



AREA 13

Yearly Newsletter 2024

Emojis Gone Hand Shakes On

AL AFIYA TOASTMASTERS CLUB | MORISON MUSCAT TOASTMASTERS CLUB |
ORBIT TOASTMASTERS CLUB | SUR TOASTMASTERS CLUB



DIVISION D, DISTRICT 105, REGION 11



Area 13 VPPR Team

Toastmasters: Where Networking Meets Personal Development

Toastmasters is an incredible platform for individuals seeking to enhance their communication skills, particularly in public speaking. Joining a Toastmasters club has not only expanded my network with like-minded individuals but has also significantly bolstered my communication abilities through our weekly interactions and networking opportunities.

The structured format of the weekly 2-hour sessions, along with the preparation required for various roles and speeches, has indirectly contributed to boosting my self-confidence. This newfound confidence has translated into improved presentation skills in my professional career as well.

Over the past two years, I've had the privilege of serving as a contest chair for two area-level contests, which has further honed my ability to manage such events effectively. Additionally, my role as Vice President of Public Relations (VPPR) for the 2023-2024 term for Club as well as for Area has provided me with opportunities to enhance my artistic skills by creating interactive flyers aligned with the themes of our sessions.

In essence, Toastmasters offers the ideal platform for anyone looking to develop not only their communication, leadership, and public speaking skills but also to cultivate valuable connections within a supportive community.



TM Sudhesh Bharathan
PR Manager - Area 13
Division D,
District 105, Region 11

Dear Readers of Area 13 newsletter,

In the lively dance of life, let Toastmaster be your trusted partner, guiding you from stumbling stumps to confident strides. Embrace the journey, for in each stumble, there lies a story of triumph waiting to be told.

We are thrilled to bring you the incredible success stories of what our Area and its clubs have achieved in the past 8 months. These tales of perseverance and growth are sure to inspire you on your own journey.

A tremendous amount of hard work has been poured into this newsletter by our dedicated team, and we are delighted to present it to you as an e-newsletter.

For the past 4 years, we've navigated online contests and meetings. However, this term marks a significant shift as all four clubs under Area 13 have met in person and worked diligently to meet their goals.

We invite you to dive into the articles contributed by some of our talented members. Their insights and experiences are truly worth reading.

We also extend our heartfelt gratitude to the District team for their invaluable contributions to this newsletter.

While our meetings may now be in person, emojis have taken a backseat, and handshakes are back in vogue. Nevertheless, we would be thrilled if you could spare some time to peruse through our newsletter.

So, without further ado, we invite you to sit back, relax, and immerse yourself in the wonderful world of Area 13.

Happy Reading !!

TM Abdul Azeem Syed
PR Manager - Area 13
Division D,
District 105, Region 11





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Message from Area 13 Director

No. 13 - Lucky or Unlucky ?

“Maa - is the number 13 really unlucky ?” I had asked this to my mom when I was small to which she replied, no my dear there is nothing as lucky and unlucky - its your work which creates your destiny.

June 2023 - I was chosen as the Area Director for Area 9 which was now going to be called as Area 13, besides 2 clubs which were in Sur were added under the Area. Same time my ailing mother required my attention.

With any task we take in our hands, first few months are crucial as we need to settle in the position, get to know your responsibilities, and besides be in touch with the clubs and their members.

I asked myself was the number 13 unlucky ? My mom repeated once again while I was with her in London, my dear its your actions which will decide.

I set myself with the role, attending every meeting of District which they were generous to arrange for leaders like me to be online.

Sur Toastmasters and Al Afiya Toastmasters were new to me, I was wondering how I would handle as I had never met them and besides Al Afiya being Arabic Club, so I was worried on the language barrier.

But my effort of meeting these clubs personally, took away that fear as both the clubs Excom were approachable and they too went with that extra step of translating for me everything during the session.

This is when I felt the **Emojis of online meetings are gone and the hand shakes are** on which made the difference.

I am grateful to the Division D Director TM Yaqoub - who guided me on every path.

Morison Muscat Toastmasters Club my home club and Orbit Toastmasters Club - both the Presidents were extremely cooperative in their actions. Though we were not able to conduct a PR event - but was able to manager an educational event and later on the mega annual speech contest.

Experiences are learning curves in our lives - they always teach us something in the journey

Having said all this - how can I forget about my Area 13 team - who stood by me and was there to always support whenever I asked for.

Leadership is a tapestry of stories of every situation that comes on our way and how we along with our team handle the same.

From the 4 clubs under Area 13 - 2 are already Distinguished and I am sure they shall achieve their Perfect 10. Sur Toastmasters also has increased its membership strenth and I am sure the next year they would be well prepared to achieve the education awards. Al Afiya is close to becoming distinguished.

Now you tell me readers - is number 13 really unlucky after so much success under this Area - I don't think so - this area will flourish further !!



TM Kamini Shah
Area 13 Director
Division D,
District 105, Region 11



Message from District 105 Director

Dear Area 13 Toastmasters,

At the outset, I wish to congratulate you all on the publication of your Newsletter, an achievement which you will no doubt cherish and look back on with fond memories. While navigating the Toastmasters landscape, it is essential to take a moment to celebrate the achievements and milestones we've reached together. From conquering speech projects to assuming leadership roles, each step forward contributes to our collective success. Let's revel in our victories and use them as stepping stones for the challenges that lie ahead.

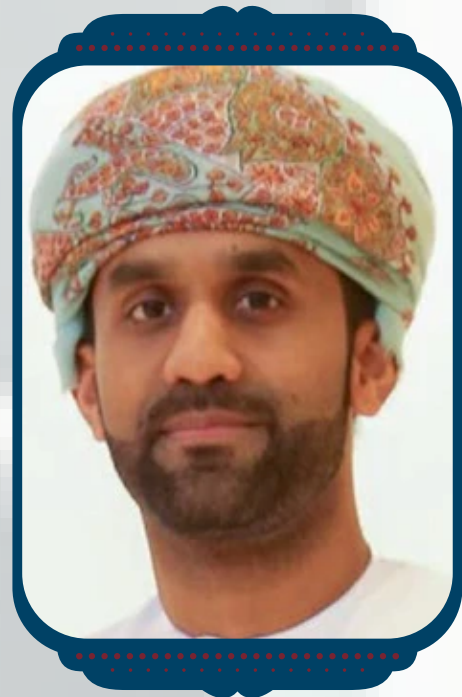
At District 105, our strength lies in our diversity—diverse backgrounds, perspectives, and aspirations that come together as one Toastmasters family. Area 13 reflects this vibrancy of talent, and it fuels the richness of our community. Our motto is to embrace the uniqueness of each member and let our differences be the catalyst for innovation and growth.

In the coming months, I am eager to witness new stories being unfolded, triumphs through winning competitions, and shared experiences within Area 13.

From club contests to educational workshops, let's actively participate and support one another, reinforcing the bonds that make Toastmasters a transformative force in our lives.

As you progress in your journey, I encourage each one of you to actively engage in leadership opportunities within your clubs and beyond. The skills you cultivate as leaders today will not only benefit you but will also contribute to the strength and resilience of our entire Toastmasters community.

I urge you to approach the future with enthusiasm, resilience, and a commitment to each other's success. Remember, our successes are intertwined, and by supporting one another, we elevate our entire District. Thank you for being an essential part of our Toastmasters family.



Jameel Mohammed Shakeel, DTM
District Director,
District 105, Region 11



Message from District 105 PQD

Planning: The Cornerstone of Toastmasters Core Values

A well-thought-out strategy or a good plan is more than simply a road map to success; it is the cornerstone of sustaining the four basic values that characterize the Toastmasters experience: integrity, respect, service, and excellence.

Toastmasters is a great platform where other than stage time and leadership opportunities, we also get to experiment with the art of planning and team work. Our 4 Core Values are closely associated to proper planning.

Planning and Integrity: The Promise You Make to Yourself

Integrity means doing the right thing with the best of your ability, even when no one is watching. Whether it's a speech for your next Toastmasters meeting or a project at work, you are committing yourself when you plan. Planning is a silent promise to yourself to bring your best self to the table.

Respect Through Planning: Honoring Time and Talent

Respect for your fellow Toastmasters and colleagues reflects your value of their time, resources, and abilities. By carefully considering meeting agendas, project timelines, and the allocation of responsibilities, you demonstrate respect for others. You help your team operate efficiently, avoiding wasted effort and ensuring everyone's contributions are valued.

Planning as an Act of Service

The spirit of service is at the heart of Toastmasters. Planning is an inherently selfless act. When you take the time to develop a well-structured plan, you are making things easier for everyone involved. Your efforts ensure that roles are clearly defined, expectations are managed, and potential obstacles are anticipated and addressed. This proactive approach is an act of service, lightening the load for those around you and enabling them to give their best.

Excellence: The Fruit of Meticulous Planning

"Failing to plan is planning to fail," rings true in many aspects of life. When you have with a carefully crafted plan, you set the stage for excellence. A well-devised plan allows you to anticipate challenges, allocate resources effectively, refine your approach, and measure your progress. With a detailed roadmap, you increase the likelihood of exceptional results – the true embodiment of the Toastmasters value of excellence.

Dear Toastmasters & leaders, people often wonder how can we improve the QUALITY of Toastmasters experience & learning? The one word answer is 'PLANNING'.



Message from District 105 PQD

Planning our regular meetings in advance is the key. Involve the personal achievements members as part of your plan – it can work wonders. By meticulously crafting our approach to meetings, projects, and our individual growth journeys, we not only pave the way for our own success but also uphold the core values that define our organization. Planning ensures integrity, respect, service, and ultimately, the pursuit of excellence. Embracing planning is not just a tactic for achievement, but a commitment to living the Toastmasters values every step of the way.



Saiju Victor, DTM
Program Quality Director
District 105, Region 11





Message from District 105 CGD

LEARNING AVENUES

It was a pleasure to be attending the Mid-Year training in Turkey at the beginning of this year. A great opportunity to meet some of finest leaders from Region 11 including the International President, DTM Morag Mathieson and her team. The 2-day training was an eye opener for me as it gave me the tools and the information to execute and redefine the District 105 plan.

As I near the completion of 9 months of my term as the District 105, Club Growth Director, I am quite happy to have taken up this leadership challenge. It has given me the opportunity to interact with many Toastmasters around the globe and learn many new things in life. Although, the role involves a lot of follow up with the team members, however, I have been able to handle it with the help of the CGD team members who are skillful and always willing to help. It gives me an opportunity to recognize their work, review my performance and express words of gratitude, appreciation, and encouragement.

There will be more excitement in April 2024 after the Eid holidays as the Division contests will be completed. Thus, setting us up for the wishful DTAC 2024 in Oman.

The Area and the Division speech contests in Oman and in Abu Dhabi were a treat to watch for me during the past 2 months. I could not attend all the Speech contests, but the ones I had an opportunity to attend gave me a sense of pride and belonging to the Toastmasters Fraternity. The contestants had a majestic presence on stage, used body language to great effect, some of them very hilarious.

It's not possible for everyone to win at the speech contest, but participation in a contest is the key.

I found Toastmasters enjoying these speech contests with some of them taking up Leadership assignments while the others settle for the communication skills segment.

“Success is stumbling from failure to failure with no loss of enthusiasm,” said Winston Churchill.



**Cyprian Misquith, DTM
Club Growth Director,
Region 11, District 105**



Message from District 105 PRM

Being Kind

Routine is never a routine for me. How about you ?

Dear Toastmasters and Friends ,

Do you sleep enough ? YES/ NO

Do you eat well ? YES/ NO

Do you Push yourself too hard ? YES/ NO

Are you kind to yourself ? YES/ NO

So how many yes you have? If you have had all four Yes thank you now it's time for you to upgrade your skills and work on pushing yourself less hard, or rather we should attain our ultimate aim of pushing ourselves hard.

And for those who have 3 or fewer YES's where do we start or rather when do we start? Many times, we overlook on the basics of our life in the name of being committed to being of someone's service, or being so attached to the work, being attached to the world of perfection and having a rush to be good at everything and always in a rush to catch a flight or rather afraid to miss one?

The very flight that we are trying to board comes up with a very valid life lesson first help yourself before helping others.

Let's take one step at a time let's have a boring routine of sleeping early and waking up early, while you to calculate your sleeping hours that's suits your purpose .

Let's eat healthy, eating at proper timings itself will help our health better, now what you eat and how you eat is another area you can revisit but maintain a timing for each of your meal and when you do so enjoy your meal rather than finishing off your meal.

As we reach the fag end of the toastmasters year let's be thankful to those who have pushed hard for others, gratitude to the Area Team and Area Director for a wonderful year.

Pushing yourself too hard ? Just ask yourself why but why is it worth it , now being your best is something different than pushing yourself too hard.

And for all of you reading this one till here. Let's begin with being Kind to ourselves first.



TM Avodai Nayagam
District 105 PR Manager
Region 11, District 105



Message from Division D Director

The Power of Public Speaking: How it Improves Your Skills and Boosts Your Confidence

Public speaking is a skill that is highly valued in today's society. Whether you are presenting in front of a large audience, leading a meeting at work, or simply engaging in a conversation with others, the ability to communicate effectively is crucial. Not only does public speaking allow you to convey your ideas and messages clearly, but it also plays a significant role in improving various skills and boosting your confidence.

One of the key benefits of public speaking is the improvement of communication skills. When you speak in public, you are required to organize your thoughts coherently, structure your speech effectively, and deliver your message in a compelling manner. This process helps you become a better communicator, both verbally and non-verbally. You learn how to articulate your ideas clearly, engage your audience effectively, and adapt your communication style to different situations and audiences.

Moreover, public speaking enhances your critical thinking and problem-solving skills. As you prepare for a speech or presentation, you are forced to research, analyze information, and synthesize complex ideas into a coherent narrative. This process not only deepens your understanding of the topic at hand but also sharpens your ability to think critically and make sound decisions. By honing your analytical skills through public speaking, you become more adept at evaluating information, identifying key points, and presenting your arguments persuasively.

In addition to improving your communication and critical thinking skills, public speaking also boosts your confidence and self-esteem. The more you engage in public speaking, the more comfortable you become with expressing yourself in front of others.

Over time, you develop a sense of poise, composure, and self-assurance that radiates confidence.

This newfound confidence extends beyond the realm of public speaking and positively impacts other areas of your life, such as personal relationships, networking, and career advancement.

Furthermore, public speaking provides you with valuable opportunities for personal and professional growth. By stepping outside your comfort zone and sharing your ideas with others, you expand your horizons, build connections, and open doors to new possibilities. Whether you are giving a speech at a conference, pitching a project to investors, or participating in a debate, public speaking allows you to showcase your talents, demonstrate your expertise, and make a lasting impression on others.

In conclusion, public speaking is a powerful tool for personal development and professional success. By honing your communication skills, enhancing your critical thinking abilities, boosting your confidence, and seizing new opportunities for growth, you can unlock your full potential and achieve your goals. So, embrace the power of public speaking, seize every opportunity to speak in front of others, and watch as your skills soar to new heights.



TM Yaqoub Al Abri
Division D Director
Region 11, District 105



AI- ASPIRE TO INSPIRE

Running with full eye contact with the Sun on a cozy Friday morning empowered me with AI-powered rays. Sun is the resourceful role model for all to be inspired to lead a purposeful life.

When I reached home after MMTC's Family picnic at around 9:30 PM, my AI-powered smart watch was showing 9,000 steps. AI is becoming an intrinsic part of our life. I picked up my phone to put up a message in the group "We reached home". I could see a few messages like "had a jolly good time together after a long time", "Thank you, friends..." Probably I could count the no of posts, but couldn't weigh the joy of being together from those messages. The joy was uncountable .

The picnic was an extension of the celebration of our milestone 700th session. Active participation of our District 105 team members, stalwarts from Oman Toastmasters fraternity, and our very own members multiplied the joy of our milestone 700th session. Our members praised their fellowship and membership experience at which was expected. But hearing it from a global leader across mountains, sea and continents, was music to our ears. The global leader that I am talking about is DTM Michael Bown, one of past District 121 Directors. He took us on his nostalgic journey when it all started for him in 2008. His story of passion, dedication and excellence created ripple effects among our August audience. It resembled to our own journey of 15 years journey where MMTC grew while changing from Area 6, 65, to 9 and now, Area 13.

In 2008, irrespective of economic challenges due to SARS virus outbreak, few individuals came together to plant seeds of communication and leadership.

Bi-weekly and weekly meetings with a few interested office colleagues and associates started off. Finally, in September 2008, the proud 20 founder members chartered Morison Muscat Toastmasters Club. There are about a thousand clubs chartered every year. But how many clubs sustain that initial exuberance? How many clubs value their member and meeting experience to achieve DCP goals year on year?

Looking at the count of 9,000 steps, in my watch, I realize that human spirit to excel is intrinsic in the development of Artificial Intelligence, (AI). AI can empower us with computable metrics. But the human touch, we witness in Toastmasters meetings and program is an amalgamation of fellowship, membership and mentoring. Toastmasters Pathways paves 11 paths embedded with more than 300 competencies to its members to aspire and it also empowers them through inclusive meeting experiences to inspire. AI is intrinsic element of our Toastmasters, Aspire to Inspire, an enriching journey of innumerable moments!



Suryakant Kirloskar, DTM
President -
Morison Muscat Toastmasters Club



An odyssey of being a President

In June 2023, when I was nominated for the role, I was all set and excited to take on the challenge and have the experience of being a team leader.

The first challenge came with renewals by September since the fees had to be increased, with the help of my dynamic team surpassed the challenge.

Then came the challenge of venue, getting members' consensus for the venue seemed an insurmountable task as the previous venue members had settled since its inception, we tried a few sessions in some other venue and finally got the present venue finalized.

My journey as a President had its ups and downs, with the membership strength going down but we have now got back the old members attending regularly and also some new members have joined who have made an impact on the club's quality session.

Orbit Toastmasters Club is a brand in itself – where quality meets excellence. With the continued support and guidance of our Club mentor and seniors, I along with my Excom team learned a lot in this one year.

I understood and experienced how my role was not only continuously motivating my team members but also liaising with the rest of the club members and the Area Director too.

Orbit club members are very excited and committed to delivering the meeting roles which is truly reflected in our DCP points.

Three of our active Toastmasters members TM Jamnadas, TM Gurpreet & TM Joseph completed three levels in the first nine months which shows the commitment and hard work of orbit Toastmasters' members.

This year two of our proud members TM Suresh & TM Gurpreet reached DTAC for contesting in humorous speech and table topic contest respectively. One of the main reasons for the success of our new members is our club's successful mentoring program led by experienced toastmasters at our club.

During the past year, we have experienced many challenges, but we were able to overcome all these challenges as one unit and showed a great example of teamwork. I am so proud to be the president of an achiever Toastmasters club.

Few more months left before I pass on the baton to the next team and I intend to finish on a high note, with the Membership strength, Hall of Fame - Gold and the Perfect 10 DCP points.



TM Prajeesh Sebastian
President - Orbit Toastmasters Club



Navigating responsibility step by step

“ Obstacles are those frightful things you see when you take your eyes off your goal” - Henry Ford.

The year 2024 has been full of learnings and challenges. As an Assistant Program Quality Director of Division D, I have had the privilege of overseeing and organizing a multitude of events within Division D. From COT in-person meetings to make-up COT training through online mode to education sessions and Division D Annual contest, each occasion presented its unique set of challenges, obstacles, and rewards, ultimately contributing to the growth and success of our Toastmasters community. Reflecting on these experiences, I am reminded of the invaluable lessons learned and the profound impact of collaborative effort and dedication.

Navigating the Dynamic Landscape of Events:

Organizing events within Division D demands a keen understanding of the dynamic landscape of Toastmasters. From coordinating with our excom to liaising with district leadership, effective communication, and strategic planning are essential. As an Assistant Program Quality Director, I have embraced the role of a facilitator, ensuring seamless coordination between areas and divisions.



TM Farzana Nyaz
Asst. Division D PQD

Fostering a Culture of Collaboration:

One of the most rewarding aspects of this process was witnessing the power of collaboration. Whether it's bringing together all team members from 3 different areas or mobilizing volunteers for a division contest, every moment was a testament to the collective efforts of passionate Toastmasters dedicated to personal and professional development. By fostering a culture of collaboration, we create an environment where members feel empowered to contribute their unique talents and perspectives.

Embracing Innovation and Adaptability:

In the ever-evolving landscape of event planning, innovation and adaptability are paramount. From virtual meetings to hybrid conferences, embracing new technologies and formats has been instrumental in ensuring the continuity and accessibility of Toastmasters events within Division D. As an Assistant Program Quality Director, I have embraced innovation as a driving force for positive change, constantly seeking new ways to enhance the attendee experience and deliver value to our members.

Looking Towards the Future:

As I reflect on my experiences organizing events for Division D, I am filled with gratitude for the opportunity to contribute to the growth and success of our Toastmasters community. Looking towards the future, I am excited to continue exploring new opportunities for innovation, collaboration, and growth. Together, we will navigate the dynamic landscape of Toastmasters, empowering members to achieve their full potential and become effective communicators and leaders.

In conclusion, organizing events for Division D has been a journey filled with challenges, rewards, and invaluable lessons. Together, we will continue to inspire and empower members to reach new heights of excellence in communication and leadership.



The Matador Effect

For most of us in this fraternity, the word matador relates to a van that was plying on our roads either for transporting people or goods. I too belong to the same generation.

The name matador is derived from Spanish and when translated means Bullfighter. Though a very brutal sport, it is still practiced in some countries. Bullfighting is a physical contest that involves a bullfighter attempting to subdue, immobilize, or kill a bull, usually according to a set of rules, guidelines, or cultural expectations. There are several variations, including some forms that involve dancing around or leaping over a cow or bull or attempting to grasp an object tied to the animal's horns. The best-known form of bullfighting is Spanish-style bullfighting.

The bullfighter who faces the bull in the arena is called a Matador and one such Matador was a Columbian Alvaro Munera. During a fight, he collapsed in remorse mid-way when he realized he was having to prompt this otherwise gentle beast to fight. Torrero Munera is quoted as saying "And suddenly, I looked at the bull. He had this innocence that all animals have in their eyes, and he looked at me with this pleading. It was like a cry for justice, deep down inside of me. I describe it as being like a prayer - because if one confesses, it is hoped, that one is forgiven. I felt like the worst shit on earth." "Cows are amongst the gentlest of breathing creatures; none show more passionate tenderness to their young when deprived of them; and, in short, I am not ashamed to profess a deep love for these quiet creatures."

There are numerous versions of what happened to Alvaro Munera, it is believed that he is now confined to a wheelchair, a vegetarian; reflects on his past with sincere regret, and renounces bullfighting by working to ban this deadly pastime. The transition the matador went through is phenomenal and quiet rhetoric.

When I first made it to my club, I was less excited but rather more inquisitive about what Toastmasters is all about. The name did not corroborate with either communication or leadership. But what scored was the takeaway from each session which am proud to say have jotted down and do refer especially when contests are around the corner.

The transition in me from a conscious speaker to what am today is a matador change. As the fraternity trended, I too moved along; had vital opportunities, took on responsibilities, and realized that Toastmasters, unlike the name has transcended my thoughts, my outlook, and the way I look at things, thanks to the fraternity

Whenever an avid toastmaster, reflects his/her very first meeting and their last one, the transition in them will be gratifying. The contentment with themselves on why they dwelled along for years and continuing to do so is the change within, which enhances the confidence to face any challenge and improve to become a better human being. The reality is that whenever I come across consistent members in the fraternity, I believe that they are only competing with themselves intending to become better human beings. This, I believe is the Matador effect.



TM Suresh Kartha
Asst. Area 13 PQD



Constructive Criticism and Evaluative Feedback

It was the time when my lectures became boring and less engaging. I was losing grip and felt like I could not further my ambition of becoming a better speaker. During this time in my life, I met my mentor, TM Kamini Shah, at a general seminar. Over a conversation, about our professional aspects, I was made aware of the Morison Muscat Toastmasters Club's activities. I had been looking for such a positive meeting environment for a long time in Muscat. I attended a session as a guest and was impressed by the style of conducting the session in a well-organized manner, involving all the attendees. The motivation given by the club's parliamentarian, TM Anthony Issac, boosted my unacknowledged skills and led me to join the club.



TM Pallavi Vippagunta
Morison Muscat Toastmasters Club





Embarking on a Journey of Self Discovery

In the realm of personal and professional development, there often comes a moment when one stumbles upon a community that feels like a perfect fit. For me, that moment arrived thanks to TM Chetan Shah, who casually introduced me to the world of Toastmasters.

It all started during a break at a seminar, where my curiosity led me to bombard TM Chetan with questions about Toastmasters. Instead of answering immediately, he simply invited me to experience it firsthand on a Wednesday. Little did I know that this seemingly simple invitation would open the door to a transformative journey.

As I stepped into the Toastmasters session that Wednesday, I was greeted with an atmosphere of warmth, encouragement, and inclusivity. What struck me most was the meticulous way in which sessions were conducted. Every member, whether a seasoned participant or a newcomer like me, was provided with opportunities to participate actively.

The essence of Toastmasters lies in its commitment to ensuring that each attendee gains valuable takeaways from every session. This philosophy resonated deeply with me, and it became the driving force behind my decision to join the Toastmasters club.

One aspect that truly sets Toastmasters apart is its dedication to mentorship. For every newcomer, there is a designated mentor, a guiding light committed to offering support and insights. This mentorship not only fosters a sense of belonging but also accelerates personal growth within the Toastmasters community.

Moreover, Toastmasters provides a structured pathway for members to enhance their communication and interpersonal skills. This structured approach allows individuals to set goals, track progress, and celebrate achievements, turning the pursuit of self-improvement into a tangible and rewarding journey.

In every session, I've witnessed the power of effective communication, the art of giving and receiving constructive feedback, and the joy of seeing fellow Toastmasters evolve on their paths. The camaraderie within the club is infectious, creating an environment where everyone is motivated to learn and grow.

As I reflect on my few months journey with Toastmasters, I am filled with gratitude for stumbling upon this dynamic community. It has not only provided me with a platform to refine my communication skills but has also connected me with like-minded individuals on a shared journey of self-discovery.

Morison Muscat Toastmasters is more than a club; it's a supportive community that empowers individuals to find their voice, develop leadership skills, and embrace personal growth. I eagerly anticipate many more Wednesdays filled with inspiration, learning, and the collective spirit of Toastmasters excellence.



TM Manoj Valappil
Morison Muscat Toastmasters Club

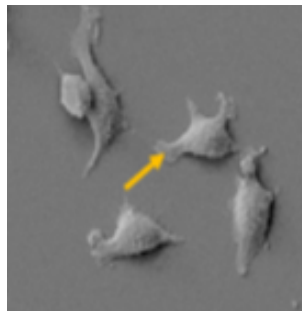


Is Frankincense (Bakhoor) an anticancer medicine?

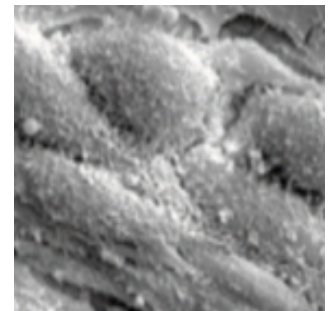
Boswellia serrata is a plant that produces frankincense. The plant is native to much of India and the Punjab region that extends into Pakistan and is also native to Oman where it is popularly known as Bakhoor (frankincense). In human body inflammation is a cause of many diseases including asthma, diabetes, cardiovascular disorders, arthritis and cancer. Inflammation is a result of many factors such as fatty food, excess body weight, lack of exercise, infection and allergies. Foods like dairy products, refined flour, wheat, red meat, processed food and trans fats are the culprits of increased inflammation in the body. Though inflammation can be controlled by taking care of the type of food we eat, there are other factors such as genetic, environmental etc which in collaboration result in precipitation of various pathological conditions in the body. The onset of such diseases impairs the lifestyle of a person to a large extent and ultimately life expectancy too. The pharma drugs used for treatment of diseases like asthma, diabetes, arthritis and cancer have to be consumed lifelong by the patient. The medicines apart from providing relief to the existing problems creates multitude side effects which may sometimes lead to more complications. Usually, organs like liver and kidneys are severely affected in many people following a long-term therapy regime specially chemotherapy used in cancer treatment. In recent times, the focus has been on natural compounds having potential therapeutic effect to reduce inflammation and be an option for deadly diseases such as cancer.



Extensive research shows that *Boswellia serrata* is a potent antioxidant, anti-inflammatory and anticancer agent. There is a lot of scientific literature available that highlights the impact of *Boswellia serrata* as an anticancer agent in breast cancer, prostate cancer, colon cancer and lung cancer. Experimental results have been positive in cancer cells in the lab and also in animal models such as mice and rats.



Untreated breast cancer cells



Treated breast cells dying

One major bottleneck for such natural compounds to be used as medicine is that they are degraded very rapidly in the human body. This results in low bioavailability of the molecule to target a particular tissue or cell. This limitation is being tackled by advancements in nanotechnology.

Using simple methods like forming an emulsion and reducing its size to nanometer range, the active molecule can be made bioavailable. Thus, a nanotechnology-based formulation of *Boswellia serrata* can be very promising for treatment of deadly diseases with more efficacy and negligible side effects. In future results from clinical trials on human will open the roads to incorporating molecules like *Boswellia serrata* as a therapeutic.



TM Gurpreet Kaur
Secretary - Orbit Toastmasters Club



Leadership in Technical Age

Leadership in the technical age constitutes a fundamental point for the success of institutions and societies. The forms of leadership vary in their influence and style, and are manifested in multiple types: including motivational leadership that depends on motivating the team, democratic leadership that encourages participation, and participatory leadership that combines strength and partnership.

Leadership in the technological age is especially important, as technological development poses new challenges and opportunities. Today's successful leader embodies someone who is able to adapt to and leverage advanced technologies effectively. This requires a deep understanding of innovation and digital transformation.

Examples of successful leadership in the technological era include the leader of a pioneering company who combines vision and technological excellence. Bill Gates, founder of Microsoft, is considered a symbol of the leader who was able to turn his vision into reality and change the face of the technology industry.

Leadership in the technological age has a profound impact on organizations, as it contributes to improving productivity and promoting innovation. Leaders who master the arts of digital communication and understand the importance of data analysis are able to make more accurate and effective decisions.

In conclusion, it appears that leadership in the technological age requires strategic direction and a successful sense of technology. Leaders who can integrate technology into their vision and motivate teams can achieve unparalleled success in a rapidly changing world.

TM Jumeia Yakoob Alsinani
Al Afiya Toastmasters Club

القيادة
القيادة في العصر التقني تشكل نقطة جوهرية لنجاح المؤسسات والمجتمعات. حيث تتنوع أشكال القيادة بتأثيرها وأسلوبها، و تتجلى في أنواع متعددة: تشمل القيادة التحفيزية التي تعتمد على تحفيز الفريق، والقيادة الديمقراطية التي تشجع على المشاركة، والقيادة التشاركية التي تجمع بين القوة والشراكة.

تعد القيادة في العصر التقني ذات أهمية خاصة، حيث يشكل التطور التكنولوجي تحديات وفرصاً جديدة. يجسد القائد الناجح اليوم شخصاً قادراً على التكيف مع التقنيات المتقدمة وإستثمارها بشكل فعال. يتطلب ذلك فهماً عميقاً للابتكار والتحول الرقمي.

من الأمثلة على القيادة الناجحة في العصر التقني، يبرز قائد الشركة الرائدة الذي يجمع بين الرؤية والتفوق التكنولوجي. بيل غيتس، مؤسس مايكروسوفت، يعتبر رمزاً للقائد الذي استطاع تحويل رؤيته إلى واقع ملموس، وتغيير وجه الصناعة التكنولوجية.

للقيادة في العصر التقني أثر عميق على المؤسسات، حيث تساهم في تحسين الإنتاجية وتعزيز الابتكار. القادة الذين يتقنون فنون الاتصال الرقمي ويفهمون أهمية تحليل البيانات يتمكنون من اتخاذ قرارات أكثر دقة وفاعلية.

في الختام، يظهر أن القيادة في العصر التقني تتطلب توجيهها استراتيجياً وحسناً ناجحاً بالتكنولوجيا. القادة القادرين على دمج التقنية برؤيتهم وتحفيز فرق العمل يمكن أن يحققوا نجاحاً لا مثيل له في عالم متغير بسرعة.

ت م جميعة يعقوب السنانية
نادي العفية للتوستماسترز



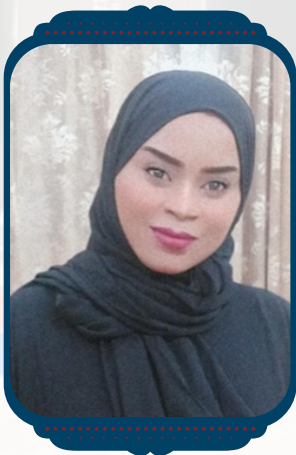


Art of Leadership

فن القيادة ببساطة يمكن اختصاره بعبارة واحدة هو عملية تأثير فيها قائد وأتباع موقف، ويمكن القول أيضاً إنَّ القيادة هي خاصة لوظيفة، أو مجموعة من الخصائص التي يتميز بها فرد عن غيره، أو فئة من فئات السلوك، وتتداخل هذه العناصر مع بعضها لينتج في النهاية مزيجاً هو فن القيادة، فالقائد ليس إلا شخصاً يتمتع بمجموعة من الخصائص القيادية، يحتل وظيفة معينة، ويتصف بسلوك مميز، وبذلك يمكن تعريف فن القيادة بأنه القدرة على إدارة وتوجيه الموارد والأشخاص بطريقة فعالة وفي اتجاه تحقيق الأهداف المحددة.

ت م علوية يعقوب السنانية

The art of leadership can simply be summarized in one phrase: it is a process in which a leader and followers influence a situation. It can also be said that leadership is specific to a job, or a set of characteristics that distinguish an individual from others, or a category of behavior, and these elements interact with each other to ultimately produce a combination. It is the art of leadership. A leader is nothing but a person who possesses a set of leadership characteristics, occupies a specific job, and is characterized by distinctive behavior. Thus, the art of leadership can be defined as the ability to manage and direct resources and people in an effective manner and in the direction of achieving specific goals.



TM Alawiya Yaqoub Al-Sananiyyah
Al Afiya Toastmasters Club



Area 13 Club Sessions





Area 13 Club Sessions





Area 13 Club Sessions





Area 13 - Club Flyers/Invites

Lauren Williams

ORBIT TOASTMASTERS CLUB
 Club No: 3290091, Area 13, Division D, District 105

TIME TRAVEL

TMOD
TM GURPREET KAUR

Session 245

9th September 2023
10.30 AM – 12.30 PM
 Villa # 1001, Way no-1014, Qurum, Muscat

ORBIT TOASTMASTERS CLUB
 Club No: 3290091, Area 13, Division D, District 105

BROKEN WINDOWS

SPEAKER 1
TM HARPREET SINGH

TOASTMASTER OF THE DAY
TM SAMRA AL BARWANI

SPEAKER 2
TM JOSEPH DHANRAJ

Session 264

08th March 2024
10.00 AM – 11.30 AM
 Business Gate Center, 3rd floor , Office no. 310, Qurum

MORISON MUSCAT TOASTMASTERS CLUB
 CLUB NO. 1078342 | AREA 13 | DIVISION D - DISTRICT 105

We Celebrate Our 700th Meeting Milestone in RJ Style Hi MM 15.700
 Wednesday, 1st Nov 2023
 "Remember to celebrate milestones as you prepare for the road ahead"
 - Nelson Mandela

"The Power of Toastmasters: 700 Meetings, Countless Transformations"

Keynote Speaker - DTM Michael Bown

862 9902 6346
Passcode: mmtc

BUSINESS GATE CENTER, 3rd FLOOR, OFFICE NO 310, QURUM

TOASTMASTERS INTERNATIONAL *Since 1924*

SESSION #716

THEME:
"Confidence Unleashed: Toastmaster's Tale"

WEDNESDAY 06th MAR 2024
7.00 PM TO 9.00 PM GST
ZOOM ID: 869 6462 6280
PASSCODE: mmtc

MORISON MUSCAT TOASTMASTERS CLUB

TMOD- SYED ABDUL AZEEM

CLUB NO. 1078342 **AREA 13 | DIVISION D |** **DISTRICT 105**
BEACH ONE BUILDING 3rd FLOOR, OFFICE NO 310, QURUM, MUSCAT



Area 13 - Club Flyers/Invites

الاجتماع رقم: 130

خطوات نحو القمر

محور الاجتماع:

مقدمة الورشة: **ت. م جميمة السنانية**

عريف الاجتماع: **ت. م علوية السنانية**

بمشاركة عشائر جواله وجالات نادي الطليعة

السبت ٢٠٢٣/١١/١١ م

١٠ صباحاً بتوقيت مسقط

أكاديمية السجى الدولية

92995832 | aleafiaclub@gmail.com | aleafia_club | aleafiaclub | aleafia_club

ORBIT TOASTMASTERS CLUB
Club No: 3290091, Area 13, Division D, District 105

TMOD
TM SUDHESH BHARATHAN

"Change is what makes life exciting, daring, different, inspired. Stop fighting it. Embrace it!"

EMBRACING CHANGE

SPEAKERS
TM HARPREET SINGH | TM JAMNADAS BOLAKI

Session 263

01st March 2024
10.00 AM – 11.30 AM

Business Gate Center, 3rd floor, Office no. 310, Qurum

TOASTMASTERS INTERNATIONAL Since 1924

SESSION #713

THEME:

"VALENTINE'S DAY"

TMOD- RAHUL TAPASE

WEDNESDAY 14th FEB 2024
7.00 PM TO 9.00 PM GST
ZOOM ID: 847 1534 3900
PASSCODE: mmtc

MORISON MUSCAT TOASTMASTERS CLUB

CLUB NO. 1078342 | AREA 13 | DIVISION D | DISTRICT 105

BEACH ONE BUILDING 3rd FLOOR, OFFICE NO 310, QURUM, MUSCAT

الاجتماع رقم (126)

نجاحك مسؤوليتك

السبت - ٢٠٢٣/٩/٩ م

١٠٠٠ صباحاً - بتوقيت مسقط

أكاديمية السجى الدولية AIA

الدعوة عامة

عريف الاجتماع

ت. م خالد العريمي

92995832 | Aleafiaclub@gmail.com | Aleafia_club | Aleafiaclub | Aleafiaclub



Area 13 - Club Flyers/Invites

FRIDAY
29 MARCH 2024
10.30 AM to 12 PM
GST

A Joint Session Of
Morison Muscat
Toastmasters Club
session #719

Orbit Toastmasters Club
session #267

894 5440 0464
 Passcode: mmtc-orbit
 Beach One Building, 3rd Floor,
 Office No 310, Qurum, Muscat

TOASTMASTERS
 INTERNATIONAL

Since 1924

THEME;
"ZEIGARNIK EFFECTS"
TMOD JAMNADAS C
BOLAKI

Speaker 1 - TM PALLAVI

Speaker 2 - TM HARPREET

Education Session Debating
-DTM RAMESH GOPALAN

Morison Muscat Toastmasters Club
 & Orbit Toastmasters Club

EXPECTATIONS

How to manage

Wednesday, 3rd April 2024
 7.00 pm to 9.00 pm

TMOD - DTM Rajendra Varma
"MANAGE
EXPECTATIONS"

Prepared Speeches | Impromptu Table Topics | Constructive Evaluations

Beach One Building, 3rd Floor, Flat 310, Qurum

UNIQUE JOINT SESSION

ORBIT TOASTMASTERS CLUB
 Club No: 3290091, Area 13, Division D, District 105

MORISON MUSCAT TOASTMASTERS CLUB
 Club No: 1078342, Area 13, Division D, District 105

TOASTMASTER OF THE DAY
 TM RAMESH GOPALAN

HOW YOUNG ARE YOU!

SPEAKER 1
 TM GURPREET KAUR

SPEAKER 2
 TM SANDEEP MOHITE

Session 266 of ORBIT TOAST MASTERS CLUB
 Session 718 of MORISON MUSCAT TOAST MASTERS CLUB

22nd March 2024
 10.30 AM - 12.00 PM

Business Gate Center, 3rd floor, Office no. 310, Qurum



Area 13 Educational Session

The poster is for an educational session by Area 12 & Area 13, Division D - District 105. It features a dark blue background with yellow and white text. At the top left is the Toastmasters International logo. The main title is 'AREA 12 & AREA 13 Division D - District 105 presents an Educational Session'. Below this, two topics are listed: 'How to Ace Table Topics' and 'How to Evaluate to Elevate'. The session is held 'on Saturday, 30.12.2023' from '3:00 pm - 5:00 pm'. Two speakers are featured: DTM Rajendra Varma on the left and DTM Ramanujam Raghavan on the right. The location is 'at Shah Nagardas Building, 2nd Floor - Meeting Hall, Ruwi'.

AREA 12 & AREA 13
Division D - District 105
presents an Educational Session

How to Ace Table Topics How to Evaluate to Elevate

on

**Saturday,
30.12.2023**

**3:00 pm
- 5:00 pm**

DTM Rajendra Varma DTM Ramanujam Raghavan

at Shah Nagardas Building, 2nd Floor - Meeting Hall, Ruwi

An educational session by 2 stalwarts

**DTM Rajendra Varma and DTM Ramanujam Raghavan
on Table Topics and Evaluation**



Area 13 and its club PR awards





Educational Achievements by Members Completion of Pathways

MOTIVATIONAL STRATEGIES PROFICIENT

TM Salima M.
Al Hamadani

Al Afiya
Toastmasters Club
Congratulations on your
successful completion of a
learning path with flying colours.

District 105 is proud of you !

pq awards 2023-24



LEADERSHIP DEVELOPMENT PROFICIENT

TM Bharathi
Balaguragi

Morison Muscat
Toastmasters Club
Congratulations on your
successful completion of a
learning path with flying colours.

District 105 is proud of you !

pq awards 2023-24



PRESENTATION MASTERY PROFICIENT

TM Jamnadas
C Bolaki
ORBIT
Toastmasters Club

Congratulations on your
successful completion of a
learning path with flying colours.

District 105 is proud of you !

pq awards 2023-24



LEADERSHIP DEVELOPMENT PROFICIENT

DTM Manoj
Ranade

ORBIT
Toastmasters Club
Congratulations on your
successful completion of a
learning path with flying colours.

District 105 is proud of you !

pq awards 2023-24





Educational Achievements by Members Triple Crown Winners





Club Growth Awards





Area 13 Annual Speech Contest



AREA 13
Division D, District 105
ANNUAL SPEECH CONTEST 2023-2024

CONGRATULATIONS

**TABLE TOPICS
CONTEST WINNERS**

FIRST RUNNER UP	WINNER	SECOND RUNNER UP
		
TM SURESH KARTHA	TM RAMESH GOPALAN	TM ALI NYAZ

TOASTMASTERS INTERNATIONAL

AREA 13
Division D, District 105
ANNUAL SPEECH CONTEST 2023-2024

CONGRATULATIONS

**INTERNATIONAL SPEECH
CONTEST WINNERS**

FIRST RUNNER UP	WINNER	SECOND RUNNER UP
		
TM SURESH KARTHA	TM RAMESH GOPALAN	TM SYED AZEEM

TOASTMASTERS INTERNATIONAL

AREA 13
Division D, District 105
ANNUAL SPEECH CONTEST 2023-2024

CONGRATULATIONS

**HUMOROUS SPEECH
CONTEST WINNERS**

FIRST RUNNER UP	WINNER	SECOND RUNNER UP
		
TM MRUNAL KIRLOSAR	TM GURPREET KAUR	TM SAMRA S AL BARWANI

TOASTMASTERS INTERNATIONAL

AREA 13
Division D, District 105
ANNUAL SPEECH CONTEST 2023-2024

CONGRATULATIONS

**EVALUATION SPEECH
CONTEST WINNERS**

FIRST RUNNER UP	WINNER	SECOND RUNNER UP
		
TM SURESH KARTHA	TM ALI NYAZ	TM FARZANA NYAZ

TOASTMASTERS INTERNATIONAL



Area 13 wishes its Champions all the best at DTAC 2024



TM Ali Nyaz Evaluation Speech Contest



TM Gurpreet Kaur Humorous Speech Contest



TM Suresh Kartha Table Topics Speech Contest



Contribution from Area 13 members

SUDOKU - JUST FOR FUN

			5		7			
	4		2	6	3			
1		7	4					
3	6						4	5
		2		5		7		
7	9						6	2
					9	4		1
			1	3	4		9	
			6		5			



**Rasha Manoj ,
Daughter of TM Manoj Valappil
Morison Muscat Toastmasters Club
Class : XI A @ ISM**



Area 13 Clubs

Al Afiya Toastmasters Club

Meeting every Saturday

Timings 10 am - 12 pm

Venue - Sur

Morison Muscat Toastmasters Club

Meeting every Wednesday

Timings 7 pm - 9 pm

Venue - Beach One, Qurum

Orbit Toastmasters Club

Meeting every Friday

Timings 10 am - 11.30 pm

Venue - Beach One, Qurum

Sur Toastmasters Club

Meeting every alternate Tuesday

Timings 4pm - 5 pm

Venue - Sur

***“It’s fine to celebrate success, but it is more important to heed the lessons of failure.”
—Bill Gates***



AREA 13 CORE TEAM



AREA 13 TEAM 2023-2024

**District 105
Division D**



TM Amna Al Meidalwi
Asst. Area Director - CGD



TM Kamini Shah
Area 13 Director



TM Suresh Kartha
Asst. Area Director - PQD



**TM Abdul
Azeem Syed**

AREA PR Managers



**TM Sudhesh
Bharathan**



TM Chetan Shah
Immediate Past Area Director



TM Mrunal Kirloskar
Area Admin Manager

**AL AFIYA TOASTMASTERS CLUB | MORISON MUSCAT TOASTMASTERS CLUB |
ORBIT TOASTMASTERS CLUB | SUR TOASTMASTERS CLUB**

“Remember, teamwork begins by building trust. And the only way to do that is to overcome our need for invulnerability.” —Patrick Lencioni



AREA 13 Newsletter Team



TM Kamini Shah
Editor-in-Chief



TM Gurpreet Kaur
Articles Editor



TM Farzana Nyaz
Articles Editor



TM Mrunal Kirloskar
Coordinator



TM Sudhesh Bharathan
Design Editor



TM Abdul Azeem Syed
Design Editor

**I can do things you cannot, you can do things I cannot;
together we can do great things. –Mother Teresa**