

Destination  
**THE GREAT  
OUTDOORS**  
**NOW BOARDING**

Destination  
**THE INNER  
UNIVERSE**  
**NOW BOARDING**

TOASTMASTERS PAKISTAN NEWS AND EVENTS

# Ascend

## A TALE OF TWO JOURNEYS

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TM Akash Kumar heads to the mountains, while TM Hiba Raees sets out to scale her fears

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Setting Out

Event Gallery

Poetry & Prose

# prologue



TM Akash Kumar  
Public Relations  
Manager, D122P  
2024-25

## The journeys continue!

We are officially in the final stretch.

Spring beckons, and with that, a wild blossoming of Toastmasters happenings. District contests, club renewals, club and district elections, prep for the 2025 iteration of PAKTAC – it is all happening, and all the while most of us celebrate Ramadan and upcoming Eid.

Club officers training Round 2 just concluded and now, all the clubs are trying to drive their renewals to get to the coveted Distinguished status. There has also been a continuous trickle of district events, from Grand Slam open houses to corporate connects.

The wheels are in motion, the scenery blurs past, and we all continue to strive for the growth and uplift of our selves, our clubs, our communities, our cities, and our beloved country,

Amid all that, there is Crescendo. Our collective fantasy, our soul-searching companion, our moment of blissful piece among the chaos, and, last but not the least, our guide to life within Toastmasters and beyond.

This issue continues its proud tradition of featuring not only lucid and thought-provoking messages from our leadership, but contributions from our members which remain unmatched in quality within the Toastmasters world. There are stories, guides, essays, event reports, and much more – and our cover story features two stunning travelogues, of the great outdoors and the universe within.

We have spectacular events, guidance on public speaking, a look into the past, beautiful poetry, and an inspirational story.

Life is hectic, breakneck, but also, beautiful and rewarding.

Welcome, once again, to the world of Toastmasters Pakistan!

### The Crescendo Team



TM Uroosa Kanwal



TM Imran  
Rana



TM  
Naureen  
Fatima



TM Umna  
Salman



DTM Erum Rizvi



**EDITOR**  
DTM Talha bin  
Hamid

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## WE ARE UNSTOPPABLE 122

Fellow Members, Ramadan Kareem!

The third quarter has been a remarkable journey of growth, collaboration, and achievement. From the Club Officers Training to the Grand Slam Open House, The Sixer Campaign, and demo sessions at multiple locations, our district has witnessed historic milestones that reflect our collective dedication and passion.

The Club Officers Training, held in Karachi, Lahore, and Islamabad, saw unprecedented participation, especially from corporate clubs. A heartfelt thank you to our sponsors - Contour Software, Crescent Model High School (Girls Campus), and DPL Rebels - for their generous support. Special appreciation to PQD DTM Azam, Division Directors, Area directors, and their teams for orchestrating such a successful event. The energy and unity we felt as we chanted, "We are unstoppable 122," was truly inspiring. (Relive the moment from COT Lahore <https://youtu.be/uJBiUaDITSc?si=8ZbKwiZvoW59nGKY> .

The Grand Slam Open House in Lahore and Karachi attracted professionals, students, and corporate leaders, further strengthening our community's reach. Meanwhile, The Sixer Campaign continues to gain momentum, with the deadline extended to March 31, 2025. Don't miss this opportunity to participate and win exciting rewards!

In another historic first, our district officially recorded its inaugural podcasts, thanks to the efforts of PRM TM Akash Kumar and the Trio team. Stay tuned for its release!

DTM Ali Amjad has been tirelessly working to onboard corporate mentors, sponsors, and new clubs, ensuring our district's continued expansion. **Let us welcome and extend our support to Sialkot Toastmasters Club, the 45th club of our district and the first in the city of Sialkot.**

As the renewal season begins, I urge all clubs' executive committee members to strive for the Distinguished Club Award with diligence and commitment.

Finally, our PQD, TLI Chair, PRM, and their teams are working relentlessly to prepare for the year's mega event - the Pakistan Toastmasters Annual Conference 2025 and the Grand Finale of the All-Pakistan Public Speaking Championship 2025.

Advance Eid Mubarak to all. Let's continue to inspire, grow, and achieve together.

Regards

Zaid Kaliya, DTM, FCA

District Director, D122P

Zaid Kaliya, DTM  
District Director, D122P  
2024-25



# Message

Respected Leaders of District 122P Pakistan

The highlight of this period was the successful completion of the **second round of Club Officers' Training**, held in **Karachi, Lahore, and Islamabad**. What made these sessions truly special was the **in-person format**, allowing participants not only to learn from **experienced trainers** but also to network with fellow members and experience the rich diversity of other clubs.

The success of these training sessions was the result of **collective teamwork**. Special appreciation goes to the **TLI Chair, Division Directors, PR Lead (PQD), trainers specializing in executive committee roles**, and, last but not least, the **District Director and Club Growth Director** for their invaluable contributions.

A heartfelt thank you to our **venue partners—Contour Software (Private) Limited, DPL Software, and Crescent Model Higher Secondary School (Girls Campus)**—for their unwavering support in making these training sessions possible.

## CONTEST SEASON & TRAINING SESSIONS

Meanwhile, **contest season** is in full swing, with most clubs having successfully conducted their **club contests** and several **area contests** already completed. To support participants and organizers, the **district** has arranged specialized training sessions, including:

Training Topic	Trainer/Moderator
1 <b>Master the Role of Contest Chair and Chief Judge</b>	TM Hinna Ali & TM Imran Rana
2 <b>Champion's Symphony (All International Video Speech Winners of District 122P)</b>	Sarfaraz Nazir, DTM & TM Mazhar Hussain
3 <b>Embrace the Rulebook</b>	Azam Ali, DTM

## SPEAKERS BUREAU: TRAIN THE TRAINERS SERIES

Our **Speakers Bureau** initiative continues to elevate the learning experience of our members. As part of the "**Train the Trainers**" series, the following professional training sessions were conducted:

Syed Azam Ali, DTM  
Program Quality  
Director, D122P  
2024-25



# Message

	Training Topic	Trainer
1	Evolve Professionally as a Speaker and Trainer	TM Noman Abid
2	Become a Professional Trainer	Ansaar A. Qureshi
3	Traits of a Professional Trainer	Faraz Anjum

## LOOKING AHEAD: PAKTAK 2025 AND OTHER EVENTS

As we move forward, several exciting initiatives are in the pipeline to **close the year on a high note**. One of the most anticipated events is the **Annual Conference, PAKTAC 2025**, set to take place across **Lahore, Karachi, and Islamabad**. The **TLI Chair** is finalizing the agenda, while the **PRM** is actively promoting the event. The **conference logo has been finalized**, its unveiling video is in progress, and additional **PR activities** are being scheduled. **Conference Chairs** for each city have been appointed, and **division-wise teams** are being formed to ensure a seamless and memorable experience.

A major highlight of this year's conference will be the **in-person District Finals of the Provisional (International) and Tall Tales Speech Contests**, further elevating the prestige and excitement of the event. We highly encourage all members to **attend this unforgettable conference** and be part of a **grand celebration of learning, leadership, and excellence**.

## DISTRICT'S PROGRESS: STRIVING FOR EXCELLENCE

Most clubs are **on track** in the **Distinguished Club Program**, and we are confident that, with the dedication of our **passionate members** and the relentless efforts of our **energetic club and district executive committees**, we will achieve the highest honor—**Smedley Distinguished District** status this year.

Let's continue this **remarkable journey together!**

Warm Regards

Azam Ali, DTM

Program Quality Director, District 122P Pakistan



# Message

## Hearing the unheard is the quality of a great leader.

This attribute is pivotal for the leaders to help drive success of the teams in realizing their true potentials. A true leader can foresee challenges and prepare and address them in a timely manner to navigate the team to success.

As club leaders, we all face plethora of challenges and try to address them. In an effort to navigate through numerous challenges, we tend to focus on less important tasks and drain our energy. This leaves us exhausted and we are unable to create an impact.

That is why it is extremely important for a leader to prioritize and **make good use of the pareto principle which implies that 80% of the results are derived from 20% of the efforts.** Hence, it is essential that we identify those unheard 20% issues which can drive 80% of the key and meaningful results.

As club leaders, you have completed nearly 75% of your term. It is high time that you revisit your plans which you made in the start of the year and do a health check of your club. Identify the gaps and try to fill those in the last quarter of your term.

It is highly recommended to the club presidents to start succession planning with your club's executive committee and look for talent and nurture them so that they are prepared and equipped to take the mission forward and continue to serve members. Lastly, I want to emphasize on the key performance indicator of member retention and growth which is the result of value addition to the members learning needs.

**Prioritizing these two key areas will enable you to leave your mark and enable a smooth transition.**

Ali Amjad , DTM  
Club Growth Director,  
D122P  
2024-25





# DLC REPORT 2025

District 122P (Pakistan)

**Dear Council Members,**

In accordance with the Protocols, Rules and Regulations of Toastmasters International, the District Leadership Committee (DLC) carries out the nomination and interview process to screen and nominate the leadership candidates for the coming year, which in this case is 2025-26. The nomination process began with the District Director’s appointment of the DLC Chair. This was followed by enlisting of DLC members by the DLC Chair and obtaining the District Director’s consent for the same. The Call for Nominations was issued on January 14, 2025 with a submission deadline of 31<sup>st</sup> January, 2025. In total, 12 eligible nominations were received for various leadership positions before the deadline. Out of these, nominations for District Trio and Division Directors were vetted, interviewed as per Protocol 9.0 and processed; those for Area Directors will be called by respective incumbents to carry out the election process accordingly.

Having verified that the candidates meet the qualifications for the office they seek as specified in Article VI of the District Administrative Bylaws, we are pleased to submit the nominations for program year 2025-26 as follows:

District Director(s)	Syed Azam Ali
Program Quality Director(s)	Ali Amjad
Club Growth Director(s)	Augustine Gulzar, Imran Rana, Abrar Wani
Division A Director(s)	Irfan Farooqi
Division B Director(s)	Asma Naz
Division C Director(s)	Humayoun Kiyani

The candidates not nominated were also deemed eligible and can run from the floor. Their list is not being published, per protocol 9.0 and has been shared separately with the District Director.

The District Leadership Committee (DLC) is composed of the following members:

Masood Said	Talha bin Hamid	Jahanzeb Amin
Samina Ikram	Majid Akhtar	Gul e Zehra

After interviewing all candidates, DLC deliberated and voted on which candidates to nominate for office. I would like to thank these distinguished individuals who served as DLC members in an exemplary manner, and contributed their passion and wisdom towards the future of our District.

Sincerely,

Atif Irfan Shaikh,  
Chair, District Leadership Committee (DLC)

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DISTRICT 122P

# DLC NOMINATED CANDIDATES

## 2025-26

DISTRICT  
DIRECTOR



DTM AZAM ALI

PROGRAM QUALITY  
DIRECTOR



DTM ALI AMJAD

CLUB GROWTH  
DIRECTOR



TM AUGUSTINE GILL

CLUB GROWTH  
DIRECTOR



DTM ABRAR WANI

CLUB GROWTH  
DIRECTOR



TM IMRAN RANA

DIVISION-A  
DIRECTOR



DTM IRFAN FAROOQUI

DIVISION-B  
DIRECTOR



DTM ASMA NAZ

DIVISION-C  
DIRECTOR



TM HUMAYUN KIANI

### D122 PUBLIC RELATIONS TEAM



# Podcasting World, Here We Come!

## BETTER LATE THAN NEVER!

Guess what? Toastmasters District 122 has finally hopped on the podcast train! That's right our Public Relations Team 2024-25 has taken the initiative of Toastmasters Pakistan's first ever podcast series, packed with inspiration, wisdom, and just the right amount of Toastmasters magic.

We kicked things off with our District Trio (because why not start at the top?), and we're just getting warmed up! From leadership lessons to jaw-dropping success stories, we're bringing you the best of Toastmasters one episode at a time.

So get ready to plug in your earphones, hit play, and join us as we break boundaries in the digital world.

**Who knows? You might just hear your own story next!**

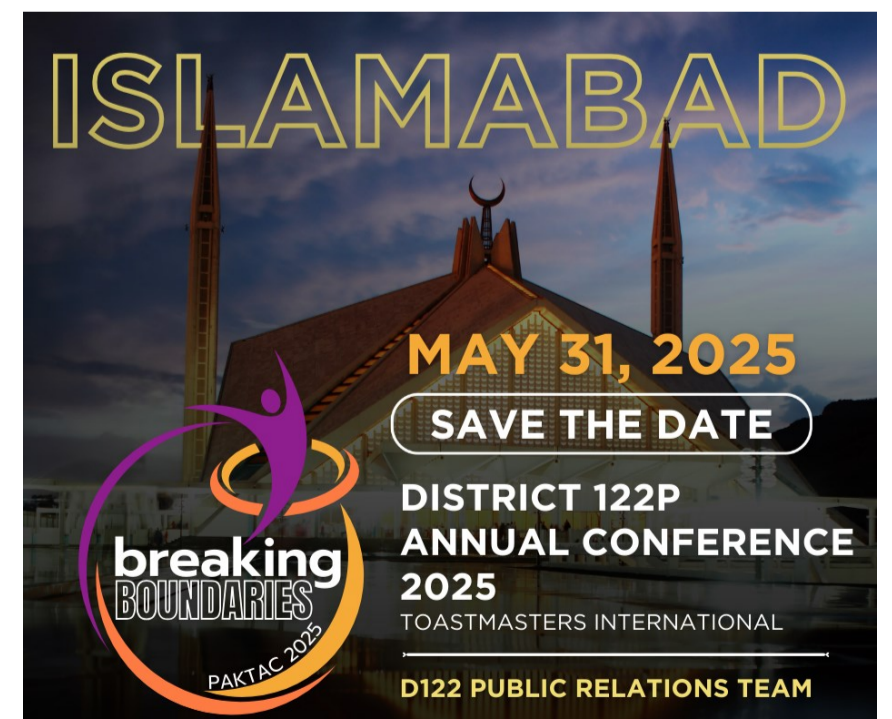




# DISTRICT 122P ANNUAL CONFERENCE 2025 TOASTMASTERS INTERNATIONAL

We are excited to announce the District Annual Conference 2025, themed **Breaking Boundaries: A celebration of growth, leadership, and transformation.**

The official conference logo, promo video, and 'Save the Date' flyers have been unveiled, marking the beginning of an inspiring journey. This year's conference promises to challenge limits, foster connections, and elevate the Toastmasters experience like never before. Stay tuned for more details and get ready to be part of an unforgettable event. Together, let's break boundaries and redefine possibilities.





# Club Officers Training

ROUND 2



An incredible day of learning, leadership, and connection! On February 8, 2025, club officers from across Islamabad gathered to sharpen their skills and elevate their clubs to new heights.

[CLICK FOR MORE PICTURES](#)



# Club Officers Training

ROUND 2



[CLICK FOR MORE PICTURES](#)

It was an incredible day of learning, leadership, and connection! On February 15, 2025, club officers from across Lahore gathered to sharpen their skills and elevate their clubs to new heights.





# Club Officers Training

ROUND 2



# KARACHI



CLICK FOR MORE PICTURES



An incredible day of learning, leadership, and connection! On February 1, 2024, club officers from across Karachi gathered to sharpen their skills and elevate their clubs to new heights. A big thank you to all trainers, participants, and organizers for making this event memorable.





# District Leader Training ROUND 2



District 122 Pakistan's District Trio DD DTM Zaid Kaliya, PQD DTM Azam Ali, and CGD DTM Ali Amjad proudly represented Pakistan at the Toastmasters Leaders Mid-Year Training in Jakarta! This transformative experience reinforced a key lesson: Leadership is about impact, not titles. Engaging with District Leaders, Toastmasters leadership, and Region Advisors from across Asia and Australia, our leaders gained invaluable insights on collaboration, resilience, and empowerment.

A heartfelt thank you to Toastmasters International, the trainers, and all participating leaders for this enriching journey. With renewed energy, Trio is ready to elevate District 122 Pakistan toward excellence and lasting impact! And last, but not the least, to our District Trio for their tireless effort and draining travels to ensure that targets are reached.



# Demo Meetings

## ACCA (KARACHI)



### 🌟 Toastmasters Demo Meeting at ACCA – Success! 🌟

Thank you to everyone who joined us for an inspiring session of speeches, table topics, and networking! Your energy made it unforgettable.

#### 🌟 Highlights:

- 🎤 Powerful speeches
- 💡 Fun table topics
- 📝 Constructive feedback
- 👉 Great connections

## CHAKOR SOFTWARE (LAHORE)



We're grateful for the opportunity to introduce the world of Toastmasters to the talented team at Chakor Software. If you missed it, don't worry! We'll be hosting more demo meetings soon. Stay tuned for updates and get ready to unleash your public speaking potential!





# Demo Meetings

## UMT (SIALKOT)



On **Jan 29, 2025**, Toastmasters Sialkot held an Open House Session at UMT Sialkot, where visitors got a chance to explore the world of public speaking and leadership. The session gave attendees the opportunity to meet current members, watch speeches, and learn more about how Toastmasters helps improve communication skills and build confidence. We are looking forward to welcome new members to our Sialkot Toastmasters family!



# DISTRICT LEADERS DECLAMATION

**DISTRICT LEADERS DECLAMATION SHOWDOWN**  
SPEAKERS

**MOIZ NAEEM**  
ADMIN MANAGER

**AKASH KUMAR**  
PR MANAGER

**AUGUSTINE GILL**  
DIVISION B DIRECTOR

**ABRAR AHMAD WANI**  
DIVISION C DIRECTOR

**OBAID BILGARAMI**  
AREA 1 DIRECTOR

**ASMA NAZ**  
AREA 3 DIRECTOR

**IRFAN FAROOQUI**  
AREA 5 DIRECTOR

**M QUNDEEL ZAFAR**  
AREA 6 DIRECTOR

**SAIF ALI SHEIKH**  
AREA 7 DIRECTOR

**SALMAN HUSSAIN**  
AREA 8 DIRECTOR

**HUMAYUN KIANI**  
AREA 9 DIRECTOR

PROGRAM QUALITY DESK 2024-25

23 FEB 2025 07 PM VIA ZOOM

**PREPARED SPEECH WINNERS**

DTM Irfan Farooqui  
2nd Place Runner up

TM Akash Kumar  
1st Place Runner up

DTM Abrar Wani  
Winner

TM Obaid Bilgarami  
2nd Place Runner Up

DTM Saif Sheikh  
2nd Place Runner up

**MEET THE WINNERS**  
District Leaders Declamation Showdown

Program Quality Desk 2024-25 District 122P

**EVALUATION SPEECH WINNERS**

TM Fatima Hafeez  
1st Place Runner up

DTM Abrar Wani  
Winner

TM Musharraf Khan  
Winner

TM Irfan Yousuf  
2nd Place Runner Up

**MEET THE WINNERS**  
District Leaders Declamation Showdown

Program Quality Desk 2024-25 District 122P

Who says that District Leaders can't taste the flavor of competitive speaking? District 122P provided a totally unique opportunity to district leaders to show their oratory chops.

Join us in congratulating the participants of the District Leaders Declamation Showdown! Each speaker and role player delivered an outstanding performance with excellence and dedication. Kudos to everyone! A special round of applause for the winners of the speeches and evaluations — your speeches and evaluations were commendable!

# DIVISION A OPEN HOUSE

**DIVISION A PRESENTS TOASTMASTERS' OPEN HOUSE**  
Keynote Speakers

**TM FARAZ ANJUM**  
Sales Trainer

**DTM ATIF IRFAN**  
PMP - Civil Engineer

**TM NOMAN ABID**  
Corporate Trainer

**ATTEND**  
Network & Meet Like-minded Leaders

**Ask**  
Listen To Our Speakers & Discover The Effectiveness

**Aquire**  
The Magic of Personal & Professional Growth Via Toastmasters

**TM Tahir Iqbal**  
Tax Professional  
Division Director

**TM Haseeb Hassan**  
HR Manager

**TM Iqra Arshad**  
Supply Chain Personnel

**TM Hussain Faiz**  
Software Engineer

**TM Alishba Sami**  
Tax Consultant

MASTERS OF CEREMONY

Feb 01, 2025 - Saturday 02:30pm - 05:00pm Crescent School Girls Campus Shadman Lahore



1st Feb 2025 saw the Open House Event of Division A. The spectacular event invited participants from all walks of life, as eminent Toastmasters emphasized the value of communication and leadership skills.





# DIVISION B GRAND SLAM

Division B hosted The Toastmasters Grand Slam Show on February 22, 2025 uniting professionals and students for an evening of leadership, communication, and growth!

🔥 Highlights:

- ✅ Demo Toastmasters Meeting
- ✅ Motivational Talks by DTM Sameer Dodhy, DTM Talha Bin Hamid, Assistant Professor Tariq Jameel, GM SSGC Shahbaz Aslam & Yogi Wajahat DTM Zaid Kaliya, Country Head of Toastmasters Pakistan, reinforced our mission to empower confident leaders..



# DIVISION C CORPORATE CONNECT



100 YEARS

**DIVISION C CORPORATE CONNECT**

TOPIC: ECHOES OF KINDNESS  
WORD OF THE DAY: ALTRUISM

DATE: 26 FEBRUARY 2025 | TIME: 05:00 PM - 07:00 PM

A DIVISION C INITIATIVE

DTM ABRAR WAN  
DIRECTOR DIVISION C

Venue: Emumba Pvt Limited, Activity Area, Floor 2  
Location: <https://maps.app.goo.gl/DuahrZscnDRKukdc9>

MUMBA S&P Global		CONTOUR Software		REBEL SPEAKERS	
NAYA led					
PRESIDENT CONTOUR	PRESIDENT EMUMBA	PRESIDENT NAYA led	VP ED S&P GLOBAL		
PRESIDENT S&P REBEL	TM FATIMA	TM HILAL DPL	TM AHMAD HUSSAN		
	TM MOOD	OE	TTM		
			TYE & VP EDUCATION		

Division C held a Corporate Connect event on February 26, 2025. The event featured eminent Toastmasters and corporate leaders' interaction and proved to be a great PR exercise for Toastmasters.





# OPEN HOUSE, FAISALABAD

An open house was held at ICAP Toastmasters Club, Faisalabad on February 26, 2025.



# ICAP SPEECHCRAFT PROGRAM GRAND FINALE



Grand Finale of the ICAP Speech Craft Program, a remarkable joint collaboration between Toastmasters Pakistan and ICAP (Institute of Chartered Accountants of Pakistan) was held on February 26, 2025.

The evening was nothing short of extraordinary. Participants, who are future finance professionals and leaders, took center stage with confidence and charisma. They planned the event, assumed MOC roles, organized panel discussions, and delivered both impromptu and prepared speeches that left the audience in awe.

The highlight of the program was the certificate distribution, where each participant radiated confidence and pride in their achievements. Our esteemed judges, DTM Rashid Dastagir, DTM Farooq, and TM Hinna Ali, for their time, expertise, and invaluable feedback.

Our incredible trainer, DTM Zaid Kaliya, whose guidance, passion, and dedication played a pivotal role in shaping the participants' public speaking journey.

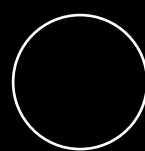




# A TALE OF TWO JOURNEYS

**Grab the mike, or take a hike? Why not both?**

Witness two journeys, one within and one without, and see where resolve, perseverance and a little help from your friends can take you!



## SETTING OUT

October 2024 marked an unforgettable adventure, one that began with a reluctant traveler, TM Hassan Akram, who had never been a fan of road trips. Convincing him to embark on a journey from Islamabad to Skardu was a challenge in itself, but after much persuasion, he finally agreed. What followed was a whirlwind of breathtaking landscapes, thrilling encounters, and moments that would stay with us forever. Travelers from Karachi, Lahore, and Rawalpindi came together, each bringing their own energy and excitement, forming a caravan of explorers bound for the unknown.

## THE ROAD TO NARAN

Our journey began early in the morning with a hearty breakfast of live Halwa Puri, Lahore-style Chana-Naan, and steaming chai. With high spirits, we set off towards Naran, where the crisp mountain air welcomed us. A quick stop at Kiwai Waterfall allowed us to stretch our legs and sip chai while enjoying the cascading water. By nightfall, we reached Naran and settled in for a cozy movie night at our hotel, preparing for the adventure ahead.

## ASCENT TO SKARDU

After an early breakfast, we hit the road towards Skardu, passing through the stunning Lulusar Lake and the winding landscapes of Jhalkad and Besal. Babusar Top greeted us with breathtaking views, its cool air a stark contrast to the warmth of the sunlit valleys below. Our journey continued through the rugged terrains of Chilas, where the mighty Indus River flowed alongside us. A short stay at Astak Nala provided a refreshing break before we finally reached Skardu late at night, exhausted but eager for the next day.



TM Akash Kumar  
Public Relations Manager,  
District 122P 2024-25

# The Journey

## A Tale of Mountains, Memories, and Midnight Encounters



DAY 3

## INTO THE WILD - DEOSAI

The adventure took a thrilling turn as we switched to 4x4 jeeps, bound for Deosai - the Land of Giants. October had painted the plains in golden hues, replacing the summer greens with a rugged, untamed beauty. As we drove higher, the vast landscapes stretched endlessly, with distant snow-covered peaks standing guard.

Sheosar Lake was a sight to behold, deep blue waters reflecting the crisp autumn sky, surrounded by silent, towering mountains. The tranquillity was overwhelming, a stark contrast to the adrenaline-fueled journey that had brought us here. The air carried a biting chill, a prelude to the freezing night ahead.

As darkness descended, so did the temperature, dropping to a bone-chilling  $-7^{\circ}\text{C}$ . We huddled in our tents, wrapped in layers, trying to find warmth. Then, amidst the stillness, movement outside caught our attention a brown bear, its presence, roamed near our camp. A moment of fear was interrupted by a half-asleep TM Hassan muttering, "*Bhauluu (Bear), we made friendships.*" We couldn't help but laugh, despite the tension. The wild had truly welcomed us.

That night, under the vast canopy of stars, we found ourselves mesmerized by the celestial display above. The Milky Way stretched across the sky in all its glory, making us feel both

insignificant and infinite at the same time.

Gathered around the bonfire, we played Antakshari, our voices carrying through the silent night as laughter and music filled the air. It was a moment of connection, not just with each other but with the universe itself.

DAY 4

## DIVERGING PATHS - CHUNDA OR BILAMIK?

Morning came with the first rays of sunlight thawing our frozen tents. The descent from Deosai was met with mixed emotions some travelers, exhausted from the cold, opted for rest at the hotel, while others made their way to Chunda Valley. A few of us, however, chose the lesser-known path to Bilamik Valley.

Bilamik was a hidden gem, its beauty unparalleled. The jeep ride tested our endurance, navigating steep inclines and rugged tracks. But the reward was worth it. Lush greenery spread like an emerald carpet, wildflowers blooming in defiance of the cold, and crystal-clear streams weaving through the valley. The serenity here was unmatched, a stark contrast to the harshness of Deosai. Ducks waded through the streams, their soft quacks the only sound breaking the stillness. Bilamik wasn't just a place; it was an experience of untouched nature, a place where time slowed, and the soul found peace.





DAY 5

## SHOGRAN'S FESTIVITIES

Leaving Bilamik behind, we journeyed towards Shogran. As night fell, the real celebration began, a hotpot dinner under the open sky, followed by a lively drum circle. The rhythmic beats echoed through the valleys, blending with laughter and song. It was a night of camaraderie, where stories were shared, and friendships deepened.

But perhaps the most unforgettable moment of the trip happened later that evening when, surrounded by my fellow travelers, **my inner Sheela emerged**.

Lost in the rhythm of the night, I found myself dancing with abandon moves so peculiar yet so joyous that they humorously named my dance as *Kabootar Dance*. Laughter erupted, and for a moment, all worries faded. Sometimes, the best memories are the ones made in complete spontaneity.



DAY 6

## CRICKET, RAIN, AND THE FINAL STRETCH

Our final morning was spent exploring the picturesque pastures of Siripaye before engaging in a friendly cricket match in Shogran. The sound of the ball hitting the bat, the cheers of the fielders, and the playful banter made it a perfect farewell activity. It was a game where the mountains bore witness to our joy, and the crisp mountain air carried our laughter far and wide.

As we made our way back to Islamabad, the heavens opened up, rain pouring down in a dramatic farewell. Roads closed, obstacles appeared, but nothing could dampen our spirits. We pressed on, reaching home with hearts full of stories and minds painted with memories.

This journey was not just about the destinations, it was about the experiences, the challenges, and the bonds formed along the way. TM Hassan, once hesitant, had found a love for adventure, and for the rest of us, we carried back a piece of the mountains within us.

Some journeys are about places, but the best ones? They change you forever. This was one of them.







## INTO THE FOLD

I had always known about Toastmasters many years ago even before joining. One day I came exploring the forum with my mother (as someone had told me about that they were at Beach Luxury), back in August 2017. Initially I visited KTC for two months just as an observer. I was completely fascinated with the environment and the interesting group of people that I met. For the first time in my life, I experienced people making extempore speeches without any paper. The expressions and the hand gestures with which they spoke left me completely mesmerized. Everything was completely fascinating for me at that time.

TM Hiba Raees Khan  
Treasurer, Karachi Toastmasters Club,  
2024-25

# MY TRAJECTORY AS A TOASTMASTER



June 2019: The first year KTC held all five Toastmasters Contests, thus completing the "Grand Slam"

Finally, I acquired the formal membership of the Club in October 2017, that's when my real learning journey began. I delivered my ice breaker after a couple of weeks of joining. I remember my 1<sup>st</sup> ever prepared speech, I was so shaky and nervous and had my notes in front of me, trembling and wobbling, I had to deliver it in front of a group of 15 to 20 renowned toastmasters. **As soon as my speech concluded, I received a standing ovation from the audience.**



STEP 2

## THE PROCASINATOR

From being the speaker who used to delay her speeches till the last moment to standing right in front of you, I have come a long way. My nervousness and racing heartbeat still remains an issue for me though. The thought of contributing to Crescendo gave me sleepless nights.

After some ado, I thought it would be good to cast and revisit my own learning trajectory at the toastmaster. It is my own tale of ups and downs!

Reflecting on completing the 7 long years association with the toastmaster in October this year I fully understand the value of the public speaking which the toastmaster represents.



STEP 3

## LOOKING FOR INSPIRATION

Public speaking to a great degree helps people from all walks of life to get their message across. However, for some people public speaking can become a source of anxiety, concern and nervousness...and I am for sure one of those! However, my inspiration in life gets its' route from some of the most dynamic and famous public speakers such as:

1. Barack Obama
2. Oprah Winfrey
3. J K Rowling
4. Imran Khan



STEP 4

## SPEAKING WITHOUT WORDS

One of the key factors within public speaking talent I have learned at the KTC is the communication with the body language. The discovery has enabled me for the first time to think about a range of non-verbal signals that I as a speaker can use to communicate through my posture, hands, facial expressions and gestures.

I believe this is particularly true for artists, comedians and politicians who can make people laugh or cry through the power of words and body alike. I thus learned that interpreting other people body language is possible and can help you to pick up unspoken issues and feelings.

This understanding was quite challenging to my serious facial expressions and remind me of the old lady on first commercial street whom I saw yesterday while having my evening walk.

The lady was talking to her dog. From her body language and hand gesture it was clear that the dog understood what she was saying. I read it as that the woman was very lonely and perhaps senile as she had no one to talk too. I hope none of us get that lonely!

Interest or no interest in meetings, I was always more than ready for KTC's dinner outings!





STEP 5



STEP 6



STEP 7

## IT IS OK TO BE NERVOUS!

Ever since I was a toddler, I have been an extrovert and loved interacting with people of all ages and then talking to them. This friendly nature of mine has always made me unique and stood me out from the crowd. However, when it came to expressing my thoughts in front of the public that's when I always failed because my anxiety got the best of me, as J K Rowling said 'that some failure is inevitable. It is impossible to live without failing at something'... In my BS and MBA presentations I used to always be a nervous wreck. That's why my presentations were never up to the mark. I have been a toastmaster for 7 long years and still tend to avoid speeches.

## DISCOVERING A HIDDEN TALENT!

Above them all, I attribute my interest in the research as an all-rounded activity as part of my learning trajectory in the KTC.

While performing the role of the topic master, joke master or selecting word of the day I carry out substantial research work and activity. During my time as a member of KTC, I have also discovered a hidden talent that I have which is that I like making people laugh with interesting and unique jokes. Over the years that I have spent with Toastmasters I have come up with some hilarious and really whacky jokes during our meetings. This has established me as a veteran joke master with a poker face which perhaps no one can challenge!

## DISCOVERING MY LOVE OF EVALUATIONS

Despite my personal shortcomings as a speaker, I continued to evolve in multiple skill sets in one way or the other as a toastmaster. Very soon I realized the value of the impromptu speech and tried to train my mind to think quickly and to organize my thoughts coherently under specific time management.

I worked on the unplanned speeches but at the same time participated in the role related activities to have a wholistic learning experience as a speaker. Most interesting learning, besides the insights into 'the body language has been to evaluate the speeches of the fellow speakers.

I gained insights into effective communication techniques while evaluating other toastmasters. At the same time, I realized that it is easier to give critical evaluative feedback to someone but it is very difficult to apply the same feedback on the self while speaking. Honestly speaking, it is the most enjoyable part of my learning when I have to apply my listening, analyzing, and speaking skills together as an evaluator.



DTM Sarfaraz's visit to Karachi was a memorable occasion.



## BECOMING PRESIDENT

Also, during the course of my toastmaster days, and after much insistence from my colleagues in the club, I became the youngest ever President of Karachi toastmaster club during 2022 to 2023, due to some other capabilities as I still didn't become a good speaker. It was slightly tough managing the lead role as during the same time I had also joined a tajweed course that kept me overwhelmingly preoccupied. But managing both the responsibilities had made me grow as a person and as an individual.

I acquired multi-tasking skills. Today, I cannot evaluate myself as a very effective president of the KTC and criticize my own leadership style but certainly it taught me resilience and how to adopt to different situations or circumstances while managing one's core task. However, the figures and the dashboard tell otherwise!

## THE BIG SHIFT

It was early in May 2024; the organizing committee took a drastic decision of shifting its venue from Beach Luxury to PACC because of several management issues. This was a turning point and blessing in disguise for me to remain in touch with the activities of the club because it is half a distance less than the Beach Luxury and easily accessible from my place.

At the PAKTAC 2024, I met dynamic people and I decided to revive my roots and started going again with enthusiasm. That's when I regained the lost touch I felt the same old nerves have come back.

However, I am determined to fight that stage and working hard with great willingness to be a better speaker and a worthy toastmaster. I have started becoming regular in the sessions of toastmaster physically, intellectually, professionally and socially. During my time in the toastmaster, I have managed to cultivate a few friendships which I cherish and hold very dear to my heart. I have gotten to spend time with those people and I have enjoyed their company a lot.

## THE JOURNEY CONTINUES

While concluding I am reminded of J K Rowling once again who said 'as is a tale, so is life, not how long it is, but how good it is, is what actually matters.

So, it is a long tale of 7 years association with Toastmasters, and I hope to continue this beautiful journey, enriching myself and the community!



The visit of a KTC member not living in Karachi is always an excuse to eat out!



# Setting Out

**The story of Crescendo, from the pen/keyboard of its founding editor!**



Let me not allude to the fact that it was a miracle - there have been so many before us. There will be many after us- but this here was our time to shine bright and I was put in charge. Maybe because the connoisseurs of English Language and Journalism were hibernating or hard to reach.

The motivating email came from the PRM office. I would be allowed to run free with my creativity to lay down the foundation of the District Newsletter. What the PRM did not know was since my childhood I adored the idea of publications. I read, no devoured any magazine that would come my way. Being a kid in the 90s gave you unprecedented exposure and access to a number of them- in homes, departmental stores, doctor's offices and coffee tables. And the magazines that were shunned, you the ones we do not name- yes, those were always top of the list.

I read every shiny page cover to cover and ogled at the images fine photographers produced for hours. Essays, cover stories and the food section were my favourites. They always managed to fit the words in neat spaces. Now that I was at the helm of producing a publication, I slipped into editorial mode with ease. But with no formal experience, the email from the PRM left me feeling a little burdened.

Nevertheless, a team was formed which, remains somewhat in place to this day leaving the newsletter occasionally - yes, we have fallen in love with it.

The first issue of a publication was a lot of work because, you know intrinsically it will set a precedent (even if no one decides to follow it). Also, with a newsletter having a 300+ subscribed audience, the content had to appeal to all. So we set out on a mission to appease and appeal to everyone- a grave mistake which, did not turn out so well. Case in point: the issue was revised incessantly even after publication until we decided not to.

**TM Uroosa Kanwal**  
Past President, Karachi Toastmasters Club and  
Editor, Crescendo 2019-2023-24





The issue was read, widely criticized and appreciated immensely. Some of the most valuable comments came from out of the District. By now, our team became the Newsletter Team; we enjoyed the fun process of becoming it.

Once I was over the jubilation of creating and collaborating on the first ever issue of Crescendo, I set my eyes on the next one. There was some course correction to do, new topics and subjects to explore. But more than anything, there was the excitement of building on what we had started; refining, expanding, and discovering new ways to engage our readers.

Crescendo evolved through many iterations, covering many aspects of the lives of our members- from personal achievements and contest wins to club milestones. We covered group events on Area and Division level, celebrated weddings and talked about outreach efforts and demo meetings. Not to mention the grand annual events.

**Through it all, Crescendo became less of a newsletter. It became a time capsule of our shared Toastmasters journey, a mirror reflecting our growth. Each issue is not just a set of pixels on a screen; it is a testament to the stories we tell and the community we build.**

If there is one thing that I have learned during all this, it is that a newsletter, much like a good story, is never truly finished. There is always another issue, another story, another fantastic idea waiting to be shared. And that, perhaps, is the real crescendo.





# Find Your “Tick”!

**Erum Rizvi, DTM**

VP Education, Quantum Leap  
Advanced Toastmasters and  
National Champion of Public  
Speaking 2024



## How to Overcome Speech Anxiety Like a Champion by Beating the First 10 Seconds

I still remember the first time I stood up for a Table Topics session. My heart was racing, my palms were sweaty, and my mind was screaming: *You're going to mess this up. Just don't embarrass yourself.*

I didn't even remember what I said. I only remember telling myself, *Just do it.* And I did. But the next thing I did after getting warm applaud? I disappeared. For **two whole months**. I was so sure I had bombed that moment that I didn't want to go back. It wasn't until the club's VP Education called and invited me again that I found myself walking back through those doors—not because I was confident, but because I was **too nervous to say no**.

That moment right there—the fear before speaking—is something we all face. Whether it's a **presentation at work, a pitch to investors, or a keynote speech in front of hundreds**, the anxiety hits hard.



## Nervousness is Normal. In Fact, It's Necessary.

We've been sold this idea that **great speakers aren't nervous**. That's a lie. **Every** speaker gets nervous. **Every** presenter feels the adrenaline.

The only difference? **Some have learned how to use it**. People who aren't nervous? **They're taking the stage for granted**.

The adrenaline rush before a speech isn't a problem—it's **fuel**. It's what makes you stand on your toes, **stay alert, and deliver with energy**. The fear of losing the audience's attention? That's actually the **best thing**—it forces you to **prepare better, engage more, and give it your best**.

And here's the fun part—**everyone finds their own way to deal with it**.



## Find Your "Tick"

I used to think confidence meant **not feeling nervous**. But as I watched **champion speakers**, I noticed something: They weren't calm. **They were charged.**

And every single one of them had their **own little ritual** to channel that nervous energy before stepping on stage.

- Some do **push-ups** backstage to get the blood flowing.
  - Some do **deep squats** or jog in place to shake off tension.
  - Some close their eyes and take **three deep breaths**.
  - Some **laugh out loud** to trick their brain into feeling relaxed.
  - Some **meditate** for 30 seconds before walking up.
  - Some have a "**power phrase**" they repeat in their head (*Let's go! You got this!*)
  - Some visualize **cheering audiences** instead of a judgmental crowd.
  - Some tap their fingers **rhythmically** to regulate their heartbeat.
  - Some **drink tea or coffee** to create a sense of routine.
  - And yes, some go outside and **smoke a cigarette**. (Not recommended, but hey, it's a thing!)
- The key isn't **eliminating** nerves. It's **managing** them.



## How to Use Nervousness to Your Advantage

Here's what I wish someone told me earlier: **Nervousness is just energy. You get to decide what to do with it.** Instead of letting it **paralyze you**, turn it into **momentum**.

Here's how:

1

### Flip Nervousness Into Excitement

A **Harvard study** found that people who tell themselves "**I'm excited**" instead of "**I'm nervous**" actually perform better. Why? Because excitement and fear **feel the same in the body**. It's just a different label. Instead of thinking: *I'm so nervous!* Say: *I'm excited to share this!* Your brain **believes what you tell it**.

2

### The 10-Second Power Pause

The first **10 seconds** of your speech are the hardest. Here's how to **win them**: Walk up **with purpose**—not rushed, not hesitant Stand **grounded** (both feet planted, no shifting) Breathe **once, deeply** Look at the audience **without speaking for 2 seconds** **Then start** with a bold line This **forces your adrenaline into control** and makes you **look powerful**.

3

### The Hook – Win Their Attention in 8 Seconds

Science says our **attention span is just 8 seconds**. That means if your opening isn't strong, **you've already lost them**. Start with: A shocking **question** – "*What if I told you...?*" A bold **statement** – "*Most people fail at public speaking for one reason.*" A surprising **fact** – "*Your brain decides in 7 seconds if you're trustworthy.*" This **locks them in** before they even realize it.

4

### Move, But With Purpose

If you feel frozen, **move—but don't fidget**. Step forward when making a strong point Use hand gestures **deliberately** (not randomly) Smile **at key moments** to reset your energy Movement tricks your brain into feeling **in control**.

5

### Remember: The Audience is on Your Side

Most people fear **judgment** from the audience. But here's a fact: **Audiences WANT you to succeed!** They don't sit there **hoping you fail**—they actually feel **uncomfortable** if you struggle. **They want to see a great speech**. If you mess up? **They'll forget**. If you freeze? **They'll root for you**. If you bring energy? **They'll feed off it**. The pressure to be "perfect" is just **in your head**.





# From Nervous Wreck to Champion – My 4-Year Journey

Four years after my **terrifying first Table Topics session**, I stood on the **District stage**—and won.

- **2023:** First place in **2 categories**, second place in **2 more**
- **2024:** First place in **3 categories**, second in **1**
- **Global Winning:** **3rd place in the Video Speech Contest**

I went from someone who **avoided** speeches to someone who **thrives on them**. Not because I **stopped being nervous**—but because I **learned how to use it**. And the only thing that changed? I stopped fighting my adrenaline. I stopped thinking nervousness was **bad**. I stopped waiting for confidence to **come first**. Instead, I **stood up, felt the fear, and spoke anyway**.

## Final Thought: Own Your Fear, Own the Stage

The next time you feel nervous before a speech, remember:

- **Nervousness means you care.**
- **Fear of losing attention makes you prepare better.**
- **Adrenaline keeps you sharp.**

It's **never about eliminating nerves**. It's about **finding your tick and channeling that energy into presence**.

So, the next time your hands shake and your heart races before a speech?

Smile.

Because that means **you're ready**.

**Now, go own your stage!**





# From Words to Wonders

TM Maria Zafar



In a hall where voices rise so bright,  
Confidence blooms, like morning light.

A Toastmasters club, bold and grand,  
Where words take flight, where speakers stand.

From nervous whispers, shy and small,  
To speeches strong, we rise, stand tall

Through practice, passion, and a plan,  
Each speaker shines—yes, anyone can!

Mentors guide with wisdom rare,  
Helping new ones take the dare.

Table Topics—quick and keen,  
Sharpening minds, keeping them lean.

Evaluations, crisp and true,  
Feedback shapes a speaker new.

A pathway paved with goals so high,  
Where leaders learn to touch the sky.

A family found in every meet,  
Where failure turns to victory sweet.

From boardrooms bright to wedding toasts,  
Confidence grows, we fear no hosts.

So join us now, come take your place,  
Find your voice, embrace the race.

A Toastmaster once, a leader for life,  
With words that spark, inspire, and ignite!



# The Voice Within

Beating heart and trembling paces  
A room of people with blurred faces  
Wishing silently with a nervous glance  
The moment is calling, take a chance.

## Because

The words can waver and the voice may shake,  
But every step is a stair we take.  
The smiles, the nods and the cheer received,  
With each applaud, the journey is relieved.

## I believe

Words cascade, free from silent fear  
Soar like bird, that each can hear.  
The dread that overpowers turn into grace  
The poise descends to win the race.

## Hence I say,

Don't be scared and take that step,  
The world will listen, you walk with pride.  
For who dares to start and let courage guide  
Finds the way and strength to glide.

TM Taqdees Hira



## A morale boosting tale, reaffirming our faith in hard work and it's positive effects

In the heart of a bustling city, amidst the towering skyscrapers and the ceaseless hum of traffic, lived two young men named Adam and Ben. They were as different as two people could be, yet their lives were intertwined in a way that would shape their destinies.

Adam was a diligent and hardworking individual. He believed in the power of perseverance and the importance of earning one's success through honest labor. He was a man of integrity, always striving to do his best, regardless of the challenges he faced.

Ben, on the other hand, was envious and resentful. He was always comparing himself to others, coveting their possessions and achievements. He believed that success was a matter of luck or favoritism, and he often grumbled about the unfairness of life.

Adam and Ben both worked for the same company, a large corporation that dealt in international trade. Adam was a junior executive, while Ben was a clerk. Adam was content with his position, knowing that he was steadily climbing the ladder of success through his hard work and dedication. Ben, however, was bitter and frustrated, feeling that he was stuck in a dead-end job, overlooked and underappreciated.

One day, the company announced that it was looking for a new manager for its overseas division. The position was highly coveted, as it offered a significant promotion and a substantial increase in salary. Both Adam and Ben were interested in the job, but their approaches were vastly different.

Adam saw this as an opportunity to prove his worth and demonstrate his capabilities. He worked tirelessly, preparing a comprehensive proposal outlining his vision for the division. He spent countless hours researching the market, analyzing the company's strengths and weaknesses, and developing a strategic plan for growth.

Ben, on the other hand, was consumed by envy and resentment. He couldn't bear the thought of Adam getting the job, and he spent his time gossiping and spreading rumors about him. He tried to undermine Adam's efforts, hoping to sabotage his chances.

The day of the interview arrived, and both Adam and Ben presented their proposals to the panel of judges. Adam's presentation was well-researched, articulate, and passionate. He spoke with confidence and conviction, demonstrating his deep understanding of the business and his commitment to its success.

Ben's presentation, however, was lackluster and uninspired. He was unable to articulate his vision clearly, and his lack of preparation was evident. He spent most of his time criticizing Adam and his ideas, revealing his envy and resentment.

The judges were impressed by Adam's professionalism and his dedication, and they were disappointed by Ben's negativity and lack of preparation. In the end, Adam was awarded the position of manager for the overseas division.

Ben was devastated. He couldn't believe that Adam had been chosen over him. He felt that he had been cheated, that the system was rigged against him. He became even more bitter and resentful, convinced that he was destined to be a failure.

Adam, on the other hand, was thrilled with the opportunity. He was grateful for the chance to prove himself, and he was determined to make the most of it. He worked even harder than before, putting in long hours and dedicating himself to the success of the division.

As time passed, Adam's hard work began to pay off. The overseas division flourished under his leadership, exceeding all expectations. He earned the respect and admiration of his colleagues, and he was recognized as a valuable asset to the company.

Ben, however, remained stuck in his dead-end job, consumed by his envy and resentment. He never learned from his mistakes, and he never made any effort to improve himself. He remained bitter and unhappy, blaming everyone else for his misfortunes.

The story of Adam and Ben is a timeless lesson about the importance of hard work and the destructive nature of envy. It teaches us that success is not a matter of luck or favoritism, but rather the result of dedication, perseverance, and a positive attitude. It also shows us that envy and resentment are self-defeating emotions that can only lead to unhappiness and failure.

**Moral** Work hard, don't envy. If you focus on your own efforts and strive to do your best, you will eventually achieve success. But if you waste your time and energy envying others and resenting their achievements, you will only end up hurting yourself.



TM Muhammad Afzaal





# Diverse Voices

## How Toastmasters Unites People Across Borders

**Witnessing the universal language of support and learning at Desert Diamonds Club meeting in Riyadh, KSA. The warmth and camaraderie transcended cultural boundaries, uniting members from Sa**

A world which thrives on connections, my recent visit to Saudi Arabia as a member of the ICAP Toastmasters Club Islamabad became an unforgettable journey of cross-cultural interaction, inspiration, and networking. Attending a Toastmasters meeting at Desert Diamonds Club Riyadh, I found myself amidst a vibrant get together of members from Saudi Arabia, China, Sudan, and Pakistan. Everyone brought unique perspectives, stories, and experiences to the table.

Stepping into the room, I was instantly enveloped by a welcoming atmosphere that transcended geographical and cultural boundaries. The camaraderie among the members was palpable, proving that the Toastmasters spirit speaks a universal language—one of learning, support, and growth.

The speeches that evening were nothing short of remarkable. Whether it was a speech blended with a personal story from a Sudanese member TM Abdullah Altayyeb, an insight into the speaker evaluation from a Chinese speaker TM Jason Rong, or a leadership lesson from a Saudi host named Mashal Al Shimri, each narrative resonated deeply. These moments showcased how diverse voices contribute to a greater comprehension of the world, breaking stereotypes and building bridges of empathy.

What stood out most was the inspiring synergy in the room. The feedback sessions reflected not only thoughtful evaluation but also the art of delivering constructive criticism with respect and encouragement. It was a powerful reminder of how cross-cultural settings can amplify the impact of Toastmasters' educational program, promoting both personal and professional development.

This experience reinforced the idea that networking is not merely about exchanging business cards but about sharing ideas, learning from one another, and creating lasting bonds. The friendships formed and the wisdom gained during this visit have become a cherished part of my Toastmasters journey.

As we continue to meet beyond borders, let us celebrate the diversity that enriches our clubs and embrace every opportunity to connect with our fellow Toastmasters from around the world. After all, it is through these connections that we transform ourselves into better communicators, leaders, and global citizens.

**TM Abdul Mateen**  
ICAP Toastmasters Club  
Islamabad





Gamification Chair  
TM Imran Rana

D122P continues its proud tradition of Gamification for the year 2024-25. The mechanism of gamification is based around awarding scores for members participation in meetings and awards.

November 2024

Clubs Meeting Weekly



Clubs Meeting Fortnightly



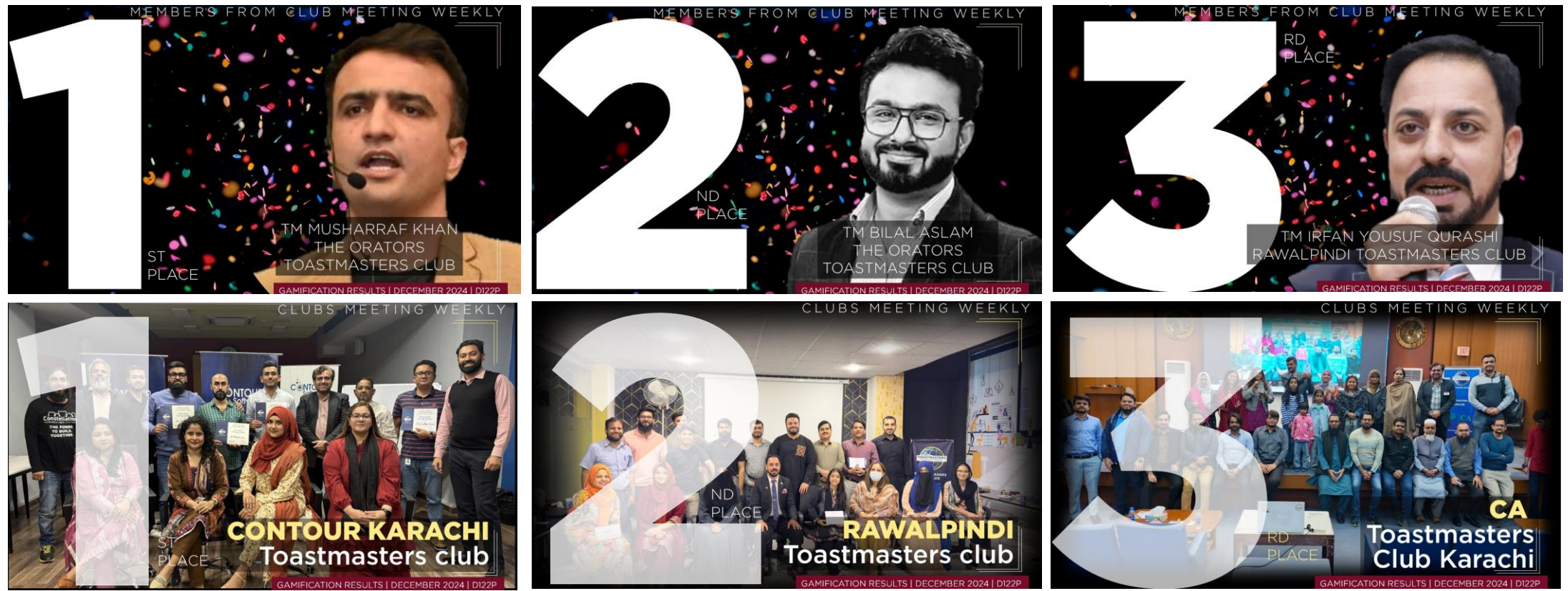
Members as Guests



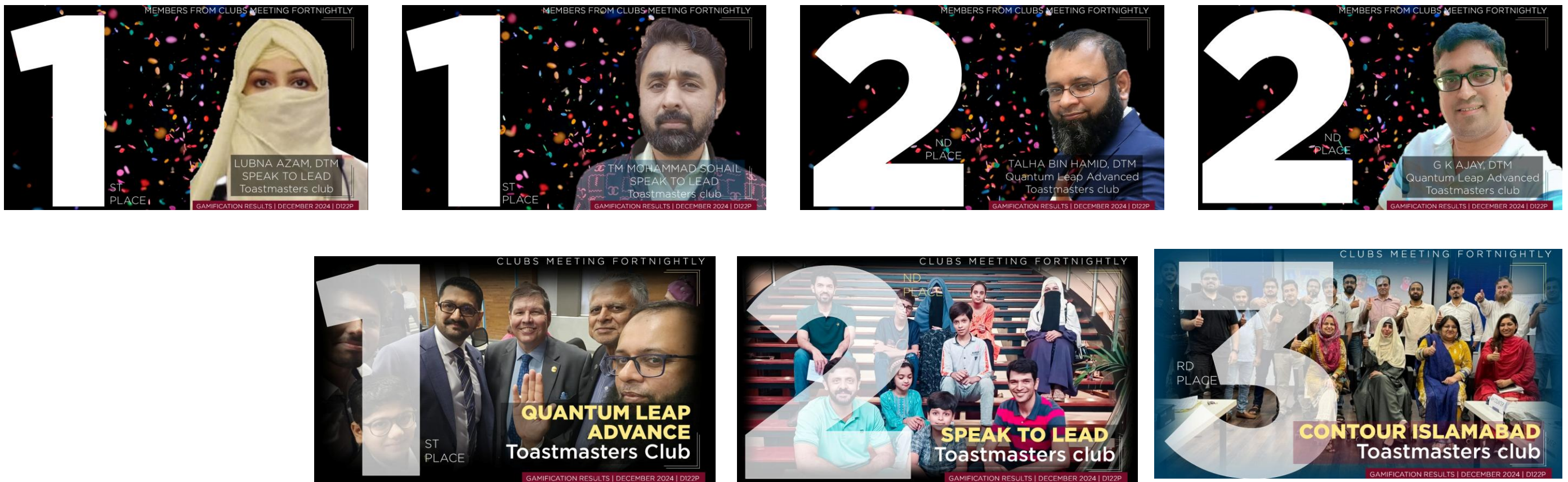


# December 2024

## Clubs Meeting Weekly



## Clubs Meeting Fortnightly



## Members as Guests





# January 2025

## Clubs Meeting Weekly

<p>MEMBERS FROM CLUB MEETING WEEKLY</p> <p><b>1</b> ST PLACE</p> <p>TM IRFAN YOUSUF QURASHI RAWALPINDI TOASTMASTERS CLUB</p>	<p>MEMBERS FROM CLUB MEETING WEEKLY</p> <p><b>2</b> ND PLACE</p> <p>TM EJAZ UL HAQ RAWALPINDI TOASTMASTERS CLUB</p>	<p>MEMBERS FROM CLUB MEETING WEEKLY</p> <p><b>3</b> RD PLACE</p> <p>TM SANA SARWAR VISIONARY VOICE WAH TOASTMASTERS CLUB</p>
<p>CLUBS MEETING WEEKLY</p> <p><b>1</b> ST PLACE</p> <p><b>KARACHI</b> Toastmasters club</p>	<p>CLUBS MEETING WEEKLY</p> <p><b>2</b> ND PLACE</p> <p><b>RAWALPINDI</b> Toastmasters club</p>	<p>CLUBS MEETING WEEKLY</p> <p><b>3</b> RD PLACE</p> <p><b>VISIONARY VOICE WAH</b> Toastmasters Club</p>

## Clubs Meeting Fortnightly

<p>MEMBERS FROM CLUBS MEETING FORTNIGHTLY</p> <p><b>1</b> ST PLACE</p> <p>TM AHMAD ADNAN CENTURY PAPER Toastmasters club</p>	<p>MEMBERS FROM CLUBS MEETING FORTNIGHTLY</p> <p><b>1</b> ST PLACE</p> <p>TM KHALIL AHMAD HASHMI SPEAK TO LEAD Toastmasters club</p>	<p>MEMBERS FROM CLUBS MEETING FORTNIGHTLY</p> <p><b>2</b> ND PLACE</p> <p>LUBNA AZAM, DTM Speak To Lead Toastmasters club</p>	<p>MEMBERS FROM CLUBS MEETING FORTNIGHTLY</p> <p><b>3</b> RD PLACE</p> <p>TALHA BIN HAMID, DTM Quantum Leap Advanced Toastmasters club</p>
<p>CLUBS MEETING FORTNIGHTLY</p> <p><b>1</b> ST PLACE</p> <p><b>CONTOUR ISLAMABAD</b> Toastmasters club</p>	<p>CLUBS MEETING FORTNIGHTLY</p> <p><b>2</b> ND PLACE</p> <p><b>CENTURY PAPER</b> Toastmasters club</p>	<p>CLUBS MEETING FORTNIGHTLY</p> <p><b>3</b> RD PLACE</p> <p><b>SPEAK TO LEAD</b> Toastmasters club</p>	

## Members as Guests

<p>MEMBERS ATTENDED MEETING AS GUESTS</p> <p><b>1</b> ST PLACE</p> <p>ABRAR AHMAD WANI, DTM</p>	<p>MEMBERS ATTENDED MEETING AS GUESTS</p> <p><b>2</b> ND PLACE</p> <p>TM MAZHAR HUSSAIN</p>	<p>MEMBERS ATTENDED MEETING AS GUESTS</p> <p><b>3</b> RD PLACE</p> <p>TM TOUSEEF BIN TALIB</p>
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# epilogue

**Our next issue is out on  
May 1, 2025.**

**Submit your  
contributions [here](#) by  
April 15, 2025**

