



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
Grammarians	TM Gihan Samarawickrama
General Evaluators	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 Deepshika Rajendran (TM Praveen Nanayakkara)	TM Sinadi Sirimanne	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)
Grammarians 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**
6:30 pm **Toastmaster hands over control to President**
6:45 pm **President gives their remarks, adjourns the meeting** TM Abiylackshmana
TM Divya de Saram
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
				1st Speech	2nd Speech	Evaluation												
Methsara Benaragama	Engaging Humour																	
Janith Jinadasa	Presentation Mastery																	
Manupa Chathwara	Motivational Strategies	Red																
Pathum Jayasooriya	Presentation Mastery	Blue	Red	Red	Red	Red	Red	Red	Red	Red								
Divya De Saram	Motivational Strategies	Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Red			
Kalpa Rashmika	Presentation Mastery	Dark Blue	Dark Blue	Dark Blue	Red	Red	Red	Red	Red	Yellow	Yellow							
Mrinali Xavier	Engaging Humour	Dark Blue	Dark Blue	Red	Red	Yellow	Yellow	Red	Red									
Praveen Nanayakkara	Engaging Humour	Blue	Blue	Blue	Blue	Blue	Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Red	Red		
Sajani Jayathma	Motivational Strategies	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Red										
Uditha Weerasinghe	Innovative Planning	Dark Blue																
Lakalya De Silva	Dynamic Leadership	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Red	Red	Red	Red	Red	Red	Red				
Patali Tissera	Dynamic Leadership	Light Orange	Dark Blue	Red	Red	Red	Red	Red	Red	Yellow	Yellow							
Harshani Karunathilake	Presentation Mastery	Dark Blue	Dark Blue	Red	Red	Yellow	Yellow	Yellow	Yellow		Yellow							
Nethum Muthugala	Presentation Mastery	Dark Blue	Red	Red	Red	Red	Red	Red	Red	Red								
Agra Abeysinghe	Presentation Mastery	Dark Blue	Red															
Kyu Thin Cho	Innovative Planning	Red	Red	Red														
Pasindu Silva	Engaging Humor	Red																
Darren Pullenayegam	Dynamic Leadership		Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red		
Deepshika Rajendra	Persuasive Influence		Red	Red	Yellow	Yellow												
Nadil Gunaratne	Dynamic Leadership		Red	Red	Yellow													
Abiylackshmana Prabakaran	Dynamic Leadership		Red	Red	Yellow													
Haritha Kankanige Don	Dynamic Leadership		Red	Red	Red													
Diliban Devanathan	Persuasive Influence		Red	Red	Red	Red	Red	Yellow	Yellow	Yellow								
Nethul Gawarammana	Visionary Communication		Red					Yellow										
Aaliyah Hassen	Presentation Mastery		Red	Red	Yellow													
Esini Peiris	Presentation Mastery	Yellow																
Amasha Dulari	Presentation Mastery	Yellow	Yellow															
Mewansa Attanagoda	Dynamic Leadership	Yellow	Yellow	Yellow														
Shehan Perera	Presentation Mastery	Yellow																
Charithma Hettiarachchi	Dynamic Leadership	Yellow	Yellow															
Sinadi Sirimanne	Presentation Mastery	Yellow																
Shehan Perera (2)	Dynamic Leadership																	

Light Orange	2021-2022
Blue	2022-2023
Dark Blue	2023-2024
Red	2024-2025
Yellow	2025-2026