



## WHERE LEADERS ARE MADE

### NEWSLETTER

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#### From The Director's Desk

In today's world, communication is the key. It is a pivotal factor to engage in active personal growth, and will certainly play a vital role in the complementation of capacity building, as well as the formation of the future generation.

It must also be noted that not all communication is conducive to progress. Facilitation of growth requires the presence of a mentor, a guide or a philosopher - someone who guides ethical communication to help us form

the right moral values. However, moral values and good habits are not formed merely by how we teach, but the manner with which we proactively respond to whatever life throws at us.

Life must always include a teacher or a mentor, to provide the opportunity to celebrate learning and foster growth.

It is indisputable that the art of communication is one that is universally required for one and all. However, this is not just about possessing linguistic prowess or verbally showcasing a fancy English accent. It is the finesse with which you use your words to attain an optimal level of understanding, and can critically analyse profound insight. And so, in this regard, it is the mentor that plays the role of 'the guiding light' and ensures that communication is made exciting and fruitful.



Dr. DINESH NILKANT  
Director, JU-CMS

# ONE SIMPLE TIP...



**VAIBHAV GUPTA**  
Director,  
Divison A

I'm a member of Toastmasters International for two years and I have so far delivered over 50 speeches and presentations (No, this is not a sales pitch).

One of the most common issues I've run into has been... holding the audience's attention.

It's hard enough to hold a reader's attention, but a listener's too? You bet.

And while this article is called "1 Simple Tip..." it's not a magic trick. I haven't found that yet but I did find a change in perspective that helped me a lot.

You need to capture attention again and again.

I find that if I'm speaking for 10 minutes, it serves me well to spend 5 minutes on holding the audience's attention and getting them on my side. Practicing that, I have "more engaged and more entertained listeners", every time.

In writing, one very popular trend to hold attention is to write short, snappy paragraphs, like the ones above. It allows the reader to understand a simple point before moving on to the next and doesn't intimidate. In speaking, it is the same.

People like small bits of information that they can digest. The more granular you can make your writing and speaking, the easier it'll be for your content to be retained.

One more thing is to periodically check in with your audience, as I've tried to do above.

In speaking, you can do this by asking questions, summarizing or asking your audience to summarize for you.

It's very discouraging to put your heart into a piece or a performance and not have the reader/listener remember any of it. We overestimate how good we are or how much our audience cares.

Check in again and again capture attention again and again, and keep your points simple, and you will win.

## TOASTMASTERS INTERNATIONAL

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### BITS AND PIECES

I intended to write something beautiful, because emotions are beautiful. I intended to inspire people by way of emotions, to not be afraid of them, but to embrace them. I realised, while writing this piece that it isn't easy. It isn't easy to embrace emotions, especially when, sometimes, they showcase our ugly side. The side that, deep down, we all have but don't want to admit that we do because we have social norms guiding the emotions and the feelings one must have and, like the majority of our generation, we want to belong - in this case, to the class of perfect people, who have their emotions figured out.

I love to write and express, so writing this piece wasn't tedious. What was tedious, however, was penning down certain emotions; because sometimes, it's difficult to acknowledge the truth. It's difficult to admit that you were wrong to react the way you did in certain instances; and sometimes, well, you just don't want to jinx anything.

I have discovered how this generation of ours is more about preservation; how we associate moments and gifts with memories. I discovered how a lot of people want to keep things - moments and gifts - in their pristine state because the materialism of all of it doesn't matter to us. We associate such beautiful memories with these gifts that we're too afraid to unbox them, thinking that we'd lose the memories.

We undergo so many emotions - happiness, sadness, monotony, moroseness, gait etc. I experienced all of it in such a short span of time, and I was aware of it. I was aware of what I was feeling and how to encounter each of these feelings because I have had experience in that area.

I don't know how many of you are aware of "Tabula Rasa", but it's a belief by Aristotle that when a child is born, he/she doesn't have built in mental content. A belief whatever we go through in life, whatever we learn is through experience and development of perception. I believe in this concept with all of my heart, I believe that every single day we learn something new and that experiences are what define us.

I know a whole lot of us have had horrible experiences in life that broke us, traumatised us emotionally, and left us feeling incapable. To all of you out there who are in bits and pieces, who feel that they are not beautiful because they are broken, always remember that the idea behind a kaleidoscope is that it's a structure that's filled with broken bits and pieces, and somehow if you manage to look through them, you will see something beautiful. We all are that way, aren't we?



**ASHAY GUPTA**  
III Semester BBA

# THE TEA OF SUCCESS

We all know what role tea plays in our daily lives. Our mornings are incomplete without a sip of hot tea. During evenings, when we are already exhausted from the drudgery of our daily chores, this beverage acts as a medicine and cures most of our stress and personally speaking, relieves me from headaches if I'm going through one. You must be wondering what the intention is behind bringing the benefits of tea to you. There's a reason behind the same and today I shall discuss how we go about preparing the tea of success.

Let's begin

What's the first thing that you require to prepare a tea? It's the water. This is nothing but your experience with failure. People often have this cliché thought that failure is the stepping stone to success but in reality, this cliché thought acts as the major ingredient in preparing the tea of success. I'm sure no one would disagree with me when I say that people never remember the number of times you have failed.

Next comes the sugar. Excess of this shall make the tea too sweet and shortage of it will spoil the fun thus you must add it in the right quantity. For people who like being self-made, this is the key ingredient because it's their hard work and commitment that plays the role of sugar and helps them climb their way up the ladder. However, you must not overdo yourself and prioritize your commitments equally.

Now comes the most important ingredient in the recipe: the tea powder. A variety of tea powders are available to us but we select the one which gives the perfect taste. At every stage of our life, we come across several opportunities. Opportunities do not knock your door everyday. They do so once in a while but it's completely up to you if you wish to open the door or let it remain closed.

I spoke about a secret ingredient earlier, it's your self-confidence. We've tried tea at many places throughout our lives and everywhere it tastes different mainly because of the quantity of milk added in it. Success, similarly, tastes differently depending on what's your level of self-confidence. Before anybody believes in you, your job is to believe in yourself.

Now you'd ask me, "Huzefa, we also come across several challenges while climbing the ladder of success. You haven't mentioned any of them." Think of what's missing in this entire recipe. We add all the ingredients in a vessel and keep it. Is our tea ready? No right because it needs to be boiled. It's ready only when the ingredients undergo certain boiling pressure, and we will get the final product in the form of a full-fledged 'CHAI'. Choices are many. Chances are hardly any. Choose well and your actions shall do the rest.



HUZEFA HAKIM  
V Semester BBA

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## DIRECTION

"Direction is so much more important than speed. Many of us are going nowhere fast".

The first meet of Toastmasters, first semester. Curiosity, excitement and impatient as Dhiren, Mansi, and Mau entered the class and explained how the election of office bearers would be conducted and started. The President, VPE and VPM were elected, and next was the VPPR. Standing by the door, Dhiren suddenly told me "Come for the post, it's okay, just give it a try" and at that moment I simply jumped out of my comfort zone. I actually wanted to stand for the post of President, but I did not have the courage to go up on the stage. But, when Dhiren pushed me I went for it. And guess what? I won the post. It felt amazing. I now had the confidence to step up on the stage without any fears which further motivated me to give my ice breaker and that was the beginning of my beautiful journey, which started with Mansi K Panani- my mentor, my friend, my confidant. She has not only mentored my speeches but also mentored me as a person. Whether it was editing content or checking my delivery, nervousness before speeches or happiness after giving them, being a wise adviser or a sharp listener, she's always been there for me in every way.



DIKSHA BHALLA  
III Semester BBA

I began with the quote "Direction is so much more important than speed. Many of us are going nowhere fast" because the direction has made me who I am today. The direction given by my mentors has shaped me into a better version of myself. They have been patient and kind to me even in difficult times and supported me throughout. They saw the potential in me when I could not and eventually made me see it. I'm grateful to my mentors and Toastmasters for giving me the platform to express myself in every way possible. Don't run fast in the wrong direction, but walk in the right direction at your own speed, even if you're slow, because progress is never measured with time, only with change.

# THE 90'S CHILDREN



**ROSHAN CHETAN**  
Director, Area E2

Why is it that our generation is constantly in need of motivation? Why is it that we always require something to give us an edge? Is it only our generation, which experiences this? Because I am absolutely sure that our parents didn't have motivational speakers those days to help them get to where they are today. Is it a possibility that we feel insecure about ourselves?

And the answer is yes. I do believe that our generation, the 90's children as a whole feel a void that might never be filled.

All our lives we were told that if we worked hard enough in school, we could grow up to be whatever we wanted to, however, as time passed by, reality hit us like a lightning bolt and we realized just how competitive the world is for us. The quote "The 90's children, born a hundred years too late to explore the world and a hundred years too early to explore the universe" is so profound, because it absolutely illustrates the point of who we are.

We are the generation, which merely follows the principles of what our fathers and forefathers built for us, only for us to turn it into an empire, to be ruled by our children. We are the generation of nostalgia, individuals who remember the simpler times in a world untouched by technology but still embrace it. We are the generation filled with millions of young aspirants as doctors, lawyers, engineers, economists, artists, musicians and so much more. Yes, you heard me right, there is an interruption. However, is that all we are? I hope not.

Most of us have lived in two millenniums, two centuries and three different decades, and we are not even twenty yet.

Growing up, our generation rested in what I believe is the goldilocks zone for a child. We scraped our knees, dusted our shirts off every time we went out but also understood how technology worked as it advanced along with us. We grew up just as the world started to evolve. To this day, we understand technology better than our parents ever will but we also know how to go out and get our hands dirty if required.

As we reached the days of our higher education, we started falling into the trap of a routine cycle we call life. Try and make it through the week, enjoy the weekend till it lasts, and hope that Monday never comes again. This is the mantra of that routine cycle. However, I don't believe that our generation deserves to be in this endless cycle that we seem to be stuck in till date. We are meant to break rules, the laws and the foundations the human race has built itself upon, to create and explore new boundaries. Our generation shall lead civilization to heights never seen before and shall make this place we call home, to be one of the greatest pieces of enormous floating rocks the universe has ever witnessed.

All we have to do now is break free into this world and make a difference, which starts right here, right now. We, the 90's generation are no longer children looking at the world, fearing it might swallow us. The world is now looking at us wondering "What are they going to throw at us now?" and we have to prove, not only to ourselves but also to the past and future generations, who we are and what we are capable of.

Remember the quote in the beginning? I'd like to rephrase it a little, "The 90's children, born at just the right time to change the world and at just the right time to shape the universe."

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## THE SHEILD AND TORCH BEARER OF MY LIFE

She comes from a long line of educators, whose goal was to teach the world one child at a time through kindness and wisdom. She was often known as the warm compassionate lady you go to if you were having a bad day. I can remember as a first grader, walking into her room, being embarrassed that she was consoling one of my classmates in a rocking chair, who had just taken a tumble down the slide during a rowdy session of recess. Not to say that her emotions affected her educating, though. She knew her purpose was to teach others and did her job well, but never missed an opportunity to demonstrate valuable life qualities along the way.

She was always the peaceful mediator between my brother and I. When we would argue about trivial things that we viewed as life or death situations, she would always come up with a solution that would appease us. If I could eat pizza for lunch, he could ride to town in the front seat. She would settle simple arguments in a way that most people would not have the patience to even bother. She's one of the most compassionate people I know, and does not let anything discourage her. In times of tragedy, she has always been the unshakeable fortress that others cling to. Having to live through the loss of a brother and a nephew, she is resilient and knows exactly what to say and how to act to comfort others in times of need.

By being such an example herself, she makes me want to be a better person. She has been my mentor for the past 17 years and will continue to be my inspiration in life. She is a source of motivation and a refreshing reminder of a pure heart. She is my mother, my role model, and most importantly, my friend.



**NIRAL KANUNGA**  
III Semester BBA

# THE GROWTH THAT COMES WITH READING

I learned reading and phonetics when the other children of my age were just becoming familiar with the English alphabet. I was the only person in my grade on the first day after nursery who could read aloud the small three letter words in our English book. It was a time in my childhood when everyone was over enthusiastic to tutor and teach me. I hated it. I would be told to fetch a book of my choice and then be forced to read a whole page before I could watch television. In the first few years of my life, all this was forced onto me, and I did not like it one bit, because I was seven and I obviously felt that the television screen playing Shin Chan was more interesting than books that didn't have pictures. One night, I finally went and picked something up from my sister's old books. Harry Potter and the Philosopher's Stone. I'm not going to say that this made any instant changes but the Harry Potter books were my gateway into serious self-driven reading.



PREKSHA S

V Semester BBA

to push myself to work hard and yet I get so much credit for being 'smart'. It is all for the simple reason that I do my background reading.

Meanwhile, at school, I had friends who asked me how my spellings were always correct. I nonchalantly replied that it's intuitive and that I simply follow the way a word is pronounced in order to spell it. Only when it came to editing my friends' essay drafts and English notebooks in high school, did I realise that there definitely was a problematic trend. The ones that hated reading were the ones struggling the most. I had these two friends - a pair of twins. They were the type who would spend at least three hours studying each day, and I was the type to open my books the night before the exam. In the end, we got the same grades in everything except English. They were failing at English in grade nine. They lived across the street from me so I took it upon myself to make sure they did well, because I felt bad watching them study as I spent all my time on the internet. I did only one thing. I kept lending them books of my choice and making sure that they read them. We later took different paths, but now, after all the time and reading, they prevailed in this aspect. I don't mean to assert that having a strong background of reading will change your life but I do believe that this has given me an edge for all of my life. Simply because of the things that were forced upon me, which eventually flowered in genuine interest, I have never had

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## THE SPARK TO MY DARK

In this world full of chaos and competition not everyone is going to be a motivator during our tough times. On the contrary, it is even more challenging to trust someone as this environment moulds people into selfish individuals. Being lucky amongst the lot, I found my guiding light two years back.

I agree I should have found her when I was born because she is my sister. We, as siblings, never knew the value of the knot that was tied every Raksha Bandhan. It was just a mechanical trend that continued for nearly fifteen years. Two years back, when I joined the same school as hers and started walking with her to our school bus, did I realize that a cousin sister is your own too.

After my life at a residential school, I entered a place full of new faces, and the only face I knew was that of my sister's. The relationship that existed only due to a festive ritual started to develop into something that couldn't be put into words. It grew from hello to a hug.

My journey with her has been a very short one. It makes you all wonder if she really can be the guiding light of my life. The answer is yes. Honestly, I could never understand what brings our relationship this close. It is just the positive vibes that make my trust grow in this journey.

For the hundred times that I have felt, I am not up for a challenge, her presence mentally or physically has made me think that I can, and I will face it with all my strength. She has an innate feeling of happiness in my victories, which encourages me to work harder.

She believes in the confidence that she has and I believe that she can conquer the whole world with her down to earth attitude. I can, in simple terms, be an admirer and try my hardest to inculcate what she has.

As a person who can express well through writing, this is my thank you to the one who has believed in me as a person and has supported me as her OWN. I don't have my own sister, but, she makes me feel like I do.



DARSHAN MOMAYA

I Semester BBA

# IDENTITY AND PURPOSE

Over the course of my life I've learned and I have observed that a lot of children go about their lives fulfilling the unfulfilled dreams of their parents, and then letting the cycle continue on with their children. It's a whole rat race in itself. We all have our reasons for doing the things that we do. Some of us look at our parents and become just like them in our personal and professional lives. Some of us turn out just the opposite.

I'm not sure if I am like my parents or their opposite, but I know that I'm here for a higher purpose. Sure, I want to add value to the lives of those I touch, but we all have this going for us anyway - some kind of ambition, some kind of driving force or whatever plan that it is. Concurrently, we all have our own unique circumstances and difficulties in our lives. We're all going to come through, fight through, and live through. But what is it that would add that little extra to this life? I have never had a proper role model. I haven't ever had that one figure that I can always look up to for inspiration, or as a shoulder to lean on. I feel like somewhere along the way, I've raised myself.

The world has plenty of inspirational characters, quotes, and ideologies out there. We're literally bombarded and saturated with that sort of thing. However, I did find something that was worth thinking about. In the book *The Great Gatsby*, there is a character by the name of Myrtle Wilson. Her husband is a poor abusive garage owner, and she's engaging in an affair with the protagonist's cousin's husband. There is nothing extraordinary or great or moral. She has accomplished no great feat in her life other than acquiring another misogynistic partner in life. But yet, the way the book introduced her; it captivated me, and has held my attention for the past two years. Her vitality and zest to make the best of her life and seize every moment inspired me then and there. It made me realise that any regular provincial life would never be enough for me. I'm here because F. Scott Fitzgerald's simple two line introduction of a side character has shown me that even if I do end up in a regular provincial life, I will never lose my vitality.

All my life, I've lived on the edge of what I am allowed, looking for loopholes in every rule, and existing with the mindset that anything is possible. I will always continue to be my own master and constantly work to provide justice to my own identity.



MUBASSIRA MAJEED  
Director, Area A2

## THE WORLD: MY MENTOR



SANGAY PHURBA  
III Semester BBA

Who is a Mentor? It is someone who is an experienced and trusted advisor, a support system. Someone, who helps you learn. There are so many varying definitions, yet all so similar. There are so many different types of mentors.

In my lifetime, there have been different types of mentors, who have taught me different things in life.

Starting with the most important mentors in my life, my parents, they taught me how to walk, how to talk, how to eat, how to behave, how to treat people, most importantly how to survive. Today if I can go back home and cook my food and do my laundry and take care of myself then it's all because of them. Therefore I'm forever grateful to them.

Apart from the basic needs, there are different types of needs as a human. We go through a lot of wars within ourselves. For me, one major battle was to love myself for who I am. I was very insecure as a teenager and I was at a point where I hated myself for who I am. But then Lady Gaga came into my life. She was like a saviour for me. I used to listen to her music, to her interviews and to the things she said and stood up for. At that point, I felt like there is someone who understands me. Who thinks I'm not weird or an outcast who made me feel like I belong and I was finally able to love myself, a trust me from the day I started accepting every part of me, I have been the happiest. Growing up, I had to evolve as a social person.

I had to create a personality, an image of myself and a lot of people helped me become who I am today. My habits, my behaviour both are influenced by a lot of people that I have met throughout my life. So you see mentors, they come in different forms. If a stranger is teaching me how to help people, then women, on the other hand, are teaching me how to be strong and resilient. Nature is teaching me how to survive in the harshest of conditions. Toastmasters is teaching me how to use my words effectively. Homeless people on the road are teaching me how to appreciate what I have. So aren't they all our mentors? We didn't even know they were mentoring us because they were just doing their thing but I was the one who was learning from them. So I want you to be open-minded and understand mentoring as a concept. You never know who is learning from you. So, be a mentor and not a tormentor.

# LITTLE GUIDING LIGHT OF MINE



AMATULLAH V  
V Semester BBA

Over the last twenty years, all around me were people with their respective perfect role models. In all those English essays at school, there were all these kids around me, writing about people like Mahatma Gandhi and Sachin Tendulkar. With blank pages in front of me, I was never one to relate.

With due respect to Gandhi's and Tendulkar's of the world, I just never have been able to identify any single figure to emulate. This definitely doesn't mean that there aren't personalities in our world that are worth being inspired by, like Michelle Obama, Emma Watson, and my own parents. It's just that I have never felt as if any one particular figure has been that constant to look forward for inspiration or advice.

Guiding myself through life has, so far, consisted mostly of berry picking my ideals from places and people for no other reason other than that they felt right. I have consciously and subconsciously been building up my own personal repository of ethics, morals, and life lessons from the most diverse sources of inspiration and guidance imaginable. This is because, for as long as I can remember, I have never found a set of principles or such that I have been able to agree with completely.

In my eyes, none of them was a hundred per cent explicable, or justifiable. I have never been unable to question things that didn't seem right. I have always chosen to be inspired only by what made sense to me, and nothing else. I have been my own guiding light.

Perhaps, I haven't made perfect decisions every time, but what I'm certain of is that I'm the only one that I trust enough to make them.

Nobody else in the world could possibly know my tiny little life quite the way in which I do, and that makes it reason enough for me to be the shoulder that I lean on and for me to guide the reigns of my life, and for me to illuminate my own way.

## IT'S OKAY TO LOSE

We as human beings, we want to win over each and everything in life. Money, status, land, property and even people. We always want to be around people who are champions.

We can not be blamed for this because growing up we have been asked always to be surrounded by winners.

Today's world is filled with competitions such that the first thing we think about as soon as we wake up in the morning is to win at everything we've planned to do that particular day. Thinking about winning isn't a bad thing but when this thought turns into defeating someone else, that's where we go wrong. It's the take on winning that we have which ends up spreading negativity.

As important as winning is, I believe that losing something plays a more important role in our lives. It gives values to our victories. Losing teaches us to go through trials and other tests and getting to where we want to be.

Back in elementary school, we've all had that one goal in football that we scored or that one six that we hit during a game of cricket; are few of the memories we'd all like to cherish and look back upon. At the same time, we have also had games where we've lost but have come back stronger the next time.

That's the power of losing. It's absolutely true that winning makes us feel good, like we've accomplished something. But one thing it fails to do is push one's limit and help them reach heights they thought they could accomplish. Because in the end, those who have the ability to look at their failures and stand back stronger the next time, are the ones who ultimately succeed.

It's okay to lose, to lose often, and to lose time and again. It builds character, shows us how to keep on when the going gets tough, and teaches you that you are always stronger than you think you can ever be.

So, next time you are looking back on your elementary school days, do not just remember that golden soccer game. Think back on that failed multiplication test, that time you let the hamster escape, and that upsetting college rejection.

In the end, always remember to lose a little. You'll thank yourself for it in the end.



NIKHIL JAIN  
V Semester BBA

# MENTOR COUNCIL 2019-20



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