



ORA*TORS INSIGHTS

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JUNE 2021

Resilience... Bounce Back from Crisis

Club # 1077961

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ABOUT TOASTMASTERS INTERNATIONAL



Toastmaster international is non-profit educational organization that teaches speaking and leadership skills through a worldwide network of clubs.

From humble beginnings in 1924 at YMCA in Santa Anna, California. Toastmaster international has grown to become world leader in helping people become more competent and comfortable in front of an audience. The nonprofit organization now has more than 345,000 members in 17,000 clubs across 142 countries. Offering a proven and enjoyable!-way to practice and hone communication and leadership skills.

Toastmasters International Mission:

We empower leaders to become more effective communicators and leaders.

Toastmaster International Envisioned Future:

To be the first choice provider of dynamic, high-value, experiential communication and leadership skills development

Toastmaster International values:

- Integrity
- Service
- Respect
- Excellence

District mission:

We build new clubs and support all clubs in achieving excellence.

Club mission:

We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.



ABOUT CLUB

Ora*tors club has been around for over 10 years, helping dozens of members build communication skills. The club is open to all Oracle employees and contractors.

Key achievements

- 3 time Golden Gavel Plus winners.
- Every new member is assigned a mentor under the reinvigorated mentorship framework.
- Free access for members to over 100 books in the Ora*tors club library
- Home to multiple advanced speakers, contest participants and Triple Crown winners.
- Award winning social media presence, newsletter, membership growth and more.

Mission statement:

Oracle Toastmasters club is the leading movement devoted to making effective oral communication a communitywide reality. Oracle speakers help 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.

01077961 ORA*TORS CLUB Distinguished		
Club Alignment	Membership	Goals
Region 13	Base 25	Goals Met 6
District 121	To Date 21	Distinguished 5
Division E	Required 20	Select Distinguished 7
Area 02	20 members or a net growth of 5 new members	President's Distinguished 9

	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	0	4 Level 1s needed
2	Level 2 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	2	0	2 Level 2s needed
3	More Level 2 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	2	0	2 Level 2s needed
4	Level 3 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	2	1	1 Level 3 needed
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	7	✓
Training				
9	Club officers trained June-August	4	7	✓
	Club officers trained November-February	4	4	
Administration				
10	Membership-renewal dues on time	Y	2	✓
	Club officer list on time	Y	1	

The desert flowering plant Verbena's seeds go thru harsh weather – fiery hot and fearful sirocco (hot wind). Not just for few weeks, but incessant 10 months. And there comes a chill wind that follows raindrops.

The Verbena seed shrugs off everything and germinates with resilience. And grow quickly and blooms into spectacular flowers.



Desert Sand Verbena



Dear Toastmasters, the blend of faith, determination and energy is the secret to bounce back and get it going more robust than before. We have gone thru/ going thru many impediments in this pandemic era. In fact, those are not real but are strengthening forces. Despite difficulties and technology dependencies, we have met virtually to learn and grow week after week. We are determined to grow every day. Every day we are better than yesterday. I appreciate all of you for your resilience and determination.

The faith that we have in us would bring all of us together in person very soon. We would be together once again and forever thru the bond called 'Toastmasters'.

Let us continue to engage ourselves with Toastmasters, learn communication & leadership skills to the best of our abilities, and help each other soar.

TM Ananda Gopalan

President (Jan - Jun 2021)

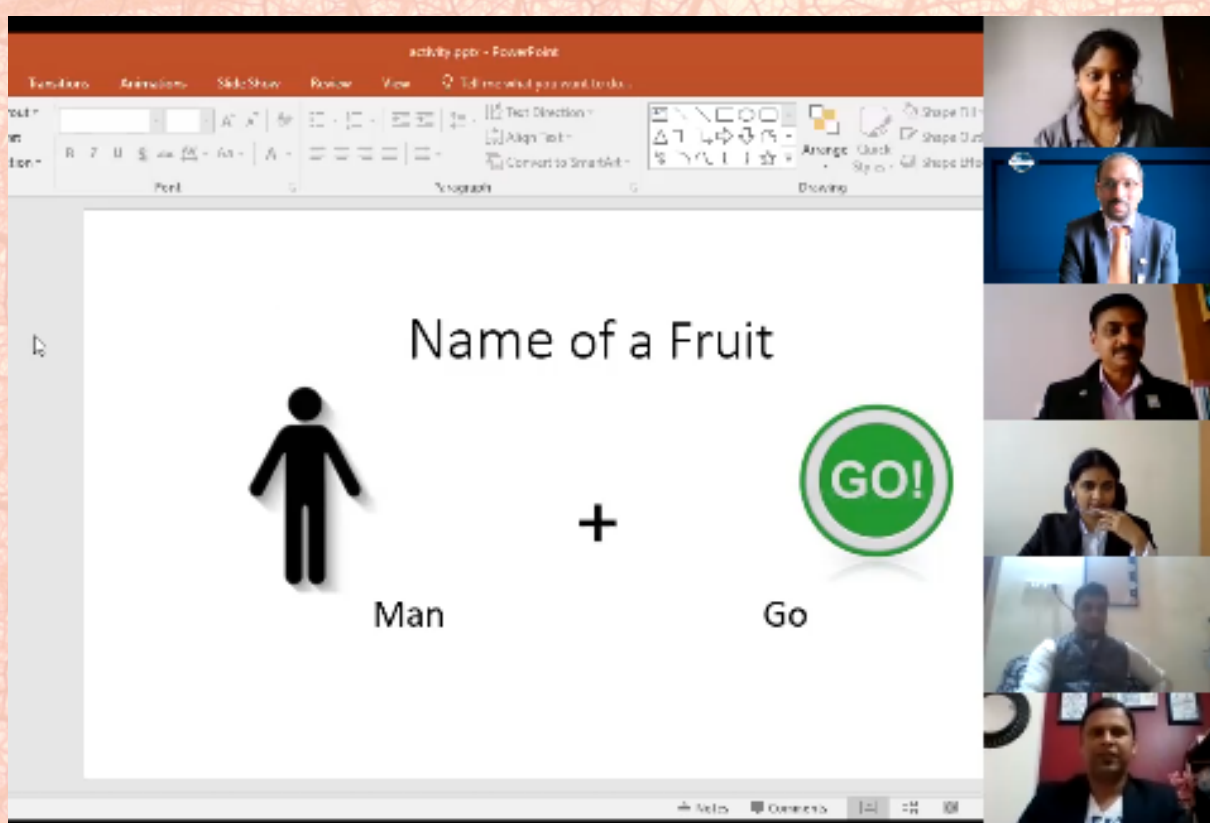
INSTALLATION CEREMONY



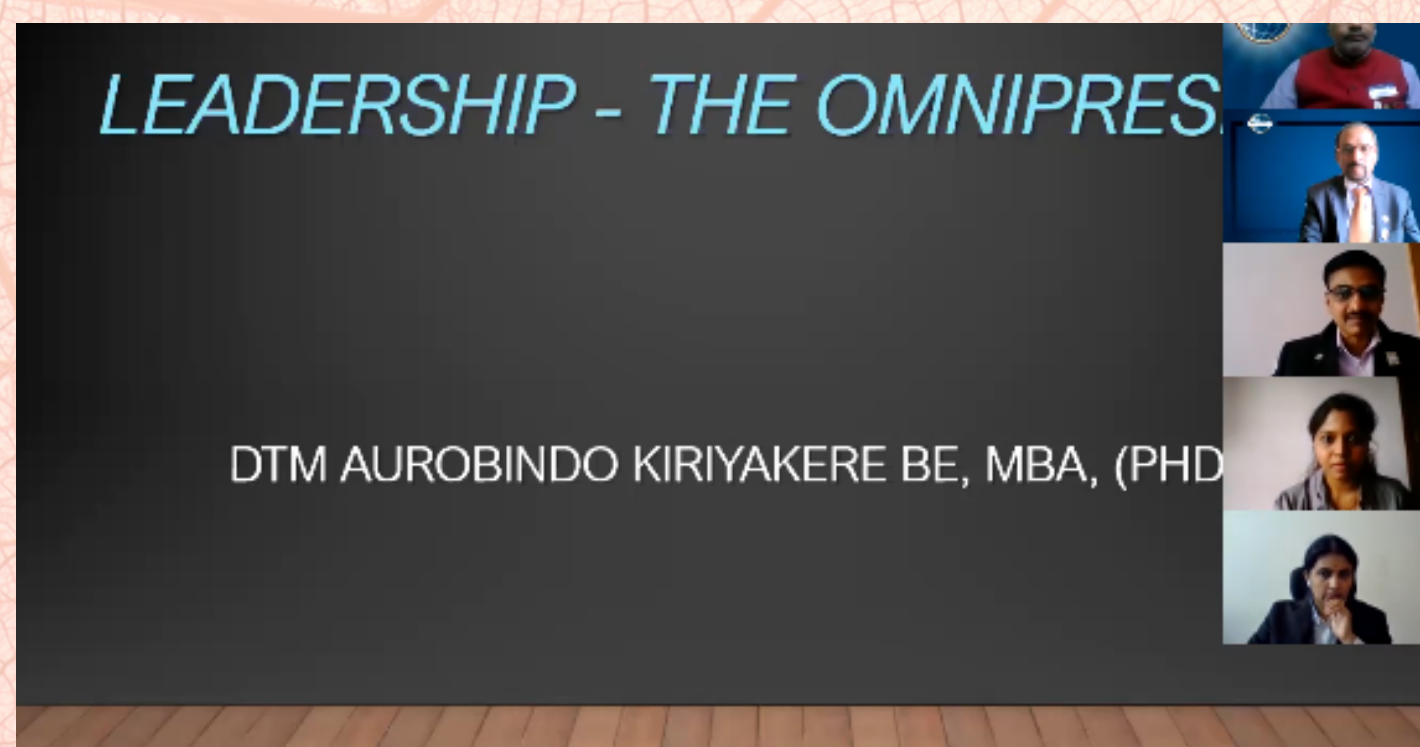
E2 Area Director



Club Officers

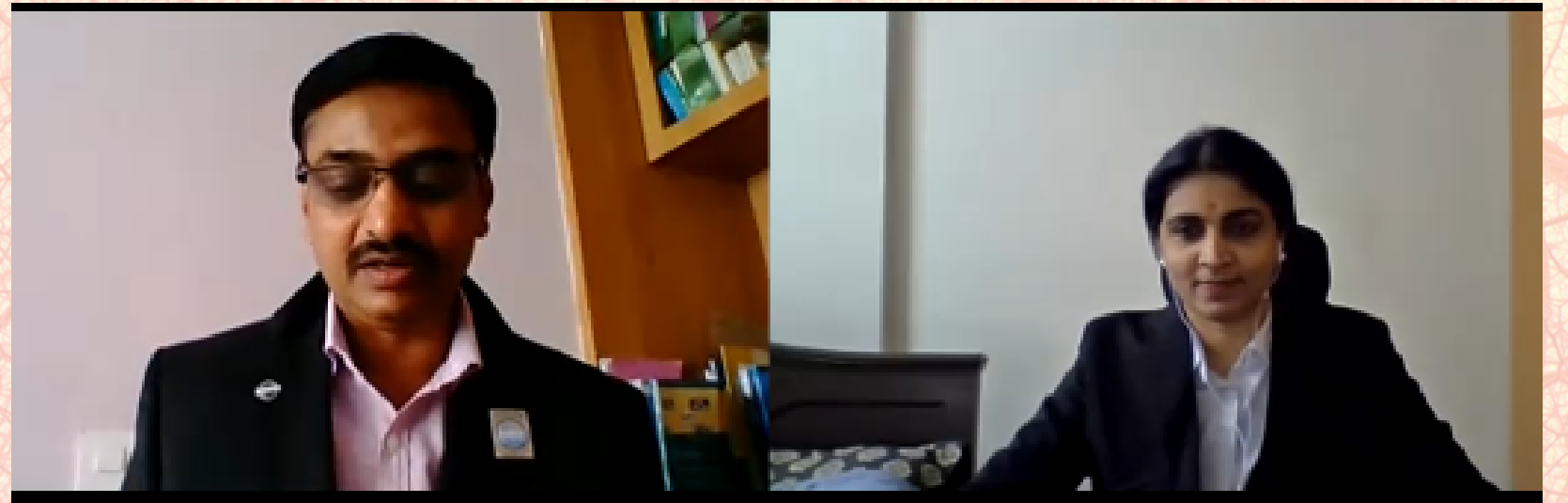
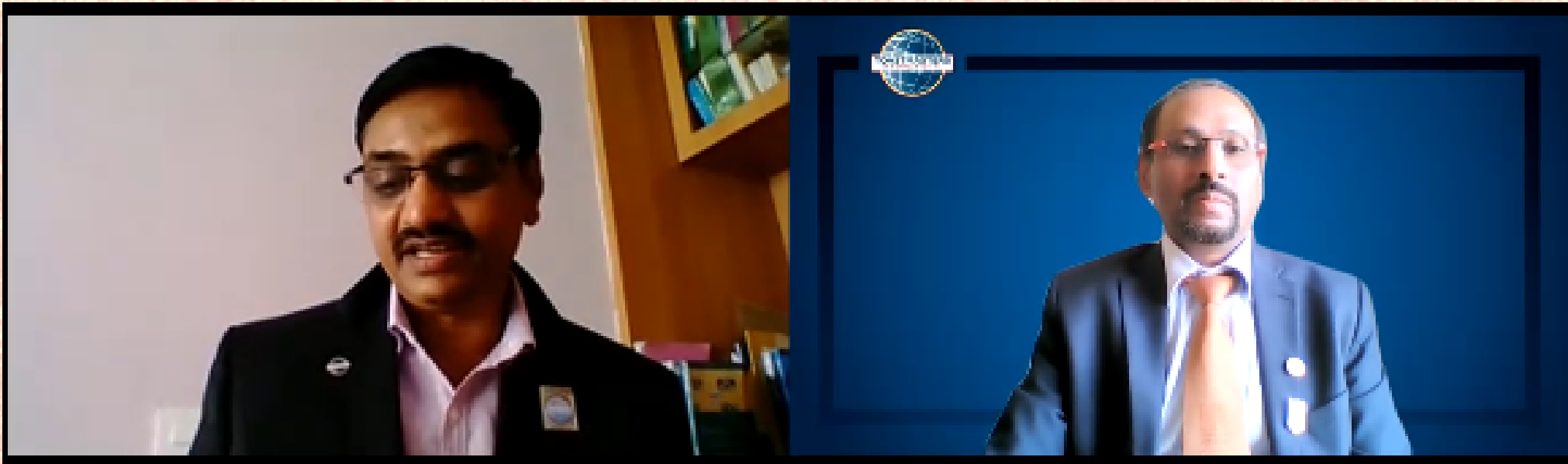
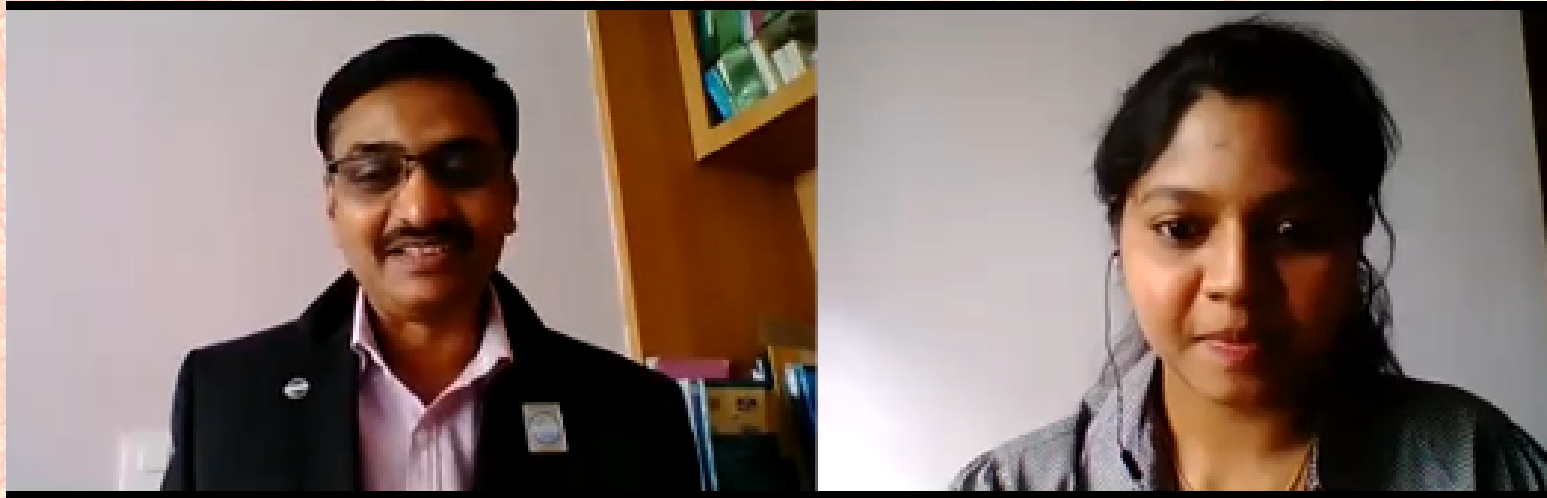


Education Session



Some fun too 😊

INSTALLATION CEREMONY



A TASTE OF LIFE:

Hello dear readers..

Ever have you experienced these symptoms..

Fast heart rate, quick; shallow breathing, tense muscles, feeling of weakness or blood glucose spikes.

Before you confuse it as the effects of LOVE, let me clarify that it is not "LOVE EFFECT". These are the most common symptoms of a phobia called XENOPHOBIA or most commonly known as 'fear of the unknown'.



Dear friends, Uncertainty is a part of the human experience. Most of us thrive in these uncertain times. I am sure you all can relate to my thoughts, especially in this CORONA pandemic. In such times the way we respond may depend on how afraid we are to the unknown. Some fears are based on the facts we gather on them. say like fear of spiders or snakes are based on the fact that we are afraid that they may harm us or worst kill us.

But some fears are based on what we don't know. The best example here we can have is the fear of public speaking The terror people feel onstage of not knowing how the audience will respond.

Haven't we all encountered this situation? Not just this; every step in our life we expect uncertainty. but instead of shunning away from the doubts and questions let us face it head-on.

Now are the days where we get information from all around us. Sometimes the information gets confusing and, at times, causes more uncertainties. The best and the only solution I can think of here is :

Embark on a journey into the uncertainty—exposure to the situation. What we do not know is not to be feared. But to be prepared for. Muster the strength not to stop and go on to get to the end. “Strength does not come from physical capacity”, said Gandhiji “it comes from an indomitable will.”

Our life - few uncertain chapters -

Stepping into this world, the first day at school, the first time on stage performing,

The first time when your heart skips a beat staring at the special someone,

The life after marriage, the time when you become a parent,

Thinking about the kids’ future and many more.

Life’s uncertainties may pose extreme situations.

Let us all have the strength to face them; be RESILIENT and SUCCEED.

Let me recite a few lines from one of my favourite songs:

“I won’t give up

No, I won’t give in till I reach the end

And then I’ll start again

No, I won’t leave

I want to try everything

I want to try even though I could fail”

For when we learn how to become resilient; we learn to face life and its uncertainties and embrace them as an experience and reminisce them.

TM Rashmi

My Experience on Tall Tale Contest

"Making you realize that you are even more capable of what you actually think about you" is something that happened to me during my Toast Master journey.

I got an opportunity to participate in Area Level 'Tall Tale' speech contest before giving my Ice Breaker. Tall Tale speech is where you need to exaggerate things and take the audience into an imaginary world, hearing this, I was totally nervous. I had a sleepless night before the contest day at the club level because that's the first time I am facing a group of Audience in Toast Masters.



But it really turned out to be one of my best days in Toast Masters. I got so many compliments and appreciation that I could not believe my eyes. These encouraging words actually moved me to go further in Toast Master journey. This one incident made me realize that I AM MORE THAN WHAT I THINK!

TM Preethi Kasirajan

Club Secretary (Jan - Jun 2021)

*I don't remember the first time we met...
But when we were together, my heart was a butterfly and my mind was a rainbow...
My first love let me express myself without any boundaries...
He let me vent my emotions without judging me...
When I was with him, I was home...*



Stop that thought right there.

Before I let your imagination run wild, let me introduce you to my first love (drum roll!) - Art.

I don't remember the first time I took up a crayon to draw, but it was with Art that I could truly be myself. It was my go-to place. Especially during my teenage years when I felt the whole world didn't understand me and vice versa. I'm no Michael Angelo but there was something mysteriously strange yet familiar about Art that drew me to it. I never had any formal training. It was something I always knew how to do.

But life happens, and Art and I drifted away over the years. Until a few years back when my cousin insisted that I gift him a painting - 'specifically' one of a man playing the violin. I liked the idea of brushing up my skills and at least have a reason to start, being the procrastinator that I am.

Eventually, I went where we all go for inspiration. I don't know what you had in mind, but I went on Google and searched for 'painting man playing a violin'. Google gave me a million paintings to muse! After a while, one particular painting caught my attention. I've seen modern Art alright but I'd never given much thought to it. I studied it for a good 5 minutes trying to make sense of it. There were quite a lot of thoughts racing through my mind at this point of time. Like for starters; what the hell is this??!

Google has done a terrible job here because I don't see a man or a violin in the painting except for what could be a depressing brownish-grey 'Sponge Bob Square pants'! Jokes apart, I was curious about this painting. I wanted to understand it and so the story goes of how I stumbled upon the amazing world of 'Cubism'.

I wondered why the creator of this painting - one of the greatest creative geniuses the world has seen, whose earlier works of Art were unbelievably realistic decided to dramatically transform his work into what some would even say, "Childlike". To find an answer I went way back into the 1800s. Art had its place and was accepted as means of depicting stories, a moment in history or for making portraits and so on. But the 1800s was also the time of the 'technology boom'! - The telephone, the airplane, the camera and whatnot. Art as they knew it then, had become irrelevant in this new fast-paced world. Art was carelessly replaced by photographs, the cinema and so on. The world was changing drastically and change was the need of the hour for Art too.

Of the many minds who set out to face this challenge were two already established artists of the time - Pablo Picasso and Georges Braque. What they attempted at, was a realistic depiction of how the mind perceives. They realized that it couldn't be done with a single picture, for they understood that the picture the mind sees changes constantly. It depends on how and from where you look at it. It could even change each time, depending on mood, light, emotions, logic; the possibilities are infinite.

Their techniques involved breaking up an image into a combination of multiple possibilities. Each spectator/ sometimes the same spectator at different times sees a different painting every time they look at it. Picasso and Braque challenged their own techniques, not hesitating to tread unconventional methods. There was even a time when cubist paintings were created by glueing on pieces of newspapers and other elements directly onto the canvas! Their outcome was fresh. It was like nothing the world had ever seen before and Cubism spread like a wildfire!

It went on to start the first Art movement and many more to come. Picasso and Braque's work inspires artists even to this day. It allows creativity to break all boundaries. It sets creative expression free to soar.

But the spark Cubism lit was not confined just to Art. Cubism was a revolution. At a time when the world rigidly ran on rules, Cubism dared to say - "There are no rules. There is no right or wrong". It said, "It's OK to take risks and most importantly it's OK to fail". Cubism silently tells you, "This beautiful world is out there for you to explore and experiment at your own terms" and as cliché, as it may seem, what truly matters, in the end, is only the way you 'perceive' it and nothing else...

TM Snigdha Chandran

Paintings - Oil on Canvas



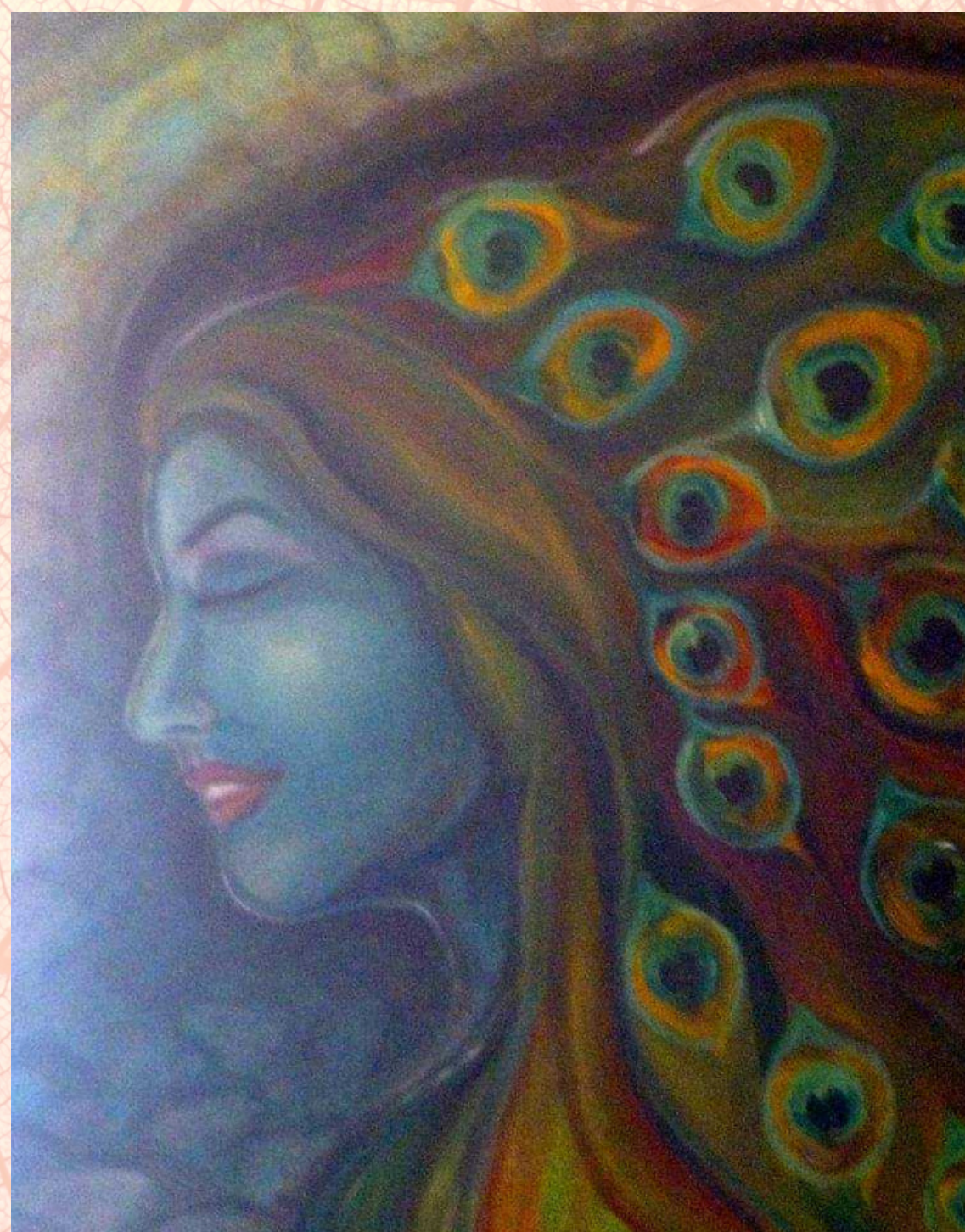
Man playing the violin (first attempt at a cubist painting)



Recreation of Milk Maid by Raja Ravi Varma



Resurrection



TM Snigdha Chandran

Mandatory 3rd Dose to CoWin

Be resilient from inside with compassionate self-talk



We are all going through the most unprecedented & challenging times of our lives. Besides the impact on our health, the pandemic is created an even deeper impact on our mental wellbeing. Many experts believe, once we emerge from this crisis, we will not be the same people that we were.



While we all know, mass vaccination is the only solution to this health crisis. But what many of us don't know that you need another vaccine to address, often not visible but sometimes more devastating, a mental health crisis. And this vaccine is 'positive self-talk'.

Research indicates that most people speak at the rate of 150-200 words per minute, but our mind can listen 3 times faster. More interestingly, our self-talk – the conversation we all have with ourselves at 6 times faster, around 1300 words per minute. No wonder, on average 70,000 thoughts crosses on mind every day. Oh my god, that is a lot of chatter; our monkey mind is constantly jumping from one branch to the other.

Even more interesting is that these self-talks are very powerful. They can be confidence-boosting positive self-talk or harmful, self-defeating negative talks. As someone said, "It's not what you say out of your mouth but what you whisper to yourself determines your life."

Sometimes we say nasty things to ourselves that we won't say to anyone. Notice when you indulge in negative acceptance self-talk, telling ourselves that I can't, I am not. Or when you find beating yourself with change self-talks, I should, I must not.

It is not surprising that 75% of illnesses are self-induced with negative thoughts.

There is an inherent reason, why we do so much negative self-talk. It is because of the negative programming most of us have received. During the first 18 years of our lives, if we grew up in fairly average, reasonably positive homes, we were told NOs or what we could not do, more than 1,48,000 times. Even as grow-up many naysayers pop up throughout our life, who most would like to tell you why you will fail.

This negative programming of our subconscious mind defines our actions. Let me explain how it all works like a vicious circle. Our programming over the years has built our beliefs. These beliefs direct our attitude towards life. In simple words, how we view the world. Our world view or attitude defines how do you feel about anything or doing anything. Our feelings inter lead to our behaviour or actions.

It is a long drawn process to change our programming. However, with positive self-talk, we can slowly and gradually turn our limiting beliefs into empowering beliefs. As our brain believes what it is told most. Remember the epic movie, 3 idiots and Rancho's core mantra to get rid of the fear. He says "However big the problem, tell your heart that All izz well. This will not solve your problems but you will gain the courage to face them".

Positive self-talk or positive affirmations are phrases that you repeat to yourself, which describe a specific outcome or whom you want to be. These could be making a decision to change like I no longer, I never or these could be better you phrases in the present like I am, I have, I do. Let me give you 3 simple tips to put these ideas into practice.

Tip # 1 : Develop a list of affirmations in the present. As if the desired change has already taken place. I don't smoke; I eat only what I should; I am financially responsible

Tip #2 : Be very specific look at it from every angle and isolate the problem to develop affirmations. If you want to quit smoking, there are multiple reasons driven by the old programming we give to ourselves on why we can't. Like I can't resist the urge to smoke; Smoking makes me relax: I gain weight when I quit smoking. Try and address each of these sub-problems with a positive affirmation. I don't like smoking and feel so much better from the inside. I am relaxed and happy from the inside, without any external stimulus; I exercise regularly to remain fit & healthy.

Tip # 3 : Repeat, repeat and repeat to imbibe positive affirmation in your life by silent self-talk, loud self-talk, self-write and self-record.

In current times, our thoughts or self-talk can make a big difference in the way we handle a crisis or difficult time. By adopting positive affirmations, we can build a more resilient brain, allowing us to better cope through tough times.

TM Sanjay Chaudhary

"Mental health, defined by the World Health Organization, is "a state of well-being in which the individual realizes his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully, and can make a contribution to his or her community"



One of the Underrated things which most of seeing in this Pandemic is Mental Health. During Covid 19, whether it happened in one day No or 1 Month the answer is No, it all started way beyond 26 March 2020 when it's announced, that the Office will shut down with an Immediate Effect from that date, from there we have been going through 3 Different Phases ephemeral stage, Aversion Stage, Acceptance Stage

Ephemeral Stage where people used to Enjoy the WFH for a short time almost 2 to 4 Months Period Of time, Aversion Stage- People realized that it's not doing any good for a Long Run, Acceptance Stage where most of them accepted the Harsh Reality and Became resilient, As we stand today in the Acceptance stage we face a lot of mental challenges along the way

- *78% of the global workforce reported negative impacts on their mental health this year.*
- *42% say their productivity has plummeted.*
- *41% say they are challenged because there is less distinction between their work life and home life.*
- *40% report an increase in poor decision-making.*
- *38% are experiencing more stress.*
- *35% are experiencing a lack of work-life balance.*
- *25% report burnout.*
- *25% say they are depressed.*
- *14% are feeling lonely.*

- 85% say mental health issues at work affect their home life in terms of sleep deprivation (40%), poor physical health (35%), reduced happiness at home (33%), challenges with family relationships (30%), and isolation from friends (28%).

(The above points 10 are taken from Forbes)

Don't be scared by seeing all the above things, but there are some things which are some of our self-reflection which we came across day today, but this can all become put to together into 3 main Categories

Isolation

Our daily interactions are shown to reinforce our sense of well-being and belonging in a community; One study found that for those who normally work remotely, 19% report loneliness. Loneliness is most risky when it is chronic, which, for many who live alone, could become a temporary reality as more and more people are encouraged to stay home during the coronavirus pandemic.

A top priority, especially for those who are energized by it, is the need to maintain relationships with co-workers and managers. This is critical not only to work performance but to emotional and mental wellness. Technology can serve as a boost to aid in this communication and there are plenty of existing examples to prove it. People can have Virtual Coffee breaks and Chit chats, excluding the Weekly meetings with the PPT 'S

Burnout

52% reporting that they work longer hours than those in the office, and 40% feeling as though they needed to contribute more than their in-office colleagues. Employees that are new to remote work should keep this in mind, as they may feel compelled to work longer hours and prove that they can be productive from home – especially with fewer “extracurricular” post-work options.

To support your mental health while protecting your and your family's physical health during this pandemic, take initiative in maintaining wellbeing within a home workspace. This includes creating a comfortable and private place in your home to work, if possible, and incorporating exercise breaks and social interaction into your routine. Finally, simple steps like turning off email notifications before and after working hours and maintaining a normal sleep schedule will help maintain a feeling of normalcy.

Adapting to the new normal any populations, especially neurodivergent individuals, can benefit professionally and mentally from working remotely. For example, employees on the autism spectrum or people with mental conditions like OCD benefit from more time working from home as loud noises, distractions, and pressure to appear neurotypical in front of colleagues takes an Emotional toll and impact performance. One silver lining of the Covid-19 situation may be that it demonstrates the unexpected ability of many organizations to adapt quickly to the physical and mental health needs of their workforce. One thing for sure is that in this time of uncertainty and anxiety, workplace mental health, now at home or the office, must be a priority for employers.

I just conclude by saying that in the Post-Pandemic run, we cannot continue the Full WFH, or we cannot go to full Pre Covid Era Office Space; the good thing is Covid Broke the stereotypical Office Space and Welcomes us to the New Hybrid Working Model where we adapt both WFH and Office Partially.

(Stay Resilient and Stay Strong)

TM Roshan Julian

Ora*tors Club Contest Winners



Ora*tors Club Contest Winners

Tall Tale Contest

International Speech Contest



Preethi KasiRajan



Roshan Julian



Lekha Nair

CONGRATULATIONS AND GOOD WISHES TO THE WINNERS!!

A Glimpse of Talent Show



**Uyirum
Neeeye...
Dance Cover**

By Lekha R Nair

<https://www.youtube.com/watch?v=LsPnZcLJF7w>



Ora*tors Toastmasters Club

Club Officers (Jan 1, 2021 - Jun 30, 2021)



PRESIDENT ANANDA GOPALAN



VP EDUCATION AVADHESH SINGH



VP MEMBERSHIP JYOTHISH MENON



VP PUBLIC RELATIONS LEKHA NAIR



CLUB SECRETARY PREETHI KASIRAJAN



TREASURER SREELAKSHMI S



SERGEANT AT ARMS SWAPNA VARGHESE

Club Officers

D121 has Talent.2.0

26TH MARCH 2021
7PM

ANNU JOHN
Kottayam Toastmasters



Sing a song

LEKHA R NAIR
Ora*tors Club



Dance

ALAN B THOMAS
Dreamers Haven
Toastmasters Club



Play an instrument

MANALI PALLEGAR
Selmens Bangalore
Toastmasters Club



Dance

JASON PINTO
Roshni Toastmasters



Stand-up comedy

DEVIKA LAKSHMEESHA
Infosys Toastmasters
Mangalore SEZ



Dance

HAZEL C D'COUTO
Heritage
Toastmasters



Sing a song

ISHIKA MRIDUL MOITRA
SIBM Bengaluru
Toastmasters Club



Sing a song

ANANDA GOPALAN
Ora*tors Club



Play an instrument

BINU S VARIER
Kottayam
Toastmasters



Sing a song

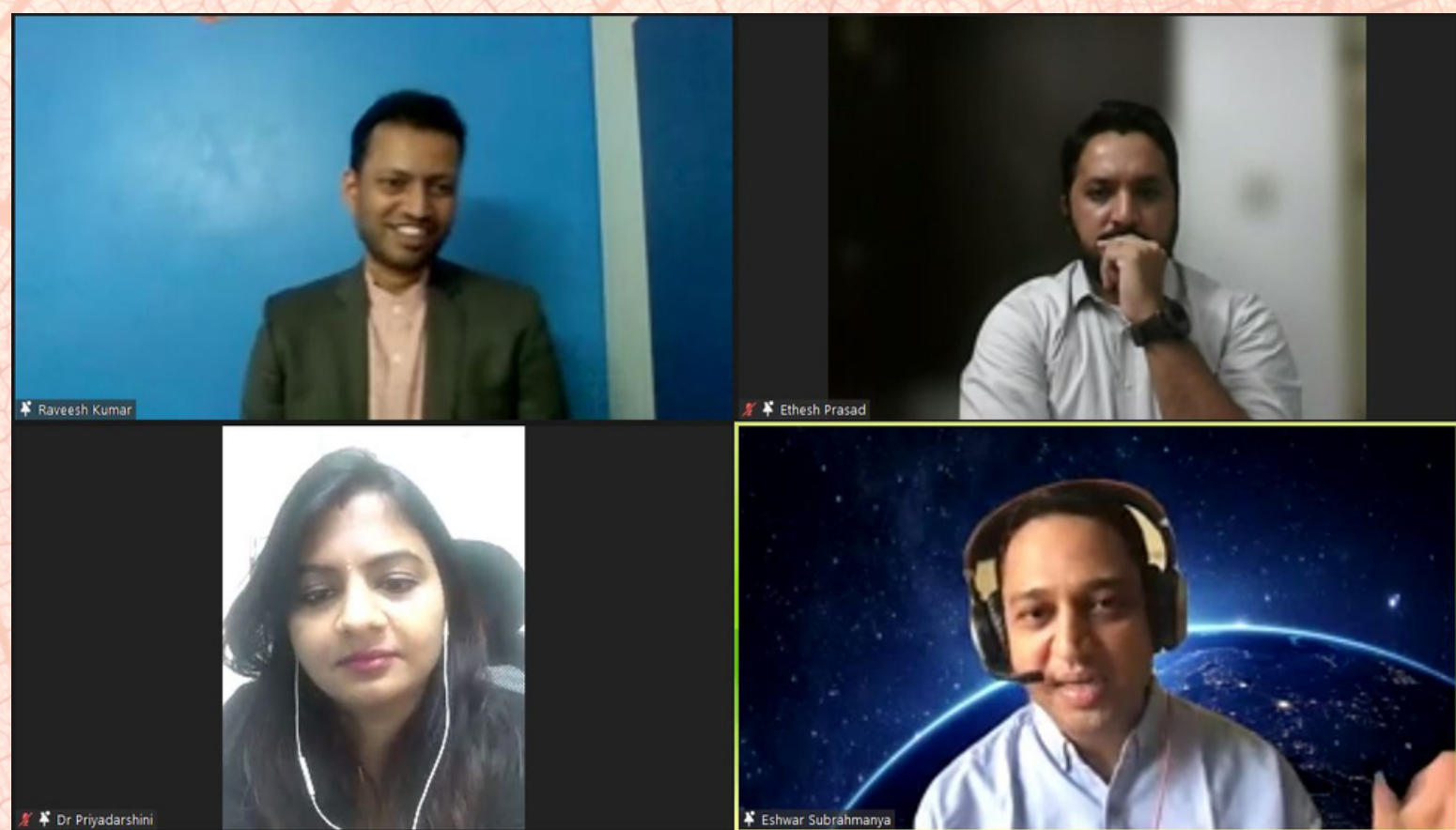


DISTRICT 121
KARNATAKA & KERALA

SPOTLIGHT21
29-30 MAY, DISTRICT 121 ANNUAL CONFERENCE

Talent Show

Panel Discussion



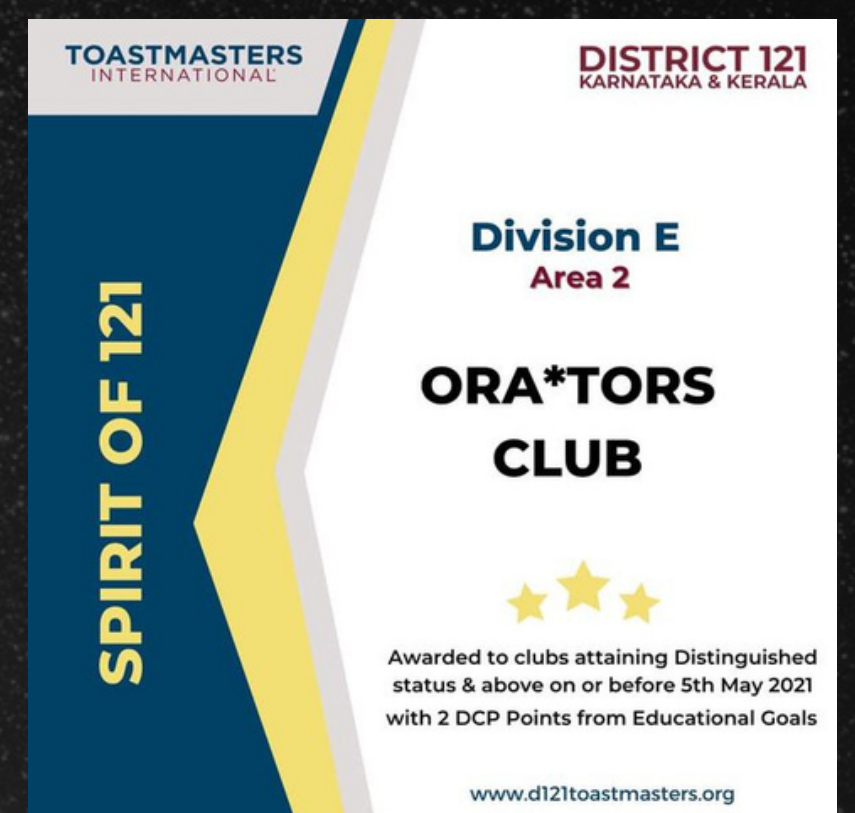
Club Achievements and Awards



JAN - JUN 2021



01077961 ORA*TORS CLUB
Distinguished



EDITORIAL TEAM

*We thoroughly enjoyed creating this newsletter for you!!
Hope you too enjoyed reading it.*

Thanks to the editorial team for their sincere efforts!



DTM Lekha Nair



TM Swapna Varghese



DTM Ananda Gopalan

Thank you for your time!!

**Every Thursday
2.30-3.45 pm**



<http://bit.ly/oratmc>



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