YMCA
BANGALORE

ANNUAL REPORT

2025-26

" Empowering Communities, Enriching Lives"



YOUNG MEN'S CHRISTIAN ASSOCIATION
BANGALORE

YMCA BANGALORE 125 Years 1900 - 2025 In the Service of community

YMCA
BANGALORE

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IN THE YEAR 2025, YMCA BANGALORE PROUDLY MARKED ITS QUASQUICENTENNIAL YEAR, COMMEMORATING 125 YEARS OF DEDICATED SERVICE TO THE COMMUNITY.



YMCA BANGALORE
MISSION STATEMENT

"The Young Men's Christian Association of Bangalore seeks to unite people to build a just and equitable society, where the individual freedom will be enhanced to develop a human community from all faiths under the parenthood of God. The YMCA will celebrate, preserve, enhance and sustain creation in which people will be inspired to grow and work towards the reign of God. The YMCA will continue its struggle against oppression, marginalization, poverty, violence and empower men, women and children in crises, so that the homes will become the witnesses of the creator God"

YMCA
BANGALORE

YMCA BANGALORE 125 Years 1900 - 2025 In the Service of community

MEMBERS OF THE BOARD OF DIRECTORS
FOR THE YEAR 2025-2026



Rev. Dr. P. Sethu
President



Rev. Inbaraj Jeyakumar.V
Vice-President



Mr. John Prasanna
Treasurer



Dr. Daniel Rathnakar.J
General Secretary



Mrs. Mary Suhasini



Dr. Shanthakumar.S



Mrs. Pramodini Narendranath



Rev. Calvin Sushith Ambler



Mr. Kuriakose.M.K



Mr. Elisha Andrews



Mr. N.J.Thomas



Dr. Philip.S.Lewis



Mr. Deepak Prabhu



Mrs. Juliet Vijayakumar



Mr. Nelson Xavier



Mrs. Jeba Jyothi

YMCA BANGALORE

In Loving Memory of



MR. R. S. SHETTIAN

Former Region Chairman of the South Central Region and Former National Treasurer, NCYI.

Mr. R.S. Shettian (1959–2025) was a distinguished leader of the National Council of YMCAs of India and the first individual from Karnataka to take on the role of National Treasurer. His influential career began with his tenure as State President of the YMCA in Karnataka and President of the Mangalore YMCA, where he fervently promoted youth development and community welfare. In addition to his YMCA leadership, Mr. Shettian was a visionary in healthcare and education, serving as Chairman and Managing Director of Athena Hospital and the Athena Group of Educational Institutions in Mangaluru. His lifelong commitment to social causes, infused with strong business acumen, left an indelible mark on the YMCA movement and the wider community in Karnataka. Mr. Shettian passed away on November 21, 2025, leaving behind a remarkable legacy characterized by compassion, leadership, and unwavering dedication to community service and medical education.His unwavering service, humility, and passion for community development will always be remembered by YMCA Bangalore with great respect and gratitude.

May the Departed soul Rest in Peace

John 11:25

Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die.

YMCA BANGALORE- AUDITOR



Mr. Charles Prabakar
Chartered Accountant
M/s Charles Prabakar & Associates

YMCA BANGALORE- LEGAL ADVISOR



Dr. G. Sukumaran
Advocate and Consultant
Dr.Sukumaran & Associates

YMCA SECRETARIAL & OFFICE STAFF

Dr . Daniel Rathnakar.J	:	General Secretary, YMCA Bangalore (retired as on 31st Jan 2026 and continued on contract basis)
Mr. Abhishek. D	:	Secretary
Mr. Ramenglien Traite. C	:	Trainee Secretary
Mr. D. Gnanaprabhu	:	Accountant, City YMCA
Mr. Shiva Shankara. R.	:	Accountant, Bourdillon YMCA
Mrs. Niveditha. V. L.	:	Personal Assistant to General Secretary, City YMCA
Mr. Antony. S.	:	Office Assistant- Family YMCA

YMCA PROJECTS
YMCA COLLEGE OF PHYSICAL EDUCATION

Dr. Daniel Rathnakar. J	:	Correspondent
Dr. A. Maleques	:	Principal (on contract basis)
Mr. B. S. Venkatesh	:	Manager (on Contract basis)
Dr. V. Karthik	:	Vice –Principal
Mr. Thyagarajan	:	Lecturer
Ms. Sowjanya	:	Lecturer

FACILITIES AVAILABLE FOR MEMBERS AT YMCA

City YMCA
Nrupathunga Road, Bangalore – 560 001, Ph: 91-080-22211848, 22217711, 22105159
Email: ymcabangalore19@gmail.com Website: www.ymcablr.org

- Lawn tennis, Cricket Club, Shuttle Badminton, Cricket Academy & Computer Academy (recognized by NIOS).
- Guest rooms: A/C & Non A/C - Double Rooms, Single Rooms and Family Suite.
- YMCA College of Physical Education, B.P.Ed. &D.P.Ed.

Affiliated to Bangalore City University Recognized by NCTE and Government of Karnataka.

Bourdillon YMCA
66, Infantry Road, Bangalore - 560 001
Ph: 91-80-25591681. E-mail Id: ymcabourdillon@yahoo.com.

- Branch office and CIC office.

Family YMCA
57, Millers Road, Benson Town, Bangalore – 560046. Phone: 91-80-23538322

- Indoor Shuttle Badminton

BANKERS	:	Union Bank of India, N. T. Road, State Bank of India, Vidhana Veedhi Branch Indian Overseas Bank, Infantry road & Indian Bank, Shivajinagar, Bangalore.
HEAD OFFICE	:	International Programme Centre & Guest Rooms
	:	City YMCA, Nrupathunga Road, Bangalore – 560 001. Tel: 080-22211848, 22105159, 22217711 E-mail: ymcabangalore19@gmail.com URL : www.ymcablr.org
BRANCHES	:	Bourdillon YMCA 3rd Floor, T-4 Unit, YMCA Gem Plaza Building, # 66, Infantry Road, Bangalore – 560 001. Tel: 080 -25591681 Email: ymcabourdillon@yahoo.com
	:	Family YMCA 57, Millers Road, Bangalore – 560 046. Tel: 080- 23538322
PROJECTS	:	YMCA Camping Centre Kodugurki Village, Devanahalli.
YMCA CHILDREN IN CRISIS PROJECT OFFICE	:	YMCA Bourdillon Branch 3rd Floor, YMCA Gem Plaza Building, # 66, Infantry Road, Bangalore – 560 001. Tel: 080-25591681
YMCA CIC CENTRES	:	YMCA Children in Crisis Street Children Rehabilitation Home & Vocational Training Centre, # 36, 2nd Main, Gandhinagar, Kadugondanahalli, Bangalore-560045
	:	YMCA Street Children Rehabilitation Home Corporation Bldg. Thamarai Kannan Road, Murphy Town, Bangalore – 560 008.
	:	YMCA Women & Child Development Centre & Community Centre, Tailoring Unit G.Muniyappa Garden, P.S.K. Naidu Road Doddigunta, Cox Town, Bangalore - 560 005.

President's Message



Dear Friends of YMCA,

Greetings to all.

Yet another important year in completingthe125 Years of service of YMCA in Bangalore has quietly passed,providing us the Opportunity tolook with hope and ambition to continue Our noble work in developing People and communities.Our shared mission remains a powerful anchor in an ever-changing world. It is with a profound sense of purpose and shared responsibility,we continue our collective journey toward making YMCA Vision 2030 a living reality for us.

YMCA Vision 2030 is our global roadmap—a unified strategy designed to empower young people and ensure that everyone can thrive in body, mind, and spirit.These 4 pillars encapsulate the most pressing needs of our time and define our core priorities moving forward.

1.Community Wellbeing

Our foundational commitment is to nurture young people and their families in body, mind, and spirit. True wellbeing extends beyond physical health; it includes robust mental health and a deep sense of belonging, love and holistic wellness. This status of wellbeing must be achieved to all in the community at large.

2. Meaningful Work

Finding a fulfilling career pathway for our youth is one of the greatest challenges facing the next generation. Through the pillar of Meaningful Work, we dedicated to supporting worthwhile jobs and sustainable livelihoods. We must meetneeds of education, vocational training, youth entrepreneurship. Our goal is to equip young people with the adaptive skills needed for new economies, helping them turn their skills into passion and lifelong self-reliance.

3. Sustainable Planet

The climate crisis presents an immediate threat to future generations. We are fully committed to channeling the passion of young people toward climate justice and environmental sustainability. This means transitioning our own YMCA operations and facilities to green energy, reducing our carbon footprint, and educating young leaders to act as stewards of creation. We believe that saving the planet requires localized action with a global impact.

4. Just World

A flourishing society is impossible without justice, peace, and equity. We must continue to amplify youth voices and grassroots actions to combat systemic discrimination, racism, and inequality in all forms. Our vision of a world where every person lives in harmony with self, society.

Thank you for your unwavering dedication, your time, your passion, your cooperation and Colloboration. Together, let us continue to build a just, sustainable, equitable, and inclusive world.

Rev.Dr. P. Sethu,
President, YMCA Bangalore.

From the General Secretary's Desk....



Dear Members and Friends of YMCA Bangalore,

As we look back on the year 2025-2026, I am filled with immense pride and gratitude for the growth and resilience that the YMCA Bangalore community has demonstrated. This year has been marked by significant achievements in our mission to foster holistic development through spiritual, mental, and physical well-being.

In our pursuit of creating a welcoming environment, we have successfully launched several new programmes aimed at empowering youth and strengthening community ties. The response has been overwhelming, demonstrating the commitment of our members to uplift one another and contribute meaningfully to society.

This year also saw expanded partnerships with local organizations, focusing on issues such as health education, environmental sustainability, and social justice. Together, we have hosted workshops, cultural events, and community service projects that have not only enriched lives but also fostered a spirit of cooperation and understanding among diverse groups.

Looking ahead, we are excited to continue this momentum. Our vision for the upcoming year includes enhancing our programs and facilities, increasing community engagement, and advocating for social causes that align with our core values.

I would like to extend my heartfelt appreciation to our Board Members, Staff, volunteers, Well wishers and members for their unwavering support. Your passion and commitment are what make the YMCA Bangalore a beacon of hope and inspiration.

Together, let us continue to build a vibrant community rooted in care, compassion, and camaraderie.

Dr.Daniel Rathnakar.j.

General Secretary

YMCA BANGALORE.

PROGRAMMES

SAVE WATER PROGRAMME: The YMCA Bangalore hosted the "Save Water Programme" on 28th April 2025, to raise awareness about water conservation under the theme "H_2OPE for





the Future." A drawing competition for children was a significant part of the event, held at YMCA Bangalore, Nrupathunga Road. Mr. Sathia Rabbin Das, an Executive Secretary from SCMI, emphasized the importance of water and encouraged participants to consider their usage at home. Around 81 students participated, and three cash prizes were awarded: one for the winner and two for runners-up.



ANNUAL SUMMER CAMP: The YMCA Bangalore held its Annual Summer Camp from 7th April to 10th May 2025. The camp featured various activities at multiple branches, including cricket, shuttle badminton, lawn tennis, and basic guitar lessons. Free football coaching was offered to shelter children at Murphy Town, benefiting around 200 children.



Additional features included free medical check-ups, fitness activities, a workshop on sports injuries, and an interactive session for coaches and parents, culminating in a valedictory function on 12th May 2025.



YMCA FOUNDERS' DAY: The YMCA Founders' Day was celebrated on 6th June 2025, at City YMCA. The event commenced with an opening prayer led by Mr. Rajiv John, Director of the National Council Training Department. Dr. Daniel Rathnakar J, General Secretary of YMCA Bangalore, welcomed the attendees and



introduced the Chief Guest. Rev. Dr. Prof. A Israel David, Designated Principal of U.T.C. shared a message from God and recognized the contributions of Shri George Williams and the global YMCA community. Rev. Dr. P. Sethu, also extended greetings and delivered a message. The Programme concluded with a fellowship dinner.

WORLD ENVIRONMENT DAY:



On 5th June 2025, YMCA Bangalore hosted World Environment Day at City YMCA, featuring an inter-school Photography and Article Writing competition with 18



students and teachers from various high schools. The event addressed the urgency of Bangalore's lake issues, with insights from various experts. Participants photographed Hosakerehalli lake and wrote on the theme "Water: Hope for the Future." Prizes of Rs. 3,000, Rs. 2,000, and Rs. 1,000 were awarded for the top three entries in both competitions.





INDEPENDENCE DAY CELEBRATION: The 79th Independence Day was celebrated on 15th August 2025, at YMCA grounds. Rev. Dr. P. Sethu, President of YMCA Bangalore, hoisted the national flag and delivered the message. Guest of honor Dr. Vijaykumar from Sparsh Hospital also addressed the audience. The event included a march past, skit, and rhythmic dances by students, followed by a community breakfast.



ANNUAL GENERAL BODY MEETING: The Annual General Body meeting of YMCA Bangalore was conducted on 30th August 2025 with 34 full members in attendance. The meeting concluded with a fellowship dinner.

CAREER AND SKILL BUILDING WORKSHOP: The YMCA Bangalore conducted a workshop on "Career and Skill Building" at City YMCA, Nrupathunga Road on 20th September 2025, attended by 25 degree-level students from five different colleges. Mr. Ajith P.C., a Life Skill Coach and Director of Triumph Education Centre, served as the Resource Person. The event was inaugurated by Rev. Dr. P. Sethu, President of YMCA Bangalore, along with Dr. Daniel Rathnakar J, General Secretary, YMCA Bangalore and Dr. A. Maleques Arokyanathan, Principal, YMCA College of Physical Education. The workshop covered three main topics: resume writing emphasizing AI literacy, communication skills enhancement, and interview preparation, which included a mock interview session. Participants shared feedback, and the event concluded with a certificate distribution ceremony.





INTER FAITH INITIATIVE - ONE DAY RELIGIOUS VISIT: The YMCA Bangalore and SCMI Bangalore jointly organised a "One Day Religious Visit" programme to the college students on the theme "Exploring Faith and Harmony" on 31st October 2025 at YMCA Bangalore. Five colleges participated, represented by 31 students and their lecturers. Dr. Denzil Fernandez S.J., Head, Department of Peace and Reconciliation, ISI Bangalore and Swamy Soukhyananda, Ramakrishna Ashram, Bull Temple Road, Bangalore were the resource persons. After the inauguration the participants were taken to various religious places to visit like Ramakrishna Ashram – Bull Temple Road, Maha Bodhi Society- Gandhinagar, Shri Swethambara Jain Temple, Gurudwara Sri Guru Singh Sabha, St. Francis Xavier's Cathedral and Masji E Khadria. The Visits concluded with reflections shared by students, expressing how the visit deepened



their understanding of diverse faiths and strengthened their commitment to peace and harmony.

MODEL LOKSABHA COMPETITION: The YMCA Bangalore and Rotary Bangalore Peenya, jointly organised the "36th Inter Collegiate Model Lok Sabha Competition" on 6th and 7th November 2025. Rtn. Dr. Elizabeth Cherian, District Governor of RI District 3192,









was the Chief Guest on the inauguration. and Hon'ble Sri. S. Suresh Kumar, MLA and former Minister of the Rajajinagar Assembly Constituency in Karnataka, was the Chief Guest on the Valedictory function. Around 250 students participated in the competition.All the participants received certificates, while trophies and cash prizes were awarded to the winners, runners-up, and special trophies for the outstanding performers.The Students were trained by Mr. Harish, Senior Advocate, trained the students for two months at YMCA premises.

YMCA/YWCA WEEK OF PRAYER: The YMCA, YWCA, and SCMI jointly observed the World Week of Prayer 2025 from 9th to 15th Nov 2025 on the Theme: "Jubilee – 150 Years of Prayer in Action. The programme focused on the Jubilee theme, marking 150 years of prayer in action across the global YMCA/YWCA movement. The inauguration was organised on 9th November 2025 at YMCA, Bangalore at 4.30 p.m. Rev. Jacob P. Thomas, Professor, United Theological College, Bangalore (Department of Mission and Ecumenism), reflected on the meaning of Jubilee as a time of renewal, freedom, and gratitude.

The service began with an opening prayer led by Rev. Priscilla Rawade, Executive

Secretary, Gender and Social Justice Desk, SCMI. Rev. Dr. P. Sethu, President, Bangalore YMCA, delivered the welcome address, followed by Dr. Daniel Ratnakar. J, General Secretary, Bangalore YMCA, who shared a brief history and significance of the World Week of Prayer.



The YWCA Bangalore team, led by Ms. Priyanka, presented a beautiful special song, and Mrs. Binu Rachael Philips, President, YWCA Bangalore City, offered her



presidential remarks. A skit based on the theme "Jubilee – 150 Years of Prayer in Action" was creatively presented by students from the YMCA College of Physical Education. Ms. Dakerlin Mukhim, General Secretary, SCMI, read the Scripture portion, and Mr. Rajiv John, Director, Training Department, introduced the guest speaker.

Mrs. Dorcas Pearl Sudeep, General Secretary, YWCA Bangalore City, led the Responsive Reading, followed by a special song by the YMCA Trainee Secretaries. The programme concluded with a closing prayer and benediction by Rev. Dr. P. Sethu, President , YMCA Bangalore followed by refreshments. A week long –prayer was organised at different venues.

CPR TRAINING AND CERTIFICATION:

The YMCA Bangalore organized a "CPR Training and Certification" programme on 21st November 2025 at 11:00 a.m., at YMCA, Nrupathunga Road. This initiative was proposed by Rev. Dr. P. Sethu, President of YMCA Bangalore, and conducted by the Cardiological Society of India, Karnataka





Chapter. The programme received support from Rotary Bangalore Peenya, Lions Club, Sun Pharma, and Making India Heart Strong. Approximately 100 participants attended and benefitted from the training, acquiring essential skills, and all attendees were awarded participation certificates.

THANKS GIVING WORSHIP: On the first Monday of New year, 5th January 2026, a "Thanks Giving Worship" was organised at City YMCA Main Hall, Nrupathunga Road, Bangalore – 560001. Rev. Augustine Jai Kumar, ACTS Christalaya church,

Sarjapura Road, Bangalore was the main speaker on the day and delivered an inspiration message,





Rev. Dr. P. Sethu, President, YMCA Bangalore and Mr. Rajiv John, Director of YMCA Training Department brought out greetings . Around 100 people participated in the programme which includes YMCA staff, Faculties and students of YMCA College of Physical Education.

BASKETBALL TOURNAMENT: The YMCA Bangalore and Y's Men International jointly organised "James Naismith Inter-High School Basket Ball Tournament" on 28th November 2025. The tournament was inaugurated at 9.00 a.m. at YMCA Ground, Nrupathunga Road, Bangalore. Ms. Grishma Niranjan who represented India at the FIBA U-16 Asia cup Bangalore was the chief guest. Around 80 students from 6 schools participated with all participants receiving certificates, and trophies were awarded to the winners, runners-up, and best player. The winners in the Girls category were from Cluny Convent School, while the Boys category from St. Joseph's Indian School.





YMCA CHRISTMAS CELEBRATION: The YMCA Bangalore celebrated Christmas on 12th December 2025, led by Rt. Rev. Dr. Vincent Vinod Kumar, Bishop of CSI-K.C.D, who was the Chief Guest and also delivered the Christmas message. Mrs. C.P. Jeseena, P.F. Commissioner, Bangalore-II, was the guest of honour. About 400 people attended the celebration, which concluded with a fellowship dinner.

CHRISTIAN LEADERSHIP SEMINAR: A one-day Christian Leadership Seminar on the theme "Unlocking Peer Potential" was Conducted on 24th January 2026 at YMCA Bangalore. Mr. Ben Jonathan Field Secretary at India Sunday School Union, Conoor & Assistant Pastor at Ashraya Fellowship (Interdenominational Church),





Conoor and Mr. Rajiv Kunwar John Director, YMCA Training and Leadership Department, UTC Bangalore were the resource persons for this seminar.



REPUBLIC DAY CELEBRATION: The 77th Republic Day was celebrated on 26th January 2026 at the YMCA Ground. Mr. N. Nagaraja, Superintendent of Police (Retd), Chief Guest unfurled the National Flag and delivered the Republic Day address.

RENOVATION

Shuttle Court: A shuttle court at City YMCA was renovated with a synthetic surface and inaugurated on 21st June 2025 by Mr. Nelson Xavier, Member of the board, YMCA Bangalore. Dr. Daniel Rathnakar J, General Secretary of YMCA Bangalore Dr. A. Maleques, Principal of YMCA College of Physical Education and the members of the Shuttle club were also present.



"Whatever you do, work at
it with all your heart, as working
for the Lord, not for human masters".
Colossians 3:23

YMCA PROJECTS

'SADWI'

(Serving Abused, Demoralized & Women Issues)
Children in Crisis Project



CHILDREN IN CRISIS (C.I.C) :
YMCA runs two homes for rehabilitation of street children and open centres for Children In Crisis. The YMCA Day Care Centre at K.G. Halli currently taking care of 15 underprivileged children.



CHILDREN'S DAY AND WORLD WEEK OF PRAYER AT CIC:
The Children's Day and World YMCA/YWCA & SCMI Week of Prayer was observed on 14th November 2025 at the YMCA CIC Rehabilitation Centre, Dream Home, Kadugondanahalli, Bangalore on the theme "Prayer as Coming Home", Rev. G.V. Immanuel, Pastor of IUEM Church, Bangalore, was the keynote speaker for the event.

CHILDREN CHRISTMAS CELEBRATION: The YMCA Bangalore celebrated Christmas at YMCA Rehabilitation centre, Murphy Town, Bangalore on 22nd December 2025. Rev. Fr. Deva Kumar , Parish Priest, Good Shepherd Church, Murphy Town, Bangalore delivered Christmas message to the children and Rev. Inbaraj Jeyakumar, Vice – President and Mr. John Prasanna, Treasurer of YMCA Bangalore graced over the occasion. The programme was followed by lunch hereafter.



Sponsorers: In the month of December, groceries were also sponsored for the children at Murphy Town Rehabilitation centre by Business Services Pvt. Ltd. and Mr. Ebenezer, the former principal of Bishop Cotton Boys' School. On 31st January 2026, Ms. Shyla from Sdi Business Services India Pvt. Ltd. distributed free notebooks and pencils to all the children.

Internship: Each Wednesday, United Theological College students engage with the children, teaching Basic English, leading prayers, and facilitating games. Additionally, six girls from the VI semester B.A. course at BBMP First Grade College are completing a 15-day internship at the Centre. They conducted Mehandi training on 24th February 2026, and a session on personal safety, discussing good touch and bad touch, on 25th February 2026.

WOMEN EMPOWERMENT PROGRAMMES

The YMCA Women Empowerment Center at G. Muniyappa Garden, Cox town, Doddigunta, Bangalore has made substantial strides in promoting the empowerment of women in our community. Through various following programmes and initiatives over the past year, we have focused on skill development, health awareness, and job placement services for women.



Free Tailoring Course : The YMCA Women Empowerment Centre's Tailoring Unit offers a Six months Free Tailoring training programme aimed at supporting underprivileged women in the community. This programme was conducted from September 2025 to March 2026, Monday to Saturday, 8 -10 women , fostering a supportive and interactive learning atmosphere.



The certificates were awarded during a celebration for International Women's Day to the participants who completed a six-month tailoring course at the centre. Among them, Mrs. Deepika and Mrs. Saranya successfully secured employment, highlighting the tangible impact of our training initiatives. Their success stories reflect the empowerment gained through skill development, and they expressed heartfelt thanks to the YMCA for helping them advance their career.

Health Initiatives : The YMCA Women Empowerment Center, in collaboration with the Cox Town Health Center, conducted health check-ups for the local community. Led by Dr. Jyothi and her team, these checks occurred twice a month at the centre. Our health initiatives included vital screenings and health education, significantly improving awareness and health outcomes in the surrounding areas. Additionally, the staff and volunteers of Women empowerment centre participated in the Pulse Polio Campaign from 19th May to 10th June 2026, ensuring that children in our community received necessary vaccinations. Immunization for children aged 0–3 years was conducted at the YMCA Women Empowerment Centre in Cox Town by the Doddigunta Health Centre.





Tote Bag Making Training : From 19th May to 10th June 2026 a comprehensive training session for tote bag making was organised at the centre. This programme engaged 18 to 20 women who learned essential skills in measurements, cutting, and stitching the Bag.

International women's day. The Women's Empowerment Centre of YMCA Bangalore organised an "International Women's Day Programme" on 10th March 2026, on the theme "Give to Gain" at YMCA Dream Home in K.G. Halli, Bangalore. Dr. Prettysha Curtis, Ph.D, Doctor of Philosophy in psychology/Management studies and Dr. Doris Mary, Superior General, Montfort Sisters provincial House were the resource persons. The event was presided over by Mrs. Juliet Vijayakumar, Board Member of YMCA Bangalore. Approximately 100 women from the local community attended the programme followed by a lunch.



Women / Gender assembly: the south Central Region of YMCAs hosted a Women/Gender Assembly in Ballari on 21st and 22nd November 2025. Mrs. Pascal Mary, along with CIC staff and volunteers Mrs. Suganthi and Mrs. Mercy, represented YMCA Bangalore at the event. They took part in a Fancy Dress competition and all three won prizes.

As we look to the future, the YMCA Women Empowerment Center remains dedicated to its mission of empowering women through education, health services, and job placement opportunities. We are excited to expand our programmes and reach even more women in the coming year.

CITY YMCA ACTIVITIES:

The City YMCA regular activities are Shuttle Badminton, Cricket Academy and Tennis.



FAMILY YMCA ACTIVITIES

The Family YMCA remains dedicated to serving the community in and around the Benson Town area. Daily, approximately 100 members engage in activities at the Family YMCA, taking advantage of the shuttle badminton facilities available.

YMCA COLLEGE OF PHYSICAL EDUCATION

The YMCA College of Physical Education, established in 1958 in Bangalore, adapts to the evolving needs of the community while promoting academic excellence, practical training, and inclusive practices in physical education. Since its inception, the college has trained more than 4,500 men and women nationwide.

Over the past year, the college has demonstrated resilience and growth, highlighting innovative programming and strengthened community partnerships. This annual report reflects our dedication to enhancing student outcomes and inspiring healthy lifestyles, as we continue to empower future leaders in fitness and wellness.

We are proud to join World YMCA in Celebrations" World Youth Skill Day"

The Programmes / activities conducted during the year were:



Workshop : A workshop focused on sports injuries and rehabilitation was held on April 29, 2025. It was attended by B.P.Ed and D.P.Ed students, as well as participants from the summer camp and their parents. The session was led by Dr. Vijayakumar and Ms. Sherin. George from Sparsh Hospital.



Shuttle Tournament: The Inter YMCA Shuttle Badminton Tournament took place at YMCA Udupi on May 3, 2025, organized by the South Central India Region of YMCAs. College staff member Mr. Thyagaraj and student Sherayes participated in the event. The results included the following achievements: winners in the Under-45 singles and Open category, as well as runners-up in the Under-45 doubles and Open category doubles.

Graduation Ceremony and Valedictory Function:





The graduation ceremony for the 67th batch of D.P.Ed and the 21st batch of B.P.Ed took place on June 7, 2025. Prof. Rev. Dr. Chilkuri Vasantha Rao, the principal and CEO of UTC, served as the Guest of Honour. The event opened with a warm welcome from Rev. Dr. P. Sethu, chairman of the YMCA College advisory committee and President of YMCA Bangalore. Dr. Daniel Rathnakar J addressed the outgoing students, while Dr. A. Maleques, principal of YMCA Physical Education College, expressed gratitude through the vote of thanks.

Results: The B.P.Ed. 1st and 3rd semester results were announced by BCU; our college secured 100% results:.





National Sports Day: On August 28, 2025, the YMCA College of Physical Education celebrated National Sports Day. Students showcased impressive demonstrations, including pyramids, gymnastics, sports skills, group rhythmic events, and special messages in honor of the occasion



Teacher's Day: Staff and students Celebrated Teacher's Day on 5th September, 2025. Dr Daniel Rathakar. J, General Secretary, YMCA Bangalore delivered the Teachers' Day message and gifted wristwatches to all the staff.



Tug-Off- War: Our College students got Runners up in the Inter-Collegiate competition conducted by Bengaluru City University on 16th November, 2025.



Block teaching practice From 17th November to 29th November , 2025, all students participated in block teaching practice and internships at various schools. The following schools hosted our students for their teaching and internship experiences: St. Joseph's Indian High School,. St. Joseph's School (CBSE), St. Joseph's Primary School, Bishop Cotton Boys' School, 5Cathedral High School, United Mission School, Mitralaya School.

Talents day: On 5th December 2025, the college organized a Talents Day to showcase student performances. The events included Group Songs, Group Dance, Modelling, Mimicry, Solo Song/Dance, Drama, Mono Acting. The day highlighted the diverse talents of our students.



All India inter-university baseball tournament:
YMCA College students Mr. Yuva Prakash and Mr Abi Kumar were selected for the All India Inter-University Baseball team and played matches at Pune on 6th and 7th January 2026

Specialisation games practice: The YMCA College's 4th semester B.P.Ed.'s Volleyball coaching specialisation was started from 6th to 12th March, 2026. A Volleyball pedagogical competition was held on 13th March 2026.





National Level Symposium: Staff and students attended the National Level Symposium on “Holistic Wellness through Physical Fitness". All participants received certificates. Mr Basavaraj S. Horatti, Chairman, Karnataka Legislative Council, Govt of Karnataka, inaugurated the symposium on 28th March 2026

Yoga Clasess: From March 1st to 27th March 2025, Students Practiced mass demonstration of Yogasanas at ymca ground



STUDENTS ACHIEVEMENTS



Model loksabha: YMCA College students participated in the 36th Inter-Collegiate Model LokSabha Competition and secured winners in general categories, which was held on the 6th and 7th of November 2025.

Ekalavya award: Ms Priyanka, YMCA College Alumni, has been conferred with Karnataka's highest sporting honour, the Ekalavya Award on 20th December 2025.





Taekwondo :The YMCA College Taekwondo team achieved the BCU Inter-College Championship. Rimjim and Nandhana secured gold medals, and Dev Ganesh and Imran secured silver medals. Miss Rimjim and Miss Nandhana was selected for All-India Inter-College Competition on 20th February 2026.

"Never do less well than you can do.... whatever the efforts..... whatever the extra trouble."

CRICKET ACADEMY

"Fitness is Excellence"



The YMCA Cricket Academy for the year 2025-2026 commenced from the month of June 2025. Around 121 students were trained successfully throughout the year and also they participated in various tournaments and K.S.C.A League matches. Regular practice sessions are being held to enhance their skills.





PARENT'S CRICKET TOURNAMENT: On 26th January 2026, the Cricket tournament was organised for the parents of Cricket academy students. Approximately 100 participants took part and enjoyed the event.

CRICKET ACADEMY VALEDICTORY FUNCTION: The YMCA Bangalore Cricket Academy Valedictory function was organized on 21st February 2026 at City YMCA, Nrupathunga Road, Bangalore. Dr. Gowtham H.S, Sports Physiotherapist and Spine Chiropractor was the Chief Guest and addressed the Academy students. Trophies were distributed to the winners, Medals and Certificates to all the academy students and coaches.



"Our Prayer"

" We are grateful, Father you are at work in us. We find it difficult to change and sometime we question how or why we should change. Yet we know that you are continuing your work in us and as we look back we see the growth you are producing. Thank you Lord"

CONFERENCES AND MEETINGS

SCYI Regional Consultation And Planning Forum Meeting- The South Central Region's Regional consultation and Planning forum meeting was held on 9th and 10th May 2025 at YMCA Shimoga. Rev. Inbaraj Jeyakumar, Vice-President, and Dr. Daniel Rathnakar.J, General Secretary attended the meeting from YMCA Bangalore.

AOS Annual General Body Meeting And Conference: The AOS Annual General Body Meeting and Conference took place from 16th to 18th May 2025 at the YMCA Camp Center in Yellagiri, Tamil Nadu.Dr. Daniel Rathnakar J., General Secretary of YMCA Bangalore, and Dr. A. Maleques, Principal of YMCA College of Physical Education attended the meeting. Dr. Maleques was invited and honoured as a special guest in recognition of his dedicated service upon his retirement as secretary last year.

Y'S Men International, South Central India Region: On 17th May 2025, the Y's Men International South Central India Region invited Dr. Daniel Rathnkar J, General Secretary, YMCA Bangalore to the installation ceremony of District Governor, District I. During the event, he engaged with all Y's Men members and explored collaborative opportunities for service programmes in partnership with the YMCA. This initiative is rooted in the principles of partnership between YMCA Bangalore and Zone I of Y's Men International, South Central India Region.

39th Regional Conference and Ruby Jubilee Inauguration: The YMCA Bangalore successfully hosted the 39th Regional Conference and meeting for the South Central Region of YMCAs on 18th and 19th July 2025, at the YMCA Main Hall in Bangalore. This significant event brought together leaders, members, and delegates from across the region under the unifying theme: "Bridging Generations and Inspiring Hope."

Rev. Dr. P. Sethu, President of YMCA Bangalore; Rev. Inbaraj Jeyakumar, Vice President of YMCA Bangalore and Vice Chairman of SCYIR; Mr. Shettian, Chairman of SCYIR; Dr. Daniel Rathnakar J., General Secretary of YMCA Bangalore; Mrs. Jeba Jyothi; and the staff and volunteers from the YMCA Women Empowerment Centre attended the conference. The programme concluded with a fellowship lunch.

National Hi-Y Assembly 2025: The National Hi-Y (High School YMCA) Assembly on the theme "Youth For a Just and Sustainable Future: Rise Together" was held from 1st to 3rd August 2025 at Dhivyashanthi Retreat Centre, Yercaud, Salem, Tamil Nadu. A strong delegation of about 76 youths attended the assembly.Mr. Ramenglien Traite, Trainee Secretary YMCA Bangalore along with three youth volunteers of YMCA attended the assembly.

PERSONALIA



Congratulations

We extend our heartfelt congratulations to Rev. Inbaraj Jeyakumar, Vice President of YMCA Bangalore, for being the Regional Chairman for the South Central YMCAs of India .

The YMCA Bangalore wishes him all the best as he takes on this significant responsibility, and we look forward to witnessing the positive impact he will make in his new position.

OBITUARY

Mr. Samson, *Kitchen assistant at City YMCA* left for heavenly abode on 31st December 2025. May his soul rest in peace.

Mrs. Mary Evelin Rose, Wife of Mr. K.Ganesh, Computer Faculty at YMCA Bangalore left for heavenly abode on 13th September 2025. May her soul rest in peace.

Mrs. R.Saroja Subramanyam, Mother-In-Law of Mr. Venkatesh, Manager at YMCA College of Physical Education left for heavenly abode on 21st October 2025. May her soul rest in peace.

WE PLACE ON RECORD OUR SINCERE THANKS TO THE FOLLOWING:

- Ministry of Women & Child Development, Govt of India.
- Department of Women & Child Development, Govt. of Karnataka
- National Council of YMCAs of India(NCYI)
- Rev. Dr. P. Sethu, Director, 'Indien Hilfe'
- Hon'ble Sri. S. Suresh Kumar, MLA and former Minister of the Rajajinagar Assembly Constituency in Karnataka
- Rt. Rev. Dr. Vincent Vinod Kumar, Bishop of CSI-K.C.D
- Mrs. C.P. Jeseena, P.F. Commissioner, Bangalore-II
- Press & Television Media of Bangalore
- Mrs. Kim, USA
- Union Bank of India, Nrupathunga Road
- State Bank of Mysore
- State Bank of India
- Indian Bank
- Indian Overseas Bank
- Bunga Ravi Teja & Associates, G.S.T Consultant
- Dept., of Public Instruction. Govt. of Karnataka
- K. S. C. A.

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- National Institute of Open Schooling
- Members of the Board and General Secretary, YWCA Bangalore
- St. Martha's Nursing College & Hospital
- Rev. Dr. Chilkuri Vasanth Rao, Principal, United Theological College, Bangalore
- Dr. Prof. Ramesh.B, Hon'ble Vice Chancellor Dr. Manmohan Singh Bengaluru City University
- C. Naveen Joseph. Administrator K.A.S Dr. Manmohan Singh Bangalore City University
- Mr. Shivanna, Principal, DIET, Rajarajeshwari Nagar, Bangalore.
- Dr. P.C. Krishnaswamy, Professor, University College of Physical Education.
- Dr Ramesh Kudanath, Registrar (Evaluation) Dr. Manmohan Singh Bangalore City University..
- Ms. Dakerlin Mukhim, General Secretary, SCMI
- Y's Men International , South Central Region.
- Dr. Vijayakumar D, an orthopedic consultant, and Ms. Sherin George, the Group Head of Physiotherapy at Sparsh Hospital, Infantry Road.
- Sri Deepak Ashok Chougule, Former Ranji Cricket player
- Rev. Dr. Prof. A. Israel David, Principal, United Theological College, Bangalore
- Miss Ashika Bhat, Research, Intern, ECO-Watch, Dr. A. H. Raghavendra, and Dr. Shashidhara
- Mr. Ajith P.C., a Life Skill Coach and Director of Triumph Education Centre
- tn. Dr. Elizabeth Cherian, District Governor of RI District 3192, Rotary Club of Peenya
- Rev. Jacob P. Thomas, Professor, United Theological College, Bangalore
- Cardiological Society of India, Karnataka Chapter
- Rev. Augustine Jai Kumar, ACTS Christalaya church, Sarjapura Road, Bangalore
- Ms. Grishma Niranjan ,represented India at the FIBA U-16 Asia cup
- Mr. Ben Jonathan *Field Secretary* at India Sunday School Union, Conoor
- Mr. N. Nagaraja, Superintendent of Police (Retd)
- Mrs. Ameli Cecily, Managing Trustee of Together We Thrive Trust and Treasurer of the Women's Commission for the Archdiocese of Bangalore

We acknowledge with gratitude the valuable support and assistance extended to us by our Board of Directors, members, volunteers, staff and well-wishers.We thank God Almighty for sustaining us throughout the year and also for giving us another Successful year of service and providing us strength in accomplishing the task at hand "Empowering Communites, Enriching Lives".

For and on behalf of the Board of Directors.
Dr. Daniel Rathnakar. J
General Secretary/CEO
YMCA Bangalore-India.

" God equip us to overcome obstacles and to complete the tasks you have given us to do"





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YMCA INTERNATIONAL PROGRAMME CENTRE & GUEST ROOMS

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