



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

Social Awareness Campaigns
through
Thiruvalla Mini-Marathon



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Rebuild Kerala Awareness Campaign - Tiruvalla Mini Marathon

Date : 31 December 2018

Mar Athanasios College For Advanced Studies Tiruvalla (MACFAST) and Kerala Police jointly organized “Thiruvalla Mini Marathon” on 3rd January 2019 with the theme “Rebuild Kerala”. It was the first time in the Pathanamthitta district, a mini-marathon was organized with the motto “Rebuild People, Mind & Environment”. This was organized with great interest to enlighten the people, the necessity to join hands together in order to reveal the importance of unity. An official meeting was conducted on 31st December 2018 at 11.30 am on campus to discuss the conduct of a mini-marathon. Representatives from Kerala Police, Decathlon, IEMS, Physical Education trainer Dr. Reginold Varghese and Coordinators from MACFAST participated in the meeting in which major decisions regarding the mini-marathon were taken and the required checklist was prepared. On 2nd January 2019 at 2.00 pm a meeting was organized for the student coordinators to make them aware of their duties and responsibilities. Dr. Reginold Varghese and Mr. Prince from Decathlon headed the meeting.

Mr. T. Narayanan IPS, Pathanamthitta Superintendent of Police and Fr. Dr. Cherian J Kottayil, Principal, MACFAST were the main coordinators. Dr. Vinay Goyal IAS Thiruvalla Sub-Collector, Mr. J. Santhosh Kumar Thiruvalla DySP, Mr. P. R. Santhosh Thiruvalla CI, Mr. Sanesh Varghese Deputy Director MACFAST and Mr. Stephen James HoD School of Biosciences, MACFAST were the joint coordinators. Adv. Mathew T Thomas, MLA and Mr. Cherian Polachirackal, Thiruvalla Municipal Chairman took part in the event and encouraged the participants.

The mini-marathon had 3 categories of run:

- Main Event – 14kms
- Under 17 – 5kms
- Dream Run- 3kms

Around 1000 participants including Kerala Police actively participated in this event. The mini-marathon started from Thiruvalla Municipal Stadium at 7.00 am and ended at the same location



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by covering a distance of 14kms. Dream Run was included as a part of this event for encouraging the people to join not for the material reward but for the satisfaction of having accomplished a daunting task. 82 students reported at the college as volunteers for the event.

Trained sports facilitators from Decathlon, Kottayam provided professional support for the participants. Registration was open for all. Prizes amounting to INR 40,000 were distributed to the winners.



Flag hoisting ceremony of Mini-Marathon



Participants for the Mini-Marathon

Handwritten signature:
Aephan Jansen
Coordinator



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'Cyber Safety Awareness' – Tiruvalla Mini marathon Report December 2019

To instil Cyber Safety awareness, Mar Athanasios College For Advanced Studies Tiruvalla (MACFAST) and Kerala Police jointly organized 'Cyber Awareness', the second Tiruvalla Mini Marathon on 14th December 2019. Flag off ceremony for the same was conducted by Pathanamthitta District Superintendent of Police, Mr. G. Jayadev.

Mr. Mathew T. Thomas, MLA, Mr. Cherian Polachirackal, Municipal Chairman, Fr. Dr. Cherian J. Kottayil, Principal, MACFAST and Mr. Vinay Ghoyal, RDO, Tiruvalla have also participated. Around 1000 participants were part of this event. It includes 100 people from the Police department, Faculty members, 68 Student volunteers and the general public.

The Marathon started at Tiruvalla Municipal Stadium. The route for this mini-marathon was SCS Junction - Tiruvalla KSRTC Bus Stand - Mahalakshmi Silks – Muthoor – Pushpagiri Medicity – Tiruvalla Municipal Stadium. Prizes were distributed to the winners. The NSS unit of MACFAST has rendered the necessary technical support for this event. Separate sections were there for Male and Female runners. A Thank you note for the event was done by the programme coordinator Prof. Stephen James.



Brochure - Thiruvalla mini marathon: Run for Cyber security



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Participants of Mini Marathon for Cyber Safety Awareness



Participants with certificates

Dr. CHERIAN I KOTTAYIL
PRINCIPAL
Mar Athanasios College For Advanced Studies
Thiruvalla- 689101, Kerala

