

Bulletin



Y's Men International
SOUTH CENTRAL
INDIA REGION

Issue: 2 | November 2022



THE GRATEFUL STARFISHES

One morning, an elderly man was walking along the beach when he noticed a young boy picking something off the sand and throwing it into the sea. As he got closer, the man realised the child was throwing stranded starfishes, that had washed up on the shore, back into the breaking waves. Approaching the boy, the man asked what he was doing.

"The starfishes will die if they're still on the shore when the sun rises," he replied.

Perplexed, the old man said, "But that's pointless! There are countless miles of beach and thousands of starfish. It doesn't matter how many you return to the water, you can't make a difference."

Unfazed, the boy bent down, picked up another starfish, and tossed it into the sea.

"It matters to this one," he said.

That's what we, as Y's Men, aim to do. Make at least a small difference to someone. We certainly can't save the world, but we can make small steps that make a difference to many. In this bulletin, we showcase some of the generous projects by our Clubs.

Daniel K Thomas, Regional Bulletin Editor

This article is dedicated to our Youths

An old adage says - "If you can't change it, change your attitude." There are other interesting quotes too like "Change the way you look at things and the things you look at change." Another quote says that "Change is painful, but nothing is as painful as staying stuck somewhere you don't belong." Similarly another quote about change says that, "Those who cannot change their mind cannot change anything."

In our life, the only constant is "change". Just when life seems to be status quo, you can expect some kind of upheaval to send you in a completely different direction. Some life changes are planned, like graduating from college, switching jobs, or moving to a new house, getting married etc., but oftentimes these life-altering moments are unexpected.

Unexpected changes in life, mentioned above, are changes that spontaneously and naturally happen in your long journey of life. But what I propose to deal with, in this article, is about changes you consciously identify or pointed out by someone else for you to adopt so that you become more effective, efficient and thus achieve the grand success of your goals. These changes require you to modify your attitude and beliefs, to achieve what you can.

Change is not a one-time life exercise. It is a dynamic process that encompasses your entire lifespan. Through the change process, you can alter the critical attributes of your personality most crucial for the current stage or situation of your life or career. Similar exercise, you have to keep doing based on the necessity of the evolutionary process of your personality. Winston Churchill once said, "to improve is to change; to be perfect is to change often". So, it is an evolutionary process every human being has to go through for their success in this world. This is the way you can optimise your life's success. It's a life course correction process, which should become an integral part of your personality. Every change achieved in life has to be preserved as an effective tool for your life, that becomes handy whenever the situation warrants.

STIMULI FOR REALISATION

Stimuli for change could be either internal or external and generally it is external. Internal-stimuli are the outcome of introspection. Internal stimuli could be either due to a major setback in your own life or life of someone close to you or the outcome of regular self-assessment through a meditative process. External stimuli could be through regular observation and assessment of your actions by someone in charge of you at the work place or through someone concerned about you, like your spouse, your parents or your kith and kin. If it is internal the need to change is felt more intensely and if external, the feedback for change has to be first internalised before taking the plunge, which needs a lot of determination, conviction and the will to change. Only then, the change can happen in your personality.

For internal stimuli, one has to develop the habit of looking within periodically, ruthlessly analysing your actions and their outcomes and then decide about the change. This is possible only if you are not intimately attached to your comfort zones. If you are intimately attached to your comfort zone, which normally happens, always there will be internal compulsion on you to justify your actions and not to go for the perceived change in your attitude or your outlook which are supportive of your current personality that creates your current comfort zone. According to Jack Welch, former Chairman of GE Electric, 'Change before you have to'. That will be the smart move to succeed in this world.

Your actions in a given situation, determines the impact of your actions. These actions are born out of your attitude towards that particular situation, your personality, your temperament etc. If you introspect on your actions and their impact you will be able to internally analyse and you will sometimes feel the necessity to change or modify your attitude or the way of you react or act in a given situation. In this case, you will feel the necessity to change internally without any external interference.

The second scenario is that someone else concerned with the impact of your actions feels the necessity for a change in you. This is normally out of his/her/their concern for you or out of their official responsibility towards you. In this case, you are made conscious of the need to change by an external stimuli. In this case one has to first internalise the need to change and then take the plunge to change. Normally this may require a lot of determination and conviction through the internalisation process.

In both the scenarios, the desire to change is born within us, but with differing intensity; and we act or not, to change, depending on the intensity of the desire to change.

COURAGE TO EMBRACE THE CHANGE

It needs a lot of courage for a change and this courage emanates from the urge to achieve what we can through the change and the relevance of that change in our life, personal or official. We must have the courage to lose what we have to achieve what we could through the identified changes in our attitude and outlook. Statistics say that 98% of people fail and 2% achieve that grand success of Goals in life because of their attitude and resistance to change. John D Rockefeller, the richest American who ever lived, and the world's first billionaire and a celebrated philanthropist once said, "Don't be afraid to give up good to go for the great".

THE PLUNGE

The most difficult part after realizing the need to change is the plunge, that is, to do whatever is required to be done for the transformation to happen in you. As I mentioned earlier in this article, to pluck yourself, off the comfort zone, is the most difficult part of your change process. This needs a lot of courage, determination and will on your part. This can happen only if you feel the purpose to undergo the change. According to the queen of talk show, Oprah Winfrey, "The greatest discovery of all time is that a person can change his future by merely changing his attitude".

THE CHANGES EAGLES GO THROUGH

The story of transformation and determination of the eagles is a perfect case in point regarding the great transformation all of us should be willing to go through for that grand success of our goals in life.

Eagles have the longest lifespan among its species - birds - 70 long years. How do the eagles make this possible in their life? When an eagle reaches the age of 40, its beak becomes bent and less effective, its talons become less flexible and rigid and the feathers become heavy and it finds it difficult to fly high and hunt its prey. So the eagles are left with only 2 options - die or go through a painful process of transformation of its body, a process that last for 5 months.

The eagle opts for the tough decision of going through the change process. It flies to the top of the rock where it sits in its nest. First it knocks its beak against the rock and plucks out the beak. Once the beak grows back, it plucks out its weak talons. When the talons grow back, it starts pulling out its old feathers. When the feathers grow back, the eagle takes its flight of rebirth and lives for 30 more years.

If an eagle can make a life-changing and life-saving decision, why do we humans who have the power of discrimination and thinking, find it difficult to take a decision to get rid of the unpleasant old memories, negative habits and thoughts and fixed mindset?

Only if we free ourselves from our past burdens, we can take advantage of the present. Let us open up our mind and let ourselves fly high like an eagle.



M. J. Mathews
RD, South Central India Region



Congratulations

TO OUR ELMER CROWE WINNERS



Puzhikunnath Sathish S. and Sangeetha



Subheesh P.D., Smitha, Sneha and Anirudh

Y'S SERVICE CLUB OF GCT YOUTH

Intellect 2022

The objective of INTELLECT 2022 was to enhance the technical knowledge of students and to showcase their talents. It is an Intra College Tech Fest that included 1855+ participants. We made remarkable history in the brilliant pages of the Government College of Technology, Gobichettipalya. The event spanned 5 days, 15 events, 9 branches and one grand title "MR & MS INTELLECT". Date: 31.10.2022 - 04.11.2022 Venue: GCT Campus

INTELLECT WEBSITE:
www.intellect.ysyouthgct.in

An exclusive website was created for INTELLECT by our webmaster, Saran Pradeep.

INTELLECT 2022 was successfully accomplished with lots of positive feedback. In short, INTELLECT 2022 raised the standard of Y's Service club of GCT Youth, a step ahead with full of happiness.

Srinivasan D.
President, YSC GCT Youth



CLUB PROJECTS

Dear All

As a Part of the Hunger Crusade TOF Project & 100th year celebration of Ys Men, on 24th September 2022 food packets were distributed to the underprivileged, labourers & Rickshaw pullers. This was carried out in three different locations in Nagpur - Mitha Neem Dargha at Civil lines, Lourde Mata Mandir at Seminary Hills & Hanuman Temple at Telangkhadi Garden. We managed to feed around 250 people on this day. The members present during this program are our President Anil Mathew, our Treasurer Sujeev Abraham, also our Members Alwyn Joseph and Ashish John.

Ajit Kappen
Jt Secretary



Sivakasi- On the auspicious day of Mahalaya Amavasa we provided lunch to more than 40 inmates of an old age home



East Cultural Association (ECA), Bangalore contributing an amount of Rs 25000 to the Ys Men Dialysis project, as part of their Onam Celebrations. Special thanks to Ysm Tony Augustine, Convenor, ECA Onotsav 2022



The Y's Menettes Club of Coonoor organized a self defence programme for the students of Providence College for Women, Coonoor. We also joined hands with ICDS Nilgiris - Poshan Maah in their fight against Anaemia programme.



Virudhnagar - At Avalchooranpatti village we conducted games for the Govt. Middle School children and distributed Prizes to the winners

CLUB PROJECTS

Anugraha Relief and Rehabilitation Service and Residential Centre for people with spinal cord injuries. We cleaned the backyard in this centre for their use and organised interactive sessions with them with quizzes and where they shared their life experiences.



CCTV project in Govt High School, Arulalam, Denkanikkottai, by Y's Men's Club of Hosur



Y's Men Club of Bangalore Cantonment in association with Dharmaram College participated in the Community kitchen's cooking & served food for patients from Kidwai and Nimhans



Celebrating Ysm Col. A. K. Rappai's 75th birthday by conducting Diwali programme with inmates of Sumanahalli Lepers Centre - YMI Club, Bangalore Metro



CLUB PROJECTS



YMC of Gobi Galaxy spent Rs.1,00,000 towards Infinity Walking Track in the Municipal park in Gobi. To appreciate our project, Hon'ble Minister S. Muthuswamy along with District Collector presented a special memento to our Club.



Infinity Walking Track was inaugurated by our DG Dinesh Mathias & Anita Mathias in the presence of Municipality Chairman N. R. Nagaraj at Municipality Park, Gobi



Sports T shirts with YMI Emblem was given to 300 students of Saratha Government Aided School, Gobi.



YMC Coonoor conducted an eye camp at Kariasholai, Gudalur. 92 patients were screened and 12 identified for cataract surgery and taken to GMCH Ooty for surgery.



Running successfully for the 8th week - Distribution of more than 250 meals at TIRUPUR GH AKSHAYAM PROJECT - FOOD FOR NEEDY



Weekly Project-YMC-Coonoor along with Coonoor Round Table feeding the needy at St.Antony's Church



The first Unified Visible Project from District 1 is completed. The sponsorship for the school bus is by Y's Men's Club of Bangalore Cantonment and Y's Men's Club of Hosur Vibrant.



CLUB PROGRAMMES



YMC Mumbai felicitation of International President and ISD Mathewkutty Sebastian

Regional Council at Bangalore on 18th Sept. 2022



CONTESTS

TRAVEL PHOTO CONTEST WINNERS



George Thomas, Indiranagar



Shiju Abraham Verghese, Bangalore



Vinod, Indiranagar



Idicula Verghese, Bourdillon



Col. A. K. Rappai, Bangalore Metro



R. Vijayalakshmi, Sivakasi



Anita Mathias, Coonoor



KOLU CONTEST

- First prize- Smt. Deepa- Chennai
- Second Prize- Mrs. Priya- Chennai
- Third Prize- Mrs. Savithri- Hosur
- Consolation Prize- Mrs. Malathi- Bangalore
- First time Appearance prizes- Ym. Ramachandran- Gobi, Ym. Ganesan, Ymt. Porkodi Jeevan- Virudhunagar and Ym. Vairamuthu- Sivakasi




**Y'S MEN INTERNATIONAL
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CELEBRATIONS

District 1 - Onam Celebrations



മാതൃഭൂമി E-PAPER

* വൈസ്മെൻ ഇന്റർനാഷണൽ ബെംഗളൂരു കണ്ടോൺമെന്റ് ക്ലബിന്റെ ഓണാഘോഷം ഹൈന്ദൂർ റോഡ് റോയൽ കോളേജ് ഓഫ് മാനേജ്മെന്റിൽ നടന്നപ്പോൾ

CELEBRATIONS

District 2 - Onam Celebrations



BEING HAPPY

“Palco de vida” (Stages of life), attributed to the renowned poet Fernando Pessoa (1888-1935):

You may have flaws, live anxious, and sometimes get angry, but never forget that your life is the biggest company in the world. And you can keep it from going bankrupt.

There are many people who need, admire and cheer for you.

I wish that you always remember that being happy is not having a sky without storms, paths without accidents, work without fatigue, relationships without disappointments.

Being happy is finding strength in forgiveness, hope in battles, security in fear, love in disagreements.

Being happy is not only appreciating the smiles, but reflecting on the sadness.

It is not just celebrating the success, but also learning lessons in failures.

Not only having joy in applause, but finding joy in anonymity.

Being happy is recognising that life is worth living, despite all the challenges, misunderstandings and periods of crisis.

Being happy is no longer being a victim of the problems and becoming an author of history itself. It is crossing deserts outside of yourself, but being able to find an oasis in the secret of your soul.

It is thanking God every morning for the miracle of life.

Being happy is not being afraid of your own feelings. It's knowing how to talk to yourself.

It's the courage to hear a “No” and be confident enough to receive criticism, although sometimes untrue.

Being happy is to let the child living within us to live free, happy and simple.

It is having the needed maturity to say “I was wrong”.

It is having the essential courage to say “forgive me”.

It is having the indispensable sensibility to say “I need you”.

It is being able to say “I love you”.

It is having the humility of receptivity.

I want life to be a hotbed of opportunities and that you be happy. And when you go astray, start again. This way, you will find that being happy is not having a perfect life, but using tears to irrigate tolerance. Using losses to refine patience.

Using failures to reach prayer.

Using obstacles to open the windows of intelligence.

Never give up hope.

Never give up the people you love.

Never give up on being happy, because life is a no-miss obstacle, even if it gives you dozens of reasons to demonstrate the contrary.



JET GROUP OF ENTERPRISES



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Thanks to Ysm Sathish S. of Hosur Club for the advertisement.

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