



INNER UNIVERSE

TOASTMASTERS CLUB NEWSLETTER



Inner Universe Toastmasters Club

(Club No 925620, Area 42, Division H, District 105)

Abu Dhabi , United Arab Emirates

Website : www.iutm.club Email : info@iutm.club

INNER UNIVERSE TOASTMASTERS CLUB ABU DHABI EXECUTIVE COMMITTEE - 2017-2018



Rasheed Aboobacker
PRESIDENT



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PAST PRESIDENT



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VP - EDUCATION



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VP- PUBLIC RELATIONS



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Mohammed Aslam
SEARJENT AT ARMS



Shruthi Shetty
SECRETARY

TOASTMASTERS INTERNATIONAL MISSION

We empower individuals to become more effective communicators and leaders.

INNER UNIVERSE TOASTMASTERS 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.

TOASTMASTERS INTERNATIONAL CORE VALUES

- * Integrity
- * Respect
- * Service
- * Excellence

PRESIDENT'S MESSAGE

Dear Fantabulous Toastmasters,

We embarked on a fabulous journey to enhance our soft skills. Toastmasters journey is not limited to sharpening communication and leadership skills. We are refurbishing all our soft skills throughout our seamless journey without any limitation. It is a voyage to break our limits and to reach to new heights.

As we are well aware, every thing can't be learned by doing it right from the very beginning. Toastmasters International is providing the podium to enjoy committing mistakes and learning from it. Likeminded people are holding hands together, supporting each other as one family for achieving common goals.

Once we boost our confidence levels by sharpening our soft skills, Once we conquer the fear of failure, thousands of doors for success will open in front of us. Let's boost our confidence level, conquer fear and thereby conquer success.

Wish you all the best for the long journey to success....

Rasheed Aboobacker
Club President

TOP 10 interview questions - T.M Harsha Wagh

In this competitive world getting a job is not easy. Too many job seekers applying for job vacancy where an interview call also seems to be a blessing. So, it's important to prepare yourself for the job interview. There are some common and popular interview questions which are certainly asked. Once you are prepared well you will naturally feel better and confident during the interview. To help you prepare better here are those questions with some tips to answer them.

Q1. Tell me about yourself?

This is an icebreaker between a candidate and interviewer. It gives a glimpse to the interviewer how well you are prepared for interview. Just brief about yourself i.e. your background/family, education, hobbies, personal interests.

Q2. Tell about a challenging situation and what you did to overcome it?

This is bit tricky question to know whether you are able handle difficult situation. So, share an example/experience at your work place where in your decision made everything go correct and smooth.

Q3. How do you see yourself 5 years from now?

This question is basically asked to know about your growth path and how well you have planned it. You can include future growth assignments with the organization, getting learning opportunities, enhancement of skills.

Q4. What are your weakness?

You must be careful while answering this question as this may put you in trouble. you can answer it smartly by minimizing your weakness and converting them into strength. Do not get into personal qualities tell about professional traits e.g. I am improving on my communication skills for that I have joined or taking online lessons. company is offering for this position.

Q5. Why do you want to leave your present job?

You can tell that you are looking for better opportunities and to enhance my skills.

Q6. Why should we hire you?

Be prepared to answer why? This question can be answered by giving brief facts about your working skills, practice, knowledge etc and how you can benefit to the company.

Q7. What are your expectations from this job?

This is an opportunity to tell what you know about the profile and company. Self-development, better prospects.

Q8. What is your greatest accomplishment?

This question is similar to what is your strengths.? You may have many accomplishments but speak any one of them which has most impact, which shows the qualities you have related to the post you are interviewing. Talk about company values which exhibits you are perfect fit for the position.

Q9. What is your salary expectations?

It would be an additional advantage if you know the salary/range prior. If not, then it's better to do market survey and check what a person would get for same level and years of experience. You can also ask what the company is offering for this position.

Q10. Do you have any questions for us?

This is the right time to clear your doubts never say No as it gives negative impact on the interviewer. Asking question shows the confidence and interest shown the organization.

All problem have The most important to think to remember is know the needs of the company. These are some guidelines to prepare for the interview. Prepare yourself for tough or unexpected questions so that the mental fear will lessen.

“THE ROAD TO SUCCESS
COMES THROUGH HARD
WORK AND
DETERMINATION”

Benefits of Yoga for Cancer

- T.M Namrata Pandey

“You have cancer.” About half of all men and one-third of all women in the United States will hear those words in their lifetime. That’s 40 percent of the population and it leaves them numb with fear and anxiety. Cancer is the leading causes of morbidity and mortality worldwide.

Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade the healthy cells in the body. Cancer harms the body when altered cells divide uncontrollably to form lumps or masses of tissue called tumours. Tumours can grow and interfere with the digestive, nervous, and circulatory system, and they can release hormones that alter body function.

Cancer changes people’s lives. The treatment stretches over a long period and our normal life, career and finances go for a toss. Depression, anxiety, and fear are common. Changes in the body affect self-esteem and confidence. Physical symptoms such as pain, nausea, extreme tiredness, as well as the fear of impending death, all lead to emotional distress.

To beat cancer, we need to be mentally tough, calm and composed. And this is where Yoga can be beneficial to the cancer patients in a big way. Though there is no scientific evidence to prove that yoga can cure or prevent any type of cancer, it is a complimentary therapy that helps patients to relax and cope with stress, anxiety and depression in a much better manner.

Yoga is a whole body philosophy that involves:

- breathing
- stretching exercises
- postures
- meditation

These create a harmony between your mind, body and spirit. The exercises combined with breathing improve your oxygen and blood supply. In turn, this helps your circulation and breathing, which promotes general good health.

An increasing body of research shows that yoga can help prevent cancer, and help cancer patients and survivors manage risk and side effects after treatment. Yoga brings balance and alignment to all body parts and systems: muscles, bones, organs, and the mind. It’s a holistic path to wellness that focuses on interconnection. Here are five reasons why yoga should be in everyone’s cancer-prevention and/or cancer-recovery plan.

1. Yoga strengthens the immune system.
2. Yoga detoxifies the body
3. Yoga builds bones.
4. Yoga reduces stress
5. Yoga helps in weight management.

Obesity is a key, if not the largest, indicator of both cancer incidence and recurrence.

In March 2010 a review of studies into yoga for patients with cancer was published.

It found that yoga could help to reduce anxiety, depression, tiredness and stress for some patients. It improved the quality of sleep. Some patients said that it helped them to move around more quickly and easily after surgery. The authors of the study said that overall yoga may be associated with some positive effects on psychological well being for people with cancer.

“THUS YOGA IS A SCIENCE THAT COMBINES ALL THE MOVEMENTS THAT WE NEED FOR PHYSICAL HEALTH WITH THE BREATHING AND MEDITATION TECHNIQUES THAT ENSURE BETTER MENTAL FOCUS AND PEACE OF MIND. IT READIES US TO COPE WITH CANCER IN A MUCH BETTER MANNER. IT TEACHES MANKIND TO LIVE IN HARMONY WITH HIMSELF AS WELL AS THE EXTERNAL ENVIRONMENT TO WHICH WE ARE SUBJECTED TO.”

EVERY PROBLEM HAS A SOLUTION

- T.M Rajan Tawade

Let me take you to my childhood days. I still remember wonderful memories during my childhood. I have loving parents, caring brother and sister and supporting friends. We were living in Malvan which was small town in Maharashtra. There was some great, funny memories of my childhood.

Let me share with you a funny incident from my childhood memories. It was more than a learning experience. Everything was going good till 8th standard. NO worries, No more Studies, No hardship and more play and most important no any tuitions!!. But after 8th std . One trouble chapter started in my life..
Math Tuition at 6 am morning

It was 6 ' o clock in the morning. Just imagine a rainy day in the early morning with pleasant atmosphere outside. I was having a sweet sleep.... When my mother called" Rajan wake up – Tuitions time" . I immediately replied "No mother Dream time !! 5 Min Please' . When father called again with his command voice "Rajan " I had no choice . This was regular national morning program happening in our home.

This is only bad part of story the worst part was for tuition class we have to cross the road where stray dog was sleeping on the road in the morning. Pet dogs are pleasure but stray dogs are disaster. I was scared of Stay Dogs . One of my friends had once said to me, " If stray dogs bite you, doctor will have to give 14 injections in your Stomach. .

But we knew psychology of stray dog they were never attack crowd. so used to go tuition with crowd means with my two best friend SACHIN & BHUSHAN. We are three!! Two is company and three is crowd!!

But one not fine rainy day after regular national wake up program I called Sachin and Bhushan but Sachin was out of town and when I called Bushman he sneezed .. I got answer . I realized I had to go alone to tuition and alone to face the stray dog.

I prayed to God to save me from stray dog. I started to my unpleasant journey in this pleasant rainy atmosphere with umbrella and tuition bag.

There was one stay Dog waiting for me at the road corner. He saw me and started barking. I ignored him and used umbrella to avoid him and was walking at corner of road . I was little far he started barking loudly and my heart also beating loudly. That 50 yard was one of the challenging path of my life. When stray dog was very near I had no choice to run for my life . I was running with umbrella and tuition bag for life and dog is running behind me for bite .

My mind thought BITE , 14 INJECTION , STOMACH and that pushing me harder to run faster . After 100 yard running I got solution to my problem. I turned back and hold my umbrella toward dog and started running behind him with umbrella in front. Now it was Dog turn to run for life. He was scared to my sudden action and umbrella point towards him. He went to his compound and I went to my tuition as brave boy.

I realized I was running 100 yard with solution. But I have seen so many people running with solutions for hours, days, years when facing problems

Please make your habit to find out solution to your problems and do not run with solutions and remember my DOG UMBRELA story and but don't forget to give me credit !!

Remember

**All problem have
solutions and if there
is no solution this may
not be problems. God
has created key to
every lock.**

Lets Reuse

- T.M Shruthi Shetty

Our mother Earth is fantastically created with mountains, valleys, oceans, islands, deserts along with living beings. Humans with his ability to think and handle tools has also created many things for his comfort. He has used all the available resources lavishly such that the whole ecosystem is suffering. we all are in chain if one gets affected it affects everyone.

It is said that Earth can satisfy our needs but not our greed. With the increase use of fossil fuels, cutting trees Earth is showing the signs like global warming which has resulted in ice melt at the poles, rise in sea levels.

Recently in the city of Delhi where pollution has crossed the permissible range that you can hardly breathe.

It is high time to think about our nature and create awareness. When it comes to pollution first things comes to mind is to save trees which purifies air, controls soil erosion and also home for many birds, animals. Instead of cutting trees shall we take responsibility to reuse the existing things?



RECENTLY MY SON ARJUN had a project in School where they were suppose to bring their favorite things along with their memorable pictures to share with the class. It was surprising to know that they asked shoe boxes to decorate and keep their things in it. My husband Rajesh planned the design and Arjun painted it soon it turned out to be a masterpiece. Arjun was so excited to put his favorite cars, dinosaurs, blocks and all his snaps.

On the presentation day in the campus i saw the students of KG 1 on their way to class with their beautiful creations, i could make out they were so proud.

This made me think its brilliant if we reuse what we already have. How many things we neglect in our day to day life and allow it to waste.

1. Plastic water bottles and bags: We can carry our own steel, glass or even copper bottles with us which is healthy as well and so Paper and Reusable bags for shopping, grocery.

2. Tissue papers: When we generously use the tissue papers lets just think of number of trees being cut to make it.

3. Electronics: Recently we were looking for a company which can collect our old electronics then i came across Enviroserve Dubai based company so we happily gave away our old TV, vacuum cleaners etc to reuse.

These are really a small thought like a single drop in Ocean but Ocean itself is made out of these tiny droplets. As proverb says "We do not inherit the Earth from our Ancestors, we borrow it from our Children"

**"LETS TREAT OUR MOTHER
EARTH WELL SO THAT
EVERYONE CAN LIVE
HAPPILY IN OUR WONDER
LAND"**

All the best Bharath Khatri - T.M Rasheed Aboobacker

One day I saw my colleague Mr Ajay Moolya, the former Relationship Manager and Vice President NBAD, entering Foodlands Restaurant in Abu Dhabi. While I made a courtesy call to him, he told me that he attended a club meeting there. He invited me as a guest for the next meeting. He told me that I will definitely like it. That much only.... without giving any further details.

I accepted his invitation and attended the next meeting. While I entered the meeting hall, I noticed a huge positive vibe there. All are happy chit chatting, laughing, enjoying, supporting and helping each other regardless of colour, creed, religion, hierarchy etc. A rare experience in these days! Yes it was Inner Universe Toastmasters Club, a non profit organisation created to develop our communication and leadership skills. Now I knew why my friend Ajay did not say much about it. Yes it has to be experienced than told! I volunteered to become a member of that family.

All attendees there were Gems. I found a Precious stone among them. It was TM Bharath Khatri. I got attracted to his personality from the day one itself. I found a role model in him. A best leader, speaker, best evaluator, best mentor, what more, a best human being.

TM Bharath nominated me for the role of St at Arms in Excom even though I was novel to the club who attended just two meetings only. I gladly accepted it since I got an opportunity to work closely with him. Thereafter he assigned me several positions in Executive Committee such as Club Secretary, Vice President – Public Relations, Vice President Education etc. He directs and I obey without any objection, that was the chemistry between us.



He always took extreme care to follow TMI guidelines what ever role he performs and ensured that all others are following it strictly . He was a real encyclopaedia of Toastmasters. Even though he occupied several posts such as President, Area Director etc. and represented Club and grabbed several prizes at various levels such as in Area Contest, Division Contest etc. he was always a humble man. He was always ready to support the needy and give guidances at any time.

I got opportunity to know more about TM Bharat as a human being while we attended Art of Living course, Happiness course and Yoga Classes together.

I knew his deep knowledge in protocol while there was a debate about how, when and who should salute National Flag during National Day program.

A real human being imbibed with several qualities and skills. That is TM Bharath Khatri. I am occupying the position of Club President now mainly because of him.

While Khatri goes back to India for good he creates a big vacuum to those who are near and dear to him here in UAE. I am sure that he will flare where ever he goes and what ever assignments he undertakes.

All the best TM Bharath !

“A MAN WHO STRIVES FOR PERFECTION IN EVERYTHING HE DOES, EVEN IN YOGA POSTURES! A MAN WHO FINDS TIME FOR EVERYTHING! DOES EXERCISE DAILY, WALKS, DOES YOGA, FINDS TIME FOR SPIRITUAL LEARNING, DEVELOPING SOFT SKILLS AND HAVE UNBIASED VIEW ABOUT POLITICS. ”

INNER UNIVERSE TOASTMASTERS CLUB ABU DHABI EDUCATIONAL ACHIEVEMENTS- 2017-2018



Senthil Kumar
Advanced Leader Bronze



Ketan Mhatre
Competent Leadership



Mohammed Asif
Competent Communicator



Haneef Puttur
Competent Communicator



Rajan Tawade
Competent Communicator



Kumarappan
Competent Communicator

OUR NEW MEMBERS



Minal Joshi



Seema Mittal



Megha Bharathan



Jaya Krishnan



Sudhir D Patil



Aloris Dias



Congratulations TM Aloris Dias
(First Place Winner - Area Level Humorous Contest 2018)



OVERCOME FEAR OF PUBLIC SPEAKING WITH US

Benefits of being a Toastmaster

- ▶ Unlimited Personal Growth
- ▶ Clear Communication
- ▶ Increased Self-Confidence
- ▶ Improved Leadership Skills
- ▶ Career Advancement

What's in it for You?

- ▶ A supportive and positive learning experience
- ▶ Enhanced communication and leadership skills
- ▶ Greater self-confidence and personal growth
- ▶ Competitive advantage in the workplace
- ▶ Join a global organization with a dedicated World Headquarters team
- ▶ Participate in speech contests
- ▶ Potential to become an Accredited Speaker

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