



# DIVISION G

DISTRICT 105 REGION 11



# Impressions

DIVISION G NEWSLETTER

2023-2024

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## From the Chief Editor's Desk



Dear Readers,

The Journey of Division G As Chief Editor of our esteemed Division G newsletter and a proud member of our PR Team of Division G, I am thrilled to present an article that encapsulates the spirit of growth and connectivity within our community.

In the dynamic landscape of Division G, growth and connectivity are not just buzzwords; they are the pillars upon which our success stands. Through collaboration, dedication, and a shared commitment to personal development, we have fostered a culture that empowers every member to thrive.

From delivering inspiring speeches to taking on leadership roles, each member's journey is a testament to their dedication and perseverance. Our newsletter serves as a platform to celebrate these achievements, amplifying the voices of our diverse community and inspiring others to reach new heights.

As Newsletter Coordinator TM Asanka Fernando, TM Gokul Nair, and Digital Media Editor TM Meenaa Sankaran, we are committed to nurturing talent and showcasing the unique stories and experiences within our Division.

Together, let's embrace the opportunities that lie ahead and write the next chapter of success for Division G.

TM Sathish Selvaraju

## Division G Council



## Message from the Division Director Desk



### Embrace the Journey

Dear Toastmasters,

As we navigate through the ever-changing landscape of our lives, we often find ourselves in pursuit of growth, improvement, and fulfilment. It is within this pursuit that we discover the power of our voices, the strength of our communication, and the impact of our leadership.

As your Division Director, I am honoured to embark on this journey with every one of you. Toastmasters is more than just a platform for public speaking and leadership development; it is a community of individuals committed to personal and professional growth. It is a space where we challenge ourselves, support one another, and celebrate our successes.

It is within the walls of our clubs that we find the courage to step outside of our comfort zones and embrace the endless possibilities that lie ahead. In every speech delivered, every evaluation given, and every meeting attended, we are continuously honing our skills and refining our abilities.

We are not just becoming better communicators and leaders; we are becoming better versions of ourselves. It is this journey of self-discovery and self-improvement that makes Toastmasters truly special.

As we embark on this journey together, let us remember to embrace each moment with enthusiasm and gratitude. Let us celebrate the progress we make, no matter how small, and learn from the challenges we face along the way.



Let us support one another in our endeavours and inspire each other to reach new heights. I encourage you all to seize every opportunity that comes your way, both within Toastmasters and beyond. Step up to the podium with confidence, knowing that your voice has the power to inspire, to educate, and to ignite change.

Take on leadership roles with determination, knowing that your actions have the potential to make a lasting impact on those around you. As we continue this journey, let us remember that the destination is not as important as the path we take to get there.

It is the lessons we learn, the friendships we forge, and the memories we create along the way that truly matter.

So let us embrace the journey, together.

DTM Praveen V Panicker,  
Division G Director



## Leader's speak

### Embracing Excellence: A Journey Towards Legacy



As the sun gradually sets on this term, we find ourselves at that point in our Toastmasters journey where we can both reflect on the past and look forward. You embody the spirit of Division G that is rich in diversity, talent, and determination. It is with immense pride that I look back on the achievements that you have made through each project undertaken, speech delivered, and leadership role embraced within our community.



The end of the term is not merely a finish line but a beacon, guiding us towards the completion of our individual and collective goals. It is a moment to accelerate our efforts, to crystalize our achievements, and to lay down a legacy to inspire others in the years to come. Achieving our goals in this crucial period is about more than personal or Division accolades.

It's about cementing a culture of excellence, support, and relentless pursuit of growth. Each goal reached is a step towards reinforcing the pillars upon which we stand. It is a testament to the resilience, innovation, and camaraderie that define us.

As we navigate these final weeks, I urge each of you to embrace the opportunity to leave an indelible mark on Division G and District 105. Let us strive to do the best we can while truly believing that nothing is impossible, and it is not the end until the final bell has rung. This is the time to reflect on our progress, to celebrate our journey, and to push the boundaries of what we believe is possible. Together, we can conclude this year with achievements that not only meet our expectations but surpass them, setting a new benchmark for excellence.

I invite each one of you to join me in this final sprint, to support one another in our quests, and to share in the joy of our collective achievements. Let us leave behind a legacy that is not measured by trophies or accolades but by the lives we've touched, the leaders we've nurtured, and the vibrant community we've built.

Thank you for your dedication, your passion, and your contributions to making Division G a beacon of excellence in District 105. Your efforts are the cornerstone of our success, and it is together that we will forge a legacy to be proud of.

Jameel Mohammed Shakeel, DTM  
District Director  
District 105





## 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 teamwork. Our 4 Core Values are closely associated with proper planning.

### Planning and Integrity: The Promise You Make to Yourself

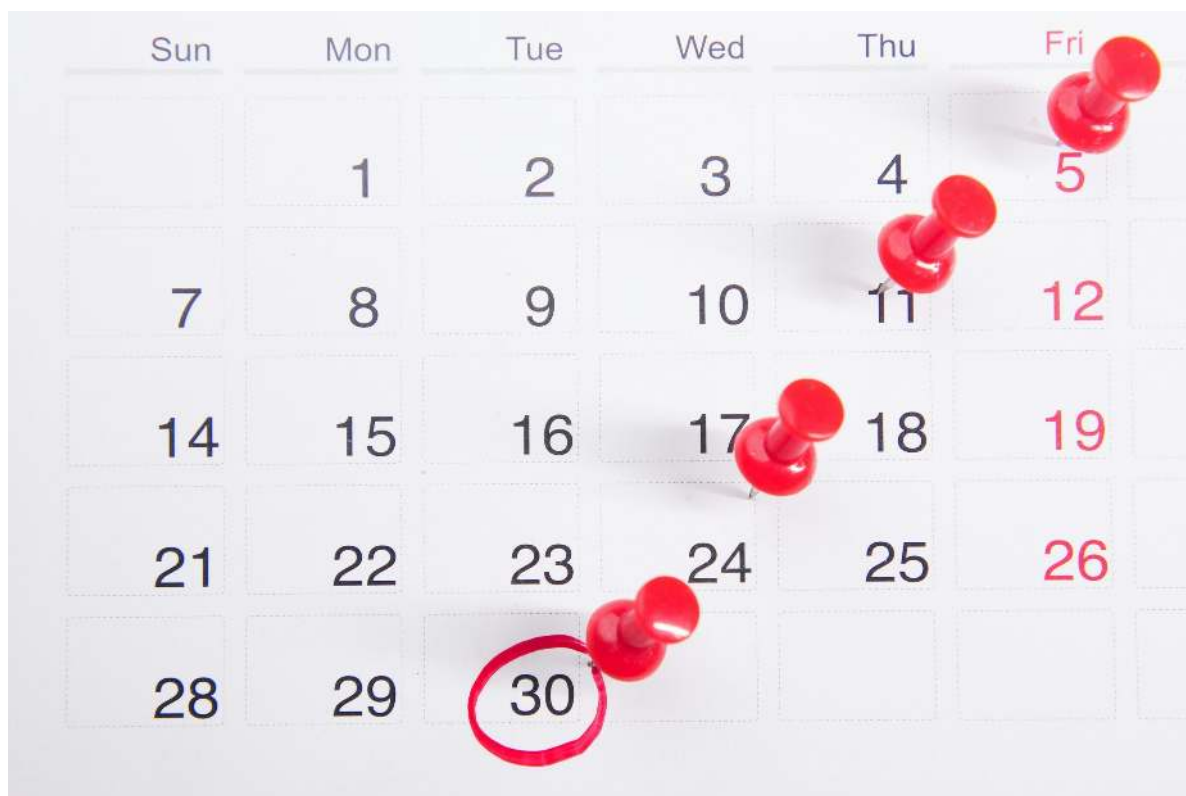
Integrity means doing the right thing to the best of your ability, even when no one is watching. Whether it's a speech for your next Toastmasters meeting or a project at work, when you plan you are making a commitment to yourself. Planning is a silent promise to yourself to bring your best self to the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

### Respect Through Planning: Honoring Time and Talent

Respect for your fellow Toastmasters and colleagues is reflected in how you value 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.

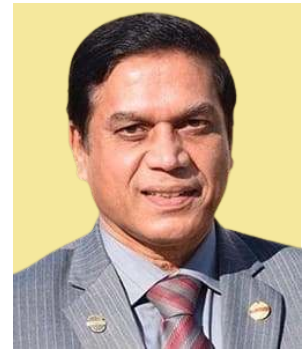


Excellence: The Fruit of Meticulous Planning "Failing to plan is planning to fail," rings true in many aspects of life. When you have with a carefully crafted plan, you set the stage for excellence. A well-devised plan allows you to anticipate challenges, allocate resources effectively, refine your approach,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

## 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 the 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.

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.

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

Cyprian Misquith, DTM  
Club Growth Director, District 105

## Are you Nurturing yourself ?



As we grow younger with our mind, wiser with the knowledge and graceful with our age are we nurturing ourself enough? The process of self-nurturing towards our well-being, that will reflect in our words and action. There are plethora information on how to go about it, let's talk how we could through Self-Care Self-care is the art of nurturing your physical, mental, and emotional well-being. It's a conscious act of prioritizing yourself amid life's demands. Whether it's a quiet moment with a book, a brisk walk, or a heartfelt conversation with a friend, self-care replenishes your spirit. It's not selfish; it's self-preservation. Neglecting self-care can lead to burnout and diminished happiness. By dedicating time to self-reflection, relaxation, and activities that bring joy, you fortify your inner resilience. Remember, self-care isn't a luxury; it's a necessity. It empowers you to thrive, to give your best to others, and to lead a more fulfilling life.

Quiz time.

In the past couple of months what was your self-care moments. ?

Did you have a positive feeling about it ? will you be doing the same again in the future. ?

Just write it down and read it once in a week, you will realize that these self-care moments are more of you look forward to, that you are on the track of Nurturing and invest in yourself to be the best.

“Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment.” —Stephen Covey.

TM Avodai Nayagam,  
Public Relations Manager, District 105

## Unlocking Your Potential...



Just think of yourself as a graceful and powerful eagle about to take off.

What makes you capable of soaring majestically? It is your wings, communication and leadership that would carry you higher.

Therefore, communication acts like wind under our feathers. It means expressing thoughts, ideas, and emotions with certainty. Good communication allows one to create links between people build networks and evoke action.

Speaking persuasively, listening actively or showing empathy are some examples of how communication can contribute to an individual's success in life.

On the other hand, our flight needs some direction through the steering mechanism called leadership. It implies leading ourself and others towards a common vision by enabling them to reach their full potential.

Real leadership is not about power or positions, it is all about influence and consequences.

Whenever there are examples being set by leaders themselves there will be collaborations built as well as growths nurtured. As an Eagle has two wings that make it soar so does our potential require both communication and leadership for its realization. At the same time, they help us swim through change, take down obstacles or grab chances that come on its way.

Dear leaders, spread your wings wide, embrace the power of communication, and let your leadership take flight. The sky is not the limit – it's just the beginning of your journey to greatness.

TM Sandeep Mohite  
District Finance Manager

## A Journey of Personal Growth in Toastmasters



Dear Fellow TM's,

Life is beautiful and dynamic, no two moments are the same, because circumstances change and evolve and so do we.

We make decisions and choices every single day, some are humbling experiences whereas others are uplifting. I joined Toastmasters in 2015 and this was one of the best decisions I have made, it's both humbling and uplifting.

I want to share my thoughts on why members should take up leadership roles at the club, area, division and district level. What next? This question popped up in my mind early this year when I was cruising towards the end of my term as the Division N Director.

Here onwards what did Toastmasters have in store for me? And just then DTM Jameel Shakeel, the incoming District Director called me up and popped up another question, whether I was interested in taking up the role of the District 105 Administration Manager for the year 2023-24.

I thought for a while and said yes. And let me admit, I would have regretted it if I had said no to this wonderful opportunity.

I have learnt so many new things and am enjoying working with my fellow members of the district team. Oscar De La Hoya says, "There is always space for improvement, no matter how long you've been in the business."

This statement resonates beautifully with me. I joined Toastmasters to learn leadership and communication skills and I feel that the role of administration manager has helped me tremendously in this journey of self-development.





As an administration manager, my duty is to assist in completing the district success plan, help in conducting district executive committee and district executive council meetings and in general help the team in achieving educational and club growth milestones of all the clubs in the district.

As the administration manager, I endeavour to make the process of communication between the district team and the divisions, areas and clubs hassle-free.

I want to work around logistics so that we develop an efficient system of communication within the district, which enables us to spend more time working on our skills and less on organizational logistics. Rainer Maria Rilke says, "The only journey is the one within", and I agree with it.

We need to continuously look within ourselves and figure out how we can contribute to the cause of Toastmasters. I want to appeal to all of you who do take up leadership roles at the club, area, division and district level.

It is a great learning experience which will help you in your personal and professional life. Taking up responsibility and delivering results is the only way to become a better version of yourself. I wish each one of you a wonderful and enriching experience in your Toastmasters journey !!

Namrata Pandey, DTM.  
District 105 Admin Manager.

## Reflecting on Our Journey and Seizing the Opportunity Ahead



About to take up steps of Oman Cargo Complex, on the first step I read a thought-provoking quote “Remember the hardest part is starting”. When I visited one of the client's offices, my experience changed my perception. It is so easy to give away the advantage of starting, if we lose the interest and focus. As we stand on the precipice of the final stretch of this Toastmasters year, let's take a moment to bask in the glow of our achievements. We've come so far, overcoming challenges, pushing boundaries, and embracing growth with every step we've taken.

But let's not rest on our laurels just yet. The true champions among us know that the journey isn't just about reaching the finish line; it's about how we finish. It's about summoning every ounce of determination, courage, and passion within us to cross that line with flying colours. As we reflect on our journey thus far, let's not forget the incredible power we hold within us to inspire, uplift, and transform those around us. Let's reach out our hands to lift others up, to guide them along the path we've travelled, and to share in the joy of their successes. The leaders of the biggest division of our District 105, Division G, are striving to ignite sparks of greatness in the members, who foster a culture of excellence and camaraderie wherever they go. Division G is on its way to creating thumping impressions and becoming the driving force that propels their clubs, Area, and our District to new heights of achievement and fulfilment.

Together, we have the power to make our leadership tenure not just a milestone, but a beacon of inspiration for leaders waiting to come aboard. So let's seize this moment, this opportunity, and this privilege to make our mark on the world of Toastmasters. Let's finish this first year of District 105 not just strong, but with a flourish that leaves an indelible imprint on the hearts and minds of our District 105 members who have had the privilege of walking this journey with us.

Suryakant Kirloskar, DTM  
District 105 Dashboard analyst.



## Enjoy the Power



It was 11th February 2018 – the largest stadium in Muscat was filled with people – the atmosphere was festive – people were waiting eagerly – was it some keenly awaited football match? Or an India Pakistan cricket match? No - What was it? People - thousands of them were waiting for over 3 hours..... to listen to Narendra Modi – the Indian Prime Minister - a great orator.

I was there too, waiting to listen to the man – when I returned home that evening, I was barely able to speak – I realized that even I had been shouting Modi Modi the entire time he was speaking – this despite the fact that I am not his fan. The sheer power of public speaking. Gerald Ford - 38th President of United States of America said “If I went back to college again, I would concentrate on two areas:

1. learning to write and
2. Learning to speak before an audience.

We all agree on the importance of effective communication – if that is the case, shall we go back to college and master the art? The trouble is - most of us do not have the option of going back to college. But we do have an option, thanks to Dr. Ralph Smedley’s vision with which he created Toastmasters in 1924 - a unique program that facilitates the friendliest and most supporting environment one can think of – without the need of going back to college!

Fellow Toastmasters, you have already taken the right decision – you are well on course to become a better version of yourself. Readers, who are not Toastmasters yet - the choice is simple – decision is yours – do you want to live with FEAR of public speaking for the rest of your lives or join Toastmasters to master the art and enjoy the POWER!

TM Sandeep Malhotra  
Assistant Division Director, Program Quality

## From the desk of Assist Division Director Club growth



Greetings to the Division G team!

“Time flies when you are having fun”. A quote that aptly suits the time we spent together as a team for the past 8 months, the time that was filled with a lot of fun, learning and great experiences! Big thanks to the entire team of Division G, led by the eminent toastmaster DTM Praveen Panicker, for providing all those wonderful moments of joy and learning.

The comradery among the team members has really ignited the spirit, leading to the remarkable performance! It was a great feeling to be to be part of the physical meetings and contests, a much-needed change, required to keep up the energy, enthusiasm and the momentum in our activities.

The recently concluded club and area contests were an exhibition of our talent, skills and leadership qualities. We could set a standard and benchmark for conducting a joint Area contest, which could be a reference for many such events in future. Kudos to all those leaders who have worked hard to make this happen.

We could also see many new Toastmasters taking up leadership positions and also becoming champion speakers, a testimony to the untiring efforts of our leadership team, to transform lives. The role of CGD has given a bigger platform and opportunity for me to interact with so many great leaders, a great learning experience, which helped me to grow as a person.

Even during these testing times of economic recovery and financial constraints some of our clubs; namely the Deloitte Muscat Toastmasters, Sri Lankan School Muscat Toastmasters, and Paradise Toastmasters could improve their membership strength.



Special thanks and appreciation to the officials of the Clubs, the Area and the Division for walking that extra mile to make this happen.

Our efforts as the CGD team are very much on to improve overall strength of the division, and the latest being the Demo session conducted for M/S Teejan Equipment Division.



We are hopeful of forming a new club for them under Area 25.

Special thanks and appreciation to the District CGD DTM Cyprian Misquith and Division G Director DTM Praveen Panicker who were instrumental in this initiative. Needless to say, it is the quality that matters over the quantity.

The leadership team of Div G have done a remarkable job in supporting our clubs to achieve this objective and thereby giving enjoyable learning experiences to the members.

Together we can make a difference and there is no better place than a Toastmasters club! Best wishes to Division G!

TM Anilkumar R  
Assistant Division Director - Club Growth

## Building Confidence: A Journey of Leadership Growth



I would like to take this opportunity to thank Division G Director DTM Praveen Panicker for trusting and giving me this opportunity to be the Division G PR manager. We as a team have been able to achieve and make a mark in District 105 fraternity.

I would like to thank my PR team TM Sathish Selvaraju, TM Gokul, TM Athula for diligently working on making flyers and making a mark in digital media too. This one year has made me more confident as a person. The experience of working with 22 clubs in our division has definitely boosted my confidence.

To anyone hoping to grow as a leader, one characteristic is sure to help: confidence. Whether you are taking on a leadership role during club meetings or building leadership skills at work, coming across as confident can increase your influence. If you weren't born the confident leader you'd like to be (and who was?), don't fret.





Confidence can be practised and improved upon. You don't need to make huge leaps or take big risks; even the smallest efforts will help build your confidence over time. Strategies include focusing on each day's activities, refining your skills before they are needed, leveraging volunteer roles to practice new skills and working through challenges. Toastmasters provides an ideal environment to work on all four of these confidence-building strategies.

It takes time to build your skills to a deep level of mastery. It does not happen overnight. With practice, you will build a deeper awareness of yourself. You will develop greater confidence. You will demonstrate your emerging growth in mastering your new skill.

This will prepare you to maximize your opportunities for success. Make the effort to find people who can provide you with new insights about possibilities you may not have considered. As you see the greater possibilities for your life, you will begin searching for opportunities to make them real.

As you practice and prepare for your future, you will build more confidence, and the sky can be your limit. Your sky. Your limit. Anything is possible. "when we strive to become better than we are, everything around us becomes better too." –Paulo Coelho

TM Meenaa Sankaran Avodainayagam  
Public Relations Manager  
Division G



## Team one / won



As widely recognized, Toastmasters nurtures confidence and cultivates public speaking abilities within a supportive and positive atmosphere. Amidst the challenges of the COVID era, I found solace and growth in the welcoming embrace of the Hahahehehoho Toastmasters Club—a delightfully informal yet enriching laughter club. Here, amidst laughter and camaraderie, we celebrate every small stride forward, fostering a sense of joyous progress.

Stepping into this environment was a departure from my usual experiences; however, it proved instrumental in honing my courage to speak, even as I grappled with expressing myself amidst a myriad of words. When the opportunity to serve Division G arose last year, I hesitated, feeling the weight of responsibility as a relatively new member of this esteemed fraternity.

Concurrently, uncertainties loomed on my professional horizon, further complicating my decision. Yet, with the unwavering support of proactive colleagues, I navigated these challenges, fulfilling my role with minimal disruption to my personal and professional life. During periods of lesser activity, I observed my absence from physical gatherings with regret, yet marvelled among at the team's adeptness in seamlessly distributing responsibilities amongst themselves.

In extending my heartfelt gratitude, I wish to acknowledge the invaluable guidance of Division G Director DTM Praveen Panicker, the dynamic and inspiring Excom member TM Meenaa Sankaran, and the ever-efficient TM Sandeep Malhotra. Having previously served as VPE, I empathize with the trials of persistent follow-ups and the endeavour to engage inactive members—a lesson underscored by the Division G Excom team: that the occasional flaw does not deter collective success, and together, we ascend to greater heights. It is with immense pride that I represent this exceptional team, bearing witness to our collective triumphs as "Team One / Team Won

TM Brinda Raghavan  
Admin & Finance Manager

## Its how we take it, our world becomes



Do you know what makes a good leader take ownership of the results of their actions? Do you know what it takes to be open and honest when things get wrong? The answer is ACCOUNTABILITY.

Accountability is not easy. How many of you acknowledge and take responsibility when you know things are not right? Not many. "Why should I take it on my head? In what way I am responsible? What will I gain?" If you have these questions at the back of your mind, it's time to introspect your thoughts. Everyone is born in a surrounding. It's how we take it, our world becomes. Good leaders take charge. But



great leaders take responsibility.

Area 21 is an example of leaders who take accountability for their actions. The leaders have a goal. The members identify their leader's goal and work in unison to achieve Club and Area goals. I feel proud that our Area members are focused and will soon achieve

their respective goals displaying ACCOUNTABILITY.

I am grateful to all my members, seniors, and leaders of Division G and District 105 for supporting me throughout my term. I am observing and learning from each one of them. It gives me satisfaction when we aim and work towards a common goal taking ACCOUNTABILITY for our actions. To future leaders – Take leadership, Take accountability and serve as an Accountable Leader.

TM Preeti Kapil  
Area 21 Director

## Let's be Effective and Efficient Leaders..!!!



Dear Captivating Toastmasters,

It is a great opportunity and honor for me to share my thoughts as Area-22 Director.

I hope this message finds you well and filled with enthusiasm for another month of growth and learning within our Division. As we transition into April, let us reflect on our achievements so far and set our sights on new opportunities for personal and professional development.

First and foremost, I want to express my gratitude to each of you for your dedication and commitment to the Toastmasters journey. Your passion for self-improvement and willingness to support one another is truly inspiring and serves as the cornerstone of our community.

As District Leaders your efforts are now geared to learning to deal with all sorts of challenges, work in teams, inspire and motivate others, support club excom, organize meaningful trainings, meet and network with other TM members, and enjoy yourself as you learn and grow. Like many of your predecessors, you will be thrilled with what you have accomplished.

No one in this world is bound to do anything. We all thrive to become successful. Continuous learning is the way to success. More you share your knowledge, more you gain. If you believe in these principals then your aim is to become a better speaker and a successful leader with sharpened skills. As Area Director, I am here to support you every step of the way.

Please don't hesitate to reach out if you have any questions, concerns, or ideas for how we can further enhance the Toastmasters experience in our Division. Together, let us continue to strive for excellence and make the most of our Toastmasters journey. Let's be Effective and Efficient Leaders..!!!

TM Jayakrishnan Veluthakkal  
Area 22 Director



## “We Progress Together”



Dear Fellow Toastmasters of Division G,

I am truly honoured to address you through our Division G newsletter as your Area 23 Director. Serving such a vibrant and dynamic community of speakers and leaders is both a privilege and a pleasure. As we embark on this journey together, let us take a moment to reflect on our shared goals and aspirations for the term ahead. Collaboration and communication have been the driving forces behind our past successes, and they will continue to guide us into a brighter future.

By actively participating in club meetings, engaging in area-wide events, and sharing our knowledge and experiences, we can create a thriving community where every member feels valued and empowered. Our strength lies in our diversity, and it is crucial to foster inclusive environments where everyone feels welcomed and supported.

Within Area 23, we have six incredible clubs, each with its unique character and strengths: Khimji Toastmasters, celebrating fourteen years of excellence Paradise Toastmasters, a beloved favourite among members Alsiraj Toastmasters, the oldest corporate club in our area Acers & Pacers Toastmasters, last year's best club in Division G, fueled by the dedication of its members Deloitte Muscat Toastmasters, newcomers with boundless potential Sri Lankan School Muscat Toastmasters, enriching our community with their presence I encourage each of you to step outside your comfort zone, embrace leadership roles, and tackle the challenges that come your way. Together, we can cultivate the next generation of leaders and make a lasting impact in our community and beyond.

I am incredibly excited about the possibilities that lie ahead for Division G. Let us continue to inspire, challenge, and support one another as we strive for excellence in communication and leadership. Together, we will achieve greatness.

TM Vineesh Mathew  
Area 23 Director

## Once a toastmaster is a toastmaster forever!



Acquiring language skills is so important is fact that I have realized ever since I landed in the dream city called then Bombay which is today's Mumbai on 25th January 1987 on my journey in search of a job at the tender age of 18 years.

Thanks to everyone who helped me in making up my mind to become a fluent English language speaker during those days and longed for a platform, a kind nowadays that is available at a very reasonable price of course.

It's in the year 2004 I was introduced to a club in Ruwi by the then parish priest Rev.Fr Varghese Chempoly and joined in Petrus Toastmasters club where I was really taken care of by the then VPE of the club none other than DTM Cyprian Misquith.

I have become an active member since the year 2011 with ABC Toastmasters Club where my mentor DTM George Meladan along with DTM Don Ashokan played a very important role in shaping up Toastmasters in me. The best thing that I learned then is to hope is to dream to have wings to look beyond my own set mind! "Hope is the thing with feathers that perches in the soul " as how Emily Dickinson put it I have never looked back as the resilience kept me as the sweetest gale is heard! I began to feel the warmth and day by day, it increased my confidence enabling me to travel to many places including a couple of times to the land of Ralph C Smedley who visioned the possibility of extending what we see even today as we are celebrating the centenary year since 1924.

It's a fact that we live in a world of challenges but I am confident that we make every challenge an opportunity but am so happy to have four clubs out of five clubs in Area 24 doing moderately good and the fifth club as well is on the right track to get back to its past glory.





As we embrace the mission of Division G and District 105 it's reminded to every learner member as we all are in this learning curve that the purpose of becoming a toastmaster is never forgotten because it's with the ability to communicate alone even the best story that needs to be heard by millions to inspire and transform many would become a reality.

Communication is a two-way process the more we are empathetic towards the people with whom we are communicating by inculcating the skills of listening, understanding and then without jumping to conclusions bringing new ideas into life, it's possible to hope and to develop provided our attitude is of achieving excellence through service leadership where we are instrumental in grooming leaders for the benefit of our community, society, and world at large!

We pledge to reach out to the needy help spot people and make and assist in their dreams come true as well. My sincere gratitude to the leaders, mentors and everyone who has helped me not to lose hope but to work as a team to work the dynamism with synergy including all the area directors and division team members whose unconditional support always have been significant in the process of developing the area wherever it needed to be improved especially the support of Division G Director DTM Praveen V Panicker.

TM Saji Thandiakkal Joseph  
Area 24 Director.

## Returning to Nature: The Urgency of Natural Farming



Food, a fundamental human need, once rooted in the natural food chain, has undergone a profound transformation over time. From the primitive days of hunting and foraging to the advent of agriculture and trade, humanity's relationship with food has evolved alongside its technological prowess. Yet, amidst the marvels of modernity, a dark shadow looms over our food systems.

The pursuit of profit has led to the widespread use of chemical fertilizers and pesticides, wreaking havoc on our soil, water, and health. As if that weren't enough, the emergence of genetically modified organisms (GMOs) threatens to push us further toward the brink of disaster. The consequences of these practices are dire: barren soil, poisoned groundwater, disrupted food chains, and untold harm to both wildlife and human health.

We stand at a precipice, teetering on the edge of ecological collapse. But there is hope. In recent years, there has been a groundswell of support for organic farming—a return to our roots, quite literally. Organic farming, with its emphasis on natural fertilizers and sustainable practices, offers a path forward—a path that prioritizes the health of our planet and future generations.

Let us heed the call to action. Let us pledge to support and promote organic farming in all its forms. Let us demand transparency and accountability from our food systems. And let us stand united in our commitment to protect our health, our environment, and the legacy we leave for those who will come after us.

The time for change is now. Let us seize this opportunity to embrace a more harmonious relationship with nature, one that nourishes both body and soul. Together, we can cultivate a future where food is not just sustenance, but a source of vitality and joy for all.

TM Rajasekaran Marimuthu  
Area 25 Director

## You need it every day!



### Spoons

The world is full of them, but you need one at least because you use them every day. They're some of the simplest, but most useful, devices in existence. They're used the world over. But who exactly invented knives, forks, and spoons?

#### Birth

Spoons are one of the oldest eating utensils on the planet. As long as humans needed food, they needed something to scoop it up with. Knives and forks are mostly needed in fashion. Seashells or shaped stones were natural spoons. Earlier these did not have handles & that's when a Spoon was born.

#### History

There is no definitive time period for the invention of the Spoon. The archaeological evidence shows that Spoons with handles were used for ancient Egyptian religious purposes from 1000 BC. The most common material at that was wood due to its low cost. During the Greek & Roman empires, Spoons were made of Bronze and Silver. Documented evidence of Spoon in England was in 1259- an itinerary item of King Edward

#### Evolution

A spoon is a utensil having a shallow bowl (head), oval or round with a handle at the end. It is called cutlery or flatware in the US. Spoons earlier were used for serving but also used in food preparation, mixing, stirring, and tossing ingredients. Presently, Spoons are made from metal viz. silver, silverware, plated or solid, wood, porcelain or plastic. Earlier they were also made from ivory, flint, slate, and bones (in China).



#### Types and uses.

Primarily used for eating liquid or semi-liquid foods viz. soup, stew, or ice cream. For small or powdery solid items viz. rice, sugar, cereals, peas etc. In Southeast Asia, they are used for eating and forks are used to push food onto a spoon. The widest use of a Spoon is for cooking and serving. Also, for stirring, mixing, blending, dissolving, cooling & preventing stickiness.

The great ones in life are not those who are handed silver spoons. Their excellence comes from digging into the raw ore of their character, through hard work, persistence and faith turning whatever they touch into gold.

Sachin Thakar, DTM



## Growing Through Toastmasters: From Introvert to Confident Communicator



There is a saying Help Ever Hurt Never, In Toastmasters I learnt about it more deeply. I was an introvert personality well still I am but only 50% of it is because Toastmasters helped me to come out of my comfort zone and made me a 50% extrovert, I hated to communicate with people but now I love to communicate with people I see. There is no barrier to communication whatever you have to say in front of them, vent your feelings to your dear ones that's what Toastmasters has taught me. The members motivate each other to improve themselves, help them whenever they have difficulties and overcome them. Being in a team I love to help and the team also helps me at times that's the spirit of each member of the team. Being a part of this tremendous team of supporters in Division G I have learned a lot and I still extend my hand to help each and every member to make the event successful. Thank you to my mentors.



TM Gokul Nair  
PR Support team



# Annual Speech Contest 2023-24



## Annual Speech Contest 2023-24



# Area 21

**DIVISION G**  
DISTRICT 105 REGION 11



## Annual Speech Contest 2023-24



# Area 22

**DIVISION G**  
DISTRICT 105 REGION 11



## Annual Speech Contest 2023-24



### Area 23 & 25

**DIVISION G**  
DISTRICT 105 REGION 11



## Annual Speech Contest 2023-24



### Area 24

**DIVISION G**  
DISTRICT 105 REGION 11





## Area 23 - Annual Speech Contest Winners



International Speech Contest



Table Topic Speech Contest





Humorous Speech Contest



Evaluation contest

## Area 25 Annual Contest winners





## BEC Toastmasters Club





## Apna Hindi Toastmasters Club





## Joint Session Excel Oman & BEC Toastmaster Club



## Excel Oman Toastmaster Club





## ISM Toast Masters Club



## Area 21 winners



## Galaxy Toastmaster Club

### Galaxy Toastmasters Club

27<sup>th</sup> Jan 2024

Club No. 07468753, Area 21, Division G, District 105, Region 11

Club Contest



3<sup>rd</sup> February 2024

### Galaxy Toastmasters Club

Club No. 07468753, Area 21, Division G, District 105, Region 11

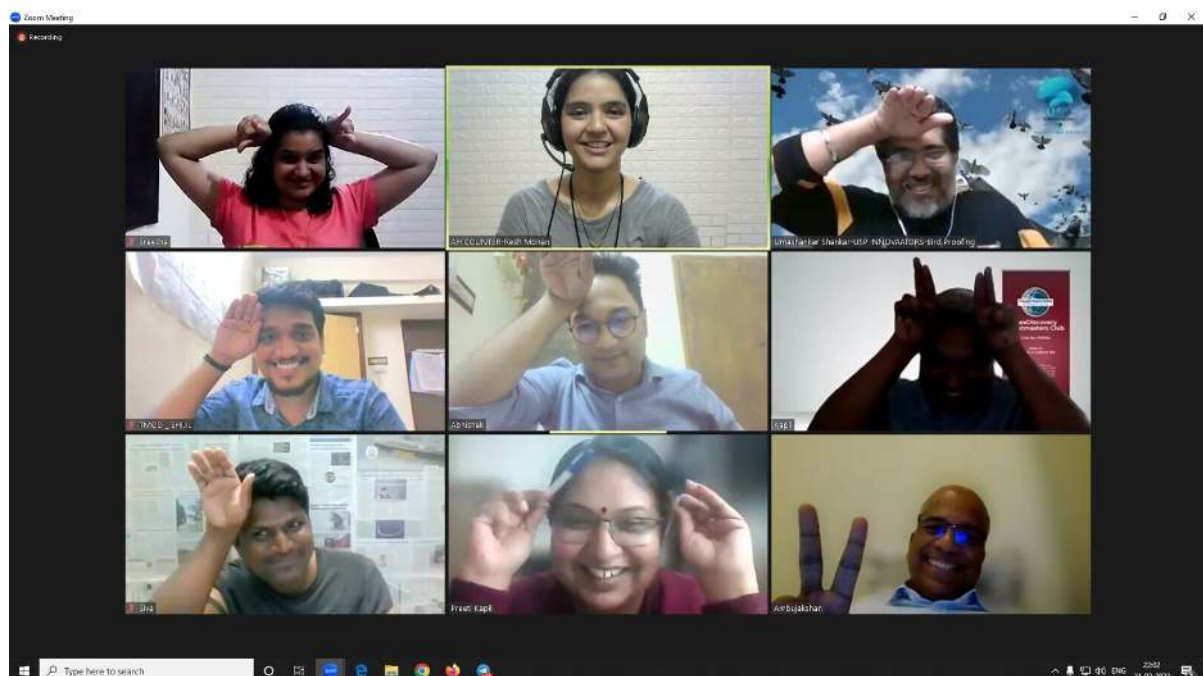
Session 192



Theme – UNEXPECTED.



## Readiscovery Toastmasters Club



## Deloitte Muscat Toastmasters Club





## Oman Gavel Championship 2024



## HAHAHEHE toastmasters Club





## Vanga Pesalam Toastmasters Club





## Area 24 Annual Contest Photographs



## SLSM Toastmasters Club





## Division G Upcoming events

**SAVE THE DATE**

19 April 2024  
Friday . 02:30 PM  
INDIAN SCHOOL WADI KABIR

**ANNUAL SPEECH CONTEST  
2023 - 2024**

**DIVISION G**  
District 105 Region 11

**AREA 21  
AREA 22  
AREA 23  
AREA 24  
AREA 25**




**Annual Speech Contest 2023-24**  
19 FRIDAY APRIL 2024

**DIVISION G**  
DISTRICT 105 REGION 11

**Meet Our Contestants**

				
TM Bharati Banerjee	TM Bipin Kuriakose	TM Dhanuja Anojan	TM Ahamed Parambath	TM Dinesh Achar

**HUMOROUS SPEECH CONTEST**




**Annual Speech Contest 2023-24**

**DIVISION G**  
DISTRICT 105 REGION 11

**AREAS**  
21 | 22 | 23 | 24 | 25

Indian School WadiKabir  
19 APRIL 2024  
2:30 PM




**Meet Our Contestants**

				
TM Farheen Niyaz	TM Babu Srinivasan	TM Asha Mohan	TM Veeranka Shah	TM Santosh Unni Nair

**TABLE TOPICS CONTEST**

**Annual Speech Contest 2023-24**  
19 FRIDAY APRIL 2024

**DIVISION G**  
DISTRICT 105 REGION 11




**Meet Our Contestants**

				
TM Farheen Niyaz	TM Babu Srinivasan	TM Hazik Ahmad	TM Manikandan P R	TM Agnik Bose

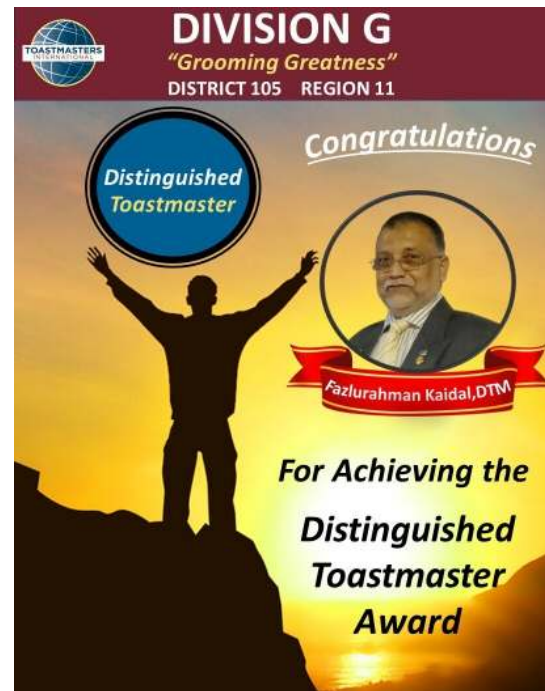
**EVALUATION CONTEST**

**Annual Speech Contest 2023-24**  
19 FRIDAY APRIL 2024

**DIVISION G**  
DISTRICT 105 REGION 11




## Achievements





*"To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others." - Tony Robbins*



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SCAN ME



SCAN ME



## Editorial team



TM Sathish Selvaraju  
Chief Editor & Chief Creative Officer



TM Asanka Fernando  
Newsletter Coordinator



TM Meenaa Sankaran  
Digital Media Editor



TM Gokul Nair  
Newsletter Coordinator