

AMRITA TOASTMASTERS CLUB

Edition 5 | March 2022



GENESIS

The inception of communication, leadership and excellence.

COMMUNIQUÉ ISSUE 5

AMRITA TOASTMASTERS CLUB'S ANNUAL NEWSLETTER

13

**DIRECTION
AND DRIVE**

TM SANDHITHA

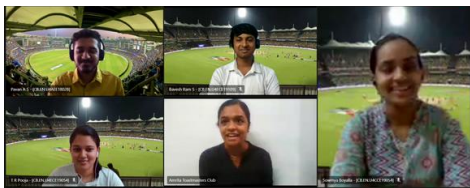
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**THE GENESIS OF
INTELLIGENT
BEHAVIOUR**

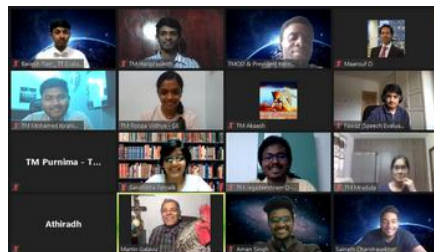
TM YASH UPADHYAY

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AMRITA TOASTMASTERS CLUB



Amrita Toastmasters Club first met on 6th January 2017 (Chartered on 17th December 2016), thanks to a group of passionate orators who decided to take the first step. In the five years since its genesis, it has been fortunate enough to have as its members, vibrant and creative individuals who set examples and left a positive mark on its reputation. With the support of our university Amrita Vishwa Vidyapeetham, the club and its members grew significantly and now ATC has become a much-admired club in the city of Coimbatore. Despite the occurrence of the unprecedented pandemic, the club carried on with the positive attitude of those who created it and continued to remain as an outlet of expression for its members. ATC's warmth, positivity and proactive attitude continue to attract students, who find in its midst, new ideas, like minds and enriching camaraderie.

TOASTMASTERS INTERNATIONAL®



Toastmasters International is a non-profit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Its mission is to empower individuals to become more effective communicators and leaders. Headquartered in Englewood, Colo., the organization's membership exceeds 300,000 in more than 15,800 clubs in 149 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators, and leaders.

CORE VALUES



INTEGRITY



RESPECT



SERVICE



EXCELLENCE

WHY COMMUNIQUE ?

TM KAUSALYAA SRI

Since its GENESIS in 2016, the Amrita Toastmasters Club (ATC) has evolved significantly with its major goals being:

- 1) Establishing a self-sufficient club that fosters the development of its members
- 2) Mold its members into confident communicators and leaders.

Members and the Executive Committee have always been passionately participating and helping each other grow throughout this journey. ATC is known for its dynamically open stage that brings together people from all backgrounds and unravels their skills. Despite the pandemic, our expedition was a stimulating and pleasant one. ATC has always been a dreamer's ideal family and the point of Genesis of great speakers. The fifth edition of our newsletter, 'The Communiqué', is a testament to that growth. We hope to accomplish our goals and progress in this pursuit of excellence.

“

ATC has always been a dreamer's ideal family and the point of Genesis of great speakers

”

FROM THE EDITOR'S DESK

Greetings Toastmasters!

There goes a saying that “Communication works for those who work for it”. As a keen writer, communication had always worked for me on paper but never through speech, but that was until I joined ATC one and a half years ago. I had never seen an environment so full of positivity before, the members of ATC were as positive as they were encouraging and supportive. This culture that prevails in the club is what I would attribute to all of the Club’s multiple successes throughout the years.

I would call ATC my “confidence booster dose administered every weekend” because I noticed that after most meetings, I was left feeling better than I did two hours ago. One other thing that has been an invaluable lesson from ATC was leadership, coming from someone who has always been terrified to lead, I would say that Toastmasters is the best starter pack if you want to take your first step towards leadership! Heading this newsletter ‘The Communiqué’ and working with my Editorial team: TM Pooja, TM Kausalyaa and TM Malavika, has been a very new and enriching experience. Everything becomes easier when your team is co-operative and punctual and they have been just that. I would like to express my gratitude to all the ATC members who sent in their beautifully creative articles to make this newsletter a wonderful experience.

ATC is where it is now because of its Executive Committee and Faculty Coordinator Mr Ritwik M and the club will forever be indebted to their efforts. The genesis of excellence is always traced back to consistency and Toastmasters has consistently nourished and supported public speakers throughout the world. As a proud part of this organization, we present to you the fifth edition of our annual newsletter ‘The Communiqué’.



TM Chaitanya M Varier
Chief Editor

FROM THE EDITOR'S DESK

Here is a story of colours :

I remember when president TM Bavesh asked me "Do you know poster designing?", I had no idea what that was at that time. When I tried designing for the first time, I was fascinated by the spectrum of colours. Designing is more like puzzle solving. You try to put the pieces in the right place to get the final picture. The only difference is that, unlike puzzles, you would never know what the final picture is!

Toastmasters is a world of vibrant colours where I can battle my fears, talk confidently, control my anxiety and explore my inner self. ATC is all about sharing tales, inspiring, and motivating each other.

It has truly added colours to my life. Hence, here I am, adding colours to Genesis- 'The Communiqué' edition 5!



TM Pooja T R
Designer

As a second-year engineering student and a fortunate survivor of the pandemic, being a part of ATC for nine whole months, now looking back, seems like a fantasy. After a weeklong marathon of online classes, ATC meetings were where I sought refuge. Despite the challenges, our genesis in this new online platform began and although it was different from the usual offline meetings, the enthusiasm remained the same! We learn a lot from each other and have the opportunity to relish a plethora of experiences. I am beholden to all my fellow toastmasters for their sincere efforts. I thank them for supporting my endeavors and also for giving me feedback, asking about my plans, and not letting me lose my essence. The ever-enthusiastic Executive Committee members have a great say in the genesis of this new chapter and carrying forward the legacy.



TM Kausalyaa Sri
Editor

FROM THE EDITOR'S DESK

ATC was the first club I joined at University. It took me only two meetings to feel at home among its members and to find fun in all its activities including the much dreaded (but extremely enjoyable) Table Topics session! Hence for a bored first-year student who was enduring the drudgery of complexometric titrations and Eigenvectors day after day, the Sundays when the club met was nothing less than a breath of fresh air.

So imagine my pleasure and surprise when one banal evening, the Chief-Editor of 'Genesis', the wonderful TM Chaitanya asked me if I would like to be a part of the editorial team! It didn't take me more than five seconds to make up my mind, and I am glad I jumped into it. Another pleasure was getting to work with this extraordinary team, all of whom worked in such a meticulous fashion. TM Kausalyaa and I scoured through one interesting article after the other while TM Pooja was engaged in arranging and putting everything together into a visually pleasing format. All of this was overseen by TM Chaitanya whose sharp eye for detail was heavily employed in making all the decisions, catching our involuntary little slips and making sure that the end product looks as polished as it does. Watching this newsletter come alive was extremely gratifying. From the engaging articles to working as a team, it was a chance to document ATC at its finest. All the enriching articles that show what the members of the club were ruminating about at the time and all the photographs from our various club meetings makes 'Genesis' something of a time-capsule.

This newsletter will be something that is very much cherished in the present and will hopefully remind the present as well as the future members of the existence of this wonderful club and how far it has come.



TM Malavika Anilkumar
Editor

PRESIDENT'S NOTE

TM BAVESH RAM S

Am I excited? Maybe a little. Why you may ask, well, because this is THE PRESIDENT'S NOTE and I am getting to write it! Now to the more formal stuff. The best thing about being the President of ATC is that you find the craziest, most hardworking and devoted hub of speakers in all of University. Having been a member of this club for the past two years, I've never seen anything less than pure encouragement and determination from its members. I have had the opportunity to witness and be a part of this club's growth and I know I will cherish these memories forever. Toastmaster has always paved way for great leaders and has allowed its speakers to bloom and blossom. Intertwined in the rich history of the club are its wondrous members and their dedicated efforts. Looking back, all I can remember are the amazing seniors, who motivated and encouraged me to take up more roles and gave me the opportunity to better myself. As Carl Benne said, "We are what we dream", and ATC has always been a family of accomplishing dreamers. Hard work with the right motivation and enough amount of fun undoubtedly will lead you to success. Toastmasters hold a multitude of fun elements and a plethora of opportunities. I'm looking forward to explore more with my merry club. Happy Toastmastering!!

“

ATC has always
been a family
of
accomplishing
dreamers

”



DIVISION DIRECTOR'S ADDRESS

TM ASWIN CHANDRASEKARAN

From your "Jealous" Division G Director :)

Yes - you read that right! If I were ever to be jealous of one thing, it is the highly energetic and creative student Toastmasters fraternity from the colleges. Add some "extra-jealousy" for this particular inspirational bunch from Amrita Toastmasters Club :) !!

This first student Toastmasters club of Coimbatore, ATC, has consistently produced leaders, speakers and champions all these years and been a source of energy - no, synergy - to the region - not just at Coimbatore, but to our entire District.

Speaking of contributing to club, area, division or District events, members of Amrita are right there - as Event Chairs, as Emcees and as the crucial backbone for these events! Speaking of contests, the stars of Amrita consistently finish at the Division podium and beyond! Speaking of its coveted Alumni - they are highly successful today reaping the benefits of the immense value and learning that Amrita Toastmasters Club gave them. Speaking of creativity and adaptability - you can see all those cross-country online joint meetings the club conducted!! Missed it? Okay, read this newsletter. You'll know what I mean!! :)

All the achievements of the club can be attributed to one thing - the Club Culture. It is heartening to see the members of this club, batch after batch, so passionately channeling their energy rightly into the growth of its members, making sure the members seek the right opportunities, learn all that's out there to learn in this wonderful world of Toastmasters.

I also hear the club is extending its wings and nurturing the idea of setting up a club in its sister campus at Chennai - I wish the club all the very best in this and in every other step they take in the future.

All of you have been one BIG source of support, strength and inspiration to Division G and District 120! Keep it going!!



AREA DIRECTOR'S ADDRESS

DTM MAYUR VENKATESH S

It gives me great pleasure to see Amrita Toastmasters club blossom into such a vibrant group of enthusiastic students. Batch after batch, my bond with members of ATC has shown me a window through which students are able to add leadership and communication to their armory. It was heartening to see members of ATC adapt to the challenges posed by the pandemic and use the opportunity to bond with Toastmasters from around the world. We have also seen some high-quality speakers in multiple speech contests reach various levels. More than anything, Toastmasters is being seen as a fun-filled learning experience through which students are able to wind down and relax in their otherwise busy lives. My best wishes to members of ATC as they cross milestones after another while also making it an enjoyable experience.

“

It was heartening to see members of ATC adapt to the challenges posed by the pandemic and use the opportunity to bond with Toastmasters from around the world

”



A NEW BEGINNING

TM GREESHMA NIMMAGADDA



“Your life does not get better by chance, it gets better by change.” — Jim Rohn

“

The New Year is often regarded as a repetition of that day of genesis where light has defeated past darkness.

”

Around new years' time, everyone keeps talking about change because why not?, it is the New Year after all, a brand-new beginning! Psychologically, the start of a new calendar year creates a change in our mindset. We hearken back on yesteryear's events that have passed and our thoughts drift back to what we could have been, what we could have done better. It can be very scary to start a New Year with thoughts of what could have been. A New Year denotes revival and new beginnings. There is something wonderful about making resolutions on the first day of the New Year, something invigorating about the clean, flawless days ahead that promote a “can do” feeling of optimism. The New Year is a great time to look at the changes we would like to make in our lives and plan on how to accomplish them. A resolution is like that ray of light on the first day of genesis.

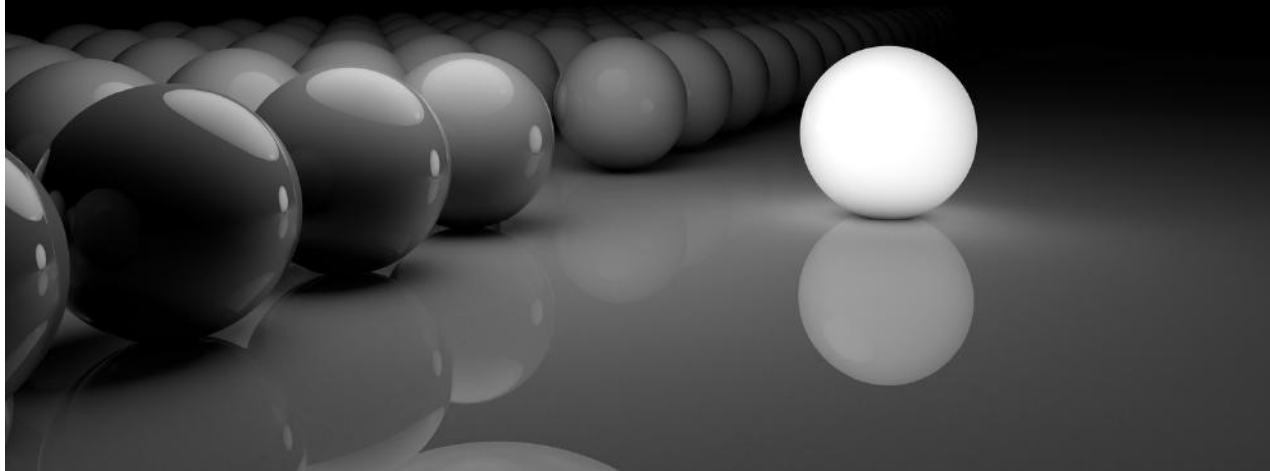
The new year is often regarded as a repetition of that day of genesis where light has defeated past darkness - a day of light and the rising sun. The day is evidence that the forces of darkness and chaos have been defeated. The fact that so many people keep making resolutions year after year, even when they do not, or cannot, always follow through them indicates they have hope and a certain level of belief in their ability to facilitate change and become more of who they truly want to be. It is important to remember that the New Year is a time for renewal and new beginnings. Most New Year resolutions have the common theme of becoming a better person. We endeavor to improve ourselves, yet many more resolutions end up unmet than kept, but the thought is what matters.

At the end of the day, it is our life that is at stake. Some days we can be so sure that we are special and we can stand out from millions and on other days we are just weary to get out of bed and that is normal too because you already have the hope that you will move mountains someday.



DIRECTION AND DRIVE

TM SANDHITHA PATNAIK



“

Direction and drive to provide and avail the service of leadership will always keep you going. Initiate today, take baby steps and have faith that you're doing the best with the time and resources you have.

”

Since the genesis of time and humankind, we have been on the lookout for direction and motive. We have looked for leadership.

In this chaotic world, changes occur every moment and every move we make leads to change, to manifest and become the greatest leader of oneself is the toughest task. To have the faith in oneself and to make the perfect choices in life are thin strings that keep one sane, or so it was in my case. It is fundamental for one to become a leader within oneself in order to be able to lead others, without the credence inside, the leader is just another dictator who is doubtful and unsure of his actions, which in turn will only lead to poor service. However, don't you mistake my message to mean that one has to have a perfect life and flawless choices and an impeccable profile to fit within this frame of leadership.

My message is that one should be able to stand on top of all that one has done in life and have the confidence that it was for the best, it was performed with the best of one's ability at the time with the resources available. As poetic as all it sounds, it does not come easy for all of us. This captive mind of ours is made for us to doubt ourselves so that we improve. The motive is to be sure and accepting of the answers to the questions that your mind raises, to know that some of your life choices might not have the perfect answer, that we are not our sole leaders and that people around us lead us all the time – our parents, teachers, guides, friends and even strangers, all in some way at some point of time lead and drive our decisions and choices. I am not going to get into the ingredients and the recipe on how to become a leader, you will find that with a simple Google search on the internet. I am here to tell you the things you should learn and accept before becoming a good leader, but again you will only get to do these once you become one!

Some mental notes that I keep at the top of my mind:

1. Leadership is a service. The leader works for and with the people.
2. The leader is the fallback plan; you have to be dependable.
3. Teaching and learning work both ways between the leader and the team.
4. No leader is perfect. There's strength in accepting mistakes.
5. Encouragement is the biggest booster for the team.

Direction and drive to provide and avail the service of leadership will always keep you going. Initiate today, take baby steps and have faith that you're doing the best with the time and resources you have.

“Boxes big and small surround us but the ones we put ourselves in are the most confining” - Anonymous.



WHAT'S COMING IS AS GOOD AS YOUR STATE OF MIND

TM PRAKASH B



G-E-N-E-S-I-S

When new chapters unfold and thus old ones end,
Look back, neither to dwell nor drown,
But only to reminisce and pick up lessons.

“

When new chapters unfold and thus old ones end,
Look back,
neither to dwell nor drown,
But only to reminisce and pick up lessons.

”

Your actions decide what's coming next,
Motivate yourself to only give your best.

Be the lit-twig when it's snowy,
When it rains, be your own hoodie,
Put yourself first when it's needed the most.

Realms of reality are often pressing,
Propel like a rocket with all the fire within,
Escape routes exist for every siege,
Overrun your emotions and break out of the cage.

Be curious enough to trump doubts,
Sail won't be any smooth,
At times real hard,
But it's the curiosity that thrusts you ahead.

Embrace new chapters,
Because it is in them – pages ahead,
The best version of yourself is hidden.

Feel the magic in seeing things from aberrant perspectives,
Catch all the things thrown at you with neutrality,
Process, don't react, to refine your belief system,
That's how you buy more eyes to see the drama.

Gratitude to everyone that's been good support,
And to everyone with whom there's been missing rapport,
Birds of a feather, flock together.



THE GENESIS OF INTELLIGENT BEHAVIOUR

TM YASH UPADHYAY



“ Intelligent behaviour is the capacity to make judgments in unique circumstances based on one's understanding of the world: individuals behave intelligently if they utilize what they know to obtain what they desire.”

When I hear news about 'AI' these days, I think of algorithms for pattern recognition and approximations of complicated functions, most notably Machine Learning. Product personalization, fraud detection, credit risk modelling, insurance pricing, medical picture analysis, and self-driving vehicles are just a few examples of fantastic Machine Learning applications. However, AI began as an area of study that attempted to address a far more fundamental question:

The Genesis of intelligent behaviour?

Intelligent behaviour is the capacity to make judgments in unique circumstances based on one's understanding of the world: individuals behave intelligently if they utilize what they know to obtain what they desire. AI research is based on the idea that intelligence is inherently computational. As a result, we can devise techniques to reproduce it in machines.

Conclusion: Accurate intelligence requires more than just pattern recognition.

Elaine Herzberg was riding her bike crossing a roadway in Tempe, Arizona, on March 18, 2018, when she was tragically struck by an Uber self-driving vehicle. The data did not include people jay-walking or pedestrians pulling a bike across a street, as it was discovered later after the car's core system had been trained on hours and hours of driving data. In addition, Herzberg was not classified as a pedestrian by the car's computer vision system; thus, it did not attempt to stop.

This terrible anecdote highlights the long-tail issue in Machine Learning. While driving a vehicle, there are so many diverse situations and edge cases, so many that training a machine learning system to recognize and categorize all of them are difficult, if not impossible. Even if the AI driving the automobile does a great job 99.9% of the time, that 0.1% of the time when it has no understanding of what was going on might be deadly. Consider the following scenarios: freezing rain, whiteouts, earthquakes, a bird crashing through the windshield, or a coffee table falling from the vehicle in front of you.

Pattern recognition alone cannot teach all intelligent behaviour. When we humans are confronted with a completely new circumstance, we may depend on our common sense to guide us. True AI is all about this kind of intelligence. Machine Learning-based AI systems are inherently constrained by the patterns they've encountered throughout their training phase. This proves to us that Machine Learning and Artificial intelligence, despite being massive inventions, still have a long way to go before they're able to imitate the intelligence and mastery of the human mind.





BEYOND THE VOICE

TM D PRIYADARSHNI

“

We've all seen in Harry Potter movies how wands choose their wizards, similarly the king of instruments- 'THE VIOLIN' chose me!

”

I had been an introvert in my childhood days and so, the best way I liked to express myself was through Music and Painting. Here begins the genesis of my passion. When you really like something, you often don't give it a second thought. The first thing that comes to my mind when I think of why I'm passionate about music is that it's relaxing to me. It takes me to a whole new world where there are no worries or deadlines!

Like Bob Marley said, “One good thing about music, when it hits you, you feel no pain”. To me, music is more than just sound, it’s an art with rhythm, tune and emotion. From the early stages of my childhood, I have always dreamt of presenting my talent in front of huge crowds, I fantasized about the crowd enjoying my presentation and cheering me up! I started thinking about what I could do to achieve this. This is not to say that I chose music to perform in concerts. Most often in concerts, the spotlights were always on singers, but I found the learning-to-sing process very long and cumbersome, also I didn’t have a great voice. I started to think about an alternate option and decided upon learning an instrument. Here again, I was confused about my choice of instrument.

However, we’ve all seen in Harry Potter movies how wands choose their wizards, similarly THE KING OF INSTRUMENTS -THE VIOLIN, chose me! The sound of the violin is beyond beautiful. I am a Sagittarius and the bow was made from horsetail, I felt connected to the instrument in an inexplicable way. It takes the longest time to master the Violin and so this instrument is pleasing as well as challenging. I enjoy challenging myself and so this was the right instrument for me. Anyone with patience and dedication one can master the violin, I want to make the violin more powerful, I want to perform this instrument all around the world so that everyone around the globe can see how powerful and liberating this beautiful instrument is.





GENESIS OF CHATURANGA

TM VENU MADHAVA SAI J

“

One can never get bored of playing chess simply because it never repeats itself, every game is unique

”

Many of you might be aware of the ‘Wheat grain and the Chessboard story’. If not, it goes like this- Once upon a time, a proud king offers his priest a price in return for solving a challenge, the priest is allowed to ask for any of the materialistic riches present in this world provided that he solves the king’s puzzle. The clever priest in return solves the puzzle and plans to show his prowess by asking for a specific bounty. He asks the Highness to place one grain of wheat on the first square of the chessboard, two on the second square, four on the third, eight on the fourth, and so on till the sixty-fourth square. He asks the king to donate the final amount of wheat to him. The king orders his ministers to do so. However, it turns out in the end that on the sixty-fourth square, there are approximately $9.22 \cdot 10^{18}$ wheat grains! This exceeded the total amount of treasure stored in the entire kingdom!

This story makes it quite clear that chess is not an ordinary game, its origin is of paramount significance in history. The chess we know now is the successor of the game Chaturanga which is traced back to almost 1500 years. A time period quite hard and ancient to imagine. The name gives the impression that it originated in India but before it came to its present form, it toured across Persia, the Muslim world and Europe in the 19th century. This journey of the game divided it into two types namely, Indo-Arabic and International chess (present game). Some distinguishable factors include the movement of the Queen, which is considered to be the most powerful piece on the board. Unlike in the present game, in the earlier versions the Queen had movement allowed to only one square diagonally, this made it a very vulnerable piece.

One can never get bored of playing chess simply because it never repeats itself, every game is unique. This is stated literally because there are 400 possible positions after playing the first move, 72,084 unique possible positions after the second move, and so on as you can imagine. This human-made marvel became universal after the formation of the World chess federation in the 20th century. This in turn, gave rise to numerous grandmasters, their bots, and a plethora of opportunities to players around the globe. The longest possible chess game theoretically ends in 5949 moves, but the game per se will never stop reigning over the hearts of millions of chess lovers across the world.





A LONG PENDING TRIP

TM SREE PRANAVI S

“

I saw how the sun gradually came down and finally vanished into the clouds. I felt so peaceful and calm.

”

Today I was back home after a very tiring day in the office, so I sat on my sofa breathing out a huge sigh of relief. It was a long day with a lot of client meetings and project work. I got up from my sofa and headed towards the kitchen to make myself a warm cup of coffee.

Let me introduce myself while I have my coffee. I am Soundarya, working as a team leader in Infosys Bangalore. My parents are retired and are residing in my native place Tamil Nadu. They are currently leading a peaceful life by doing organic farming and enjoying their peaceful retired life.

I had been thinking about taking a break from this hectic work schedule of mine and going on a solo trip. For a long time, I had wanted to go to the hill station Wayanad located in Kerala. The reason behind this wish of mine was that during my twelfth grade our school Principal had promised to take us there, but unfortunately, we couldn't visit due to unexpected heavy rains.

Hence, I called up my parents and told “Amma and Appa, I am leaving for a short trip to Wayanad in a couple of days, please take care of yourself! I am not sure if I’ll be able to get a signal to contact you”. My parents agreed that I needed some peace of mind and encouraged me to go. I decided to leave early the next day by train and booked a train ticket. I then emailed my boss requesting permission for a couple of days off, I knew that my boss would agree as he was happy that I had completed all my project work before the deadline, also the clients I tended to had also expressed their satisfaction.

I started packing for the trip and went to bed early since I will have to wake up at 6 am. I boarded the train and booked a window seat in the AC Coach to view the natural view outside. I had bought a bread omelette to eat for breakfast, it was yummy and warm and perfect for the chilly weather outside. I slept for a while and woke up by noon, the train had reached the Kerala border and I was so excited that I started clicking pictures with my brand-new iPhone. After an hour, the train finally halted at the station in Wayanad. I got off the train with all my luggage and relished the chilly climate and beautiful hill views.

I then boarded a taxi to the hotel which was two kilometres away. I freshened up, had lunch, and left the hotel for an evening walk at 5 pm. I walked casually and enjoyed nature’s beauty. On my way, I discovered small waterfalls scattered throughout the place and pondered about their genesis, it looked beautiful under the sunlight. I then found a small valley towards my left and walked down it a bit. I came across an amazing viewpoint to view the sunset. The sky was pinkish-purple in colour, I saw how the sun gradually came down and finally vanished into the clouds. I felt so peaceful and calm. The trip was so satisfying when I returned home, I felt happy and complete. This is the story of how I fulfilled my teenage dream to visit Wayanad.



A FRESH START

TM SHYAM



As Dalai Lama once said “Every day is a new opportunity to begin again. Every day is your birthday.” In that regard, New Year's Day is like any other ordinary day, but the difference is that it is quite the only reminder that life is limited and therefore we better make the best use of our time here. All of us as humans have the same 24 hours in a day, but what differentiates a millionaire and a pauper is how one utilizes time.

“

One can work towards their goals one step at a time, no matter how small the step is, it is the consistency that counts.

”

As we rush to complete our next commitment, we get intertwined with the daily rat race of our human lives and forget the long-term goals. We need a daily reminder of what we're running after in order to prioritize our commitments. Instead of choosing to only recognize a fresh start once in 365 days, if we just spend five minutes a day for introspection, there wouldn't be a need for a New Year's resolution.

To do so, one can work towards their goals one step at a time, no matter how small the step is, it is the consistency that counts (Rome wasn't built in a day after all!) This would make you more consistent and would help guide you as you choose your commitments accordingly. You get to be a better person and all it takes is a single step every day.



TACITURN TO CHATTERBOX

TM HARIPRASANTH PARANJOTHY

People say, "If God closes one door, He will open another door". But I believe "God closes a door only after he opens the other door". Think for a while and you will see the truth in it.

“

God closes a door only after he opens the other door". Think for a while and you will see the truth in it.

”

I was an introvert with lots of insecurities, I was worried about being judged by people around me. Even when introducing myself, I used to say "I'm an introvert, hope you understand". Usually, people reply by saying that "Oh okay. No problem" and then disappear. That was until I met her. She was a new friend from college, she said "Do not label yourself an introvert, as you advance through your career it should not be a reason for you to hold yourself back, and do not be scared of being judged either. Those who judge you are people who are struggling with their own insecurities. Remember this and you will feel free to open up and talk without hesitation".

Wait for a second!

I was taken aback. No one had ever said this to me, she put my lifelong struggle in such an optimistic simple way. That was the genesis of my journey as an extrovert. I was no longer the introverted Hariprasanth. I started talking with strangers, joined Amrita Toastmasters Club and attended many events. Through proper communication, I was able to create new networks for my growth. Now, I can quite literally talk to anyone, because I do not have the fear of being judged.

Moreover, the mindset that said “Being introverted is the most peaceful thing” no longer exists, thus I came to be the extrovert that I am today.



PANDEMIC-THE KNIGHT IN SHINING ARMOUR

TM SHRIINIDHI LAXMANAN



“

Regret is a basic human emotion but if you hold on to it for too long, it can be all-consuming and can lead to the formation of a black hole within the human mind.

”

“I wish I had done this, oh I wish I had done that!” More often than not, we regret not becoming the person we believe we could have become, if only we had tried. In recent days, even though we are able to utilize technology to meet all our needs and access necessary resources, our life overflows with regrets. To top it all, there has been a drastic decline in the happiness index due to the ‘Oh-so-popular’ Mr./Ms. Covid’s variants.

Regrets point to the past and the past is like Vetala, an evil spirit who experiences immense pleasure by troubling humans (they can be compared to vampires in Western mythology). They hang on to you like a burden that can never be put down unless and until you break free of their vicious trap. Holding on to the past is an obstacle for the future. An OBSTACLE for self-improvement!!

Regret is a basic human emotion but if you hold on to it for too long, it can be all-consuming and can lead to the formation of a black hole within the human mind. Representing despair, darkness, and nothingness, the black hole is a deep archetypal symbol that represents all these human emotions that make Homo Sapiens prone to madness. If we let this huge black hole take over our minds, then we might as well bid Au revoir, to our mental stability.

For the pessimists, their regrets might be a good enough reason for them to end themselves and get rid of this never-ending sorrow and grief, but the pragmatists beg to differ. They find ways to fuel their lives and look forward to the genesis of a better life. They look at their shortcomings as an opportunity to do things differently instead of giving up.

The pandemic in a way has paved a path for us to make amends, journal our grief and interact with loved ones to dissolve these regrets. So folks, focus on what you can control and make peace with what you can't. Just let go!





NEVER WALK ALONE

TM SENTHIL NATHAN M

“

My club will
never walk
alone. ”

When then-Liverpool captain Steven Gerrard and then-Liverpool manager Sir Kenny Dalglish raised the League Cup at the magnificent Wembley Stadium in London, my association with the club began. I was 12 years old then and the club will be celebrating its 130th birthday this June, so my love affair with the Liverpool football club approaches its tenth year. Liverpool FC is a historic club that takes pleasure in being European Royalty, having won the Champions League six times more than any other English team and tied for third-most overall. As this Merseyside club approaches its 130th birthday, we'll take a closer look at the club's history, beginning with its founding.

I'm sure a lot of people are asking what Merseyside is! Liverpool is a city in Merseyside, which is a county in Northwest England. Now that we've covered geography, let's return to football in England, where the Football League First Division was established in 1888. Everton Football Club was one of the 12 clubs that made up the initial division.

Everton Football Club is a Liverpool-based English football club that was founded in 1878. From 1884 to 1891, Everton FC played their games at Anfield. Everton FC moved to Goodison Park in 1892 after a dispute with John Houlding, the club president and property owner at Anfield. After Everton moved to Goodison Park, John Houlding was left with an empty stadium and no team, so he founded a new team to play at Anfield, naming them Liverpool F.C. and Athletic Grounds Ltd.

Under Tom Watson's guidance, the team won the League for the first time in 1901 and has since won 18 additional titles. Liverpool won the European Cup for the first time in 1977, and they have since won five more times.

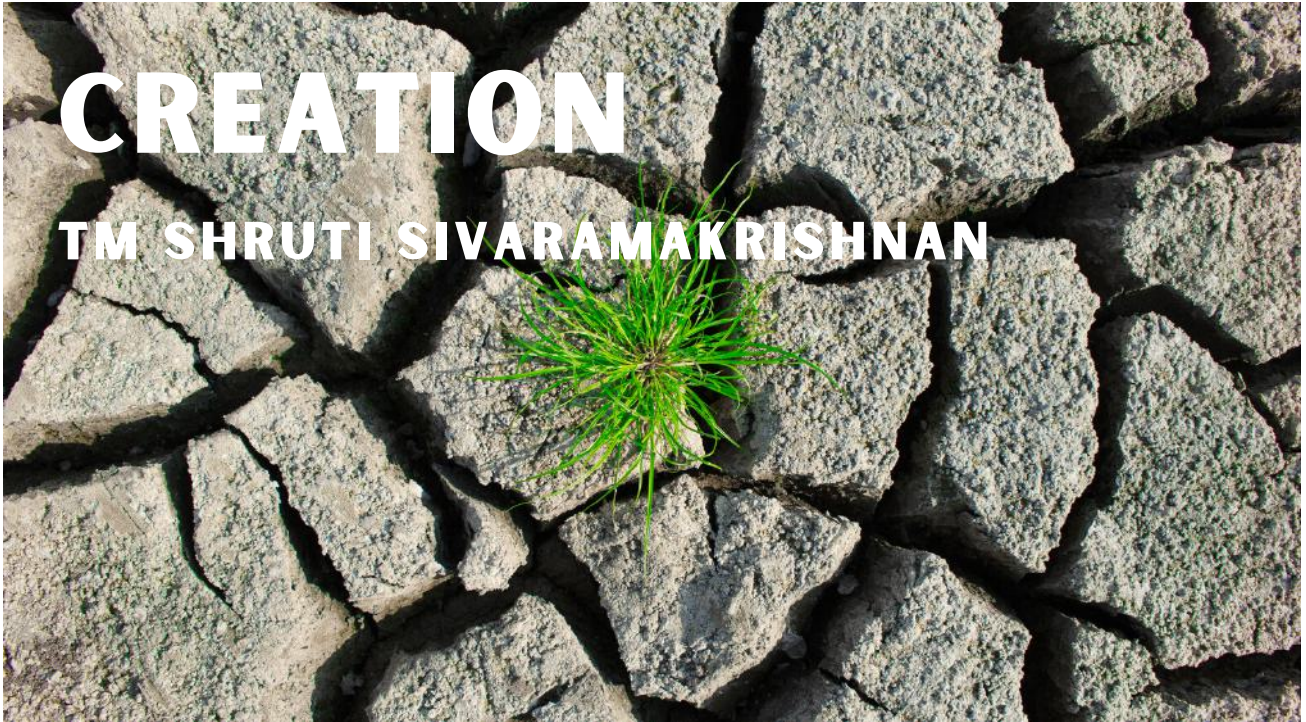
After winning the League title in 1989/90, the team went thirty years without winning another league title, and the club also endured human loss in the notorious Heysel Stadium catastrophe and the Hillsborough disaster. Thousands of fans from all over the world walked alongside the club to offer their support during this difficult period. Liverpool Fc has walked on before I was born, is walking on today, and will continue to walk on after I am gone, but one thing is constant: my club will never walk alone.

From a Passionate Liverpool Fan.



CREATION

TM SHRUTI SIVARAMAKRISHNAN



Genesis is the start of something new,
It was from this that everything grew,
Who knows what the future might hold,
All it needs is a huge step so bold.

If you type it, 'Genesis' is defined as 'the origin',
But once you start it, there is nothing in comparison.
You will fail many times.

You will be framed for others' crimes.
You will face many difficulties, but you mustn't stop
Challenging yourself to get to the top.

“

You cannot
conquer
something
worth doing
overnight.
For genesis, you
have to
struggle, you
have to fight

”

You cannot conquer something worth doing
overnight.

For genesis, you have to struggle, you have to fight,
You have to be original; you have to be the first,
Only then you can satisfy genesis' huge thirst.

For creation, genesis is just the start, the end is
oblivion,
There is no simple beginning to the life we are living.



THE TINY LOVE BEING

TM CH. ABHINAVA AKSHARA

“ This marked the origin of their wonderful journey; a wild one filled with heartbreaks, responsibilities, love and so much more. ”

It's 5:45 pm on a rainy Saturday in August and the streets are swamped with cars honking like a combination of melodies from the past, delivery bikes skim through them with snake-like agility, the bachelors have a chit chat as they sip hot tea by the stand and kids joyfully enjoy freshly steamed momos with their mum and dad at the food carts by the alley.

A dog-tired IT engineer who's soaking wet and trembling from the cold is desperately waiting for the traffic to clear out so that he can reach the hospital. Far away a wife had gone into labor prematurely and she shrieks with pain, she calls her husband but the call goes straight to voicemail, hearing the ruckus her neighbours call the hospital and admit her into the emergency ward.

The rain was pelting down and the husband couldn't wait any longer. He dived into every nook and corner he could find amidst the fleet of cars, skipped the signal and bolted towards the hospital with every ounce of strength he had. Four more turns to the hospital and he would make it! His helmet was doused with rain and he could barely see. He somehow made it to the hospital soaking wet, anxious and panicky.

He stood in the reception stuttering with fear and cold, the receptionist tells his wife's room number and he sprints towards her. As soon as he saw her with the baby girl, he goes numb in the legs. The husband-now-turned-father was overwhelmed with emotions on seeing his little girl, she was crying and moving her little hands as her mother was trying to calm her down, he stood there and cried with a smile on his face, a smile of relief, love, and happiness. When he held the baby in his arms, she stopped crying and flashed a tiny smile through her little lips and this marked the origin of their wonderful journey; a wild one filled with heartbreaks, responsibilities, love and so much more.



LEADERSHIP CENTRAL

EXECUTIVE COMMITTEE



CLUB PRESIDENT
TM BAVESH RAM S



VICE PRESIDENT MEMBERSHIP
(JAN 2022 - JUN 2022)
TM POOJA T R



SECRETARY
(JAN 2022 - JUN 2022)

TM KAUSALYAA SRI



VICE PRESIDENT PUBLIC RELATIONS
(JAN 2021 - JUN 2021)
VICE PRESIDENT EDUCATION
(JAN 2022 - JUN 2022)

TM PRATHANA



VICE PRESIDENT PUBLIC RELATIONS
(JAN 2022 - JUN 2022)

TM YASH UPADHYAY



SERGEANT AT ARMS
TM HARIPRASANTH



TREASURER
TM SOWMYA B

LEADERSHIP CENTRAL

EXECUTIVE COMMITTEE



VICE PRESIDENT MEMBERSHIP
(JUL 2021 - DEC 2021)

TM REVANTH K S



SECRETARY
(JUL 2021 - DEC 2021)

TM CHAITANYA



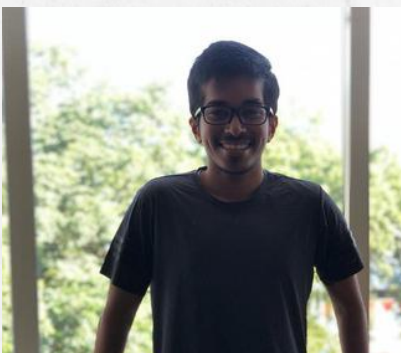
DEPUTY SECRETARY
(JUL 2021 - DEC 2021)

TM HASMITHA



DEPUTY VICE PRESIDENT EDUCATION
(JAN 2022 - JUN 2022)

TM MALAVIKA



DEPUTY VICE PRESIDENT PUBLIC
RELATIONS
(JAN 2022 - JUN 2022)

TM SHYAM MANOHAR



VICE PRESIDENT MEMBERSHIP
(JUL 2021 - DEC 2021)

TM MRUDULA G P P

MEMORIES

NOTEWORTHY MEETINGS

Milestone #200 was successfully conducted on 4th September 2021 hosting many dignitaries from all over the District including DTM Loghandran and District 120 Chief Judge Manju. DTM Loghandran presented an interactive keynote Speech.

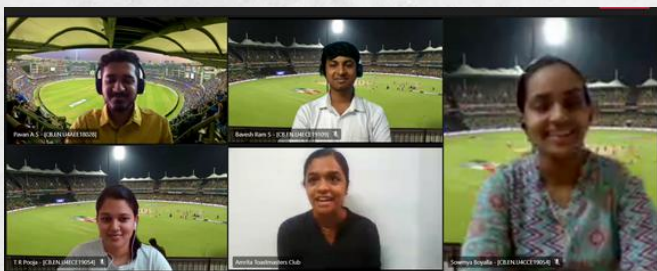


A Joint meeting with Virudhunagar Toastmasters Club (VTC) was conducted on 18th November 2021. The meeting was conducted on MS Teams. Fun and interactive participation from both clubs was seen.

An Educational Session on the topic 'Evaluations' was conducted by DTM Alicia Cutis on 31st October 2021. The session was refreshing and enlightening.



Visiting Toastmaster DTM Abjijit Roy took part in ATC meet 191 on 4th July 2021 and shared his views on the Club.



MEMORIES

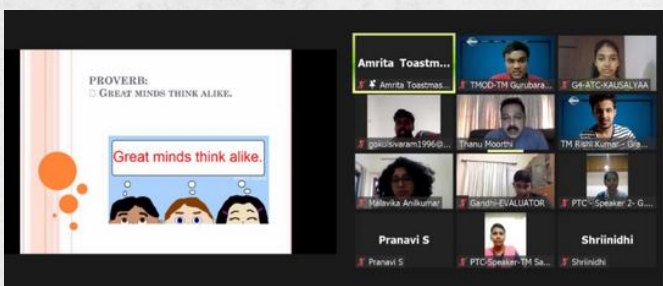
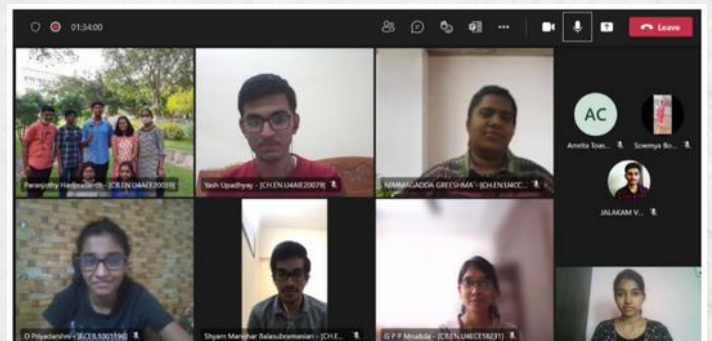
NOTEWORTHY MEETINGS

Club elections of the Executive committee for the next term were conducted by the Elections Chair TM Roopa Vidhya and Nominations Chair TM Rajashree Shrikanth on 7th November 2021.



A different and refreshing session on the topic 'Alphabets' was conducted by Toastmaster of the day TM Pooja and DTM Uma Udayshankar actively participated in the much enjoyable Table Topics Session on 25th July 2021.

DTM Vanisree, Division G Parliamentarian presented an Educational session on 'Parliamentary procedures' on 19th December, 2021. The meeting was successfully conducted in Hybrid mode for the first time.



A Joint meeting with Tirunelveli Toastmasters Club (TTC) was conducted on 26th December 2021. The meeting was conducted in Hybrid mode.

CONTESTS & CONFERANCES

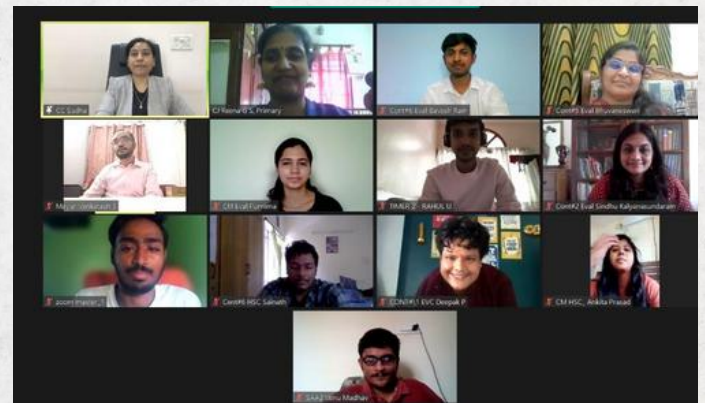
The club level contest convened on 24th February 2022, with TM Pooja as the contest chair and TM Jayendra Natraj as Chief Judge.



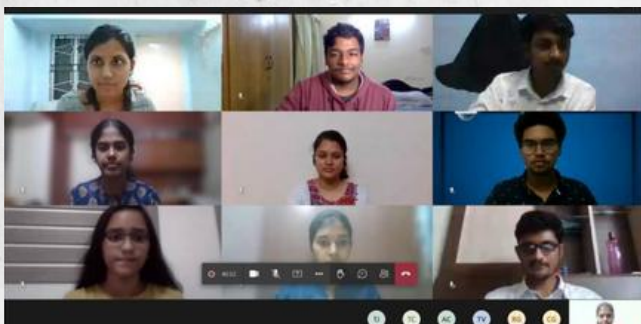
The Demo meeting with Amrita Chennai Campus convened on 25th February 2022, with Presiding Officer TM Bavesh Ram Presiding and TM Priyadarshni as the TMOD with the Theme “Love for Pets”.



The Humorous Speech Contest and the Evaluation Contest was held on 17th October 2021, through Zoom Meetings at 9 a.m. Distinguished Toastmaster Reena served as the Chief Judge for the event. The Contest was successfully organized by the Contest Chair TM Sudha Raju.



The Humorous Speech Contest and the Evaluation Contest was held on 8th October 2021, through Microsoft Teams Application from 5-7 p.m. TM Guru from Tirunelveli Toastmasters Club served as the Chief Judge for the event. The Contest was successfully organized by the Contest Chair TM Chaitanya M Varier.



ACHIEVEMENTS

Evaluation Contest and Humorous Speech Contest - Amrita Toastmasters Club - 8th October 2021

Awards (Evaluations Contest):

1. Winner - TM Roopa Vidhya G
2. First Runner Up - TM Bavesh Ram
3. Second Runner Up - TM Kausalyaa Sri

Awards (HSC):

1. Winner - TM Sainath Chandrasekhar
 2. First Runner Up - TM Bavesh Ram
 3. Second Runner Up - TM Pooja T R
-

Evaluation Contest and Humorous Speech Contest - District 120 - Area G4 - 17th October 2021

Awards (HSC and Evaluation Contest):

1. TM Bavesh Ram - 1st HSC
2. TM Sainath Chandrasekhar - 3rd HSC
3. TM Kausalyaa Sri - 3rd Evaluations Contest

ACHIEVEMENTS

International Speech Contest and Table Topics Contest - Amrita Toastmasters Club - 24th February 2022

Awards (ISC Contest):

1. Winner - TM Bavesh Ram
2. First Runner Up - TM Kausalyaa Sri

Awards (Table Topics):

1. Winner - TM Malavika
 2. First Runner Up - TM Bavesh Ram
 3. Second Runner Up - TM Chaitanya M Varier
-

International Speech Contest and Table Topics Contest - Area G4 - 13th March 2022

Awards (ISC and TT Contest):

1. TM Kausalyaa Sri - 2nd ISC
2. TM Chaitanya M Varier - 2nd TT

MEMBERS' TESTIMONIALS

TM SHRIINIDHI

“ It has been only three months since I joined this club but the supportive and friendly environment has helped me gain confidence and has also motivated me to come out of my comfort zone and evolve into a better speaker. This club made me look past my insecurities and overcome my fear of public speaking. The constructive criticism provided by the club members also played a major role in the development of my communication skills. Happy to be a part of this club! ”

TM SREE PRANAVI

“ Initially, I used to be very shy and scared to speak in public but after joining Toastmasters, I feel like I am becoming a better communicator. It has helped me gain a lot of general knowledge too. I am truly very glad to be a part of it! ”

TM SHYAM

“ As an introvert who had stage fright, joining ATC has been transformative for me as it has given me the confidence to present a speech. The idea of presenting a speech doesn't terrify me anymore thanks to ATC. Within the few months that I've been a member of ATC, it has not only helped me improve my communication skills but has also helped me improve my soft skills. ”

TM MRUDULA

“ Being a part of toastmasters has given me a chance to voice my opinions and feel valued. I have learnt a lot in the past three terms that I have been here and hope to learn a lot more. ”

TM HARIPRASHANTH

“ Amrita Toastmasters Club is like an ideal family to me, we appreciate each other and make sure we grow too. It played a major role in getting rid of my social anxiety. ”

MEMBERS' TESTIMONIALS

TM YASH

“ I joined Toastmasters 5 months ago and was captivated as soon as I entered the Club! It's something I can't seem to get enough of. You're not under any need to grow at a specific rate here, you may keep your talents and acquire new ones. The welcoming atmosphere and constructive feedback I receive from other Toastmasters are two of my favourite aspects of ATC. ”

TM GREESHMA

“ Until I joined Toastmasters, I thought of public speaking as a task that requires only speaking but now that I am part of the club I am shocked by seeing the extent of improvement that can be made by just listening and thinking. Toastmasters has a place for everyone and one can go about in the club at their own pace, one added advantage of the club is the mentor that one can go to if lost or confused. It was for sure an amazing journey and you should give it a try too ”

TM SHRUTI

“ Being a part of the batch that has had little to no contact with the campus, ATC was my little taste of heaven. After the hectic and monotonous class schedules, every Sunday meeting was a way to unload my worries by talking and interacting with the other members of the club. There is also the added benefit of improving my communication skills little by little each session. ”

TM PRIYADARSHNI

“ ATC focuses on a 'positive learning experience', where new members are given their own space to experiment with their ideas. In addition to improving my communication and leadership skills, ATC also taught me some valuable life lessons. ”

3 STEPS TO JOIN THE CLUB

01

Contact the Club through Social Media / Website / Vice President Membership

02

Attend a Meeting!
We meet at 3pm on every sunday.
&
at 5 pm at C-104,
Academic Block – 1, in the university
campus on every monday and thursday

03

Let the Vice President Membership know that you're interested to join. They will take care of the rest.

Contact : TM Pooja - Vice President Membership
TM Prathana - Vice President Education

BECOME A TOASTMASTER!

ATC ON WEB!



[https://youtube.com/channel/
UCi7gmByp35jUzg6T5z36vpw](https://youtube.com/channel/UCi7gmByp35jUzg6T5z36vpw)



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<https://chat.whatsapp.com/EDO9FftojAMHvDGg5ovnOw>