



# I-RUN GOA MARATHON

**5TH  
EDITION**  
2024

**VOLUME 5**

 @irun\_goa\_marathon

 @irun\_goa\_marathon



21K | 10K | 5K | 2K  
ONE OF THE BEST  
MARATHON IN GOA

ORGANISED BY  
**I-HELP FOUNDATION GOA**



<https://irunmarathon.com/>



**I-RUN FOR A CAUSE**







# **I-RUN GOA MARATHON**



**ORGANISED BY**

**I-HELP**

**FOUNDATION GOA**

**5TH EDITION**



## Goa is now home to India's 2nd Longest Cable-Stayed Bridge

- The bridge is part of a Rs 2,530 crore project covering a distance of 13.2 kilometres between Bambolim in north Goa and Verna villages in south Goa.
- The new Zuari cable-stayed bridge is 640m long, with a central span of 360m and end-spans of 140m on both sides.
- The bridge has dual carriageways 27m wide and a 10.7m centre median.
- The bridge deck is built on-site using cutting-edge robotic welding technology. It is transported into the river by barge and lifted and erected by lifting frames.
- Foundation stone has been laid for the 110-metre-high tower tourist observatory on the bridge



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# TABLE OF CONTENTS

## INTRODUCTION

An overview of the most exciting and awaited Marathon in Goa .

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## ABOUT I-RUN

History and background of I-Run Goa Marathon & I-Help Foundation Goa

---

## AWARDS AND RECOGNITION

Awards and Public Recognition of I-Help Foundation Goa

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## PAST GUEST OF HONOURS

Previous Guests of I-Run Goa Marathon

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## GLIMPSES OF I-RUN 2024

Pictures of I-Run 2024 ,Moments and memories to remember the great event

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## WINNERS OF I-RUN

Support from CM of Goa for Charitable Causes

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## PROUD SPONSORS

acknowledging Proud Sponsors of I-Run Goa Marathon

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## I-RUN TEAM

A Special Thank You Note to all Team members and volunteers and partners

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# INTRODUCTION

Dear Readers and Running Enthusiasts,

It is with great pleasure and excitement that we welcome you to the latest edition of our I-Run Goa Marathon Magazine. As we lace up our running shoes and prepare for another exhilarating journey, we extend a warm welcome to both seasoned marathoners and those embarking on their first race.

The I-Run Goa Marathon has always been more than just a race; it's a celebration of resilience, determination, and the shared passion for pushing our limits. This magazine aims to capture the essence of our running community, bringing you inspiring stories, expert insights, and a glimpse into the heart of the I-Run experience.



**W**e, 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 realisation 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”.**

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 3000+ participation in the year 2025.

The I-Run Goa Marathon had different race categories:

21K Run (21Km), 10K Run (10Km), 05K Run (05 Km) & 2k Run (2Km).

# HISTORY OF I-RUN



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 – 21k Run, 14k Run, 7k Run, 5k Run, 2k Run and a Wheel-Chair Run. Over 2000 participants including amateurs, fitness enthusiasts and the Goa's best distance runners, take to the roads of Miramar-Donapaula-Bambolim road on the First 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.

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

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.

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.

Organising 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.



# 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.

**VISION: SELF RELIANT SOCIETY POWERED BY SELFLESS INDIVIDUALS.**

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.

**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, Hon'ble Minister of Health Shri. Vishwajeet rane, Hon'ble State Commissioner for Persons with Disabilities shri. Guru Prasad Pawaskar

# MISSION AND VISION OF I-RUN GOA MARATHON

## **MISSION:**

At I-Run Goa Marathon, our mission is to champion the Fit India movement by promoting health, wellness, and active living across the nation. We are committed to organizing inclusive and accessible events that inspire individuals from all walks of life to embrace the joy of running as a catalyst for personal growth and societal change. Through our endeavors, we strive to cultivate a culture of fitness consciousness, resilience, and community engagement, contributing to the overarching goal of building a healthier and more vibrant India.



## **VISION:**

Our vision at I-Run Goa Marathon is to play a pivotal role in the realization of a Fit India, where every citizen is empowered to lead a fulfilling and active lifestyle. We envision our events as catalysts for social transformation, bringing together diverse communities to celebrate the spirit of athleticism, camaraderie, and national pride. By leveraging the scenic beauty and cultural heritage of Goa, we aim to inspire individuals to transcend their limits, adopt sustainable fitness habits, and become ambassadors of positive change within their spheres of influence. Through collaborative partnerships and innovative initiatives, we are dedicated to shaping a future where health and wellness are integral components of the Indian identity, fostering a nation of strong, resilient, and united individuals.

# ONLINE PRESENCE




## MARATHONS IN INDIA

### 6<sup>th</sup> JANUARY


- Run De Bharati Marathon 2024-----Pune
- Lokmat Maha Marathon NASHIK- 2024----- Nashik
- Freshworks Chennai Marathon-----Chennai

### 7<sup>th</sup> JANUARY


- Powai Run - Hiranandani Powai -----Powai
- I-RUN GOA MARATHON 2024 -5TH EDITION----- Goa
- Sparsh Bharat Half Marathon----- New Delhi
- The Eye Foundation Malappuram Marathon-2024---Kerala
- Jupiter Marathon -THANE'24----- Thane
- GSC Presents GM Half Marathon----- Goregaon
- Thakur Village Annual Run 2024----- Mumbai
- Global Goals Run by AIESEC in Mumbai-----Mumbai




### World's Marathons




**Fred Hughes 10 ...**  
📍 Hertfordshire, U...  
📅 21 January, 2...  
[Notify me when available](#)




**Crystal Springs ...**  
📍 San Mateo Coun...  
📅 14 January, 2...  
[Notify me when available](#)



**I-Run Goa Marat...**  
📍 Taleigao, India  
📅 07 January, 2...  
★ 5(3) [Notify me when available](#)



**Winter Night Tr...**  
📍 Eagle Creek Par...  
📅 06 January, 2...  
[Notify me when available](#)



**Lake Mead Mara...**  
📍 Boulder Beach, ...  
📅 13 January, 2...  
[Notify me when available](#)

← → worldsmarathons.com/s/running/half\_marathon/january/2024?search=&toDistance=21000

Search race or location

📅 2024 2023 2022 2021 2020 2019 2018 2017 2016 2015 2014 2013 2012 2011 2010 2009 2008 2007 2006 2005 2004 2003 2002 2001 2000

Clear all


🏃 Race type

🏃 Difficulty


🏃 Race Surface

Distance 0 21 100 (km)


Rating 0 5




**McAllen Marathon**  
📍 McAllen, United States of Amer...  
📅 20 January, 2024  
[Notify me when available](#)




**PWN Egmond Half Marathon**  
📍 Egmond, Netherlands  
📅 14 January, 2024  
★ 3(1) [Notify me when available](#)




**Fred Hughes 10 Mile**  
📍 Hertfordshire, United Kingdom  
📅 21 January, 2024  
[Notify me when available](#)




**Crystal Springs (Winter) Trail ...**  
📍 San Mateo County, United State...  
📅 14 January, 2024  
[Notify me when available](#)




**I-Run Goa Marathon**  
📍 Taleigao, India  
📅 07 January, 2024  
★ 5(3) [Notify me when available](#)




**Winter Night Trail Run**  
📍 Eagle Creek Park, Indianapolis, ...  
📅 06 January, 2024  
[Notify me when available](#)




**Lake Mead Marathon, Half Mar...**  
📍 Boulder Beach, Lake Mead Nat...  
📅 13 January, 2024  
[Notify me when available](#)



**Meia Maratona Baía do Seixal**  
📍 Seixal, Portugal  
📅 14 January, 2024  
[Notify me when available](#)



**Buckeye Marathon**  
📍 Buckeye, United States of Amer...



**Chevron Houston Marathon**  
📍 Houston, United States of Amer...

WWW.IRUNMARATHON.COM

# AWARDS & RECOGNISATION

**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

4<sup>th</sup> September, 2018.

स्वच्छ गोवा-स्वच्छ भारत

# AWARDS & RECOGNISATION



सत्यमेव जयते

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/ ०२१४  
Dated: - 10/08/2018.

## CERTIFICATE OF APPRECIATION

This certificate of appreciation is awarded to I-HELP FOUNDATION GOA for their commendable 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.

(Shripad Naik)

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# AWARDS & RECOGNISATION



**GOVERNMENT OF GOA  
OFFICE OF THE STATE COMMISSIONER FOR PERSONS WITH  
DISABILITIES.**

ADD: GROUND FLOOR SANJAY CENTRE FOR SPECIAL EDUCATION,  
PUNDALIKNAGAR, PORVORIM GOA.

Email Id: [dis-comm.goa@gov.in](mailto:dis-comm.goa@gov.in)

Website: <https://scpwd.goa.gov.in>

Phone No. 9156321900

No. Comm-PwD/Purple Fest /2023-24/

Date: 26 / 01 / 2023

## CERTIFICATE OF APPRECIATION

To,  
I-HELP FOUNDATION GOA,

*The Office of the State Commissioner for Persons with Disabilities express our heartfelt appreciation for your valuable contribution to the Purple Fest 2023. Your support and involvement played a significant role in making the event a tremendous success.*

*We are immensely grateful for your foundation's commitment to promoting inclusivity and empowering individuals with disabilities. Your contribution went a long way in ensuring that the Purple Fest provided a platform for celebrating the talents and abilities of persons with disabilities in our community.*

*I once again extend my best wishes to you and your team members in all your future endeavours.*

With warm regards,



**(Guruprasad R. Pawaskar)**

State Commissioner for  
Persons with Disabilities.

# AWARDS & RECOGNISATION



**VISHWAJIT P. RANE**

Minister for Health, Industries, Trade and Commerce,  
Women and Child Development & Law and Judiciary.

04/05/2023

## MESSAGE

I- Help Foundation Goa is organising the I- Warrior Self Defence Mega Event on 07th May 2023 at Saint Joseph Calangute. I- Help Foundation has been working towards the upliftment of underprivileged people across Goa since 2016.

The organisers have invited participants to be part of this Mega event in large numbers as the event will help people to learn tactics to protect themselves and boost confidence in their day-to-day life. The I- Help Foundation is accepting donations and sponsors from people for different causes.

I extend my sincere wishes to I- Help Foundation Goa in organising the mega event.



(Vishwajit P. Rane)

# AWARDS & RECOGNISATION



I-HELP FOUNDATION GOA  
@ihelpgoa

Well deserved appreciation!! We at @ihelpgoa also organised a purple @irungoamarathon this year in January 2023, a small step from our side in making India accessible. #purplefest @PMOIndia @narendramodi @goacm @SubhashGoa @DrPramodPSawant @goa



PANAJI: Prime Minister Narendra Modi on Sunday, in his Mann Ki Baat programme, congratulated the organisers of Purple Fest, the national festival for the disabled, held in Goa earlier this month. It will prove to be very effective in realising India's vision of accessible India, he said.



# MEDIA COVERAGE OF I-RUN GOA MARATHON

## Santosh Ranjagane wins wheelchair marathon

BY A STAFF REPORTER  
reporter@goanetnews.com

**PANAJI:** Goa witnessed the maiden wheelchair marathon at Taleigao plateau on Sunday.

“It was a great experience participating in a historic event organised by DRAG in association with I Help foundation to promote inclusion of persons with disability in society. We hope more organisers will come forward to organise such runs in Goa,” said

**AVELINO DE SA,**  
President, DRAG

The 2-km wheelchair marathon organised by the IRun in coordination with the Disability Rights Association of Goa (DRAG) was supported by the



Santosh Ranjagane, Durgadas Ganeskar and Vishant Nagvekar along with former Panaji MLA Sidharth Kuncabekkar (L).

volunteers from IRun and disability activists like Raj Vaidya, Amelia Vaidya, Lily Mendonca, Arinash Purkhe and

many others. “It was a great experience participating in a historic event organised by

DRAG in association with I Help foundation to promote inclusion of persons with disability in society. We hope more

organisers will come forward to organise such runs in Goa,” said DRAG president Avelino de Sa. Vishant Nagvekar, one of the participants in wheelchair category was given opportunity to flag off two-km marathon.

“I am happy to have volunteered in this event. I hope people come forward and talk more about inclusiveness,” said Lily Mendonca.

Santosh Ranjagane won the first place in the wheelchair marathon while, the second place was bagged by Durgadas Ganeskar and the third place was claimed by Vishant Nagvekar.

“This kind of event never happened before. I am happy with this initiative taken by different organisations in Goa. Having won the second position I’m very happy,” Durgadas said.

“Disability Rights Association of Goa (DRAG) achieves another first and creates history in Goa by having 2-km wheelchair run to create awareness on disability issues. Thanks to the organisers IRun and to each one of you who participated and volunteered for the event,” said former MLA Sidharth Kuncabekkar.

GT  
14/01/2018 Page No. 3

## Goa to see Wheelchair Run for first time this Sunday

THE GOAN NETWORK

**PANAJI**

A two kilometer “wheelchair run” will take place in Goa for the first time on Sunday January 13, as part of a marathon organised by an NGO to raise awareness in society about inclusivity. The run will take place at the Dr Shyama Prasad Mukherjee Stadium, and is set to see between 10 and 15 persons with reduced mobility in their lower limbs participate.

Being the first time such a run is being organised in the state, those participating in the wheelchair run will have volunteers pushing the wheelchairs, as though participants

### UNIQUE INITIATIVE

■ A two kilometer “wheelchair run” will take place in Goa for the first time on January 13, as part of a marathon organised by an NGO to raise awareness in society about inclusivity

■ The run will take place at the Dr Shyama Prasad Mukherjee Stadium, and is set to see between 10 and 15 persons with reduced mobility in their lower limbs participate

■ Being the first time such a run is being organised in the state, those participating in the wheelchair run will have volunteers pushing the wheelchairs, as though participants are used to walking with crutches, they are not adept with the use of a wheelchair

are used to walking with crutches, they are not adept with the use of a wheelchair. Initially planned as a regular run of five, seven and

fourteen kilometers for experienced runners, with the aim to raise funds for the different causes of the NGO “I-Help”, the addition of the

two kilometer wheelchair run came about when the Disability Rights Association of Goa (DRAG) approached “I- Help” and expressed their desire to also be a part of the run. The youngsters who run the NGO agreed to this proposal as they felt that “no one in society should feel left out.”

Said a member of the NGO who did not wish to be named, “We hope to send out a message that everyone is equal in society, and that though we all face different challenges, we need to help each other out.”

Meanwhile, Avelino De Sa, the president of DRAG told ‘The Goan’, “We’ve been

wanting to participate in a run for a long time. It’s happening at last. We do hope that the run helps create awareness about inclusion, and the challenges faced by persons with disability.”

As for the funds raised at the run, these will go to the NGO’s several initiatives like planting trees and tending to them, (they have planted and tended to 42 trees over the last two years), reaching out to underprivileged sections of society through activities that have been specially designed for different sections of society like orphans, old aged homes and slums, and a self-defence programme for girls.

### NEWS UPDATE

RDX  
GOA



Sangeeta Vishnoi from Jodhpur, Rajasthan participated in the Purple I-Run with full enthusiasm and positive vibes. She ran 2km with other participants in the Marathon. Despite being disabled with Cheeta Foot also called as Blade runner, her enthusiasm of participation at the purple fest and other different levels did not hold her back.



www.rdx9media.com

## 18

# MEDIA COVERAGE OF I-HELP FOUNDATION GOA

## Youth clean the vicinity near Apna Ghar at Mercers

Around 12 volunteers from I-Help Foundation, an independent youth volunteering organisation organised a cleanliness drive along the stretch near Apna Ghar at Mercers on October 2. The volunteers equipped with garbage bags and gloves cleaned the vicinity within a few hours. The youth observed that this place had become a hub for chaotic garbage disposal that attracted stray animals



which could cause health hazards to local residents. The drive was supported by CCP who provided gloves and transportation for the garbage to be disposed after it was collected by volunteers.

"Everyone can contribute in tackling the garbage menace which is causing a serious threat to human health. I urge the public to undertake similar cleanliness drives in their vicinity to keep the environment free from litter," said volunteer Venancio Rodrigues.



## पर्यावरण



५ जून जाणूतुकाराम महाविद्यालय सार्वजनिक वनस्पती पर्यावरण दिनी

पर्यावरण जाणूतुकाराम

पर्यावरण जाणूतुकाराम महाविद्यालय सार्वजनिक वनस्पती पर्यावरण दिनी

## 'आय हेल्प फाउंडेशन'ची पर्यावरण संवर्धनासाठी धडपड सामाजिक स्तरावरून कार्याचे भरभरून कौतुक

प्रतिनिधी । गोवा नव्या

पर्यावरण महत्त्व आजच्या संदर्भात लक्षात आले आहे. पर्यावरणास अनुकूल करण्यासाठी मी वेळ काढून घेत आहे. अशावेळी 'आय हेल्प फाउंडेशन'च्या माध्यमातून तरुण मंडळी मुद्राम वेळ काढून इतरांनाही वेळ काढण्यास भाग पाडत पर्यावरण संवर्धनाचे कार्य करत आहेत. सामाजिक स्तरावरून त्यांच्या या कार्याचे कौतुक होत आहे.

आर्थिक निरक्षरीयता लागलेल्या गोवातील समुद्र हे बहुतांश पर्यटकांचे लक्ष खेचून घेतात. खाद्यान्नाच्या समुद्रात मनसोक्त डुबण्यासाठी, तरुणांच्या लाटांसोबतचा आनंद लुटण्यासाठी तासांतास पर्यटक समुद्रात खेळत असतात. पण बहुतांश

पर्यटक हा आनंद उपभोगताना किनाऱ्यावर भ्रमसाड कचरा करूनही जाताना आपल्यासोबत आणलेली खाऊसाठी पाकिटे, पाण्याच्या, दारूच्या बाटल्या, अनेकदा खाण्याचे पदार्थ निघून जातात. परिणामी शुद्ध किनाऱ्याची धिपट होते. गोवाचे हे वैभव सांभाळणे हेच सध्याचे मोठे आव्हान आहे. प्रत्येकजण आपापल्या परीने त्यासाठी प्रयत्न करत आहे. 'आय हेल्प फाउंडेशन'नेही या कामात स्वतःला डोकून दिले आहे.

१९-२० वर्षांपासून हे तरुण सामाजिक पातळीवर अनेक उपक्रम राबविताना, सामाजिक जाणिवेतून जनजागृतीवर कार्यक्रम घेत संस्थेत सुरुवात झाली होती. मात्र, जनजागृतीपासून प्रत्यक्ष

कृतीपर्यंतचा संस्थेचा २०१६ पासूनचा प्रवास ध्याऊन घेण्यात आला. या सारांश निवेदितांमध्ये उत्तर गोवातील ५०० टक्केपेक्षा अधिक समुद्रकिनारे स्वच्छ करण्याचे काम संस्था करत आहे. केवळ स्वच्छता करून न थांबता स्थानिक नागरिकांपासून पर्यटकांपर्यंत प्रत्येकाला स्वच्छ पर्यावरणाचे महत्त्व पटवून देण्याचे काम संस्था करते. गोवाचे मूळ सौंदर्य टिकले पाहिजे. पुढच्या पिढीकडे ते समुद्रकिनारे नेले पाहिजे. हा एकच उद्देश होण्यासमेत ठेवून संस्था काम करते. संस्थेत ५०-६० कार्यकर्ते आहेत. हे सर्वजण आपल्या वेळेनुसार आपापल्या ठिकाणी स्वच्छता तसेच, इतर सामाजिक उपक्रम राबवत असतात. समुद्रकिनार्यांच्या स्वच्छतेसोबत वृक्षारोपणाचे उपक्रमही संस्था राबवते.

जीवन्मूर्तीचे कधी पाहू पाहत नाही. वृक्षारोपण करत आहे. माणूस आहे. पण त्या कुणी धाग्या कातराडकर वि

गाणीसोबत

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SATURDAY September 2, 2017 14



Life

THE GOAN ENTERTAINMENT

Connecting with young goa

He said She said

I am new to the industry, and I don't know how to deal with it - Bhumi Pednekar (on rumours of success going to her head following the success of her film 'Tula' - Ek Prem Katha).

A TV shoot of 'Shirley and Me' is officially happening at Amazon. Javed Ali will write with his brother, Brij Gopal, and co-writer, Mark Gault



## Sharing is caring this Ganesh Chaturthi

On the auspicious occasion of Ganesh Chaturthi, the I-Help Foundation Goa, conducted a unique exercise where they shared the happiness and joy with the people and children who are less fortunate and people who are less fortunate, by celebrating the festival together. For this, the team of I-Help, distributed sweets and spent time with the children at orphanages and inmates at old aged homes. They also distributed clothes to children staying at slums.

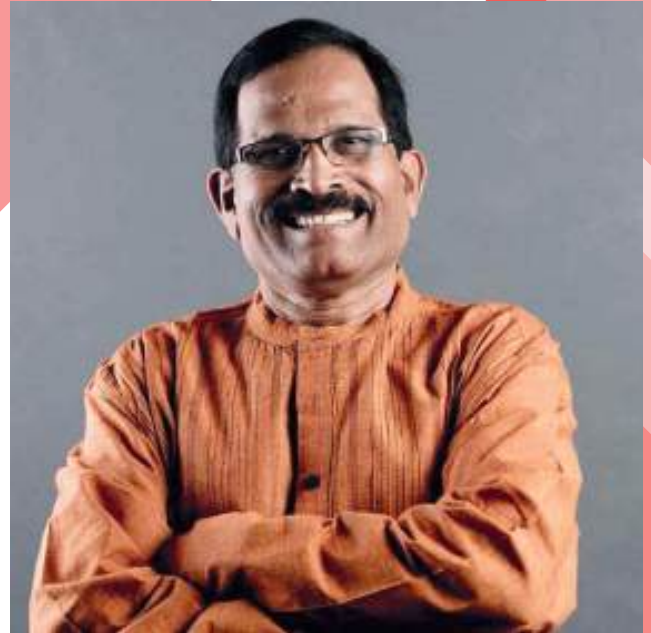


# OUR PAST GUEST OF HONOURS

We are grateful and thankful to



**Late Smt. Mridula Sinha**  
**Hon'ble ex Governor of Goa**



**Shri. Shripad Naik**  
**Hon'ble Union Minister of state**  
**in the Ministry of Ayush**



**Late. Anant Vishnu Shet**  
**Hon'ble ex-speaker of**  
**Goa Legislative Assembly**



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

# OUR PAST GUEST OF HONOURS

We are grateful and thankful to



**Shri. Utpal Parrikar**  
Entrepreneur, Social Worker &  
Youth Icon



**Shri. Akhil Parrikar**  
Joint Secretary  
Goa Athletics Association



**Shri. Omvir Singh Bishnoi**  
IGP Goa Police



**Shri. Siddesh Shripad Naik**  
Social Worker & Youth Icon

# OUR PAST GUEST OF HONOURS

We are grateful and thankful to



**Shri. Subhash Phal Dessai**  
**Hon'ble Minister of Social Welfare**



**Shri. Guru Prasad Pawaskar**  
**State Commissioner for Persons with Disabilities**



**Shri. Taha Haaziq**  
**secretary, Office of the Commission for Persons with Disabilities, Goa.**

# OUR GUEST OF HONOURS FOR I-RUN 2024

We are grateful and thankful to



**Shri. Omvir Singh Bishnoi**  
IGP Goa Police



**Shri. Nidhin Valsan**  
SP North-Goa,  
Goa Police



**Shri. Tikam Singh Verma**  
IPS Goa Police



**Shri. Akshat Kaushal**  
SP Traffic Cell

# OUR GUEST OF HONOURS FOR I-RUN 2024

We are grateful and thankful to



**IAS Shri. Ajit Roy**  
**Secretary to Chief Minister**



**Shri. Arvinder Singh Sawhney**  
**Brigadier 2STC Regiment**

# GLIMPSES OF I-RUN



**T**he I-Run Goa Marathon was a morning filled with excitement and togetherness, starting at 5:00 AM. Before the runs, we learned about the I-Help Foundation Goa, the heart behind the event. We got everyone pumped with warm-up sessions for runners of all levels.



The flag-offs were special, led by guests like **Army Brigadier Arvinder Singh Sawhney**, **IGP Goa Police Omvir Singh Bishnoi**, and our NGO's founder, **Mr. Praveen Maurya**, Followed by 10km flag-off done by **SP North Goa Nidhin Valsan** and **IPS Tikam singh verma**, with **Fitswaggers** joining for the 5km Flag-off & **Sunil And Aiesha Karmalkar** doing flag off of 2km. The 21km, 10km, 5km, and 2km runs were a mix of challenge and fun. It was a day of running, community, and making memories as the sun rose over Goa.









I-RUN GOA MARATHON X I-HELP FOUNDATION GOA





# #irun2024

[www.irunmarathon.com](http://www.irunmarathon.com)

# I-RUN GOA

## MARATHON



<https://irunmarathon.com/>



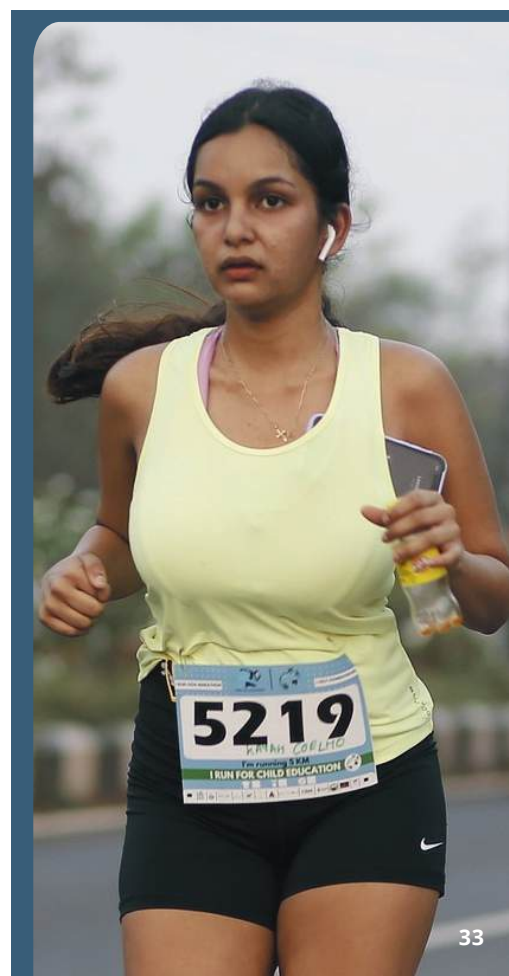
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<https://irunmarathon.com/>



“where each step paints a canvas of resilience, camaraderie, and the joy of chasing dreams.”



# WINNERS

of I-Run Goa  
Marathon 2024

## 21KM ABOVE 45 MALE

**1ST 21K  
ABOVE 45**



**PAVAN  
KUMAR**

**2ND 21K  
ABOVE 45**



**SERGEY  
ABLOV**

**3RD 21K  
ABOVE 45**



**ROBERT  
DOURADO**

# WINNERS

of I-Run Goa  
Marathon 2024

## 21KM ABOVE 45 FEMALE

**1ST 21K  
ABOVE 45**



**FATIMA  
DESA**

**2ND 21K  
ABOVE 45**



**DAKSHAYANI  
MURGOD**

**3RD 21K  
ABOVE 45**



**SWETA  
KAMAT**

# WINNERS

of I-Run Goa  
Marathon 2024

## 21KM BELOW 45 MALE

**1ST 21K  
BELOW 45**



**PRATHAMESH  
PARAMKAR**

**2ND 21K  
BELOW 45**



**ABHIJEET  
SHARAD KAMBLE**

**3RD 21K  
BELOW 45**



**ROHIT  
MISHRA**

# WINNERS

of I-Run Goa  
Marathon 2024

## 21KM BELOW 45 FEMALE

**1ST 21K  
BELOW 45**



**SUNITA  
KUMARI**

**2ND 21K  
BELOW 45**



**KANCHAN**

**3RD 21K  
BELOW 45**



**ALENA  
VOTINOVA**

# WINNERS

of I-Run Goa  
Marathon 2024

## 10KM ABOVE 45 MALE

**1ST 10K  
ABOVE 45**



**SAMEER  
MANJREKAR**

**2ND 10K  
ABOVE 45**



**BHAGWAN  
DASS**

**3RD 10K  
ABOVE 45**



**SANJAY  
TARDEKAR**

# WINNERS

of I-Run Goa  
Marathon 2024

## 10KM ABOVE 45 FEMALE

**1ST 10K  
ABOVE 45**



**RASIKA  
DESHPANDE**

**2ND 10K  
ABOVE 45**



**RASIKA  
VASANT  
GAONKAR**

**3RD 10K  
ABOVE 45**



**SHRADHA  
BHAGWANT  
LOTLIKAR**

# WINNERS

of I-Run Goa  
Marathon 2024

## 10KM BELOW 45 MALE

**1ST 10K  
BELOW 45**



**SATISH VILAS  
SARAGAR**

**2ND 10K  
BELOW 45**



**TEDDY DAVECLIA  
CARDOZO**

**3RD 10K  
BELOW 45**



**ROHIT  
UTTAM  
NALAWADE**

# WINNERS

of I-Run Goa  
Marathon 2024

## 10KM BELOW 45 FEMALE

**1ST 10K  
BELOW 45**



**AYAN SOARES**

**2ND 10K  
BELOW 45**



**YEVA BALTABEK**

**3RD 10K  
BELOW 45**



**NADZEYA  
YASHYNA**

# WINNERS

of I-Run Goa  
Marathon 2024

## 05KM ABOVE 45 MALE

**1ST 05K  
ABOVE 45**



**ANAND  
MADKAIKAR**

**2ND 05K  
ABOVE 45**



**RAMNATH  
VISHNU  
NAIK**

**3RD 05K  
ABOVE 45**



**YESHWANT  
RAMAKANT  
PARAB**

# WINNERS

of I-Run Goa  
Marathon 2024

## 05KM ABOVE 45 FEMALE

**1ST 05K  
ABOVE 45**



**HARLEEN  
KAUR  
SAWHNEY**

**2ND 05K  
ABOVE 45**



**MANISHA  
NAIK**

**3RD 05K  
ABOVE 45**



**MEENAKSHI**

# WINNERS

of I-Run Goa  
Marathon 2024

## 05KM BELOW 45 MALE

**1ST 05K  
BELOW 45**



**AUJI**

**2ND 05K  
BELOW 45**



**BABU GAONKAR**

**3RD 05K  
BELOW 45**



**HARI  
VELIP**

# WINNERS

of I-Run Goa  
Marathon 2024

## 10KM BELOW 45 FEMALE

**1ST 05K  
BELOW 45**



**DNYNESHWARI  
VIKAS TELI**

**2ND 05K  
BELOW 45**



**AKSHATA  
DODAMANI**

**3RD 05K  
BELOW 45**



**SHREYA  
SANDIP  
PATIL**

# THANK YOU FOR YOUR SUPPORT

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<https://irunmarathon.com/>

I-RUN GOA MARATHON X I-HELP FOUNDATION GOA

# OUR PROUD SPONSORS

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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 ✨

**THANK YOU**



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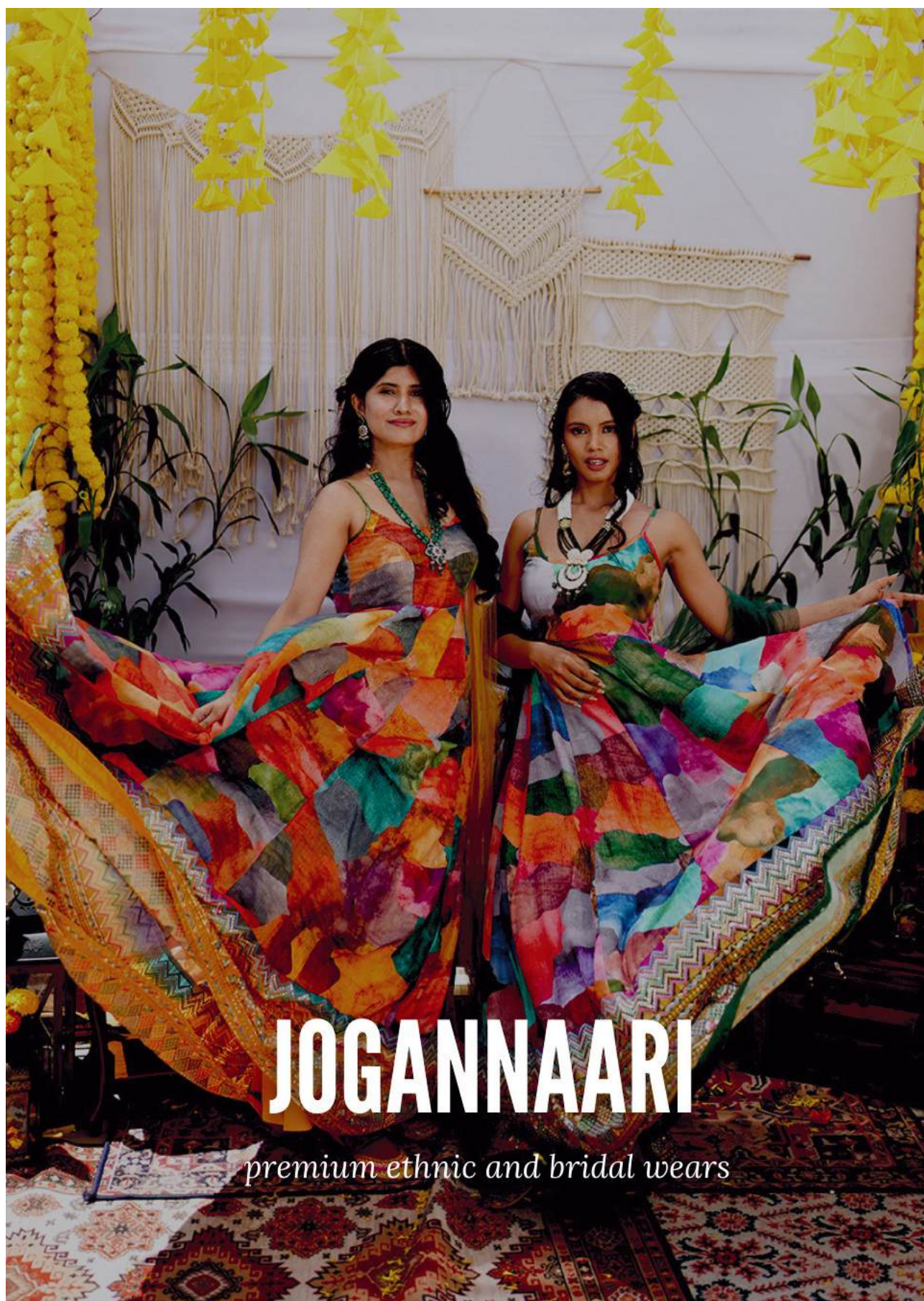
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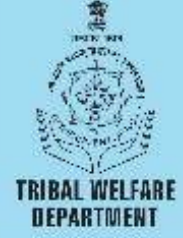
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डॉ. प्रमोद सावंत  
मुख्यमंत्री, गोवा राज्य



# गगन भरारी शिक्षा योजना

## गगन भरारी शिक्षा योजनेची उद्दीष्टे :

गगन भरारी शिक्षा योजनेचे उद्दीष्ट आहे की अनुसूचित जमातीच्या विद्यार्थ्यांना जेवण आणि प्रवासाचा खर्च भागवता यावा यासाठी मॅट्रीकोत्तर शिष्यवृत्तीत अतिरिक्त सहाय्य देणे. अनुसूचित जमातीच्या दिव्यांग विद्यार्थ्यांनाही मॅट्रीकोत्तर शिष्यवृत्तीत अतिरिक्त सहाय्य देणे हेही या योजनेचे उद्दीष्ट आहे, जेणेकरून दिव्यांग विद्यार्थीही त्यांचे खर्च व्यवस्थित भागवू शकतील.

## गगन भरारी शिक्षा योजनेचे पात्रता निकष :

१. अनुसूचित जमातीचे विद्यार्थी चालू शैक्षणिक वर्षात केंद्र प्रायोजित मॅट्रीकोत्तर शिष्यवृत्तीसाठी पात्र असले पाहिजेत.
२. विद्यार्थी गोवा राज्यातील अनुसूचित जमाती समुदायातील असायला हवा. आईवडील/पालक यांचे आर्थिक उत्पन्न वार्षिक रु. ५.०० लाख पेक्षा जास्त असता कामा नये. विद्यार्थी मान्यताप्राप्त संस्था/विद्यापीठात शिक्षणार नियमित, पूर्ण वेळ विद्यार्थी असायला हवा, जर विद्यार्थी एखाद्या वर्गात पुन्हा बसला/बसली, तर तो/ती त्याच वर्गात पुन्हा शिष्यवृत्ती मिळवण्यास पात्र असणार नाही.

## गगन भरारी शिक्षा योजनेतर्गत नवीन अर्ज करण्यासाठी आवश्यक कागदपत्रे

**टीप :** सर्व कागदपत्रे ही डिजिटल प्रारूपात असणे आवश्यक आहे. प्रत्येक कागदपत्राचा आकार २००केबी असता कामा नये.

१. पासपोर्ट आकाराचे छायाचित्र
२. गुणपत्रक/गेल्या शैक्षणिक वर्षात उत्तीर्ण झालेल्या परिक्षेचे उत्तीर्ण प्रमाणपत्राची स्वप्रमाणित प्रत
३. सक्षम अधिकाऱ्याकडून जारी करण्यात आलेले वार्षिक आर्थिक उत्पन्नाचे प्रमाणपत्र
४. सक्षम अधिकाऱ्याकडून जारी करण्यात आलेल्या अनुसूचित जमाती प्रमाणपत्राची स्वप्रमाणित प्रत
५. वसतीगृहाचे (वसतीगृहात राहत असेल तर) शुल्क भरल्याची पावती.
६. (चालू वर्ष प्रवेश) शुल्क भरल्याची पावती.
७. बँक पासवुकाची (राष्ट्रीय बँक खाते असावे) स्वप्रमाणित प्रत.
८. आधार कार्डाची स्वप्रमाणित प्रत.
९. मान्यताप्राप्त संस्था/विद्यापीठ यांच्याकडून पडताळणी झालेली आधार मंजुरी अर्जाची प्रत
१०. सक्षम अधिकाऱ्याकडून जारी करण्यात आलेले दिव्यांग प्रमाणपत्राची प्रत (केवळ दिव्यांग व्यक्तींसाठी)



## गगन भरारी शिक्षा योजनेतर्गत पुनर्नवीकरण अर्जासाठी आवश्यक कागदपत्रे

अर्जाचे पुनर्नवीकरण करण्यासाठी विद्यार्थ्यांनी कागदपत्रे अपलोड करून ऑनलाईन अर्ज सादर करावा आणि अर्ज संबंधित संस्थेकडे सादर करावा. त्यानंतर तो अर्ज पूर्ण करण्यासाठी संस्थेचे नोडल अधिकारी त्याची पडताळणी करतील. त्यानंतर अर्जाची पुढील प्रक्रिया करण्यासाठी विभाग योग्य ती कार्यवाही करेल. खाली नमूद केलेली कागदपत्रे अपलोड करावीत :

**टीप :** सर्व कागदपत्रे डिजिटल प्रारूपात असावीत. प्रत्येक कागदपत्राचा आकार २००केबी असता कामा नये.

१. गुणपत्रक/गेल्या शैक्षणिक वर्षात उत्तीर्ण झालेल्या परिक्षेचे उत्तीर्ण प्रमाणपत्राची स्वप्रमाणित प्रत
२. सक्षम अधिकाऱ्याकडून जारी करण्यात आलेले वार्षिक आर्थिक उत्पन्नाचे प्रमाणपत्र
३. वसतीगृहाचे (वसतीगृहात राहत असेल तर) शुल्क भरल्याची पावती.
४. (चालू वर्ष प्रवेश) शुल्क भरल्याची पावती.
५. सक्षम अधिकाऱ्याकडून जारी करण्यात आलेले दिव्यांग प्रमाणपत्राची प्रत (केवळ दिव्यांग व्यक्तींसाठी)

इथे माहिती देण्यात येते की शैक्षणिक वर्ष २०२३-२४ पासून या योजनेतर्गत अर्ज हे मुख्यमंत्री शिष्यवृत्ती पोर्टल सुआरएल <https://cmscholarship.goa.gov.in> वर ऑनलाईन मागवण्यात येत आहेत. कृपया नोंद घ्या हस्ते देण्यात आलेले अर्ज या योजनेतर्गत संचालनालयाकडून स्वीकारले जाणार नाहीत.

## पोर्टल खुले आणि बंद होण्याचे तपशील खालीलप्रमाणे :

पोर्टल खुले होण्याचा दिनांक -	२४ ऑक्टोबर २०२३
अर्ज सादर करण्याचा अंतिम दिनांक -	३१ डिसेंबर २०२३
आवणओ स्तरावरील पडताळणीचा अंतिम दिनांक -	३१ जानेवारी २०२४
दुसऱ्या स्तरावरील पडताळणीचा अंतिम दिनांक -	२८ फेब्रुवारी २०२४

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**ऑनलाईन अर्ज संबंधित शैक्षणिक संस्थेच्या माध्यमातून सादर केले जावेत.**

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I-RUN GOA MARATHON



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GOVERNMENT OF GOA,  
**Water Resources Department,**

*Sinchai Bhawan, 2<sup>nd</sup> Floor, Alto Porvorim, Bardez-Goa 403 521*

*Phone No. 0832-2412047 visit: [www.goawrd.gov.in](http://www.goawrd.gov.in)*

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The terms and conditions of Scheme:

1. Well should be registered with Water Resources Department.
2. Benefit once availed cannot be re-availed for next five years.
3. Reimbursement of the repairs which include construction of parapet, plastering with glazed tile pieces, repairs of electric equipment if necessary, cleaning of well including de-watering.
4. Upper limit of reimbursement shall be Rs. 50,000/- per well.

To apply scheme download and go through the notification attached on above web site and make an application to the Department in the prescribed format. The application should be made to the Assistant Engineer of WRD in each taluka as notified.

You can also apply for this subsidy online by visiting the online services section of the website.

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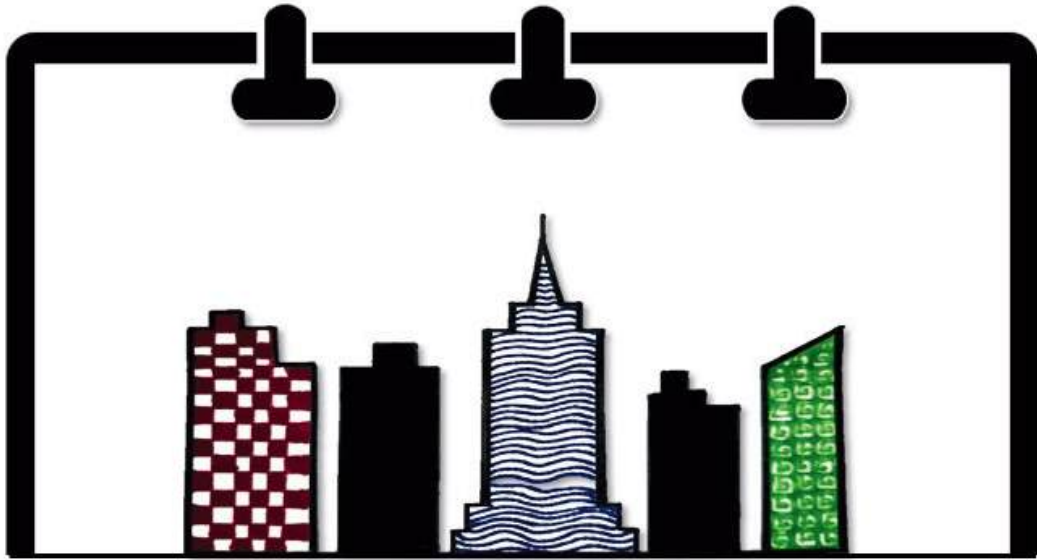
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I-RUN GOA MARATHON



I-HELP FOUNDATION GOA

# I-RUN CORE TEAM

Praveen Maurya, founder of I-Help Foundation Goa, has been the Backbone behind I-Run's success for five consecutive years. As the organiser and overall event manager, his visionary leadership and dedication have played a pivotal role in shaping the marathon's growth. With seven years of unwavering commitment to the NGO, Praveen Maurya's passion continues to inspire both participants and the community, making I-Run a beacon of fitness, philanthropy, and community spirit.



**Praveen Maurya**  
I-Run Director



**Govind Maurya**  
I-Run Media Head

Govind Maurya, the Media Manager for I-Run, is the digital maestro behind the scenes. With expertise in managing everything online, from digital marketing to crafting engaging social media content, creating websites, and producing dynamic reels, Govind has been instrumental in bringing I-Run to the forefront of the digital landscape. His multifaceted skills have not only enhanced the marathon's online presence but have also contributed significantly to its overall success. Govind Maurya's innovative approach and digital prowess make I-Run a standout event in the digital realm, connecting with participants and enthusiasts in a vibrant and engaging manner.

# I-RUN CORE TEAM



**Sanjana Kamble**  
**HR & Admin**

Sanjana Kamble, the heartbeat of I-Run's organizational engine, serves as our dedicated HR & Admin professional and takes the reins as the Volunteer Coordinator. With exceptional multitasking skills, she seamlessly manages diverse responsibilities. Her exceptional organizational skills shine as she takes charge of coordinating with various event vendors, overseeing crucial aspects such as T-shirt production, medal arrangements, and event logistics. Beyond that, Sanjana plays a pivotal role in managing I-Run's finances, diligently handling expenses. Her multifaceted contributions and meticulous attention to detail make Sanjana an indispensable member of the team, ensuring that every aspect of I-Run, from volunteer coordination to vendor management and financial oversight, operates seamlessly.

Divyanshu Maurya, the driving force behind I-Run Goa Marathon, takes on the role of Project Coordinator for both the marathon and I-Help Foundation Goa. His responsibilities for I-Run are as diverse as they are essential: from making proposals for sponsors, partners and permissions to managing volunteers and designing all event materials to handling registrations, coordinating with sponsors, and ensuring necessary permissions from government entities. ensuring every detail is seamlessly executed for the success of I-Run.



**Divyanshu Maurya**  
**Designer & Project Coordinator**

# I-RUN CORE TEAM



Azaz Shaikh, a pivotal member of the I-Run Goa Marathon team, played a crucial role as the point person for T-shirt coordination. His responsibilities extended beyond wardrobe logistics as he took charge of orchestrating all patrolling operations during the event. Azaz served as the linchpin for security, diligently arranging and managing security guards to ensure the safety of participants throughout the marathon. His operational prowess came to the forefront as he seamlessly handled various aspects, from setting up water stations to coordinating volunteer transportation to different points along the route. Azaz also played a key role in liaising with partners like Red Bull for the smooth execution of the marathon. His dedication and efficient coordination significantly contributed to the overall success of I-Run.

**Azaz Shaikh**

**I-Run Operations and Patrolling head**

Harsha Keni, an invaluable intern at I-Help Foundation Goa, emerged as a key contributor in the success of I-Run Goa Marathon. Despite her intern status, Harsha took on a significant role in handling everything in coordination with Sanjana related to T-shirts, including inventory management. Her responsibilities extended to the coordination of medals, goody bags, and other crucial event elements. Harsha also played a pivotal role as the lead for the registration volunteers team, etc. In Coordination with Sanjana, she assisted in volunteer management, I-Run expenses, and meticulously maintained all registration data. Harsha took the initiative to personally contact participants, ensuring a seamless and personalised experience for everyone involved in I-Run. Her dedication and multifaceted contributions were instrumental in the smooth execution of the marathon.



**Harsha Keni**

**Intern at I-Help Foundation Goa**

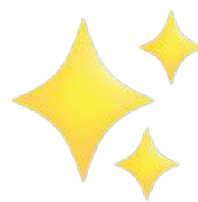
# I-RUN CORE TEAM



**Manali Kanshara**  
HR & Admin

Manali Kanshara, a key member of the I-Run Goa Marathon team, holds the position of HR/Admin, mirroring Sanjana's role. Beyond administrative duties, Manali takes on a pivotal role as the participants' go-to person during the event, addressing queries and ensuring a seamless experience for all. Her role, akin to an event guide, provides participants with valuable assistance and support. Additionally, Manali spearheads communication efforts by regularly updating our social media platforms and groups, keeping our community engaged and well-informed. Her dedicated contributions play a vital role in enhancing participant experiences and maintaining an active online presence for I-Run Goa Marathon.

**Thank You Everyone  
for making  
I-RUN GOA MARATHON  
a  
Successful Event**



# A Special Thanks to

**Dear Volunteers, Team Members, Partners, and Vendors,**

As the echoes of cheers and the rhythm of footsteps from I-Run Goa Marathon still resonate, we extend our heartfelt gratitude to all who made this event a resounding success. Your dedication, enthusiasm, and collaborative spirit have left an indelible mark on the heart of our marathon.

## **To Our Volunteers:**

A sincere thank you to our incredible volunteers. Your selfless efforts and tireless dedication were the lifeblood of I-Run, creating an uplifting atmosphere for all participants.

## **To Our Team Members:**

Our deepest appreciation goes to our remarkable team members, starting with Vivek Karapurkar, serving in Goa Police. Mr. Vivek played a pivotal role in securing permissions and collaborating with vendors, ensuring a seamless event.

## **To Fit Swaggers Team:**

A special acknowledgment to Mr. Pramod Divgi and Mr. Shailesh from Fit Swaggers. Your support in checking route operations and providing professional volunteers from your team greatly contributed to the event's success.

## **To Sunil Fitness Team:**

Mr. Sunil and the Sunil Fitness Team, your playful warm-up sessions added a vibrant touch, engaging participants and setting a positive tone for the flag-offs.

# A Special Thanks to

## To Our Partners and Vendors:

Our deepest thanks to our partners and vendors. Mr. Sonal Kambli and the Production Team from Rekha Decorators, your efficient setup work before the event was instrumental. To our Bib Team Sportrollic and mr. Anudip, thank you for managing registration operations seamlessly. Physiotherapists Hemal Halarnkar, your support post-run was invaluable, ensuring participants received the care they needed.

## To Our Capturers of Moments:

Nihir Shet, your photography skills captured the essence of the marathon, preserving memorable moments for us all.

## To Our Health and Safety Contributors:

To Union Pharmacy, and Red Bull, your contributions to medical support and energizing drinks were vital to the event's success.

Your collective efforts transformed I-Run Goa Marathon into more than just a race – it became a celebration of community, collaboration, and achievement. Thank you for being an essential part of this inspiring journey, and we look forward to creating more meaningful memories together in the future.

With gratitude

# Thank You

# I-Run Goa Marathon

# I-RUN GOA

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# I-RUN GOA

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# I-RUN GOA MARATHON JANUARY 2024

**MAGAZINE**

"I-HELP Foundation Goa's commendable contribution towards rendering unselfish, outstanding services to mankind with a human touch for social cause revitalization through their varied social welfare ongoing projects like 'I-Run for Cause,' 'I-Warrior' (a self-defense technique class for girls), 'I-Clean' (cleanliness drive), 'I-Educare,' blood donation camps, health check-up camps, and many more, deserves appreciation and recognition. I wish them all the success in their entire future social endeavors."

**- Shri. Shripad Naik**

## VOLUME 5

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