



I-RUN GOA MARATHON

iRUN

I-Ran for a Cause



Organised by I-Help Foundation Goa



HALF MARATHON (21K)

10KM || 05KM || WheelChairRun

www.irungoamarathon.com

I-Run Goa Marathon is a living, thriving model of how running can transform individuals and, in turn, entire communities. I-Run creates the necessary ambience for men, women and children of all ages to come out of their homes and run. As a result, running has become the key to unlock health, inspiration and community revitalization.



Why I-Run??

1. It will Help you to improve your Health
2. It will help you to lose some calories and fats.
3. It will boost Your Confidence.
4. It will Relieve Stress.
5. It will help you in Eliminating Depression
6. Your participation and support can bring a big smile on someone's face.

History of I-Run Goa Marathon!

The 2018 I-Run Goa Marathon on January 21, 2018, had the largest field in event history, with more than 1000 participants from all over India.

“Every great city of the country must have a Marathon. Nothing binds a city as a marathon does!”

I-Help Foundation Goa firmly believed that running was a panacea for society - bringing together people, from across the county of varying abilities, caste, creed and social strata, onto a common platform. “The road is a great leveller”

Few years ago, Goa was a spectatorial state and participative sport such as distance running, was a far thought.

Organizing I-Run Goa Marathon wasn't easy, but the belief and support from the members of I-Help Foundation Goa, all partners and stake-holders, has stood the test of time.

I-Run Goa Marathon journey for the past year has been transformational - from starting a fitness revolution that has spawned over many road races in the country, to creating a springboard for long and middle-distance runners; people coming together - beyond politics, religion, race, colour, - a beacon of humanity and compassion for the state and the country.

Today, the I-Run Goa Marathon is amongst the top marathons in the state and has truly put Goa on the global map of distance running. The I-Run Goa Marathon event has six different race categories – 14k Run, 7k Run, 5k Run and a newly added Open Wheel-Chair Run. Over 1000 participants including amateurs, fitness enthusiasts and the Goa's best distance runners, take to the roads of Miramar-Donapaula-Bambolim road on the second Sunday of January every year.

The event is not only the biggest participative sport in the state, but also the single largest fund-raising event for I-Help Foundation Goa.

About I-Help Foundation Goa!

We are pleased to introduce I-Run Goa Marathon and would like to let you know a few facts about the activities and projects of I-Help Foundation Goa that are making a positive impact to the society. I-Help Foundation Goa was chartered on 9th.August.2016.

Every month I-Help Foundation Goa organizes and supports many worthy charity projects that change and save lives. I-Help Foundation Goa is one of the actively involved Youth Volunteering Organization working in the Social Field for the Upliftment of the underprivileged people across Goa. I-Help Foundation Goa is a registered Non-Government Organization, the Foundation has undertaken a multitude of social, educational and environmental projects like I-Help Outreach Goa, I-Educare, I-Warriors, I-Clean, I-Run, I-Help Blood Donation Camp and Health Check-up camps & Tree Plantation Drives.

I-Help Foundation Goa is also a platform to provide opportunities for youth who wanted to take active part in community development despite time constraints. I-Help Foundation aims to empower youth to become positive change makers who will enable organizations and institutions to work without a vested interest.

Vision: Self Reliant Society Powered by Selfless Individuals.

To support our various charity projects, we host the I-Run Goa Marathon as a fundraising event for our organization with 100% of raised funds going back to community through various charity projects being undertaken by I-Help Foundation Goa. The event gets wide publicity through print media / Radio / TV and social media across Goa and neighbouring States.

Awards: The integral approaches of I-Help Foundation has gained recognition & appreciation to our organization from many eminent personalities like Mrs.Mridula Sinha, Hon'ble Governor of Goa & Shri.Shripad Naik, Hon'ble Minister of State (Independent Charge) for AYUSH, Government of India.

About I-Run Goa Marathon!

We, the I-Help Foundation Goa believes that “the greatest medicine is to teach people how not to need it”.

I-Run Goa Marathon is a process of realization for the people to improve or have a greater control over their health by simply walking or running everyday few miles. As it is rightly said that the “Journey of 1000 miles begins by the first step taken in that direction”. Hence through I-Run we are initiating this journey of 1000 miles by providing a platform to all people across the state towards their health care and well-being.

The main objective of I-Run is to help an individual to reach a state of complete physical, mental and social well-being by Running/Walking few miles for their own causes/resolutions, which will ultimately lead to the overall well-being of the Society, State and Country in the wider aspect.

“YOUR HAPPINESS IS A REFLECTION OF YOUR HEALTH”.

A healthy lifestyle not only changes your Body but it also changes your mind, your attitude towards yourself as well towards others. Hence it is never too early or too late to work towards being the HEALTHIEST YOU.

If You Think the Pursuit of Good Health Is Expensive and Time Consuming, Try ILLNESS or Try I-Run, **Choose Wisely!!**

I-Run Goa Marathon is one of the biggest of its kind in this area. It attracts participation from professional runners, amateurs, schools & industries of about 1000+ persons. A similar number of spectators also grace the event.

It started with 700 participants in 2018. In 2019, it had grown to 1500 participants. The numbers have steadily increased over the years and we are expecting 2000+ participation in the year 2020.

The I-Run Goa Marathon had different race categories: 14K Run (14 Km), 07K Run (07 Km), 05K Run (05 Km) & Wheel-Chair Run.

Awards:

Mrs. Mridula Sinha
Governor of Goa
श्रीमती मृदुला सिन्हा
राज्यपाल, गोवा



Raj Bhavan
Goa-403004
राज भवन
गोवा-403004

CERTIFICATE OF APPRECIATION

This certificate of appreciation is awarded to I-HELP FOUNDATION GOA for their recommendable contribution towards rendering unselfish, outstanding services to mankind with a human touch for social revitalization through their varied social welfare on-going projects like 'I-RUN' for cause, 'I-WARRIOR' a self-defence technique class for girls, 'I-CLEAN' (cleanliness drive), 'I-EDUCARE', Blood donation camp, Health check-up camps and many more.

I wish them all the success in their entire future social endeavour.

Mridula Sinha

(Mridula Sinha)
Governor of Goa

4th September, 2018.

स्वच्छ गोवा-स्वच्छ भारत



श्रीपाद नाईक
SHRIPAD NAIK

राज्य मंत्री (स्वतंत्र प्रभार)
आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध एवं
होम्योपैथी (आयुष) मंत्रालय
भारत सरकार

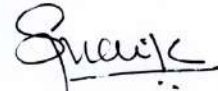
MINISTER OF STATE (INDEPENDENT CHARGE) FOR
AYURVEDA, YOGA & NATUROPATHY
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)
GOVERNMENT OF INDIA

Do. No.-8/MOS-AYUSH(IC /MP-NG/18-19/ 0298
Dated: - 10/08/2018.

CERTIFICATE OF APPRECIATION

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I wish them all the success in their entire future social endeavour.



(Shripad Naik)

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E-mail : minister-ayush@nic.in

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Res. (Goa) : "Vijayshree" House No. 111,
St. Pedro, Oldgoa, Goa-403402
Tel. : 0832-2444510, 0832-2444088

Our Past Guests of Honour

We are grateful and thankful to



Smt. Mridula Sinha
Hon'ble Governor of Goa.



Shri. Shripad Naik
Hon'ble Union Minister of State in the Ministry of AYUSH.



Shri. Anant Vishnu Shet
Hon'ble Ex-Speaker of Goa Legislative Assembly



Shri. Sidharth Kunkolienkar
Hon'ble Chairman of Economic Development Corporation Goa

Our Guests of Honour for I-Run 2020



Shri. Anant Vishnu Shet
Hon'ble Ex-Speaker of Goa Legislative Assembly



Shri. Sidharth Kunkolienkar
Hon'ble Ex- Chairman of Economic Development Corporation

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Contact Number: (+91)- 8830624193
Website : <http://www.ihelpfoundationgoa.com/>

Goa

Shri. Utpal Parrikar
Entrepreneur, Social Worker & Youth Icon



Shri. Akhil Parrikar
Joint Secretary
Goa Athletics Association



Shri. Siddesh Shripad Naik
Social Worker & Youth Icon

OUR SOCIAL INITIATIVES/PROJECTS:

We have undertaken various social initiatives:

1) I-HELP GOA OUTREACH - Reaching the underprivileged sections of the society and Orphanages and Oldage Homes all over the Goa and providing them with the basics necessities for the day to day need. We organize many social rejuvenating activities by involving them in those activities in order to make them joyful, happy and active.



2) I-EDUCARE - I-Educare is a not for profit initiative, with the objective that providing quality education and educational opportunities are one of the best way to empower underprivileged children across Goa, India. Through this effort, the Foundation is committed to raising the level of education and literacy in rural and marginalized section of Goa and to helping disadvantaged children realize their full potential.

The foundation through its I-Educare is a nurturing approach to education among the kids of the underprivileged section of society. I-Educare has also been an active supporter of promoting education among female children in the state.

I-Educare aims to provide possibility for the rural and underprivileged children to pursue higher education or find gainful employment and thus build a strong foundation for the future of these children and alleviate themselves out of poverty.

I-Educare functions on a grass-roots level, relying on community involvement and the support of innumerable volunteers and donors. Join us in our efforts to empower the rural youth of the State!



3)I-WARRIORS - is a self-defence techniques workshop for Girls/Women for their safety and empowerment event organized by I-Help Foundation Goa,conducted in-association with the experts of Self Defence Techniques.

It is a depressing but true fact that a lot of women feel afraid when walking the streets alone at night - all you have to do is ask around to realize just how many of us are fed-up with walking home clutching our keys between our fingers.

Of course, two men can be extremely unequally matched when it comes to strength and size, but the sad truth is that the majority of women can put up little fight against the majority of men purely because of their biological make-up. And that's a scary thought.

Progress certainly needs to be made to reduce attacks - be they sexual assault or robbery - but as that doesn't look likely any time soon, learning self-defence is a wise move for women of all ages.

I-Help Foundation believes all women should know basic self-defence techniques because it brings not only safety but confidence too.



4) I-CLEAN : Cleaning plays a vital role in our daily lives. Be it personal hygiene, such as washing our hands before we eat or covering our mouths when we cough, or setting a standard for environmental cleanliness, effective cleaning is our first line of Defense against viruses and infectious diseases.

Cleaning for Health & Wellness Effective cleaning should be an important part of a greater plan to create healthier indoor environments by eliminating the contaminants that can make people sick. Lack of hygiene and cleanliness is an open invitation to infectious disease.

The importance of cleanliness in our lives cannot be denied. Maintaining a clean environment is for the health of all humans, as their health completely depends on the atmosphere. A bad environment is solely responsible for spoiling the health of the people around. Dirt and disease go together. Pathogens breed and thrive in dirt; and the epidemic diseases which sweep over our country are generally the results of dirty habits and surroundings. Cleanliness is an absolute necessity for one's self-respect and image – the same can be easily applied to a facility, business or establishment. We must maintain the cleanliness of our bodies, homes, buildings, surroundings and environment to have good health. George Bernard Shaw once said “Better keep yourself clean and bright; you are the window through which you must see the world.” How do you wish to see the world for yourself, the future of our generation and our environment?



5) I-RUN FOR CAUSE: I-Run is an annual Run for cause Runathon event organized by I-Help Foundation Goa to support the causes and initiatives which are undertaken by the Foundation and also to promote Good health and fitness among the individuals.

I-Run is a living, thriving model of how running can transform individuals and, in turns, entire communities. I-Run creates the necessary ambience for men, women and children of all ages to come out of their homes and run. As a result, running has become the key to unlock health, inspiration and community revitalization.

Why I-Run?

Because;

- i) It will help you to improve your health.
- ii) It will help you to lose some calories and fats.
- iii) It will boost your confidence.
- iv) It will relieve stress.
- v) It will help you in Eliminating Depression.
- vi) Make new friends along the journey of your race.
- vii) Your participation and support can bring a big smile on someone's face and will help him/her live a better life.

“Your Happiness is a reflection of your Health”.



6) SCHOOL KIT DONATION DRIVE: This Initiative is a step taken towards providing the children from underprivileged areas, urban slums and rural areas across the state to have a new joyful first day at the New Academic Year with a Gift from someone who cares for them and receive quality education. I-Help Foundation believes that this will help the Student as well as the society by encouraging them in Going to School and Create a Future for themselves.

A school kit comprises of a bag, notebooks, pencil box, geometry box and other stationary. This drive is unique in nature, where all Volunteers come forward not only in collecting the donations for the school kit but also help in delivering and as well as assembling & packing the kits.

Breakup for the same is explained below

- 1 School bag - Rs. 230
- 5 Notebooks - Rs. 100
- 2 pens. -Rs. 20
- Labels sheet. -Rs. 15
- Pouch -Rs. 20
- Pencils/Stationary - Rs. 40
- Logistics - Rs 25

Each school kit costs 450 Rupees (Approx.) Your small Contribution Counts in fulfilling the dream of each child to go to the school and fulfill Vision of I-Help Foundation Goa.



7) I-HELP BLOOD DONATION: Blood donation is supreme service to humanity and it saves precious life. On a daily basis, numerous accidents take place. At times lives may be lost due to shortage of blood. Even though we have blood banks in most cities, right type of blood may not be available. In emergencies, it is very difficult to find the right donor with the matching blood group causing the near and dear ones of the patient to run from pillar to post in search of blood.

Nearly 4 crore units of blood are required in India, but only 40 lakh units (1%) are actually available. More than 38,000 blood donations are needed per day in order to balance this deficit. To address this issue, I-Help Foundation has started a social networking groups named 'I-Help Blood Donors Club' to help people in need of blood across Goa. This unique club has registered individuals who are willing to donate blood when required.

When someone needs blood, they can contact us or update the requirement in our WhatsApp groups or can direct message us on our social media platforms and then we will share the requirement amongst the registered blood donors with us and contact them. People from any part of Goa can avail these facilities at any time.



7) I-HELP EVERGREENGOA :

The project mission is to increase the green cover of Goa by 5% in order to reverse desertification, reduce soil erosion, restore self-sufficiency, recreate sustainability and counteract climate change.

Project I-Help EverGreen Goa (PHIEG) inclusive social strategy involves people from every sector of society working together towards their shared environmental security and wellbeing. Through education and mass people participation, PIHEG has broken social divides and successfully involved businesses, NGOs, students, self-help groups, government agencies, farmers and villagers in this grassroots movement. PHIEG'S social mobilization strategy is designed to rekindle hope, proactivity and environmental responsibility, and bring about self-sufficiency that is in harmony with the ecosystem.

We invite you to join hands with Project I-Help EverGreen Goa to plant trees, to get involved and to contribute for a greener tomorrow.



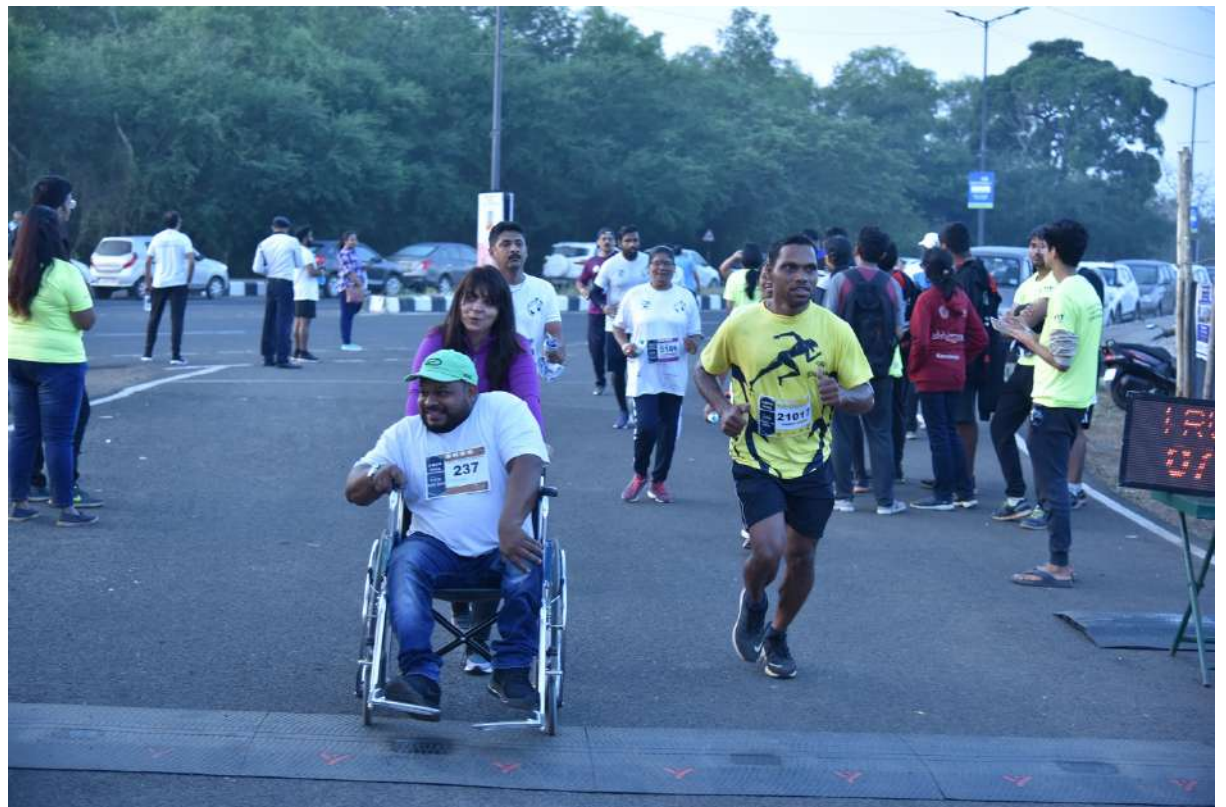






























**“A very good and different approach towards a better future of Goa.
Keep up the Good Work.
Will always support in whatever way I can! ”**

**-Shri.Joshua P. De Souza
Hon'ble MLA,Mapusa**



www.irungoamarathon.com

**SUNDAY
12th.JANUARY.2020
#irungoamarathon**



Organized by: I-Help Foundation Goa

**#irungoamarathon
#pushyourlimits**



Hon'ble Chief Minister Shri.Pramod Sawant has assured his support to the organizers of I-Run Goa Marathon.

We are grateful and thankful to Hon'ble Chief Minister for encouraging fitness and good health among the people.



www.irungoamarathon.com

**SUNDAY
12th.JANUARY.2020
#irungoamarathon**



Organized by: I-Help Foundation Goa

**#irungoamarathon
#pushyourlimits**

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We are grateful and thankful to all our sponsors for their supports, without whom this Mega Event would not be possible.

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Adv. Narendra K. Sawaikar
Hon'ble Commissioner for NRI Affairs



NRI COMMISSION
GOVERNMENT OF GOA



Dr. Pramod Sawant
Hon'ble Chief Minister of Goa

In order to promote, nurture and sustain a mutually beneficial and symbiotic relationship between the State of Goa and the Goan Diaspora spread across the world the NRI Commission, Government of Goa interacts closely with the Indian Missions abroad through Ministry of Home Affairs and Ministry of External Affairs in matters of public importance relating to:

- ❖ Tracing missing persons abroad including Seamen
- ❖ Reaching out to Goans who are in distress abroad or facing hardships due to harassment, ill treatment, nonpayment of salaries, etc.,
- ❖ Transportation of mortal remains of deceased from abroad including sailors on board the ships
- ❖ Pursuing claims for death compensation for legal heirs of Goan dying abroad while in employment
- ❖ Facilitation of foreign citizens of Goan origin seeking extension of stay in India or grant of OCI Card status or security clearance for such citizens who were born and brought up during British India period in territories now forming part of Pakistan.
- ❖ Skill up-gradation and Pre-Departure Orientation Programme for Emigrant Workers and self employment through the Overseas Employment Agency of Goa established as a Society in the O/o Commissioner for NRI Affairs.
- ❖ Goa Card for NRIs and OCIs for faster access in Government offices
- ❖ Mechanism to control illegal export of manpower abroad.
- ❖ Awareness campaigns about the risks involved in illegal and irregular migration
- ❖ Know Goa Programme for Goan Diaspora Youth (KGP) to discover their roots in Goa.
- ❖ Global Goan Conventions for uniting Goan Diaspora spread across the globe.

For any clarification and assistance, contact us on any working day during office hours at:



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Room No. 105, Secretariat, Porvorim, Goa
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Commissioner for NRI Affairs
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Fax : 0832-2419816
Email :- commissioner-nri.goa@nic.in
Website :- nri.goa.gov.in

With best compliments from,



PRASHIKSHAN YATRA

To provide **Financial Assistance** to the Educational Institutes to conduct **Study Tours/ Excursions Across the Country** to cover places of Historic, Cultural and Educational importance during school vacations.



ASSISTANCE AVAILABLE UNDER THE SCHEME

**GOVT. OF GOA
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For more information contact:

DIRECTORATE OF TRIBAL WELFARE

Office: 5th Floor, Shram Shakti Bhavan, Patto, Panaji-Goa. Phone: 0832-2438024. Fax: 2438052. Email: dir-tw.goa@nic.in

Financial Assistance up to 40 students and **4 teachers** by rail or by bus. Education Institute may tie up their tour programme with Tours and Travel Agents. Duration of the tours shall be for a period of five days or more, there will be minimum 10 students & maximum **40 students** with minimum one teacher & Maximum four teacher for the tour. **Rs.3750/-** shall be sanctioned per student. However quantum of benefit shall not exceed **Rs.1.50 lakh**.

**GOVERNMENT OF GOA
FOR THE TRIBALS OF GOA!**

NO INCOME LIMIT FOR AVAILING BENEFIT

DOCUMENT REQUIRED

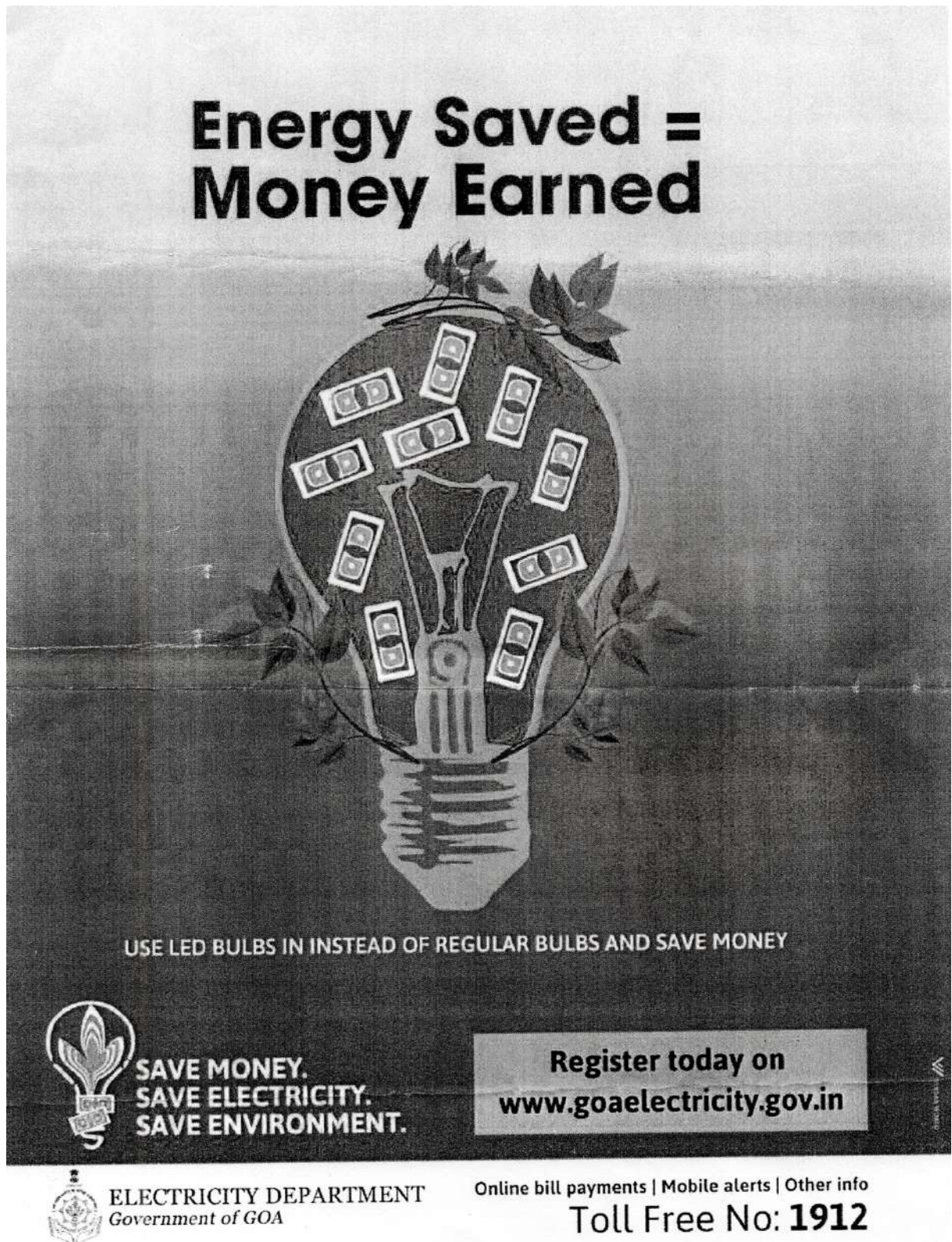
- Registration Certificate of the school.
- St Certificates of the Students availing benefit, Undertaking of Parents or Guardian.
- Tour Programme Details.
- Xerox Copy of Bank Pass Book of the institution.

TIME FOR DISPOSAL

- After receipt of application with correct documents
60 days

DISCOVERY VYNOTE

With best compliments from,




Energy Saved = Money Earned

USE LED BULBS IN INSTEAD OF REGULAR BULBS AND SAVE MONEY

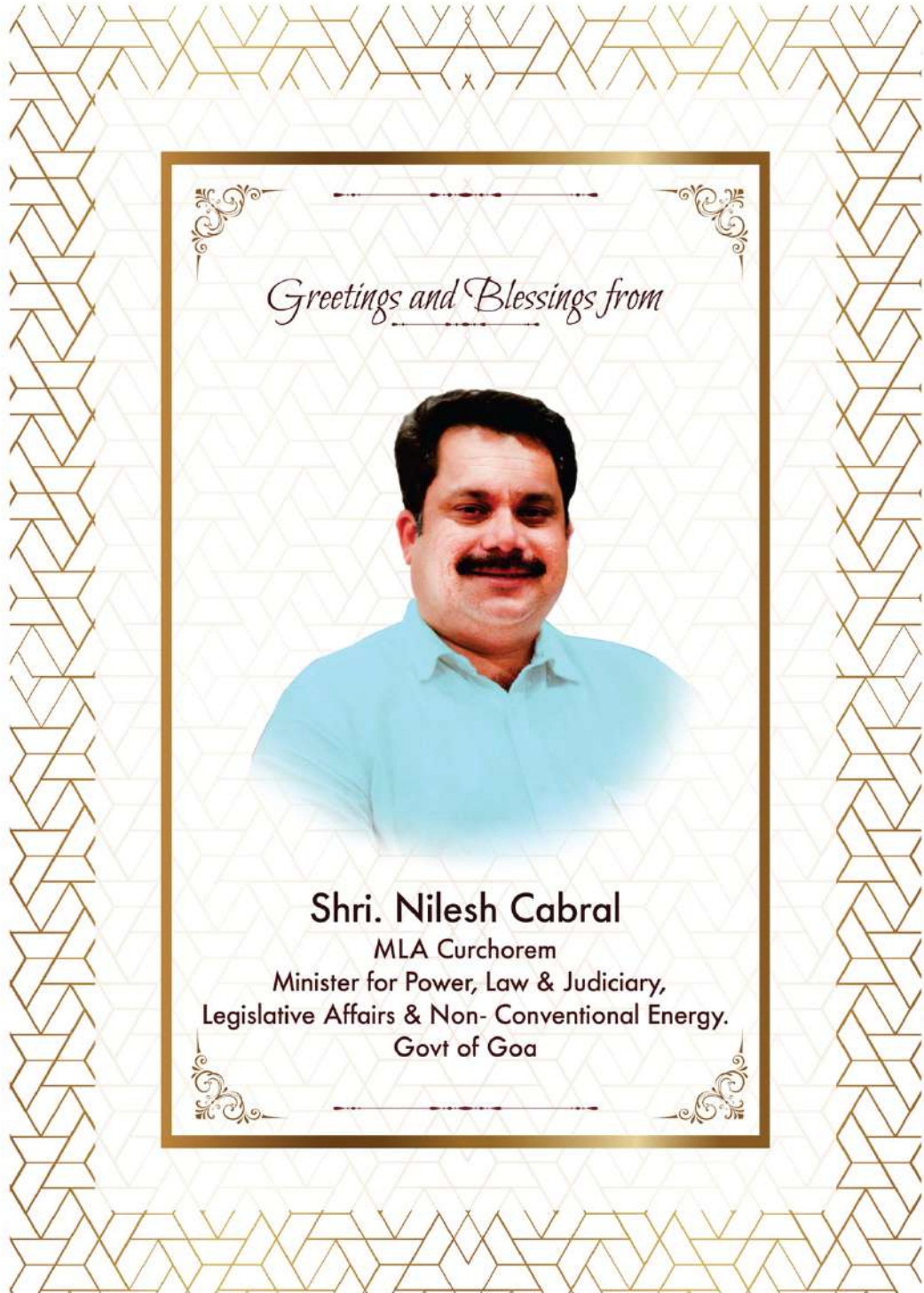
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Greetings & Best Wishes From,



Shri. Anant Vishnu Shet

**Ex-Speaker of Goa Legislative Assembly
Ex-M.L.A ,Mayem Constituency**



Anant Vishnu Shet



Anant Vishnu Shet



anantshetmaem@gmail.com

PROGRESSIVE & PROSPEROUS MAYEM

Email id: ihelpfoundationgoa@gmail.com

Facebook: www.facebook.com/I-Help-Foundation-Goa

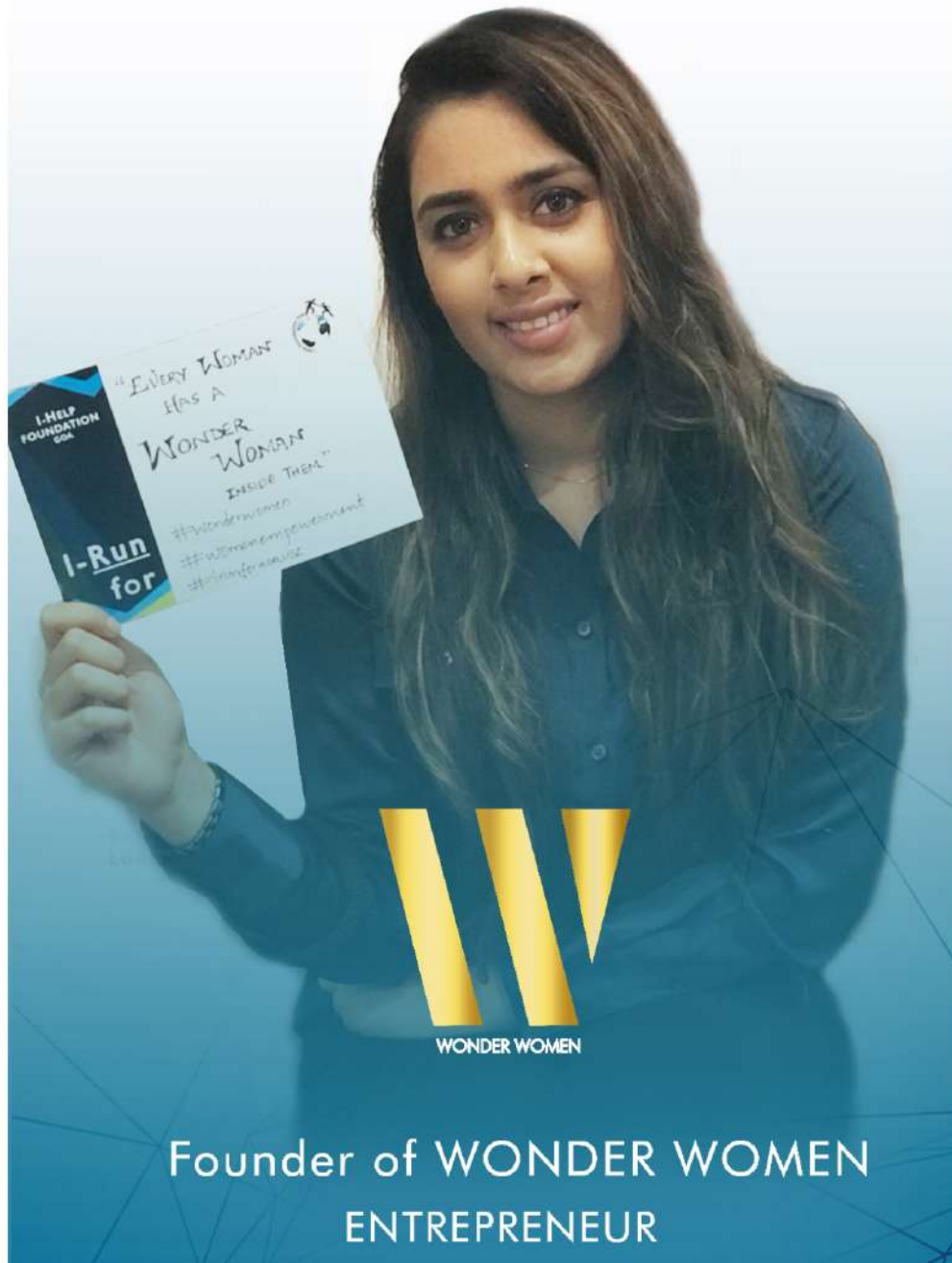
Instagram: [ihelp_foundation_goa](#) & [irun_goa](#)

Contact Number: (+91)- 8830624193

Website : <http://www.ihelpfoundationgoa.com/>

With best compliments from,

NASEEMA AREWALE



With best compliments From,



SQUADRANS SECURITY - YOUR SAFETY IS OUR PRIORITY

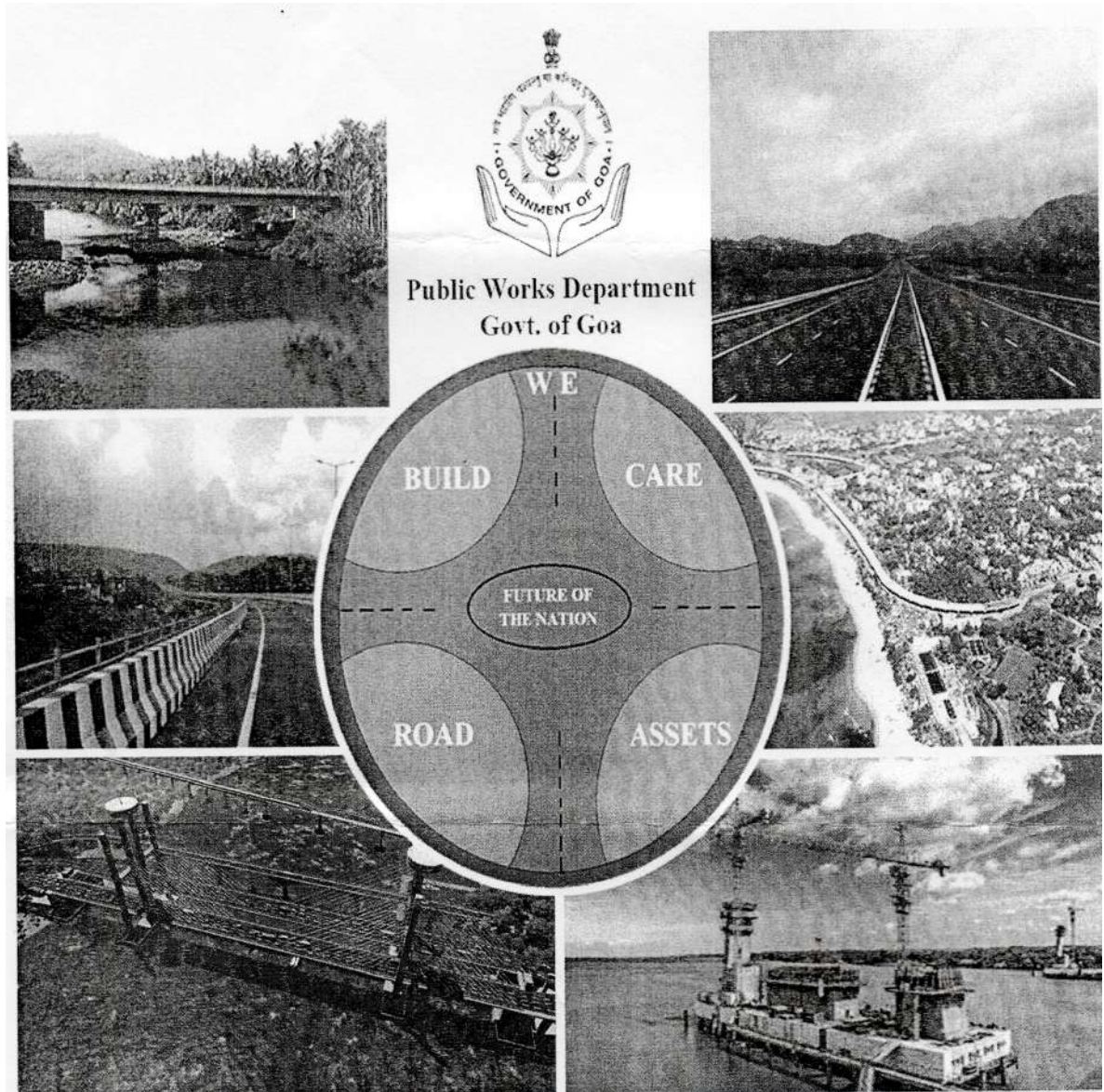
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ARCHITECTURAL DRAWINGS

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PROJECT MANAGEMENT



@mindscapeconstructions



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Website : <http://www.ihelpfoundationgoa.com/>

VOTE OF THANKS

This Mega Event has emerged as a flagship event for I-Help Foundation Goa. The success of a great event like this comes from the wholehearted support of many volunteers who works behind the scenes to make it possible.

Let me mention though, that this mega-event would not have taken the shape it took but for the keen personal interest taken by all our I-Help team members.

Volunteering is a way of learning to make our lives into a process of just giving and being willing to dedicate our life for a specific purpose.

Volunteers had worked tirelessly for many days, with the goal of having the event run as smoothly as possible. We thank once again all our volunteers, organizers and team members for sharing their skills, knowledge and experience in organizing this mega health awareness Runathon named **I-Run for a cause 2019** to support the causes undertaken by I-Help Foundation Goa.

We would like to express our deep appreciation and thankfulness to all our dignitaries and chief guests for honouring the event with their presences.

I-RUN & I-HELP TEAM



“The Purpose of life is to live happy with the sense of satisfaction that you made someone happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”

THANK YOU!

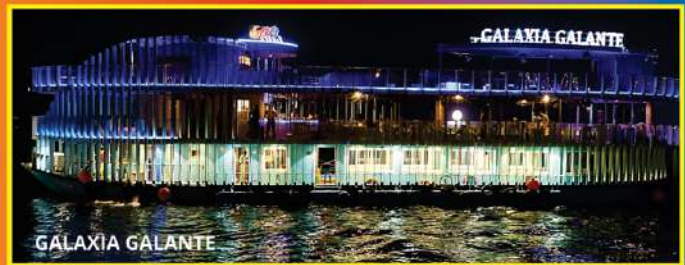


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Email: dir-tour.goa@nic.in

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Phone: 0832-2437132 / 2437728
Email: reservations@goa-tourism.com

Address: Paryatan Bhavan, Patto, Panaji- Goa 403001

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www.goa-tourism.com
www.goatourism.gov.in

GOA

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- ☑ Development of Roads, Bridges, Stadiums & other Infrastructure.
- ☑ Solid Waste Management Plant.
- ☑ Friendly Economic Policies.



Issued by:
Department of Information and Publicity
Government of Goa



एक कदम स्वच्छता की ओर
LET US KEEP GOA CLEAN AND GREEN.
SWACHH BHARAT, NITAI GOEM.



I-HELP FOUNDATION GOA

I-RUN GOA MARATHON 2020

GOA



I-RUN GOA MARATHON