



ANUSKA PHUYAL



*for Southeast District Vice President of
Membership*

2025 - 2026




ANUSKA PHUYAL


SED VPM CANDIDATE



Chapter : Eta Lambda
Semester Crossed: Fall 2021
Ship Name: Nea Archi
Line Name: MajestauΣa
Instrument: Trumpet

CONTACT

 (256)438-6577

 ann-uska13@hotmail.com

EDUCATION

University of Alabama at Birmingham

- B.S in Genetics and Genomic Sciences
 - M.S. in Multidisciplinary Biomedical Sciences
 - Minors in Biology and Chemistry
- (2021-Present)

LEADERSHIP

Trumpet Section Leader : 2023-2025

- Managed 25+ members
- Led music rehearsals
- Sent frequent reminders on game days to ensure section efficiency and productivity

Trumpet Row Leader : 2022-2023

- Taught marching band fundamentals
- Conducted marching evaluations to determine alternates
- Aided in guiding, setting and correcting drill

EXPERIENCE

CHAPTER

Vice President of Membership 2023-Present

- Created thoughtful and detailed MEPs and received early bird distinctions
- Planned and executed 6-8 recruitment events per semester
- Planned and taught weekly Education Modules strictly following Overture
- Submitted the MCR and IR in a timely manner
- Successfully stepped up to run meetings when the President was unable to
- Successfully initiated 3 lines into the Eta Lambda chapter, with SP '25 in progress

Historian : 2022-2023

- Handled all social media for the chapter
 - Created creative and unique graphics for all posts
 - Continued handling Sister of the Month
 - Continued posting all sister birthdays

Stepmaster : 2024-2025

- Led step and stroll rehearsals for active sisters
- Led presentation rehearsals weekly for new members
- Planned Fall 24's New Member Presentation
 - Organized the reception including dessert, drinks and invites to neighboring chapters
 - Organized day of coordinators with structured roles and responsibilities

Membership and Ritual Committee

Membership Chair : 2023-2025

- Delegated tasks pertaining to recruitment
- Planned and hosted biweekly committee meetings
- Aided Ritual Chair
 - Set dates and booked rooms for ritual
 - Assisted in Ritual planning, set up, and experience

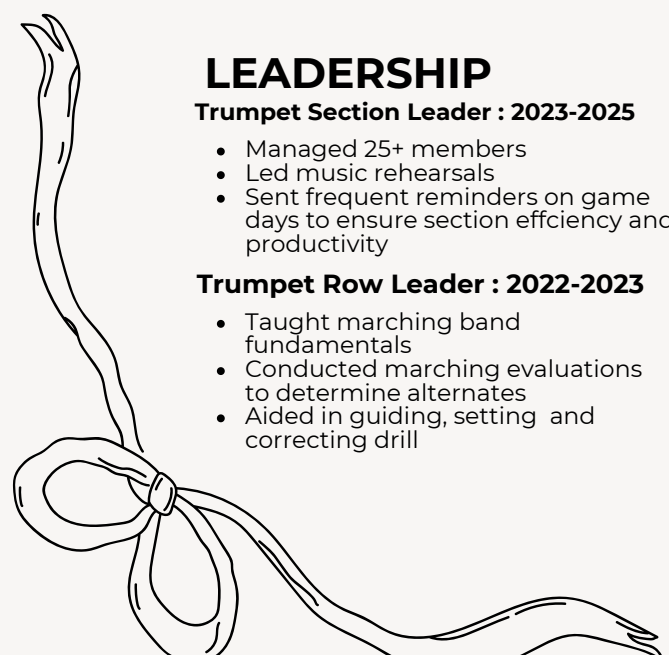
Outreach Chair : 2022-2023

- Planned and hosted biweekly committee meetings
- Created an informative end of year newsletter showcasing all of Eta Lambda's service, social and music events

DISTRICT

Proxy for Zeta Beta : SEDC 2024

- Sat on Programs Committee
 - Engaged in productive discussions on the Programs of Tau Beta Sigma



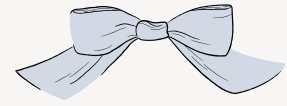
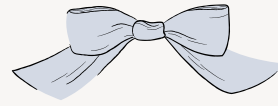
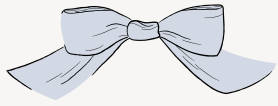
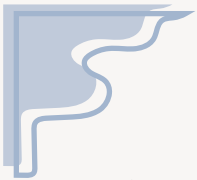
GOALS OF OFFICE

- Communication
 - Ensure all Chapter VPMS are in the band app
 - I want to utilize the Band App frequently to keep all the VPMS posted with dates, deadlines, reminders and tips
 - Make sure there is a constant open line of communication between me and other VPMS - text me or call me!
 - Allow VPMS to set up meeting times with me whenever they need anything at all - maybe office hours style?
- Morale
 - Provide resources for recruitment events and how to effectively recruit
 - Create Badges / Distinctions
 - Award MEPs with badges entitled "Most Creative Recruitment Events", "Most detailed" and/or "1st MEP"
 - These can be workshopped to include different categories, or created into an Award similar to the Early Bird Award
 - Work with Sec/Tres to highlight recruitment events, big/little reveals, new member presentations, ect, from chapters.
 - I would create a google form for Chapters to submit their event, I would create the post and then relay it to Sec/Tres for posting.
- Paperwork
 - Strive for timely MEP corrections from me - 5 business day turn around for submissions
 - I want to ensure chapters have adequate time for revisions, assistance or guidance
 - Continue Early Bird MEP deadlines
 - Communicate deadlines for IR + MCR and give tips on how to ensure successful completion
- SEDC
 - Plan DLC + MCR
 - Plan accordingly, and early so attendees can make time to attend
 - Use forms, and reach out to chapters personally to see what they want to get out of these experiences
 - Market it thoroughly to increase attendance
 - Explore different platforms to retain the same idea, but increase accessibility and shake things up for sisters
 - Always be ready to take over for the president if needed, not only with SEDC, but whenever it is required of me
 - I want to ensure I am doing whatever I can to assist the president, by also giving them peace of mind that I've got their back
 - Execute the recommendations of the Membership Committee
 - My job is always to make sure those under my leadership are heard and considered. I always want to know what the SED needs, so I can provide it to the best of my ability.
- National
 - Give guidance on how to interpret Overture
 - Hold sessions/create resources focused on Overture, its interpretation, how to make modules engaging, and give my thoughts on how to make education meetings enjoyable for all
 - Push for Rondo + give tips on presenting it
 - Properly inform VPMS on national expectations
 - Encourage involvement in national initiatives



WHAT ARE THE EXPECTATIONS OF THE DVPM?

"The Vice President of Membership shall:
a. Preside at meetings in the absence of the President.
b. Have jurisdiction over the planning and execution of the District Leadership Conference.
c. Encourage participation in National membership initiatives.
d. Execute the recommendations of the Committee on Membership in order to promote membership in the District.
e. Advise Chapters and Petitioning Group(s)/Petitioning Group Members on the topics of membership, recruitment, retention, and continuing membership education."



Dear Sisters of the Southeast District,
 My name is Anuska Phuyal and you don't know who I am—hello! I am a Sagittarius, an ENFJ, an Enneagram 2 (The Helper), and throughout my life, I've often been told that I am loud and talk too much. I love making new friends, so don't be afraid to say hey! So, now that we are aquatinted I am honored to announce that I am running for Vice President of Membership of the Southeast District for the 2025-2026 term.

From the moment I was a membership candidate, I knew I wanted to be Vice President of Membership. Planning recruitment events, organizing Big Little Reveal, and teaching modules all seemed like tasks I would love. But most importantly, I saw the impact a VPM can have on the future members of Tau Beta Sigma.

My favorite part of leadership is forming personal relationships with those you lead—being their guidance, support, and lifeline throughout difficulties. You never know what others have been through, and kind words go further than you may realize. Nothing is more rewarding than seeing individuals stand where you once stood, full of anxiety and uncertainty, and being able to guide them to unlock the potential they already carry within themselves.

I have served as VPM for two years for the Eta Lambda chapter, and I have gained invaluable experience that I would be honored to share with the SED so that their chapters can flourish just as mine has. Sure, my resume is full of the typical expectations of a VPM, but what you don't see is the love I pour into every personal note I write to each new sister. Or the 2 AM planning sessions to make sure every detail is straightened out so MCs know exactly what's going on. Or the endless search for new and exciting ways to do Big Little Reveal—but you get the point. You are only a Membership Candidate for one semester of your life, so ensuring that that experience roots your love for Tau Beta Sigma from the start is what drives me to do anything for my fellow sisters and membership candidates.

During my tenure as VPM, I have successfully initiated three lines, with a fourth in progress right now. This totals, including Spring '25, 22 new Eta Lambda Sisters! Throughout these processes, all paperwork has been submitted well before deadlines, new recruitment events have been planned each semester, and we've hosted two new member presentations—Eta Lambda's first since 2017. All modules were delivered to MCs no matter what, including quick rescheduling for make-ups, and most importantly, I ensured that their membership education process was meaningful to them. It has been a privilege to serve as these individuals' VPM. Seeing their growth throughout their process, from uncertain candidates to the dedicated, driven sisters I know today, makes me confident that I have the experience, work ethic, and dedication to lead the VPMs of the SED and go above and beyond what is expected of me in this position.

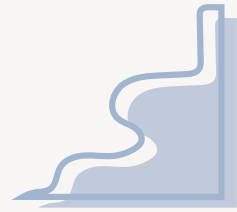
Some things I have implemented or experienced within my own chapter that I would love to share with other VPMs include, but are not limited to, how to create calendars to effectively communicate dates, how to handle MCs exhibiting concerning behavior, how to plan recruitment events that keep sisters engaged, and anything else you can think of. I also want to hear from you! I value different perspectives and love learning new ideas from those around me, so don't be a stranger.

Bottom line—my love for this role, my work ethic, and my invaluable experience make me the perfect fit to be your Southeast District Vice President of Membership. I am so thrilled to even be a candidate for this role, and I promise that my goal will always be to serve YOU as it is always an honor to be selected to serve. Thank you for your consideration!

With M.O.T.S of Love,

Anuska Phuyal

Tau Beta Sigma - Eta Lambda



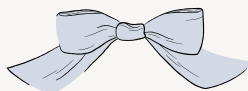
BIOGRAPHY

Anuska Phuyal was born in Kathmandu, Nepal, on December 13, 2002. She moved to Alabama after her mother won the Diversity Visa Lottery, giving their small family of three a chance to come to the States. The Phuyals settled in the city of Gadsden in 2004, where Anuska still calls home. She attended Sardis High School, where she began playing the trumpet in the 7th grade. Over the years, she served as Band Librarian, Vice President, Drum Major, and Senior Class President. Anuska was also awarded Homecoming Queen, crediting her win to the loving support of her band peers. Throughout high school, Anuska's love for service began as she volunteered several times using each of her leadership platforms. During her senior year, she decided UAB would be her home for the next four years so she could pursue a strong STEM education while still following her passions.

Anuska was introduced to Tau Beta Sigma by amazing sisters in the trumpet section who inspired her to continue serving the band and community as she had in high school. During her Membership Education process, when asked, "What Executive Council position could you see yourself holding?" she, without hesitation, told her VPM, "I wanna do what you do!" During the first recruitment of her first year as an active sister, she asked to shadow the VPM. Since then, she has served two terms as VPM within the Eta Lambda chapter, successfully initiating three lines, with her fourth currently completing their Education Process at the end of Spring '25. She has introduced new, fun recruitment events, successfully brought back spring recruitment, hosted two New Member Presentations, and ensured all her Membership Candidates have had meaningful and manageable Membership Education Processes. Before she was VPM, Anuska served as Historian, beautifully documenting all her chapter does on social media.

Outside of Tau Beta Sigma, Anuska is earning her bachelor's degree in Genetics and Genomic Sciences and her master's in Multidisciplinary Biomedical Sciences as she graduates this semester. She has been a part of the Marching Blazers, Blazer Band, Symphony Band, and Trumpet Studio for four years. She has also served the band as a Row Leader for one year and a Section Leader for two. After graduation, Anuska plans to take a gap year to explore PhD programs in various fields of public health. She hopes to use her passion for service to conduct research and educate students as a college professor, aiming to bridge the gap between equitable healthcare and underrepresented communities.

In her free time, Anuska has two cold blooded children— a Crested Gecko named Norman and a Ball Python named Julia. As an extrovert through and through, she loves going on adventures with her best friends, watching bad movies with her boyfriend, and discovering new coffee shops to be productive in. She's always looking for new hobbies to add to her list, but right now, she's been invested in Animal Crossing and she'd love to show you her island!



To Whom It May Concern,

I am honored to write this letter of recommendation for Anuska Phuyal, who has served as the Vice President of Membership (VPM) for the Eta Lambda chapter of Tau Beta Sigma for the past two years. Throughout her tenure in this role, Anuska has exhibited exceptional leadership, dedication, and passion for the mission of TBS, and I have no doubt that she will continue to make a significant impact as she seeks to serve at the district level.

As VPM, Anuska has led three lines through the Membership Education Process, creating an inclusive, engaging, and supportive environment for new members to thrive. Her commitment to the growth of the organization is further reflected in the two successful presentations she hosted, as well as her creative and thoughtful recruitment events. These initiatives not only attracted new members but also fostered a sense of camaraderie and enthusiasm among existing members.

Beyond TBS, Anuska has demonstrated leadership through her involvement in the Marching Blazers, where she has held multiple leadership positions. As a section leader, she has been instrumental in teaching music to her peers, providing mentorship, and ensuring that her section maintains high standards. Her work as a rowing leader, where she taught marching technique and helped clean drill, showcases her ability to teach and inspire others, while her personal relationships with band members across sections further underscore her dedication to the entire ensemble.

Anuska also demonstrated her commitment to leadership and service through her involvement in the Athena Summit at UAB, our first ever event designed to inspire young female leaders in the arts and music. As a volunteer, she served as a role model, providing guidance and support to other participants. Athena Camp offers transformative opportunities for growth, and Anuska exemplified the values of confidence, communication, and self-awareness that are at the heart of this experience.

Her growth as a leader, both in the band and within Tau Beta Sigma, has been extraordinary. She approaches every challenge with a positive attitude and a deep commitment to the success of those around her. Her enthusiasm is contagious. She is a problem-solver, a team player, and a compassionate mentor who truly embodies the spirit of Tau Beta Sigma.

It is without hesitation that I recommend Anuska for a position of leadership at the district level. Her dedication, work ethic, and passion for serving others make her an exceptional candidate for any role she pursues. I am confident that she will continue to excel and inspire others as she takes on new challenges and opportunities within our organization.

Please feel free to contact me if you have any questions or need further information.

A handwritten signature in black ink, appearing to read 'Cara Morantz', with a long, sweeping flourish extending to the right.

Cara Morantz, EdD
Assistant Director of Bands
The University of Alabama at Birmingham
205-996-5827 morantz@uab.edu

February 14, 2025

To Whom It May Concern:

It is with pleasure that I submit this letter of support for Anuska Phuyal. Anuska is seeking the position of Vice President of Membership for the southeast district of Tau Beta Sigma. I have known Anuska for four years as a part of the university marching and concert bands. She has served as trumpet section leader for the past two years and has done an exceptional job in that capacity. She is also currently serving as the Vice President of Membership of the Eta Lambda chapter. In that position, she has successfully educated and initiated 4 lines and received "Early Bird" recognition with her submissions of membership education plans. She has shown great communication skills and has been remarkably organized. I have been enormously impressed with her positive attitude toward everything she has done. Her enthusiasm is contagious to her friends and fellow students. She has shown a great deal of potential both socially and academically as a member of the university bands. Anuska is a well-organized, thoughtful, and intelligent student. I have no problem saying that she is one of the most dedicated and hard-working students I have encountered, especially as it relates to her work with Tau Beta Sigma. I hope that you will give her every serious consideration for this position. Of course, I am happy to recommend Anuska and I am happy to be of assistance in outlining the attributes of this very talented young woman.

Sincerely,



Sean Murray, PhD
Associate Professor of Music
Director of Bands
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