

THOUGHT & ACTION



ISSUE 2 • AUGUST 2024

YMI NEWSLETTER



COMING TOGETHER IS A
BEGINNING
KEEPING TOGETHER IS
PROGRESS
WORKING TOGETHER IS
SUCCESS

~ Edward Everett Hale



26th & 27th October 2024



Dear Members of Young Minds International,

I hope this message finds you well and filled with the same passion and enthusiasm for service that brought us all together. As we embark on this journey of making a positive impact in our community and beyond, I am filled with a sense of pride and optimism about what we can achieve together.

Each of you, as members of our club, has chosen a path of empathy and action. You have committed your time, energy, and skills to uplift those in need, to advocate for those whose voices are often unheard, and to foster a community where kindness and compassion are the driving forces.

It is important to remember that our efforts, no matter how small they may seem individually, collectively create ripples of change that can transform lives and inspire others to join our cause. As our Movement continues to grow in numbers, it's time for us to crystallize the very essence of our gathering: making an impact through service. Let's channel our energies into planning and executing projects that not only benefit our local community but also allow us to take ownership and pride in our collective efforts.

“The best way to find yourself is to lose yourself in the service of others.” ~ Mahatma Gandhi

There are numerous avenues we can explore together, from sponsoring schools or students to organizing blood collection drives, dialysis projects, or initiatives focused on environmental conservation. The possibilities are diverse and promising, each presenting an opportunity for us to leave a lasting impact.

However, the true measure of our success lies in our personal commitment and involvement in these projects. It's about more than just ticking off tasks; it's about dedicating our time, skills, and passion to causes that resonate deeply with us and the communities we serve.

Let's seize this moment to brainstorm, collaborate, and bring our ideas to life. Together, we have the power to create meaningful change and inspire others to join us on this journey of service and compassion.

Let us also celebrate our successes, no matter how small they may seem. Whether it's the smile of gratitude from someone we've helped or reaching a fundraising goal, these moments remind us why we do what we do.

As your International President, I am here to support and guide you in any way I can. Your dedication and commitment inspires me every day, and I am grateful to be part of such a dedicated group of individuals.

Let us continue to lead by example, showing the world what true kindness and compassion look like in action. Together, we can create a ripple effect of positivity and change that extends far beyond our club and into the lives of countless others.

Thank you for your unwavering commitment to service and for making a difference in the world. Together, let's continue to shine brightly as beacons of hope and agents of change.

With gratitude and sincere thanks,

Dr. K. C. Samuel
*International President,
Young Minds International*

YMI INTERNATIONAL CONVENTION

BENGALURU 2024



26th & 27th October 2024



“YOUNG MINDS INTERNATIONAL - TODAY AND TOMORROW”

~ Isaac Palathinkal



ORIGIN AND GROWTH

Young Minds International was founded due to a perceived need for a new organisation that prioritises constitutional discipline, transparency, service, and camaraderie. It was launched on May 12th, 2024, following a planning meeting in March at Hotel Gokulam Park, Ernakulam. The launch gathered significant interest, leading to the establishment of numerous clubs across India.

CURRENT STATUS AND EXPANSION

Since its launch, Young Minds International has grown to encompass 100 clubs and over 1200 members within two months. It has also expanded internationally with clubs in countries like Australia and Ireland.

FUTURE GOALS

The organisation aims to further expand to 300 clubs and 4000 members by the end of the year. Area and International conventions planned for August and October/November 2024, respectively, are expected to attract large numbers and set new milestones.

STRATEGIES FOR GROWTH

1. Impactful Community Service:

- Commitment to the motto "To Impact Lives through Service," ensuring community initiatives deliver significant benefits and promote well-being for the needy.
- Also, those who engage in service get psychological benefits, such as the release of serotonin and oxytocin, promoting mental and emotional well-being.
- Let us develop passionate engagement in community service that benefits everyone involved.

2. Constitutional Morality:

- Uphold the ethical and constitutional standards within the organisation.
- Disciplined approach prioritises organisational integrity and earns public trust.
- Never prioritise personal preferences over the organisation's constitution.



3. Efficient Meetings:

- Ensure that meetings are concise and focused on achieving goals and plans.
- Minimise the number and length of speeches to maximise opportunities for building friendships and camaraderie among members.
- Internal business meetings (presidium meetings at all levels, etc.) should be exclusive to members to foster a sense of community. We should refrain from inviting outside guests to these meetings.
- Public meetings at Conventions, Project inaugurations, Special function inaugurations and similar events are different and the presence of an outside guest might help us in our PR.

4. Leadership Approach:

- In meetings, utilise a single podium to enhance inclusivity and reduce hierarchical displays. There is no necessity to have multiple leaders on the dais during meetings. All leaders are to be honourably seated in the front row and they can come up to the podium, upon their turn to speak.
- Alleviate any potential ego issues among leaders by promoting a more equal and classless meeting structure.

5. Effective communication:

- We should have effective communication across all levels of the organisation, facilitated by modern technology.

6. Continuous evaluation of programmes:

- This is essential to maintaining effectiveness and relevance, with prompt corrective actions where necessary.

In conclusion, Young Minds International aims to become a globally respected organisation known for its exemplary service and ethical leadership. Let's work together to achieve these goals and make a lasting impact.

Thank you.

Isaac Palathinkal

Good leaders ask great questions

~ John C Maxwell



What Is the Most Effective Daily Habit for any Leader to Develop?

If you could cultivate only one habit to practise every day of your life, I believe it should be this: giving more than you receive. I say that because having a giving mind-set has so many benefits:

Giving Acknowledges That Others Have Helped Us

No one succeeds in life on his own. Every one of us has been helped along the way by other people. When we give to others, we acknowledge that by paying it forward.

Giving Requires Us to Get Beyond Ourselves

When your mind-set is to give more than you take, it forces you to think of others more than of yourself. You have to pay attention to others and what they want. You have to figure out how to give it to them. These things shift your focus from yourself to others. That very fact makes you less selfish.

Giving Is by Nature Intentional

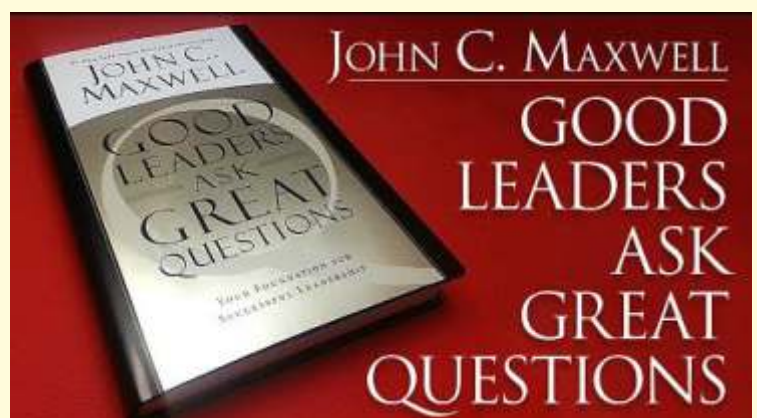
People rarely give by accident. They must make an effort to give. It is an act of will. That intentionality grows us and makes us more proactive—important qualities for leaders.

Giving Changes the World-One Person at a Time

What would the world be like if everyone tried to give more than he or she took? People would change. It's difficult for a healthy person to keep receiving from others without giving something back. Out of abundance comes generosity. Give generously to others without the hope of return, and the person receiving is changed and wants to pass it on. Once you have the mind-set of giving, the more you receive, the more you want to give. It becomes a positive cycle. As it spreads, not only do individuals change, but so do communities.

What does this have to do with leadership? How do you respond to people who give? How do you respond to generous leaders? Don't their actions make you want to give back, work harder, do your best? I know that's what they do for me. If you become a generous leader who always strives to give more than you receive, you will create a positive team and organization that others will always want to be a part of.

From the book by John C Maxwell
Good Leaders ask great Questions



Young Minds International Club of Kalliassery District 3, Region-III



The Young Minds international Club of Kalliasseri handed over financial assistance of Rs 10,000 to the Aiswarya Medical Aid Fund in Kannapuram.

Eye Camp by Young Minds International Club of Bhavanisakar and other organisations



T. A. Moorthi
District-2 Chief Coordinator



Inauguration of
Akshara Jalakam Project
Trikkakara by **Young Minds International Club of Smart City**



Medical Camp at Thekkevila SNDP Hall conducted by **Young Minds International Club of Quilon** in association with Home Cure & Thekkevila SNDP Shakha.



Young Minds International Club of Trivandrum felicitated the Kerala Fire and rescue scuba diving team for their relentless service at the Amayizanjn Canal, Trivandrum



Young Minds International Club of Tirupur, 250 meals distributed every Sunday as part of **TIRUPUR GH AKSHAYAM PROJECT FOOD FOR NEEDY** running successfully 223th week



Growth of the Movement in Tamil Nadu



Dear Young Minds,

We made a good start on Friday, 28th June at Brindavan Hotel, Tiruppur, with the establishment of “YOUNG MINDS INTERNATIONAL” District 2 of Region 4!

I will start by thanking our International President Dr. K. C. Samuel for his esteemed presence at the meeting disregarding his busy schedule and inaugurating our District.

The International President's cabinet was also present- Mr. Mathewkutty Sebastian (ISG), Mr. Anthony Joseph (IT) & Mr. Daniel Thomas (IBE). Thank you all for your encouragement to this District.

Our beloved Area President Mr. Anto K. Anthony and Area Secretary Michael K. Michael graced us with their presence. Our ISG inducted all the members (more than 100) who joined the Young Minds movement and our AP installed me as the DG of this newly formed District of this infant organisation. I express my gratitude to both of you for your extreme dedication to our worthwhile cause!

I am deeply grateful to District Patron Subramani Rajubettan Sir, Rojer Sir, Mathesh Sir, Dinesh Mathew Sir and Anitha Madam for their wholehearted support.

I am thankful to Tiruppur Club President **Mr. KANNAN** for his outstanding arrangements that made the event a grand success.

Last but not the least, my heartfelt gratitude to all the leaders of this newly formed District for coming to our meeting in large numbers and making it a grand success.

Special thanks to the Young Members of the 3 college based Clubs - GCT, CIT & PSG youth led by **NIVAESH!**

My senior leader **N. S. SAKTHIVEL** has been a pillar of strength for me. He has worked with me a lot in the background to make the meeting a dazzling success!

Yours lovingly,

P. UTHEESWARAN,
District Governor,
District 2 - Region 4



P. Utheeswaran



Kannan



Nivaesh



N. S. Sakthivel





Installation of District Governor of Bangalore HFO K. B. Rao & Team

Young Minds Club of Elites, Young Minds Club of Doyens
Young Minds Club of Zenith, Young Minds Club of Bangalore
on 12th July 2024



Installation of Office Bearers of Young Minds Club of Ezham Mile Kings by Regional Chairman, Region-I Mr. K. Suresh Kumar



Induction of members to Young Minds Club of Sasthamcotta Royal by Mr. Johnson K Zachariah



Releasing of Installation Bulletin by India Area Bulletin Editor Adv Pramod Prasannan



Young Minds International Club of Kudiyanmala, Region-III on 18th July, 2024



Young Minds International Club of Kuthuparamba, Region-III on 17th July, 2024



Installation of Pulluvazhy Club - Region-II on 14th July 2024



The Club has a mobile hospital facility for community service to reach out to the needy patients.

They have sponsored 100 dialysis coupons



Ernakulam Area



DG Madhu Menon with four clubs presidents - Young Minds Ernakulam South president AVM P. K. Kuruvilla, Young Minds Cochin East President K. S. Bijumon IRS, Young Minds Thomas Nagar president Paul Thomas, Young Minds Cochin Marina president Victor John.

Installation conducted at Cochin Gymkhana Club on 20th July 2024.



**Young Minds International Club of Kannur Main
on 13th July, 2024**



**Young Minds International Club
of Peravoor
on 16th July, 2024**



Installation of President Annamma John and Cabinet of Young Minds International Club of Thrissur Central on 20th July, 2024



Young Minds International Club of Kannur South on 5th July, 2024



INSTALLATION

Young Minds International
Club of Kollam on 7th July, 2024



Young Minds
International Club
of Taliparambu led by
President Dency Sinu



INSTALLATION

Young Minds International Club of RECCAA Club, Kakkanad, Region-III
on 28th July, 2024



Installation meeting at Chemperi Town
36 Members inducted.





Young Minds International Club
of Sreekandapuram, Region-III
on 30th June, 2024



Young Minds International Club
of Trichambaram, Region-III





**Installation of
Regional Chairman - Mr. K. Suresh Kumar
and Team, Region-I**



**Installation of Region-II
Mr. Jose Alphonse, Regional Chairman**



**David Lua from Singapore
addressing Regional
Convention of Region-II**



**Dr. Yoon from Korea
addressing the
Regional Convention**



**Inauguration of the Social Service Project: The dedication
of a dialysis machine to Samaritan Hospital by the family
of late Adv - Mathew Kalarickal (father of DG 1 Mrs Minu)**



Young Minds International Club of Goby Galaxy, Region-IV



Young Minds International Club of Sasthamcotta Lake City
28th July, 2024



SPECIAL RECOGNITION



YOUNG MINDS INTERNATIONAL SREEKANDAPURAM

JULY 01 2024

National Doctors' Day

HONOURING OF

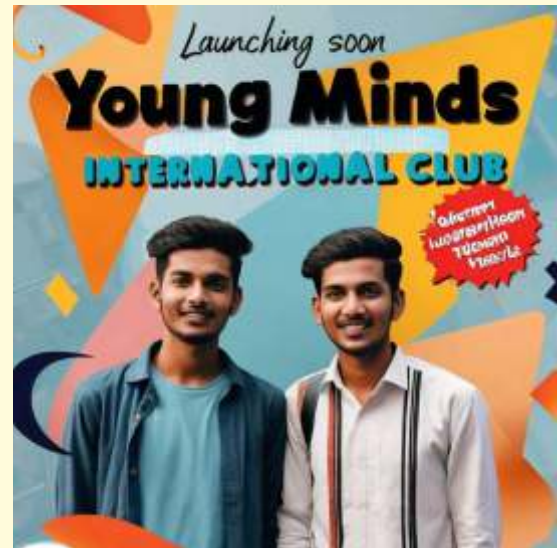


Dr. JISHNU MOHAN

HONOURED BY
Mr. GOPI K V
(CLUB PRESIDENT)

In the presence of
District Governor
Mr. K V PRASANTH


ON 1ST JULY 2024 - 6 PM @ SREEKANDAPURAM



Launching soon

Young Minds INTERNATIONAL CLUB

കുടുംബ സംഗമം
100000
100000



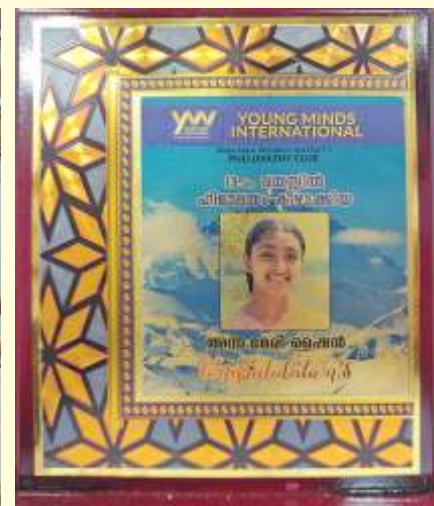
The first woman to become a Club President
in the Young Minds Movement.

Congratulations!

MRS.DENCY SINU

YOUNG MINDS CLUB OF
TALIPARAMBA
Region III - District III

We so proud of you
TEAM DISTRICT III



Ms. Anna Mary Shine scaled 4800 meters in Himalayas at the age of 13 years.



Young Minds Club of Dublin,
Ireland



Young Minds Club of Alice Springs,
Australia



Regional Youth Coordinator,
Region-I Kamalesh Nair
with Young Minds
International President
Dr. K. C. Samuel at Bangalore.



Guests from Tamil Nadu and potential new members from Bangalore at the Installation Meeting in Bangalore

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

Best wishes,
Daniel Thomas



To impact lives through service