



CRESCENDO

ISSUE NO 3

THE OFFICIAL NEWSLETTER OF DISTRICT 122
PAKISTAN TERRITORIAL COUNCIL

**UNLEASH
YOUR
X-FACTOR**

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The Fantastic 8 - Team Crescendo



DTM Zaid Kaliya



TM Farhan Qazi



TM Nosheen Abid



TM Irfan Farooqi



TM Saad Salman



TM Vania Abbasi



TM Azhar



TM Abrar Wani

From the Desk of Editor



Zaid Kaliya, DTM
Am I audible and visible?

This is the most spoken sentence in an online meeting. Thanks to Covid 19, which has united the World in the form of online meetings, most of the clubs are meeting online across the World and many are moving to the hybrid model.

Inshallah

I would like to thank my team Farhan Qazi, Nosheen Abid, Irfan Farooqi, Saad Salman, Vania Abbasi, Azher and Abrar Wani for their spectacular efforts in bringing out this issue.

I am looking forward to your feedback and contributions in form of articles, club and district events at zkaliya@hotmail.com.

Happy Reading!

Today, I am excited to place our 3rd issue of Crescendo – District 122 official newsletter with the theme “Unleash Your X-Factor”.

We have hand-picked a variety of flowers with fragrances that will fill your mind with inspiration and motivation. DTM Margaret Page – TI President in her article “Unleash your X-Factor” shares the path to shine and grow. DTM Talha’s – District Director message sets the performance bar for the year.

TM Nosheen shared her ideas on how to improve the English language. Urdu pages include an interview of the first DTM of current year DTM Muhammad Farooq and poetic verses of TM Abrar Wani. Being a toastmaster how can we forget Word of the Day? Hence, included in the form of Word search. Two pages are dedicated to events taking place in the District. The District performance shows that we are all set to achieve Smedley District Award for the third consecutive year.

District Director's Message

Pakistan has had a set of challenges over its history, and then came the fateful month of March 2020 which forced the entire world into a lockdown.

However, our Toastmasters' community has shown a remarkable tendency to defy the odds and stun the world. We started with 21 clubs in July, 2019 and today stand at 42. We also set new benchmarks in our program quality and continue to do so. In addition to world-leading growth, our members have shown remarkable initiative and creativity.

As we meet 2021-22 with a new set of challenges and even loftier goals, I have absolutely no doubt that we will once again make history, Insha Allah.

The Leadership Team in place is unparalleled in its commitment and enthusiasm and our community is more enthusiastic than ever. With this issue of "Crescendo" we layout our talents and passions before the world and I congratulate the team behind this initiative; for conveying our strengths, hopes, aspirations and talents so eloquently.

There has never been a greater desire to serve and exhibit the Toastmasters values of Integrity, Respect, Service and Excellence that form the core of our community.

No matter what we achieve this year, it is our beautiful struggle, the sense of harmony, and unwavering ambition, the remarkable resilience, and an aversion to complacency, that will carve out our niche in history. In the end, it is the journey that matters and not the destination; because, the journey IS the destination!



Talha Bin Hamid, DTM

"The highest point reached in a progressive increase of intensity": When I came up with this title for our periodical in 2019-20, little did I know how faithfully our District's trajectory will follow the definition of "Crescendo".



Unleash your X-factor

Margaret-page, DTM
Toastmasters
International
President

You know people who have a certain something. They command attention when they enter a room. They're confident and comfortable in their own skin. People seem to be attracted to their presence and ideas, and as a result, they make things happen.

These people have the X-factor. They recognize and honor the parts of themselves that make them unique — their passions, their skills, their presence. They consistently practice embodying their X-factor and develop a magnetic personality over time.

The beauty of the X-factor is that anyone, anywhere, can harness these powerful qualities within themselves. Including you.

You don't need any fancy equipment or expensive classes to get started. Instead, clear a few hours in your day. Sit down in a quiet place with a pen and paper. Allow the rest of your schedule to fall away (this is not the time to check email or arrange meetings) and dedicate your time to

yourself. Once you're ready, ask yourself the following:

Am I permitting myself to shine? Many people dim their own lights because they are afraid of shining too brightly. They're worried that they might appear too ambitious, too hungry for attention, too immodest. What about you?

What are my limiting beliefs? Write down the ways you block your own success. Do you avoid positions of responsibility because you're afraid of failure? Do you keep quiet in group discussions because you're sure you have nothing to contribute? Do you believe that you aren't attractive or funny or that you don't make friends easily? Write these painful thoughts down. Repeat the limiting beliefs back to yourself and ask, Is this really true? Or is this a story I tell myself?

What are my strengths? Creating a list of your own strengths can be difficult if you're not used to acknowledging the best parts of yourself. For years, people

described me as generous and smart. I was fine with being perceived as smart, but generous? I didn't feel like the word fit me. And yet I've created a life and a profession that is dedicated to service.

You may not consider yourself creative because you don't know how to draw or paint — but can you solve problems with solutions that no one else thinks of. Often times, our greatest strengths are hiding in plain sight. It's up to us to name them and claim them.

How do I need to change my mindset?

In your mind's eye, flash forward to a time when you'll meet people — a networking event, for example, or a dinner party. How do you want to come across to your new acquaintances? Do you want to seem relaxed, put-together, charming, intelligent, daring? What changes can you make to embody the words you choose?

What am I passionate about? What gives you a reason to wake up in the morning? Do you love teaching, organizing events, or connecting people? Make a list of the things that challenge you and help you grow.

Who do I have to become to make a difference in the world? What would happen if you transformed your passion into consistent action? When I joined Toastmasters, I discovered a love of

public speaking. Eventually, I realized that I needed to do more than just give presentations in front of audiences. I needed to inspire people to find their true potential by joining Toastmasters themselves.

But first, I had to think about the person who could make that change happen. How would she act? What would she do? What roles would she accept, and how would she lead in those roles? As I envisioned this new, future version of myself, the path forward — the path that led me to my current role — became clearer.

Understanding yourself, your strengths, and the ways you hold yourself back are the first steps toward unleashing your X-factor. Envisioning the person you want to be and the change you want to see will bring you closer to your goal. But to truly embody your unique X-factor, you need to practice! Show up every day for yourself and for others, even when you don't feel confident. Project the qualities you want to see and watch how the world changes around you — you'll soon discover that people are attracted to positivity and potential. Keep growing, step through the doors that open before you, and remember: Your future is limited only by your own beliefs.

How to Improve Your English?

The real question should be 'How to master a new language?' One of the fundamental issues with the acquisition of the above goal tends to stem from the misconception that English should be learnt as a first language. English should be learnt as a second language (ESL). Nevertheless, being a globally recognised and functional language, English tends to be perceived as an inconceivable target for anyone living in Pakistan, which is far from reality.

Just like any other new language, to increase the level of proficiency one needs to immerse themselves in reading any piece of text written in English or watch movies in English – Immersion technique. Since English listening, reading, speaking and writing are all interconnected, these resources provide a genuine and reliable platform to pick up new vocabulary, understand the dialect and pronunciation and get used to colloquial, conversational forms of English. The idea is to start thinking in English and surrounding yourself with

a new language, so you absorb it naturally, which in turn allows you to have a better conversation, even

when interacting with a native speaker.

In the current technologically advanced era, accessing customised and interactive online resources and tutorials, anywhere, anytime, makes self-paced learning a reality. With so many innovative tools available at your fingertips, flexible learning allows us to fulfil our goals



TM Nosheen Abid

5 Fun English Learning Tools You Can Take Anywhere

- **FluentU** puts immersive ESL learning in your pocket. FluentU takes the real-world videos – like music videos, movie trailers, news and inspiring talks- and turns them into personalized language learning lessons.
- **Learn English Grammar** - A free interactive English grammar practice app from the British Council. With each one, you will learn the specific British or American spelling, usage and pronunciation rules. There are four levels from beginner to advanced, so learners at all stages can benefit from using the app.
- **Learn English Sounds Right** is another one of the British Council's free English learning tools. The Sounds Right app is an interactive pronunciation chart for English learners. It takes you back to the most basic elements of English pronunciation. Beginners can learn to speak English correctly from scratch while advanced students can refresh their knowledge and start recognizing their pronunciation flaws.
- **Creativa** is a course for business professionals who want to advance their careers or who want to get a job where they speak English every day. In short, you can learn to speak English professionally and effortlessly. From getting a promotion to advancing your career, check out Creativa for everything you need for mastering the business world!
- **Forvo** allows learners can improve pronunciation further. It lets you listen to how a word is pronounced, learn it and record your pronunciation of that word. The sample pronunciations of a word come from native speakers with different accents.

District Performance

Training and workshop hands

- 01 Club Officer's Training Round 1 (July 10, 11, 18)
- 02 How to ace Table Topics Contest (August 14, 2021)
- 03 How to Uncover the Glory of your story by 2013 World Champion of Public Speaking TM Pres Vasilev (August 14, 2021)
- 04 Area and Division Directors Training (September 4, 2021)
- 05 Life is a Continual Interview. How to Prepare like a Pro? (september 26, 2021) by International Interview Coach DTM Aletta Rochat

Description	Number
01 Triple Crown Award Winners	31
02 DTM Awards	1
03 Total Educational Awards	256

Clubs with 5 or more DCP Goals	Goals
01 Karachi Toastmasters Club	8
02 Islamabad Toastmasters Club	8
03 Rawalpindi Toastmasters Club	8
04 CA Toastmasters Club Karachi	7
05 CA Toastmasters Club Lahore	6
06 Lahore Toastmasters Club	6
07 DJ Toastmasters Club	6
08 UE Toastmasters	5
09 Cloud 122	5
10 ICAP Toastmasters Club Faisalabad	5

Clubs with 20+ Renewals and 100% Pathways Adoption Rate

- 01 Islamabad Toastmasters Club
- 02 Professional Toastmasters @ LUMS
- 03 ICAP Toastmasters Club, Faisalabad
- 04 Beacon Toastmasters Club
- 05 JF Toastmasters Club

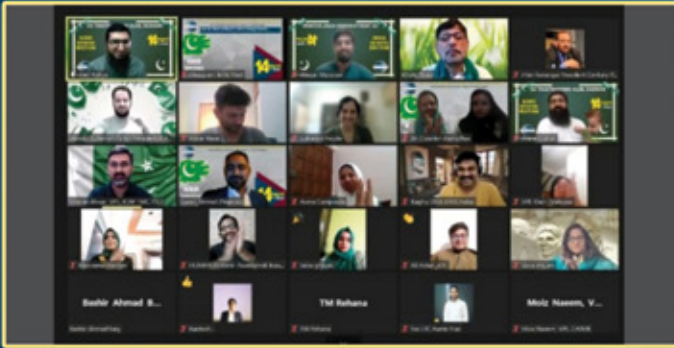
Top 3 Clubs With Highest Education Awards	Awards
01 DJ Toastmasters Club	50
02 Islamabad Toastmasters Club	38
03 Karachi Toastmasters Club	20

Area 6 becomes the first area of District 122 to achieve 100% pathways adoption rate

On 22nd July 2021, 42nd Club of our district was born – Crescent Speech Weavers Toastmasters Club.

District 122 is the World Leader in terms of Educational Awards per Club & Educational Awards per member

Events in District



17 clubs of district collaborated to celebrate Independence day, meeting hosted by CA Toastmasters Club Karachi.



Twin-Cities Toastmasters Club (An Initiative of Area 9) conducted its Kick-off meeting on Saturday, September 18, 2021 at Workpad. coworking. It saw great involvement from the guests who were eager to learn more about Toastmasters.



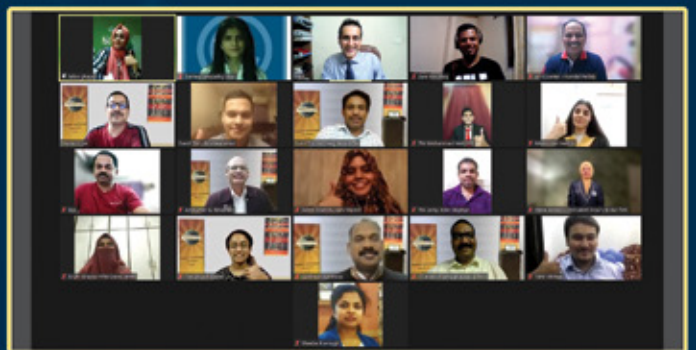
Independence Day Celebration with theme "Leadership is the capacity to translate vision into reality" organized by CA Toastmasters



RTC's energetic members snapped in one frame after a fun-filled meeting



Participants of the Plantation Drive carried out by Toastmasters of Area 8 in August 2021



Dow's IBHM Toastmasters Club conducted successful sessions in collaboration with International and National clubs

SPREAD THE POSITIVITY

Positivity is contagious. Spread it by sharing exciting pictures of your club, area, division by sending one picture and one liner at zkaliya@hotmail.com



Joint meeting of Express Toastmasters and Husne Khitabat Toastmasters with the theme "Gratitude."



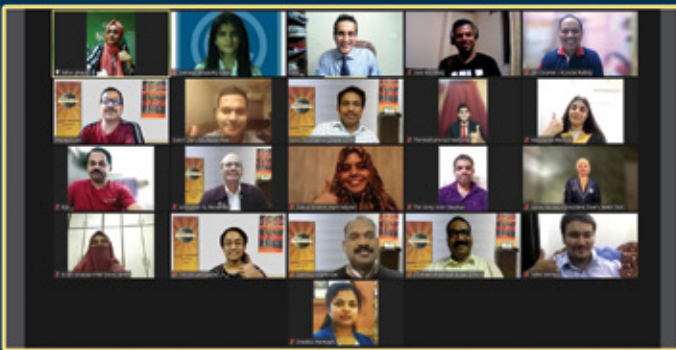
Independence Day Theme meeting of Ravi Toastmaster Club.



Glimpse of Lahore Toastmasters Club meeting on the Amazing Theme "How to be A Great Story Teller"



A glimpse of thrilling Table Topics Contest of Islamabad Toastmasters Club for the year 2021.



Dow's IBHM Toastmasters Club conducted successful sessions in collaboration with International and National clubs



Area 2 and 3 jointly organised Award Distribution Ceremony on 18 September for its members, leaders and clubs in which a panel discussion on personal branding was also held.

Interview of DTM Muhammad Farooq

یہ ایکس فیکٹر ہے جو ایک فرد کو کامیابی کی علامت بناتا ہے۔ کسی قابلیت کا عمل سے اظہار کرنا ایک معقول چیز ہے لیکن امتیازی افراد سے گھرے پڑے ہونا اور پھر اس طرح کے عمدہ کردار کے حامل لوگوں میں ایک نام حاصل کر لینا ایک ایسی چیز ہے جسے ایکس فیکٹر سمجھا جاسکتا ہے۔ ٹوسٹ ماسٹر خاندان میں یہ ایک ایکس فیکٹر کا عنصر ہی ہے جو کسی کو اعلیٰ تعلیمی ایوارڈ حاصل کرنے میں مدد کرتا ہے۔ اور اگر اس طرح کے ایوارڈ کو قومی چیمپئن ایوارڈ کے ساتھ جوڑا جائے تو اسے بطور ایکس فیکٹر کہا جاسکتا ہے۔ ہماری ٹیم نے حال ہی میں نوازے گئے ڈی ٹی ایم کے ساتھ ایک سوال و جواب کی ایک نشست رکھی۔ ممتاز ٹوسٹ ماسٹر محمد فاروق نے اپنے ایکس فیکٹر کی وضاحت پر جن خیالات کا اظہار کیا وہ مندرجہ ذیل ہیں اپنا مختصر تعارف پیش کیجئے؟

میرا نام محمد فاروق اور میں علی عسکر فاروقی کے قلمی نام سے شعر و ادب میں اپنی گزارشات لکھتا ہوں۔ تعلیمی حوالے سے میں نے چارٹرڈ اکاؤنٹنٹس، قانون اور اسلامی مالیات کی تعلیم حاصل کی۔ زندگی کا کچھ عرصہ خلیج میں گزارنے کے بعد آج کل ایک آڈٹ فرم میں اپنی خدمات سرانجام دے رہا ہوں

ٹوسٹ ماسٹر میں آپ کی شمولیت کا سبب کیا تھا؟

مجھے اچھی نثر و شعر کا شعور تھا مگر لکھے ہوئے لفظ کی ادائیگی سیکھنا اور اسکو لوگوں کے سامنے بولنے کی جھجک اور خوف کو دور کرنا میرا مقصد تھا ٹوسٹ ماسٹر نے آپ کو اپنا ایکس فیکٹر تلاش کرنے میں کیسے مدد کی؟

ٹوسٹ ماسٹر کا ہر پراجیکٹ آپ سے چند سوالات کرتا ہے۔ چاہے وہ آئس بریکر ہو، قیادت کی صلاحیت، بدن بولی، ابلاغ کی صلاحیت، اپنی حس مزاح کا ادراک، مشکل سامعین سے بندر آزما ہونا۔ ہر پراجیکٹ آپ کو یہ موقع دیتا ہے کہ آپ اپنی ذات میں جھانکیں اور ان خوابیدہ پہلوؤں کو دریافت کریں جو ابھی منظر عام پر نہیں آئے۔ یقین جانیے آپ کی اپنی ذات کے چند پہلو آپ کو چونکا دیں گے اور انہی پہلوؤں پر مزید کام کرنا انہیں نکھارنا اور عملہ زندگی میں انکا اطلاق آپ کو کامیابی اور کامیابی کی تسکین کی طرف لے جائے گا ٹوسٹ ماسٹر سے ممتاز ٹوسٹ ماسٹر کا سفر کیسا رہا؟

جیسا کہ پچھلے سوال کے جواب میں تفصیلاً عرض کیا کہ اپنی ذات کے خوابیدہ پہلوؤں کو کھوجنے کے سفر کا نام ہی سے تک ہے اور اس سفر نے ایک شرماتے، جھجھکتے، ہکلاتے، لرزتے، کانپتے فاروق کو ایک پر DTM سے TM اعتماد، حوصلہ مند اور ایوارڈ یافتہ مقرر بنا دیا۔

نئے ممبران کے لئے کوئی نصیحت؟

اپنے مقاصد سے مطابقت رکھنے والا پاتھ وے منتخب کریں اور اسکے ہر پراجیکٹ کو اسکی روح کے مطابق ادا کرنے کی کوشش کریں ہر تجزیہ بغور سنیں اور اپنے کمزور پہلوؤں پر اپنے اتالیق و مربی سے رائے لیں۔ بکب کے اجلاس میں باقاعدہ شریک ہوں اور بڑھ چڑھ کر اجلاس کی ذمہ داریاں سرانجام دیں ایسی شخصیت کے بارے میں بتائیں جس نے اس سفر میں آپ کا بھرپور ساتھ دیا ہو؟

کوئی ایک شخصیت نہیں ہے۔ میرے گھر والے جنہوں نے ٹوسٹ ماسٹرز کی سرگرمیوں کے لئے مجھے وقت مختص کرنے سے نہیں روکا۔

میرے باس یامین جنہوں نے میری ہر کامیابی کو celebrate کیا۔ حسن خطابت کے سبھی ارکان اور مجلس عاملہ جنہوں نے مجھے آگے بڑھنے کا موقع اور حوصلہ دیا چند نام اگر میں لینا چاہوں تو راشد دستگیر جو میرے اتالیق رہے۔ زید کالیا جنہوں نے تقریری مقابلے میں شرکت پر تیار کیا اور میری کوچنگ کی، طلحہ جو ہر قسم کی مدد کے لیے ہمہ وقت تیار تھے، عمران رانا جو ہمت ہارتے لحوں میں جذبے اور حوصلے کی نئی جوت جگا دیتے تھے



(ٹوسٹ ماسٹر)

ابراہیم احمد دانی

علم و بیان کی بات کرے ٹوسٹ ماسٹر
زبان کو زد عام کرے ٹوسٹ ماسٹر
یوں بیویوں کے سامنے کھلتی نہیں زباں
مقرر بنے یہ میٹنگوں میں ٹوسٹ ماسٹر
ہارا ہے ہر بحث میں یہ بیوی کے سامنے
جیتتا ہے مگر میٹنگوں میں ٹوسٹ ماسٹر
نگراں رہے اوقات کا یہ کار گزاراں
پابند سلاسل رہا یہ ٹوسٹ ماسٹر
گھر میں ہو کوئی مسئلہ کوئی پوچھتا نہیں
پر تجزیہ کرے یہاں یہ ٹوسٹ ماسٹر
جھاڑو پکڑ کے ہاتھ میں ملکہ کچن بھی
کسلا رہی یہاں یہ میڈم ٹوسٹ ماسٹر
کرتی ہے کام مرد کے یہ شانہ بشانہ
ہر سو ہے چھا رہی یہ میڈم ٹوسٹ ماسٹر
موقع ملا یہاں مجھے اب لب کشائی کا
میرا تو یہ ایوان ہی جی ٹوسٹ ماسٹر

Word of The Day

F	U	K	K	E	S	F	W	C	R	D	P	R	A	D
I	E	U	V	U	V	H	O	S	V	G	O	E	U	E
B	U	R	R	X	T	I	V	N	T	J	Z	B	D	S
F	E	N	V	G	M	O	T	L	T	K	P	U	A	I
U	I	E	I	E	U	E	N	C	T	K	B	T	C	V
W	A	C	M	H	N	Z	P	C	U	H	Q	T	I	O
Y	Q	H	B	N	U	T	W	N	D	R	R	A	O	R
R	B	V	M	N	E	T	L	I	K	D	T	L	U	P
W	E	Z	Z	T	G	T	C	Y	K	O	W	S	S	M
W	E	Z	Z	T	G	T	C	Y	K	O	W	S	S	M
K	O	T	C	J	Y	U	H	B	T	D	Q	J	N	I
Z	N	Q	I	E	L	H	M	G	K	E	Q	S	F	I
Q	X	B	R	C	Q	S	J	V	I	J	J	F	A	Q
D	I	O	U	W	E	X	B	U	N	L	I	R	K	M
F	Z	Z	Q	M	L	N	D	W	X	B	N	X	Y	T
H	Z	N	V	D	L	F	T	O	P	M	K	E	O	F

TM Uroosa Mohsin

1. Audacious
2. Lucid
3. Reticent
4. Fervently
5. Instructive
6. Rebuttal
7. Enlighten
8. Improvised

World Champion of Public Speaking 2021



Verity Price
2021 World Champion



Roger Caesar
3rd Place



Nitay-Yair Levi
2nd Place

How I discovered my X-Factor at Toastmasters



Vania Abbasi

President Dow Toastmasters Club

If someone would ask me are you a tea or a coffee person, I'd say tea person without wasting a single breath. But it's just not any tea that I like. I'm a little picky in my tea preferences. I like the kind that makes you close your eyes as you savour the deliciousness of the tea. It brings out the sigh that takes away all the apprehensions of the day and you're left feeling tranquil with a smile on your face. That's the kind of tea I like! One fine day I made the best decision of my life. I chose the cup of tea that I am savouring to date and will relish until I have tasted all 11 flavours of it and even after that. This is not just any tea, it's a very special brand. The kind that may not make for being everyone's cup of tea but surely makes mine. Toastmasters. The best cup of tea I've lifted to sip from. It did not just make me close my eyes or take away my apprehensions, self-doubt, nervousness, insecurities, but it brought out my X-Factor.



Noman Abid

Immediate Past President Islamabad Toastmasters Club

If I consider joining Toastmasters as the best decision of my life, it won't be an exaggeration. I was a people person before though who loved being on stage but joining Toastmasters made me aware of the hidden voice that was longing to be found. I found my confidence, I found my strength, and most importantly the X-Factor. Today even in my Professional Speaking I always keep my identity as a TM because that was the place that gave me a conducive environment to nourish my speaking ability and adapt to my natural self. It's been 3 years now and I have had maximum benefit from the organization by winning 30+ awards and serving on a few leadership positions but still, there is a long way to go in this learning partnership.



Shahwaz Baloch

President Lahore Toastmasters Club

Every person has an X factor hidden in his personality. In my case, when I joined toastmasters, I didn't know that I have such a big hidden X factor inside me which was the creativity and innovation. This platform gave me the opportunity to use the creativity in my speeches. This was the reason that out of 28 projects, I was the winner in 24 speech project. This has also helped me in all types of speech contests.



SHOW THE WORLD

How you found your X factor with the help of Toastmasters? Write (Max 50 words) to us at zkaliya@hotmail.com and our team will select the best ones for publication in our segment SHOW THE WORLD.

WHAT IS TOASTMASTERS AND WHY IS IT A UNIQUE MARKETING OPPORTUNITY?

Toastmasters is a worldwide community that is connected across the globe with one single aim: to improve its members' communication and leadership skills. In Pakistan we have a vibrant member base consisting of **43+ clubs** across all major cities. The membership base consists of professionals, intellectuals, students, entrepreneurs, and other people from all walks of life, with a strong community reach. **CRESCENDO** is a representative periodical of this community and will enjoy circulation across the world through internet and other digital means. Therefore it forms an ideal platform for establishing recognition of your brand or product.



REACH OUT TO YOUR POTENTIAL CUSTOMERS
BOOK YOUR ADVERTISING PAGE NOW

CRESCENDO HAS A FOLLOWING REACH:



ADVERTISING SPECIFICATION

SINGLE PAGE



DOUBLE PAGE



COVER INSIDE



HOW TO PLACE YOUR AD

Ad format:

- Tiff / Jpeg
- Resolution 300dpi
- Photographs and imagery at 300dpi
- All fonts must be embedded or outlined
- Any transparent object should be flattened
- Please indicate Trim marks and bleed (where appropriate)



Designed by



INNOVATION

+92 316 8056 863

✉ azhar@makinnovation.biz

📍 29-E Khayaban-e-Jami, D.H.A. Phase 2, Karachi, Pakistan.