

January 2010 | Ice Breaker

# ICE BREAKER

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*Celebrate the inaugural issue of **Ice Breaker** - the Official Newsletter of SDTM*

*Letter from the President & VP PR*

*Meet the new EC!*

*Contest Season is here! Get ready to rock!*

*Minutes of the Officers Training Program*

*Q&A with TM Rajinder Popli*

*And lots more....!*



## SOUTH DELHI TOASTMASTERS CLUB NEWSLETTER

SDTM | Presidents Distinguished Club | Division C, Dist. 82 | Club # 870897 | New Delhi

**SDTM**  
— WWW.SDTM.IN —

New Delhi Inst. for Information Technology (NDIIT)  
105 Mor Pocket Kalkaji  
Near "Prachin Bhairon" Temple, Outer ring road,  
New Delhi - 110019

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### Know your club

South Delhi Toastmasters (SDTM)  
Estb. 1st February, 2006  
Club #: 870897,  
Division C, Dist. 82  
Web: [www.sdtm.in](http://www.sdtm.in)

### Weekly meetings - every Thursday at 7 PM

New Delhi Inst. for Information Tech. (NDIIT),  
105 Mor Pocket Kalkaji  
(Near "Prachin Bhairon" Temple, Outer ring road,  
Adjacent to Kalkaji Police Stn.),  
New Delhi - 110019

### For SDTM membership details:

VP Membership Ankur Lal  
[ankur@infoztech.com](mailto:ankur@infoztech.com); 98111-51832

### For club meeting roles and participation:

VP Education Animesh Meher  
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### Media, Guest speakers, PR:

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## ABOUT TOASTMASTERS

*“We learn best in moments of enjoyment.”*

*- Dr. Ralph C. Smedley.*

*106 countries*

*12,500 clubs*

*250,000 members*

*1 family - Toastmasters International*

### About South Delhi Toastmasters.

South Delhi Toastmasters (SDTM) is one of the leading community Toastmasters clubs in New Delhi. It was established on 1st February, 2006. It's located in Kalkaji. Our website is [www.sdtm.in](http://www.sdtm.in). We hold our meetings every Thursday at 7 PM. Everyone is welcome. Drop in to learn more!

Club #: 870897, Dist. 82, Established: 01/02/2006.

### What is Toastmasters?

Toastmasters International is a non-profit educational organization that teaches public speaking and leadership skills through a worldwide network of meeting locations. **Dr. Dr. Ralph C. Smedley** started 'Toastmasters' in the US. The original intention of this club was to help people to easily and confidently reply to toasts raised during banquets. Thus the name 'Toastmasters'. But now, its sole focus is on developing communication and leadership skills.

Headquartered in Rancho Santa Margarita, California, the organization has more than 250,000 members in more than 12,500 clubs in 106 countries. Since 1924, Toastmasters International has helped people of all backgrounds become more confident in front of an audience.

Its proven educational program is self-paced and affordable. Whether you work in a corporate environment or from home, whether you are a student or retiree, Toastmasters is the most efficient, enjoyable and affordable way of gaining communication and leadership skills.

### Mission

Toastmasters International is the leading movement de-

voted to making effective oral communication a worldwide reality.

Through its member clubs, Toastmasters International helps men and women learn the arts of speaking, listening, and thinking – vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind.

It is basic to this mission that Toastmasters International continually expand its worldwide network of member clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs.

### Vision

Toastmasters International empowers people to achieve their full potential and realize their dreams. Through our member clubs, people throughout the world can improve their communication and leadership skills, and find the courage to change.

### Values

Toastmasters International's core values are integrity, dedication to excellence, service to the member, and respect for the individual. These are values worthy of a great organization, and we believe we should incorporate them as anchor points in every decision we make. Our core values provide us with a means of not only guiding but also evaluating our operations, our planning, and our vision for the future.

### Why join Toastmasters?

Communication and leadership skills separate the best from the rest. Good communicators tend to be good lead-

ers. Skills we acquire at Toastmasters spill over into all areas of our life.

Toastmasters is the right platform to help you:

- Learn to communicate more effectively
- Become a better listener.
- Improve your presentation skills
- Increase your leadership potential
- Become more successful in your career
- Build your ability to motivate and persuade
- Reach your professional and personal goals
- Increase your self-confidence.

#### How do you do it? What's the method?

- Build speaking and leadership skills with **time- tested methods**
- Focus on areas of interest in our **self-paced curriculum**
- Receive suggestions for improvement through **constructive evaluations**

#### Toastmasters programs are . . .

- Inexpensive
- Interactive
- Convenient
- Friendly
- Supportive

More than four million people have discovered the benefits of this proven learning formula.

#### Where can I learn more about Toastmasters in India?

Visit our comprehensive district website (for India and Sri Lanka): [www.t82.org](http://www.t82.org)

Visit our club website: [www.sdtm.in/abt\\_sdtm.html](http://www.sdtm.in/abt_sdtm.html)

#### I would like to join Toastmasters. Can I attend a demo meeting?

Yes, you can attend any number of demo meetings as a guest at the Toastmasters club of your choice. When you're ready to join, simply ask for a membership application.

For SDTM, at Kalkaji, you can contact the VP Membership Ankur Lal on 98111-51832.

#### I am keen to bring Toastmasters into my community / company. Can you help?

Better communicators make better leaders. Does your organization have a Toastmasters club? You'll be surprised how easy it is to start a club.

Every single Toastmasters club was founded by individuals like you. The process is simple and straightforward. For preliminary information visit:

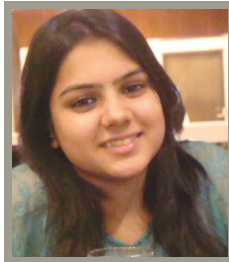
[www.t82.org/HowtoStartAClub.htm](http://www.t82.org/HowtoStartAClub.htm)

Alternately, walk into any Toastmasters club and ask for details.



*Because Communication Isn't Optional.*

## LETTER FROM THE PRESIDENT



*Toastmasters provided us an opportunity to not only work on our skills but also identify our remarkable talents and gave us an opportunity to network. At Toastmasters, we meet our friends, guides, and mentors.*

**D**ear Members,

Happy New Year!

A New Year not just in the literal sense, but also because the New Year gives us the power to make new decisions, new resolutions and set new targets. It's time to win another battle. It's the new season of hope, learning and initiative. Such as four years ago, when our club started with the vision to give opportunity to the members who would join in years to come - it was a New Year! So today the New Year begins and we do have promises and resolutions to make.

I am sure, as members we have learnt a lot. Toastmasters provided us an opportunity to not only work on our skills but also identify our remarkable talents and gave us an opportunity to network. At Toastmasters, we meet our friends, guides, and mentors.

It has been barely a year since I have joined South Delhi Toastmasters club (SDTM) and by getting elected as the President of this club, I have been given the opportunity to give back to the club after it has given me so much. No one is alien to the warmth and the genial atmosphere one gets as soon as they enter the room where we hold our meetings.

This year the EC comes with new energy and enthusiasm. Many of the officers are new to the EC, and they're excited to lead, contribute and succeed. We want to experiment and innovate. This newsletter is an illustration of the same. And fellow members - it has to be kept in mind that this newsletter cannot be a success unless we come together

and contribute. So keep your thinking caps handy, because the VP PR has his devil cap on!

The EC is all ready to carry the torch of legacy which has been passed on since the 1st President of SDTM - TM Pradeep Dutt. Let us come together and take SDTM to new heights. Let's look forward to every Thursday, and to every role that we would be playing here. Let us bring energy and enthusiasm to the club and let us motivate each other to succeed.

As the new members join, they bring with them the zest to learn. Together, we're building our potential. Let's promise ourselves to take the initiative, to infuse creativity, to learn, to set new targets, to achieve them, to battle every obstacle and win, to not just take and give but also give and take. Together we can create an atmosphere of fun, frolic and 'masti.'

Let's keep smiling - and with this ladies and gentlemen, I present to you the inaugural issue of our newsletter.

-- TM Akshita Agrawal

*President, SDTM*

## LETTER FROM THE EDITOR



*“Our trouble is not that of ignorance - but inaction.”*

*- Dale Carnegie*

### ***SDTM owes this newsletter to the following Toastmasters -***

*TM Deepak Menon for his insight and support towards putting this newsletter together.*

*TM Anuraag Awasthi of Toastmasters Club of New Delhi. Anuraag helped VP PR Raj put together the basic structure of the newsletter.*

*TM Akshita Agrawal of SDTM. She worked tirelessly in providing content, pushing the EC to submit their photos and profile summaries.*

It's here. Finally. Our club's first newsletter. Bring out the champagne!

**Ice Breaker.** As a Toastmaster, our first speech is always special. The apprehensions, the standing ovation, the evaluation - the Ice Breaker is what brings us back to Toastmasters. It was only appropriate we named the newsletter Ice Breaker. It's been a long wait – but it's finally here.

We began 2010 with a bang. Members who attended the Christmas party at SDTM had a jolly good time. Musical chairs, an extended dance session, fun games – it was jingle bells all the way. And how can one forget District Governor Deepak Menon's glittery Christmas hat! It was all so much fun. It reminded me that we're so busy being adults that we forget there's still a child in us.

A few changes have happened in the club. We've decided to go with semi-annual elections for the Executive Committee (EC). SDTM's new EC took charge in January 2010. Few members of the EC attended the recently held Officers Training Program at Noida Toastmasters Club. Subsequently we had our first meeting at the club level and chalked out a basic plan of action for SDTM.

There is tremendous enthusiasm in the new EC. Four of the EC members are first timers. Our President, VP Education, Secretary and SAA are college students. You'll meet them in the pages that follow.

As for me, joining Toastmasters has been one of the best decisions of my life. I remember my first meeting as a guest. Trembling and uncertain, I hesitated to step in. Once in - armed with the fear of embarrassment, anxiety and a sense of goofiness – I had difficulty sitting still. The Table Topics Master called out my name, and right then I knew what it felt like to be dying.

That day I was reborn. Reborn with confidence and knowledge of the fact that the only way out is the way through. For as Dale Carnegie so wisely said “Our trouble is not that of ignorance – but of inaction.” Inaction paralyzes the best of us. And the fuel for inaction is self-doubt. I know I speak for everyone at SDTM when I say there's no better place than Toastmasters to squash that self-doubt.

Veteran Toastmasters know that the strengths and skills they acquire spill over into all areas of their lives. We meet every Thursday to face our fears, to expand our horizons and above all - to grow as individuals.

And one of the fastest ways to grow as a speaker is to participate in the contests. SDTM will host the International Speech and the Table Topics contests on 11<sup>th</sup> of February. Are you game?

Finally, no newsletter is complete without the involvement of its readers. Write to us at [raj@rajray.com](mailto:raj@rajray.com) and let us know what you want to say. We welcome articles on public speaking, the quandary that is human life, and on subjects related to personal development. We would love to hear from you!

Here's to many more editions of the club newsletter.

Cheers and have a great year!

*-- Raj Ray*

*VP PR, SDTM*

## MEET YOUR EXECUTIVE COMMITTEE

*The new EC at SDTM took charge on the 1<sup>st</sup> of January 2010. Dist. Governor Deepak Menon conducted the elections on 24th December 2009.*

*The EC conducted its first meeting on 21st January 2010. The meeting was led by President Akshita Agrawal.*

*The EC has been elected to take the club to greater heights. We urge members to connect with the EC and find out more about the club, its goals, and how they can contribute. No organization, large or small, is complete without the involvement and support of its members - hence we encourage you to come forward and engage us.*

### Akshita Agrawal President

Our President, Akshita, is known for her cheerful, smiling face. One of the youngest members, she brings a ton of energy and vibrancy to every meeting. A final year student from Sri Venketeswara College, she is very busy on Thursdays. Why?! Because SDTM meets on Thursdays and she makes it a point to attend the meeting every week.



She's passionate about photography and also enjoys dancing and music. She believes Toastmasters has helped her by providing a platform to realize her talent in communication. Thanks to Toastmasters - she has developed skills in networking and leadership. She is the ex-VP Education and during her stint she helped SDTM become a Presidents Distinguished Club.

As the President – she shoulders the entire responsibility of the club. She is the 'leader of leaders' and is responsible for overall success and progress of the club.

For the year 2010, Akshita has decided to bring the Presidents Distinguished Club award to SDTM.

She is proud to be a part of the wonderful family that is Toastmasters!

### Ankur Lal VP Membership

Ankur is an unusually busy guy (don't let the easygoing mannerism deceive you!) In spite of his hectic schedule, he loyally devotes each and every Thursday to Toastmasters. In the words of his teenage daughter "He's been enthusiastically participating and contributing in Toastmasters contests and events and what not! Dad spends more time at Toastmasters than at home!"



Toastmaster goes back 12 years in Ankur's life. It was in 1998 that he heard of Toastmasters - from a friend and guide in US who was a diehard Toastmaster. However, it was only in 2006 (8 years later) that Ankur pulled himself to join a club in New Delhi (in fact he helped start our own SDTM club in Kalkaji).

In 2009, his wife Monika too joined Toastmasters to ensure Ankur goes to SDTM club on Thursdays and not be someplace else! His daughter Payal and son Anmol both go to Toastmasters Gavel club. You can find Ankur at Gavel club on Saturday afternoon trying out his speaking skills with the teenagers. As is evident – this is a family that is committed to Toastmasters.

It's an honour to have Ankur as our VP Membership. However – truth be told, at times he can be a pest! When it comes to coaxing fellow members to attend meetings or encouraging new members to join – Ankur is relentless! His goals as the VP Membership are to add 1 new member a month and improve attendance (to have at least 15 people attend each meeting). Thanks to his enterprising nature, the head count is increasing in each meeting.

A distinguished alumnus of IIT Delhi, Ankur has more than 18 years of experience in the IT and Telecom solutions marketplace. His organization, Infozech Software, has been recognized by global business intelligence major, Deloitte, as one of the fast growing technology companies in Asia-Pacific. Infozech also made it to the NASSCOM shortlist of 18 Innovative Indian ICT companies for 2003. He was recently covered in the Corporate Dossier of the country's leading business daily, the Economic Times, as one of the ten Cutting Edge boutique firms that will form a part of the next Indian IT wave.

He is a frequent speaker at global conferences on Billing and OSS-related issues. A prolific writer, he has been contributing extensively to leading Indian and overseas business publications. He is also an active speaker at NASSCOM and other industry forums.

Ankur enjoys jogging, reading and playing Tennis and Chess. And of course, public speaking!

### Animesh Meher VP Education

Animesh Meher joined SDTM in May 2009. He is a Computer Engineer from BMSIT, Bangalore. An entrepreneur by spirit, he is currently preparing for his MBA entrance exams. He plans to launch his own enterprise very soon.

Reading and blogging are his favourite hobbies. He describes himself as a jovial person who is ready to make new friends wherever he goes. He is always keen to volunteer for various roles within SDTM. He is enjoying his



stint as the VP Education and constantly encourages fellow members to take up new roles and motivates them to push the envelope.

### Raj Ray VP Public Relations

Raj joined Toastmasters in December 2008. He was terrified of public speaking and nearly dehydrated himself after his Ice Breaker. However, thanks to the very encouraging evaluation and support, he kept returning.



A private person by nature, he is sensitive and good looking (the attached photograph doesn't do justice!) Armed with a zany sense of humour, he loves to laugh at life's little ironies.

Joining Toastmasters has been a turning point in Raj's life. Everything he avoided in school – active listening, regular attendance, taking copious notes, volunteering and participating, public speaking – he does at Toastmasters with a newfound enthusiasm. The supportive environment coupled with the high energy at SDTM, pulls him back to the club meeting every week. What he likes most about Toastmasters, is the fact that people from all age groups assemble to expand their comfort zones and battle their fears. In his words, "Nothing can be more motivating and fulfilling than watching people conquer their fears, rather than sitting back and letting life slip away."

As the VP Public Relations, he's hell-bent on spreading the word on Toastmasters. Having experienced the ben-

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akshita\_agrawal@hotmail.com

#### Immediate Past President

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#### VP Education

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animeshmeher@gmail.com

#### VP Membership

Ankur Lal  
ankur@infozech.com

#### VP Public Relations

Raj Ray  
raj@rajray.com

#### Secretary

Anurag Kothari  
anurag.kothari@sdtm.in

#### Treasurer

Rajinder Popli  
rajinderpopli@gmail.com

#### Sergeant at Arms

Shreya Baijal  
shreya\_baijal@yahoo.com

efits first-hand, Raj can't stop raving about the value that Toastmasters provides. From curing his perfectionism and fear of failure – Toastmasters has helped Raj not just within the 4 walls of SDTM, but also in his personal and professional life.

He loves the outdoors, the Beatles, coffee and football. And of course - he's a Toastmaster for life!

### Anurag Kothari Secretary

Anurag Kothari is pursuing his graduation from Delhi University. Anurag believes life is too short to repent over one's follies, so he lives his life to the fullest and enjoys each and every moment.



He says, "After all, life is full of surprises and no one knows where the next turn takes you. So live in the moment and cherish the drive!"

Anurag enjoys playing Badminton and Chess, loves soft music and regularly attends Toastmasters meetings. He's especially fond of the 3 E's of SDTM - Experiment, Engage and Enthuse. He always attempts to give his best to whatever he's doing.

His policy in life - "Smile a lot - it costs nothing!"

### Rajinder Popli Treasurer

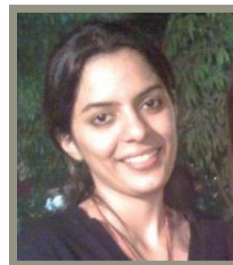
Rajinder Popli joined Toastmasters in 2008. He's a Textile Engineer by profession and is a doting father to his children. Rajinder is famous in SDTM for his optimism. A die-hard Toastmaster, he's constantly encouraging fellow members to give in their best. Filled with a zest for 'everything Toastmasters' – Rajinder is truly the quintessential Toastmaster.



Whether it is participating in contests, attending the meetings regularly, motivating fellow members, volunteering for various roles, giving constructive feedback – Rajinder is always at the forefront at SDTM. As the incumbent treasurer, he is responsible for the balance sheet of SDTM.

### Shreya Baijal Sergeant at Arms

Shreya Baijal is a relatively new member at SDTM. She did her schooling from Birla Vidya Niketan. Currently she's pursuing Sociology Honours from Jesus and Mary College and is in her 3rd year. She has an interest in Marketing and that will be the subject of her choice when she opts for higher studies.



Shreya is a reserved person and that's where she believes Toastmasters has helped her. She's happy with her new-found enthusiasm for public speaking. Her mother thinks Shreya has been spoiled rotten - of course, Shreya doesn't

agree! She enjoys surfing the net, watching TV, talking on the phone and hanging out with her friends. She likes to draw as well. She says joining Toastmasters has been one of the best learning experiences of her life.

### Appurv Gupta Assoc., Public Relations

Appurv Gupta is pursuing his B. Tech in ECE from IIIT, Noida. He's a talkative guy who can create immediate interest in himself or any subject on the planet. Hand in hand, goes his ability to bore anyone to death (as some of his friends attest!)



He enjoys reading inspirational books and loves to write & give speeches in SDTM. With a penchant for creativity, he plans to engage in a creative job using his engineering talent. He has volunteered for the role of Associate Public Relations and has been regular at the EC meetings.

*Contest Season is here.*

*Speech contests are a Toastmasters tradition. Each year thousands of Toastmasters compete in the Table Topics and International speech contests. Competition begins with club contests and winners compete upward through the area, division and district levels. The International speech competition has two additional levels -- semifinal and international.*

*In the pages that follow:*

- *Contest Blues - A member speaks about the lessons he learned from his first contest.*
- *How to participate in the contests?*
- *Resources to help you excel.*

## CONTEST BLUES

**R**ife with anticipation – I walked to the stage as veteran Toastmaster, Dr. Paul Holmes, called out my name – “Raj Ray – The Sound of Music.”

My 3rd meeting at SDTM – and there I was, participating in the Table Topics contest. Clueless. Lost. And in dire straits. I had no idea what parameters the Table Topics speakers were judged on. I hadn't even received my Toastmasters manual. No Icebreaker, no mentor – no clue. All I knew was that I had 2 minutes to speak on the topic. And that the red light would signal the end of my pain.

At that moment, if you'd asked me to choose between a rodeo ring and Toastmasters, I'd have opted for the former, without batting an eyelid. Heck, I could take on all the raging bulls in the world, run around like a clown in front of millions of TV viewers – but boy was I nervous about taking the stage!

What is it about public speaking that frightens us? The fear of being judged? Failure? Ridicule? I still haven't found the answer. But you know what? Now I don't care what that answer is.

If there is one 'aha' moment in my life as a Toastmaster – it was that Table Topics contest. That day - I was a disaster. Pure agony – those two minutes on stage. I went off on a rant about this and about that and then circled back to nowhere. I spoke as 40 pairs of eyes scrutinized my every move. In my mind, they were waiting for me to fail so that they could point fingers and laugh. Suddenly I was a religious man – calling out to the 8 million gods of Hindu

mythology. None came to the rescue. I'll bet they were having too much of a good time watching me on stage. Those 2 minutes seemed like 'forever.'

It was an 'aha' moment because that day I learned 2 very important lessons:

1. Participate. Just participate. There is growth within that anxiety. Embrace that anxiety.
2. Those who come back after they've failed - are the real winners.

Of course, I didn't win the contest (although it'd be a lie to say a part of me didn't want to win. I wanted the best speakers to go overtime!) I was no match for the other speakers. Since I was the first speaker (of 10), I had the luxury of watching the remaining speakers in action. They came, they delivered, they conquered. One riveting performance after another – my jaws were on the floor and I wondered what the hell I was doing amidst such talent!

Anagat Pareek, Pradeep Dutt and Ankur Lal grabbed the top 3 places. They took to the stage like fish to water. Animated movements, razor-sharp wit, energy that put Tom & Jerry to shame – boy, they had it all. It was a neck-to-neck combat. As a lesser mortal, I sat in stunned silence and watched the masters.

When the contest ended and everyone circled the winners – I felt a sense of relief. Relief because there was no spotlight on me; no one mocking my complete lack of charm or the sheer lack of logic in my two-minute 'performance de grande.'

That day I decided to come back again – and again – until I'd conquered that stage. I knew right away there's no better place than Toastmasters to learn and grow as a speaker, as

a leader, as a person. Gods don't forgive – Toastmasters do. I could write a dozen volumes on how Toastmasters is critical to our success as an individual – but if you're reading this, chances are you're a Toastmaster, and you already know what those dozen volumes would contain.

My idea of sharing this story was to remind you and motivate you to contest. Everyone that participates is a winner. Standing in front of 50 people and willing to be judged, in my opinion, is the measure of a good speaker. When on stage, we go to battle – with ourselves. The little devils of anxiety and self-doubt, the endless chatter of negativity – all come together and weigh us down. But we fight – and we win.

As I lay on my pillow that night, I felt a deep sense of satisfaction. I laughed at how nervous I was before the speech. I laughed because I knew I would fail again – and again – and again. I thanked myself for participating. It was the best gift I'd given myself in a long, long time.

Block the date – 11th February. Gift yourself something wonderful that day.

I'll see you at the contest.

--

Raj Ray (Winning Impromptu speaker - in the making)

## CONTEST TIME!

*Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.*

*- John Wooden*

*Visit SDTM on 11th of February to participate in the contests - or to be a spectator. It's a fun event and it'll be a packed house. Hope to see you there!*



What are the benefits of participating in a Toastmasters contest?

- It's fun!
- You learn to motivate and push yourself.
- You build enthusiasm and ambition and these traits don't remain exclusive to the speaking platform - they go with you wherever you go!
- Contests help you grow as a speaker unlike anything else you've experienced.
- Competing makes you tough and resilient. You embrace failure for what it is - just another step towards success!
- You learn about yourself. Never thought you were funny or inspirational? Participate in a contest - you'll be surprised!
- You're a winner when you participate!
- If you've never participated in a contest - now is the time! It'll make a wonderful story for your grandchildren!

Can I participate in the club contests?

If you're a member in good standing (you've paid your dues to the club), you can participate in the club contest. Additionally, for the International Speech contest you must have completed at least 6 projects from the Competent Communication manual. For the Table Topics contest, you can participate regardless of the number of projects you have completed.

For details - send an email to either:  
President - [akshita\\_agrawal@hotmail.com](mailto:akshita_agrawal@hotmail.com) or  
VP Education - [animeshmeher@gmail.com](mailto:animeshmeher@gmail.com).

Resources for Public Speaking & Contests:

Visit the Dist. 82 website at [www.t82.org](http://www.t82.org). You can read about the previous contests, past winners and find more information about the contests across the various clubs in India. [www.t82.org](http://www.t82.org) is a gold mine for any Toastmaster.

The Toastmasters International website: [www.toastmasters.org](http://www.toastmasters.org). You can try: <http://www.toastmasters.org/Members/SpotlightArticles/HavesomefunonContestDay.aspx>

**Your Toastmasters manuals.** We often rummage thru the web looking for that magic pill that will cure our public speaking woes - but the truth is everything we need to know is within the Toastmasters manuals.

**The Toastmasters magazines.** This a powerhouse. Packed with tips and articles, these magazines are a must read.

DTM John Kinde's website: [www.humorpower.com](http://www.humorpower.com)

**Your mentor!** Need a push? Reach out to your mentor in Toastmasters for some motivation and guidance.

**Your evaluations.** When was the last time you looked into your speech evaluations? There's gold in 'em evaluations!

## MEMBER Q&amp;A



*Each issue we feature an interview with a SDTM member. What motivates them? What keeps them coming back to SDTM?*

*The inaugural issue features TM Rajinder Popli. Rajinder has completed his CC and is the incumbent Treasurer of the club.*

*We learn most while having fun. And there's no better place than Toastmasters to learn while having fun.*

*- TM Rajinder Popli*

**Q** : Tell us a bit about your professional life.

A: I am a Textile graduate by qualification and a Technical Designer by profession. I have 16 years of experience.

**Q:** What brought you to Toastmasters?

A: For many years I had been looking for the right platform to improve my communication skills. I heard about Toastmasters on my trip to Singapore and I immediately joined it.

**Q:** What skills were you looking to acquire?

A: Initially, I desired to overcome my nervousness of speaking before an audience.

**Q:** Tell about your first speech and how you felt delivering it?

A: I gave my first speech (Ice Breaker) in SDTM. The environment was so appreciative and encouraging that once on stage, I felt at home!

It was my first ever speech before any audience and I was satisfied the way it was delivered. And to receive a standing ovation was really overwhelming.

**Q:** How did the first speech encourage you to move ahead?

A: Thanks to the encouraging evaluation that day, I was confident and brimming with enthusiasm. I began looking forward to my second speech.

**Q:** What is the sense of camaraderie at SDTM?

A: I have not experienced such a supportive and encouraging environment anywhere. The members come from various backgrounds – businessmen, students, MNC employees, people working with NGOs, and so on. It's extremely motivating to be part of such a diverse group of

people – all of whom are pursuing similar goals.

At SDTM, I have expanded my network of good and inspiring friends. That's why the moment one joins our club, one gets hooked for life.

**Q:** How has SDTM helped you in your professional and personal life?

A: I have become appreciative, positive and sensitive. All this has led me to lead a happy life. I am a better listener and I can also analyze the body language of the person talking to me.

**Q:** What makes a person an effective leader in life?

A: A leader sees the immense potential in every member of the team and encourages every individual to develop their potential to the maximum.

**Q:** What words of encouragement would you give to new members at SDTM? Why should one join TM?

A: 1. Now that you have taken the first step, "Be regular" and "Be ready to learn." The Toastmasters program works – provided you work the program.




2. It is the most cost effective program. One gets much more than one pays for.

**Q:** Any closing remarks...

A: The journey at SDTM has been incredible. I can honestly say it has been a very rewarding experience – personally and professionally. I whole heartedly recommend Toastmasters for anyone who is looking to move ahead in their life.

## SDTM CALENDAR

### FEBRUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3		5	6
7	8	9	10		12	13
14	15	16	17		19	20
21	22	23	24		26	27
28						

Meetings:  
Feb 4, Feb 18 and Feb 25

Contests:  
Feb 11

Toastmaster of the Day (TMoD)  
Table Topics Master (TTM)  
General Evaluator / Parliamentarian  
Joke master  
Word Master  
Grammarian  
Ah Counter  
Timer  
Prepared Speakers  
Prepared Speech Evaluators  
Table Topics Evaluator

### ANNOUNCEMENTS

Club level contests for International Speech and Table Topics - Feb 11, 2010 at SDTM.

SDTM Membership renewal - Mar 1, 2010

Officers Training Program - Feb 13, 2010. Eligibility - club officers only.

Judges Training Program - Feb 13, 2010. Open to all. Members are encouraged to attend the training program. Further details available with President Akshita Agrawal.

Please contact the VP Education Animesh Meher at [animeshmeher@gmail.com](mailto:animeshmeher@gmail.com) to grab the roles for the next meeting.

## OFFICERS TRAINING PROGRAM

*The OTP was held on Jan 17, 2010 at Noida Toastmasters Club.*

*Our Immediate Past President, Anagat Pareek, was faculty for 'Training of President.'*

*The primary objective of the OTP is to ensure that the Toastmaster clubs succeed in meeting their goals.*

*President Akshita Agrawal, VP Membership Ankur Lal and VP PR Raj Ray attended the OTP.*

The Officers Training Program (OTP) program was successfully conducted by Division C, District 82 on January 17, 2010, at Noida Toastmasters Club. Our club was represented by President Akshita Agrawal, VP Membership Ankur Lal, VP PR Raj Ray and Associate VP Education Nikhilesh. Our Immediate Past President Anagat Pareek was the faculty for 'Training of President.'

Let me begin with the objectives for OTP. We as members elect an Executive Committee (EC) for handling the affairs of the club. To train these officers (to ensure that they are able to deliver to their best ability) we have the Officers Training Program (OTP). The OPT is District sponsored - not once but twice a year!

And why do the officers make an effort to go all the way to the venue and get trained? One reason is that they want to learn. But an additional motivation is to meet the goals set by Toastmasters International (TMI) for its clubs. These goals are available on the District 82 website ([www.t82.org](http://www.t82.org)), and one of the goals to achieve is that at least 4 members of the EC attend the OTP twice!

Other highlights of the OTP included that as officers, all of us gained and learnt a lot. We realized that as a club we do fare very well, thanks to the legacy of our senior Toastmasters. And what's better is that there's still a lot we can do! This thought has charged up the EC with energy and the will to innovate, experiment and bring about enthusiasm.

Also till now our EC was annual and hence the officers attending the January OTP did so for the second time, but this year our EC changed to a semi annual term and hence we all were first timers. So the energy has doubled and I'm sure the officers would agree that we learnt a lot and evolved into better leaders.

While TM Anagat was the faculty for training of President, I was given the opportunity to be the master of ceremony for the whole session. And with this I understood that the opportunities Toastmasters brings aren't just restricted to improving your communication and leadership skills. We get to socialize, experiment with our speaking styles and interact with people who can be our mentors, our guides!

In a gist, the OTP was an experience that we officers will remember forever, for it gave us the path to perform in the next six months. The sessions taken by the faculty from different clubs, the module presented by TM Poonam Jain and the Club Success Plan discussed by TM Ritu Arora gave information and cleared doubts that we had.

I promise the club members that with this training, the officers shall deliver to the best of their ability. This initiative of bringing out a newsletter monthly is one way of keeping that promise. And not to forget, our club is now a Presidents Distinguished Club!

Cheers to all members!

*-- Akshita Agrawal*

*President, SDTM*

## WHAT THE FUTURE HOLDS

*Are you a member that hasn't turned up at the club in a while? Drop in this Thursday. Take up a role – that of a Timer or Ah counter. Participate in Table Topics. Look back at the time when you joined the club – you were in high spirits and ready to conquer. As President Akshita said, it was a New Year then, and it's a New Year now. It's time to get started. What are you waiting for?*

*Write to the VP PR at [raj@rajray.com](mailto:raj@rajray.com)*

*Send us your:*

*Feedback  
Articles  
Stories  
Poems*

*...anything you'd like to see published*

This newsletter is a small step towards establishing SDTM as the best club in District 82. You read that right – the goal is to become the best club in the District.

SDTM has consistently produced great speakers. The club has several advantages – suitably located, an upbeat and motivated EC, 20 odd regular members, a welcoming environment, a strong legacy, and so on.

I recollect our Immediate Past President Anagat speaking on club goals and objectives. He pointed out that if each member focuses on completing his projects thru regular attendance, and improves the quality of his speeches – then the day won't be far when SDTM will rise above the rest. The point – it starts with the individual. It starts with you and me.

Sometimes we lose sight of our priorities. In the words of Stephen Covey, “The key is not to prioritize what's on your schedule, but to schedule your priorities.” In between I had lost sight of my priorities. When I joined Toastmasters I knew right away that Toastmasters makes great leaders and communicators – and I could be one if I participated regularly. After a few months I stopped attending – because I had ‘no time.’ Then it hit me like a brick – we all have 24 hours – no more, no less. What we do with those 24 hours depends on us. We determine our priorities. I cut off 30 minutes of TV from my daily life – and lo and behold, suddenly I had all the time in the world for Toastmasters.

Drop in this Thursday. Meet your old friends. Take charge of life once again. Trust me - it feels really good.

## NEXT ISSUE...

Interview with District Governor Deepak Menon

New member interviews – get to know the new members at SDTM!

International Speech Contest and Table Topics Contest - Results

Article: Are you a busy person? Learn how to make time for Toastmasters! Boss, spouse, traffic – conquer them all with the help of this article.

Improve the quality of your speeches. Interviews with Anagat Pareek and Pradeep Dutt.

And much, much more....! This newsletter only gets better from here!

Did you enjoy this newsletter? Why not drop us a note and motivate us? Tell us what you liked, what you hated, what you ate for dinner...tell us anything you want. We're good listeners, and we're lonely!

Do you have an article/humorous anecdote/speaking tip you want to share? Come forward and contribute. SDTM members are spread across the globe – let's connect and unite thru this newsletter.

Write to the VP PR at [raj@rajray.com](mailto:raj@rajray.com)  
Write to the President at [akshita\\_agrawal@hotmail.com](mailto:akshita_agrawal@hotmail.com)



### Know your club

South Delhi Toastmasters (SDTM)  
Estb. 1st February, 2006  
Club #: 870897,  
Division C, Dist. 82  
Web: [www.sdtm.in](http://www.sdtm.in)

### Weekly meetings - every Thursday at 7 PM

New Delhi Inst. for Information Technology (NDIIT),  
105 Mor Pocket Kalkaji  
(Near "Prachin Bhairon" Temple, Outer ring road,  
Adjacent to Kalkaji Police Stn.),  
New Delhi - 110019

### For SDTM membership details:

VP Membership Ankur Lal  
[ankur@infoztech.com](mailto:ankur@infoztech.com); 98111-51832

### For club meeting roles and participation:

VP Education Animesh Meher  
[animeshmeher@gmail.com](mailto:animeshmeher@gmail.com); 96546-94936

### Media, Guest speakers, PR:

VP Public Relations Raj Ray  
[raj@rajray.com](mailto:raj@rajray.com); 98101-78705