



Estd: 1875

ONWARD

APRIL 2024

EMBARKING INTO THE SESQUICENTENNIAL YEAR



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GENERAL SECRETARY'S THOUGHTS



Dear Members,

As we journey beyond the celebration of Resurrection Day, I find myself reflecting on the profound significance of this season. It is a time of renewal, both in faith and in purpose.

We are reminded of the transformative power of hope and redemption in Christ Jesus.

The Resurrection of Christ serves as a beacon of light, illuminating our path forward with the promise of new beginnings and endless possibilities.

At the Bombay YMCA, we embrace this spirit of renewal wholeheartedly. Our mission to serve the community is rooted in the belief that every individual has the potential for growth, change, and transformation. We strive to be a catalyst for positive change, offering support, resources, and opportunities for all who seek to transformation and to better themselves and their communities.

As we look ahead, I'm excited to share that the Bombay YMCA is entering into its 150th year of invaluable service to the community. This upcoming milestone is a testament to the enduring impact of our organization and the unwavering dedication of our members and supporters. As we move forward into the days and weeks ahead, let us carry the message of Resurrection Day with us in all that we do. Let us be agents of liberation, hope and renewal, spreading love, compassion, caring, sharing and kindness, wherever we go. Let us remember that each new day is an opportunity to make a difference in the lives of others and to live out our purpose with passion and conviction.

It says in the Bible, in 2 Corinthians 5:17, "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Let us embrace this truth and step boldly into the future, guided by faith, fueled by hope, and driven by love.

I must not lose this opportunity to thank you for your unwavering support and dedication to our mutually shared mission and vision.

Together, we can make a meaningful and lasting impact on the world and communities around us.

Leonard Salins
General Secretary & CEO



SUMMER CAMPS AT THE YMCA: You MUST click on this link www.ymcabombay.org to make your summer season a memorable and meaningful one. There is something for everyone, from Outdoor Adventure Camps (Himalayas & Camp Lakeside), to Sports (Basketball, Table Tennis, Roller Skating, Tennis, Badminton, Pickle Ball, Cricket, Archery,) Indoor Activities (Chess, Dance, Zumba, Aerobics, Art & Craft) **YES! THERE IS SOMETHING FOR EVERYONE AT THE BOMBAY YMCA. Make a personal visit to any of our Branches at Colaba, Lamington Road, Mumbai Central, Agripada, Carter Road, D. N. Nagar, IC Colony, Pant Nagar, Chembur Gandhi Maidan, CBD Belapur and Camp Lakeside, Lonavala and you will experience the magic of YMCA, one of the oldest NGOs in the world and inventors of Basketball and Volleyball among other achievements.**

Dedication of Mess hall

The inauguration of the mess hall took place on February 13th, 2024, marking a significant moment attended by esteemed individuals including Mr. Bobby Kunder, Chairman, Mr. Leonard Salins, General Secretary along with other committee members. The dedication service was led by Rev. Avinash Rangayya.



Republic Day



Hostel Day

On 21st February 2024 our hostel celebrated its annual Hostel Day. The event was marked by various engaging activities, including prize distribution and a delightful dinner, which concluded the festivities on a high note. A total of 70 residents actively participated in the program and involvement in hostel activities. Mr. Michael Raj, Board member graced the occasion with his esteemed presence



Hostel Day

The Hostel Day was celebrated on 11th February 2024 in the Student Branch Multi-purpose hall in presence of 125 Students and Guests. The hostel boys put up a variety cultural programme, followed by Certificate and Medal distribution to the winners of the various sport events. Present were M/s. Michael Raj (Chairman), Levi Rakesh Ben, Vivek John (Hon Treasurer), Dr. Vernon Desa, Sebastian Paul (Asst General Secretary). The Shri P.M. John Gold Medal was awarded to Mr. Rishav Rastogi, who stood first in his Government Law College and was winner of the M.C. Chagla Award. The Programme was followed by a sumptuous dinner. Hostel Sports was conducted in various faculties such as Basketball, Volleyball, Badminton, Swimming, Football, Cricket, Table Tennis, Carrom and Chess from 13th January 2024 till 5th February 2024.



V.K. Krishna Menon Oratory Contest

This Competition was held on 24th Feb 2024 for colleges in three events namely Just a Minute, Extempore Speeches and Global Debate. This Competition was re-introduced after nearly 30 years. It saw an encouraging beginning with 7 college teams participating along with 36 students.



The Judges who came for the Competition were M/s. Vivin Mathew, Dr. Ludhia Dsouza, Rizpah Cardoza and Ritwik Mehta (CMO office) and JAM Moderator was Ms. Armaity from H.R. College. Participating College teams were St. Xavier's College, H.R. College, Wilson College, Bombay Stock Exchange College, N.M. College and Government Law College. The boys from the YMCA Student Hostel also participated. This programme was co-sponsored by M/s. Aastha Sewa Foundation. The V.K. Krishna Menon trophy for the overall winner went to the St Xaviers College, Mumbai.



INTERNATIONAL HOUSE

National Tourism Day

The National Tourism Day Celebrations were held on 25-1-2024 at YMCA International House, Mumbai Central. The Guests were greeted with Flowers/Sweets. The Guests were happy about our hospitality and appreciated the services of Bombay YMCA. The Chairman and General Secretary were present on the occasion.



Food Fest 2024

The Bombay YMCA, Hotel and Catering Management organized the Annual Food Fest 2024 on February 23rd at YMCA International House. The event was inaugurated by Ms. Pragnya Dey Sarkar.

Mr. Leonard Salins, the General Secretary, and Dr. Sibert Colaco extended greetings.

The Food Fest witnessed enthusiastic participation from 7 colleges and approximately 71 students hailing from various hotel management institutions across Mumbai. The event showcased a diverse range of competitions, Adding to the ambiance, food stalls were curated by the talented YMCA Hotel Management students, offering our guests a variety of delicious culinary delights to savor and enjoy.



The Food Fest was not just an event but a celebration of culinary artistry, creativity, and camaraderie, showcasing the vibrant talents and spirit of the hospitality industry in Mumbai.

International Women's Day

International Women's Day was celebrated on March 3, 2024, at YMCA International House, Mumbai. As part of the celebrations, the Hostel women were greeted and offered sweets.



Inauguration of Rooftop Solar Power Plant

As part of our commitment to sustainable energy solutions and environmental stewardship, Bombay YMCA marking towards its 150th year is delighted to announce the successful installation of solar power system at the YMCA International House, Mumbai Central on 16th March 2024. The inauguration and switching on of the solar power was done at the hands of Mr Sunil Lobo, President of Bombay YMCA in presence of Mr Leonard Salins, General Secretary along with Channel partners Mpower who installed the system. This marks a significant step towards reducing our carbon footprint and embracing renewable energy sources.



Free Blood Test

On February 9th, 2024, in collaboration with Metropolis, we facilitated a health camp where thyroid and cholesterol screenings were conducted at a nominal fee charged by Metropolis. Over 90 individuals, including our swimming pool and branch staff, as well as members of the local community availed themselves of this opportunity reaping the benefits of the health camp.



SWIMMING POOL DEPARTMENT, AGRIPADA

Annual Inter School / Jr. College Swimming Championship

The 43rd Annual Inter School/Jr. College Swimming Championship took place over January 6th and 7th, 2024, with a total of 614 entries across 58 events. Ms. Jyoti Bajirao Patil, a renowned National Champion who has represented India on numerous occasions and earned accolades for the nation, graced the event as the Chief Guest. Her twin sister, Ms. Aarti Bajirao Patil, also a National Champion in Swimming and a recipient of the Yashwantrao Chavan Award, joined as the guest of honor. Together, they presented trophies and medals to the deserving winners. The esteemed presence of the Chairman, General Secretary, Honorary Treasurer and Committee Members added to the grandeur of the occasion as they too presented medals to some of the winners.



All events were meticulously conducted according to the schedule, ensuring timely completion. Moeen Shirazi, a distinguished National Champion renowned for his excellence in the 100 meters Butterfly stroke and multiple representations of India, graced the event as the Chief Guest. He had the honor of presenting trophies and medals to the deserving winners.



50th Annual Inter Club Swimming Gala

The 50th Annual Inter Club Swimming Championship took place on February 3rd and 4th, 2024, with a remarkable turnout of 897 entries across 90 events.

Annual Day Celebration

The Bombay YMCA Khar Danda Centre Kindergarten (Balwadi) Annual Day Celebration took place on February 17th, 2024, marking a significant moment for our youngest learners. The event began with a heartfelt opening prayer delivered by a Senior Kindergarten girl, followed by a commencement speech from a Junior Kindergarten boy and a lively welcome dance, setting the stage for an enchanting evening of entertainment.

All the students from the Kindergarten section participated with great enthusiasm and excitement. A special dance performance was given by a girl from the Vocational Training centre, adding to the vibrant atmosphere. Additionally, some mothers joined their children for group dance performances, adding to the joy and excitement of the event.



The esteemed chief guest for the evening was Mr. A J Paul, the Program Committee Chairman. Overall, the annual day celebration for the kindergarten students was a delightful and unforgettable occasion, filled with laughter, entertainment, and valuable learning experiences.

Annual Sports Day

The Khar Danda Centre Kindergarten Sports Day kicked off with excitement as our youngest athletes eagerly stepped onto the field. On February 10th, 2024, our budding sports enthusiasts embarked on a day brimming with enjoyable games, races, and relays. Amidst the cheers of support and proud smiles from parents and teachers, all the students were honored with medals presented by Mr. Kiran Rebello, a Committee member of the Bandra Branch.

As the Kindergarten Sports Day drew to a close, it left behind treasured memories of teamwork, determination, and boundless happiness.



Women's Day

The women's gathering took place on March 9th, 2024, in celebration of International Women's Day. All attendees were adorned in traditional clothing, adding to the festive atmosphere. A total of 150 women, alongside teachers, took part in the event. Mr. Nruta Vasudeo, President of Soroptimist International Bombay West, graced the occasion as the guest of honor. She delivered a motivational speech, inspiring the audience to embrace self-esteem and pursue their personal aspirations. The gathering also featured engaging fun games for the participants, and the women showcased their culinary talents by preparing various items. Prizes were awarded to the winners, adding to the enjoyment and camaraderie of the event.

BANDRA BRANCH

Lawn Tennis Home Tournament

The Bandra Branch hosted a Home tournament for its Lawn Tennis members on January 26th, 2024. The tournament was efficiently coordinated and professionally conducted by the coaches and volunteers involved. Such Home Tournaments offer a valuable platform for members to engage in friendly competition and have the opportunity hone their skills.



Annual Day 2024

The Annual Day of our Pre-school was organized on February 3rd, 2024 with lots of fervour and excitement. Approximately 700 people attended the program comprising of parents and grandparents of students.



After a brief word of welcome by Archana Marathe Teacher and host for the evening, the program opened with an invocation song by Dr. Shakti Waghe followed by numerous dance performances by students of Playschool Senior K.G. Kathak Dance by Ghatkopar and Andheri Branch members and folk dance by girls of the tailoring class. Dressed in colourful costumes, the students mesmerised the audience with their dance performances. Mr. Joseph Parakka entertained the audience with melodious songs followed by Ms. Trupti Kadam, teacher presented the closing dance on medley of Bollywood songs. In attendance was Dr. Shakti Waghe (Chairman of Program Committee) Shishir Aiman, Sam Benjamin, Joe Parakka members of the committee



Fun fare 2024

The Annual Fun Fair was held for Balwadi Children and Parents on 9th February, 2024. Games stalls and recreation stations for children were put for the evening.

Besides, there were stalls for Food and other stalls showcasing bag, garments etc. Magic Show and cartoon character human mascot was most liked attraction for the evening flocked by children.

The total gathering was almost 1500 which mostly included Balwadi children, parents, their relatives and friends. The evening was thoroughly enjoyed by all.



International Women's Day

International Women's Day was celebrated on 12th March 2024. More than 120 women/ Girls from VTC, parents of Pre School students were present. The programme included Fashion show, Quiz, Song etc. Approximately 12 women and staff from Sharan participated in the programme. Two women of Sharan shared their life testimonies and experience with other women present for the programme. Time was kept open to share relevant information about Sharan through Question and Answer session to help bring greater awareness about the work being carried out at Sharan.



ANDHERI BRANCH

Brainwaves

Brainwaves, the annual inter-school competition took place from January 29th to February 3rd, 2024. A total of 230 participants were involved in the event. The primary objective of the competition was to cultivate creativity, enhance knowledge, and improve public speaking abilities among the participants. It offered a week-long series of engaging activities where students could exhibit their talents and acquire valuable skills.



Mr. Joe George, the Chairman of the Andheri Branch, graced the event as the chief guest and presented the prizes. Mrs. Kamalini Suchita from Andheri YMCA was also present at the event.

The competition featured various categories, including storytelling, short story writing, general knowledge contests, poster painting, elocution, essay writing, and news reading. These diverse categories aimed to provide participants with a comprehensive platform to showcase their abilities and talents.



Dental Check - up Camp

The Branch, in collaboration with the Rotary Club of Mumbai Royales, organized a Dental Check-up Camp for boys home children and YMCA staff which was held on January 13th, 2024. Dr. Dharti from DENTURE Dental Care examined the children.

After the examination the doctor provided recommendations for any necessary follow-up treatments.

VOCATIONAL TRAINING CENTRE, ANDHERI

Inauguration of refurbished Vocational Training Centre

On March 22, 2024, Shri. Neelum Gidwani who contributed a substantial sum towards improvement of facilities visited the centre. He inaugurated the new Audio Video Room, along with upgraded classrooms for tailoring and beautician courses. These changes will really help the students at the centre, giving them better facilities and newer equipment. It shows a dedication to helping people learn new skills and have better opportunities in the future.



Certificate Distribution Program

On March 22, 2024, the Certificate Distribution program was successfully held at VTC. The event honored accomplished students from Tailoring, Computer, Wireman, and Beautician courses. Shri Neelum Gidwani, Chief Guest, delivered an inspiring speech, encouraging the students to strive for excellence. Additionally, our General Secretary provided motivation and support to the students. It was a memorable occasion, celebrating the hard work and dedication of the participants.



Workshop for women on 'Stress Mangement'

On March 8, 2024, during the celebration of International Women's Day, a seminar on stress management was held. Mrs. Unnati Lohade delivered a speech at the event. The students at VTC found the workshop highly beneficial, learning effective stress management techniques. Mrs. Lohade imparted valuable tips and strategies, underscoring VTC's commitment to its students' well-being.



Career Workshop for VTI students

On April 5, 2024, Animedh Charitable Trust organized Seminars cum Camps Interviews to present job opportunities for Tailoring and Sewing students. The Students enthusiastically participated, acquiring new skills and showcasing their talents. As a result, several students secured positions during the interview process, highlighting the fruitful collaboration between the trust and the VTC in fostering employment opportunities for skilled individuals.



BOYS HOME

Boys Home Annual Thanksgiving Program

On March 23, 2024, YMCA Andheri Boys Home hosted its Annual Thanksgiving Program, expressing gratitude to donors and parents. Children showcased dances, skits, and more to appreciate their support. The event was graced by Hon. Chairman Mr. Dwight Kunder, Treasurer Mr. Simon Fernandez, and Mrs. Kamalini Suchita. Following the program, a Fellowship Dinner was held.



Annual Sports Day

The Boys Home Annual Sports Day took place from January 26th to 28th, 2024, exclusively for the Boys Home children. Mr. Joe George, accompanied by Ms. Louisa Amelia, a volunteer from Germany, graced the occasion as Chief Guests. They inaugurated the Sports Day by releasing balloons into the air, symbolizing its commencement. All the boys enthusiastically participated in the event, ranging from senior KG kids to 11th-grade students. Various games were organized to suit different age groups.



To add a unique touch, the children were divided into five different teams and given Biblical names. Former Boys Home members played a crucial role in assisting throughout the three-day event, contributing significantly to its success.

counselling Session

The second session of counselling for students in grades 7th through 10th was held from February 21st to 25th, 2024. All subsequent sessions were conducted by Dr. Madhu Seth for five consecutive days. Dr. Madhu explained that as exams were approaching, these sessions would assist students in approaching their exams in a stress-free manner. The counselling sessions were organized in collaboration with the Rotary Club of Coastline, Mumbai.



Cancer Check-up camp

A free Cancer Screening and Prevention Awareness Camp was organized on World Cancer Day, February 7, 2024, at the Bombay YMCA International House. Facilitated by senior doctors from Reliance Foundation Hospital, the camp screened 150 women. Attendees also received preventive education, underwent basic medical tests, and received necessary medications.

The camp had a significant impact on the community by providing essential screening, prevention information, basic medical assistance, and medication. This comprehensive approach is crucial for effectively addressing cancer-related issues. Such efforts undoubtedly contribute to raising awareness and promoting early detection, both vital steps in the fight against cancer.



Health Check-up camp for Balwadi children.

A medical camp, in collaboration with Reliance Foundation, took place on February 8th, 2024, at Nadkarni Park BMC School. The camp extended its services to approximately 5 Balwadi classes across the Nadkarni Park, Korba Mithagar, and Shivdiwadala regions.



Approximately 315 individuals, including Balwadi children, their parents, the school principal, and teachers, benefited from this health check-up camp. The camp offered various tests conducted by professional doctors, including height & weight measurement, HB count, and blood sugar levels. Additionally, health cards were provided to all beneficiaries for further follow-up.

Bombay YMCA inaugurates a New Balwadi Centre at Appapada, Malad

In the heart of Appapada, a new dawn broke with the inauguration of the latest Balwadi class. A partnership between the Outreach Department of the Bombay YMCA and United Basel Mission Church, Malad will provide hope for the settlement children. Amidst prayers and cheers, a ribbon was cut, uniforms were distributed, and gratitude was exchanged. Refreshments served as symbols of celebration, marking the start of a journey towards a brighter future for our younger generation.



NSC Get Together Program

On February 17th, 2024, the Bombay YMCA and Rotary Club of Bombay orchestrated a heartwarming get-together program for the students of the Night Study Centres, held at the Bombay YMCA International House. Commencing with a solemn opening prayer, the event welcomed esteemed dignitaries such as Manoj Patodia, President of the Rotary Club of Bombay, Mr. Sunil Lobo, President of Bombay YMCA, Mr. Leonard Salins, General Secretary of the Bombay YMCA, and Mr. Philip Kassey, Chairman of Bombay YMCA ORD Department.

The gathering saw an impressive turnout, with approximately 500 students and teachers from 11 NSC classes coming together.

The event showcased diverse performances like dance, speech, and drama, reflecting the cultural richness of different states. Through such initiatives, the Bombay YMCA endeavors to foster a supportive environment where young talents can shine and thrive.



Various competitions like drawing, essay writing, and arts & craft were organized in each Night Study Centre and all the winning students were felicitated by the chief guests.

The YMCA ORD has always encouraged and will continue to encourage students to reach new heights by supporting them at all levels. The program ended with a vote of thanks, followed by the distribution of snacks and books to all the students. Like every year, notebooks were distributed to the students to assist them in their studies.



Refurbished Beautician Classroom

The refurbished Beautician classroom in the ORD Department was rededicated on March 5th, 2024. Among the attendees were Leonard Salins, representing the Bombay YMCA, Dr. Philip Kassey, Chairman, Rev. Paul Ranjithan, Honorary Treasurer and Rev. Newton Parmar from the Methodist Church in India.

Rev. Newton Parmar commenced the ceremony with a prayer and blessing. It was a touching moment for all present, including the teachers, students, and staff of the ORD Department.



International Women's Day celebration

The International Women's Day program organized by the Bombay YMCA ORD department on March 9th, 2024, was a wonderful celebration. Mrs. Jumana M. Rampurawala, CEO of Muktagan Education Trust, graced the occasion as the chief guest. Students and teachers from all VTCE courses were present and actively participated in the program, showcasing their talents through songs, games and performances.

The motivational messages delivered by the chief guest about importance of uplifting and empowering each other, especially on occasions like International Women's Day.



Certificate distribution program for Vocational Training Centre of Excellence (VTCE) students

The Bombay YMCA and the Rotary Club of Bombay collaborated once again for the annual certificate distribution program for Vocational Training Centre of Excellence (VTCE) students. This event was held on March 5th, 2024, at the Bombay YMCA International House, aimed to honor students who have successfully completed their courses.



The distinguished guests included Mr. Manoj Padodia, President of the Rotary Club of Bombay, RTN Anand Parikh, Co-chair of RCB Vocational Training and Night Study Centre, RTN Leonard Salins, Chairman of RCB Vocational Training and Night Study Centre, and Mr. Philip Kassey, Chairman of the Outreach and Development Department of Bombay YMCA.



The program showcased the talents of the vocational class students through dance performances, drama, and solo singing. Three students shared compelling testimonies about their learning journeys at the YMCA. Mr. Manoj Patodia, the chief guest, delivered an impactful motivational speech, encouraging the students to pursue their goals and highlighting that age has no bar.

The highlight of the event was the certificate distribution, with the chief guest and our distinguished guests personally handing out certificates to a total of 65 students. Saurav Sachin Kamble scored 100% in Advanced Excel, Aaliya Rizwan Valiyani scored 93% in MS-CIT, and 56 students scored an A grade out of 65 students.

This certificate distribution program not only celebrated academic achievements but also provided an inspirational platform for students to share their stories and receive encouragement from esteemed guests.

International Women's Day

International Women's Day was commemorated on March 8, 2024, with a special event filled with performances by women to mark this significant day. The women members of the Abundant Blessing Community Church (ABCC) and the Chairperson of the Sharan Committee, Ms. Rizpah Cardoza, graced the occasion with their presence. Many of the beneficiaries eagerly participated in the program, showcasing their unique talents through dancing and singing performances.



Notably, a collaborative dance performance involving both beneficiaries and staff members added to the evening's entertainment. Some participants also took the opportunity to share their personal stories and experiences.

The performances ranged from Bollywood numbers to songs in the Assami language, reflecting the diverse cultural backgrounds of the participants. Following the cultural program, Mrs. Reena Jain, a member of the ABCC Church, conducted a brief motivational session to uplift the spirits of the shelter beneficiaries. Additionally, games were organized to foster a sense of camaraderie among the attendees. The presence of three former beneficiaries further enriched the occasion. It was indeed a joyous gathering for all the women, who came together to celebrate the essence of International Women's Day. As a gesture of appreciation, gifts were distributed to all the women by the ABCC Church group, followed by a fellowship dinner that concluded the program on a warm and joyful note.

YMCA CAMP LAKESIDE, NILSHI

Women's Day Camp

The Bombay YMCA hosted a special Women's Day Camp at Camp Lakeside, Nilshi from March 8th to 10th, 2024. This rejuvenating retreat offered women a break from their hectic routines, providing an opportunity for relaxation and connection. Attendees immersed themselves in nature through activities such as Swimming, Kayaking, Rock climbing, Archery, rope courses hiking, and team-building. The positive feedback received highlighted the camp's success in creating a memorable and impactful experience.



Awareness Session of POCSO and Child Abuse

Advocate Rutuja Palaspagar led a session on addressing physical violence against children in the society on 9th December, 2024. During the session, the focus was on discussing strategies for safeguarding children well-being in their daily lives, using drama as a tool. Advocate Palaspagar elaborated on the concepts of good touch and bad touch, and through dramatic enactment, illustrated appropriate responses in case of such incidents. The session also covered an introduction to the POCSO Act, which safeguards the rights of children as guaranteed by Article 21 of the Indian Constitution and the United Nations Convention on the Rights of the Child. Prior to the enactment of the POCSO Act, the Goa Child Act, 2003, served as the primary legislation addressing child abuse. The session was attended by over 50 students from the coaching class, split into two groups.



Bible Study

Every Saturday at 7:30 am, a consistent Bible study session takes place, offering a dedicated opportunity for individuals to nurture their spiritual growth and delve into biblical teachings. Spearheaded by Rosh Zacheria, who serves as the facilitator, these sessions are well-received, attracting participants eager to engage with the Word of God. Attendees demonstrate a strong commitment to prioritizing this time for spiritual reflection and learning, highlighting the significance they place on deepening their understanding of biblical principles.



Rosh Zacheria plays a central role in the success of these sessions, drawing on his extensive knowledge and fervor for sharing biblical teachings. His leadership style fosters active involvement, open dialogue, and collaborative exploration of Scriptures. The sessions are structured to cover various topics and passages, aiming to provide a comprehensive grasp of the Bible. Typically, the format involves reading specific passages, group discussions, and reflections on the practical application of biblical teachings in daily life. The Bible study sessions have proven invaluable and enriching for all members participating.

Free Medical Camp for women

Free medical camp was organized on 11th of March 2024 at Dr. Babasaheb Bhavan hall with a focus on women's health. The event aimed to provide essential healthcare services, promote awareness about women's health issues, and equip to enhance community health. The event was organized by the Branch with active participation from the staff of MGM Hospital, CBD Belapur.

The collaboration with MGM Hospital, CBD Belapur staff greatly enriched the medical camp, facilitating its success in addressing the healthcare needs of women, girls, and Anganwadi teachers.



Career guidance Session

Career guidance plays a pivotal role in shaping the future of underprivileged students attending study centres and night study centres. The counselor team at these centres played a crucial role in providing essential guidance and support to these students. Through personalized counseling sessions, the counselors helped students explore various career paths based on their interests, skills, and aspirations. The counselors also assisted students in identifying their strengths and weaknesses, setting realistic goals, and developing action plans to achieve them.

They also provide information about different educational and vocational opportunities available to them, including scholarships, vocational training programs, and job placements.



Hostel Day Celebration

IGNITIA: Hostel Day was held on 29th March 2024 with good participation from maximum hostelites and committee members. The programme was interspersed with cultural performances and skits from boys and also prize distribution for various sporting competitions held in-house such as, football, swimming, table tennis Carom etc. Winners of the Sports were awarded by our committee members.



SWIMMING POOL DEPARTMENT, NAVI MUMBAI

Inter- School/ College Swimming Gala

The 9th YMCA Inter School/Junior College Swimming Competition was held on 17th February 2024, featuring participation from schools in Thane district. A total of 181 entries were received across 62 events for this competition. The event commenced with an inauguration by Mr. Joseph Scaria. The chief guest for the prize distribution ceremony was Mr. Fayaz Khan, the HR head of CIDCO. He presented the medals and certificates to the victorious participants, alongside Mr. Babu George, Mr. T. S. Thomas, and Mr. John Libera.



Members Swimming Gala 2024

The Annual Swimming Competition for Members was held on January 26th, 2024, attracting 161 entries across 54 events. This event brought joy to the participants, who appreciated the YMCA for offering such a unique opportunity that accommodates individuals of all ages, distinguishing it from other competitions.



Introduction to counselling seminar

For the first time, an Introduction to counselling seminar was conducted by the YMCA counselling Department, introducing participants to the principles of counselling. The seminar aimed to provide a holistic approach to addressing the, emotional, and physical needs of individuals, with the overarching goal of facilitating healing, restoration, and transformation through the application of listening principles. A total of 24 participants were enriched by this seminar.



Pre-marital workshop for couples

The pre-marital workshop for couples and preparation of marriage for parents was held on October 21st, with 30 participants attending at UBM (UNITED BASEL MISSION CHURCH), CHEMBUR, Cheddanager. The workshop provided valuable insight and advice on building a strong foundation for a successful marriage, addressing various topics such as communication, conflict resolution, and financial planning. Both couples and parents were actively engaged in the sessions, making it a productive and helpful event. The training was well facilitated by Pastor Caleb, Captain Biju Joseph and Dr. Elizabeth Joseph.

Session for residents of Leprosy Home

A session focusing on emotional support and community cohesion was conducted for the residents of Swargadwar Leprosy Home in Taloja on March 5, 2024. The session aimed to address the expectations of community living, particularly emphasizing emotional support and interdependence among residents.



Introduction To Biblical counselling

Introduction to Biblical counselling was conducted on March 23rd and 24th, 2024. This program offers fundamental training aimed at equipping leaders with the necessary skills and knowledge to provide effective and biblically grounded counselling to their congregants. The training's purpose is to foster healing, personal growth and spiritual development within a framework. A total of 15 participants were registered and attended, actively engaging in learning about counselling through a biblical perspective.

Additionally, an Accredited Advanced Biblical Counseling (Level 2 Module 2) Online Training took place from February 25th to March 25th, 2024. This training was designed for a group of 18 participants with a solid background in Biblical principles. Its objective was to provide advanced skills and knowledge to further enhance their effectiveness in counseling.



Session for Terminally ILL Residents

A special session on hope and motivation was held at Jeevan Jyoti Ashram, uplifting the spirit of 40 terminally ill residents. Raju Bangera shared stories of resilience and triumph, instilling hope and optimism in those facing challenging circumstances. The talk provided motivational insights and practical strategies for finding strength and purpose amidst adversity, encouraging the patients to remain resilient and hopeful. It offered them solace, inspiration and a renewed sense of hope in their journey.



Pastors & Christian Leaders Seminar

The Spiritual and Moral Emphasis Committee of the Bombay YMCA hosted a Pastors and Christian Leaders Seminar on, January 30th, 2024, at the YMCA International House. Pastor Peter Akbar from Haggai Institute served as the Keynote Speaker, and the seminar focused on the theme of reaching out to the GEN Z youth. The seminar commenced with a prayer, followed by uplifting praise and worship led by the attending pastors. The first session delved into understanding who the Gen Z are and how to instill in them a desire to seek God.



Subsequently a group discussion allowed pastors and leaders from various churches to share ideas. The speaker also emphasized the role of Divinity in connection with the theme. A total of 62 pastors and leaders from different denominations, including CNI, Methodist, UBM, A.G, New Life, and other independent churches attended the seminar. Participants found the seminar highly informative and applicable to their ministries. They expressed gratitude to the YMCA for organizing such a fruitful event and providing valuable insights to take back to their own ministries.



BORIVALI CENTRE

10th Basketball Winter League

The 10th Basketball Winter Leagues was held at Borivali YMCA Centre on 21st December 2023 to 10th January 2024 with the aim of fostering the genuine essence of basketball and uniting enthusiasts through wholesome competition. Mr. Abhishek Gosalkar, a former corporator, graced the occasion as the Chief Guest, emphasizing the importance of promoting the sport's camaraderie and spirit.



Free Eye check-up Camp for senior citizens

On Friday 22nd March 2024 a free Eye check-up Camp was organised for Senior citizens by Borivali YMCA in association with Infigo Eyecare Hospitals. There were 78 people in total who attended the camp. A session was taken by one of the doctors on various topics related to eye care through visual projection. This opportunity was also taken to tell the people more about YMCA and its various programmes. The people present thanked the YMCA for arranging the Free camp for them.



METROPOLITAN PROGRAMME COMMITTEE

Annual Awards for Excellence

The Bombay YMCA Annual Excellence Award ceremony took place on February 17th, 2024, at YMCA International House. This event celebrated and honored the remarkable achievements and contributions of individuals in the fields of sports and education throughout the previous year. The ceremony aimed to acknowledge excellence across various categories.

The awardees were presented with their honors by Mr. Sunil Lobo, President of the Bombay YMCA, and Ms. Peacho Dhaul, Head of the Client Solutions Group, Treasury & Markets at Axis Bank, who served as the Chief Guest. A total of 22 awardees were recognized in three distinct categories: Encouragement Award, Excellence Award, and Global Excellence Award.

Among the dignitaries present were Mr. Rajesh Kumar, Chairman and Mr. Graham Heiden, the Principal of Christ Church School.



InQuizitive- Inter School Quiz Competition

An inter-school quiz competition was organized by the METROPOLITAN PROGRAMME COMMITTEE at International House, Mumbai Central on 2nd February 2024. The elimination round was held on January 20th, This event saw an enthusiastic participation of 18 schools with 68 students forming 34 teams. The quizmaster, Adrian Rosario, renowned for his engaging style, kept the participants on their toes with thought-provoking general knowledge questions. InQUIZitive 2024 proved to be a stimulating platform for young minds to challenge themselves and shine brightly. The event's success serves as a testament to the collaborative efforts of the organizers, sponsors, and participants, fostering a love for learning and intellectual growth. Students from Children's Academy, Ashok Nagar, Malad, bagged the top prize at the Finale of Bombay YMCA's InQUIZitive 2024, powered by Target Publications,



Pre -School Annual Day Celebration

The Annual Day Celebration of Pre-School children at the Vocational Training Institute, Kanhe took place on March 22nd, 2024. The hall was adorned with enchanting decorations meticulously arranged by the teachers and volunteers. The young participants delighted the audience with a myriad of performances, including captivating solo and group dances. Both teachers and proud parents filled the hall, exuberantly cheering on the children, providing them with unwavering encouragement. This event provided a platform for many children to showcase and cultivate their talents, with teachers investing significant effort in their training to ensure good performances.



Women's Day

Women's Day Celebration at Kanhe was on 12th March 2024 at the VTI for all the Nursing students and students of different courses along with Pre-school parents with Games like musical chair and lemon spoon race. A session on importance of following a Diet for women was done by our nursing tutor Mrs. Sumati Jadhav .



Inter-School Quiz Competition

The Bombay YMCA proudly presented the first Inter-school quiz contest at the YMCA Kanhe centre, aimed at nurturing confidence, self-esteem, and academic prowess among rural students. The event, hosted by the Bombay YMCA Vocational Training Institute, witnessed enthusiastic participation from seven rural schools, with 33 teams showcasing their intellect and knowledge. Quiz contests serve as dynamic platforms, offering rural children a gateway to a world of knowledge beyond their classroom walls. With engaging, diverse topics and challenging questions, participants embarked on a journey of intellectual stimulation and academic enrichment.



Republic Day Celebration at Rural Centre

Republic Day was celebrated with the involvement of children from the balwadi, teachers, students from the nursing and vocational training centre, and some villagers. The children from the balwadi and nursing centre exhibited their talents through performances, which were enjoyed by parents and appreciated the YMCA for providing such opportunities to the students. This event provided an opportunity to highlight and nurture the skills of our students. Members of the committee were also in attendance, and the flag was hoisted by Mr. T D Thomas, a former defense personnel and senior committee member.



PHYSICAL EDUCATION DEPARTMENT

Coaches Clinic

On March 23rd, 2024, Bombay YMCA coach's clinic was held at Procter YMCA attended by 35 coaches from various sports disciplines attached to all the Bombay YMCA branches. The clinic aimed to provide coaches with advanced training techniques, strategies, and insights to enhance their coaching abilities and contribute to the development of athletes.

Topics touched upon is as under:

POSCO and POSH

Introduction to Coaching Fundamentals

Developing Effective Communication

Implementing Tactical Training

Maximizing Player Development

Understanding injuries and how to treat / manage them

The session commenced with Sebastian Paul (Secretary P.Ed) emphasizing the importance of continuous learning and improvement in coaching abilities, techniques and effectiveness. The Keynote Address was delivered by Mr. Manmohan Londhe, Chairman of P.Ed. focusing on the evolving landscape of sports coaching and the significance of adapting to new methodologies and training techniques.

The clinic featured interactive workshops covering Injury Prevention and Management, Understanding common sports injuries, preventive measures, and rehabilitation protocols. Dr. Spencer discussed common injuries & how to treat them with all the coaches.

The Secretary of P.Ed. touched upon the following topics: Coaching Fundamentals, Implementing Tactical Training, Developing strategies and game plans to achieve success on the field during matches / tournaments, Developing Effective communication, Maximising Player Development. The coaches clinic provided a platform for coaches to enhance their skills, gain valuable insights, and foster collaboration within the sports coaching fraternity. Participants left with renewed enthusiasm and a deeper understanding of effective coaching methodologies to guide their athletes towards success. The success of this clinic underscores the importance of ongoing professional development initiatives for coaches and reflects our commitment to advancing the standard of coaching excellence in sports.



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**Navi Mumbai Branch & counselling Training
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Lions - YMCA Night Shelter for Youth

Juhu Beach, Mumbai 400 049
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Email: streetchildren@ymcabombay.com

Borivali centre & Metropolitan Programme Committee

Plot No. 551 A & 648, Off Holy Cross Road,
Near Banjara Dhaba, IC Colony, Borivali (W) Mumbai 400 103.
Phone: +91 8976893592 / 22 28919192
Email: borivali@ymcabombay.com

"SHARAN" - A Shelter for Homeless Women & Children

Behind Holiday Inn, Near Sakinaka Metro Station, Mumbai 400 027
Phone: +91 89768 93597 / 28500277
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Vocational Training Institute

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For more details contact your nearest YMCA branch office.



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