



WHERE LEADERS ARE MADE

MESAA

TOASTMASTERS

CLUB

NEWSLETTER

30 Sep 2023 / Vol 1- Issue 1

MES ALUMNI ASSOCIATION (MESAA)

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MESAA TOASTMASTERS CLUB

Club No.

7955836

Alumni on Adrenaline

30 Sep 2023 / Vol 1- Issue 1

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DISTRICT 116

QATAR

DIVISION C

AREA 9

Editorial Team



TM Cindy Williams

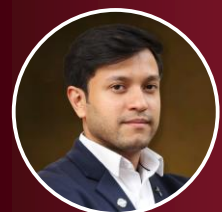
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TM Fawad Kasu

#5591 9931

Club VP-PR



TM Jithin Joseph

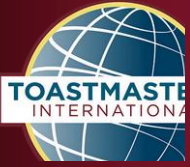
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WHERE LEADERS ARE MADE

#letsdothis
#everymembermatters
#district116





AREA DIRECTOR

TM

**SHAHEEN
BACKER**

**AREA 9
DIRECTOR**

Message from Area Director

I am truly delighted to have the privilege of serving as your Area Director for Area #09 in District #116 this year 2023. Our area is comprised of some of the most energetic and enthusiastic clubs in our district and I am thrilled to be working with each one of you.



Toastmasters is all about growth and development, and that's specifically what I aim to promote during my tenure. Together, we will cultivate an environment that promotes personal and professional growth.

I always encourage club officers to attend area meetings regularly and take advantage of the opportunities for networking and sharing best practices. Let's learn from one another and support each other in our Toastmasters journeys. I also want to highlight the importance of member retention and club quality.

Moreover, let's not forget the power of mentorship. As experienced Toastmasters, we have a responsibility to guide and mentor new members. By doing so, we not only help them become confident speakers and leaders but also strengthen our Toastmasters community. Together, I am confident that we can make a significant and lasting impact to all the club members throughout the year.

I invite each of you to join me on this remarkable journey. When we unite, there will be no obstacle in the path of our journey and we can overcome any difficulties.

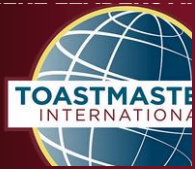
I challenge all our members to stretch and reach greater heights in terms of their speech proficiency and leadership skills.

Through mutual encouragement and support, we will strengthen our District 116, making it stronger and more vibrant than ever before.

Warm wishes.



Message from CLUB PRESIDENT



I feel absolutely gratified and blessed to have my club member's faith and support in electing me as the Club President. To represent and lead this young club within District 116 is definitely a rewarding experience. It has been an exceptional year with a fantastic start, and I couldn't be prouder of what we have achieved.

One of our most remarkable accomplishments this year was the successful launch of our Gavels Club. This initiative is not only a testament to our dedication to nurturing the leaders of tomorrow but also a reflection of our commitment to personal and professional growth.

In the spirit of collaboration, we partnered with MESAA (MES Alumni Association) to conduct the BK Mohammed Elocution Contest. This partnership allows us not only to give back to our community but also to provide a platform for young minds to express themselves and develop essential communication skills. It's heartening to see how we are making a positive impact beyond our club walls. Additionally, this reiterates our commitment to giving back to our school as well. We firmly believe that by helping children develop their communication and leadership skills, we are investing in the future leaders of our society.

Our club has experienced a significant increase in membership this year, which is a testament to the warm and welcoming environment we've created. The diverse talents and experiences of our members enrich our club's culture and make it a vibrant place for growth and development.

What truly warms my heart is witnessing the steady progress our members have been making. Whether it's conquering their fear of public speaking, mastering the art of effective communication, or taking on leadership roles within the club, each member is on their own unique journey towards personal and professional growth. And a feather in our hat has been reaching all the way to Division Level at our very first DTAC participation.

As we move forward, let us continue to foster a supportive and encouraging environment where every member can thrive. Together, we will keep pushing the boundaries of our potential and inspire each other to become the best versions of ourselves.

Thank you for your dedication, hard work, and enthusiasm. Here's to another year of growth, learning, and success.

CLUB PRESIDENT

**TM
RAASUM
SAIT**

**MESAA TM
CLUB
PRESIDENT**

CLUB CULTURE

A vibrant and dynamic community under the MES Alumni Association umbrella dedicated for personal and professional growth through the art of public speaking and leadership.

We facilitate an interactive and positive environment which can help MES Alumni polish their public speaking and leadership skills through well-structured pathways and mentorship.

As a Toastmasters club, we provide support and encouragement for members to improve their communication and leadership skills. Whether you are a beginner or an experienced speaker, our club offers a platform to practice and polish abilities.



We conducted 33 meetings where members had the opportunity to deliver prepared speeches, participate in impromptu speaking sessions, and receive constructive feedback from fellow members.

Being committed to build better leaders and speakers along our interest to have our future alumni equipped with the sharpened skillsets, we have also formed MES Gavel Club - Where Young Leaders Shine!



MESAA
TOASTMASTERS
CLUB

No. 7955836, Area 9,
Division C, District 116

DTM NISHA SHIVRAM WINS SECOND PLACE AT WORLD CHAMPIONSHIP OF PUBLIC SPEAKING

One look at her and you can only seldom imagine that such a harmless appearing human could pack such a hard punch. Nisha's glorious return from the World Championship of Public Speaking had everyone spellbound. Undoubtedly, as remarkable a feat as it is, the journey can be exhausting and spent often in anticipation for anyone who has yet to experience the pressures of performance on a world stage. But not Nisha.



Her demeanor and composure shouts one simple declaration in the most modest of tones, "I am here only to Win..." The very simplest of experiences expressed in the form of a conundrum that is resolved by the heartiest of ideas, displays what Nisha's true ethos is in her Planned Speeches. And thus far, her presence and versatility has made those within her TM Clubs as well as all of Qatar very proud. She has once again, given so many young TMs a higher benchmark to achieve.

CONGRATULATIONS



TRIBUTE TO DTM NISHA SHIVRAM



c_williams19

Doha, State of Qatar



SWIPE

A take on the 2nd place WCPS winning speech

delivered by DTM Nisha Shivram

There she stood in all her glory and might,
On an international stage so big and bright.

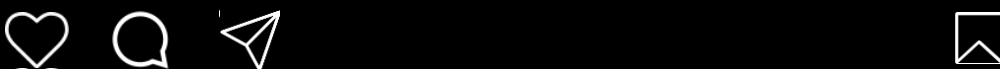
District 116 could barely contain their
excitement that night,
Yet not a single nervous quiver from her in sight.

What a fantastic message of empathy
she delivered to all of mankind,
As she deftly painted a picture of words,
wasn't there a Felly from your life on your mind?

Of humble migrant workers, she so
humanely broke the stereotype,
A speaker of such calibre for D116
is the champion prototype.

Her stellar performance is indeed
worth the hype,
Nisha has proved that not just kindness, but hard
work and perseverance is a currency we all can
swipe!

By TM Cinderella Williams



***As posted by TM Cinderella Williams
on her Instagram Profile***

LIBANO-SUISSE BK MOHAMMED KUNHI INTER-SCHOOL ELOCUTION COMPETITION 2023 (SEASON 2)



The MES Alumni Association (MESAA) and MESAA Toastmasters Club jointly and successfully conducted The Libano Suisse Inter-School Elocution competition in honor of the Late Sri B.K. Mohammed Kunhi who served as the Principal of MES Indian School for two and a half decades from 1978 to 2001.

Under his visionary leadership and tenure as Principal, MES Indian School grew from a humble educational institution of 80 students in the 1970s to unprecedented heights of close to 10,000 students across 15 nationalities, 600-odd teachers and a school system and infrastructure that matched anything that the best schools in the world had to offer. And as such, this event was a fitting memorial in his name.



The inter-school elocution competition featured 11 of the leading Indian Community Schools in Qatar in two categories – Junior and Senior, which saw 22 gifted young students compete in a public speaking competition that was deftly conducted in a manner and style no less commendable than the esteemed Toastmasters Public Speaking Championships.

The young orators had to speak on the topics “Discuss how AI revolutionising the education system is counter-effective or counter-intuitive” for the Senior Category and “The power of youth in shaping a sustainable future” for the Junior Category. All contenders achieved this feat with poise and conviction.

LIBANO-SUISSE BK MOHAMMED KUNHI INTER-SCHOOL ELOCUTION COMPETITION 2023 (SEASON 2)

Various current and former members of Teaching Staff as well as current and prospective members of the MES Alumni association as well as the MESAA Toastmasters club attended the occasion. The event was hosted by Alumnus Fawad Kasu, who also served as the Contest Chair and brilliantly conducted the event in a smooth and composed fashion.

Eminent Toastmasters DTM Pradeep Menon, DTM Sabeena M.K. and DTM Lornalyn Tallo rendered their expertise to the competition – an experienced trio that was proficiently led by DTM Ram Mohan Rai as Chief Judge.

A resourceful team of members of MESAA Toastmasters Club lent their efforts towards a smooth conduct of the elocution competition, which included TM Niaz and TM Fadiya Shaheen as Timers, TM Cinderella Williams and TM Thauseef as Ballot Counters, and TM Mohammed Akbar and TM Aathif as Sergeant-at-Arms, all competently led by President of the MESAA Toastmasters Club, Raasum Sait who served as Contest Manager.

After the splendid display of their oratory talents, the 22 young students carried out an impressive banner parade of their school placards that made the hearts of many swell with immense pride.



MES GAVEL CLUB



A Gavel Club is a unique Toastmasters experience designed exclusively for individuals under the age of 18 following the same Toastmasters principles of improving communication and leadership skills tailored to the needs and interests of younger members. It is a dynamic, supportive, and youth-focused environment where budding leaders and confident communicators are nurtured.



The benefits of having an MES Gavels Club can be simplified as below:

- **Develop Communication Skills:** We believe that effective communication is the key to success. Our Gavels Club provides a safe and friendly space for young members to build their speaking and presentation skills.
- **Boost Leadership Abilities:** Leadership isn't just for adults. Through interactive meetings and activities, our Gavels Club empowers youth to take on leadership roles and responsibilities.
- **Build Confidence:** Confidence is a superpower! We help young individuals discover their voices and become more self-assured in all areas of life.
- **Fun and Friendship:** Learning is most effective when it's enjoyable. Our Gavels Club meetings are filled with fun, games, and camaraderie. We foster friendships that last a lifetime.

We look forward to a positive response and support from MES management, parents and students in order to make the most of this initiative.



Sharing Onam smiles with MESAA

Onam 2023 was my first Onam celebration with the MESAA team. Onam holds a special place in my heart, and I was excited to share my excitement with the team.

Celebrations were scheduled to start in the afternoon, and we began the day by arranging the floral carpet 'pookalam' at our venue. I arrived at the venue all dressed up, and I could see a few of my team members had already started the preparation of the pookalam. I happily joined them, though I was given different responsibilities.

The flower carpet was a collective effort, majorly by every one of us who reached earlier, and small touches added in by those who reached later, to create a seamless beautiful design of the Pookalam. The vibrant color and beauty of this floral carpet filled the air with festive mood. I enjoyed watching guests enter the venue with family and friends. It was a delight to watch everyone dressed up in the traditional Kerala attire, in short, as 'thanimalayali'. Sunil and I were in charge of welcoming the guests, and we made a great team. It was an absolute pleasure to welcome each one of them to the celebrations. There were a lot of highlights during the afternoon, to start off; the grand welcome by our main man, the President, Mr. Fazil Hameed. Followed by the Thiruvathira; our supremely talented team members performed this graceful traditional dance form with so much grace. It was truly a sight to behold. The rhythmic movements and music reflected the essence of Onam. Everyone then rushed to devour the scrumptious lunch. It's not any normal lunch; it's the 'Onam Sadya', a grand feast served on banana leaves. We all indulged in a variety of delicious dishes like sambar, avial, olan, kaalan, erissery, etc. and finished off the Sadya with the irresistible dessert, Payasam.

Gastronomic delight and a communal feeling of eating together give a great sense of happiness. As the day went on, we organized games and activities for both kids and adults. We had the traditional Tug of War/Vadam vali, lemon and spoon race and the Uri adi. This was the most fun part of the celebrations. The laughter and cheer filled the atmosphere as we competed in these games, which also strengthened our bond as a team.



By
TM Nayeema
Basheer



Celebrating Onam with MESAA is a memorable experience. I was missing home; as in the last five years, this was the first time I was away from my home for Onam. However, being with this team felt at home, a celebration of togetherness. The final resounding cheer of 'Aarpo' led by Jithin, which is a traditional chant to represent pride and unity, is something that will forever echo in my heart and will be remembered every Onam. It was indeed a day making cherished memories.

Breakfast with MESAA TM



On a crisp Friday morning, a group of friends from the MESAA Toastmasters Club gathered at Kalha restaurant for a breakfast meetup. The idea for the gathering had been suggested by Samra in the club's WhatsApp group, and it had been met with enthusiasm from everyone.

As the friends arrived at the restaurant, they greeted each other warmly with handshakes and smiles.

They were excited to spend some time together outside of the club's regular meetings. Being a Friday morning, the restaurant was not busy with customers, so the friends were able to find a large table to accommodate their group. The menu at Kalha offered a wide variety of traditional Arabic breakfast dishes, and the friends ordered a little bit of everything to share. They had hummus, baba ghanoush, foul medames, shakshuka, labneh, and zaatar manakish. They also ordered a variety of pastries and fresh fruit.

The food was delicious, and the friends savored every bite. They ate at a leisurely pace, chatting and laughing as they caught up on each other's lives. They talked about their work, their families, and their travels. They also reminisced about their shared memories from their time at MES School.

After breakfast, the friends lingered at the table for another hour, continuing to talk and enjoy each other's company. They discussed everything under the sun, from local events to developments in technology to movies to songs to space trips. That led to another idea of doing movie nights together.

It was some quality time spent together and they all agreed that the breakfast gathering had been a wonderful way to connect with each other and create new memories.

With a strong desire to recreate that meetup on a regular basis, the friends parted and went about their days.

By
TM Thauseef
Thayyib
Secretary
MESAA TM



The first toastmasters meeting I attended was in September 2023. I had no idea about Toastmasters. I decided to attend as a guest so I could understand how it worked. Overall I was totally awestruck by the way how each member made the audience spellbound.



Surayya Asharaf

The overall experience was definitely wonderful. It's a platform to learn and grow. Helping to boost professional skills with added confidence.



Richi Abraham

MESAA Toastmasters felt like an encouraging platform to explore and build public speaking skills, where people from different paths of life come together, listen, learn, criticise, and build the speaker in you and the person you are.

Apart from skill development, meeting your seniors/super seniors from many different batches and interacting with them became another exciting part.



Jimmy Jacob

I really enjoyed catching up with old friends from MES and witnessing my sister as Toastmaster of the Day at a recent MESAA Toastmasters Club meeting. It is definitely a platform to hone one's public speaking skills, although it's a great space for networking as well. I was impressed by how structured a meeting is, with all role-players so aware of their roles and speaking cues. It might have seemed an impossible task to get a bunch of alumni under one roof yet manage them in a controlled environment for 2 hours straight - now I believe only Toastmasters is capable of doing that!



Christina Williams

Had a great experience, never knew TM was this interesting and engaging. Unfortunately have been super busy since to join any of the other sessions... hopefully looking forward to rejoin in time



Abraham Varghis



Nazeeha Hameed

New Member

The first experience of anything always gives us a kick. So was the toastmasters meeting for me. My nerves were so high before I entered the club, as I am an introvert and can barely hold a conversation with people. However, I pushed myself beyond what I was comfortable with.

As I watched the speakers deliver their speeches that night, I was amazed at their ease and confidence, and how each role player handled their tasks seamlessly. In contrast, I was petrified, my knees shaking and palms sweating, I couldn't even stand up to give an introduction and feedback. However, the evening was enjoyable since it was such a warm and welcoming environment. It was gratifying to see member's encouraging and supportive nature. As a guest, it helped me continue attending meetings.

Every time when the table topic session starts, I would become anxious and terrified as I couldn't imagine myself standing there and speaking about a topic given on-the-spot. Nonetheless, at my third meeting, I was not spared; I was called on purpose by the topics master. I mustered up some courage and spoke from the heart on the topic given to me. The content of what I spoke is literally a blur in my mind. The experience was traumatic, but I felt like I had entered a new dimension. However, to my surprise, the kind vote from the audience awarded me as the best table topic speaker that evening, which was an utter shock for me. My trembling even continued when I received the certificate from the President because I was unsure whether I truly deserved it. Although, I enjoyed the energy and optimism that came with it. That feeling of renewed energy, enthusiasm, appreciation I got afterwards was simply unimaginable, something I desperately needed. My limits were little pushed that day as I explored new territory. It was such a wonderful experience that night. As fear keeps me from becoming my true self, I sensed this would help me in several ways. There is no better platform than this for me to face my fears head on and overcome them.

Following that meeting, I decided to become a member. I read somewhere that our minds are capable of wonderful things if only we let them. Therefore, I decided to not let anything stop me from becoming whatever I am truly capable of, within the capacity our creator has bestowed on me.

I would like to thank each and every one of you in the club for all your encouragement, without which I would not have been able to make this decision to join the club. Looking forward to discover the new me and to learn more from the team.



Austin George

New Member

“Came across a notification on a school alumni WhatsApp group for a TM meet a few months ago. I always like trying something new and dropped by on a Tuesday as a guest without expectation. To my surprise, everyone in the room effortlessly contributed in their own way to create a very warm, receptive, and encouraging environment.

Some were just funny, some struggled, some had refreshing clarity of mind, but all left with relaxed smiles on their faces. I signed up a month later because I know I enjoy being around people who are far better than me, the platform is a plus.”

CLUB NEWS



CLUB NEWS



DISTRICT 116 PQD - SABEENA M.K, DTM
ALONG WITH CLUB PRESIDENT AND VPE

MESAA Toastmasters Club has been awarded with a set of Club Ribbons for renewing 20 members

LEVEL UP!

CONGRATULATIONS TM FAWAD KASU!

on completing
Level 2 of



Visionary Communication



Wishing you the best for your upcoming levels!

**TOASTMASTERS
PATHWAYS**
learning experience
MESAA Toastmasters Club
(MES Alumni Association)

07955836 MESAA Toastmasters Club

Membership	
Base	To Date
24	24
Required 20	
20 members or a net growth of 3 new members	

Goals
Goals Met 1
Distinguished 5
Select Distinguished 7
President's Distinguished 9

Club Alignment
Region 11
District 116
Division C
Area 09

Pathways - Explained



Dynamic Leadership

This path helps you build your skills as a dynamic leader. The projects on this path focus on understanding leadership and communication styles, the effect of conflict on a group and the skills needed to defuse and direct conflict. These projects also emphasize the development of strategies to facilitate change in an organization or group, interpersonal communication and public speaking. This path culminates in a project focused on applying your leadership skills.

Club Members in this Path : Raasum Sait



Visionary Communication

This path helps you build your skills as a visionary communicator and leader. The projects on this path focus on developing your skills for sharing information with a group, planning communications and creating innovative solutions. Speech writing and speech delivery are emphasized in each project. This path culminates in the development and launch of a long-term personal or professional vision.

Club Members in this Path : Fawad Kasu, Mayouf Rouf



Presentation Mastery

This path helps you build your skills as a presentation master and accomplished public speaker. The projects on this path focus on learning how an audience responds to you and improving your connection with audience members. The projects contribute to developing an understanding of effective public speaking technique, including speech writing and speech delivery. This path culminates in an extended speech that will allow you to apply what you learned.

Club Members in this Path : Tauseef Tayyib, Jithin Joseph



Persuasive Influence

This path helps you build your skills as a persuasive communicator and leader. The projects on this path focus on how to negotiate a positive outcome together with building strong interpersonal communication and public speaking skills. Each project emphasizes developing leadership skills to use in complex situations, as well as creating innovative solutions to challenges. This path culminates in a "High Performance Leadership" project of your design.

Club Members in this Path : Md. Akbar Ali

MEETING SNIPPETS

MESAA TOASTMASTERS CLUB



MEETING SNIPPETS

MESAA TOASTMASTERS CLUB



MEETING SNIPPETS

MESAA TOASTMASTERS CLUB





EXECUTIVE COMMITTEE 2023 - 2024

Sergeant at Arms

Md. Akbar Ali

Secretary

Tauseef Thayyib

VP Education

Samiha Sooppi

VP Membership

Hari Menon

VP Public Relations

Jithin Jacob Joseph

Treasurer

Amanat Solanki

Immediate Past President

Shaheen Backer

President

Raasum Sait

"Every member matters"

District 116

DIRECTORY

CLUB EX-COM

Immediate Past President

Shaheen Backer

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President

Raasum Sait

Mobile: 5588 3003

VP Education

Samiha Sooppi

Mobile: 3313 8645

VP Membership

Hari Menon

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Fawad Kasu

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Fadiya Shaheen

Mobile: 5517 4927

MES GAVEL CLUB

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Samiha Sooppi

Mobile: 3313 8645

Counselor

Fadiya Shaheen

Mobile: 5517 4927

TOASTMASTER REFERENCES

[Public Speaking Tips](#)

[Club Leadership Handbook](#)

[Let the World Know Handbook](#)

[Pathways](#)

[Gavel Club](#)

SOCIAL MEDIA HANDLES



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