Dr. Gerald Santhosh D'Souza Director of Physical Education Mangalore University Mangalagangotri 574 199 DK Dist., Karnataka State Phone: 0824-2287 265 (0)

Mobile: 9343572023

No. MU / DPE / 315 / 2024-25

November 1, 2024

To
TheRegistrars/Directors of Physical Education/
Secretary, Sports Board
Universities Affiliated to AIU

Respected Sir,

Sub: All India Inter University Cross Country Championships for Men and Women 2024-25

We are pleased to inform you that the Association of Indian Universities, New Delhi, has entrusted the responsibility of organizing the All India Inter University Cross Country Championships for Men and Women 2024-25 to our University. We are hosting this competitions from November 18-20, 2024, at our affiliated colleges, Government First Grade College, Uppinangady and Alva's College, Moodbidre.

On behalf of the Hon'ble Vice Chancellor of Mangalore University, Prof. P. L. Dharma, Registrar of Mangalore University, Sri. K Raju Mogaveera KAS and the Organizing Committee, it gives me immense pleasure to extend you a warm welcome to participate in the championships and contribute to its success. The programme brochure is enclosed.

Thanking You,

Yours Faithfully,

Dusauga

(Dr. Gerald S D'Souza)
Organising Secretary
AIIU Cross Country Championships
(M & W)

Copy to:

- 1. The PS to Vice Chancellor, Mangalore University, Mangalagangothri.
- 2. The Registrar, Mangalore University, Mangalagangothri.
- 3. Dr. Baljit Singh Sekhon, Joint Secretary (YA &Sports) AIU, New Delhi-110002.
- 4. The Secretary General, AIU, New Delhi-110002







MANGALORE UNIVERSITY MANGALAGANGOTRI



and

GOVERNMENT FIRST GRADE COLLEGE UPPINANGADY

welcomes you to the

All India Inter University



CROSS COUNTRY CHAMPIONSHIPS FOR MEN

2024-25



DATE

NOVEMBER 18, 19, 2024

VENUE

GOVT. F G COLLEGE, UPPINANGADY

Under the Auspices of Association of Indian Universities, New Delhi

CLICK HERE
TO JOIN THE WHATSAPP GROUP

CLICK HERE FOR ATHLETE REGISTRATION **MEN WOMEN**







MANGALORE UNIVERSITY MANGALAGANGOTRI



ALVA'S COLLEGE MOODBIDRE

and

welcomes you to the

All India Inter University



CROSS COUNTRY
CHAMPIONSHIPS
FOR WOMEN



2024-25

DATE *NOVEMBER 19, 20, 2024*

VENUE *ALVA'S COLLEGE, MOODBIDRE*

Under the Auspices of Association of Indian Universities, New Delhi

CLICK HERE
TO JOIN THE WHATSAPP GROUP

CLICK HERE FOR ATHLETE REGISTRATION **MEN WOMEN**

PROFILE

MANGALORE UNIVERSITY

Mangalore University is known for its rich heritage of Academic pursuits, Cultural and sports vibrancy and is one of the most sought after universities in India.

Mangalore University established in 1980, has its adminstrative and main campus of Post-Graduate Studies in Mangalagangotri. It is situated in an area of about 353 acres flanked by the Indian Ocean on one side and Western Ghats on the other. Mangalore University has grown impressively since its inception with 204 affiliated colleges, two constituent colleges (at Mangalore and Madikeri) and five autonomous colleges.

Mangalore University, since its inception in 1980, has continued its sports legacy throughout its existence. Beginning with Mrs. Vandana Rao who won three gold medals in All India Inter University competitions and went on to represent India In Olympics in 1984, to Mr. Dharun Ayyasamy representing India in the Olympics and setting a national record in 400 mts. hurdles, Mangalore University has produced a plethora of sports stars.

The Department of Physical Education has ample sports facilities, airconditioned fitness centre, Labs for Sports Sciences, PG and PhD Programme in Physical Education etc.









Mangalore University is home to many Olympians such as Vandana Rao, Satish Rai, Dharun A, M R Poovamma, Hockey Internationals such as Ponnamma M N and Leelavathi M and former Kabaddi national team captain Mamatha Poojary.

PROFILE

ALVA'S COLLEGE, MOODBIDRE

Alva's College, Moodbidre is an affiliated and autonomous college of Mangalore University established in 1998. It has a well established Centre of Post Graduate Studies and Research along with Graduate Programmes. Alva's is an unique educational institution that embodies all academic and cultural characters. At present it offers 28 UG (Under Graduate) and 21 PG (Post Graduate) programmes.

The college provides the students a solid platform for self-realisation and moulds them into talented young men and women for their better tomorrow. It strives to fulfill the aspirations of such young spirits and mould them into responsible individuals capable of shouldering responsibilities both at the individual and societal levels. It has produced many international sportspersons and has successfully organised many Inter-University competitions in Athletics, Cross Country and Ball Badminton.

VENUE AND DATE

THE CROSS COUNTRY WOMEN
CHAMPIONSHIP WILL BE FLAGGED
OFF AT ALVA'S COLLEGE CAMPUS,
MOODBIDRE ON NOVEMBER 20, 2024
AT 7.00 AM

GOVERNMENT FIRST GRADE COLLEGE UPPINANGADY

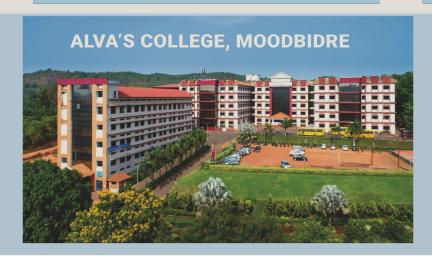
Government First Grade College, Uppinangady is one of the oldest colleges in Dakshina kannada district established in the year 1982.

The college is situated on banks of River Nethravati in the cradle of beautiful nature, and near the National Highway. The campus of the college is spread over more than 10 acres of Government land and enjoys its own buildings and adequate infrastructure facilities. The college aims at providing higher education to the rural poor students of Puttur taluk at affordable cost. Every year about 5 to 10% of the students pursue their higher education like M.A., M. Com., M.B.A., M.Sc. M.S.W

It is situated about 52 kms. from Mangalore in a lovely campus surrounded by lush green forest in the heartland of the town of Uppinangady.

VENUE AND DATE

THE CROSS COUNTRY MEN
CHAMPIONSHIP WILL BE FLAGGED
OFF AT GFGC CAMPUS,
UPPINANGADY ON NOVEMBER 19,
2024 AT 4.00 PM





RULES OF THE TOURNAMENT

- 1. The Championship shall be conducted as per the Rules of the Athletic Federation of India.
- 2. The Registration of athletes will be done online using the link and the electronic chip fee payment of Rs. 160 per athlete will be done online while registering. Kindly finalise the teams before registering online, once submitted it cannot be altered. Use this link for athlete registration. CLICK HERE MEN WOMEN
- 3. Team managers of each team shall pay the officiating fee of Rs. 2000 at registration.
- 4. The men teams shall report on Nov. 18, 2024 at GFGC, Uppinangady and the women teams on Nov. 19, 2024 at Alvas College, Moodbidre.
- 5. The teams shall provide the following documents for each of their players while registering:
 - (a) Eligibiity form in quadruplicate duly signed by the competent authority.
 - (b) Attested copy of SSLC or any document as proof of date of birth
 - (c) Attested copy of PUC or equivalent / Degree certificates (in case of PG students).
 - (d) Copy of AADHAAR certificate
 - (e) Medical Fitness Certificate
 - (f) Receipt for AIU registration fee of Rs. 3000 each for men and women teams.
- 6. Each team consists of a maximum of SIX runners of which the placings of first 4 runners from each team will be considered for team placing. Less than 4 runners are allowed but will not be eligible for team positions.
- 7. The men competition will be flagged off at 4 pm on Nov 19, and the women at 7 am on Nov 20, 2024
- 8. Barefoot running is not permitted as per the Rules of AFI.
- 9. The Organisers shall reserve the right to make changes in the schedule as they deem necessary.

ACCOMODATION

The teams will be provided with unfurnished Rooms/Halls for their stay during the days of competitions. Bedding will be provided on payment of nominal charges. Caution deposit of **Rs. 2000/-** is payable which is refundable. We have very limited lodging facilities; hence the teams are requested to arrive at the venue of the tournament a day before the competition date and to leave the venue within 24 hours of completion of their competition.

IMPORTANT CONTACT NUMBERS

ALVAS COLLEGE, MOODBIDRE

GFGC, UPPINANGADY

Registration : Mr. Madhu G R 9743700154 Dr. Prasanna B K 9686909858

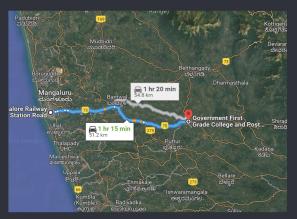
Accommodation: Mrs. Hamsavathi 9916087513 Mr. Puneeth 9845335105, Dr. Haridas K 9964426675

Transportation : Mr. Manjunatha 9019413569 Mr. Shareek K P 7619111637, Mr. Shafiq Arafa 740125274

HOW TO REACH THE **VENUE**

Reaching the venue involves both train and bus travel. It can be approached in 2 ways:

UPPINANGADY



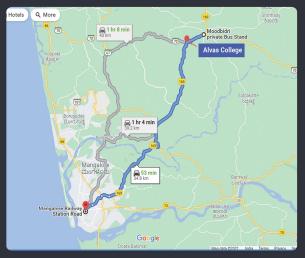


Teams can alight at Mangalore Central / Junction railway station and move to the KSRTC bus terminal where they can board the bus to Uppinangady - distance is 52 kms. The route is Mangalore - B C Road - Mani - Uppinangady - Bangalore. Alternatively, teams can travel by Bangalore - Mangalore bus and alight at the venue.

Teams travelling from South can alight at Puttur (Kabaka) railway station and can get into busses moving towards Uppinangady. Transport shall be provided on prior intimation of arrival. The distance from Kabaka Puttur to Uppinangady is about 12 kms.

Transportation will be provided on payment of nominal charges from Mangalore Central/Junction and Puttur Railway station. The teams are requested to inform of their ETA to Puttur Railway station to the transportation officials in charge.

MOODBIDRE



Teams within Karnataka travelling from your university region by bus, can board a bus directly to Moodbidre or if coming by train, have to alight at Mangalore. From Mangalore, take a service bus and get down at Alvas Vidyagiri Campus which is about 2 kms. before Moodbidre bus stand. The teams are requested to inform of their ETA upon boarding the bus from Mangalore to Moodbidre.

The organisers have also arranged for transportation from the railway station to Moodbidre. Therefore the teams can inform their estimated time and place of arrival (Mangalore Central or Mangalore Junction railway station) to the relevant contact numbers.

* The distance from Uppinangady to Moodbidre is about 50 kms. The women teams can proceed directly to Moodbidre via Mangalore and report at Alvas College, Moodbidre.

Please note that there are no facilities for train reservation at the venue (Moodbidre and Uppinangady. Therefore ensure the booking of return journey in advance to avoid inconvenience.

CLICK HERE FOR LOCATION

GFGC, UPPINANGADY : https://maps.app.goo.gl/batGD2hD7XJgCVcXAALVA'S COLLEGE, MOODBIDRE : https://maps.app.goo.gl/uoTgH32GDQUb8gYs6

INSTRUCTIONS

- There will be a Meeting of the Managers of men teams at GFGC, Uppinangady on Nov 18, 2024 at 4.00 pm. and the managers of women teams at Alvas College, Moodbidre on Nov. 19, 2024 at 10 am.
- 2. The weather around this time of the year is pleasant in the mornings and evenengs but warm during the day.
- 3. The participants are requested to bring blankets though bedding will be provided on a nominal charge of Rs. 100/day/athlete.
- 4. The venue is located around the forest region and the participants are advised not to venture out in the night.
- 5. The team managers are coaches are requested to join the whatsapp group by clicking **HERE**
- 6. The teams shall report on the previous day i.e. November 18 for men and Nov. 19 for women.
- 7. Please share your travelling details like time of arrival at Mangalore Central/junction railway station to the transportation officials numbers through whatsapp. The transportation facilities from the railway station to the venue will be provided on payment of nominal fee.

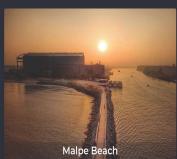
Wishing all the teams safe travel and best of luck

PLACES OF INTEREST

Uppinangady or Ubar is a town in the Dakshina Kannada district in the state of Karnataka. It is surrounded by the Kumaradhara River on one side and Nethravathi River on the other. When the town's two surrounding rivers rise during the rainy season and meet, this is called the "Sangam" which is a Sanskrit word for confluence. The Sangam is a major event as people from the surrounding villages crowd the river banks to witness the merge.

Moodabidri, also known as Jainkashi, is an ancient temple town located 35 km from Mangalore. Home for several Jain temples, Moodbiri is famous as a Jain centre. Apart from this, it is known for its historical and cultural significance. The sightseeing places in and around Moodbidre and Uppinangady are:

Distance from	М	U
1. Jain 1000 pillar temple	1	51 kms.
2. Gomateswara statue, Karkala	15	65 kms.
3. Sri. Dharmasthala Manjunatheswara Temple	e 52	35Kms.
4. Kadri Manjunatha Temple	36	54 kms.
5. Mangaladevi temple	36	54 kms.
6. Sri. Krishna temple, Udupi	58	105 kms.
7. Malpe beach and sea walk	61	109 kms.
8. Pilikula Nisargadhama	26	50 kms.
9. St. Aloysius College Chapel	35	54 kms.
10. St. Mary's Island, Malpe	61	109 kms.
11. Kukke Sri. Subrahmanya temple	106	53 kms.
12. Thaneerbhavi beach	41	60 kms.























ORGANISING COMMITTEE

PATRONS Prof. P L Dharma

Hon,ble Vice Chancellor, Mangalore University

Sri. Ashok Kumar Rai MLA, Puttur Constituency

Dr. M Mohan Alva

Chairman, Alvas Education Foundation

PRESIDENT Sri. K Raju Mogaveera KAS

Registrar, Mangalore University

ORGANISING Dr. Gerald S Dsouza

SECRETARY Director of Physical Education i/c, Mangalore University

JT. ORGANISING Dr. Kishore Kumar C K

SECRETARIES Chairman, Dept. of PG Studies in Phy. Ed., Mangalore University

Dr. Prasanna B K, Assistant Director Dr. Ramesh H N, Assistant Director Dr. Haridas K, Assistant Director

LOCAL Sri. Raviraj S, Principal i/c, GFGC, Uppinangady (Men)

ORG. SECRETARIES Prof. Kurian, Principal, Alvas College, Moodbidre (Women)

CONVENORS Sri. Praveen Kumar, Phy. Ed. Director, GFGC, Uppinangady (Men)

Sri. Thilak Shetty, Physical Ed. Director, Alvas College (Women)

CONTACT US

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 9343572023

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 9448178402

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 9686909858

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 9740668967

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 9964426675

 Mr.Praveen Kumar
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 Mr.Thilak Shetty
 9900450228

 Mr. Raviraj S
 9480486695

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