

# THOUGHT & ACTION



ISSUE 8 • FEBRUARY - MARCH 2025

YMI NEWSLETTER



64,500 meals were distributed over 258 weeks till date.  
Our congratulations to the Tirupur YMI team  
for their persistent dedication to service,  
led by President Kannan and Team.





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*Dear friends in YMI,*

We are very happy to witness the remarkable progress both in our membership expansion and impactful projects. Congratulations to District Governor K. V. Prashanth and team for inaugurating the first club in Kasargod District, Kerala. We admire the dedication and commitment in this endeavour. A warm welcome to all our new members and friends joining this family fellowship, which is dedicated to transforming lives through service.

**Service through dedication - 64500 meals and counting:** Our heartfelt congratulations to the Tirupur YMI team, led by President Kannan, for their unwavering commitment. For 258 consecutive Sundays, they have risen early to provide nutritious meals to over 250 people, totaling over 64,500 meals served. Their selfless efforts have touched countless lives in Tirupur and blessed the community.

**Celebrating Women's Day:** It is inspiring to see the leadership and wonderful initiatives by women across our Movement. The recent inauguration of YMI Hope and Harmony Club in Bangalore, a women's club, fills us with pride, and we wish them all success. We also thank District Governor Minu Anna Mathew, the first female DG in YMI Region 2, District 1, and her Team for their exceptional work. Many Clubs honored Women's Day, highlighting the achievements and contributions of women in diverse fields. As a family movement, YMI is committed to fostering greater participation from all members, especially our youth and children, who are our future. We are planning international student exchange programs to ensure this.

**The Power of Presence:** This newsletter features a poignant article on eulogies. It reminds us that the kind words spoken after someone's passing would have been far more meaningful in their lifetime. Let us prioritize reaching out to the elderly and lonely, spend some time with them, share a few old stories and lend a hand whenever needed. These acts of kindness surpass any posthumous praise.

**Service as Our Guiding Principle:** YMI continues to serve through numerous impactful projects, some of which are highlighted in this newsletter. As Mahatma Gandhi's once said, "The best way to find yourself is to lose yourself in the service of others,".



**Inspiration from Mr. Bean:** We also share an inspirational story about Rowan Atkinson, the legendary Mr. Bean, who transformed rejection into global laughter, transcending language barriers.

As members of Young Minds International, we are not passive observers, but active agents of transformative change. Our mission is to ignite hope, empower individuals to realize their potential, and contribute meaningfully to our shared humanity, creating a community where everyone thrives. Let us move forward, united in purpose and compassion, knowing that our collective efforts can build a brighter future for all.

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*Dr. K C Samuel*  
International President

# INSURANCE FOR 200 WORKERS IN UNORGANISED SECTOR



Insurance certificate distribution and honouring 200 workers in the unorganised sector. International President Dr. K. C. Samuel was the chief guest at this function. This is a project of India Area, Region-III, District-III.





## HE TURNED REJECTION INTO LAUGHTER

As a child, Rowan Atkinson faced relentless bullying for his stutter and appearance, leaving him shy and withdrawn. Seeking solace in academics, he immersed himself in Science. One of his teachers remarked, “There was nothing outstanding about him. I did not expect him to be a brilliant scientist, but he has proved everyone wrong.”

Despite his challenges, Atkinson was admitted to Oxford University where he fell in love with acting. Yet, he was unable to perform due to his speech disorder. Undeterred, he earned his Master’s degree in Electrical Engineering, but deep inside, his passion was - to make people laugh.

Determined to follow his dream, Atkinson enrolled in a comedy group, only to be repeatedly rejected by TV networks due to his stammer. Yet, he refused to give up - instead he channelled his frustration into crafting original, physical comedy sketches and soon realized that whenever he played a character, his speech flowed effortlessly. While still pursuing his Master’s, he co-created the odd yet lovable Mr. Bean, a character that soon captivated audiences worldwide and launched him into international stardom.

Rowan Atkinson's life reminds us that obstacles are not dead ends but stepping stones to greatness and that within every individual, regardless of their struggles, lies untapped potential waiting to be discovered. Just as he channelled his pain and rejection into laughter and his limitations into unique strengths, every person deserves the opportunity to overcome adversity and realize their full potential.



## Women and Young Minds International

As far as Young Minds International is concerned, women are perfect equals in both membership and action and are not mere partners in service or auxiliary. The membership is singular and not distinct.

Front organizations are relics of a bygone era and were formed under situations when perfect inclusion was not possible due to various reasons.

In the era of gender neutrality, we do not need to promote seclusion zones even if it is in the guise of safety. Patronization is not what women yearn for.

Women of the newgen see even reservations as a belittling alternative to rightful inclusion.

Some of the archaic service organizations manipulate inclusivity mechanisms. For them even women membership is less equal, as if it is charity. Their membership is given alternative titles and are often linked to reduced rates of payment. It may also be a mere strategy to artificially inflate membership figures.

For us at YMI, there is absolutely no distinction between genders when it comes to membership privileges or duties. We are totally inclusive since inception.

Reservations, wherever prescribed, are not for ornamental purposes but to ensure authentic inclusion and full participation.

Representation without decision making power is meaningless. We should continuously strive to ensure equal participation, voice and voting rights.

The girls of the newgen do not endorse the idea of segregation and avoidance. They are equipped and need to be consulted. If organizations think that newgen women are to be silent listeners confined to one side of the hall, then they will soon be a vanishing entity in meetings.

Our Constitution sees them as real equals in membership and action. On International Women's Day, our promise to them must be just that.

Philip Thengumcheril  
IPD (Constitution)





## Women's conclave 2025 Heal, Secure & Empower

 <b>Madhu Menon</b> DG, District 2	 <b>Jose Alphonse</b> Regional Chairman Region II	 <b>KP Paul</b> DG, District 3
 <b>Adv. WILFRED DAS</b> General secretary P. C. S. J Mediator, High Court Of Kerala. <b>Session on WOMEN'S RIGHT'S</b>	 <b>LABBY GEORGE</b> Founder, Director of Torcue Digital Inc. in Florida <b>Session on DIGITAL SECURITY</b>	 <b>MINU ANNA MATHEW</b> NLP Grandmaster Counseling Psychologist <b>Session on HEALING</b>

**Date:**  
**1st MARCH 2025**  
 Saturday  
 10 AM - 4 PM

**Venue:**  
**Hill Palace Hotel,**  
**Thripunithura**

**Please Pay prior to the event day !**  
**Registration 550/-**  
**Gpay : 9744860004 (Nitha Joy)**  
**Contact: 9778518501 (Minu)**







Young Minds Club of Green City Muttom



Young Minds Club of Kuthuparambu





Young Minds Club of  
Taliparamba



Celebrating Women's day.  
Led by YMI Hope and Harmony Women's Club,  
Bangalore





Honoring Mrs. Nisha Bhaskaran, Freelance Artist



Ashwin Mohan, Club Chair: Young Minds Club of Pathanamthitta flags off the recreational trip of mentally challenged children at Town Square, Pathanamthitta.





## WHY WE LOVE EULOGIES MORE THAN VISITS

It's bizarre - a person could be lying on his bed, sick and lonely, and the only visitors he gets are the lizards on the ceiling and the occasional mosquito. But once he passes away-suddenly-everyone emerges, delivering Oscar-worthy speeches on what a gem of a person he was.

Really? Where were you, when he needed you?

You see, humans have a strange habit of remembering people... only after they're gone.

A man could be sitting at home for years, waiting for a simple "Hey, how are you?" call - only to be met with silence. But the moment he moves on to the next world, everyone suddenly recalls the 'good times' they had with him (even if the last "good time" was in the Jurassic era).

The irony? They'll cancel meetings, travel miles and even take leave to attend the funeral. But visiting him while he was alive? "Ah, you know, I've been really busy."

Busy with what? Scrolling Instagram? Watching YouTube videos on "How to be more productive" while doing absolutely nothing?

The Art of Saying Too Much, Too Late..

The best part? Funerals turn into storytelling competitions:

"Oh, he was like a brother to me!" (Really? Name his favorite food.)

"He always made me laugh!" (Then why was he crying alone last week?)

"He touched so many lives!" (Then why didn't you touch his by showing up?)

It's like people love to collect words and tributes, but only when the person can't hear them anymore. If we used even 10% of that effort to actually visit people, imagine how many smiles we could bring.

The Reality Check...

Look, it's simple-people don't need your praises when they're gone; they need your presence while they're here. After all, no one ever died from an overdose of love and attention.

So, try these:

- Call that long forgotten friend.
- Visit that lonely uncle.
- Spend time with your parents.

Show love today, not posthumously. Because let's be honest-no one wants to be the most popular person in the cemetery...

As members of Young Minds International, this truth carries an even greater weight. We are called to uplift lives-not just in memory, but in the present. True service isn't about grand tributes after someone is gone; it's about showing up when they're here, when they need us the most.

A kind word, a visit, a helping hand-these small gestures create real impact. Let's not wait for farewells to express love and gratitude. Instead, let's be there now, making a difference where it truly counts. Because the greatest act of charity isn't in remembering the departed-it's in caring for the living.



Young Minds Club of GCT Coimbatore has successfully organized “7 Days, 7 Events” in vibrant rainbow colors, engaging the student community through impactful activities to raise awareness and promote meaningful social service initiatives.

## Violet - MARKIT

It was a technical event focused on marketing strategies, aiming to help college students develop their entrepreneurial skills. Through engaging sessions, participants explored market trends, business tactics, and innovation-driven solutions.



## Indigo – Doodles to Dreams

A creative and interactive event, students expressed their future aspirations through doodling. This fun yet meaningful activity encouraged self-reflection and raised awareness about goal setting and career planning.



## Blue – The Blue Future

An impactful awareness event addressing water pollution, where students painted walls to depict the urgency of water conservation. This artistic initiative served as a visual reminder of the importance of environmental responsibility.





## Green – YASA (Youth Against Substance Abuse)

Conducted online, this awareness campaign educated participants about the dangers of daily substance abuse. It provided crucial insights into the harmful effects of drugs and alcohol, promoting a healthier lifestyle.

## Yellow – அயல்

A heartfelt community-driven event where students visited an old-age home to spread joy. By engaging in conversations and activities, they brought happiness and companionship to the elderly residents, fostering social responsibility.



## Orange – Solar Quest

A knowledge-enhancing quiz competition conducted on the Kahoot platform, testing participants on general and technical knowledge about solar energy. The event encouraged curiosity and awareness of sustainable energy sources.

## Red – அகரம்

In a philanthropic effort, students visited Mangarai village to distribute notebooks to tribal children and educate them. This initiative aimed to support underprivileged students and promote the importance of education.







Inauguration of Child Sponsorship Project at Coonoor



Regional Council Meeting, Region-IV in progress at Coonoor





Family Fest, Region-III



Region-I Chair Mr. Suresh Kumar addresses the 2nd Presidium meeting at Attingal





"SARGOLSAVAM 2025" Inaugural Speech  
by Dinesh panickar, Film producer, Actor







Young Minds Club of Cherupuzha  
Inauguration, District-III, Region-III



YMI Hill palace inaugurated with 21 members



Inauguration of Muttom club  
Region-II District-III



## Inauguration of YMI Adimali Club Region-II, District-III



It was a proud and inspiring moment for Young Minds International as we inaugurated an active new club in Adimali with 36 members under the dynamic leadership of President Sivadas and Secretary Raju. Special appreciation for including the families of proud cricketer Sachin Baby and Mini Screen Star Singer Rajesh Adimali as members of YMI.

Heartfelt congratulations to DG Elect Sebastian Thomas, President Manoj, and the dedicated team at YMI Thopramkudy for sponsoring the vibrant Young Minds Club of Adimali. Your commitment has truly set a benchmark.

The gracious presence of International President Dr. K. C. Samuel added tremendous momentum to the movement's growth in the high ranges, energizing everyone involved.

Special thanks to DG K. P. Paul and RC Jose Alphonse for your unwavering dedication and tireless efforts in making this vision a reality.

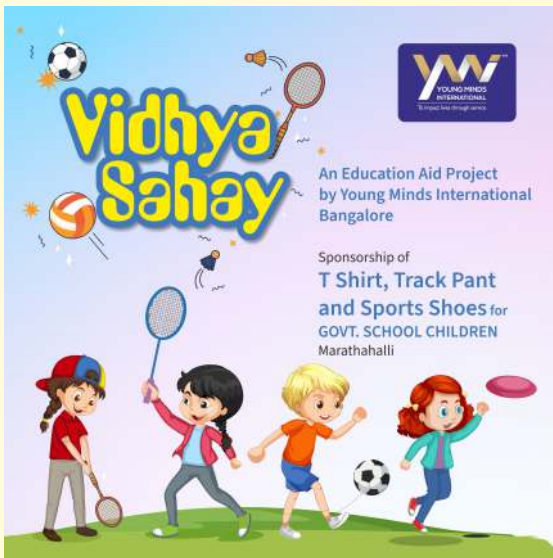
~ Prateesh Paul

## Young Minds Club of Cochin Metropolis Sponcer Club Young Minds Club of Kalliassery District III of Region III



Young Minds Club of Cochin Metropolis was inaugurated by Young Minds International India Area President-elect I. C. Raju.





Bengaluru District achieved a significant milestone by giving sports kits to 120 school children of Govt. School, Ashwathnagar. The kits included a track pant, t-shirt and shoes. The initiative was met with heartfelt gratitude from the children and the school authorities requested for more support in the years to come.







District-III (India Area Region-III) congratulates Young Minds Club of Alakode and their baby club YMI Karthikapuram for installing about a dozen roadside signboards. These signboards will help to familiarise and establish the name of Young Minds International in the minds of travelers travelling from Karuvanchal to Karthigapuram (more than 10 km) along the Highway.

Young Minds Club of Pathanamthitta personally delivered a wheelchair to an injured ex-Fireman. The Club Chair, Mr. Ashwin Mohan & Philip Thengumcheril handed over the wheelchair in the presence of the Firemen's collective.



Mural painting class was organised by the Ladies Wing of Panoor club

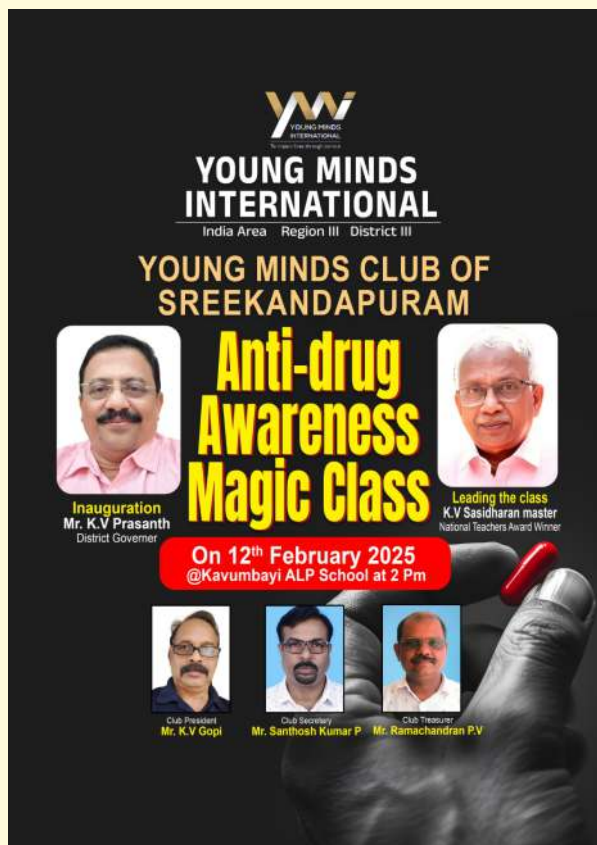


Agaram is a community-driven initiative dedicated to empowering rural children by enhancing their skills and providing essential learning materials like pens, pencils, and notebooks. Through engaging activities, creative expression, and interactive discussions, we encourage children to dream big and develop their potential. By equipping them with both knowledge and the right tools, Agaram fosters confidence, self-expression, and a love for learning. Every child receives not just education but also the resources they need to succeed. Together, we create a brighter future by making learning accessible, enjoyable, and impactful for young minds.

Date: 09/02/2025

Venue: Mangarai village

Time: 10 AM



Anti-drug Awareness Magic Class





International Presidium Member Mr. Joys Jacob handing over the Charter Certificate to Young Minds Club of Pathanamthitta



International Programme Director Adv. Satheesh Kumar entrusts Dr. Sanjay (Secretary - Young Minds Club of Pathanamthitta) with the wheelchair for an injured Fireman for delivery.



Mr. Sibi Augustine, Regional Chair Elect, Region-I inducted the members of Young Minds Club - Pathanamthitta on 1st February, 2025





Inter-School Quiz Competition, YMI Nagercoil



That's a really kind and generous act! Helping a student in need, especially someone facing both health and financial challenges, is truly impactful.

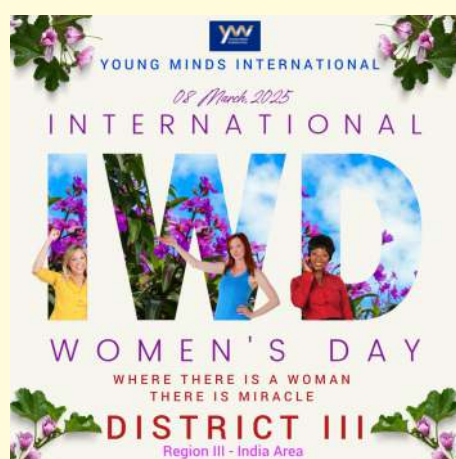
It's great that ₹6,000 is sponsored by Elite Club and the remaining ₹4,000 is covered from the charity account (Vidhya Sahay) to make a full ₹10,000 for their tuition fees. This support will surely make a big difference in their life.

Mr. Vincent hands over the cheque.

YOUNG MINDS CLUB OF KOLLAM, District-III, Region-I distributing Rs. 25000/- each to 2 Cancer patients on 23rd March 2025 at President Pramada Sasi's residence.









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YMI Karthikapuram Club Office  
Inauguration, Region-III, District-III



We, the members of Young Minds Club of Ernakulam South went on a tour to Langkawi and Kuala Lumpur from 8th to 13th March 2025. After formation of our club, this is our first International tour.

## OBITUARY



Mother of  
Sethu Korath,  
President  
YMI Smart City,  
Kakkannad



With deep sorrow sharing  
the sudden demise of our  
beloved Sabu T John this  
early morning. Udayaperror  
Ymca, Ernakulam sub  
Region

For our website and newsletter,  
please send details of projects, meetings,  
installations, thoughts and ideas to  
[ymiyoungminds@gmail.com](mailto:ymiyoungminds@gmail.com)

Best wishes,  
Daniel Thomas



To impact lives through service