



Central Colombo Toastmasters Club

Club No: 7860947 | Toastmasters Year 2025-2026

Educational Meeting #107 | Theme: Pongalo Pongal: A Story of Gratitude and Growth

Venue: ACBT, Dickman's Road, Colombo 05 | Time: 3:45 PM to 6.45 PM | 18th January 2026

President

Divya de Saram

Vice President Education

Harshani Karunathilake

Vice President Membership

Abiylackshmana Prabhakaran

Vice President Public Relations

Haritha Dhanamina

Secretary

Deepshika Rajendran

Treasurer

Patali Tissera

Sergeant-at-Arms

Esini Pieris

Immediate Past President

Nishedha Indraratne

Toastmasters International

www.toastmasters.org

"Where Leaders Are Made"

We 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.

Kindly reserve your calendars for our next meeting:

12th February 2026

3:45 pm Fellowship, members and guests arrive

3:55 pm Sergeant-At-Arms commences the meeting

Toastmasters Promise/Meeting protocols
Invites the Zoom Master

TM Esini Peiris

3:57 pm Zoom Master's Briefing

TM Patali Tissera

3:59 pm Sergeant-At-Arms invites the President

TM Esini Peiris

4:00 pm President Calls the Meeting to Order

Opening Remarks/ Welcomes Guests

TM Divya de Saram

4:10 pm Introduces the Toastmaster of the Day

Introduces theme for the day

TM Abiylackshmana

4:20 pm Toastmaster invites the role players

TM Abiylackshmana

Ah Counter	TM Haritha Dhanamina
Timer	Guest Kirul Baddeliyanage
Grammarian	TM Gihan Samarawickrama
General Evaluator	DTM Kasun Ilangaratne
Zoom Master	TM Patali Tissera

4:30 pm Toastmaster conducts the Round Robin session

TM Abiylackshmana

4:50 pm Toastmasters introduces Speakers and Evaluators – Prepared Speech Session

#	Speaker	Evaluator	Project	Duration
1	TM Harshani Karunathilake	DTM Gadjen Suryakumar	L3P3 Presentation Mastery	5-7 mins
2	TM Sinadi Sirimanne	TM Deepshika Rajendran (TM Praveen Nanayakkara)	L1P2 Presentation Mastery	5-7 mins

5:10 pm Keynote Speech

"Designing a Speech with a Clear Purpose"

TM Lakalya de Silva

5:30 pm Toastmaster invites Table Topics Master

Table Topics Evaluator – TM Esini Peiris (O) - TM Divya de Saram (E)

TM Yashoda Silva

5:45 pm Toastmaster invites General Evaluator

General Evaluator calls for reports from Timer, Ah-Counter (1-2 mins)

Evaluations of Prepared Speeches (2-3 minutes each)

Evaluating Deepshi's Evaluation (2-3 minutes each)

Evaluations of Table Topics Speeches (1min each)

Timer & Ah Counter Evaluations and role players (1-2 minutes)

Grammarian's report (2-3 minutes)

General Evaluator gives final comments (3-4 minutes)

DTM Kasun Ilangaratne

6.20 pm General Evaluator hands over control to TMOD

TM Abiylackshmana

6.30 pm Toastmaster hands over control to President

TM Divya de Saram

6.45 pm President gives their remarks, adjourns the meeting

TM Divya de Saram

Join Zoom Meeting

<https://us06web.zoom.us/j/89612113795?pwd=M38500vtGH6YeOVCwqRwG2GlcEvpJ9.1>

Meeting ID: 896 1211 3795

Passcode: 352728

WOD

Abundance

Definition: A very large quantity of something - often prosperity, blessings, or harvest.

Example

“The farmers felt gratitude for the abundance of crops after a year of hard work”

POD

What you plant now, you will harvest later

Definition: The effort, choices, and actions you make today will decide the results you get in the future

Example

“She practiced her speech well, knowing that what she plants now, she may harvest later as a confident speaker”

Timer's Guidance

Agenda Item	Green	Yellow	Red
Prepared Speeches	5 minutes	6 minutes	7 minutes
Table Topic Speeches	1 minutes	1.30 minutes	2 minutes
Prepared Speech Evaluations	2 minutes	2.30 minutes	3 minutes
Table Topic Speech Evaluations (Per speech)	0.30 seconds	0.45 seconds	1 minute
General Evaluator Report	2 minutes	3 minutes	4 minutes
Special Keynote Speech	10 minutes	15 minutes	18 minutes

Toastmaster Year -

2025/26

CENTRAL COLOMBO TOASTMASTERS CLUB PATHWAYS TRACKER

Name	Name of Pathway	L1P1 - Icebreaker	L1P2 - Evaluation and Feedback			L1P3	L2P1	L2P2	L2P3 - Toastmasters Mentoring	L3P1	L3P2 - Elective	L3P3 - Elective	L4P1	L4P2 - Elective	L5P1	L5P2 - Elective	Reflect on your Path	Advanced mentoring
			1st Speech	2nd Speech	Evaluation													
Darren Pullenayegam	Effective Coaching																	
Lakalya De Silva	Presentation Mastery																	
Uditha Weerasinghe	Presentation Mastery																	
Kasun Ilangaratne	Effective Coaching																	
	Dynamic Leadership																	
	Motivational Strategies																	
	DTM																	
Ranjan Suresh	Presentation Mastery																	
Nathasha Silva	Persuasive Influence																	
Methsara Benaragama	Strategic Relationships																	
Nishedha Indraratne	Visionary Communication																	
Pasindu Silva	Presentation Mastery																	
Yashodha Silva	Presentation Mastery																	
Praveen Nanayakkara	Dynamic Leadership																	
Sajani Jayathma	Innovative Planning																	
	Dynamic Leadership																	

Name	Name of Pathway	L1P1 - Icebreaker	L1P2 - Speech with Purpose	L1P3 - Vocal Variety and Body	L1P4 - Evaluation and Feedback	L2P1	L2P2	L2P3 - Toastmasters Mentoring	L3P1	L3P2 - Elective	L3P3 - Elective	L4P1	L4P2 - Elective	L5P1	L5P2 - Elective	Reflect on your Path
Methsara Benaragama	Engaging Humour															
Janith Jinadasa	Presentation Mastery															
Manupa Chathwara	Motivational Strategies															
Pathum Jayasooriya	Presentation Mastery															
Divya De Saram	Motivational Strategies															
Kalpa Rashmika	Presentation Mastery															
Mrinali Xavier	Engaging Humour															
Praveen Nanayakkara	Engaging Humour															
Sajani Jayathma	Motivational Strategies															
Uditha Weerasinghe	Innovative Planning															
Lakalya De Silva	Dynamic Leadership															
Patali Tissera	Dynamic Leadership															
Harshani Karunathilake	Presentation Mastery															
Nethum Muthugala	Presentation Mastery															
Agra Abeysinghe	Presentation Mastery															
Kyu Thin Cho	Innovative Planning															
Pasindu Silva	Engaging Humor															
Darren Pullenayegam	Dynamic Leadership															
Deepshika Rajendra	Persuasive Influence															
Nadil Gunaratne	Dynamic Leadership															
Abiylackshmana Prabakaran	Dynamic Leadership															
Haritha Kankanige Don	Dynamic Leadership															
Diliban Devanathan	Persuasive Influence															
Nethul Gawarammana	Visionary Communication															
Aaliyah Hassen	Presentation Mastery															
Esini Peiris	Presentation Mastery															
Amasha Dulari	Presentation Mastery															
Mewansa Attanagoda	Dynamic Leadership															
Shehan Perera	Presentation Mastery															
Charithma Hettiarachchi	Dynamic Leadership															
Sinadi Sirimanne	Presentation Mastery															
Shehan Perera (2)	Dynamic Leadership															

	2021-2022
	2022-2023
	2023-2024
	2024-2025
	2025-2026