



ST. FRANCIS COLLEGE

P. B. No. 3417, 8th Main, 3rd Block, Koramangala, Bengaluru - 560034
Affiliated to Bengaluru City University, Recognized by Govt. of Karnataka,
Approved by AICTE & Recognized under section 2(f) of the UGC Act, 1956
NAAC Accredited with B++ Grade



NATIONAL CADET CORPS

1. **No. of the Coy:** FSFS 1/3 COY
2. **1 Kar Bn NCC, Bengaluru.**
3. **Name of the Institute:** St. Francis College, Koramangala
4. **Subject Head of the Event:** FRANCIS RUN – Run for Change. Run for Energy
5. **Date:** 14/12/2025
6. **Location:** St. Francis College

7. Brief about the event:

The NCC Unit of St. Francis College, Koramangala, Bengaluru, successfully organised its flagship marathon event, **Francis Run 2025**, under the banner of the NCC unit, on Sunday, **14th December 2025**, in celebration of **National Energy Conservation Day**. The event witnessed an overwhelming response from the public, with enthusiastic participation from runners of all age groups, making it a grand success.

The marathon featured **5 km and 10 km runs**, including a fun run and competitive categories. Participants ranged from young students to seasoned runners, reflecting the inclusive spirit of the event and its strong community appeal. The early morning run was marked by high energy, disciplined race management, and a vibrant, festive atmosphere.

A total of **1050 registrations** were recorded across various categories. The **5 km Fun Run** attracted 523 participants. The **5 km competitive Run** saw 248 participants in the 10–35 years category and 81 participants aged 35 years and above. In the **10 km competitive Run**, 117 runners participated in the 16–35 years category, while 81 participants were from the 35 years and above category. This wide participation reflected balanced enthusiasm across age groups and race formats.

Winners in the competitive run categories were awarded **cash prizes from a total prize pool of ₹1,00,000**, along with trophies. All participants received T-shirts, finisher medals, e-certificates, and refreshments. The smooth conduct of the race, effective crowd management, and strict adherence to safety norms were widely appreciated by participants and spectators.

The organisers emphasised that the event aimed to promote **physical fitness, environmental responsibility, and sustainable living**, aligning strongly with the theme of energy conservation. Faculty members, student volunteers, and support staff of St. Francis College played a crucial role in ensuring the seamless execution of the event.

The event concluded with expressions of gratitude to the participants, sponsors, volunteers, and supporters for their enthusiastic cooperation. With its strong social message and excellent turnout, **Francis Run 2025** reinforced St. Francis College's commitment to social awareness and community engagement, setting a benchmark for future editions of the event.

8. Particulars of important dignitaries in attendance:

Lt. Col. Vijay Fedricks, Commanding Officer, 1 Kar Bn NCC, Bengaluru (**Chief Guest**)

09. Particulars of the ANO/CTO: Lt. Amaregouda, Associate NCC Officer

10. Parade state of participants:

Sl. No.	Committee/Club	Strength
1	NCC Cadets from SFC	40
2	Cadets from other colleges	200
3	ANO	01
4	PI Staffs from 1 Kar	06
5	Officers	01
6	Others	850
Total		1,098

11. Images



Zumba session for participants



Warm-up session by an expert



Dignitaries to flag off the run



after starting, near the starting point



Participants completing the run



Cadets' participation from 1 Karnataka Battalion NCC



Prize Distribution Ceremony for the winners of different categories



The team behind a successful organisation of Francis Run 2025

ಕೋರಮಂಗಲದ ಸಂತಫ್ರಾನ್ಸಿಸ್ ಕಾಲೇಜಿನ ಎನ್.ಸಿ.ಸಿ. ಘಟಕದ ವತಿಯಿಂದ ರನ್ ಫಾರ್ ಚೇಂಜ್, ರನ್ ಫಾರ್ ಎನರ್ಜಿ ಕಾರ್ಯಕ್ರಮ ವಸ್ತು ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಕರ್ನಾಟಕ-1 ಬೆಟಾಲಿಯನ್‌ನ ಎನ್.ಸಿ.ಸಿ. ಕಮಾಂಡಿಂಗ್ ಆಫೀಸರ್ ಲೆಫ್ಟಿನೆಂಟ್ ಕರ್ನಲ್ ವಿಜಯ್ ಫೆಡ್ರಿಕ್ಸ್, ಕಾಲೇಜಿನ ನಿರ್ದೇಶಕ ಬ್ರದರ್.ಡಾ. ಟೈಟಸ್ ಆಂಟೋ, ಪ್ರಾಚಾರ್ಯ ಲೆಫ್ಟಿನೆಂಟ್ ಅಮರೇಗೌಡ ಮತ್ತು ಕಾಲೇಜಿನ ಸಿಬ್ಬಂದಿ ಭಾಗಿಯಾಗಿದ್ದರು.



Ee Sanje News Paper – 16 – 12-2025



ಸಂತ ಫ್ರಾನ್ಸಿಸ್ ಕಾಲೇಜಿನ ಎನ್.ಸಿ.ಸಿ. ಘಟಕ ಆಯೋಜಿಸಿದ್ದ 'ಫ್ರಾನ್ಸಿಸ್ ರನ್'ನಲ್ಲಿ ಓಟಗಾರರು ಭಾಗವಹಿಸಿದ್ದರು

ಫ್ರಾನ್ಸಿಸ್ ರನ್: 1,300 ಮಂದಿ ಭಾಗಿ

ಪ್ರಜಾವಾಣಿ ವಾರ್ತೆ

ಬೆಂಗಳೂರು: ಕೋರಮಂಗಲದ ಸಂತ ಫ್ರಾನ್ಸಿಸ್ ಕಾಲೇಜಿನ ಎನ್.ಸಿ.ಸಿ. ಘಟಕದ ವತಿಯಿಂದ ನಗರದಲ್ಲಿ ಭಾನುವಾರ ಹಮ್ಮಿಕೊಂಡಿದ್ದ 'ಫ್ರಾನ್ಸಿಸ್ ರನ್'ನಲ್ಲಿ 1,300 ಮಂದಿ ಪಾಲ್ಗೊಂಡಿದ್ದರು. 'ಬದಲಾವಣೆಗಾಗಿ ಓಟ, ಶಕ್ತಿಗಾಗಿ

ಓಟ' ಉದ್ದೇಶದ ಈ ಓಟವನ್ನು ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಕರ್ನಾಟಕ-1 ಬೆಟಾಲಿಯನ್‌ನ ಅಧಿಕಾರಿ ಲೆಫ್ಟಿನೆಂಟ್ ಕರ್ನಲ್ ವಿಜಯ್ ಫೆಡ್ರಿಕ್ಸ್ ಅವರು ಓಟಕ್ಕೆ ಚಾಲನೆ ನೀಡಿದರು. ಈ ಸ್ಪರ್ಧೆಯ ಮುಖಾಂತಿ ವಿಭಾಗದಲ್ಲಿ ದೇವಂಗಿ, ಪುರುಷರ ವಿಭಾಗದಲ್ಲಿ ಧೀಮಂತರಾಜ್ ಪಾಲ್ಗೊಂಡಿದ್ದರು.

Praja Vani News Paper – 15-12-2025



ಕೋರಮಂಗಲದ ಸಂತಫ್ರಾನ್ಸಿಸ್ ಕಾಲೇಜಿನ ಎನ್.ಸಿ.ಸಿ. ಘಟಕದ ವತಿಯಿಂದ ರನ್ ಫಾರ್ ಚೇಂಜ್, ರನ್ ಫಾರ್ ಎನರ್ಜಿ ಉದ್ದೇಶದಡಿಯಲ್ಲಿ ಫ್ರಾನ್ಸಿಸ್ ರನ್-2025 ಕಾರ್ಯಕ್ರಮ ನಡೆಯಿತು. ಕರ್ನಾಟಕ-1 ಬೆಟಾಲಿಯನ್ ಎನ್.ಸಿ.ಸಿ. ಕಮಾಂಡಿಂಗ್ ಆಫೀಸರ್ ಲೆಫ್ಟಿನೆಂಟ್ ಕರ್ನಲ್ ವಿಜಯ್ ಫೆಡ್ರಿಕ್ಸ್, ಕಾಲೇಜಿನ ನಿರ್ದೇಶಕ ಡಾ. ಟೈಟಸ್ ಆಂಟೋ ಸೇರಿದಂತೆ ಮತ್ತಿತರಿದ್ದರು.

Vishwa Vani News Paper – 15-12-2025

Francis Run Marks Energy Conservation Day

The NCC unit of St Francis College, Koramangala, organised Francis Run 2025 on 14 December 2025 to mark National Energy Conservation Day, drawing over 1,300 participants. Held under the theme Run for Change. Run for Energy., the event united students, athletes, families, and fitness enthusiasts to promote energy awareness. Lt Col Vijay Fedricks, Commanding Officer, 1 Karnataka Battalion NCC, flagged off the run. In the 10 km category, Bhima Shankar and Devangi secured first place, while Kalyani JR and Manushree won the 5 km race. All participants received T-shirts, medals, certificates, and refreshments, with college leadership in attendance.

Economic Times News Paper – 16-12-2025

Francis Run 2025 held

The NCC unit of St. Francis College, Koramangala, organised Francis Run 2025 on December 14 to mark National Energy Conservation Day, drawing over 1,300 participants.

Lt. Col. Vijay Fedricks flagged off the event, which featured 10 km and 5 km races. Bhima Shankar (33.46) and Devangi (40.27) topped the 10 km category, while Kalyani J.R. (15.15) and Manushree (20.40) led the 5 km run.

The Hindu News Paper – 18-12-2025