

# ENGINEER

NEWSLETTER OF KEF TOASTMASTERS

VOL:5 REL: 3



MARCH 2015

## Where Leaders Are Made

CLUB NO. 1571590

AREA 52, DIVISION Q, DISTRICT 20, DOHA-QATAR

# EDITOR'S NOTE



Dear Reader,

Area level competition is over and it's time for Division level competition Commuq on April 24th, followed by district level competition DTAC from 28th to 30th of May. All the contestants are getting ready for the final competition to come.

Many clubs are working hard to reach their targets and for getting full club points. Many new CC's and CL's are getting born.

Though very late to release, we have tried our best to include all the happenings of our club.

Lot of activities happened in the last few months

in our club. We have conducted our maiden Open House which was the first in Division Q, confluence which was a join meeting of 3 clubs in Area 52. This issue covers all those precious moments.

This is the last edition of ENGINEER newsletter from this editorial board. Our sincere thanks to all who have contributed to the editions. Moreover, we would like to thank all who took time to read our previous issue and provide valuable comments. We hope you would continue supporting us with your suggestions for improvement.

Enjoy Reading..

Yours truly,  
TM Najmuddin Naraan Chirakkal  
Editor / [ENGINEER](#)

## KEF TOASTMASTERS EXCOM 2014-2015

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## KEF Toastmasters

Meeting Days: 2nd & 4th Monday of every month

Meeting Time: 7.30 PM - 9.30 PM

Meeting Venue: Telugu Cultural Academy, Behind Gulf Times, Doha-Qatar

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# PRESIDENT'S LETTER

——— Welcome to KEF TOASTMASTERS Club No.1571590 ———



**TM Jyothikumar Chandran**  
President of KEF Toastmasters Club



Jyothikumar Chandran  
President, KEF Toastmasters Club

# Area 52 Confluence Meeting

KEF Meeting No.102



---by TM Murugesan Sellapillai



**Area 52** Confluence meeting was held in Mazza Restaurant at B-Ring road on 28th Feb 2015. KEF Toastmasters, ICC Advanced and PICE toastmasters came together to host this unique combined meeting. The idea of this confluence meeting is to learn from other toastmaster clubs on things that they do better and get together with a big assembly of toastmasters to perform consistently better.

This has been in the minds of Area52 Excom for a long while and finally hit the roads in an awesome manner. The meeting place was a bit confusing as

there are many Maaza restaurants in Doha and the location map was not very directional. But our committed toastmasters could reach in time after they lost themselves in other Mazza restaurants.

AG52 Governor TM Christopher and KEF President TM Jyothikumar as usual were well ahead of time setting the meeting room and testing the projectors. The ambience was very pleasant with round tables in the long hall of the meeting room. TM Murugesan was at the registration chair welcoming all the members and guests. Members were reminded to pay the Divison "Q" annual contest fees.



The meeting started at 7:03pm late by 3 minutes by Sergeant at arms KEF TM Jouhar reading the toastmasters mission statement followed by the meeting rules. He invited the AG52 Governor TM Christopher to open the meeting. He as usual with full of energy welcomed all the club members and then invited each club presidents to order the meeting one after the other. Started with KEF club president TM Jyothikumar, carried by ICC Advanced president TM Venkat and then finished by PICE Toastmasters. Each of them welcomed and lauded the members for coming together to make this meeting a memorable one.

TM Christopher then introduced the TMOD TM Manzoor, past president of KEF Toastmasters to steer the meeting smoothly. TM Manzoor opened his role very humorously describing his acceptance to that role due to delicious food in Mazza, to finish the meeting faster for an early dinner, etc caught the audience attention succinctly. He went on to describe the confluence of rivers in German analogues to the confluence meeting. He was very successful in establishing the audience rapport and keep them connected. He then introduced the role players Timer TM Noel, Grammarian TM Michele and Ah counter TM Arnel, all of them from PICE.

The meeting had two lovely prepared speeches from KEF Toastmasters. The first speaker was TM Najmuddin who delivered his Project 8, from CC manual titled "A+". He used a presentation to present his ideas on how to prepare the children for the exams. He had a number of formulae and tips to be able to secure "A+". It was very helpful.

The second speaker was TM Vijay who delivered his Project 4 from CC manual titled "The grass on our side is green". He had a great opening that brought the audience together and the topic was very relevant and interesting emphasizing the need to look at the green on our side before deciding that the other side is greener.

DTMs Farid and Malini presented an education module on "Revitalized Education Programme (REP)" and "Ice Breaker" respectively. It was very informative for all the toastmasters to know what is coming up and what is changing in the education system of Toastmasters. REP aims to cater the needs of wide variety of audience from different professions and is expected to have 5 levels. The "Ice breaker" from DTM Malini had all the meat that is necessary to be a competent communicator swimming through the all 10 projects of CC and how to prepare and practice





them for penetrating delivery.

TM Roy from PICE was the Table topic master opened up very clearly and called up toastmasters TM Bharat (KEF), TM Syed and TM Abdul (ICC advanced). The topics were centered around the confluence meeting on how this benefits you? How could have this been better? Your suggestions to Area Governor?. All the speakers were sharp and spontaneous.

General evaluation was held by DTM Raghavan from KEF. He is one of the very experienced toastmasters and evaluated the meeting in detail.

He called the speech evaluators, starting with TM Venkat to evaluate TM Najmuddin's speech. Confidence and very clear communication was brought out as his strengths. Having minimum bulleted points and not reading through the points were given as the areas of improvement. The second evaluator was TM Asfaq. He was very impressed with TM Vijay's speech and was afraid that he could compete against him as a speaker. He advised to take care of the speech organisation.

DTM Raghavan pointed out that one of the PICE toastmasters could have been Table topic speaker. Some of his points were, the president forgot to introduce the guests (it was done immediately during the president's close out session), call for relaxing exercises TMOD, etc.

TM Christopher invited the division officers DTM Saquib Khan, division "Q" governor TM Shyam. TM Joseph Stanly to address the audience. They all appreciated the area council members for their efforts in organizing the confluence meeting. KEF Toastmaster Newsletter was released in the presence of all the dignitaries adding to the proud moments.

Finally the area governor invited the president to close out the meeting followed by a very tasty dinner from Mazza.

All the members and guests enjoyed the meeting and look forward to many more.



# Styles of Communication



----by DTM Raghavan

## Communication

can be expressed in an aggressive, passive or assertive style.

**Aggressive Communication** is expressed in a forceful and hostile manner, and usually involves alienating messages such as you-statements (blaming the other person and accusing them of being wrong or at fault) and labelling.

In addition, the person's tone of voice and facial expressions are unfriendly. The assumption behind aggressive communication is 'Your needs don't matter' (I win/you lose).

**Passive Communication** involves putting your needs last. You don't express your thoughts or feelings, or ask for what you want. When you use passive communication it feels like others are walking all over you because you don't assert your own needs. So, you bottle things up and might

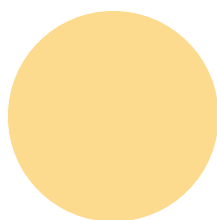
feel resentful. The assumption behind passive communication is 'My needs don't matter' (You win/I lose).

**Assertive Communication** involves clearly expressing what you think, how you feel and what you want, without demanding that you must have things your way. The basic underlying assumption is 'We both matter - let's try to work this out'.

Assertive communication increases your likelihood of getting what you want, avoiding conflict and maintaining good relationships (I win/you win). When you are assertive you can:

- Express your own thoughts, feelings and needs.
- Make reasonable requests of other people (while accepting their right to say 'no').
- Stand up for your own rights.
- Say 'no' to requests from others at times, without feeling guilty.

# KEF Technocrat of the Year 2015: Er.NR NarayanaMurthy



--- by TM Ragu Nedium Veettil

**Every** year Keralite Engineers' Forum (KEF) honours a great Technocrat of India, as part of one of the activities of the Forum in pursuit of our "giving back to the society" mission. Last year KEF honoured the Metroman of India Dr.E.Sreedharan. This year when the Selection Committee went through many names that had come up, it was our unanimous decision to honour the Father of IT revolution in India, Er.NR Narayana Murthy. Then the effort was on to reach him & invite him to our mega event. On August 8, 2014, I met Er.NR Narayana Murthy at his office in Jaya Nagar, Bangalore South, along with my NIT Surathkal classmate Er.Kedar Mudda who is a board of director of NIT Surathkal. As our meeting was at 11 AM, we reached his private office at 10.45 AM. We were seated in the Conference room. At 11 AM, sharp, Er.NR Narayana Murthy entered the room. After the basic pleasantries, I introduced KEF and our activities in Qatar. He was quite impressed & enquired about the economy and other details of Qatar. His simplicity & humble nature were the two qualities that impressed me during that meeting.

Last year, when we were making the selection guidelines for this coveted award, the single most major criteria that was defined as the recipient should have was that he or she should be a role model. To explain this further, let us first understand how a role model can be defined. Or rather, who are role models? Role models are those who possess the qualities that we would like to have, and those who have affected us in a way that makes us want to be better people. They help us to advocate for ourselves and take a leadership position on the issues that we believe in.

What makes Er.NR Narayana Murthy as a role model? Maybe it's his credo of simple living and higher thinking, reminiscent of Mahatma Gandhi. Maybe it's because he's come to be the face of India's booming information technology sector. Or maybe it's the money he's made for his shareholders, employees and anyone else lucky enough to be associated with Infosys. But there's something about NR Narayana Murthy that has always captured the Indian imagination. His adherence to principles is evident from the fact that in spite of being conferred 25 honoree doctorates by foreign & Indian universities, he doesn't use the "Dr." prefix because he believes that "Dr." can be used only if you have



put in research on any specific topic & fulfilled the criteria for the doctorate.

Now let's understand some of the qualities of Er.NR Narayana Murthy that make him a role model of millions of Engineers and common men in India & abroad.

### Commitment to Values

Role models live their values in the world. Tagline of Infosys is: Powered by intellect; driven by values. When we go through the history of Infosys, we find that the "values" were there always at the top. Er.NR Narayana Murthy demonstrated, for the first time in the history of independent India, that a set of ordinary, hard working people with strong values could create jobs, create wealth and distribute wealth on a large scale, all of it legally and ethically. Infosys demonstrated to the world that an Indian company could implement standards of quality, operations, finance that compare with the best. "Humble and self-effacing, Murthy is known to fly economy class and lives in a modest home in Bangalore -- proof, say his fans, that you can combine business success with Gandhian humility," Time magazine had said.

### Passion and Ability to Inspire

Role models show passion for their work and have the capacity to infect others with their passion. The first requirement is courage. The second is the ability to craft a grand vision and carry people along towards that vision. That means being able to communicate that vision, with the tough things that go with it. A great leader also has the ability to make people an inch taller in his presence. Er.Narayana



Murthy believes in empowering others. That is such a meaningful gesture. He is always trying to give back what he learnt to the next generation. That's the quality of a role model.

### Commitment to Community

Role models are others-focused and not self-focused. Role models show a commitment to their communities. They are usually active in their communities, freely giving of their time and talents to benefit people. In 1996, Infosys established the Infosys Foundation, to support the underprivileged sections of society. At the outset, the Infosys Foundation implemented programs in Karnataka. It subsequently covered Tamil Nadu, Andhra Pradesh, Maharashtra, Odisha, and Punjab in a phased manner. A team at the Foundation identifies programs in the areas of Healthcare, Education, Culture, Destitute Care and Rural Development.

### Big Dreamers

In 1981, a determined Murthy started Infosys with Rs 10,000 he borrowed from his wife. In few years, Infosys went on to become one of the largest wealth creators in the country. Er. Narayan Murthy is a big dreamer. He is legendary person who brought Indian company in the listing of NASDAQ. He brought up the IT sector in India and created lot of employment opportunity in India. He dreamt of forming IT company with his six friends and his wife Sudha assisted in accomplishing dream. In the year 1981 when he was dreaming to have his company but somewhere was lacking behind in generating funds. The unknown savings of his wife Rs. 10, 000 helped him to take the first step which brought turning point in his life. According to him people who strive to achieve their dream, people who work hard are not backward people, instead they are forward. Apart from giving new route to IT industry in India he is also known for his simplicity. He believes in sharing wealth with needy people. The more he gets, the more he shares. In the year 1991 when Indian doors for liberalization were left open, he got hold of this opportunity and then never turned back.

### Sharing is Caring

After the IPO, Infosys decided to share a portion of its equity with employees. This helped them retain talent and gave employees a sense of ownership. Murthy is proud of having given away stocks worth over Rs 50,000 crore to employees. In Er. Narayana Murthy's words: "When, one day, you have made your mark on the world, remember that, in the ultimate analysis, we are all mere temporary custodians of the wealth we generate, whether it be financial, intellectual or emotional. The best use of all your wealth is to share it with those less fortunate. We all have eaten fruits from trees that are not planted by us. When it is our turn, we must plant gardens that we may never eat the fruit of; but will benefit the generations to come".

### Vision of Infosys & its founder

It will be incomplete if I do not touch up the vision of this visionary leader. Infosys was formed in 1981 with the vision to become the most respected software services company in the world. Er. NR Narayana Murthy believed that, if you seek respect, you will not short change your customers, you will be fair to

your colleagues in the company, you will be transparent with your investors, you will treat your vendor partners with care and understanding, you will not violate the laws of the land in whichever country you operate & you will live in harmony in which ever society you operate in. He believed that such a pursuit will bring revenues, jobs, profits and market capitalization.

Er.Narayana Murthy believed that the only way to solve the poverty in a country like India is by creating more jobs. This requires entrepreneurship. We already have many people employed at very low wages in the agricultural sector. Hence we have to create jobs in the service or manufacturing sectors. Since our governments have a little or no accountability to the people, are not likely to create jobs. Hence we need more entrepreneurs; we need more engineers & scientists with a mindset to encourage entrepreneurship.

I'm sure we are going to hear this and much more directly from Er.NR Narayana Murthy : KEF Technocrat of the year 2015, when he delivers his key note speech during the glittering function at the InterContinental Doha The City Hotel on April25,2015. Hope you will be there to witness this historic day in the history of KEF.

# KEF Toastmasters register Division “Q” first “OPEN HOUSE”



---by TM Murugesan Sellapillai

**“Success** is not just about what you accomplish in your life, it is about what you inspire others to do!” is what the Open House Meeting is all about! for the making of new toastmasters.

The Open House concept had been on the head for the past few months. The KEF toastmasters were pumped up to showcase their leadership and public speaking skills as a return to what they have learnt as toastmasters. It is a payback to the society by attracting new members from the public and makes them Toastmasters to find their voice.

The meeting was held on 22nd March 2015 at Crystal palace hotel. The meeting room was well set up and had awesome ambience for the occasion. Calm, quiet and direct! President TM Jyothikumar and Area governor TM Christopher put their collective efforts to make this meeting happen within short time. All role players were communicated in advance that allowed thorough

preparation.

Though it was overcast and drizzling, it couldn't stop the incoming members and guests. TM Jouhar took control of the registration desk with toastmaster pamphlets, KEF visitor handbooks and a colorful agenda.

The meeting was started sharply by 7:30pm by Sergeant at arms TM Murugesan. He caught the attention of the audience by saying, “The number one fear in the world is public speaking and the death being only the second” He then read the mission statement and invited the president to convene the meeting.

President TM Jyothikumar, with his eloquent and fluent style talked about the Open House and welcomed the guests. He then introduced the role players of the meeting. TM Vijo being the grammarian explained the role in his simple approach and introduced the word of the day “Vanquish”. TM Syed, being the timer explained



his role crisply. He has been the timing champion for KEF events and this was right after the area 52 contest. Thank you, role players for your time and commitment.

President, then played the "The Club Experience" Video that reveals how a toastmaster meeting is held, the typical roles and the process of toastmastering! It was simple but provided ample information for the guests to fathom the process.

After the video, it was TM Rajiv Bhosale who delivered his humorous speech on the title "The biggest Idiot". All the members enjoyed his speech and it was boisterous laughter at throughout his speech.

Followed by the Prepared speech, the table topic master TM Abdul Wahid was invited to conduct the session. TM Abdul Wahid, immediate past president of KEF has groomed himself as an all round toastmaster taking up any roles with ease and executing them elegantly. After his role as a Master of Ceremony in the Area 52 contest, he played this role beautifully. He explained the objectives and benefits of the table topics with a simple "PREP" method which stands for Position, Reason, Example and Position again to speak on question type topics. He put forth an example before he called up the volunteers. It started with TM Najmuddin, one of the experience toastmaster who spoke on the topic "the venture that you would take on, if you have money". He spoke of his desire to travel and tour different places. The second speaker was one among the guests, Rajesh spoke on the topic, "Current road works and diversions, is it good or bad?". He spoke with confidence on the podium, being first to talk from the guest. The third speaker was again from the guests, this time a young girl spoke on "who you admire the most, father or mother?". She did speak really well. The audience lauded her courage and confidence. The fourth speaker Sathish was again from the guests and spoke on the topic "which one do you prefer from being a children to a parent now?". In the end it was TM Manzoor, the one of the past presidents of KEF who spoke on the last topic to finish with an experienced toastmaster.

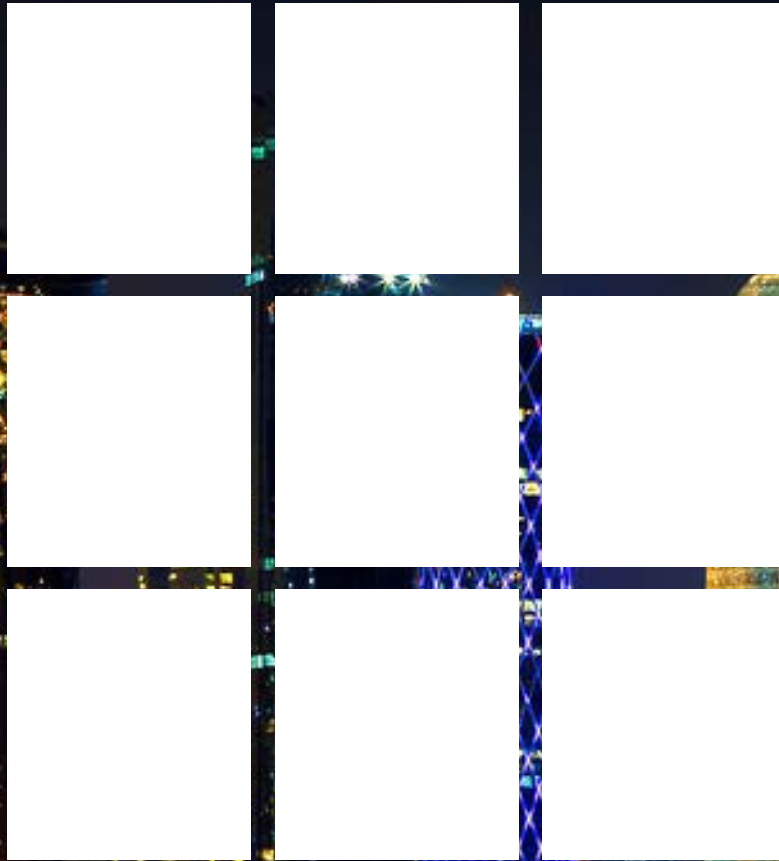
After an exciting and intriguing Table topics, it was DTM Raghavan who spoke on "What toastmaster means to me?". DTM Raghavan, the founder president of KEF is known for his inspiring speeches was no different then. He quoted his personal experience that allowed him in search of Toastmasters and how he tweaked his public speaking skills. It was nice, persuading slowly and strongly.

TM Manzoor, The general evaluator of the meeting explained in details in his own style, mesmerized the audience with his persona touch. He left no stone unturned and gave a good demo of an evaluation.

Finally AG Christopher was called to address the audience, the so called Mr. Perfect was full of energy and enthusiasm lauded the efforts of KEF for hosting the first Open House meeting of the division. He instantly recognized the President and VP Education with medallions.

All the guests were given brief time to fill the membership application and in total 10 new members joined the club. What an achievement by KEF! Kudos to all members without which it would not have been accomplished.

A group photo followed by a delicious dinner brought all the members close to each other. With new members on board, KEF toastmasters is going to be rocking in the coming meetings!



KEF TOASTMASTERS  
DOHA, QATAR

CLUB NO. 1571590 AREA 52, DIVISION Q, DISTRICT 20, DOHA-QATAR

## KEF TOASTMASTERS **OPEN HOUSE**

**7:10pm--8:30pm**

**SUNDAY, 22ND MARCH, 2015 --- CRYSTAL PALACE HOTEL**

### **THE KEY OBJECTIVES OF THIS OPEN HOUSE ARE AS FOLLOWS:**

- To attract new members to KEF and develop new leaders
- To charter a new toastmasters club
- Marketing the brand

# **One Goal , One Team!**







# KEF Toastmasters Club holds Centurion Meeting



---by TM Abdul Wahid Ismail

**"Dream** it, Believe it, Do it". This has been the theme of KEF Toastmasters ever since it was founded on 1st November 2010, which is also the birth date of Kerala state. In the last 4 years, the club has won several awards as recognition for its member's commitment and leadership abilities. From being the Best New Club, Best Club in Qatar to achieving the President's Distinguished Club status three years in a row, the club has shown its excellence in meeting the individual goals of its valuable members. Recently the club completed 100 successful meetings. The celebrations to mark the

occasion were postponed due to the ongoing club contests.

KEF Toastmasters Club is a non-profitable organization affiliated to an international body called Toastmasters International. Prime objective of this organization is to help its members increase their confidence in the art of communication while learning valuable leadership skills. These skills are best developed in a positive and enjoyable setting.

Toastmasters International is a world leader in communication and leadership development. Its





membership is 313,000 strong. Members improve their speaking and leadership skills by attending one of the 14,650 clubs in 126 countries that make up its global network of meeting locations.

The world needs leaders. Leaders head families, coach teams, run businesses and mentor others. These leaders must not only accomplish, they must communicate. By regularly giving speeches, gaining feedback, leading teams and guiding others to achieve their goals in a supportive atmosphere, leaders emerge from the Toastmasters program. Every Toastmasters journey begins with a single speech. During their journey, they learn to tell their stories. They listen and answer. They plan and lead. They give feedback—and accept it. Through its community of learners, they find their path to leadership.

The members of KEF Toastmasters are committed and ensure regular participation of club officers in trainings conducted by the Division, hold regular PR & Membership campaigns, beautiful conduction of Speech Craft sessions, Youth Leadership Programs and participate in Club and Area level contests.

KEF Toastmaster Club's Newsletter titled **ENGINEER** is the most presentable newsletter around and has bagged several awards over the years.

The club's website [www.keftoastmasters.org](http://www.keftoastmasters.org) has

been repeatedly recognized as the best website among Toastmasters fraternity in Qatar.

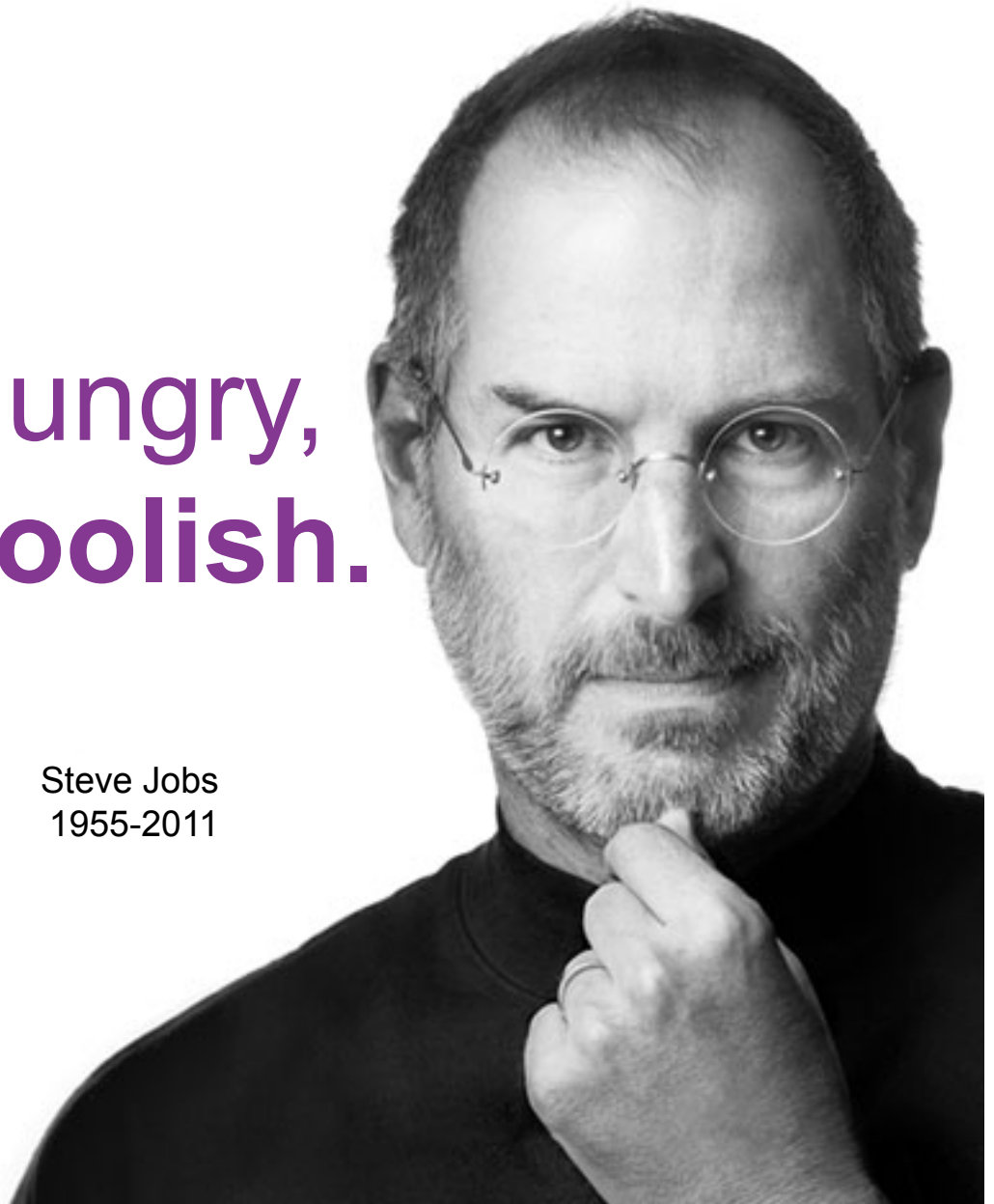
Following a successful youth leadership program conducted by KEF Toastmasters a new club called KEF Gavels Club was launched on 20th February 2011 for children of the age group - 12 to 18 years. Gavel Clubs are an excellent place where children can improve their speaking & leadership abilities & become a good citizen and better human being. Ever since its formation, there has not been a single Division or District Level Contest where KEF Gaveliers have won an award. The club regularly holds various themed meetings and has emerged as one of the best Gavels Club in the country producing talented and confident children.

KEF Toastmasters were also instrumental in reaching out to the community. It has successfully carried out a blood donation campaign. It has sponsored and helped set up two other clubs namely EF Toastmasters Club and Smedley Toastmasters Club. It plans to sponsor one more club in the near future.

KEF Toastmasters Club continues to help each individual in bringing out the best in him or her. It has become a platform to unleash the hidden potentials of its members.

# Stay hungry, Stay foolish.

Steve Jobs  
1955-2011



-----'You've got to find what you love,' Jobs says-----

**This** is a prepared text of the Commencement address delivered by late Steve Jobs, CEO of Apple Computer and of Pixar Animation Studios, on June 12, 2005.

I am honored to be with you today at your commencement from one of the finest universities in the world. I never graduated from college. Truth be told, this is the closest I've ever gotten to a college graduation. Today I want to tell you three stories from my life. That's it. No big deal. Just

three stories.

**The first story is about connecting the dots.**

I dropped out of Reed College after the first 6 months, but then stayed around as a drop-in for another 18 months or so before I really quit. So why did I drop out?

It started before I was born. My biological mother



was a young, unwed college graduate student, and she decided to put me up for adoption. She felt very strongly that I should be adopted by college graduates, so everything was all set for me to be adopted at birth by a lawyer and his wife. Except that when I popped out they decided at the last minute that they really wanted a girl. So my parents, who were on a waiting list, got a call in the middle of the night asking: "We have an unexpected baby boy; do you want him?" They said: "Of course." My biological mother later found out that my mother had never graduated from college and that my father had never graduated from high school. She refused to sign the final adoption papers. She only relented a few months later when my parents promised that I would someday go to college.

And 17 years later I did go to college. But I naively chose a college that was almost as expensive as Stanford, and all of my working-class parents' savings were being spent on my college tuition. After six months, I couldn't see the value in it. I had no idea what I wanted to do with my life and no idea how college was going to help me figure it out. And here I was spending all of the money my parents had saved their entire life. So I decided to drop out and trust that it would all work out OK. It was pretty scary at the time, but looking back it was one of the best decisions I ever made. The minute I dropped out I could stop taking the required classes that didn't interest me, and begin dropping in on the ones that looked interesting.

It wasn't all romantic. I didn't have a dorm room, so I slept on the floor in friends' rooms, I returned Coke bottles for the 5¢ deposits to buy food with, and I would walk the 7 miles across town every Sunday night to get one good meal a week at the Hare Krishna temple. I loved it. And much of what I stumbled into by following my curiosity and intuition turned out to be priceless later on. Let me give you one example:

Reed College at that time offered perhaps the best calligraphy instruction in the country. Throughout the campus every poster, every label on every drawer, was beautifully hand calligraphed. Because I had dropped out and didn't have to take the normal classes, I decided

to take a calligraphy class to learn how to do this. I learned about serif and sans serif typefaces, about varying the amount of space between different letter combinations, about what makes great typography great. It was beautiful, historical, artistically subtle in a way that science can't capture, and I found it fascinating.

None of this had even a hope of any practical application in my life. But 10 years later, when we were designing the first Macintosh computer, it all came back to me. And we designed it all into the Mac. It was the first computer with beautiful typography. If I had never dropped in on that single course in college, the Mac would have never had multiple typefaces or proportionally spaced fonts. And since Windows just copied the Mac, it's likely that no personal computer would have them. If I had never dropped out, I would have never dropped in on this calligraphy class, and personal computers might not have the wonderful typography that they do. Of course it was impossible to connect the dots looking forward when I was in college. But it was very, very clear looking backward 10 years later.

Again, you can't connect the dots looking forward; you can only connect them looking backward. So you have to trust that the dots will somehow connect in your future. You have to trust in something — your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.

### My second story is about love and loss.

I was lucky — I found what I loved to do early in life. Woz and I started Apple in my parents' garage when I was 20. We worked hard, and in 10 years Apple had grown from just the two of us in a garage into a \$2 billion company with over 4,000 employees. We had just released our finest creation — the Macintosh — a year earlier, and I had just turned 30. And then I got fired. How can you get fired from a company you started? Well, as Apple grew we hired someone who I thought was very talented to run the company with me, and for the first year or so things went well. But

then our visions of the future began to diverge and eventually we had a falling out. When we did, our Board of Directors sided with him. So at 30 I was out. And very publicly out. What had been the focus of my entire adult life was gone, and it was devastating.

I really didn't know what to do for a few months. I felt that I had let the previous generation of entrepreneurs down — that I had dropped the baton as it was being passed to me. I met with David Packard and Bob Noyce and tried to apologize for screwing up so badly. I was a very public failure, and I even thought about running away from the valley. But something slowly began to dawn on me — I still loved what I did. The turn of events at Apple had not changed that one bit. I had been rejected, but I was still in love. And so I decided to start over.

I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life.

During the next five years, I started a company named NeXT, another company named Pixar, and fell in love with an amazing woman who would become my wife. Pixar went on to create the world's first computer animated feature film, Toy Story, and is now the most successful animation studio in the world. In a remarkable turn of events, Apple bought NeXT, I returned to Apple, and the technology we developed at NeXT is at the heart of Apple's current renaissance. And Laurene and I have a wonderful family together.

I'm pretty sure none of this would have happened if I hadn't been fired from Apple. It was awful tasting medicine, but I guess the patient needed it. Sometimes life hits you in the head with a brick. Don't lose faith. I'm convinced that the only thing that kept me going was that I loved what I did. You've got to find what you love. And that is as true for your work as it is for your lovers. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what

you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle.

### My third story is about death.

When I was 17, I read a quote that went something like: "If you live each day as if it was your last, someday you'll most certainly be right." It made an impression on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: "If today were the last day of my life, would I want to do what I am about to do today?" And whenever the answer has been "No" for too many days in a row, I know I need to change something.

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything — all external expectations, all pride, all fear of embarrassment or failure — these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

About a year ago I was diagnosed with cancer. I had a scan at 7:30 in the morning, and it clearly showed a tumor on my pancreas. I didn't even know what a pancreas was. The doctors told me this was almost certainly a type of cancer that is incurable, and that I should expect to live no longer than three to six months. My doctor advised me to go home and get my affairs in order, which is doctor's code for prepare to die. It means to try to tell your kids everything you thought you'd have the next 10 years to tell them in just a few months. It means to make sure everything is buttoned up so that it will be as easy as possible for your family. It means to say your goodbyes.

I lived with that diagnosis all day. Later that evening I had a biopsy, where they stuck an endoscope down my throat, through my stomach and into my intestines, put a needle into my pancreas and got a few cells from the tumor. I was sedated, but my wife, who was there, told me that when they viewed the cells under a microscope the doctors started crying because it turned out to be a very rare form of pancreatic cancer that is curable with surgery. I had the surgery and I'm fine now.

This was the closest I've been to facing death, and I hope it's the closest I get for a few more decades. Having lived through it, I can now say this to you with a bit more certainty than when death was a useful but purely intellectual concept:

No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because Death is very likely the single best invention of Life. It is Life's change agent. It clears out the old to make way for the new. Right now the new is you, but someday not too long from now, you will gradually become the old and be cleared away. Sorry to be so dramatic, but it is quite true.

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma — which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is

secondary.

When I was young, there was an amazing publication called *The Whole Earth Catalog*, which was one of the bibles of my generation. It was created by a fellow named Stewart Brand not far from here in Menlo Park, and he brought it to life with his poetic touch. This was in the late 1960s, before personal computers and desktop publishing, so it was all made with typewriters, scissors and Polaroid cameras. It was sort of like Google in paperback form, 35 years before Google came along: It was idealistic, and overflowing with neat tools and great notions.

Stewart and his team put out several issues of *The Whole Earth Catalog*, and then when it had run its course, they put out a final issue. It was the mid-1970s, and I was your age. On the back cover of their final issue was a photograph of an early morning country road, the kind you might find yourself hitchhiking on if you were so adventurous. Beneath it were the words: "Stay Hungry. Stay Foolish." It was their farewell message as they signed off. Stay Hungry. Stay Foolish. And I have always wished that for myself. And now, as you graduate to begin anew, I wish that for you.

Stay Hungry. Stay Foolish.



---by TM Murugesan Sellapillai



# 25 Public Speaking Skills Every Speaker Must Have



--by TM Najmuddin

## RESEARCH A TOPIC

Good speakers stick to what they know. Great speakers research what they need to convey their message.

## FOCUS

Help your audience grasp your message by focusing on your message. Stories, humour, or other "sidebars" should connect to the core idea. Anything that doesn't need to be edited out.

## ORGANIZE IDEAS LOGICALLY

A well-organized presentation can be absorbed with minimal mental strain. Bridging is key.

## EMPLOY QUOTATIONS, FACTS, AND STATISTICS

Don't include these for the sake of including them, but do use them appropriately to complement your ideas.

## MASTER METAPHORS

Metaphors enhance the understandability of the message in a way that direct language often can not.

## TELL A STORY

Everyone loves a story. Points wrapped up in a story are more memorable, too!

## START STRONG AND CLOSE STRONGER

The body of your presentation should be strong too, but your audience will remember your first and last words (if, indeed, they remember anything at all).

## INCORPORATE HUMOUR

Knowing when to use humour is essential. So is developing the comedic timing to deliver it with greatest effect.

## VARY VOCAL PACE, TONE, AND VOLUME

A monotone voice is like fingernails on the chalkboard.

## PUNCTUATE WORDS WITH GESTURES

Gestures should complement your words in harmony. Tell them how big the fish was, and show them with your arms.



**UTILIZE 3-DIMENSIONAL SPACE**

Chaining yourself to the lectern limits the energy and passion you can exhibit. Lose the notes, and lose the chain.

**COMPLEMENT WORDS WITH VISUAL AIDS**

Visual aids should aid the message; they should not be the message. Read slide:ology or the Presentation Zen book and adopt the techniques.

**ANALYZE YOUR AUDIENCE**

Deliver the message they want (or need) to hear.

**CONNECT WITH THE AUDIENCE**

Eye contact is only the first step. Aim to have the audience conclude "This speaker is just like me!" The sooner, the better.

**INTERACT WITH THE AUDIENCE**

Ask questions (and care about the answers). Solicit volunteers. Make your presentation a dialogue.

**CONDUCT A Q&A SESSION**

Not every speaking opportunity affords a Q&A session, but understand how to lead one productively. Use the Q&A to solidify the impression that you are an expert, not (just) a speaker.

**LEAD A DISCUSSION**

Again, not every speaking opportunity affords time for a discussion, but know how to engage the audience productively.

**Obey time constraints**

Maybe you have 2 minutes. Maybe you have 45. Either way, customize your presentation to fit the time allowed, and respect your audience by not going over time.

**CRAFT AN INTRODUCTION**

Set the context and make sure the audience is ready to go, whether the introduction is for you or for someone else.

**EXHIBIT CONFIDENCE AND POISE**

These qualities are sometimes difficult for a

speaker to attain, but easy for an audience to sense.

**HANDLE UNEXPECTED ISSUES SMOOTHLY**

Maybe the lights will go out. Maybe the projector is dead. Have a plan to handle every situation.

**BE COHERENT WHEN SPEAKING OFF THE CUFF**

Impromptu speaking (before, after, or during a presentation) leaves a lasting impression too. Doing it well tells the audience that you are personable, and that you are an expert who knows their stuff beyond the slides and prepared speech.

**SEEK AND UTILIZE FEEDBACK**

Understand that no presentation or presenter (yes, even you!) is perfect. Aim for continuous improvement, and understand that the best way to improve is to solicit candid feedback from as many people as you can.

**LISTEN CRITICALLY AND ANALYZE OTHER SPEAKERS**

Study the strengths and weakness of other speakers.

**ACT AND SPEAK ETHICALLY**

Since public speaking fears are so common, realize the tremendous power of influence that you hold. Use this power responsibly.

# Bring Back Our Nigerian Sisters

**"THEIR ONLY CRIME WAS NO DIFFERENT THAN MY OWN: ALL THEY WANTED WAS TO GET AN EDUCATION"**

These were the words said by the famous campaigner and the youngest person who received a nobel peace prize, miss malala yousafzai.

It breaks my heart to think that more than 200 school girls were kidnapped by the terrorist group called boko haram and had still not returned. After all, they just wanted to lead a normal life and become successful young woman in this world. Unfortunately, their only dreams were lost and they ended up in this horrifying attack. It pains me, to know how much difficulties and miseries their families are facing. it makes me sick to know what the leader of boko haram, abubakar shekau has said.

" i abducted your girls. I will sell them in the market, by allah". It's shocking to find out where the world has come to. I treat these Nigerian girls as my sisters and feel it's my duty to somehow help them. But one person isn't enough to save them, the whole world has to protest against this unfairness. As the saying goes " united we stand, divided we fall"

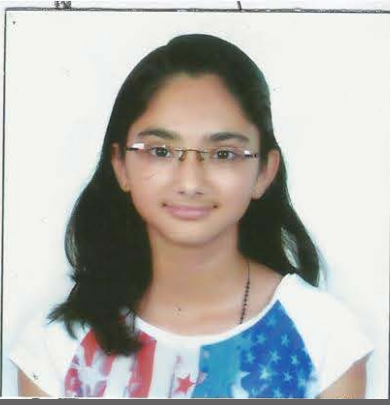
Feeling sympathy for these poor girls isn't just enough, we have to start acting. So friends, let us all stand up and raise our voices for justice.

Enough is enough.bring back our girls!

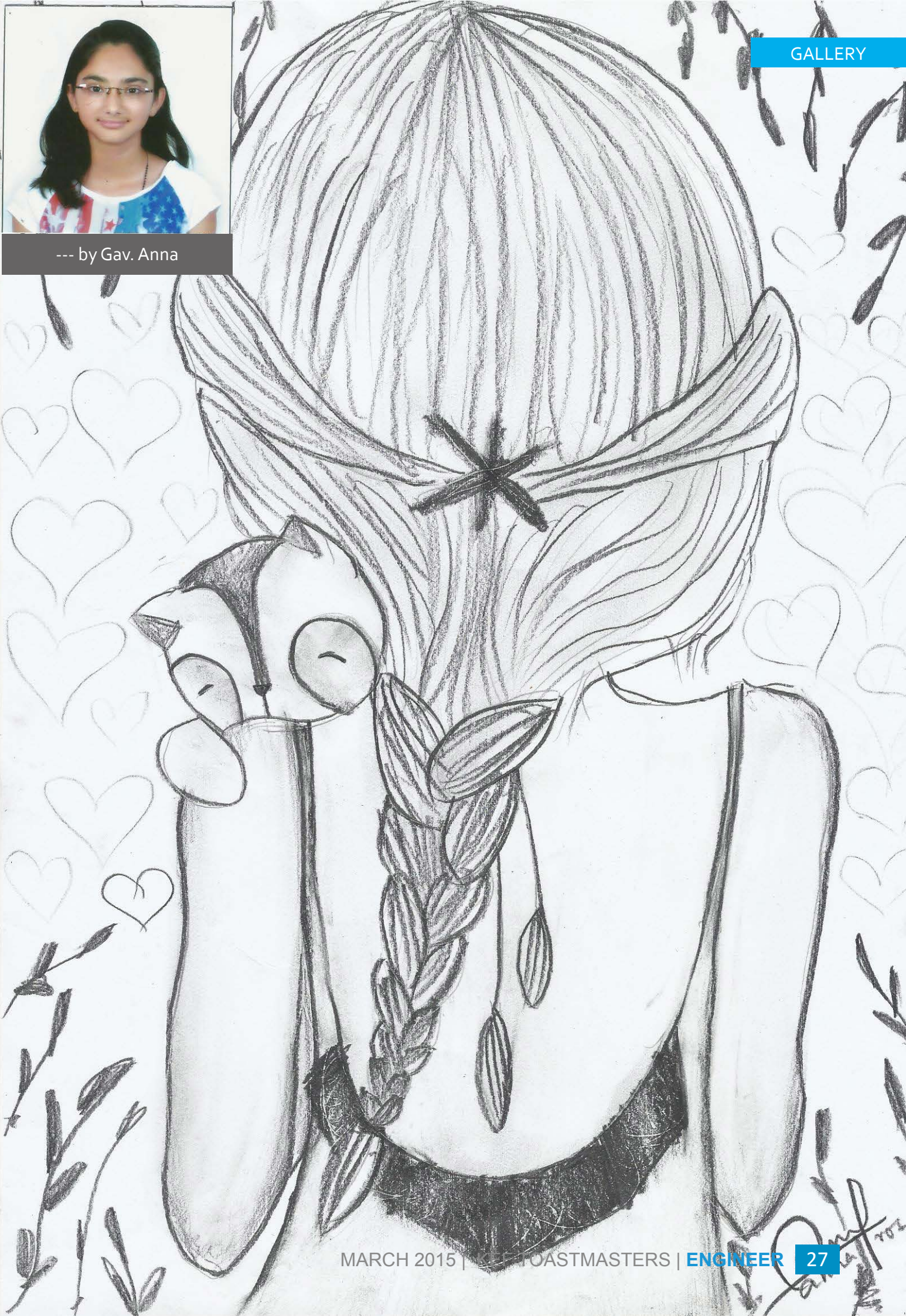


--- by Gav. Daisys



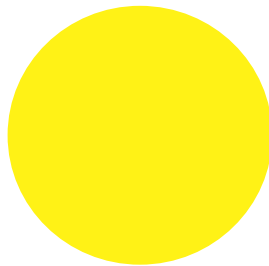


--- by Gav. Anna





# Science facts of the SUN

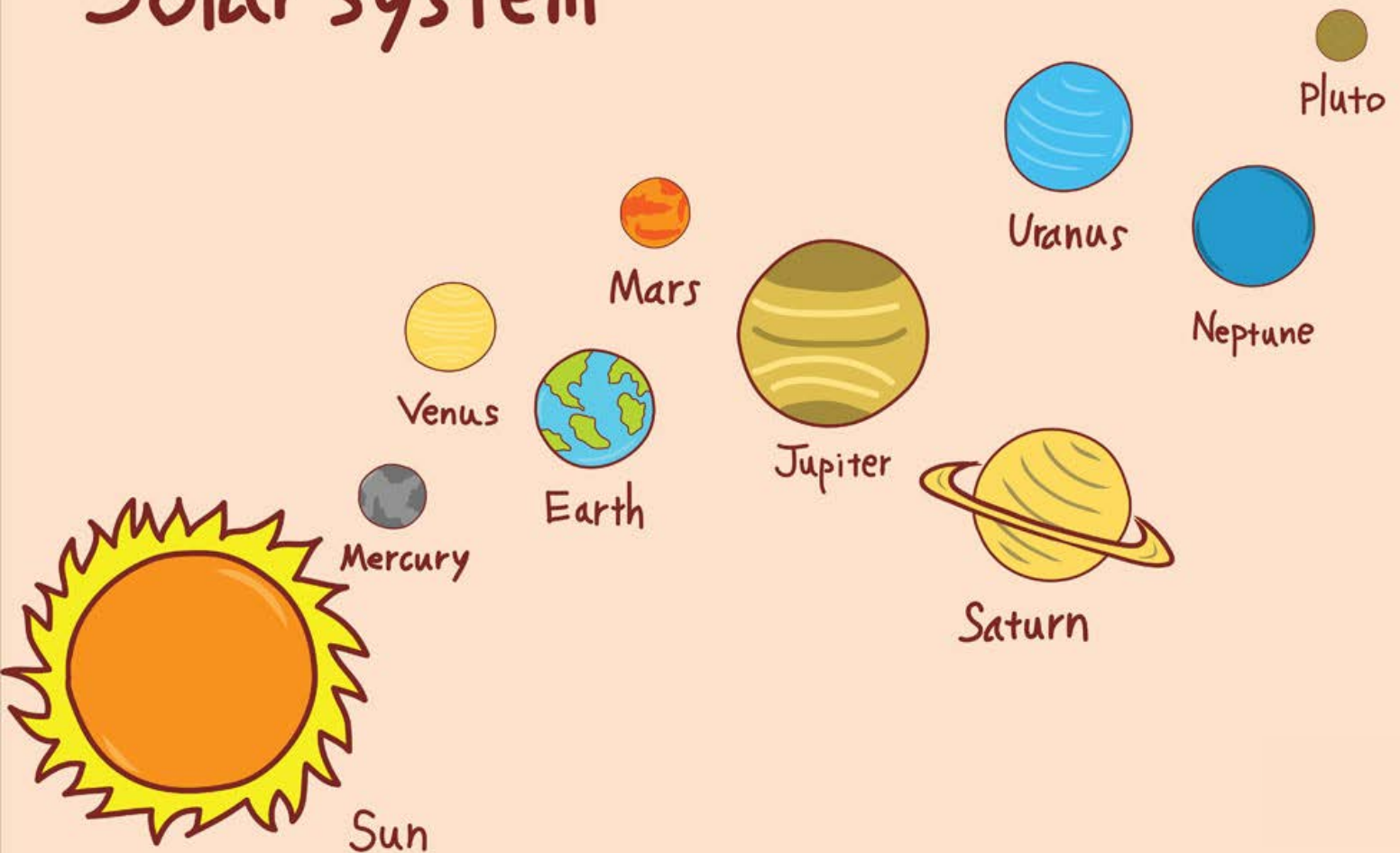


----by Gav. Aalia Najmuddin

- \* The Sun is a star found at the center of the Solar System.
- \* It makes up around 99.86% of the Solar System's mass.
- \* At around 1,392,000 kilometres (865,000 miles) wide, the Sun's diameter is about 110 times wider than Earth's.
- \* Around 74% of the Sun's mass is made up of hydrogen. Helium makes up around 24% while heavier elements such as oxygen, carbon, iron and neon make up the remaining percentage.
- \* Light from the Sun reaches Earth in around 8 minutes.
- \* The Sun's surface temperature is around 5500 degrees Celsius (9941 degrees Fahrenheit), so pack plenty of sunscreen if you plan on visiting (remembering that the average distance from the Sun to the Earth is around 150 million kilometers).



# Solar system



- \* The Sun's core is around 13600000 degrees Celsius!
- \* The Sun generates huge amounts of energy by combining hydrogen nuclei into helium. This process is called nuclear fusion.
- \* Because of the Sun's huge influence on Earth, many early cultures saw the Sun as a deity or god. For example, Ancient Egyptians had a sun god called Ra while in Aztec mythology there is a sun god named Tonatiuh.
- \* The Sun produces a solar wind which contains charged particles such as electrons and protons. They escape the Sun's intense gravity because of their high kinetic energy and the high temperature of the Sun's corona (a type of plasma atmosphere that extends into space).
- \* Planets with strong magnetic fields such as Earth manage to deflect most of these charged particles as they approach.
- \* A solar eclipse occurs when the Moon is between the Sun and the Earth.



# 10 super health benefit of citrus fruits



----by TM Manju Madhu Santhosh

1. The central energy yielding nutrient in Citrus is carbohydrate; citrus fruits contains the easy carbohydrates fructose, glucose & sucrose, as well as citric acid that can also supply a small amount of power.
2. Citrus fruits also include non-starch polysaccharides (NSP), normally known as dietary fibre, that is a complex carbohydrate with main health benefits. The predominant kind of fibre in citrus is pectin, making up (65 to 70% of the total fiber).
3. These Citrus fruits contain calcium & folate, two nutrients which are important for post-menopausal women & women of child bearing age. One fresh lime includes 22 milligrams of calcium & over 5 micrograms of folate.
4. The juice of 1 lemon with honey added in hot water is being followed for times as a mantra for fat loss. It works most efficiently if it is consumed on an unfilled stomach in the morning. Lemon includes Pectin, a soluble fiber which helps to burn fat & promotes fat loss.
5. Most Benefits of Citrus fruits are a brilliant source of Vitamin C. Vitamin C clubbed with it is antioxidants helps to enhance the immunity of the body.
6. Lemon are highly recommended to develop digestion. Drinking a glass of lemon with a meal assists to eliminate risky bacteria in the gastro intestinal tract.
7. Citrus fruits like lemons include calcium in a little quantity. The potassium level in the lemon assists to keep bone calcium density in the body. Potassium helps to stop the loss of calcium through kidney, therefore protecting from osteoporosis.
8. Most citrus fruits include citric acid & regular eating of citrus juices aid to enhance the citrate level in urine. public prone to kidney stones should drink lots of water to avoid the configuration of kidney stones. But addition the juice of lemons can assist to decrease the threat of calcium stone in kidney.
9. The health profits associated with citrus use are clear. Citrus fruits are nutrient dense foods which can be excellent sources of carbohydrates, as well as dietary fibre and many vitamins & minerals.
10. Benefits of Citrus fruits are equally valuable with populations who need to overcome & prevent micronutrient deficiencies and those concerned with troubles of overnutrition, obesity & diet related chronic diseases.



# CommuniQ

*make it uniQ*

*Division Q Annual Toastmasters Conference 2015*

*District 20, Region 11  
24th April 2015 @ Radisson Blu, Doha, Qatar*









# DTAC 2015 - DUBAI

DISTRICT 20 ANNUAL CONFERENCE

**WILL BE HELD ON**



**28<sup>th</sup> - 30<sup>th</sup>  
MAY 2015**

**WILL BE HELD AT**



**DUBAI WOMEN'S COLLEGE  
AL NAHDA 2, DUBAI, U.A.E**





# KEF TOASTMASTERS

CLUB NO. 1571590

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## Club meetings

Every 2nd & 4th Monday at Telugu Cultural Academy,  
Behind Gulf Times, Off C-Ring Road, Doha,  
Qatar.

## Useful links

[Toastmasters International](http://www.toastmasters.org)

<http://www.toastmasters.org>

[KEF Toastmasters](http://www.keftoastmasters.org)

<http://www.keftoastmasters.org>

<https://www.facebook.com/groups/keftoastmasters>

<https://twitter.com/KEFToastmasters>

<http://www.youtube.com/user/keftoastmasters>

[District 20 Toastmasters](http://district20.toastmastersdistricts.org)

<http://district20.toastmastersdistricts.org>

[Division E Qatar](http://divisioneqatar.org)

<http://divisioneqatar.org>





## **VISION OF THE CLUB**

To become the best Toastmasters Club in the Division by achieving the Toastmasters International, District, Division & Area Goals

## **MISSION OF THE CLUB**

The mission of the KEF Toastmasters Club is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills, which in turn foster self confidence and personal growth.

## **A TOASTMASTER'S PROMISE**

- To attend club meetings regularly
- To prepare all of my speeches to the best of my ability, basing them on projects in the Communication and Leadership Program manuals
- To provide fellow members with helpful and constructive evaluations
- To help the club maintain the positive, friendly environment necessary for all members to learn and grow
- To serve my club as an officer when called on to do so
- To adhere to the guidelines and rules for all Toastmasters educational and recognition programs

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