

, yqi faYss f[mw] j t , i sQH rcfqfsjd;
rWfl d; trj p

nrawghl:L tophl:lyfs:

1. Nehffk;

f[mw] j t , i sQH rcfqfsjd; rWfl d; trj p; Nehffk; YMCA <HgGg;
gpUj rcfspYss FLkgqfsjd; tUkhdjij mj pfhj J> thotpy; caHej
FwpaYf:Ffs; kwWk; Ra-kj gG vdgtwi w <lbfnfhsSkti fapy; mthfspd;
thofi fg; ghz pi aAk> mgpyhi ~ fi sAk; khwwpai kggj hFk;

2. Fwfnfhs:fs;

, J %dW Fwfnfhs:fi sf; nfhz :lj hFk;

2.1 *ejj pasj j y:* rWfl d; trj pi aj; Nj rpa kl:lj j py; VwgLj j p cs@H
YMCaffs; j kJ nrhej g; gpUj rcfspy; gaDWj pkrff rWfl d;
Kfhi kahshfshf MFkti fapy; tophl:li yAk> ejj pasgi gAk;
toqFj y;

2.2 *Mwwi yf; fl bnaOgGj y:* cs@H YMCaffs; tUkhd; Fi wej
FLkgqfs; tWi karypUeJk> fl d:fsypUeJk; tPLgl cjtprnraAk;
ti fapy; j kJ [dr%f mbggi lapyhd gqNfwG mgptUj j pg; gz pi a
Ki wi kahf ttpTgLj Jk; mtwwpd; Ki dgngyi y Mwwi yAk>
j pd:fi sAk; tYggLj Jj y;

2.3 *rWfl d:* , dqfhz ggl:l FLkgqfs; YMCA rWfl d; j pl:lj j pd:fb; rW
NrkgGf; FO:fshfj; j ki k xOqfi kj Jfnfhz :L> j kJ nrhej r;
NrkgGfi sAk> YMCA ehz affli dAk; gadgLj j pr; rW mstpyhd
nj hopy;Kawrpf> , Uggpl NkkghL> myyJkwwk; Vi da nghUshj hu
el tbf: ffsy; <Lgl f:\$bati fapy; mtwWfF cjtprraj y;

3. fl d; toqFj y; rkgej khd Kffpa Nfhl ghLfs;

YMFf (YMCA rW ejj pasgG trj p)> kwWk; YMCS (YMCA rWfl d; j pl:l k)
vdgi t ehz affli d; toqFj y; rkgej khd gpd:tUk; ei l Ki wapy;
ep&gpf:fggl:l Nfhl ghLfi sg; gpdgwWk;

(m) *j utj j di k rkgej khd Nfhl ghL:* YMCS kwWk; YMFf vdgtwmpd;
mgggpuhaj j py; Fwggpl:l fhyj j py; fl d:fi s tlbAl d;
j plUggprnrYj j f:\$batHfS fF khj j puNk fl d; mD\$yqfs;
toqfggLk;

(M) rhjjpak; rkgej khd Nfhl ghL: ntwwpaspfFk; rhjj paf;\$W c ssi tAk> fl dngWk; FLkgjjpd; thofi fjjujij c ahjjf;\$bai tAkhd eyy fUjjpllqfS fF khjjpuNk fl dFs; toqfggLj yNtz ;Lk; rhjjpa tsKss fUjjpllqfs; Fi wepugGk; Ji z epi yf; Nfhl ghL;l d; , z qFgi tahFk;

(,) Fi wepugGk; Ji z epi yf; Nfhl ghL: mqfFhpf;fggl l rPW nj hopy;Kawrpfs; KwWKOj hf YMCS ejj pfs;py; j qf;papUjj y; MfhJ. FLkgKk; tpfj hrhukhd Kj yll i l r; nrat; j d; %yk; xU ejj papay; gz ag; gqi ff; nfhz bUjj yNtz ;Lk; nghJ thfNt> YMFF epi yahd kwWk; nrawghl ;L MFnryTfi s c ssi fFktj j j py; nj hopy; Kawrpapd; nkhjj Kj yll by; 90™ l ehz af; fl dh d toqFk; t p z z ggj hhp kpFj p 10™ l toqFj y; Ntz ;Lk; , J nrhej c l Yi ogghfTk; , Uf;fyhk;

(<) nghJ kffs; eyd;Fwj j Nfhl ghL: FLkgjjpd; nghUshj hu mgptpUjj p kwWk; tho;thj hu tsHrrpf;F c j thj vt;tj khd fl DNk toqf;gg l khl ;hJ. fl dFs; Nj rpa Rfhj hu kwWk; #oy; t j p fs; kwWk; epakqfS fF , z qFgi tahfTk; , Ujj y; Ntz ;Lk; c j huz khf> Gi fapi y rkgej khd nghUshj hu el tbfj ffs fF Mj uT toqf;ggLj y; MfhJ. nj hpTnraaggLk; el tbfj ffs; c s;@Hg; gpuNj rj j py; VwWfnfhssgg l j hHkff epakqfS fFk> ei l Ki wfS fFk; Kuz hdi tahf , Ujj y; MfhJ. c j huz khf> gdwp tsHgGf;F K] ypk; gpuNj r qf; s py; Mj uT toqFj y; MfhJ.

(c) , yFt py; gypahFej di knfhz l FO ffs fF Mj utspffFk; Nfhl ghL: YMCS j p tpu tWi kapy; thLNthH> ngz fs; kwWk; c l y> c shj papy; ghj pgGwNwhH Nghdw Xuqfl l ggLk; FO ffs sr; nrdwi l t j wF t p Nrl ftdk; nrYj ;Jk; , thfs; gaDss tho;thj huqf; s py; <Lg Lt j wfh d j p wdfi s myyJ Xustpyhd j p wdfi sf; nfhz bUjj yNtz ;Lk;

4. Ki wapy;

Nj rpa kl ;l j j py; , ej epforrj j pl ;k; xU rPW ejj pas;pgG el tbfj fahf mi kAk; mNj Nti sapy> , J c s;@H YMCS kl ;l j j py; xU rPWfl d; j pl ;l khf mi kAnkdW vj pghHf;fggl f;pdwJ.

, ej epforrj j pl ;l j j pd;fb; xU rPWfl d; j pl ;l j j Mukgpff vz ;Z k; YMCA ffs; , dqf;hz ggl l xUrpy> tUkh d q;Fi wej FbapUgGfs;py; c s;@Hf; fl d; FO ffs s Mukgjj yNtz ;Lk; , J ti uTss ejj pfs; khfuk; KOtJk; ml Hjj pawwKi wapy; guTt i j j; j Lggj wfhFk; mt;thW epfoej hy; mJ j pl ;l j j pd; r%fj; j hff;fj i j mstpl myyJ fz pggpl c j t;pahf mi ka khl ;hJ. FO Ntz ;Lj yfshfr; rkHggpff;fggl kNghJ , ffl d; FO ffs; tho;thj hu mgptpUjj p f;f;hff; fl d; toqFkhW Nfl gj wF c hj ;Jssi tahFk; YMCS , d; mgptpUjj p f; FO t p z z ggq;fi sf; fz pgg l nra;J> Gwf;Fwpggl ;L>

NCY ejj paspgGf;fhf mtwi w mDggpi tf;Fk; ejj pfs; jpllj;pd; Ki wahd ei l Ki wggLj;Yf;Fg; nghWgGthaej YMCA ffs;%yk; fl d; rqrqfS fFg; gphj; j spf;fggLk;

- 5. Kfhi kj;Jtkk; fz ;fhz ;pgGk; , ej epforrj; jpl;k; xU %dW mLf;F fz ;fhz ;pgG Ki wi ka;thf ei l Ki wf;fpl ;ggLk;

5.1 NCY rpW ejj paspgG trj p (YMFF)

NCY c s;@Hkl;l f; fl d; jpl;qfS fF ejj paspggj wF Nj rpa kl;l;jj;py; xU Rowrp ejj pi a VwgLj;Jk; mJ mgptpUjj; p fy;tp kwWk; fUj; jpl;qfs; FOtpdhy; Kfhi kj;Jtk; nraaggLk; rhj huz khf> YMFF gupj hdkhf c s;@H YMCA ffs; %ykhfNt j dJ cjt pfi s toq;Fk; MapDk> YMCA , yyhj tpl qfs;py> YMCA epforrj; jpl;l epi yankhdi w mt;tp;l;jj;py; mi kggj wF Kdduhf> fl d; jpl;qfi s ei l Ki wg; gLj;Jtj;py; ep&gpf;fggl;l Mwwy;thaej c s;@H eWtdqf@lhf cjt pfs; toq;fggl;yhk; YMFF nrawgh;l topfh;l;yfi s toq;fp; ei l Ki wggLj;ji yf; fz ;fhz pf;Fk; YMFF t; z z ggp;f;Fk; YMCA apd; mgptpUjj; pf; FOtpD;l hf mj d; cjt pfi s toq;Fk; fUk;ggLk; mgptpUjj; pf; FO ffs; , yyhj tpl qfs;py; nrawghLfi s KdndLf;Fk; ti fapy; nghJr; nrayhsUl d; mHggz ;pgGz HTnfhz;l 3-4 nghJepi yahsh;ji ythfs; , i z eJ nrawgl;yhk;

5.2 YMCA rpWfl d; jpl;l k; (YMCS)

YMFF jpl;l;jj;py;Ue;J mD\$yk; ngwWfnfhss tpUkGk; YMCA ffs; jk;J mgptpUjj; pf; FOTf;F YMCA rpWfl d; jpl;l;jj; ei l Ki wg; gLj;Jtij topel;jj; p NkwghHi tnra;J> fz ;fhz pf;Fk; gz pi a xJff;pasj;jyNtz;l k;

YMCA fl d;fS fF t; z z ggp;f;Fk; c s;@H YMCA ffs; rfy rej Hggqf;spYk; , ej Mtz;jj;pd; - gph;tpy; vLj;Ji uf;fggl;Lss fl d; toq;Fk; epgeji dfi s VwWr; nrawgLti;jAk> epi wNtwWti;jAk; cWj;nraAk; YMFF jpl;l;jj;py;Ue;J mD\$ykngWk; YMCA ffs; rpWfl d; njhop;Kawrp;fi sf; FO el tbf;iff@lhf Mukgp;f;Fk; Fwggpl;l Nehf;fj;Jf;fhfg; gz;jij;g; gadgLjj; cl dgLtNj;hL> khj hej mbggi l apy; fl d; %yj dj;j 2™ tlbAl d; jpl;Uggpr; nrYj;Jtj;wFk; nghWgNgwWfnfhs;S k;

jpl;Uggpr;nrYj;jggLk; fl d; %yjd; k; fl d; gphj;jsj;jyfs;pd; Gjpa gbFS f;fhfr; Rowrpapl;ggLk; fl d; jpl;Uggpr; nrYj;Jtj;py; jti z jtwhj YMCA ffs; khj;jpuNk jpl;Uggpr; nrYj;jgg;l njhi ffi sr; Rowrpapl;kNghJ NKYk; fl d;fi sg; ngwWfnfhss chj;Ji ladthFk;

5.3 **YMCA** rŋWfl d; rŋf;fk; (**YCS**)

YMCA f;fs; 5-10 fl dngWNthi ufnfhz l rŋW-NrkŋGfs; kwWk; rŋW
fl d; FO f;f@lhfr; nrwgLk; FO mqfj; j tH xtntHUtUk; xU fl d;
fz fhz ŋghsH MthH. mth fl d; fl Lggz j i j f; fŋk khfj; j ŋUggr;
nrYj; J khW FO t;pd; Vi da mqfj; j tHf;skŋ mOj; j k; gŋNahfŋŋNj hL>
mj d;%yk; Ntz; Lnk dNw , l kngWk; fl i dj; j ŋUggr;nrYj; J t j ŋy;
j ti z j tWj i yj; j Lf;f;pdwhH. , rRa-fz fhz ŋGf; FONT **YMCS**
ei l Ki wggLj j i y NkwghH t nraAk; Mff; f;bk l l myfhFk; rŋf;fk;
ngwWfnfhs;S k; t l bi ag; gadgLj j ŋ Gj ŋa fl d fi s toqFtj wfhd
Rowrŋ ej j ŋf;F c j Tk;ti faŋy; Nghj ŋa ej j ŋfi sg; fl bnaOgGk;

6. fl d; kj ŋgg l iL msTNfhys;
fl d; tŋz z ggq;fi s kj ŋgg l nr;tj wf l eJ Kf;f;ŋa Nfh l ghLfs;
gadgLj j ggLk; mi t gpd;tUkhW;

6.1 gz G

fl d; tŋz z ggq;fi s; fz ŋgg l nr;tj wfhd kŋfTk; Kf;f;ŋakh d
msTNfhy; fl dngWgthpd; gz ghFk; , j d; fUj; J mthpd; NeHi k>
tŋOggk> Nehf;f;q;fs> kwWk; fl i dj; j ŋUggr;nrYj; J t j wfhd tŋUgGWj ŋ
rkgej kh d ekgfj j di k vdgi tahFk;

fz ŋgg l bd; , ej mkrk; , yFthd xdwyy. mJ gpd;tUk;
mbggi l i af; nfhz bUj j yNtz ;Lk;

(m) xŋTki wtww j dŋegH NeHfhz yfs; mftaj j di ki a Mff;
Fi wthf;Fk; tŋj j j ŋy; , ej NeHfhz yfs; vgnghOJk; xU
NeHfhz y; Fohj j ŋdhy; nraaggLj yNtz ;Lk;

(M) tŋz z ggj hŋp;pd; fl ej fhg; gqNfwG kwWk; j ŋUggr;nrYj j y;
gj ŋNtLfi sg; ghŋNrhj ŋj j y;

(,) tŋz z ggj hŋp;pd; fy;tŋg; gpd;dz ŋ nghJ thd gof;f tof;f;q;fs;
kwWk; thofi fgghz ŋ.

6.2 Mwwy;

, j wF c j Nj rj; nj hopy;KawrŋŋfUj j ŋ l j j pd; epi yNgwWj j di kFwŋj j
ftdkhd fz ŋgg l mtrŋakhFk; , j d; rhj j ŋaj j fT> kwWk; nryTfs>
nghWgGfi s; fŋj j gpd;dH xU epahakh d kŋQrŋa kj ŋgi g
<l bfnfhs;S k; Mwwy; vdgi t fz ŋgg l ggLj yNtz ;Lk; kŋfTk;
Kf;f;ŋakh d tŋl ak> fŋk kh d mbggi l aŋy; FLkgj j pd; tUkh d j j
mj ŋfhŋf;Fk; nj hopy;Kawrŋp;pd; Mwwy; kwWk; fl i dj; j ŋUggr;nrYj; J k;
Mwwy; vdgi t fz ŋgg l ggLj y; MFk; nj hopy;El ghŋ ŋaŋy; rhj j ŋaj;
j fTssi tAk> ej j ŋaŋy;hŋ ŋaŋy; epi yj fTssi tAk> nghUshj huhŋ ŋaŋy;
c Wj ŋahdi tAkhd fUj j ŋ l qfi s , dqfhZ t j wF tŋz z ggj hŋp;
fS f;F C f;f;Kk> c j tŋAk; toqf;ggLj yNtz ;Lk;

6.3 %yj dk;

t pz z ggj hhp nj hopy;KawrpfFg; gqfs;pgGrnraAkti fapy; r pW
%yj dj j j f; nfhz bUf;Fk; rhdi wf; fhz ggj j yNtz ;Lk; %yj dj j j y;
t pz z ggj hhpapd; gq;F rpwj hft pUf;fyhk; MapDk> xUthpd; nrhej
Kj yL , Uf;FkNghJ c i l i k rkgej khd c z HT c aHthf
, UggNj hL> mtH fUj j pl ;l j j pd; mHggz pgGz HTnfhz ;l eyd;
gpj j pej ;pahFTkpUgghH.

%yj dj j j y; mthpd; gq;F fhz p Nti yj j yk> nghU;fs> gz qfs;
myyJ NtW Vj htJ c Uggbahd nrhj ;Jf;fshf myyJ c l Yi ogghf
, Uf;fyhk; , i tai dj ;Jk; c j Nj r Kdnkhopt; %yj dj j j y; mthpd;
ngWkj pg; gq;fhfr; NrHf;fggl f;\$baj hf , Uj j yNtz ;Lk;

fz ;ggL "rei j j ; Nj l y; kwWk; kj ;ggHa;Tfi sAk" c s s l f;Ft j hf
, Uj j yNtz ;Lk; , J \$wggLk; rkghj j ;aqfs; gFj j w;Tf;Fh;pai t
ahfTk> j wNghJ ss rei j t p f j hrhuqfi s mbggi l ahff;
nfhz ;l i tahfTk; , Uggi j r; nrti tghHff c j Tk;

6.4 #oeji yfs;

t pz z ggqfs; j wNghJ ss #oy; kwWk; rei j epi ytuqfs>
rhj j ;akhd , l Hfs> t pz z ggj hhpapd; Rfeyd; kwWk; FLkgg; gpd;dz p
vdgi t rhHgpYk; kj ;ggL;nr;aaggLj yNtz ;Lk; , i tai dj ;Jk;
fUj j pl ;l j j pd; ntwwpkU ngUkst;pyhd nry;thf;FrnrYj ;Jk;
fhuz p;fshFk;

6.5 fl Dj j uthj k;

Fi wej tUkhdf; FO;ffi sr; NrHej thfshft pUggj hy; t pz z ggj hhpfs;
fl Dj j uthj khf c Uggbahd nrhj ;Jf;fi sf; nfhz bUf;fkh l ;hHfs;
MfNt> fl d; trj p gpj hdkhf mthfs; kj j ;apyhd gu] gu
c j j uthj j j y; j qf;papUf;Fk; rqfj j pd; , U mqfj j thfs;pd;
c j j uthj k; mtr;pakhFk; , j d; fUj ;J> rqfj j pd; mqfj j thfs; vdw
ti fapy; gpi z ahshfs; k;srnrYj ;Jj y; j ti z klwyf;spdNghJ fl d;
ngwwtHkU mOj j k; g;uNahf;pggH vdgj hFk; gpi z ahshfs;
t pz z ggj hhp;ku fz ;rkh d nry;thfi ff; nfhz ;l thfshft pUj j y;
Ntz ;Lk; c -k; ngwNwhHfs; myyJ gaDWj pAss mOj j j j j g;
g;uNahf;pf;ff;\$ba ez gHfs;

7. eij pasj j Yk> fl d; gphj j spj j y; el tbfi fKi wAk;

mj d; <HgGg; g;uNj rqf;sp; y; YMCA r p Wfl d; j pl ;l j j j Mukgr;f;f t pUKGk;
c s;@H YMCA gpd;tUk; t pl aqfs; rkgej khfj; j dJ mg;rt pUj j p;f; FOi t
mz ;j ;ul ;Lj yNtz ;Lk;

8. nfhi l j ti z fs;

YMFF mqrffhukngww flid gpNuui z apy; Fwggpl ggl:LssthW , uz:L
myyJ , uz:LfF Nkwgl l j ti z fs; toqFk; cl dghL fhz ggl l
j ti z g; gz qfi sj; j pUggprnrYj J tj py; Ki waww j hkj k; myyJ
fukkpd; k vQrpapUfFk; fl dnj hi f Vj htJ t p z z ggj hhpF toqfggLj y;
cl dbahfNt epWj j ggLtj wF , l:Lrnry;Yk;

, t:thNw> cs@H YMCAffSk; flid MffFi wej J , uz:L
j ti z fs; yhtJ toqFtJ xU egej i dj; Nj i tahFk; cl dghL fhz ggl l
fl:Lggz qfi sj; j pUggprnrYj J tj py; Vj htJ j hkj k; myyJ fukkpd; k
fhz ggl l hy; vQrpapUfFk; fl dnj hi f Vj htJ t p z z ggj hhpF toqfggLj y;
cl dbahfNt epWj j ggLtj wF , l:Lrnry;Yk;

9. t p z z ggj hhpfs; j Fj p

9.1 fl DfF t p z z ggpfFk; xUtH gj pTngww YMCA flid; rqf; (YCS)
xdw; kd; kj pffggLk; mqrj j tuh f , Uj j yNtz ;Lk; mtH e j p a p a y;
xOf;fk; rkgej khd rhdWf i sf; nfhz l tuh fTk> rqrj J f;Fr;
nrYj j Ntz ba khj hej f; nfhLggdTfs; epYi t f i s
i t j j pUf;fhj tuh fTk; , Uj j yNtz ;Lk;

9.2 t p z z ggj hhpfs; j wNghJ Nti yawNwhuhfTk> FLkgj j pd; khj tUkhdk;
25:500€- &ghTf;F Nkwgl hNj huhfTk; , Uj j yNtz ;Lk;

9.3 t p z z ggj hhpfs; NCYAl d; \$l l hf xOqFnraaggLk; nj hopy;Kawrp
mgptpUj j p myyJ rpW nj hopy;Kawrp j pl l kpl y; rkgej khd j ahhpGg;
gapwrpnewp xdi wahtJ ngwWfnfhs;sj; jahuhf , Uf;fNtz ;Lk>
myyJ mqrffhukngww epWtdk; xdwpyUe;J mj j i fa Vj htJ j p w d;
gapwrp i ag; ngwmpUggi j ep&gpf;fNtz ;Lk;

9.4 t p z z ggj hhp Mukgj j py; khj nkhdWf;F 750€- &gh Nrkgi gf;
fl bnaOgGtj d;%yk> khj hej f; fl:Lggz qf@l hf fl i dj; j pUggpr;
nrYj ;Jk; Mwwy; rkgej khd rhdWf i sf; fh l:Lj yNtz ;Lk; , JFwj j
rhdWfs; t p z z ggj J l d; , i z f;fggLj yNtz ;Lk; , j j i fa
NrkgGfs; ntWkNd fl i dg; ngwWfnfhs;S k; Nehf;fj j py; j pBnudW
nraaggLk; i tgGfshf , Uj j y; MfhJ. mJ xU Fwggpl l fhyg;
gFj p a y; fukkhd i tgGf@l hff; fl bnaOggggl ;L> t p z z ggj hhpapd;
e j p a p a y; xOf;fj i j ep&gggj hf , Uj j yNtz ;Lk;

10 flid; toqFtj wfhd egej i dfs;

10.1 c j Nj r rpW nghUshj hu el t bfi f xU epi yj fTss> kpQrpa kj pgi g
c UthfFk; t p a h g h u j ; nj hopy;Kawrpahf , Uj j yNtz ;Lk; t p z z ggj hhp
YMCS , d; nj hopy;El g c j t p kwWk; topfh l l Y l d; nj hopy;Kawrpapd;

j di k kwWk; Nehfnfyi yFwj J tFj j i kf;fggl l> tpguqfsl qfpa
nj hopyEl g rhj j paj j fT mwpi fi aAk> fl Df;Fhpa fhyggFj pf;Fk>
mj d; gpdduhf 6 khj fhyj J fFk; tuT kwWk; nryTFwj j
aj hHj j gHtkhd Kd;\$wi yAk; tiz z ggj J l d; , i z j j yNtz ;Lk;

10.2 xNu FLkgj i j r; NrHej , U mqfj j tHfs; rkfhj j j py; YCS fl i dg;
ngwWfnfhss KbahJ.

10.3 YMFF j dpggl l tHfs;pd; tiz z ggqfi s VwWfnfhsskhl l hJ. mi t
FO mqfj j tHfs;pd; nfhj j z pf; fl dhfr; rkHggpf;fggl l hy; khj j puNk
fUj j py; nfhssggLk;

10.4 fl d; tiz z ggqfs; xU YCS , dhy; mj d; nghJ r; nrayhs&l hf
fz pggpl ggl l> t j eJ i uffggLk;

10.5 , uz ;L myyJ %dW mqfj j tHfs; t pahghuj; nj hopy; gqfhsHfshf
xdWNrHeJ> nj hopy;KawrpahsH mz pahfj; nj hopy;Lk; epi yi kapy>
mj j i fa FO el tbfj ffi s Cf;Ft pf;Fk;ti fapy; YCS mtwWf;F
Kd;Dhpi k toq;Fk;

10.6 c j Nj r t pahghuj; nj hopy;pd; ti f kwWk; j di ki agnghWj J toqff;
\$ba fl Df;F c rr vyi y j Hkhdpf;fggl l k;

10.7 Kd;\$l bNa , l kngWk; gu] gu c l dghl bdNghpy> fl d; fpukkh
khj hej j ti z g; gz qfshfj; j pUggpr; nrYj j ggLj yNtz ;Lk;

j ahhgG: yNah nghdNrfh>

\$l Lj; j tprhsH> mgtpUj j pf; fy;tp kwWk; fUj j pl l f; FO

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