



# SATTVIC TOASTMASTERS

FOR HEALTHY LIVING

## MEETING AGENDA

Club # CB-28676684

Area G2

District 126

Region 13

Where Leaders Are Made

[ZOOM MEETING LINK](#)

Theme of the Meeting

Health Awareness Month

April 06, 2025

11am – 1pm, IST

### EXECUTIVE COMMITTEE

President

TM Ishita Patnaik

VP Education

TM Adi Lakshmi

VP Membership

TM Vikram Jothyprakash

VP Public Relations

TM JK Arora

Secretary

TM Meher Teja

Treasurer

Noor Mohammad, DTM

Sergeant-At-Arms

TM Amarnadh Bongu

Immediate Past President

TM Shahid Shaikh

### CLUB MISSION

The mission of a Toastmasters Club is to provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

10:45 am	Networking + Pre-Meeting Checks <i>Host welcomes guests, Audio-Video &amp; role players check and Introduces Toastmaster of the Day</i>			Meeting Host
11:00 am	Sergeant-at-Arms Opens the Meeting			Amarnadh Bongu
11:03 am	President's Opening Address + Guests Welcome <i>Announcements and ratifications</i>			Ishita Patnaik
11:08 am	Toastmaster Of the Day			Adi Lakshmi
11:10 am	Keynote Speech <b>Redefining Cancer prevention and treatment: An Oncologist's perspective</b>			Dr. Sujata Mittal
11:40 am	Joke Master			Noor Mohammad
11:43 am	Toastmaster Introduces the Functionaries <ul style="list-style-type: none"> <li>General Evaluator</li> <li>Grammarian</li> <li>Ah-Counter</li> <li>Timer</li> <li>Listener</li> </ul>			Adi Lakshmi Shahid Shaikh Vikram Jothyprakash TBA Bharadvaj Satya Saarika
11:50 am	TMOD Conducts Prepared Speech Session			Adi Lakshmi
	Speaker	Project	Time	Evaluator
	Amarnadh Bongu	PM L1/P2	5-7 mins	Noor Mohammad
12:10 pm	Shraddha Tirthali	PI L1/P2	5-7 mins	Vrunda Shashikumar
	<i>Other side of the battle</i>			
12:10 pm	Table Topics Session <i>Conducts impromptu speech session with 1-2 mins per each speaker.</i>			Ishita Patnaik
12:35 pm	Evaluation Session <i>General Evaluator calls for reports from Speech Evaluators, Grammarian, Ah-Counter, Timer &amp; listener and provides general evaluation report of the meeting</i>			Shahid Shaikh
12:48 pm	TMOD concludes the theme			Adi Lakshmi
12:50 pm	Presiding Officer conducts Presentation Ceremony (Certificates to Winners)			Ishita Patnaik
12:52 pm	Presiding Officer requests comments from guests and adjourns the meeting			Ishita Patnaik

“Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.” – Mark Twain



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### TI MISSION

*We empower individuals to become more effective communicators and leaders.*

### DISTRICT MISSION

*We build new clubs and support all clubs in achieving excellence.*

<https://district126.org/>

### CLUB MEETING SCHEDULE

Every Week on  
Saturdays  
10:30 PM - 12:30 AM PDT

Sundays  
11:00 AM - 01:00 PM IST  
01:30 PM - 03:30 PM MYT  
01:30 AM - 03:30 AM EST

### MORE INFORMATION

Read more about us at  
<https://sattvic.club>  
<https://linktr.ee/sattvict toastmasters>  
<https://toastmasters.org>  
[hello@sattvic.club](mailto:hello@sattvic.club)

### All members and guests

- Participate! Learn by doing! Volunteer to speak during the Table Topics section.
- Develop evaluation skills by completing mini-evaluation form.
- Guests will be asked to introduce themselves at the end of the meeting.
- If possible, please turn off phones and laptops.

### Toastmaster

- Runs the meeting. Responsible for the agenda and confirming all meeting roles in advance.

### Prepared Speaker(s)

- Prepares a speech using guidelines in one of the exercises in Pathways and delivers the speech to meet the speech objectives.
- Confirms speech delivery with the Toastmaster via email.

### Table Topics Master

- Responsible for Table Topics segment of the meeting; prepares 3-10 topics for attendees to address in an exercise of impromptu speaking.
- Encourages those who don't have speaking roles to speak up.

### General Evaluator

- Responsible for functionaries, including evaluators, grammarian, ah counter, and timer. Gives overall evaluation of the meeting.

### Evaluator

- Evaluate one of the prepared speeches according to the criteria for that speech.
- Looks for: did the speech meet its objectives? Was the delivery effective? Any suggestions for improving the speech/delivery?

### Grammarian

- Listens to all speeches and roles, and makes note of exemplary use of grammar, or areas where usage can be improved.
- Reports on the 'word of the day' usage.

### Timer

- Gives Timing signal to Speakers and Evaluators: Green=met minimum required time, Yellow=time to start wrapping up, Red=met maximum required time.

### Ah-Counter

- Records crutch, filler, unnecessary pauses, and repeated words to help us speak smoothly and confidently.

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