



BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)

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International Yoga Day Activities

Organized by Rohilkhand Medical College & Hospital, Bareilly constituent unit of Bareilly International University, Bareilly (June 2025)

1. International Yoga Day Celebrations

Yoga sessions were conducted across multiple locations on 16th June 2025, coordinated by the Department of Community Medicine in collaboration with various institutions.

Venues and Key Highlights

- UHTC, Rampur Garden

Participants : Staff, doctors, patients

Activities : Asanas, pranayama, meditation, awareness talk



- RHTC, Rithora

Participants : Medical students, community members

Activities : Yoga for holistic health, stress reduction



- **CHC, Faridpur**

Participants: Local staff, faculty

Activities: Emphasis on physical, mental, and spiritual benefits



- **SSV Inter College, Bareilly**

Participants: ~ 40 students, faculty

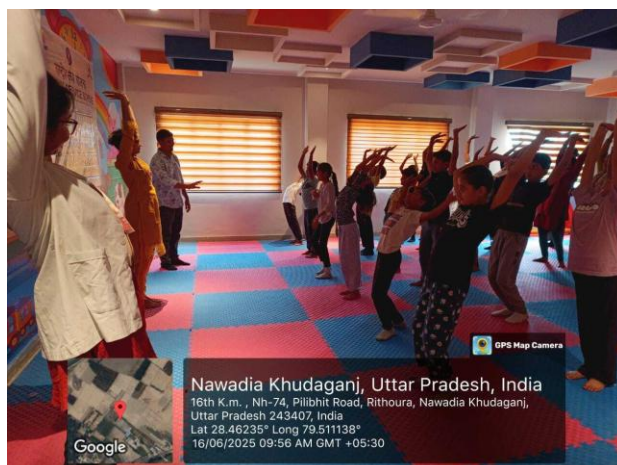
Activities: Improved awareness, discipline, mental clarity; collaboration between educational institutes



- **Jaipuriya School is in adopted village, Rithora**

Participants: 30 students

Activities: Guided sessions with trained instructors



- **Ramnagar Village, Pilibhit**

Participants: Rural outreach

Activities: Lifestyle diseases, women's health, elderly well-being



2. Special Sessions

Antenatal Yoga

Location: OB-GYN OPD, Rohilkhand Medical College

Instructor: Mr. Shubham

Participants: 24 pregnant women (2 batches)

Benefits: Pain relief, flexibility, sleep improvement, labor preparedness

Precautions: Avoided in high-risk pregnancies



Cancer Patient Yoga Session

Location: Rohilkhand Medical College

Benefits: Anxiety reduction, better sleep, improved mobility and energy

Conclusion: Yoga as a complementary therapy in cancer care



3. Community Awareness Events

Yoga Awareness Rally (18th June 2025)

Participants: Students, staff, faculty

Highlights : Asanas, pranayama, meditation, daily lifestyle integration

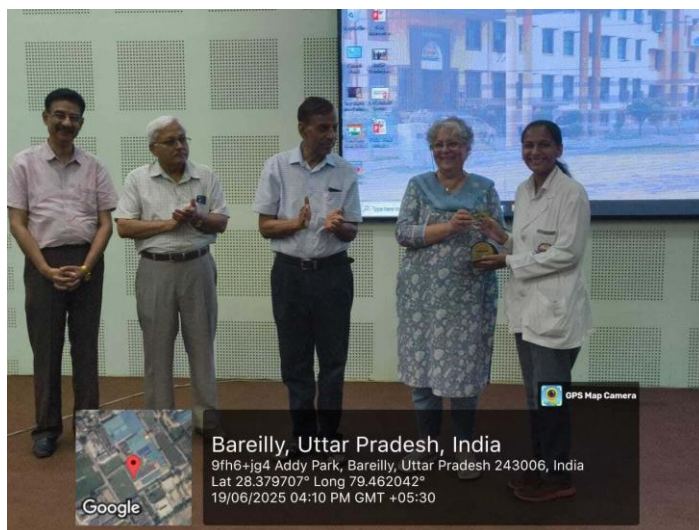


Poster Competition

Theme: “One Earth, One Health”

Topics Covered: Climate change, zoonoses, sustainability

Outcome: Promoted environmental and public health awareness

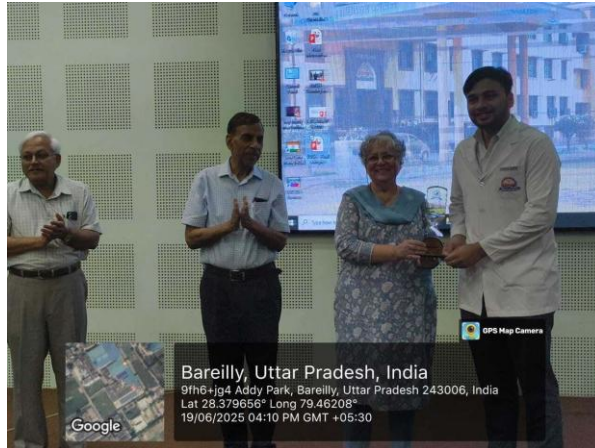


Essay Writing Competition (19th June 2025)

Theme: Socially relevant topics

Participants: Medical students

Impact: Encouraged reflection on current issues, creativity, and expression



4.



Thematic Discussion (20th June 2025)

Theme: “One Earth, One Health”

Context : Interconnection between environmental and human health Yoga’s

Role:

- Promotes sustainable living and preventive health
- Supports mental well-being and eco-consciousness

Conclusion: Holistic living through yoga improves both human and planetary health



5. Ongoing Research and Protocols

Our institute has embarked on a research project, "Benefits of Yoga," led by two postgraduate students under the guidance of our esteemed faculty member in Community Medicine. A protocol for this study has been meticulously prepared and received approval from the Institutional Ethics Committee (IEC), paving the way for a comprehensive investigation into the advantages of yoga.

Key Highlights:

1. **Research Title :** 1. Perception and utilization of adolescent health services under RMNCH + A strategy among adolescent girls attending Anganwadi Centres in Bareilly district
2. Effectiveness of a Structured Wellness Program on Stress Levels and Mental Well-being Among Medical Students: An Interventional Study
2. **Researchers :** 1. Dr. Jyoti Yadav
2. Dr. Prem Prakash Dixit
3. **IEC Approval :** Protocol approved by Institutional Ethics Committee

This research initiative underscores our institution's commitment to exploring holistic approaches to health and wellness, and we look forward to uncovering valuable insights into the benefits of yoga.

International Yoga Day Celebration (21st June 2025)

Theme: "One Earth, One Health"

"International Yoga Day was celebrated at Bareilly International University, Bareilly (U.P.) – 243006, on June 21, 2025, at Jhanda Ground. The program commenced with a yoga-themed dance performance by the students of Medical, Dental, Nursing, Pharmacy and Paramedical colleges, followed by a yoga session conducted under the supervision of Pro Chancellor, Bareilly International University, Bareilly Dr. Ashok Kumar Agarwal. The session concluded with a prayer recitation and certificate distribution."



