



BUILDING COMMUNITIES | MARCH - APRIL 2024 | VOL 55





**FROM THE DESK OF THE
GENERAL SECRETARY & CEO**



NEW DELHI YMCA
Established 1927



**FROM THE OFFICE OF
THE PRESIDENT**

"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." – Joshua 01:09

Dear Members & Friends,

The New Delhi YMCA is continuing its determined endeavour towards the accomplishment of the essence and vision of the "Y" Movement through multi-faceted programs, activities, and events, with the aim of extension of the kingdom of God through NDY. I am glad to share that our annual program, The Easter Pageant – Mighty Acts of God, was a grand success and a highly appreciated undertaking. Despite multiple obstacles such as erratic weather conditions, academic examinations of participants, etc. people from all walks of life regardless of caste, creed, colour, race, ethnicity, or identity; took part in the Pageant and contributed towards its resounding success.

The Inter-Y Movement has been active and dynamic as NDY Staff and Secretaries participated and attended various Regional & National level Conferences and meetings, organized by the regional YMCAs and other supporting organizations. This enables a cross-cultural exchange of ideas, plans, strategies, and enhances the togetherness among the YMCAs across the regions and the nation at large. It also re-motivates the peers and encompasses a sense of compassion towards the organization.

The Summer Season is back and as the school vacations are drawing nearer, the NDY will be organizing exciting and enjoyable Summer Camps at various centers of NDY. Please check for details and updates on the NDY Website and Newspaper Adverts to take full advantage of the benefits of the upcoming Summer Camps.

As we prepare for the upcoming NDY Annual Business Meeting (ABM), which is scheduled on 18/05/2024 at 5:15 pm at the Heinz Auditorium, Tourist Hostel, Jai Singh Road, I would request for your fervent Prayers for the success of the ABM – 2024.

God Bless the New Delhi YMCA.

With Warm Regards

Rajeev Singh
General Secretary & CEO

Dear Members & Well-wishers of the New Delhi YMCA,

Greetings in the Majestic name of our Lord and Saviour Jesus Christ

The NDY through its various programs and activities, provides myriad opportunities for wholesome personality development i.e. development of mind, body, and spirit. Thus it is our wilful responsibility to ensure that the extension of the kingdom of God continues with firm diligence and impregnable commitment to the NDY's mission & vision.

As we continue to strive diligently towards the development and upliftment of the NDY, the month of March has been full of successful programs, activities, managerial & administrative refinements, newer initiatives & undertakings, and a renewed sense of teamwork, dedication, motivation, and compassion towards attaining the goals and targets for the following fiscal year.

The efforts and inclusions at all levels of the NDY from the Board of Directors, Secretarial Cadre, Executives, and Staff, are appreciable and have formed a cohesive plan of implementation as we look towards servitude, self-sustainability, and holistic development of various facets of NDY.

I would like to congratulate and appreciate all the people who have dedicated their time, energy, and efforts in making the Easter Pageant, Prayer Fellowships, Social & Human Development (SHD) programs, YMCA Public School (YPS) activities, and various other NDY initiatives, a grand success. It is extremely important that we all continue with the same level of zeal and synergy to perform & achieve our aims & objectives.

Let's continue to dedicate our earnest efforts to serve the Community, the Society, and the Nation through our Prayers, Support, and Cooperation.

Kindly continue to keep the New Delhi YMCA in your Prayers.

Regards & God Bless,

J A Benjamin
President, NDY



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Experience the Splendour of the Easter Pageant: "The Mighty Acts of God"



To Embark on yet another mesmerizing journey through biblical history the New Delhi YMCA presented the renowned 'Easter Pageant', aptly named 'The Mighty Act of God'. The rich tapestry of creation, the birth of Jesus Christ, His teachings, Crucifixion, Resurrection, and Ascension was depicted vividly in a captivating 90-minute Sound & Light show.

Featuring a cast of 125 individuals portraying Jesus Christ, High Priests, Disciples, and more from various parts of Delhi and local churches, the pageant is a testament to their dedication and hard work over the course of a month.

On the 29th of March 2024, the English rendition of the pageant commenced with a heartfelt prayer led by Pastor Joel Prem, Chairman of the Department of Christian Emphasis. Mr. Rajeev Singh, the General Secretary & CEO of New Delhi YMCA, extended a warm welcome to the attendees, followed by Easter greetings from Mr. J. A. Benjamin, the President of New Delhi YMCA. The esteemed presence of Major General Rajiv Edwards (Vishisht Seva Medal) as Chief Guest added grandeur to the occasion, as he shared Easter wishes with all present.

On the following day, the 30th of March 2024, the program continued with a Hindi rendition titled 'Ishwar ke Mahan Karye', featuring a prayer by Rev. Sunil Ghazan, Vice Chairman of the Department of Christian Emphasis, and a warm welcome by Mr. Rajeev Singh.

Under the proficient direction of Mr. Gladwin Lal, Assistant General Secretary, and with awe-inspiring sets designed by Mr. Rajeev Singh, Mr. Noel Phillips, and Mr. Mark Anugrah Biswas, the stage came alive. Lighting effects orchestrated by Mr. Vineet Masih, Mr. Sarthak Joel Tunious and team, coupled with seamless sound and visual effects managed by Mr. R.V. Milton and his IT team, enhanced the immersive experience.

Both days witnessed a collective audience of around 750 individuals, enraptured by the production's brilliance. We extend our heartfelt gratitude to our colleagues, secretaries, executive staff, and participants who dedicated over a month of relentless effort to make this event a resounding success. Together, we've brought the timeless story of Easter to life, enriching hearts and minds alike.



**Maundy Thursday Worship Service at New Delhi YMCA
"A Soul-Stirring Journey of Reflection and Devotion"**

On March 28th, 2024, the Department of Christian Emphasis at New Delhi YMCA organized a solemn and spiritually enriching Maundy Thursday Worship Service at the Y-School of Music Recreation Hall. The service, marked by its thoughtful organization and participation from esteemed individuals, provided attendees with a meaningful experience of reflection and worship.

The program commenced with a warm welcome extended by Mr. Rajeev Singh, General Secretary & CEO of New Delhi YMCA, setting a hospitable tone for the gathering. This was followed by a Call to Worship, eloquently delivered by Mr. Ashish Clifton, Secretary of New Delhi YMCA, inviting participants to enter into a spirit of reverence and devotion.

The congregation then joined in singing the Congregational Hymn "Jesus Keep me Near the Cross...", led by the New Delhi YMCA choir, fostering a sense of unity and devotion among the worshippers. This was followed by an Intercessory Prayer offered by Mr. Vineet Masih, Assistant General Secretary, lifting up the concerns and petitions of the community before God the Father.



Scripture portions from the Bible were reverently read by Ms. Jagriti Ekka, Mr. Mark Anugrah Biswas, Trainee Secretary of NDY, and Ms. Leelamma John, deepening the engagement with the sacred text and guiding the congregation in reflection.

A special musical presentation by R.V. Milton added a poignant and melodic dimension to the service, enhancing the worship experience and allowing for moments of introspection and contemplation.

The highlight of the service was the message delivered by Rev. Timothy Shaw, who eloquently expounded on the significance of Maundy Thursday and its relevance in the contemporary world. Following his message, Rev. Shaw presided over the Holy Communion, symbolizing the Last Supper and the sacrificial love of Christ.

The service concluded with a Closing Prayer and Benediction pronounced by Rev. Timothy Shaw, imparting a sense of spiritual renewal and blessing upon the congregation. The program drew to a close with the singing of a Closing Hymn, uniting voices in praise and gratitude.

A heartfelt vote of thanks was extended by Mr. Gladwin Lal, Assistant General Secretary of NDY, expressing appreciation to all who contributed to the success of the service and inviting attendees to continue in the spirit of reflection and reverence throughout the Easter season.



Prayer Breakfast Fellowship

The New Delhi YMCA, Department of Christian Emphasis organized the Prayer Breakfast Fellowship program on Saturday, 16th March 2024 at 8:30 am in the Y School of Music Hall, New Delhi YMCA, Jai Singh Road, New Delhi – 110001.

The meeting began with a prayer offered by Pastor Joel Prem Chairman, Department of Christian Emphasis.

It was followed by the congregational Hymn “Nearer My God to Thee.....”

Mr. Noel Phillips, Associate General Secretary, NDY, welcomed everyone present and especially welcomed the Guest Speaker Mr. C B Samuel, Former Director of EFICOR, India.

The Praise and Worship was led by Yeshu Ke Geet Ministry.

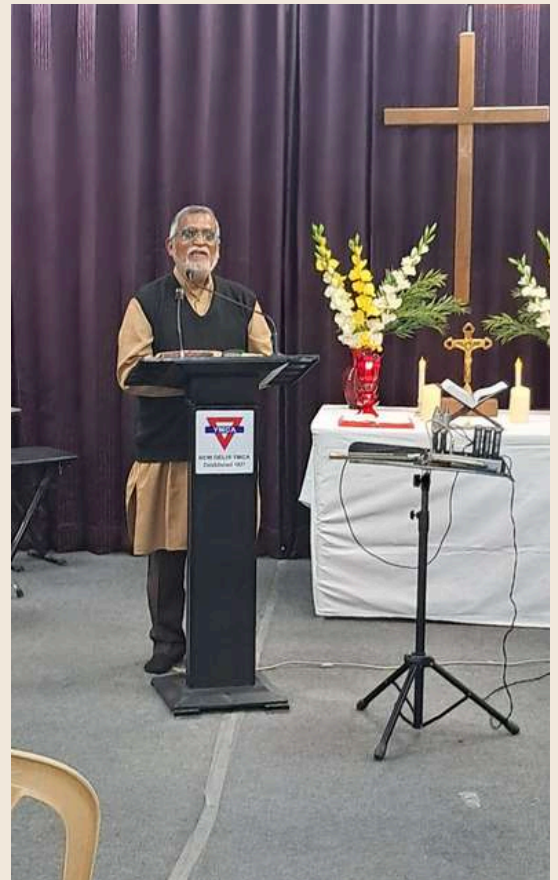
The Scripture Portion (Luke 22:39-53) was read by Mr. Mark Anugrah Biswas, Trainee Secretary, NDY.

In his message Mr. C B Samuel, shared the value of Prayer in the growth and life of a believer.

The closing Prayer and Benediction was pronounced by Rev. Vasant Kumar Reuben.

The meeting closed with a Vote of Thanks proposed by Mr. Gladwin Lal, Assistant General Secretary, NDY.

Around 50 people attended the program.



The New Delhi YMCA, Department of Christian Emphasis organized the Prayer Breakfast Fellowship program on Saturday, 13th April 2024 at 8:30 am in the Heinz Auditorium, Tourist Hostel, New Delhi YMCA, Jai Singh Road, New Delhi – 110001.

The meeting began with a prayer offered by Pastor Joel Prem Chairman, Department of Christian Emphasis. It was followed by the congregational Hymn "Praise to the Lord, the Almighty....."

Mr. Noel Phillips, Associate General Secretary, NDY, welcomed everyone present and especially welcomed Rev. Jolly Samson Raj, Pastor, Bethel Methodist Church, Noida. The Praise and Worship was led by Mr. R V Milton and NDY Choir Group.

The Scripture Portion (Colossians 1:3-13) was read by Mr. James Massey, Member, NDY. A Special Song was presented by Ms. Sheeba Todd, YPS Teacher.

The message was shared by Rev. Jolly Samson Raj, Pastor, Bethel Methodist Church, Noida. He shared the value of Thanksgiving and Prayer in individual's life.

The closing Prayer and Benediction was pronounced by Pastor Sushil Tyagi.

The meeting closed with a Vote of Thanks proposed by Mr. Gladwin Lal, Assistant General Secretary, NDY. Around 75 people attended the program.



VALEDICTORY CEREMONY- Vocational Course

On 22 March 2024, YMCA Campsite cum Programme Centre, Sattal organized a Valedictory Programme to honor the women who successfully completed their 6 months cutting and tailoring course. The programme aimed to celebrate their achievements and empower them further. The programme was filled with cultural performances and felicitations.

The programme commenced with an opening prayer led by Ms. Pooja Arya, setting a solemn and respectful tone for the proceedings. Two worship songs and two women empowerment songs were performed, adding a spiritual and empowering atmosphere to the event. Mr. Harshul Singh, Assistant Secretary, New Delhi YMCA, delivered the welcome address, extending a warm welcome to all attendees, expressing gratitude for their presence and highlighted the significance of continuous learning and skill enhancement in today's world. The women participants showcased their talents with a traditional Kumaoni dance and song, captivating the audience with their cultural heritage. Ms. Sarita Arya, MLA Nainital was honored as the chief guest for the event, recognizing her contribution to women's empowerment, education and she applauded the efforts of YMCA Campsite, Sattal in empowering the women through skill- building initiatives. Gifts were presented to the first, second and third position holders of the cutting and tailoring course, acknowledging their hard work and dedication. Certificates were also distributed to all the students present, commemorating their successful completion of the course. Mr. Harshul Singh, Assistant Secretary, New Delhi YMCA delivered the vote of thanks, expressing gratitude to the chief guest and participants for making the programme a success. The programme concluded with a closing prayer offered by Mr. Bryan Allen Ram, invoking blessings for the participants. Refreshments were arranged for all the guests, providing an opportunity for socializing after the formal proceedings.

The valedictory programme organized by the YMCA Campsite cum Programme Centre, Sattal was a resounding success. It not only celebrated the achievements of the women who completed the cutting and tailoring course but also highlighted the importance of skill development and women's empowerment. The event served as a platform to recognize talent, promote cultural heritage and fostering community engagement.



NATIONAL YOUTH ASSEMBLY

Hosted by YMCA Aizwal, Mizoram (15-17 March 2024)

The National Youth Assembly- Aizwal 2024 was organized by the Department of Youth Empowerment, Gender, Sports/ Physical Education, National Council of YMCAs of India from 15-17 March 2024, hosted by YMCA Aizwal at Reiek, Mizoram to bring together young delegates from various regions and foster solidarity. The assembly aimed to empower youth, cultivate empathy, and sow seeds of hope and love. The theme of the National Youth Assembly was 'Seeds to Blossoms: Cultivating Hope and Love in Solidarity'.

The following delegates represented the New Delhi YMCA:

1. Mr. Oliver Joshua Jacob (Board Member, NDY)
2. Mr. Harshul Singh (Assistant Secretary, NDY)
3. Ms. W Mantimdar Makunga
4. Ms. Ishika Davis Franklin

The inaugural day commenced with registration and orientation led by Dr. Koshy Alexander Vaidyan, Secretary, Youth Empowerment Department, NCYI. An ice-breaking session followed, fostering camaraderie among delegates, led by Ms. Mahima Turhi Agrawal, Chairperson, Youth Empowerment Department, NCYI. The inauguration ceremony witnessed an esteemed presence, with Dr. Vincent George, President, NCYI, delivering a warm welcome. Mr. G. Sundersingh Barnabas, Asst. National General Secretary, NCYI conducted a session on 'YMCA Partners with Youth' offering insights into YMCA youth-centric initiatives. Rev. B. Asher Noah, Executive Secretary, NCCI, Nagpur delivered the keynote address on the theme "Seeds to Blossoms: Cultivating Hope and Love in Solidarity". The first session was taken by Rev. Dr. Lalchungnunga, Former Principal, Mizoram Christian College on 'Sowing seeds of Empathy' emphasizing its significance. The evening concluded with a vibrant Cultural night, featuring mesmerizing performances, including the Bamboo dance by the Youth of YMCA Aizwal.



INTER "Y" MOVEMENT - AOS CONFERENCE

The YMCA Mangaluru hosted the Annual Association of Secretaries Conference at the Mother's Bounty Holiday Home, Madikeri, Coorg, Karnataka from 4 to 6 April 2024. Almost 65 Professional YMCA Secretaries from across India attended the Conference including the following from the New Delhi YMCA:

Mr Rajeev Singh, GS & CEO
Mr Noel Phillips, Associate GS
Mr Gladwin Lal, AGS
Mr Feroze Khan, AGS

The Conference was inaugurated on 4 April 24 by Mr Vincent George, President, National Council of YMCAs of India, who highlighted the steps taken by the National Board to improve the service conditions of the YMCA Professional Secretaries. The Inaugural Ceremony was also graced by other Office Bearers of the National Council of YMCAs of India including Ms Betsy Williams, Vice President, Mr Noel Amanna, Vice President, Mr Regi George, Treasurer, Mr Sundersingh Barnabas, Assistant General Secretary and Mr Bertram Devadas, former National General Secretary.

On 5 April 24 during his Keynote Address the Revd Sam P Thomas, Vice Master, Serampore University spoke on the theme 'Transforming Discipleship in an Emerging World.' He focused on Scripture passage John 21:15-19 encouraging the YMCA Secretaries to rededicate themselves to their calling just as the Lord Jesus asked Peter to rededicate to the mission he was called.

Mr Stanley Karkada, President, IFYR and former General Secretary of YMCA Bombay challenged the YMCA Secretaries to equip themselves to face the emerging challenges. He called the YMCA Secretaries to be ever vigilant and be ambassadors of the movement.



Mr Bertram Devadas, former National General Secretary spoke on the challenges from a legal standpoint. He focused on the importance of 'Arbitration' in legal agreements specially in the case of property.

The day ended with a wonderful life testimony of Mr Benny Prasad who is an accomplished musician, Gospel singer and evangelist who has travelled to more 240 countries spreading the good news of the Lord Jesus Christ. He spoke about how he overcame challenges within his family and that of health to become a servant of the Lord Jesus. He led the delegates in singing, 'How Great Thou Art.'

The last day began with a worship service lead by Rev S Dhanraj, Regional Secretary, South East India Region of YMCAs. This was followed by an interactive session with Mr Eldo N V, National General Secretary, National Council of YMCAs of India. Some issues concerning the YMCA Secretaries were placed before the NGS who gave the assurance that he would look into those issues.

The Conference ended with the Business Session during which the Office Bearers for the term 2024-27 were elected by the General Body.

The following NDY Secretaries were elected as Office Bearer and member of Executive Committee:

1. Mr Feroze Khan, Treasurer
2. Mr Gladwin Lal, Member of Executive from North India Region

The New Board led by newly elected President Mr Leo Salens, Vice President, Mr Sundersingh Barnabas, Treasurer Mr Feroze Khan, Secretary Mr Reji Verghese took charge from the outgoing Office Bearers Mr Asir Pandian, President, Vice President, Chonhas Kujur, Secretary, Shaji James and Treasurer, Mr Rajeev Singh.

The meeting closed with the singing of the hymn 'Bind Us Together Lord.'



Theme: YMCA Christian Foundation and Vision 2023.

Date of the gathering: 25th to 28th April 2024.

Location: Bombay YMCA - International House

Participating Nations: Hong Kong, Singapore, Germany, Philippines, Sri Lanka, Pakistan & various parts of India.

In continuation of the first Asia Mission Network conference which was held in Chennai from 11th to 14th September, 2023 at the Hyatt Regencies Chennai, the YMCA ASIA CHRISTIAN MISSION NETWORK called for its core group of leaders, which was formed at Chennai last year, to gather and plan a road map for the future and expansion of the Mission Network in Asia region.

The gathering was held from 25th to 28th of April 2024 at the Bombay YMCA.

Rev. Dr. Samuel Stephens from Salem YMCA, Mr. Joe Schemuts and Mr. Christian Berndt from Munich, Germany along with Mr. Peter Ho from Hong Kong YMCA were the key speakers and planners of the meeting. Mr. Simeon Cheok from YMCA Singapore, Dr. Ramona Morales from YMCA Philippines and Ms. Christina Miranda from Hong Kong YMCA also contributed extensively in working out the focus points and planning.

The focus of the gathering was to push forward and continue striving for strengthening the mission network and to strategize the step forward.

The gathering followed a strict regime of clearly spreading the understanding of the "Christian Mission Conference". It was emphasized that the Christian Mission Network is an informal gathering of YMCA Leaders, Local YMCAs, and National movements.

The Christian Mission Network will never be a parallel structure to the existing movements and structures rather a platform to come together and pray together and strive constantly keeping Christ our Lord in front always. The Network will be a group where people who want to strengthen the Christian Mission of the YMCA are invited. Never to act like a governing body but a group of likeminded people who by prayer and efforts serve the YMCA Mission with Christ at the center.

The issue which the Christian Mission Network wishes to address is the gradual drift of the movement away from Jesus Christ.

The shift that the YMCAs all around are experiencing and witnessing, from Man to Movement to a Machine (at present) finally in to a Monument which should not happen which is being seen but nothing is being done to correct it. This will eventually lead the YMCA movement losing its core identity that is Christ and will end up becoming just another secular organization.

The core function of the Christian Mission Network which are Christian Fellowship, proclamation of the Gospel, Prayer, and the study of the Word of God.

By prioritizing Christian fellowship, proclaiming the Gospel, and engaging in prayer and study, the YMCA Christian Mission Network cultivates a community of believers who are spiritually empowered, equipped, and unified. These strong spiritual outcomes not only impact individual lives but also influence the larger body of the YMCA movement, inspiring a renewed commitment to Christian values, mission, and service.



The day commenced with invigorating Rhythmic Aerobics and Meditation session led by Post Graduate students of YMCA Physical Education College, Chennai. Following breakfast, Rev. Dr. Laldinpuia Rodawla, Associate Pastor, Providence Presbyterian Church, USA conducted a devotional session, fostering introspection and spiritual growth. Mr. Harshul Singh, Assistant Secretary, New Delhi YMCA introduced Mr. Zosaliana Colney, Principal, English Congregation School, Mizoram who addressed the topic "Cultivating Hope in Uncertain Times". Camp activities, including zip lining and shooting, provided delegates with recreational opportunities. An enriching visit to Reiek Village offered insights into local culture and heritage. The evening featured a captivating Campfire with special performances by delegates, fostering a sense of community and shared experiences.

17 March, 2024

In the morning, delegates embarked on a rejuvenating hike to Reiek Peak, embracing nature's beauty and fostering camaraderie. Following breakfast and devotional session, delegates engaged in group discussions to formulate and adopt resolutions, addressing pertinent issues. The valedictory programme culminated the assembly, with certificates distributed to all the participating delegates, acknowledging their contributions and commitment to youth empowerment and solidarity.

The National Youth Assembly, organized by the National Council of YMCAs of India and hosted by YMCA Aizawl, Mizoram, served as a platform for youth empowerment, fostering empathy and cultivating hope and love in solidarity. Through engaging sessions, cultural exchanges and recreational activities, delegates forged meaningful connections and emerged with renewed inspiration to effect positive change in their communities and beyond.



Northern India Region of YMCA's Regional Assembly



North India Region of YMCA's organized Regional Assembly on Health & Healthy Living on the theme of Empowering Communities, Enriching Lives from 8th to 10th March 2024 at YMCA Faridpur.

The workshop commenced with an inaugural function held at Majhua Village. The assembly began on a note of solidarity and collaboration, setting the tone for fruitful discussions and exchange of ideas. A total of 35 delegates from five YMCAs across the North India Region convened in Faridpur, aligning with the overarching theme of "Healthy Living for the Community."

One of the highlights of the assembly was the Medical Camp organized at Majhua and Sarkara villages, providing essential healthcare services to the residents, with a special focus on women and children. Moreover, an informative session on Female Menstrual Hygiene was conducted by Ms. Vandana Ezra Lochan, shedding light on this crucial aspect of women's health. The session aimed to empower women with knowledge and resources to ensure their well-being and dignity.

The delegation from New Delhi YMCA, comprised of Trainee Secretary Mr. Mark Anugrah Biswas, Ms. Vandana Ezra Lochan, Community Organizer, and Ms. Ranjana, Field Supervisor, Department of Social and Human Development had the honor of representing our organization at this significant event.



Core Group Meeting with Community Representatives

The Family Counseling Centre (FCC) CDC Sunlight Colony organized a Core Group Meeting with Community Representatives on 27th March 2024. The objective of the meeting was to discuss about role and importance of FCC in handling of Family disputes, Domestic Violence & Community Problems and enhance networking with Community representatives to focus on development of the Community. The meeting was conducted by Ms. Anjali Choudhary, Counsellor Family Counselling Centre (FCC) & Ms. Kudsia Shamim Community Organizer CDC Sunlight Colony. There were 47 Community leaders who participated in the meeting.

Parents Meeting

Community Development Centre Daya Basti organized "Parents Meeting" with the parents of all Activities. The objective of the meeting was to discuss the Physical, Mental & Social Development and compare the parameters of development after children were enrolled with the Activities at the CDC and ALCs. The Series of Parents Meetings were organized at the Community Development Centre and Alternative Learning Centers of Daya Basti from 26th to 28th March 2024. The Parents Meeting was attended by 142 Parents.

Northern India Region of YMCA's Regional Assembly



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Regional Assembly on Health & Healthy Living

As the assembly concluded, with a church service at St. Stephen's Church, Bareilly where Mr. Bhen Samson - Regional Secretary, North India Region YMCA, highlighted the impactful initiatives undertaken by participating YMCAs. The regional assembly served as a platform for networking, learning, collaboration and strengthening bonds between different YMCAs and reaffirming our collective dedication to promoting health and well-being in our communities, with focus on Vision 2030's "Community Wellbeing".



International Women's Day

The Department of Social and Human Development Celebrated International Women's Day for the Women of Self Help Group of all five CDCs on 12th March 2024. The objective of the programme was to provide an opportunity to the Community Women to showcase their talent, to invest a day to empower themselves and to develop their self-confidence and personality. Various Competitions like Rangoli, Quiz Competition, Talent Show and Dance were organized. Success stories were shared by the women of the Self-Help Group. Stalls were put up by the women of the Self Help Groups of all CDCs there were some stalls of handmade items, Shudh Masala Samuh and Food items.

The Guests of Honour for the programme were Professor Pamela Singla, Former Head Department of Social Work and Chairperson, Satyawati College University of Delhi, and Ms. Preeti, Councilor, Old Seemapuri. The programme was also graced by the presence of Rev. Vasant Kumar Reuben, Chairman, SHD Committee. Also present ere Mr. Vijay Russell, Member Board of Directors , NDY along with his wife Mrs. Mavis Russell, Mr. Francis Andrade, Vice Chairman SHD, Mr. Saju Varghese, Mr. Alex Francis Fernandes along with his wife and Mr. James Massey, members of SHD Committee, Also present were Ms. Meeta Makkar Social Activist , Philanthropist and President, Faridabad Ladies Club , Empowering Women , Ms. Harpreet Kaur, Motivational Speaker, Relationship Counsellor, Founder Director, Weaving Synergies Trust. Mr. Ashish Thorat, Associate General Secretary NDY, Mr. Vineet Masih, AGS SHD and Ms. Monica Singh, Programme Officer, SHD

During the event our Guest of Honor Ms Pamela Singla addressed that there should be a balance between career and family and without a family support a women can't achieve success. She also highlighted that girls should know their right to defend themselves and be careful against crimes against women. Further she said, gender equality is very important for a healthy society.

Warm welcome of the participants was done by giving them a flower. Prizes were distributed to the winners of the various Competitions held. Programme was attended by approximately 500 Women and Staff of the Community Development Centers.



Health Camps at Community Development Centres

Eye Camp at CDC Kalyanpuri

Community Development Centre Kalyanpuri organized "Free Eye Camp" on 15th March 2024 in association with the New Delhi Center for Sight (NDCFS) Foundation". The Eye Camp was organized with an objective to Screening and Diagnosis of the Eye problems for Community people. The Free Eye Screening Camp included procedures such as Refraction by Auto Refract meter, Subjective Refraction - Smeller's Chart, Papillary Reaction Test Torchlight Beam, Muscular and Balance Test - Squint Screening, Diagnosis of General Condition of the Eye, etc. The team from Centre for Sight included Mr. Jagdish Chand, Assistant Manager, Mr. Vaseem, Optometrist, Mr. Shubham, Van Coordinator from NDCFS Foundation. Total 140 Community people participated in Eye Camp. The Free Eye Screening Camp was highly appreciated by all the beneficiaries.



Eye, Dental & General Health Checkup Camp at CDC Daya Basti

Community Development Centre Daya Basti Organized a "Free Health Camp" for the Community people on Friday 22nd March 2024 in collaboration with the teams of Fortis Hospital Shalimar Bagh , Clove Dental , Shastri Nagar & Center for Sight, Eye Hospital, Dwarka Delhi. The Team of Medical staff was Mr. Aakash Rawat, Assistant Manager from Fortis Hospital, Shalimar Bagh, Mr. Sumit Gupta from Clove Dental, Shastri Nagar, Mr. Jagdish Chand Assistant Manager from Center for Sight, Eye Hospital, Dwarka. Total 223 community people benefited from the Medical Camp. .



Cervical Cancer Screening Camp at CDC Karpoori Thakur



Community Development Centre Karpoori Thakur organized a Free Cervical Cancer Screening Camp on 23rd March 2024 with the help of Rajiv Gandhi Cancer Institute and Research Centre (RGCIRC). The facilities during the camp included PAP Smear Test, Clinical Oral Examination, Clinical Breast Examination, Blood Pressure Monitor, and Random Blood Sugar test. There were 107 participants in the camp, and most of them were from the nearby areas of CDC Karpoori Thakur, ALC- JJ Camp, Dayal Singh Camp, Taimoor Nagar and Sunlight Colony. The Free Cervical Cancer Screening Camp was very successful and was highly valued and appreciated by the Community Women.

Medical Camp at CDC Savda Ghevra



Community Development Centre Savda Ghevra organized a Free Medical Camp on 23rd March, 2024 in association with Konark Hospital Nangloi and Sanjay Gandhi Hospital. The medical team addressed various medical felids like Ortho, Dental, Paediatrics, Eye & Gynecology.

In total, 106 participants including children & their parents attended the Medical Camp and benefitted. Doctor's team also arranged for free Blood Sugar Level, Pulse and Blood Pressure tests which were hugely useful for many people. Nearly 33 people have undergone their ortho health check-ups, 36 have undergone Eye check-ups, 24 people got benefitted with Dental check-ups and 13 children were benefitted with the Pediatrician.

The Community People benefitted with the medicines provided free of cost by the team. Few of the patients were referred by the doctors for further treatment at Holy Heart Hospital at 50% discount.



Awareness Generation Programme

Awareness Generation Programme on “CANCER” was organized on 5th March 2024 for youth and Women at CDC Karpoori Thakur. The objective of the Programme was to create awareness on different types of Cancers and their Symptoms & Precautions. The Resource person was Ms. Manju Bhatnagar, with her team from “CAN SUPPORT”. 38 Participants participated in the programme and received Certificate of Participation.

Awareness Generation Programme on “Good Touch and Bad Touch” was organized on 14th March 2024 for 9-14 age Children at CDC Karpoori Thakur. The objective of the Programme was to make the children aware about good touch and bad touch and how they can save themselves from strangers. Children were shown video clips so that they could understand this well. The Resource person was Mr. Mazid and Mr. Aadil students from Jamia Millia Islamia. 35 Children participated in the programme.

Awareness Generation Programme on “Tuberculosis: Symptoms, Treatment & Prevention” was organised for Women & Youth at CDC Sunlight Colony on 21st March 2024 with the help of The Leprosy Mission (TLM). The objective of the programme was to create awareness among Community about the Symptoms, Transmission, Early Diagnosis, Appropriate Treatment and Prevention of Tuberculosis. The resource persons were Dr. Riti, Dr. Sunanda & Ms. Synphia from TLM. A total of 41 participants attended the programme.

Awareness Generation Programme on “Menstruation Health and Hygiene & Distribution of Sanitary Pads was organized for Adolescent Girls and Women” at CDC Kalyanpuri on 28th March 2024 The objective of the programme was to increase awareness among Adolescent Girls and Women on Menstruation Health & Hygiene. Also create Awareness about the myths and misconception associated with the Menstruation Cycle and importance of use of Sanitary Napkins. The Resource Person was Ms. Anjali Sharma & Ms. Kanta from Sampark Sathi Foundation 86 participants attended the programme.



Y- UTSAV

The Department of students and Youth celebrated YUtsav on 2nd March 2024 at the YMCA Heinz Auditorium. Around 250 participants from various different Institutes/colleges of Delhi NCR participated including Tamanna Institute, Amity University, National Trust, Ashtravakra, Vision Institute, YMCA HPDP etc. They participated in various activities including western group dance, folk dance, solo/ group singing, reel making and poster making. The chief guest for the day was the most awarded radio jockey from Big FM ,Mr. Jonathan Philemon Nitin Braddy, popularly known as 'Khurafati Nitin'. Many distinguished personalities, excelling in their respective fields were present for judging the competition. Mr. Sumit Gupta, Chairman Students and Youth and various Board Members attended the event. Throughout the day the events took place with the presentation of cash prize after each activity. The day was filled with fun and frolic. YUtsav doubled the zeal and enthusiasm of the youth bringing them together at one stage.



Morning Assembly brings entire school together as a family. It is the beginning of each day which establishes a positive tone for teachers and students. With the commencement of the academic year 2024- 25, the teachers of YMCA Public School hosted the Welcome Assembly to extend a hearty welcome to the students and to mark the beginning of the new session.

The assembly started with positivity of a prayer song by teachers. It was followed by the news and thought of the day. Our talented teachers presented a Welcome song to make students feel important on that day. Physical Education Teacher, Mr. Edward did few Zumba moves with music to add to the colourful assembly.

With great pleasure, our esteemed Principal addressed the students about the importance of teamwork. It was really inspirational for the students.

Then our Academic coordinator announced the name of the students who were celebrating their birthdays and birthday song was sung. With the National Anthem the assembly came to an end.

Nursery Orientation (2024 – 25)

YMCA Public School organized an Orientation Programme for the Nursery class' parents on 4th April, 2024. The programme commenced with a warm welcome to the parents followed by felicitation by C P Davis , Principal and our Academic Co – ordinator Ms. Sheena Subroi.

Later the school Principal addressed the gathering by sharing the vital information about the school rules, regulations and guidelines to be followed in the school. He also advised parents to have a two – way communication with the school and respect its decision. This was followed by an interacure session wherein the Principal answered all the queries of the parents.

The Class Teachers were introduced to the parents who briefed the parents about the curriculum and teaching methodologies. They laid stress on few important points about food, homework, leaves, etc.

The PowerPoint presentation enlightened the parents about the objectives and philosophy of the school and also had glimpses of the world that their little angels would explore in the school.

At last the academic coordinator addressed the parents. She emphasized that both the parents must be supportive, involved and stay in glued to their children's lives. She ended the programme by thanking parents for sparing their time from their busy schedules.



YUtsav 2024

Teachers Training Institute students participated in the 'YUtsav' organised by the Department of Students and Youth held on 2nd March 2024. They participated in various activities like Western Group dance, Folk dance, Reel making, Poster making and Singing. The TTI students won the First Prize in Western dance. Special token of appreciation was presented by judges to participants of the Folk dance. 1st year student Kariya got second prize in poster making competition.



Workshop on Continuing Education

The Teachers training Institute organised a one day Continuing Rehabilitation Education for inservice teachers. The workshop was accredited by Rehabilitation Council of India. The topic of the CRE was National Education Policy 2020-Special Education Perspective.

A total of 50 participants from various schools of Delhi NCR. The Resource persons for the day were Dr. Jayanti Pujari, Dean and HOD Special Education from Amity University Dr. Renu Malviya HOD, Special Education Lady Irwin College, Dr. Alok Bhuvan, Director Manovikas Kendra and Mr. Swadesh Roy, Faculty TTISE YMCA.



Mr. Feroze Khan, Assistant General Secretary YMCA Nizamuddin Division, greeted the CRE participants. Mr. Noel Phillips, Associate General Secretary, ND YMCA felicitated the Resource persons. After successful completion of the workshop, certificates were presented to the participants by Mr. CP Davis Principal YMCA Public School.



CBSE Spot Evaluation Centre

YMCA Public School takes immense pride in being selected as the Nodal Centre for the correction of Class X board papers. This opportunity showcases our commitment to academic excellence and our capability to undertake crucial responsibilities in the educational domain.

Five dedicated teachers from our institution, namely Ms. Jasmeet Sehgal, Ms. Deepti Behal, Ms. Anjana Toppo, Ms. Sheena Paul, and Ms. Jennifer Dennis, served as coordinators for this endeavour. Under the able supervision of our Principal, who was appointed as the Chief Nodal Supervisor (CNS), they ensured the smooth functioning of the entire correction process.

Approximately 65 teachers from various schools were welcomed to YMCA Public School to participate in the correction process. Over the course of 11 days, these educators diligently worked on correcting the examination papers. Their dedication and professionalism contributed significantly to the successful completion of this task.

The entire correction process went seamlessly, with all data being uploaded successfully within the stipulated timeframe. This accomplishment not only reflects the efficiency of our team but also highlights our adherence to high-quality standards in education.

We are grateful to Mr. Feroze Khan, our esteemed Secretary, for his unwavering support throughout this endeavour. His guidance and encouragement have been instrumental in ensuring the smooth execution of our responsibilities.

This initiative has not only strengthened our institution's reputation but has also added another feather to YMCA Public School's cap. We look forward to embracing more such opportunities in the future and continuing our journey towards excellence in education.

YMCA Public School CBSE Workshop Report

The YMCA Public School successfully conducted a CBSE Capacity Building Program (CBP) cum workshop on Experiential Learning for teachers on April 5th and 6th, 2024. The workshop, organized by CBSE, aimed to enhance teaching effectiveness through experiential learning methodologies.

Mrs. Rajni Ashat and Dr. Mukhta served as resource persons, providing valuable insights and strategies to implement experiential learning techniques in the classroom. All teachers actively participated in the workshop, demonstrating their commitment to professional development and improving teaching practices.

Under the guidance of CBSE coordinators Mrs. Sheena Subroi and Ms. Sheena Paul, the workshop proceeded smoothly, ensuring that all sessions were engaging and informative. The collaborative efforts of the coordinators facilitated an enriching learning experience for all attendees.

We extend our sincere gratitude to Principal Mr. C.P. Davis for providing the opportunity for teachers to participate in this workshop and for his unwavering support towards enhancing the quality of education at YMCA Public School. Additionally, we appreciate the support of Mr. Feroze Khan, Assistant General Secretary, for his contributions to the success of the workshop.

Overall, the experiential learning workshop was a resounding success, equipping teachers with valuable tools and techniques to create dynamic and effective learning environments for students.



YPS Staff Picnic – RANGMANCH FARMS

On March 22, 2024, the faculty members of YMCA Public School embarked on a much-anticipated picnic to Rangmanch Farms, Gurgaon. This outing was organized as a means of fostering camaraderie and relaxation among the teachers, providing a break from the daily routine of academic responsibilities.

The day began with enthusiastic anticipation as the teachers gathered at the school premises. Amidst smiles and cheerful conversations, the group boarded the transport arranged for the picnic. The journey to Rangmanch Farms was filled with excitement, as everyone eagerly anticipated the day ahead. Upon arrival at the picturesque venue, the teachers were greeted with warm hospitality by the staff at Rangmanch Farms. The serene ambiance, lush greenery, and various recreational facilities immediately set the stage for a memorable day.

The day was packed with a variety of engaging activities designed to cater to different interests and preferences. Teachers had the opportunity to partake in team-building exercises, outdoor games, and leisurely strolls amidst the beautiful surroundings.

Sports enthusiasts engaged in friendly matches of cricket, football, and badminton, showcasing their skills and sportsmanship. Meanwhile, others indulged in activities such as nature walks, photography sessions, and relaxation by the tranquil lakeside.

The highlight of the picnic was undoubtedly the sumptuous lunch spread, featuring a delectable array of local and international cuisines. The teachers savored the culinary delights while exchanging anecdotes and laughter, further strengthening their bonds of friendship.

The picnic provided an invaluable opportunity for the teachers to unwind and recharge, away from the confines of the classroom. It offered a platform for meaningful interactions and shared experiences, fostering a sense of unity and camaraderie among the staff members. Through laughter, shared meals, and collaborative activities, the teachers reaffirmed their commitment to supporting each other both personally and professionally. The picnic served as a reminder of the importance of work-life balance and the value of building strong interpersonal relationships within the school community.

In conclusion, the teachers' picnic at Rangmanch Farms was a resounding success, filled with joy, laughter, and cherished memories. It not only provided a well-deserved break for the faculty members but also served as a catalyst for strengthening bonds and fostering a positive work environment at YMCA Public School.

As the teachers bid farewell to the idyllic surroundings of Rangmanch Farms, they carried with them a renewed sense of camaraderie and ready to face the challenges and opportunities that lie ahead in their academic journey.

The success of the teachers' picnic would not have been possible without the meticulous planning and coordination by the organizing committee, as well as the warm hospitality extended by the staff at Rangmanch Farms. Their efforts contributed significantly to making the day a memorable and enjoyable experience for all.



The Investiture Ceremony held at YMCA Public School on April 30, 2024, was a momentous occasion marked by various cultural events and the appointment of school council members. The ceremony was graced by the presence of esteemed guests, including the General Secretary & CEO, New Delhi YMCA, Mr. Rajeev Singh. The ceremony commenced with a dignified march past, led by the Head Boy and Head Girl, showcasing discipline and leadership among the students. Various positions within the school council, including Head Boy, Head Girl, Deputies, Cleanliness, Discipline, Cultural, Sports, and House Captains, were filled through elections, ensuring representation across different domains. Mr. Rajeev Singh, along with Mr. Feroze Khan, Assistant General Secretary, YPS – Nizamuddin and Principal Mr. C.P Davis, conducted the pinning of badges, symbolizing the investiture of authority and responsibility onto the elected council members. In addition to the investiture ceremony, students showcased their talents through various cultural performances, adding vibrancy and diversity to the event. The ceremony also included an award-giving segment to recognize the meritorious students who achieved gold medals in Olympiad competitions, as well as those with perfect attendance records, underscoring the school's commitment to academic excellence and attendance. The success of the Investiture Ceremony was made possible through the collaborative efforts of Mr. Feroze Khan and Principal, Mr. C.P Davis, whose unwavering support and guidance contributed significantly to the smooth execution of the event. The Investiture Ceremony at YMCA Public School was a grand affair, characterized by solemnity, celebration, and recognition. It not only marked the official induction of the school council members but also provided a platform for students to showcase their talents and achievements. The event served as a testament to the school's commitment to fostering leadership, discipline, and excellence among its students.



Prayer Breakfast Fellowship

The New Delhi YMCA - Greater Noida Programme Centre organised a Prayer Breakfast Fellowship on the fourth Saturday, 23rd March 2024 at 9:30 a.m. in the GNPC auditorium.

The Fellowship began with a wonderful prayer offered by Pastor L.R Bharti from Kingdom Warriors Church. Mr. Gladwin Lal, Assistant General Secretary, New Delhi YMCA heartily welcomed the gathering and Mr. Vijay Russell, Chairman, GNPC, extended his cordial greetings to all the members present. This edition of the Prayer Breakfast Fellowship saw the presence of approximately 40 people.

The Praise and Worship session was led by the Assembly of God Church Choir, Greater Noida. They sang lovely gospel songs, filling the auditorium with a gracious ambiance and inspiring the people, as everyone sang along.

Before the Sermon, the Scripture portion from the Gospel of Matthew - 16:24, was read by Pastor Kiran. The guest speaker, Rev. Elijah, Assembly of God Church, Greater Noida, delivered the Word of God and emphasised on the importance of the Cross, that one must deny themselves and take up their cross and follow Jesus.

After the Sermon, "Ho Teri Stuti Aur Aradhana" was sung as a closing hymn, which filled the auditorium with a graceful atmosphere. The Assistant General Secretary, Mr. Gladwin Lal invited the Chairman, Mr. Vijay Russell for the felicitation ceremony, who presented the guest speaker, Rev. Elijah and Assembly of God Church Choir with planters and mementos.

The Closing Prayer and Benediction was offered by Pastor Sanjay Kumar, Greater Noida.

The Vote of Thanks was proposed by Mr. Sagar Emanuel Paul, Assistant Secretary, New Delhi YMCA. All the members joined in the Fellowship Breakfast after the programme.



Easter Sunrise Service



The New Delhi YMCA – Greater Noida Programme Centre organised an Easter Sunrise Service on 31st March 2024 at 6 a.m. The event was held on the premises and was attended by over 220 people. The attendees were members of local churches and believers in and around the area of Greater Noida. The programme was held outdoors in front of the Programme Centre, at the break of dawn.

The service commenced with a word of prayer led by Rev. Elijah of the Assembly of God Church, Greater Noida. This was followed by a welcome address delivered to the congregation present, by Mr. Sagar Emanuel Paul, Assistant Secretary, New Delhi YMCA. The true spirit of Easter morning was brought into the programme by the Praise and Worship session that was led by Father Agnel School, Greater Noida. The music and singing brought a sense of joy and hope during this dawn service.

Following this, the scripture portion for the day was read by Pastor Harish. On this morning, the Word of God was brought to the congregation by Rev. David V. Osmond, from the House of Praise International Church Ministries, Greater Noida, whose preaching revolved around the Resurrection of Christ and a new life for all believers. It was a heart-warming and inspiring message that filled the congregation with a sense of hope.

The event was made truly memorable owing to the performances of the choir groups from House of Praise International Church Ministries, Greater Noida and the Spiritual Growth Fellowship, Greater Noida whose melodious voices instilled the true essence of Easter amongst the attendees.

The service concluded with a closing prayer and benediction offered by Rev. David V. Osmond. This was followed by a vote of thanks proposed by Mr. Sagar Emanuel Paul. After the conclusion of the event, all the attendees gathered for the refreshments.

The event was a great success with an impressive turnout of over 220 people and was appreciated by all who attended.

Prayer Breakfast Fellowship: A Soul-Stirring Morning of Faith, Worship, and Fellowship

The New Delhi YMCA Greater Noida Programme Centre hosted a Prayer Breakfast Fellowship on the fourth Saturday, April 27th, 2024, commencing at 9:30 a.m. in the GNPC auditorium. The gathering commenced with a prayer led by Pastor Simon BK from Anugrah Prarthana Bhawan. Mr. Hemant Agarwal, Assistant General Secretary of New Delhi YMCA (GNPC & Department of Sports), warmly greeted those in attendance. Mr. Vijay Russell, Chairman of GNPC, extended his heartfelt greetings to all present.

The Praise and Worship session, beautifully conducted by Harvest Mission College, Greater Noida, stirred souls and filled the gathering with fervent joy. Drawing from the Book of Jeremiah 29: 10-14, Mr. Mark Anugrah Biswas, Trainee Secretary of New Delhi YMCA, read the selected Scripture portion.

Pastor Ashish Kenneth Lal from Assembly of Believers, Delhi, the Guest Speake for the day delivered a profound message on embracing trust and in the process guided by God. Adding to the spiritual ambiance, Pastor Ashish Kenneth Lal presented a special song that lifted the Sprits of the gathering.

The Fellowship culminated with a Closing Prayer and Benediction led by Rev. Vasant Kumar Rueben, Board of Director of New Delhi YMCA. Mr. Sagar Emanuel Paul, Assistant Secretary of Greater Noida Programme Centre, extended gratitude through the Vote of Thanks.

Approximately 60 individuals participated in this uplifting Prayer Breakfast Fellowship, which concluded with a Fellowship Breakfast served in the dining hall.



Regular Activities

The regular activities are going on in full swing. We always have very good participation from our members in sports and fitness activities. We conduct regular coaching in Lawn Tennis, Basketball, Volleyball, Karate and Swimming. YMCA Fitness Center is also running with good number of Members.

Swimming Pool

The Swimming Pool has been operational from 1 April, 2024. with Swimming Coaching (for beginners) & Practice (for swimmers). In the Toddler's Pool, children below 6 years are being trained. Morning Batches starting from 6:00 am and going on till 10:00 am again in the evening, Batches start from 3:00 pm and go on till 9:00 pm. We have total 4 Male Coaches and Lifeguard and 1 Female Coach, take care of all the members. Members are showcasing their enthusiasm for this activity and we got approx. 160 registrations till date.

Volleyball

Volleyball coaching is being provided to the members in the evening from Monday to Friday by professional Coaches.

Basketball

The Basketball Coaching classes are conducted in the evening on alternate days.

Lawn Tennis

The Lawn Tennis coaching is being conducted both in the morning as well as in the evening.

Karate

Karate coaching is being provided to the members in the evening hours thrice a week. Professional Trainers take care of the members coming for Karate Classes.

Fitness Center

We have two well-trained Gym Instructors, who spend time with the Members and guide them in their Fitness Training. Four new single unit equipment for Gym will be installed in the month of April 2024.

YMCA Christian Institutional Cricket Tournament 2024

New Delhi YMCA, Department of Sports organised YMCA Christian Institutional Cricket Tournament 2024. It was held at the D.T.E.A. School Ground, Mandir Marg. It commenced on Saturday, 9th March 2024 and matches were held every Saturday of the month. The Tournament has been organized for the fellowship of the Youth of the Churches and Christian institutions of Delhi. 8 teams participated from different Churches of Delhi in this Tournament.



The New Delhi YMCA Rural Community Development Centre was registered on 27th April 1974; and the centre has completed its Golden Jubilee on 27th April 2024.

To commemorate this occasion a programme was organised at the RCDC on 27th April 2024. The programme started with a prayer dance performed by the students of the YPS Hodal. A video made to celebrate the 50 years of service of the Hodal YMCA made by Mr. Ashish Abraham was screened showcasing all the aspects of the glorious service done by Hodal YMCA to the community.

Mr. Feroze Khan, Assistant General Secretary, informed the gathering about the various programmes which have been conducted at the Centre in the past and also which will be carried out in the future. Mr. Kuvar Singh, former Sarpanch of the Bhulwana village congratulated the RCDC for completing 50 years of service and wished the Centre the best for the future. Few cultural items were presented by the students of the YPS and the computer coaching students.



An Interfaith Discussion on Fasting in different religious traditions was held at CISRS House on Tuesday, 19th March 2024. Representing the New Delhi YMCA were Trainee Secretaries – Mr. Ashish Abraham, Mr. Mark Anugrah Biswas and Mr. Sarthak Tunious.

The event was jointly organised by Catholic Bishops' Conference of India(CBCI), Christian Institute for the Study of Religion and Society (CISRS), Zakat Foundation of India(ZFI), Institute of harmony and Peace Studies(IMPS), Truthseekers International(TSI) and National Dalit Christian Watch(NDCW).

The discussion started by welcoming the Chair of the discussion Rev. Dr. Monodeep Daniel, Director, Brotherhood of the Ascended Christ.

And there were stalwarts present from different religions to represent what fasting means in their religion and how it is done.

The first session was conducted by Dr. Syed Zafar Mahmood from the Muslim Community. He is the Founder Chairman of ZFI. In his session, he showed a beautiful PPT explaining about the fast that people who follow Islam observe. He explained that Fasting generally entails abstaining from food, drink, and physical relations from before the first light of dawn until the setting of the sun. Muslims are required to fast on each of the 29 to 30 days of Ramadan.

The second talk session was taken by Dr. Reeta Dhar from the Hindu Community. She is the National Mentor, Chomp, Government Of India. She, in her presentation, explained that fasting is an act of sacrifice, in which one sacrifices food and hunger to God as a mark of devotion and surrender. Fasting purifies the mind, controls passion and the senses and checks emotions. Fasting, for many Hindus is also a sort of penance as it provides a window to escape from sins. She talked about the various fasts observed by the Hindu Community and each day represents a Deity.

The third talk session was conducted by Dr. Fr. M.D. Thomas from the Christian faith and he's the Founder Director of IHPS. Father in his talk, told us that Fasting is a powerful spiritual discipline that has been practiced by Christians for centuries.

There are 3 main fasts which are observed by Christians. The first is the Lent fasting which begins on Ash Wednesday, six and a half weeks before Easter, and provides a 40-day period for fasting and abstinence (Sundays are not included).

The second is the Eucharistic Fast in which the person who is to receive the Most Holy Eucharist is to abstain for at least one hour before Holy Communion from any food and drink, except for only water.

The third is the Advent Fasting. Just like during Lent and the Communion Fast, Christians ready ourselves through an Advent Fast to gird our hearts and souls for the coming of the Newborn King.

He also talked about the fourth type of fast which is the occasional fast where people keep fast for a certain thing they're praying for and on a certain day of the week - eg.: many people fast on Fridays.



There were people from many other different religions as well so the chair invited them as well to tell us about what fasting means in their religion.

Ms. Tripathi who works at Baha'i office of Public Affairs from Baha'i Faith talked about fasting according to their religion. The Baha'i Fast (BF) can be regarded as a diurnal intermittent dry fast where followers abstain from food and drink during daylight hours for 19 consecutive days every year in the month of March. It starts from 1st March and ends on 19th March and she informed us that it was the last day of her fasting. Mr. Gurvinder Singh who's a Professor in University of Delhi, was also present and he told us about the Sikh religion. Though they don't observe any fasts but he told us about the character of humility which the Gurus have taught the Sikh people.

The last session was conducted by Rabbi Ezekiel I. Malekar from the Jewish faith. He's a priest at Juda Hyam Synagogue. Rabbi Ezekiel told us that there are six days in a year when observant Jews fast. Two "Major Fasts" call for a fast from sundown on the day before to sundown on the day itself, and four "Minor Fasts" call for a fast from sunrise to sundown. The best known of these six fast days is the "Day of Atonement," Yom Kippur, observed by many Jews, even those who do not observe other fasts. Four fast days, one "Major" and three "Minor" ones, commemorate events pertaining to the destruction of the Jewish Temple (for the first time in 586 BCE and again in 70 CE). One "Minor" fast, the Fast of Esther, commemorates a biblical story that ends in victory for the Jews.

The discussion ended with a Vote of Thanks by Rev. Arvind Peter.

The whole Discussion was a memorable experience and it was a great opportunity to learn about what fasting means in different religions.





New Delhi YMCA
Department of Programme, Cultural and Tribal

SUMMER CAMP

at Y School of Music, Recreation Hall,
1 Jai Singh Road, New Delhi -110001

For Children Age 05 - 16 Years

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सातताल में छः महीने के कटिंग टेलरिंग कोर्स के समापन का आयोजन

भवानी। सातताल वाईएमसीए ने शुक्रवार को छः महीने से कोर्स कर रही महिलाओं कोर्स पूरा होने पर समापन कार्यक्रम आयोजित किया। मुख्य अतिथि विधायक सरिता आर्य रही। विशिष्ट अतिथि पूर्व दर्जा राज्य मंत्री खण्डी बिष्ट रही। वक्ताओं ने कहा कि महिलाओं ने वाईएमसीए में 6 महीने का कटिंग और टेलरिंग कोर्स सफलतापूर्वक पूरा किया। कार्यक्रम वाईएमसीए, सातताल के प्रभारी सचिव हर्षुल सिंह के कुशल नेतृत्व में आयोजित किया गया था। समापन कार्यक्रम में स्थानीय महिला समूहों द्वारा अपनी प्रतिभा

और सांस्कृतिक विरासत का प्रदर्शन करते हुए मनमोहक प्रस्तुतियां दी गई। सचिव हर्षुल सिंह ने संबोधित ने संबोधन में महिलाओं की दृढ़ता और प्रतिबद्धता की सराहना की।

उन्होंने महिलाओं को सशक्त बनाने और आत्मनिर्भरता को बढ़ावा देने के लिए कटिंग और टेलरिंग पाठ्यक्रम जैसी कौशल विकास पहल के महत्व पर जोर दिया। सभी को प्रमाण पत्र दिए गए। इस दौरान प्रदेश महासचिव भावना मेहरा, नंदू पांडे, जुगल मठपालल, सविता राम, शिवांशु जोशी, शशि सिंह रहे।

The Valedictory Ceremony was conducted on 22 March 2024 at the YMCA Programme Centre, Dorothy Villa, Mehrauli for the completion of 6 month Cutting & Tailoring Course was featured in the Hindustan Times (Hindi) Newspaper on 23 March 2024.

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