




**BOMBAY  
YMCA**

**149<sup>th</sup> ANNUAL REPORT  
2023-2024**

**Sustainable Planet** 



## MISSION STATEMENT OF THE INDIAN YMCA

The Young Men's Christian Association of India seeks to unite men, women, youth and children as co-workers with God to promote mutually caring and loving humane communities.

It worships God by seeking to restore abundant life to all, specially to the most distressed of humanity.

It strives for a just society where oppression, exploitation and denial of life will be confronted and abolished.

It believes in the sanctity of life and preservation of all creation.

It stands for renewal and reconciliation in a broken world.

## BOMBAY YMCA

A healthy community begins with the health of its people - in spirit, mind and body. Through our various programmes and services, the YMCA strives to enrich the lives of people in all respects. For young and old, for all walks of life, we are making a difference in our community. But there is more to be done. We are only at the beginning of what we can accomplish.

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# BOMBAY YOUNG MEN'S CHRISTIAN ASSOCIATION

(Registered under Societies Act XXII of 1860 & Bombay Public Trust Act, 1950)

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Founded: April 25, 1875

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**SUNIL LOBO**

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Ms. Rizpah Cardoza	Mr. Sharad Kanga
Mr. Joe George	Mr. Noel Amanna
Mr. Adrian Rosario	Rev. Arpana Rangaya
Mr. Binny Thundathil	Dr. Philip Kassey
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Mr. Dwight Kunder	Rev. Fr. Anthony Charanghat
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Mr. Bobby Kunder	Rev. Mrs. Sulbha Ahaley
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## GENERAL SECRETARY

**LEONARD SALINS**

## ASSISTANT GENERAL SECRETARIES

**AUSTIN KUNDER, ALLEN KOTIAN, SEBASTIAN PAUL**

## SENIOR EXECUTIVE SECRETARY

**SELVIN KUMAR**

## SENIOR SECRETARIES

**BHASKAR KUMAR, ROBIN SATHRI**

## SECRETARIES

**RAPHAEL AMBATIPURI, R.K. AMULRAJ,  
SHEETAL GUPTA**

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Canara Bank  
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HDFC Ltd  
Bank of Maharashtra  
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# Board of Directors Report

*"Let your light shine before others, that they may see your good deeds and glorify your Father in heaven." - Matthew 5:16*

Dear YMCA Family and Friends,

Reflecting on the past year, we are immensely grateful for the incredible support within our community. It has been a year of significant progress and growth at the Bombay YMCA. We thank the Almighty God for guiding us through our journey. We are delighted to share our successes with you.

The Bombay YMCA is a well-known name throughout Mumbai, but our impact extends far beyond what meets the eye. From exercise to education, sports to volunteering, preschool to preventive health care we don't just strengthen bodies – we strengthen the community. We are a cause dedicated to youth development, healthy living, social responsibility.

Where some see obstacles, we see opportunities to make a difference. For 149 years, our YMCA has been developing and delivering programs that emphasize proactive commitment to healthy living, partnering with Corporates and parents to support learning and well-being beyond school hours, serving as a gathering place for individuals of all backgrounds. Our impact is felt daily when an individual makes a healthy choice, a mentor inspires a child, our community unites for the common good.

In this 2023-24 Annual Report, you will read about our many accomplishments and their impact on our community. It is our volunteers, donors, staff, supporters who have made this progress possible, their collective effort and will drive the YMCA and the communities we serve forward. We are grateful for their commitment, which is essential to our continuing success.

### Installation Of Canopy:

A key achievement this year was restoring the Canopy at Camp Lakeside, damaged by Cyclone Nisarg in 2021. The expanded and renovated canopy now accommodates more campers in its serene, pollution-free setting 3000 feet above sea level.



**20th Anniversary of YMCA Camp Lakeside** was celebrated on 15th August 2023. A group of 57 bikers promoting safety awareness joined the event.



### Selection of Bombay YMCA Members at National and International Platforms has been notable:

Adv. Rui Rodrigues, former President of the Bombay YMCA, was appointed to two significant committees: i) Advisory Committee for closure of NCYI Court Cases and ii) Constitution Amendment Committee of NCYI. Mr. Leonard Salins, General Secretary, was unanimously appointed as President of the Association of Secretaries, India on April 6, 2024, at the AOS conference in Coorg.

**International Youth Peace Seminar (YPS):** On the 78th anniversary of the atomic bombings, Hiroshima YMCA hosted the International Youth Peace Seminar (YPS), offering a platform for global youth to explore peace and justice. Bombay YMCA was represented by five delegates and a Secretary, alongside participants from Japan, India, Indonesia, Taiwan, and South Korea.



The **POSH** Committee meets regularly with the External Committee Member, and staff training is held once a year.

The **POCSO**: POCSO is also practiced at Bombay YMCA. Awareness programs were organized with the help of a Board Member and a school consultant, covered the associated costs at Andheri, Boys Home, VTC and ORD.

The **ERP** has been successfully installed and implemented across all Branches and Departments of the Bombay YMCA.

**Investing in Youth and Education:** Bombay YMCA sponsored the All-India Futsal Tournament in Goa from August 27-29, 2023. We also provided scholarships to staff members' children upon passing 10th and 12th grades and offered educational aid to students from economically disadvantaged backgrounds.

**Solar Power System:** Bombay YMCA installed Solar Power Systems at our International House and Central Branch to enhance sustainability and reduce carbon footprint.



**APAY:** The 21st General Assembly, 5th Youth Assembly, and Gender Equity Forum of the Asia and Pacific Alliance of YMCAs (APAY) took place in Chennai, India from September 12-20, 2023. With 344 delegates from 21 countries, the assemblies reviewed the past quadrennium and charted the course for the next four years and beyond. Adv. Rui Rodrigues and Mr. Leonard Salins participated in the APAY Assembly from September 16-19, while Mr. Selvin Kumar and Ms. Sheetal Gupta attended the Mission Conference



(September 11-14), and Ms. Rizpah Cardoza represented NCYI at the Gender Equity Conference (September 14-15).

**Board Retreat:** Held on December 2, 2023, at St. Stephen's Church, Bandra, focused on unity and strategic planning as we approach our Sesquicentennial year. Rev. Mrs. Arpana Rangayya's devotion on 'Unity' highlighted the theme of 'Working Together.' President Mr. Sunil Lobo led discussions on international relations, educational initiatives, and church partnerships, emphasizing the 'C factor' confirming Christ as the

role model for all our activities. Key topics included revitalizing volunteer teams, legal compliance, expanding YMCA Centres. The retreat concluded with a strong emphasis on collaboration, effective communication, and community impact.



**Visit of Stuttgart YMCA Youth:** From November 10-18, 2023, six delegates and two leaders from Stuttgart YMCA visited Bombay YMCA. The delegates engaged with our projects, performed with the Y Voices during YMCA-YWCA Week of Prayer, met the Consul General of Germany. They admired our Community Centers and participated in the Winter Camp at Nilshi.

**VISIT OF Munich Youth:** From April 16-26, 2024, eight youth delegates from Munich YMCA visited Bombay YMCA. They explored our Branches and Departments, joined the Christian Youth Camp, and participated in the Sesquicentennial Celebration prelude on April 25, 2024, at the Afghan Church. Dressed in traditional Indian attire (sarees for the girls and kurtas for the boys), they performed a special number with our secretaries, enriching the event.

**Western India Region:** A team of five from Bombay YMCA attended the WIR Youth Assembly at Surat YMCA from November 24-26, 2023, fostering regional youth engagement. In early 2024, the Western India Regional Women's/Gender Assembly in Ahmedabad (February 10-12) focused on "Inspire Inclusion." Our General Secretary and one Senior Executive Secretary along with two delegates participated, highlighting our commitment to gender equity and inclusion.



**Prelude to the Sesquicentennial Celebration:** On April 25, 2024, the Sesquicentennial Celebration Prelude, marking approach of 150 years of Bombay YMCA, was held at St. John the Baptist Church (Afghan Church). The



event, prepared over a year, began with a solemn service and the symbolic blowing of the Shofar. Dignitaries and YMCA leaders, including Rev. Dr. Samuel Stephen and guests such as Mr. Eldo N.V., His Grace Geevarghese Mar Coorilos, and Young Leaders from Munich YMCA, participated in a procession celebrating our mission of peace, justice and unity.



**Gratitude to the Generous Supporters:** We extend our heartfelt thanks to our esteemed donors, including the Rotary Club, Ammada Trust, Sony TV, ATE Chandra Foundation, Nelum Gidwani, M.K. Tata Trust, Philip Capital and Decimal Foundation, whose support has amplified our impact.

Endorsements from Noor Baug Charitable Trust, Jairazbhoy Peerbhoy Khoja Sanatorium, MCGM, CA Holdings Ltd and individuals who pledged and donated monthly have significantly enhanced our community efforts.



**Sunil Lobo**  
President



**Leonard Salins**  
General Secretary

Thank you to everyone—individuals, volunteers, staff, partners, and supporters—for being integral to Bombay YMCA’s journey. Your dedication and unwavering belief drives our success!

As we stand at the threshold of our Sesquicentennial year, reflecting on our achievements and envisioning our future, we are filled with gratitude for the unwavering support and dedication of our community. Together, we’ve made strides toward creating inclusive communities where everyone can thrive. With your continued support, we aspire to forge ahead, ensuring equitable opportunities for all, especially our youth, to thrive and contribute meaningfully to society.

As the General Secretary transitions to new responsibilities at ISH London YMCA, he feels privileged to have served as the General Secretary of Bombay YMCA. We are confident in passing the torch to Austin Kunder, knowing that with your collective commitment—time, talent, and treasure—our organization will continue to grow from strength to strength. Thank you for being integral part in our journey towards a brighter future. Together, let us continue to build a world where every person, at every stage of life, can lead productive, healthy, empowered, and joyful lives.

For and on behalf of the Board of Bombay YMCA



*Dignitaries at the Sesquicentennial Inaugural Function*

## Central Branch

*This year's report highlights our key achievements and community impact. We're proud of our milestones in sports, school competitions, fellowship programs that empower individuals and strengthen our communities. We continued to serve working young people with economical hostel accommodation and national & International YMCA members with clean guest rooms through the year.*

**The Sam T Berkeley English Elocution Competition** was held on August 18, 2023 for students from Standard V to X. Many renowned schools participated. A panel including Dr. Sibert Colaco, Ms. Asha D'souza, and Ms. Sara Kukreja judged the event. Ms Pallavi Mogre, HOD-English, TOK & EE Coordinator Podar-ORT International School was the Chief Guest. Also present were Adv. Rui Rodrigues, President of Bombay YMCA, Mr. Manmohan Londhe, Chairman of the Branch and committee members.

**'Mr. YMCA'- Best Physique Contest** was held on November 26th, 2023 with 120 contestants from Mumbai and its suburbs. Mr. Krishna Pujari won the Mr. YMCA (Open). The event was organized under the aegis of Amateur Bodybuilders Association of Maharashtra and was supported by Mrs. Saroja Melville in memory of late Mr. D. P. Melville. (former President).



**Christmas Carol Service** was held on December 15, 2023. The New Life Fellowship Church Youth Choir led the uplifting songs, Rev. Avinash Rangayya shared reflections on the true meaning of Christmas.

On August 15th, 2023 and January 26th, 2024, we celebrated **Independence Day** and **Republic Day** with flag-hoisting ceremonies led by Mr. Amit Punia, Assistant Director of the Enforcement Director and Chairman Mr. Bobby Kunder, respectively.

**Dedication of Mess Hall** was on February 13th, 2024. Chairman, Mr. Bobby Kunder, General Secretary, Mr. Leonard Salins and other committee members graced the event. Rev. Avinash Rangayya led the dedication service, adding a spiritual dimension to the event.



**Hostel Day 2024** was celebrated on February 21st, with vibrant activities and prize distributions. About 70 residents participated, showcasing their enthusiasm and dedication.

**Basketball Home Tournament** was held on April 20th, 2024, with 55 entries in the Under 13 and 17 categories. Winners were awarded medals for their outstanding performances and more events are planned to develop young talent in various sports.



**Table Tennis Home Tournament** was held on April 20th, 2024. Players of all skill levels participated, showcasing their skills and sportsmanship. The winners were felicitated with medals for their achievements.



We thank God, Committee Members, Volunteers and staff for helping us throughout the year in serving our members and the community with meaningful programs and activities.

## Student Branch

*In its 114th year, the Student YMCA Hostel is fully occupied plus thriving in sports, arts and academics. The hostel has been at full capacity (100%) all year and the Branch's multipurpose hall hosts various activities, including table tennis, bouldering wall, gymnastics, taekwondo, drawing and music classes. Our teams excelled in MCDTC&A tournaments and our Taekwondo students won gold, silver and bronze medals at District and State levels.*

### Programmes conducted by and for the Hostel Students through last year were –

Celebrating National Days and festivals, such as **Independence Day, Republic Day and the Harvest Festival** promotes unity and pride among students through flag hoisting, cultural performances and joyful gatherings.



**Emmanuel Retreat:** 56 hostel students went for an overnight camp at Camp Lakeside, Nilshi, on December 2-3, 2023, enjoyed various adventure activities and ended the day with a campfire.



**Latent:** On December 10, 2023, a leadership seminar was held at YMCA International House. Ms. Chhavi Gaur, Ms. Aastha Puri and Mr. Michael Raj led sessions on communication, spiritual growth and the YMCA's vision. Adv. C.J. Joveson and Mr. Joseph George covered legal protection and financial independence.

**Christmas Program** was celebrated on December 16, 2023, with over 100 attendees and a Christmas message by Rev. Avinash Rangayya and a talk by Commodore Dr. Johnson from Bombay Baptist Church.

**Hostel Day** celebrated on February 11, 2024, concluded the sports competitions held from January 13 to February 5. Entertainment programs were presented by the Hostel residents.

**V.K. Krishna Menon Oratory Contest** was reintroduced after nearly 30 years on February 24, 2024. Seven college teams participated, with St. Xavier's College winning the overall trophy. The event received modest financial support from M/s. Aastha Sewa Foundation.



**Student YMCA Alumni Meet:** Nearly 40 former and 10 current residents gathered together on February 24, 2024, with alumni from various cities pledging support to the organization.

**Hat Trick of Awards:** This year Mr. Rishav Rastogi, hostel resident was awarded the M.C. Chagla Gold Medal for ranking 1st in his 3-year LLB course at Government Law College, the Bombay YMCA Annual Award and the P.M. John Gold Medal Scholarship.

**Participation in International and National Seminars:** Rithik Mathew and Ezhil Amudhan represented Bombay YMCA at the Peace Seminar organized by Hiroshima YMCA, Japan, with Mr. Allen Kotian, Assistant General Secretary. Dinesh V.G. and Ezhil Amudhan also participated in the Youth Assembly in Aizwal, Mizoram.

Life at SYMCA (Student YMCA) is filled with excitement and learning, making it deeply fulfilling. We thank God, the staff, committee, chairman, alumni, well-wishers and donors for their support and contributions.



## Procter Branch

*The Procter YMC Branch, established in 1915, continued to provide decent and economical hostel facility with 60 beds for working men from different parts of the country working in Mumbai. The Branch also offers gymnasium, table tennis, badminton, spin biking and carrom. Mallakhamb, a new activity, was the most popular this year.*

**Table Tennis Home Tournament** was held on 2nd & 3rd September 2023, with 50 enthusiastic participants. The matches were competitive and the finals were neck to neck.



cholesterol tests were also available at a subsidized cost. Over 90 community members and staff benefited from the camp.

**Mallakhamb:** A traditional Indian sport is gaining popularity at the Branch. Nearly 43 enthusiastic children train year-round, with many winning medals at the State Championships and some qualifying for the National Championships.

**Independence Day and Republic Day** were celebrated with usual enthusiasm by hostel residents and staff.



**Christmas Programme** was held jointly with YWCA Mumbai Central at YMCA International House with over 150 attendees. The singing group 'The Listers' delivered an excellent performance. Games, food stalls and continental dinner were arranged for the participation.

**Summer Coaching Camps:** Table Tennis, Western Dance, Drawing and Glass Painting classes were held during the vacations, attracting many local children.

**Table Tennis:** Every month, approximately 33 students enrolled in coaching classes, in addition to regular members who actively took part in sports.

**Free Blood Test in Diabetes** was held on February 9, 2024, in partnership with Metropolis. Thyroid and

**Women's Fitness Programmes:** Exclusive fitness sessions were conducted for women, such as Spin Biking, CrossFit and Aerobics/Zumba.

This year marked a period of consolidation. We served 1,156 members, providing a safe space for children and women at the Procter Branch. We also enhanced the premises, transforming the ambience for our members. All glory to God and thanks to the Chairman, Committee members, volunteers and staffs.

## Bandra Branch

*The Bandra YMCA has been a cornerstone of the local community since its inception. It provides a vibrant space for members to engage in recreational activities and coaching.*

The Branch hosted a Home tournament for its Lawn Tennis members on January 26th, 2024. The coaches and volunteers professionally conducted the tournament. These tournaments provide members with a valuable platform to engage in friendly competition and hone their skills.

**Christmas Program** held on December 16, 2023, dazzled members and Balwadi children with games, a magic show, a choir performance and various stalls with souvenirs and food. Game winners received surprise gifts and lucky draw prizes including a smart TV, pressure cooker, iron and bed sheets.

**Free Lawn Tennis sessions** for underprivileged children were held on Wednesdays and Saturdays. Led by experienced coaches, the sessions taught fundamental skills like grip, footwork and strokes, while promoting teamwork, discipline and perseverance.



**Free Basketball Coaching** for underprivileged children was conducted every alternate day by Mr. Arjun Singh. Sessions focused on dribbling, shooting and passing, enhancing basketball skills, teamwork, discipline and



confidence. The program also promoted sportsmanship and fair play.

**Other coaching programs**, including Badminton, Roller-skating, Lawn Tennis, Mixed Martial Arts, Football, Archery and Chess continued to thrive with members active participation.

**Narcotics Anonymous meetings** were held every Wednesday and Saturday at the Branch, offering support for individuals battling drug addiction. The NA Fellowship focuses on mutual support to maintain a healthy, drug-free lifestyle.

**Success Report:**

Archery player Mr. Riaan Patil, a member of YMCA Bandra Branch, participated in the ISSO National Games, winning a Gold medal and qualifying for the SGFI (School Games Federation of India), which was held at Nadiad, Gujarat.



As we thank all concerned for the growth and vibration at the Bandra Branch we look forward to serve more and more young people through sports, cultural and social activities.

## Andheri Branch

*This year was vibrant with events and achievements. Youth actively participated in sports and activities and the introduction of Pickleball added to the Branch's dynamic environment.*

**Brainwaves 2024** was held from January 29th to February 3rd. 230 students from suburban schools participated in storytelling, writing, general knowledge, painting, elocution and news reading competitions. Mr. Joe George, Chairman presented prizes on the final day.



**Christmas** was celebrated on December 16, 2023, with 241 attendees which included members, Vocational Training Centre students and Boys Home children. Pastor Hilton K. shared a heartwarming message, followed by dances, skits and carols.

The Andheri **Power Breakfast Group** met every Thursday at 7:30 am. Each session included songs, scripture readings, reflections on God's Word. The group prayed for the nation, YMCA projects, the community encouraging spiritual unity and support.



**76th Independence Day:** On August 15, 2023, the Branch celebrated India's 76th Independence Day with the Rotary Club of Mumbai Royales. Mrs. Tina Rungta, President of the Club, was the Chief Guest. The event featured speeches and poems by the Boys paying tribute to soldiers. Rotary provided breakfast and dry rations to the Boys' Home, with 25 former Boys and around

35 Rotary members present. A painting competition for 193 school children was held, with winners receiving certificates and trophies from Mrs. Rungta.

**Free Eye Checkup** was held on July 14, 2023 in collaboration with Vaidya Eye Hospital (K.D. Eye Foundation). It benefited local community members, VTC students, staff and Boys Home children.



**POCSO (Protection of children from sexual offences):** On August 25, 2023, a POCSO workshop was conducted for the staff from Andheri/VTC and Boys Home. Guest speaker, Mr. Jitendra Sharma from Children's Academy, spoke on child protection, communication and physical boundaries.



**2nd YMCA Chess Competition** on September 17, 2023, attracted 164 children across five categories. The event fostered enthusiasm, skill development and sportsmanship with winners receiving certificates and medals.

This year, the Andheri Branch has excelled in community engagement and development, strengthening ties and enriching lives through various events and programs.

## Ghatkopar Branch & Chembur Centre

*Serving the community for 40 years, the Ghatkopar Branch supported more than 400 children from lower-income families this year*

**Periodic sessions** for parents on health and education were held on June 15th and September 8th, with around 200 women attending each. Some key programs conducted during the year include:

**Children's week** from October 30 to November 2, 2023. The celebration comprised of drawing, a movie show, games, a fancy-dress competition and a fellowship party with gifts, certificates and nutrition for all Balwadi children.



Observing National Days and festivals like **Republic Day, Independence Day, Diwali and Christmas**, the Ghatkopar Branch brings the community together through flag hoisting, cultural performances and festive gatherings.

**Annual Day** for Balwadi Students and VTC Girls was held on 3rd February, 2024. The students performed dances and songs, entertaining around 700 attendees.

**Sports Day** for Balwadi Children was held from December 11-15, 2023, with prize distribution on January 26, 2024.

**Annual Funfair** was held on February 9, 2024. It attracted over 1,500 attendees with game stalls, food and handmade products, a magic show and cartoon characters.



**International Women's Day** on March 12, 2024 was celebrated with over 120 women from the VTC and parents of preschool students. Two women from Sharan shared their life experiences.



**Gymnasium:** The Fitness Centre and Gymnasium is a popular activity of the Branch. More than 1200 continue to use the facilities each year.

**Tailoring Classes:** Basic and Advanced courses were provided to underprivileged girls and women, with periodic exams and certificates awarded to successful candidates.

Amidst the area's rapid changes, the Ghatkopar YMCA remains an oasis for the less privileged community.

## CHEMBUR CENTRE (GANDHI MAIDAN)

*The Chembur Centre at Gandhi Maidan has been a local landmark since 1959, with Basketball being one of the most well-known activities in the area.*

Even with rapid urbanisation in the neighbourhood, the Chembur YMCA remains a beloved spot for **Basketball** enthusiasts. Both young and older players dedicate their time to improving their skills and playing late into the evening in the Centre's supportive sporting environment. Recently, the basketball court underwent renovations,

including installing new light poles and backboards. **Volleyball and Kabaddi** are also regularly held at the ground, catering to local boys who prefer these traditional Indian sports. For these boys, this is more than just a sport – it is a way of life and a source of pride for their community.

## NSCCI-YMCA KHAR DANDA CENTRE

*Since inception, the Centre has evolved to uplift and serve the community through various service projects, programs and events. The Kindergarten program supports 236 children, while skill training in tailoring, beautician and mehendi, help vulnerable women gain skills for self-development and employment.*

**English Speaking** - The Centre aimed to teach English to students in government schools, colleges and adults (men and women) from the community.

**Free Study Class** for slum children in BMC schools, from Std 3 to 10, held Monday to Friday, provided valuable educational support in core subjects like Mathematics, Science and English.

**Arogya Kendra** is a unique healthcare facility focused to deliver simple, scientific, safe healthcare. It provides free services to the less privileged, including counselling and preventive care. Dr. Bhagyashree Bhat, a homeopathy practitioner, visits the Centre weekly.



**Brain Gym Exercise** session was conducted by Nirmala Niketan College of Social Work on August 26, 2023, for Balwadi parents to improve cognitive functions, self-esteem, memory, creativity and communication.



On **Independence and Republic Day**, the National Flag was hoisted and students performed patriotic dances and speeches.

**Free Health Check-up Immunization Camp** was held on 15th September 2023 for the Balwadi children and parents. The camp, conducted by BMC officials from H west ward, benefited 196 participants.

On September 9, 2023, **Teacher's Day** was celebrated with a motivational video by Nirmala Niketan and TISS students and greeting cards from Balwadi children.

**Talent Competition, Sports Day and Annual Day Celebration** engaged Balwadi children in various performances and activities.

**Senior Citizen's Day** observed on October 7, 2023, with 57 participants included fun games and singing to celebrate and appreciate older adults.



**Baby Sack Bags** were distributed on 12th December 2023, in collaboration with the Child Help Foundation to raise infant care awareness. Volunteers from Nirmala Niketan College assisted in mobilization and 47 women received the bags.

**Personal Hygiene Session** for parents of Balwadi Nursery students was held on December 14, 2023. The session focused on educating parents about maintaining a healthy routine to reduce the risk of infections.

**International Women's Day** on March 9, 2024, saw 150 women and teachers in traditional attire, with a motivational speech by Mr. Nruth Vasudeo, President of Soroptimist International Bombay West, on self-esteem and aspirations.

**Toy Bank** conducted several sessions at our Centre throughout the year, i.e. educational play sessions, team-building activities and other development workshops through board games and toys.

Spacial thanks to all our teachers, volunteers, Donors, Committee members and staffs for making the Khar Danda Centre and oasis of compassion, care and nurture. We thank God for his constant guidance and directions.

## Navi Mumbai Branch

*The only branch in Mumbai's satellite city, serving the community for 35 years with diverse programs.*

Our Belapur hostel provides a safe, affordable and healthy environment for students and working professionals. During summer, we offer special coaching for children in basketball, roller-skating, gymnastics and karate.

### 35th Anniversary of Navi Mumbai Branch

was celebrated on April 30, 2023 with a Thanksgiving Service. The event included a motivational speech and a fellowship dinner with leaders, including President Adv. Rui Rodrigues.



**Bible Study Program** took place every Saturday at 7:30 AM, attended by over 15 members and led by Bro. Stanley Nelson and Mr. Rosh Zachariah.

The year was enriched with three **Song Services**, a 5-day **VBS** for 125 children and a **Christmas Get-Together** with festive activities.



**Inter School Panel Debate Competition**, held from August 23 to September 4, 2023, for 8th to 10th graders brought together 16 Navi Mumbai schools, **enhancing participants' skills**.



**Republic Day and Independence Day** included flag hoisting, speeches and patriotic performances.

**Free Coaching Classes for Underprivileged Children** supported 35 students (Std 9 & 10) from Sambaji Nagar, Ramabai Nagar and Durga Mata Nagar. Dr. G. Wankhede, former dean of TISS, conducted a special session on 'How to Write Board Papers' for X & XII students.



**Hostel Day 'Ignitia'** took place on March 29, 2024. Featuring cultural performances and skits. Prizes were given for in-house sports competitions.

**Alcoholic Anonymous** sessions on Mondays and Wednesdays have supported individuals and their families through counselling.

**The Inter-School Quiz Competition** on February 1 and 7, 2024, saw 17 teams from 10 schools compete, with Apeejay School, Nerul winning the finals and Balbharti School taking second place.

**Awareness Session on POCSSO** and Child Abuse was conducted by Advocate Rutuja Palaspagar on December 9th, 2023.

**Medical Camp** organized in collaboration with MGM Hospital, CBD Belapur was held on March 11, 2024, at Dr. Babasaheb Bhavan Hall. It effectively addressed women's healthcare needs and trained Anganwadi teachers.

**Personal Hygiene Session for young adult girls** was held on 9th August 2023, with 50 attendees.

**Free sports coaching for underprivileged children** in karate and gymnastics were conducted while the **Night Study Centre** in Sambhaji Nagar supported 35-40 children and the **Study Centre at the Branch** provided free tutoring and nutrition to disadvantaged children from 5th to 12th grade.

We are grateful for God's blessings and the unwavering support of our chairman, committee members, staff and volunteers.

# International House & Programme Centre

*The International House continues to offer a “Home away from Home” ambience to guests and members. It caters to the local community, focusing on health and fitness, while providing safe accommodations for individuals from around the world. The Conference Rooms, Board Room, Seminar Rooms provided excellent facilities at nominal cost to many Corporates and NGOs for conducting their meetings. The House also conducts various youth-oriented community programs and activities.*

The Bombay YMCA offers a **Hotel & Catering Management Diploma course** at International House. The team works collaboratively to enhance students’ skills, supported by an excellent faculty teaching various course subjects, preparing them to excel in the hospitality industry.

In eight months of in-house training the students gain confidence and knowledge in F&B service, production, stores, housekeeping and front office operations.

Our students complete two months of industrial training at prestigious establishments such as Sun-n-Sand, Kohinoor Continental, Comfort Inn, Heritage and The Club. The graduation ceremony was held on November 27, 2023.

**Sports facilities** like Basketball, Badminton, Chess and Roller Skating coaching is provided to the members in the multi purpose hall.

**75th Republic Day Celebrations** was held on 26th January 2024, Mr. Yogendra Pache, Senior Police Inspector, Agripada Police Station, hoisted the flag and delivered an inspiring message. HCM students performed a National Integration Song. The Chairman and General Secretary extended their greetings.

**National Tourism Day** was held on January 25, 2024. The guests who were welcomed with flowers and sweets, appreciated Bombay YMCA’s hospitality.

**Annual Food Fest 2024** was held on February 23rd. The event was inaugurated by young author Ms. Pragnya Dey Sarkar. With 71 students from 7 Hotel Management institutions participating, the fest showcased diverse

competitions and delicious culinary delights from YMCA students.

**International Women’s Day** was celebrated on March 3, 2024. The Hostel women were greeted and offered sweets.



**Inauguration of Rooftop Solar Power Plant** was held on March 16, 2024, Bombay YMCA celebrated a major milestone in its 150-year journey with the installation of a solar power system at YMCA International House. Mr. Sunil Lobo, President of Bombay YMCA, inaugurated the system with Mr. Leonard Salins, General Secretary and Channel partners Mpower. This installation represents a key step in reducing our carbon footprint and advancing our commitment to renewable energy.



As we excelled in providing a welcoming and safe environment for guest and members from across the globe, we praise and thank God for His blessings. We thank the Chairman, Committee Members and staff for there unwavering support and hard work in helping us perform exceptionally well in the year.









## Borivali Centre

*YMCA Borivali Centre is thriving with a vibrant atmosphere and a range of sports activities. Its well-maintained facility offers affordable coaching in basketball, karate, gymnastics, roller skating. The Centre's lush greenery and excellent upkeep make it a welcoming place for people of all ages.*

**Summer Day Camp** for the underprivileged children of Ganpat Patil Nagar was held in April 2023 at the Centre. With the help of 8 volunteers, 62 children in the age group of 5 to 15 eagerly participated each day and were taught straw painting, team games, moral stories and fun activities.



**Christmas Programme** for the same children was held on 15th December 2023. Ms. Shalina Rodrigues and a church group performed Christmas carols and Pastor Isaac Agarwal shared a heartfelt message about God's love. 115 children attended and received gift bags for the occasion.



**Basketball Winter League 2023-24** was inaugurated on December 21, 2023 - World Basketball Day, with 32 teams participating in Under-13 and Under-16 boys' and girls' categories.



The finals took place on January 28, 2024, with Chief Guest Mr. Abhishek Ghosalkar in attendance. The winners were Auxilium School in both U/13 Girls and U/16 Girls categories, St. Joseph's Wadala in U/13 Boys and Bombay Scottish in U/16 Boys.

**Free Eye Check-up Camp** was organised on 22nd March 2024 for senior citizens, in association with INFIGO Eyecare. The camp included an audiovisual session on eye care and benefitted 86 people from the local area.



**Senior Citizens Fellowship Group**, a new initiative, offers a monthly platform for seniors to connect and plan events. They gather in a dedicated space provided for their meetings.



The YMCA Borivali Centre is becoming a prominent spot in I.C Colony because of its safe environment and engaging activities, especially for children. Community outreach programs and free coaching activities are helping YMCA fulfil its mission to serve people from all walks of life.

## Lions-YMCA Night Shelter for Youth

*Offering temporary shelter, social services and essential care to 20 boys aged 18 to 21, the Centre provides home-like environment, conducts talent development programs and supports Holistic growth.*

**CAREER AWARENESS** session was held on May 31, 2023 by the Catalyst for Social Action team, industry experts and career counsellors to clarify career paths and job trends.

On **15th August 2023** and **26th January 2024**, the National Flag was hoisted to honour the country and its history.

**WORLD HOMELESS DAY** was observed on October 10, 2023 to highlight the needs of the homeless and encourage community involvement. The Chief Guest was Mrs. Vibha Jadhav, Project Head of DAY-NLUM (Deendayal Antyodaya Yojana-National Urban Livelihoods Mission).

A session on **LEADERSHIP AND COMMUNICATION SKILLS** was conducted by Nirmala Niketan College students, while **FINANCIAL LITERACY** was taught by Mr. Hashal Patil to prevent debt and ensure security.



The **NEW YEAR** celebration with flutist Naveen Kumar and family included an inspiring message and a sponsored lunch.

Easter was celebrated on April 9, 2023, organized by the Orthodox Syrian Church, Malad.

### **SUCCESS STORY**

*Dinesh Gupta, after completing his HSC in 2019, moved to Juhu YMCA Shelter. He graduated with a bachelor's in computer science from Bhavans College in 2022. Thanks to Bombay YMCA's support, he is now working as a Software Developer at Mirae Asset Capital Markets. He is grateful to the YMCA for shaping his life.*

## Andheri Vocational Training Centre

*The Vocational Training Centre, Andheri, established in September 1996, offers four government-recognized courses (Electric Wireman, Beauty Culture, Garment Manufacturing, Fashion Designing and MS-CIT) and six YMCA diploma courses (Electrician Wireman, Tailoring & Embroidery, Beautician & Mehendi, Computer, Mobile Hardware & Software Training and English Speaking). This year 413 students enrolled in various courses.*

On 2nd April 2023 the Pushp Hari Mirchandani Trust generously donated 17 new automated sewing machines of the "Turel" brand. This helped in improving the efficiency and productivity of our tailoring program.

This year, MKCL (Maharashtra Knowledge Corporation Limited) awarded us "The Summer Bonanza" computer class on August 1, 2023, for outstanding performance. We also collaborated with MKCL for an Independence Day activity where 80 students participated.

Promotional activities were conducted in some nearby colleges to introduce our courses to the students.

The VTC collaborated with the Rotary Club of Mumbai Royales to run the Bosch Bridge Programme which has gained momentum at the Centre.

Shree Nelum Gidwani generously donated to upgrade the Vocational Training Centre, enhancing facilities for beautician and tailoring training and adding an AV room. On March 21, 2024, Shri Gidwani inaugurated the upgraded facilities, with Mr. Leonard Salins and Committee members present. Mr. Gidwani was also the Chief Guest at the certificate awarding function. Students expressed their gratitude and showcased their talents with testimonials and dance performances.

On April 5, 2024, Animedh Trust hosted a job symposium for tailoring students, providing insights into job prospects and career paths within their organization.

This year, the Vocational Training Centre improved its facilities and courses, thanks to the generous donations and collaborations. The Centre continues to support students from economically challenged backgrounds, preparing them for successful careers.

# Counselling Centre & Training Institute

*Established in 2008, the YMCA Counselling Centre offers 24/7 support for personal, educational and psychological issues.*

**Training Programmes:** During the year, four 'Introduction to Biblical Counselling' sessions were conducted in Navi Mumbai, Andheri and Ambernath, including one in Hindi, benefiting 75 participants. This was followed by a Level One Counsellors Training Programme, Level Two Module Two Advanced Biblical Counsellors Training Program and Counsellors Enrichment programme.

**Stress Management Seminar** for 10th and 12th students and a virtual **Parenting Seminar** was facilitated by Dr. Sheryl John.

**Pre-marital Workshop for Couples and Preparations of Marriage for Parents and the Family Seminar for Couples**, addressed communication, conflict resolution and financial planning, with 30 and 25 participants respectively.



**A Career Guidance Seminar** for 12th-grade Science and Commerce students was held at Christ Academy, Koperkhairne. The seminar, led by Dr. Johnson Odakkal, provided insights into educational and career paths through interactive sessions and panel discussions.



**The TRAINING OF TRAINERS Program** was conducted to develop existing counselors into faculty for our training programs. Facilitated by Mr. Samson Gandhi and Mr. Syraskumar from Person To Person, Hyderabad, the session benefited 16 participants.

**Motivational talk for terminally ill** was hosted at Jeevan Jyothi Ashram in Kharghar, which houses 43 residents. The talk, led by Pastor Raju Bangera, was attended by 25 inmates.



**The trauma counselling**, led by two certified experts from ACTS, benefited 23 practicing counsellors.

**An awareness session focusing on legal aspects** concerning women and children was conducted for a group of 12 counsellors. Adv. Irene Fernandez emphasized the importance of self-care and compassion in their practice.

**World Mental Health Day** was marked by three programs:

- "Manage Your Stress and Anxiety" at D Y Patil School, Belapur, led by Mr. Isaac Agrawal, with 90 student participants.
- "Awareness Programme on Mental Health" for Clover InfoTech employees, conducted virtually by Mrs. Rachelle Ellis, attended by 85 employees.
- "Counsellors Enrichment Programme," led by Dr. Atul Aswani, focusing on post-behaviours and bibliographic resources for counsellors.

The Counselling Center at CBD supports emotional and social challenges through individual, family and career counselling, as well as school and college programs. This year, we provided over 800 hours of counselling, with services available at nominal fees or free for those in need.



We thank God for our dedicated counsellors and supervisors, who are guided by the management committee and supported by YMCA members.

## Andheri Boys Home

*The Boys Home in Andheri, established in 1964, began as a small shed for eight neglected children. It has since expanded to a 54-bed shelter for orphans from underprivileged backgrounds, providing them with education and a decent living. The children's daily schedule includes grooming, school, tuition, games, value education, homework and interactions with other children and volunteers.*

**Republic Day** was celebrated on 26th January 2024 where Mr Joe George, Chairman hoisted the flag and gave an inspiring message. The Boys presented speeches in Hindi and English and performed a patriotic dance.



**Annual Sports Day** was organized from 26th to 28th January 2024, with the help of former inmates. The events were running races, three-legged races, book balancing, lemon and spoon races, relays, carrom, chess, badminton (singles & doubles), cricket and basketball, all designed to build team spirit.

**Counselling Sessions** were conducted regularly for the boys, especially on stress during exams and life skills and were regularly facilitated by Dr. Madhavi Sheth.

**Dental Check-up Camp and Oral Awareness Camp** was facilitation by Rtn. Chandra Mohan Davar in association with Rotary Club of Mumbai Royales on 13th January 2024, providing essential guidance on oral hygiene.

**Teacher's Day** was celebrated on September 5, 2023, honouring the teachers who support the kids' studies. The children delivered speeches and performed dances. Snacks were generously provided by Rtn. Chandra Mohan Davar and Rtn. Prakash Ruia.

From 21 to 23 September 2023, the Boys enjoyed an exciting 3-day **Out Station Camp** at YMCA Camp Lakeside, Nilshi. Activities included skill-building games, rock climbing, swimming and archery. House parents, former residents and staff joined in the fun.

Special thanks to Mr. Henry of Eustace Travels for generously providing the bus at no cost.

The annual **Vacation Bible School** was successfully organised from 8th to 10th November 2023. This year's theme was "Serve One Another." Volunteer teachers led classes with songs, games and stories. The final day included a thanksgiving program with Bible recitations, new songs, a skit and certificates awarded to the children.

The **Child and Family Extension Service (CFES)** supports 300 children from Goregaon West to Santacruz West. CFES provides financial assistance for school fees and essentials, aiming to support the education of needy students, re-enroll those who left school due to financial issues and encourage better schooling options. It promotes girls' education and transitions to different medium schools. Additionally, CFES fosters leadership and environmental awareness through YMCA campsite activities, while also improving living standards, health and hygiene in the community.

98 children and their parents attended the Annual Get-together on February 16, 2024, at the Boys Home. They received support for school fees, stationery and other supplies. Later that day, students expressed their gratitude to the YMCA and the event was presided by Mr. Dwight Kunder, Chairman of the Boys Home.



We sincerely and profusely thank and acknowledge the support of Donors, Volunteers, Teachers and Staff for their timely and benevolent support. Special thank to Sahara star for supporting us with one meal a week for the children throughout the year. May God continue to bless and lead them in the coming years too.

# Swimming Pool Department, Agripada

*YMCA Swimming Pool Department at Agripada, inaugurated in 1967, is a facility offering swimming for all age groups and faiths. The pool continues to be a haven for thousands of beginners, recreational swimmers, competitive athletes and many schools and institutions. YMCA also supports special needs schools with free access to our facilities as part of our social responsibility.*

**Learn to Swim Campaign** was held in May 2023 during the summer vacation. 564 enthusiastic children aged 7 to 15 learned to swim and received certificates upon completion.

**10th Home Swim Gala** was conducted successfully on 29th October 2023 with 330 entries received from members across various categories.

**The 43rd Annual Inter School / Jr. College Swimming Championship** was conducted on 6th and 7th January 2024 with 614 entries in 58 events. National Champion and Chatrapati Awardee, Ms. Jyoti Bajirao Patil was the Chief Guest. Her twin sister, Ms. Aarti Bajirao Patil also a National Champion and Yashwantrao Chavan Awardee was the Guest of Honor. They awarded trophies and medals to the winners. The Chairman, General Secretary, Hon. Treasurer and Committee Members were present and distributed the medals.



**50th Annual Inter Club Swimming Championship** was conducted on 3rd and 4th February 2024 with 897 entries across 90 events. National Champion Moeen Shirazi who represented India several times in the 100 meters Butterfly stroke presented the trophies and medals to the winners.

**Swimming Stroke Correction and Training Programme** successfully taught the four strokes—

Breast, Free, Back and Butterfly. Participants who excelled and showed dedication advanced to the competitive swimming programme.



**Competitive Swimming Programme** which has produced many State and National champions over the years introduced an early morning session at 5:00 am this year. This enhancement led to outstanding results including a strong medal tally at the GMAAA and State Championships. At the national level Moiz Chowdhary, Bilal Sayed and Aryan Gaikwad were selected for the DSO Nationals with Moiz winning Silver in the 50 meters Back Stroke. Arya Chavan earned Bronze in the 4x100 meters Freestyle while Alina Munshi secured Bronze in the 200 meters and 400 meters Freestyle and 100 meters Butterfly.



The YMCA swimming pool in South Mumbai is highly sought-after for learning and coaching. We offer top-notch facilities at affordable rates and produce National Champions. Our goal is to be the hub of competitive swimming in the city and a nurturing ground for future champions.

# Swimming Pool Department, Navi Mumbai

*Since opening in June 1992, the Pool in Navi Mumbai has been a boon to the community, serving over 1500 annual members and 3000+ short-term members. It is used by local Marine Institutes for sea cadet training, primarily benefiting the middle and lower-middle income community.*

The YMCA Pool offers a valuable recreational and fitness resource for Navi Mumbai residents, promoting physical health, wellness and social interaction. It supports local institutions, including schools for special children and caters to lower-middle-income communities, enhancing the overall quality of life in Navi Mumbai, especially in Belapur.

**Learn To Swim**, a highly successful and well-structured program running for over 32 years, trains students aged 7 and above. This year 2,000 individuals learned to swim.

**Progressive Swim Lessons** designed for children aged 4 to 7 provided personalized attention and care to around 150 children this year, contributing to their growth and development.



**The 9th Annual Inter School Swim Gala** was held on 17th February 2024 and saw 161 children from 18 Navi Mumbai schools compete in 54 events.



**Competitive Swim Coaching** advanced the skills of over 60 children, preparing them for various competitions through regular practice.

**Water Exercise program** focused on improving fitness and health, especially for senior citizens and those prescribed hydrotherapy by a doctor, was utilized by 96 members.



The **Annual Fun Swim Gala** was a delightful event, with over 120 participants, ranging from ages 8 to 80, competing in 55 categories. The event was a success with winners receiving certificates and medals.

**Interactive Session with Volunteers and Pool Instructors:** We hosted an interactive session for 22 pool staff, volunteers and instructors led by Mr. Savio Dsouza and the Secretary in charge. The discussion covered YMCA's objectives, pool improvements, volunteer involvement and a deeper understanding of our principles and ethos.

The Y Pool in Navi Mumbai continues to excel in community engagement, fitness and skill development through diverse programs and events.

We are grateful to God for His blessings and for a successful year. A special thanks to our coaches, lifeguards, Chairman and Management Committee for their support and contributions.

# Physical Education Department

*Founded in 1914, the Bombay YMCA Physical Education Department has significantly impacted Mumbai's youth through sports. The department organizes diverse training and competitions to promote a healthy, active lifestyle and engage Mumbaikars in sports.*

The **46th Bombay YMCA Open State Level Athletic Meet** took place from November 16 to 19, 2023, at the University Pavilion. 3627 participants from 76 schools, 18 colleges and 68 clubs competed in 128 events. Athletes from Sholapur, Satara, Sangli, Nasik, Palghar, Panvel, Ambarneth, Dombivali, Mumbai Suburbs and Mumbai City joined the competition. Olympian Joaquim Carvalho was the Chief Guest on the final day, with Board Members, Committee Members, President Mr. Sunil Lobo and the Chairman present for the finals and prize distribution.



More than 100 Officials, Staff and volunteers worked tirelessly to ensure the Meet's success. Several Meet records were broken this year.

**Free Summer Camp in Athletics** for less privileged children was held from May 10 to 25 at Julla Maidan. The camp benefited 130 participants (54 girls and 76 boys) aged 7 to 12.



**Basketball Home Tournament** was conducted from 10th to 14th October 2023 at the Wellington YMCA, included all children from the free summer camp.

**Free Summer Camp** in Basketball was conducted from 10th to 25th May at Julla Maidan. About 315 participants (105 girls and 210 boys) in the age group of 7-12 years benefited from the camp.

The **65th Bombay YMCA Callan Cup Volleyball Tournament** took place on 26th and 27th May 2023,



with 10 teams competing. GST & Central Excise won and the 7 Colours team was the runner-up. The chief guest was Mr. Shandge, Senior Inspector of Police at Tardeo Police Station, a former National Volleyball player.

**Free Coaches Clinic** conducted on March 23, 2024 at the Procter Branch was attended by 35 coaches from various sports disciplines. The clinic aimed to enhance coaching skills through advanced techniques and strategies. Mr. Manmohan Londhe, Chairman of P.Ed, delivered the keynote on adapting to new coaching methods and Dr. Spencer discussed common sports injuries and treatments.

**YMCA WORLD BASKETBALL DAY** was celebrated on December 21, 2023 at all Bombay YMCA Branches with basketball courts. Events included activities for members and parents of junior players. Former international players who trained at the YMCA shared their experiences, inspiring the juniors. The program received extensive coverage from local press and digital media.

**The Bombay YMCA Football Team** played in the Mumbai Football Association's Super Division since last 3 seasons. They practice at the YMCA 'Triangle' ground which is opposite YMCA International House. The coaching is provided free of cost.

**Gymnasium and 'Akhada':** The YMCA continued to serve the poor in the Agripada and nearby area by providing gym and mud wrestling facility for the physical development of the youth and young at heart.

The Physical Education Department of Bombay YMCA offers free coaching to enhance skills and showcase God-given talent. With a history of producing players who have represented Maharashtra and India in Basketball, Football and Athletics, the Department remains dedicated to this mission.



# Outreach & Development Department

*The Outreach & Development Department uplifts underprivileged communities through educational, health and empowerment programs.*

**Summer Camp for underprivileged children** held from April 17-28, 2023, at Madras Wadi, Korba Mitagarand Dhobi Ghat, engaged 30 children per location in art, craft and team-building activities.

**Youth Training Program** for 60 Night Study Centre students, held from March 27-31, 2023, in collaboration with The Rotary Club of Bombay, offered career guidance and personality development sessions.

33 Balwadi teachers participated in an Innovative **Teacher's Training Programme** with Muktagan Education Trust from June 2023 to March 2024 to boost students' learning and development.

**Teacher's Day Program** on September 5, 2023, honoured Balwadi teachers and helpers. The Chief Guest was Mrs. Bhavna Patil, retired BMC School Principal, who delivered a motivational lecture.

**Festival Celebrations**, namely Diwali and Christmas were celebrated at all the Balwadis with sweets and function for the children and teachers in November and December.

**Rally for AIDS awareness** on December 1, 2023 began and ended at the ORD Department, passing through Agripada, Madhapura, Mumbai Central and Kamatipura, with a street play and continued on December 2 with additional plays in Grant Road and Falkland Road.



**Rotary Club of Bombay Scholarship Award** Function on December 30, 2023, awarded 27 Night Study Centre students who achieved merit in the 2022-23 HSC and SSC exams. Mr. Manoj Patodia, President of the Rotary Club of Bombay along with the Bombay YMCA President and General Secretary, presented the awards.

**Medical Camps:** A free cancer check-up camp for women, in association with Reliance Foundation, held

on 7th February 2024, screened 150 women, while the following day, a check-up camp for Balwadi children and their parents at a municipal school benefited 315 people.

**Annual Night Study Centre Get Together**, held with the **Rotary Club of Bombay** on 17th February 2024 at YMCA International House, featured around 500 students and teachers from 11 NSCs, with performances and awards for various competitions.



**Certificate Distribution Program** for Vocational Training Centre of Excellence in collaboration with the Rotary Club of Bombay was held on 5th March 2024, with Mr. Manoj Patodia, President of the Rotary Club of Bombay, delivering a motivational speech.



**International Women's Day** was observed on 9th March 2024. Mrs. Jumana M. Rampurawala, CEO of Muktagan Education Trust, delivered an empowering speech while VTCE students and teachers showcased their talents.

The inauguration of a new Balwadi at Appapada, Malad, took place on 17th January 2024, in collaboration with UBM Church Council, Mumbai. 30 children now benefit from the new preschool centre in this slum area.

The Bombay YMCA Outreach & Development Department empowers the underprivileged and strives to help everyone reach their full potential with support from partners and staff.

# Metropolitan Programme Committee (MPC)

*MPC runs citywide programs, projects and competitions for school children. Here are highlights from the past year.*

**37th Inter School Panel Debate for the Rao Bahadur Athavale Trophy 2023** held in July 2023, was won by Bombay Scottish School, Mahim. Miss Grishma Nishad of Girton High School was named Best Debater among 12 finalists. Mr. Shiva Roy Choudhary, Chief Guest and Senior Group Manager at Boom Live, presented awards. The event was sponsored by Boom Live and its founder, Mr. Govind Ethiraj, a former Central YMCA Hostel resident.

**InQUIZitive** – Inter-School Quiz Contest 2024 began with 34 teams from 18 schools and concluded with Children’s Academy, Malad winning. The event was sponsored by M/s Target Publications Pvt. Ltd.



The prestigious **Annual Excellence Award** held on 17th February 2024 honoured 22 nominees. Mr. Sunil Lobo presided, with Ms. Peacho Dhaul as the Chief Guest. MPC plans to expand its network to increase programs and participation in more schools next year.

## Sharan

*Sharan – shelter for homeless women is a flagship project of the Bombay YMCA, run under the Deendayal Antyodaya Yojna organized by Brihanmumbai Municipal Corporation and the National Citizen Consumer’s Mission. Since July 2017, Sharan has rescued over 500 vulnerable women, some with minor children, providing shelter from abuse, violence and natural calamities.*

The Shelter offered temporary accommodation, nutritious food, counselling, medical care, recreational programs, vocational training and employment assistance, with a focus on family reconciliation. It can accommodate over 30 women, usually houses around 20 women and some children.

This year, the Shelter hosted various impactful programs and celebrations. Highlights include the 6th Anniversary, NGO partnerships and festival celebrations.

Sharan Shelter is recognized as one of the best models by BMC officials. YMCA aims to enhance this valuable project with support from donors and well-wishers.



# Spiritual and Moral Emphasis Committee

*SM&C upholds Christian principles by serving the poor and needy. Here are highlights of the year's activities.*

**He is Risen** – Easter Musical Evening was held on 22nd April 2023 at Robinson Memorial Methodist Central Church, Byculla. Choirs from Holy Jerusalem Church, Jeevan Shanti Church, Robinson Memorial Methodist Kanarese Central Church, New Dawn, Christ the King Church, Rahator Memorial Tamil Methodist Church and St. Thomas Mar Thoma Syrian Church, Santacruz performed in English, Hindi, Marathi and Malayalam. Brother Robert George shared from the Word of God.

**Galilean Breakfast**, an annual Prayer Service by Bombay YMCA to commemorate the Lord's ascension, took place on 1st May 2023 at the Khar Danda Centre. Rev. Thomas Jacob of St. Stephen's Church, CNI, delivered a thought-provoking message.



**The Enrichment Camp** from 13th to 16th May 2023 at YMCA Camp Lakeside, Nilshi, led by Pastor Alvin Ramteke, inspired 46 youth from various churches with teachings on prayer, overcoming obstacles and doing community service.

**179th Founder's Day** Thanksgiving Service was held on 6th June 2023. Rev. Arpana Rangaya gave an introspective message, Christian Youth Campers led the praise and worship and a shadow play on Sir George Williams was performed. Two YMCA staff members who completed 25 years of service were also honoured.



**Inter Church Bible Quiz Competition**, held on 27th August 2023 saw 14 churches from Mumbai and

surrounding areas compete. The quiz included rounds like One Word, Rapid Fire, Family Tree and Crosswords. The Good Shepherd Church, Dharavi, won after a tough competition.



**World YMCA / YWCA Week of Prayer & World Fellowship 2023**, themed 'Seeds to Blossoms: Cultivating Hope and Love in Solidarity,' took place from 12th to 18th November, starting with an inaugural service at St. Stephen's Church, attended by over 120 people. The inaugural program featured messages from Mr. Sunil Lobo and Ms. Blessy Babychan, performances by Y Voices and CVJM Stuttgart youth. Talks on sub topics of the main theme were held at different YMCA and YWCA Branches in the city and concluded with Dr. Sybil Thomas as the guest speaker on 18th November at YWCA Fort.



**Youth Retreat** on 11th November 2023, themed 'Love Your Selfie 2.0,' brought together 74 young people for Biblical teachings by Ms. Vanita Tiwade and Rev. Avinash Rangayya, with praise led by Rathor Memorial Methodist Telugu Church youth and team-building activities conducted by Rev. Christopher Karkada and volunteers.

**Pastors & Leaders Seminar** on 30th January 2024 included a keynote address by Pastor Peter Akbar on reaching out to GEN Z. 62 pastors and leaders from various churches participated in the seminar.

This year has been remarkable, with strong participation in all our programs. We are grateful for the youth volunteers who advanced our initiatives.

# Camping & Leadership Development Department

*The Camping & Leadership Development Department provides transformative experiences at Camp Lakeside - combining adventure with education to foster personal growth, community spirit and leadership skills. The department ensures safety and inclusivity, creating lasting memories for all participants.*

**The 20th Anniversary of YMCA Camp Lakeside** was celebrated on 15th August 2023. A group of 57 bikers promoting safety awareness joined the event. Adv. Rui Rodrigues, President of Bombay YMCA, highlighted YMCA's impact in camping after the National Flag was unfurled. Mr. Leonard Salins, General Secretary and Mr. Ananta Pavshe, Sarpanch also gave greetings. YMCA Secretaries, Board Members and Committee members of the camping department attended.

**Winter Camp 2023** was held at Camp Lakeside from 15 to 18 November 2024, where 84 campers participated. This year, campers interacted with 8 youth exchange partners from Stuttgart YMCA. Activities included kayaking, swimming, rappelling, rope courses, archery, team building and star gazing during a trekking night out.

**First Women-Only Camp 2024**, held from 8 to 10 March at Camp Lakeside, provided a refreshing retreat for women, mostly mothers of campers. They enjoyed rock climbing, swimming, kayaking and session on stress management.



**Summer Vacation Camps** at YMCA Camp Lakeside in 2023 included the SSC-HSC Camp from 13th to 16th April with 14 campers, followed by three camps for children (8-16 years) from 27th April to 9th May with 147 campers. The theme "NOBORU (Rise & Ascend)" guided their adventure activities and team-building tasks, creating memorable summer experiences for all.

A new addition was the **Family Camp** held from 2nd to 4th June 2023, where 13 families from Mumbai participated. The camp offered a memorable escape from the hustle and bustle of everyday life, strengthening family bonds and creating lasting memories.



**Himalayan Trek**, held annually, took place from 30th April to 8th May 2023 in Dharamshala, reaching Indrahhar Pass and Kareri Lake at 14,254 ft. Led by Camp Director Mr. Amul Raj, 18 trekkers experienced storm, snowfall and heavy rain, making it an unforgettable adventure of a lifetime as they pushed their limits, embraced the wonders of nature.



The Bombay YMCA Camping & Leadership Development Department is dedicated to nurturing leadership and creating a community through diverse camping programs. From adventurous treks to family camps, these initiatives leave a lasting impact, fostering resilience, camaraderie and a love for nature, creating lasting memories and enriching lives at Camp Lakeside.



# Vocational Training Institute and Community Center, Kanhe

*YMCA has always aimed to work for the community's welfare, evident in the growing enrolment in our courses. Our project includes computer, tailoring and beautician classes to boost community development, improve quality of life and foster entrepreneurship and upskilling.*

**Certificate Course in Nursing Care** was launched by Bombay YMCA at Kanhe to support dropout rural youth and economically weaker sections of society. The course, adhering to Nursing Council guidelines, provided students with essential medical knowledge, computer skills, dietary awareness and professional etiquette. Students also underwent a four-month clinical internship at the Government Primary Health Care Centre in Kamshet with their tutor, Mrs. Sumati Jadhav, who brings 36 years of experience to the role. Each student received a Nursing Art book, uniform and toolkit from YMCA. Regular class tests were conducted. Special thanks go to YWCA for their expertise in midwifery and exam administration and to Mahindra Accelo for their support in enhancing the lives of rural communities. **Certification distribution programme** was held for the outgoing students of Nursing Care course at YMCA International House. Mrs. Nora Bhatia, Vice President of HR & Corporate Admin at Mahindra Accelo, our CSR partner, was the Chief Guest. She congratulated the graduates and encouraged them to achieve new heights.



**Balwadi**, launched in July 2022, has 33 children enrolled for the 2023-24 academic year. A teacher and helper are assigned to the preschool. Efforts are being taken to impart the necessary learning to the children which we have been following in our other Centres. We also engage parents through regular parenting sessions.

**Fancy Dress Competition at Balwadi** showcased parents' efforts in dressing their children and the kids' confidence in performing.

**First Christmas at Balwadi** was filled with excitement, as children received "Bags of Joy" with useful items.

**Annual Day at Balwadi** was held in February 2023, which included performances by the children and was enjoyed by their parents.

**Celebrating National Events:** We enthusiastically celebrated Independence Day and Republic Day,

instilling a sense of patriotism and pride in our students

**Zilla Parishad School Visit Kanhe (Std 1 to 7th):** A visit was made to ZP School Kanhe, where we met Principal Mrs. Shobha Vahile. We proposed a Teachers Training program on counselling (career and mental health) for the upcoming academic year, followed by awareness and counselling sessions for students.

**Teacher's Day:** On 5th September 2023, we celebrated Teacher's Day at our Vocational Training Institute (VTI) to honour and appreciate our teachers. We presented them with roses and thoughtful gifts. Students created cards and thank you notes, highlighting the crucial role teachers play in their lives.

**Summer Camp** at our Vocational Training Institute in Kanhe, held from 13th to 17th May 2024, included interactive sessions, team games, adventure activities and art & craft. With 15 participants, the 5-day camp offered a unique and enjoyable experience surrounded by nature.

**Inter School Quiz competition:** VTI Kanhe hosted its first interschool quiz competition with 31 teams from seven schools. Six teams advanced to the finals, where winners received individual trophies and school trophies, along with achievement certificates sponsored by the Ys Men's Club of Mumbai North.



The Kanhe project highlights how Bombay YMCA empowers rural youth by enhancing their skills and helping them overcome their rural limitations and face the world with confidence.

We are deeply grateful to God for His blessings on our rural development programs at VTI Kanhe. We are grateful for the local support from Gram Panchayat Kanhe and the Sarpanch. A special appreciation to our Chairman and the management committee for their crucial support and resources.

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