

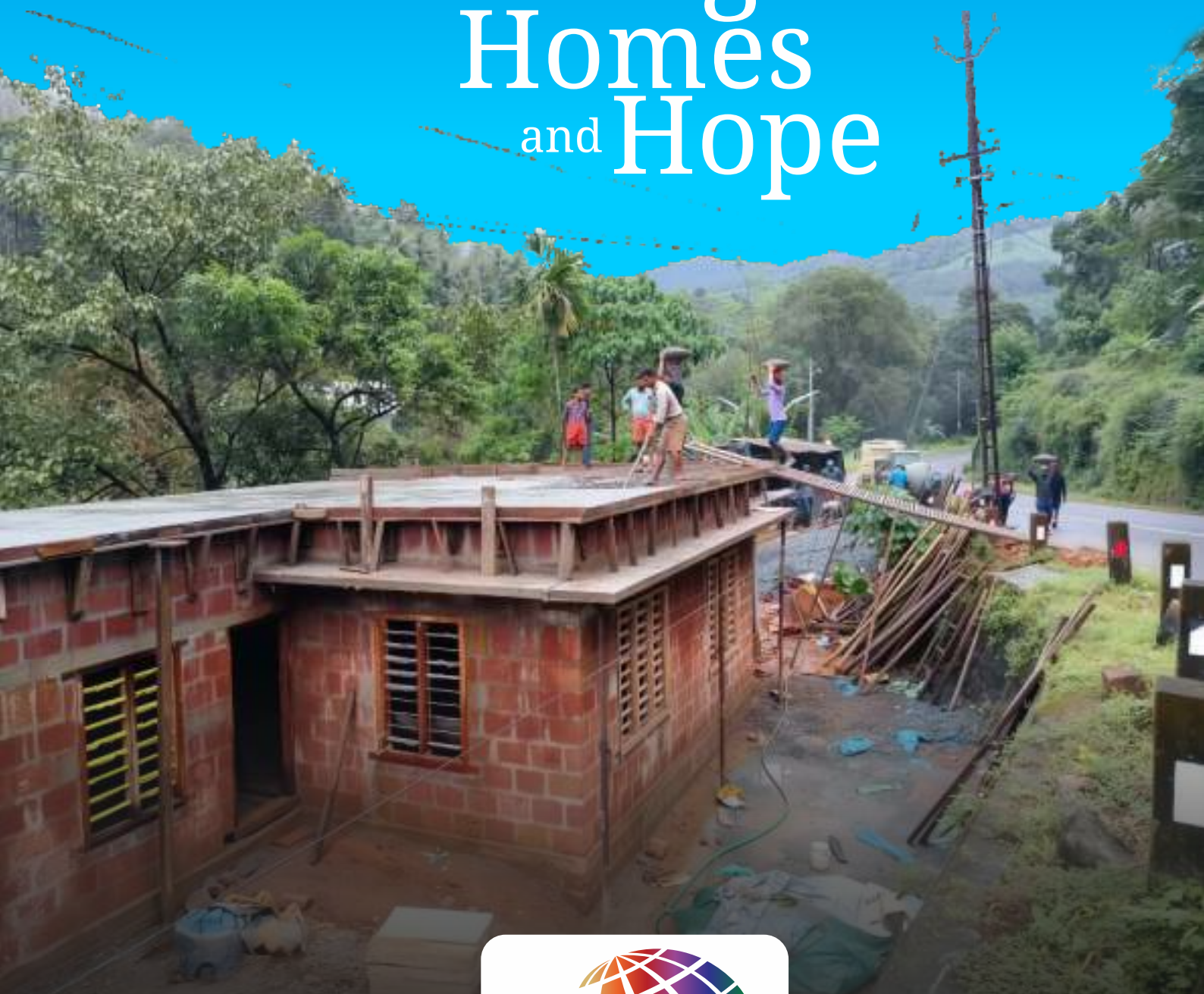
# THOUGHT & ACTION

ISSUE 11 • OCTOBER - NOVEMBER 2025



YMI NEWSLETTER

## Building Homes and Hope



In this issue - Highlights of the  
International Convention 2025



Young Minds International has been putting a lot of heart into building Homes for the Homeless. On the cover page as part of the Home for Homeless Scheme, Young Minds Club of Karthikapuram in District-II (Region-III) builds a home for a needy person .



The above picture is well explained by our Area Treasurer - CA Pratheesh Paul M :-  
Truly inspiring, I P Dr. K. C. Samuel.

Your compassionate act through the Young Minds Club, Bangalore - repaying the debts of a needy family at Kasaragod and gifting them a new autorickshaw - beautifully reflects the true spirit of service that YMI stands for. Your leadership continues to set an example for all of us, reminding us that real greatness lies in uplifting others.

If we are able to successfully execute the ₹50 crore “Home for the Homeless” project announced by International President Dr. K. C. Samuel and beloved Subramani Rajubettan, it will indeed be a monumental milestone in the history of YMI - a true testament to our collective mission to serve humanity.

Your vision continues to inspire every Young Mind to dream bigger, serve deeper, and make lasting change possible.



## Handing over the keys

During the International Convention, the keys to the house built by Youth Men's International Kizhakkambalam Club Member Shibu Peter, were handed over by International President Dr. K. C. Samuel.

Alex Peter Thomas, President of the Kizhakkambalam Club, presided over the function. International Treasurer Antony Joseph, International Presidium Member Santhosh George, President-Designate of India Area I. C. Raju, and Area Treasurer Pratheesh Paul participated.



The 2025 International Convention got off to a great start, thanks to the tireless efforts of the Host Committee. The first day began with a productive Presidium Meeting, chaired by the International President. Mr. Jose Zachariah from Trivandrum was approved as the new Presidium member. The meeting had a full quorum, with a few observers in attendance. The convention arrangements were reviewed and highly appreciated, with gratitude extended to the Host Committee. Many points were deliberated upon during the Presidium including our past achievement and future growth plans. YMI members who helped initiate this Movement were individually recognised by the International President.





**Dr K. C. Samuel**  
International President

# Young Minds International Convention

**Holiday Inn Cochin**

27 & 28 September 2025

[www.youngmindsinternational.com](http://www.youngmindsinternational.com)

## MAIN SPEAKERS



**TKA Nair**  
Former Principal Secretary  
to PM of India



**Gokulam Gopalan**  
Chairman & MD,  
Sree Gokulam Group of Companies



**Uma Thomas**  
MLA from Thrikkakkara



**Dr K. Paul Thomas**  
Founder - ESAF Group of Social Enterprises  
and MD & CEO - ESAF Small Finance Bank



**V K Mathews**  
Founder & Executive Chairman  
IBS Group



**Zakka Jacob**  
Managing Editor  
CNN-News18



**Sreekandan Nair**  
Managing Director  
Flowers TV and 24 News



**Hashmi Taj Ibrahim**  
Senior News Editor  
24 News Live

# INTERNATIONAL CONVENTION 2025



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# INTERNATIONAL CONVENTION 2025



Dear All,

Our first international convention has come to an end !! I believe that it will remain as a historic milestone forever. On behalf of the leadership team, let me express our heartfelt gratitude to:

All those who believed in it and worked hard to make it happen, as we dreamt !

All the delegates who registered for this event taking all the pains that were needed to come and participate with the required enthusiasm and energy !

All the leaders who motivated our members to register for the Convention and went all out to make it memorable !

All those who performed during the members' nite and made it truly awesome !

I am not taking any names as I am worried that I may miss one or two as there are so many who worked really hard. I also do not want to write more as I am unable to get the right words to express the real emotion and the feeling that I have after witnessing this momentous event. Let me only say a big thank you to all !

Our journey has begun well and we have a long way to go. Let the energy and the enthusiasm generated by our first convention take us to newer heights and help us impact millions of lives through committed service, in the years to come !

Warm regards,

**Mathewkutty Sebastian**

International Secretary General

# INTERNATIONAL CONVENTION 2025





# INTERNATIONAL CONVENTION 2025



# INTERNATIONAL CONVENTION 2025



What an amazing experience the YMI International Conference at Kochi turned out to be! The last two days were a perfect blend of meticulous planning, inspiring sessions, and wonderful opportunities to connect with so many leaders.

It was truly heartwarming to see a galaxy of YMI leaders coming together with so much energy and vision. Every moment reflected the spirit of our movement and left us inspired for the journey ahead.

A big salute and heartfelt thanks to the organizers for gifting us such a memorable experience.

With warm personal regards,  
**Raju George**  
District Governor, District-I, Region-I

It gives a sense of gratitude and satisfaction for the Host Committee Members, when sincere words of appreciation and contentment flow from the hearts of Convention delegates. Let the bench mark set in this convention be a launchpad for all our endeavors in future.

**K. S. Bijumon IRS**  
Member, Host Committee

Big Salute to my YMI Friends...

A wonderful and well oriented international convention was proudly conducted by IP K. C. Samuel and his able team, sincere thanks to all of them..

Oh, ISG, what an introduction and motivational speech...

This is the best convention, I have ever seen in my life - productive, directive, with clear vision about our duty to the poor and needy.

Every program was arranged in that fashion and manner.

Hence my sincere thanks to my club members for electing me as the President of Chennai Royals and allowing me to be a part of this wonderful international organization.

Now we, as a part of YMI, have many responsibilities like - help society with a noble vision, not only economically but also with all available sources.

An individual has limitations to serve the society but as like-minded YOUNG MINDS, we can do wonders and there are many examples before you.

So our first endeavour is to start charity activities with social commitments.

Our great Organization started just 15 months before. Within this short span, we have grown to more than 300 clubs and 4000 above members all over the world (including 14 countries)..

WHAT A BEGINNING. So our responsibilities are huge.... as our IP told in his acceptance speech - "our vision is more than 1000 clubs with 20,000 members during (2025 -26)".

Thanks to all my YMI FRIENDS.  
**Adv. Gigi Varghese**  
President, Chennai Royals

# INTERNATIONAL CONVENTION 2025



Heartfelt appreciation and congratulations to the entire Host Committee for the excellent manner in which you organized and conducted the International Convention. From the warm hospitality to the flawless execution of every session, your dedication and teamwork have truly been remarkable.

The event not only provided a platform for learning, sharing, and building global friendships, but also reflected the commitment and passion of the organizing team. The attention to detail, cultural richness, and professional arrangements have made this convention a memorable experience for all participants.

Your hard work has set a shining example of leadership and service. This convention will be remembered as a milestone that strengthened unity and inspired all of us to move forward with renewed energy and vision.

Yet, beyond all the wonderful sessions and arrangements, one person who stole the spotlight was our beloved ISG. His presence, energy, and leadership captured everyone's attention and made the convention all the more special:)

**Rajesh Gopal**  
RS, Region- III

On behalf of the Host Committee, we sincerely thank you for your kind and encouraging words. Your appreciation means a lot to us and has truly energized the entire team.

As you rightly said, the success of this International Convention was purely the result of teamwork. Every member of the Host Committee worked together with dedication and unity under the inspiring leadership of our International President, Dr. K. C. Samuel.

We are delighted to know that you and the delegates from YMI Erode enjoyed the sessions, the ambience, and the fellowship. It is indeed our privilege to have hosted you all in Kochi, and your active participation added immense value to the convention.

With the continued support of leaders like you, we are confident that the Kochi Declaration will soon become a reality.

Once again, thank you for your gracious message and constant encouragement.

With warm regards,  
**Host Committee**  
YMI Kochi International Convention  
2025

Our team from YMI of GCT YOUTH, Coimbatore had the great privilege of attending the International Convention held at Holiday Inn, Cochin. The convention was a grand gathering of leaders, members, and youth from across regions, and it was an unforgettable experience for each one of us.

One of the most significant moments of the event was witnessing the installation of International President Dr. K. C. Samuel and his team. The ceremony was filled with dignity, inspiration, and a strong sense of purpose that reflected the true spirit of our movement.

For us at GCT YOUTH, the convention became even more memorable when International President Dr. K. C. Samuel, in his address, personally mentioned and appreciated our club. Being recognized at such a global platform filled us with immense pride and reinforced our commitment to actively contribute and uphold the values of the organization.

Another highlight of the convention was the opportunity to connect with the Bangalore YOUTH team. It was truly wonderful to interact, exchange ideas, and share experiences with them. Meeting fellow youth members from different places not only helped us build friendships but also gave us fresh inspiration and confidence to take our initiatives to the next level.

Overall, the International Convention at Cochin was much more than just an event - it was a source of learning, recognition, and networking. The memories and motivation we brought back will surely guide us as we continue our journey with renewed energy and dedication.

With regards,  
**Ajay Raju M. J.**  
President, YMI of GCT YOUTH, Coimbatore

# INTERNATIONAL CONVENTION 2025



Well planned, excellently executed, an unforgettable event. Congratulations to the host committee. A big salute to the International team. The momentum we created, and the incredible courage and confidence we exhibited, has enabled Young Minds to march ahead with renewed commitment to greater heights.

All the best to our international team.

**Micheal K. Micheal**  
Area Secretary

Dear Host Team,

Kindly accept our sincere thanks for conducting the International Convention at Holiday Inn Kochi in a marvelous way. You did it exceptionally well, with perfect planning to even the smallest activities. All of us observed your unity, hardwork, sincerity and determination in making this event one of the best and top class events of global standard. The entire team under the guidance of our leader Dr K C Samuel created a wonderful ambience that all of us enjoyed and left the venue with a great bunch of memories that will last forever. I'm sure the energy levels of all the participants and those who have seen the live coverage might have boosted up which in turn will make it easier to achieve the Kochi Declaration in a short span of time. Once again our heart felt thanks for everyone and the participants.

Regards

**A Balasubramanian**  
President YMI Erode



## Euology

Members of Young Minds International who passed away during the year were honoured through this memorial service.





## Young Minds Club of Chennai Royals

We started our journey of **DINE WITH DIVINE**, at St. Thomas Destitute Home for the Aged, at Vyasarpadi, Chennai. We spent time with 85 residents, them and dined (lunch) with them. We are grateful for the opportunity given to us by God and humbled to be a part of this noble act.





Mr. Vijayakumar and Family, from Hyderabad, visited Trivandrum Club



Young Minds Club of Panoor doing a clean up drive



Everyone in our country is eagerly waiting for the celebration of Diwali with their family and friends.

At the same time, we have people around us who are living together with strangers in orphanages. Some do not know their blood relatives, while a few left their homes due to lack of any supporting family members.

One such home at Chennimalai namely Bharathiar Kulanthaigal Kappagam is being operated by few good hearts. Around 25 children of varying age groups and 15 senior citizens are being taken care of in this home.

YMI ERODE had interacted with the person in charge and as per their request provided free rice, groceries and cooking oil that will meet their needs for about three weeks.

It really touched our hearts when we spent a few minutes talking with each of them. We couldn't bear the statement of one senior person who told us that he had offered his body to the government hospital after his lifetime, as it was the only thing he could do that will help someone in their medical studies. He even showed us the card, saying that it's always in his pocket.

This is our second project and we returned back with some satisfaction but with a heaviness in our hearts.

~ **Balasubramanian Avanashiappan, President, YMI Erode**



YMI Erode provided lunch to about 35 inpatients of Erode Cancer Centre both on 7th and 8th Oct 2025.

# A BONE IN MY SOUP AND SUIT ETIQUETTE

~ Daniel Thomas

At one of the meetings, the well endowed main speaker had just finished his well applauded speech and resumed his seat. That's when worry creased my brow. You see, the speaker was in a jacket that was two sizes too small. Probably his wedding suit, just like the one I had squeezed myself into. Now the problem with his suit was that it was buttoned down while he sat, and there were tremendous pressure forces acting on that one button that was holding it all together. I held up my copy of the program booklet, in case that button succumbed to the pressure acting on it, fully aware that judging the exact moment of release was totally beyond me. So, I waited in eager anticipation. And to the luck of the audience and me, the dreaded moment occurred in response to a joke when the button burst forth in tremendous projectile force that NASA would be proud of. But since it was given release during the punch in the joke, the trajectory was aimed much higher and the button ricocheted off the chandelier, bounced off the cushioned side wall and landed in a bowl of chicken soup. A sigh of relief went up from the few in the audience who were subjected to the same ordeal as me.



Much later, I saw a slightly older man chewing heartily on his chicken soup and seeing me looking strangely at him, he said, "Too many bones."

On a serious note, and since I see many members in a suit or a jacket at our meetings, I thought it would be good to look up suit etiquette and share my findings as given below:

In short,

1. Unbutton when sitting.
2. While standing, button the middle button in a 3-button suit and the top button in a 2-button suit.

The illustration below will be helpful.

And if dinner has weighed well on you, please don't burst the seams, just unbutton or like always 'Suit Yourself'.



## Single Breasted Single Button Suit

Very easy to remember:  
When standing you must  
button the only button.  
When sitting, you must unbutton.



## Single Breasted Two Button Suit

The top button must be fastened when  
standing and the second button  
should never be fastened.  
Jacket must be unbuttoned when seated.



## Single Breasted Three Button Suit

There are two options.  
When standing, fasten top two buttons  
and leave the third unfastened or  
fasten only the middle button.

# INSTALLATION OF YMI DEFENCE OFFICERS - KOCHI



On 2nd November 2025, a new club (YMI Defence Officers - Kochi) consisting of only Retired Defence Service Officers was inaugurated by the IP, Dr. K. C. Samuel at Kochi. The inauguration was at Cochin Palace Hotel. Region-II, Regional Chair Mr Jose Alphonse was the induction officer. This club was the outcome of a presentation on YMI by ISG Mathewkutty Sebastian in August to a gathering of more than 100 Retired Defence Service Officers and their families. The club presently has 15 members. President Capt Paul Abraham-IN (Retd), Secretary Col. Sunny Kurian (Retd), Treasurer Gp Capt. P Venugopal (Retd) were installed as office bearers with the International Presidium Member, Air Vice Marshal P. K. Kuruvilla VSM (Retd) as Advisor, by the International President.



Installation Young Minds Club of Chennai Royals - Gigi Varghese and team



**A powerful beginning for Young Minds Club of Rising Stars!**

Special thanks to our motivational speakers. Mr. Anil Mathen – President, Bangalore Club and Wg Cdr Shankar R – Regional Senate Member, for inspiring the youth to dream big and rise higher!



India Area Women's coordinator Geetha Suresh honouring Young Minds club of Trivandrum Rhythm, District-I President & team



Installation of YMI Club of Telangana Entrepreneurs



Poster design contest



Young Minds Club - Punalur induction



Bon Voyage to Sidharth S Kumar, President, Young Minds Club of Belfast, Northern Ireland and Aishwariya Sidharth, after attending the Young Minds International Convention.



YMI Trivandrum Royal Club distributed food kits to palliative care patients in five areas under Kanyakulangara block. Representatives of the Young Minds International Trivandrum Royal Club participated in this event. Young Minds International's Regional Chairman Siby Augustine, District Governor Raju George, Club officials Kanyakulangara, Medical Officer Smt. Anaswara, PRO Tom T. Antony, Palliative Care Nurse Archana, Physiotherapist Abhiraj, and other staff members also participated in this noble charity event.



Installation ceremony of YMI Trivandrum Lotus



Installation officer Regional Chair,  
Sibi Augustine



Members with Leaders



Members of Trivandrum Lotus



Winners of last year's Sargotsavam Championship rolling trophy  
that was held jointly by Trivandrum and Kollam.



Effective Public Speaking. Conducted by District II Region III and YMI Champad



Installation of Young Minds Club of Kollam Clock Tower

# THE MISSING SENTINEL

~ Philip Thengumcheril

Some of the meetings we attend are sweet and memorable. We often think as to what makes a meeting elegant and enjoyable. There are several factors:-

We can have the perfect venue, an appealing dais, wonderful speakers and pretty much everything else. However, the lack of one thing can ruin the meeting.

Self-imposed discipline is the most important. When attendees go in and out of the room repetitively or engage in cross talk even as the speaker struggles to communicate, it is repugnant and definitely so for us. It also does not sound good for the Chair to announce that the audience should maintain decorum. The maintenance of decorum is an unwritten mandatory rule that we must put to practice on our own.

In our recent International Convention, I was greatly impressed by not just the ambience but also the decorum. In short, the way we conduct ourselves, without anyone having to tell us is the most important aspect. Ours being an organization of the new India, we must be the role model.

Now, our Constitution provides for a 'Sentinel' at every level of the organization. This Sentinel is to be the watcher of the rules, the director of ceremonies, someone akin to the lion tamer, tail puller, sergeant d'arms and much more. The sentinel can perform ceremonial duties like escorting leaders and at the direction of the Chair, enforce discipline.

For some reason, we have not been filling up this post, so prominently written in the Constitution. On the other hand, we notice tendencies to follow practices we left behind and attempts to make our new movement resemble the old ones.

Let this go deep into our minds. Ours is a brand new organization that is different in all aspects. It is not an organization of the last century. It is an organization from an emerging world power, the new India. It is an organization to be taken over by the Gen Z and the Gen Alpha. Let us give them an organization they would love to join.

## BANGALORE DISTRICT PRESIDIUM MEETING



# INDIA AREA PRESIDIUM MEETING



India Area Presidium Meeting at Gokulam Grand Hotel, Calicut

Hi Friends,

A Rewind of the Area Presidium held at Gokulam Grand, Calicut on 26th Oct 2025.

The Area Presidium held at Gokulam Grand on 26th Oct 2025 at Calicut was an exceptionally well-planned and well-conducted event. The overall arrangements were excellent, and the program reflected thoughtful coordination and sincere effort from all involved.

## 1. Speech by Dr. K. C. Samuel, International President

The address by Dr. K.C. Samuel was truly thought-provoking. For more than four decades, I have been carrying in my mind a secret formula which I ardently desired to share with others in the form of a book; the book is almost complete. One particular aspect of his speech which caught me by surprise was what he talked about the two most important days in one's life; one is the day of birth and the other is the day when one realizes the purpose of his birth. Those words deeply echoed in my mind. Though I have been carrying this idea for years and years, it was only after hearing him that I truly understood the purpose for which I was born.

## 2. Training Session by Mr. Mathewkutty Sebastian

The training session conducted by Mr. Mathewkutty Sebastian was simply marvellous. Words are often insufficient to express one's genuine feelings. His session left a lasting impression and inspired everyone present.

## 3. Orientation session by Mr. Jose Joseph

The Orientation session by Mr. Jose Joseph was insightful and engaging. I found myself deeply connected with his thoughts, especially his exposition of the fundamental difference between humans and animals. While animals live by instinct, we human beings are guided by our minds. All the progress and culture we see around is the creation of Human Mind.

The future of YMI

I feel that YMI is going to be the best social service organization in the world. After all, what we stand for is the constant purification of the human mind, much like a water purifier. The seeds of all good things and bad things first take root in the mind. Young Minds International is an inspiring association dedicated to spreading this message.

Overall, the Presidium was a wonderful experience. My hearty congratulations to the Area President Mr. Anto K Antony and each and every other person who worked hard, both on stage and behind the scenes, to make our Area Presidium a grand success.

We look forward to many more such meaningful gatherings in the future.

Warm regards,

Jose Zachariah, IPM





Charter Application of Young Minds Club of Boothapandi, District-V Nagercoil



Charter application of Young Minds Women's Club of Trivandrum Rhythm



First Region 1 Presidium at Bharanikkavu, Sasthamcotta, hosted by District-IV



Installation YMI Club of Venjaramoodu, Tvm



Dr. Antony Chettupuram, Senior Gastroenterologist, Apollo Adlux Hospital inaugurating free dialysis project conducted by Region 2.



A unique Deepavalli celebration was held by YMI Peravoor at Kanichar Puzhayoram Resort after the General Body meeting, where all members lighted candles together, followed by the Deepavalli message and the distribution of sweets. A total of 45 families participated.



## Home for Homeless Scheme



As part of the Home for Homeless Scheme, Young Minds Club of Karthikapuram in DISTRICT-III (Region-III) is building a house for a needy person.



Barbeque meet of the Young Minds of Bangalore and Green Aster Club.



The ceremony where the 'Writing Box' (a suggestion / feedback box) is being placed in schools, as part of the de-addiction project of the YMI club of Trivandrum North, was inaugurated by Dr. Girija Sethunath at the Kumarapuram Higher Secondary School, Thiruvananthapuram (Trivandrum).



To instil a sense of 'Read and Grow' among children in schools, Young Minds International Club of Trivandrum North formally inaugurated the program at St. Mary's School with Principal Rev. Fr. Nelson presiding over the event.



Effective Parenting Program by YMI Panoor



Health camp organized by  
Young Minds club of Telangana Entrepreneurs  
District-I, Region-V



Distribution of  
food packets by  
YMI Trivandrum Central





Eye Camp held at Bhavani Sagar, sponsored by YMI Bhavani Sagar Dam City and GCT Youth Coimbatore



Presidium Meeting of  
District-II, Region-III  
India Area



This is the second monthly meeting of YMI Erode club

Er TS Prabhu was honoured for his achievement of becoming the President of Civil Engrs Association of Tamilnadu and Pondy.

Regional Chair Sri NS Sakthivel, DG Sri SC Prabakar and DG Elect Sri TA Moorthi and Dist Treasurer Mr Karthikeyan attended the meeting and offered felicitation.

Lion Sri KS Palanisamy of Erode accepted our invitation and delivered a special address. He's the Zonal President of five Lions clubs in Erode. He spoke about his rich experience in serving the needy and was very humble in narrating live examples. He was very impressed by our club. In spite of his busy roles in multiple associations, he expressed his willingness to voluntarily join our club.

Advocate Mrs Keerthana, a philanthropist of Gobichettipalayam also attended our meeting and greeted us.

Mr Deepak, President of YMI Gobi Galaxy was our Master of Ceremony.

We were 11 members initially, now 8 new members have joined us and strengthened our team.

We are glad to inform that we have now have 19 quality members in our club. We believe this team will perform beyond our expectations and march towards targets as fixed in the Kochi Declaration.



## Vision 2031

It's a moment of immense pride as Young Minds International receives an official invitation to participate in the Vision 2031 Seminar, a remarkable initiative by the State Home Department at Kannur. This invitation marks a proud moment for our organisation, affirming YMI's growing recognition and status.



On the occasion of Children's Day, the womens' club members of Hope & Harmony at Bangalore District visited an underprivileged school and took part in various activities by the school, and also distributed study materials as well as sweets. Congratulations to the President and all members of Hope & Harmony Club.





Inauguration of YMI Thodupuzha Region-II, District-III



YMI Region-II District-I Presidium meeting



India Area, Region 1, District 1



# EMPOWERING DREAMS BY THE COAST

October 18, 2025

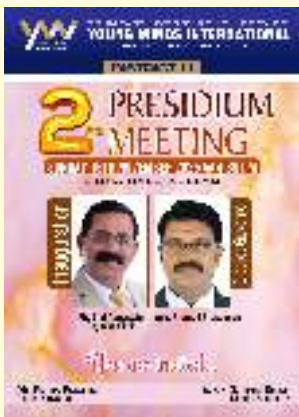
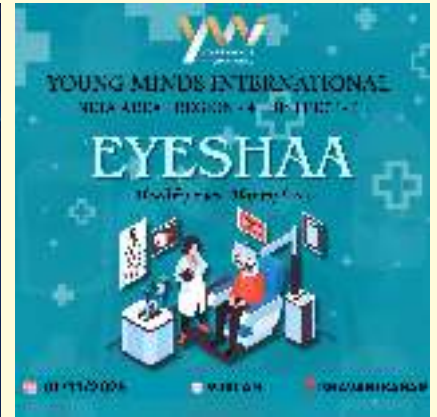
Young Minds International, together with Travancore Royals Football Club, successfully conducted a meaningful outreach program at Pallam coastal area, Thiruvananthapuram.

As part of this initiative, jerseys, kits, and financial assistance were distributed to children of fishermen passionate about football — encouraging their sporting dreams and nurturing young talent from the coastal community.

YMI has also pledged to support their education and continuous training, reaffirming our mission to empower youth through sports and education.



[www.youngsmindsinternational.com](http://www.youngsmindsinternational.com)







Area Secretary Michael in Singapore with David Lua, discussing prospective club formations.



Dear Mr. Narayana Rao, Mr. Vijaykumar and Chakrapani,  
Our heartfelt thanks to you and your families for visiting us and honoring us with your gracious presence. We are deeply grateful for the delicious Hyderabad dishes you treated us to, as well as the wonderful fellowship we shared together.

The beautiful evening we spent with you will always remain fresh in our memories. This truly reflects the spirit of our Young Minds International's friendship and fellowship.

Thank you once again, for your warmth, kindness, and hospitality.

With warm regards,

**K. M. Scariachen**

Grand Council Chair

## OBITUARY



**ABRAHAM ZACHARIAH**

Chartered Accountant, Vice President,  
Madras Mar Thoma Syrian Church, Chetpet and  
member of Chennai Royals



**BHAGIRATHI AMMA 101 YEARS**

Mother of Mr. Uthaman Nair,  
YMI Trivandrum Central Club

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