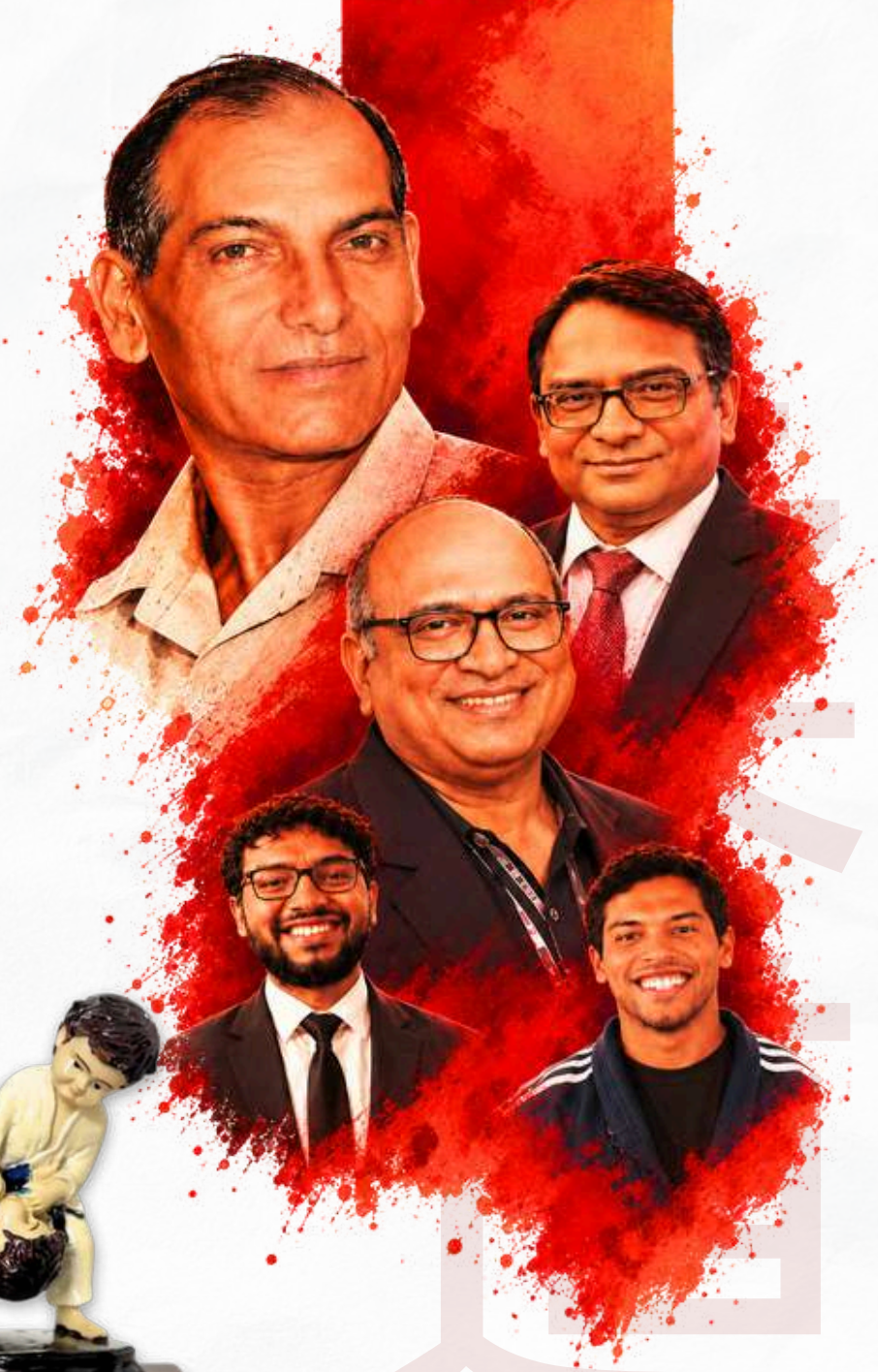
THE LEGEND WHO BUILT INDIAN JUDO

Late Narayan T. Bangera, His Dynasty, and the Dream of 2036



Three Generations • **Bombay Judo Club** • **EST. 1962**

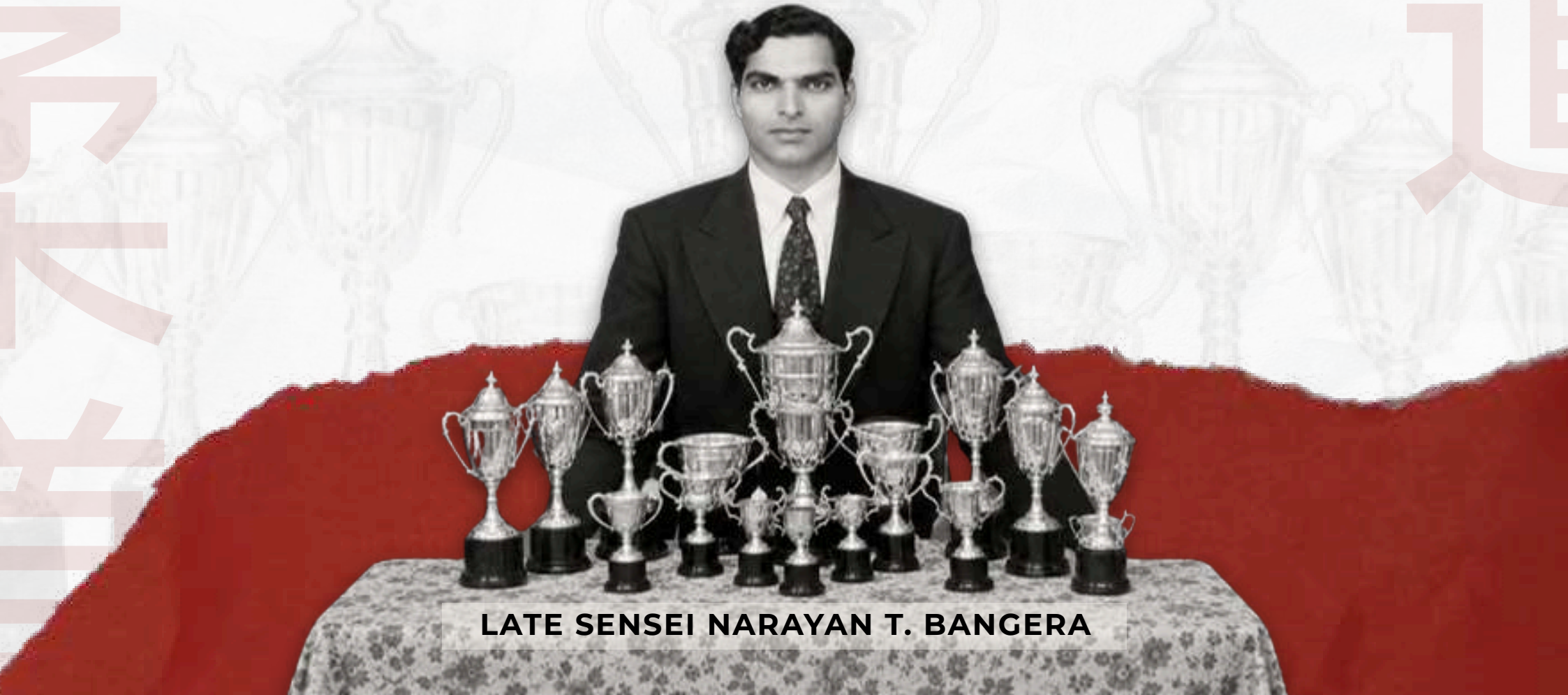
Narayan T. Bangera Memorial Foundation

60+ Years of Excellence - "The Way of Gentleness"



Researched & Published by **THIRTY SIX SKILLS**

THE LEGEND WHO BUILT INDIAN JUDO



LATE SENSEI NARAYAN T. BANGERA

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The Legend Who Built Indian Judo N.T. Bangera, His Dynasty, and the Dream of 2036

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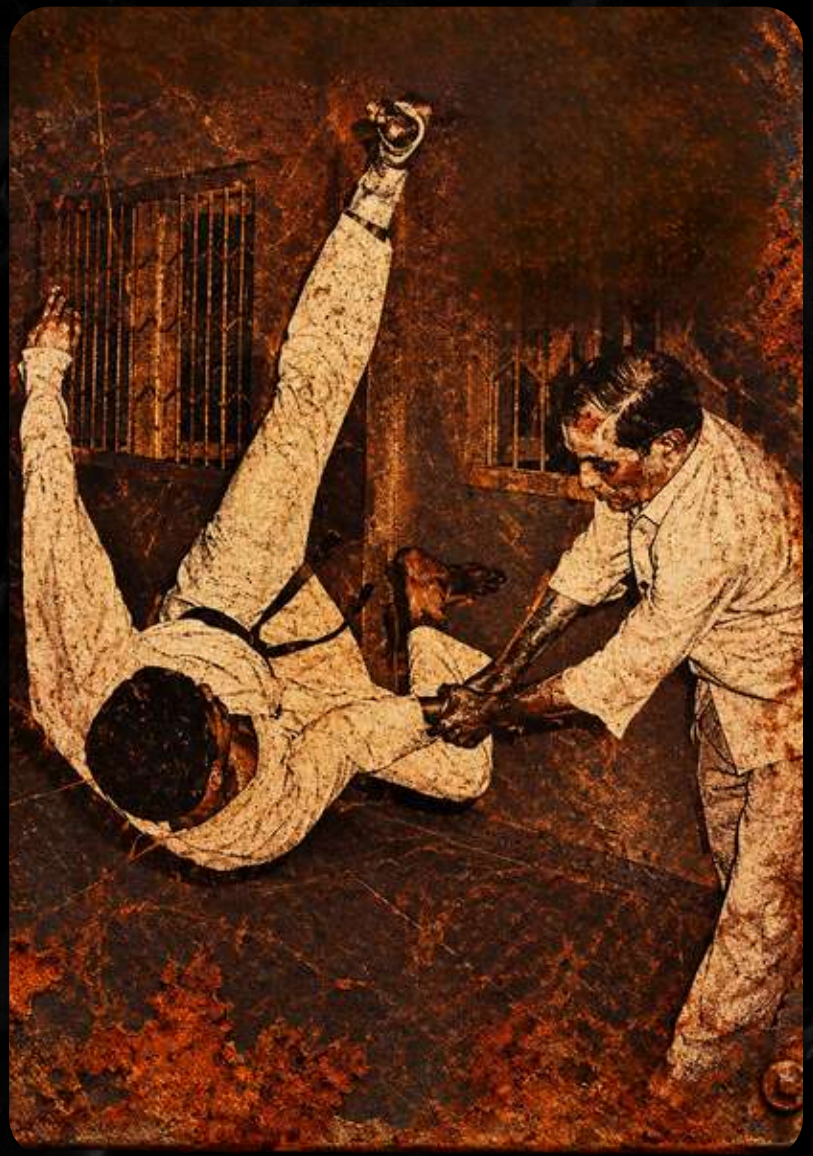
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THE LEGEND WHO BUILT INDIAN JUDO

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> "Judo is the way of the highest or most efficient use of both physical and mental energy."
> — Jigoro Kano (1860–1938), Founder of Judo

FOREWORD

The Strength Behind the Dynasty

Smt. Lalitha Bangera, better half of Sensei N. T.Bangera has been a mother figure in nurturing BJC. She stood by her husband rock solid in all his struggles from early morning 5 am to late night 11 pm.
She saw that her family got the right nourishment being a rigorous training sport.
Even during competitions and demonstrations she nourished the students.

She was everyone's Amma.
Though not active in practice of art of Judo.
She knew all the activities of Judo which took place all over the country.

She would watch the videos, news, demonstrations which were relayed on projector.
She even knew names of the throws.
She was totally involved with BJC and knew every bit of the happenings with BJC and its collaborations.

One can say she was the the rock behind Sensei and her children which helped and gave him the strength to build BJC to the finesse with which it functions till today.
Very strong and determined lady who never gave up on her family needs.



Smt. Lalitha Bangera



Smt. Vandana Yatish Bangera



The Bangera Family

FOREWORD

A Legacy in Motion

by Thirty Six Skills - Publishing Stories of Mastery

India celebrates its business dynasties, but rarely its sporting ones. This book tells the story of a judo dynasty that has shaped Indian sport across three generations.

It begins with a father who learned judo from Japanese sailors under Mumbai's streetlights. It continues with two sons who rose to the rank of 7th Dan, one becoming India's technical voice to the world, the other carrying its legacy forward. Today, the next generation is coaching the champions of tomorrow.
But this is more than a family story. It is a story of leadership. The lessons of judo, balance, leverage, resilience, humility, echo far beyond the mat. Each chapter ends with an "Off-the-Mat" lesson, translating those principles into insights for life, leadership, and institutions.

This story arrives at a defining moment. India is pursuing the 2036 Olympic Games. Somewhere at Bombay Judo Club, a ten-year-old is learning to fall, the first lesson in learning to rise. By 2036, that child could be championship age.

This book is the story of the people preparing that child.
We publish it not as a record of the past, but as a call to the future.

> ***The champions of 2036 are not waiting to be discovered. They are already stepping onto the mat.***



One legacy, One mat, Three generations

1962	3	2036
Bombay Judo Club	Generations	Olympics

PROLOGUE

The Man Who Gave Judo a Home

The Story of Narayan. T. Bangera and the Birth of Bombay Judo Club

Every legacy begins with a single act of faith. Before the champions came the pioneers. Before the medals came the mat. And before judo could find a home in India, someone had to believe it belonged here. In Bombay, in 1962, Narayan T. Bangera did more than start a club. He gave judo a home. For generations that followed, he was more than a pioneer. He was Sensei.

Judo had already touched Indian shores. A handful of pioneers had encountered it, a few enthusiasts practised it, and scattered clubs kept its flame alive. But a sport cannot grow on enthusiasm alone. It needs institutions. It needs teachers. It needs a home.
Bangera understood this.

When he founded the Bombay Judo Club, he was doing far more than opening a dojo. He was creating a place where young Indians could discover not only a martial art, but a way of life. On those mats, technique was taught alongside discipline, strength alongside humility, and competition alongside character.



The Sensei, The Lives He Touched, The Way He Built a Legacy

1962
Bombay Judo Club

1965
Judo Federation of India

What began as a modest effort soon became something much larger. Students became champions. Champions became coaches. Coaches inspired new generations.

As judo slowly found its footing across the country, Bombay Judo Club emerged as one of the institutions that helped give the sport structure, continuity and purpose.

When the Judo Federation of India was formed in 1965, Bombay Judo Club stood among the few pioneering centres upon which organised Indian judo was built

But this story is not really about federations, championships or official records.
It is about a man who believed that the true measure of success was not how many medals were won, but how many lives were shaped.
More than six decades later, the legacy of Narayan T. Bangera still echoes across countless dojos, competitions and classrooms. The club he founded remains active, the values he taught continue to endure, and the family he inspired has carried his mission forward across generations.

This is the story of the man who gave judo a home in Bombay, and in doing so helped give Indian judo a future.



1975- All India Championship where Team Mumbai won the National Championship. Mr. Kawas Bilimori and Late Sensei Manohar Bangera won Gold Medals in the competition.



1975- Maharashtra Team - N.T Bangera, L.K.Daga, Mr. Parvej Mistry, Mr. Adenwala Khalid, Mr. Yatish Bangera



N.T Bangera at Brabone Stadium - with the Wrestling Team



Late Sensei N.T Bangera giving demonstration to Mr. Ajit Singh then Sport Minister at JFI

CHAPTER 01

THE PIONEER

The Fountain Lights

The Right Place at the Right Time.
The Right Person When the Moment Arrived.

In the late 1950s, Bombay's Fort district was a world unto itself, a landscape of colonial facades, bustling commerce, and restless ambition. Beneath the glow of the Fountain streetlights walked a young man known simply as "N.T." Narayan T. Bangera was already a gifted athlete, excelling as a gymnast and footballer, admired for his strength, balance, and discipline.

Then came the moment that would change his life. One evening, a Japanese vessel docked at Bombay Port. Among its officers were judoka who, while exploring the Fountain area, noticed N.T.'s exceptional athleticism. They approached him with a simple proposition: "You have the makings of a judoka.
Why not learn the Way?"

Looking back, it is tempting to call it luck. Certainly, N.T. was in the right place at the right time. But many others were there too.

What set him apart was that he was the right person when the moment arrived. Years of training as a gymnast had given him the balance, coordination, and physical awareness that immediately caught the eye of experienced martial artists. Under the guidance of the visiting Japanese officers, he began learning the principles of judo: how to throw without brute force, how to yield without surrendering, and how technique could overcome strength.

By weekday, he was a corporate executive at Pfizer (then Dumex), building a successful professional career. By evening and weekend, he devoted himself to mastering a martial art that was virtually unknown in India. It was a life lived in two worlds, one of commerce and one of discipline.

Long before the modern celebration of the *"side hustle," N.T. Bangera* demonstrated that a career and a calling could coexist. What began as a chance encounter beneath the lights of Fountain would ultimately help shape the foundations of Indian judo.

Off-the-Mat Lesson

Opportunity visits many people.
Legacy is built by those prepared to recognize it and act on it.



Late Sensei Narayan T. Bangera Demonstrating a Technique

1952

5th
Dan Black Belt



Late Sensei N.T Bangera, Shri Rajesh Thakkar and Late Sensei Manohar Bangera organised a combine camp between Karate and BJC in Lonavala



Late Shri Thimappa Survarna(center), Late Sensei N.T Bangera and team at Karnatak Veera Vyayam Shala



Late Sensei N.T Bangera, Shri L.K.Daga and team at Brabone Stadium



Late Sensei N.T Bangera, Dr Prisholkar, Japanese Ambassdor at South Asia Judo in Delhi

CHAPTER 02

THE FOUNDING

The Brabourne Miracle

One Child Born.
One Institution Founded - 1962

On a single day in 1962, the personal and institutional destinies of the.

Bangera family fused forever. In the quiet hours of the morning, N.T. Bangera's wife gave birth to their second son, Yatish. Most men would have spent the day celebrating. N.T. spent it building.

While his family welcomed a new life, he moved across Bombay securing permissions, finalizing agreements, and laying the foundations for a dream that had consumed him for years. Then, as evening fell, he walked onto the grounds of the historic Brabourne Stadium to conduct the inaugural class of the Bombay Judo Club.

There could hardly have been a more fitting setting.

Home to the prestigious Cricket Club of India, Brabourne was already one of the country's most revered sporting institutions, a venue that had witnessed the rise of modern Indian sport since its inauguration in 1937.

To launch a new martial art there was more than a logistical achievement. It was a declaration of intent. [thecricket...findia.com], [en.wikipedia.org] What began that evening as a small gathering on a mat would become one of only three major judo centres in India.

By 1965, alongside the pioneering institutions of Calcutta and Pune, N.T. Bangera helped establish the Judo Federation of India, giving the sport a national structure.



Building Champions, One Lesson at a Time

1 of 3
Judo clubs in India, 1965

1965

Affiliation to the International Judo Federation followed the same year, and the first National Championships were held in Hyderabad in 1966. Others were drawn to the politics of a growing sport. N.T. was not.

As contemporaries competed for influence within the new administration, he remained committed to a different pursuit: technical excellence. His joy was not found in committees or titles, but in teaching the perfect sweep, the perfect leverage, the perfect fall. He believed that institutions were built from the mat upward, one student at a time. That choice became the DNA of the
Bombay Judo Club: Mastery before position. Service before status.

Off-the-Mat Lesson

Great institutions are often born on ordinary days. The true builder is the person who can celebrate a personal milestone, seize a professional opportunity, and still find the discipline to invest in something that will outlive them.



Late Sensei N.T Bangera demonstrating Tai Toshi to Roman Consolate Mr. Marco Lova in 1983- 1984.



Late Sensei N.T Bangera demonstrating Leg Throw in Sheth Gokuldas Tejpal Auditorium in Grant Road in the 1983-1984.

CHAPTER 03

THE FORGE

The World's Most Unusual Gym Equipment: A Vespa and a Fiat

The 5:00 AM Andheri colony drill-the school of raw grit

By the late 1960s and 1970s, the training regime of the Bangera brothers, Manohar and Yatish, had become something of a legend in the Andheri colony.

Every morning at precisely 5:00 a.m., the front door would swing open and the day's conditioning would begin. Modern gyms, strength coaches, and specialized equipment were virtually unheard of in Bombay at the time. N.T.'s solution was simple, economical, and not entirely popular with his sons: use what the family already owned.

The training equipment consisted of a Vespa scooter purchased in 1962 from a Parsi gentleman and the family Fiat. Both vehicles were pushed across the colony grounds with their engines firmly switched off. While other children slept peacefully, the Bangera brothers conducted what might have been Bombay's first automotive strength-training programme.

N.T. believed every object had a purpose and every minute had a job to do. The household rules were equally straightforward: no gossip, no loafing, and absolutely no standing around looking bored. If N.T. spotted either boy idle for more than a few moments, corrective action followed immediately. Hockey, Football, Running & Homework. The choice varied; the outcome did not.

In the Bangera household, free time was generally regarded as a training opportunity that had not yet been properly identified. Discipline was absolute. Looking back, the brothers would later realize that what felt like relentless supervision was, in fact, a masterclass in building habits. N.T. was not merely raising athletes. He was raising young men for whom effort would become second nature.

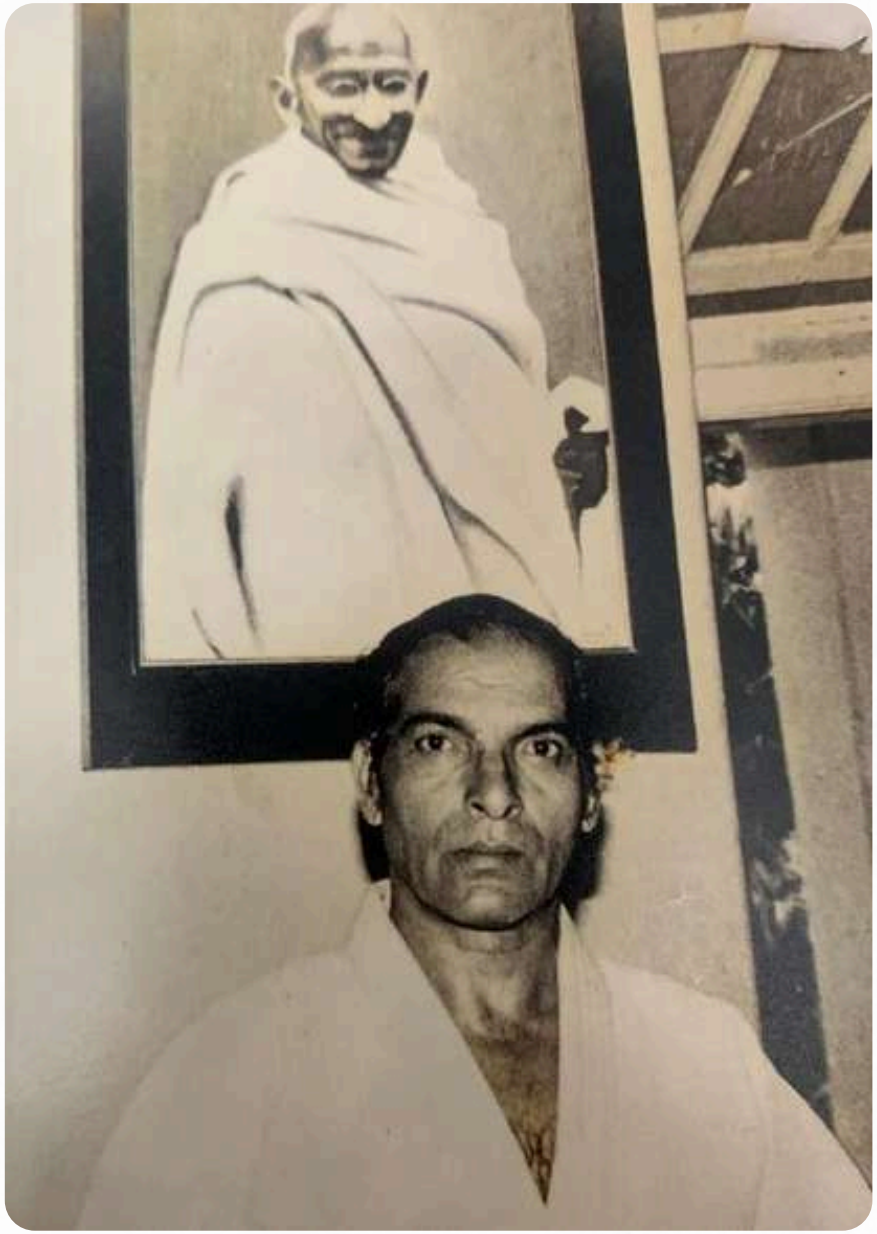
Off-the-Mat Lesson

Resource constraints are rarely an excuse. Great mentors don't wait for perfect facilities; they turn whatever is available into an opportunity for growth.

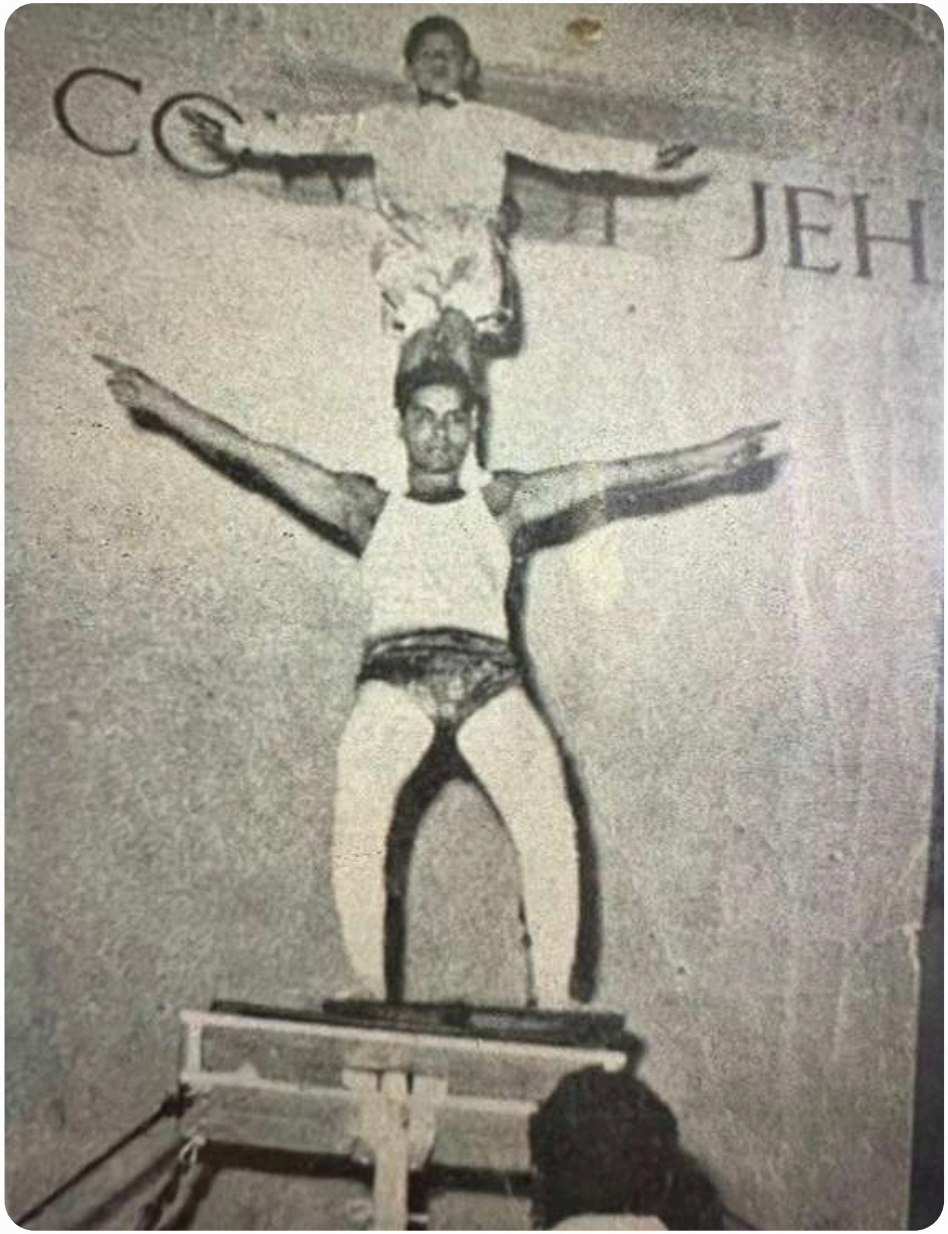


Long before fitness trends, the Bangeras were pushing the limits, literally

5 AM	0	2
	Weight machines	*Future 7th Dans*



Late Sensei N.T Bangera at Bombay Judo Club



Late Sensei N.T Bangera demonstrating Bottle Balance position in a circus.

CHAPTER 04

THE ELDER SON

The Scholar of the Mat

Late Sensei Manohar Bangera (9th Oct 1958) India's technical voice to the world.

Born on 9th October 1958, Manohar Bangera grew up in a household where discipline began before sunrise. The famous Vespa-and-Fiat workouts were not family legends; they were his daily reality. Yet Manohar was more than a product of hard training. He possessed a rare gift : the ability to understand not just how a technique worked, but why it worked.

If N.T. Bangera taught judo as an art, Manohar studied it as a science. He viewed every throw through the lens of balance, leverage, timing, and momentum. His analytical approach earned him multiple national titles and the rare distinction of being recognized as a "Scientific Judo Player."

The son would ultimately surpass the father in rank. While N.T. attained 5th Dan, Manohar rose to 7th Dan, awarded by both the International Judo Federation and the Judo Federation of India.

After N.T.'s passing in 1993, Manohar assumed leadership of the Bombay Judo Club. His influence soon extended across Asia as Technical Chairman of the JFI, India's Technical Director at the IJF, Secretary of the Mumbai Judo Association, and a Jury Member of the Judo Union of Asia. In 2011, he was elected to the JUA Referee Commission, giving India a voice on one of the sport's most important technical bodies.

To athletes, he was a champion. To administrators, an authority. But to referees and coaches across Asia, *"Bangera"* meant something else : the man who could replay a throw frame by frame and explain exactly why it scored. *N.T. built the foundation. Manohar became its finest interpreter.*



Late Sensei Manohar Bangera
7th Dan, IJF Technical Director for India

7th
Dan - IJF & JFI

2011
JUA Referee Commission, Abu Dhabi

Off-the-Mat Lesson

Practice creates skill. Understanding creates mastery. The people who leave lasting legacies are often those who can explain not just what works, but why it works.



N.T Bangera Sir Bowing in front of the audience on the 25th Anniversary at Sheth Gokuldas Tejpal Auditorium in the presence of Mr. Mustak Ahmad, Late Sensei Manohar Bangera and Yatish Bangera.



Late Sensei Manohar Bangera greeting Mr. Daga at Talkatora Stadium, Delhi.



Late Sensei Manohar Bangera and Sensei Fujita at South Asian Judo Federation ,Talkatora Stadium, Delhi.



Late Sensei Manohar Bangera with Madhav Rao Sindhiya at South Asian Judo Federation ,Talkatora StMr. adium, Delhi.

CHAPTER 05

THE TORCHBEARER

The Bridge Between Past and Future

Born on the Day the Club Was Born

Yatish Narayan Bangera never chose judo. He was born into it. On the very day he entered the world in 1962, his father, N.T. Bangera, conducted the inaugural session of the Bombay Judo Club. Son and institution began their journeys together.

A three-time National Champion, multiple State Champion, International Referee, and 7th Dan Black Belt recognized by both the JFI and IJF, Yatish matched the achievement of his elder brother Manohar, making the Bangeras one of India's rare martial arts families to produce two 7th Dan sons from a single pioneering father.



Sensei Yatish Bangera - Director, Bombay Judo Club


INTERNATIONAL JUDO FEDERATION
FEDERATION INTERNATIONALE DE JUDO
FEDERATION INTERNACIONAL DE JUDO

CERTIFICATE OF RANK RECOGNITION
CERTIFICAT DE RECONNAISSANCE DE GRADE
CERTIFICADO DE RECONOCIMIENTO DE GRADO

7 th DAN

DELIVERED TO / DÉLIVRÉ À / OTORGADO A: YATISH N. BANGERA

COUNTRY / PAYS / PAIS: India

DATE / DATE / FECHA: May 31. 2010.

3×
National Champion

7th
Dan - IJF & JFI

40+
Years of service

Off-the-Mat Lesson

The measure of an inheritance is not what you receive, but what you leave behind for the next generation.

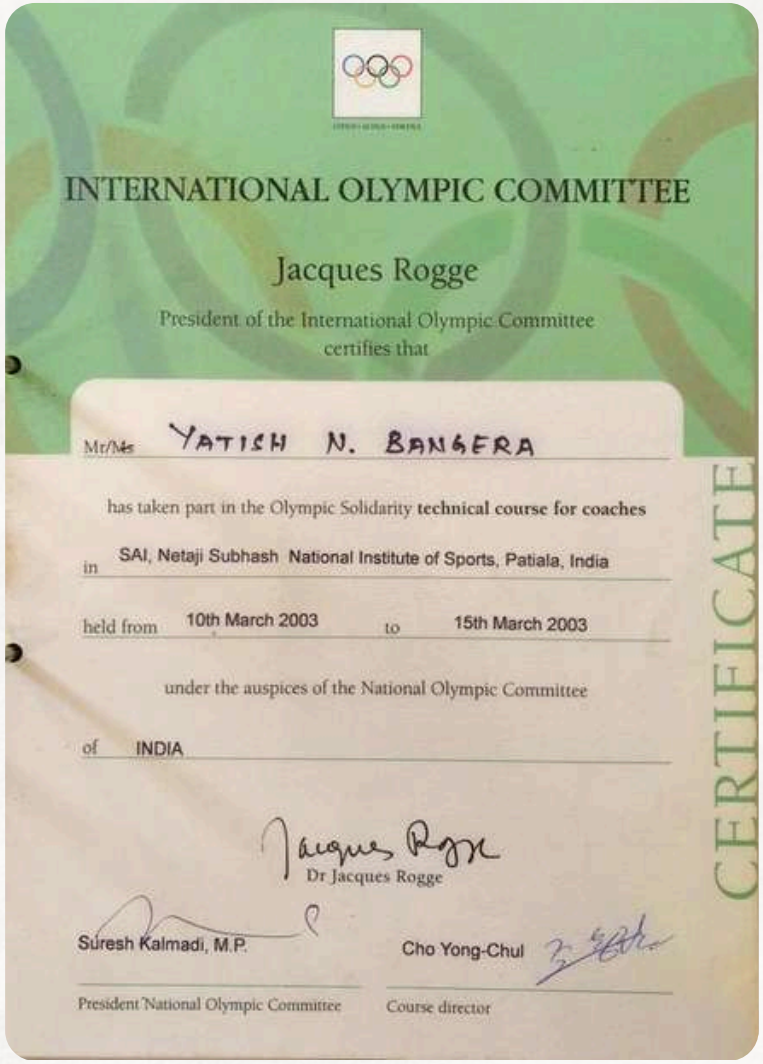
The Bridge Between Past and Future

Raised by a founder and guided by a champion brother, he inherited courage, discipline, and technical excellence. He added something equally important: the patience to build. Where N.T. founded and Manohar interpreted, Yatish expanded.

Under Yatish Sir's leadership, the Bombay Judo Club has grown beyond a family dojo into a thriving network across Mumbai and Karnataka, nurturing new generations of athletes, coaches, and champions. His greatest achievement is not that he inherited a legacy, but that he continues to strengthen it.



C. P. Radhakrishnan and Sensei Yatish Bangera.
Former Governor of Maharashtra, Present Vice President of India



INTERNATIONAL OLYMPIC COMMITTEE

Jacques Rogge

President of the International Olympic Committee
certifies that

Mr/Ms YATISH N. BANGERA

has taken part in the Olympic Solidarity **technical course for coaches**

in SAI, Netaji Subhash National Institute of Sports, Patiala, India

held from 10th March 2003 to 15th March 2003

under the auspices of the National Olympic Committee

of INDIA

Dr Jacques Rogge

Suresh Kalmadi, M.P.
President National Olympic Committee

Cho Yong-Chul
Course director

CERTIFICATE

CHAPTER 06

SERVICE TO THE NATION

The Man Institutions Trust

From the Andheri Colony to the Councils of Indian Sport

What defines Sensei Yatish Bangera is not the medals he won, but the institutions he helped build.
For decades, he taught classes, developed coaches, nurtured champions, and expanded opportunities for young athletes. Over time, that work earned something more valuable than titles: trust.

When the Government of Maharashtra shaped its Sports Policy, Yatish found himself at the table. The boy who once pushed a Vespa and a Fiat across the grounds of a Mahim colony was now helping shape the future of sport for an entire state.
National recognition followed. In April 2026, the Beach Games Federation of India appointed him Chairman, Youth & School Beach Games Development, citing his four decades of contribution as a player, coach, administrator, and international referee. His mandate was ambitious: to help create pathways that connect schools, colleges, and competitive sport into a unified national development system.

The appointment reflected more than professional achievement. It represented confidence in a lifetime of service and in a philosophy forged at the Bombay Judo Club: build people first, and institutions will follow.

The federation's announcement also acknowledged the family's roots in Kaup, in Karnataka's Udupi district, linking a coastal heritage to a national mission.

It is a distinctly Bangera story.
No elections won. No political campaigns fought. No offices pursued. Just four decades of early mornings, disciplined teaching, and quiet leadership, compounding into the rare kind of authority that cannot be claimed, only earned. In the end, the highest recognition was not the positions he held. It was that, when Indian sport needed builders, institutions knew whom to call.

Off-the-Mat Lesson

Influence earned through service lasts longer than influence gained through position. The strongest leaders are often the ones who spend years doing the work before anyone notices.



Custodian of the Bangera Legacy and Mentor to the Next Generation

2026
BGFIChairmanship

1
State Sports Policy shaped

CHAPTER 07

CHARACTER

Be Humble, Be Human

The Sensei's Greatest Lesson : From Mat to Mind

Be Humble, Be Human

N.T. Bangera's simplest lesson, and perhaps his greatest "Be Humble, Be Human." It was one of N.T. Bangera's favourite instructions. Not a technical lesson. Not a secret throw. Not a winning strategy. A way of life.

The Japanese word judo means "The Gentle Way." Its highest purpose is not to create champions who defeat others, but people who learn to master themselves. For N.T., humility was never an accessory to excellence. It was the foundation of it.
That philosophy continues to define the Bombay Judo Club.
One of its most enduring lessons was taught without a single word. During a training session at one of Yatish Bangera's centres, a young student became ill and vomited on the tatami. The class froze. Parents looked on.



Character before championship. More than a lesson. A way of life.

Without hesitation, Yatish walked past the coaches and staff, knelt down, and cleaned the mat himself. When someone later asked why, his answer echoed the values he had inherited:

"It is my centre. These are my children. If I am too proud to clean my own mat, I am too proud to teach." Within days, several new students enrolled. Parents had witnessed something far more important than sporting expertise. They had witnessed character.

For Yatish, as for his father before him, judo's greatest lesson is not found in victory. "Judo teaches you how to lose," he often says. Children arrive with ego. The sport teaches them how to fall, how to fail, and how to rise again. Slowly, arrogance is replaced by confidence, and entitlement by resilience.
The throws matter.
But they are not the lesson.

The lesson is becoming a better human being. More than sixty years after N.T. first stepped onto a mat, his philosophy still guides the club.
Be Humble. Be Human.

CHAPTER 08

THE LEADERSHIP PLAYBOOK

Six Lessons Off the Mat

Three generations of judo, distilled for boardrooms, families, and teams

FROM N.T. GEN I

The Dual-Pivot Career

A Pfizer desk by day,atatami by night. Compartmentalize completely: total presence in each arena, zero leakage between them. Passion projects fail from divided attention, not divided time.

FROM N.T. GEN I

Craft Over the Chair

When rivals chased committee seats, N.T. chose the mat. Optimize for mastery and culture, not control - the institution you build will outlast every office you refused.

FROM THE VESPA • THE FORGE

Break Static Friction

The dead Fiat teaches launch physics: the first seat. Dhanish owns operations; Tribuvan owns coaching - non-overlapping domains defined by expertise, and the friction disappears.

FROM MANOHAR • GEN II

Master the Mechanism

The "Scientific Judo Player" led Asia's referees by understanding one level deeper than anyone in the room. Expertise precisely articulated is authority no election can revoke.

FROM YATISH • GEN II

The Mat-Cleaning Test

Never delegate what you consider beneath you. Serving publicly at the lowest task purchases the highest trust fifteen enrollments in a week proved the economics of humility.

FROM THE SONS • GEN III

Divide Roles,Not Legacy

Succession fails when heirs compete for one seat. Dhanish owns operations; Tribuvan owns coaching non-overlapping domains defined by expertise, and the friction disappears.

Off-the-Mat Lesson

Seiryoku-Zenyo - maximum efficiency, minimum effort. Jita-Kyoei - mutual welfare and benefit. Judo's two maxims are, unaltered, a complete management philosophy.

CHAPTER 09

SERVICE TO THE FORCES

Guardians Behind the Guardians

Tactical judo for police, military police, customs & narcotics officers



A lineage of law-enforcement training begun by N.T., refined by each generation

21
Day elite syllabus

4
Simultaneous attackers trained against

While the Bombay Judo Club produced its share of champions, some of its most important students never stood on a medal podium. For decades, the Bangera family has quietly helped train those entrusted with protecting society itself, serving as defensive-tactics instructors to the Mumbai Police, Maharashtra Police, the Corps of Military Police, and elite Customs and Narcotics training academies.

Recognizing the unique demands faced by frontline officers, Yatish Bangera developed a specialized 21-day tactical combat curriculum designed for personnel operating in high-risk, unpredictable environments. The program emphasizes practical effectiveness under pressure: rapid single-hand releases to break restraining holds without relying on brute strength; multi-opponent escape strategies to survive and regain control when confronted by multiple attackers; and weapon-disarm techniques that neutralize knife and firearm threats through timing, leverage, and body mechanics rather than force.

Yet the true value of the training lies beyond technique. At its heart is a principle inherited directly from judo: the highest form of self-defense is not defeating an opponent, but controlling a dangerous situation with the least possible harm. Such mastery demands more than physical skill. It requires composure under pressure, discipline under stress, and the ability to control one's own fear before attempting to control another person.

This philosophy forms an unbroken line through three generations. It began with N.T. Bangera, was strengthened by Manohar Bangera, refined and modernized by Yatish, and continues to be taught today by the third generation. In doing so, the family has not only shaped athletes, but also helped shape the men and women who stand on the front lines of public safety.

Off-the-Mat - CONTROLLED RESTRAINT

In high stakes negotiation the impulse is to meet aggression with aggression. Tactical judo teaches the opposite: yield to unbalance, then apply minimum effort for maximum effect.

CHAPTER 10

THE THIRD GENERATION

The Master Coaches

Dhanish & Tribuvan Bangera - succession without friction

In India, family institutions famously struggle past the second generation : egos clash, responsibilities overlap, decades unravel. The Bombay Judo Club has engineered its way around the trap. Sensei Yatish's sons - ***Dhanish Bangera*** and ***Tribuvan Bangera***, both accomplished ***2nd Dan Black Belts, National Referee*** graded by the very system that graded their father - serve today as the club's ***Master Coaches***, with a deliberate division of domains.

Dhanish - The Builder. Operations, center expansion, school partnerships, brand : the machinery that keeps dozens of locations breathing in one rhythm. Where his grandfather once secured a single evening at Brabourne, Dhanish negotiates the club's presence across two states.

Tribuvan - The Technician. The coaching line : gradings, instructor training, curriculum, champions in the making. His own competitive path runs through the Mumbai University judo trials of 2021 - the first of the third generation to fight under the family name.



Dhanish



Tribuvan

The Master Coaches - sons of Sensei Yatish, grandsons of the founder

2nd
Dan - both brothers

2
Lanes, zero overlap

Their first joint institutional act says everything: the Sensei N.T. & M.N. Bangera Memorial Judo Championship, honouring their grandfather and their uncle, in which schoolchildren from across Mumbai now compete. The torch, in their hands, does not merely stay lit. It multiplies.

Off-the-Mat Lesson

Define non-overlapping domains by objective expertise, not title or seniority - and structural friction between partners simply has nowhere to live.

CHAPTER 11

THE CLUB IN MOTION

Events & Milestones

Championships, felicitations, and the company the dynasty keeps





State honour 2024

Sensei Yatish felicitated at the Maharashtra State Judo Championship 2024 in the presence of **Shri Devendra Fadnavis** Chief Minister of Maharashtra, the state acknowledging six decades of the family's service to its sport and its police forces.

International gold, September 2025

Nine-year-old club student **Swanik Acharya** wins first place at the Jita Kyoei International Judo Tournament in Thimphu, Bhutan - press coverage hails the club as "a legendary institute" under Yatish, Dhanish and Tribuvan Bangera.



Dr. D. Veerendra Heggade



Mr. Flores Daniel
IJF Commissioner



Mr. Otsuji
Kodokan Foreign Affairs



Mr. Hakuho Sho
Sumo Grand Champion



Sensei Yatish Bangera and Dr. M Mohan Alva, the Chairman of Alva Education Foundation, Moodbidri



Sensei Yatish Bangera with Mr. U.T. Khader Fareed, an Indian politician from the Indian National Congress who serves as a Cabinet Minister in the Government of Karnataka







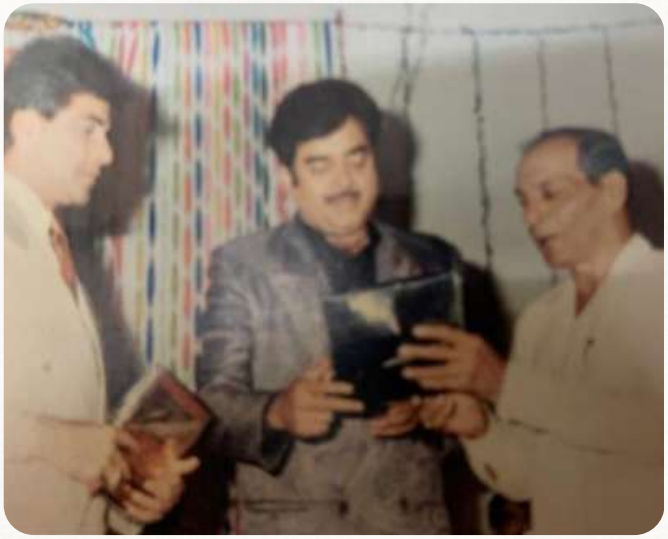
Sensei Yatish Bangera with important dignitaries from Cabinet Ministries to Indian Defence Forces



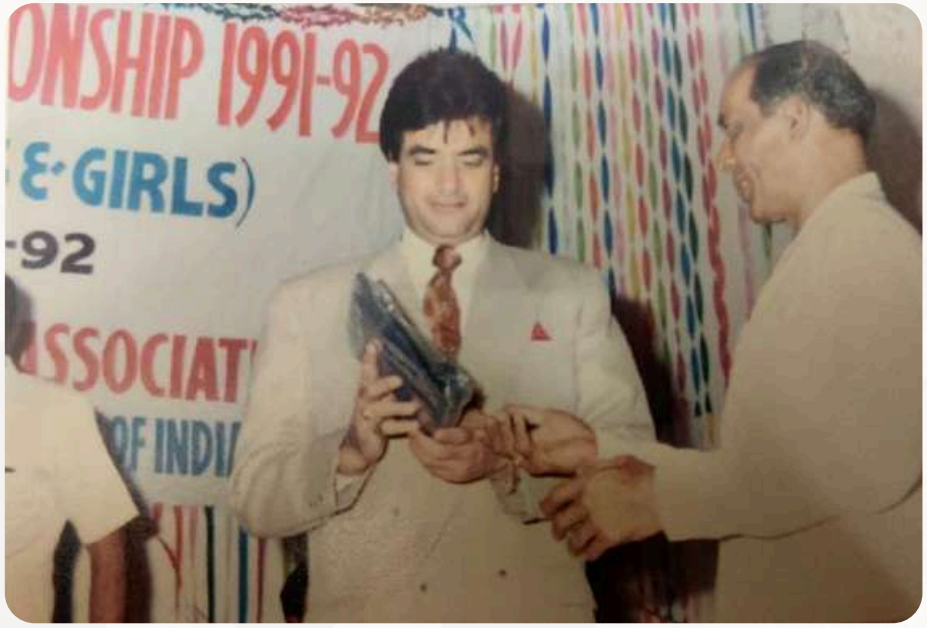
Late Sensei Manohar Bangera, Sensei Kawaguchi and Sensei Yatish Bangera



Late Sensei N.T Bangera and Ms Dimple Kapadia



Late Sensei N.T Bangera and Mr. Shatrughan Sinha



Late Sensei N.T Bangera and Jetendra sir



Late Sensei N.T Bangera and Mr Daga



1982 Judo nationals at Delhi. *Sensei N T Bangera, L K Daga and K N Pastakia. Mumbai was the overall champions. Team members were Manohar Bangera - Gold, Cawas Billimoria- Gold. Yatish sir accompanied the team.*



Late Sensei Manohar Bangera, accompanied by Shri L K Daga - then Gen secretary of JFI, Shri Anup then Treasurer of JFI and Shri Rameshwar Dutt - Coach of Haryana.



Three pioneers of Indian Judo. ***Sensei N T Bangera, Sensei Kannewale and Sensei L K Daga****. While Sensei N.T.Bangera and Sensei Kannewale brought Judo to India and started technical judo in India, Daga sir was instrumental in giving our Judokas international experience.*

Sensei Late N.T. Bangera *demonstrating that Judo is not only a sport but also an effective self defence art, which brings overall growth to an individual*







CHAPTER 12

THE DYNASTY TIMELINE

1952 → 2026 : One Unbroken Line

1952	Japanese sailors at Fountain recognise gymnast Narayan T. Bangera; his judo training begins.
1958	9 October - birth of Manohar Bangera, elder son and future 7th Dan.
1962	Yatish is born in the morning; the Bombay Judo Club holds its inaugural session at Brabourne Stadium that same evening.
1965–66	N.T. co-founds the Judo Federation of India with the Calcutta and Pune clubs; IJF affiliation follows; first National Championship at Hyderabad,1966
1993	Sensei N.T. Bangera passes away; Manohar (7th Dan) becomes Director and rises to JFI Technical Chairman & IJF Technical Director for India.
2011	3 April, Abu Dhabi - Manohar elected Referee Commission Member (South Asia), Judo Union of Asia Congress.
2021	Tribhuvan Bangera competes at the Mumbai University judo trials - the third generation enters the arena.
2024–25	Felicitation before Shri Devendra Fadnavis; the Memorial Championship instituted; September 2025 international gold in Bhutan for a nine-year- old club student.
2026	April - Sensei Yatish appointed Chairman, Youth & School Beach Games Development, BGFI, cited for four decades of service. The ten-year countdown to 2036 begins.
2026	August - Sensei N.T Bangera and M.N Bangera Memorial Judo Championshiop 26-27

60+ *Years of the club*

50,000+ *Students*

100+ *Coaches*

2 *7th Dan brothers*

3 *Generations serving*

250+ *Black Belt Holders*

150+ *State Medalist*

50+ *National Medalist*

5+ *International Medalist*





CHAPTER 13

THE OLYMPIC HORIZON

Mission 2036 : A Gold, At Home

The ten-year countdown to India's Judo podium

Every pipeline needs a destination, and history has supplied one: India has entered the race to host the 2036 Olympic Games. For the club, the arithmetic is intimate - a ten-year-old at the Memorial Championship today will be twenty in 2036, championship age. Somewhere in a Mumbai school hall or a Karnataka coastal town, the club's 2036 medallist may already be learning to fall.

The blueprint is Yatish's life work condensed: district activation every district association accountable for 25,000 active judo students; the club as refinery finding and refining raw athletic gold at the grassroots; high-performance transition elite juniors moving to academies like JSW and SAI for sports science, psychology and periodization; corporate catalysis CSR funding for Olympic-grade mats (₹6 lakh apiece) and international exposure tours; and the BGFI's unified National Competition Pyramid knitting school sport to the summit.

THE COUNTDOWN

1962	Beginning of the BJC
2026–30	District activation: 25,000 judokas per district
2030–33	Elite juniors to high-performance academies
2034–36	Olympic qualification cycle
2036	THE PODIUM. A gold for India - at home.

25,000
Judokas per district - the target

10
Years to the summit

Off-the-Mat Lesson

"The foundation was laid at Brabourne in 1962. Everything since has been base camp. 2036 is the summit - I want to hear our anthem played for a judoka in an Indian flag. That is the dream my father lit under the Fountain streetlights. It is ours to finish." - Sensei Yatish Bangera

EPILOGUE

The Third Flame & the Finish Line

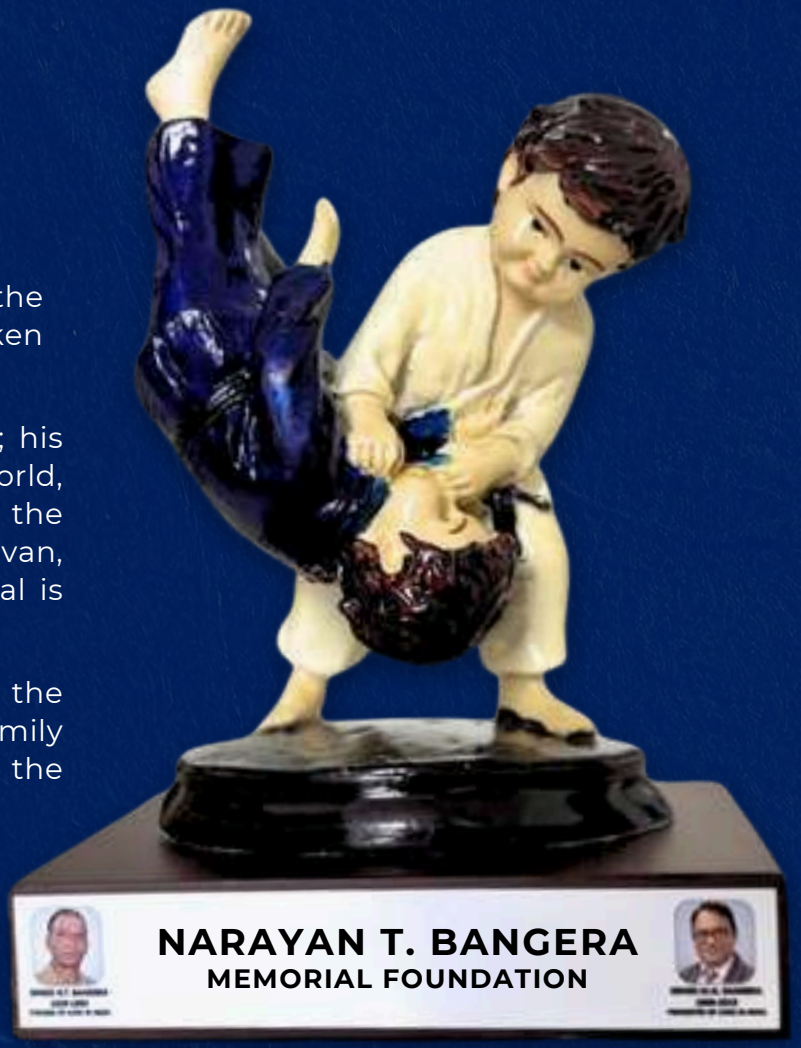
Sixty-four years will separate the founding evening at Brabourne Stadium from the opening ceremony of the 2036 Games. Across those years run three unbroken keepings of a single flame.

The pioneer, Narayan T. Bangera, who learned from sailors under streetlights; his two sons - Manohar the scientist, who became India's technical voice to the world, and Yatish the torchbearer, who carried the club into the service of the state and the councils of the nation; and now Yatish's sons, Master Coaches Dhanish and Tribuvan, who will be mat-side, clipboard in hand, when India's first Olympic judo medal is decided.

This book is published in that spirit of aspiration: not a monument to what the Bangeras have done, but a starting whistle for what India can do. If a single family could carry judo this far on discipline, humility and dawn-lit grit - imagine the distance a nation can cover in ten years.

The mat is laid. The bow is made. Hajime.

– Researched & Published by Thirty Six Skills



A Distinguished Profile of Excellence in Judo

Sensei Yatish Bangera–TheTorchbearer

7thDan (IJF&JFI)| Director, Bombay Judo Club | International Referee | Chairman, Youth & School Beach Games Development (BGFI)

ACHIEVEMENTS

- 3× NationalChampion; many-time State Champion
- 7th Dan Black Belt - IJF & JFI
- Qualified International Referee - global assignments
- Contributor - Sports Policy, Govt. of Maharashtra

THE LINEAGE

- Late Sensei Narayan T. Bangera - Founder (1962), 5th Dan, JFI co- founder
- Late Sensei Manohar Bangera (elder brother) - 7th Dan, IJF Technical Director for India
- Dhanish & Tribuvan Bangera (sons) - 2nd Dan, Master Coaches

THE CLUB TODAY

- 100+ coaches, 50,000+ judokas, centres across Mumbai & Karnataka
- Trains Maharashtra Police, Mumbai Police & Corps of Military Police
- bombayjudoclub.com, @bombayjudoclub



Late Sensei Narayan T. Bangera

The Pioneer · Founder 1962 · 5th Dan





Late Sensei Manohar & Sensei Yatish

The Brothers · Both 7th Dan
Yatish: Current Torchbearer





Dhanish & Tribuvan Bangera

Master Coaches · Sons of Sensei Yatish · 2nd Dan

"Dedicated to Excellence in Judo, Discipline & Character - Since 1962"

A Legacy Through Others' Eyes

I met Yatish for the first time at the 1983 National Judo Championship held at Bangalore. It was my first major National Championship along with my team mates, Arun Lama, Dip Saha and Mushtaque Ahmed among others. When we landed at the venue Yatish was already a legend in 76 kg category, being the undefeated National Champion.

We were there for the first time and was very skeptical about our performances. Mushtaq was fighting in that weight category and he was visibly nervous going against the reigning Champion. Mushtaq's harai goshi was legendary and he was scoring Ippon in every bout till he met Yatish. Yatish was short and stocky and Mushtaque was exactly the opposite, tall and lanky.

However during the bout, which was one of the most memorable one of the tournament, Mushtaq threw Yatish with an Ippon. The whole stadium exploded with the unanticipated result.

But what made this whole incident memorable to me was of course the spectacular performance of Mushtaq who won the gold medal and the MVP of the tournament, but after the medal ceremony, Yatish along with Cawas Billimoria, another super star of the Maharashtra team approached us with such warmth and friendliness, it took us by surprise. The thing that struck me most was Yatish wanted to learn the technique and figure out how Mushtaq threw him.

It was pure hunger for knowledge and a display of pure sportsmanship without any malice.
After we left Bangalore, while on the way to Kolkata, we kept talking about the sportsmanship of the Mumbai judo players , especially of Yatish.

Since then we met several times every year at the Nationals and we met like best friends. Yatish always had a smiling face and spread a warmth that only genuine people can project that feeling. It's been forty three years, I've know Yatish, we both have been through ups and downs, tragic moments in life, but never saw Yatish without his smile on his face.

When we meet we do talk about our struggles, but Yatish's fighting spirit always takes over and promises to do better and he surely comes out with a win.

To me having friend/brother like Yatish in my life makes my life totally worth it and he inspires and motivates me to actively participate and contribute in the Indian judo and martial arts so that it reaches the next level even though I'm thousands of miles apart.



— Sidharth Seth

A Legacy Through Others' Eyes

A Note from Our Family

Growing up around Bombay Judo Club, I watched Yatish Sir build something far bigger than a training space. What always stood out to me was how humble he was about it - never once did I hear him boast about a student's medal or his own years of experience. Success on the mat was treated as something to be quiet about, not something to perform.

What I remember most, though, is how he treated every child who walked through that door.

I never once heard a harsh word directed at a kid - not in frustration, not in disappointment, never. And there was no favoritism either: the strongest kid on the mat and the one still finding their footing got the same patience, the same attention, the same respect. No comparisons, no rankings whispered between parents, no picking favorites. Every child was simply met where they were.

That, to me, is the real legacy of Bombay Judo Club - not the trophies or the techniques, but the way generations of kids learned discipline without ever being made to feel small.

It's a rare kind of leadership, and one I feel lucky to have grown up watching firsthand.



— Dr Kushala Salian
Daughter of Late Sensei N.T Bangera

A Legacy Through Others' Eyes

I am 57 years old and have spent nearly four decades training in different martial arts disciplines. As India's first and only woman Special Forces trainer, my professional life has revolved around combat, physical conditioning and inspiring women to challenge the boundaries placed before them. At 57, I felt I needed something new to stimulate myself physically, improve my fighting fitness and, quite simply, continue learning. That is how I met Sensei Yatish Bangera.

My very first interaction with him gave me a sense that this was a man with a mission.

Yatish is completely immersed in the legacy of Judo. His passion for the art is palpable not as something he merely inherited, but as something he feels personally responsible for keeping alive, evolving and accessible to generations of young people. His commitment to educating and developing youngsters through Judo is remarkable.

What makes him particularly endearing is the combination of qualities he carries. He is genuinely warm, light-hearted and approachable, yet beneath that easy humour is tremendous focus, discipline and seriousness about his work. He never needs to impose his authority. His knowledge and dedication speak for themselves.

I have always believed that martial arts can transform people, particularly women. Judo is uniquely powerful in this regard.

It is a close-range art that teaches you to overcome the fear of proximity, develop body awareness and use technique, timing and leverage against someone who may be physically stronger or more overpowering.

As a woman who has spent her life encouraging other women to find strength within themselves, I see enormous potential in the way Yatish teaches Judo. A young girl who learns early that she can stand her ground, protect herself and remain composed under physical pressure can grow into a far more confident woman. That confidence travels far beyond the dojo.

And that, ultimately, is what I value about Yatish. He is not simply teaching throws and techniques. He is helping preserve a tradition while giving it relevance for a new generation.

For me, Bombay Judo Club represents the enduring spirit of Judo-discipline, perseverance, respect, humility and the willingness to keep learning.

And Yatish Bangera is one of its most passionate custodians



— Dr. Seema Rao

India's First and Only Woman Special Forces Trainer
President's Award Recipient

A Legacy Through Others' Eyes

Sensei Yatish Bangera and Bombay Judo Club

I have known Yatish Bangera for more than four decades. We first met in the early 1980s at Chinai College, Andheri, where Yatish was my senior and the captain of the college Judo team. Even then, I remember him as a disciplined, focused and composed young man with a quiet confidence about him.

Our paths crossed again in 2000, when Yatish came to Children's Academy to make a presentation on developing a Judo programme for our students. What began as a professional association has, over the years, grown into a long and very fruitful relationship. Through Bombay Judo Club, hundreds of our students have had the opportunity to learn Judo, develop discipline and self-confidence, and compete successfully at various levels.

I have always admired Yatish for the seriousness with which he approaches his work. Despite his many responsibilitiesincluding training the police and armed forces and managing the extensive activities of Bombay Judo Club-he has always ensured that the programmes in our schools continue with professionalism and consistency.

What I particularly value about Yatish is his personality. He is calm, approachable and unassuming, but beneath that easy-going manner is tremendous dedication and discipline. He does not seek recognition; he lets his work speak for him.

For me, Bombay Judo Club is not merely a Judo institution. It represents a tradition of discipline, perseverance, humility and character-and Yatish has been one of its finest custodians.



— Rohan Bhat

Chairman,
Children's Academy Group of Schools

A Legacy Through Others' Eyes

When I first arrived in India and Mumbai, the first thing I did was look for was a Judo club. What I found wasn't just a Judo club and not just the first judo club in India, but it was friends and family. My Sensei Yatish Bangera & the late Manohar Bangera made me feel welcome as soon as I walked and bowed at the door and it is a feeling that will never leave me.

Their leadership, instruction, knowledge and ability in Judo is not just the best I have experienced in India but also across the world. I spent four of the best years of my life in the city and a major part of the reason for that was Sensei Yatish and Bombay Judo Club. Despite having moved back to Europe, the friends and the family I made in those years will always be a part of me, as will the judo they gave me, with so much of the instruction I got there being a huge part of my judo.

The club will forever be a part of me and I look forward to being back there again someday soon.

— Rees Dale



A Legacy Through Others' Eyes

Dear Yatish,

It is a true privilege to share a few words for this beautiful family publication. When I look at your journey with the Bombay Judo Club, the first word that comes to mind isn't just dedication-it's heart.

You are one of those rare, genuinely selfless people who changes the energy of a room the moment you walk in. My own interest in sports grew entirely because of your infectious passion. You have this incredible quality where you are ready to show up for young athletes at any hour of the day or night. If a young sports person needs guidance, a mat to train on, or just someone to believe in them, you are always there-no questions asked, no hesitation.

Through the Bombay Judo Club, you haven't just built a sports academy; you have created a home. Your approach to people is rooted in respect, humility, and an open door. You don't coach from a distance-you invest your entire soul into the growth of every single student. It is your quiet integrity and relentless support that make you the true backbone of your family's Judo legacy.

I am incredibly grateful to know you and to witness the impact you make every single day.

Warmly,

— Navin Hegde



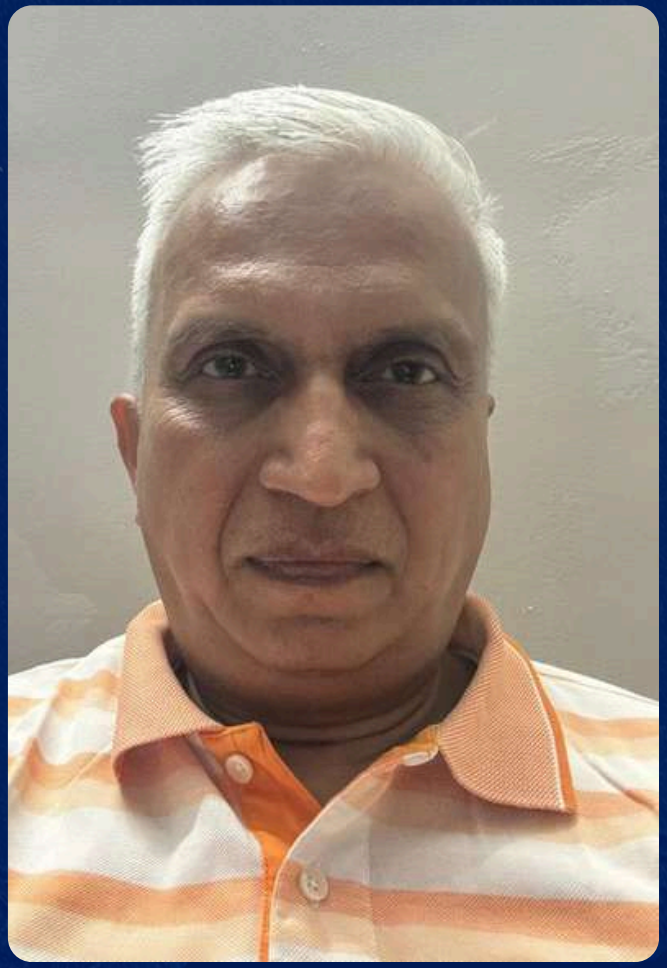
A Legacy Through Others' Eyes

A Tribute from a Former Student
It gives me immense pleasure to share my experience with Sensei Yatish Bangera, who trained me during 1990–91 at Bombay Judo Club, Andheri West.

Yatish Sir was a person of remarkable energy and dedication. Countless national and international champions have emerged under his guidance, and I am proud to be among those whose lives and careers were shaped by his training.

My siblings and I will always be grateful to Yatish Sir and his team for believing in us and helping us discover abilities we never knew we possessed. His training instilled in me discipline, confidence and perseverance, values that continue to guide me in both my personal and professional life.

Even after so many years, we remain in touch a testament to his warmth, humility and enduring relationships with his students. After college, I joined the Indian Air Force as a fighter pilot in 1993 and participated in various operations, including Kargil. I later flew Airbus A320 aircraft with Kingfisher Airlines and GoAir, where I served as Chief Pilot, before joining Air India as an A320 trainer. I currently serve as Deputy Chief Flight Operations Inspector, DGCA, India.



— Captain Shankar Mistry

A Legacy Through Others' Eyes

It is great work done by the Bangera family since 4 decades for Judo, it is commercially very difficult to attached with such a combat event like Judo as same is not that much popular in India even though still Bangera Yatish always giving his best efforts to develop Judo since many years with many challenges, salute them for dedication towards marshal arts among young Judo players of India and specially in Mumbai

— Major Deepak



Stefan Getov, International Projects Manager, Global Arena Inc. (Japan). Born in Bulgaria, living and working in Japan since 1998. Loves his job in cross-cultural exchange through arts and sports, and our multi-cultural team covering languages from Russian and French to Korean and Japanese.

— Stefan Getov



A Legacy Through Others' Eyes

What stays with me about Sensei Yatish Bangera is not simply his record in judo, but the kind of person that seems to stand behind that record.

His journey is inseparable from Bombay Judo Club and from the remarkable legacy begun by his father, Sensei N. T. Bangera, in 1962. But what is especially meaningful is the way Yatish has carried that legacy forward. He has not simply inherited a name or an institution; he has taken responsibility for it, nurtured it and, in his own way, made it bigger.

There is a quiet quality to his approach that I find particularly admirable. He seems to believe that respect is earned through how one treats people, not through one's rank or achievements. The emphasis on being humble, being human and putting service before status says a great deal about the values behind Bombay Judo Club.

For me, the most beautiful part of Yatish's story is that his greatest achievement may not be a championship, a black belt or an official position. It is the generations of young people, coaches and judokas who have passed through his hands and taken something of his discipline and character with them.

That is what makes Bombay Judo Club special. It is not merely a dojo. It is a legacy in motion and Yatish is its present-day torchbearer.



— Ashok Ramchandra Shinde

Senior Indian media strategist, journalist, cultural communicator

A Legacy Through Others' Eyes

Mr.Yatish Bangera, son of The Legend who built INDIAN JUDO N.T. Bangera was my student in his College days.
I have known him and his entire family and the dedication towards the consistent efforts of maintaining the JUDO CULTURE AND SPORT by the entire family was absolutely creditable.

They have been doing their best to take the sport to all schools and colleges and have done commendable work in keeping the sport growing internationally and within India.
I feel that they should be given facilities and funds from the government, corporates and industrialists to see that there is expansion of the sport world wide.

It is an important sport to assist the younger generation, ladies and seniors in protecting themselves in the most uncertain and dangerous conditions prevailing today.

— Dr. Indu Salian

Board of Director, Mogaveera Bank Ex-Director MVM Campus & Principal MVM College of Commerce & Science



A Legacy Through Others' Eyes

Bombay Judo Club: A Legacy of Excellence Established in 1962, Bombay Judo Club is one of the pioneering institutions that helped shape the history of Judo in India. Founded by Sensei Narayan T. Bangera, the Club grew from a modest beginning at Brabourne Stadium into a three-generation legacy dedicated to excellence, discipline and character. The Club's journey has been carried forward by Sensei Manohar Bangera and Sensei Yatish Bangera, both 7th Dan black belts, and today by the third generation, Dhanish and Tribuvan Bangera. Over six decades, Bombay Judo Club has produced champions, trained coaches and referees, conducted competitions, and extended its expertise to schools, colleges and law-enforcement agencies.

Yet its greatest achievement lies beyond medals and titles. The Club represents a philosophy of humility, service, perseverance and mutual welfare.

Its vision now extends toward developing the next generation of judokas and contributing to India's Olympic aspirations for 2036.

Bombay Judo Club is, ultimately, not merely a dojo- it is a living sporting legacy. I Would like to make a documentary on this great club.



— *Hemantrao Shakapure*

A Legacy Through Others' Eyes

Talwarkar's Gym was one of the first modern Gyms in Mumbai which also was probably the first Gym to introduce Judo when Marshal Arts were unheard by common people in India, exposed only to Wrestling and Boxing. I was indeed lucky to see Mr M N Bangera ji at Citylight Branch accompanied by his 2 little sons. I was a school going boy and Talwalkars had an age criteria then to join Judo which was the only Marshal art being practiced since Karate, Kunk Fu and Taekwondo were yet to follow. In that sense Mr M N Bangera for me is the father of Marshal Arts in India.

Later, while I had an Additional Charge as the Director of Sports of the University of Mumbai I came across Mr Manohar Bangera who was on the Tournament Committee of Judo who was also instrumental in introducing me to EFLI as a consultant for the American Foot Ball.

On the request of Yatish, his younger brother I acted as an advisor to Late Shri Hemantbhai Visanji in the Educational Trust for a short period.

I have witnessed the dedicated contribution of the Bangera Brothers to the Univesity and also to to activities at Raj Bhavan while I served as the Joint Secretary to the Hon'ble Governor of Maharashtra. I am happy that now the 3rd generation is carrying forward the legacy of Bombay Judo Club established in 1962.

— Prof Vinayay Dalvie

A Legacy Through Others' Eyes

9th October 1958 was a memorable day in the Bangera family. A day for dual celebration Yatish was born in the morning and the evening saw the inception and inaugural session of Mumbai Judo federation conducted by none other than Yatish's dad N. T. Bangera (he was considered to be one among the three initiative judokas of Judo in India and pioneer of Judo in Mumbai)

Providentially it could be said Yatish was born ushering Judo in Mumbai. "Yatish was born for Judo and Judo came into existence in Mumbai to stay with Yatish"

Down the years Yatish was initiated by his dad (N. T. Bangera) in Judo and in later years mentored by his elder brother (Manohar Bangera) he went on to achieve three national titles, and many states titles in Judo. Today he holds the rank of a 7th Dan from IJF, and is a certified Judo referee by IJF. He is a reputed coach and is used to teach civilians across schools ,universities and various districts in two states of India. His teaching skills are also sought to teach Mumbai police, Maharashtra police, the corps of military police and elite customs and Narcotics academics.

He has 25 instructors and over 1500 students across the state. These numbers bring to mind the words of a great martial artist " Makato Ito " a grest teacher is not measured by the number of followers they have, but by how many great teachers they inspire and create."

In the martial arts world where arrogance and pride are common illnesses. We find Yatish not being affected by it. He comes across as a kind, humble, approachable sportsman, administrator, builder of Judo in the states. He is also a great pillar of support to other schools of martial artists.

He embodies the essence of Judo as put forward by the founder of Judo, Jiguro Kano, " it is possible to perfect one self and contribute something worthwhile to the world.
Regards and success

— Shihan Stanislaus Louis
4th dan unarmed combat
4th dan armed combat.

A Legacy Through Others' Eyes

Carrying Forward a Glorious Legacy of Indian Judo
Under the visionary leadership of Sensei Yatish Narayan Bangera, the legacy of the Bombay Judo Club continues to reach new horizons.

It is a matter of great pride that branches of the Bombay Judo Club have already been established in seven states across India, reflecting his commitment to taking Judo to every corner of the country. His vision is to establish a Bombay Judo Club branch in every state of India by the time our country hosts the Commonwealth Games in 2030.

This is more than organisational expansion-it is a mission to create opportunities for young Judokas, coaches and Judo enthusiasts across the nation.

Established in 1962, the Bombay Judo Club is far more than a club or academy. It represents a proud tradition of teaching, nurturing and promoting Judo, while preserving the sport's historic journey in India.
My Personal Association. I feel deeply honoured to be associated with the Bombay Judo Club.

I had the privilege of receiving my Judo training here, and the values it taught me-discipline, dedication, respect, perseverance and service-continue to remain an important part of my life.

I therefore make a humble appeal to all Indian Judokas, coaches, referees, administrators and Judo enthusiasts:
Let us recognise, respect and support the historic contribution and future vision of the Bombay Judo Club.

In my humble view, it is a true wonder of the Judo world in India-an institution whose history, contribution and vision deserve to be known and celebrated by every generation of Indian Judokas.

Let Us Join Hands for the Future of Indian Judo The future of Indian Judo belongs to all of us.

Let us come together, beyond regional, state or individual differences, to:

- Bring Judo closer to young athletes.
- Encourage more children and youth to step onto the tatami.
- Create stronger opportunities for athletes, coaches and referees.
- Preserve the heritage and spirit of Judo while building a stronger future.

Let us join hands with the Bombay Judo Club to give new direction, strength and opportunities to Judo in India.

The journey that began with a dream in Bombay in 1962 continues today-with a vision that reaches across the nation.
Honouring the past.

Strengthening the present.
Building the future of Indian Judo.

— Adv. Shivam Joshi
Advocate, High Court
2nd Dan Black Belt – JFI
Instructor-Bombay Judo Club
International Athlete
Joint Secretary-Karnataka Judo Association

A Legacy Through Others' Eyes

CarShri Yatish Bangera stands as a distinguished personality in the field of sports, celebrated for his exceptional skills, tolerance, and dedication. Among his various athletic pursuits, his contributions to Judo have earned him widespread respect. He has mastered the technical intricacies of the sport, achieving remarkable success in various competitions. He embodies the core philosophy of Judo-"Maximum Efficiency, Mutual Welfare and Benefit"-proving that true victory encompasses both skill and character.One of his most significant contributions to the sports ecosystem is his pioneering role in establishing the Bombay Judo Club. Through his visionary leadership and tireless efforts, he created a robust platform that has transformed the martial arts landscape. The club stands as a testament to his commitment to making sports accessible and fostering a structured training environment for aspiring judokas.What sets Shri Yatish Bangera apart is his exemplary conduct and personality.

He shares a deeply warm and grounded relationship with common citizens and athletes alike. Known for his humility, accessibility, and willingness to help, he treats everyone with utmost respect. He actively mentors upcoming talent and supports fellow athletes, ensuring no one feels left behind. Furthermore, his professional and harmonious relationship with sports officials and authorities has been instrumental in executing initiatives smoothly.In the high-pressure environment of competitive sports, he maintains remarkable calmness, patience, and emotional balance. His cooperative nature and strong moral values make him an inspirational figure. In conclusion, Shri Yatish Bangera continues to contribute significantly to the sports community, leaving a lasting legacy of excellence, tolerance, and true sportsmanship.

— Avinash Tilay
Nashik

A Legacy Through Others' Eyes

Thank you so much for your kindness and for the beautiful presentation of the birth and history of Judo in India, centered on the magnificent figure of Narayan T. Bangera Sensei and his family!

Many of your sentences particularly struck me, and I assure you I will reread them over and over again to make them an integral part of my judo education.

I must, however, preface this by saying that, in my capacity as IJF Referee Commission Secretary, I am not permitted to comment on writings, official comments, or personal opinions on the work of anyone involved in our discipline.

— Tonino

I am delighted to note the life time contribution of Bangera family in establishing Judo in India. The legend NT Bangera was the Founder of Bombay Judo Club(1962), Co-founder of Judo Federation of India (1965)as a 5th Dan.

The worthy sons are Manohar Bangera and Yatish Bangera exactly followed the path of their proud father NT Bangera. Manohar Bangera achieved 7th Dan from JFI & IJF and was also a Juri Member of JUA.

I am extremely proud of my friend Yatish, youngest son of NT Bangera who took the name and fame of BJC to greater heights. Yatish is also a 7th Dan from JFI & IJF and presently acting as a Director of BJC. He is also an International Referee of IJF. Yatish is very hard working & Technically sound and produced many champions in National and International level with his dedication and determination. Today Bombay Judo Club is the pride of India under the able leadership of Yatish Bangera.

— Hanshi Er. S.S. Harichandan
Hachi Dan
International Referee
Grandmaster of Martial Arts

A Legacy Through Others' Eyes

I am writing this letter with immense respect and affection for you, a person I have known and admired for many years. It has been a true honour to watch your journey as the guiding force of Bombay Judo Club.
You are not merely running a club; you are running a legacy. You are the true pioneer of Judo in Mumbai and in India today.

Your dedication on the mat, your discipline off the mat, and your unwavering commitment to our art is an inspiration for all of us who love Judo.

What touches my heart the most is how beautifully you are carrying forward the legendary legacy of your revered father. He was the true father and pioneer who brought Judo to India, who gave us this path when no one knew about it. He lit a lamp in darkness. And today, you are carrying that same light forward with even greater brightness. I see his teachings, his values, and his spirit alive in you.

Through your efforts, thousands of students have learned not just throws and holds, but also respect, humility, and character. Bombay Judo Club is not just a dojo, it is a temple built by your father and nurtured by you.

I am proud to call you my close friend and associate. May you continue to take Indian Judo to even greater heights. My prayers and full support are always with you and your family.

With deep respect and Jai Judo

Your friend and brother in Judo.
Soke Cyrus Rustomji
9th Dan Ninjutsu

A Legacy Through Others' Eyes

When I think of Yatish and Bombay Judo Club, I don't think of it simply as a Judo institution. I think of it as a family legacy built over generations through commitment, sacrifice and a deep belief in people.
Bombay Judo Club was founded by Yatish's father Sensei Narayan T Bangera, and Yatish and his brother Manohar took on the responsibility of carrying that legacy forward. Their mother too was a silent rock in those early years, quietly supporting the family and everything they were building.

Yatish, to me, has a wonderful heart. He is kind, loving, just and deeply empathetic. He understands people and is genuinely a people's person. It is honestly very difficult not to like Yatish for the person he is.

But I also believe Vandana deserves enormous credit. She has been the rock in Yatish's life. An educated woman with a good career in banking, she chose to give it up to take care of her family and hold the fort at home. That sacrifice gave Yatish the foundation to continue his journey, and together they raised two wonderful sons, Dhanish and Tribuvan.

They are, in many ways, the ideal sons to have - obedient and respectful, but at the same time possessing minds of their own. They understand the larger picture and, importantly, appreciate the responsibility that comes with carrying forward what their family has built.

For me, that is what makes Bombay Judo Club special - it is not just about Judo. It is about family, people, sacrifice, values and a legacy being carried forward with love and responsibility.

— Carl Mascarenhas

A Legacy Through Others' Eyes

I first met the Bangera brothers at the Bombay Judo Club while I was studying in Mumbai as part of an MBA exchange programme. Having practiced judo for many years in France, I could hardly imagine spending several months in India without putting on a judogi.

From the very beginning, I was welcomed with remarkable generosity and simplicity. In that small dojo, I found everything I love about judo: passion, discipline, commitment, but also warmth, friendship and a strong sense of community.

What I remember most about Yatish is the way he embodied those values so naturally. He was, of course, a very skilled judoka and technician, but what stayed with me even more was his generosity, his openness to others and the genuine care he showed beyond the tatami.

Yatish and his brother helped me discover India in a very special way. Wherever I travelled in the country, they would connect me with other judoka and make sure I was welcomed into the local judo community.

Through Yatish, I experienced first-hand how borderless the judo family can be. Thousands of kilometres away from home, I immediately felt part of something familiar.

I remember him as a passionate, generous and deeply committed person, someone who passes on the values of judo not only through teaching, but simply through the way he lives and treats others.

— Magalie Pomié - French judoka girl

A Legacy Through Others' Eyes

Respect and Gratitude to the Bangera Family

I had the privilege of serving as a coach for the Indian National Judo Team in 1986 and 1988, providing instruction in New Delhi and Bangalore. At that time, judoka came from all over India to participate in the training camps, and many talented athletes also came from Bombay, now known as Mumbai. It was during those years that I first became acquainted with the Bangera family and the Bombay Judo Club.

Later, in 2002, I had the opportunity to meet Mr. Manohar Bangera when he participated as a referee at the Asian Judo Championships in Busan, Korea. Mr. Yatish Bangera is also someone I remember with great warmth.

When he came to Japan as a referee for the Fukuoka International Judo Tournament, he kindly visited my home in Nagoya after the tournament. His visit remains a treasured memory.

I also have a very fond memory of visiting the Bombay Judo Club in 2012. The opportunity to visit the club and meet members of the Bangera family remains a vivid memory for me, even today.

Through judo, I have had a long and meaningful connection with the Bangera family since the 1980s. I would like to express my sincere respect and gratitude to the entire Bangera family for their many years of dedication to the promotion and development of judo in India and to the improvement of its competitive standards.

I sincerely hope that the Bangera family and the Bombay Judo Club will continue to prosper and contribute to the further development of judo for many years to come.

Hiroyuki Mizuno、Japan



A Legacy Through Others' Eyes

My journey with Judo began somewhat unexpectedly. Already involved in martial arts through my practice of Karate under Sensei Rajesh Thakkar, I had earned a Fourth -Degree Black Belt, I met Sensei Yatish Sir's brother, Sensei Manohar Bangera at a Karate camp. It was through him that I was introduced to Judo and, eventually, to the Bombay Judo Club. What started as an introduction soon became a very meaningful part of my life. Under the guidance of Sensei Yatish Sir, I began training seriously and gradually developed a deeper understanding of the discipline, commitment and mental strength that Judo demands.

Sensei Yatish Sir was not only a skilled teacher but also someone who knew how to motivate and bring out the best in his students. His guidance taught me the importance of hard work, focus, perseverance and, above all, discipline.

Sensei Yatish Sir was not only a skilled teacher but also someone who knew how to motivate and bring out the best in his students. His guidance taught me the importance of hard work, focus, perseverance and, above all, discipline.

Over the years, Judo became much more than a sport for me. It shaped my approach towards life and taught me to remain determined, composed and committed to whatever I undertook.

With the constant encouragement and guidance of my teachers, I was fortunate to progress through my training and achieve my Black Belt.

Looking back, I remain grateful for the people who introduced me to Judo and for the values that the sport has instilled in me.

Bombay Judo Club will always remain an important part of that journey.

I wish Sensei Yatish Sir my very best as he continues to carry forward the legacy of Judo and share its knowledge, discipline and values with future generations. I hope he continues to inspire many more students and helps the sport grow and reach even greater heights.



— Mr. Rajesh Jhaveri

A Legacy Through Others' Eyes



Mr.Seemanth Kumar Singh
Additional Director General of Police (ADGP) and the Commissioner of the Bengaluru City Police

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Bombay Judo Club
Narayan T. Bangera Memorial Foundation

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