

UBUNTU 2.0

I AM BECAUSE WE ARE



THE GABBYS

CLUB #7806290 / D92 / AREA E4

TOASTMASTERS INTERNATIONAL

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FROM PRESIDENT'S DESK

IT'S DIFFERENT !!!

How many of you remember that ketchup ad? It's different ! Every time one protagonist would ask what's special about this ketchup, the answer he'd get - "it's different". Sometimes, some fine things it's hard to explain what makes them special.

It's the same with The Gabbys- It's different!

Nothing surprising there, it is different. The highest number of education awards, Pathbreakers, Triple Crown Winners, Contest Winners and D92 awards winners. That too a club which is just one year old. It is different. It is unlike anything that any of us would have heard or experienced. We have heard this many times from the experienced Distinguished Toastmasters from across the world who've graced our meetings as General Evaluators and other role takers and guests. And they've asked us - what's your mantra. And today I will spill the beans.

Accountability- I can count on one hand how many times we have had no shows or drop outs at our club meetings. I would still not need more than two fingers of my right hand. Even those were genuine and unavoidable critical medical emergencies. The sense of accountability runs so deep in our club, that no one needs a reminder to join the meeting. If it's a yes, it's a yes.

Belongingness - We have had our fair share of troubles and turbulence, that too right at the start. Even down the way we have lost members and officers, mostly for reasons much beyond our control. But our members took it upon themselves to keep the flag flying high. Getting guests for our meetings, talking about the club on non-TM forums and most importantly wearing The Gabbys pride all the time.

Connect - The strong purposeful connect we have with the vision of Toastmasters. We are a club of mostly trainers, coaches and teachers. For us public speaking is a survival skill, just like coding for engineers and statistics for Data Scientists. We don't need any reinforcement on the power of public speaking - we are already in the business of empowering others.

So that's the ABC of what's different with The Gabbys. It is no rocket science, it is nothing spectacular. It is simple application of those same foundational leadership principles that have uplifted many individuals and institutions for years.

Just that we apply them every day. With absolute authenticity. That's what's different.



Sourav Dutta
Club President



THE EDITOR



If you want to go fast,
go alone.

If you want to go far,
go together.

These 2 lines effectively summarize the journey of this Newsletter and The Gabbys. Like the various parts of a ship that work in harmony to set it a sail, the newsletter team came together, worked as a single unit with grit over the past one month to set "UBUNTU 2.0" a sail. It gives me immense pride introducing my Impeccable, Dedicated and Creative team.

The team that has worked behind the scenes to bring this Newsletter to you - **TM Akanksha Srivastava, TM Shrilakshmi Hegde, TM Leena Mary, TM Kamini Sharma, TM Radhakrishna, TM Ritu George and TM Deepshika.**



TM Lakshmi Sujatha
VPPR
The Gabbys



DISTRICT DIRECTOR

Dear Members and Guests of The Gabbys Toastmasters Club,

Anniversaries are meant to be special, and this 11th September, The Gabbys Toastmasters Club steps into the hallowed hallways of the clubs that have completed one year in Toastmasters, and ladies and gentlemen, what a year it has been for the members of The Gabbys Toastmasters Club. The club has sprung forth and multiplied its' tribe, attracting members within India and abroad, who are committed to their passion of growing and becoming better versions of themselves. It is through this passion, that in the past year, The Gabbys has achieved great heights as a club, by empowering members to achieve excellence in what they do, and they have been home to mentors and members who have created waves in administration, self-excellence, mentoring and contests.



All this in one year, you ask, is it possible? Well, this has truly been a fairy tale of a start for a club that germinated from its seeds a year ago. I personally believe that it is the bonhomie of club members, the exuberance of the officers and the continuous drive towards excellence that can drive a club to greatness, no matter how small a time frame, as long as the self belief is there in every member to be something more than what they are today. We are our 0.1% growth towards our incremental future, and the club is the homestead of all those ambitions to fruition into excellence.

As you step into this new year of existence, dear members, I implore and challenge you to now go beyond your club and find your next. Find a member who can benefit from your experience and expertise. Find a club that would benefit from your exuberance. Today, as you are at the threshold of a celebration, let's come together to serve the community around us, and look beyond those familiar faces, and find new avenues to challenge ourselves. **That is my hope that all the members of The Gabbys Toastmasters Club find their next calling.** My best wishes and support to all of you! **Break through, break past** and may you spread cheer in the second year of your existence in the community.

Sagnik Biswas
District Director
D92

A decorative geometric pattern at the bottom of the page, consisting of a series of interconnected lines forming a grid-like structure, resembling a stylized arch or a bridge. The pattern is light blue and spans across the width of the page.

IMMEDIATE PAST PRESIDENT

A YEAR TO REMEMBER

22nd August 2020 is the date when a bunch of rookies pondered upon forming a Toastmasters Club. On 23rd August, 23 people deposited the fees for their membership registration and penned down the history. Perhaps that was the fastest decision in the history of toastmasters to form any toastmasters club.

On 11th September 2020, The Gabbys Toastmasters Club got chartered.

I have been one of those 23 fortunate charter members. Little did I know that I would eventually be handling the reigns of the fastest growing club of District 92 for 2 good tenures. We grew from 23 to 31 within 10 months and bagged 50+ educational awards.



What emerged with a bang, within a time span of few hours by the name of The Gabbys continued to surprise the world with its talent, charm and never-give-up attitude. When I say “world”, it literally means “the world”. On one hand, people were struggling with the online meeting structure, while on the other hand, we leveraged the online format to attend the meetings across the world, building partnerships all around.

We strived for excellence while keeping the mantra of Ubuntu in our minds. Each of The Gabbys members participated equally to enhance his/her own skills and to help this club prosper day in day out. The Executive Committee strongly followed the principles of Servant Leadership and served the club members before anyone else.

As the Immediate Past President of The Gabbys, I am super proud of the club from where I stand currently. A prouder moment to cherish is the fact that 3 months into the new term and The Gabbys is thriving at its full force under the command of its new President and the newly elected executive committee.

Elated with joy, I wish The Gabbys more success and bigger accomplishments in the years to come.

Yours Sincerely,
TM Nancy Goel
IPP, VPM
The Gabbys TMC





Since
1924

TOASTMASTERS INTERNATIONAL



International President Margaret Page, DTM

Margaret Page, DTM, of Delta, British Columbia, Canada, is the seventh woman to serve as International President of Toastmasters.

Toastmasters International is a nonprofit educational organization that offers a proven education program that helps improve communication and build leadership skills through a worldwide network of clubs. The organization's membership exceeds 358,000 in more than 16,800 clubs in 143 countries. Since 1924, Toastmasters International has helped people of all backgrounds build confidence as speakers and leaders.

What's in it for you?

Improved communication

Toastmasters will give you the skills and confidence you need to effectively express yourself in any situation. Whether you are a mature manager, student, young professional, career advancer or looking to make an impact in your community, Toastmasters is the most efficient, supportive, enjoyable and affordable way of gaining great communication skills. You'll improve your interpersonal communication and be more persuasive and confident when giving speeches.

Build leadership skills

While some are born confident, charismatic leaders, others must work to develop their leadership skills. Through Toastmasters, you'll gain the practice to become the leader and speaker you want to be. You will also sharpen your management skills, become a better negotiator, gain trust and inspire your team. Learn to be decisive!

With Toastmasters, you will:



Improve public speaking skills



Practice writing speeches and presenting in a group setting



Networking opportunities in a small and supportive environment



Allows for unlimited personal growth



Build leadership skills



Gain a competitive advantage in the workplace



Build self-confidence and self-awareness



Ability to maximize your potential

THE GABBYS

About Gabbys:

The Gabbys Toastmasters club was chartered in September 2020 with 23 charter members. As we approach our 1st anniversary, we have grown as a club in quality and quantity.

- 36 members strong
- 75+ Educational awards
- 10+ District 92 awards
- 2 Outstanding Toastmaster Awards
- Smedely Award
- 9 DCP points in 2 months.

All this while we ensured that every member upheld the toastmasters moto RISE - Respect, Integrity, Service and Excellence.



We meet every **Saturday, 10am to 12pm IST(GMT+5:30)**

Meeting Link: <https://us02web.zoom.us/j/2425577541?pwd=Si9ka0RIUHA5bmZmb0piQk45aTQ5Zz09>

Club President: Sourav Dutta | Ph +91 9972010011

Email: Gabbys.toastmaster@gmail.com

To stay connected scan the code using PayTM or any QR Scanner



THE GABBYS ACHIEVEMENTS

THE GABBYS LOOT FROM DISTRICT 92 AWARD NITE!!


Congratulations, GABBYS!

| CLUB AWARDS | MASTER MENTOR |
|--|---|
| Golden Gavel Award Linkers Champion Pathkeepers Gold Spirit of 92 The Gladiator Award | Grand Slam: Sourav Dutta Silver: Aparna Raja Lakshmi Sujatha |
| Outstanding Toastmasters TM Sourav Dutta TM Aparna Raja | |
| TRIPLE CROWN Akanksha Srivastava Aparna Raja Bindhu K Lakshmi Sujatha Nancy Goel Netra Gupta Rohita Balagopal Shrilakshmi Hegde Sourav Dutta | PATHBREAKING Akanksha Srivastava Aparna Raja Lakshmi Sujatha Nancy Goel Netra Gupta Sourav Dutta |

CONGRATS

THE GABBYS

HAVE DONE IT AGAIN!



DCP POINTS

FIRST CLUB IN D92 TO BECOME ELIGIBLE FOR PRESIDENT'S DCP CLUB IN 2021 - 22

BAGS ALL 6 DCP POINTS FROM EDUCATION AWARDS

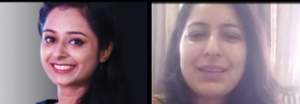
Congratulations!



AKANKSHA DOLLY KAMINI LAKSHMI MAMATHA NANCY ROHITA SHRILAKSHMI SOURAV

BAGS THE SMEDLEY GLOBAL AWARD

Thank You!



THE GABBYS.....



SERVING BEYOND THE GABBYS

07806290 The Gabbys

| Club Alignment | Membership | Goals |
|---|---|---|
| Region 13 District 92 Division E Area 04 | Base 27 To Date 35 Required 20 20 members or a net growth of 5 new members | Goals Met 9 Distinguished 5 Select Distinguished 7 President's Distinguished 9 |
| Chartered 9/11/2020 | | |

| Goals to Achieve | | Goal | To Date | Status |
|-----------------------|---|------|---------|---------------------------------|
| Education | | | | |
| 1 | Level 1 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i> | 4 | 4 | ✓ |
| 2 | Level 2 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i> | 2 | 2 | ✓ |
| 3 | More Level 2 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i> | 2 | 2 | ✓ |
| 4 | Level 3 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i> | 2 | 2 | ✓ |
| 5 | Level 4, Level 5, or DTM award <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i> | 1 | 1 | ✓ |
| 6 | One more Level 4, Level 5, or DTM award <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i> | 1 | 2 | ✓ |
| Membership | | | | |
| 7 | New members | 4 | 4 | ✓ |
| 8 | More new members | 4 | 4 | ✓ |
| Training | | | | |
| 9 | Club officers trained June-August | 4 | 7 | First Training Period Achieved |
| | Club officers trained November-February | 4 | 0 | Second Training Period 4 needed |
| Administration | | | | |
| 10 | Membership-renewal dues on time | Y | 1 | ✓ |
| | Club officer list on time | Y | 1 | |

TOASTMASTERS INTERNATIONAL®

DNR Atmos Toastmasters Club

District 92 / Division E / Area E2 / CLUB #07449044/Session#102

BEST TABLE TOPIC SPEAKER

Presented to
TM Nancy Goel

4th Jul 2021
Bangalore

TM Shalini Singhal
Club President

Speakers' Den Toastmasters

BEST SPEAKER

This is presented to
TM Kamini

27th June 2021
TM Sanjhyo
President

WHERE LEADERS ARE MADE

INFINITY TOASTMASTERS CLUB

CLUB NO. 07050177
AREA Q1 | DIVISION Q | DISTRICT 41

BEST SPEAKER

awarded to
TM Shrilakshmi

Meeting No. 124 Date: 10 April, 2021

Richa Goel
President

Sudip Kundu
Vice President (Education)

TOASTMASTERS PATHWAYS

AREA: 03
DIVISION: E
DISTRICT: 92

TRAVELATORS

This Certificate is awarded to
PREETI SHINAGARE (GABBYS CLUB)

for being the
BEST SPEAKER

MEETING # 236
DATE: 2021-4-15

CLUB # 5404217

TOASTMASTERS PATHWAYS

AREA : 1
DIVISION : E
DISTRICT : 92

MVJCE TOASTMASTERS CLUB

This certificate is awarded to
TM AKANKSHA

for being the
BEST PREPARED SPEAKER

in meeting #43

Aparajita Nandi
President

July 18, 2021
Date

TOASTMASTERS PATHWAYS

AREA: B2
DIVISION: B
DISTRICT: 92

KONGSBERG DIGITAL SQUADRONS

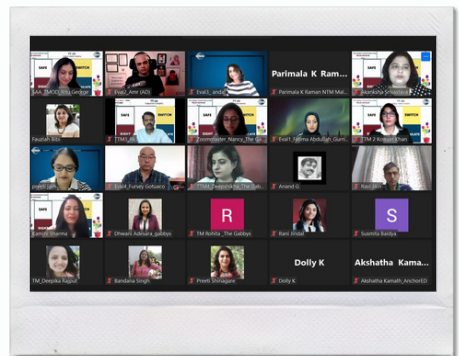
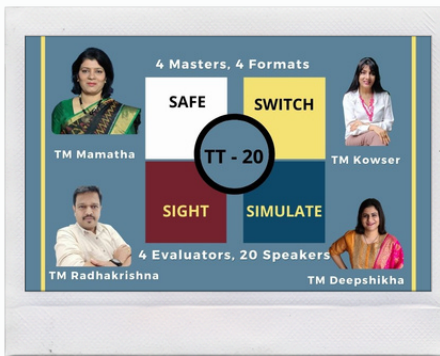
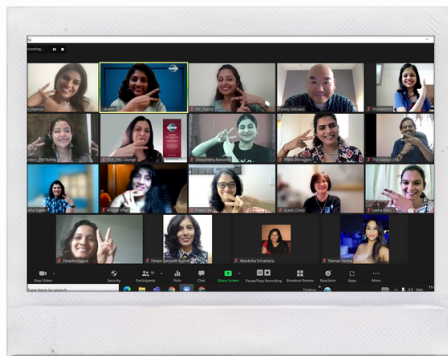
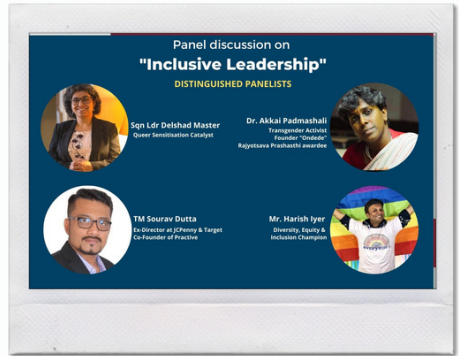
This Certificate is awarded to
TM DOLLY KRISHNAPPA

for being the
BEST PREPARED SPEAKER

MEETING # 78
DATE: 05-08-2021

CLUB #07639443

THE GABBYS CELEBRATIONS



Our Distinguished



GENERAL EVALUATORS

THE GABBYS' VOICE



TM AKANKSHA

TYPES OF VACATIONERS

The thing I have missed a lot during the past two years is vacations. Therefore, I feel like ruminating on vacations in this article. Each vacation starts with some planning and I think there are three different types of vacationers depending upon planning: The first type is the **Planning Genius**. They plan everything meticulously. Each and every hour of their trip is accounted for- from the places they will visit, to the places they will stay ; From the mode of transportation they will use to the famous restaurants they will eat in (and yes, the restaurants and the transportation are all booked much in advance). Everything is well laid out in their color coded excel sheets that they follow to a tee. I do not fall in this category; however, I was once blessed to go for a Comedy Night Event with one such friend. She took care of all the bookings and what a power packed night it was. We went for appetizers and pre-show drinks to Farzi Cafe(UB City, Bangalore), saw the show, then we ate dinner in Shiros (one of the best sit down restaurants in Bangalore) and finally we ended the night with drinks and desserts in Fava. I could never pack so much in just 3-4 hours and it was amazing. The second type is the **Resourceful Vacationer**. They borrow the plan of their vacation, they get it either from the first type above or they book through travel agencies. They like to travel but they don't like to do their own research. They go by their friend's (and/or guides) recommendations. I think most of us fall in this category. I have been a borrower many times and the travel agencies are flourishing because the planning genius types are so rare. The third type is the **Lazy type**. They just don't plan. They love travelling but they cannot plan it. They do not borrow the excel sheet from their friends because the thought of covering so much in so little time gives them chills. They go on a vacation without much planning and miss out on many of the must-see places.

They would rather sleep in during the vacation than go see the sunrise at the top of Mount Batur. They dislike back to back outings and prefer lazing around in the pool at their hotel. I am this type of traveller. It took a while to accept this fact but I have made peace with it now.

Though I like to admire the art and architecture of all the temples, churches, palaces , buildings I have been to, I take time to process it and my mind gets tired after visiting just one of them. I can't manage visiting more than two places of interest in a day. Maybe it is the laid back Lucknawi in me but I do need some time to absorb my surroundings. For me the lake at the end of Jungfrauoch holds more charm than the whole train ride and snow games on top, the afternoon spent in a lonely little village in Alps gazing at the other peaks covered with clouds is what I remember more vividly than any other town nearby, the view from the top of the hill of Kadalekalu temple in Hampi or the evening spent outside our room within the paddy fields in Ubud talking to my husband and counting the fireflies is what I cherish or the night spent chatting with our friends in the coffee fields of Chikmangalur is something I look forward to. These are the moments that make me feel warm and help replenish my depleted energy. These are the moments I want to have more of in my life.

To be honest, I do borrow the excel sheets from my friend (the planning genius), not to follow it but to admire it like a piece of art, something I can never create in this lifetime. Thanks to the internet, google and the planning geniuses, we are able to get decent food wherever we go and sometimes even we, the lazy ones, find hidden gems by ourselves like a great local restaurant in Vietnam or the hidden village in Switzerland.

I am a lazy vacationer. What type of a vacationer are you?

“

I think there are three different types of vacationers depending upon planning: The first type is the Planning Genius.

THE GABBYS' SPEAK



FOLLOW THAT DREAM!

As a child, whenever I looked at the sky, I dreamt with open eyes to fly and soar high. At that point, I didn't know what challenges would come my way and all that mattered was that I was 'dreaming'. As a teenager, one day when I was sleeping on the terrace, suddenly I spotted a red blinking light in the sky and uttered to my elder sister that "Hey, see there is red star blinking in the sky", "that's not star, it is aeroplane flying high" she replied. I was amazed at that moment and while looking at the red blinking light, I murmured to myself that one day I will fly high in an aeroplane. That day sky was the limit for me. Dreaming big, is something that I learned during my childhood however I was clueless that what would I do to turn my dreams into reality. My Family was lower middle class and so I never experienced life outside my small town, therefore, at that point, flying in an aeroplane was way out of the reach. In order to prepare myself mentally to give it all that I have to make my dreams come true, I kept telling myself that, Dreams are just dreams, if we don't work towards realising them. I kept reminding myself that, I need to work hard and do something different which will pull the sky down for me. Living in Tin shade, often this thought crossed my mind, that from where I got the courage to dream so big at such a tender age...? Honestly, I had no clue of this as a child, then. Before taking my first flight, I had to overcome a few things. Financial challenges played a crucial role of being a barrier in the way of my education. Lower middle class always lacks in better education, communication and mainly confidence nonetheless by the God's grace, I always a confident child always. **The other two challenges were the actual hard stones for me.** I kept reminding myself that **"The only person you are destined to become is the person you decide to be"**.

My destiny was calling me to the doorstep of success. After completing my Bachelors, I had to travel from small district Dhule to Pune to help my elder sister with her pregnancy days. And then, one day, out of blue, I got an opportunity to work in a well-known multinational company and study Masters in software engineering. Meanwhile, I was reiterating my childhood dream to myself and telling myself that you can't rest, settle and keep calm because my dream is still a dream and not a reality, yet. Hence, I completely focused on my Master's course and thereby, achieved major milestone by completing it successfully. I had learned from my mother, **if you are determined and have the right intentions, nothing can stop you from achieving your dream.** After completing Masters, I got opportunity to travel abroad, I had to travel to UK. And yes, finally that moment was here of which I had dreamt as a child...my first ever flight in the sky. I was having butterflies in my stomach. My body was shaking due to nervousness. I pulled my sleeves and nudged my mind by saying that, you are a brave kid of your brave mother and with this I was ready to take my flight into the Fairy World. Finally, my dream came true!!! Gathering all courage, I travelled to UK and guess what? I was no more that small town girl. Travel experience, people and new place taught me many life lessons. I enjoyed all the titbits of my journey. I had become the pride of my family. All feelings were true and out of the world. This is by far, is the fondest life memory of mine, up till now. **I encourage everyone to 'Dream Big'** and then give it all that and don't settle or rest until you turn your dreams into reality. All courage to you all.



TM DEEPIKA

“

I was amazed at that moment and while looking at the red blinking light, I murmured to myself that one day I will fly high in an aeroplane.

THE GABBYS' SPEAK



5 WAYS TO OVERCOME PROCRASTINATION

Procrastination is a challenge that everyone encounters at one point or another. We choose to do something else instead of the task which we are supposed to do, avoid, or delay the issues that matter to us. One of the reasons for procrastination is a lack of "self-control". We let things distract us easily which in turn leads to delay in work. According to (Micro Biz Mag's) statistical report, 84% of the human population put off all the important tasks and 20.5% procrastinate daily. Procrastination leads to stressful situations which in turn lead to missed deadlines, burning the midnight oil, and a decrease in productivity level.

So, let us try to change this behaviour and overcome procrastination by applying these tips:

1. Eat the frog:

Make a list of all the tasks which you are supposed to do and prioritize the important ones. Once you have made the to-do list finish the important task first thing each day. This will prevent you from forgetting any task and will keep you focused and motivated.

2. Break down the task

Do not pressurize yourself by doing a lot of work at one go, it will make you feel exhausted mentally as well as physically which in turn will lead to delay in work. Hence try to make a schedule and divide your work accordingly. This will help you to enjoy the work that you are doing.

3. Set deadlines:

Setting a time frame to complete a particular task will not only help you do smart work and increase the level of productivity but will also keep you motivated and focused. So, create deadlines for each task that you are supposed to do and make sure you complete them within the set time frame.

4. Manage distractions:

Living in a technologically advanced world, the distractions are bound to happen causing interruptions and delays. Hence set your priorities right and stay focused on the primary task. Take adequate breaks in between if and when necessary.

5. Reward yourself:

Once you have completed your task within the deadline created, do not forget to reward yourself as it acts as a motivational mechanism.

By rewarding, your brain induces positive emotions which makes you realise that all your efforts were worthwhile.

"The way to get started is to quit talking and begin doing."- Walt Disney. So next time when you feel like putting things off ask yourself a question if not now, then when?



TM DHWANI

“

According to (Micro Biz Mag's) statistical report, 84% of the human population put off all the important tasks and 20.5% procrastinate daily.

THE GABBYS' SPEAK



EXTRAORDINARY DREAMS OF AN ORDINARY WOMAN

I am Dolly, married and a mother to a beautiful 5-year-old girl. I have done my MBA and PG in Data Science and Analytics. I have been working in the retail industry for over 15 years now, and currently manage the analytics team in a retail giant. I started my career as a business analyst and went ahead with the flow, prioritizing my family and personal goals over the professional ones.

In the initial years of my career, I stayed in my comfort zone for too long and did not invest much in learning and upskilling myself, hence missing out on some interesting opportunities. And there came a time when I felt stuck and wanted to pivot in my career but could not due to the lack of confidence and self-doubts.

Finally, I decided to take charge of my career starting with upskilling myself and enrolled in a PG course in Data Science and Analytics. I also worked on my weight and lost 18 kgs, I am now, a yoga enthusiast and believe that yoga and meditation have truly made a huge difference in my life. I am no longer scared to face challenges or failures and have learned to be kind and compassionate to myself.

Reading non-fiction books helped me immensely in changing my perspective on life, career, health, etc. and boosted my confidence all along the way. Pursuing my childhood dream of traveling I explored different countries and travelled solo.

I was also fascinated by the people who could express themselves well in front of a larger audience and keep them engaged and inspired. Joining Toastmasters was on my bucket list for almost 15 years, and I am glad that I have finally taken the plunge. I am looking forward to learning from the veteran speakers of the Gabby's Toastmaster club and take my communications skills to the next level.

However had I drowned in my self-doubts or listened to my inner critic, I would have never achieved what, I have in the last 5 years. So, in the end, I would like to leave you all with a quote -

"Your only limitations are those you set upon yourself. Believe in yourself, your abilities, and your potential. Never let self-doubt hold you captive. You are worthy of all that you dream of and hope for."



TM DOLLY K

“

And there came a time when I felt stuck and wanted to pivot in my career but could not due to the lack of confidence and self-doubts.

THE GABBYS' SPEAK



TM JYOTI

DIGITAL DETOX

The digital world is all around us and consumes so much of our day. Screens are everywhere we go - when we wake up, go to work, come home, we even carry them in our own pockets and bags. But like it is said, excess of everything is bad, so being surrounded by these gadgets can be distracting and damaging to our health. Do you know an average person checks their phone 200 times a day? One in four people say that they spend more time online than they do sleeping! Excess digital use can have harmful side effects on our well-being. Try keeping an honest log of your daily screen time for a few days. If you find yourself over indulging in a digital world, it may be time for a "DIGITAL DETOX"

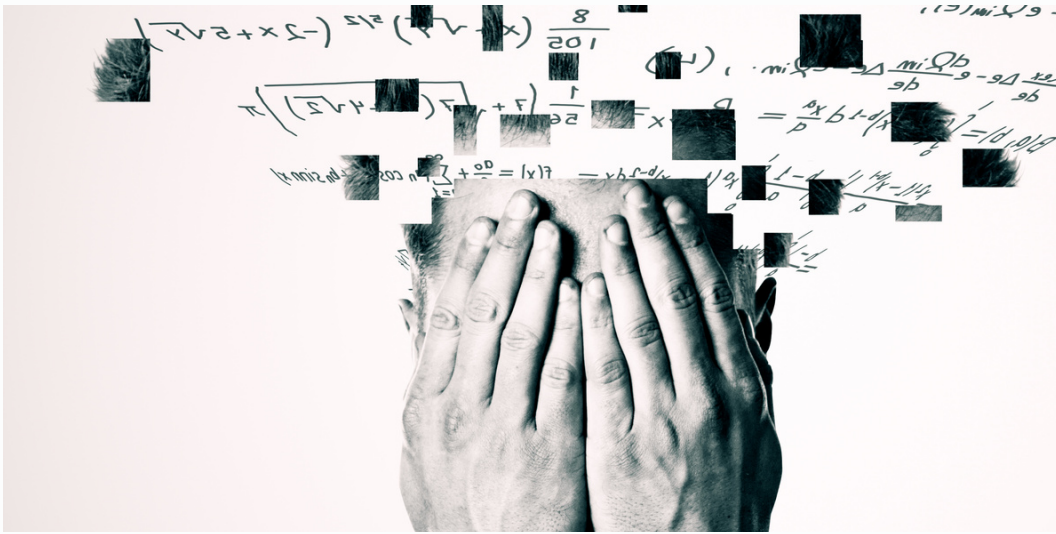
Ways to go for digital detox

- Make a list of all the gadgets - List all the gadgets you are using and it may be an eye opener to know how dependent you are on technology. Also make a note of the time you spend using these gadgets. Then make a list of things you enjoy doing but actually are not able to do them. Now consider where you can cut down.
- Give yourself an allowance- To help with detox it may not be possible to give up the devices altogether. The digital world is a part of our lives. Best think about the minimum time you can work with.
- Don't set a target that you can't achieve- Our lives revolve around technology, so set small targets like not using them in the gym or maybe while having your meals and that will be your time of the day with no technology and stick to that.
- Carry a book to your bed - It will help you to avoid using your phone before and after sleeping
- Try to give undivided attention to others -If you are always on the phone, you are not giving the world and others around you, your undivided attention. The ones around you deserve your time too.
- Find a Detox Buddy - Doing digital detox alone can be hard so try to team up with a family member, friend or colleague as they may provide support and encouragement.
- Leave a gadget at home -For example if you don't carry your earphones, you would not use your phone to listen to the music.
- Ask yourself - Ask yourself when you are picking up your mobile next time "Why?" if there was no call or message.
- Make it known- Don't go on a digital detox in silence. Let those around you know that you are doing a detox. It can make people around you aware and help you to stay accountable, so what do you think? Let's give it a try over the weekend...

“

Try to give undivided attention to others -If you are always on the phone, you are not giving the world and others around you, your undivided attention.

THE GABBYS' SPEAK



TM DEEPSHIKHA

DO NOT DISTURB..... I AM SUFFERING FROM EXAMS

“The only thing we have to fear is the fear itself” - Franklin D Roosevelt

We as humans like to believe that, we do not fear anything however once reality sinks in, the illusion breaks! Because most of us are scared of some or the other thing.

Out of many things, one thing that manages to give me nightmares is examsss!!! I suffer from exam fever. When I was in 8th grade, I skipped a math test citing the very common reason of stomach-ache. Am I proud of having done that! No!! But I was scared. Scared of facing the test, scared of the evaluation, scared of the comparisons!! Comparison with my cousins, classmates, and neighbouring kids.

And this phobia continued even while I was pursuing dentistry. I used to get nightmares where I would have studied for exam 'A', but the assessment was for exam 'B', or I have prepared for the exam but at the last minute I go blank, and the worst of all was where I forgot about the exam altogether!! And these nightmares love to make a regular appearance in my sleep even now but the wave of relief that washes me over in the morning, is beyond comforting.

So yes, examinophoboa is very much a reality and not a myth. Also due to the digitization of the entire process, the fear has become more tangled adding to the woes of the students. The availability of stable internet connection in India is still a privilege for many, lack of

technical knowledge causes setbacks, dearth of infrastructure is another, one of the few added troubles.

Examinophobia or exam fever is not the literal rise of body temperature but can present itself as:

- Excessive anxiety or worry about the exams
- Doubts pertaining to the grading system
- Unfair comparison with others

Just like every problem has a solution, so does this. There are ways to demystify the same. So, if you are appearing for any exam or know of someone who is, the following tips may come in handy:

- Practice meditation and exercise
- Eat a balanced diet and get sound sleep
- Study regularly
- Engage in relaxation techniques
- Try and learn to embrace technology
- Accept that digitization of exams is not a bane but a boon in the current pandemic times
- And last but not least believe in the power of positive affirmations

So, fears or not, digitalization or not, assessments or not, one needs to face the exams head-on because that's the only way forward! Exams help gain perspective, boost confidence, improve self-esteem hence, pave the way to a bright and successful future.

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*So yes,
"EXAMOPHO
BIA" is very
much a reality
and not a myt*

THE GABBYS' SPEAK



TM MEETHA

HAS PANDEMIC CHANGED THE CORPORATE DRESS CODE?

2020 was the year of pyjamas, t-shirts, active wears, sweatpants and slippers, preferred items of leisurewear for workers working from home or working from bed or couches.

Historically, office dress codes once played a pivotal role in the work environment. The psychology of dressing well says a lot about professionalism, how we feel about ourselves and how people evaluate us at work.

Suits, once a mandatory corporate requirement, have now, since some time been replaced with flexible workwear in many tech companies and later in banking sectors.

The onslaught of COVID-19 has changed people's views on office wear even further, choosing comfort over appearance and this seems like a new normal until formalities come back in action. The shift is already visible among fashion brands, which are pushing more towards the comfort-oriented outfits.

While vaccines may bring back some formality, to finally dress up again however this part of the closet will be reserved for conferences, meetings, and events, nonetheless will still be an essential part of workwear as it becomes synonymous with celebrations and special occasions.

The pandemic has seen the trend toward comfort accelerate, though.

Workplace looks will become more individualistic, but also respectful of the office environment.

Credits

: <https://millgens.com/lifestyle/dress-for-work-post-lockdown/>

<https://www.office-hub.com/news/corporate-dress-codes-post-covid-19>

<https://www.refinery29.com/amp/en-us/2021/07/10569243/workwear-post-covid>

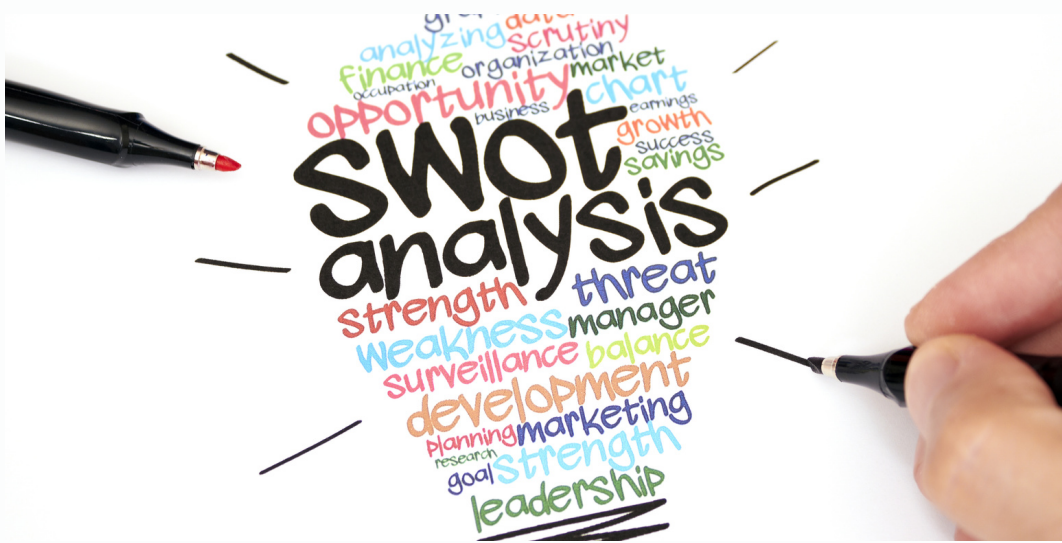
<https://www.office-hub.com/news/corporate-dress-codes-post-covid-19>

"The secret of great style is to feel good in what you wear" - Ines De La Fressange

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The pandemic has seen the trend toward comfort accelerate, though. Workplace looks will become more individualistic, but also respectful of the office environment.

THE GABBYS' SPEAK



TM RANI

SWOT ME!

In the jungle of life, which creature are you and why? Please think!

Till then to answer who am I?

I am, The Frog.

Urban myth has it that, if you put a frog in a pot of boiling water it will instantly leap out. ... however, if you put it in a pot filled with pleasantly tepid water and gradually heat it, the frog will remain in the water until it boils to death.

I was also getting comfortable like the frog, doing the daily same old routine since years however luckily, I realized I don't like to be comfortable. I like to explore, learn new things. So, I jumped out from that pot of gradually boiling water and started my path. First, I entered into the real estate sector for a year, gained good experience and then became an Image Consultant and a Soft Skill coach. I unlocked my future in the lockdown and joined classes with ICBI.

I did my SWOT analysis and came to know that, active listening and empathy are my strengths and my weakness is public speaking. So, to get over it, I joined The Gabby's Toastmasters Club. Now, with this clarity, I am confident and positive that, I will be able to look out for the most preferred opportunities from the pool and list them to best suit my strengths.

In fact, I have already now, begun to work on the opportunities which are coming my way. Lastly, to overcome my threats, I am collaborating with people to grow together because I don't want to be "Jack of all trades, master of none."

So, ladies and gentlemen, do your SWOT analysis and see where you stand and live your life and don't fall into the trap of comfort zone.

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I am collaborating with people to grow together because I don't want to be "Jack of all trades, master of none."

“The unexamined life is not worth living.” - Socrates

THE GABBYS' SPEAK



TM LEENA

START, FINISH, AND EVERYTHING IN BETWEEN.

Many of us start the year by making resolutions to better ourselves or even transform ourselves physically, emotionally, spiritually through various goals such as physical exercise to lose weight, create a reading habit, prioritize mental health, stop gossiping, improve our communication, be a better public speaker and so on.

According to Forbes, 80% of these resolutions towards transformation are abandoned in the first two months. Yet another research by Strava suggests that most are likely to ditch their resolution on January 19 and so is also called the quitters day.

Have you ever thought about why we give up on ourselves so soon?

Why is it that we begin with great enthusiasm but lose sight of that goal we want to reach? Where is the zeal, the passion, the force that we had in the beginning?

Between the start and finish lines, the vast majority of us fall off.

The question isn't who the quitters are, rather what causes us to abandon our dedication towards this journey of transformation.

Here are a few of the hurdles we face and the best we can do about it:

- Fear- We are afraid to try, afraid to fail, rather believe in yourself and be sure that you can achieve anything you set your heart & mind on.

- We are not emotionally attached to the Goal- Not connected to the goal, therefore no commitment to achieve it. Get your heart involved. Set a goal and get your emotions attached to it. Envision yourself reaching that goal and celebrating.
- We have set an unrealistic goal- Make your goal time-bound, set a time frame to achieve it. Do not set such a difficult goal that it becomes almost unrealistic to achieve.
- We are not prepared to work for it- If you are not working out your goal, you ain't going anywhere. You have to be committed to working towards your goals every day, even on weekends.
- We are not surrounding ourselves with the right set of people- Wrong people detract us from our journey, right ones pull us back on track. Choose your company wisely.
- We are not seeing results- Persevere, do not give up, good things take time and effort.
- We lost focus- Do not set too many goals and then be lost in them. Have few goals and a clear sense of direction.

All said and done, we set goals to see the change in us, to see that transformation in us, and let's not forget that transformation is a journey-the journey from where we are to where we want to be. We must act from where we are, thinking of that person we want to be, and finally make decisions as if we are that person, then we will soon get there.

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We are not surrounding ourselves with the right set of people- Wrong people detract us from our journey, right ones pull us back on track. Choose your company wisely.

THE GABBYS' SPEAK



TM MADHU

5 WAYS TRAVELLING HAS HELPED IN MY PERSONAL & PROFESSIONAL JOURNEY

"Travelling! It leaves you speechless and then turns you into a storyteller."- Ibn Battuta. If I have to sum all my learnings in one sentence, this is what it will be. Love for travel is something I inherited from my family. I grew up cherishing the black and white pictures and stories of my grandfather travelling with the entire family to different places right from Kashmir to Kanyakumari. I just took it a step further by documenting my travel experiences & sharing them with others.

Personally, my escapades have changed both my personal & professional life for the better. Among many things, it helped me overcome my fears and anxieties. Travel unleashed in me the confidence to be independent and follow my passion relentlessly. If you are wondering how? Let me share five ways out of many in which travelling has helped me in my entrepreneurial journey.

- It exposed me to different cultures, eating habits, beliefs and fashion trends across the world. It gave me an insight into how people from various parts of the world perceive messages and react to them. It enhanced my creative thinking and imagination, also the way I handle colleagues or clients from across the globe. Learning, which would have otherwise taken hours of lectures & tutorials.
- Travelling gave me the courage to explore the unexplored & try new things.
- It enhanced my risk-taking appetite. When you travel on the roads less traveled, stay in hostels and eat food you haven't tried before, you discover a whole new world. In the

process, your ability to overcome the inertia and risk-taking capacity increases many folds. As an entrepreneur, you need to take risks every day.

- Travelling made me stronger & more active both mentally & physically. My trekking expeditions taught me the importance of staying fit & active. I started workouts & swimming.
- It also helped me deal with the long hours of work and travel as I founded my own business. Only a healthy body can help build a healthy future.
- I was an introvert, but traveling helped me overcome my inhibitions in connecting with strangers. A stranger is a friend I have not met before. That is how I see the people around me today. My trips have allowed me to connect with people across demographics & cultures. Today I feel more confident reaching out to my prospective partners & customers, no matter who they are and where they come from.
- 5.Last but certainly not the least, I am more empathetic and adjusting today than ever before. I can sense a drastic improvement in my emotional intelligence. I can see things from other's perspective. I can put myself in their shoes. A trait that you must-have for a profession where your motto is to help others succeed. The list can go on and on. But to summarize, traveling and sharing the experience with others helped me come out of my shell and explore this beautiful world.

“

you discover a whole new world. In the process, your ability to overcome the inertia and risk-taking capacity increases many folds.

THE GABBYS' SPEAK



DECLUTTER YOU MUST!!

The latest word that has been re-surfacing in my life in some form or the other is "De-clutter".

I get on to Netflix and Marie Kondo is smiling at me as if conniving to land up right into my living room. I open the newspaper and the "Speaking Tree" today talks about Declutter. My best bud has been raving about how it is an integral tool in creating a better life. Happiness coaching has repeated references and activities on decluttering. What really is decluttering?

Decluttering is not just getting rid of things.

It's about creating a space to breathe freely and to allow other possibilities.

I love the openness of this statement and its limitless nature.

Signs that you need decluttering:

Stagnation and stuck-ness: When nothing seems to be moving or working out.

Gentle signs from the universe: Subconscious mind, divine intelligence, God, inner being... whatever you may want to call it but the authentic self that wants the highest good for us already knows when something has served its purpose in our lives or is hindering our well-being.

An explosion: When you keep ignoring the signs, your life will not have a choice but to create that Big Bang for you to wake up to the truth. This can be in the form of a job loss, a financial debacle, loss of a loved one, an accident, a health condition, or a tragic and unexpected end of a long-term relationship.

How do I declutter

Set an intention: Just simply set one. "I now intend to clear out anything and everything that has no purpose in my life and hinders my well-being and growth."

Surrender: Surrender to the downstream nature of life. We may think we need the said object and/or expression and can't let go of it right now but trust life to know what's best for you.

Take actions aligned with your intention: This sends out a signal that you are now participating with your higher intelligence or universe.

Re-organize your physical space: Clear out your physical space of all items that haven't been used in the last 3 years. Your desk, your wardrobe, your home, your kitchen, your laptop, your phone!

Challenge your limiting beliefs: A belief is a thought that we think over and over. Challenge the ones that hamper your growth.

Value your time: Say "No" to what you are not aligned with.

Declutter your "I": Clear yourself off all the labels. Sit with an open mind and allow other possibilities to seek you.

Declutter your thoughts: Thoughts that create negativity need to be out. Write them down and try to erase them from your system.

Declutter your relationships: Contrary to what you have been conditioned to believe, Karma will not bite you back if you walk away from a toxic relationship to take care of your well-being.

Open up, clear out and allow limitless possibilities into your life by the simple act of Decluttering!

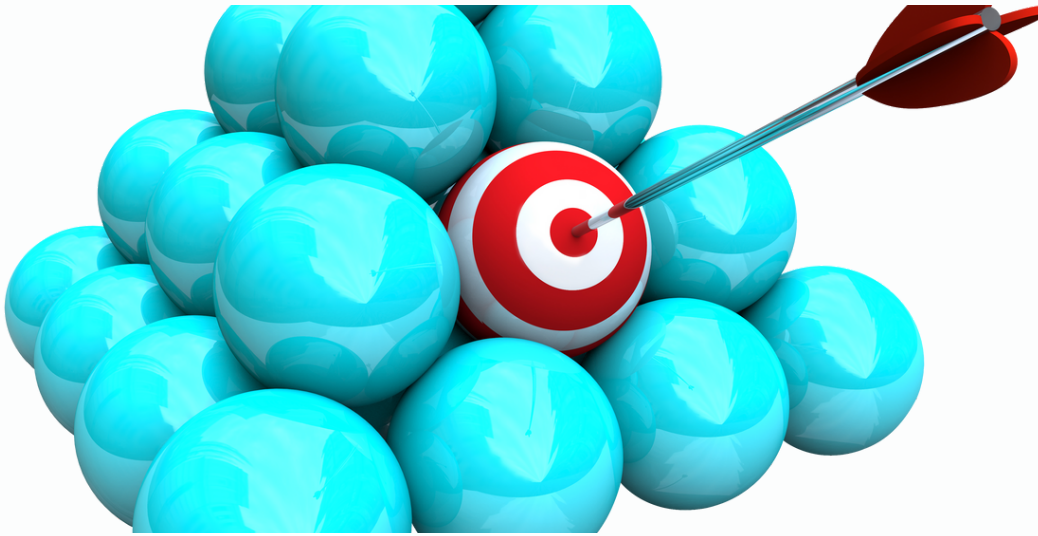


TM MOYNA

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Re-organize your physical space: Clear out your physical space of all items that haven't been used in the last 3 years.

THE GABBYS' SPEAK



WHAT IS MY NICHE?

As far as my memories go in my childhood, I can remember myself multitasking . I remember vividly, when I was in the 4th grade, my mother started a business to support the family finances. As a result I started helping my mom in different household chores, along with my studies. The unsaid expectation from me was to do really well in my academics, win awards in different extra curricular activities varying from singing, dancing, writing, quizzes, speeches, debates to anchoring and planning social functions, to learning cooking, stitching , gardening etc. and to somehow parent my two younger brothers. I grew up wearing multiple hats whereas my brothers had only two major tasks to do, study and play. Time passed and all three of us grew up and took different paths in life. Even now, when I look at them, their major task is to earn for their families. Whereas my role is only of a “Housewife”, very nicely put as “Homemaker”. And as a “ homemaker “ I am playing various roles, that of a caretaker, nurturing my kids, a cook, a driver, a teacher, a nurse ,a friend ,a counsellor etc. Apart from multiple household jobs, I have also become a guiding force for my younger friends who are going through relationship or parenting issues, became a counsellor to young children who are friends with my kids, started inspiring and encouraging my neighbourhood friends to take new jobs and how to maintain work life balance.

At the same time I was coaching my husband who kept on sharing anxiety and stress of his workplace. Slowly started coaching many other friends on how to handle stress at the workplace, focus on different aspects and increase their productivity. Few years ago, I became certified in Laughter Yoga and initiated a few clubs for senior citizens. They started finding a friend in me, who was showing them a new light of hope and joy at this stage of their life.

Now suddenly a question popped up in front of me repeatedly. What is my niche? Do I work with teenagers, parents, women, corporates, senior citizens etc. I am confused. I have been multitasking my entire life and mostly excelled in every role. And now after all these years, I find myself stuck in a dilemma where I am struggling to find my niche. I am dealing with human behaviour, their responses, their emotions.

For me a NICHE looks like a window, a specific place which we decorate with an art piece to enhance the beauty of the space. When I think of myself, I feel I am a signature masterpiece which can enhance the beauty or value wherever it's placed.

What is your idea of a Niche? Can you help me define my “niche”?

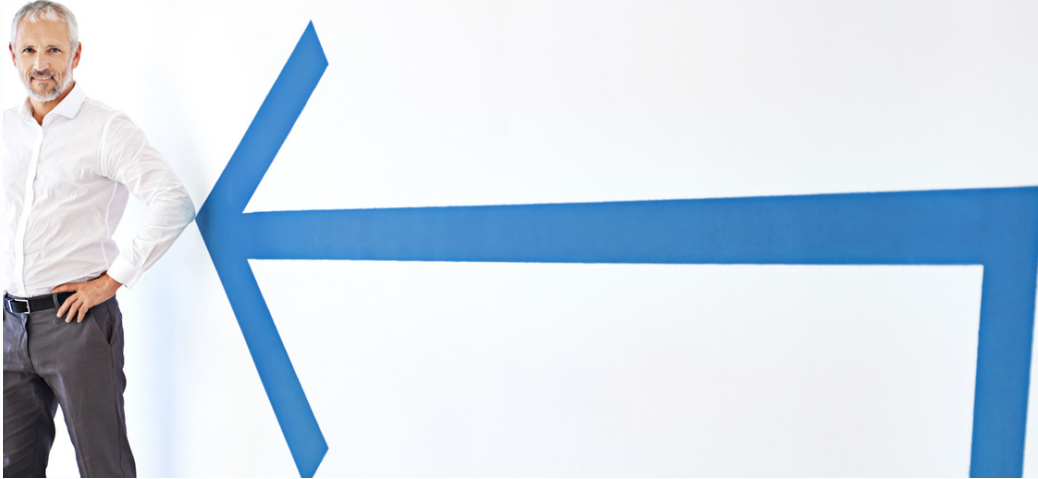


TM PREETI

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And as a “ homemaker “ I am playing various roles, that of a caretaker, nurturing my kids, a cook, a driver, a teacher, a nurse ,a friend ,a counsellor etc.

THE GABBYS' SPEAK



HOW TO BE THE PERSON YOU WANT TO BE?

Do you know what is influencing you right now?
Why you don't trust your gut?
Why you feel you can achieve your goals but then you suddenly hold back?

Why you doubt your ability when you know you are just the right person to finish a task?

What stops you? Why suddenly you start bragging about yourself or rather blame yourself for the things you are not responsible for? And the list goes on...

HOW MANY OF YOU CAN RESONATE WITH THIS?
Can you guess why this happens?

This is because of the people you have surrounded yourself with. Yes, you heard me right!

Have you ever thought about this?

YOU ARE THE AVERAGE OF THE FIVE PEOPLE YOU SPEND THE MOST TIME WITH.... JIM ROHN

Let's understand, what does this mean. We become like the people we hang out with. How many times, we remember our parents asking us not to play or hang around with certain set of friends who were actually our dear friends? Reason being -we become like the people we hang out with. That is why it is important to spend time with the people you want to become like. It's important to understand that if you are associated with a negative person or someone who is low in confidence and is always complaining and bragging or critiquing the situation/people, it's very likely that you are going to pick up the same traits unknowingly.

Think about it!

Be selective of the people you want to hang around with. You don't want to be with someone who drains your energy. I refer to these people as Energy Vamps, people who literally suck the life energy from you. Stop spending time with them - with the people who are dream stealers, who not only tell you that your dreams are impossible but also try to dissuade you from believing in and pursuing your goals. Avoid such toxic people completely and if you can't avoid them, limit your interactions with them!

If you want to be more successful, you have to start hanging out with more successful people. If you want to have a positive mind set, start hanging out with more positive people. If you want to be spiritual, start hanging out with more spiritual people. Whatever you need to start following, start hanging out with the people who are doing it well and you will see the difference. Your thoughts, mindset, ideas, feelings, behavior and even your goals will develop a different dimension all together.

Now, you must be wondering, where on Earth should I find these people? Well, the answer is simple. There are many places you can find successful people. Join any Leadership associations, a Civic Group, any Leaders Club or an Association and not to miss on the Biggest Platform of our Era- The Digital Platforms/ Social-Media.

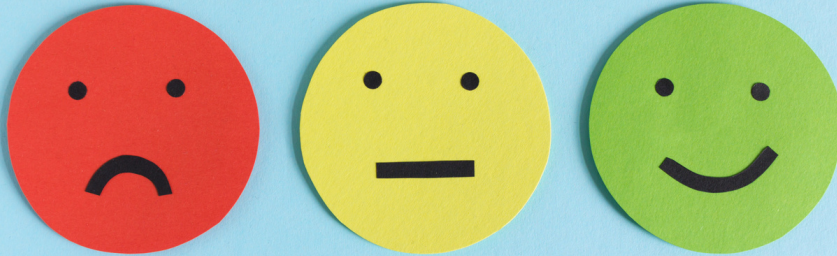


TM PREETI S

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Stop spending time with them -with the people who are dream stealers, who not only tell you that your dreams are impossible but also try to dissuade you from believing in and pursuing your goals.

THE GABBYS' SPEAK



CRITICISM - CALIBRATE DON'T CATASTROPHIZE

Our brains are protective of us, and view 'Criticism' as a threat to our survival in the social order of things. Our brains go out of their way to make sure we feel like we're right even when we're not.

"Threats to our standing in the eyes of others are remarkably potent biologically, almost as those to our very survival," says psychologist Daniel Goleman.

8 Healthy ways to handle 'Criticism'

1) Ask for feedback often, especially from those you trust, by asking them open-ended questions. Appreciate the person's honesty if it was a kind and constructive feedback.

2) Stanford Professor Nass says that most people can take in only one critical comment at a time. The temptation is often to replay the conversation over and over in your mind. Give yourself some grace, everyone makes mistakes, and no one knows everything.

3) Charles Jacobs, author of Management Rewired: Why Feedback Doesn't Work, says that when we hear information that conflicts with our self-image, our instinct is to first change the information, rather than ourselves. Solution is to cultivate a growth mindset as opposed to a fixed mindset.

4) Take credit for your mistakes, not just your successes, which is easier. Take a page from the "embracing failure" movement and treasure the opportunities to improve.

5) Recognize that the person giving you feedback may be nervous as it's difficult to give feedback, focus on understanding their perspective.

6) Clifford Nass, professor of communication at Stanford University, says "almost everyone remembers negative things more strongly and in more detail." Separate the criticism from yourself, don't take it personally, remember to compartmentalize.

7) Even though we spend most of our lives trying to be likeable, it is an illusion to believe that we would be universally beloved. To move forward successfully, we have to develop a stomach for criticism and even if it means a bruised ego.

8) Go for long walks to defog your mind, practice detachment. Consider doing something nice for yourself the day you receive criticism, we benefit from selfcare. Do confide and talk to a loved one, it boosts your confidence.

In conclusion, acknowledge and understand the benefits of diverse opinions and feedback aka constructive criticism. Over time you will increase your resilience and strategically improve.

"The dread of criticism is the death of genius"

Sources:

Harvard Business Review

Courtney Seiter VP of People Hologram

Psychologytoday.com

Quote - William Gilmore Simms



TM REENAA

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it is an illusion to believe that we would be universally be loved. To move forward successfully, we have to develop a stomach for criticism and even if it means a bruised ego.

THE GABBYS' SPEAK



TM RITU

TIME MANAGEMENT IS LIFE MANAGEMENT

“Time is the scarcest resource of the manager; if it is not managed, nothing else can be managed.” – Peter Drucker, management guru and author

How do some people manage their time so effortlessly and get so much more done while others are always running behind schedule? It's not because they have more time in a day, however, it's because of their skill at time management. Fortunately, for the rest of us it's a skill that can be learned and developed.

Managing your time well positively affects your daily output, your career and financial goals, your personal goals and ultimately, your success. People who are good at managing their time have strong skills in several key areas. They have a clear vision of their big-picture goals at work and in life—long-term, yearly, monthly, weekly and even daily goals. They are skillful at breaking these goals down into smaller units, and they know how to translate these small units into action-oriented to-do lists filled with tasks. Finally, they understand that achieving long and medium range goals means crossing off every task they can on their to-do list, every day.

In one sense, time management is about managing your goals. If you know what you want to achieve in the future, you can figure out how to use your time in order to get there. To help you get the right things done—that is, get where you want to be at work and in life—

it's important to align your daily actions and your long-term goals. Therefore, the first and foremost step is setting the right long-term goals and then making sure your objectives and daily actions support those goals.

Ultimately, how well you manage time boils down to your level of personal motivation. How willing are you to learn from the mistakes you've made about using time in the past? How willing are you to go after the things you know are important to do for the future? Most people know what needs to be done and they even know how to do it. They just don't have their priorities straight at the moment regarding making decisions about how to spend their time. Being more efficient in the present will help you achieve the future of your dreams. However, first you need to motivate yourself to change some of your thinking and your habits and remember the bottom-line is don't waste time on things that don't bring more life to your business.

The answer lies in giving your time more meaning or making it more productive and not in trying to speed up or slow down your days. It is what you choose to do within the time frames that constrain you is what makes all the difference.

Are you taking advantage of the time that's available to you?

“
time management is about managing your goals. If you know what you want to achieve in the future, you can figure out how to use your time in order to get there”

THE GABBYS' SPEAK



TM SUSMITA

TAKING THE ROAD LESS TRAVELLED BY...

“Two roads diverged in the woods, and I—
I took the one less travelled by,
And that has made all the difference.” - Robert Frost

Recently on a lazy Sunday afternoon, we took off for a road trip after a couple of months of weekend lockdowns. We headed towards Nandihills, a hill station in Chikkaballapur district, approximately 60 km from Bangalore. This is one of the most popular weekend gateway for the Bangaloreans.



After reaching there we found that the gates to Nandi Hills were closed and we could not go up the hill. Instead of being disappointed, we took the detour to Chikkaballapur village and explored a valley behind the Nandi Hills. The serene beauty and the freshness of the valley air refreshed us to the core. And the icing on the cake was our daughter was enjoying nature alongwith the animals on the village road – herds of sheep, cows, chickens, roosters, goats and monkeys. This lazy Sunday trip became one of our most enjoyed trip in recent past.



Many a times something similar happens in life. When the door gets closed, we need to look out for windows of opportunities that await us to explore. Taking the road less travelled will take us to new heights. We need to enjoy the journey as much as the destination.

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When the door gets closed, we need to look out for windows of opportunities that await us to explore. Taking the road less travelled will take us to new heights.

TESTIMONIALS

I visited the club as a General Evaluator for the 40th Meeting of The **Gabbys** Toastmasters Club on June 19, 2021. I was floored from the moment I walked in, as I saw momentous efforts in planning the meeting, right down to the very T, by TM Aparna Raja, and the volunteer role takers of the day. **The mood was upbeat and chirpy, with the theme invoking the best from everyone.**

The meeting was super-charged, led by the president TM Sourav Dutta and the Toastmaster of the Day, TM Moyna Gopal, and I bore witness to a living testimony of what **Dr. Ralph Smedley said: "We learn best in the moments of fun"**. The meeting, the members and the guests were enthused and willing to participate at every moment in time of the meeting, and it is a wonderful memory that I take away from this meeting. Join the club for many such moments!



**SAGNIK BISWAS, DTM
DISTRICT 92 DIRECTOR**

According to Toastmasters International, 'Quality club meetings happen when all members are committed to the club and its purpose, and all officers and program participants know and fulfill their responsibilities.'



**DEEPAK MENON, DTM
TOASTMASTERS INTERNATIONAL
PRESIDENT(2019-2020)**

The Gabbys Toastmasters Club does all that and more. Attending a meeting of the club is a learning experience peppered with fun and laughter. Everyone is prepared and outsiders are welcomed with warmth and bonhomie. The aura is professional but the feeling is familial. I wish The Gabby's Toastmasters Club all the best in its continued quest for excellence!

TESTIMONIALS

I was invited to be *General Evaluator* to one of the meetings of **The Gabbys** TM club. What stuck me were few things...*the members were dressed elegantly*, in fact the best I have seen since online meetings began. The speeches were well mentored, the role takers performed their roles like a veteran and the meeting was conducted professionally. What stuck me the most that I was the odd man out...literally, as the club has 99% women members. *I wish all clubs should witness Gabby's meeting and inculcate those useful practices. Maybe some day, I may join them as a member !*



RAJ BANSAL, DTM
PAST PRESIDENT D92
(2019 - 2020)



KAVYA GOWDA, DTM

Attending a **Gabbys** meeting was like an acknowledgment to what *Haruki Murakami* said, "**If you only read the books that everyone else is reading, you can only think what everyone else is thinking.**". The club is collectively strengthened by the magnetic personalities who make it a meaningful experience. I loved the emphasis on the things that really matter - equity and equality. The speeches were earnest, evaluations were honest and the will to learn was sincere. I thoroughly enjoyed my time and took back a bag full of learnings. I look forward to experiencing Gabby's again soon.

TESTIMONIALS

The Gabbys Toastmasters Club
Meeting no 45 in my point of views.

-First of all I would like to thank President Sourav who invited me to join this meeting as GE. Not only just invited but he sent all needed information for guest to study before. Such a great invitation. President Sourav and I met each other a few times in Thailand Online and Lion Toastmasters and to me I admired his service minded and friendliness mindset seen by everyone who was in the meeting.

-My first impression would be mentioned a few : the meeting room opened before the official time to allow all speakers to test audio, video.

-I loved the Acronym used for addressing technical meeting roles; TAGL: Timer, Ah Counter, Grammarian and Listener...(Dhwani, Leena, Rohita and Preeti, respectively...you guys were amazing and outperformed your duty with creativity).

-Introduction of speakers and meeting role holders, this was done in such a way that every duty is important not only the big duty.

TMOD Nancy who did a great job and always came up with the Root words family and let the audience participate using both chat box and shouting out.

-Last but not least; the virtual standing ovation for the Icebreaker Speaker was my memorable spot and I believed the first time speaker would appreciate this also.

Only one thing to consider is the Joke master, hehe. President took a bit too long in telling funny story. I still have exactly the same difficulty like President Sourav about telling jokes But the good thing was we had a safe platform to practice.

Salute to Table Topics Master TM Kowser and all respondents: Vasanthra, Preeti, Vinod, Dwani and Eveline...

"A Tree With Strong Roots Love the Storm" TM Kowser

How could I forget this person who worked very hard behind the scenes " the Zoom Master" well done TM Lakshmi..Kudos to you.

Thanks for having me.



**THANOO SAOWAROS, DTM
PDD, DISTRICT 97P**

TESTIMONIALS

I first met (virtually) TM Sourav Dutta and TM Aparna Raja of **Gabbys** Toastmasters Club when they visited my club, Vision Advanced Toastmasters Club, Kingdom of Bahrain .TM Aparna was one of the speakers and I her evaluator. She was declared the Best Speaker and I the Best Evaluator.

I was pleasantly surprised to be invited by TM Aparna to be the General Evaluator for meeting no 42 of The Gabbys on 3 July 2021.

The meeting was memorable, *the theme was Monsoon Memories*. All the members participated enthusiastically with wonderful props. The TMOD TM Kamini Sharma needs a special mention for both the theme as well as the manner in which she wove together all the assignees, who did a fabulous job executing their roles.

The atmosphere was vibrant, friendly and encouraging. The President's address was good, the speakers spoke eloquently on their well researched subjects as did the Table Topic Commentators and Evaluators .The Table Topic Master, the Timer Grammarian, the Listener and Ah Counter were enthusiastic role-players .

On the whole, I was impressed by the performance of all role players .

I wish the **Gabbys** Toastmasters Club the very best . I will be following its progress, its success and achievements.



ELIZABETH GEORGE DTM

