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**8971404357
9740037853**



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.

PURPOSE-DRIVEN HEARTS CREATE PROGRESS-DRIVEN SOCIETIES



Dear Young Minds,

William James of Harvard University said that 85% of success comes from attitude, while only 15% relies on education or technical skill. Think about that. Our mindset-not our certificates, not our qualifications-determines how far we go in life.

HH Sheikh Mohammed, the Ruler of Dubai, once spoke about his family's journey: *"My grandfather rode a camel. I drove a Mercedes. My son drives a Land Rover. My grandson will ride a camel again."* His words remind us that prosperity can breed complacency. If we do not raise resilient, self-reliant generations-warriors - even the greatest civilizations will collapse. History makes this clear. The Roman Empire, the British Empire, and countless others did not fall because of enemies outside, but because of weakness within.

Inside each of us, there are two voices. One is the Inner Critic, shouting fear and doubt. The other is the Inner Wizard, quietly offering calm guidance, especially in times of crisis. Most follow the critic-and pay the price. But success comes to those who trust the quiet wisdom of the wizard within.

Growth, whether as a person or as a leader, flows through four stages:

Unconscious Incompetence – we don't know what we don't know.

Conscious Incompetence – we begin to see where we fall short, and start to learn.

Conscious Competence – through effort, we can perform the task, though it takes focus.

Unconscious Competence – mastery. At this stage, our actions flow from deep practice and experience, almost without thought.

True leadership lies in this final stage-where skill and judgment become second nature.

At Young Minds International, our highest calling is **Service to Society**. Albert Schweitzer once said that working for the common good is the greatest creed-it means service to humanity is the highest religion.

When I had the privilege of serving as International President of another international organization, exactly 100 years after its founding, I often asked: *Why is such a well-established movement no longer growing?* My conclusion was that we needed to look beyond religion and focus instead on purpose. Change did not arrive then, but the lesson remains: tough times create strong men, strong men create easy times, easy times create weak men, and weak men bring about tough times again. The cycle continues-unless we choose differently.

And now, with our new movement just 15 months old, we stand at a defining moment. Our mission is bold-within 5 years, to grow this into a 10,000-member organization. That mission belongs to each and every one of us.

The great figures of history remind us of a simple truth: the purpose of life is to give. Everything we enjoy today exists because those before us chose to give of themselves to serve society, and to build a better world.

So, I tell you: keep your mind young, whether you are 25 or 85. Use the immense power within you to serve, to uplift, to impact lives. Leave behind a legacy that future generations will not only remember, but also thank you for.

As we move forward, let us hold fast to this calling: to lead with a positive attitude, to serve with heart, and to give generously.

Together, let us build a movement that inspires, uplifts, and transforms society. And let our lives be remembered not for what we took, but for what we gave.

Dr K. C. Samuel
International President

Message from the International Secretary General



Dear Young Minds,

It gives me immense joy to extend my warm greetings on the occasion of the **First International Convention of Young Minds International**. This milestone is a celebration of our shared vision, our relentless energy, and the unwavering commitment of our members across the globe.

In just a short span of time, Young Minds International has emerged as one of the fastest growing charity movements in the world. With hundreds of clubs and thousands of members, our journey so far stands as a testimony to the power of collective action. Guided by our motto, *“To Impact Lives through Service,”* we have demonstrated that when young minds come together with purpose, passion, and compassion, extraordinary change becomes possible.

Our growth is not merely in numbers—it is in the lives we have touched, the communities we have uplifted, and the hope we have rekindled. From service projects addressing education, health and the environment, to fellowship that transcends borders, our movement has shown the world that true leadership lies in service.

This convention is more than an event—it is a platform to strengthen our fellowship, celebrate our achievements, and chart a bold course for the future. As we move ahead, let us focus on innovation, visibility, and impact. Let us build more clubs, design projects that inspire, and make Young Minds International an aspirational platform for young minds everywhere.

I convey my heartfelt appreciation to every member, leader, and supporter who has contributed to this journey. Together, let us continue to ignite hope, create opportunities, and transform lives through service.

As Mahatma Gandhi once said, *“The best way to find yourself is to lose yourself in the service of others.”* Let this timeless wisdom continue to guide us on our journey.

With warm regards,

Mathewkutty Sebastian
International Secretary General



'Yesterday, Today and Tomorrow'

Our Growth and Vision for a Better Tomorrow

Isaac Palathinkal
Member, Grand Council

YESTERDAY - The Foundation

Every great story begins with a dream. Our organisation's journey started with a small group of dedicated members from an erstwhile movement, who envisioned forming a new organisation that placed the highest importance on constitutional and ethical governance. Their goal was to foster friendship, brotherhood, and fellowship among members and service to the society.

The foundation was laid on 23rd March 2024 at Hotel Gokulam Park, Cochin, where like-minded leaders met and resolved to move forward with this vision. This decision paved the way for a new movement. On 12th May 2024, at the same venue, in the presence of over 300 delegates from across India, **Young Minds International** was officially launched. Our objectives were not merely about projects or programs but about values - *Integrity, Teamwork, Compassion, and Perseverance* - which became the pillars guiding us in the years ahead.



First meeting of like-minded leaders which laid the foundation for Young Minds International



The grand launch of The Young Minds International

The early days (2024–25) were filled with challenges, enthusiasm, and an unshakable belief that together we could make a difference. We were blessed with inspiring leadership under our International President, **Dr. K. C. Samuel**, who motivated us to grow and serve more. He and his team tirelessly travelled across the country, proclaiming the values of our movement and helping form new clubs through local leadership. Within our very first year, we achieved the remarkable milestone of **hundreds of clubs and thousands of members** in India and abroad.

TODAY – The Present

Today (2025–26), we stand on the shoulders of those who came before us, continuing to expand our movement and increase the scope of our service. Their hard work and dedication have shaped Young Minds International into an organisation respected and recognised in our communities.

We are living in an age of opportunities and rapid change. Our members are more engaged than ever, our initiatives reach wider audiences, and our presence is felt in ways we once only dreamt of. Whether through community service, youth development, or fellowship, today testifies to our resilience and adaptability.

With growth comes greater responsibility. Beyond expanding our membership, we are committed to strengthening and diversifying our service projects. This year, we adopted the theme “**Renal Care and Dialysis**”, bringing vital support to hundreds of individuals struggling with both financial and health challenges. Clubs have donated dialysis machines to charity hospitals, enabling free treatment for the needy. Clubs also operate ambulance vans to serve underprivileged communities.



Dialysis machine donated to Samaritan Hospital by Kizhakkampalam Young Minds Club. Further, they donated Rs 5,00,000 for Dialysis Coupons.



Ambulance vans run by Chemperi Town Young Minds Club, with our logo on it, spreading our mission. They run 4 such Ambulances.

Today is also a time for reflection - to celebrate achievements while recognising areas for growth. By the end of this year, we aim to reach **250 clubs and 4,000 members**. A major milestone ahead is our **first International Convention**, scheduled for 27–28 September 2025 at Holiday Inn, Cochin, where we expect at least 300 delegates, including international participants.

TOMORROW – The Future

Tomorrow (2026 and beyond) invites us to dream bigger and achieve more. The future is a continuation of today, carrying forward the achievements of yesterday and the lessons of the present.

We envision expanding our movement across India and internationally, where we see strong potential for growth. The world will keep changing - and so will we. But we will not abandon our roots; instead, we will remain true to our values while finding new ways to serve.

Our vision is bold: to extend Young Minds International to many more countries and grow to a membership of **10,000 within the next five to six years**. The future belongs to those who prepare today. Let us dedicate ourselves with commitment and passion to ensure a bright tomorrow for our movement.

Yesterday gave us our identity. Today is our platform. Tomorrow is our promise.

Together, we will honour the past, serve in the present, and shape the future.

Thank you.

Isaac Palathinkal



INTERNATIONAL CLUBS



Young Minds Club of Alice Springs, Australia



Young Minds Club of Dublin, Ireland

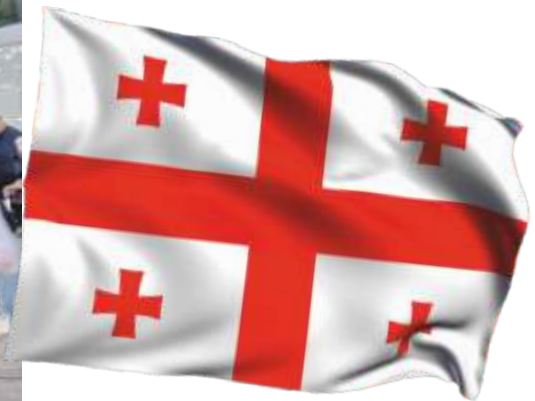


District Governor P. Utheeshwaran of District II, Region-IV conducting orientation meeting at Colombo in Sri Lanka.



INDUCTION - UK

International President
with leaders of
Nottingham and
Cheltenham Clubs



Potential YMI members in Tbilisi, Georgia with our International Treasurer- Antony and Shany



David Lua, Singapore



Dr. Yoon, Korea



CONSCIOUS MIND MAKES EVERYTHING POSSIBLE

Jose Zachariah

PART 1: CONSCIOUS MIND vs. INSTINCT

Science and technology have made tremendous progress in the last few centuries-particularly over the past one century. Yet, there is one area that still remains largely unexplored ie. CONSCIOUS MIND.

The Conscious Mind is the most important aspect of human life. It is indeed the Conscious Mind that makes us human beings. It is the source of our awareness, creativity, culture, religion, ideology, decision-making, and so on and so forth. While we have used it to understand and control the material world around us, the truth is that the Conscious Mind itself knows very little about its own nature. For centuries, it has remained the subject of inquiry solely of a few philosophers, spiritual teachers, thinkers and mystics. It never reached the hands of the common man, no matter how educated or well positioned they have been.

This is where YMI can play a transformative role. There is nothing more important in life than the study of the powers of the Conscious Mind. Therefore, the focus of YMI must be to ensure that the common man is also able to tap the infinite potential of the Conscious Mind.

Since Conscious Mind is present in every human being, It is easy to use its potential to make one's life better and create a better world order. Moreover, this is an area where organized religions not only failed miserably, but also misled mankind. This is quite evident from the various conflicts, war, violence, and bloodshed that have been taking place centuries upon centuries in the name of religion and God.

What truly distinguishes human beings from animals is the presence of the Conscious Mind. Animals rely on instinct to manage their daily lives whereas human beings are capable of creating and inventing new things; and change the destiny of man by the application of Conscious Mind.

Some philosophers even think that there is a constant conflict going on between instinct and the Conscious Mind which is the reason for the suffering of mankind. Instinct follows a set pattern, while Conscious Mind with its capacity for freedom of thought tries to explore the universe, question, and experiment with everything man can lay his hands on.

The great Australian Biologist Jeremy Griffith, for instance, points out that much of human suffering arises from this inner conflict between instinct and Conscious Mind. He therefore suggests that, true peace comes when Instinct and Conscious Mind work in harmony. Such reconciliation can end unnecessary conflict between Man and Man, Man and Animals and Man and Nature. After all, we exist on this planet because there is oxygen in the air, water in the oceans, heat and light from the sun, and also because of the existence of the cosmos.

Although these ideas may seem little abstract, applying the Conscious Mind in our daily lives is quite practicable. Research over the last centuries have shown that the Conscious Mind has tremendous power to materialize our desires and help us live an orderly and peaceful life.

Following are some of the notable books which bring out this fact:

The Secret – Rhonda Byrne

The Power of Your Subconscious Mind – Joseph Murphy

Thought Power: Its Control and Culture – Annie Besant

As a Man Thinketh – James Allen

Think and Grow Rich – Napoleon Hill

The Science of Getting Rich – Wallace D. Wattles

You Can Heal Your Life – Louise L. Hay

The Power of Now - Eckhart Tolle

The techniques narrated in these books have helped millions of people transform themselves and become successful human beings.

Part 2: APPLICATION OF CONSCIOUS MIND FOR MATERIALIZATION OF DESIRES

It is a mystery that whatever we hold in our conscious mind for a period of time in a particular state of mind, takes material shape. Raising the level of our consciousness is possible through continuous purification of thoughts and intentions by discarding all the negative feelings, the moment it starts to occupy our mind. When we do this, our individual consciousness align with the Universal Consciousness that sustains the cosmos. It is to be noted that we all have intelligence only because there is a Universal Intelligence that pervades the Universe, just as it rains only because 2/3rd of the earth's surface is covered by mighty oceans.

Great teachers like Shree Buddha, Jesus Christ, Baruch Spinoza, J. Krishnamurti and many other mystics-have shown that human beings can unlock extraordinary potential by purification of the mind.

At the very core of consciousness lies something called CONSCIENCE-the inner guide that helps us choose between right and wrong, truth and falsehood, good and evil. For many, this inner voice is nothing less than God. Purification of the mind helps us take the right turn at the right time and acts as a guide for keeping us always in the right track.

If we can teach our children how to use their Conscious Minds effectively, they will not only perform better in all fields but also contribute to building a world of peace, harmony, and prosperity.

Part 3: SPIRITUALISM & MATERIALISM

By *spiritualism*, I do not mean organized religion, which often focuses on rituals, ceremonies, and structures in the name of faith and an imaginary God. Instead, spiritualism is the study of the infinite power of the Conscious Mind, latent in us and the study of the existence of the Universal Consciousness.

Spiritualism if properly understood, is not in conflict with Science and Technology. Both are searching for truth, one in the field of matter and the other in the field of consciousness. In fact, it should be studied just like any other subject. Unfortunately, our educational system deals only with materialism. It is here, YMI can play a vital role in promoting the study of spiritualism as an independent subject, freeing it from the clutches of organized religions.

PART 4: THE ROLE OF YMI

When I explained to a few leaders of other similar organizations what YMI stands for and how it is different from others, many have shown genuine interest in understanding more about YMI.

YMI's main aim should be about application of the power of Conscious Mind to create a world free of war, violence and conflict.

Every YMI member has the potential to do wonders by promoting peace, harmony, and prosperity globally. Our goal should be to empower the mind to consistently choose what is right, and discard all negative feelings the moment it raises its head.

Together We, the YMI members can awaken the Conscious Mind to make earth a paradise.



INAUGURATION - BAHRAIN

We are delighted to announce that the inauguration of the Young Minds Club of Bahrain was held successfully with great fanfare. The club commenced its journey with an impressive membership of 20 new members. Wishing the club and office-bearers all the very best in their future endeavours. We look forward to their continued contributions to the community.



With best compliments
Naveen Narayan
President, YMI Bahrain



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GLYCOLIC GLOSS

[WITH GLYCOLIC ACID]

NEW

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GLOSS**
RESTORES HAIR QUALITY



PROJECTS THAT IMPRESS AND IMPACT

Our motto is to impact lives through service. We are sworn to serve the community in an impactful manner. As far as the organization is concerned, the projects or programmes should reflect this spirit to be impressive.

We have seen some social service organizations implementing impactful projects that have left such deep imprints in society as well as the minds of people. As such, these organizations are the first to come to the minds of people at the mere mention of certain words.

It would be less convincing to tell people that we are doing something in faraway Africa or Antarctica. People always need to see what is being done. They also need to know that it is something worthwhile and not for show.

We must also bear in mind the social outlook. Some of the things being done can be perceived differently by society. We may be doing something right but that may not be socially acceptable. One can cite a few examples. The word 'charity' which was used so often in the past, is now seen as patronizing and humiliating. Claims of doing charity give an impression that someone is on a higher pedestal and so this concept is not socially acceptable. Likewise, there are rules against the parading of the beneficiary. Under no circumstances can children or students be paraded or photographed receiving help or materials, for that might affect them and their persona in a negative manner.

These are the days when human rights and dignity are valued more than ever before. Merely because a person is financially deprived, it does not mean that he has agreed to part with his dignity. Hence, social organizations must exercise caution and never treat them as marketing or PR objects.

It may be a fact that there exists hapless and homeless persons in society. However, our nation is on its way to becoming one of the top economies of the world and the general public would not be impressed by the depiction of misery or poverty. That would be unacceptable.

Social service organizations must realize that what was done previously will fail to impress. Instead, they should design their projects in a way that is seen positively by society. The truth is that maybe the lepers have not disappeared entirely, but no longer can they be branded or picturized as such. HIV was combatted without stigmatization and hence the project succeeded since it was impactful and impressive.

As a new organization, we must therefore bring forth a strong code of conduct for our social service. Our projects must be socially relevant and welcomed by society. Such well designed projects will popularize us and also endear us to the public.

Philip Thengumcheril
International Programme Director



STAY YOUTHFUL FOREVER



Minu Anna Mathew

District Governor, Region 2

Life Coach, Consultant Counsellor

The Young Spirit of Grandma

Grandma was 80 years old, yet everyone in her town said she looked and lived much younger. She laughed wholeheartedly, danced at festivals, and always had a sparkle in her eyes.

One day, a young girl asked her, “**Grandma, how do you stay so young and happy?**”

Grandma smiled and replied,

“**My dear, it's not about the number of years, but the way you live them. I follow three simple things every day.**”

She then shared her secret:

- **Feed Your Mind:** “I read books, learn new things, and stay curious about the world.”
- **Keep a Happy Heart:** “I smile, forgive, and find joy in little things. Happiness is the best medicine.”
- **Move Your Body:** “I walk, stretch, and sometimes dance. Moving keeps me strong and full of energy.”

The young girl listened carefully and began practicing the same. Over time, she too felt more alive and joyful. Grandma showed her that being youthful is not just about age—it's a choice anyone can make.

Tips to Stay Youthful Forever

- **Stay Active:** Exercise daily, even if it's just walking or stretching. It keeps your body healthy and your mind sharp.
- **Eat Nutritious Food:** Choose fresh fruits, vegetables, and drink plenty of water. Good food fuels your energy.
- **Rest Well:** Sleep enough to let your body and mind recover.
- **Keep Learning:** Try new hobbies, read books, or explore new ideas. A curious mind stays young.
- **Be Positive:** Smile often, be thankful, and focus on the good in life.
- **Connect with People:** Spend time with family and friends. Sharing love and laughter keeps your heart young.
- **Practice Mindfulness:** Take moments to breathe deeply and calm your mind.
- **Avoid Harmful Habits:** Stay away from smoking, excessive alcohol, and junk food.

Celebrate Your Uniqueness

Remember, we are all wonderfully unique. No two people share the same fingerprints or the same pattern in their eyes. Your individuality is your strength—embrace it.

The Essence of Youthfulness

True youthfulness comes from living with energy, curiosity, and joy. By following simple habits and nurturing a positive spirit, you can stay young at heart no matter your age.

As Mahatma Gandhi beautifully said: “**Live as if you were to die tomorrow. Learn as if you were to live forever.**”



DIET AND MENTAL HEALTH

Dr. Anitha Mohan

Former State Nutrition Officer, Directorate of Health Services
RC Elect Region-I

In recent years, the relationship between Nutrition and mental health have gained considerable interest. Indeed, extensive research has observed that following a healthy or Mediterranean dietary patterns (high consumption of fruits, vegetables, nuts, legumes and fish and moderate consumption of chicken, eggs and dairy products and only occasional consumption of red meat) is associated with a reduced risk of depression. In addition, relationship between nutrition and long standing mental illness are compounded by barriers to maintaining a healthy diet.

There are certain foods we have to focus on and to understand the ways in which these food and dietary patterns could affect mental health.

MOOD AND CARBOHYDRATE

Consumption of highly refined carbohydrate can increase the risk of obesity and Diabetes; they are high glycemic Index foods. Glycemic Index is a relative ranking of carbohydrate in foods according to the speed at which they are digested, absorbed, metabolized and ultimately affect blood glucose and Insulin levels. High glycemic Index and glycemic load are due to diets containing refined carbohydrate like maida and added sugars. Research show an association between progressively high glycemic Index and incidence of depressive symptoms. Clinical studies have also shown potential causal effects of refined carbohydrate on mood.

Mood itself can affect our food choices. High consumption of processed carbohydrate could increase the risk of depression and anxiety. Recurrent hypoglycemia is associated with mood disorders, through repeated and rapid increases and decreases in blood glucose.

DIET IMMUNE ACTIVATION AND DEPRESSION

Research and Studies have found that sustained adherence to Mediterranean dietary patterns can reduce markers of inflammation in humans. High calorie meals rich in saturated fat appear to promote chronic low grade inflammation throughout the body by altering gut microbiota and increasing gut permeability leading to inflammatory conditions. This systemic inflammation can activate immune cells, disrupt immune cell, balance in the bone marrow and negatively impact various organs, including brain, liver and adipose tissue. Additionally, High fat diet can impair the immunity ability to respond to infections.

Inflammation is a natural tool the immune system has, to fight threats in the body. Certain foods increase inflammation primarily saturated fat, sugar and additives that the body can't recognise.

Current research suggest that this increased inflammation may explain why those who eat a lot of ultra processed food also experience brain health challenges like cognitive decline and dysfunction in certain areas of the brain. Researchers have long known that rampant inflammation increases the risk of developing type 2 diabetes or cardio vascular disease. It's becoming clearer now that this inflammation also impacts mental health.

GUT MICROBIOME

Intestinal microbiome includes billions of beneficial bacteria that can produce certain vitamins when we don't get them in our diet. It can create BI and neurotransmitters like serotonin.

The bacteria in the gut communicate with the brain about what they need from the body to stay healthy. The body tells the gut what it needs to produce more for various functions. The bacteria in the gut love fiber, especially insoluble fiber found in foods like broccoli, stems, dark leaf vegetables, beans, whole seeds, and fruits with peels. The better fed the microbiome is, the more diverse it becomes. A diverse microbiome is more adaptable and healthier. A less diverse microbiome can easily be overtaken by harmful bacteria.

WHAT CAUSES BAD MOODS AND WHAT WE CAN USE TO CHANGE THEM

Our mood and behavior depend on specific nutrients that make up and fuel our brain nervous system and neurotransmitters. Mood balancing nutrients help our mood and motivation. They work in 4 critical ways.

1. Increase the level of feel good neurotransmitters serotonin.
2. Enhance production of Dopamine and Adrenaline, the neurotransmitters that control motivation and drive.
3. Boost our body to produce a natural mood boosting chemical called SAME (S-adenosylmethionine).
4. Help to keep blood glucose level balanced, which is critical for healthy stable mood.

MATHEMATICS OF MOOD AND MOTIVATION

Our brain + Neurotransmitter Serotonin	= Happiness
Our brain + Neurotransmitters Dopamine	= Motivation
SAME + B Vitamins	= Serotonin and Dopamine Production
Chromium + Balanced Blood Glucose levels	= Balanced mood

Serotonin is the neurotransmitter that keeps us emotionally and socially stable. But unfortunately there are a lot of things in our lifestyle that deplete our serotonin including lack of Sunlight, lack of exercise and too much stress. Serotonin aids in better sleep, reduces irritability, feelings of stress, and promotes overall well-being. Body manufactures serotonin from foods like eggs, fish and certain cheeses, salmon, nuts and seeds, oats, whole grains and legumes.

Just like serotonin gives us happiness, increasing dopamine will give you the motivation to stay happy. Dopamine helps us get up and get going, stimulates thinking and memory, aids in decision making. To make Dopamine, our body needs folic acid and magnesium, zinc and copper.

Dopamine will help us to think positive thoughts. It is an excellent energiser and mood lifter. Consume whole grains, pulses, leafy greens. Brinjal, French beans, Ladies finger - these foods are also rich in folic acid and minerals.

Eating a varied healthy diet (avoiding highly processed unhealthy food) has been shown to be important in treating depression. It is not only what to eat but also how you eat that also makes the difference in well being.

Food and mood is a bi-directional and complex connection. Food influences mood, mood influences food. Choices with a balanced nutrient rich diet are linked to improved mood and mental well being, while highly processed high sugar or low fiber diet are associated with increased risk of anxiety and depression.

Dr. Anitha Mohan is a clinical Nutritionist and Diet Consultant. She was the Kerala state Nutrition officer of Directorate of Health Services under the Govt. of Kerala. She is working as the Nutrition Expert in various Govt supported Technical, Training and Management institutes. She has over 300 publications including two text books and is the author of three books on nutrition. Her books, documentary scripts, radio and television shows and health columns in health magazines have won her prestigious honours.



Vanities

*The priest stood by the grave of the great thinker and said
'Oh wise man why do you gloat in your wisdom, if this is your end ?'
Will your knowledge carry you past the dark's eventual embrace,
For the foolish and the wise the grave accepts without a name.
Will the reason that has been your god, now show its face,
For the vanity of understanding, in death, an earthy silence claims.*

*Then the priest stood by the grave of beauty and in a loud voice said
'If this is your end, oh beauty, what will you mirror when you're dead ?'
Just as the vines of Charm is deceptive and Beauty is as fleetly,
The pleasure of a youthful reflection is slowly cracked and worn.
When time's laugh lines wrinkle, and ages the youth of its vanity,
Then petals and thorns of the rose forever embrace on cold stone.*

*And coming to the grave of wealth the priest looked down and said,
'If this is your end oh riches, of what purpose beyond a Will being read ?'
How effortlessly the earth puts a shroud over your great authority,
When Your own kingdom bids you farewell and crowns another.
When the vanity of your wealth is silenced for all eternity,
Can all the gold hoarded over the years buy you another summer ?*

*Finally the priest stood by the grave of a little child and said,
'Oh grave what reason do you have for this, so tiny a bed ?'
Here wisdom's reason still has not cast a doubt
Here beauty's reflection this little face untempt
Here wealth's unending greed no claim sought out
Here lies innocence untouched by vanity... He wept.*

Inspired by the Book of Ecclesiastes

Daniel Thomas

insearchofrhyme.blogspot.com



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AN INTROSPECTIVE TO JOIN YOUNG MINDS INTERNATIONAL

Greetings to all. The entire World is growing up in an outstanding manner in the current decade. The phenomenal developments in Science and Technology makes our life much simpler. The latest development in artificial intelligence (AI) has entered in every field and we observe its unimaginable power in our day-to-day life. Almost every one of us feels that these developments will never face a downward trend and the future generation will have a sophisticated life without much contribution.

Is it the Reality? Are we really developing in the right path? Let's explore in an unbiased way. Every one says "Man is a Social Animal". Unfortunately, the fact today is otherwise; the animals are much social than humans. The thrust for our materialistic growth to beat our own family members and friends has taken away the humanity which was much deeper with us earlier. Selfishness and Ego among people triggered us to show our superiority both as an individual and as a country. It results in a great loss of PEACE, the thing that can't be purchased in the market by anyone at any cost. We are aware, the ongoing war among multiple nations are not to safeguard themselves from evil forces. It's due to intolerance arising out of reasons like Power, Religion and Trade etc. These wars can't end as long as the people don't change themselves first. Even winning the war will become a major loss as countless people have already lost their souls. How to overcome this cycle?

Swamy Vivekananda's golden phrase "Arise, Awake and Stop Not till the Goal is Reached" is applicable to every one of us at all points of time. Goals are not to mint money. Parents should have the goal to grow their wards as a lovable human. Teachers should have the goal to guide their students as a nice resource for the development of the society for which they should get full empowerment. Society should have the goal to choose the right leaders to rule the nation. Leaders should have the goal to bring peace among people. These goals are endless; but will it be practical?

If we have the right "will power" within us, everything is possible but it may take a long time if the will power is not stronger. Who develops our will power? Our own Mind is a simple answer. Unfortunately, the mind of many of us right from childhood till the end of our life is restless and is often out of our own control. Our ancestors almost had absolute peace of mind even without having the basic needs for a decent living and they slept well in the night without pills. The traditional habit of togetherness was deeper in their mind. They were the role models for their younger generation. Currently, the faster growth of science and technology has failed to keep the motive of social togetherness. The joint family concept has almost gone. We are unable to tolerate the actions and reactions of our own family and friends. The concept of 'Empathy' is no more in practice by majority of people. How to restore ourselves and future generations from this disastrous path?

Fortunately, still we have considerable number of noble-minded humans with us. They are the real GODs of this Society. Multiple number of Social Service Organisations are existing today though they have some pros and cons. YMI is the right place for us to save ourselves and society. You will all agree that a young mind can be moulded in any form. It's not the physical years of living that decides the youth of mind; but the willingness and acceptance of the mind to undergo the required changes that makes it much younger. We have huge no of such lovable youngsters with rich experience of a lengthy life. These gentlemen and ladies are ready to safeguard humanity and social welfare at any cost. It's our call to decide what to do. Are we here to eradicate the evil forces and unite the people across the globe with a clear thought in our mind to offer the best possible support to each other? I believe, you will all say a BIG YES.

YMI is the only organisation formed with a noble goal to serve the needy without a big monetary contribution to be a member. Anything free of cost will lose its attraction and so YMI gives the flexibility to every like-minded people to join with a token contribution. The youth will benefit to the maximum by observing the potential of their Seniors. Elderly people with young minds are ready to spend their remaining part of their life by offering full-fledged support with a passion and dedication to serve. Human life is the rarest gift by the Supreme Authority and let us all join together to serve society wholeheartedly.



A. Balasubramanian
President, YMI Club of Erode

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RENAL CARE

Renal care is emerging as a painful and life-threatening issue across the world, especially in our country. In India,

- Two thirds of all patients with kidney failure die without receiving dialysis
- 210,000 new patients develop kidney failure each year
- More than 80% in India need to self-fund their dialysis

Many of these patients need a minimum of 2 to 15 dialysis a month, making it a major financial challenge to the patients and their families, especially when they need to pay for each dialysis besides travelling to the hospital every time they need a dialysis.

The funds raised will be used for the following:

- Build a free dialysis clinic and palliative care facility at Chemperi in Kannur District of Kerala.
- Supply free dialysis machines in partner hospitals across India.
- Partner with interested hospitals to offer free dialysis to the poor and the needy, based on coupons issued by our YMI clubs.

Young Minds International has decided to take up Renal Care as one of its flagship projects in the years to come. It is our vision to raise at least ₹100 million in the next 3 years, through CSR support, donations and other fund-raising activities and offer at least 100,000 free dialysis per year to the poor and the needy.



Handing over of Dialysis Machine to Samaritan Hospital, Pazhangand by YMI Kizhakkambalam Club



RENAL CARE PROJECT FUND RAISER



An Evening of Compassion and Harmony

Our Charity Banquet and Musical at The Lalit Ashok, Bangalore held on January 25, 2025 was a night to remember, bringing together hearts and hands for a noble cause. The evening dedicated to supporting our flagship project - Renal care and Dialysis, was filled with inspiring moments - and highlighted the incredible impact of what happens when leaders and members come together to make a difference.

Event Highlights:

- **Soulful Music:** Guests were also treated to a soul-stirring performance by the music band Soule, which added a memorable touch to the event.

We were able to raise about 25 lakhs through this fundraiser. Funds have been disbursed for Renal Project, facilitating the establishment of a building and the installation of dialysis machines for this initiative.



PROJECTS

Projects include Education, Environmental Programs, Empowering Farmers, Health Camps, Feeding the Poor, Supporting Old Age Homes and Welfare homes, House for Houseless, Natural Disaster Relief and many more.



FAMILY: THE HEART OF YMI

The importance of Family

At the heart of our mission is family - about belonging, learning, and growing together. By encouraging and engaging the younger ones in our fellowships and projects, they learn the values of compassion and service thereby fostering a lifelong commitment to making a difference.

We conduct gatherings, which are vibrant celebrations of culture and togetherness. From showcasing individual talents to honoring national festivals and cultural programs, these help create meaningful experiences that strengthen bonds and deepen the sense of belonging.

We also nurture creativity through Art and Culture, recognize brilliance with Awards for Ideas and Innovation, and empower the next generation through Youth Empowerment. Through these family centric initiatives, we help nurture a legacy of giving back, ensuring our service to those in need resonates across generations.



BOOK RELEASE

Linu Conil



THE LAST FLIGHT

At last I'm going home — to London,
After my energizing vacay.
Dreams and memories fly high,
I'm walking on cloud nine...

The flight is flying high — into the clouds,
Then there was chaos,
Of fire and smoke,
Amid cries and horror —
There comes the fireball...

I'm engulfed in flames and pain...
It's my last flight — to oblivion.

We were passengers with plans,
Some texting loved ones,
Some dozing off to lullabies of altitude,
Some sipping chai, smiling at strangers.
Not knowing fate was already boarding.

A shriek — not from engines,
But from souls realizing time had run out.
Belts tightened, breath stolen,
In that instant — life,
Tore apart like fuselage.

Metal rained.
Hearts ruptured.
One mother clutched a teddy,
One child clung to faith.
The sky didn't fall — we did.

And below,
A city gasped.
Sirens chased smoke trails.
Reporters rushed in;
Names became numbers.
But oh — we were never numbers.

I wanted to land with joy,
Not scatter as ash.
I wanted to post about sunrises,
Not be remembered in obituaries.



Tell them —
We loved. We laughed.
We had people waiting.
We had lives to return to,
Weren't we just airborne hope?

Now, grief floats across oceans.
Charred dreams, unclaimed bags.
Candles flicker at terminals.
And silence —
Deafening silence —
Stands where voices once filled the cabin.

Say our names.
Not as headlines,
But as stories.
As sons, daughters, friends, lovers —
Each one a galaxy,
Now gone dark.

This was not how it should end.
But if it must,
Let memory be our landing strip.
Let love be our final boarding pass.
Let the living carry what the flames couldn't burn —
Our light.

WEDDING POEM

Love opened doors,
So subtly, so silently,
Even we were caught unawares,
As she crept silently into our hearts...

Making all our moments,
So precious, so out of the world...
Inseparable we became,
Basking in the mystery of love...

Agonizing were those moments,
Of separation, of desperation,
Of loneliness, of being torn apart,
Our love was tested time and again...

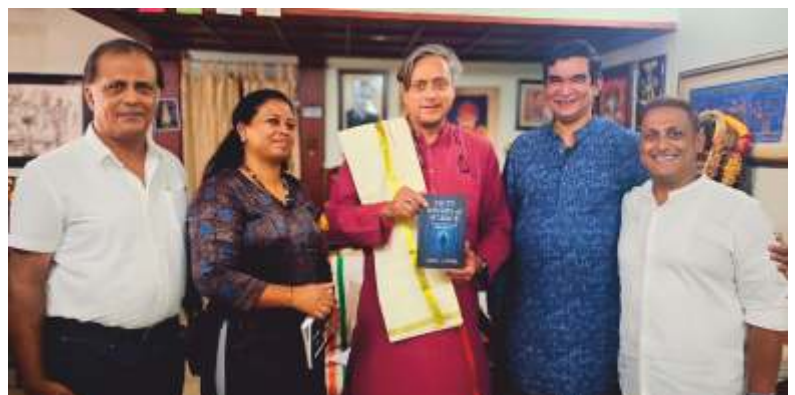
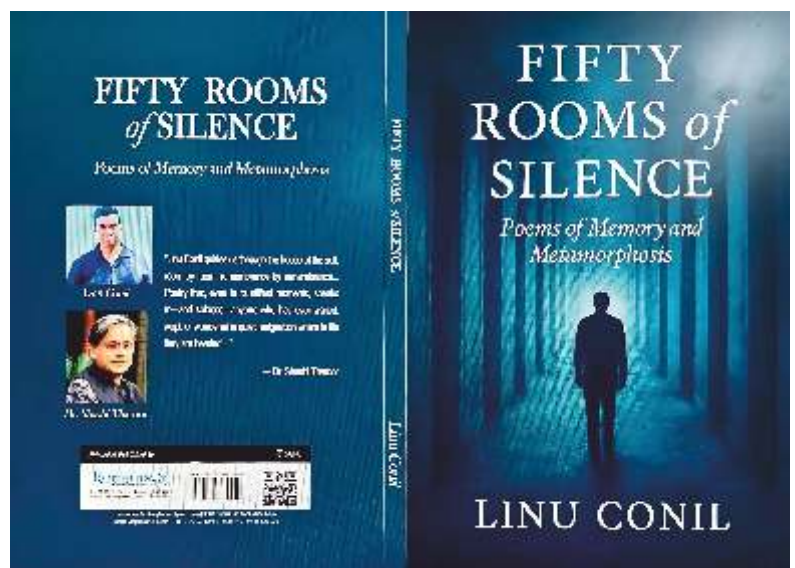
On this special day,
Having triumphed all odds,
We step into another dimension,
Together, holding hands...

Shoulder to shoulder,
Head to head,
Heart to heart,
Full of love and joy...

Savoring every moment,
We share our vows,
To be with each other,
To share, care and love...

Through thick and thin,
Through heaven and high storm,
Through dawn and dusk,
Through Spring and Winter...

As we share our vows,
We need you at our side,
To shower blessings and wish good tidings,
All the way...



“An Appeal to the Club Officials - How to Make your Club an Active Club - The Important Need of the Hour”

~ 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 something and not wasted their valuable time.

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
YMI Grand Council Member

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*"Life isn't about finding yourself.
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~George Bernard Shaw*

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INTERNATIONAL PRESIDIUM MEET



Members of the International Presidium met on January 25, 2025 at 2 pm and deliberated on various issues. Dr K C Samuel welcomed the Presidium and Anto K Anthony initiated the meeting by introducing the members to Robert's Rules of Order, a comprehensive guide to ensuring that meetings and assemblies are conducted in an orderly and fair manner.

Key Discussions and Resolutions:

- Issues related to Protocol, Election Process and Young Minds Foundation Funding were deliberated and approved.
- Region 2 agreed to host the International Convention 2025.
- Presentation of Reports by the Area Secretary and Regional Chairs.

Mr M J Mathews explained the Constitution and bye laws that had to be drafted.

International Accounts and Budget was presented by Mr Antony Joseph, International Treasurer.

To conclude, the International Secretary thanked and commended each of the members for their valuable time and inputs for the growth of the organisation.



PROJECTS

Young Minds International, Kalliassery

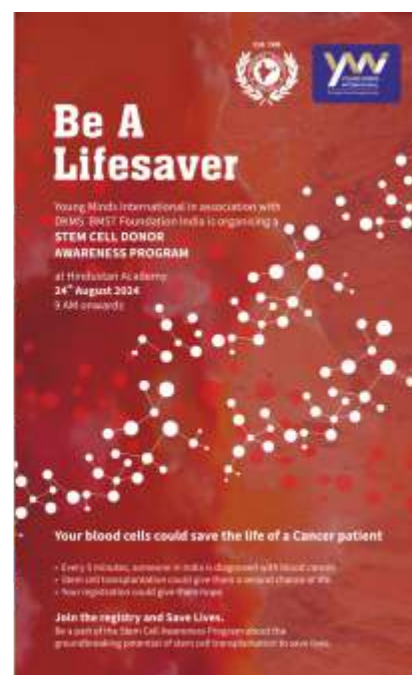
Cherukunnu: The community service project 'Call of Hunger' of the Kalliassery Young Minds International Club was inaugurated at the Psycho-Social Centre of St. Martin De Porres Hospital and the Palliative Care Home. The project was launched by providing food to the inmates.



Stem Cell Donor Awareness Program

Young Minds International, Bangalore District organised an awareness programme on Stem cell.

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.





Blood Bank organised by
Bangalore District at
Hindustan Academy



**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
to the Home.

PROJECTS



In an effort to assist those in need, YMI Trivandrum Central Club sponsored a Rs. 62,000 prosthetic leg for Mrs. Kavita, a 36-year-old woman from Thirumala Punakka Mukal, Thiruvananthapuram, who lost her right leg in an accident.



An Eye Camp with 269 participants was conducted by Bangalore District Clubs



YMI Programmes with the coordination of RDO Trust.

This project is done by YMI Coonoor in partnership with RDO Trust managed by Regional Secretary Mr. Perumal.



Education to Tribal children at Govt. Tribal school



Women farmers given exposure to learn vermi-compost making



Construction of Community Toilet.



Construction of Dining Centre for students



Student Cabinet



Meeting with farmers

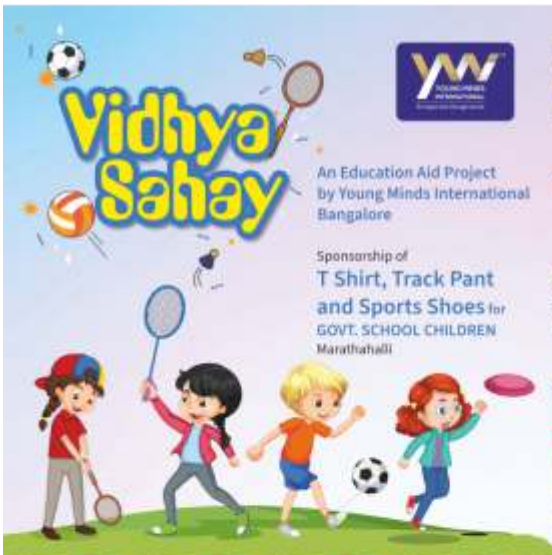
PROJECTS



The Young Minds Club, Kannur Main organized a Violin Fusion program “Gangatharangam” at Dinesh Auditorium, Kannur, with the noble aim of supporting underprivileged kidney patients.



Young Minds Club of Deccan Youth sponsored 4 Trophies for the 25th Kargil Victory Sports Festival organised by the YMCAs of Greater Hyderabad.



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.



PROJECTS



Young Minds Club of Gobi has launched an eco-friendly initiative by distributing reusable cloth bags with our YMI emblem printed on them, aiming to reduce plastic pollution and promote sustainable practices within our community. This highlights the club's branding on the bags, reinforcing YMI's identity and image.



YMI Tirupur has completed over 275 consecutive weeks of food distribution through the **TIRUPUR GH AKSHAYAM PROJECT FOOD FOR THE NEEDY**. Over 250 meals are served every Sunday.



EVENTS / PROJECTS



Young Minds Club Trivandrum Royal installed **Big Bottle Bins** at Govt General Hospital, Trivandrum and Regional Institute of Ophthalmology (Govt. Eye Hospital) Pattoor. Doctors, Health Workers and others assembled for the functions and expressed their thanks and appreciation to Royal Club and YMI.

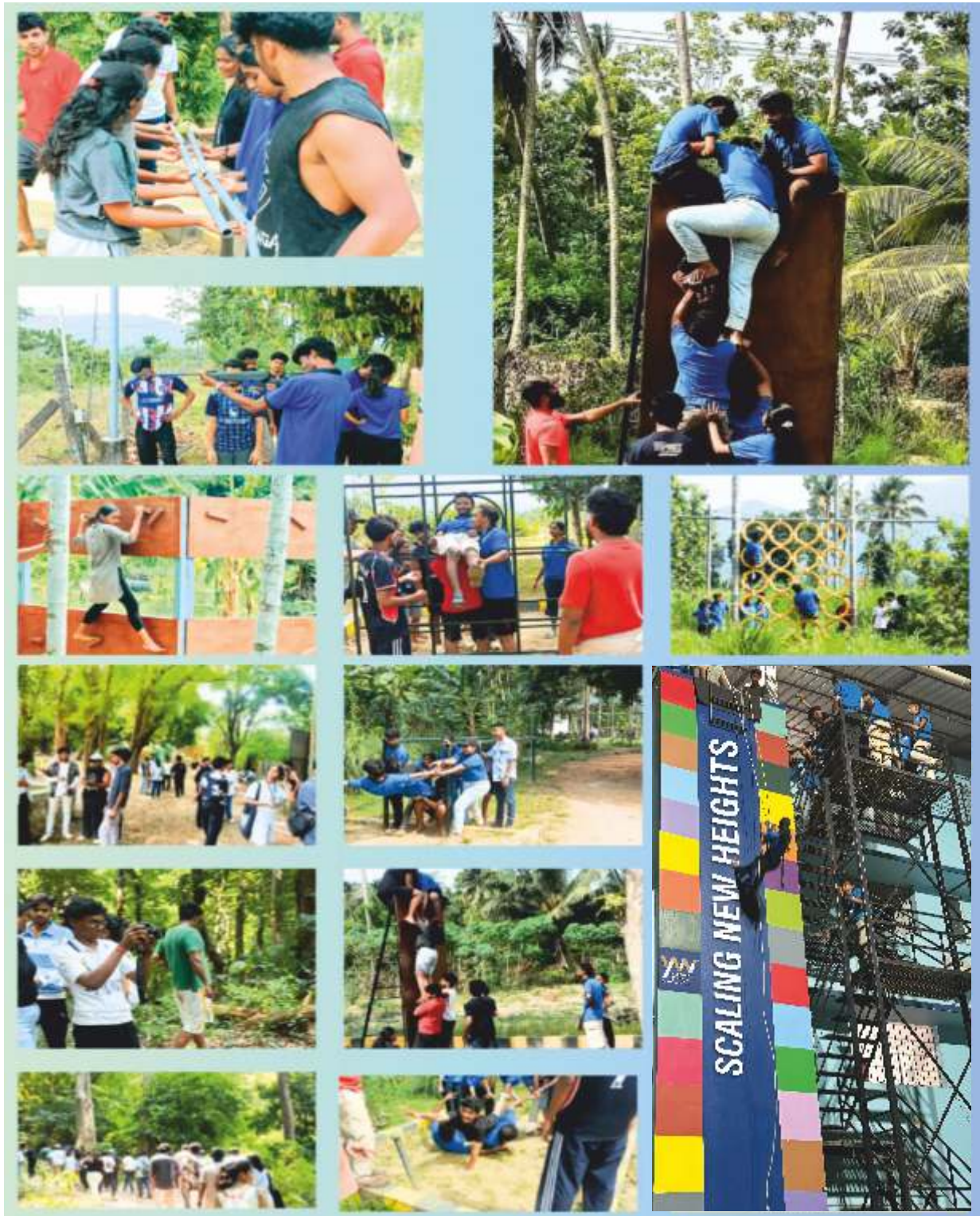


YMI Green Valley Club members distributing school bags to children at Kakombu School



Mural Painting classes organised by YMI Club of Panoor

YOUTH CAMP





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 Adv. WILFRED DAS General secretary, P. C. S. J Mediator, High Court Of Kerala. Session on WOMEN'S RIGHT'S	 LABBY GEORGE Founder, Director of Torque Digital Inc. in Florida Session on DIGITAL SECURITY	 MINU ANNA MATHEW NLP Grandmaster Counseling Psychologist Session on HEALING

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Inauguration of
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Program Manager
Adv N Satheesh Kumar at
Kollam



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Kakkanad



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



Young Minds Kizhakkambalam

INDIA AREA CONVENTION - SYMPHONY 2025 AT KANNUR



PROJECTS



YMI Sathyamangalam project



DISTRICT-III (Region-III) Presidium meeting and release of Workbook cum Directory

Wishing the 1st Young Minds
International Convention 2025
a grand success and
welcome delegates



C. P. Premkumar

Young Minds Club of Chennai Royals
Region-IV, India Area

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YMI NEWSLETTERS



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Blue Zones: lessons on longevity from the World's Healthiest Communities

Why do people in some parts of the world live much longer and healthier lives than the rest of us? This fascinating question led explorer and researcher Dan Buettner, along with a team of scientists, anthropologists, and demographers, to identify what are now known as the **Blue Zones**—regions where people regularly live into their 90s and 100s with remarkably low rates of chronic disease. These places are living laboratories for understanding human longevity.

The five recognized Blue Zones are **Okinawa (Japan)**, **Sardinia (Italy)**, **Nicoya Peninsula (Costa Rica)**, **Ikaria (Greece)** and **Loma Linda (California, USA)**. Though culturally different, these regions share certain lifestyle patterns that explain their extraordinary life expectancy. Their lessons go far beyond diet or exercise—they emphasize holistic living, community bonding, purpose, and balance.

1. A Plant-Based, Balanced Diet

Across all Blue Zones, food is primarily plant-based. People rely on vegetables, fruits, whole grains, legumes, nuts, and seeds, with beans being a dietary cornerstone. Meat, when consumed, is eaten sparingly, often reserved for special occasions. Fish and dairy products appear in some zones but in modest quantities.

Importantly, food is local, seasonal, and minimally processed. Meals are often home-cooked and enjoyed slowly, usually in the company of others. In Okinawa, the principle of *hara hachi bu*—eating until 80% full—helps prevent overeating. Similarly, in Sardinia and Ikaria, traditional Mediterranean diets rich in olive oil, herbs, and vegetables dominate.

This nutritional pattern reduces the risk of obesity, heart disease, diabetes, and cancer—all major killers in industrialized nations.

2. Natural, Low-Intensity Movement

Unlike modern fitness culture that emphasizes gyms and intense workouts, people in Blue Zones integrate physical activity seamlessly into daily life. They walk to markets, garden, farm, or do household chores. In Sardinia's mountainous villages, steep walks are part of everyday routines. In Nicoya, many older residents still chop wood, ride horses, or tend fields well into their 90s.

This steady, low-intensity movement keeps muscles strong, joints flexible, and metabolism healthy without overstraining the body. It's exercise without calling it "exercise."

3. A Clear Sense of Purpose

A striking commonality among Blue Zone residents is a well-defined sense of purpose. In Okinawa, it is called *ikigai*—"a reason for being." In Nicoya, it is *plan de vida*—"life plan." Whether it is caring for grandchildren, farming, teaching, or serving the community, having a meaningful role motivates people to wake up every day with energy and optimism.

Research confirms that people with a clear purpose live longer, as purpose reduces stress, boosts resilience, and improves both mental and physical health.

4. Stress Reduction and Rest

Even the healthiest people experience stress, but chronic stress accelerates aging and disease. Blue Zone communities counter stress through simple but effective practices:

Okinawans pause daily to remember their ancestors.

Adventists in Loma Linda observe a Sabbath day of rest.

Ikarians and Sardinians take regular naps, reducing cardiovascular strain.

Nicoyans maintain a relaxed pace of life, often ending the day with quiet reflection.

These rituals promote relaxation, mental clarity, and emotional balance, lowering stress hormones and strengthening immunity.

5. Spirituality and Faith

A majority of Blue Zone residents participate in spiritual or religious practices. In Loma Linda, Adventists emphasize faith, family, and service. In Sardinia and Ikaria, church attendance and religious festivals are central. Spirituality creates a sense of belonging, moral grounding, and hope—qualities linked to improved mental health and longevity.

6. Community Living and Strong Social Networks

Perhaps the most important—and often overlooked—factor in Blue Zones is **the power of community and human connection**.

Okinawa: Elders form lifelong social groups called *moai*, where five or more friends commit to supporting each other financially, socially, and emotionally throughout life.

Sardinia: Multi-generational families live close together, with grandparents actively involved in raising children.

Ikaria: Social life revolves around village gatherings, festivals, and neighborly interactions.

Nicoya: Community ties are strong, and family bonds extend across generations.

Loma Linda: Faith-based networks create a supportive environment centered on healthy living.

Studies show that loneliness and social isolation can be as harmful to health as smoking or obesity. In contrast, strong social networks act as protective factors, reducing depression, stress, and cognitive decline. People in Blue Zones do not face old age alone—they age within a web of care, love, and belonging.

This emphasis on community explains why even centenarians remain active and engaged, supported by friends, family, and neighbors. Their networks provide not only emotional support but also accountability for healthy habits, shared meals, and encouragement during difficult times.

7. Moderation in Alcohol and Lifestyle

Moderation is another theme. In Sardinia and Ikaria, people enjoy a glass of red wine daily, usually shared with friends and family over meals. Alcohol, when consumed in moderation and socially, appears to have protective cardiovascular benefits. Importantly, drinking is tied to connection, not isolation.

Similarly, lifestyle choices are moderate. There is no obsession with extreme diets, exercise fads, or material pursuits. Simplicity and balance define daily living.

8. Respect for Elders and Intergenerational Living

In most Blue Zones, elders are not marginalized but respected and integrated into family life. Grandparents often help raise children, pass down traditions, and remain socially engaged. This sense of purpose, combined with dignity and respect, fosters emotional well-being and reduces the risks of depression and neglect in old age.

Conclusion

Blue Zones reveal that longevity is not the result of expensive medical treatments or advanced technology. Instead, it emerges from **simple, sustainable habits practiced consistently over a lifetime**. While diet, activity, and rest are critical, the greatest secret lies in **human connection**—living in strong, supportive communities where people care for one another.

In today's fast-paced, individualistic world, these lessons are more relevant than ever. By reclaiming the power of community, purpose, and healthy daily practices, we can bring the wisdom of Blue Zones into our own lives—extending not just how long we live, but how well.

Mathewkutty Sebastian
International Secretary General,
Young Minds International



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Jacob John

Data Devices

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Susy Mathew

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Minu Anna Mathew

District Governor

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I C Raju

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Cherian Poothicote

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K. P. Paul
District Governor
Kothamangalam Club
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Best wishes,
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