



# BAREILLY INTERNATIONAL UNIVERSITY

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

Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDIA

Phone: 0581-2526011-12, Fax: 0581 - 2303345

Email: info@biu.edu.in Website: www.biu.edu.in

## 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 16<sup>th</sup> 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

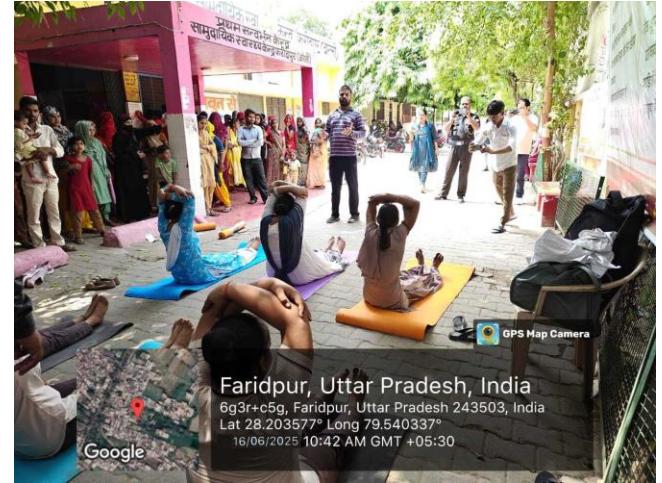
*Activities* : Yoga for holistic health, stress reduction



- **CHC, Faridpur**

**Participants:** Local staff, faculty

**Activities:** Emphasis on physical, mental, and spiritual benefits



- **SSV Inter College, Bareilly**

**Participants:** ~ 40 students, faculty

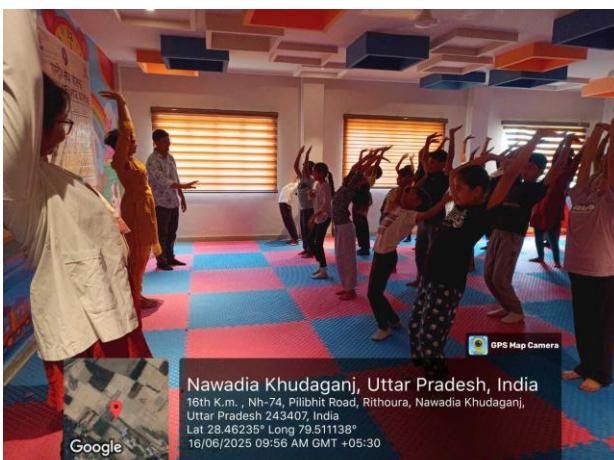
**Activities:** Improved awareness, discipline, mental clarity; collaboration between educational institutes



- **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



बरेली। नगर निगम के बोर्ड हॉल में हुए कार्यक्रम में विभिन्न शिक्षण संस्थानों में प्रतियोगिताएं कराकर छात्रों का चयन कर सम्मानित किया गया है। कार्यक्रम में पिछले 15 दिनों से स्कूलों में नगर निगम की ओर से चल रही आर्टिकल लेखन, किंवज एवं पाब्लिक स्पीकिंग प्रतियोगिताओं का आयोजन कर विद्यार्थियों का चयन किया था, उन्हें सम्मानित किया है। इस मौके पर अपर नगर आयुक्त शिव कुमार सिंह, पर्यावरण अधियंता राजीव कुमार राठी, मुख्य सफाई एवं खाद्य नियंत्रक एमपीएस राठीर मौजूद रहे। संवाद

## Essay Writing Competition (19th June 2025)

**Theme:** Socially relevant topics

**Participants:** Medical students

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



## 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



## प्रतियोगिताओं में वितरण और साक्षी ने मारी बाजी



बरेली, अमृत विचार : बरेली इंटरनेशनल यनिवर्सिटी के रोहिलखंड मेडिकल कॉलेज के सभागार में शुक्रवार को कम्युनिटी मेडिसिन विभाग ने विश्व पर्यावरण दिवस मनाया। एम्बीबीएस के छात्रों ने लेख लेखन, प्रश्नोत्तरी और सार्वजनिक भाषण आदि प्रतियोगिता में भाग लिया। इसमें वितरण स्थान त्यारी ने प्रथम, साक्षी गुप्ता ने द्वितीय और शिवम त्रिवेदी ने तृतीय स्थान प्राप्त किया। इस मौके पर मेडिकल कॉलेज के प्रधानाचार्य डा. दिविजय सिंह, नगर निगम के अधिकारी एम्पीएस राठौर, मेडिसिन विभाग की विभागाध्यक्ष डॉ. सीमा सेठ, डा. रश्मी कत्यात, जोगिंदर सिंह, मोहित शर्मा, दिनेश राधव, दिव्यांशु शुक्ला आदि मौजूद रहे। संचालन निकहत नाज और डा. दीपक उपाध्याय ने किया।

## 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 (21<sup>st</sup> 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."



