



ORBIT

Y'S MEN INTERNATIONAL
INDIA AREA, MID WEST INDIA REGION

"To acknowledge the duty that accompanies every right"

Official E-Bulletin of MWIR 2015-16

December 2015



IP's Theme : Mission with faith
IP's Slogan : Count your blessings

AP's Theme : Mission with faith
AP's Slogan : Make a difference

RD's Theme : Mission with faith
RD's Slogan : Share with smile

FROM THE **EDITOR'S DESK**



Dear Y's Men, Menettes and Lings,

Let me convey my greetings to all for a happy Christmas and a prosperous New year. I am virtually over whelmed by the stupendous performance of my Y's fraternity so far for the cause of extending a helping hand to those who bear the brunt of poverty and pestilence. We are exemplary social service activities. We could construct as many as 70 homes for the homeless. We could go a long way in the trail of executing menettes and lings projects too. The regional cultural meet, youth camp etc were conducted with great ardour and exhilaration. Now that the half of our Y's down year has already elapsed it is our concern to the hyper active for the remaining half so fulfill our dreams in a befitting manner. I am grateful to all my brothers in Y's dom for having given me unstinting support and co-operation in all my endeavours and request for your continued support in the remaining period too.

Thanking you,

Yours in Y's dom

Ym. Victor John.K.J
Regional E- Bulletin Editor

RD'S MESSAGE



Seasons greetings to all Y's men, menettes and lings,

We are heading towards the closure of the calendar year 2015. It was really an eventful year with myriad projects and programmes.

Now we are at the threshold of the New Year 2016. New Year brings before us a plethora of New hopes and New aspirations. Every day is a new beginning charged with nascent energy. We have to harness this energy for development activities. Luckily we have no dearth of dynamic and result oriented leaders and their accomplices. Leaders have to keep a tab on the activities of their cadres so as to make them function in an exemplary manner. Hither to we have done a lot of projects and service activities and we could maintain a good trajectory of humane and workfull activities. The remaining part of this Y's dom year should step up for international projects and membership augmentation. Hope that you may raise up to the occasion and execute your activities for the development of our organization.

Thanking you,

Yours in Y's dom

Ym.P.K. Balan Kartha
Regional Director - MWIR



Winners of area youth camp -2015 from MWIR

- | | |
|----------------------------|--|
| Second best camper | - Ylg. Aman Aji Paul – Peppathy club – District VI |
| Best all rounder | - Ylg. Ajay Isaac - Kolenchery club- District VI |
| Best Entertainer(Female) | - Ylg. Kesia Kennedy - Kolenchery club- District VI |
| Second best all rounder | - Ylg. Swathi Krishna – Diamond City club – District XIV |
| Second best public speaker | - Ylg. Greeshma Varghese – Ernakulam Gold – District IV |

We have much pleasure and pride to announce that the following youth members from MWIR are selected to attend International Youth Convocation 2016 scheduled to be held at TAIPEI, TAIWAN from 2016 August 1 to 8.

- | | |
|------------------------|--|
| Ylg. Greeshma Varghese | - Ernakulam Gold club-- District-IV |
| Ylg. Aman Aji Paul | - Peppathy club – District VI |
| Ylg. Kesia Kennedy | - Kolenchery club- District VI |
| Ylg. Ajay Isaac | - Kolenchery club- District VI |
| Ylg. Jeff Jacob | - Kizhakkambalam Town – District XI |
| Ylg. Sherin Wilson | - Kanjirakad club – District- XIV
(Regional Lings Representative) |
| Ylg. Swathi Krishna | - Diamond City club – District XIV
(District Lings Representative) |
| Ylg. Anupriya | - Parappuram Central – District- XIII
(Selected from AYC – 2014) |



CELEBRO 2015

A Y's Ling's Project



Celebro 2015, a two day Christmas fest and fund raising programme for the social commitment activities by the lings of Y's men international, Mid West India region was held at Centre Square mall, M.G. Road, Ernakulam on 19th and 20th December 2015 under the leadership of Y's ling Sherin Wilson, regional ling's leader, Y's men international Mid West India region. Club Fm 94.3 was the official radio partner and Metro Vaartha was the official print media partner of the fest. Y's men P.K. Balan Kartha, Regional Director of Y's men international, MWIR authorised Ym Namboothiri as the patron and Ym Mathews Abraham as the Chairman of the fest. The events that happened in the fest included a mini marathon- "Run for Charity", bullet rally by Bullethood, carol song competition, treasure hunts, band performances, dance performances etc.

The mini marathon- "Run for Charity" which started from Rajiv Gandhi indoor stadium, Kadavantra at 6.00 am on 19th December was flagged off by Ym P.K. Balan Kartha, RD, Y's men international, MWIR. "Soles of Cochin" and members of Y's men international, MWIR participated in the marathon. A bullet rally by team Bullethood was organised from Edappally to Centre Square mall to give a message on the need to share your happiness with others. The rally was flagged off from Edappally at 4.15pm jointly by Ym I.C. Raju (IPRD) and Ym Joseph Kottooran (RD Elect). The Nasik Dhol performance organised at the venue attracted the attention of the audience and was equally enjoyed by children and elders. Y's ling Sherin Wilson, regional ling's leader, Y's men international, MWIR received the flag from Bullethood at the fest venue- Centre Square mall and handed it over to the mall authorities. Balloons were set off to the air by the members of Y's men, representatives of the mall, Metro Vaartha and the audience as a symbolic start to the fest.

The fest was inaugurated by Ym P. Vijayakumar, Area President, Y's men international and the carol song competition was inaugurated by the Regional Director of MWIR, Ym P.K. Balan Kartha. Sing India with Jerry Amal Dev won the first prize in the carol song competition while A.R. Band, Kothad and St. Mary's Church, Kanjoor secured the second and third

prize respectively. Rs 15000, Rs 10000 and Rs 5000 were awarded to the 1st, 2nd and 3rd prize winners of the carol song competition respectively. Several fun games were organised for the audience and we received wonderful response from the audience.

The second day of the fest began with the outdoor treasure hunt which was organised under the leadership of Ym Bijumon, district governor of district III and Ym Rojo John Vithayathil. 15 teams from different Y's men clubs in the region participated in the competition and Y's men's club of Maradu emerged as the winner, Young Cochin as Runner and Cochin East as 3rd place. Rs 5000, Rs 3000 and Rs 2000 were awarded to the 1st, 2nd and 3rd prize winners of the outdoor treasure hunt. A band performance by the band "H Cross Omega" was held at the Centre Square mall from 5.00 pm - 7.00 pm on 20th December 2015. It was followed by dance performances by the lings of MWIR. An indoor treasure hunt was organised inside the mall for the audience. Many people from the audience came up asking for chances to perform. We were overwhelmed by the kind of response that we received from the audience.

Food vouchers of Carnival food court, Rasam restaurant, red bubble cafe; vouchers from My Kingdom, Mirror Magic saloon and spa; bowling and gaming coupons from Amoeba; food products from Thiruvonam rice and food products; coffee mugs from Centre Square etc were given as prizes for the winners in the fun games and for the audience who performed in the fest. As part of the publicity and promotion of the fest, radio announcements were given in Club FM 94.3 for almost two weeks and also print advertisements and news stories were published in newspapers on 6 consecutive days. Standees were placed at restaurants like Dhe Puttu, Carnival Food court, rasam restaurant, Red Bubble cafe etc to give publicity for the fest.

A Christmas cake with the name of CELEBRO 2015 was cut by the lings to share the joy of the fest and to mark the conclusion of the fest.

I, Y's ling Sherin Wilson, regional ling's leader of Y's men international, MWIR do hereby thank each and everyone who stood by my side and helped me make CELEBRO 2015 a huge success.





**ALL INDIA INTER SCHOOL
KID'S FEST - 2015**



Around 4500 kids participated in the mega kids fest from 257 schools. The fest was organized for India Area by LRD Zone – I Ym. Mathews Abraham & Cos-



mopolitan club. The venue was Town Hall Ernakulam(15 Nov), St. Alberts HS School (8 Nov, Ernakulam and Renewal Central, Kaloor(10/11 & 14/11). The competitions were conducted in 4 days in 25 stages. The inauguration of the fest by RD Ym. P.K. Balan Karth. Area President, Ym.P. Vijayakumar was the chief guest in valedictory function. It was the most popular image building programme for Y's Men International.

Kalatilakam : Ylg. Irine Elsa Teri
Christu Jayanti Public School, Kakkand
Kalaprathibha : Navaneed Kumar
Adarsh Vidyalaya Kakkand





The regional youth camp, 'Excel 2015', was held at Shanthigiri ashram, Pookattupady on 14th and 15th November 2015. The two day camp was inaugurated by India Area President Ym. P. Vijayakumar in the presence of regional director Ym P.K. Balan Kartha and members of the regional team. Regional ling's representative Y's ling Sherin Wilson and regional youth representative Y's youth Alen Babu lead the camp under the guidance of the regional team. Mr. Harish Kumar, a well known trainer and a member of JCI was the key faculty of the camp.

The participants of the regional camp were selected from the district camps held at each districts and hence we could bring the best talents in the districts for the regional camp. The camp began with an ice breaking session. The trainer successfully communicated with the participants of the camp on how to become a leader through various examples and sharing personal experience. The participants were divided into teams and were asked to come up with a performance. The camp fire brought the youth into the mood of a camp and they brought out their complete energy into it. The first day came to an end with the dinner but the campers were eagerly preparing themselves for the next day to share one unforgettable moment of their life with their camp mates.

The second day began with an energising yoga session by Y's menette Deepa Mathew. Sessions on public speaking were lead by the trainer. Each camper got the opportunity to present a speech and get mentored by the trainer. The treasure hunt was well received by the campers like all the other games that were conducted during the two days. In the afternoon session, regional quiz and elocution competition were conducted.

The best performers of the camp were announced in the valedictory function. Ys ling Sherin Wilson,

Ys ling Jeff, Ys ling Swathi Krishna, Ys ling Kesiya Kennedy, Ys ling Greeshma Joseph, Ys ling Arya S Raj, Ys ling Alna Kurian, Ys ling Aman Aji Paul, Ys ling Ajay Issac, Ys ling Emil Winston, Ys ling Thomas Binson, Ys ling Sachin V Paul were selected to represent MWIR in the India area camp to be held at M.S Swaminathan research centre, Kalpatta, Wayanad from 28th-30th December.





SPICE COAST MARATHON - AN EXHILARATING EXPERIENCE FOR Y'SDOM

Ym. K.S BIJUMON DG DISTRICT-3

After the stupendous success of the first ever full course marathon, the Spice Coast Marathon, held in Gods own Country in the year 2014 with the active support and involvement of Ysmen International, we from Ysdom were all impatiently waiting



for the second edition in the year 2015. The second edition of Spice Coast Marathon started off with a luncheon launch at Hotel Avenue Regent in the month of August. As volunteer partner, Ysmen International was an indispensable choice for the organizers the Soles of Cochin, who were always profound in words of appreciation on the commendable effort put in by the volunteers for the success of the show. It was a mammoth task to organize the volunteers for the entire stretch of 42 kilometres, in all the hydration points between the course in the early hours of the day on November 15. But as an voluntary community service organisation, it was in our blood and the number of volunteers increased from 156 to 200 from the first edition to the second one and all the volunteers were present at 4am, the start time of the event. All the four Districts under Zone One in the Mid West India Region took it to their heart and gelled into a single unit and supported the marathoners to finish the run. It was an enchanting experience to watch the volunteers in uniform running along with the marathoners cheering them and uplifting their spirit by providing them water, energy drink and refreshments. The words of one of the runners that, he would never have finished the run, but for the support of a volunteer in the last hydration point, who encouraged him and ran with him, when he was about to abandon the run in the last stretch of the course, is a true edifice to the dedication commitment and sincerity shown by our Ysmen volunteers to this mammoth international event. It was truly a wonderful show and an great image building program for Ysmen International, the spirit of which will linger for ever in the body mind and spirit of all of us, for ever.



Blade Runner Capt. D.P. Singh



Y's Men Volunteers



Y's Men Volunteers





Cochin East Club - Over all Champion



District 1 - Over all Champion

Regional Cultural Meet – Sruthilaya

The regional cultural meet conducted on 11th October 2015 at Toch- Public School Vyttila was a talk of the city with its unparalleled performance in all aspects. Ys Men Menettes and lings of all age group actively participated in the competition items with a so called sportsman spirit. Mor over it was a filial and paternal rendezvous for a few hours. In the morning the flag hoisting ceremony was done by Ym.K Varghese, manager Toc-H public School and in the evening after the closure of all the competition items, prices were distributed to the winners by AP Elect, Ym. Aby Abraham.





CHENNAI FLOOD RELIEF ACTIVITIES

The flood relief activities were spearheaded by district-III led by DG Ym. Bijumon by mobilising Rs.2 lakh worth relief materials and cash for the cause. Ym.Sony Abraham, LRD Zone-III had spectacular part in this endeavour. Other districts also had their significant roles in this venture. In toto our region could mobilise to the tune of Rs.6 lakh in the form of liquid cash and other relief materials for this noble cause. Hearty congratulations to the protagonists of this endeavour.



Congratulations

ELMER CROWE AWARD WINNERS 2014-15



Ym. SHAMEEM POOVATH
DG DISTRICT -1



Ym. HRM. BAHULEYAN P.C
DG DISTRICT -3



Ym. PAULOSE K.I
DG DISTRICT -7

ELMER CROWE HONOURABLE MENTION AWARD 2014-15



Ym. JACOB T.V
DG DISTRICT V



Ym. DAVIS KALLOKADAN
DG DISTRICT XIII



Ym. MARTIN C
DG DISTRICT XIV

Carol Fest conducted by Cochin Corals -District-III at St. Teresas college on 19 th December 2015



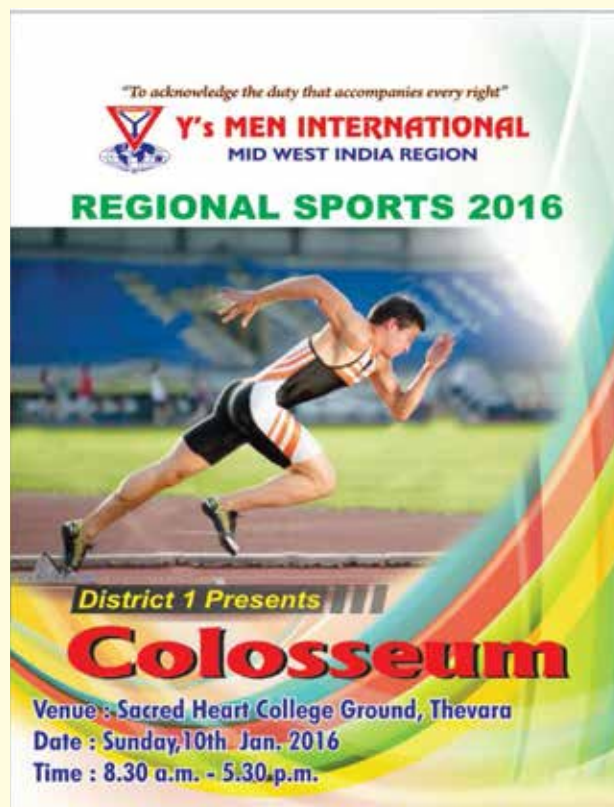
Latest News on International Matters.

PORTALBUZZ

IHQ is planning to build a membership data base system that will allow us to capture a snapshot of our membership. It is a membership management system. Membership updating process through the Portalbuzz will be effective from 1st Feb 2016. We have to enter requisite data given in the templates.

- ☞ As a part of reducing the expenses at the International level, Y's Men International Operational Office will be functioning in Chiang Mai YMCA, Bangkok. However the IHQ will be maintained in Switzerland due to constitutional needs.
- ☞ 2016 July onwards the number of Areas will come down to 8. SOP Area will be merged with Asia Area and will be known as Asia Pacific. Task Force is studying to reduce the number again.
- ☞ The Kyota ICM was the first ICM after the number of Council members are reduced to 15.
- ☞ The number of BF full grants is reduced to one each per Area and maximum to 10 as per contribution to the Project.
- ☞ Ym. Koshy Mathew from India Area was nominated as the Editor of Y's Men's World.
- ☞ The amended constitution of Mid West India is approved.
- ☞ The Special Development Support to Areas will be decided according to a formula adopted.
- ☞ The International dues from all Areas from 2016-17 will be equal. The subsidy in the International dues will be over by this year.
- ☞ The post of Youth Intern at the Head Quarters is removed.

Regional Informations



"To acknowledge the duty that accompanies every right"

Y's MEN INTERNATIONAL
MID WEST INDIA REGION

REGIONAL SPORTS 2016

District 1 Presents

Colosseum

Venue: Sacred Heart College Ground, Thevara
Date: Sunday, 10th Jan. 2016
Time: 8.30 a.m. - 5.30 p.m.

Sports Events

Y's Lings	: Girls Below 6	(1) Filling the Bottle	(2) Target Hit
Y's Lings	: Girls Below 9	(1) Handball Throw	(2) 50m Race
Y's Lings	: Girls Below 12	(1) Shotput(3Kg.)	(2) Long Jump (3) 50m Race
Y's Lings	: Girls Below 15	(1) Shotput(4Kg.)	(2) Long Jump (3) 75m Race
Y's Lings	: Girls Below 18	(1) Shotput(5Kg.)	(2) Long Jump (3) 100m Race
Y's Lings	: Girls Above 18	(1) Shotput(6Kg.)	(2) Long Jump (3) 100m Race
Y's Lings	: Boys Below6	(1) Filling the Bottle	(2) Target Hit
Y's Lings	: Boys Below9	(1) Handball Throw	(2) 50m Race
Y's Lings	: Boys Below 12	(1) Shotput(3Kg.)	(2) Long Jump (3) 50m Race
Y's Lings	: Boys Below 15	(1) Shotput(4Kg.)	(2) Long Jump (3) 75m Race
Y's Lings	: Boys Below 18	(1) Shotput(5Kg.)	(2) Long Jump (3) 100m Race
Y's Lings	: Boys Above 18	(1) Shotput(6Kg.)	(2) Long Jump (3) 100m Race
Y's Menettes	: Menettes Below 35	(1) Shotput(4Kg.)	(2) 100m Race
Y's Menettes	: Menettes Below 40	(1) Shotput(4Kg.)	(2) 75m Race
Y's Menettes	: Menettes Below 45	(1) Shotput(4Kg.)	(2) 75m Race
Y's Menettes	: Menettes Below 50	(1) Shotput(4Kg.)	(2) 50m Race
Y's Menettes	: Menettes Below 55	(1) Shotput(3Kg.)	(2) 50m Race
Y's Menettes	: Menettes Above 55	(1) Lamen&Spoon Race	(2) Cricket Ball Throw
Y's Men	: Men Below 35	(1) Shotput(7.26Kg.)	(2) Long Jump (3) 100m Race
Y's Men	: Men Below40	(1) Shotput(7.26Kg.)	(2) Long Jump (3) 100m Race
Y's Men	: Men Below45	(1) Shotput(7.26Kg.)	(2) Long Jump (3)100m Race
Y's Men	: Men Below 50	(1) Shotput(6Kg.)	(2) Handball Throw (3) 100m Race
Y's Men	: Men Below55	(1) Shotput(6Kg.)	(2) Long Jump (3) 50m Race
Y's Men	: Men Below60	(1) Handball Throw	(2) 50m Race
Y's Men	: Men Above 60	(1) Handball Throw	(2) Goal Post Kick

Special Events

District Ekka - Men, Menettes & Lings (girl & Boy) (1 Team from each District)

Zonal Tag of War - (7 Members only, One Team from each Zone)

District Governor's - 50 Meters Race

New club chartered	- 22
Parpidam Project	- 24 Completed
Parpidam Project	- 46 Under construction
Dialysis	- 1450 Completed
Second Semester dues	
due date 15 th Jan 2016	- Rs. 1420/-

REGIONAL MENETTES ONE DAY WORKSHOP



A One-day workshop was conducted by the Region at YMCA Kolencherry on 25th October 2015. The workshop was inaugurated by International Council Member, Ym. V.I. Cherian, Regional Director, Ym. BalanKartha presided over the inaugural function and Regional Menettes Coordinator Yw. Dr. Remalakshmy Poduval welcomed the gathering. The Guest of Honour was the Area Menettes Coordinator, Yw. Lissy Cherian and Past Regional Menettes Coordinator, Yw. SarammaPaily felicitated on the occasion.

A host of invited talks and demonstrations was organized on topics related to the Regional menettes projects and also in areas ensuring women empowerment. The workshop began with a Yoga class handled by Yw. Deepa Mathew of YMC Pineapple City Vazhakkulam. She cited the importance of pranayama and meditation and also demonstrated the suryanamaskaram. The next session was on Personality development and Public speaking and the speaker, Dr. Dixon successfully conveyed the need for projecting oneself in an effective way. This session was followed by the talk on Child Sex Abuse by Ym. Joseph Nivin of YMC Cochin Stars which gave a realistic picture of this menace in our society. Some of the participants even shared their knowledge on such incidents. The afternoon sessions was mainly focused on the Regional projects. The session on Organic farming was an eye opener for the audience; Smt. Celinamma from the Agricultural Department gave an insight into many interesting facts on implementation of kitchen gardens in one's home. Eminent expert in the field of

waste management, Shri Kabeer C. Haroon, Managing Director of Clean Kerala Company Ltd gave a very effective presentation on the scenario of waste production and talked of the impact of e-waste in our society and environment. There was also a session on



Palliative care which was handled by Ym. Dr. Mathews Nambeliand in his talk, he cited the growing number of patients with serious illness in Kerala thus highlighted the need for palliative care. Past Regional Menettes Coordinator, Ymt. Ani Manoj, enthralled the menettes with her ideas on jewellery making. The Regional Secretary, Ym. Dr. Joseph Manoj, brought in a few lighter moments by encouraging all the menettes to sing along with him a few old melodies. There was a good participation from the menettes of the various clubs and a very lively interaction after each session.

The One-day workshop was aimed to sow in a seed of thought into the minds of the menettes. With the sessions on various topics, the menettes leaders could take back something to muse on with the menettes of their clubs.

Yw. Dr. Remalakshmy Poduval
Regional Menettes Coordinator

GLIMPSES OF REGIONAL ACTIVITIES



Ym. Philip Cherian, International Treasurer inaugurating 3rd Regional Council



Ym. Dr. Joseph Manoj, Regional Secretary presenting report



Handing over the key of house constructed by Perumbavoor Central club, district - XIV at Kanjirakkad



House construction under Progress at Udayamperoor by Cochin Millennium club district -IV



Organic Farming at Ayavana Govt. Hospital by Pineapple City and District -IX

GLIMPSES OF REGIONAL ACTIVITIES

President-Secretary One day Workshop

A one day workshop for club officers at Regional level was conducted on 13th Sept 2016 at Hotel Royal Residency, Kakkanad. Mr. Harish, JCI International tainer handled an effective class for the club officials. Ym. Jose Alphonse, ISD was conferred the title “ Dronacharya” by the region, considering the unanimous opinion received from the club officers, for his meritorious leadership rendered to the cadets.



7th MENS CLUB INTERNATIONAL
CYCLOTHON - 15
DIST. - 1, MWIR
JANAMATHRI POLICEStarting Venue : Mattancherry Police Station
Route : Mattancherry Police Station - Via Fortkochi - Thoppumpady Jn.
Date & Time : 6th December 2015 at 7.30 am
Flag off : Unnikrishnan I.P.S (Commandant Kochi City A.R Camp)
Message : G.Venu (Asst. Com. Police, Mattancherry)

**SAY NO TO CHILD SEX ABUSE
DRUG ABUSE**



News Paper distribution at S.N.D.P School, Palluruthy by Cochin Corals of district -III