

THOUGHT & ACTION



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YMI NEWSLETTER



B E
T H E
L I G H T

This is a wonderful story

which I read about, a simple single act that can change the outcome of your day and those around you.

Some years ago, I was stuck on a crosstown bus in New York City during rush hour. Traffic was barely moving. The bus was filled with cold, tired people who were deeply irritated with one another, with the world itself.

Two men barked at each other about a shove that might or might not have been intentional. A pregnant woman got on, and nobody offered her a seat. Rage was in the air; no mercy would be found here.

But as the bus approached Seventh Avenue, the driver got on the intercom.

"Folks," he said, "I know you have had a rough day and you are frustrated. I can't do anything about the weather or traffic, but here is what I can do.

As each one of you gets off the bus, I will reach out my hand to you. As you walk by, drop your troubles into the palm of my hand, okay?

Don't take your problems home to your families tonight, just leave them with me. My route goes right by the Hudson River, and when I drive by there later, I will open the window and throw your troubles in the water."

It was as if a spell had lifted. Everyone burst out laughing. Faces gleamed with surprised delight. People who had been pretending for the past hour not to notice each other's existence were suddenly grinning at each other like, is this guy serious?

Oh, he was serious!

At the next stop, just as promised, the driver reached out his hand, palm up, and waited. One by one, all the exiting commuters placed their hand just above his and mimed the gesture of dropping something into his palm.

Some people laughed, some teared up but everyone did it. The driver repeated the same lovely ritual all the way to the river.

We live in a hard world, my friends.

Sometimes it is extra difficult to be a human being. Sometimes you have a bad day. Sometimes you have a bad day that lasts for several years.

You struggle and fail. You lose jobs, money, friends, faith, and love. You witness horrible events unfolding in the news, and you become fearful and withdrawn.

But what if you are the light? What if you are the very agent of illumination that a dark situation begs for?

That's what this bus driver taught me, that anyone can be the light, at any moment. This guy wasn't some big power player. He wasn't a spiritual leader. He wasn't some media-savvy influencer.

He was a bus driver, one of society's most invisible workers. But he possessed real power, and he used it beautifully for our benefit.

"No matter who you are, or where you are, or how mundane or tough your situation may seem, I believe you can illuminate your world. In fact, I believe this is the only way the world will ever be illuminated, one bright act of grace at a time, all the way to the river."

If we could spend some time recognising and acknowledging others around us, even strangers, through a simple smile it would change their day and most importantly ours too; so be the light.



Dr. K. C. Samuel
International President

Thanks to the many members who have contributed. However, we still need to raise more funds to complete the project.



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 Convener in discussion with Wayanad District Collector Ms Meghasree D. R.



Story of supreme sacrifice

Among Kuruvilla’s vast collection, one item holds immense personal significance: a special cover issued by the Army Postal Service commemorating the supreme sacrifice of Flying Officer Nirmal Jit Singh Sekhon during the 1971 Indo-Pak War.

Kuruvilla, who was Sekhon’s maintenance officer at the Srinagar air base, recalls the bravery of his colleague vividly. On December 14, 1971, six Pakistani Sabre jets raided the base.

“Though outnumbered, Sekhon took off to intercept the enemy. He knew the risks, but he was determined to defend the base,” Kuruvilla says.

The ensuing dogfight was fierce.

“Sekhon fought valiantly, but his aircraft got hit. Despite his commander’s advice to eject, he stayed in the fight. He shot down two Sabres and forced the rest to retreat. Tragically, his Gnat lost altitude and crashed,” Kuruvilla recounts.

“Sekhon’s skill and bravery saved Srinagar that day.”

For his unmatched courage, Sekhon was posthumously awarded the Param Vir Chakra, India’s highest military honour. He is the only Air Force officer to receive the award to date.

“He wasn’t just a colleague; he was a hero,” Kuruvilla reflects. This special cover, he adds, is a personal memento of a friend.

Philately today

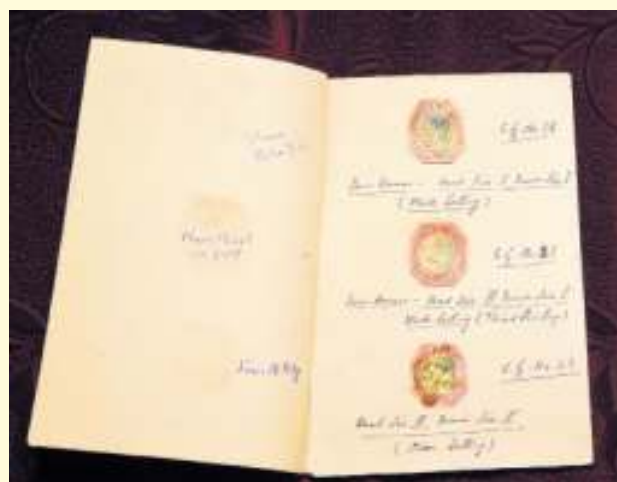
As Kuruvilla lovingly curates his collection, he can’t help but reflect on how much the world has changed since he first persuaded his father to buy that Gandhi stamp set in 1959.

“With the advent of instant communication, the significance of mail has waned and so has the interest for philately,” he says.

But Kuruvilla continues to nurture his passion and encourages others to also pursue it - not just as a hobby, but as an avenue to uncover history.

“Each stamp and cover is a snapshot of the world as it once was. It’s about research, curiosity, and learning. Stamps can teach us so much if we just take the time to look,” he says.

Now the veteran is busy arranging his collection ahead of the Periyar PEX, a district-level philatelic exhibition, which will be held at Aluva Town Hall in November.



Author: Ronnie Kuriakose (NIE)

**Air Vice Marshal PK Kuruvilla VSM
is YMI International Presidium Member**

AREA TRAINING AND COUNCIL

Dear Friends,

The much-awaited Area Council has gotten over. Though the duration was very short—it feels like we could have gone on for at least a full day. The warmth, the love, the oneness, and the bonding we experienced was truly remarkable. As the day was nearing to a close and we prepared to depart our separate ways, there was a strong desire to meet again; that too in the near future. The nostalgia of real friendship was evident everywhere, rekindling something we had lost long time back. I really enjoyed sitting down with everyone, sensing the pulse of our dear members, and feeling inspired to organize a real professional meeting with immaculate precision.

In families, and among brothers, gratitude is rarely expressed in words - yet the day itself felt like poetry, due to everyone's cooperation. This experience will be cherished for a long time to come. No matter how well you plan, to execute it with crystal clear precision requires a team - and for us, that team is the entire Young Minds Family.

We, the Area team, are motivated to plan even more interactive sessions, maybe an overnight stay with Council Meeting and a night full of cultural extravaganza. Maybe at a scenic hill station..

Miss you all and expecting the same support in future.



Yours
Micheal K. Micheal
Area Secretary





REGIONAL / DISTRICT COUNCIL MEETINGS



Young Minds International Bangalore District Council



Region-I District-III
1st District Council meeting

INSTALLATION / CHARTER PRESENTATION



Installation of Young Minds Club of Adoor
1st YMI Club in Pathanamthitta District



Charter Presentation of
Young Minds Club of Hyderabad.
Smt. Vasundhara, District Treasury Officer
presenting the Charter to
Smt. N. Sudhamala, Charter President
of the Club.



Installation of Young Minds Club of Thiruvaniyoor Club, Region-II



Installation of Young Minds Club of Thrissur Pooram City





Installation of Young Minds Club of Mulanthuruthy (53 Members) by Dr. K. C. Samuel

Former Minister and MLA Shri Anoop Jacob inaugurated the Community Service Project - Home for Homeless, handing over Rs. 2 Lakhs to a beneficiary on the occasion.



Installation of Young Minds Club of Kundara





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



The Charter application of the 7 clubs in District-I was distributed by District Governor Jacob Philip



Badminton Tournament - Young Minds Club of Panoor



Erumakolli UP School, Meppadi Financial Aid & One Day Class, Young Minds Club of Panoor



Mulanthuruthy Club contribution of ₹ 50,000 towards Wayanad project



Ambulance service by YMI Vazhakulam Pineapple Garden club.



Over 250 more meals were provided at TIRUPUR GH AKSHAYAM PROJECT FOOD FOR NEEDY.



District-IV, Region-I Family Get-together





Charity Project inaugurated by Hon'ble Deputy Speaker Sri Chittayam Gopakumar (our YMI Adoor member)- Hearing Aid for needy person worth ₹ 20,000/-



Young Minds Club of Trivandrum
Sponsorship of Bottle Collection Project



Young Minds Club of Pattimattom, Jayabharath Library and Kerala Navadarshana jointly organised Gandhi Jayanthi, anti-drugs padayatra and paid floral tributes at Gandhi Smriti. Scouts and Guides and children of Sree Narayana Engineering College participated in the programme.



Young Minds Club of Bangalore celebrates Gandhi Jayanthi



Dr. K. C. Samuel International President presented his special Pin to Dr. Sivanandan Nair. DG and PSTs of Tower Club adorn it at his residence and also he proudly wears the new YMI T-shirt.



Kollam Jilla Vyapari Vyavasayi Secretary & Young Minds Pathanapuram member Mr Jojoe K Abraham presenting the Meritorious Award to Sreshta Adarsh



Onam celebrations District 2, Region 1



Boat Cruise conducted by Young Minds Club of Ernakulam South



Congratulations to our **novelist Girija Sethunath**, a member of Young Minds Club of **Trivandrum North**, for being recognised for her talents.



Congratulations - **Mr. Sidharth S. Kumar**, President, Young Minds Club of **Belfast, Ireland**, receiving the **BEST ALL ROUNDER Award** of **DOWNPATRICK CRICKET CLUB**, a 175 year old Cricket Club in Ireland, established in the year 1849. Sidharth S. Kumar is the elder son of **Mr. K. Suresh Kumar**, Regional Chairman, Region-I, Young Minds International.





YOUNG MINDS INTERNATIONAL
INDIA AREA - III - DISTRICT - I

REGIONAL LEVEL TRAINING
FOR PBTs & DISTRICT TEAM

Save the date

Sunday 10 NOVEMBER 2024



Chief Faculty
Mr. Mathewkutty Sebastian
International Secretary General



Inaugurator
Mr. Anil K. Antony
India Area President



Regional Chairman
Mr. K. Suresh Kumar

PROGRAMME

- 09:30 am : Registration
- 10:00 am : Inauguration
- 10:30 am : Training Programme
- 01:30 pm : Lunch

Hostility charge : ₹ 500/-

Yadakkavila Community Hall (A/C)
NEAR KODHAMBAIKULAM TEMPLE



YOUNG MINDS INTERNATIONAL
India Area - Region III - District III

District III NEWS

Mega program for the month of November

200 unorganized sector workers are Honouring and with an insurance cover of Rs.2 lakhs each

OBITUARY

Young Minds Club Trivandrum Tower Club (Region-I, District-I) member Mr. Philip P. Philip (79 years old) passed away. Funeral services were held at his home and then at St. George's Cathedral, Palayam, Trivandrum. On behalf of Young Minds International, Mr. Rajan Panicker, IAAS, Member of the Young Minds International Grand Council along with other members presented the wreath and gave a condolence message.



Mrs. Rajamma's son M. R. Rajesh is a stalwart of Young Minds Mulavana. Young Minds International expresses its condolences to the bereaved family.



A member of Young Minds International, Prof. V. D. Joseph passed away. We convey our heartfelt condolences to the family.



Mr. T. V. Mohan, Kunnamkulam being recognised for his services in media and publicity, by Young Minds International President Dr. K. C. Samuel



K. S. BIJUMON

YEDU MENON

Congratulations to K. S. BIJUMON and YEDU MENON of COCHIN EAST for successfully completing Spice Coast Marathon 2024 - Half Marathon



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

Best wishes,
Daniel Thomas

