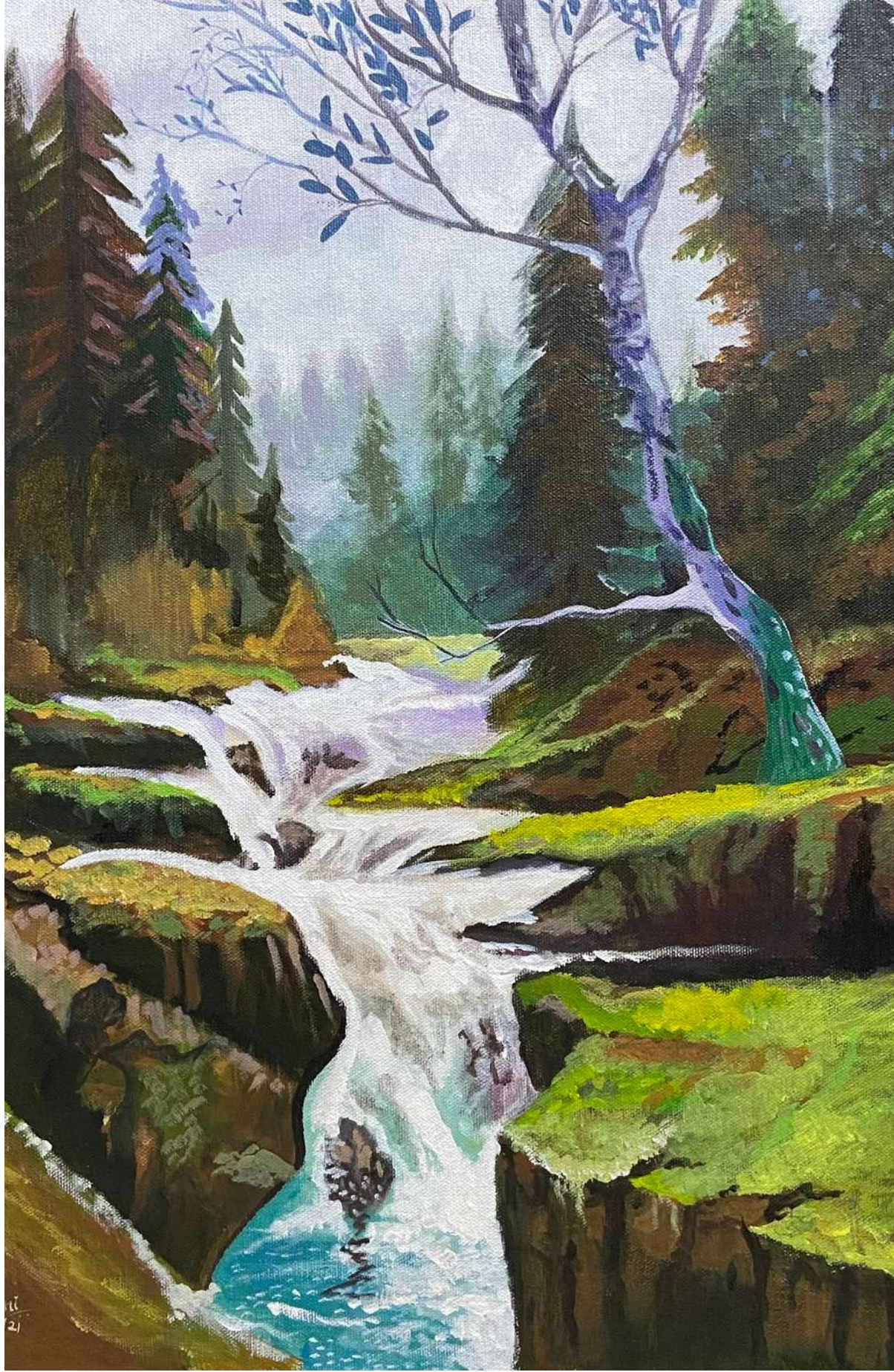


**PRESIDENT'S DISTINGUISHED**

**Thrice in a row all bagging all the  
TEN Distinguished Club Points every  
year since we chartered in 2020**



PAINTINGS BY DHWANI ADESARA

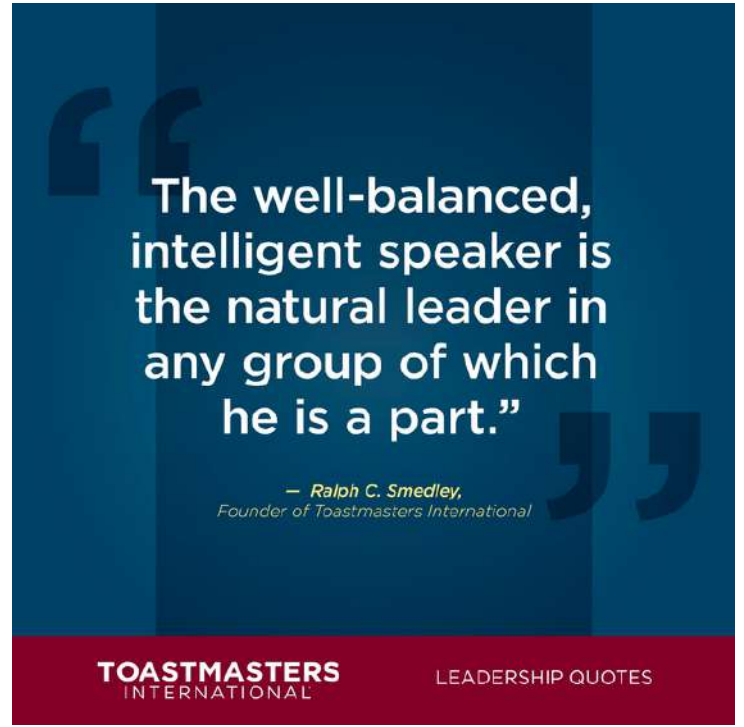






UBUNTU  
6.0

# ÀR GLÓR



In this section the members of The Gabbys have voiced their opinions, showcased their expertise and shared their learnings. The diversity of the content in this section is absolutely refreshing. A privilege we have at The Gabbys given that we have an envious mix of professionals & achievers from all walks of life - academicians, lawyers, doctors, yoga gurus, corporate honchos, stylists and the list goes on. Hence the topics are so diverse - radiation oncology, courtroom dramas, career options, artificial intelligence, yoga poses etc. After all Toastmasters also offers a large knowledge repository of subjects cutting across domains and industries. Dive in ...

# DO WHAT YOU LOVE

## Mitesh Rajendra Popat

### Professional Hair Stylist

We all have creativity in us. Some may discover at a very early age, some may discover later and some of us may not even discover during our life span. Most of us are striving for importance and recognition in a materialistic and competitive world. We do lose our own individuality when try to imitate our peers and known ones. Thereby, we get caught in a vicious circle of desires. striving to accumulate just more and more wealth to fulfil our desires, earn importance and recognition. We do not have any spare time to discover our creativity since we are chasing our desires most of the time.

I pursued drawing, singing, traditional tabla and lawn tennis as creative interests/hobbies during my teens to improve my focus due to my neurological disorder. Ceasing to chase and imitate others' helped me think out of the box. Thus, discovered my creative self as a hairdresser/hairstylist and pursued a career in hairdressing/styling. I chose to keep pursuing my interests of western vocal, playing traditional tabla and lawn tennis. I hope I will be able to discover my creativity in other areas and work part time in multiple professions in future.





# TO BE OR NOT TO BE

## Anupamaa Venugopal

### Corporate Lawyer

Every fledgling lawyer stands at a career crossroads: litigation or non-litigation? When they ask me, I invariably guide them towards litigation. Am I being a sly old fox? Perhaps; Here is why.

Flashback to a quarter of a century ago. Post Law school, we did not have any options, the courtrooms beckoned like an alluring siren. The choices? Lower court or high court. Picture this: The majesty in the high court, practically serenading lawyers with its elegance, standing proud by the idyllic Cubbon Park. How could I resist? Dreams were skyrocketing from Bangalore's legal corridors for rubbing shoulders with Supreme Court's crème de la crème filled.

But, Ah! the realities of 'courtroom kindergarten' were quite different.

#### Chapter 1: The Bag Marathon

Remember how in school, seniors would always have you running errands?

Here, our esteemed senior's preferred a more literal approach. We, novices, became unofficial porters, lugging around bags that felt like they were filled with bricks. And our seniors? They sprinted through courtroom, as if they were trained for the Olympics, leaving us breathlessly trailing behind, bags in tow. And if today I look like a body builder, the credit goes to my senior.

#### Chapter 2: The Artful Dodge

Ah! The thrill of seeking adjournments!

But wait – it was never for a high-profile, groundbreaking case. It was always for the ones you suspect- the cat dragged in, or where the client possibly paid in ancient cursed coins. Our crafty seniors, with their poker faces, would hand us the brief, just as we entered the court room, never knowing that the judge probably has heard 'need more time' or 'spiel' for the umpteenth time. Then there's me, naively wading into the lion's den, only to meet with a judge whose memory outdid an elephant's and a stare that could freeze lava. Naïve as I was, I bid as my senior commanded and exited the courtroom. The aftermath felt less like a walk of shame and more like a penguin waddle.



#### Chapter 3: The Surprise Test

You know how at school, there was always that one test that you were wholly unprepared for? On a seemingly uneventful Saturday, my senior thrust a file into my hands, instructing me to prepare for an audience with the formidable Justice J.

Ah! Finally! My shining moment had arrived.

I sauntered into the office, settling down next to a colleague, puffing my chest out like a proud peacock that had just found the juiciest worm. He glanced over, suppressing a giggle, 'Oh! So, he gave you the file.'

Smirking with unbridled confidence, I retorted, 'What? Jealous it was not handed to you on a golden platter?'

He laughed, "Oh, no. We've all been there, done that, and got the proverbial boot from the judge. It is a frivolous case he makes all of us appear for it. Tomorrow it will be dismissed for sure and he is looking to gift wrap it with your name."

Alarm bells clanged in my head. The thought of facing Justice J's wrath turned my Saturday swagger into a Sunday slump. In a stroke of 'genius', I rang my senior at an ungodly hour of 7:00 am on Monday morning, feigning the most pitiable voice, "Sir, I've been struck down with a stomach bug of epic proportions. Cannot even lift a finger."



### Chapter 3: The Surprise Test (Contd...)

His tone grew frantic, "Can you crawl to work for just a couple of hours? Perhaps roll? Any form of locomotion will do."

Sighing dramatically, I lamented, "Sir, my bed has claimed me. There is no escape."

Late morning, as I basked in the glory of my masterstroke, my mother's voice interrupted my reverie, beckoning me outside. Obliging, I tiptoed past my dad, ensuring he remained blissfully unaware of my earlier sham.

As I returned home after a good trip, grinning like the cat that got the cream, my dad remarked, "Anu, your senior rang, I told him you were out and he seems keen to see your radiant face at work this evening."

Oh, the sheer horror! Had I just become the proverbial cat whose tongue got entangled with her own tail?



### Chapter 4: The Final Presentation

A few months later, I caught the observant eye of a certain judge. He looked at me, leaned over to whisper something to my senior. It was a bit like those wildlife documentaries – I was the new gazelle at the watering hole, and the lion was sizing me up. Not too long after, my senior, with an almost mischievous grin, handed me a file saying, "Prepare yourself, madam. Next week, you will be in the lion's den... err, I mean, arguing before that very judge."

I glanced around the office, expecting some sly winks or exchanged nods, to check if it was another surprise test but everyone was engrossed in their work. I thought here I am at the final stages of becoming a full-fledged court room lawyer, I dived into the file, read up case laws, rehearsing arguments, and mentally preparing myself for my grand court debut.

The day of reckoning arrived. With every ounce of confidence, I held the courtroom's attention for over an hour, stated facts, presented case laws. As I wrapped up, the judge, stroking his chin, complimented, "A spirited performance, madam!" But then, his face turned grim, "However, your case... it's like a donut, lots of fluff but missing the core. I'm afraid I will dismiss it."

Feeling like the rug had been pulled out from under my feet, I squeaked, "Let me fetch my senior, perhaps he can sprinkle some magic?"

As my senior strutted in, I expected fireworks – a masterclass in courtroom argumentation and I could perhaps learn more?. But instead, he straightened his collar, smoothed out his gown, and pleaded, "Swamigale, I beg you, show some mercy. If you will not give us a win, at least have the matter sent back to the lower court?"

To my astonishment, the judge relented. That day, the truth hit me like a ton of legal documents: succeeding in court was not just about knowing your stuff. Sometimes, it's also about hometown connections, maybe sharing a favourite local snack, or singing the same regional lullabies. On that scorecard, I unfortunately scored a perfect zero.

All this for a princely sum of INR 2500 per month? And so, I bid adieu to the courtroom dramas, seeking solace in the (slightly) saner world of corporate law. But that is a tale for another day.

To all aspirants, I still cheekily whisper, "Litigation." Why should only I have all the fun?

#### Disclaimer:

This trip down memory lane is genuine, albeit sprinkled with humour. It is meant for a chuckle, not a frown. "In the courtroom of life, it's not just about winning or losing, but the unforgettable stories that come with the journey."

# KNOCK ... KNOCK

## Dr. Bindhu Joseph

### Radiation Oncologist

Yes... I am one of those weird people who believes that calling bells are a nuisance to my mental peace and haven't had one for my apartment.

So I looked through the peephole and saw my cousin. He was staring at a newspaper meanwhile. Oh no!... I knew why he was here. I called out loudly, "Wrong door". After a minute he knocked again. I gave up and opened the door.

He had one of those "I just found a miracle on Google" look that I am so familiar with. I already took two calls from family and one call from a friend since morning, just to ask me the truth about the miracle drug, "Dostarlimab" that could possibly cure cancer did hit every possible international headline.

He walks in and plonks himself down on his favourite chair and smirks smugly and goes on, "HEY Bindhu Chechi ... looks like you may be out of a job pretty soon". I said, "Nope unlikely!". I poured him a cup of tea. I knew whether I liked it or not, I had to be a part of Q&A session and here it was.

He questioned, "Don't you think it's true? This trial was done in MSKCC, one of the best cancer institutes in the world!". I answered, "I don't dispute that it isn't true, 12 patients with advanced colorectal cancer with a unique genetic mutation MMR gene (mismatch repair gene) had a complete resolution of their cancer, and did not require either Surgery or Radiation which is the standard approach for such patients."

He went on, "Wow..isn't that great? Just imagine that people need not fear for cancer if this drug becomes easily available. To that, I gave him a tolerant elder sister knows the best kind of smile and said, "I am afraid I will have to throw a bucket full of ice on that notion. 'Dostarlimab' is not a drug, it's a monoclonal antibody which is capable of attaching to PD1, a receptor found on the surface of T cells. PD1 usually puts a break on the body's immune response.

This antibody prevents it from being activated by the tumour which in turn could protect it from the body's immune attack. So theoretically it's not killing the cancer, it's actually helping your immune system to do the dirty deed. However, only 4% of the population may have the MMR gene required to make this successful."



My cousin did not look so chirpy now. He said "Well, at least it's not chemo and you won't lose your hair and have all those terrible side-effects". And I replied, "I am afraid that I have to put a cap on that thought. Immunotherapy has its own side effects which can be disturbing like extreme tiredness, fatigue or even can kill you with uncontrollable inflammation of the lungs, kidney and other organs. It's also not cheap as it costs 8 to 10 Lakh Rupees per injection. It is not really affordable to majority of our population added to which, it's not covered by insurance and you have to continue this injection monthly."

He goes, "Why haven't I found this information when I googled?" I looked at him straight into the eye and said, "Because you didn't knock on the right door. Google is a comforting tool to cross verify medical information. Don't you think it's better to actually go visit your Doctor who has spent decades of his or her life to treat and understand the ailment in which he specialises in!?"

All of us want our patients to have the best possible chances of cure, but a realistic and practical one. So next time before you fill yourself with medical hopes from Google or chatGPT, you just may want to knock on the right door... Knock knock knock.

# THROUGH THE EYES OF A PRINCIPAL

**Samita Kar**

**Principal, School of Scholars (Retd)**

In the quiet of a late night, a call from an unfamiliar number brought a rush of excitement. The voice on the other end exclaimed, "Madam, I aced the interview and I'm headed to Japan!" These moments,, these milestones achieved by our students, are the heartbeats that make my journey as an educator incredibly fulfilling.

Throughout my years as an educator, one constant truth has emerged – each child is a unique individual with strengths and quirks. This diversity infuses vitality into my profession. Consider the student who once grappled with fluency in reading but could swiftly memorize a five-minute song. Recognizing these distinct qualities and providing the necessary support has been both my challenge and privilege. Parents, too, play a pivotal role in nurturing these individual traits. Instead of encouraging imitation, let us foster their personal growth.

The true purpose of education lies in cultivating lifelong learners. Encouragement, as I've discovered, acts as a catalyst for remarkable outcomes. As parents, we must demonstrate the courage to attempt new endeavors, embrace failure, and rise again. This gift, in itself, holds profound significance – guiding them along the path of progress, demonstrating that the journey is more meaningful than perfection and that failure is an essential part of achieving success.



Change, I've learned, doesn't unfold overnight; it demands unwavering patience. Children absorb more through observation than through words alone. I've walked the path I set for them, embodying the change I wished to witness. While teaching English fluency, my commitment extended beyond the classroom walls, serving as an example they could emulate.

The seemingly mischievous child who once resisted rules and shied away from speaking English eventually surprised us all. That very child's late-night call announced their triumph in a challenging interview. Their exceptional communication skills had opened doors they once deemed locked.





# MY SECOND INNINGS AT TOASTMASTERS

**Sandeep Belekar**

**Past President, LA 1924 TMC**

But why do you want to join Toastmasters again?!!

A common question from all my well-wishers as I joined Toastmasters after 7 years of hiatus. I can't blame them for thinking that. After all, what has Toastmasters to offer to some like me who has retired and has no career aspirations.

But for me, Toastmasters was never just a means for a successful career. It has a far reaching impact on my entire life. Toastmasters helped me overcome my shyness, it taught me how to approach new people and engage in enriching conversations. Toastmasters helped me meet people from many different walks of life, improve my general knowledge and broadened my overall worldview. Most of the people that I call as my friends today, I met them at Toastmasters. So it was only natural for me to join some Toastmasters club as soon as I retired and I am so glad that I chose Gabby's that has such assortment of wonderfully motivated members.

As a new member, I am still walking around with bewildered eyes as 8 years of break has eroded away a lot of my learnings and in the meantime Toastmasters too has changed a lot in form factor.

What stands out for me is,

- 1) The convenience of online meetings has attracted members from many different cities and countries, making Gabbys a truly global club.
- 2) Toastmasters has very effectively adopted the use of technology (zoom, WhatsApp, emails etc) to conduct its meetings and that in itself is a great learning experience because virtual meetings are the new reality of current times.
- 3) Speaking to the camera is an entirely new ball-game as it's very difficult to capture audience feedback at a glance.

As I restart my Toastmasters journey I am very excited to un-learn and re-learn a few things from the extremely talented team of expert Toastmasters at Gabbys. Although a lot has changed during my hibernation, one thing still remains unchanged and that is those butterflies in my stomach every time I face the audience.



# WOES & WOWS OF CHARTERING A TOASTMASTERS CLUB

**Tessy Joy Philip**

**Banker - Axis Bank**

I joined the Axis Toastmasters club bandwagon after the initial turmoil had subsided. The Axis Toastmasters Club owes much of its success to the contributions made by Manisha Mishra, VP of Axis Bank Ltd, and DTM Sourav Dutta from Gabby's. Sourav Dutta has a proclivity for servant leadership, which was evident throughout our formation journey. As the proverb goes, "It takes a village to raise a child"; similarly, to develop an effective leader, it takes a community of leaders. We are grateful to Gabby's Toastmasters Club for their invaluable contributions every step of the way.

Chartering a new Toastmasters Club is a journey that promises both joy and challenges for those embarking on this rewarding path. The joys of founding a club are manifold. Firstly, the club offers an opportunity to cultivate leadership skills, as club organizers need to bring together a diverse group of individuals who share a common interest in improving their communication and public speaking abilities. The camaraderie that develops within the club is another joy, as members collaborate, learn from one another, and forge lasting friendships.

Moreover, chartering a new club allows for the customization of club dynamics, meeting formats, and themes, enabling a unique and engaging experience for members. The satisfaction of witnessing personal growth and the increased confidence of club members as they progress on their speaking journey is truly gratifying.



However, along with the joys come challenges. Building a membership base and sustaining interest can be demanding. Effective recruitment and fostering a welcoming environment are crucial to the club's success. Navigating administrative requirements and adhering to Toastmasters International guidelines can also pose challenges.

Yet, these obstacles are opportunities for growth. Overcoming them equips club organizers with valuable skills in organization, communication, and problem-solving. The journey of chartering a new Toastmasters Club is a testament to the power of collaboration, leadership, and personal development, offering a fulfilling experience that continues to enrich the lives of all involved.

Chartering a new Toastmasters club demands a balance of enthusiasm, commitment, and resilience. The joy lies in witnessing members transform into confident speakers and leaders while forging lasting connections. And while challenges exist, they are surmountable with determination, teamwork, and a shared passion for personal development.



# DATA DRIVEN TRANSFORMATION – WHAT DOES IT MEAN FOR YOU AND ME?

**Bala Venkat, DTM**

**Citi Global Wealth Asia – Head Of Data Strategy & Governance**

I have always been passionate about data and my role at Citibank as Citi Global Wealth Asia – Head of Data analytics, Strategy & Governance based out Singapore has allowed me to pursue my passion also as my profession.

The quote from the legendary science fiction writer **Isaac Asimov "The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom"** is now a fact and reality than ever before.

Generative AI models have reached a tipping point, particularly with openAI innovations garnering widespread public attention. ChatGPT (Chat Generative Pre-Trained Transformer) has crossed 1M+ users in just 5 days. To compare, it took Netflix 41 months, FB 10 months, Instagram 2.5 months.

Large Language Models (LLMs) are becoming increasingly powerful and finding applications in a variety of industries and functions, Synthesia creates video just from plain text, Open AI's whisper generates voice from text, Through Yoodli - Toastmaster members are able to record and get feedback on their speech and use ChatGPT to get started on their speech script etc.

All these new generative AI capabilities are not without its challenges and risks which are important to be addressed be it data privacy, ethical issues, intellectual property rights, content ownership, massive computing requirements leading to increase carbon footprint and many more that has to be fully understood as the usage of AI/machine learning rises exponentially.



The success of all data driven technologies relies very much on the quality of the data, eliminating data silos, addressing all the data risks by having a proper data governance structure , having an agreed ethical framework and right set of use cases that would truly transform us and people around us - more importantly understanding that each and every one of us have a role to play in building data-centric culture that is going to define the way we interact , we communicate and the way we lead & transform.

“

May the DATA be with you

”



# YOGA SE SAB HOGA



**Jyothi Mandal**

Yoga Guru & Nutrition Coach



**TOASTMASTERS**  
INTERNATIONAL®

# MOMENTS OF TRUTH

## Devayani Nair

### Student

College is not just about academics and tests, but it also opens doors to new vistas. Imagine yourself on a thrilling trip and in need of a map that not only covers the topics you need to know about, but also the vast universe you are in. Understanding India's political and economic landscape will help with this.

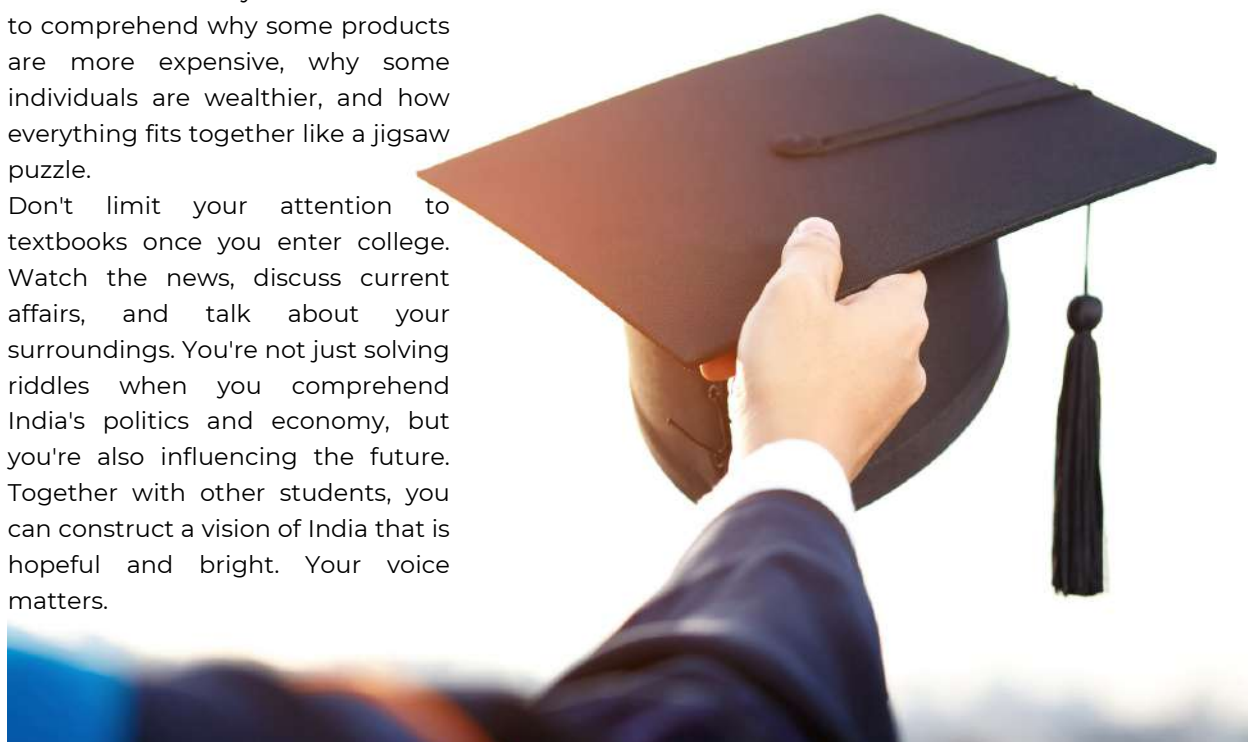
Consider India as a jigsaw, with each piece representing a choice that has an impact on our lives. The cost of your favourite delicacies, the accessibility of positions in your dream industry, and the routes you use are all pieces of a complicated puzzle influenced by politics and financial issues.

Politics is something that elderly people do, right? Wrong! Think about the possibilities if you could influence the puzzle's design. There, student power truly shines. Change can occur when students band together and speak out. Do you recall the moment you and your friends chose the ideal hangout location? Similar to that, but on a larger scale.

Wait, what exactly is "economy"? Consider it to be the magic of money, explaining how it is created, spent, and why it occasionally vanishes more quickly than ice cream on a hot day.

Students who are knowledgeable about the economy are better able to comprehend why some products are more expensive, why some individuals are wealthier, and how everything fits together like a jigsaw puzzle.

Don't limit your attention to textbooks once you enter college. Watch the news, discuss current affairs, and talk about your surroundings. You're not just solving riddles when you comprehend India's politics and economy, but you're also influencing the future. Together with other students, you can construct a vision of India that is hopeful and bright. Your voice matters.





# STEPPING OUTSIDE MY COMFORT ZONE

Vijayalakshmi C D

Member - The Gabbys

As a child I was a shy and introverted. I always struggled to express myself confidently in front of others. Just thinking to Speak in front of a group of four people would instigate my heart to race and my palms to sweat hysterically. However, I soon realized to survive in this expressively driven world public speaking skills are crucial for personal growth and self-confidence. I recognized the need to learn to express myself and learn the art of communication. Being able to express oneself clearly and confidently in social settings can lead to better relationships, improved networking opportunities, and increased self-esteem.

Determined to conquer my fear and improve my speaking skills I joined The Gabbys Toast masters club where I learned the fundamentals of effective communication. Step by step, I familiarized myself with various techniques of speaking skills such as body language, voice modulation, and storytelling. But knowledge alone wasn't enough, practice was the key to unlock my true potential. I sought opportunities to speak publicly whenever I could. At first, my voice trembled, and my mind went blank with anxiety, but I continued without stopping anymore. By regular practice sessions and feedback, I developed a better understanding of my strengths and weaknesses. Each experience added new layers of growth and allowed me to refine my skills. Encircled by the like-minded individuals on the same journey I was encouraged and supported by everyone in the Gabbys TMC.

Today, as I reflect upon my journey of self-improvement, I realize that it was not just about becoming a better speaker, it was also about building confidence and discovering my own voice. So, if you find yourself facing the same fears and obstacles, take that first step, no matter how small. Embrace the discomfort and push yourself beyond your comfort zone. With determination, practice, and a willingness to grow, you too can overcome your fears, improve your speaking skills, and unlock a world of endless possibilities.



“ Keeping yourself in the comfort zone means being out of alignment with the universe itself. ”

TEAL SWAN

# MASTERING THE ART OF PERSONAL STYLE

## Rohita Balagopal

**Engagement Head ,Image Consulting Business Institute , Karnataka**

How do I look?

How am I doing?

How important am I?

We have these questions running in our mind at some point or another, isn't it?

Did you know that over 80% of the message that we convey is visual in nature! Hence being in sync with our Authentic self to portray the best visual appearance in line with our Lifestyle, Roles & Goals is one of the important things to create our personal image.

We have heard that our clothes speak a thousand words but do we know what actually does the talking?? It's the elements of design— the lines, shapes, colors, textures, and patterns. They speak before we do. Hence the way we perceive ourselves and how well we understand our body image plays an important role for enhancing our personality.

Always projecting the right image and a remarkable first impression can be challenging or confusing hence there are professional who can help you enhance yourself. An image consultant can help you to transform yourself and embark on the journey of personal styling. They can help you leverage your Personal Brand through appropriate clothes as per your Body Shape ,Skin Tone , Profession & Personal Styling.

Whether its dressing right for an occasion, Identifying our winning style ,maximizing our wardrobe by creating versatile clusters, accessorizing , doing the right make-up and hairstyles as per the face shape ,identifying the synergy of the personal colors, An Image consultant can help you find the authentic you through the art of Dressing.



“

Personal style is about a sense of yourself, a sense of what you believe in and wearing what you like.

RALPH LAUREN

83RAC02A003042788.0000



# STYLE YOUR SPEECH: FIND YOUR STYLE

**Chitrakshi V Vij**

**Image Consultant**

"Style is something each of us already has, all we need to do is find it." —Diane von Furstenberg  
Style is defined as a particular procedure by which something is done; a manner or way and a distinctive appearance, typically determined by the principles according to which something is designed. The definition is great but if you aren't someone who believes in fashion or style, you're here for public speaking or confidence or Leadership skills, then why should you read this? Public speaking isn't just about the words you say; it's also about how you say them, more importantly, how you look when you say it. Let's explore how you can use your own unique style to captivate your audience. 5 things that can make your audience go from "Hmm.. Nice" to "Oh! WOW"

**Don't Dress down, Dress- up:** When you step up to speak, your clothes matter. Choose clothing that suits the occasion, whether online or offline, it communicates the audience the purpose of your speech, shows them you respect their presence and at the same time makes you feel comfortable. It's essential to look like yourself, so your audience can connect with you. So next time you give a speech, give a moment to think about who your audience is and how they would look at you and not want to leave their seats before you end your stage time!

**Bringing Energy to Your Speech:** Speaking with energy keeps your audience engaged. Speak with enthusiasm. This doesn't just show them that you aren't boring, it shows them that they aren't a boring audience either. You are the company you keep, so when someone has voluntarily decided to hear you out, be grateful and give them the time of their lives! If you show them how you can be engaging even during a serious speech, they'll always want to come back to hear you!



**Non-Verbal Communication:** What Your Body Says: Your body language speaks volumes. Stand tall, make eye contact, and use your hands to emphasize points. These are things that Toastmaster's project literature has already taught you. The secret to body language is to be in control of your body at all times, even when you are trying to show you're bored, it should look attractive enough for people to remember and want to imitate. By the time you are done with your speech, your audience should leave with more than just the content of your speech. This is style!

**Adding Drama to Your Story:** Stories are powerful tools in public speaking. To make your stories memorable, add a little drama. Create suspense, use surprises, and let your emotions shine through. Feel everything that you say and only say things that you feel. Don't be afraid to add a touch of dramatic clothing or background or props that gives your story a flair that will make it more impactful.

Contd...

Contd...

**Finding Your Own Style:** Now, here's the secret: you don't have to be like anyone else. Combine these elements in your unique way. Pick and choose from things you like when you see other people speak. Whether it is someone's drama or easygoing humour or dressing or background or movements or childlike innocence or content about various causes or expressions, it could simply be the way someone keeps their hands. Find what works best for you and practice it.

**In the world of public speaking, your style is your superpower. Dress comfortably yet impressively, speak with energy, use your body language, and add some drama to your stories. Most importantly, make yourself your signature, your style. Remember, your style makes you relatable and memorable. Next time you step up to speak, embrace your personal style. You've got something special to offer and the world is ready to hear it.**

**Happy speaking!**



**“FASHION IS WHAT YOU’RE OFFERED  
FOUR TIMES A YEAR BY DESIGNERS.  
AND STYLE IS WHAT YOU CHOOSE.”**

*-Lauren Hutton*





PAINTINGS BY DHWANI ADESARA







UBUNTU  
6.0

# UFEAKAZI



We are surrounded with people to celebrate us, fellow Toastmasters, guests who join us from across the world. In this section we have some of our regular visitors to our virtual meetings telling us what they feel about The Gabbys. In this section we share with you what they shared about us ... plus, a bonus to our very special guest, our most enthusiastic friend.





## Sahana Nagaraj

### DISTRICT 92

I have been a part of the Toastmasters meeting at Gabbys Toastmasters club several times, and I must say, the experience has been absolutely transformative.

The meetings are impeccably organized, with a structured agenda that seamlessly flow from one segment to another. The table topics sessions are always a true highlight, where impromptu speaking challenges the ability to think on the spot and express thoughts coherently.

Gabbys Club fosters a supportive and nurturing environment which helps every club member to learn and grow together. Every speaker receives constructive feedback that are both encouraging and insightful. This feedback given wasn't just limited to what could be improved, but also highlighted what was done exceptionally well, boosting everyone's confidence.

The prepared speeches are always a showcase of personal growth and development. I was deeply inspired by the journey that each speaker shared – from conquering stage fright to honing effective communication skills. Witnessing these transformations in real-time has taught me many things which I am grateful for!

In sum, my experience joining the Gabbys club's meeting was beyond my expectations. It was an environment of encouragement, growth, and camaraderie that allowed me to challenge myself and witness others doing the same. I highly recommend anyone seeking to enhance their communication and leadership skills to join the club – you won't regret the journey of self-discovery and growth that it offers.



## Dinesh Bhatia

### DISTRICT 98

I had the privilege of joining a couple of sessions at Gabby's Toastmasters club, and I must say, the experience has been quite positive. It was remarkably fulfilling, and I'd love to share why it resonated with me on such a personal level:

- \* Remarkable Speaker Variety: The diverse pool of speakers and evaluators impressed me deeply. Witnessing Level 1 and 2 speakers alongside seasoned DTMs made the engagement levels soar.

- \* Constructive Feedback: The feedback sessions had loads of constructive insights with proper use of examples with a helpful tonality. This demonstrated the club's earnest dedication to nurturing growth and refinement among its members.

- \* A Warm Camaraderie: The camaraderie shared among Excom team, members, and guests was heartfelt. A welcoming atmosphere enveloped me, and any hesitations I might have had were immediately put at ease.

- Easy Catch-up Sessions: With Gabby's Toastmasters hosting multiple meetings each week for their various clubs, it's a convenient way to make up for missed sessions and grab an open role.

- \* Structured and Metrics-Driven: Their meticulous organization, coupled with the use of metrics to show individual and club progress, lends a professional edge to the experience.

But what truly set the experience apart was the incredibly supportive environment they've cultivated. You could sense the effort everyone poured into preparing their roles, contributing to an atmosphere of involvement and engagement. Gabbys TMC has genuinely carved out an irreplaceable platform for honing public speaking skills while fostering a true sense of community and I would definitely be back to attend their meetings.

# TOASTMASTERS INTERNATIONAL®



## **Veera Shanti Ram | DISTRICT 92**

Every single time I visit Gabbys, the level of energy, enthusiasm and quality in the club keeps going up and up!  
It's heartwarming to see many new members who have joined getting extremely excited in delivering speeches in and outside the club!

I wish all the very best to the Gabbys.

Fly high to new heights!!



## **Vikrem Rajagopal | DISTRICT 92**

Our eyes read motivational messages every day these days through various means. What do all those messages convey? Do your basics right, the nature will reward you. My eyes were able to see this motivational message turning into reality during the meetings held at Gabbys. A perfect meeting is held week after week at Gabbys which has resulted in them bagging every award in Toastmasters International. I wish them good luck in their future endeavors.



## **Akshay Singh, DTM | DISTRICT 98**

### **A Thursday Evening at Gabbys**

Gabby's Online Speech Marathon seems Life in a nutshell. From tales of Rebirth to the mysteries of The Holy Trinity, There is something for everyone at Gabby's.  
On Thursday evenings, listeners can take A leap of a lifetime to worlds unknown. Each Speaker weaves an experience that may feel like ideas from Game of Thrones. Explore the Dimensions of Curiosity by joining the Gabbys Speech Marathon.  
Because if you Believe you will find courage, a beacon of light for self.  
So join Gabby's Thursday speech marathon,  
Where stories converge in a symphony of perspectives ...  
Helping each one learn something new!!



# TOASTMASTERS INTERNATIONAL®



## **Srijita Raj Singh | DISTRICT 98**

I've been to Gabbys thrice. And every time, what amazes me the most is their commitment to excellence. No matter who shows up and who doesn't and no matter how unprepared someone might be, they always raise each other up and own their passion for learning with pride. Each one of their meetings is a power-packed learning experience- excellently organised and delivered. The Gabbys never stop striving, (and consequently achieving) and that, inspires.



## **Zahra Marzook | DISTRICT 92**

Discovering Gabbys Toastmasters through Gihan Wickramasinghe and Sudharma Perera felt like fate. Learning about its global top 10 ranking fascinated me. As a visiting toastmaster, their advanced evaluations, seamless online meeting automation, and dynamic team are truly motivating. Gabbys feels like the perfect ground for personal growth. I love returning to their meetings as a guest and roleplayer.



## **Kaushal Deo | DISTRICT 92**

The Gabbys club reminds me of only one thing from the movie '3 idiots', 'Chase excellence and success will follow.' It truly exemplifies the epitome of unmatched quality in terms of PR, meeting prep and the meeting quality. With an incredible feedback system from so many brilliant minds, it is indeed a great place to kickstart the journey of leadership and communication.



## **Jyothi Thomas | DISTRICT 86**

Gabby's is undeniably a vibrant, diverse, and high-energy club. In my three visits, I found myself thoroughly engaged and happy. What truly sets your club apart is its commitment to fostering growth and development for everyone, from seasoned Toastmasters to those just embarking on their journey. You've created an environment that embodies the essence of true Toastmastering, and it's nothing short of brilliant.

I'll admit that I stumbled upon your club through my dual membership at Leadership Speak Toronto. Above all, your unwavering energy and dedication to going the extra mile stood out. The effort, camaraderie, and shared aspiration to ascend the ranks in the international Toastmasters list is amazing. Your commitment to keeping speaking slots active and engaging, even for "Plus" members, is highly commendable.

# TOASTMASTERS INTERNATIONAL®

## DEANNA MCINROY

If you are a regular visitor at The Gabbys meetings, you can't be not knowing our dearest friend Deanna, from Canada. Deanna has been the most enthusiastic participant at our meetings, thrice a week, stays for the entire two hours and is always on cam. She has the superpower of typing in Table Topics and we love her penchant for using the Word of the Day.

**The Gabbys Toastmaster Club**  
Published by Gabbys India · July 6

Our Joint ExCOM Meeting of the two **Gabbys Toastmaster Clubs**, was on fire, as usual! 🔥

And thennnnnn .... We had a special guest, the amazing **Deanna**, who delivered her IceBreaker Speech! 🌟 \* She came full prepared with slides and everything, and she chose her BEST FRIEND at The Gabbys, Sourav, to read it out. The speech was incredibly emotional and it touched our hearts. ❤️

**Deanna**, you always win our hearts every time!

We love you LOTSSS 🍷💕

**Deanna**, As promised here goes your pic, post and certificate 🙌

❤️🌟 PS: How did she know about our ExCom meeting? It wasnt published anywhere, obviously. We don't even care, we're just grateful she was there! 😊🙌

#icebreakerspeech #inspiringmoments #humansofgabbys

**CERTIFICATE OF APPRECIATION**

This certificate is awarded to

*Deanna Mcinroy*

for delivering the most authentic, sincere and heart-touching Ice Breaker Speech on Wed, 5th July, 2023

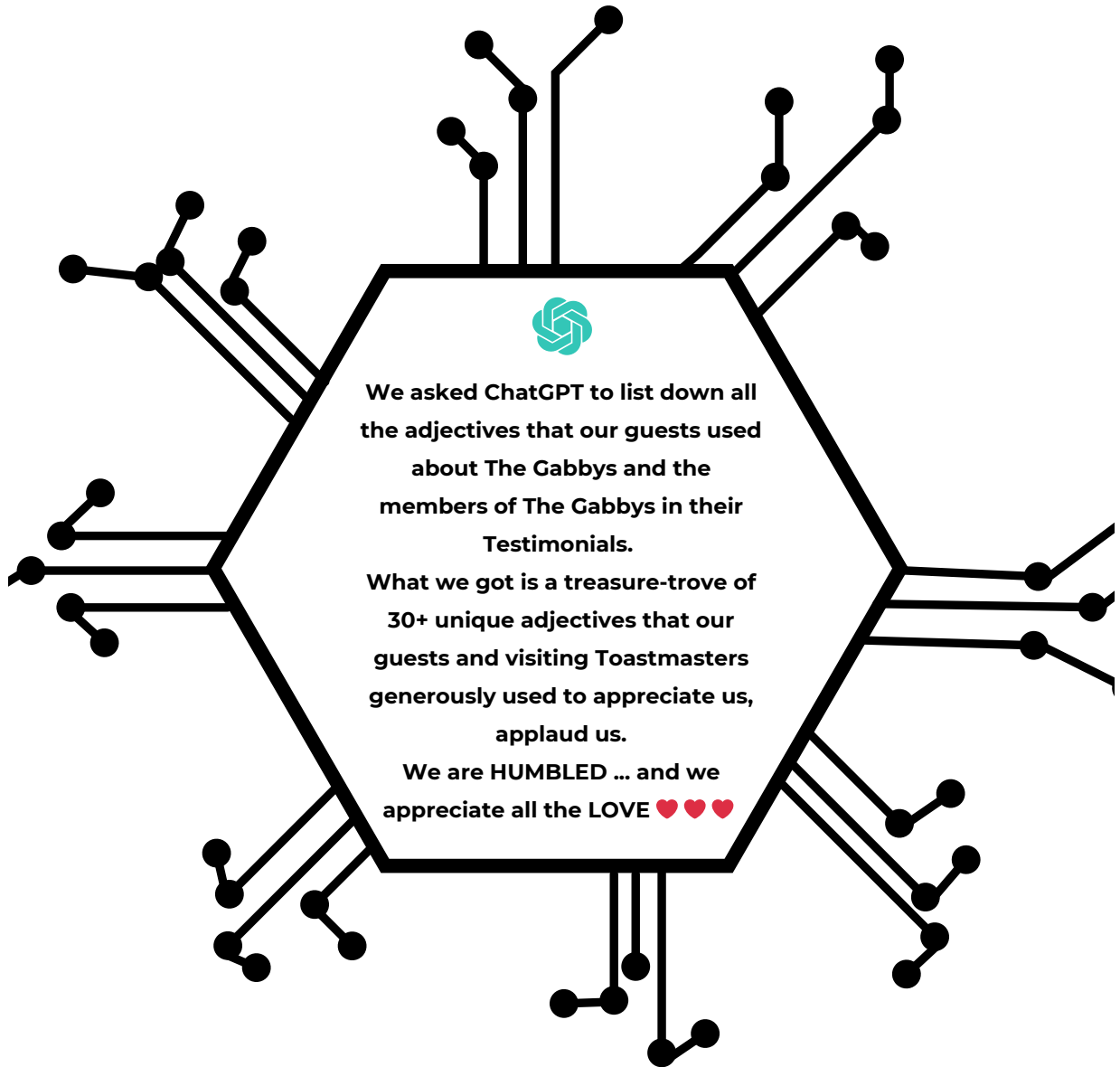
*Nagash R. DDM*  
President, The Gabbys Toastmasters

*Neha Jain*  
President, The Gabbys Online Toastmasters

THE GABBYS | UBUNTU 6.0 | SEP 2023







IMPECCABLE  
STRUCTURED  
SEAMLESS  
SUPPORTIVE  
NURTURING  
CONSTRUCTIVE  
ENCOURAGING  
INSIGHTFUL  
PREPARED  
CONQUERING  
EFFECTIVE  
REMARKABLE

DIVERSE  
SEASONED  
HELPFUL  
WELCOMING  
EASY  
CONVENIENT  
METICULOUS  
PROFESSIONAL  
INCREDIBLE  
HEARTWARMING  
MOTIVATIONAL  
PERFECT

SYMPHONY  
AMAZING  
COMMITTED  
EXCELLENT  
GLOBAL  
MOTIVATING  
UNMATCHED  
INCREDIBLE  
BRILLIANT  
VIBRANT  
HIGH-ENERGY  
UNWAVERING









UBUNTU  
6.0

# NOUVELLE

“ True leadership stems from individuality that is honestly and sometimes imperfectly expressed....Leaders should strive for authenticity over perfection. ”

— Sheryl Sandberg, COO, Facebook

TOASTMASTERS INTERNATIONAL LEADERSHIP QUOTES

The Gabbys has added more than 20+ new members this program year. In this section the newbies share what brought them here and what are they looking for in their journey ahead, with The Gabbys.

Dive in to feel their passion, exuberance & enthusiasm as they cherish their terrific journey of becoming better speakers & leaders.





### MAANVI KUMAR

I joined Gabbys to challenge myself with an environment where the growth is unstoppable, the opportunities are all around and appreciation is what i believe Gabbys roots are. And as a guest, the meets used to scare me as the quality was something that i never saw in my club and to move out of my comfort zone i took this step of joining Gabbys.

In particular, i have a lot of names to appreciate for the hardwork they are putting in but overall the current Leaders are those whom i would like to bow down to as they are the one who are making a set of budding leaders that too with a lot of grace and understanding.



### DEVASISH PARMAR

I was always hesitant in terms of speaking and expressing in front of people, but I always felt that I needed to overcome this hurdle in order to excel in my life. When I heard DTM Sourav's Speech at Indiranagar Pride, I was able to connect to his story I made me feel like Gabby will provide safety net for exploring me. Today I feel that I made a right choice. I particularly appreciate DTM Sourav Dutta for evaluation feedback, Core members (DTM Sourav, DTM Nagesh, DTM Nancy,) for this beautiful and purpose-driven Gabbys club), my mentor TM Lakshmi for always helping me and guiding me and TM Karthik for pushing and helping me for TMOD role.



### SMRUTI SAGARIKA MOHANTY

I was a 'Sales Manager' by profession and a 'Soft skills trainer' by interest. The core ingredients of both the roles are Public Speaking and Networking. For moving up the career ladder or life in general, it is always advisable to hone these skills. Though I was looking for a platform or a group of people with whom I can upscale my public speaking skill, but I was so caught-up in my 9-5 job. At present I am on a tiny-mini educational break hence decided to optimally utilize the time in Toastmasters Club to sharpen my skills for personal growth and development.

From my Soft skill Trainer's network, I got to know that a Club named 'The Gabbys' is arranging a speechcraft's program for anyone who is interested to practice Public Speaking skill. I was looking for such opportunity since a while but never took the initiative to take the first step so at that time "The Gabbys' was like a light at the end of the tunnel. That 1-month journey of learning was impeccable, and the time spent with the TMs was exquisite. In that juncture of life, I decide not to discontinue this learning process hence decided to Join The Gabbys.

DTM Nancy introduced 'The Gabbys' to me and there was no looking back. The elegance in her statements and the gracefulness with which she conducts herself is truly remarkable. I admire her for the same. If I may say, for me DTM Nancy's presence in The Gabbys is like a cool drink on a hot summer day.

'Talk to inspire not to impress', DTM Sourav quoted this during my very first one-on one interaction with him. I reflected on that thought for the longest time of my life. He accidentally gave me another reason to stick to Toastmasters. I look up to him for his command on the choices of words which deeply reflects his knowledge expertise on any matter.

# TOASTMASTERS INTERNATIONAL®



**Sanjeet N**

I joined Toastmasters to improve communication skills and learn negotiation tricks in situation or discussion with peers. Also to gain experience and pass the same to peers and make them to join toastmasters.

When I did FIND A CLUB ON TOASTMASTERS WEBSITE, Gabbys was the first one to appear and I joined.

TM Preeti and TM Karthik helped me in understanding the timers role and with those inputs I was able to play the role with ease.



**Arun Hegde**

I am new member.

I joined The Gabbys because wanted to become better speaker and improve communication skills so I joined club.

I see hybrid option suitable for me to attend meetings and participate, so I explored and came to know Gabbys is the best one. So i joined.



**Punith C K**

I realized that I wasn't dedicating enough time to in-person meetings and was actively seeking online alternatives. Among the people I've met at Gabbys, I've been inspired by their commitment, enthusiasm, and willingness to lend a hand. I hold great appreciation for DTM Nagesh for his unwavering support during his tenure as Area Director. Whenever I sought assistance, whether for educational sessions or as a chief judge, his response was always a resounding "yes."



**Tessy Joy P**

Joining Toastmasters was a unique opportunity to break away from the routine of corporate life, offering a platform vto develop public speaking and leadership skills. It's an excellent avenue to meet talented individuals from diverse backgrounds who share a commitment to personal growth and self improvement. Furthermore, Toastmasters fosters a supportive and nurturing environment that encourages networking and personal development, making it a valuable decision for anyone looking to enhance their skills and expand their social circle beyond corporate world.



# TOASTMASTERS INTERNATIONAL®

**An exclusive piece for UBUNTU penned by our overseas member from Sri Lanka. Get introduced to a beautiful land of natural beauty and nurturing talent.**

Sri Lanka is an Island located in Indian ocean which has about 20 million population. Colombo being the capital city of Sri Lanka, the island is rich in natural resources and has a diverse economy based on agriculture, mining, fishing, manufacturing, and tourism.

There are two parts of Sri Lanka which are Upcountry and Low-country. In Upcountry which is the heart of Sri Lanka, one can experience the beauty of rainfalls ,rivers and mountains. With cool climate all over, there are rain forests with different types of animals, flowers and trees.

Sri Lanka comprises of five major ethnic groups and they are Sinhalese, Sri Lankan Tamil, Indian Tamil, Sri Lankan Moors and Others. The National Language is Sinhala and Second Language is Tamil. It is a multi cultural country with four major Religions - Hindu, Islam, Christianity including Buddhism.

The major industries of this country includes Tea, Rubber, and other Agricultural Commodities; Telecommunications, Insurance, Banking, Clothing & Textiles; Cement, Petroleum refining. It exports Tea, Spices, Rubber, Coconut products & Textiles and apparel. While the Government facilitates free education up to university as well as free Health system, on the other hand private schools and universities follow Foreign (London) syllabus and private hospitals provides high class service. The literature level of Sri Lanka is at a higher level due to the free education system.

Sri Lanka has three airports while Bandaranayake international Air Port (BIA) is the main airport which is located in Katunayake.

The hospitality of Sri Lankans is at its best through out the country which is brought from generation to generation.



**SUDHARMA PERERA**



# TOASTMASTERS INTERNATIONAL®

**Another exclusive piece for UBUNTU penned by our overseas member from Sri Lanka.**

**Gihan talks about his experiences of joining an overseas Toastmasters club.**

The first time I participated in a Gabbys online meeting as a guest, their warm welcome immediately put me at ease. Each member spoke to me in a friendly manner, and as a result, I felt no apprehension or unease throughout the meeting. Their encouragement and enthusiasm inspired me to eagerly look forward to joining them in their upcoming meetings as well.

When I communicated with them via WhatsApp, their responses were consistently kind and considerate. Every member exhibited genuine niceness and a kind-hearted nature. I grew to perceive them as an extension of my own family. This connection led me to make the decision to become a member of their club. This step solidified our bond as one unified family.

The camaraderie I experienced within the Gabbys Toastmaster Club laid the foundation for establishing connections on a global scale among fellow Toastmasters. This subsequently opened doors for me to partake in meetings of various international clubs, taking on different roles. Engaging with speakers hailing from diverse backgrounds exposed me to a wealth of insights into distinct communication styles, norms, and cultural practices. This exposure not only fostered cross-cultural comprehension but also honed my ability to adeptly tailor messages for audiences with varying perspectives. The exposure to diverse accents and expressions further enhanced my skills in listening comprehension and clear verbal articulation – abilities that hold immense significance in our interconnected world.



**GIHAN WICKRAMASINGHE**







These pictures are generated using Artificial Intelligence tools - This is proof that AI has not only disrupted technology, but also creativity



# THE ART OF AI





UBUNTU  
6.0

# IDU NIMAGE

“ True leadership stems from individuality that is honestly and sometimes imperfectly expressed....Leaders should strive for authenticity over perfection. ”

— Sheryl Sandberg, COO, Facebook

TOASTMASTERS INTERNATIONAL LEADERSHIP QUOTES

Finally, a tribute to the city where it all started - **BENGALURU.**

Although we are spread all across the country and the world now, there is nothing that can take us away from our roots.

A city that helped us form, perform, reform, celebrate and discover our true self, since Sep 2022.

## **NAMMA BENGALURU ... IDU NIMAGE**





# NAMMA BENGALURU

Through the lens of Ritwik Raj



Product Manager  
with Microsoft, by  
profession

Content Creator &  
photographer, by  
passion

Member of The  
Gabbys



**Did You Know?**

**Bangalore boasts some serious altitude**

Wedged between rolling hills and valleys, Bangalore boasts year-round pleasant temperatures. That's because it is located 900 metres (3,020 ft) above sea level on the Deccan plateau, which practically makes it a hill station. In fact, it's higher than Dehradun, India's most beloved hill station.







## Did You Know?

### **Aero India 2023 was the biggest-ever Aero Show till date**

98 countries, the Defence Ministers of 32 countries, Air Chiefs of 29 countries and 73 CEOs of global and Indian Original Equipment Manufacturers attended the event.

#### **WHY BENGALURU?**

In the 12th century, King Veera Ballala found himself lost in a forest and started feeling hungry. A kind old lady offered the king some boiled beans, thus giving the place its name- 'Benda-Kal-Oru' (the land of cooked beans) that over time changed to Bengaluru.

#### **FIRST CITY IN ASIA TO GET LIT**

Bangalore is the first city in Asia to use electric streetlights. On August 5th, 1905, at 7:00 pm, the kerosine fuelled lamps of the KK market were removed and replaced with electric ones making Bangalore the first Asian city with electric streetlights.

#### **THE HIGHEST OF THE HIGHS**

Bangalore has the highest number of pubs, Engineering Colleges, mosques, churches and temples. So whatever is your passion, Bengaluru never disappoints.

And we have not even got started on the weather 😊





# TOASTMASTERS INTERNATIONAL®

GRAZIE

DANKIE

FALEMINDERIT

ĀMESEGINALEHU

SHKRAN LAK

PAY SUMA

ÇOX SAĞ OL

A' NI CE

DZIAKUJ

HVALA TI

GRÀCIES

GRAZIE

HVALA VAM

DĚKUJI

SHUKURIYYAA

BEDANKT

DANKON



NGIYABONGA

E DUPE

ADANK

ENKOSI

DANKEWOL

DIOLCH

CẢM ƠN

A' NI CE

RAHMAT

GRAZZI

VI BLAGODARAM

SIPAS JI WERE

UA TSAUG NTAU

NA GODE

AGUYJE

KE A LEBOGA

SIPOS



[gabbys.toastmaster@gmail.com](mailto:gabbys.toastmaster@gmail.com)



[thegabbystmc.com](http://thegabbystmc.com)