

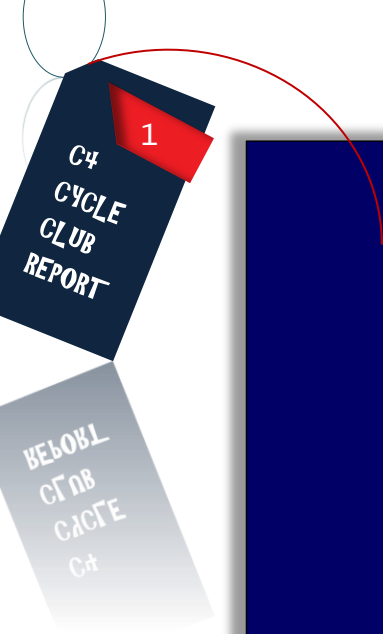
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CLUB



REPORT

СГДВ





CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA C4 CYCLE CLUB REPORT

VISION: Cycling for all; All for Cycling

C4 Cycling club envisions students to lead a healthy and active lifestyle through Cycling and promote environmental sustainability.

MISSION

- To encourage the use of bicycles among students and to promote the habit of Cycling in a safe manner.
- To create awareness among the local **civicaaboutcycling** as a tool for healthy and environmental friendly life style for sustainability.
- To explore rural and local culture (regions) to get connected with the community outside the campus.

CLUB REQUIREMENTS FOR MEMBERSHIP/ PARTICIPATION

1. Must be a student of Christ College (Autonomous) Irinjalakuda
2. Students should know how to cycle and must have access to a bicycle
- 3. Note: Membership fees - Monthly Rs.10**
4. Students must be familiar with Participant's rules prior to the membership in C4 cycle club
5. Willful or frequent disregard for these rules will result in a warning from C4 cycle club coordinator and a voluntary withdrawal from membership will occur.
- 6. Permission Slip must be signed by the Parent/ Guardian before each event.**

PARTICIPANT'S RULE

I) BE SAFE

1. WEAR A HELMET. A helmet and gloves will protect you in the event that a crash or a fall cannot be avoided.
2. "RIDE IN SINGLE FILE" - Every ride involving four or more students should be chaperoned by one head and he will act as the Ride Leader - heading the line, and keeping the pace - and the sweep – keeping the momentum of the group.
3. Ride and use your own equipment: no sharing of bicycles or helmets.
4. Stay with the group. Team leader should monitor the team members.
5. All bike riding must be supervised and approved by Club coordinator or the person authorized by him.
6. Try to keep your hands on the handlebars at all times except for giving signals.





7. No stunts, racing, bumping or pushing. Keep your hands to yourself while riding.
8. Stop for pedestrians.
9. Wear Appropriate clothing.
10. Eat your lunch and snacks: don't share them. Use of face mask is a must. **(COVID 19 Scenario)**
11. Possession or use of drugs and alcohol is strictly forbidden.
12. Maintain your bicycle regularly so it is safe and dependable.
13. Obey all traffic signs, signals, and other traffic control devices.
14. Leave personal electronics (iPod, DS, etc.) at home. Use of mobile phones is not allowed while riding. Club will not be responsible for loss or damage to student's personal belongings.
15. To make yourself even more visible at night, use additional reflectors on your bicycle and consider wearing reflective material on your body.
16. Restroom visits: the buddy system will be used for restroom visits. Stay with your buddy until everyone's done in the restroom.
17. A backpack may also be used for light loads but make sure the straps are pulled tight so the bag doesn't dislodge while riding. DO NOT hang packages off the handlebars or carry them in your lap.
18. Follow instructions at all times
19. Give your full attention to traffic and the road surface. Beware of such road hazards as rocks, potholes, gravel, and dogs.

20. Follow Individual and group discipline. Grounds for discipline may be disregard for safety on club rides, misuse of club properties, any violations of club's rules & policies and anything in regard to this matter.

II) BE NICE

1. Treat others as you wish to be treated: respect, kindness, compassion.
2. Inappropriate language (obscenity, gestures, and insults) is not acceptable.
3. Fighting, physical aggression, and physical and verbal intimidation are not acceptable, will not be tolerated and are grounds for immediate dismissal from C4 cycle club.
4. Treat your stuff, and others' stuff, with respect. The storage, protection and safety of your personal property are your responsibility.

III) HAVE FUN

If something's bothering you, you have questions, or you need something, talk with us. We're here for you.

Cycling Club Coordinators

- Shinto V P, Department of English (8547629986)
 - Smitha Antony M, Department of Commerce (9633027227)
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ANNUAL REPORT

2019- 2020

C 4 Cycling club, Christ College was launched in the year 2019. Being a new initiative, the Principal appointed Shinto V P, Assistant Professor, Department of English and Ms. Smitha Antony, Adhoc, Department of Commerce as the coordinators. There were 25 students enrolled in the cycling club in the year 2019. Due to lack of facilities the Club could conduct only One activity in the year 2019. A 10 KM ride around Irinjalakuda Municipality was conducted in association with the Local Administrative body to raise awareness about “right to vote” in connection with Parliament election, State of Kerala on 4th April 2019. The campaign began from the College and was rounded off with a Street play at Irinjalakuda Bus Station.

Year 2020-2021

The official inauguration of the activities of C4 Cycling club for the year 2020-21 was formally announced on 20th November 2020 with a 10 KM Bicycle ride to the serenity of Backwaters of Muriyad, Thrissur. The ride was inaugurated by the Bursar Rev Dr Vincent Neelankavil CMI and flagged off by Dr K Y Shaju, Vice Principal Christ College, Irinjalakuda. The ride ended with a message from Dr B P Aravinda, Associate Professor, Department of BPE. The club has 20 active members from the student's session and 15 active members from the Teaching and non-teaching side.

The second activity, a 15 KM ride to Mapranam Backwaters, of the Club was exclusively for the teaching and non-teaching staff of the college. The event was conducted on 28th November 2020. The ride began from the College and was rounded off back in College.

The final activity of the C4 cycling club for the year 2020 was the Christmas ride. The Cycling Club in association with CSA visited and distributed Christmas Gifts to PratheekshaBhavan, A School for the Mentally retarded Children. The Club also visited and distributed Christmas Gifts to SwathanaSadaanam, A house for the destitute and Old Aged people. It also visited the Irinjalakuda police station and appreciated their relentless services to the society and handed over Christmas Gifts.

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ВЕЛОВЕЛ
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САСГЕ
C4

Image 1- A 10 KM ride around Irinjalakuda Municipality was conducted in association with the Local Administrative body to raise awareness about “right to vote” in connection with Parliament election, State of Kerala on 4th April 2019. The campaign began from the College and was rounded off a street play at Irinjalakuda Bus station.





Image 5 – 2020-2021:

The official inauguration of the activities of C4 Cycling club for the year 2020-21 was formally announced on 20th November 2020 with a 10 KM Bicycle ride to the serenity of Backwaters of Muriyad, Thrissur





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"Ride as much or as little, as long or as short as you feel. But ride"

Dear Sir/ Madam

Cycling is one of the most accessible sports on the planet. Being the most eco-friendly form of transportation, cycling not only benefits the environment but also one's health. It's also a sport which gives anyone who takes to two wheels an enormous sense of freedom. Leaving the stresses of daily life and pedalling away without a care in the world, whether it's in your local lanes or high in the mountains miles from civilisation. There's little that can beat the beautiful simplicity of a bicycle ride.

C⁴ Cycling Club, Christ college irinjalakuda, cordially invites you to the inauguration of the activities of Cycling Club on 20th November, 2020.

Venue : **BiCycle Parking Rack** (near Chemistry Department)

Time : **10. 00 Am**

Date : **20th November 2020**

Event : **10 KM Bicycle Ride to the serenity of backwaters in Muriyad, Thrissur**

All are welcome!

LET'S CYCLE 



Image 7: Flag Off







Image 9: The second activity, a 15 KM ride to Mapranam Backwaters, of the Club was exclusively for the teaching and non-teaching staff of the college.



Image 10: The Cycling Club in association with CSA visited and distributed Christmas Gifts to Pratheeksha Bhavan, A School for the Mentally retarded Children.





Image 11: The Club also visited and distributed Christmas Gifts to SwathanaSadaanam, A house for the destitute and Old Aged people.



Image 12: Club visited Irinjalakuda police station appreciated their relen services to the society and ha over Christmas Gifts

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YouTube Links

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https://youtu.be/yT_wG6nQ4Fc

<https://youtu.be/OptiivPJ0Nw>

<https://youtu.be/3740nTYmce>

<https://youtu.be/OptiivPJ0Nw>

Let's Cycle



<iframe width="560" height="315" src="https://www.youtube.com/embed/yT_wG6nQ4Fc" title="YouTube video player" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>

