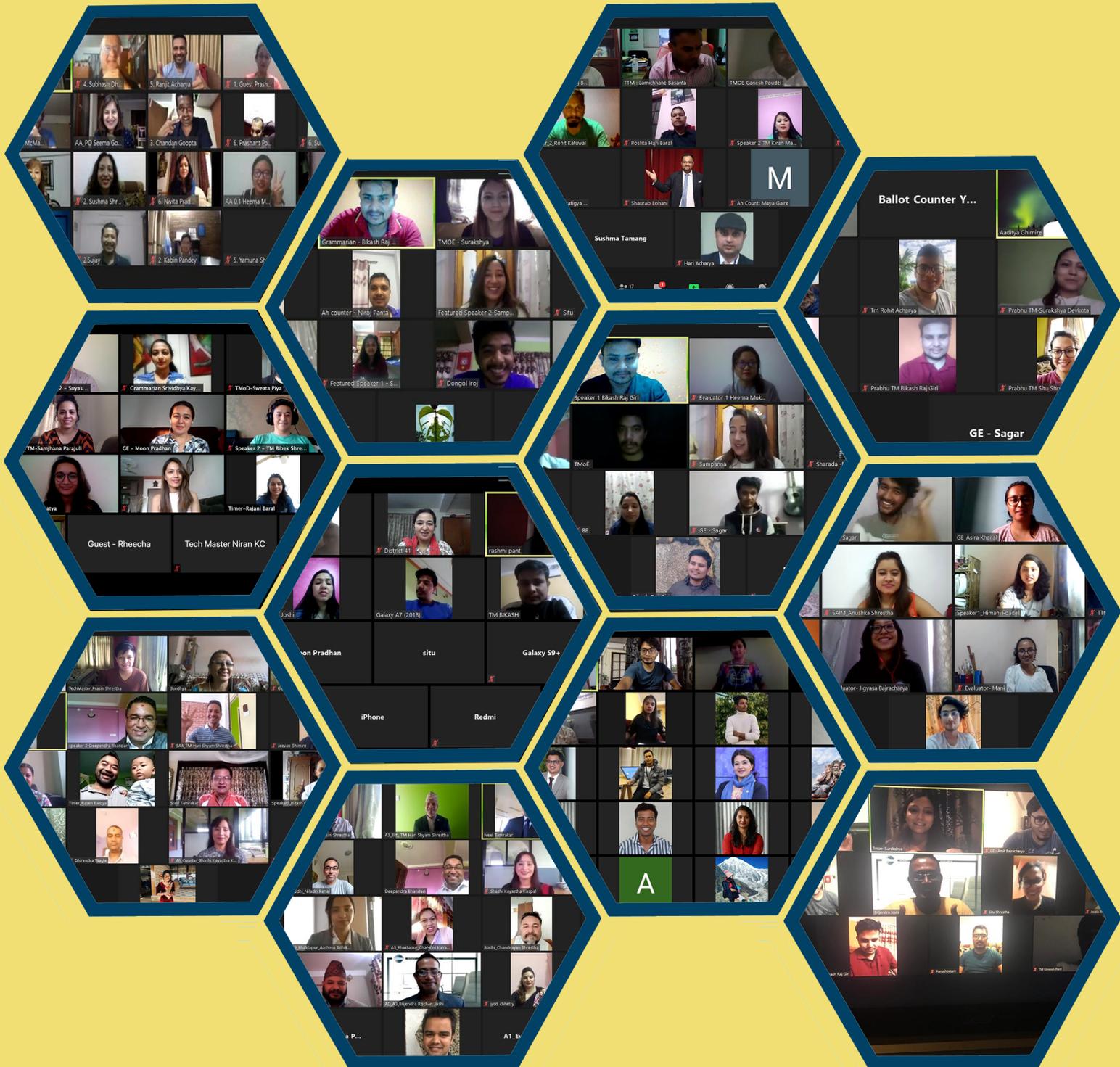


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FOR INKSPIRE

DIVISION A NEWSLETTER | ISSUE 1 | SEPTEMBER 2020



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The Most Contributing Club Award

Bhaktapur Toastmasters Club



Cover Design/Newsletter Design - WRITWEAVERS

**Aspire for inkspire,
Issue 1 September 2020
Newsletter of Division A, District 41**

EDITOR'S MESSAGE

Many grannies and grandpa used to tell stories, but the one who scripted the plots became Balmiki. The beauties of fairies, the valour of great knights, and intriguing villain in the eloquent oratory dispersed in the air and disappeared with grannies gone and grandpas' end because they didn't write the stories to preserve them for the future. It means writing is the only way to immortalize the intellectual treasure, preserve the stories of generations, record the struggles of grooming, unveil the secrets of heart, and share the learning of time and so on.

Dear Toastmasters,

After a month of experimental, yet explorative workout of the entire team of the editorial board and the division council, it feels mammoth of delight to present you the first issue of 'Aspire the Inkspire 2020/21', full of vibrant contents by the passionate contributors, with an assurance that it will eternalize every blissful memory of the toastmasters.

With the conviction that ink can inspire many aspirants to aspire for the decent and a pleasant step forward, this newsheet unfolds the tapestry of learning, memories, stories and the achievement of the fellow toastmaster, which exposes how the incessant striving of each associate is coordinated and collaborated in the sincere platform of toastmaster club to grow as a better speaker in a general and emergent leader, mentor, and facilitator in particular.

This issue of the newsletter has been published to hit a nail just right to inculcate every associate with learning "writing is an integral part of enhanced communication"; and on the back burner, it might instil that a careful reading prepares one with the content and the creativity to write. Thus, skimming through this will instigate the enthusiasm of the entire club members to begin a journey of professional perpetuity through writing, as well as enthuse to relive the moments of illumination and accomplishment after some sweat blood.

As an endnote: "Tacitus did not write a most dangerous book. His readers made it so." - Christopher K. Krebs

Cheers!

Shashi Kayastha Kaspal
Editor

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Division Director



Diptee Acharya
Area A1 Director



Rabindra Pradhan
Area A2 Director



Brijendra R Joshi
Area A3 Director



Shaurab Lohani, DTM
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Heema Mukarung
Program Quality Director



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Sandeep Dhawa
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Sushma Shrestha
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Finance Manager



Darshana Shrestha
Associate Program
Quality Director



Nabin Jaiswal
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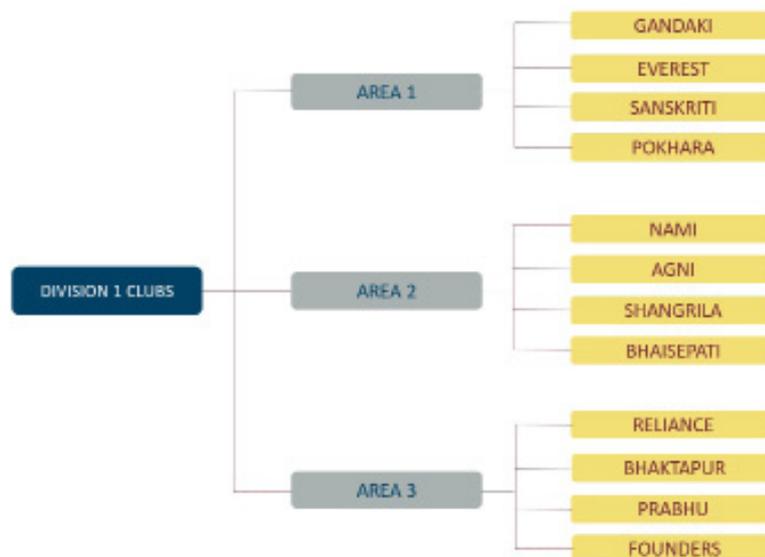
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Shashi Kayastha Kaspal
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Amit Bajracharya
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interview

Q&A WITH DISTRICT DIRECTOR



Interviewed by :
Sunetra Pradhanang

Nimish Joseph is a Research Scholar at IIT Delhi, working in the area of Social Media Analytics and information propagation. He is a Software Engineer, by qualification and is interested in teaching and academic writing. Before joining IIT Delhi, he was working at Oracle India Pvt. Ltd as a software developer. He has served as Conference Secretary and rapporteur in various national and international conferences. He has published research articles and has associated with various Government of India projects, including Digital India Awards and National Digital Literacy Mission. He is a passionate Toastmaster and has served in multiple leadership roles. He is also associated with an IIT Delhi startup – MedicFibers. He has served as the President of Oracle Corporate Club, Bangalore and Capital City Toastmasters, New Delhi. Currently, he serves as the District 41 Director, Toastmasters International. He is a foodie, loves travelling and defines himself as a silent patriot and pro-human.

How were you introduced to Toastmasters?

After my graduation, I got selected to work for Oracle. During the induction session, I came to know that the company had a Toastmasters Club. I did not care much about the club at first. But after a month or so, my manager asked me to try out the Toastmasters Club.

I took the table topic and got fairly constructive feedback. The very first meeting made me think that this could be the place to groom myself. This was in 2013. It took me four months to get the membership of the club.

What about the leadership roles? How were you inspired to have leadership roles?

My club then was IPC Titans Toastmasters Club. In 2014, the president of the club asked me to step in the role of Vice President (VP)- Membership. When I went to VP-M training with so many people around; I got to learn many things. Back from the training, I set goals for the club so that the club would stand high in the District 92 community.

There I took up the role of Club President from July 2015 to December 2015. During that time, I got a call from IIT, Delhi, for my PhD. They called me to report on January 1, 2016. However, I waited until December 31, 2015, in Bangalore to fulfil my role as Club President.

I was so connected to the club. Then, I joined the Toastmasters Club of Delhi, which was in the process of splitting. I became the president of the club after it got split. I believe that was the turning point of my life. The split club 'Capital City Toastmasters Club' has turned into one of the finest clubs now. The club has been performing well even without me and other past presidents for 3 years. It proves that a good achievement in toastmasters is when you make more leaders.

Then, I got nominated for the Division Director Position. I accepted the nomination. I would suggest every toastmaster to say 'Yes' if there is an opportunity to develop yourself. After that, I was nominated for Club Growth Director,

then, Program Quality Director and the District Director. These all happened as a part of the progression because of my passion and dedication for Toastmasters.

What suggestion would you like to give to fellow Toastmasters for their leadership role?

Firstly, you need to express your interest to be the appropriate leader. Secondly, if you are given a role, try to demonstrate your USP. Thirdly, do not say 'NO' when given an opportunity. Finally, given an opportunity, make sure that you follow the core values of the role.

How does District 41 perceive Toastmasters in Nepal?

I understand the passion of the toastmasters in Nepal. As District 41 Director, I have an equal amount of respect to all the leaders of the District. But to pinpoint especially about Nepal, an abundance of Enthusiasm and experiences in toastmasters are the main strength of Nepal. In every aspect, either the speech delivery or evaluation, or the leadership role, Nepal has set a high benchmark. Though without any titles and designated role, some experienced leaders are so proactively involved in Toastmasters in Nepal which is an exemplary and learnable truth of Nepal Toastmasters. I hope Nepal gets a status of the District soon.

How can a person balance his professional, personal, and toastmasters' life?

Time is not an issue if you're passionate about something. Any toastmaster meeting you attend, can have some take away from the meeting. You should have a hunger for learning in each role you take.

What message do you want to give to the Toastmasters in Nepal?

Enjoy the journey of Toastmasters. This is a challenging time; it allows you to learn new skills. Explore, dream, and discover in this tough time.

Q&A WITH PROGRAM QUALITY DIRECTOR



Interviewed by :
Shashi Kaystha Kaspal

Distinguished Toastmaster and the Presidential Citation recipient, former Club Growth Director of District 41, Current Program Quality Director, District 41, Ranjit Acharya is a Toastmaster member for two decades now. He started as a member of Kathmandu Toastmasters Club and was instrumental in opening Everest Toastmasters club in 2004 as a charter member. Acharya, is by profession known as advertising guru of Nepal and is running the most awarded agency – Prisma Advertising, since 1991. He has created several award-winning advertisement campaigns and helped many brands to become market leaders with his creations

How were you introduced to the toastmaster?

I got introduced to Toastmasters back in 1998 by very dear friend Ravin Lama. When he called me and asked me to join the Toastmasters Meeting, my response to him was "Ravin, I don't drink". He laughed and told me "still you will enjoy it, come and attend the meeting as a guest". I went to the UN premise, Pulchowk, and attended the meeting, since then till now, Toastmasters has been an integral part of me.

How would you say you've grown as a Toastmaster?

I have grown from a shy speaker to a little more confident communicator, have been able to take up leadership roles, and make a difference in many other Toastmasters lives. The passion to learn and grow is something that has always been there in me, due to toastmasters this passion has always inspired me to learn more and become better each day.

Why did you join Toastmasters? What was your initial goal and how has it been modified in the years that you have remained a member?

When I was in grade 8, my English teacher asked me to read a chapter from our textbook to the class. As I started reading, she told the class to keep quiet. Again after a few seconds, she shouted not to make any noise. Then slowly she came towards me and told me to stop reading, I stopped and then she asked me to read again. I started reading and again she asked me to stop. Then she smiled because she had found something unusual. While reading, I was producing 2 sounds, one was my reading sound and the other was my humming. She found that I used to hum and read at the same time. Unique yet very disturbing. That day she told me "Ranjit, you can do everything in life but never try to do public speaking, it is not meant for you".

After many years when I entered the meeting room of Toastmasters, that's when I recalled my teacher's voice. I told myself, I have to prove her wrong, and for that this can be my practice ground. It took me a few more minutes to decide and join the Toastmasters program.

Gradually, from becoming a public speaker my goals shifted to communication and leadership. This has paved the way for me to enhance and challenge my leadership capabilities. I am still learning and growing, each day, each meeting, each role teaches us something new and that is the beauty of Toastmasters, the learning never ceases in Toastmasters.

How were you inspired to have leadership roles?

When I witnessed that every role we take in toastmasters provides an opportunity to learn and grow, I started taking up lead

ership roles one by one. From Secretary of the club to VP membership then to VP Public relation and then President of the club, I started challenging myself. This inspired me to take up bigger challenges and larger responsibilities as a leader. Every step has been a great learning experience, which keeps motivating me to move forward.

What keeps you going at Toastmasters even after 10 years and more?

The learning opportunities the Toastmasters program provides to each member is infinite, I have been able to better myself as a communicator and a leader in these years. The Toastmasters program has enriched me in my professional career too, I have been able to communicate my ideas well to my clients. The body behaviour has changed for good and the impact I have been able to create with it is impeccable. As the learning opens an abundance of opportunities, it keeps my motivation up and I have been a toastmaster member for more than 2 decades now.

Kindly share with us about your leadership style.

I am a Persuasive and Influential type of leader. I believe in leading from the front by setting an example.

Would you briefly tell us about your working area and the plan you have to make justice to your position?

I am currently Program Quality Director of the district. I have plans to improve member's experience at their club level. This can be achieved by effective evaluation and mentoring of members, I have a plan to roll the program initiated from Nepal Toastmasters to the entire district. If we can bring quality benchmarks in all our clubs of District 41 then we will be able to retain our members in the program and help them grow as a person. This will create quality all across our district clubs.

What kinds of new programs or initiatives are being launched in your districts?

In this new term 2020-21, we have few programs initiated in the district, Effective mentoring and Evaluation, Membership retention, New clubs Sustainability, etc. We are also encouraging divisions to organize marketing-led competitive events for their members and non-toastmasters members too.

What message would you like to give to division A and the entire other divisions?

Nepal Toastmasters has been growing leaps and bound in the past couple of years. With such growth, maintaining quality in our clubs should be in our utmost priority. Programs like Q and others will help us maintain the quality experience of our members. We should focus on quality this year rather than on quantity. If we can maintain the retention rate of Nepal toastmasters this year too then we will be able to manage the growth in Nepal. This will pave the way for more new clubs in the coming years. Let us all leaders keep our focus on quality and work collectively to achieve the set standards.

DISTRICT PARLIAMENTARIAN'S MESSAGE



Why write?

As if preparing speeches, practising, and delivering them is not enough. As if taking up club and leadership roles is not enough. As if getting involved in events and activities is not enough. Why, in the name of the melting ice atop Mount Everest and Corona virus-induced limited movement, a newsletter! Why write about it? To become a better communicator and a leader, does a Toastmaster need to write as well?

A million sparks of reluctance punctuate the thoughts of writing. 'I had never written a proper birthday wish or when I needed to express my love – they were all downloaded!', 'I don't know how to write,' 'Haha, I will rather do something else than to be a laughing stock of my community.' It is normal to hear these common refrains. What is yours?

As you start to move your heavy hand and fingers locked by a sealed mind, you will realize that it is not as difficult as you had perceived. The words don't flow naturally initially, disjointed in its sentences, and inexpressive in its paragraphs. As you continue,

suddenly, you find that it becomes a stress buster, a cathartic motion that starts to relieve you. The thoughts break through the rusty locks as the mind dictates the pages to be filled.

We should write for ourselves and others, for the sake of the story that needs to be told, for sharing grief, moments of retribution and successes, sharing the beauty of life, and especially for fun. When Joseph Gordon-Levitt writes, 'The Sun is such a lonely star. Whenever he comes out to see his friends, they all disappear', I will always see the sunrise with a different perspective.

It takes effort to put together a newsletter. Division A has broken ice this term by bringing out the first issue of 'Aspire'. Congratulations to the editorial team and all the contributors. Executive Speech Coach and Hall of Fame Keynote Speaker, Patricia Fripp says 'good speakers can benefit from learning the secrets of good writers'. May 'Aspire' break the mental shackles of members and encourage them to write.

Keep writing; keep inspiring.

Suman Shakya
District Parliamentarian

DIVISION DIRECTOR'S MESSAGE

Fun, collaborative and constructive year for Division A



On July 1, 2020, I took on the responsibility of Division Director for the

term 2020-2021 at Division A, District 41, Region 13, Toastmasters International. My predecessors Distinguished Toastmasters Ranjit Acharya and Suman Shakya have done a marvelous job, one that is not easy to emulate. I stepped into this position tenaciously, careful that I don't affect what has already been built. My goal this year is to ensure that we maintain the quality that has become synonymous to Division A.

This year, Division A is comprised of areas and clubs as follows: Area A1 is led by Area Director Toastmaster Diptee Acharya, who is responsible for Everest Toastmasters Club, Sanskriti Toastmasters Club, Pokhara Toastmasters Club and Gandaki Toastmasters Club. Area A2 is led by Area Director Toastmaster Rabindra Pradhan, who is responsible for Shangrila Toastmasters, NAMI Toastmasters Club, Bhaisepati Toastmasters Club and Agni Toastmasters Club.

Area A3 is led by Area Director Toastmaster Brijendra Rochan Joshi, who is responsible for Founders Toastmasters Club, Reliance Toastmasters Club, Bhaktapur Toastmasters Club and Prabh Bank Toastmasters Club.

We are fortunate to have the guidance of Distinguished Toastmaster Shaurab Lohani who is the mentor for Division A. Similarly, we have the support of Division Program Quality Director, Club Growth Director, Public Relations Manager, Secretary/Administrative Manager and Finance Manager Toastmasters Heema Mukarung, Sunetra Pradhanang, Sandeep Dhawa, Sushma Shrestha and Sudeep Sayami respectively. We also have associate Program Quality Director Toastmaster Darshana Shrestha, newsletter editor Toastmaster Shahi Kaspal, Special Event Management Lead Amit Bajracharya, webmaster Nabin Jaiswal, and District newsletter representative Alexandra Wrigley.

Collaboratively, we will be serving the members of Division A to make sure that their goals are met, while contributing to fulfilling goals set for club, area, division and district. Our focus will be constructive mentoring and evaluations. We start this year with the aim to make learning process fun.

Moon Pradhan
Division Director

AREA DIRECTOR'S MESSAGE

I am learning to trust the journey even when I don't understand it. -Mila Blon



A journey of a thousand miles begins with a single step.

Just like this saying when I was inducted as the Area A1 Director, I was definitely confused, and to be honest, quite nervous. However, I have taken that step. I know that even when I don't understand a lot of things, it is my responsibility to make sure that the Area and the members within the Area succeed.

With the support of my Division Director and the Area A1 Council

members, the journey so far has been quite smooth without any turbulence. I won't deny that it has taken some time and effort. But, as an Area, I feel, we are in the right direction. Area A1 aims to achieve and add a club to its current base of 3 with 2 President's Distinguished Clubs, 1 Select Distinguished, and 1 distinguished club by the end of the year.

The area council will achieve this goal through a mentorship program that enables members to "speak, lead, and grow". The Area council also commits to regularly stock take through club visits using Moment of Truth data as a baseline while ensuring that clubs focus on education programs. Area Program Quality Director is expected to lead on education and mentorship programs in coordination with club VPEs.

Area A1 further commits to an additional goal of an increasing percentage of active club members. Area council will attempt to pilot interventions that help area clubs track the number of club members who are actively attending meetings. An area club secretary group has already been set up to coordinate the pilot. A mentor pool has also been created to support every member of the Area.

Our goal is to strive to achieve our fullest with the core values commitment, continuity and collaboration identified for Area A1.

Diptee Acharya
Area Director 1

AREA DIRECTOR'S MESSAGE

Toastmasters' journey has been one of a remarkable one for me. Especially for a person with a speech impediment like me, it has been a life-changing one.



Though I was a bit apprehensive about taking up the AD role, I must say I'm enjoying and learning every day. I've been supported by the able division director, DTM Moon Pradhan, other fellow area directors TM Diptee Acharya and TM Brijendra Shrestha, and my area council.

With the help of the Area council, we are helping all our current

four clubs to achieve all the goals required by the members and the clubs.

My goal is to see happy toastmasters more than anything else. I believe in having fun and enjoyable meetings as it is the base of any learning. Without having interesting meetings, members will not be motivated to come back and continue. For that, we have been working with the executive committee to make sure that the themes and table topics are interesting and the evaluations are very constructive. We are making sure that each member is assigned mentors for better guidance.

We will be tracking all the DCP goals to be achieved and will encourage the clubs and the members to achieve them. As we have two clubs, fairly new, a lot of guidance is required which we are doing to the best we can.

Our team will try to add at least one more club to our base of four clubs.

With the support of toastmasters fraternity and experienced members that we have in the Nepal Toastmasters forum, we will continue to make our clubs better and stronger, not just in terms of communication and leadership, but also in building better teams to help each other grow.

Rabindra Pradhan
Area Director 2

AREA DIRECTOR'S MESSAGE

'WHERE LEADERS ARE MADE'. The empowering slogan of Toastmasters displays the belief that every individual can lead.



Let's look at a study by George Lord in 1968 aimed to recruit genius-level people in NASA. The study consisted of 1600 individuals, in which the participants (3-5-year-old children) were undertaken the longitudinal test to find their genius level. The research concluded that 98% of the kids got the genius level. The second phase of the same test is conducted on the same children when they were 10, and the genius level dropped to 30% surprisingly. The sequence of tests continued with the shocking results: when they were 15, it dropped to 12%, and when they were 30, it came down to 2%.

This is the evidence that more we bind ourselves in conformity, the more we start to lose our ability: the ability to lead, communicate or believe in our self. I can remember the day, I joined Toastmasters in 2014 officially, after much encouragement and cajoling. It took months to see myself grow, breakout the shell and take leadership roles. Today, as I take in the position of Area Director, and look back at myself, during my school days, where I sat in a corner with eyes on the floor as the teacher asked a question. It's not because I didn't know the answer, but to answer took a different set of courage.

It took me six years and a half to become an Area Director, where I have become confident enough to lead, not only the toastmasters but also the organization as well as my daily life.

My vision as an area director is my belief that each individual is unique and able to lead, and the Toastmaster club is the platform. It took me 6 plus years to become an Area Director, I will work to create an environment where willing members take less to catapult to become a better leader.

A better leader during any situation, normal or Covid-19.

Brijendra R Joshi
Area Director 3

Q&A WITH ROASTMASTER SEEMA GOLCHA



Interviewed by :
Chandan Gupta

She's a Standup comedian, a self-taught ventriloquist and a TEDx speaker. ventriloquism is a dying art and she has introduced this age-old art in Nepal, being the only ventriloquist in the country. She's been performing regularly in Nepal and India. She has also taken her art to International platforms too like Thailand and the USA. She joined Everest Toastmaster in 2009 and is now the President of her club. She's forever grateful to ETM for being instrumental in helping her choose and pursue her comedy career.

Where did you get the idea of roastmasters?

I was discussing how to make our meetings more interesting and discussed different themes with our ETM ExCom members. We realized that Gai Jatra was round the corner so we did something fun. Since Gai Jatra is a festival of merriment and forgetting your sorrows, the idea of roastmasters came up. People usually don't feel bad about being made fun of under this theme.

How receptive were the members to being roasted?

The members were very sportive and in good spirits to take the banter.

How often are you planning to do this roastmasters? Do you think other clubs should try this too?

This was just the one time plan because of the Gai Jatra theme. No plans as of now. Yes, other clubs should try it, but has to be done very tactfully as people can get offended if your jokes get personal.

Compared to the regular meetings, how successful and interactive did the meeting go?

As compared to the regular meetings, this was fun and very interactive. We had maximum attendance and guests that evening too.

Can anybody be the roastmasters of the evening and conduct a roastmasters meeting? If not, give our readers some tips.

Yes anyone can be a toastmaster. It's a great way to involve members. In fact, ROASTING is one of the projects you have to do in an advanced communication manual called Special Occasions Speeches. Toasting and Roasting is all a part of being a good speaker.

Anything you would like to add at the end?

Don't be afraid to try different things to make your Toastmasters meetings and journey fun and fulfilling experience.

TRAINING THE VPEs



Early on my role as the VPE of Everest Toastmasters Club, a

Toastmaster told me 'It is not about how well you execute your responsibilities; it is about how well you facilitate the process when someone takes over those responsibilities'. That is why, when I was called to be the trainer for the VPE at Division A COTP on 18 July 2020, I immediately agreed. What could be better than helping VPEs from the entire Division A with their responsibilities? Even though it is termed as training, it was more of an experience sharing session, where 19 VPEs from different clubs came together and interacted.

Along with discussing the roles and responsibilities of a VPE, there were also talks about the Distinguished Club Program (DCP) goals, club awards, contest dates, and FAQs. However, the most important discussion was about how significant this role is and the following four golden rules to make it successful:

1. Explore: Visit toastmasters.org and explore the resources you find there. Find and join the district and division VPE groups as that may help you get answers to some of your questions.
2. Ask for help: Contact Area PQDs and Division PQD if you have questions regarding the area, division level contests and programs.
3. Sincerity: Make sure you show sincerity in checking all the requirements before approving any level completion.

The role of a VPE is crucial, however, a common mistake is taking it only as a role. The club VPE is much more than a role; it is a stepping stone for anyone who wants to learn how to motivate others, build organizational and leadership skills, and strengthen their ability to set and achieve goals.

Thank you to the organizing team of Division A for having me as a trainer in this wonderful program. Hope, I was successful in passing on the baton and facilitating the responsibilities of the new VPEs.

Sadikshya Singh
Everest Toastmasters Club

TOASTMASTERS ON MY RESUME



What could you accomplish if you could communicate well and put

through your ideas rather persuasively? Whether we are working somewhere, or studying somewhere, or building ourselves in achieving our goals, we all want to benefit from better communication skills.

Toastmasters, ever since its inception in 1924 AD, has helped people in mastering the art of good management skills and become better leaders. Toastmaster club has fostered people's belief in the strength of communication skills.

Toastmasters club has suddenly but steadily become popular among people of all ages and professions. Participation in Toastmasters has not only benefited members in many aspects of their life, but the biggest gain is it has also boosted their confidence. The platform has offered the necessary skills that can enhance careers. It has added self-esteem, confidence and assertiveness in leaders, managers and professionals.

As communication skills are the most important assets in anybody's life, I unconditionally recommend MBA students to be associated with Toastmasters Clubs. Here is a list of few positive changes that can add value to anyone's resume:

a) Better communicators: Employers seek employees with strong communication skills. Those who get the job and get promoted are always the ones with the capacity to be persuasive and the patience to listen. Toastmasters members get the opportunity to groom themselves during the various regular and occasional sessions.

b) Enhance leadership skills: Toastmasters primarily focus on communication as the core area to be nurtured, but communication and leadership skills go simultaneously as the tagline goes – "Where leaders are made."

c) Being on time and finishing on time: The most important takeaway from anyone's association with Toastmasters is the value of being time-efficient.

d) Professional networking: It is a known fact that most job vacancies are filled via networking. Hence, having access to people from different fields is an invaluable asset when it comes to finding jobs.

e) Building confidence: Getting involved with club members will help to grow as a person. It helps to be analytical, reflective and patient. It allows them to be praised and as well as get constructive feedback on areas that need improvements. The challenge of speaking amidst the public is both encouraging as well as reformative.

f) Resume material: Toastmasters enhances public speaking, listening, thinking, analysis, managing, organizing, motivating, team building. These qualities are perfect resume material for MBA graduates who are in a lookout for better opportunities. Many organizations that value Toastmasters would tend to be more inclined towards hiring Toastmasters members over non-members in their selection procedures. Toastmasters provide certificates of achievements which get formally recognized and it is likely to look great in the eyes of those hiring.

Rashmi Mainali
Bodhi Toastmasters Club

THE NEW BEGINNING



I was delivering my first speech as a Toastmaster wishing to break the ice. It indeed was an Ice

Breaker as I was shivering and sweating. I doubted if I was ever more nervous than that, not even when I was giving interviews to an unknown girl for my marriage on a blind date organized by my family's elder members.

I was well prepared (at least I thought so). I had rehearsed the speech numerous times in front of my wife, and her feedback was amazing, making me feel that I was ready to let the world know who I was. Surprisingly, even my 6-month-old daughter did not cry while I was rehearsing, which made me believe I was not horrible at least, if not good.

Saturday morning, I reached my club, oozing with confidence. I sat calmly, waiting for the TMOM to call my name. I was summoned; I went to the stage, took a long breath, and started. For some unfamiliar reason, I loved the greenery outside the window so much that I delivered about 70% of my speech looking outside the window.

Every time I looked at the audience, I was scared, nervous, anxious, worried, so I chose to look outside. Somehow in the seven long minutes, I completed the speech; I was ashamed of myself, and I could not look straight.

However, something amazing happened that brought me the biggest of smiles I have ever felt in my face. Perhaps, fellow toastmasters and guests who listened to my ice breaker liked it; they voted me to become the better "Featured Speaker." My evaluator praised the content and urged me to have better eye contact.

Unlike at other places, I was given feedback in such a way that it made me feel good, not inferior. It's been just a year I have been a toastmaster, and since the day I broke the ice, I have never looked back. I am on my level 5 right now and have won the Triple Crown, International speech contest at the club level, and was the first runner up in the Area.

Not only the visible awards and completion of projects would make a toastmaster proud of. For me, the most significant achievement is that I have overcome the fear of public speaking. I am neither hesitant in putting my thoughts on the table at a meeting, nor do I feel shy of people.

I feel the confidence that I never felt before. More importantly, every time after the meeting, I always have something to take with me. The Toastmaster Club has made me think a lot more positively than I ever did, I have started believing in my ideas, and I see myself a better man than I was a year back. I know I have long and many ways to go, but this journey full of learning is the one, certainly, I will never choose to quit.

Jeevan Ghimire
Bhaktapur Toastmasters Club

FUN IN TOASTMASTERS, TLI 2



I had fun conducting a session at TLI 2. My topic itself was how we make toastmasters meetings fun and enjoyable.

My whole idea about being a toastmaster is to enjoy the meetings and the journey as a whole. My understanding is, whatever you do in life, you get to enjoy the process, or else, it doesn't make any sense. Toastmasters are no exception.

My message is that it's essential to attend the meetings, give speeches, and take different roles. The reason we join the club is to hone our communication and leadership skills. But equally important is to have fun while doing all this. I have always believed that it's more important to be a happy toastmaster than just an eloquent toastmaster.

In the session, I interacted with six toastmasters from six different clubs. We talked about what we are doing to make meetings

exciting and what we can do in the future to have guests come in and turn into members. At the same time, we retain our old members too. Lots of good points were raised and discussed. Almost all agreed that the Theme of the meeting has to be exciting and informative. Toastmasters of the morning/day/evening have to work on it and prepare it well. We felt that the table topic must be conducted each time differently, with certain tweaks.

It's not always about doing different things, but doing things differently. The environment of the club has to be very friendly and welcoming, especially to first-time guests. They are critical assets to the club as they are the ones who will be turning into our members.

We felt that evaluations are a critical part of each meeting, as good feedback will make members grow as a good leader and a communicator.

To build the rapport between members, some after meetings get-togethers are significant. We call them postmasters. It could be gatherings in restaurants or places and have some light moments over a coffee or some drinks and dinner. Some fun activities like singing and dancing sessions are essential for the excellent health of the club and its members.

As an area director, my focus will be to see happy toastmasters. I want them to enjoy the journey without exerting and exhausting themselves too much. Some efforts are needed, and one shouldn't burn themselves in the pursuit of learning. As with life, the Toastmasters journey should be full of fun and enjoyment.

Rabindra Pradhan
Bhaisepati Toastmasters Club

STEPPING UP THE TOASTMASTERS LADDER



I am Sadiksha Thapa, currently working in an international organization. It was in 2012 when I first joined Toastmas-

ters. Since then, the Toastmasters journey has been a roller coaster ride. There have been times when I have been applauded and garnered with Humorous Speaking Award, Best Tall-Tale Speaker Award, and Best Speakers Award, whereas there have been other times when I have forgotten the transition in between my lines and I have embarrassed to splits. However, one thing that has remained steadfast and has remained as a glister in mind is the gratefulness for being a member of this club where all the members are pampered with recognition and great camaraderie. So, for everything, I want to thank two senior Toastmasters - TM Suman Shakya and TM Tyler Macmahon for implementing the Youth Leadership Program at my college, Kathmandu University School of Management back in 2012 because my life has not been the same since I gave my first ice breaker speech when I was just 21.

When I was in college, Toastmasters used to be quite a reality check for me. I used to be at college, which was a nice, cosy environment, and so was my home. I needed to get out of my safe cocoon and do something extra, not something extraordinary such as bungee jumping, but something like public speaking since speaking in public has always been a challenge to me. Just at the right time, I joined Toastmasters. I came across a rainbow of emotions that my life as a college student did not offer from feedback for featured speeches during the meeting to unsolicited advice from my colleagues and guests. I also co-organized the tall-tale club contest, mentor-mentee experience, and even launched the first magazine at Himalaya Toastmasters Club, which was all exciting milestones for the club.

One challenge that came with joining Toastmasters too early was that most of the senior Toastmasters who were already in the industry I was to join after my graduation, knew me inside and out i.e., from my family background, my residence to my strengths and weakness within five years that I was in the club. So, unlike my friends who could start with a comparatively cleaner state than me, had an edge on me in a few instances. However, senior toastmasters did acknowledge the growth I had shown in my Bachelor's compared to my shy and docile self in school. Well, I was turning the handles of the clock a few years behind. Recently, in July 2020, I joined the Shangrila Toastmasters Club, which again has promises to provide the rainbow of experiences, but this time to my professional life.

Sadiksha Thapa,
Shangrila Toastmasters Club

DISCOVERING SELF IN TOASTMASTERS



I used to believe that I had been an excellent speaker and a good

leader. But my confidence dropped when I went completely shy and nervous on stage. So, I decided to join Toastmasters in 2020. After 20 years of experience in marketing my objective was to become a better speaker — I didn't feel like I was a weak speaker, but of course, there is always room for improvement.

It turns out, when I signed up for Toastmasters, I had no idea what was around the corner. In fact, my self-confidence as a speaker was completely shattered shortly after I joined seeing the fellow toastmaster speaking so smoothly. In hindsight, it was not surprising, but I was quite shocked back then.

Since that moment, I have accomplished quite a lot. I listened and spoke; acted and delegated; I challenged and empowered; I learned and helped, and I motivated to lead and started earning

my peers' admiration for the will and effort that I put into what I do. I was not a passive member and always got involved in leadership positions, first by carrying out the usual roles in meetings followed by leadership roles.

In Toastmasters, I met wonderful people who are deeply committed to improving themselves and others. People who share, who give, who be came best friends and family. They come from my club but also from many others in Nepal and around the globe.

They have challenged me to become a better person in every single aspect — not just as a communicator and leader but also as a learner. I'm not exaggerating when I say that, apart from my improvement, this is the best thing about being a Toastmaster!

Indeed, this has been a wonderful year. My club has earned recognition, which is a result of all the hard work my club members and I put in. As more and more people are joining us, the club is growing as well. The lives of so many people have profoundly transformed.

Because of Toastmasters, other members and I have advanced much more than we could have done without it.

At work, I have started applying these new skills by organizing high-profile internal and external events and even hosting small parts of some events. I lead panels of speakers and trained other colleagues who were going on stage.

Samir Dhungana
Professionals Toastmasters Club

ONLY 100 MEETINGS. YET!



After 81 successful meetings at Bodhi, the country, along with the world screeched to a halt. Many of us in the Toastmaster Club felt incomplete without our weekly camaraderie. So, with excitement, Bodhi experimented on a new platform for the 82nd meeting. Navigating technical difficulties, trying out different voting methods, we began figuring out how to keep the essence of our meetings alive in a virtual setting.

Since then, the train has kept moving. As a result, on August 3, we celebrated our 100th meeting via Zoom. We kicked off with a video collage that gave all attendees a glimpse into our journey so far. With a dazzling line-up of performances from Kiran Nepali's soulful sarangi to Suvarna Shreshna Basnet's meditative relaxation, the momentum stayed up throughout the meeting.

The meeting may have begun on a relaxing note, but it quickly picked up as TM Shreya Paudel and TM Alexandra Wrigley took up the stage for some impromptu sessions. First, we began with a 'Spin-a-Yarn' session where volunteers were paired off and competed to complete each other's stories. This session was followed by the classic 'Turncoat', where individual volunteers argued both sides of an impromptu argument.

TM Anishka Shakya and TM Jenny Manandhar, along with TM Bibek Dutta bagged digital certificates and gift vouchers in these respective sessions. The energy in these sessions amped as Amuda Mishra, Executive Director at Ujyalo Foundation, took up the virtual stage. If the audience was in splits over her awkward anecdotes, they quickly found their footing with Rohit Saud, a dance and fitness instructor joining us from Bengaluru, India.

In the meeting unlike any other we've ever had, Bodhi danced and rejoiced along with over 85 attendees from different parts of the world. IPP TM Niladri Parial competently led the meeting with the theme "The Best Project You'll Ever Work On Is You". Not just the Bodhi family, but the extended Bodhi family from all other clubs joined our celebration and ensured that the connection remains absolute both on stage and laptop.

Though the meeting was virtual, the enthusiasm certainly was not. With the planning for the 101st meeting already underway, we can rest assured that many such future milestones are yet to come.

Jigyasa Bajracharya
Bodhi Toastmasters Club

MOMENT OF TRUTH



At Toastmasters, we believe in the continuous journey to learn and to be better. Moment of Truth is the session where the club members get to reflect on the

experience created by the club and provide feedback to improve the overall club experience.

In July 2020, Toastmasters clubs in Division A conducted their very first online Moment of Truth sessions. The enthusiastic club members joined this special online session held by their respective clubs to reflect and assess their experience at the club. Moment of truth is a self-assessment session where the club members assess various aspects of the Toastmasters club and its experience. During the session, the Club members are divided into groups to discuss each of the Toastmasters' six critical aspects. The group rate the various areas of experience created by the club.

1. First Impressions:

The group discusses the guests' first experience and observation when visiting the club and whether these impressions encourage them to return.

2. Membership Orientation:

The group discusses how the club acquaints its new member with the Toastmasters program.

3. Fellowship, Variety, and Communication

The group assesses if the club offers a warm, friendly, and supportive environment that encourages enjoyable learning.

4. Program Planning and Meeting Organization:

The members reflect on whether or not club meetings are carefully planned, with well-prepared speakers and useful evaluations.

5. Membership Strength:

The members analyze the club's membership-building and retention practices.

6. Achievement Recognition:

The members evaluate the club's tracking system of each member's educational progress, submission of awards, and consistent recognition of achievements.

Toastmasters is all about constructive feedback, and Moment of Truth sessions in Toastmasters is no exception. The group doesn't just discuss how the club is performing in various aspects but also provides actionable suggestions for improvement. Once the group discusses the assigned Moment of Truth, a person from each group presents their report.

The discussion and suggestions presented during the Moment of Truth sessions are crucial for the club executive committee. The outcome of the session becomes the basis for preparing the Club Success Plan.

It is said that honest self-reflection opens one's mind to reprogramming, change, success, and freedom. Moment of Truth is a format that pushes the clubs to change, plan and improve their ways of creating a conducive ambience for an individual's and club's growth.

Sirapa Manandhar
Founders Toastmasters Club

MY TOASTMASTERS EXPERIENCE



I have tried to avoid public speaking many times in my professional career.

There was always someone who could do this, but I was always scared to go in front and speak openly. On 22nd J 2020, the Agni management team decided to be a member of the Toastmasters fraternity and introduce us to the Toastmasters club and to a journey of public speaking and leadership.

My initial experience with Toastmasters was not good, as I was unaware of how it would work. I was uncertain about how it can dramatically change one's speaking skills. But as time passed, as we had regular meeting and observed others speaking, I started getting clues on how someone's confidence in speaking slowly gains momentum. I especially learned by watching and listening the speeches delivered by experienced team members. Previously, when I spoke, I focused more on vocabulary and lost control of the content, but now I feel I am more used to getting the audience's attention and moving with the flow.

Another critical takeaway I learned from this fraternity is team-

work. Every week, we have to conduct a meeting and it forces us to come together and share our ideas and share our views on the theme of the meeting, various meeting roles, etc. It further helped me understand how people's perception differs from one another and how to deal with them all.

As I am in the initial phase of this journey in Toastmasters, I don't feel visible changes. Still, every week meeting with the team members has undoubtedly allowed us to interact and learn from the experience of others, and have helped us grow. I feel blessed in a sense in getting access to this excellent opportunity to be a part of the Toastmasters club meetings. I am forever thankful to the management as they referred me to become its member. Well, it's no hidden fact how this platform has helped everyone to groom their skill for public speaking.

I could feel the growing level of confidence in me right after attending a couple of meetings. All thanks to the life-enriching process at Toastmasters. I think in the coming days I will be able to get rid of my fear of expressing my thoughts and become a confident person. The exposure during the process has helped me to learn new vocabulary and become a better speaker. I believe this platform has equally assisted me in enriching leadership skills through communication.

With an aspiration to improve, we have also learned to lead, appreciate feedback, and embrace change. The combination of different people with different thoughts inspired me think diversely and creatively. The positive vibe during the meetings has also made me more optimistic. I will always remember how this platform has mentored us to focus and achieve our goals.

Sijan Neupane
Agni Toastmasters Club

MY TOASTMASTERS EXPERIENCE



Somebody once said to me that being a toastmaster is like being an MBA student, but with a lot of Business School, money and time saved and

well, after being a toastmaster for one year, 11 months, and 20 days, I for one can vouch for that.

I knew this was no ordinary organization the minute our clubs then VPM (Vice President Membership) came to my house to collect my membership form, leaving me with no choice but to join the club. I also had done my research in finding the club by attending various meetings (some even twice), speaking to people, and eventually just forgetting about it after a week, delaying it with a hundred different excuses in my head. But you see toastmaster's works differently. Although everybody joins toastmasters to improve their skills, they're as invested in your progress as on their own.

My "non-toastmasters friends" often ask me, "But what exactly do you do in a toastmasters meeting?" "Do you have to go up on a podium and speak?" "How does it help you improve your public speaking? Do you have teachers?" More often than not, I never

have a fixed answer to give to them. Toastmasters is about being in a room filled with people from all spheres of life, doctors, bankers, engineers, artists, investors, homemakers, and teachers. Still not feeling out of place, still being able to voice your opinion without the fear of judgment.

50+ meetings, several events are bound to add a lot to the memory box in my head. One evening when I randomly decided to attend a Toastmasters meeting because I was free. What better way to pass the time than a combination of good food, speeches, and conversations, right? (of course, this was way before COVID-19 had even decided to befall upon us). So yes, I went to the meeting, not knowing a lot of people and just sat down at the very end. I sat down quietly, avoiding making any sounds to disrupt the flow of the speaker, but wait! Nobody seemed to notice me or pay heed to any of my interruptions because the speaker, (WOW!) had engulfed the whole room in her speech. She had the audience hanging on her every word, and I, being privy to this kind of a show for the first time, was amazed. Like everybody else, I soon lost myself in her speech and was blown away with what I saw and heard. The speech was one of the most vulnerable yet persuasive speeches I'd ever heard. At the time, the speaker gave her speech in her most unguarded state, yet each word coming out of her carried that conviction.

Toastmasters has worked even better than an MBA because it has not only helped me evolve as a speaker or leader but has also provided me with the interactions and opportunities to grow as a person altogether.

Payal Saria
Shangrila Toastmasters Club



Toastmasters hit me as a novel term and my proposed membership was also an unplanned one – in hindsight, everything seemed to have happened in a blur. I knew the engagement was to be voluntary and that it will help shape my leadership and public speaking skills. The idea was to form an institutional framework where we envisioned that our faculty members at the Reliance Education Network will benefit from this journey. And, with that began the journey of Reliance Toastmasters Club.

To this moment writing an article for *Aspire*, I would rather retrospect the time, the core faculties were summoned by the chairman of Reliance Education Network Mr Rabindra Jung Thapa, Academic Director Mr Birendra Kumar Mehta and the current club president Mr Basanta Lal Lamichhane for a joint meet with the then mentor and an initiator of this club (in our institution), Mr Ajay Regmi.

The first session was not only mesmerizing but also baffling to us all. We had felt then as if we were in the midst of clouds, amidst a turbulent take-off and not knowing which direction this flight will take us all.

A demo meeting had posed several of the questions to us as we were to arrange time and money out of the tight schedules of everyday academics proceedings in our institutions to which neither we could compensate nor compromise. That was an imminent cause because we had a reservation on the very initial days to get actively involved. “Is this going to be a wishful move or a waste of time engaging?”, was a giant question then.

It's been four years since Reliance Toastmasters has been in the scene of the Toastmasters fraternity in Nepal and in District 41. Proud to say that It has ever remained one of the safest abodes for us all growing collectively with numerous wilful souls stretching their arms in every need to tune our combined fostering.

As one of the founding observers and serving officers to this club presently, I have experienced many of the ups and downs, as have I am sure, all the clubs in Nepal. Nevertheless, a top achievement today to us all is that all its exciting 24 members have grown in measure and in stature as public speakers and leaders.

I, who used to be a deliberate escapist when it came to role-taking, a man that used to sweat and shiver during public speaking, and an individual hesitant to bear any leadership roles, have beaten off all the anxiety.

Today, at this proud state that our club is at, I have understood that Toastmasters has been, precisely, ‘A Zone of Sapere Aude’ in Kantian term - dare to know, which makes us genuinely comprehend a fact about knowledge, “Enlightenment is man's emergence from his self-imposed immaturity.” I firmly believe that ingraining self-confidence will be the best wing to have miles to fly towards an unlimited horizon of learning and growth.

Let us cherish each of our meetings at Toastmasters!

Dilip Nepal
Reliance Toastmasters Club

OVERCOMING THE FEAR OF SPEAKING



I have always enjoyed listening to the speakers delivering speeches, and I have always dreamt of being a public speaker who can influence, inspire, and transform lives.

Still, the fear of public speaking never let me stand out in front of the people. I always thought about how people would manage to speak fluently without any doubt in the face and shake in their legs.

A year back, I attended the first meeting of Bhaktapur Toastmasters Club, and that very first day, I knew it was the place where I could boost my speaking ability. The warm ambiance of the club

and the passion for growing as a better speaker convinced me that toastmasters is the right place for me.

I still remember how nervous I was to give my icebreaker speech. My voice trembled, and I was panicking inside, but as I delivered my speech, the aura of toastmasters captivated me. Hadn't I joined toastmasters, I would have never known about the quality I possessed inside.

Within this short period in toastmasters, I can feel the confidence grown inside of me. I believe that toastmasters has helped me to overcome my fear of speaking. Now, if I talk, I feel more comfortable and confident, and it does not frighten me anymore to face the people. I think that my consistency in toastmasters will help me to rise and progress.

Toastmasters has not only helped me to enhance my public speaking but also helped improve my listening and writing skills. I am thankful to have such a great toastmaster family who always motivates me to become a better leader.

Aashma Adhikari
Bhaktapur Toastmasters Club

BEST THINGS IN LIFE HAPPEN UNEXPECTEDLY



In the busy and boring scheduled life, the most cherished moment happens when family and friends come together; that happened to the team of Chitwan Landmark Toastmasters club on the 4th of July, 2020. After spending three boring months under the cocoon of lockdown, we decided to catch up at a Fern Residency, Bharatpur.

We were excited to meet our club members face to face where some of us were meeting for the first time, although we regularly met them in a virtual mode in the club sessions. To make this day memorable, we planned to make it larger, but little did we expect it to be larger than life.

To our surprise and privilege, there, we saw Mr Binod Chaudhary, a business tycoon of Nepal and an idol for many aspiring entrepreneurs. Our level of excitement and happiness doubled to meet him unplanned yet like a blessing.

So, we decided to seize the moment as we knew some opportunities wouldn't come twice. We approached him as Toastmasters and asked for his permission to spend some time with him. To

our delight, he invited us to join and interacted with us for about half an hour.

He was eager to know what Toastmasters is all about and listened to us patiently. He wanted to know the views of today's youth from pandemic to political scenario. His humbleness and enthusiasm were greatly felt in his queries and interaction.

I believe that we definitely impressed him through the communication skills that we learned at Toastmasters and the ideas we shared on the topics discussed. We tried to answer him eloquently.

One more benefit of this meeting was we grabbed the opportunity to request him to be the keynote speaker for a toastmaster session someday. For this, he smiled and nodded positively. Later, he introduced us to his Personal Assistant, Mr Sanjay, and we exchanged our numbers.

Half an hour passed just like a click of a finger. At the end of the session, we took keepsake photos, which we all treasure a lot. That day, little did I know that the day we agreed upon would come so soon. A month later, I got a call from TM Ankit, Area N2 Director.

He asked me if I can approach Mr Binod Chaudhary to be a Keynote Speaker of TLI-2. I was unsure whether I'd be able to convince him or not, but I gave it a shot. I sent a message to Mr Sanjay, and the next day I got a confirmation call from the Senior Manager of Chaudhary Foundation, and the rest is history.

Life is full of surprises, and the best things happen unexpectedly.

Junu Shrestha

Chitwan Landmark Toastmasters Club

APPLAUSE



The act of putting two hands together to create applause or commonly known as the act of clapping can pump up a crowd. It is customary in each Toastmasters meeting to show support to our fellow Toastmasters by applauding before and after they speak. Simple gesture sets the mood and enables each individual to create a space that is conducive for public speaking. This was a common sound that echoed in each Toastmasters meeting room until the pandemic hit us and changed our meeting set up entirely.

At Uppsala University, a university in Sweden, study revealed that humans clap based on the environment and crowd rather than in response to the actual content on display. This holds for most instances in which we applaud or clap. But at Toastmasters, we make a conscious decision to consistently clap and consistently applaud to consistently support our fellow Toastmasters

in their journey through the speeches. What this does is that it creates a certain amount of energy and adrenaline for each speaker to put their best foot forward.

Part of being a good speaker is shedding the wall of nervousness that we may have, and getting rid of this nervousness is comfortable with a lot of practice in a crowd filled with applause and encouragement. Just like most things in life, the practice-makes-perfect mantra applies to public speaking as well. When you can consistently speak in front of a supportive crowd filled with applause, your initial nervousness and jitters before speaking dies out with each speech you deliver. Once you are not worried about the group, your focus shifts on what you are saying and how you are saying it. This is when your personal growth truly takes the front seat.

But, what about virtual Toastmasters in a corona filled world? Is it possible to get this type of applause and encouragement? Yes, absolutely. Speaking in front of a computer and speaking in front of a crowd are two different things, there is no denying that. However, the common thing during both of these instances is that you face a group that is eager to listen to what you have to say. Unmute your microphones and make sure you continue to applaud before and after your fellow Toastmasters speak. Spread that energy, warmth, and praise virtually and continue to motivate and help each other grow through the Toastmasters journey.

Kriti Panth

Professionals Toastmasters Club

3 LESSONS FROM THE EDITORIAL EXPERIENCE

“You only grow by coming to the end of something and by beginning something else.” - John Irving



When I took upon the role of Division A Editor for 2019/20, little did I know what it was going to be like? There would be challenges, there would be learnings, but where they would take me, the destination of the journey was little known.

I can vividly remember, even over a year later, the day the PR team for Division A 2019/20 had gathered at Bricks cafe. While we were munching on potato wedges and momos, we knew we had lots of work to do. I am naturally drawn towards many things that have to do with publication and words. It might as well be my adrenaline rush. However, managing the newsletter - Inkspire, and managing the content for Toastmasters Nepal website proved to be a one-of-its-kind experience. I am grateful to have been given this opportunity and have accumulated many learnings on the way. Here are three of the most memorable ones.

The Power of Peer Reading

Reading is something I have enjoyed since I was a child, but peer reading - reading write-ups written by my peers was something I had never done on more than a personal scale. This scene would altogether change as I read and edited over 100 submissions for Inkspire in one year. Reading words written by fellow Toastmasters made me realize how wonderful it can be to learn the ideas and thoughts of fellow members in this journey, to connect with members with both unique and similar experiences. The same would apply to speeches.

Learning to adjust the viewpoint

The editorial experience also turned out to be an excellent gateway to leadership. Managing multiple action teams helped me gain better coordination, negotiation, and management skills. Like a bird flying in the clouds, I had to fly above to see the view from afar - to set the vision and mission. But it also needed me to get down on the ground where the action was. I was learning to adjust my viewpoint from afar and from near.

Connecting the dots

Professionally, I have always been drawn towards the world of content. And leading the editorial team gave me new skills and experiences to add to it. Making and managing content logs to keep track of articles, planning for each issue, deciding the cover, finding the contributors, all of these have connected many dots of learning and aspiration for me on a personal and professional level.

All of these would have never been possible without several seen and unseen hands who have guided, contributed and elevated this journey for the entire team and myself. And it brings immense joy to know that we now have not one but three amazing editors across three divisions in the fraternity. The chapter ends, but the story goes on.

MY TOASTMASTERS EXPERIENCE- SHAPING ME, MY PERSONALITY



I consider myself the genuine product of my experiences than my traits. I believe that the collection of experience shapes people. Like most of you, I am the sum-total of my experiences. All the experiences I have got from my family, friends, neighbours, teachers, colleagues, my birthplace, my school, my workplace, and more importantly Toastmasters, have made me what I am today.

Before joining Toastmasters, I was uncomfortable talking in mass and talking with other people. It might be because of a fear of failure, or fear of people, or fear of insult. I don't know why but I was always scared of talking to others, especially speaking in public.

Genuinely speaking, I was looking for a platform where I could develop my personality and enhance my speaking skills. It's odd to say that, by nature, I was introvert and shy, even to communicate with my colleagues as a coordinator at my workplace. And, Toastmasters helped me to come out of it.

The journey of a new experience started four years back in September 2016, as I first heard about Toastmasters in the school where I work and I liked the idea. I was highly impressed by the slogan of Toastmasters – 'where leaders are made'. Since I always felt that I was not born with leadership qualities, and I required to develop leadership skills to sustain myself as a teacher and as a school coordinator, I thought this would be a good platform for me.

I have always felt the need to improve my communication skills. I know that a leader needs to be convincing and to lead with influence at my workplace I needed to speak and communicate well. So, I decided to be a Toastmaster to be groomed as a leader and a public speaker. After I joined I found every meeting of Toastmasters exhilarating, educational, and enjoyable.

Each meeting I attended energized me, motivated me, and prepared me toward the journey of an improved speaker; gradually pushing me to be a good leader. I must say, I realized that I got a beautiful platform, where I could prepare, practice, and polish my speaking skill.

I believe that one has to take action to reach success, and each action gives another life experience. So, I accepted every project of my Toastmasters journey as a challenge, that was pushing me forward. All our dreams can come true if we dare to pursue them.

With this compassion and consolidation, I stepped forward, and the completion of different levels in Pathways projects gave me a sense of completion in life. I am encouraged to achieve more. The journey will continue.

In the course of doing the projects, I had to go through different ideas to draft the speech, read through and follow the project checklists, and also deliver in front of the mass, which enhanced my learning capacities as well as speaking and writing skills. The best part of it was the way the speaker was provided constructive feedback would help one to improve.

In short, I have many exciting experiences in my Toastmaster journey, and all of them sooner or later contributed to my personal and professional development. I can now proudly say that I am strategic, systematic, and precise in communicating with people. I can rightly choose the words and sentences and deliver them effectively enough to catch the audience's attention.

I believe the need, requirement, and desire for improvement always leads us. Those are my motivational factors. My self-motivation develops when I come across challenges and achievements. Toastmasters journey is the complete package for me, full of challenges and achievements where I explore different stages. Still, there is much more to learn; leadership is a journey. Let the life-changing experiences happen with your little effort in Toastmasters.

FORMATION OF NEW CLUB: SANSKRITI TOASTMASTERS CLUB



In June this year, incoming Area Director, TM Diptee Acharya, approached me to be

the Area Club Growth Director. I've been a Toastmaster for 10 years, and it has changed my life. But, outside of mentoring, I didn't take up leadership positions because I was worried I wouldn't have enough time. However, after discussing with colleagues, I decided to take up the role; and the first task was to help finalize the formation of a new club, 'Sanskriti Toastmasters Club'.

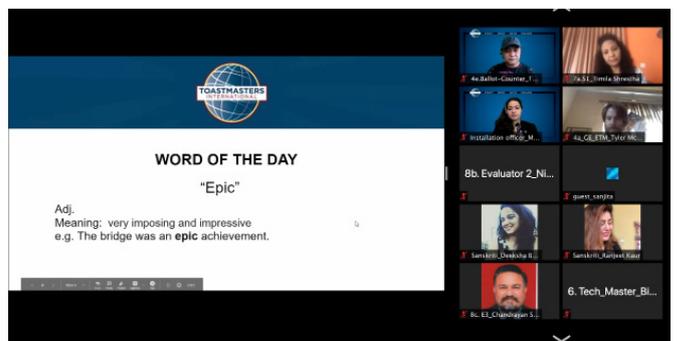
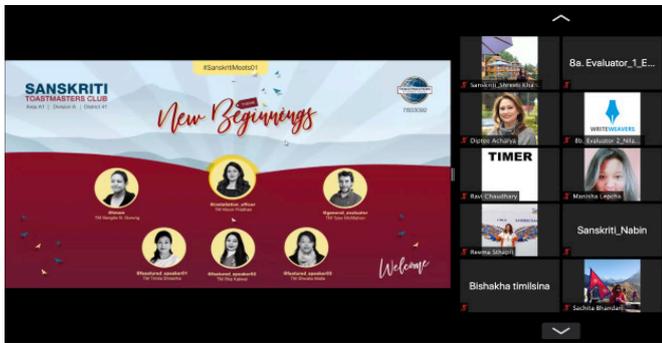
This required learning while doing at a fast pace since the goal was to have the club chartered before the end of August. We had to go through orientation, member recruiting, documenting

and registering all the members and submitting the required information to Toastmasters International so that the money could be paid timely. Fortunately, it was easier as Sanskriti School's plan had been in the process already under the leadership of TM Diptee.

Teams are important and during the past several years, while under growing rapid growth, Nepal Toastmasters has a great leadership team. I reached out to TM Brijendra Joshi, the Area CGD from last year; and he walked me through the system, and registering the club became a fairly straightforward process, minus a few typos of course. That's the importance of having a system and passing along the process.

The club has great leadership, with Everest and Bodhi as the sponsoring clubs, TM Diptee and TM Moon as the mentors. This past Sunday, August 23rd, was the first meeting of the club led by Club President TM Sangita Ghotane Gurung. The meeting was flawless with an excellent theme, well-conducted induction, Table Topics and great featured speeches. Over 90 people attended the meeting. Indeed a great start and I look forward to seeing this club grow under its leadership.

Congratulations to the whole team!



Tyler McMahon
Everest Toastmasters Club

FIRST EXPERIENCE MATTERS : MINE WAS AWESOME!



The very first day as a guest in Toastmasters Shangrila, I logged in with a lot of excitement, nervousness, and aim to learn something very new. I was welcomed by all happy faces and they even encouraged me to give a small Table topic speech which was the only place guests could participate. After listening to the speeches and all the interaction I already dreamt of being a member and presenting my very first speech.

This day was my very first time at any Toastmasters club and the things that amused me was time management, inter

action, the amount of respect they give to all the members, and hence the excitement from the starting of the meeting to the end.

After all the procedures here, I am here, Sampada (newest member) proud and very to be part of the team. Even through Zoom, I was welcomed digitally with a lot of excitement and belief to be a better speaker in the future. I was really excited to give my very first speech in front of my team and that day is the day I'll remember throughout my life. Never had I imagined I would get the maximum amount of positive response and so much encouragement from the people I never met and never spoke to two weeks ago.

Thankyou Sangrila Toastmasters for making the newest member already feels like home and encouraging me to be a better speaker in the future.

Sampada Regmi
Shangrila Toastmasters Club

SAILING IN THE NEW EXCOM TEAM



What could be a better way or timing to share my experience as a new ExCom member of Bhaisepati Toastmasters Club (BTM). This is not the first time that I have taken up an executive position in a social club, "BUT" the aura, the exuberance, and the vibrance here is very different this time. Having our BTM club name specially mentioned in the District 41's PRONOUNCER speaks louder than the words.

The team I am a part of is a super-powered and a perfect blend of talented professionals An Int'l development professional and having business in the Infrastructure sector as a President, a founder/CEO of Nature Nepal & vice president at FWEAN as a VPE, a Fashion Designer – co-owner at Fashion Revolution Nepal as a VPM, a communication/development professional as a

VPPR, a chartered accountant as a Treasurer, a women entrepreneur in an Int'l Franchise business as a Secretary & being a business personality myself, I have taken up the role of SAA, certainly got extra responsibilities to perform each tiny club task with perfection no matter what the situation demands to fulfill my 'responsibility'.

I am committed to taking on full 'accountability' so that each member can have full 'reliability' towards me to fulfill my guarding position of the club so that as our ExCom team have an 'Exuberant' feel always – making us 'RARE' ExCom team in the toastmasters fraternity.

I am sure to take away a lot of experience with such a depth engagement with my ex-comm team and with all toastmasters around.

Bijay Maharjan
Bhaisepati Toastmasters Club

DISTRICT 41 PR WORKSHOP EXPERIENCE



As the newly appointed Associate VPPR of Bhaktapur Toastmasters Club, it was one of my walks to learn the ropes of being a VPPR. Therefore, I've been taking every opportunity to learn. I believe the PR workshop held by the District 41 PR team has been the most fruitful one to iterate about the newly regulated brand guidelines by Toastmasters International.

The event was started and led by DTM Kaushik Bhattacharya.

He elaborated on the Visual Brand Guidelines, one of the most important documents for any VPPR. In my opinion, the guideline is vague in certain aspects; it only mentions what we need to know. DTM Kaushik did a fantastic job of simplifying and explaining the contents. Despite only having the Visual Brand Guideline on the screen, the way he described his experience with flyers and other PR materials was clear enough to get a definite picture of what to do and what not to.

After his session, the rest of the PR Team shared their suggestions, experience, and strategies for the VPPRs and toastmasters present. This session was followed by the Q/A session, which was the best part of the workshop for me. The questions asked by fellow toastmasters were very situational and the PR team addressed it appropriately.

Rather than learning the duties of VPPR, I learned to carry out those duties while maintaining the standard of Toastmasters International. Overall, I'd say that I got a lot of information that will be useful later in my toastmasters journey.

Prasin Shrestha
Bhaktapur Toastmasters Club

literature

MONSOON



"THE SKY IS GREY AND COLD
THE EARTH, SOAKED BUT FRESH

I LOOK AT YOU

MY EYES DIPPED IN MONSOON MADNESS
TODAY IF I SING FOR YOU,

I'LL EVEN BEAT THE MELODY OF THE RAIN
AS THE MIST RISES UP THE MOUNTAIN

AND THE SUN RAYS POKE THROUGH

YOUR LOVING FACE IS FIRST TO SPARKLE,
ENOUGH FOR ME TO START THE DAY ANEW

TODAY IF I WEAR A SMILE,

I'LL BEAT THE RAINBOW ARCHING ACROSS THE SKY
HEAVY DOWNPOUR THAT CRAWL ON OUR WINDOWS

ARE SHARDS OF LOVE, FROM SKY TO EARTH
DISGUISED IN LETTERS, I SEND YOU MY LOVE TOO

WRAPPED WITH A CUE THAT MY SHARE'S STILL DUE
TODAY IF YOU ARE FREE TO LISTEN,

I'LL LAY MY FEELINGS LIKE HAY IN THE SUN
PETALS SWAY HOLDING THE DROPS

EVEN AFTER THE RAIN IS GONE
SAME IS THE SPELL YOU CAST ON ME

CLINGING ON TO YOU SETS ME FREE
TODAY IF I POUR MY LOVE ON YOU,

IT'LL DRENCH YOU MORE THAN MONSOON RAINS DO"

Sumana Bajaracharya
Pokhara Toastmasters Club

ALL BIKERS MUST DIE, MR BALI RAM



I was looking out of the window of a moving bus, lost in an unproductive chain of thoughts, like always, when a speeding bike ran into the rear end of our vehicle and came to rest (in peace) under the wheels. The biker, in a heroic fashion, tried to overtake from the side he was not expected to. I didn't judge him for the law he broke, for he might have had his own reasons — although, even for a fiction writer, I couldn't conjure one.

Among the people who were shocked, rose a valiant woman who took control of the situation and soothed the driver, "It was not your mistake, Daai." We did come to a silent agreement with her, but we were not making it official because we were in shock, and it was impolite to discuss the wrong and right in it, at least for a few minutes — you should let people collect their senses. However, the insensitive woman added, "The idiot deserved to die. Today's kids think that the road belongs to them."

It was a special occasion for me because I, especially, hadn't seen a decapitated body of an alleged idiotic person before. The meticulous way his head was preserved inside the helmet was a divine miracle in itself. If I were a marketing guy for any helmet company, I would have stolen a photo out of this horrendous scene to prove the point that Helmets indeed protect you from head injuries. (But they do not necessarily save your head from starvation of the 'Common Sense,' though.)

We got off the bus. It seemed like a standard social protocol as almost all the passengers wanted to satiate their absurd fetish of clicking exclusive photos of the accident. (Do they get paid for that?) The insensitive woman, on the other hand, was still ranting inside the bus.

The words and phrases like 'Stupid,' 'Dumb,' 'need to be taught a lesson', and the entire content of her hate filled rant was uncomfortably audible to the ears outside. She came to an abrupt halt as she bent out of the window to see the aftermath of the accident. No cat is immune to seducing curiosity, isn't it?

"Eh Bhaai!" She squealed with a look of concern. Her valiant face had turned purple, and her lips quivered. "Can you look at the Helmet and tell me if there is a sticker that reads 'Om Bali Ram'?"

The Bhaai, who was the bravest among us, walked to the helmet and rolled it with his leg to scream with the same intensity, "Yes! Chha, Chha. There is a sticker that says 'Om Bali Ram.'"

The woman, all of a sudden, started wailing, which had all the on-lookers unsettled. I must add that it was one of the most painful cries I have ever heard in life. Instead of walking out of the door

of the bus, she jumped out of the window in haste. Albeit oblivious, she bruised her body in the process.

She went to the decapitated head first and carried it near the body. I stood there to observe what she was seeking to accomplish. My body began urging me to leave the place by triggering nausea.

I chose not to dignify its urge and continued observing the doings of the insensitive woman. She was desperately working to attach the boy's head to the rest of the body, like a child attempting to fix her broken action figure.

"K bhayo talaai? Wake up. Somebody, please call the ambulance. We can still attach the head if we reach the hospital in time. Please! I beg you," cried the insensitive woman, now entertaining flood of tears in her then composed face. I failed to comprehend what was happening because this was the same woman who wished this boy dead a few moments ago.

"Chhuraa! Uth na. Wake up, son. Everything is going to be alright. You will be fine." She abruptly burst into a soulful conversation with the mummified head, a comedy I couldn't help but witness but was obliged by the social construct to not laugh at. If it had not been for the seriousness of the situation, I would have walked to her just to tell her that she was the most optimistic motivational speaker I ever had the opportunity to hear.

The traffic police arrived at the scene as composed as the woman was before she discovered that it was her son who she preferred dead. "Where is the rest of the body?" He asked, with the zeal of an overworked coroner.

"Under the tire," said the woman pointing at the rest of the body of her son. "Please hurry! We can still attach the head to the body. It is not late." The degree of loss and probably a lingering embarrassment rendered her insane. "Where is the driver?" The traffic police sought.

"That bastard is there. Please catch him. Don't let him run. He killed my son. The fucking bastard killed my only son." She started wailing again. Did she forget that a few minutes ago, we mutually agreed, in her chairmanship, albeit unofficial, that it was not the driver's fault?

I decided not to participate in the social congregation anymore, so I left the place. It was a very confusing experience. I had sympathy for the woman, but at the same time, I was infuriated by her. If it had not been for her son, she would have taken pride in having a reckless biker taught a lesson. The level of compassion we show, apparently, depends upon our relation to the criminal.

In the end, I pondered how the God, here, Mr. Bali Ram, performed their work without flaw. I wonder — would have the boy survived if he had more 'Om Bali Ram' stickers all over his body just like in the helmet? I assume if the boy hadn't been parsimonious, his body would have been saved too.

Well, at least the unscathed head turned me into a believer of Bali Ram.

SELL THE BENEFITS, NOT THE FEATURES



How many of us carry smartphones? Can you place them on the table? How many of

them have iPhones? How many of us eagerly wait to watch “We are going to redefine you today”. With these amazing products, that will make your life so much better.

Without even having a single big store in Nepal, without any advertisement, these guys can ensure that each one of us is carrying their products, paying the hard-earned premium price. How do they do that? This is something so different but brilliantly executed.

Steve Jobs was once asked if he had done any market research to figure out what people wanted. He adroitly said, “No. People don’t know what they want. I make products that redefine their lives. They don’t even know what they want.” Even with that arrogance, people queue up the whole time to purchase them as they are released.

The Sale is a process, an art that we all are engulfed in day to day life. Be it the President of the United States or a beggar down the street; we are all trying to sell. Be it a husband trying to sell his desires to his wife or a mother trying to get things done by her children. They are all sales.

The Sale takes place when there is a value shown by a person selling it to the buyer. Sale increases when the buyer is made interested to buy in real sense. It happens when there is trust in the whole process.

Let me take you on a journey.

Do you brush your jewels? Please tell me what your jewel is. Something you show regularly. Yes, the pearls that shine onto others. I will tell you one or two things to keep your pearlies in order, so it won’t let you down when you need it the most.

It is housed here. I also call it a gateway to our body. If the gates are muddy, ill-kept, the entire house gets dirty. And it’s so easy to get it in perfect order.

Let’s go into what all it does first. It lets us chew so that vital nutrients are provided to the healthy functioning of the entire body. Once we lose them, usually, the process of degeneration is faster. Let me take away the myth that people believe that they feel when we get old.

No, they don’t, if you keep them maintained. They are like your fingers. Does your finger fall? Secondly, it is the shortest curve between two people. A simple “Smile” heals many sorrows, creates many friends. Thirdly, what’s life without taste? One of the vital senses that we all vie for. When it’s healthy, it never lets us down.

How many of us brush at night? How many of us floss daily?

Flossing then brushing the last thing before going to sleep is the best thing that can happen to us. Just imagine that we have not brushed before bed, and there is some food stuck between our teeth. After we get up in the morning, just take it out and smell. How do you feel? Yes, it’s decayed. We have been helping the process of our decay by leaving things to decay. We need to ensure that there is absolutely no food in our mouth before going to sleep.

I know we all do in the morning, but the damage is already done. And in the daytime, we are talking, eating, the tongue also does a lot of cleaning. But at night, it’s a whole process of stagnation.

If we are only brushing, we are only cleaning 60-70%. Flossing makes it 100%. Floss the teeth you want to keep. We have to ensure that each surface of our mouth is immaculately clean before bed, including our tongue. It must be free from any form of plaque, a slimy moss on our teeth, which can only be removed by touching it.

Do we flush the toilet after use?

Don’t we need to flush our mouth as well? Water is what makes us; it is what cleans us. Our traditional habit of rinsing the mouth after every use can help us a great deal if maintained.

Last but not least, our mouth, just like our cars, needs regular checks and servicing. There are many diseases in the mouth that, if unchecked, it can give us many miseries down the lane. Regular visits to the dentist can save many physical, mental and financial traumas.

The pain is already a sign of major destruction. We must make it a point to visit them at least once a year. After all, it’s just a maximum of 100 times in our lifetime. Learning the correct way of care and prevention helps us in the long run.

Tell me, would you not want the process of cleaning more efficiently? Would not a vacuum cleaner clean better than the broom? So does the electric brush. Just imagine one stroke of a manual versus one stroke of electricity: it’s phenomenal. In dentistry, this is one thing that has had the most research and trials and has been proven to be of great aid. But mind you, this does not replace flossing, flossing; we must manually do. We can also use Interdental brushes along with it.

Keep your mouth healthy, and it will help in keeping your body healthy. Humans with a healthy mouth are generally found to be healthy individuals.

Now let’s go back to our topic, sales...

Now what I just did is that I tried to add value in your life. I could have simply said, “You must brush and floss” and you would have said, “Ya ya”... Sales should be something that adds value to your customer’s life.

Let’s take a scenario where we go to buy a simple shirt. It is the attitude of the salesperson that defines our purchase. Many times, they make a mistake of judging a person by how we dress up or carry ourselves.

Judging a person without understanding them is the biggest pitfall. Understanding the problem and finding a solution for each customer that walks in our door is the way forward. Never judge a book by its cover. Sell the benefits, not the features. We got to put ourselves in their shoes. And it’s always a win-win for both.

Dr. Neil Pande
Shangrila Toastmasters Club

TLI SESSION : ONLINE



Recently, Division A, N, and O held TLI 2 for the three respective divisions.

Having already taken part in the previous TLI on Zoom, this even went off without a hitch. All of us were very lucky to have the well-respected billionaire businessman Mr Binod Chaudhary grace our screens at the beginning of the session.

Across the 300 plus attendees, everyone was in awe from the beginning, as he shared his invaluable wisdom. Mr Chaudhary was incredibly happy and excited to speak to us about communication, leadership, entrepreneurship, and the current pandemic.

Many respective individuals knew how busy Mr Chaudhary was to give up his time. However, what was even more unexpected was Mr Chadhary wanted to talk longer than his allocated time. To us, as toastmasters, it was such an honour to hear this, and if it wasn't for the schedule of TLI, we are sure we would happily have him speak a lot longer than allocated

Following his opening, TLI 2 kicked off. First up was the first trainer, the hardworking DTM Shaurab Lohani, who smoothly and clearly informed the members of DCP goals and club plans. Next was TM Sadikchya Singh, who provided a gripping training session on evaluation and mentorship. Finally, TM Rabindra Pradhan rounded off the TLI 2 with a creative session on how all toastmasters in Nepal could make club meetings more enjoyable.

Also, the presence of Div, A Director DTM Moon Pradhan, Div N Director TM Anish Dixit, and Div O Director TM Avish Acharya, many area directors, role takers, and participants, managed to show what could be achieved through the power of collaboration as opposed to competition.



UNIQUE MEETING : BHAISEPATI ROCKS



On August 2, 2020, Bhaisepati Toastmasters (B T M) conducted its 47th meeting in a unique way making it the first ever "all Nepali" club meeting. In the meeting, the speakers and role players resorted to speaking using only the Nepali language throughout the meeting. All the club members decided to introduce self added with fun, color and panache.

Also, to mark the Nepalese festival "Teej" on August 3 , the

female members appeared in beautiful red attires and the male ones donned a traditional Nepali 'Topi' with Nepal's national flag and the Himalayan ranges in the background. The Presiding Officer TM Grishma Shrestha who is also the club's VPPR delivered her opening remark and welcomed everyone on board. Club's President Jay Nishaant executed the role of Toastmaster of the Morning. Three seasoned speakers TM Neelima Kafle, TM Anup Banskota and TM Darshana Shrestha delivered their featured speeches and TM Sandeep Dhawa representing Bhaktapur Toastmasters happily chose to be the General Evaluator of the morning. Another attraction of the meeting was a "Pathways" session, which was conducted by the club mentor TM Sadikhya Singh from Everest Toastmasters Club. The most important part of the meeting was the precious presence of Division A Director DTM Moon Pradhan, Division A PQD TM Heema Mukharang, Area Directors TM Rabindra Pradhan and TM Ankit Goenka, members from other clubs as well as about a dozen of non-toastmasters guests. The session was participated by more than than 45 participants.



Grishma Shrestha
Bhaisepati Toastmasters Club

ROASTMASTER



Roast. The word likely brought up a picture of coffee or a well-cooked piece of chicken in your mind. Neither were on the minds of participants at Everest Toastmasters on 02nd August 2020 where they were subjected to a good roasting. No, participants were not slow-cooked over a fire rather, they experienced what can most simply be explained as the opposite of a toast but with all the joy.

A roast in public speaking is thematically similar to a toast. Both are done to honor individuals except a roast does it by making fun of the person/s. This makes it a tightrope act where the 'roaster' or one that conducts the roast has to balance making fun of a person without being offensive or hurtful.

The idea for a roast themed toastmasters meeting or a 'Roastmasters' had been floating around for the last year at my club, Everest Toastmasters. Everyone agreed it would be a fun club event, but it was just too much of a tightrope act. At least for me, even accidentally offending any one of our fellow toastmasters or attending guests was a significant deterrent. It is said that Notre Dame waited for over 800 years for Phillippe Petit to tightrope walk across its beautiful towers. The wait for a Phillippe Petit who could tightrope Roastmasters at Everest Toastmasters was mercifully shorter. Toastmaster Seema Golchha walked that tightrope on the first Sunday of August 2020 and created club history in the process.

All members at Everest Toastmasters were sent into tense anticipation the day Toastmaster Seema announced that she would be attempting Roastmasters. The anticipation in me at the least had grown by the time Sunday arrived – I knew she was an experienced toastmaster, but really how was she going to pull it off?

Curtains finally rose to the meeting. Toastmaster Seema took the stage, welcoming everyone by being her usual ebullient self. What I saw a tightrope walker gingerly taking the first steps that took them out into open space. Her next move was a masterstroke as she displayed her ventriloquism through a puppet named "Jack Denials," who now took the role of roasting participants. Who could ever be offended by a puppet? Not that Jack said anything offensive but rather made light fun of us participants in a way that made the meeting zip by and left us all wanting more. No mean feat considering we were on zoom and that my internet speed was giving me choppy audio.

Eventually, I was called out by "Jack" on my enormous eyes in a way that led me to make them larger playfully. No sooner as I had done that, Jack was on to the next participant, leaving me with a twinge of wanting to be roasted. There is no better measure of a successful roast than that, leaving participants with the desire to be roasted again. Leaving the question - when is the next roastmaster happening?

BHAKTAPUR TOASTMASTERS CLUB CELEBRATING 1ST ANNIVERSARY



TM Shashi Kayastha Kaspal, Chief Editor of Club News Bulletin, announced the starting of News Bulletin with the name "The Oratorial" with a brief description of the contents. As for the entertainment, Ms. Sarbashree and Master Adhishree Kaspal sang beautiful songs.

Our Treasurer TM Chandni Kayastha conducted Spin-a-Yarn where TM Niladri and TM Chandrayan from Bhodi Toastmasters Club took part in it. TM Joyti Chhetry started Honoring Ceremony. We gave a Letter of Appreciation to all the toastmasters who helped the club to grow. Those felicitated were DTM Suman Shakya, DTM Bhanu Dabadi, DTM Moon Pradhan, TM Brijendra Rochan Joshi, TM Pankaj Pradhanang, TM Subrath Poudel, TM Prajwal Sayami, and TM Roshan Ghimire.

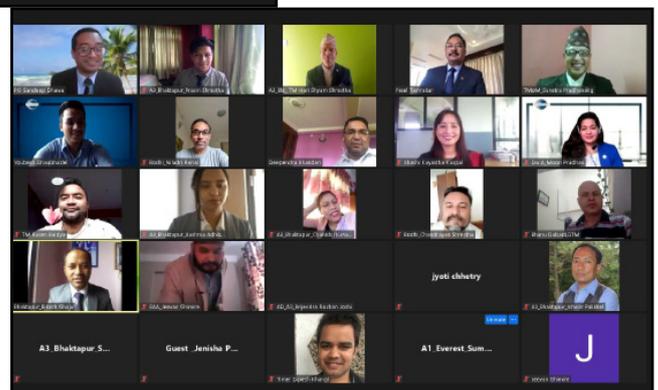
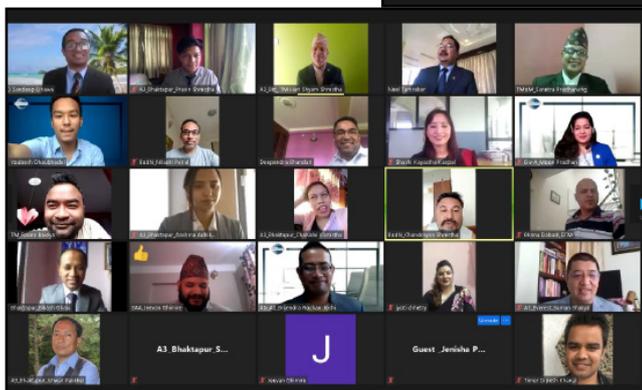
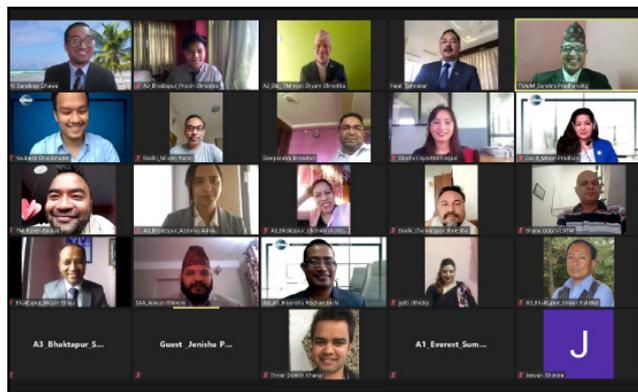
TM Aashma Adhikari announced the winners who were chosen by the club members in Award Ceremony. Following toastmasters were awarded in the following categories:
 Better Ex-Comm: TM Sandeep Dhawa
 Better Orator: TM Jeevan Ghimire
 Better Samaritan: TM Youbesh Dhaubhadel
 Future of Bhaktapur Toastmasters Club: TM Prasin Shrestha
 Most Improved: TM Bikasth Ghaju
 Toastmaster of the Year: TM Sunetra Pradhanang

The meeting was concluded by TM Sandeep Dhawa by thanking all the members and guests for their wonderful support throughout the year.

On 15th August 2020, Bhaktapur Toastmasters club celebrated its 1st Anniversary. The auspicious meeting started with TM Jeevan Ghimire, club's SAA, who energized the morning. The energy was kept up as the ex-comm put a wonderful presentation of the club.

TM Sunetra Pradhanang, VPPR of the club, led the meeting under the theme 'Culture, Tradition and Celebration'. President TM Sandeep Dhawa and IPP TM Neel Krishna Tamrakar spoke about the history of Bhaktapur Toastmasters club, its early days, and its formation.

VPE TM Hari Shyam Shrestha presented on club's and individual's achievements. Bhaktapur Toastmasters Club has become President's Distinguished Club and won Smedly Award, Young Achiever Award, and DATA Award. TM Sunetra Pradhanang has won the Path Completion Award and the Triple Crown Award. TM Sandeep Dhawa, TM Jeevan Ghimire, and TM Hari Shyam Shrestha also won the Triple Crown Award.



Sandeep Dhawa
 Bhaktapur Toastmasters Club

TLI PRESS RELEASE



Division A, N, and O of District 41 of the Toastmasters International Organization

organized a Toastmasters Leadership Institute on 8th August 2020 over zoom. The session had 305 participants from the Nepal Toastmasters community. The Toastmasters Leadership Institute has been adopted and developed to provide practical training and leadership development opportunities for its members to ramp up their Toastmaster experience, learn and refresh their skills, network and make new acquaintances and friends.

DTM Moon Pradhan, the Director of Division A, welcomed the participants to the TLI and threw light on TLI's opportunities. Similarly, TM Anish Dixit, the Director of Division N, touched about Leadership in Toastmasters.

Mr. Binod Chaudhary, a businessman, politician, and philanthropist, then delivered the keynote speech about 'Youth Engagement and Leadership' in the session. In his session, Mr. Chaudhary focused on the changing world due to the pandemic and said, "We are now entering a phase where technology and the digital industry will write what the future will be." He also talked a great deal about communication, its benefits, and its objectives. He spoke about his hypothesis about communication and how the power of communication is directly related to networking.

DTM Saurabh Lohani conducted the session on the Toastmaster's International Distinguished Club Program (DCP) goals. He talked about the 10 DCP goals that a club should strive to achieve each year, focusing on Education, Membership, Training, and Mentorship and how a club could achieve its goals.

TM Sadiksha Singh led the session on Mentorship Program. She

emphasized that Toastmasters' great success over many years is the result of members providing support and guidance to other members and helping them learn effectively. To maximize this learning of members, the session delved upon a plan that would support and complement the existing Pathways Mentor Program and help members acquire specific skills in becoming a good mentor.

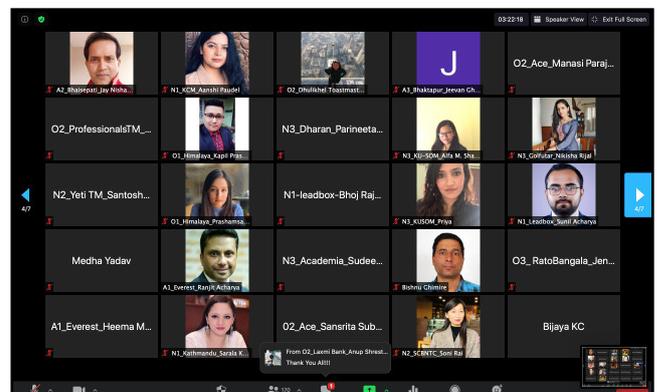
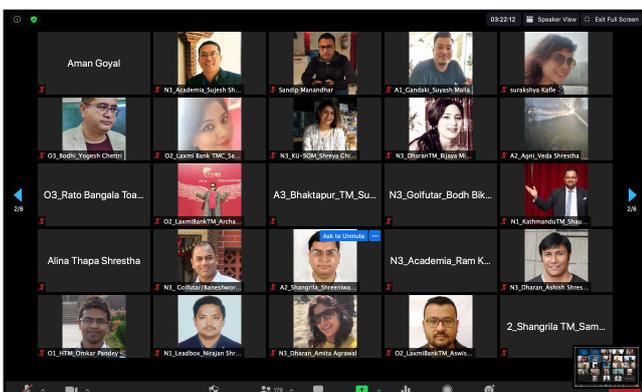
TM Rabindra Pradhan conducted a fun-filled interactive and informative session, where he touched upon how a toastmasters meeting can be fun. He invited presidents/members of various Toastmasters Clubs in Nepal to state measures that they've adopted to make their meetings fun. He invited TM Seema Golchha, TM Pranu Singh, TM Sija Tripathi, and TM Sahisnuta Sharma, TM Shreya Ghimire, and TM Chandrayan Shrestha who shared how their clubs make the experience of their members fun-filled, energetic and motivating.

The session ended with a note from TM Avish Acharya, the Director of Division O, who highlighted the subject of mentorship and how to make toastmasters meetings fun. All in all, it was a profoundly informative program with exemplary trainers.

Toastmasters International is a non-profit educational organization that enhances public speaking and leadership skills through a worldwide network of clubs. Headquartered in Englewood, Colo., USA, the organization's membership exceeds 358,000 in more than 16,800 clubs in 143 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators, and leaders. The world needs leaders. Leaders head families, coach teams, run businesses, and mentor others. These leaders must not only accomplish, but they must also communicate. By regularly giving speeches, gaining feedback, leading teams, and guiding others to achieve their goals in a supportive atmosphere, leaders emerge from the Toastmasters program. Every Toastmasters journey begins with a single speech. During their journey, they learn to tell their stories. They listen and answer. They plan and lead.

They give feedback—and accept it. Through our community of learners, they find their path to leadership.

www.toastmasters.org, www.toastmastersnepal.org



club achievements

BHAISEPATI TOASTMASTERS CLUB



Just a year back, Bhaisepati Toastmasters club was formed with lots of zeal and enthusiasm to learn, share, grow and achieve together. With the perfect combination of good leadership and the vibrant members, the club was able to achieve the highest recognition “The President’s Distinguished Award 2019” by completing nine DCP Goals within the short span of time.

Similarly, we were able to achieve the “Smedly Award” and the “Talk up Toastmasters Award” by adding the wonderful members from the diverse group of expertise and professions within the allotted time of Toastmasters International. They added value to the club with their experiences and expertise which helped to achieve the common goals of Bhaisepati Toastmasters Club.



District 41, Region 13

**PRONOUNCER
A CURTAIN RAISER**

251 Clubs | 3 Winners



WINNER
Inspiria Toastmasters Club
Area J4 | Division J | District 41

1ST RUNNER UP
Laxmi Bank Toastmasters Club
Area O2 | Division O | District 41





2ND RUNNER UP
Elite Toastmasters Club
Area K3 | Division K | District 41

SPECIAL MENTIONS TO
InSteel Toastmasters Club
Bhaisepati Toastmasters Club

Top 3 will be recognised at Oration 2021

We all believe that the quality and the strength of the club depends upon the members that a club has. Keeping that in mind, we added 8 new members, having altogether 34 jubilant members till the end of July 2020. At the same time, our 7 club officers attended all the training cycles, which helped Bhaisepati Club to obtain another prestigious award “The Rising Star Award”.

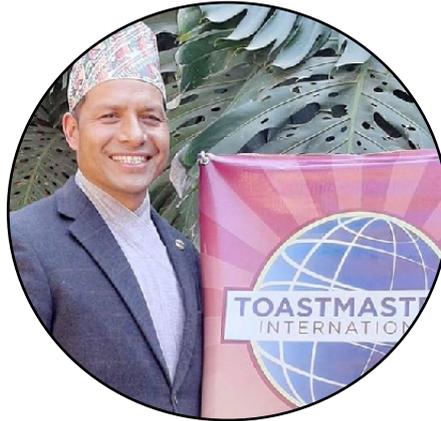
Within a year of club installation, our member TM Monisha Shrestha participated in the Division level Table Topic Competition, and she bagged the third place. It was yet another triumph of the very new and growing club.

The friendly and welcoming environment of Bhaisepati Toastmasters Club helped the entire members to support and guide each other by creating a learning platform for growth and success of every individual associated with it. One of the key phenomena of the club is the way each member appreciates and encourages one another for boosting morale.

By joining Bhaisepati Toastmasters Club we have built the skills needed for public speaking and most importantly, we are developing our leadership skills to be implemented in every walk of our lives. Simultaneously, the club has received many awards and recognitions and we shall continue the legacy.

Darshana Shrestha
Bhaisepati Toastmasters Club

THE JOURNEY OF SUCCESS



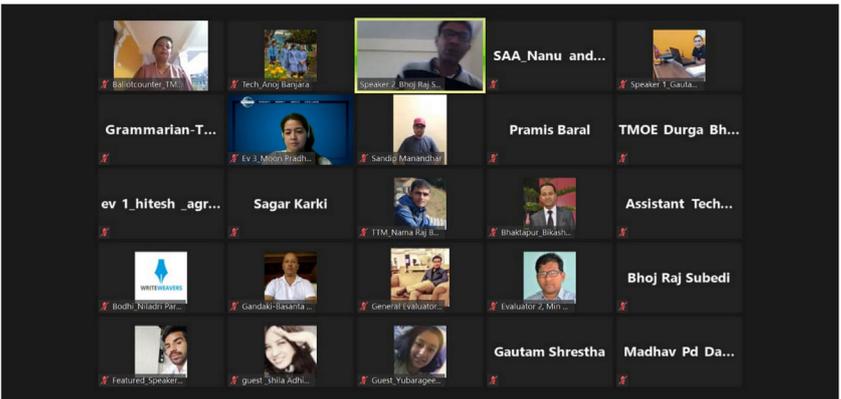
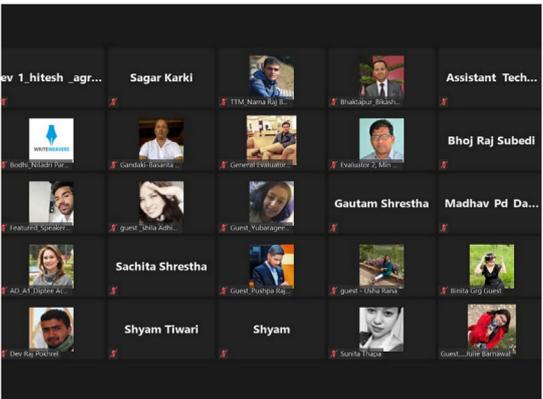
It was on the 3rd of August 2019; the room was filled with more than 60 participants from different walks of life, along with some of the designated and seasoned Toastmasters of Nepal Toastmasters fraternity, such as DTM Suman Shakya, TM Pankaj Pradhananga, TM Bijendra Lochan Joshi and others. Everyone joined us for a demo meeting organized at the outset of founding Bhaktapur Toastmasters Club. The number of active participants who showed up at the meeting gave us a wink that Bhaktapur Toastmasters Club will certainly be a successful club in the days to come. This thought worked as a catalyst, a boosting factor, and kept us motivated and inspired throughout. It helped us keep putting every best collaborative effort to live up to the participants' expectations. The foundation became even more reliable when our club only in 9 months was bestowed upon with the most prestigious and coveted President's Distinguished Award. The success story didn't stop here. We could even manage to make our presence felt nationally and internationally with two more awards in one single term, they were the Young Achiever's Award and the 'Data Award' two more feathers on the cap'. The winning of three Awards in a single row was indeed a matter of glory for every member involved.

Our achievements have been highly praised and complemented by the local as well as international Toastmasters. During an interaction in the workshops organized by the Nepal Toastmasters Division, DTM Mark Brown, the World Public Speaking Champion, expressed his happiness with a surprise on our relentless efforts in making the Bhaktapur Toastmasters Club stand tall with such prestigious awards in a short duration of time. According to him, this was a kind of rare case, so he congratulated us for being able to induce such an achievement within a year. It is universally understood that success in our lives is not possible, just like that. The journey of success for Bhaktapur Toastmaster Club indeed commenced in no time, but making it a reality, achieving all the DCP Goals as set by the Toastmasters International was not that easy. We struggled through various phases of ups and downs such as always keeping the fellow toastmasters inspired and motivated for their speech deliveries, balancing the number of existing members and the challenges of increasing the new members at the same time. There were some other challenges like submitting the club and membership dues to Toastmasters International on time, maintaining the active participation in various club trainings, keeping the administrative assignments in order and so forth.

Bhaktapur Toastmasters Club was chartered on 1st August 2019 with seven Executive Committee Members and 13 General Members following the Toastmaster International protocol. Having practiced the meetings' structures for almost a month, we successfully conducted our Back to history, Bhaktapur Toastmasters Club Installation program took place on the 31st August 2019. It's being the first club of its kind in Bhaktapur, became a talk of the town with engaging gossip amongst fellow Toastmasters and people of different walks of life. We knew that it was not going to be easy for the club to remain strong, healthy, and sustainable, as there were many unseen hurdles and challenges on its way. But, we were kind of mentally prepared for all the challenges and literally we never lost our hopes. At the time, necessarily or unnecessarily, willingly or unwillingly, circumstances emerged in such a way that they could break us, distract us, demoralize us, and even distress us. Still, we never allowed such blackmailing emotions to impose on us. We, all the members, always respected one another as well as tried to maintain the personal spaces. Thus, we stood united and gave our best for the smooth functioning of the club. This united force has ultimately helped the club win the prestigious President's Distinguished Club Award, Young Achiever's Award, and Data Award, making our presence felt nationally and internationally which inspired the club members and many others to do better.

For the entire team of Bhaktapur Toastmasters Club, the achievements are the reminders that they have under their belt to keep pushing harder to maintain the legacy of being an exemplary successful club in toastmasters fraternity.

GALLERY



Area 1- Pokhara

GALLERY



Recording... 02:18:05 Speaker View Exit Full Screen



Mute Stop Video Security Participants 19 Chat Share Screen Polling Pause/Stop Recording Reactions End



Area 1- Gandaki

GALLERY



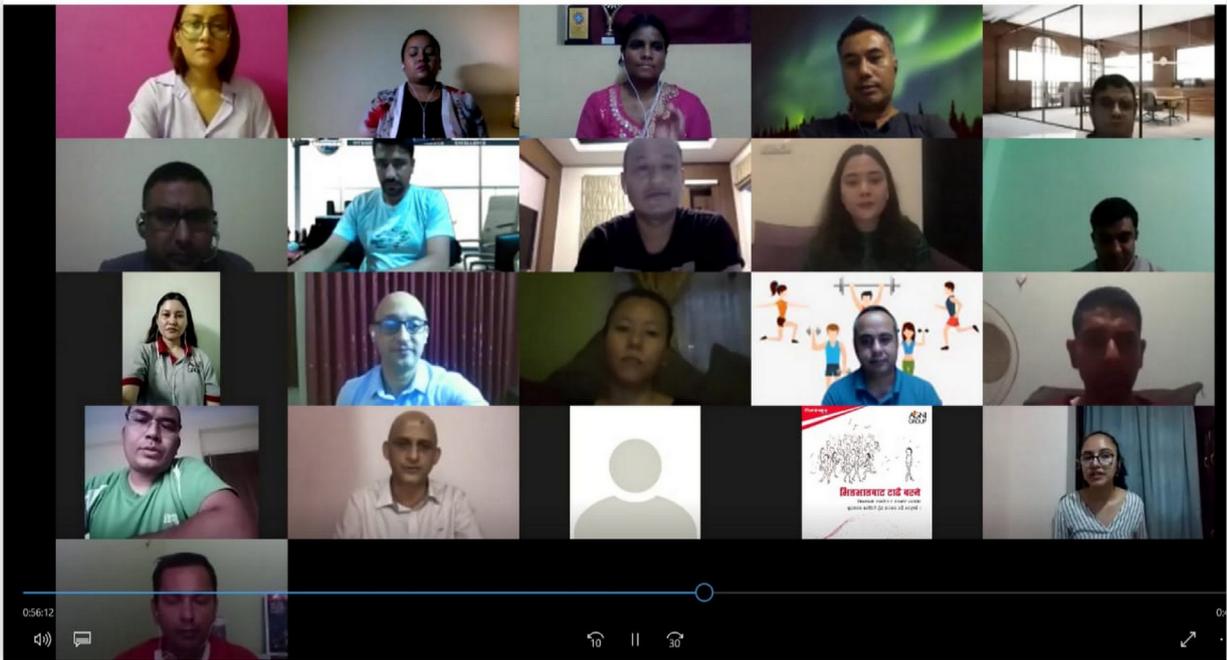
Area 1- Everest

GALLERY



Area 2- Nami

GALLERY



Area 2- Agni

GALLERY



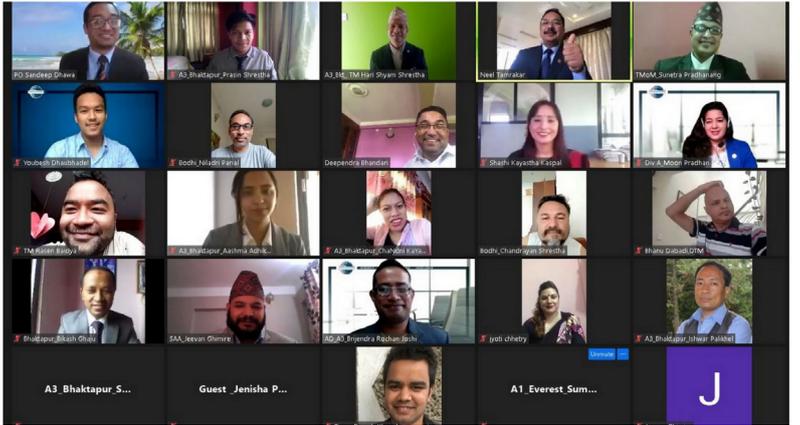
Area 2- Bhaisepati

GALLERY



Area 2- Shangrila

GALLERY



Area 3- Bhaktapur

GALLERY



MEETING NO. 59
FOUNDERS TOASTMASTERS
THEME: FLIRTING AROUND THE WORLD

SPEAKERS

- TM Srispa Rameshwar
Speaker
Founders Toastmasters
- TM Divan Adhikari
Speaker
Founders Toastmasters
- TM Lidoohale Nishu
Moderator
Founders Toastmasters
District 74, Area 12

EVALUATORS

- TM Mehul Sehgal
Participant District Toastmasters
District 6, Cluster 41
- TM Asha Elove
Regional Toastmasters Club
District 14, Area 12
- TM Bhimendra Joshi
Founders Toastmasters

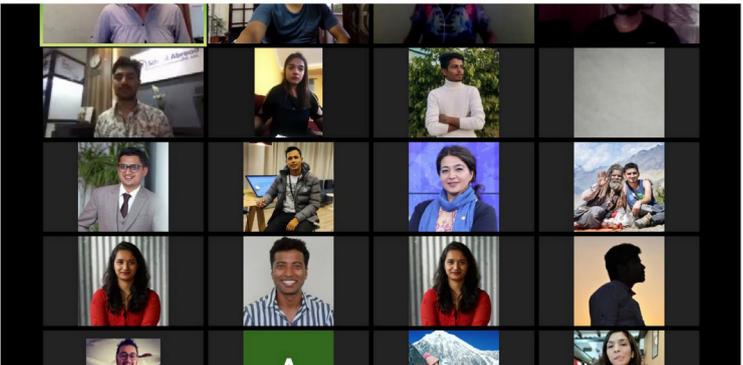
TMCI

- TM Alexandra Wrigley
Founders Toastmasters

GENERAL EVALUATOR

- TM Kanishk Mehta
Guests District Toastmasters
District 6, Cluster 41

Date: June 3, 2020 | Time: 6pm



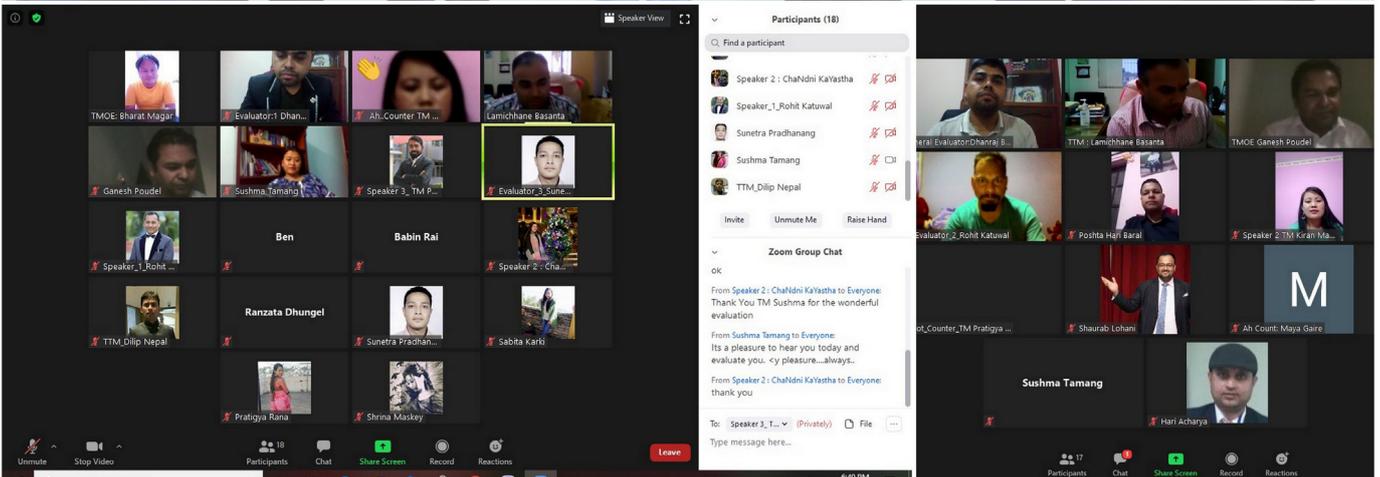
Area 3- Founders

GALLERY



Area 3- Prabhu Bank

GALLERY



Area 3- Reliance

GALLERY



Group Photos

GALLERY

BHAISEPATI TOASTMASTERS CLUB
Club no. 7537334
Area A2, Division A

District 41 Executive Committee 2020 - 2021

 President TM Jay Nishaant	 VPE TM Darshana Shrestha	 VPM TM Bini Rajacharya	 VPPR TM Grishma Shrestha
 Treasurer TM Anil Paudel	 Secretary TM Avilasha Sharma	 SAA TM Bijay Maharjan	 IPP TM Mahesh Mahato

Shangrila Toastmasters Club, 3401924
AREA A2, DIVISION A, DISTRICT 41

 President TM PRANU SINGH	 VP Education TM GHOSHIMBAI DALRIBA	 VP Membership TM PITAL SAKYA	 VP Public Relations TM RAHUL CHOKHANI
 Secretary TM DEV RANJAN DANGAL	 Treasurer TM ANKUR JHUNJHUNWALA	 Sergeant at Arms TM DINESHA SINGH	 Immediate Past President TM DEEPAK RAUNJAR

EXECUTIVE COMMITTEE 2020-21

FOUNDERS TOASTMASTERS
Executive Committee 2020-21 Club 07246483

 President Punit Jajodia	 Immediate Past President Rajeshan Jaiswal	
 VP Education Sriya Koushikar	 VP Membership Sabin Adhikari	 VP Public Relation Hareesh Timalsia
 Secretary Anil Bagchi	 Treasurer Anup Ghimire	 Sergeant at Arms Nabin Jaiswal

SANSKRITI TOASTMASTERS CLUB
EXECUTIVE COMMITTEE 2020-21

 VP Education Rudhika Kapri	 VP Public Relations Jasmine K.C	
 VP Membership Kajal Khetan	 President Sangita Ghoshane Gaurang	 Treasurer Ravi Chaudhary
 Secretary Rita Kataria	 SAA Shweta Malla	

BHAKTAPUR TOASTMASTERS CLUB
Club No. 0725794
DISTRICT 41, DIVISION A, AREA A2
CHARTERED DATE: 11th AUG 2019

Executive Committee (2020/21)

 Immediate Past President TM Neel Krishna Tamrakar	 President TM Sandeep Dhawa	
 Vice-President Education TM Hari Shyam Shrestha	 Vice-President Membership TM Ishwar Palikhel	 Vice-President Public Relations TM Sunetra Pradhanang
 Treasurer TM Chandni Kayastha	 Secretary TM Sanita Mastran	 Sergeant at Arms TM Jeevan Ghimire

Everest Toastmasters Club 0693315
AREA A1 DIVISION A, DISTRICT 41

 President TM REEHA GOLCHRA	 VP Education TM HEENA HUKARANG	 VP Membership TM BISHMA SHRESTHA	 VP Public Relations TM SAURABH SINHA
 Immediate Past President TM DIVYEN KOIBALA	 Treasurer TM SANTOSH RAJ PATHAK	 Secretary TM ANISHA KARNI	 Sergeant at Arms TM PRAKRITI GAUTAM

EXECUTIVE COMMITTEE 2020/2021

PRABHU BANK TOASTMASTERS CLUB
EXECUTIVE COMMITTEE
AREA A3 | DIVISION A | DISTRICT 41 | CLUB NO. 07685318
JULY 2020 - JUNE 2021

 President RASHMI PANT		
 Vice-President Education SUKRITI SHIWAKOTI	 Vice-President Membership JWALA BHATT	 Vice-President Public Relation BIKASH RAJ GIRI
 Secretary IRAJ DANGOL	 Treasurer SHARADA ADHIKARI	 Sergeant at Arms SHREYA SHRESTHA

GANDAKI TOASTMASTERS
District 41, Div A, Area A1
Club No: 7515934
Executive Committee 2020 - 2021

 President TM Bijuwal Malla		
 Immediate Past President TM Prakash Dev Prasad	 VP Education TM Shubam Prasad	
 VP Membership TM Neel K.C	 VP Public Relations TM Anshu Prasad	 Secretary TM Anshu Prasad
 Treasurer TM Neel K.C	 Sergeant at Arms TM Anshu Prasad	

AGNI TOASTMASTERS CLUB
Area 1, Division A, District 41

 President TM Neel K.C	 VP Education TM Anshu Prasad	 VP Membership TM Anshu Prasad	 VP Public Relation TM Anshu Prasad
 Secretary TM Anshu Prasad	 Treasurer TM Anshu Prasad	 Sergeant at Arms TM Anshu Prasad	

EXECUTIVE COMMITTEE 2020-21

Executive Committee

ACHIEVEMENTS



LEVEL COMPLETIONS

<u>Area</u>	<u>Club</u>	<u>Name of Toastmaster</u>	<u>Level Completed</u>
A1	Everest	Moon Pradhan	Level 1
A1	Everest	Sushma Shrestha	Level 2
A1	Everest	Ranjit Acharya	Level 1
A1	Everest	Tyler Macmohan	Level 1
A1	Everest	Santosh Raj Pathak	Level 1
A1	Pokhara	Sandip Manadhar	Level 1
A1	Pokhara	Devraj Pokhrel	Level 1
A1	Pokhara	Durga Bhat	Level 1
A1	Pokhara	Bhorajraj Subedi	Level 1
A1	Pokhara	Pramis Baral	Level 1
A2	Bhaisepati	Avilasha Sharma	Level 1
A2	Bhaisepati	Bijay Maharjan	Level 1
A2	Bhaisepati	Bini Bajracharya	Level 1
A2	Bhaisepati	Grishma Shrestha	Level 1
A2	Bhaisepati	Monisha Shrestha	Level 1
A2	Bhaisepati	Pragyan Joshi	Level 1
A2	Bhaisepati	Sushil Bista	Level 1
A2	Bhaisepati	Ujwal Pradhanang	Level 1
A2	Shangrila	Diksha Singh	Level 3
A2	Shangrila	Neil Pande	Level 3
A2	Shangrila	Pranu Singh	Level 2
A2	Shangrila	Rita Singh	Level 3
A2	Shangrila	Rahul Chokhani	Level 2
A3	Bhaktapur	Ashma Adhikari	Level 2
A3	Bhaktapur	Hari Shyam Shrestha	Level 4
A3	Bhaktapur	Bikash Ghaju	Level 2
A3	Bhaktapur	Sanita Mastran	Level 1
A3	Bhaktapur	Sunetra Pradhananga	Level 2
A3	Bhaktapur	Deependra Bhandari	Level 1
A3	Bhaktapur	Prasin Shrestha	Level 1
A3	Bhaktapur	Jeevan Ghimire	Level 4
A3	Founders	Alexandra Wrigley	Level 3, 4
A3	Founders	Amit Bajracharya	Level 1
A3	Founders	Nabin Jaiswal	Level 1
A3	Founders	Roshan Bhattarai	Level 1
A3	Founders	Sirapa Manandhar	Level 1
A3	Founders	Ultha Niraula	Level 2
A3	Founders	Brijendra Rochan Josh	Level 1
A3	Reliance	Basanta Lal Lamichhane	Level 1
A3	Reliance	Bharat K. Magar	Level 4
A3	Reliance	Damodar Niraul	Level 1
A3	Reliance	Postahari Baral	Level 1
A3	Reliance	Prietam K. Mehta	Level 3
A3	Reliance	Sushma Tamang	Level 1
A3	Reliance	Rohit Katuwal	Level 1

UPCOMING EVENTS

<u>DATE</u>	<u>CLUB</u>	<u>UPCOMING EVENTS</u>	<u>TOPIC</u>
10th September 2020	Division A	Session by Brandon Williams	Building & Leading a High Performance Team
17th October 2020	Division A	Session by Aaron W. Beverly	Stories Are Everywhere
10th September 2020	Agni (Area 2)	Icebreaker Session	
19th September 2020	Bhaisepati (Area 2)	1st Anniversary Celebration Event	
12th September 2020	Bhaktapur (Area 3)	Session by Seema Golchha	Crafting the Speech

CLUB INFO

District, Area	Club No.	Club Name	Charter Date	Timing	Day	Venue	Contact No.
District 41, A1	693315	Everest Toastmasters Club	Jun. 29, 2004	5:45 PM	Sunday (Weekly)	Yala Maya Kendra, Patan Dhoka Lalitpur	977 980-1033814
District 41, A1	7313934	Gandaki Toastmasters Club	Apr. 8, 2019	6:00 PM	Tuesday (Alternate)	Bagaincha Wellness Resort, Lakeside Pokhara, Nepal	977 985-6027672
District 41, A1	7122584	Pokhara Toastmasters Club	Nov. 29, 2018	6:00 PM	Thursday (Weekly)	Tungna Restaurant and Lounge Bar, New Road, Pokhara	977 984-0603524
District 41, A1	7803092	Sanskriti Toastmasters Club	Aug. 18, 2020	9:00 AM	Sunday (Alternate)	Sanskriti School	977 980-3809277
District 41, A2	7790950	Agni Toastmasters Club	Jun. 29, 2020	5:30 PM	Thursday (Weekly)	Head Office of Agni, Pani Pokhari next to Japanese Embassy	977 01 4006711/12/13/14/15
District 41, A2	7537334	Bhaisepati Toastmasters Club	Sep. 18, 2019	8:00 AM	Saturday (Weekly)	Hotel Grace	977 985-1035297
District 41, A2	7552642	NAMI Toastmasters Club	Nov. 29, 2019	3:00 PM	Saturday (Weekly)	NAMI College, Jorpati	977 986-2723041
District 41, A2	3401924	Shangrila Toastmasters	Jan. 23, 2014	6:00 PM	Wednesday (Weekly)	Embassy Restaurant, Panipokhari, Kathmandu	977 980-2012966
District 41, A3	7527544	Bhaktapur Toastmasters Club	Aug. 13, 2019	8:30 AM	Saturday (Weekly)	Bhagmati Club, Bhaktapur	977 984-3805776
District 41, A3	7246483	Founders Toastmasters Club	Mar. 19, 2019	6:00 PM	Wednesday (Weekly)	Attic, Gyaneshwar	977 985-1139218
District 41, A3	7685318	Prabhu Bank Toastmasters Club	Nov. 30, 2019	7:00 PM	Monday (Weekly)	Prabhu Bank, Anamnagar	977 985-1103597
District 41, A3	5972030	Reliance Toastmasters Club	Jan. 13, 2017	5:00 PM	Tuesday (Weekly)	Reliance Public School, Kapan, Kathmandu	977 985-1015863