

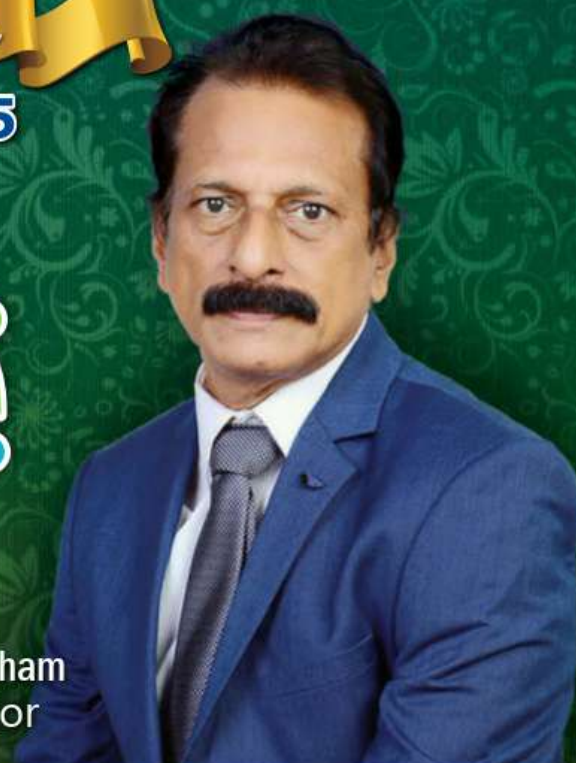


# **Y'S MEN INTERNATIONAL INDIA AREA CENTRAL TRAVANCORE REGION**

*Hand Book*  
**2024-2025**



Ym. CA Francis Abraham  
Regional Director



***Moto: To Acknowledge The Duty That Accompanies Every Right***

***Regional Theme : EMPOWER THE SELF...***

***Regional Slogan : STRENGTHEN UNITY THROUGH HARMONY...***

***Major Project : RENAL CARE***





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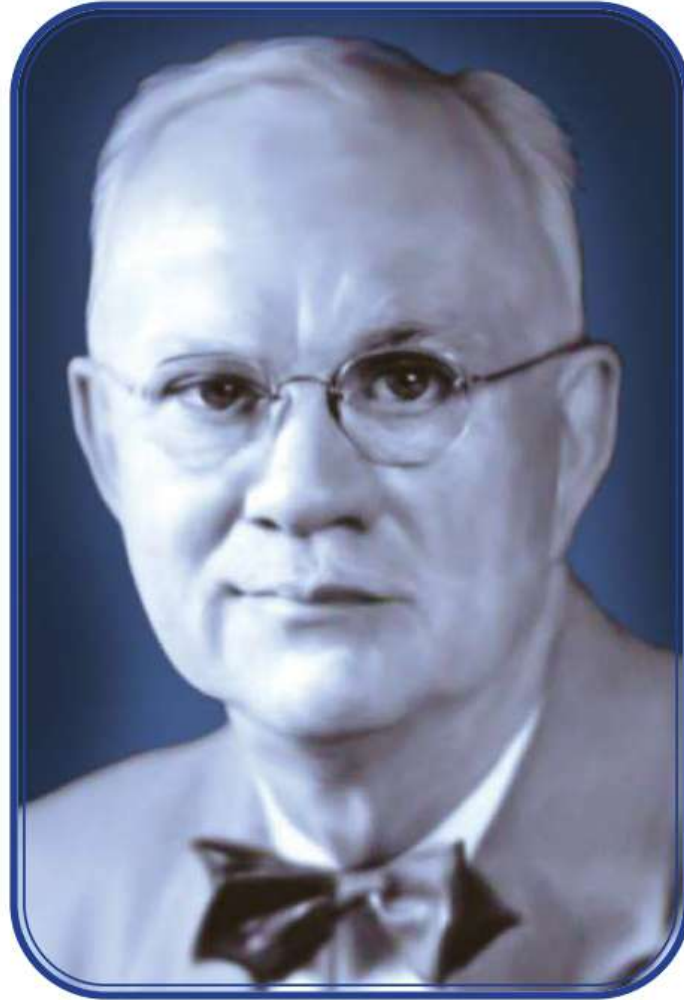
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# Father of Y's Dom



**Judge Paul William Alexander**  
(08-12-1888 - 29-06-1967)

**All hail to Paul William Alexander**  
**Y's man Par- excellence greatest of them all**

## *Founder's Day Pledge (Dec-08)*

*I salute the memory of Paul William Alexander, the founder of our Movement and promise to acknowledge the duty that accompanies every right. I shall do my best, to uphold the honour and ideals of our movement and I rededicate myself to the services of my fellow men.  
So help me God...*





## INVOCATIONS

### Y'S MEN'S SONG

Once more we stand  
New Zeal our hearts imbuing  
We raise our hand,  
Our service pledge renewing  
Ne'er to deny our motto's claims,  
Y's Men in fact as well as name  
Always our objects to pursue  
We consecrate ourselves a new  
As now we sing,  
In comradeship more binding  
Our love we bring,  
Reward in friendship finding  
To ev'ry Y's Man far and near  
We pledge devotion most sincere !  
Glory and pride Y's Men to be  
Fill ev'ry heart with loyalty !

### Y'S MEN'S PRAYER

Lord, bless all Y's men gathered here  
Our fellowship with thee held dear  
Grant that our meeting might be blessed  
With Thee, our ever unseen guest  
Bless Y's Men's Clubs throughout the earth,  
Grant each of them a new re- birth,  
To serve each other, give them life,  
To Save the world from further strife.

*Amen...*

### Y'S MENETTES' PRAYER

God bless all Y's menettes here  
And all whom we hold dear  
As now we pray  
To every Y's Menette far and near  
We pledge devotion most sincere.  
New Zeal our hearts imbue  
And consecrate ourselves a new.

*Amen...*

### COMBINED PRAYER

Lord bless all Y's Men, Y's Menettes &  
Y's Lings gathered here,  
Our Fellowship with thee held dear  
Grant that our meeting might be blest  
with thee our ever unseen guest  
Bless Y's Men's, Y's Menette's &  
Y's Ling's Clubs throughout the earth  
Grant each of them a new re- birth  
To serve each other, give them life  
To save the world from further strife.

*Amen...*

### Y'S LINGS' PRAYER

Lord bless all the Y's Lings here  
Keep us always in Thy loving care  
Help us to do things we should  
And be to others both kind and good,  
Develop us in our body, mind and spirit,  
So that the Y's Men's Club we may inherit.

*Amen...*

### PLEDGE TO THE NATION

Great and dear Motherland  
We salute thee,  
We pledge our loyalty  
And promise our best efforts  
To bring thee honour and glory  
We acknowledge our duty to thee  
And pray that we be,  
Worthy citizens of the nation,

*Jai Hind...*





# Editorial

## Warm greetings to everyone!

It's a great pleasure to address you all as the RBE of CTR, the youngest region in India Area. I owe my Y's dom activities to the Regional Director Ym. CA Francis Abraham, since he is the guiding and motivating factor.

The support and contribution of each and every member of this region is the catalyst to every leader to perform and do greater things for the society. We as a family club encourages the whole Y's family to take part in the Socio-Cultural activities to make a positive impact which serves as the Holistic approach -UNITY & STRENGTH.

As the Region embark new endeavours and continue our programmes, It's the duty of each and every member to give whole hearted support and contributions which is the back bone of our activities. ***Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved.***

I Hope this Hand Book will provide better relationships thus creating harmony and peace which provide growth and enthusiasm to our community. I take this opportunity to thank each and every one who helped me to publish this Hand Book.

Thanks & Regards,

Ym. John Varghese  
Regional Bulletin Editor, CTR





# International President's Message



Dear C. A. Francis Abraham,

It is with great pleasure that I extend my greetings to you as you assume the position of Regional Director of the Central Travancore Region. Your installation marks not only a personal milestone but also a promising new chapter for the Region.

As we stand at the threshold of a new term, it is with a profound sense of responsibility and excitement that I address you through this Directory. The journey ahead, filled with both challenges and opportunities, calls for innovation, dedication, and a collaborative spirit.

My IP theme, "Sunshine and Smiles," emphasises the light we aim to spread in our communities and the joy derived from service. My slogan, "Simple Is Beauty," invites us to embrace simplicity in our actions and thoughts, enabling us to tackle complex challenges with clarity and effectiveness.

As you take on this vital role, know that you are supported by a community that values courage, integrity, and a relentless commitment to service. I am confident that under your guidance, the Central Travancore Region will achieve remarkable successes and continue to make a significant impact in the lives of many.

Together, let's bring sunshine and smiles to every corner, making a lasting impact on the world around us.

Let's move Y's Men! Let's move the world!

Sincerely & Y'sly,

Mr Charming Shen  
International President Elect 2023/24

Serving the World with the YMCA since 1922

International President: Mr Ulrik Lauridsen • International Secretary General: Mr Jose Varghese  
Y's Men International • 121 Rue de Lausanne • CH-1202 Geneva • Switzerland T: (+41) 22 809 1530 @: ihq@ysmen.org





## International Secretary General's Message

Dear Members of the Central Travancore Region,

As we turn the page to welcome the 2024/25 term, it is with a sense of great anticipation and collective resolve that we share in the vision charted by our esteemed Regional Director 2024/25, Francis Abraham. The journey from a modest luncheon club in Toledo to the global community of fellowship and service that is Y's Men International is a testament to the enduring spirit of our organization – a spirit that is abundantly evident in the Central Travancore Region.

Under the stewardship of RD Jacob Verghese, we have witnessed exemplary leadership during 2023/24 that has galvanized our mission and expanded the frontiers of our service and extension. The establishment of new clubs and the surge in our membership are reflective of the dynamic spirit and commitment that thrive among us. These achievements are not merely milestones but beacons of hope, illuminating the path of service we walk together.

Our collective identity, steeped in altruism and magnanimity, draws from the profound teachings of Jesus Christ. It is this identity that empowers us to effect positive change and to honour our motto: "To acknowledge the duty that accompanies every right."

As we embrace Strategy 2032, we are not just planning but actively laying the foundation for a future enriched by inclusion, identity, innovation, and expansive growth across over 100 countries and 2,500 communities. Our commitment extends to health, the environment, and education, propelled by our mission partnership with the YMCA, moving us steadfastly towards our goal of global betterment.

In this handbook, you will find not only the names and contacts of our fellow members but also the essence of our shared aspirations and commitments. Let it serve as a beacon, guiding us to foster strong connections within our community and beyond.

Together, let us forge ahead under the shared vision of a just and sustainable world. Your individual leadership, service, and participation are the sparks that will ignite substantial change, furthering the YMI's mission to be a lighthouse of hope and transformational progress.

With warm regards and in solidarity,

Jose Varghese  
International Secretary General

**Serving the World with the YMCA since 1922**

International President: Mr Ulrik Lauridsen • International Secretary General: Mr Jose Varghese  
Y's Men International • 121 Rue de Lausanne • CH-1202 Geneva • Switzerland T: (+41) 22 809 1530 @: ihq@ysmen.org



*With Best Compliments...*



Ym IPE VARGHESE

Regional Historian



## Area President's Message

**Dear Ym., Francis Abraham, RD CTR**

It is with great pleasure and honor that I convey my heartfelt greetings and congratulations on your assignment as the Regional Director of the prestigious Central Travancore Region.

Y's Men comprises people of all faiths who love and respect one another. Spread all over the world they together constitute the Y's Men International. The fundamental aim of this movement is in creating a better world through charitable and service activities.

Communication is a vital link in our movement and as such Directory/ Souvenir/ Bulletins play an important role in highlighting the Region and its activities. Only through such publications will others come to know about our organization.

"Love a friend who hurts you, avoid hurting a friend who loves you, sacrifice whatever you can for a friend". If this selfless love and respect for friendship is practiced, Y'sdom would indeed grow to be a tree of service with roots and branches across the world; and touching every needy, across the globe beyond race, creed, colour and religion promoting the universal religion of "Love and Care". I wish good luck and Godspeed to Ym. Francis Abraham and his team, in all their endeavours.

**Area Slogan :** *"Work together towards Harmony"*

**Area Theme:** *"Empower, Excellence, Extend"*

**Blessings and Regards,**

**Yours in Y'sdom.  
Ym. V.S.Radhakrishnan, AP**





# Immediate Past Regional Director's Message



**Dear Ym John Varghese**

My warm greetings. Central Travancore Region is entering into its fourth year and we can be proud that CTR is growing steady in all respects and has earned a high reputation in its Ys Dom movement and in the society as well.

Publishing a hand book cum directory in the very beginning of a new Ys Dom year is an exemplary achievement. Any person who ventured this would know how difficult the process is. I appreciate Ym. CA Francis Abraham and his team especially the editor of Directory Ym. John Varghese for their commendable work.

As a matter of fact I firmly believe that the efforts taken by the CTR team 2024-25 in regard will achieve its goals as expected and will work as a guide and tool for the conduct of all programs this year.

Regional team 2023-24 assures its full support to the new regional team. May the good god bless the new team with the wisdom of King Solomon to lead CTR to greater heights.

**With Warm Regards,**

**Ym. Adv. Jacob Varghese**  
**RD 2023-24**



## Regional Director's Message

I am happy to address you through this bulletin as the **fourth** Regional Director of Central Travancore Region. First and foremost, I congratulate our Bulletin Editor Ym. John Varghese and Secretary Ym. Manoj Abraham Joseph for their hard work and efforts for releasing this publication. Our predecessors have done wonderful team work and the RD Troika always stood for the entire growth of the organisation and the CTR. Our IPRD Ym. Adv. Jacob Varghese always showered positive energy to my entire activities as RD Elect. This is the rare thing that is present in this region from the very beginning.

I have to face a lot of challenges during the coming Ys dom year. All our youths are migrating to other continents and this will starve our membership growth. I have a great wish to touch the magical figure of 1500 members during the year 2024-25. This can only be achieved through internal and external growth. I request all clubs should try their best to increase the growth to 15 percent. Our Regional Project is Renal Care. We can try our best to organise maximum number of community development programmes and to serve our neighbours and downtrodden.

I hope you all will cooperate with me and our LRD's, DG's to achieve our organisational goals and Y's Men motto ***"To Acknowledge the Duty that Accompanies Every Right"***.

***Regional Theme : Empower the Self...***

***Regional Slogan : Strengthen Unity through Harmony...***

***Major Project : Renal Care***

**Ym. CA. Francis Abraham**  
**Regional Director**  
**Central Travancore Region**





Y'S MEN INTERNATIONAL

## Regional Cabinet

REGIONAL  
PATRON



Yw. Susy Mathew

REGIONAL  
ADVISOR



Ym. MHR Mammen  
Oommen

REGIONAL DIRECTOR



Ym. CA Francis Abraham

IPRD



Ym. Adv. Jacob Varghese

RD ELECT



Ym. Dr. Rajesh V.

SECRETARY



Ym. Manoj Abraham  
Joseph

TREASURER



Ym. Francy Paulson

BULLETIN EDITOR



Ym. John Varghese

Y'S GUY



Ym. Samson Issac

LTOD-1



Ym. Ninan Kovoov

LTOD-2



Ym Binu Variath

EXECUTIVE SECRETARY



Ym. Adv. Cyril T. Eapen

WEB MASTER



Ym. Biju Thomas

MENETTES  
CO-ORDINATOR



Yw. Chitra Vinod

Y'S LING  
CO-ORDINATOR



Yy. Mabel Mathew Francis

PRO



Ym. Sanoj Varghese

HISTORIAN



Ym. Ipe Varghese

CHIEF  
CO-ORDINATOR



Ym. K. T. Thomas

PROJECT  
CO-ORDINATOR



Ym. Adv. Abey Thomas





LTOD



Ym. Ninan Kovoor

EXECUTIVE SECRETARY



Ym. Adv. Cyril T. Eapen

WEB MASTER



Ym. Biju Thomas

MENETTES  
CO-ORDINATOR



Yw. Chitra Vinod

Y'S LING  
CO-ORDINATOR



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PRO



Ym. Sanoj Varghese

HISTORIAN



Ym. Ipe Varghese

CHIEF  
CO-ORDINATOR



Ym. K. T. Thomas

PROJECT  
CO-ORDINATOR



Ym. Adv. Abey Thomas



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### LRD-ZONE 1



Ym. Dr. Vinod Raj  
9847264214

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9495111834

### Dist. Governor-2



Ym. Dr. Saji Kurian  
9847440646

### Dist. Governor-3



Ym. Sunil Kumar S.  
9446267704

### Zonal Secretary



Ym. V. S. Jose  
9633852945

### Dist. Secretary



Ym. Binoy Yohannan  
9495757974

### Dist. Secretary



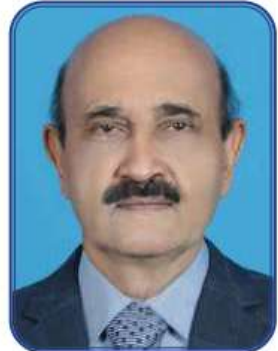
Ym. Abey Jacob  
9447123600

### Dist. Secretary



Yw. Chithra Vinod  
9495807616

### Zonal Treasurer



Ym. Jose Karimarathinal  
8943918750

### Dist. Treasurer



Ym. Alexander George  
9562369776

### Dist. Treasurer



Ym. Sunil Mattathu  
9349905151

### Dist. Treasurer



Ym. Abhilash U.  
9447369671



**LRD-ZONE 2**



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9048295600

**Dist. Governor-4**



**Ym. John Thomas**  
9447220510

**Dist. Governor-5**



**Ym. Thomas Zachariah**  
9447148105

**Dist. Governor-6**



**Ym. Dr. Sunny V. Zacharia**  
9447022136

**Zonal Secretary**



**Ym. Philip Abrham**  
9048464879

**Dist. Secretary**



**Ym. John Mathai**  
9447970615

**Dist. Secretary**



**Ym. Thomas Mathew**  
9447176300

**Dist. Secretary**



**Ym. Jacob Puthumana**

**Zonal Treasurer**



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9946533266

**Dist. Treasurer**



**Ym. Abhish Jacob Thomas**  
9995595535

**Dist. Treasurer**



**Ym. C. P. Kunjachan**  
9744222894

**Dist. Treasurer**



**Ym. P. A. Antony**



# RD Profile

Ym. Francis Abraham is the younger son of Mr. Mathew Abraham and Rosamma Abraham, Punnanchira a branch of Kannampally family. He was born at Kurumpanandom in Changanacherry taluk. He did his schooling at SH English Medium School, Changanacherry and graduation from SB College Changanacherry. He has undergone article ship in M/s O Thomas & Co Chartered Accountants, Kottayam.

He joined the Y's Mens Club Chengannur in the year 2000 and served the club as Secretary (2003-05) and president(2005-06).During his term the club won many awards viz Outstanding Secretary of the region, Golden Club Secretary, Outstanding president of the Region including the Best Treasurer of the Region (2002-2003) . He was RSD for several years and the General Convenor for Regional Cultural Meet (2008-09) and DSD for Cultural meet of the District two times. He was the general convenor of Regional Convention (2010) held at Chengannur. During his term as secretary Chengannur club purchased a plot of land in the heart of the town. He became District Governor during the year 2013-14 and got the coveted Elmer Crowe award from the International. He was the Zonal secretary during the year 2014-15. He served as ASD for several years. He was the LRD Zone IV in SWIR, during the year 2018-19 and he was the Best LRD of SWIR and India Area. He served as treasurer of SWIR during the year 2020-21 and got coveted award from International as best regional treasurer.

He was the president of Yuvadeepti, a Syrian Catholic youth organisation. He was the former president of the Kerala Congress party Madapally Mandalam Committee. He was the best singer in SB College Changanacherry in 1981. He was the joint convenor of the construction committee for the Marth Mariam Forane Church, Chengannur which is consecrated in the year 2022 with limited resources of eighty families. At present he is the secretary of the Marth Mariam Forane Church. He is a Director Board Member of YMCA Chengannur and a life member too.

He is practicing as a Chartered Accountant in Francis Abraham & Co, Chengannur from 1992. He is happily married to Anitha Francis and blessed with three children. The eldest of them is Milan Abraham Francis who has completed his MBA in Finance & Taxation and currently working in Kuwait. He is married to Betsy Joseph a Chartered Accountant. They are blessed with a son. The second of them is Melvin Thomas Francis who is an Associate at Francis Abraham & Co, Chengannur and the youngest of them is Mabel Mathew Francis, who is studying B Com at Bharata Mata College, Ernakulam.

He participated in the 18 th International Youth Convocation of Y's Men International which was held in Chiang Mai, Thailand from 3 rd September to 9 th September 2022 and he was the best camper of India Area Youth Camp. He also served as Regional Y's Ling Coordinator. And currently he is president of Y's Youth Chengannur.



# RD Family







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**RS** Ym. Manoj Abraham Joseph

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**RT** Ym. Fancy Paulson

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**RBE** Ym. John Varghese

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**RY's Guy** Ym. Samson Issac

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## CLUB OFFICIALS

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**Secretary**



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**President**



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**Treasurer**



**Ym. T C Jacob**  
9847478524





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Parayathukattil  
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Treasurer



Ym. Aniyankunj  
Varghese  
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Treasurer



Ym. Anish Thomas  
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Ym. Akhil R Nair  
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Treasurer



Ym. Aayush S C  
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Secretary



Yy. Aashin Reji

Treasurer



Yy. Abhijith Saju





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Kallara  
9495848627**

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**Yw.. Santha Abraham  
8281404055**

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**Secretary**



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**Treasurer**



**Ym. Dennis Baby  
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**Secretary**



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Kaleekal  
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Kuriakose  
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**Secretary**



**Ym. Samson Samuel  
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**Treasurer**



**Ym. Renjith Thomas  
9846787858**





## Y'S MEN INTERNATIONAL

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9847072756

Secretary



Ym. Philip Thomas  
9745270200

Treasurer



Ym. Mathew Philip  
9747006121

### DISTRICT 3 YMC MALLASSERY

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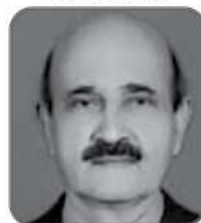
Yw. Sally Jose  
9633852944

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Yw. Chitra Vinod  
9495807616

Treasurer



Ym. Jose  
Karimarathinal  
8943918750

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Nair  
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Ym. Shibu  
Kunnappuzha  
9947281905

Treasurer



Ym. Jijukumar S  
9605856979

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Abraham  
9961386815

Secretary



Ym. Jaimon M O  
9447359151

Treasurer



Ym. V R  
Balakrishnan  
9745524358





**DISTRICT 3 YMC PATHANAMTHITTA TOWN**

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Daniel  
9747495914

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Ym. Rajesh R Nair  
9847533778

Treasurer



Ym. Binu Varghese  
9446979807

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Secretary



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8547826077

Treasurer



Ym. Sreekumar K C  
9813096110

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Secretary



Ym. T M Cherian  
9496602548

Treasurer



Ym. Geogy Thomas  
8547833468

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Chacko  
9446186667

Secretary



Ym. Paul V Joshua  
9871230895

Treasurer



Ym. George Mathew  
9207667312





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9447207093

Secretary



Ym. Joshua Mathew  
9447116368

Treasurer



Ym. Mathew Thomas  
9446581015

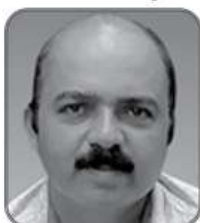
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Ym. Thankachan T G  
9387200375

Secretary



Ym. Manoj M Philip  
9447525517

Treasurer



Ym. Sunil Varghese  
9207380856

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George  
9446462888

Treasurer



Ym. Denny Daniel  
9447563652

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Ym. Prof K M Sunny  
9447454848

Treasurer



Ym. T J Joseph  
9447594747





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9207601035

**Treasurer**



**Ym. Anish Thomas Daniel**  
9526457902

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**Secretary**



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**Treasurer**



**Ym. Jose Thomas**  
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**President**



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9946040404

**Secretary**



**Ym. Alex Golden**  
9744297229

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**Ym. Philip Abraham**  
9048464879

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9495754198

**Secretary**



**Ym. Monichan K K**  
9447457282

**Treasurer**



**Ym. Sabu K V**  
7907932919





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Secretary



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9447599237

Treasurer



Ym. Georgekutty  
Thomas  
9447208427

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Secretary



Ym. Dr R V Ajith  
9447361398

Treasurer



Ym. N R Satheendran  
9495706310

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Kunnathu  
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Treasurer



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George  
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Kurian  
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Treasurer



Ym. Ipe Ninan  
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**Treasurer**



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**DISTRICT 5 YMC KOTTAYAM**

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**Secretary**



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**Ym. C P Kunjachan**  
9744222894

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**Secretary**



**Ym. Joseph Abraham**  
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**Treasurer**



**Ym. Babu James**  
9446714053





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Secretary



Yw. Timy Dale  
8606072772

Treasurer



Ym. Cyril Jacob  
9447570232

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Jacob  
9447641950

Secretary



Ym. M S Harilal  
9048501497

Treasurer



Ym. Madhusoodhanan  
Nair  
9447000470

### DISTRICT 6 YMC PALA

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Secretary



Ym. Terby J  
Thiruthalil

Treasurer



Ym. Jacob  
Sebastian

### DISTRICT 6 YMC KOLLAPPALLY

President



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Michale

Secretary



Ym. Mathew  
Perumattikunnel

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Ym. Devasiachen





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**President**



**Ym. Jose Joseph**

**Secretary**



**Ym. Roy Sebastian**

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Augustine**

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**Ym. Binoy Thomas**  
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**Treasurer**



**Ym. Biju Thomas**  
9447231272

**DISTRICT 6 YMC PINNAKANAD**

**President**



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**Secretary**



**Ym. V M Joseph**

**Treasurer**



**Ym. Immanuel  
Joseph**

**DISTRICT 6 YMC PANACKAPALAM**

**President**



**Ym. M A Thomas**

**Secretary**



**Ym. K M Thomas**

**Treasurer**



**Ym. T A Thomas**



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Secretary



Ym. Praveen  
Varghese

Treasurer



Ym. Prince Jacob

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President



Ym. James Issac

Secretary



Ym. Joshy Joseph

Treasurer



Ym. Tom Sebastian

### DISTRICT 6 YMC MUTHOLY

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7561095149

Secretary



Ym. P S Raveendran  
Nair  
9447275955

Treasurer



Ym. Jojo Issac  
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## ORGANISATIONAL STRUCTURE

The structure of the movement is based on six levels, starting from the International at the top to the clubs at the bottom level. The various levels are:

1. International
2. Area
3. Region
4. Zone (Only in India Area)
5. District
6. Club

### INTERNATIONAL

At the top of the hierarchy is the International, with International President, as its head.

#### International President (IP)

The international President (IP) is the International Executive Officer of the movement. He is elected annually as the International President. Elect by the clubs through postal ballot online (One vote for each club) and succeeds the incumbent IP when his term ends. The IP's term of office is for one year, from 1st July to next 30th June. Only brilliant Y's Men/Y's Women with exceptional leadership qualities are elected to this great office.

Every IP chooses a theme, a motto or slogan with as few words as possible reflecting his perspective and main goal for the year.

#### International President-Elect (IPE)

International President –Elect ( IPE) is the leader chosen one year in advance to succeed the IP and he takes office on July 1st when the previous 1st term ends. This one year period before he assumes office as IP is to enable him to prepare for that great responsibility and challenge.

#### Immediate Past International President (IPIP)

The present IP becomes PIP when the IPE becomes the IP. As years go by there will be more PIPs but the most important is the Immediate Past International President, the PIP who has to play a vital role in the administrations of the movement by providing continuity to the system. The IP, IPE and IPIP are the trio leadership of Y's dom.

#### International Secretary General (ISG)

The international Secretary General is the only full time paid International Executive of the movement. His office is situated in the premises of the World Alliance of YmCA in Geneva, Switzerland.

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Shri. **Philip  
Samuel**

George Town

**TEXAS, USA**

**With Best  
Compliments...**

**Dr. Issac  
George  
Plammoottil &  
Mrs. Prema  
Sara George**

**USA**

**With Best Compliments...**

Shri. **LEGI ABRAHAM  
VETTUKUZHIYIL  
EBENEZER**

**VAZHARMANGALAM**





### **International Treasurer (IT)**

The International Treasurer is elected annually by the clubs through postal online ballot. It is an honorary job and does not carry any salary. It is the duty and responsibility of IT to ensure that the International Funds are properly administered and the budget is effectively planned and implemented.

### **International Executive Officers (IEOs)**

The IP, IPE, IPIP and IT are the International Executive Officers in Y'sdom. This ISG who is a full time paid servant and is invited to attend all IEOs meetings and International Council Meetings. He is indeed the Kingpin of the movement.

### **Other International Officers**

At the International level Y'sdom tries to involve as many experienced leaders as possible by assigning specific areas of work to them. The IP nominates leaders from different parts of the world as International Service Directors (ISD). Each ISD will be given charge of a particular avenue or field of activity. The ISD will be directly responsible for the IP and ISG.

Again IP appoints International Committees and Task Forces for specific duties such as International Convention, Constitution amendments etc

### **The International Council (IC)/International Council Members (ICMs)**

The international Council is the top legislative body at Y'sdom. Its members are called International Council Members (ICMs). The IC meets at least once in a year, in July. Legislations are made in the meeting. There are 21 ICMs in the International Council. The IEOs including ISG attend the meeting but they have no votes. Only ICMs have votes. The ICMs serve for a period of three years. There is another meeting known as Mid-year meeting in January convened in different places where IEOs ISG and Area Presidents-Elect (or Area President in their places, If IP sees a need for them to attend) only attend.

On July 1983, India Area was formed as the eighth Area. Each Area is entitled to be represented by at least One ICM. The remaining 13 ICMs are chosen by the local clubs depending upon the Areas' paid up Membership strength.

### **AREA**

Below the international is the Area, which is headed by the Area President (AP). He is assisted by the Area Cabinet consisting of Area President Elect (APE), Immediate Past Area President (IPAP), Area Secretary, Area Treasurer and Area Bulletin Editor, the last three being nominated by Area President. There is an Area Council to assist the Area Team. Area President co-ordinates the activities of the Regions within that Area.

Area President is elected from among the International Council Members from that Area. The persons entitled to vote for the election are Regional Directors and



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അലൂമിനിയം ഷീറ്റ്, വി.ഗാർഡ് പമ്പ്  
പ്ലംബിംഗ് മെറ്റീരിയൽ

എല്ലാവിധ  
ഹാർഡ് വെയർ  
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മിതമായ വിലയിൽ  
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International Council members from the Area, who will hold the office during the year for which the president is being elected. If any Region has not elected their Regional Director for the said year, then Regional Director holding the office at that time shall be entitled to vote.

Area President appoints Area Services Directors to co-ordinate activities at various portfolios.

## REGION

Next level in the organization is Region, India Area is divided into 9 Regions, namely - Central India Region (CIR), South India Region (SIR), South West India Region (SWIR), West India Region (WIR), Mid West India Region (MWIR), Central Travancore Region (CTR), Middle East Region (MER), South Central India Region (SCIR), Northeast Northeast Region (NENER).

Each Region is administered by a Regional Director (RD). His cabinet includes the Regional Director Elect (RDE), immediate Past Regional Director (PRD), Regional Secretary, Regional Treasurer and Regional Bulletin Editor. RDE is elected during Regional Convention and succeeds the incumbent RD, when his term ends. The RD's term at office is for one year from 1st July to next 30th June. Regional Secretary, Regional Treasurer and Regional Bulletin Editor are nominated by respective RDs. There is a Regional Council to assist the Regional Director.

Regional Council consists of Regional Cabinet, Regional Related YmCA Secretary, Lt Regional Directors, LRD Elects, District Governors and Regional Service Directors. It also includes international and Area officers, if any from the Region.

Regional Director provides the vital link between IHQ and the local clubs through Districts. RD is responsible to the HQ for prompt reporting and payment of dues and for implementing policies and Programmes of the Movement and for communication between local clubs and HQ. RD represents the Region in Area Council.

## Regional Convention

This is the general body meeting of the Region, ordinarily held once in a year between 1st May and 30th June.

## ZONE

Between the levels of Region and District, we in India Area have an administrative set up called Zone. (This is not practiced in other Areas). Each Region is divided into Zones depending on its size. Each zone will be under the control of a Lieutenant Regional Director (LRD), who will function as the liaison between the Region and the Districts. LRD Elect is elected by the Zone during Regional Convention and succeeds the incumbent LRD, when his term ends. The LRD's term of office is for one year, from 1st July to next 30th June.

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**NALANDA ASSOCIATES**

KAPUZHA NORTH, KULANADA VIA, PANDALAM, PATHANAMTHITTA DISTRICT

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Functions of LRDs, as being practices now is given in section 14 of the Hand Book, under 'Duties and Responsibilities of officers'

## DISTRICT

Each Region is divided into Districts to be administered by District Governors(DG). District Governors report to Regional Director. Each District will have clubs not exceeding 20. The DG will have a Cabinet consisting of District Governor Elect, Immediate Past District Governor, District Secretary, District Treasurer and District Bulletin Editor, the last three being nominated by respective DG. District Governor Elect is elected in District in Conference held before 30th of April. District Governor Elect succeeds the incumbent DG, when his term ends. The DG's term of office is for one year from 1st July to next 30th June. District Governors nominate Lieutenant or Deputy Governors and District Service Directors to assist him in various portfolios at District level. (as Regional Service Directors work at Regional Level) There will be a District Council, headed by District Governor and consisting of all the above officers and Presidents and Secretaries of the clubs, for management of the District.

## CLUB

The Most basic unit of our organization is the Y's Men's Club known constitutionally as 'Affiliated Club'. A club will have a team of office bearers, President, President Elect, (or Vice President) Immediate Past President, Secretary, Treasurer, Bulletin Editor and Y's Guy to be assisted by a Board of Directors.

The spouses of Y's men form the "Y'S MENETTES CLUB". Children, both boys and girls generally in the age group at 8-21 form the "Y'S LINGS CLUB". We also have "Y'S YOUTH CLUB" consisting of Youth (15-25 years of age), who are likely to join us as Y's Men or Y's women later in their life. Members of Y's Youth Club need not be children of Y's Men. The effective functioning of the Y's Men, Y's Menettes & Y's lings (Y's Youth if functioning) clubs together will establish that it is a family movement. Y's Menettes Club, Y's Lings Club and Y's Youth Club members do not have any constitutional right as Y's Men. However Women can also join Y's Men's Clubs or start Y's Women's Club affiliated to Y's Men International.

It is through the Y's Men's Clubs that our movement is working. Each Club has a constitution (which is in line with International Constitution), prepared initially at the formation and chartering of the Club as a mandatory requirement, which might get amended from time to time as found necessary. Clubs have to work within this constitution towards fulfillment of objectives of our movement.

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M.C. Road, Chengannur***





## DUTIES AND RESPONSIBILITIES OF CLUB OFFICIALS

### TIPS TO PRESIDENTS

- ◆ You are the most important person and leader of the club.
- ◆ Be fully aware and familiar with the “Guidelines for all activities & pre installation duties.”
- ◆ The president shall preside over all club meetings. (understand different club meetings)
- ◆ Finalize the Agenda for the meetings in consultation with DB/ Secretary/ Programme committee chairman.
- ◆ Before the start of a meeting see that other officials have carried out their duties to your satisfaction.
- ◆ Start and close/ adjourn the meeting on time.
- ◆ Know all family members as best as possible as we are a family club and maintain good public relations.
- ◆ Attend to all correspondences promptly.
- ◆ Official visit of RD, LRD & DG should be organized as important functions.
- ◆ Participate in all Regional, District, inter club meetings and Zonal training.
- ◆ Implement all major and minor projects.
- ◆ Sponsor new members, clubs & YmCA.
- ◆ Get involved in YmCA Programmes.
- ◆ Organize to contribute towards all Area & International projects Endowments and programmes.

### TIPS TO SECRETARIES

- ◆ Secretaries are the chief executive of the club and be aware of pre installation responsibilities and guidelines for all activities.
- ◆ Obtain club charter, inventory of the club and the history of the club from your predecessor.
- ◆ Compile a list of all family members (phone, e-mail, profile).
- ◆ Prepare a mailing list of Regional, Zonal & District officers.
- ◆ Prepare your club almanac (calendar) for the Y's dom year in consultation.
- ◆ Prepare the Agenda for and minutes of all club meeting
- ◆ Place before the Board all correspondences from RD, RDE, LRD, DG & RSD and read the relevant portions at club meetings.
- ◆ Send the semi-annual rosters on or before stipulated time.
- ◆ Send monthly report to the higher formations on or before time.
- ◆ Attend District councils, District conferences, Leadership training camps & Regional conventions

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**MANTHUKA**





- ◆ Send nominations as part of election procedure for the incoming officials for the next year before March and repost it to RD, RDE, LRD, LRDE & DGE.
- ◆ Make sure you celebrate all important days, such as Founder's Day, Charter Night, Independence Day, Onam, Christmas etc.
- ◆ Update the history of the club and project register.
- ◆ Send brief report & photographs of your activities to the Regional BE, District BE and to other higher formations as required.
- ◆ Publicize your social services in social media.

### TIPS TO TREASURER

- ◆ He is in charge of the finance of the club and its accounts.
- ◆ He is responsible for all receipts and pa Ym.ents as per the directions of the DB.
- ◆ The treasurer shall prepare a budget in consultation with the Finance Committee and get it approved by the Board.
- ◆ He shall keep a full and correct account of all Income and Expenditure and submit it at each meeting of the Board.
- ◆ Issue quarterly statement to each member for dues and other financial obligations owed to the club.
- ◆ He shall operate the accounts of the club jointly with the President or the Secretary.
- ◆ Half yearly dues shall be remitted to the RT and the District dues to DT before time.

### TIPS TO Y'S GUY

- ◆ Y's guy is a very important figure in the functioning of the club and he can make the club lively and interesting. It is his duty to place flags, banner, collar and other paraphernalia at each meeting and to return it.
- ◆ To see all are properly seated as per the protocol during meeting. He should be a very good observer of the meeting from the beginning to the end.
- ◆ He can make note of any minor and major mistakes by any member and can impose a fine. Never do anything to offend any member.
- ◆ Do not fine the chief guest.
- ◆ Ultimately a Y's guy can be a corrective force for the smooth functioning of the club.

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## ACTIVITY CALENDER 2024 - 25

### 2024 JULY

1 Monday	Commencement of New Y's year
21 Sunday	Leadership Orientation Zone 2
28 Sunday	Leadership Orientation Zone 1
31 Wednesday	Last date to receive first sem dues, roster, installation of office bearers

### 2024 AUGUST

3&4	1st Area Council
10 SATURDAY	DG, LRD meet with cabinet
11 SUNDAY	1st Regional Council & RSD Meet @ Dist----
15 THURSDAY	Independence Day Celebration
18 SUNDAY	1st District Council-1,2,3
25 SUNDAY	1st District Council-4,5,6

### 2024 SEPTEMBER

14 SATURDAY	District Youth Camp- District 1,2,3
21 SATURDAY	District Youth Camp- District 4,5,6
22 SUNDAY	Regional Onam Celebrations
29 SUNDAY	Regional Mennetes Day

### 2024 OCTOBER

6 SUNDAY	2nd Regional Council & RSD Meet @ Dist----
12 & 13	2nd Area Council
15 TUESDAY	Publishing of award points earned so far
18,19,20	Regional Youth Camp @ Kuttikanam
20 SUNDAY	DG's Meet with PST in all Districts
27 SUNDAY	District Cultural Meet-District 1,2,3,4,5,6

### 2024 NOVEMBER

10 SUNDAY	2nd District Council-1,2,3
14 THURSDAY	Childrens' Day Celebration
17 SUNDAY	2nd District Council-4,5,6
24 SUNDAY	Regional Cultural Meet

**With Best  
Compliments...**

Mrs & Mr  
**Thomas  
Varghese**

10F Noel Arcadia  
Padamugal  
Vazhakkala

**ERNAKULAM**

**With Best  
Compliments...**

Shri. **JOHN  
MATHEW**  
AYROOKUZH

**PUTHENCAVU**

**With Best Compliments...**

Shri. **James Abraham**  
Chethipuzha house  
Managing partner  
M/s Neo polymers  
M/s Allied rubber and plastics  
M/s clariant extrusions

**PERUMPANACHY P.O, CHANGANACHERRY**



**2024 DECEMBER**

1 SUNDAY	District Sports Meet 1,2,3,4,5,6
8 SUNDAY	Founders Day Celebrations
15 SUNDAY	DG LRD Meet with cabinet
28,29,30	Area Youth Camp
29 SUNDAY	Regional Christmas & New Year Celebrations

**2025 JANUARY**

	3rd Area Council
5 SUNDAY	Regional Sports Meet
12 SUNDAY	India Area Mid-Year review meeting-RD's & DG's
15 WEDNESDAY	Publishing of award points earned so far
26 SUNDAY	Republic Day Celebrations
31 FRIDAY	Last date to receive 2nd sem dues, roster, list of office bearers of next year.

**2025 FEBRUARY**

9 SUNDAY	TOF observation
16 SUNDAY	Youth TOF day
23 SUNDAY	3rd Regional Council & RSD Meet @ Dist----

**2025 MARCH**

2 SUNDAY	3rd District Council 1,2,3
9 SUNDAY	3rd District Council 4,5,6, RDE, DGE Training
23 SUNDAY	DG LRD Meet with Cabinet

**2025 APRIL**

13 SUNDAY	Leadership & Orientation for incoming officers of Zone 1
15 TUESDAY	Publishing of award points earned so far
20 SUNDAY	Leadership & Orientation for incoming officers of Zone 2
26	Regional Picnic
27 SUNDAY	Regional Family Get together

**2025 MAY**

18 SUNDAY	Annual District Conference-1,2,3,4,5,6, Regional Election
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**2025 JUNE**

22 SUNDAY	4th Regional Council & Annual Convention, Installation of RD & Team
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**ROSTER FORM**

- Roster for the Half year ..... 31st ..... July 2024 .....
1. Y's Men's Club of ..... District ..... Zone .....
  2. Inaugurated on ..... Chartered on ..... Name of Sponsoring Club .....
  3. Monthly subscription per member Rs ..... Bank A/c for Club : Yes / No
  4. No. of Y's Men ..... No. of Y's Women ..... No. of Y's Youth ..... as on .....
  5. Regular meeting Date & Time ..... Venue .....
  6. Total number of Y's Menettes ..... Total number of Y's Lings .....  
Y's Youth in your club.....

**Name of Club Office Bearers for the Year 2024-25**

1	Y's Men's Club President	
2	Y's Men's Club Secretary	
3	Y's Men's Club Treasurer	
4	Y's Men's Club President Elect	
5	Y's Men's Club Y's Guy	
6	Y's Men's Club Bulletin Editor	
7	Y's Menettes' Club President (with address, e-mail id & mob. no.)	
8	Y's Menettes' Club Secretary (with address, e-mail id & mob. no.)	
9	Y's Lings' Club President (with address, e-mail id & mob. no.)	
10	Y's Lings' Club Secretary (with address, e-mail id & mob. no.)	

Place : ..... (Signature)..... (Signature) .....

Date : ..... (President) ..... (Secretary) .....

Note : Y's Youth mentioned in item 4 above is regarding Y's Youths, those who are paying the dues. Please attach the completed roster in the given format and send to the below address before 31st July 2023. The last date for the pa Ym.ent of 1st semester dues is 31st July 2024.





## REPORTING FORM FOR Y'S MENS CLUB

<b>Name of Y's Men's Club :</b>			<b>District :</b>			<b>Zone :</b>				
I	Installation mtg on		Installation Officer		Club Budget ?	YES/NO				
	Club Family Mtg on		Guest Speaker		Club Account ?	YES/NO				
	Fire Side Mtg on		Board Mtg on :		Club Calendar ?	YES/NO				
	Honoring public person :		YES/No	Yes	Wearing Lapel pin in Club meetings					
II	Name of Celebrations :					Date :				
	Name of Family Build up program :					Date :				
IV	Official Visit and Date		DG		LRD		RD			
V	Reporting with dates		Monthly Report		1st/2 <sup>nd</sup> Sem Roster to RD/DG/LRD					
			Updated Club History		List of office bearers 2022-23					
VI	Payment of Dues		Payment of 1 <sup>st</sup> /2 <sup>nd</sup> Sem dues before 31 <sup>st</sup> July 2022/31 <sup>st</sup> January 2024							
	Amount Paid		Rs.	Mode of Payment :		NEFT				
VII	Publication & Communication		Club Directory	YES/NO		Club Facebook	YES/NO			
			Club News Letter	YES/NO		Club Whatsapp	YES/NO			
			Club Website	YES/NO		E Bulletin	YES/NO			
			Advertisement to Regl. Publication		Amt. in Rs.					
	International Voting		YES/NO							
VIII, IX	Maintenance of all Club Records		YES/NO		Account Book		YES/ No			
X	Participation in District / Zonal/Regional Programs	Sl. No.	Date	Programme & Details			No. of Participants			
		1								
		2								
		3								
XI	International projects	BHF/ASF/TOF		Amount in Rs.		Date				
		TOF		Amount in Rs.		Date				
		Roll Back Malaria Kits		Qty		Date				
XII	Membership Conservation/ Extension	Membership as on 01/02/2023				Membership as on 01 <sup>st</sup> August 2023				
		Y's Men	Yw	Y's Youth	Total	Y's Men	Yw	Y's Youth	Total	Difference
		Name of the New Club sponsored			YMC		Date			
	Name of the Sick Club revived			YMC		Date				
XIII	Contribution to Endowment Funds	Number of New MHR/PWAF/DPWAF/ during this month								
		Details of Donors :								
XIV	Implementation of Project 'RENAL CARE' Furnish details of Project and Amount spent.	Amount Collected from members					Rs.			
		Renal Care Awareness program conducted :					Date			
		Dialysis Kits Supplied					Date			
		Dialysis Centre Started in association with Hospitals Date :					Rs.			
XV	Implementation of Minor Project 'Pediatric Cancer CARE' Furnish details of Project and Other Image building	Amount Collected from members					Rs.			
		Renal Care Awareness program conducted :					Date			
		Dialysis Kits Supplied					Date			
		Dialysis Centre Started in association with Hospitals Date :					Rs.			
XVI	Programs conducted, furnish details									
	Total points Claimed				Total points Awarded					
	Remarks									
Name & Signature of Club President/Secretary										
Date :										

**NOTE :** Please see the guidelines for club activity and award criteria. Items once reported need not be repeated in subsequent month. Attach separate sheets to report more details if necessary along with selected photographs. Please send original to RD and copies to LRD & DG to reach before 10<sup>th</sup> of succeeding month.





## REPORTING FORM FOR Y'S MENETTES CLUB

Y's Menettes Club Report for the month of.....

Name of Y's Menettes Club :		District	Zone	
I	Installation mtg on	Installation Officer		
	Club Family Mtg on	Board Meeting on		
	Y's Menettes Chaired Meeting on	Chief Guest	Smt.	
II	Name of Celebrations	Ys Menettes Meeting	Date :	
III	Participation in District / Zonal / Regional Programs	Sl. No.	Date	Programme & Details
		1		
		2		
		3		
IV	Whether the Club is Chartered or Not?	YES/NO		
V	Chartered this year?	YES/NO	Date	
VI	Amount paid per member for International projects	YES/NO	Date	
VII	Reporting with dates	Monthly Report		
VIII	Maintenance of all Club Records	YES/ NO		
<b>Regional Menettes Project Implementation. (Give details of programs and amount spent)</b>				
IX	1. Missy 2. Kitchen Garden			
X	Area & Other Projects and image building programme Implementation. (Give details of programs and amount spent)	Amount Spent Rs:		
Total points Claimed			Total points Awarded	
Remarks				
Name & Signature of Club President/ Secretary				
<b>NOTE :</b> Please see the guidelines for club activity and award criteria. Items once reported need not be repeated in subsequent month. Attach separate sheets to report more details if necessary along with selected photographs. Please send original to RD and copies to LRD & DG to reach before 14 <sup>th</sup> of succeeding month.				





## REPORTING FORM FOR Y'S LINGS CLUB

**Y's Lings Club Report for the month of.....**

<b>Name of Lings Club :</b>			<b>District</b>		<b>Zone</b>	
I	Installation mtg on		Installation Officer			
	Club Family Mtg on		Board Meeting on			
	Y's Menettes Chaired Meeting on		Chief Guest			
II	Name of Celebrations		Ys Ling's Meeting		Date :	
III	Participation in District / Zonal / Regional Programs	Sl. No.	Date	Programme & Details	No. of Participants	
		1				
		2				
		3				
IV	Reporting with dates	Monthly Report			Yes	
V	Maintenance of all Club Records	YES/ NO			Yes	
	Regional Lings Project Implementation. "Help the Needy Children", Value in Rs.					
	Regional Lings Project Implementation. "Empowering Minds through Knowledge", B17					
VI	Implementation of Renal Care Awareness Programme					YES/ NO
<b>Total points Claimed</b>					<b>Total points Awarded</b>	
Remarks						
Name & Signature of Club President/ Secretary						

**NOTE :** Please see the guidelines for club activity and award criteria. Items once reported need not be repeated in subsequent month. Attach separate sheets to report more details if necessary along with selected photographs. Please send original to RD and copies to LRD & DG to reach before 14<sup>th</sup> of succeeding month.



## REPORTING FORM FOR Y'S YOUTH CLUB

**Y's Youth Club Report for the month of.....**

<b>Name of Y's Youth Club</b>		<b>District</b>		<b>Zone</b>	
Installation mtg on		Installation Officer			
Club Meeting on		Board Meeting on			
Y's YOUTH Chaired Meeting on		Chief Guest			
Name of Celebrations		Y's Youth Meeting		Date	
Participation in District / Zonal/Regional Programs		Sl. No. 1	Date	Programme & Details	No. of Participants
		2			
		3			
Reporting with dates			Monthly Report	Yes	
Maintenance of all Club Records			YES/NO	Yes	
Regional YOUTH Project Implementation - "Unlocking the Gateway to Wisdom"					
Regional YOUTH Project Implementation - "Say no to Drugs", value in Rs.					
Implementation of RENAL CARE Awareness Programme					YES/NO
Give details of above programs :					
<b>Total points Claimed</b>			<input type="text"/>	<b>Total points Awarded</b>	<input type="text"/>
Remarks					





## GUIDELINES FOR ACTIVITIES & AWARD CRITERIA Y'S MEN'S CLUB

Item Code		POINTS	MAX. POINTS
<b>I</b>	<b>CLUB MEETINGS</b>		
1	Installation of office bearers on or before 31st July 2024	100	100
2	Family meetings (at least once in a month) for 10 months	10x30	300
3	Director Board Meetings (at least once in a month)for 10 months	10x20	200
4	Fire side meetings (Quarterly)	4x10	40
5	One family meeting Chaired by Y's Menette's President	50	50
6	One family meeting Chaired by Y's Ling's/Youth President	50	50
7	One family meeting with Guest speaker form outside Y'sdom	25	25
8	Honouring a dedicted public person in family meeting	25	25
9	Wearing of Lapel Pin is all Club Meetings	10	10
10	Presentaion of Club Budget in the Board the Meetings-Copy RD, LRD & DG	25	25
11	Presentaion of Club Accounts in the Board the Meetings-Copy RD, LRD & DG	10x10	100
12	Club Calendar & Adherence to it	50	50
	<b>TOTAL</b>		<b>975</b>
<b>II</b>	<b>CELEBRATIONS &amp; OBSERVATIONS</b>		
1	Charter day celebration of the club	50	50
2	Founder's Day on celebration of Dec.8th	20	20
3	Idependence Day celebration	30	30
4	Onam/Christmas/Pongal/Ramsan	100	100
5	Time of Fast day observation in Feb. 2025	100	100
6	Observation of cleanliness day on 2nd Oct. 2024	100	100
	<b>TOTAL</b>		<b>400</b>
<b>III</b>	<b>FAMILY BUILDUP</b>		
1	Club picnic	200	200
2	Conducting inter club meetings	2x100	200
3	Having an active regularly reporting Y's Menette Club	100	100
4	Having an active regularly reporting Y's Lings Club	50	50





## Y'S MEN INTERNATIONAL

5	Brother club link up one club in the Region	25	25
6	Brother club link up one club in another Region or area	50	50
	<b>TOTAL</b>		<b>625</b>
<b>IV</b>	<b>OFFICIAL VISITS</b>		
1	District Governor	200	200
2	Lieutenant Regional Director	200	200
3	Regional Director	500	500
	<b>TOTAL</b>		<b>900</b>
<b>V</b>	<b>REPORTING &amp; PAYMENTS OF DUES</b>		
1	Sending monthly report to RD, LRD & DG on or before 14th the following month by post or E-mail with activity photos	10x20	200
2	Sending 1st semester roaster to RD, LRD & DG on or before 31st July 2023 by posts or E-Mail	100	100
3	Sending 2nd semester roaster to RD, LRD & DG on or before 31st January 2024 by posts or E-Mail	100	100
4	Sending list of office bearers to RDE, RDE, LRD, LRDE, DG & DGE for the the year 2025-24 on or before 31st Jan. 2025	50	50
5	Sending updated club history to the RD, LRD & DG	50	50
6	Payments of 1st semestar dues on or before 31st July 2024	200	200
7	Payments of 2st semestar dues on or before 31st Jan. 2025	200	200
8	Payments of District dues on or before 31st Dec. 2024	100	100
	<b>TOTAL</b>		<b>1000</b>
<b>VI</b>	<b>MAINTENANCE OF CLUB RECORDS &amp; CLUB ACCOUNTS</b>		
1	Attendance Register for the Club	50	50
2	Charter Certificate of the club	50	50
3	Roll of honour of the Club	30	30
4	Membership Register	50	50
5	Minutes Book-Club meeting/Board Meeting	20	20
6	Visitors Book	20	20
7	File containing all correspondance with Region, Zone & District	50	50
8	Maintaining club Album & History	50	50
9	Accounts Register / Accounts Statements	20	20
10	Receipt books (all documents shall be verified during RD visit)	10	10
	<b>TOTAL</b>		<b>350</b>





<b>VII</b>	<b>PARTICIPATION IN REGIONAL/ZONAL/DISTRICT PROGRAMMES</b>		
1	District council (Minimum three Members)	4x25	100
2	District Sports meet, 5 points per member	30x5	150
3	District cultural meet, 5 points per member	30x5	150
4	Zonal leadership workshop PSTs +BE+ Ys Guy 5 member per club	5x20	100
5	Regional Sports meet-Registration	200	200
6	Regional Sports meet-5 Points per member	30x10	300
7	Regional Cultural meet-5 Points per member	30x10	300
8	Highest points scoring club in Regional Sports meet	1000	1000
9	Runner up Club in the Regional Sports meet	500	500
10	Second Runnerup Club in the Regional Sports meet	250	250
11	Maximum participation from a club for Regional sports meet	200	200
12	Regional Cultural Meet Registration	200	200
13	Highest points scoring club in Regional Cultural Meet	1000	1000
14	Runner up Club in the Regional Cultural Meet	500	500
15	Second Runner up Club in the Regional Cultural Meet	250	250
16	Maximum participation from a club for the Regional Cultural Meet	300	300
17	Regional Youth Camp Participation		250
18	Regional Family Fest	15x50	750
	<b>TOTAL</b>		<b>6500</b>
<b>VIII</b>	<b>Implementation of International Projects</b>		
1	BHF - Brotherhood Fund	25	25
2	ASF - Alexander Scholarship Fund	25	25
3	TOF - Time of fast fund	200	200
4	Donation for Roll Back Malaria Kit, 20 points per kit	50x20	1000
	<b>TOTAL</b>		<b>1250</b>
<b>IX</b>	<b>Membership Conservation &amp; Extension</b>		
1	Sponsoring a new club (min 15 members)	4x2500	10000
2	Revival of sick club (min 15 members)	4x1250	5000
3	Revival of sick club (min 5 members)	4x250	1000
4	Retaining membership as per the membership is in 1st Feb. 2024	500	500





## Y'S MEN INTERNATIONAL

5	Increase in membership from that of 1st Feb. 2024, 50 points per member	20x100	2000
6	Points for retaining min 20 members in club	500	500
	<b>TOTAL</b>		<b>19000</b>
<b>X</b>	<b>ENDOWMENT FUND</b>		
1	PWAF Paul William Alexander Fellow	10x500	5000
2	DPWAF-double Paul William Alexander Fellow	10x500	5000
3	Friend of Endowment	4x250	1000
4	MHR - Member Honour Roll (for club members)	4x2500	10000
	<b>TOTAL</b>		<b>21000</b>
<b>XI</b>	<b>IMPLEMENTATION OF REGIONAL PROJECTS (RENAL CARE)</b>		
1	Implementation of Regional Projects for Min. Rs.50,000	3000	3000
2	Conducting Renal Care awareness Programmes/Camps.	2x500	1000
3	Starting renal care centre in association with hospitals	1x5000	5000
	<b>TOTAL</b>		<b>9000</b>
<b>XII</b>	<b>OTHER CLUB ACTIVITIES &amp; IMAGE BUILDING</b>		
1	Other Kidney related activities with proof & Photos-20 points in every Rs.5000	10x200	2000
2	Conducting Pediatric cancer care programmes (Club can share points if conducting jointly)	2x500	1000
3	Helping Pediatric cancer patients (Min Rs.10,000)	2x1000	2000
4	Conducting KIDS fest with sufficient image building publicity (Club can share points if conducting jointly)	1000	1000
5	Conducting painting competitions with sufficient image building publicity (Club can share points if conducting jointly)	1000	1000
6	Conducting Quiz competitions with sufficient image building publicity (Club can share points if conducting jointly)	1000	1000
7	Conducting shuttle Badminton-District wise	500	500
8	Conducting Cricket Tournament-District wise	500	500
9	Hosting District Programmes	200	200
10	Hosting Zonal Programmes	200	200
11	Hosting Regional Programmes	300	300
12	Erecting Signboard of Y's men	250	250





13	Construction or repair bus shelters and public utility places of in the name of Y's Men's Clubs	1000	1000
14	Publishing Y's men news in leading dailes	10x50	500
15	Publishing Y's men News in TV Channels	5x50	250
16	Support for Ys Lings project	200	200
17	Support for Ys Menettes project	200	200
	<b>TOTAL</b>		<b>12100</b>
<b>XIII</b>	<b>CORPUS-FUND EXTRA CONTRIBUTION</b>		
1	Minimum Rs. 1000	3x100	300
<b>XIV</b>	<b>BONUS POINTS FOR Y'S MEN'S CLUB</b>		
1	Best Menettes Club	500	500
2	Second best Menettes Club	300	300
3	Third best menettes Club	200	200
4	Best Lings Club	500	500
5	Second best Lings Club	300	300
6	Third best Lings Club	200	200
7	Maximum participation in the Annual Convention (With Minimum 15 members)	2000	2000
8	Donating Rs.5000/- to the regional publications	3x500	1500
9	Donating Rs.2000/- to the zonal and district publications	3x200	600
10	Special Appreciation Points (Discretionary - RC)	500	
	<b>TOTAL</b>		<b>6600</b>



## GUIDELINES FOR ACTIVITIES & AWARD CRITERIA Y'S MENETTES CLUB

Item Code	Particulars	Point	Max.Point
<b>I</b>	<b>CLUB MEETINGS</b>		
1	Installation of office bearers on or before 31st July 2024	50	50
2	Menettes club Meeting (atleast once in a month) for 10 months	10x30	300
3	Director Board Meetings (atleast once in a month) for 10 months	10x20	200
4	One family meeting Chaired by Y's Menette's President	200	200
5	One family meeting inviting Regional/Zonal/District Menettes Chair	100	100
	<b>TOTAL</b>		<b>850</b>
<b>II</b>	<b>FAMILY BUILDUP</b>		
1	Observing Womens day on 8th March	200	200
2	Observing Mothers day on 21st March	200	200
3	Sister club link up one club in the Region	50	50
4	Sister club link up one club in another Region or area	50	50
	<b>TOTAL</b>		<b>500</b>
<b>III</b>	<b>REPORTING &amp; PAYMENTS OF DUES</b>		
1	Sending monthly report to RD, LRD & DG on or before 14th the following month by post of E-mail with activity photos	10x20	200
2	Sending list of office bearers to RDE, RDE, LRD, LRDE, DG & DGE for the the year 2025-26 on or before 31st Jan.2025		50
	<b>TOTAL</b>		<b>250</b>
<b>IV</b>	<b>MAINTENANCE OF CLUB RECORDS</b>		
1	Attendance Register for the Club	50	50
2	Charter Certificate of the club	50	50
3	Roll of honour of the Club	30	30
4	Membership Register	50	50
5	Minutes Book-Club meeting/Board Meeting	20	20
6	Visitors Book	20	20
7	File containing all correspondance with Region, Zone & District	50	50
8	Maintaining club Album & History	50	50
9	Accounts Register / Accounts Statements	20	20
	<b>TOTAL</b>		<b>340</b>





<b>V</b>	<b>PARTICIPATION IN REGIONAL/ZONAL/DISTRICT PROGRAMMES</b>		
1	District council (Minimum three Members)	4x25	100
2	District Sport meet, 5 points per member	20x5	100
3	District cultural meet, 5 points per member	20x5	100
4	Zonal leadership workshop PSTs	3x20	60
5	Regional Sports meet-5 Points per member	20x10	200
6	Regional Cultural meet-5 Points per member	20x10	200
7	Regional family fest	10x50	500
8	Participation in the Regional Menettes day	10x50	500
	<b>TOTAL</b>		<b>1760</b>
<b>VI</b>	<b>ENDOWMENT FUND</b>		
1	PWAF Paul William Alexander Fellow by any Ys Menettes Club or Menette	2x500	1000
	<b>TOTAL</b>		<b>1000</b>
<b>VII</b>	<b>IMPLEMENTATION OF REGIONAL PROJECTS (MISSY &amp; KITCHEN GARDEN)</b>		
1	Implementation of Regional Projects in schools	2x1000	2000
2	Kitchen Garden	4x250	1000
	<b>TOTAL</b>		<b>3000</b>
<b>VIII</b>	<b>OTHER CLUB ACTIVITIES &amp; IMAGE BUILDING</b>		
1	Conducting any other service project (Min Rs. 5000)	2x500	1000
2	Any other image building programmes	4x50	200
	<b>TOTAL</b>		<b>1200</b>
<b>IX</b>	<b>BONUS POINTS FOR Y'S MEN'S CLUB</b>		
1	Best Mens Club	250	250
2	Second best Mens Club	150	150
3	Third best mens Club	100	100
4	Best Lings Club	250	250
5	Second best Lings Club	150	150
6	Third best Lings Club	100	100
7	Maximum participation in the Annual Convention (With Minimum 15 members)	2000	2000
8	Special Appreciation Points (Discretionary - RC)		200
	<b>TOTAL</b>		<b>3200</b>



## GUIDELINES FOR ACTIVITIES & AWARD CRITERIA Y'S LINGS CLUB

Item Code	Particulars	Point	Max.Point
<b>I</b>	<b>CLUB MEETINGS</b>		
1	Installation of office bearers on or before 31st July 2024	50	50
2	Ys Lings club Meeting (atleast once in a month) for 10 months	10x30	300
3	Director Board Meetings (atleast once in a month) for 10 months	10x20	200
4	One family meeting Chaired by Y's Lings President	200	200
5	One family meeting inviting   Regional/Zonal/District Lings Chair	100	100
	<b>TOTAL</b>		<b>850</b>
<b>II</b>	<b>FAMILY BUILDUP</b>		
1	Observing Childrens day on 14th November	200	200
	<b>TOTAL</b>		<b>200</b>
<b>III</b>	<b>REPORTING &amp; PAYMENTS OF DUES</b>		
1	Sending monthly report to RD, LRD & DG on or before 14th the following month by post of E-mail with activity photos	10x20	200
2	Sending list of office bearers to RDE, RDE, LRD, LRDE, DG & DGE for the the year 2023-24 on or before 31st Jan.2024	50	50
	<b>TOTAL</b>		<b>250</b>
<b>IV</b>	<b>MAINTENANCE OF CLUB RECORDS</b>		
1	Attendance Register for the Club	50	50
2	Charter Certificate of the club	50	50
3	Roll of honour of the Club	30	30
4	Membership Register	50	50
5	Minutes Book-Club meeting/Board Meeting	20	20
6	Visitors Book	20	20
7	File containing all correspondance with Region, Zone & District	50	50
8	Maintaining club Album & History	50	50
9	Accounts Register / Accounts Statements	20	20
	<b>TOTAL</b>		<b>340</b>
<b>V</b>	<b>PARTICIPATION IN REGIONAL/ ZONAL/DISTRICT PROGRAMMES</b>		
2	District Sport meet, 5 points per member	20x5	100





3	District cultural meet, 5 points per member	20x5	100
5	Regional Sports meet-5 Points per member	20x10	200
6	Regional Cultural meet-5 Points per member	20x10	200
8	Participation in the Regional Youth Camp		400
	<b>TOTAL</b>		<b>1000</b>
<b>VII</b>	<b>IMPLEMENTATION OF REGIONAL PROJECTS</b>		
1	Implementation of Regional Projects	2x1000	2000
	- Help the Needy Children		
	- Empowering minds through knowledge		
	<b>TOTAL</b>		<b>2000</b>
<b>VIII</b>	<b>OTHER CLUB ACTIVITIES &amp; IMAGE BUILDING</b>		
1	Conducting any other service project (Min Rs. 3000)	2x500	1000
2	Any other image building programmes	4x50	200
	<b>TOTAL</b>		<b>1200</b>
<b>IX</b>	<b>BONUS POINTS FOR Y'S MEN'S CLUB</b>		
1	Best Mens Club	200	200
2	Second best Mens Club	100	100
3	Third best mens Club	50	50
4	Best Menettes Club	100	100
5	Second best Menettes Club	50	50
6	Third best Menettes Club	25	25
7	Special Appreciation Points (Discretionary - RC)		100
	<b>TOTAL</b>		<b>625</b>

## Notes



ആശംസകളോടെ...



# Kannattu Gold Loan

## കണ്ണാട്ട് സ്വർണ്ണപണയം

കണ്ണാട്ട് ബിൽഡിംഗ്, എഞ്ചിനീയറിംഗ് കോളേജ് ഓഫ്ഷൻ

**ചെങ്ങന്നൂർ 0479 2452609**

.....ബ്രാഞ്ചുകൾ.....

പ്രഭാത സാധാഹന ശാഖ, കെ.എസ്.ആർ.ടി.സി ബിൽഡിംഗ് ചെങ്ങന്നൂർ,  
കായംകുളം, മാവേലിക്കര, ഹരിപ്പാട്, പുല്ലുകുളങ്ങര, എടത്ത്, കോട്ടയം, പത്തനംതിട്ട





# Dr. Oommens

EYE HOSPITAL & MICRO SURGERY CENTRE  
**CHENGANNUR**



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