

THOUGHT & ACTION



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YMI NEWSLETTER

“BE NICER THAN NECESSARY TO EVERYONE YOU MEET. EVERYONE IS FIGHTING SOME KIND OF BATTLE.”
~ SOCRATES

A LEGACY BORN IN ANCIENT ATHENS

Born circa 470 BC in Athens, Socrates was the son of a stonemason and a midwife. His journey to becoming one of the world's most influential philosophers was far from preordained. Socrates' early life was not one of seclusion and study but of diverse experiences, including service as a hoplite, a heavy-armed soldier. Yet, the core of his character - the relentless pursuit of truth - would ultimately steer his path towards philosophy.

Many times, we are put in a difficult position when someone shares gossip about others, leaving us unsure of how to respond.

Socrates' Triple Filter Test offers a timeless solution.

How relevant for us is the Triple Filter Test that Socrates advocated centuries ago? Surprisingly, this ancient wisdom remains just as valuable today, in our homes, our social interactions and can help bridge barriers of understanding among people. By applying the Triple Filter Test to our thoughts and conversations before assessing somebody, we foster deeper understanding and promote thoughtful reflection. In a world full of complex moral and ethical dilemmas, Socratic wisdom shines as a guiding light, reminding us that it is the questions - not the answers - that lead us toward truth, enlightenment, and wisdom.

As Young Minds, let us draw lessons from the wisdom of great thinkers like Socrates.

One day, Socrates was stopped on the street by a highly regarded citizen.

He said excitedly, "Socrates, Socrates, do you know what I just heard about one of your students?"

"Wait a moment," Socrates replied. "Before telling me anything I'd like you to pass a little test. It's called the Triple Filter Test."

"Triple filter?" queried the citizen.

"That's right," Socrates continued, "Before you talk to me about my student, it might be a good idea to take a moment and filter what you're going to say. The first filter is Truth. Have you made sure that what you are about to tell me is absolutely true?"

"No," the man admitted.

"Actually I just heard about it and ..."

"Alright, " said Socrates, "so you don't really know if it's true or not. Now let's try the second filter, the filter of Goodness. Is what you are about to tell me about my student something good?"

"No, on the contrary ..."

"So," Socrates expounded, "you want to tell me something bad about him, but you're not certain it's true. You may still pass the test though, because there's one filter left: the filter of Usefulness. Is what you want to tell me about my student going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "if what you want to tell me is neither true nor good nor even useful, why tell it to me at all?"

This is the reason Socrates is regarded as one of the greatest philosophers, held in such high esteem through the ages.

In today's world, where information is often distorted or misused, the Triple Filter Test, a simple yet profound tool, serves as a valuable reminder to approach conversations with discernment and empathy.

I request club presidents to introduce this test to our members

– we can avoid spreading harmful gossip, foster trust, and engage in more meaningful conversations leading to a more thoughtful, compassionate and understanding society.

It encourages us to evaluate our thoughts and words before sharing them by asking ourselves three crucial questions,

- 1) Is it true?
- 2) Is it good?
- 3) Is it useful?



Dr. K C Samuel
International President



URGENT APPEAL FOR WAYANAD LANDSLIDE RELIEF CIRCULAR

Kuthuparamba

Date: 23.09.2024

Dear All,

As we are deeply saddened by the devastating landslides in Wayanad, which have resulted in significant loss of life, displacement, and destruction of property. In response to this crisis, Young Minds International has taken a firm decision to provide assistance to the affected families.

Our Response

Under the leadership of our International President, Dr. KC Samuel, we conducted an emergency meeting and entrusted our Regional Chairman of Region III to visit the affected area. Following this, a team led by our Area President met with the District Collector, who recommended providing a school bus to Mundakkai LP School. This will address the pressing conveyance issue faced by students relocated to remote areas.

Our Goal

To procure a 32-seated school bus, we need to raise ₹25 lakhs. We appeal to each of our five regions to contribute ₹5 lakhs to achieve this target.

Call to Action

We urge all Regional Chairmen to treat this matter with utmost urgency and take necessary steps to raise the funds. Your prompt response will enable us to provide vital support to those affected.

Sincerely,

K. Ranjithkumar Rajesh Gopal

Chairman,
Wayanad Disaster Relief Project Convenor,
Wayanad Disaster Relief Project

Copied to:

- Dr. K. C. Samuel (International President)
- Mathukutty Sebastian (ISG)
- Anto K. Antony (Area President)
- All Regional Chairmen
- All District Governors (Through Regional Chairmen)



Young Minds Wayanad Rehabilitation Committee Patrons, Chairman
and Convenor in discussion with Wayanad District Collector Ms Meghasree D. R.



The joy of building something is immense. It may be an extension of the behaviour so deeply embedded within us. Building social relations comes naturally to us even as babies. These social interactions are very much needed for our survival. The better the network that we have, the brighter our survival chances.

Human beings, being social animals, always formed groups - be they families, clans, tribes or bigger entities and each of them served a purpose. Clubs have existed in rudimentary forms for centuries, but in recent times, they have become formal.

It begs the question: What really is a club? While many people have tried to define it over the years, personally, I consider it as an extended family. It's a family that you can join at any age. Building new relationships and networking remains at its core. The journey in the vehicle called club makes it easier to identify and create new friends, with happiness often being its first byproduct.

Joining a club brings instantaneous and effortless advantages to you. What may take much effort and time is achieved easily, as the chemistry happens naturally.

A club also brings out the best in you or at least that is the intention. Your hidden talents are put to the best use. You either acquire or enhance your leadership skills. By leadership skills one does not mean occupying some office or holding titles but acquiring charisma, social acceptability and the ability to influence others positively.



Philip Thengumcheril
International Programme Director

Those who have never been involved in the process of recruitment of new members or building / expanding a new club should give it a try. The success you experience will give you high doses of dopamine, the feel-good hormone and that kind of satisfaction is greater than what one derives after climbing that tall mountain which one never thought possible.

Being part of Young Minds International gives us so many opportunities. The potential lying dormant within each of us is infinite. Young Minds Club is the key to unlocking the great potential within us.

Our minds are young and it is just the dawn for us. Join us on this exhilarating and experiential journey which will unveil the new you.



Installation of Young Minds Club of Pathanapuram, Region-I, District-IV



Installation of Young Minds Club of Kollam City



Installation of Young Minds Club of District Cabinet, Region-I, District-IV



Installation of Young Minds Club of Mynagapally Royal



Induction of the Hon'ble Deputy Speaker of Kerala Sri Chittayayam Gopa Kumar, to Young Minds Club of Adoor, by International President Dr. K. C. Samuel.



Installation of Young Minds Club of **Cannanore North**



Installation of Young Minds Club of **Peravoor**



Installation of Young Minds Club of **Iritty**



Installation of
Young Minds Club of **Edoor**



Installation of Young Minds Club of **Thrikkakara**

Installation of
Young Minds Club of
Edacochin Royals, Region-II



Installation of
Young Minds Club of
**Kothamangalam,
Region-II**





Office bearers of Young Minds International Greater Cochin and Edacochin Royals



Installation of Young Minds Club of Greater Cochin, Region-II



Installation of Young Minds Club of Pattimattom, District-I, Region-II

Installation of Young Minds Club of Thopramkudy and Melechinnar, Region-II



Inauguration of Service Projects of Young Minds Club of Thopramkudy District-III, Region-II by Santosh George IPM.



Installation of
Young Minds Club of
Thopramkudy and
Melechinnar Spices



DG Madhumenon
at the First
Cabinet Meeting of
Young Minds International
District-II of Region-II



Young Minds International Region-II District-I Young Minds Club of Pattimattam Club inauguration in progress.



Installation of Mr MP John District Governor District-V



Collaring YMI Thrissur Main President Mr Sunny Thekkekkara



Collaring YMI Kannara President





Installation of Young Minds Club of Pineapple Garden, Vazhakulam Region-II, District-III



Acceptance speech by Mr. Baby John,
Club President



Installation of Young Minds Club of Dharmasala



Handing over cheque for Palliative Care Centre Granma Udayampeoor Region-II by PCM Bijumon.
RC Jose Alphonse and DG Madhu Menon



Young Minds Club of Kuthuparamba honouring elderly and visiting the sick

Over 250 more meals were provided at
TIRUPUR GH AKSHAYAM PROJECT FOOD FOR NEEDY.
This is the 233rd week of the project.





Inauguration of Free Medical Camp organised by **Young Minds Club of Peroor** in association with Excellent Library Arts and Sports Club, Peroor by Mr K. Suresh Kumar, Regional Chairman, Region-I



Eye Camp conducted by **Young Minds Club of Pulluvazhy**, Region-II in August 2024





YOUNG MINDS CLUB OF PANOOR
ലഹരിവിരുദ്ധ ബോധവൽകരണ ക്ലാസ്
8:04:2024 @ പാലക്കാട് യു.പി സ്കൂൾ

ANTI DRUG CAMPAIGN



YOUNG MINDS INTERNATIONAL CLUB PANOOR
ബാലസാഹിത്യകൃതികൾ കൈമാറി



YOUNG MINDS CLUB PANOOR
‘പുഞ്ചേരി ... പൊലി ... പുഞ്ചേരി ...’ ഓണാഘോഷം 2024
ഓണക്കാഴ്ച ചട്ടിൽ മുൻപന്തൽ
യംഗ് മൈൻഡ്സ് ക്ലബ്ബ് പാനൂർ ടീം ജേഴ്സി പ്രകാശനം
കെ. ഓജൻ - റിജിയണൽ ബുള്ളറ്റിൻ എഡിറ്റർ



Young Minds Club of Pathanapuram - LIFE SUPPORT AID to a lottery agent

ONAM CELEBRATION

Young Minds Club of Pathanapuram celebrating Onam with children of Asabhavan



ONAM CELEBRATION

Young Minds Club of Attingal sharing homegrown vegetables with members and friends for Onam



Onam celebration of Young Minds Club of Ernakulam South, Region-II



Onam celebration of Young Minds Club of Kollam



Taliparamba
Onam celebration and
Regional Chairman visit



Kuthuparamba Onam
and DG visit





Young Minds Club of Smart City Kakkanad Onam celebrates with Sibi Malayil at Chithrappuzha Resorts



Young Minds Club of Trivandrum Royal Club Family meeting & Onam Celebration



Onam celebration of District-III of Region-II, at Tripunithura



Young Minds Club of Kannur Main DG Visit & Onam Celebration

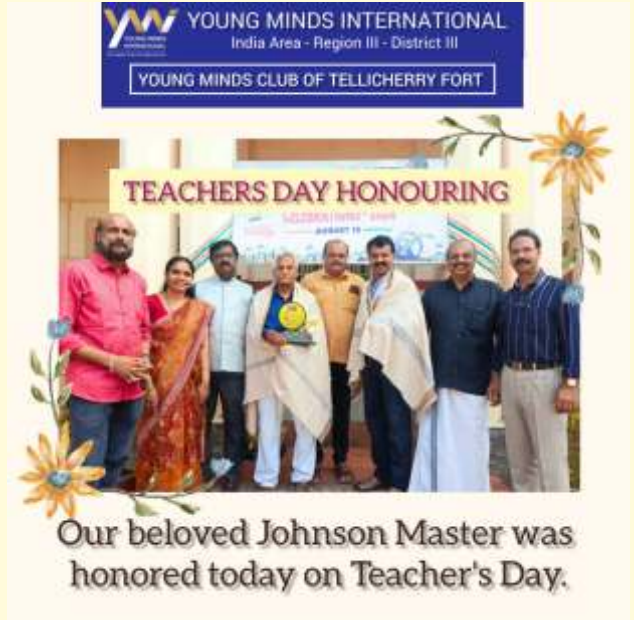


Young Minds Club of Kannur Main celebrated Teacher's Day by honoring Sri T.O.V. Shankaran Nambiar, a retired Headmaster and prominent figure in Kannur.



Young Minds Club of Trichur celebrating Teacher's Day by honouring Soniya Jagdeep Teacher

TEACHER'S DAY CELEBRATION



Young Minds Club of Gobi Galaxy celebrated Teacher's Day at Government higher secondary school Kalipatti, honoring the dedicated teachers for their hard work and commitment to education. A wonderful tribute to the educators who make a difference!



Young Minds Club of Panoor



Young Minds Club of Taliparamba

Installation ceremony

ERODE AUG 31: The new offices of the Young Minds Club of Bavanisagar Dan City was held at Gianthraj Thattai Hall, Thayaripalayam on August 29. The following have assumed office at various posts in the presence of regional chairman elect NS Sakthivel, district governor elect SC Prabhakar, district governor P Uthayaswami, district chief coordinator EA Manohar, secretary M C Shankar, secretary PS Divakaran, treasurer M Sakthivel.

Centre urged

യങ് മൈൻഡ്സ് ക്ലബ്ബിന്റെ ഓഫീസ് ഉദ്ഘാടനം

കേരള യംഗ മൈൻഡ്സ് ക്ലബ്ബിന്റെ ഓഫീസ് ഉദ്ഘാടനം. മേൽനോട്ടത്തിൽ എ.എ. മണോഹർ, സെക്രട്ടറി സി.എ. ശങ്കർ, സെക്രട്ടറി പി.എസ്. ഡിവാകർ, ട്രഷററി.എം. സാക്തീവൽ തുടങ്ങിയവർ പങ്കെടുത്തു.

യങ് മൈൻഡ്സ് ഇന്റർനാഷണൽ ജില്ലാ കൺവൻഷൻ നടത്തി

യംഗ മൈൻഡ്സ് ഇന്റർനാഷണൽ ജില്ലാ കൺവൻഷൻ പാർട്ടി ഓഫീസിലെ ഉദ്ഘാടന ചടങ്ങിൽ. മേൽനോട്ടത്തിൽ എ.എ. മണോഹർ, സെക്രട്ടറി സി.എ. ശങ്കർ, സെക്രട്ടറി പി.എസ്. ഡിവാകർ, ട്രഷററി.എം. സാക്തീവൽ തുടങ്ങിയവർ പങ്കെടുത്തു.

കേരള കാമുറി

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YOUNG MINDS CLUB OF PANOR

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2024 സെപ്റ്റംബർ 11 തീയതി

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Good to know - INDIA'S FIRST LADY CARDIOLOGIST



Dr. Sivaramakrishna Iyer Padmavathi

In the year 1917, a Tamil Indian girl was born into a middle-class family in Rangoon, Burma (now Myanmar), where her father had relocated for work. He named her Sivaramakrishna Iyer Padmavathi. At a time when women were traditionally confined to the kitchen/illiterate, the middle-class girl earned her MBBS from Rangoon Medical College.

When the Japanese invaded Burma, they briefly returned to their traditional home in Coimbatore. In 1949, Padmavathi went to London to pursue her FRCP, then unimaginable for a Female Indian doctor. She was selected to study further at Johns Hopkins University, US, where she trained under the legendary cardiologist Dr. Helen Taussig. Thereafter, she moved to Harvard University, where she trained under the 'Father of Cardiology' - Dr. Paul Dudley White.

Despite a distinguished cardiology career awaiting her in the US, Dr. Padmavathi was firm in returning to India & serving Indians. She joined Lady Hardinge Medical College in 1953, to become India's first lady cardiologist.

Dr. S. I. Padmavathi started India's first Cathlab & exclusive Cardiac Clinic. She also introduced India's first DM Cardiology course. She founded the All India Heart Foundation (AIHF) in 1962, to serve the poor & needy. She joined Maulana Azad Medical College in 1967, by which time her fame had spread. That same year, the Indian Government under Indira Gandhi honoured her with the Padma Bhushan.

Throughout her career, she balanced roles as cardiologist & administrator of 3 great colleges simultaneously - MAMC, G. B. Pant Hospital & Lok Nayak Hospital. She retired as Director, of MAMC in 1978.

In 1981, she set up the National Heart Institute (NHI) at Delhi. The Government of India bestowed India's second highest Civilian Award, the Padma Vibhushan, in 1992 on her.

At age 90, Padmavathi became a fellow of The European Society of Cardiology in 2007.

Till age 95, Padmavathi worked 12 hours a day, five days a week, to serve the poor and needy, with state-of-the-art Cardiac Care.

Both Padmavathi and her sister, Janaki, a Neurologist remained single and started the Janaki-Padmavathi Trust, pouring in their entire earnings to fund life-saving Heart Surgeries for the poor.

After a lifetime dedicated to serving the poor in the field of Cardiology, Dr. S. I. Padmavathi passed away in 2020, at the age of 103 from Corona.

Imagine the steely resolve, vision, brilliance and sheer determination of this iron-lady who shattered the glass ceiling to achieve all of this - serving poor Indians with quality cardiac care, and finally giving away all her wealth to benefit her fellow citizens.

This is an inspiring story of the first female cardiologist of India who, despite all odds, returned to her country and achieved greatness. Tamil Nadu & India should be mighty proud of their daughter - Sivaramakrishna Iyer Padmavathi!



Congratulations

Mr. Sibi Augustine

Unanimously Elected as the **Regional Chairman Elect** of Region-I in the Regional Presidium Meeting held on 28th September 2024.

We have immense faith and confidence in your Leadership.

Fundamental Principles that Young Minds International is based on:

1. **TRANSPARENT FINANCIAL PRACTICES:** We meticulously track every contribution received and spent, and our accounts are open to audit by anyone.
2. **CONSTITUTIONAL INTEGRITY:** Our constitution includes robust mechanisms to ensure that violations at any level will not be tolerated; with regulatory bodies such as the Grand Council at the International level ensuring accountability. Changes to the Constitution cannot be made by individuals, unlike in some other organisations.
3. **EMPOWERED LEADERSHIP:** Our International Presidium members are entrusted with the responsibility to make informed policy decisions across all areas. These members are answerable to any query raised.
4. **TERM LIMITS:** No individual can hold a nominated position for more than two years. We encourage more participation in management roles from 'Young Minds'.
5. **COMMITMENT TO TRANSPARENCY:** We adhere to complete transparency in our actions, elections and communications.
6. **SOCIETAL IMPACT:** We will only undertake projects that are genuinely beneficial to society; and these will be recorded and thoroughly documented with photographic evidence and audits.
7. **LEADERSHIP CRITERIA:** Only individuals demonstrating commitment, knowledge, and proven capability will be elected or nominated as leaders.

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

Best wishes,
Daniel Thomas

