



Sattvic Toastmasters

(Club No: 28676684)

Area. G2 | D126

President
Vrunda Shashikumar

VP Education
Shahid Shaik

VP Membership
Ashis K. Sinha

VP Public Relations
Vikas H. Chandru

Secretary
Aarav Saxena

Treasurer
Navya D

Sergeant at Arms
Sudheer Sana

Immediate Past President
Pramod PB

We meet once a week as below:

Saturdays
06:30 - 08:00 PM PDT
09:30 - 11:00 PM EST

Sundays
07:00 - 08:30 AM IST
09:30 - 11:30 AM MYT

[Sattvic Toastmasters Website](#)

Sattvic Toastmasters is a global online club focusing on:

- 1) Leading Sattvic (Healthy) Lifestyle.
- 2) Self-healing
- 3) Research and debate on alternative medicine
- 4) Inter-cultural experiences
- 5) Interpersonal communication
- 6) Story telling
- 7) Critical thinking

Our Vision:
Cultivating Effective Communicators & Inspiring Healthy Living

Theme: Mental Resilience - Embracing Emotions

AGENDA

March 31, 2024 | 7:00 am to 8:00 am IST

Please note timing below is as per IST.

Meeting Link: <https://tinyurl.com/SattvicTMC>

06:45	Virtual Meeting Room Opens	TM Shahid
07:00	SAA Opens the meeting	TM Sudheer
07:03	President's Opening Address	TM Vrunda
07:06	Toastmaster of the Day (TMOD) Introduces theme of the day. Exploring the theme. Introduces role players:	TM Hari Nair
	Timer	TM Shahid
	Ah-Counter	TBA
	Grammarian	TM Vrunda

07:20 Prepared speeches
TMOD conducts the prepared speech section.

Time	Speaker	Path/Level	Time (mins)	Evaluator (Introduces project details)
07:21	TM Vrunda (Title: TBS)	Motivational Strategies L2	5-7	DTM Lakshmy Nair
07:30	DTM Gayatri Deshmukh (Title: What are you holding on to?)	Division Contest Speech	5-7	Round robin evaluation of Contest speech

07:40	Table Topics Session	DTM Noor Mohammad
08:00	TMOD handover to General Evaluator	
08:01	GE takes on Speech Evaluation Session	TM JK Arora
08:10	GE takes TAG team report & meeting feedback.	TM JK Arora
08:25	TMOD Closing Remarks	TM Hari Nair
08:30	President's Closing Address	TM Vrunda