

THOUGHT & ACTION



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YMI NEWSLETTER

CHAMPIONS KEEP PLAYING UNTIL THEY GET IT RIGHT

~ Billie Jean King

PR Sreejesh, a name synonymous with unwavering determination and hockey brilliance, is a living embodiment of Billie Jean King's adage, *"Champions keep playing until they get it right."* From envisioning India as the top-ranking team when the team was struggling, to becoming the cornerstone in goalkeeping, his story is a powerful testament to resilience and perseverance.



Parattu Raveendran Sreejesh
Bronze Medalist, Paris Olympics 2024

Felicitated by
Young Minds Club of Kizhakkambalam

Young Minds Club of Kizhakkambalam honours P. R. Sreejesh



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From the early days of facing adversity to his eventual rise as a hockey colossus, Sreejesh's story is a blueprint for success. His relentless pursuit of excellence, coupled with a never-say-die attitude, has inspired countless hockey players and sports persons. As his teammates and coaches recount, Sreejesh didn't just play hockey - he lived it, breathed it, and bled for it. Every challenge was a stepping stone, and every setback fueled his determination.

Sreejesh's impact extends far beyond the hockey field, serving as a beacon of hope and motivation for all and urging us to embrace challenges with grit and grace, striving relentlessly towards our goals. He is a role model for the young, demonstrating that with unwavering belief and tireless effort, even the most ambitious dreams can be reality. His story is a clarion call to every member of the Young Minds International to reach for the stars, to embrace challenges as opportunities, and to never give up on our aspirations.

And as our IP Dr. K C Samuel reminds us - Let's draw inspiration from Sreejesh's journey and ignite the same fire within ourselves. Let's set audacious goals and strive tirelessly to achieve them. Remember, every challenge is an opportunity to grow stronger.

Are you ready to write your own chapter of triumph?



INTERNATIONAL PRESIDENT'S DISTRICT VISIT



YOUNG MINDS INTERNATIONAL
INDIA AREA REGION-I DISTRICT-II
MOTTO: TO IMPACT LIVES THROUGH SERVICE
Inauguration & Installation of
YOUNG MINDS CLUB OF: ATTINGAL, VARKALA GALAXY, VARKALA ROYAL & KADAKKAVOOR

KEYNOTE ADDRESS:
Dr. K C SAMUEL
INTERNATIONAL PRESIDENT

PROFESSOR:
SWAMI GURURETHNAM
GENERAL SECRETARY
SANTHIGIRY ASHRAM

03RD AUGUST 2024 SATURDAY @ 6-30 pm
Venue: Royal Club Hall, Marom Attingal

SURESH KUMAR K. REGIONAL CHAIRMAN
DEVAKUMAR V NAIR DISTRICT GOVERNOR
PANJUL M. PRESIDENT ATTINGAL
THELASHOMBI SURESHKUMAR PRESIDENT VARKALA GALAXY
JOHANN D. ROY PRESIDENT VARKALA ROYAL
KADAKKAVOOR
DR. J. SWAMANDAN NAR. CHIEF PATRON
RAJATHAMRAN BALACHANDRAN INTERNATIONAL PROGRAM DIRECTOR



International President inaugurating various clubs



International President with Regional and District Leaders.

~ *Dr. Sivanandan Nair*

I am extremely happy and proud to note that a large number of members have joined our Movement within a short period of its formation through several clubs. We are really lucky to have a number of quality leaders who work day and night to build a strong foundation for the Movement by organising several new clubs. In the present scenario, the prime duty of the leadership at Club, District and Regional levels is to ensure that these newly formed clubs are all properly guided, nurtured and made active in the coming years. And these clubs should function as examples and icons for the subsequent new clubs that are going to come.

At this juncture, I would like to share some tips for the club officials on how to make their club an ACTIVE CLUB.

AN ACTIVE CLUB MUST HAVE THE FOLLOWING CHARACTERISTICS

- Sufficient number of members. Members are the most important asset of a club. Even though as per our constitution we need only 10 members to become a club of good standing, my suggestion is always to have a higher membership in a club, ideally above 25, for better performance and to implement impactful projects. Additionally, you should also focus on retention of members who have already joined your club. Member retention is equally or more important than bringing in new members. It's a known fact that members who leave will naturally spread negative stories to justify their decision.
- Regular monthly club meetings with all the family members and board meetings. This is very important for maintaining member interest and ongoing involvement.
- Majority of members should exhibit strong commitment to attending meetings consistently.
- Regularly updating the District Governor (DG) and Regional Chair about club activities.
- Engaging in Community Service on a regular basis.
- Organising Club level celebrations, picnics and other activities to create a feeling of togetherness and camaraderie among members.
- Actively participate in District and Regional activities in required numbers.
- Payment of mandatory dues on time.

HOW TO RETAIN THE EXISTING MEMBERSHIP

Several studies done on this important aspect in different countries by various International Service organisations have brought out more than 100 reasons. Out of these, 4 are listed as the most important reasons. Fortunately, all 4 of these reasons are avoidable and club officials should give importance to this.

- Lengthy/ boring meetings: More than 70% of members left the Movements because of this reason alone.
- Club politics/ cliques: Any signs of groupism should be nipped early and unhealthy politics among members should be actively discouraged.
- Lack of involvement: Every member should be given opportunities to participate in club activities, to help cultivate a feeling in them that they are indispensable in the club.
- Lack of feeling of togetherness: Create an environment where members feel they are members of the same family.

Among these 4 reasons, efficiently conducting a proper club meeting is important, as majority leave the Movements because of poorly organised club meetings. The meetings should be conducted in such a way that every member who attended the meeting should feel that they have gained some thing and not wasted their valuable time.

Cont'd...

Here are some tips for organizing an interesting meeting:

- Do proper homework before every meeting. Plan the meetings meticulously with a well planned agenda.
- Opt for meetings that are short & sweet and time convenient for majority of members.
- A good venue is important, so give special care to stage and hall arrangements.
- Start and end the meetings on time- limit the time to 45 minutes for regular meetings and 1 hour for special meetings.
- Ensure good, quality food is served.
- Avoid too much felicitations. It's really a boring process towards the end of the meeting, as everyone will be echoing the same compliments without addressing any crucial issues.
- Give opportunities to as many members as possible to perform some role in the meeting.
- Have a guest speaker in some meetings to talk about any current, relevant topics and set a time limit for their presentations. Ensure they are well-informed about our Movement when inviting them.
- Avoid lengthy salutations. Only the chairperson should welcome and address all the guests.
- Maintain full discipline and follow strict protocols especially during meetings with guests.

Before concluding, I would like to bring to the notice of officials a few more important points. Public relations is very important. We can be proud of being known as a Young Mind only if society accepts us. Acceptance comes only if we do service for the community and how effectively we communicate our mission. So we have to proactively project our image as it represents the impression we create among the public. This is a responsibility we must handle ourselves sincerely - no one else is going to do it for us. It's a fact that, people are more likely to join a club with a strong, positive image.

Similarly, when you select a community service project, make sure that the chosen project is useful to that particular community. Do not impose projects that lack real value and are not beneficial on a community. The details of the project must be discussed in the club and all the members must accept and participate in it. Additionally, the selected project should be financially attainable and capable of being completed within a time bound period.

I wish all club officials success in your endeavors in this first year and also in the years to come. You should realise how truly fortunate you are, as you will be recognised as the charter club officials as long as the club continues. So you must take genuine responsibility and efforts to make your club a vital and respected part of our Movement and the community where you belong.

I would like to end with 2 quotes that I like:

*“Opportunities are like sunrises,
if you wait too long you will miss them”*

~ William Arthur Ward

*“We can't command success. But success often
comes to those who dare to act. It seldom goes to
the timid who are over afraid of the consequences”*

~ Jawaharlal Nehru



Dr. Sivanandan Nair

INTERNATIONAL SECRETARY'S VISIT



ISG Mathewkutty Sebastian explained the salient features of our new organisation during his recent visit to Young Minds Clubs in Hyderabad.

Young Minds Clubs of Hyderabad & Dilsukhnagar felicitated him.

Smt. G. Vasundhara, District Treasury Officer participated as Chief Guest.

INTERNATIONAL OUTREACH



District Governor P. Utheeshwaran of District II, Region-IV conducting orientation meeting at Colombo in Sri Lanka. Congratulations DG!

Young Minds International Kalliassery

Cherukunnu: The community service project 'Call of Hunger' of the Kalliassery Young Minds International Club was inaugurated at the Psycho-Social Centre of St. Martin De Porres Hospital and the Palliative Care Home. The project was launched by providing food to the inmates.

The function, organized in memory of Kakkadi Balan, father of club secretary Sudheer Parayil, was inaugurated by District Secretary C. V. Vinod Kumar. Club President Niram Rajesh presided over the function.



Canossa Convent Mother Superior Sister Mary Joseph, Sajeev Jose, District Women's Coordinator Dency Sinu, Sujith Tharol, and Thavam Rajesh participated in the function. Sister Rosy welcomed the guests, and P. P. Suresh Kumar expressed gratitude.

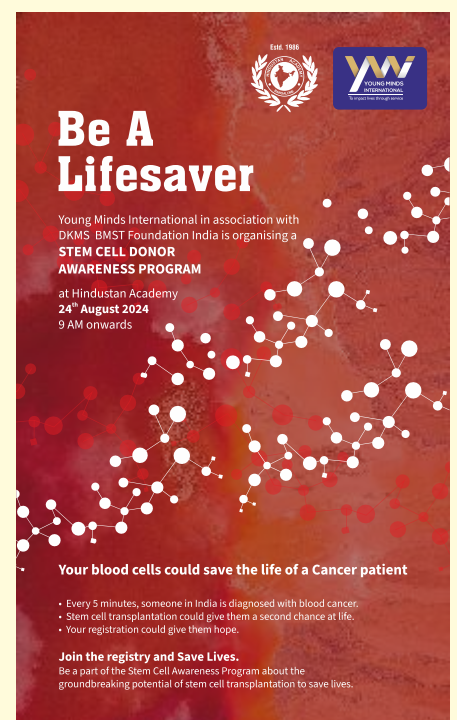


Stem Cell Donor Awareness Program

Young Minds International, Bangalore District organised an awareness programme on Stem cell and registration at Hindustan Aviation Academy, Marathahalli on 24/8/2024.

This was organised in association with DKMS BMST Foundation India whose primary mission is to give as many blood cancer and blood disorder patients a second chance at life through Stem Cell transplantation. Stem Cells are the foundation cells (or the Mother cells) for every organ, tissue, and cell in the body. The greatest difficulty is finding the right match for a stem cell donor. DKMS registers potential donors and if a match is found they will connect the patient with the donor and arrange for the transplantation of stem cells from the donor to the patient.

Total 289 students registered for this service at this awareness programme.

Be A Lifesaver

Young Minds International in association with DKMS BMST Foundation India is organising a **STEM CELL DONOR AWARENESS PROGRAM** at Hindustan Academy **24th August 2024** 9 AM onwards

Your blood cells could save the life of a Cancer patient

- Every 5 minutes, someone in India is diagnosed with blood cancer.
- Stem cell transplantation could give them a second chance at life.
- Your registration could give them hope.

Join the registry and Save Lives.
Be a part of the Stem Cell Awareness Program about the groundbreaking potential of stem cell transplantation to save lives.



250 meals distributed by Young Minds Tirupur - GH AKSHAYAM PROJECT FOOD FOR THE NEEDY. Project running successfully for over 227 weeks.



Young Minds Club of Kizhakkambalam School Project





Young Minds Club of Tellicherry Fort

Honouring the Swimming Coaches who train and mentor school students.



Young Minds International, Kizhakkambalam Club donated Rs 90,000/- towards the kidney transplant of a patient. The club also sponsored the 1st prize - an electric scooter towards the fund collection drive for the project.



Blood Donation Camp at Hindustan Academy organised by Bangalore District. Total number of units donated - 88.



His Paradise for the Deserted is a home in Lingarajpuram, Bangalore run by **Sister Monica** for abandoned children. The children are disabled or mentally challenged. Some are babies. Young Minds Bangalore made a contribution of Rs 45000 to the Home.



Unparalleled service rendered by Young Minds Club of Chemperi who rose to the occasion to support Wayanad Rescue and Rehabilitation.

Young Minds Club of Chemperi Town, is working to help the suffering people in Wayanad. Two ambulances owned by the club are still running free of charge in Wayanad.

The club has provided rescue workers with a number of machines and equipment needed to find people trapped underground.

Young Minds Club of Chemperi Town is a Charter Club in District-III, Region-III of India Area.



Krshnasree, daughter of Ajith Kumar, Regional Presidium Member, who bagged the RAJYA PURASKAR AWARD from Hon'ble Kerala Governor Arif Muhammad Khan is being honoured by International Program Manager Vazhuthanathu Balachandran during the Installation Meeting of Young Minds Club of Royal Kings Mulavana ... Congratulations Krshnasree...

ARE YOU A GROOVED-IN THINKER ?

Abundance is never likely to come to the “grooved-in thinker.” That phrase was often used by the late great scientific genius **Charles F. “Boss” Kettering, inventor of the automatic self-starter.**

Some people, he pointed out, simply get into mental ruts and stay there. They have capacities, just as the people who do things, but they won't ask questions and won't think, or if they do it's negative thinking. They can even defend their failures and sometimes actually call it the will of God, if they are piously disposed. In this abundant universe anyone, except the infirm and the very aged perhaps, can think his way into abundance. And actually I could cite cases of people flat on their backs in bed who carry on worthwhile activities, even paying businesses.

Kettering then showed how the negative or grooved-in thinker shuts off abundance and how the positive thinker stimulates it in full measure. He told the following story about his early experiences in the automobile industry.



In the early days of cars, we finished them off, like pianos, with varnish. For the cheaper cars, the job took seventeen days; more expensive ones took thirty-five. One day I called in all the paint experts and asked if we could shorten that part of automobile production. They thought maybe two days could be lopped off.

“Why can't you paint a car in one hour?” I asked.

“The paint won't dry,” they said.

That was the best advice of the experts; so, with the question still on my mind I went looking. One day I saw lacquered pin trays in a jewelry store on Fifth Avenue in New York. I bought one for \$11.50. The jeweler told me he bought the trays from a little laboratory over in New Jersey. So I went out there.

When I asked for a quart of his lacquer, the man was startled. He had never made a quart of it before. When I told him I wanted to use it on an automobile, he shook his head. “It won't work. Put it in your spray guns and it will dry before it hits the door.”

“Can't you slow it down?”

“Nope, that's impossible!”

Of course it wasn't impossible. One question led to another, then another. Finally, by working closely with one of the paint manufacturers, we obtained a lacquer which could be sprayed on and a car completely finished in a few hours. Grooved-in thinking could have stopped us cold, back at the horse-and-carriage level.

And when we first put the self-starter in the automobile, the Detroit Edison people had a special meeting of the American Institute of Electrical Engineers. They wanted me to explain the self-starter, which I did; but about halfway through, a dignified gentleman interrupted.

“I move this meeting come to an end,” he said. “This man doesn't know what he is talking about. He has profaned every fundamental law of electrical engineering!”

He was a victim of grooved-in thinking.

So, to stimulate abundance, *think*. Really *think* there is a way to better conditions. And, if you can think it in your mind, you can think it into actuality. Believe, pray, think, give- these are the four horsemen of abundance.

Don't be a grooved-in thinker!



Address by
Mr. T. K. A. Nair, IAS (Retd)
Former Principal Secretary to
Prime Minister of India.

**Mr T.K.A. Nair has joined our
Movement through
YMI Club of Trivandrum Tower.**



Inauguration of the programme



Young Minds Club of
TRIVANDRUM HILL VIEW



Young Minds Club of
TRIVANDRUM LUCKY CHARMS



Young Minds Club of
TRIVANDRUM CENTRAL

Installation of Young Minds Club of GCT YOUTH, Coimbatore



Installation of Young Minds Club of Bhavanisagar Dam City, Region-IV





Installation of Young Minds Club of **Mattanur**



Installation of Young Minds Club of **Kollam City**



The Ladies Wing of Young Minds Club of **Panor**



Installation of Young Minds Club of KIZHAKKAMBALAM
Region-II

Installation of
Young Minds Club of Ulikkal
Region-III



INDEPENDENCE DAY CELEBRATION



Young Minds Club of **Tellicherry Fort** honouring Captain V. Janardhan



Commemorating India's Independence Day, the Young Minds Club of **Kannur Main** honored Retired Colonel Purushothaman Nambiar by adorning him with a Ponnada and presenting a Memento.

INDEPENDENCE DAY CELEBRATION



Bangalore District



Flag hoisting by DG, Bangalore District



Inauguration of Independence Day Celebration and Medical Camp by International Program Manager Adv N Satheesh Kumar at Kollam



Flag Hoisting by YMI Smart City, Kakkanad



Young Minds International, Region-I, Independence Day Celebration at Devi Vilasam LPS, Manacaud, Kollam



Young Minds Kizhakkambalam

INDEPENDENCE DAY CELEBRATION



Independence Day Celebration at VALSALYAM Old Age Home at Varkala. Hats off to the efforts of DG DISTRICT-II Devakumar Kumar V. Nair and team



On the occasion of India's Independence Day, the Young Minds Club of **Kannur Main** participated in a flag-hoisting ceremony at the Radhavilasam UP School at Pallikunnu, Kannur. The club members distributed sweets to the children in attendance and also donated a microphone to the school, as requested by the school authorities.



Independence Day celebrations at Tripunithura, Ernakulam.

INDEPENDENCE DAY CELEBRATION



YMI Kuthuparamba honored Group Capt. Rakesh Nair, on the occasion of Independence Day Celebration



Celebrations of YMI Club of Taliparamba, District-II of Region-II

യങ് മൈൻഡ്സ് പ്രവർത്തനോദ്ഘാടനം

തിരുവനന്തപുരം • യങ് മൈൻഡ്സ് ഇന്റർനാഷണൽ തിരുവനന്തപുരം ഡിവിഷൻ്റെ നേതൃത്വ കീഴിൽ പുതിയതായി പ്രവർത്തനം ആരംഭിച്ച മെട്രൂളിംഗ് റോൾ, സെൽ ട്രാൻസ്, മെൻ്റെ ഓർഗൻ, ഹിൽസ് വ്യൂ, നോമ്പൽ കൃഷ്ണകുളം പ്രവർത്തനോദ്ഘാടനം പ്രധാനമന്ത്രിയുടെ മുൻ പ്രിൻസിപ്പൽ സെക്രട്ടറി കി.കെ.എ. നായർ നിർവഹിച്ചു. ഡിവിഷൻ്റെ ഗവർണർ ജേക്കബ് ഹിലിംഗ് അധ്യക്ഷത വഹിച്ചു. ഇന്റർനാഷണൽ പ്രസിഡന്റ് സോ. കെ.സി.സാമുവൽ, ഇന്ത്യ ഏഷിയ പ്രസിഡന്റ് ആറോൾ കെ. ആന്റണി, ഏഷിയ പ്രസിഡന്റ് ഇലക്ട് ഐ.സി. രാജു, ചെമ്മർക്കാട് സെക്ഷൻ ക്യാമ്പർ, ഗവർണർ ഇലക്ട് എം.എസ്.രാജൻ ബാബു, ഇന്റർ നാഷണൽ പ്രിസിഡിന്റ



യങ് മൈൻഡ്സ് ഇന്റർനാഷണൽ തിരുവനന്തപുരം ഡിവിഷൻ്റെ നേതൃത്വ കീഴിൽ ആരംഭിച്ച പുതിയ കൃഷ്ണകുളം പ്രവർത്തനോദ്ഘാടനം പ്രധാനമന്ത്രിയുടെ മുൻ പ്രിൻസിപ്പൽ സെക്രട്ടറി കി.കെ.എ. നായർ നിർവഹിച്ചു.

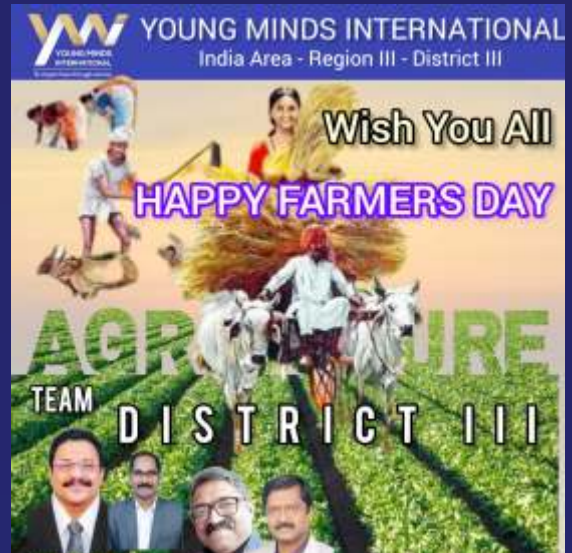
മെന്റോറോം ജോയിന്റ് ജേക്കബ്, ജോയിന്റ് കെ. സമന്ത, നിരന്തരന വിജയ്, സിബി അഗസ്റ്റിൻ, സതീഷ് ചന്ദ്രൻ നായർ, ബോ.അനീത ജോഹൻ, സതീഷ് ക്യാമ്പർ, നീലനൽ സെക്രട്ടറി ടി.

ജോയിന്റ് എനീസ് പ്രസാദിട്ടു, പുതിയ കൃഷ്ണകുളം പ്രസിഡന്റായി റോയി സി.കെ. രാജീവൻ, സുനിൽകൃഷ്ണൻ, സോ. സിബി, ബി.നാ. ലതാഹീൽ, സിബി അഗസ്റ്റിൻ എന്നിവർ ചുമതലമേറ്റു.

യങ് മൈൻഡ്സ് നീജനൽ കൺവൻഷൻ



യങ് മൈൻഡ്സ് നീജം നഗർ കൺവൻഷൻ ഉദ്ഘാടനം ചെയ്യുന്നു. യങ് മൈൻഡ്സ് നീജം നഗർ കൺവൻഷൻ ഉദ്ഘാടനം ചെയ്യുന്നു. യങ് മൈൻഡ്സ് നീജം നഗർ കൺവൻഷൻ ഉദ്ഘാടനം ചെയ്യുന്നു. യങ് മൈൻഡ്സ് നീജം നഗർ കൺവൻഷൻ ഉദ്ഘാടനം ചെയ്യുന്നു.



INDIA AREA REGION III DISTRICT III
INDEPENDENCE DAY ONLINE QUIZ COMPETITION

Top Scorers

1	2	2	2
Aadith S Kaiprath Taliparamba Club	Sheeba.E.K. Sreekandapuram Club	Theres Sebastian Taliparamba Club	Sreenandh Thriohambaram Club
3	3	1st : 88%	
		2nd : 84%	
Akasha Ganga Sreekandapuram Club	Surya Sibin Sreekandapuram Club	3rd : 80%	
Congratulations to Top Scorers & Participants			
Team District III			

YOUNG MINDS INTERNATIONAL

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

Best wishes,
Daniel Thomas

