

THOUGHT & ACTION



ISSUE 1 • JULY 2024

YMI NEWSLETTER



The Inspiration for the Name - YOUNG MINDS INTERNATIONAL

YOUNG

those who have youth; having the appearance, freshness, vigour, or other qualities of youth.

At Young Minds International, age is just a number. It embodies the spirit of youth: a fresh perspective, boundless energy, and a willingness to take on challenges. Even as our bodies naturally age, through productive thinking, imagination and innovation, we can keep our minds young and active.

MIND

the element of a person that enables them to be aware of the world and their experiences, to think, and to feel; it is the faculty of consciousness and thought.

At Young Minds International, we strive to nurture and challenge minds. By encouraging members to be a part of community initiatives, we aim to combat loneliness and depression, promoting mental well-being through a sense of purpose.

INTERNATIONAL

existing, occurring, or carried on between nations.

“International” reflects our global reach and vision for a better world. We believe that impactful ideas and good motives can be shared anywhere around the globe. We aim to create a platform transcending borders thereby fostering international collaboration and uniting people through service.

Success is not how much you earn but how much you actually give

All our lives we yearn, learn and then earn for ourselves. This is ingrained in our DNA, passed down through the ages. We make a career, build a business, start a family and build a home. But what then? Is that all there is to life? No, we need to pay rent.

Rent, in its most common understanding, is the amount we pay for occupying a space. We live 60, 70 or maybe even a 100 years - on this wonderful earth with its air, water, food and the beautiful sights around – all at no cost. The reality is, we're all tenants on Earth, enjoying its resources. So, isn't it our duty to give something back? That something is called - Service - Service to Society and to the Environment.

Service may be just the little things that we do individually - sharing a smile, lending a hand, giving way in traffic, opening the door for someone, being courteous, staying thankful. But together, as one unified body, we can achieve much more and make an impact in the world. Our fundamental ethos, at Young Minds International, is to be of service to others. To make a lasting impact on lives through service. As Winston Churchill aptly put it, "**We make a living by what we get, but we make a life by what we give.**"

Our guiding principles are:

- **Empathy & Compassion:** We prioritize understanding and caring for others.
- **Community Engagement:** We actively work alongside those we serve - the power of unified minds
- **Empowerment:** We equip individuals and communities to reach their full potential.
- **Inclusivity & Diversity:** We embrace all backgrounds and perspectives.
- **Innovation & Adaptability:** We continuously seek new and better ways to serve.
- **Accountability & Transparency:** We remain open and responsible for our actions.

At Young Minds, there are no leaders; there is only collective effort. There are no awards or individual recognition; only the satisfaction that we have done our little bit for the world – that we have paid our rent.

Kahlil Gibran beautifully describes the inspiration for serving which is as diverse as humanity itself:

There are those who give with joy, and that joy is their reward.

And there are those who give with pain, and that pain is their baptism.

*And there are those who give and know not pain in giving, nor do they seek joy,
nor give with mindfulness of virtue;*

They give as in yonder valley the myrtle breathes its fragrance into space.

Through the hands of such as these God speaks, and from behind their eyes. He smiles upon the earth.

We welcome everyone interested in service and fellowship irrespective of religion, nationality, language and geography. Your presence will enrich our movement and we look forward to the contributions you will make to this vibrant community.



Jacob Cherian



Isaac Palathinkal



K. C. Samuel

WHAT MAKES YOUNG MINDS INTERNATIONAL DIFFERENT ?

TRANSPARENCY

- Openness in everything - Finance Management, Membership, Elections, Projects ...
- Lack of transparency is the breeding ground for all organisational evils
- “Right to Information” for members – A constitutional guarantee

SERVANT LEADERSHIP

- No one can continue in the same position for more than 2 years
- Leadership rotation: A constitutional Mandate
- Selection is the norm & Election is an exception

ETHICS AND COMPLIANCE

- Any action to be ethically correct and compliant with the rule of the land
- Management / Leadership team to be different from the Review & Compliance team
- The Grand Council – Oversees the management of YMI

TRULY INTERNATIONAL

- Not just in spread, but in thoughts and deeds • Think beyond

SERVICE FOCUS

- The driving force – the true justification for our existence
- Our service to “impact lives” and make us stand-out in the crowd

MEMBER SUBSCRIPTIONS TO THE MINIMUM

- Minimal subscription fee
- Luxury of helping the poor and the needy
- FAMILY AT THE CENTRE
 - Family centric value system with localised club projects



First Planning Meeting held on March 23rd 2024

YOUNG MINDS INTERNATIONAL INAUGURATION - May 2024 - Igniting Young Minds





Installation of Regional Chairman Ranjith Kumar K. - Region III

Installation of
DG Nasar Arangilot
District II
Region III





Installation of DG, District III
K. V. Prashanth, Region III



Young Minds Club
of Smart City
Kakkanad





Young Minds Club of Trivandrum



Young Minds Club of Taliparamba City



INSTALLATION



Inauguration of District 2 of Region IV at Tiruppur District Governor P. Utheeswaran



11 Clubs taking charge at Tiruppur

AREA COUNCIL



At Kannur, Kerala



THE KIND OF PEOPLE PEOPLE LIKE

YOU want to be liked. So do I. To be liked and appreciated is a deep-seated human desire. That is why Dale Carnegie sold several million copies of his book *How to Win Friends and Influence People*. That is why tooth paste and gargles and deodorants are sold by the millions from ads which promise popularity for fifty-nine cents. In poll after poll the personal wish that comes up strongest is the desire to be well liked.

And so the problem of getting along well with others is no trifling matter; it is an important skill which must be mastered if we are to be effective and happy. And how is it done?

A first answer is a simple one, but one that is extremely vital, as experts will testify. I was having lunch with two good friends of mine, C. K. Woodbridge and Carol Lyttle, respectively. Our conversation was concerned mainly with the techniques of effective living. Since these two men are outstanding in sales work, I asked what, in their opinion, was the basic requirement of a successful salesman. Mr. Woodbridge answered me quickly. "It's to like people. Of course, a man must believe in and know his product. He must be a hard worker and a positive thinker. But first of all he must like people."

When a person genuinely likes other people, he himself is quite certain to be liked in return. So, a primary step in being well liked is simply to like other people and like them sincerely, not for a purpose. Of course, this is not always easy. Some people are more difficult to like than others. But the more you practice liking people, the easier it becomes. This is not done by simply saying, I am now going to like everybody. While, as I said, it is simple, it is not that simple. Liking other people is the result of a way of life. It is the result of certain disciplined thought patterns. And one of the principal thought patterns for liking other people is positive thinking. It is taking a positive and not a negative attitude toward everyone.

One of my readers told me a story about Henry Ford. He and his friends were lunching together when suddenly Henry Ford asked this question. "Who is your best friend?" His companion named several people, but Ford took a pencil and wrote these words on the tablecloth: "Your best friend is he who brings out the best in you." Look behind actions and see the real person. If you try to help him be his best, you will win esteem and confidence. If, in trying situations, you show a deep understanding and patience for a person, not only he but also others also will like you very much indeed.



The Power of Positive Thinking
Norman Vincent Peale



Young Minds
International
Alispring, Australia



Congratulations
Mr. Vazhuthanathu Balachandran
Chairman, Traco Cable Company Ltd.

കേരള കാമുകി
Kollam SINCE 1981 21 Jun 2024

**വഴുതാനത്ത് ബാലചന്ദ്രൻ
ട്രാക്കോ കേബിൾ ചെയർമാൻ**

കൊല്ലം: എറണാകുളം ആസ്ഥാനമായിട്ടുള്ള ട്രാക്കോ കേബിൾ ലിമിറ്റഡ് ചെയർമാനായി വഴുതാനത്ത് ബാലചന്ദ്രനെ സർക്കാർ നിയമിച്ചു. നിലവിൽ കേരള കോൺഗ്രസ്സ് (എം) കൊല്ലം ജില്ലാ പ്രസിഡന്റായ അദ്ദേഹം അംഗം കൂടിയാണ്.



കേരള കോൺഗ്രസ്സ് സംസ്ഥാന ജനറൽ സെക്രട്ടറി യായും ശാസ്ത്രം കോട്ടുണ്ണോക്ക് പഞ്ചായത്ത് പ്രസിഡന്റായും പ്രവർത്തിച്ചിട്ടുണ്ട്. യംഗ് മൈൻഡ്സ് ഇന്റർ നാഷണലിന്റെ ഇന്റർ നാഷണൽ കൗൺസിൽ അംഗം കൂടിയാണ്.

OBITUARY



Alex Mathew
was a great motivator who worked very hard to see the launch of Young Minds International.
We convey our condolences to the family.



Suseela Isaac
(Wife of PIP Ym. Isaac Palathinkal)
We uphold the family in our prayers.

For our website and newsletter, please send details of projects, meetings, installations, thoughts and ideas to ymyoungminds@gmail.com

Best wishes,
Daniel Thomas

