7.1.11 ***Institution celebrates / organizes national and international commemorative days, events and festivals.***

Response :

Bareilly International University (BIU), Bareilly, is deeply committed to preserving and promoting India's national identity and cultural heritage. The university believes that raising awareness among young students about the nation's glorious past is essential for fostering a sense of national pride. The leaders of India's freedom struggle played a pivotal role in building national unity and strength, leaving behind the invaluable legacy of a free and democratic nation. Their vision of "unity in diversity" continues to inspire the world.

At BIU, students are encouraged to develop a strong sense of patriotism through the celebration of national festivals such as Independence Day and Republic Day. On these significant occasions, the Tricolor is hoisted, and the National Anthem is sung, accompanied by speeches from esteemed guests and dignitaries to inspire patriotism, unity, and a sense of duty towards the nation.

In addition to national celebrations, BIU embraces the diversity of India by celebrating various religious and cultural festivals such as Diwali, Navratri, Holi, Lohri, and Karva Chauth, with enthusiasm and respect for all faiths. The university also celebrates important international days, promoting global awareness and helping students become responsible citizens of the world.

BIU takes pride in its commitment to ongoing education programs, like the popular "Sehat Ki Baat" initiative, which educates the public in the hospital reception area.

The university organizes and celebrates several national and international commemorative days and events, including:

- World Environment Day
- World Malaria Day
- World Prematurity Day
- World Human Milk Donation Day
- World Immunization Week
- International Women's Day
- World Tuberculosis Day
- World Health Day
- International Day of the Girl Child Children's Day (Bal Diwas)
- National Constitution Day
- World Physiotherapy Day – with rallies, poster presentations, and seminars
- International Nurses Day
- Eye Donation Week
- International Day of Yoga – with demonstrations and training for the community, staff, and students

- International Laboratory Professional Week Breastfeeding Week
- World Cerebral Palsy Day
- World Suicide Prevention Day – with CME programs
- World Mental Health Day – patient and caregiver recognition, CME, free camps, and undergraduate quizzes
- International Day of Persons with Disabilities
- World Oral Health Day
- World Autism Day
- World Anesthesia Day
- World Radiography Day
- Global Handwashing Day
- World Bioethics Day
- World Arthritis Day
- World Psychiatry Day
- World Sepsis Day
- International Leprosy Day
- World Blood Donor Day
- World Asthma Day
- World Schizophrenia Day
- World Breast Cancer Day
- World Sight Day
- World Heart Day
- World No Tobacco Day
- World Hospice & Palliative Care Day
- World Cancer Day
- World Thalassemia Day
- World Obesity Day
- World Teen Mental Health Day

7.1.11

CELEBRATION AND ORGANIZATION OF NATIONAL AND INTERNATIONAL COMMEMORATIVE DAYS, EVENTS, AND FESTIVALS POLICY

1. Purpose

The purpose of this policy is to promote awareness, cultural understanding, and community engagement by organizing celebrations and observances of national and international days, events, and festivals. This policy reinforces the university's commitment to fostering unity, respect for diversity, and global citizenship.

2. Scope

This policy applies to all students, faculty, staff, and visitors of Bareilly International University.

3. Objectives

- To honor and recognize the significance of national and international commemorative days.
- To foster cultural sensitivity, patriotism, and awareness of global challenges and achievements.
- To provide a platform for students and staff to engage in meaningful discussions and activities related to these observances.

4. Commemorative Days and Events

4.1 National Days and Events

- **Republic Day (January 26th):** Organize flag hoisting ceremonies, patriotic speeches, cultural programs, and discussions on the Constitution of India.
- **Independence Day (August 15th):** Celebrate with flag hoisting, parades, and cultural performances showcasing the nation's diversity and freedom struggle.
- **Gandhi Jayanti (October 2nd):** Conduct cleanliness drives, workshops on non-violence, and discussions on Mahatma Gandhi's philosophy.
- **Constitution Day (November 26th):** Host debates, quizzes, and lectures on the importance of the Constitution and democratic values.

4.2 International Days and Events

- **World Environment Day (June 5th):** Organize tree-planting drives, environmental awareness workshops, and clean-up campaigns.
- **International Women's Day (March 8th):** Host seminars on gender equity, leadership programs for women, and cultural activities celebrating achievements.
- **International Yoga Day (June 21st):** Conduct yoga sessions, wellness workshops, and awareness drives on health and mindfulness.
- **United Nations Day (October 24th):** Engage students in discussions on global peace, human rights, and sustainable development goals.

4.3 Festivals and Cultural Observances

- **Religious and Cultural Festivals:** Celebrate festivals like Diwali, Eid, Christmas, Pongal, Onam, and others to foster respect and inclusivity.

- **Regional Celebrations:** Organize events highlighting regional art, music, food, and traditions to promote cultural understanding.

5. Institutional Initiatives

- **Cultural Committees:** Form cultural and events committees to plan and execute celebrations effectively.
- **Student Involvement:** Encourage active participation of students in planning, organizing, and performing during events.
- **Educational Programs:** Pair celebrations with lectures, documentaries, exhibitions, and workshops to deepen understanding of the occasion.
- **Outreach Activities:** Include community service or outreach programs, such as charity drives or awareness campaigns, as part of key celebrations.

6. Implementation and Monitoring

- **Annual Calendar:** Prepare and circulate an annual calendar of events highlighting national and international commemorative days.
- **Coordination Teams:** Appoint faculty and student coordinators to oversee the execution of each event.
- **Feedback Mechanism:** Collect feedback from participants to improve future events.

7. Collaboration

- Partner with government organizations, NGOs, cultural bodies, and other universities to enhance the quality and impact of observances.

8. Awareness and Publicity

- Use posters, emails, social media, and the university website to promote events and encourage participation.
- Publish newsletters or reports documenting the celebrations.

9. Review and Updates

The policy will be reviewed periodically to ensure relevance and effectiveness, incorporating feedback and suggestions from the university community.

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

LIST OF NATIONAL AND INTERNATIONAL COMMEMORATIVE DAYS, EVENTS AND FESTIVALS THAT INSTITUTION ORGANIZED FOR THE YEAR 2025

SR.NO.	NAME OF THE ACTIVITY	ORGANISED BY	DATE OF THE ACTIVITY
1	National Girl Child Day	OBG+ Community Medicine	24-01-2025
2	Republic Day	Bareilly International University	26-01-2025
3	World Cancer Day	Radiation Oncology+ Community Medicine	04-02-2025
4	National Deworming Day	Pediatrics+ Community Medicine	10-02-2025
5	World Tuberculosis Day	TB & Chest+ Community Medicine	24-03-2025

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 25.01.25

Name of the Event: NATIONAL GIRL CHILD DAY,2025

Place: ROHILKHAND MEDICAL COLLEGE, BAREILLY

National Girl Child Day 2025 – Activity Report: Rohilkhand Medical College, Bareilly

On January 24, 2025, Rohilkhand Medical College (RMC) in Bareilly observed National Girl Child Day under the national theme: **"Empowering Girls for a Bright Future"**. This theme emphasizes providing equal opportunities for girls in education, healthcare, and personal growth, aiming to create a society where every girl can realize her full potential.

Key Activities at RMC:

1. **Awareness Campaigns:** RMC launched an extensive awareness campaign across the campus and surrounding communities. Posters, digital displays, and pamphlets were distributed, highlighting key facts about the importance of empowering girls, their rights, and the need for societal support. The campaign aimed to educate the public on the significance of gender equality and the role of girls in nation-building.
2. **Educational Workshops and Seminars:** The college hosted workshops and seminars featuring experts in women's rights and child development. Topics covered included the importance of educating girls, the challenges they face, and strategies to overcome gender-based discrimination. These sessions were designed to inform students, faculty, and the local community about the significance of empowering girls and the steps needed to achieve gender equality.
3. **Cultural Performances:** Students organized cultural performances, including dance, drama, and skits, showcasing themes of women empowerment and girl child rights. These performances aimed to engage the audience emotionally and raise awareness about the challenges faced by girls and the importance of supporting their rights.
4. **Community Outreach Programs:** Students and faculty members participated in outreach programs in nearby underserved areas. They provided educational materials, conducted awareness sessions, and facilitated discussions on the importance of empowering girls and ensuring their rights. This initiative aimed to extend the message of National Girl Child Day to communities that may have limited access to such information.
5. **Social Media Campaign:** RMC leveraged its social media platforms to reach a broader audience. Through posts, infographics, and videos, the college disseminated information on the importance of empowering girls, their rights, and the steps individuals can take to support gender equality. The hashtag #EmpoweringGirlsForABrightFuture trended locally, reflecting the community's engagement with the cause.

Impact and Reflection:

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

The observance of National Girl Child Day at RMC successfully mobilized the community towards collective action for empowering girls. The activities not only increased awareness but also fostered a sense of responsibility among individuals to support and uplift girls in all aspects of life. The college's commitment to this cause underscores the critical role educational institutions play in advocating for gender equality and the empowerment of girls.



Signature DEAN RMCH
DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

DATE-27 JANUARY 2025

NAME OF THE EVENT- REPUBLIC DAY- 26 JANUARY2025

PLACE-Jhanda ground, Rohillkhand medical college and hospital ,Bareilly International Universitty

DESCRIPTION- On 26 January, our institution celebrated Republic Day with great zeal and patriotic fervor. The event began with the hoisting of the national flag by the chief guest, accompanied by the singing of the national anthem, which filled everyone with a sense of pride. Students, teachers, and staff gathered to honor the day when India's Constitution came into force, marking the country's transition into a sovereign republic.

The program featured inspiring speeches by students and faculty members, highlighting the significance of the Constitution and the values of justice, liberty, equality, and fraternity. Cultural performances such as patriotic songs, dances, and dramatizations of historical events added color and meaning to the celebration. A special debate competition on the topic of "Role of Youth in Nation Building" was organized, encouraging active participation and thoughtful discussion.

The school premises were beautifully decorated with tricolor flags, balloons, and posters reflecting the spirit of the nation. Students dressed in traditional and tricolor-themed outfits, enhancing the festive atmosphere. The event concluded with the distribution of sweets and a vote of thanks to all attendees and organizers. The celebration reinforced the importance of unity, democracy, and responsibility among all participants.

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



SIGNATURE-DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 5th Feburary 2025

Name of the Event: World Cancer Day 2025

Place: Rohilkhand medical college and hospital, bareilly

Description:

On **February 4, 2025**, **Rohilkhand Medical College and Hospital (RMCH), Bareilly**, observed **World Cancer Day** under the global theme **"United by Unique"**. This theme emphasized a people-centered approach to cancer care, highlighting the importance of personalized treatment and support for individuals affected by cancer .

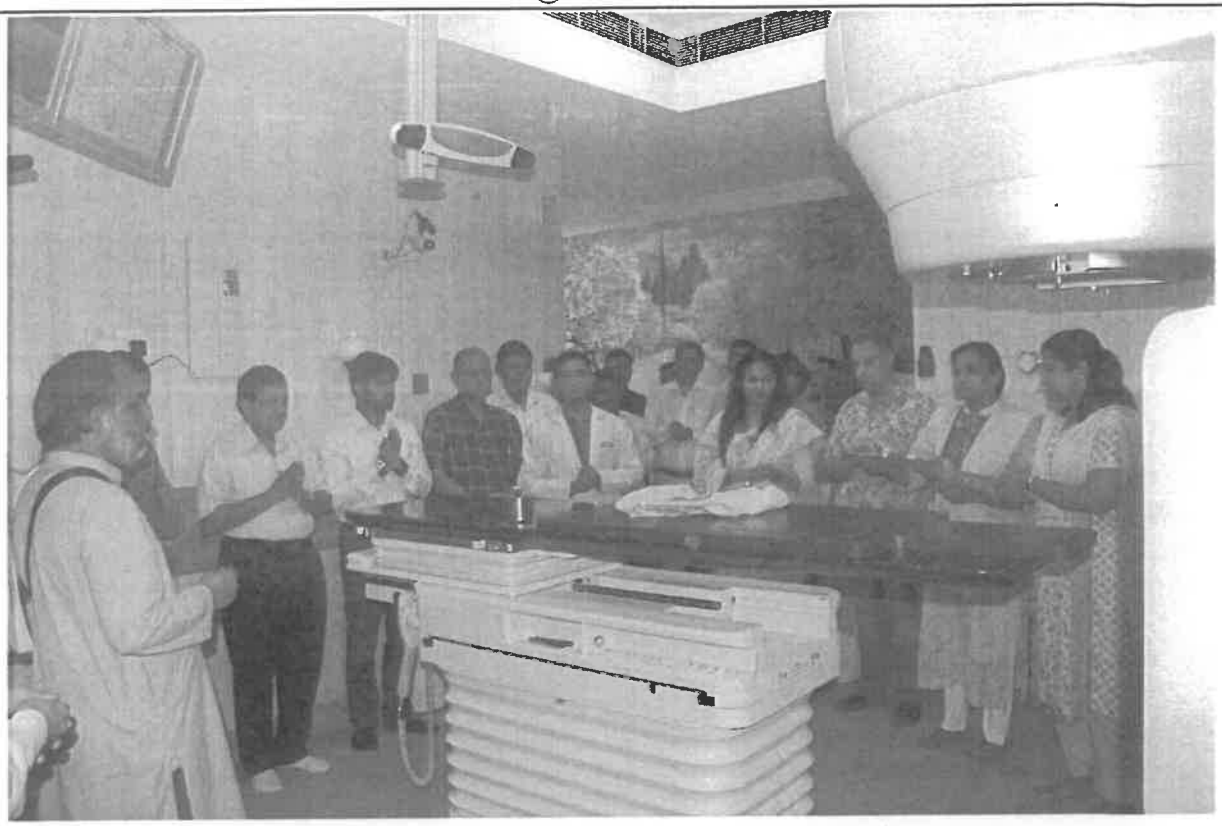
Key Activities Conducted:

1. **Awareness Campaigns:** Informational posters and digital content were displayed across the campus to educate students, faculty, and staff about cancer prevention, early detection, and the significance of personalized care.
2. **Seminars and Workshops:** Medical experts conducted sessions focusing on the latest advancements in cancer research, treatment modalities, and the importance of a holistic approach to patient care.
3. **Screening Camps:** Collaborations with local healthcare providers facilitated free cancer screening services for the community, aiming to promote early detection and reduce the stigma associated with cancer.
4. **Survivor Stories:** Cancer survivors shared their journeys, emphasizing resilience, the importance of support systems, and the need for compassionate care.

RMCH's observance of World Cancer Day 2025 underscores its commitment to advancing cancer awareness, promoting early detection, and advocating for individualized patient care, aligning with global efforts to reduce the cancer burden.

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



Signature - DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 11th Feburary 2025

Name of the Event: National Deworming Day 2025

Place: PHC Rithora, Rohilkhand medical college and hospital,bareilly

Description:

On **February 10, 2025**, **Rohilkhand Medical College and Hospital (RMCH), Bareilly**, actively participated in **National Deworming Day (NDD) with theme "ELIMINATE STH: INVEST IN A HEALTHIER FUTURE FOR CHILDREN"** , a nationwide initiative aimed at deworming children aged 1 to 19 years to combat soil-transmitted helminth infections. This initiative is crucial in India, where approximately 241 million children are at risk of parasitic worm infections, leading to malnutrition, anaemia, and impaired cognitive development.

Key Activities Conducted:

1. **Awareness Campaigns:** Educational materials, including posters and pamphlets, were distributed across the RMCH campus to inform students, staff, and visitors about the significance of deworming and maintaining proper hygiene.
2. **Community Outreach:** RMCH collaborated with local schools and Anganwadi centers to facilitate the administration of deworming tablets to children in the surrounding community, ensuring wide-reaching impact.
3. **Training Sessions:** Healthcare professionals and volunteers were trained on the proper administration of deworming tablets, emphasizing the importance of correct dosage and timing to maximize effectiveness.
4. **Monitoring and Follow-up:** A monitoring system was established to track the number of children dewormed and to identify any adverse reactions, ensuring the safety and success of the campaign.

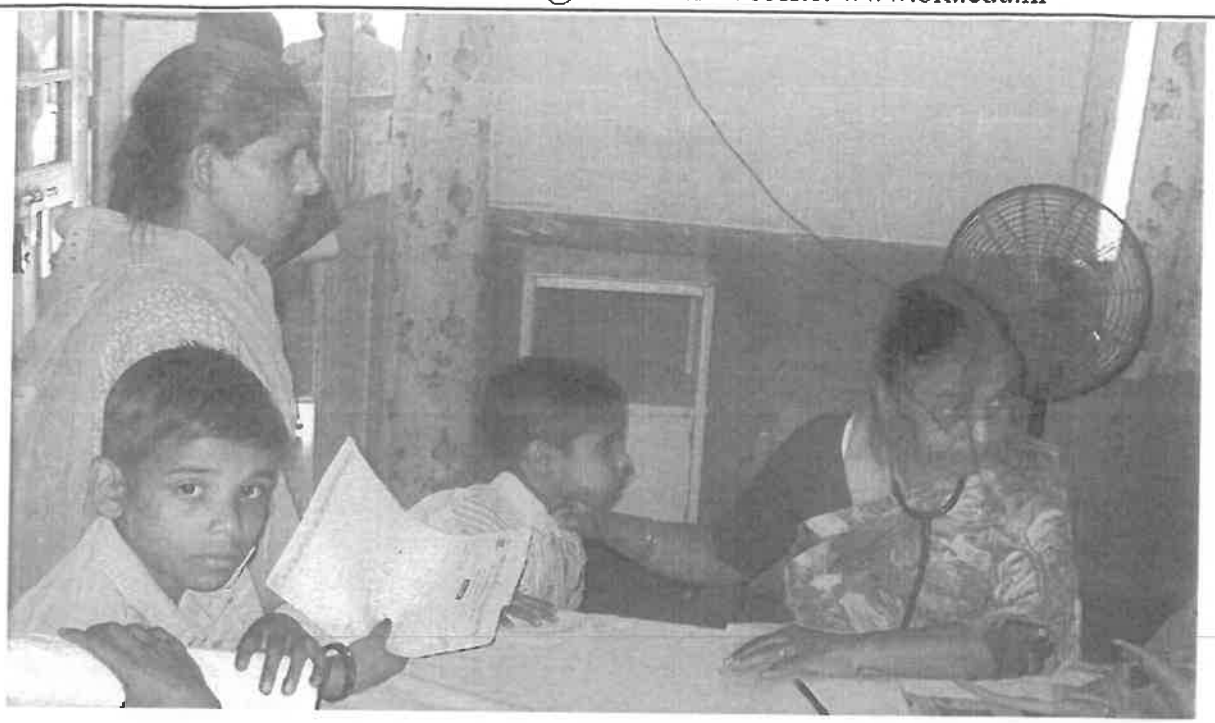
Impact and Outcomes:

- **Coverage:** A significant number of children in Bareilly district received deworming treatment, contributing to the national goal of reducing the prevalence of worm infections among children.
- **Health Improvement:** Early deworming helps in improving nutritional status, enhancing school attendance, and boosting overall health and development in children.
- **Community Engagement:** The involvement of RMCH in NDD 2025 strengthened community trust and demonstrated the institution's commitment to public health initiatives.

RMCH's participation in National Deworming Day 2025 underscores its dedication to enhancing child health and contributing to national efforts aimed at eradicating worm infections.

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



Signature-DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 25th MARCH 2025

Name of the Event: World Tuberculosis Day 2025

Place: Demo room, Rohilkhand medical college and hospital, bareilly

Description:

On **March 24, 2025, Rohilkhand Medical College and Hospital (RMCH), Bareilly,** observed **World Tuberculosis Day** under the theme **"Yes! We Can End TB: Commit, Invest, Deliver"**. This global initiative aimed to raise awareness about tuberculosis (TB), the world's deadliest infectious disease, and to advocate for increased commitment, investment, and effective delivery of TB services.

Key Activities Conducted:

- **Educational Seminars and Workshops:** Medical students, faculty, and staff participated in sessions focusing on TB prevention, early detection, and treatment strategies.
- **Awareness Campaigns:** Posters and informational materials were displayed across the campus to educate the community about TB symptoms, transmission, and the importance of timely medical intervention.
- **Community Outreach Programs:** Collaborations with local health authorities facilitated TB screening camps, providing free diagnostic services to underserved populations in Bareilly.
- **Interactive Discussions:** Panel discussions involving TB survivors, healthcare professionals, and students emphasized the significance of community involvement and adherence to treatment protocols.

RMCH's observance of World TB Day 2025 underscores its commitment to combating tuberculosis through education, community engagement, and the promotion of equitable healthcare access. The institution remains dedicated to supporting national and global efforts aimed at ending TB by 2030.

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



Signature- DEAN RMCH
DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

20

LIST OF NATIONAL AND INTERNATIONAL COMMEMORATIVE DAYS, EVENTS AND FESTIVALS THAT INSTITUTION ORGANIZED FOR THE YEAR 2024

SR.NO.	NAME OF THE ACTIVITY	ORGANISED BY	DATE OF THE ACTIVITY
1	National Girl Child Day	Community medicine+OBG	24-01-2024
2	Republic Day	Bareilly International University	26-01-2024
3	World Cancer Day	Community Medicine+Radiation Oncology	04-02-2024
4	National Deworming Day	Community Medicine+Pediatrics	10-02-2024
5	World Tuberculosis Day	Community Medicine+TB & Chest	24-03-2024
6	World Health Day	Community Medicine	07-04-2024
7	World Malaria Day	Community Medicine+General Medicine	25-04-2024
8	World Hypertension Day	Community Medicine+General Medicine	17-05-2024
9	World No Tobacco Day	Community Medicine+Psychiatry	31-05-2024
10	World Enviroment Day	Community Medicine	05-06-2024
11	World Blood Donor Day	Community Medicine+Pathology	14-05-2024
12	International Day Of Yoga	Bareilly Inetrnational University	21-06-2024
13	National Doctor's Day	Community Medicine	01-07-2024
14	World Breastfeeding Week	Community Medicine+Pediatrics	01-08-2024
15	Independence Day	Bareilly International	15-08-2024

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

SR.NO.	NAME OF THE ACTIVITY	ORGANISED BY	DATE OF THE ACTIVITY
		University	
16	National Sport's Day	Bareilly International University	29-08-2024
17	Teacher's Day	Community Medicine	05-09-2024
18	World Heart Day	Community Medicine+General Medicine	29-09-2024
19	World Mental Health Day	Community Medicine+Psychiatry	10-10-2024
20	Children's Day	Community Medicine+Pediatrics	14-11-2024
21	World Aids's Day	Community Medicine	01-12-2024

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

Date: 25.01.24

Name of the Event: NATIONAL GIRL CHILD DAY,2024

Place: ROHILKHAND MEDICAL COLLEGE, BAREILLY

National Girl Child Day 2024 – Activity Report: Rohilkhand Medical College, Bareilly

On January 24, 2024, Rohilkhand Medical College (RMC) in Bareilly observed National Girl Child Day, a significant occasion dedicated to celebrating the rights and potential of girls. This day, commemorated annually on January 24, aligns with the anniversary of the Beti Bachao Beti Padhao (BBBP) scheme launched by Prime Minister Narendra Modi in 2015, aiming to address issues like gender inequality, education limitations, and child marriage.

Key Activities at RMC

1. **Awareness Campaigns**
   RMC initiated an extensive awareness campaign across the campus and surrounding communities. Posters, digital displays, and pamphlets were distributed, highlighting key facts about the importance of empowering girls, their rights, and the need for societal support. The campaign aimed to educate the public on the significance of gender equality and the role of girls in nation-building.
2. **Educational Workshops and Seminars**
   The college hosted workshops and seminars featuring experts in women's rights and child development. Topics covered included the importance of educating girls, the challenges they face, and strategies to overcome gender-based discrimination. These sessions were designed to inform students, faculty, and the local community about the significance of empowering girls and the steps needed to achieve gender equality.
3. **Cultural Performances**
   Students organized cultural performances, including dance, drama, and skits, showcasing themes of women empowerment and girl child rights. These performances aimed to engage the audience emotionally and raise awareness about the challenges faced by girls and the importance of supporting their rights.
4. **Community Outreach Programs**
   Students and faculty members participated in outreach programs in nearby underserved areas. They provided educational materials, conducted awareness sessions, and facilitated discussions on the importance of empowering girls and ensuring their rights. This initiative aimed to extend the message of National Girl Child Day to communities that may have limited access to such information.
5. **Social Media Campaign**
   RMC leveraged its social media platforms to reach a broader audience. Through posts, infographics, and videos, the college disseminated information on the importance of empowering girls, their rights, and the steps individuals can take to support gender equality. The hashtag #EmpoweringGirlsForABrightFuture trended locally, reflecting the community's engagement with the cause.

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

Impact and Reflection

The observance of National Girl Child Day at RMC successfully mobilized the community towards collective action for empowering girls. The activities not only increased awareness but also fostered a sense of responsibility among individuals to support and uplift girls in all aspects of life. The college's commitment to this cause underscores the critical role educational institutions play in advocating for gender equality and the empowerment of girls.



Signature DEAN RMCH
DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

DATE-27 JANUARY 2024

NAME OF THE EVENT- REPUBLIC DAY- 26 JANUARY2024

PLACE-Jhanda ground, Rohillkhand medical college and hospital ,Bareilly International Universitty

DESCRIPTION- On 26 January, our institution celebrated Republic Day with great zeal and patriotic fervor. The event began with the hoisting of the national flag by the chief guest, accompanied by the singing of the national anthem, which filled everyone with a sense of pride. Students, teachers, and staff gathered to honor the day when India's Constitution came into force, marking the country's transition into a sovereign republic.

The program featured inspiring speeches by students and faculty members, highlighting the significance of the Constitution and the values of justice, liberty, equality, and fraternity. Cultural performances such as patriotic songs, dances, and dramatizations of historical events added color and meaning to the celebration. A special debate competition on the topic of "Role of Youth in Nation Building" was organized, encouraging active participation and thoughtful discussion.

The school premises were beautifully decorated with tricolor flags, balloons, and posters reflecting the spirit of the nation. Students dressed in traditional and tricolor-themed outfits, enhancing the festive atmosphere. The event concluded with the distribution of sweets and a vote of thanks to all attendees and organizers. The celebration reinforced the importance of unity, democracy, and responsibility among all participants.

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



SIGNATURE-DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 5th Feburary 2024

Name of the Event: World Cancer Day 2024

Place: Rohilkhand medical college and hospital,bareilly

Description:

On **February 4, 2024**, **Rohilkhand Medical College and Hospital (RMCH), Bareilly**, observed **World Cancer Day** under the global theme **"CLOSE THE CARE GAP"**. This theme emphasized a people-centered approach to cancer care, highlighting the importance of personalized treatment and support for individuals affected by cancer .

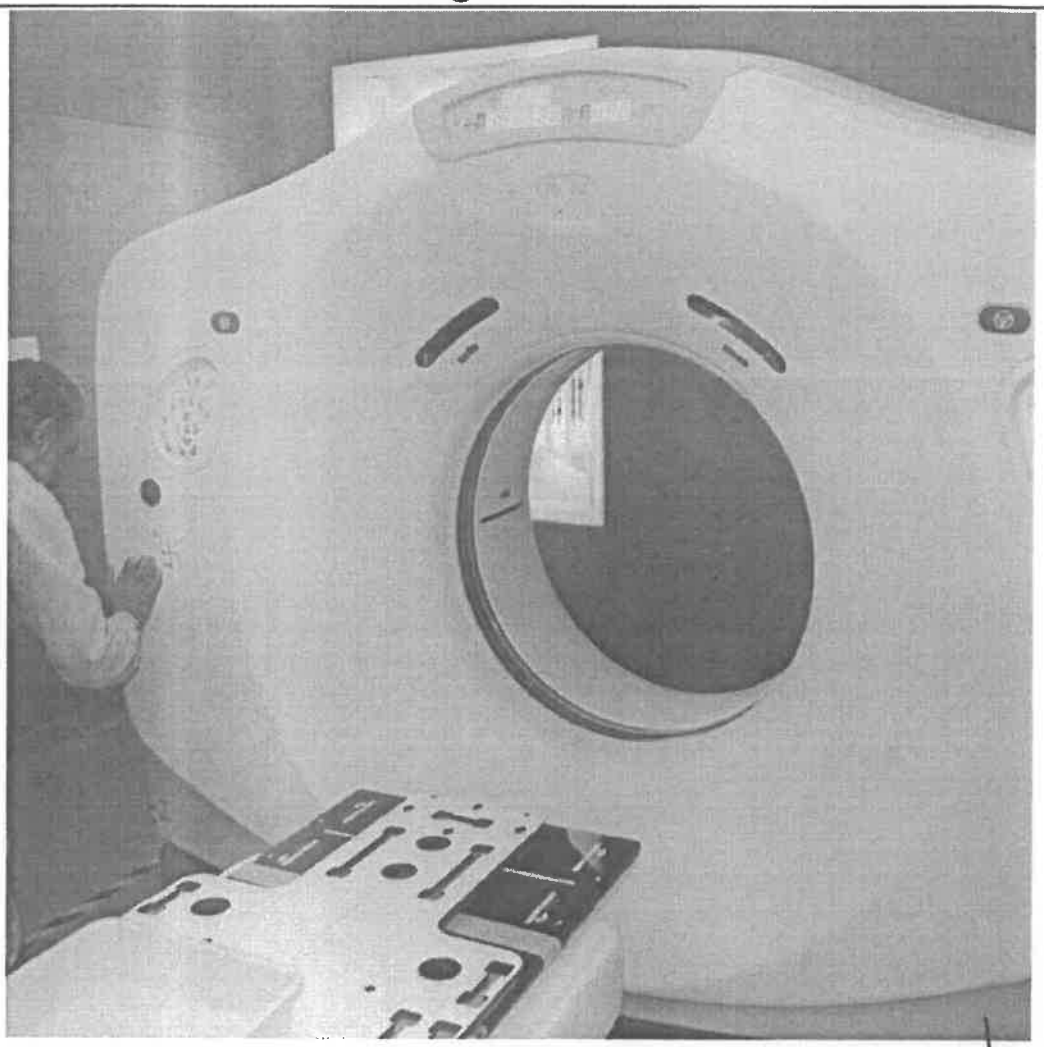
Key Activities Conducted:

1. **Awareness Campaigns:** Informational posters and digital content were displayed across the campus to educate students, faculty, and staff about cancer prevention, early detection, and the significance of personalized care.
2. **Seminars and Workshops:** Medical experts conducted sessions focusing on the latest advancements in cancer research, treatment modalities, and the importance of a holistic approach to patient care.
3. **Screening Camps:** Collaborations with local healthcare providers facilitated free cancer screening services for the community, aiming to promote early detection and reduce the stigma associated with cancer.
4. **Survivor Stories:** Cancer survivors shared their journeys, emphasizing resilience, the importance of support systems, and the need for compassionate care.

RMCH's observance of World Cancer Day 2024 underscores its commitment to advancing cancer awareness, promoting early detection, and advocating for individualized patient care, aligning with global efforts to reduce the cancer burden.

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



Signature - DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 12th Feburary 2024

Name of the Event: National Deworming Day 2024

Place: Hospital OPD,Rohilkhand medical college and hospital, bareilly

Description:Hospital OPD, Rohilkhand medical college and hospital, bareilly

On **February 10, 2024, Rohilkhand Medical College and Hospital (RMCH), Bareilly,** actively participated in **National Deworming Day (NDD) with theme "ELIMINATE STH: INVEST IN A HEALTHIER FUTURE FOR CHILDREN"** , a nationwide initiative aimed at deworming children aged 1 to 19 years to combat soil-transmitted helminth infections. This initiative is crucial in India, where approximately 241 million children are at risk of parasitic worm infections, leading to malnutrition, anaemia, and impaired cognitive development.

Key Activities Conducted:

1. **Awareness Campaigns:** Educational materials, including posters and pamphlets, were distributed across the RMCH campus to inform students, staff, and visitors about the significance of deworming and maintaining proper hygiene.
2. **Community Outreach:** RMCH collaborated with local schools and Anganwadi centers to facilitate the administration of deworming tablets to children in the surrounding community, ensuring wide-reaching impact.
3. **Training Sessions:** Healthcare professionals and volunteers were trained on the proper administration of deworming tablets, emphasizing the importance of correct dosage and timing to maximize effectiveness.
4. **Monitoring and Follow-up:** A monitoring system was established to track the number of children dewormed and to identify any adverse reactions, ensuring the safety and success of the campaign.

Impact and Outcomes:

- **Coverage:** A significant number of children in Bareilly district received deworming treatment, contributing to the national goal of reducing the prevalence of worm infections among children.
- **Health Improvement:** Early deworming helps in improving nutritional status, enhancing school attendance, and boosting overall health and development in children.
- **Community Engagement:** The involvement of RMCH in NDD 2024 strengthened community trust and demonstrated the institution's commitment to public health initiatives.

RMCH's participation in National Deworming Day 2024 underscores its dedication to enhancing child health and contributing to national efforts aimed at eradicating worm infections.

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



Signature-DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 25th MARCH 2024

Name of the Event: World Tuberculosis Day 2024

Place: Demo room , Rohilkhand medical college and hospital, bareilly

Description:

On **March 24, 2024**, **Rohilkhand Medical College and Hospital (RMCH), Bareilly,** observed **World Tuberculosis Day** under the theme **"Yes! We Can End TB:"**. This global initiative aimed to raise awareness about tuberculosis (TB), the world's deadliest infectious disease, and to advocate for increased commitment, investment, and effective delivery of TB services.

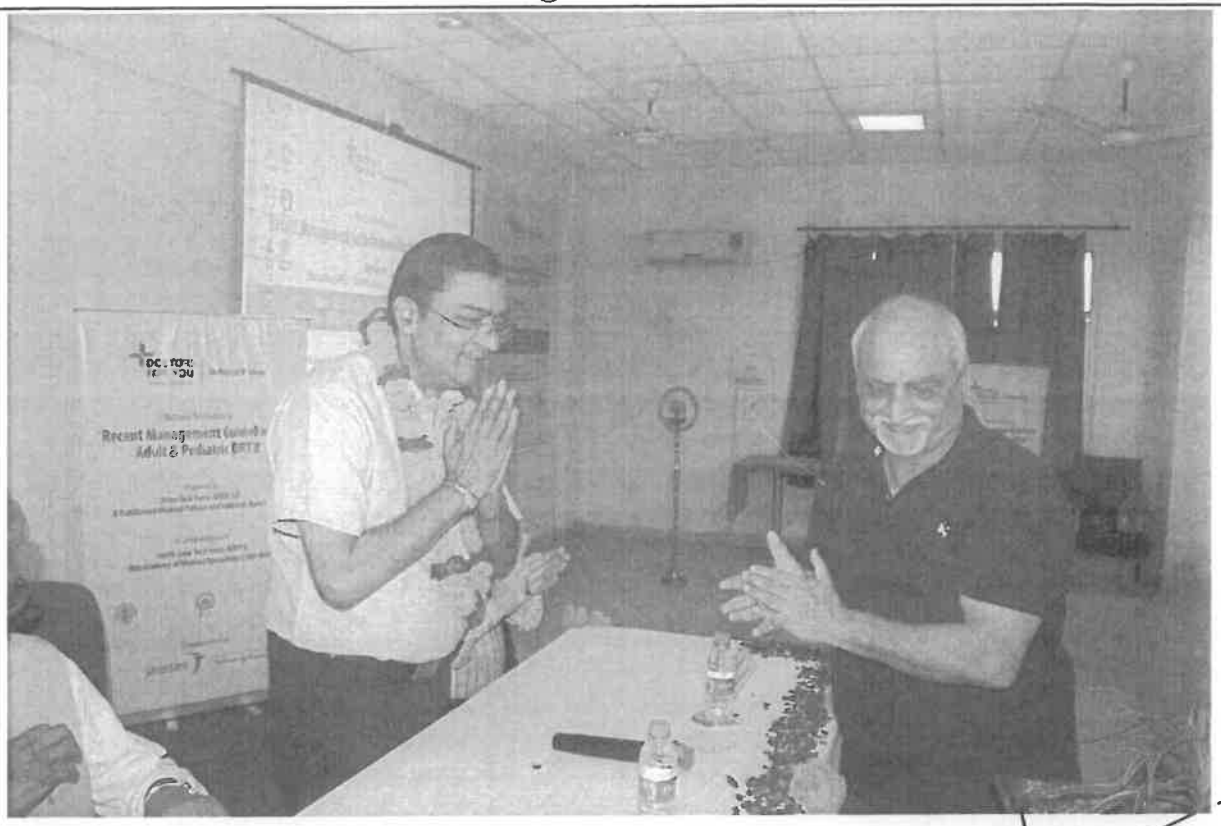
Key Activities Conducted:

- **Educational Seminars and Workshops:** Medical students, faculty, and staff participated in sessions focusing on TB prevention, early detection, and treatment strategies.
- **Awareness Campaigns:** Posters and informational materials were displayed across the campus to educate the community about TB symptoms, transmission, and the importance of timely medical intervention.
- **Community Outreach Programs:** Collaborations with local health authorities facilitated TB screening camps, providing free diagnostic services to underserved populations in Bareilly.
- **Interactive Discussions:** Panel discussions involving TB survivors, healthcare professionals, and students emphasized the significance of community involvement and adherence to treatment protocols.

RMCH's observance of World TB Day 2024 underscores its commitment to combating tuberculosis through education, community engagement, and the promotion of equitable healthcare access. The institution remains dedicated to supporting national and global efforts aimed at ending TB by 2030.

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



Signature- DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 8TH APRIL, 2024

Name of the Event: WORLD HEALTH DAY, 2024

Place: PHC, Rohilkhand medical college and hospital, Bareilly

Description:

On **April 7, 2024**, **Rohilkhand Medical College and Hospital (RMCH), Bareilly**, observed **World Health Day** under the theme **"My Health, My Right"**. This theme emphasized the fundamental human right of every individual to access quality health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination .

Key Activities Conducted:

1. **Awareness Campaigns:** Informational posters and digital content were displayed across the RMCH campus to educate students, staff, and visitors about the significance of health as a human right and the importance of equitable access to healthcare services.
2. **Seminars and Workshops:** Medical experts conducted sessions focusing on various health issues, including mental health, maternal and child care, non-communicable diseases, and the impact of environmental factors on health. These sessions aimed to raise awareness and promote healthy lifestyles among the community.
3. **Community Outreach Programs:** Collaborations with local healthcare providers facilitated free health check-up camps for the surrounding community, offering services such as blood pressure monitoring, blood sugar testing, and general health assessments.
4. **Interactive Discussions:** Panel discussions involving healthcare professionals, students, and community members were organized to address the challenges and solutions related to achieving universal health coverage and promoting health equity.

Impact and Outcomes:

- **Increased Awareness:** The activities conducted led to a heightened awareness among the RMCH community and the local population regarding the importance of health as a human right and the need for accessible healthcare services.
- **Community Engagement:** The outreach programs facilitated direct engagement with the community, providing essential health services and information to underserved populations.
- **Advocacy for Health Equity:** The discussions and workshops underscored the need for policies and actions that ensure equitable access to healthcare services for all individuals, regardless of their socio-economic status.

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

RMCH's observance of World Health Day 2024 underscores its commitment to promoting health as a fundamental human right and contributing to global efforts aimed at achieving universal health coverage and health equity.



Signature - DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 26TH APRIL , 2024

Name of the Event: WORLD MALARIA DAY, 2024

Place: PHC Rithora, Rohilkhand medical college and hospital,Bareilly

Description:

Date: 25th April 2024
Theme: "Accelerating the Fight Against Malaria for a Healthier Future"

Rohilkhand Medical College & Hospital (RMCH), Bareilly, observed *World Malaria Day 2024* with various informative and community outreach activities aimed at spreading awareness about malaria prevention and control. The event was conducted under the guidance of the Department of Community Medicine in collaboration with other departments and student bodies.

Key Activities Conducted:

1. Awareness Rally:
A malaria awareness rally was organized early in the morning, starting from the college campus and covering nearby community areas. MBBS and nursing students actively participated, holding placards with slogans and messages on malaria prevention and control. The rally helped engage the local public and spread vital information on avoiding mosquito breeding.

2. Seminar and Expert Talks:
A seminar was held in the college auditorium, where faculty members from the Departments of Medicine, Microbiology, and Community Medicine gave presentations on the epidemiology of malaria, diagnosis and treatment protocols, and recent updates in malaria eradication strategies.

3. Poster Presentation:
Students prepared informative posters on the malaria parasite life cycle, symptoms, preventive strategies, and vector control methods. These were displayed across the campus and evaluated by a faculty panel.

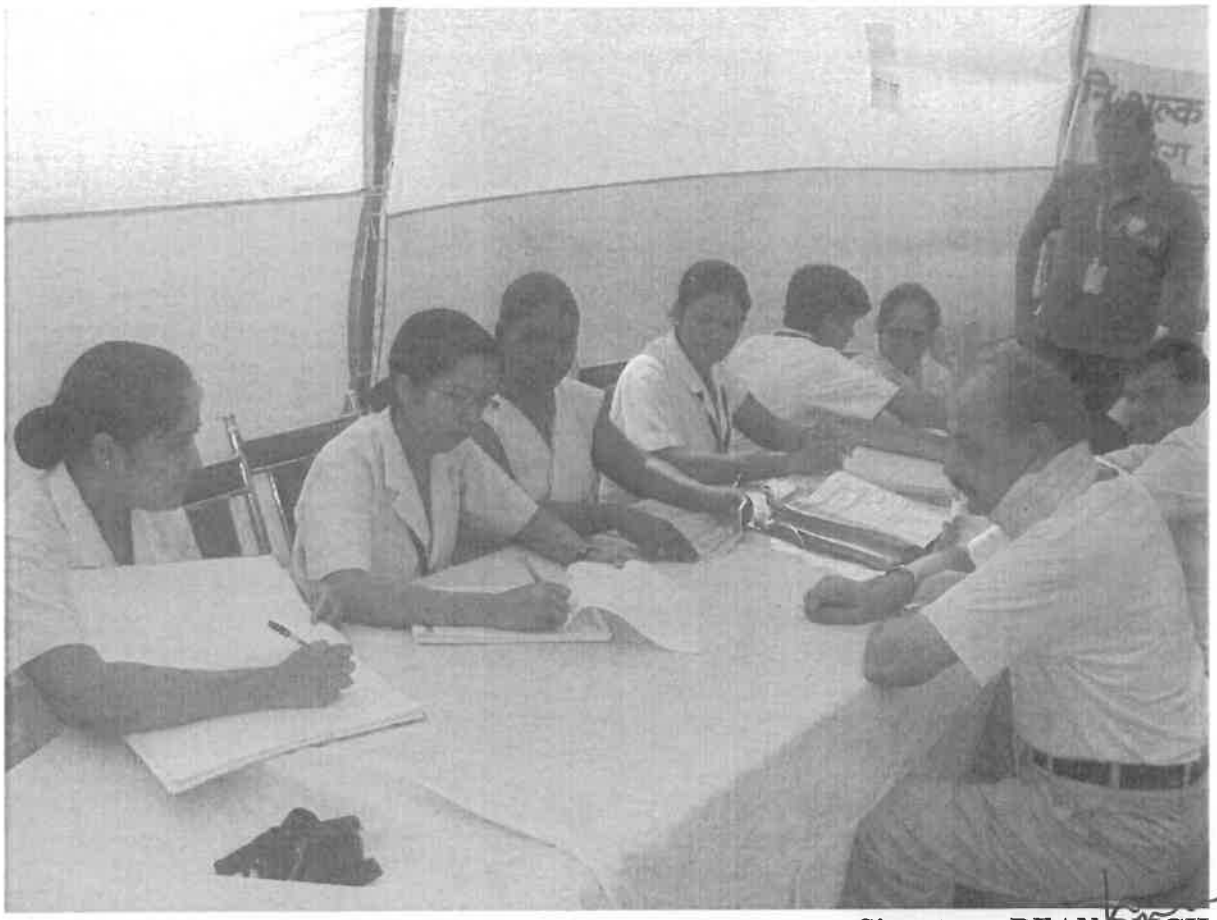
4. OPD-Based Health Education:
An awareness session was conducted in the hospital's OPD area for patients and visitors. Interns and doctors explained how to prevent mosquito breeding at home, the importance of using mosquito nets, and recognizing early symptoms. Pamphlets in local languages were distributed.

5. Distribution of Mosquito Nets and Repellents:
As part of outreach, mosquito nets and repellents were distributed to patients from vulnerable and low-income groups.

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

The event successfully promoted community engagement and reinforced the college's commitment to malaria prevention and public health.



Signature- DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 18th May 2024

Name of the Event: World Hypertension Day 2024

Place:

Description:

On May 17, 2024, Rohilkhand Medical College (RMC) in Bareilly, Uttar Pradesh, commemorated World Hypertension Day with a series of impactful activities aimed at raising public awareness about hypertension and promoting healthier lifestyles.

Theme and Objective

The 2024 theme, "Measure Your Blood Pressure Accurately, Control It, Live Longer," underscored the importance of precise blood pressure measurement and effective management to enhance longevity and health.

Key Activities

1. Community Outreach and Blood Pressure Screening

RMC organized free blood pressure screening camps in various localities, including markets and residential areas, to facilitate easy access for the public. These camps were staffed by medical students and faculty, offering on-the-spot blood pressure checks and personalized health consultations. This initiative aimed to identify undiagnosed cases of hypertension and provide immediate guidance on management.

2. Educational Workshops and Seminars

The college hosted workshops and seminars focusing on the causes, risks, and prevention of hypertension. These sessions were conducted by experts in the field and were designed to educate attendees about lifestyle modifications, such as dietary changes, regular physical activity, and stress management techniques, to control blood pressure.

3. Public Awareness Campaigns

To reach a broader audience, RMC launched a public awareness campaign utilizing posters, pamphlets, and social media platforms. The campaign emphasized the significance of regular blood pressure monitoring and the adoption of healthy habits to prevent hypertension.

4. Interactive Sessions with Medical Students

Medical students actively participated in the events, engaging with the community through interactive sessions. They demonstrated proper techniques for measuring blood pressure and discussed the importance of routine health check-ups. This hands-on approach helped

demystify medical procedures and encouraged proactive health management among the public.

Impact and Significance

RMC's observance of World Hypertension Day 2024 successfully contributed to raising awareness about hypertension in the Bareilly community. The activities not only provided valuable health services but also empowered individuals with knowledge and tools to manage their health effectively. By fostering a collaborative environment between medical professionals and the community, RMC played a pivotal role in promoting cardiovascular health and preventing hypertension-related complications.

Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

Date – 15 June 2024

NAME OF THE EVENT – WORLD TOBACCO DAY 2024

PLACE – Seminar Room, Rohilkhand Medical College and Hospital, Bareilly International University

DESCRIPTION –World No Tobacco Day was observed with a strong message to raise awareness about the harmful effects of tobacco use and to encourage a healthier, tobacco-free lifestyle. The event was organized by the Department of Community Medicine in collaboration with student volunteers and faculty members.

The program commenced with a rally led by students holding banners and placards displaying anti-tobacco slogans. The rally covered key areas of the campus, promoting the theme of the year and engaging onlookers with informational pamphlets.

Following the rally, an informative session was held where guest speakers, including public health experts and doctors, addressed the audience about the long-term impact of tobacco on individual health and public well-being. They also discussed strategies for cessation and the role of youth in creating a tobacco-free society.

Creative performances such as skits, poetry recitations, and mime acts highlighted the dangers of tobacco addiction and conveyed the message in an impactful way. An interactive quiz and poster-making competition were also conducted to engage students and spread awareness in a fun and educational manner.

Educational pamphlets were distributed, and a special session on tobacco cessation methods was conducted by the Department of Psychiatry. The event concluded with a pledge ceremony, where all attendees vowed to support a tobacco-free lifestyle and encourage others to do the same.

The venue was decorated with artwork and posters created by students, reinforcing the theme of the day. The event concluded with the distribution of certificates and a thank-you note to all participants and organizers, leaving everyone inspired to advocate for a healthier, smoke-free future.

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



Signature

Dean / Principal
Rohilkhand Medical College & Hospital
Bareilly

Dean ,Rohilkhand Medical College and Hospital

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

ACTIVITY REPORT

Date – 6 June 2024

NAME OF THE EVENT – WORLD ENVIRONMENT DAY

PLACE – Jhanda Ground, Rohilkhand Medical College and Hospital, Bareilly International University

DESCRIPTION –

On 5 June, our institution celebrated **World Environment Day** with great enthusiasm and commitment towards promoting environmental awareness. The event commenced with a tree plantation drive led by the chief guest, followed by a collective pledge to protect and preserve our environment.

Students, faculty, and staff participated actively in a variety of activities aimed at emphasizing the importance of sustainability and ecological responsibility. The program included thought-provoking speeches, thematic poster-making, and eco-friendly model exhibitions by students, all revolving around this year's theme, **"Our Land. Our Future."**

Cultural performances like skits and songs focusing on environmental issues captured the urgency of climate action and the role individuals can play. A special seminar on **"Green Practices for a Better Tomorrow"** was held, featuring presentations by faculty and student representatives.

The campus was adorned with green decorations, banners, and recycled art installations, creating an atmosphere of environmental consciousness. The event concluded with the distribution of saplings to attendees and a vote of thanks, leaving everyone inspired to adopt greener habits in their daily lives.

Students, faculty, and staff came together to participate in a range of activities including poster-making, slogan writing, and an awareness rally around the campus.A seminar was also held, where speakers highlighted key environmental challenges such as climate change, plastic pollution, and biodiversity loss, and proposed practical solutions.

The celebration reinforced our shared responsibility to care for nature and foster a healthier planet for future generations.

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



Signature

Dean , Rohilkhand Medical College and Hospital

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 15th June 2024

Name of the Event: World Blood Donor Day Day 2024

Place: Blood Bank Rohillkhand Medical College and Hospital Bareilly International University

Description:

On June 14, 2024, Rohilkhand Medical College (RMC) in Bareilly, Uttar Pradesh, observed World Blood Donor Day with a series of impactful activities aimed at promoting voluntary blood donation and acknowledging the contributions of blood donors.

Theme and Objectives

The 2024 theme, "20 Years of Celebrating Giving: Thank You Blood Donors!" marked the 20th anniversary of World Blood Donor Day. The objectives were to recognize voluntary blood donors, showcase achievements and challenges of national blood programs, and promote a culture of regular blood donation among the public

1Key Activities

1. Blood Donation Camp

RMC organized a blood donation camp on its campus, collaborating with local blood banks and health organizations. The camp was equipped with medical professionals to ensure safe and efficient blood collection. Students, faculty, and staff participated enthusiastically, contributing to a significant collection of blood units.

2. Awareness Campaigns

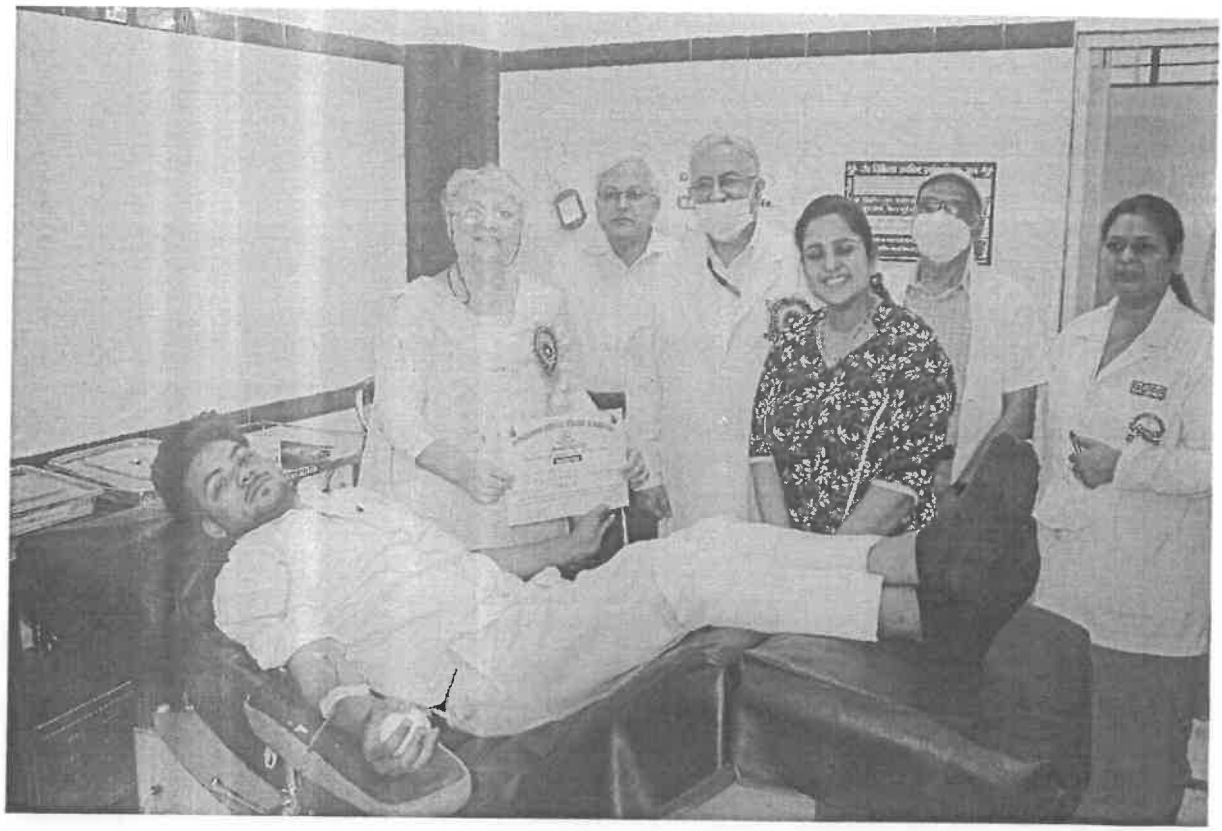
To educate the community about the importance of blood donation, RMC launched awareness campaigns through posters, digital media, and pamphlets. These materials highlighted the benefits of blood donation, eligibility criteria, and safety measures, aiming to dispel myths and encourage more individuals to donate.

3. Interactive Sessions and Seminars

The college hosted seminars and interactive sessions led by medical experts. Topics covered included the science of blood donation, its impact on health, and the significance of regular donations. These sessions were designed to engage students and the local community, fostering a deeper understanding of the cause.

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



4. Recognition of Donors

In line with the theme, RMC recognized and honored regular blood donors for their selfless contributions. Certificates and tokens of appreciation were presented to acknowledge their commitment to saving lives.

Impact and Significance

RMC's observance of World Blood Donor Day 2024 successfully raised awareness about the critical need for blood donations. The activities not only facilitated the collection of blood but also educated the community on the importance of regular donations. By fostering a culture of voluntary blood donation, RMC contributed to ensuring a safe and sufficient blood supply for those in need

Signature DEAN RMCH
DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 22th June 2024

Name of the Event: INTERNATIONAL DAY OF YOGA 2024

Place: JHANDA GROUND, RMCH

Description:

On June 21, 2024, Rohilkhand Medical College (RMC) in Bareilly, Uttar Pradesh, observed the 10th International Day of Yoga with a series of activities aimed at promoting physical and mental well-being among students, faculty, and staff.

Theme:
The global theme for 2024 was **"Yoga for Self and Society,"** highlighting yoga's role in enhancing individual health and fostering societal harmony.

Key Activities at RMC:

1. **Mass Yoga Session:**
   A large-scale yoga session was organized on the college grounds, where participants engaged in the Common Yoga Protocol. This session included practices such as Surya Namaskar, Pranayama, and various asanas, aimed at promoting physical fitness and mental clarity.
2. **Workshops and Seminars:**
   Experts conducted workshops and seminars focusing on the benefits of yoga in daily life. Topics covered included stress management, enhancing concentration, and the importance of regular yoga practice for overall health.
3. **Interactive Sessions:**
   Interactive sessions were held where participants could ask questions and discuss the various aspects of yoga, including its history, philosophy, and practical applications.
4. **Demonstrations:**
   Experienced yoga instructors demonstrated advanced asanas and techniques, providing insights into the depth and diversity of yoga practices.
5. **Awareness Campaigns:**
   The college launched awareness campaigns through posters, digital media, and pamphlets to educate the community about the importance of integrating yoga into daily routines.

Impact:
The activities successfully engaged the RMC community, fostering a deeper understanding of yoga's benefits. Participants reported improved physical health, reduced stress levels, and a greater sense of community. The event underscored the importance of yoga in promoting holistic well-being and its potential to contribute to a healthier society

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



Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 02.07.24

Name of the Event: NATIONAL DOCTOR'S DAY

Place: AUDITORIUM, RMCH, BAREILLY

National Doctor's Day 2024 – Activity Report: Rohilkhand Medical College, Bareilly

On July 1, 2024, Rohilkhand Medical College (RMC) in Bareilly commemorated National Doctor's Day with a series of events aimed at honoring the contributions of medical professionals. The theme for this year was **"Healing Hands, Caring Hearts"**, emphasizing the compassion and dedication of doctors in providing healthcare.

Key Activities at RMC:

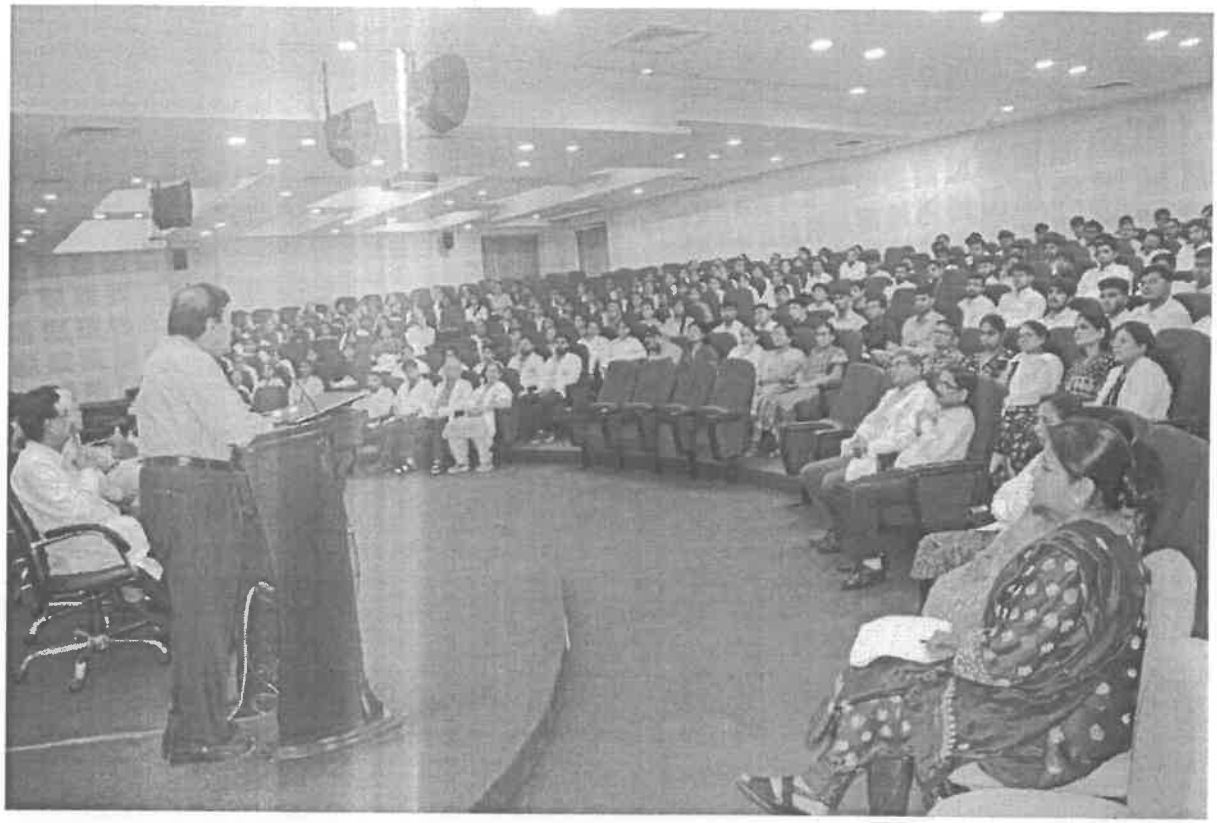
1. **Felicitation Ceremony:**
   A formal ceremony was held to honor senior faculty members and doctors for their exemplary service and dedication to patient care. Certificates of appreciation were presented to recognize their contributions to the medical field.
2. **Interactive Sessions and Workshops:**
   Workshops focusing on stress management, work-life balance, and coping mechanisms for healthcare professionals were conducted. These sessions aimed to provide doctors with tools to manage the challenges of their profession effectively.
3. **Awareness Campaigns:**
   The college organized campaigns to raise awareness about the importance of healthcare professionals in society. Posters and digital media were utilized to highlight the significance of the medical profession and encourage respect and appreciation for doctors.
4. **Community Engagement:**
   Students and faculty participated in community outreach programs, offering free health check-ups and consultations to the underprivileged sections of Bareilly. This initiative aimed to extend healthcare services to those in need and reinforce the role of doctors in community well-being.
5. **Social Media Campaign:**
   A social media campaign was launched with the hashtag #HealingHandsCaringHearts, encouraging people to share stories and messages of gratitude towards doctors. The campaign received widespread participation, reflecting the community's appreciation for healthcare professionals.

Impact and Reflection:

The observance of National Doctor's Day at RMC fostered a sense of pride and gratitude among the medical community. It highlighted the importance of compassion and dedication in the medical profession. The activities not only honored the contributions of doctors but also provided them with support and recognition, reinforcing the values of empathy and service in healthcare.

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



Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 08.08.24

Name of the Event: WORLD BREASTFEEDING WEEK ,2024

Place: Hospital OPD, Rohilkhand medical college and hospital, Bareilly

Description:

Rohilkhand Medical College (RMC) in Bareilly observed World Breastfeeding Week from August 1–7, 2024, aligning with the global theme: **"Closing the Gap: Breastfeeding Support for All"** . This initiative aimed to raise awareness about the importance of breastfeeding and to promote universal access to breastfeeding support.

Key Activities at RMC:Educational Workshops and Seminars: RMC organized a series of workshops and seminars led by pediatricians and lactation consultants. These sessions focused on educating healthcare professionals, students, and the community about the benefits of breastfeeding, proper techniques, and the importance of early initiation.

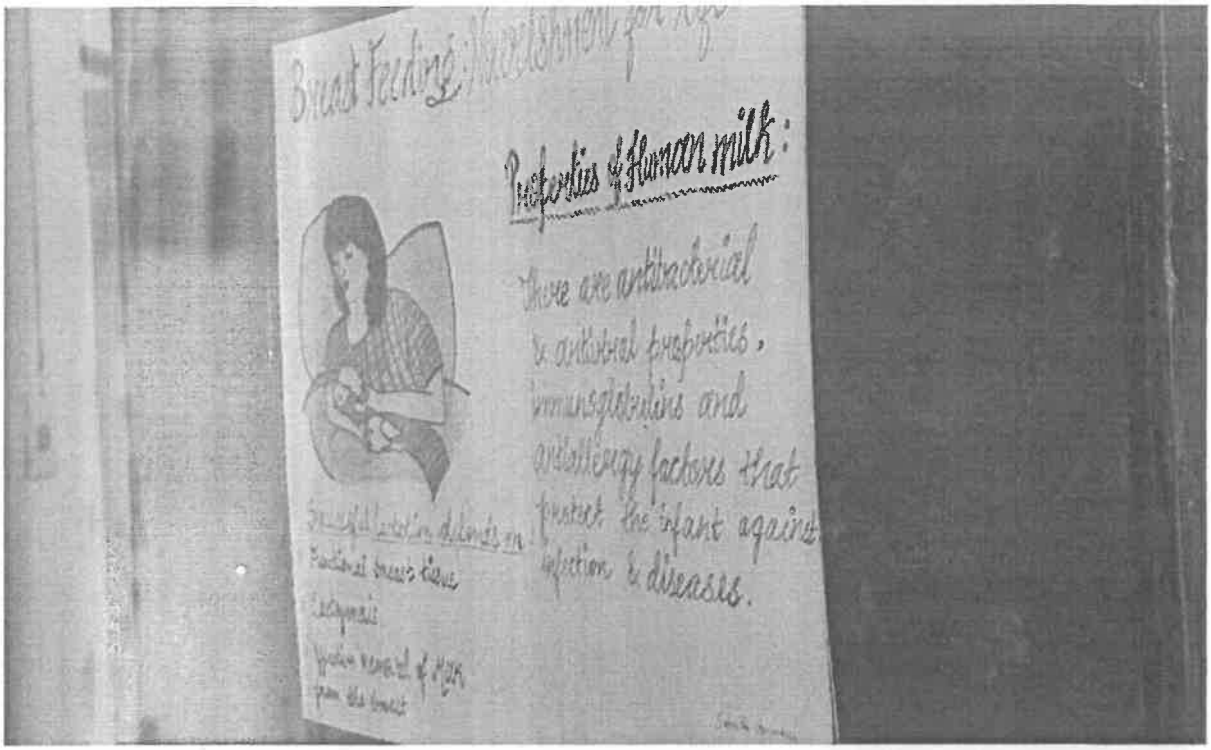
1. **Awareness Campaigns:** The college launched awareness campaigns through posters, digital media, and pamphlets to educate the community about the importance of integrating breastfeeding into daily routines. These materials highlighted the nutritional and emotional benefits of breastfeeding for both infants and mothers.
2. **Interactive Sessions:** Interactive sessions were held where participants could ask questions and discuss various aspects of breastfeeding, including addressing common myths and misconceptions. These sessions provided a platform for open dialogue and shared experiences.
3. **Demonstrations:** Experienced lactation consultants conducted live demonstrations on proper breastfeeding techniques, emphasizing the importance of positioning and latch to prevent common issues such as nipple pain and inadequate milk intake.
4. **Support for Working Mothers:** Recognizing the challenges faced by working mothers, RMC facilitated discussions on creating supportive environments for breastfeeding in workplaces. This included advocating for maternity leave policies and the establishment of lactation rooms in work settings.

Impact:

The activities successfully engaged the RMC community, fostering a deeper understanding of breastfeeding's benefits. Participants reported increased confidence in breastfeeding practices and a greater sense of community support. The event underscored the importance of breastfeeding in promoting holistic well-being and its potential to contribute to a healthier society.

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



Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

DATE-16 August 24

NAME OF THE EVENT- 15 AUGUST 2024

PLACE-Jhanda ground, Rohillkhand medical college and hospital ,Bareilly International Universitty

DESCRIPTION-On 15 August, our institution celebrated Independence Day with immense pride and enthusiasm. The event commenced early in the morning with the flag hoisting ceremony, conducted by the chief guest, followed by the national anthem sung by all participants with great patriotism. Students and staff gathered to honor the sacrifices made by countless freedom fighters who fought for India's independence.

The program included a series of speeches that reflected on the significance of the day and the responsibilities of being a citizen of a free nation. Cultural activities such as patriotic songs, group dances, and short skits based on the freedom movement were performed by students, creating a vibrant and emotional atmosphere. A special highlight was a quiz competition focusing on India's history and freedom struggle, which engaged the audience actively.

The entire area was beautifully decorated with flags, flowers, and banners to create a festive and respectful environment. Teachers and students wore traditional attire, adding color and tradition to the occasion. The celebration concluded with the distribution of sweets and a heartfelt vote of thanks to all who contributed to making the event successful. The day left everyone with a renewed sense of patriotism and unity.

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



SIGNATURE-DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

DATE-30 August 24

NAME OF THE EVENT- NATIONAL SPORTS DAY

PLACE-Jhanda ground, Rohillkhand medical college and hospital ,Bareilly International Universitty

DESCRIPTION- Introduction:

National Sports Day is celebrated every year on 29th August to honor the birth anniversary of Major Dhyan Chand, one of India's greatest sports legends. Rohilkhand Medical College and Hospital proudly organized various events to promote the importance of sports, fitness, and a healthy lifestyle among students and staff.

Objectives:

To commemorate Major Dhyan Chand's contributions to Indian sports.

To encourage students to adopt sports and fitness activities in their daily lives.

To foster teamwork, leadership, and perseverance through sportsmanship.

Activities Conducted:

1. Inaugural Ceremony:

Chief Guest: Dr. Digvijay singh, Principal, RMCH.

Welcome address by the Dean.

Oath-taking ceremony promoting fair play and integrity in sports.

2. Sports Competitions:

Cricket Tournament: Inter-batch competition.

Football Match: MBBS (Junior Years) vs MBBS (Senior Years).

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

Athletic Events:

100m, 200m, and 400m races.

Long jump and Shot put.

Kho Kho

Indoor Games:

Chess, Carrom, and Table Tennis championships.

Badminton Matches: Mixed doubles, boys' singles, and girls' singles.

3. Special Activities:

Yoga Session: Early morning yoga session promoting fitness and mental health.

Fitness Bootcamp: Fun physical challenges including planks, squats, and rope skipping.

4. Fun Games:

Tug of War (Boys and Girls separate events).

Sack Race and Lemon-Spoon Race for informal participation.

Awareness Program:

Motivational talk on "The Role of Sports in Building a Healthy Nation" by a guest speaker from the Sports Authority of India.

Participation:

Approximately 400 students and faculty members participated enthusiastically.

Active involvement from MBBS, Nursing, Paramedical, and Postgraduate departments.

Highlights:

Faculty Cricket Team showcased great sportsmanship in a friendly match against students.

BAREILLY INTERNATIONAL UNIVERSITY

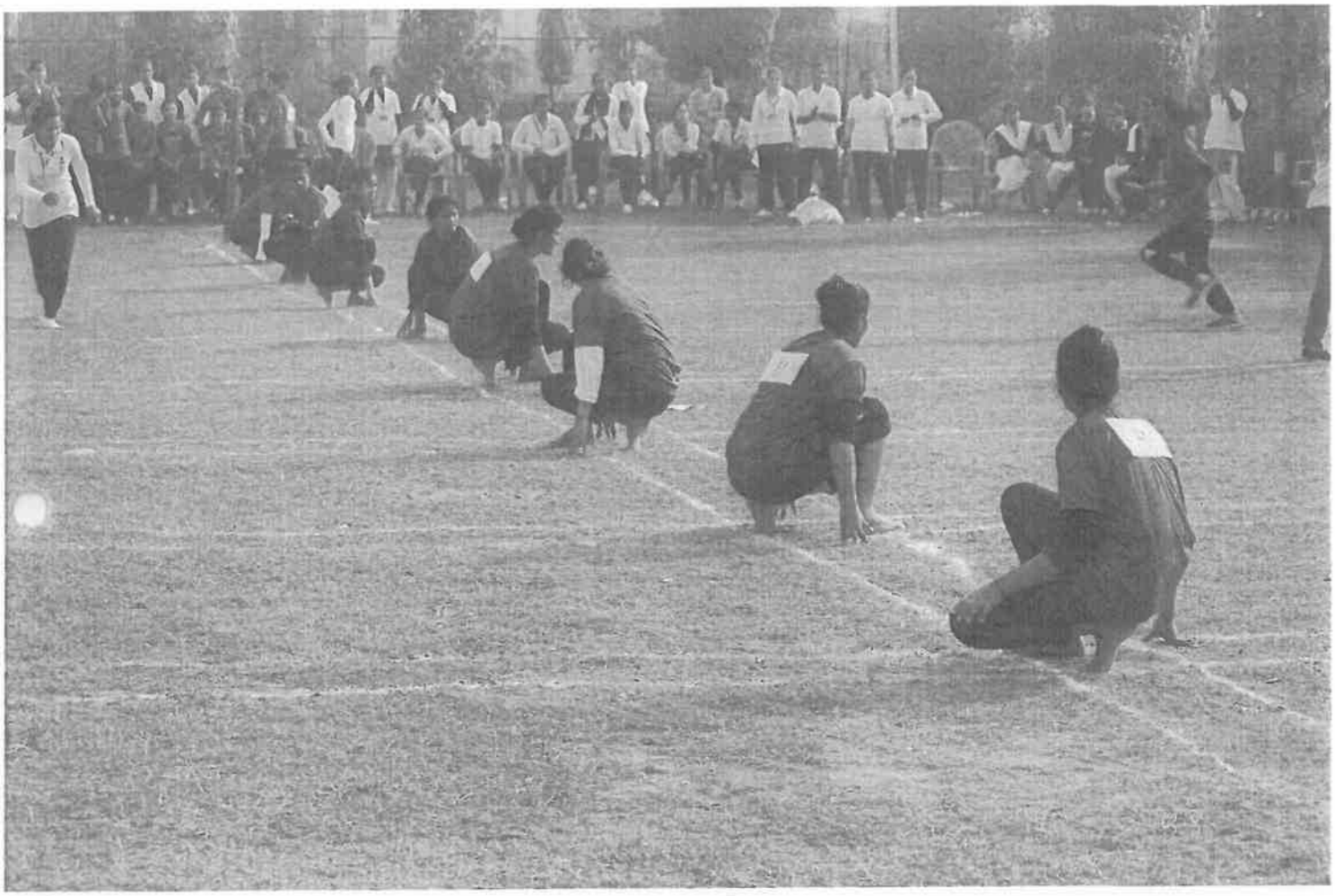
(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDIA
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

Special yoga session witnessed participation from students across all years.

Prize Distribution:

Medals, trophies, and certificates were awarded to winners and runners-up.

Special awards were given for "Best Athlete (Male and Female)," "Best Team Spirit," and "Sportsmanship Award."



SIGNATURE-DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hosp.
BAREILLY

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

[Type here]

ACTIVITY REPORT

Date – 6 September 2024

NAME OF THE EVENT – TEACHER'S DAY CELEBRATION 2024

PLACE – Demo Room , Rohilkhand Medical College and Hospital, Bareilly International University

DESCRIPTION –

Teacher's Day was celebrated with great enthusiasm to honor and appreciate the dedication, wisdom, and contributions of teachers in shaping future generations. The event was organized by the Department of Community Medicine in collaboration with student volunteers and faculty members.

The celebration began with a welcome rally by students, holding placards and banners with messages of gratitude and appreciation for their mentors. The rally passed through the campus, spreading cheer and recognition for the pivotal role teachers play in education and society.

This was followed by a formal session where students and faculty members delivered speeches and shared heartfelt stories highlighting the impact of teachers on their personal and academic journeys. A few senior faculty members were invited as guest speakers to share their experiences and wisdom with the audience.

The event featured a variety of cultural performances including skits, poems, songs, and dances prepared by students to express their admiration for their teachers. Interactive games and a fun quiz were also conducted to foster student-teacher engagement in a lively and respectful manner.

Students presented handmade cards and mementos to their teachers as a token of appreciation. The venue was beautifully decorated with student artwork, posters, and messages honoring teachers.

BAREILLY INTERNATIONAL UNIVERSITY

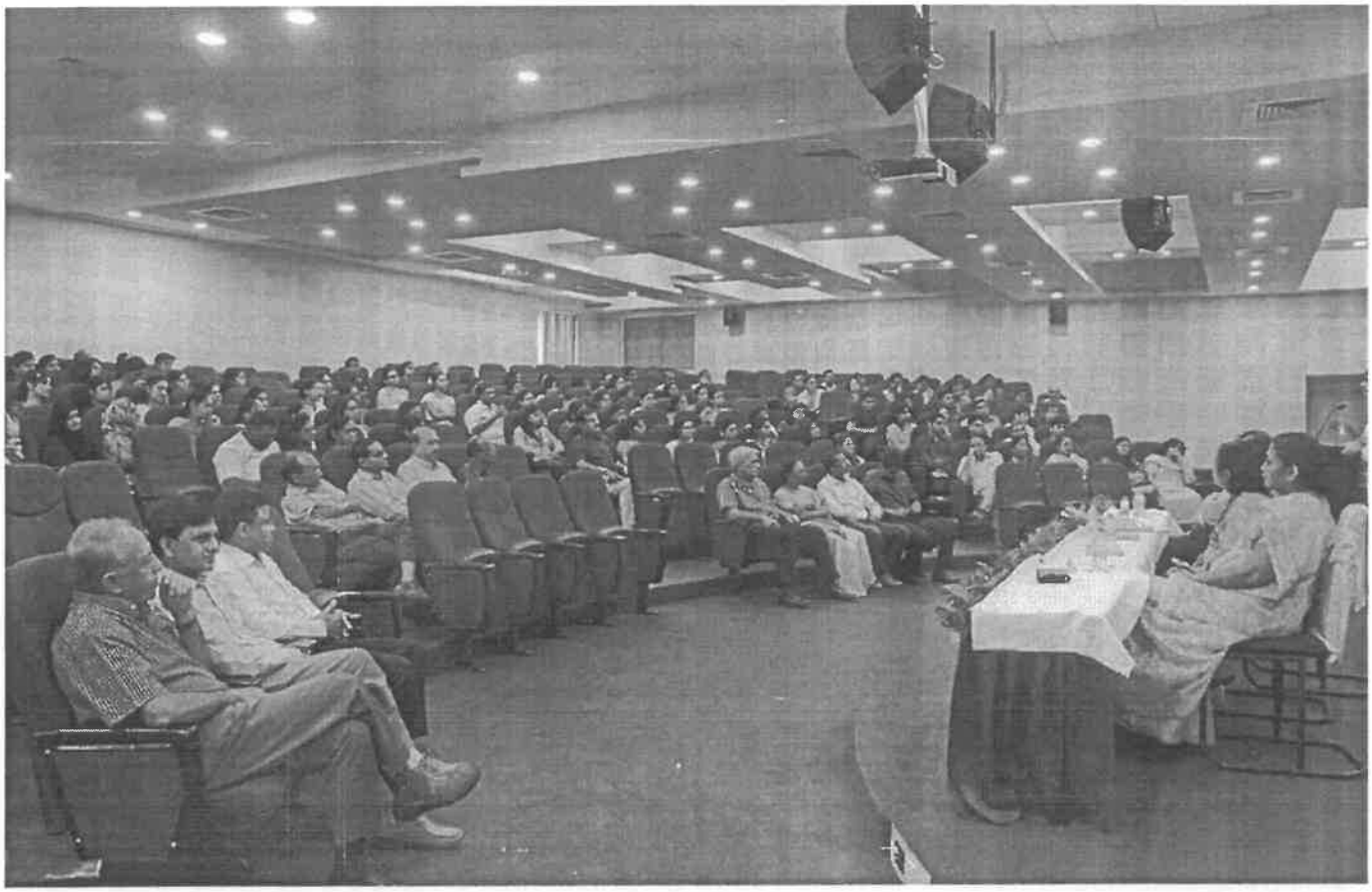
(Established Under Govt. of U.P. Act 26 of 2016)

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

[Type here]



The event concluded with a special note of thanks from the organizing committee and a certificate distribution to acknowledge the efforts of all participants. The celebration left everyone with a sense of pride and inspiration, strengthening the bond between students and teachers.

Signature

Dean, Rohilkhand Medical College and Hospital

Principal
Rohilkhand Medical College & Hospital
Bareilly

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

ACTIVITY REPORT

Date – 29 September 2024

NAME OF THE EVENT – WORLD HEART DAY 2024

PLACE – Jhanda Ground, Rohilkhand Medical College and Hospital, Bareilly International University

DESCRIPTION – On 29 September 2024, Rohilkhand Medical College and Hospital, under the umbrella of Bareilly International University, organized a vibrant and educational event to mark World Heart Day. The aim was to promote awareness about heart health and encourage proactive steps for the prevention of cardiovascular diseases, which remain the leading cause of death globally.

The event began with an opening ceremony at Jhanda Ground, where the Dean of the college welcomed attendees and set the tone for the day's activities. This year's World Heart Day theme, "Use Heart to Make Heart Choices," focused on making mindful lifestyle decisions to protect one's heart. In his address, the Dean emphasized the importance of early intervention, regular screening, and the role of youth in advocating for heart wellness.

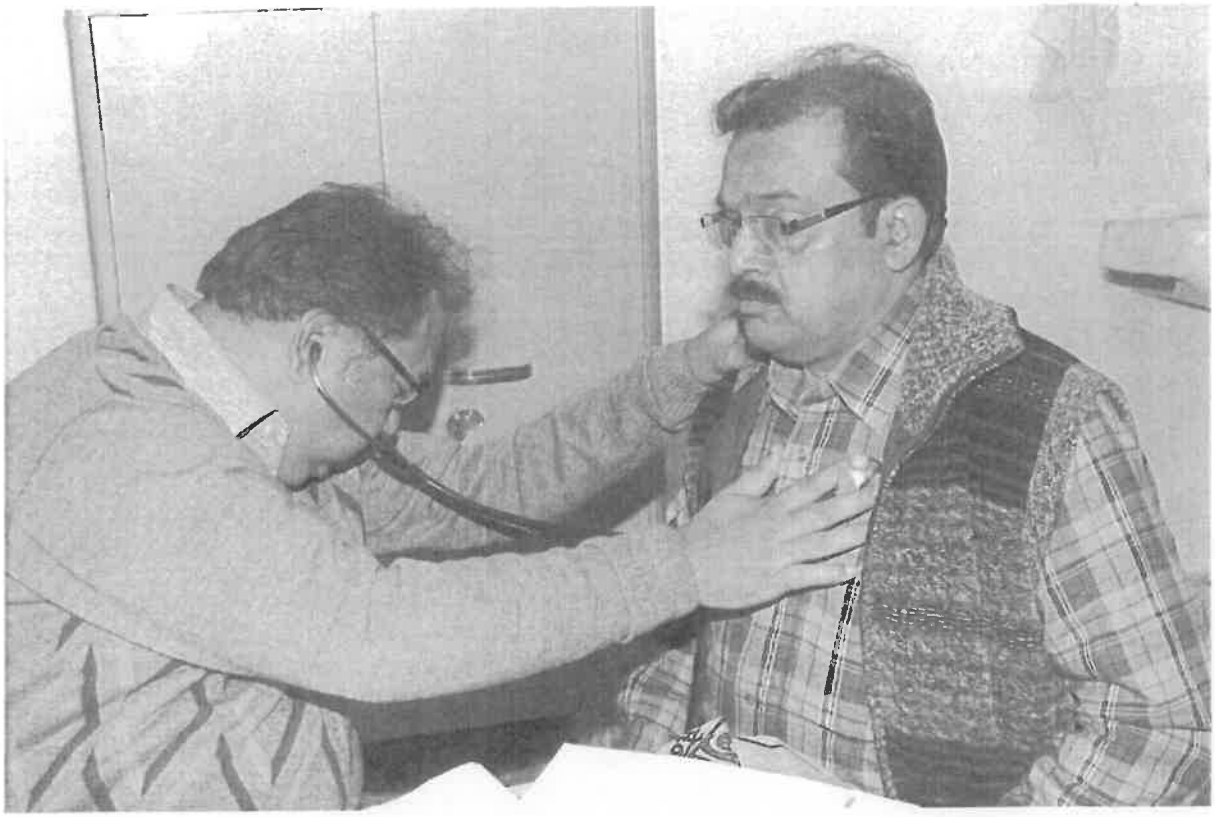
The event's first highlight was a community awareness rally led by students from various departments. Participants marched across the campus and adjacent neighborhoods holding banners, chanting slogans, and distributing informative pamphlets on risk factors such as smoking, poor diet, sedentary lifestyle, and unmanaged stress. The rally aimed to bring attention to the often-overlooked connection between daily habits and long-term heart health.

A health camp was set up in coordination with the Department of Medicine and Cardiology. Open to students, staff, and the public, the camp provided free ECG testing, blood pressure checks, blood sugar analysis, and cholesterol screenings. These preliminary diagnostics helped identify individuals at risk, and many received on-the-spot consultations and referrals for further evaluation.

Concurrently, the academic block hosted a seminar titled "Cardiac Care in the 21st Century: Preventive is Powerful." This session featured talks by renowned cardiologists and healthcare professionals, covering topics such as the early detection of heart disease, the dangers of untreated hypertension, and the evolving technologies in cardiac medicine. Special focus was

given to heart disease in women and young adults, groups often underrepresented in cardiovascular discussions.

A unique and well-received component of the day was the "Heart Talk" interactive panel, where students from MBBS and nursing programs held an open Q&A session. Participants discussed myths surrounding heart disease, such as the idea that only older people are at risk, or that slim individuals are automatically healthy. The session was aimed at breaking misconceptions and encouraging preventive awareness among peers.



Signature

Dean, Rohilkhand Medical College and Hospital

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

Date – 11 October 2024

NAME OF THE EVENT – WORLD MENTAL HEALTH DAY,2024

PLACE – Seminar Room, Rohilkhand Medical College and Hospital, Bareilly International University

DESCRIPTION –

On 10 October, Rohilkhand Medical College and Hospital observed World Mental Health Day to raise awareness about mental health issues, promote emotional well-being, and foster a more supportive environment for individuals struggling with mental health challenges. The event was organized by the Department of Community Medicine in collaboration with various student bodies and mental health clubs within the institution.

The program commenced with an inaugural address by the Dean, who spoke passionately about the importance of recognizing mental health as a vital component of overall health. He emphasized that medical professionals, as future caregivers, play a crucial role in breaking the stigma associated with mental illness and promoting compassionate care.

A series of informative presentations and lectures followed, delivered by faculty members, psychologists, and postgraduate students from the Department of Psychiatry. Topics included an overview of common mental health disorders such as depression, anxiety, bipolar disorder, and schizophrenia; the impact of stress on students and healthcare workers; and early intervention strategies. The sessions also touched upon recent advancements in therapy, pharmacological interventions, and the importance of a holistic approach to treatment.

The highlight of the event was a poster-making and slogan-writing competition based on the theme: "Mental Health is a Universal Human Right." Students expressed their creativity by producing vibrant posters and meaningful slogans aimed at destigmatizing mental illness and

advocating for accessible mental health care. Entries depicted the inner struggles faced by individuals with mental health issues and emphasized the importance of empathy and understanding.

Adding a powerful narrative to the occasion, a street play was performed by MBBS students, portraying the life of a young individual dealing with undiagnosed depression. The performance depicted the internal conflict, social neglect, academic pressure, and lack of support that many individuals face. Through emotional storytelling and impactful acting, the students illustrated how timely intervention, counseling, and community support can make a significant difference in someone's life. The performance resonated deeply with the audience, receiving heartfelt applause and sparking important conversations around mental health.

To ensure active participation, the organizing team also held interactive sessions, quizzes, and a mental health awareness workshop. These segments aimed to bust myths surrounding mental illness, teach basic counseling techniques, and promote mental hygiene practices such as mindfulness, journaling, and self-care routines. Participants found these sessions highly engaging, and many shared personal experiences, leading to a supportive and safe atmosphere.

Throughout the day, pamphlets and brochures were distributed among students, faculty, and hospital visitors. These materials included information on recognizing symptoms of mental illness, coping mechanisms, and available resources both within the institution and in the broader community. The campaign encouraged everyone to "speak up, seek help, and support one another."

The event concluded with a pledge ceremony, where all attendees stood together to reaffirm their commitment to prioritizing mental health. They vowed to be empathetic listeners, reduce stigma, and advocate for mental well-being within their families, workplaces, and communities. This act symbolized unity and a collective promise to champion mental health as a basic human right.

The entire organizing committee, along with participating students, received appreciation from the faculty and administration for their enthusiasm and thoughtful execution of the event. The day served not only as a platform for education and advocacy but also as a reminder that mental health matters just as much as physical health.

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



Signature

Dean, Rohilkhand Medical College and Hospital

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 15.11.24

Name of the Event: CHILDREN DAY,2024

Place: Rohillkhand medical college and hospital bareilly international university

Children's Day 2024 – Activity Report: Rohilkhand Medical College, Bareilly

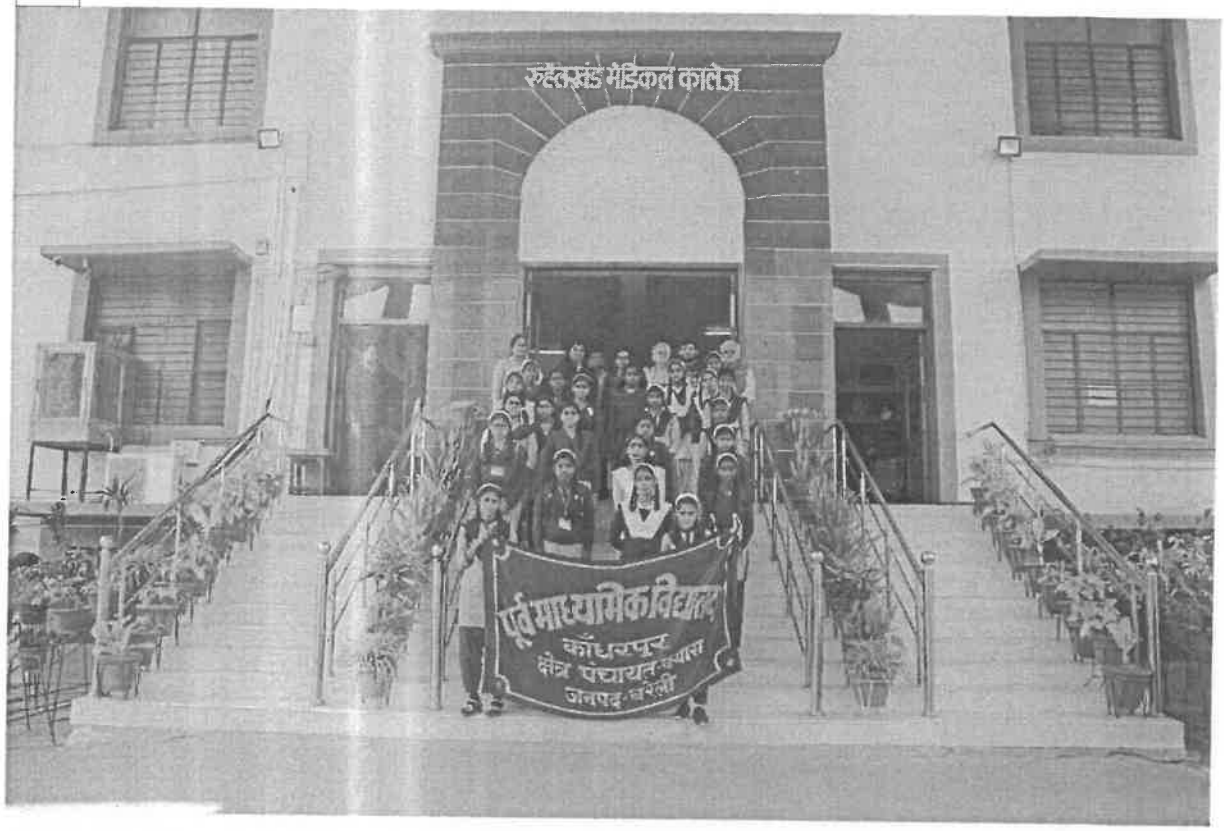
On November 14, 2024, Rohilkhand Medical College (RMC), Bareilly, celebrated Children's Day, honoring the birth anniversary of India's first Prime Minister, Jawaharlal Nehru, who was fondly known as Chacha Nehru for his affection towards children. The day was dedicated to promoting the welfare and rights of children, aligning with the national objective to ensure every child's well-being and development.

Key Activities at RMC:

1. **Awareness Campaigns:** RMC initiated an awareness campaign across the campus and surrounding communities. Posters, digital displays, and pamphlets were distributed, highlighting key facts about children's rights, the importance of education, and the need for societal support. The campaign aimed to educate the public on the significance of child welfare and the role of communities in nurturing young minds.
2. **Educational Workshops and Seminars:** The college hosted workshops and seminars featuring experts in child development and welfare. Topics covered included the importance of child education, nutrition, and protection from exploitation. These sessions were designed to inform students, faculty, and the local community about the significance of children's well-being and the steps needed to ensure their rights are upheld.
3. **Cultural Performances:** Students organized cultural performances, including dance, drama, and skits, showcasing themes of child rights and welfare. These performances aimed to engage the audience emotionally and raise awareness about the challenges faced by children and the importance of supporting their rights.
4. **Community Outreach Programs:** Students and faculty members participated in outreach programs in nearby underserved areas. They provided educational materials, conducted awareness sessions, and facilitated discussions on the importance of child welfare and ensuring children's rights. This initiative aimed to extend the message of Children's Day to communities that may have limited access to such information.
5. **Social Media Campaign:** RMC leveraged its social media platforms to reach a broader audience. Through posts, infographics, and videos, the college disseminated information on the importance of child welfare, their rights, and the steps individuals can take to support children's well-being. The hashtag #NurturingYoungMinds trended locally, reflecting the community's engagement with the cause.

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



Impact and Reflection:

The observance of Children's Day at RMC successfully mobilized the community towards collective action for children's welfare. The activities not only increased awareness but also fostered a sense of responsibility among individuals to support and uplift children in all aspects of life. The college's commitment to this cause underscores the critical role educational institutions play in advocating for children's rights and well-being.

Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 2th December 2024

Name of the Event: World AIDS Day 2024

Place: Seminar room, Rohilkhand medical college and hospital

Description:

On **December 1, 2024**, Rohilkhand Medical College and Hospital (RMCH), Bareilly, observed **World AIDS Day** with a series of impactful activities aimed at raising awareness about HIV/AIDS and promoting health equity.

The global theme for 2024, **"Take the Rights Path: My Health, My Right!"**, underscores the importance of ensuring that health services are accessible to all individuals, free from stigma and discrimination.

At RMCH, the observance included:

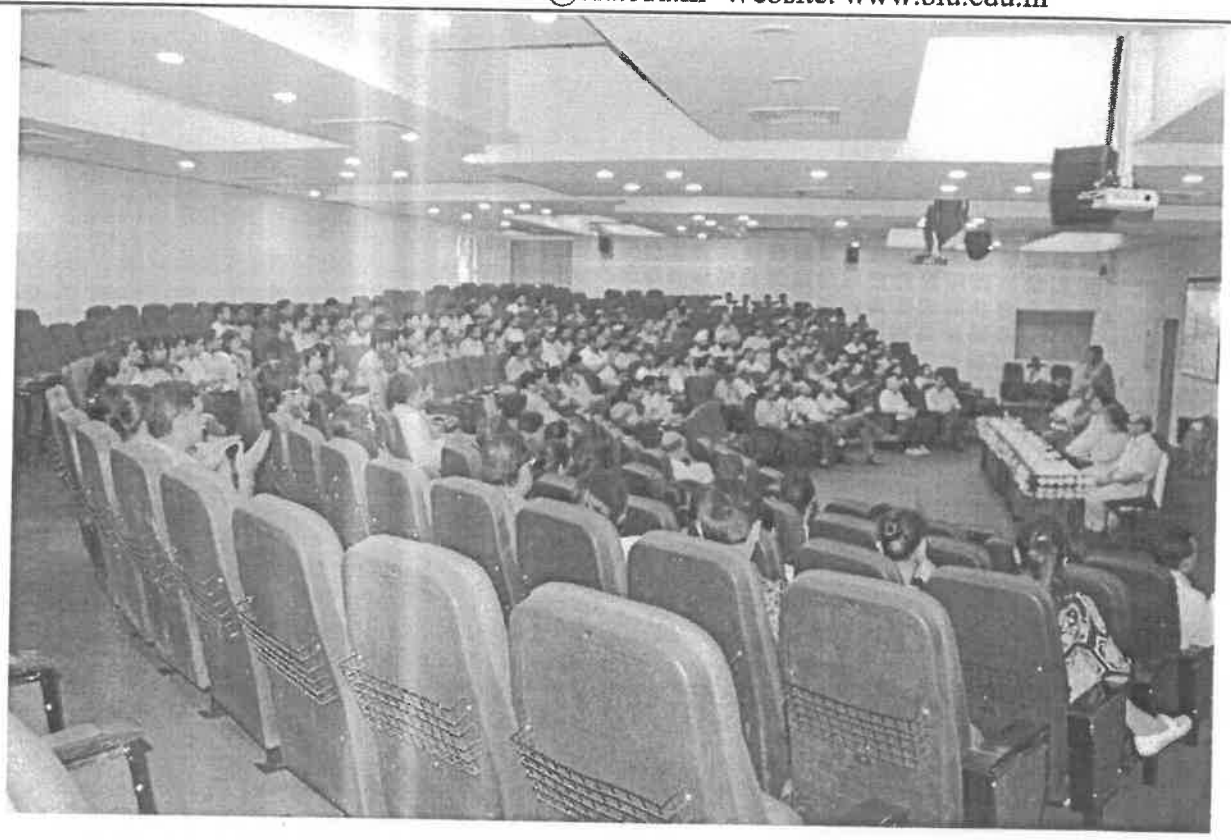
- **Awareness Sessions**: Educational talks were conducted to inform students, faculty, and staff about HIV transmission, prevention, and treatment.
- **Distribution of Red Ribbons**: Symbolizing solidarity with those living with HIV, red ribbons were distributed across the campus.
- **Poster Campaigns**: Informative posters highlighting key facts about HIV/AIDS were displayed in prominent areas to educate the community.

These initiatives aimed to foster a compassionate environment, encourage open discussions, and emphasize the importance of early diagnosis and treatment in managing HIV.

RMCH's observance of World AIDS Day 2024 reflects its commitment to health education and the well-being of the community, aligning with the global goal of ending the AIDS epidemic by 2030.

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



Signature-DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

LIST OF NATIONAL AND INTERNATIONAL COMMEMORATIVE DAYS, EVENTS AND FESTIVALS THAT INSTITUTION ORGANIZED FOR THE YEAR 2023

SR.NO.	NAME OF THE ACTIVITY	ORGANISED BY	DATE OF THE ACTIVITY
1	National Girl Child Day	Community medicine+OBG	24-01-2023
2	Republic Day	Bareilly International University	26-01-2023
3	World Cancer Day	Community Medicine+Radiation Oncology	04-02-2023
4	National Deworming Day	Community Medicine+Pediatrics	10-02-2023
5	World Tuberculosis Day	Community Medicine+TB & Chest	24-03-2023
6	World Health Day	Community Medicine	07-04-2023
7	World Malaria Day	Community Medicine+General Medicine	25-04-2023
8	World Hypertension Day	Community Medicine+General Medicine	17-05-2023
9	World No Tobacco Day	Community Medicine+Psychiatry	31-05-2023
10	World Enviroment Day	Community Medicine	05-06-2023
11	World Blood Donor Day	Community Medicine+Pathology	14-05-2023
12	International Day Of Yoga	Bareilly Inetrnational University	21-06-2023
13	National Doctor's Day	Community Medicine	01-07-2023
14	World Breastfeeding Week	Community Medicine+Pediatrics	01-08-2023
15	Independence Day	Bareilly International	15-08-2023

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

SR.NO.	NAME OF THE ACTIVITY	ORGANISED BY	DATE OF THE ACTIVITY
		University	
16	National Sport's Day	Bareilly International University	29-08-2023
17	Teacher's Day	Community Medicine	05-09-2023
18	World Heart Day	Community Medicine+General Medicine	29-09-2023
19	World Mental Health Day	Community Medicine+Psychiatry	10-10-2023
20	Children's Day	Community Medicine+Pediatrics	14-11-2023
21	World Aids's Day	Community Medicine	01-12-2023

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

Date: 25.01.23

Name of the Event: NATIONAL GIRL CHILD DAY,2023

Place: ROHILKHAND MEDICAL COLLEGE, BAREILLY

National Girl Child Day 2023 – Activity Report: Rohilkhand Medical College, Bareilly

On January 24, 2023, Rohilkhand Medical College (RMC) in Bareilly observed National Girl Child Day, a significant occasion dedicated to celebrating the rights and potential of girls. This day, commemorated annually on January 24, aligns with the anniversary of the Beti Bachao Beti Padhao (BBBP) scheme launched by Prime Minister Narendra Modi in 2015, aiming to address issues like gender inequality, education limitations, and child marriage.

Key Activities at RMC:

1. **Awareness Campaigns:** RMC initiated an extensive awareness campaign across the campus and surrounding communities. Posters, digital displays, and pamphlets were distributed, highlighting key facts about the importance of empowering girls, their rights, and the need for societal support. The campaign aimed to educate the public on the significance of gender equality and the role of girls in nation-building.
2. **Educational Workshops and Seminars:** The college hosted workshops and seminars featuring experts in women's rights and child development. Topics covered included the importance of educating girls, the challenges they face, and strategies to overcome gender-based discrimination. These sessions were designed to inform students, faculty, and the local community about the significance of empowering girls and the steps needed to achieve gender equality.
3. **Cultural Performances:** Students organized cultural performances, including dance, drama, and skits, showcasing themes of women empowerment and girl child rights. These performances aimed to engage the audience emotionally and raise awareness about the challenges faced by girls and the importance of supporting their rights.
4. **Community Outreach Programs:** Students and faculty members participated in outreach programs in nearby underserved areas. They provided educational materials, conducted awareness sessions, and facilitated discussions on the importance of empowering girls and ensuring their rights. This initiative aimed to extend the message of National Girl Child Day to communities that may have limited access to such information.
5. **Social Media Campaign:** RMC leveraged its social media platforms to reach a broader audience. Through posts, infographics, and videos, the college disseminated information on the importance of empowering girls, their rights, and the steps individuals can take to support gender equality. The hashtag #EmpoweringGirlsForABrightFuture trended locally, reflecting the community's engagement with the cause.

Impact and Reflection:

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

The observance of National Girl Child Day at RMC successfully mobilized the community towards collective action for empowering girls. The activities not only increased awareness but also fostered a sense of responsibility among individuals to support and uplift girls in all aspects of life. The college's commitment to this cause underscores the critical role educational institutions play in advocating for gender equality and the empowerment of girls.



Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

DATE-27 JANUARY 2023

NAME OF THE EVENT- REPUBLIC DAY- 26 JANUARY2023

PLACE-Jhanda ground, Rohillkhand medical college and hospital ,Bareilly International Universitty

DESCRIPTION- On 26 January, our institution celebrated Republic Day with great zeal and patriotic fervor. The event began with the hoisting of the national flag by the chief guest, accompanied by the singing of the national anthem, which filled everyone with a sense of pride. Students, teachers, and staff gathered to honor the day when India's Constitution came into force, marking the country's transition into a sovereign republic.

The program featured inspiring speeches by students and faculty members, highlighting the significance of the Constitution and the values of justice, liberty, equality, and fraternity. Cultural performances such as patriotic songs, dances, and dramatizations of historical events added color and meaning to the celebration. A special debate competition on the topic of "Role of Youth in Nation Building" was organized, encouraging active participation and thoughtful discussion.

The school premises were beautifully decorated with tricolor flags, balloons, and posters reflecting the spirit of the nation. Students dressed in traditional and tricolor-themed outfits, enhancing the festive atmosphere. The event concluded with the distribution of sweets and a vote of thanks to all attendees and organizers. The celebration reinforced the importance of unity, democracy, and responsibility among all participants.

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



SIGNATURE-DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 6th Feburary 2023

Name of the Event: World Cancer Day 2023

Place: Demo room, Rohilkhand medical college and hospital, bareilly

Description:

On **February 4, 2023, Rohilkhand Medical College and Hospital (RMCH), Bareilly,** observed **World Cancer Day** under the global theme **"CLOSE THE CARE GAP"**. This theme emphasized a people-centered approach to cancer care, highlighting the importance of personalized treatment and support for individuals affected by cancer .

Key Activities Conducted:

1. **Awareness Campaigns:** Informational posters and digital content were displayed across the campus to educate students, faculty, and staff about cancer prevention, early detection, and the significance of personalized care.
2. **Seminars and Workshops:** Medical experts conducted sessions focusing on the latest advancements in cancer research, treatment modalities, and the importance of a holistic approach to patient care.
3. **Screening Camps:** Collaborations with local healthcare providers facilitated free cancer screening services for the community, aiming to promote early detection and reduce the stigma associated with cancer.
4. **Survivor Stories:** Cancer survivors shared their journeys, emphasizing resilience, the importance of support systems, and the need for compassionate care.

RMCH's observance of World Cancer Day 2023 underscores its commitment to advancing cancer awareness, promoting early detection, and advocating for individualized patient care, aligning with global efforts to reduce the cancer burden.

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



SIGNATURE- DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 11th Feburary 2023

Name of the Event: National Deworming Day 2023

Place: Auditorium, Rohilkhand medical college and hospital, bareilly

Description:

On **February 10, 2023**, **Rohilkhand Medical College and Hospital (RMCH), Bareilly**, actively participated in **National Deworming Day (NDD)** , a nationwide initiative aimed at deworming children aged 1 to 19 years to combat soil-transmitted helminth infections. This initiative is crucial in India, where approximately 241 million children are at risk of parasitic worm infections, leading to malnutrition, anaemia, and impaired cognitive development.

Key Activities Conducted:

1. **Awareness Campaigns:** Educational materials, including posters and pamphlets, were distributed across the RMCH campus to inform students, staff, and visitors about the significance of deworming and maintaining proper hygiene.
2. **Community Outreach:** RMCH collaborated with local schools and Anganwadi centers to facilitate the administration of deworming tablets to children in the surrounding community, ensuring wide-reaching impact.
3. **Training Sessions:** Healthcare professionals and volunteers were trained on the proper administration of deworming tablets, emphasizing the importance of correct dosage and timing to maximize effectiveness.
4. **Monitoring and Follow-up:** A monitoring system was established to track the number of children dewormed and to identify any adverse reactions, ensuring the safety and success of the campaign.

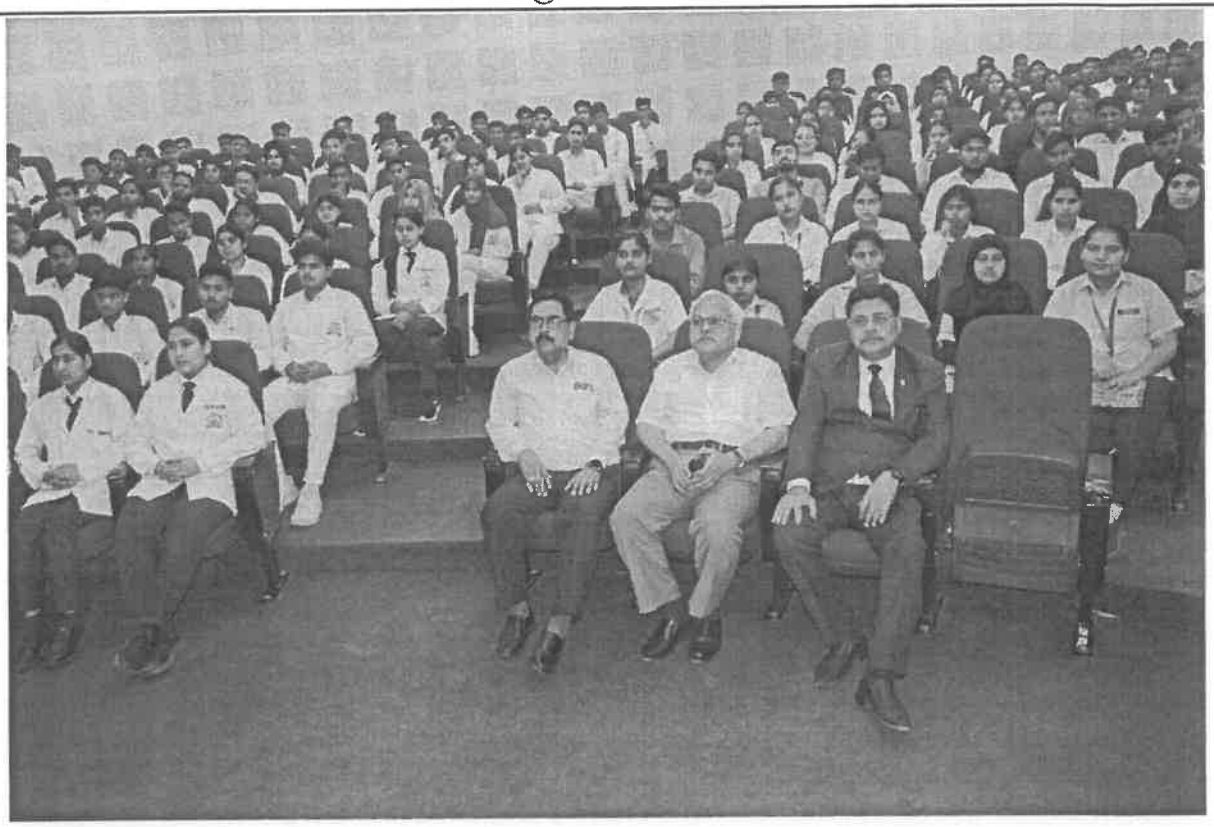
Impact and Outcomes:

- **Coverage:** A significant number of children in Bareilly district received deworming treatment, contributing to the national goal of reducing the prevalence of worm infections among children.
- **Health Improvement:** Early deworming helps in improving nutritional status, enhancing school attendance, and boosting overall health and development in children.
- **Community Engagement:** The involvement of RMCH in NDD 2023 strengthened community trust and demonstrated the institution's commitment to public health initiatives.

RMCH's participation in National Deworming Day 2023 underscores its dedication to enhancing child health and contributing to national efforts aimed at eradicating worm infections.

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



Signature- DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 25th MARCH 2023

Name of the Event: World Tuberculosis Day 2023

Place: Auditorium, Rohilkhand medical college and hospital, Bareilly

Description:

On **March 24, 2023**, **Rohilkhand Medical College and Hospital (RMCH), Bareilly**, observed **World Tuberculosis Day** under the theme **"Yes! We Can End TB:"**. This global initiative aimed to raise awareness about tuberculosis (TB), the world's deadliest infectious disease, and to advocate for increased commitment, investment, and effective delivery of TB services.

Key Activities Conducted:

- **Educational Seminars and Workshops:** Medical students, faculty, and staff participated in sessions focusing on TB prevention, early detection, and treatment strategies.
- **Awareness Campaigns:** Posters and informational materials were displayed across the campus to educate the community about TB symptoms, transmission, and the importance of timely medical intervention.
- **Community Outreach Programs:** Collaborations with local health authorities facilitated TB screening camps, providing free diagnostic services to underserved populations in Bareilly.
- **Interactive Discussions:** Panel discussions involving TB survivors, healthcare professionals, and students emphasized the significance of community involvement and adherence to treatment protocols.

RMCH's observance of World TB Day 2023 underscores its commitment to combating tuberculosis through education, community engagement, and the promotion of equitable healthcare access. The institution remains dedicated to supporting national and global efforts aimed at ending TB by 2030.

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



Signature- DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 8TH APRIL, 2023

Name of the Event: WORLD HEALTH DAY, 2023

Place: Auditorium, rohilkhand medical college and hospital, Bareilly

Description:

On **April 7, 2023**, **Rohilkhand Medical College and Hospital (RMCH), Bareilly**, observed **World Health Day** under the theme **"Health for All"**. This theme, marking the 75th anniversary of the World Health Organization (WHO), emphasized the importance of universal health coverage and the need for equitable access to quality healthcare services .

Key Activities Conducted:

1. **Awareness Campaigns:** Informational posters and digital content were displayed across the RMCH campus to educate students, staff, and visitors about the significance of health as a human right and the importance of equitable access to healthcare services.
2. **Seminars and Workshops:** Medical experts conducted sessions focusing on various health issues, including mental health, maternal and child care, non-communicable diseases, and the impact of environmental factors on health. These sessions aimed to raise awareness and promote healthy lifestyles among the community.
3. **Community Outreach Programs:** Collaborations with local healthcare providers facilitated free health check-up camps for the surrounding community, offering services such as blood pressure monitoring, blood sugar testing, and general health assessments.
4. **Interactive Discussions:** Panel discussions involving healthcare professionals, students, and community members were organized to address the challenges and solutions related to achieving universal health coverage and promoting health equity.

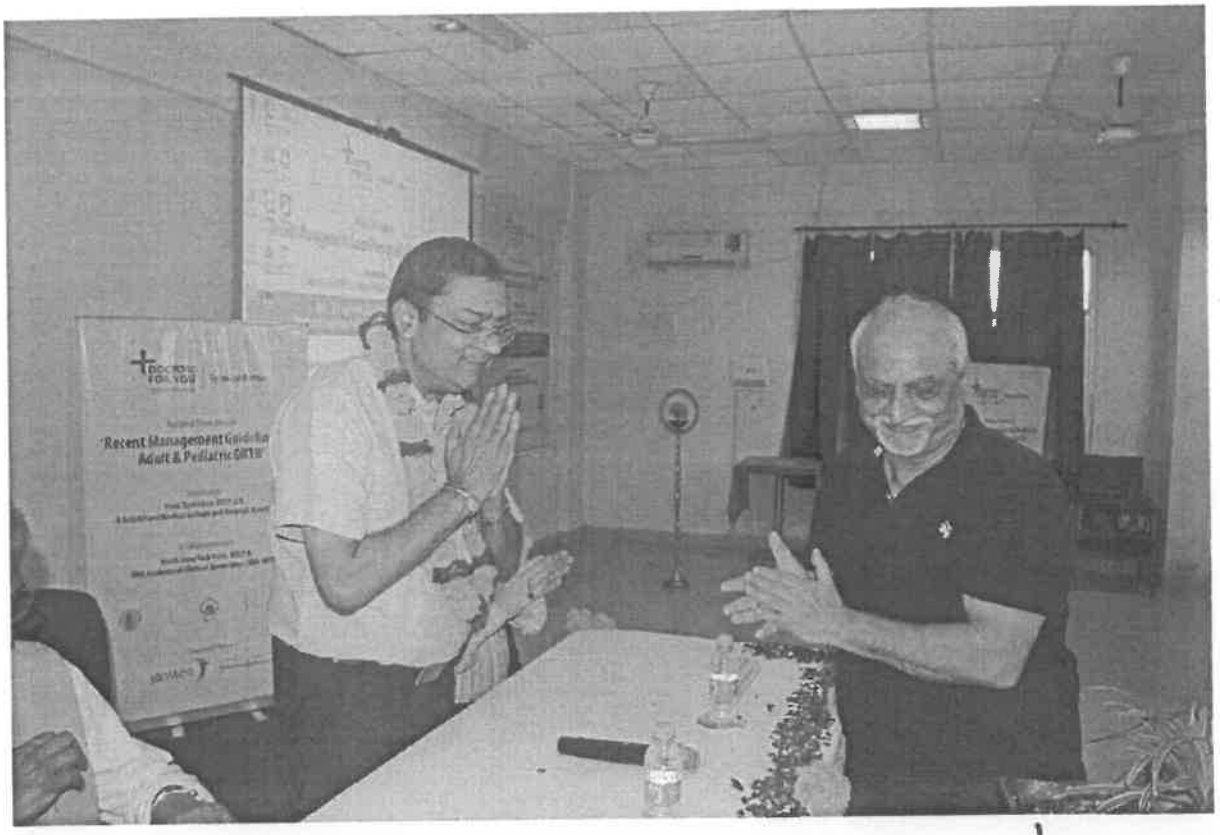
Impact and Outcomes:

- **Increased Awareness:** The activities conducted led to a heightened awareness among the RMCH community and the local population regarding the importance of health as a human right and the need for accessible healthcare services.
- **Community Engagement:** The outreach programs facilitated direct engagement with the community, providing essential health services and information to underserved populations.
- **Advocacy for Health Equity:** The discussions and workshops underscored the need for policies and actions that ensure equitable access to healthcare services for all individuals, regardless of their socio-economic status.

RMCH's observance of World Health Day 2023 underscores its commitment to promoting health as a fundamental human right and contributing to global efforts aimed at achieving universal health coverage and health equity.

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



Signature- DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 26TH APRIL , 2023

Name of the Event: WORLD MALARIA DAY, 2023

Place: Hospital OPD, Rohilkhand medical college and hospital, Bareilly

Description:

Date: 25th April 2023
Theme: "Time to Deliver Zero Malaria: Invest, Innovate, Implement"

Rohilkhand Medical College & Hospital observed *World Malaria Day 2023* with a series of awareness and educational activities aimed at highlighting the importance of malaria prevention and timely treatment. The Department of Community Medicine coordinated the event with active participation from students and faculty.

Key Activities Conducted:

1. Awareness Rally:
A student-led rally was organized within the campus and surrounding areas to raise public awareness. Participants held posters and chanted slogans promoting the use of mosquito nets and clean surroundings.

2. Health Talk and Seminar:
An informative seminar was held where faculty members spoke about malaria transmission, symptoms, prevention strategies, and recent advances in treatment. Emphasis was placed on rural health and community participation.

3. OPD Awareness Campaign:
In the outpatient department, interns conducted interactive sessions with patients and distributed informative leaflets in Hindi. Preventive tools like mosquito repellents were handed out to high-risk patients.

4. Poster Presentation:
Students displayed posters on malaria control methods, which were judged and appreciated for creativity and scientific accuracy.

The event successfully spread awareness and reinforced the role of healthcare in malaria elimination.

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



Signature-DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 18th May 2023

Name of the Event: World Hypertension Day 2023

Place:

Description:

On May 17, 2023, Rohilkhand Medical College (RMC) in Bareilly, Uttar Pradesh, commemorated World Hypertension Day with a series of impactful activities aimed at raising public awareness about hypertension and promoting healthier lifestyles.

Theme and Objective

The 2023 theme, "Measure Your Blood Pressure Accurately, Control It, Live Longer," underscored the importance of precise blood pressure measurement and effective management to enhance longevity and health.

Key Activities

1. Community Outreach and Blood Pressure Screening

RMC organized free blood pressure screening camps in various localities, including markets and residential areas, to facilitate easy access for the public. These camps were staffed by medical students and faculty, offering on-the-spot blood pressure checks and personalized health consultations. This initiative aimed to identify undiagnosed cases of hypertension and provide immediate guidance on management.

2. Educational Workshops and Seminars

The college hosted workshops and seminars focusing on the causes, risks, and prevention of hypertension. These sessions were conducted by experts in the field and were designed to educate attendees about lifestyle modifications, such as dietary changes, regular physical activity, and stress management techniques, to control blood pressure.

3. Public Awareness Campaigns

To reach a broader audience, RMC launched a public awareness campaign utilizing posters, pamphlets, and social media platforms. The campaign emphasized the significance of regular blood pressure monitoring and the adoption of healthy habits to prevent hypertension.

4. Interactive Sessions with Medical Students

Medical students actively participated in the events, engaging with the community through interactive sessions. They demonstrated proper techniques for measuring blood pressure and discussed the importance of routine health check-ups. This hands-on approach helped

demystify medical procedures and encouraged proactive health management among the public.

Impact and Significance

RMC's observance of World Hypertension Day 2023 successfully contributed to raising awareness about hypertension in the Bareilly community. The activities not only provided valuable health services but also empowered individuals with knowledge and tools to manage their health effectively. By fostering a collaborative environment between medical professionals and the community, RMC played a pivotal role in promoting cardiovascular health and preventing hypertension-related complications.

Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

Date – 14 September 2022

NAME OF THE EVENT – WORLD NO TOBACCO DAY

PLACE – Seminar Room,Rohilkhand Medical College and Hospital, Bareilly International University

DESCRIPTION –On 13 SEPTEMBER, Rohilkhand Medical College and Hospital observed **World No Tobacco Day** with the aim of raising awareness about the harmful effects of tobacco and encouraging people to lead a tobacco-free life. The event was organized by the Department of Community Medicine in collaboration with various student bodies and health clubs within the institution.

The program commenced with an inaugural address by the Dean, who emphasized the importance of this global health campaign and the role of future medical professionals in combating tobacco addiction. A series of informative presentations and talks were delivered by faculty and postgraduate students, shedding light on the health consequences of tobacco use, prevention strategies, and public health policies.

A highlight of the event was a poster-making and slogan-writing competition based on this year's theme, "Protecting Children from Tobacco Industry Interference," where students showcased their creativity and awareness. Additionally, a street play was performed by the MBBS students to illustrate the dangers of tobacco and the social influence behind its consumption.

Adding to the energy and awareness of the event, a street play was performed by a group of MBBS students. The play depicted various scenarios showcasing the psychological and social factors that lead individuals, especially teenagers and young adults, to start using tobacco. Through dramatization, humor, and emotional storytelling, the students portrayed the consequences of addiction and highlighted how peer pressure, media influence, and lack of awareness often lead individuals down the path of tobacco dependence. The performance was met with enthusiastic applause and succeeded in driving home the message in a memorable way.

Interactive sessions and quizzes were also conducted to engage the audience and spread knowledge in a fun and participative manner. Pamphlets and brochures were distributed among staff and visitors, urging everyone to say "no" to tobacco and "yes" to a healthier life.

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

The event concluded with a pledge ceremony, where all attendees vowed to support the anti-tobacco movement and encourage others to do the same. The organizing team received appreciation from faculty and administration for their efforts in promoting a tobacco-free society.



Signature

Dean ,Rohilkhand Medical College and Hospital

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

Date ; 6 June 2023

NAME OF THE EVENT – WORLD ENVIRONMENT DAY

PLACE – Jhanda Ground, Rohilkhand Medical College and Hospital, Bareilly International University

DESCRIPTION –

On 5 June, our institution celebrated **World Environment Day** with great enthusiasm and commitment towards promoting environmental awareness. The event commenced with a tree plantation drive led by the chief guest, followed by a collective pledge to protect and preserve our environment.

Students, faculty, and staff participated actively in a variety of activities aimed at emphasizing the importance of sustainability and ecological responsibility. The program included thought-provoking speeches, thematic poster-making, and eco-friendly model exhibitions by students, all revolving around this year's theme, **"Solution to plastic pollution."**

Cultural performances like skits and songs focusing on environmental issues captured the urgency of climate action and the role individuals can play. A special seminar on **"Green Practices for a Better Tomorrow"** was held, featuring presentations by faculty and student representatives.

The campus was adorned with green decorations, banners, and recycled art installations, creating an atmosphere of environmental consciousness. The event concluded with the distribution of saplings to attendees and a vote of thanks, leaving everyone inspired to adopt greener habits in their daily lives.

Students, faculty, and staff came together to participate in a range of activities including poster-making, slogan writing, and an awareness rally around the campus.A seminar was also held, where speakers highlighted key environmental challenges such as climate change, plastic pollution, and biodiversity loss, and proposed practical solutions.

The celebration reinforced our shared responsibility to care for nature and foster a healthier planet for future generations.

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



Signature
Dean / Principal
Rohilkhand Medical College & Hospital
Bareilly

Dean , Rohilkhand Medical College and Hospital

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

Date: 22th June 2023

Name of the Event: INTERNATIONAL DAY OF YOGA 2023

Place: JHANDA GROUND, RMCH

Description:

On June 21, 2023, Rohilkhand Medical College (RMC) in Bareilly, Uttar Pradesh, celebrated the 9th International Day of Yoga with a series of activities aimed at promoting physical and mental well-being among students, faculty, and staff.

Theme:
The global theme for 2023 was **"Yoga for Vasudhaiva Kutumbakam"**, which translates to "Yoga for the welfare of all as one world, one family." This theme emphasizes the idea that all living beings on Earth are interconnected and part of one global family.

Key Activities at RMC:

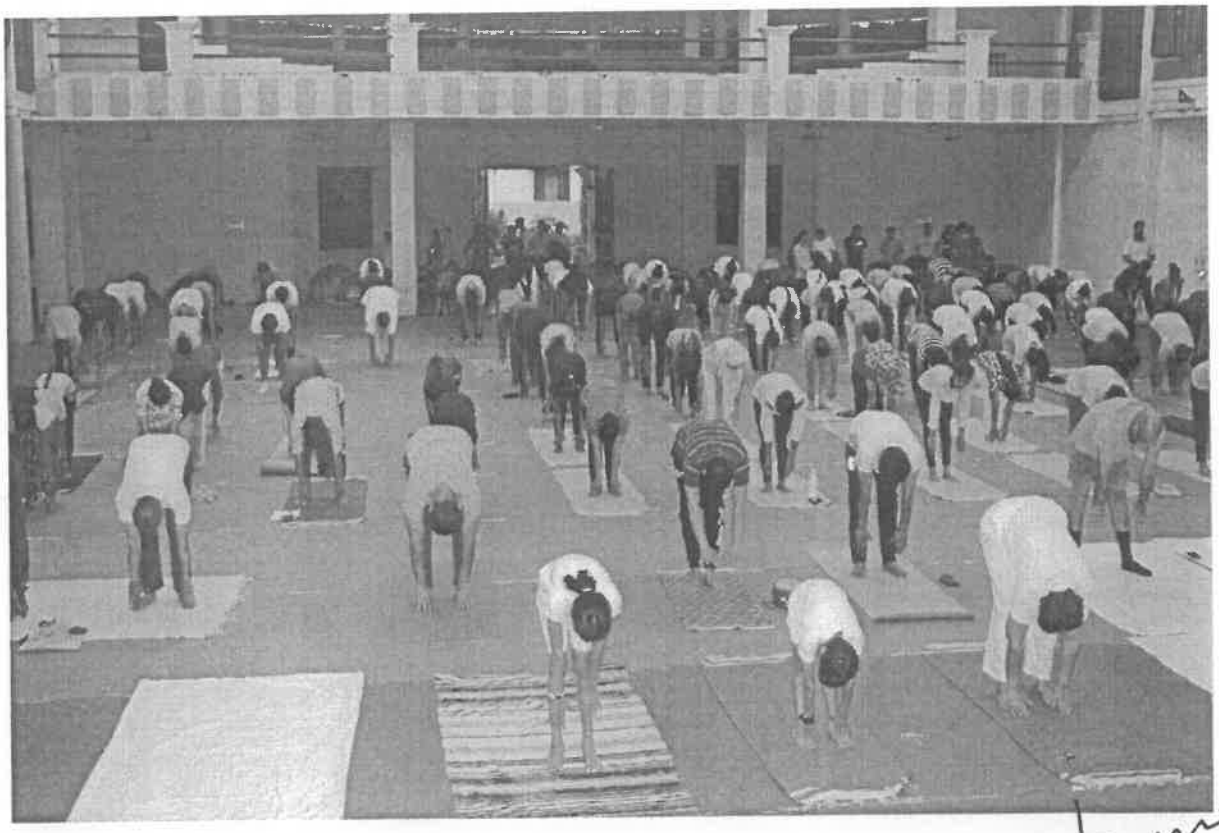
1. **Mass Yoga Session:**
   A large-scale yoga session was organized on the college grounds, where participants engaged in the Common Yoga Protocol (CYP). This session included practices such as Surya Namaskar, Pranayama, and various asanas, aimed at promoting physical fitness and mental clarity.
2. **Workshops and Seminars:**
   Experts conducted workshops and seminars focusing on the benefits of yoga in daily life. Topics covered included stress management, enhancing concentration, and the importance of regular yoga practice for overall health.
3. **Interactive Sessions:**
   Interactive sessions were held where participants could ask questions and discuss the various aspects of yoga, including its history, philosophy, and practical applications.
4. **Demonstrations:**
   Experienced yoga instructors demonstrated advanced asanas and techniques, providing insights into the depth and diversity of yoga practices.
5. **Awareness Campaigns:**
   The college launched awareness campaigns through posters, digital media, and pamphlets to educate the community about the importance of integrating yoga into daily routines.

Impact:
The activities successfully engaged the RMC community, fostering a deeper understanding of yoga's benefits. Participants reported improved physical health, reduced stress levels, and a greater sense of community. The event underscored the importance of yoga in promoting holistic well-being and its potential to contribute to a healthier society.

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

For more information on yoga practices and their benefits, individuals are encouraged to explore resources provided by the Ministry of AYUSH and other reputable health organizations.



Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Throughout the venue, the Seminar Room was decorated beautifully with artwork and posters created by students. Inspirational quotes, messages of gratitude, and portraits of faculty members adorned the walls. A "Wall of Thanks" was installed where students could write short messages or memories about their favorite teachers. This wall quickly filled with colorful notes, showcasing the deep admiration students held for their educators.

Signature

Dean, Rohilkhand Medical College and Hospital

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 15th June 2023

Name of the Event: World Blood Donor Day Day 2023

Place: Blood Bank Rohillkhand Medical College And Hospital Bareilly International University

Description:

On June 14, 2023, Rohilkhand Medical College (RMC) in Bareilly, Uttar Pradesh, observed World Blood Donor Day with a series of impactful activities aimed at promoting voluntary blood donation and acknowledging the contributions of blood donors.

Theme and Objectives

The 2023 theme, "**Give blood, give plasma, share life, share often.**"!" marked the 20th anniversary of World Blood Donor Day. The objectives were to recognize voluntary blood donors, showcase achievements and challenges of national blood programs, and promote a culture of regular blood donation among the public

1Key Activities

1. Blood Donation Camp

RMC organized a blood donation camp on its campus, collaborating with local blood banks and health organizations. The camp was equipped with medical professionals to ensure safe and efficient blood collection. Students, faculty, and staff participated enthusiastically, contributing to a significant collection of blood units.

2. Awareness Campaigns

To educate the community about the importance of blood donation, RMC launched awareness campaigns through posters, digital media, and pamphlets. These materials highlighted the benefits of blood donation, eligibility criteria, and safety measures, aiming to dispel myths and encourage more individuals to donate.

3. Interactive Sessions and Seminars

The college hosted seminars and interactive sessions led by medical experts. Topics covered included the science of blood donation, its impact on health, and the significance of regular donations. These sessions were designed to engage students and the local community, fostering a deeper understanding of the cause.

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



4. Recognition of Donors

In line with the theme, RMC recognized and honored regular blood donors for their selfless contributions. Certificates and tokens of appreciation were presented to acknowledge their commitment to saving lives.

Impact and Significance

RMC's observance of World Blood Donor Day 2023 successfully raised awareness about the critical need for blood donations. The activities not only facilitated the collection of blood but also educated the community on the importance of regular donations. By fostering a culture of voluntary blood donation, RMC contributed to ensuring a safe and sufficient blood supply for those in need

Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 03.07.23

Name of the Event: NATIONAL DOCTOR'S DAY,2023

Place: COLLEGE COUNCIL ROOM, RMCH, BAREILLY

National Doctor's Day 2023 – Activity Report: Rohilkhand Medical College, Bareilly

On July 1, 2023, Rohilkhand Medical College (RMC) in Bareilly observed National Doctor's Day, aligning with the national theme: **"Celebrating Resilience and Healing Hands"**. This theme recognized the tireless efforts of medical professionals during the COVID-19 pandemic and highlighted their unwavering commitment to paths.

Key Activities at RMC:

1. **Felicitation Ceremony:** A formal ceremony was held to honor senior faculty members and doctors for their exemplary service and dedication to patient care. Certificates of appreciation were presented to recognize their contributions to the medical field.
2. **Interactive Workshops and Seminars:** Workshops focusing on stress management, work-life balance, and coping mechanisms for healthcare professionals were conducted. These sessions aimed to provide doctors with tools to manage the challenges of their profession effectively.
3. **Awareness Campaigns:** The college organized campaigns to raise awareness about the importance of healthcare professionals in society. Posters and digital media were utilized to highlight the significance of the medical profession and encourage respect and appreciation for doctors.
4. **Community Engagement:** Students and faculty participated in community outreach programs, offering free health check-ups and consultations to the underprivileged sections of Bareilly. This initiative aimed to extend healthcare services to those in need and reinforce the role of doctors in community well-being.
5. **Social Media Campaign:** A social media campaign was launched with the hashtag #HealingHandsCaringHearts, encouraging people to share stories and messages of gratitude towards doctors. The campaign received widespread participation, reflecting the community's appreciation for healthcare professionals.

Impact and Reflection:

The observance of National Doctor's Day at RMC fostered a sense of pride and gratitude among the medical community. It highlighted the importance of compassion and dedication in the medical profession. The activities not only honored the contributions of doctors but also provided them with support and recognition, reinforcing the values of empathy and service in healthcare.

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



Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 08.08.23

Name of the Event: WORLD BREASTFEEDING WEEK ,2023

Place: Rohilkhand medical college and hospital, bareilly

World Breastfeeding Week 2023 – Activity Report: Rohilkhand Medical College, Bareilly

Rohilkhand Medical College (RMC) in Bareilly observed World Breastfeeding Week from August 1–7, 2023, aligning with the global theme: **"Let's Make Breastfeeding and Work, Work!"** . This initiative aimed to raise awareness about the importance of breastfeeding and to promote universal access to breastfeeding support, particularly for working mothers.

Key Activities at RMC:

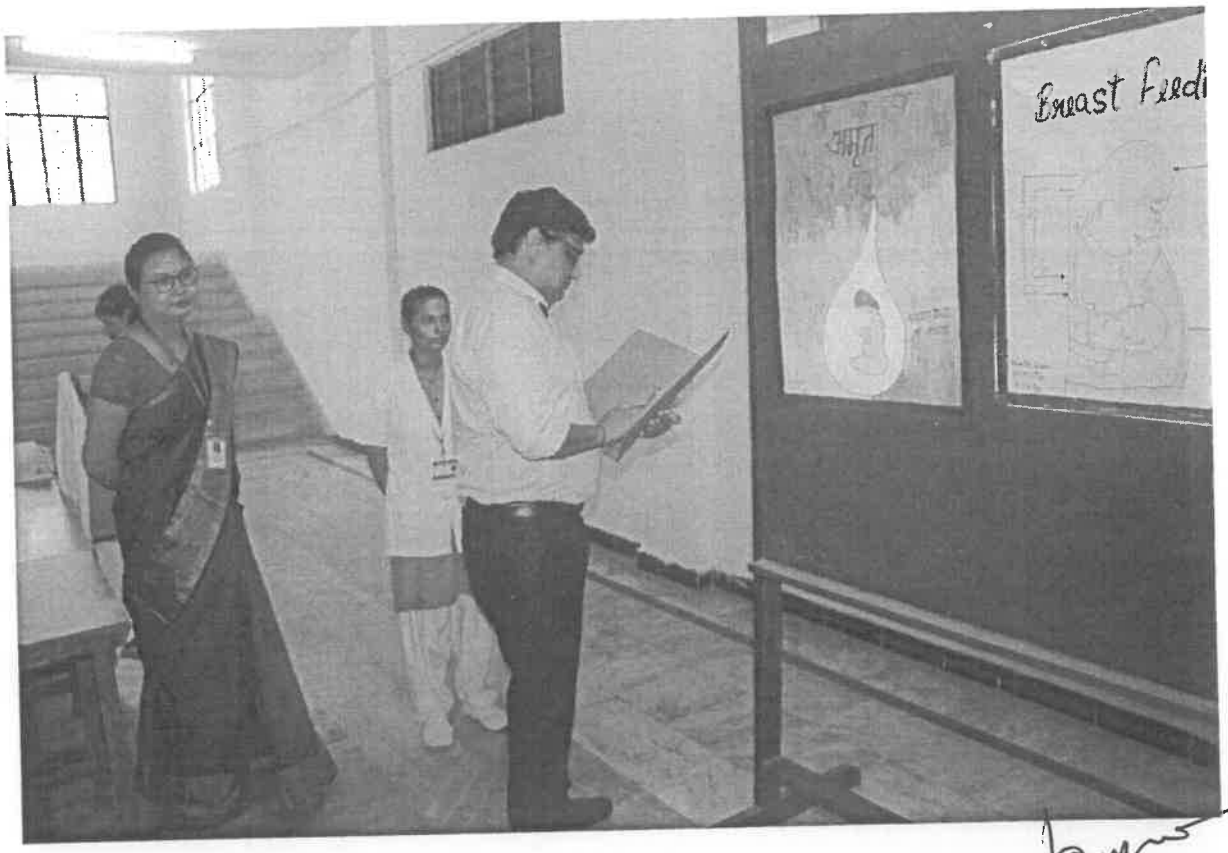
1. **Educational Workshops and Seminars:** RMC organized a series of workshops and seminars led by pediatricians and lactation consultants. These sessions focused on educating healthcare professionals, students, and the community about the benefits of breastfeeding, proper techniques, and the importance of early initiation.
2. **Awareness Campaigns:** The college launched awareness campaigns through posters, digital media, and pamphlets to educate the community about the importance of integrating breastfeeding into daily routines. These materials highlighted the nutritional and emotional benefits of breastfeeding for both infants and mothers.
3. **Interactive Sessions:** Interactive sessions were held where participants could ask questions and discuss various aspects of breastfeeding, including addressing common myths and misconceptions. These sessions provided a platform for open dialogue and shared experiences.
4. **Demonstrations:** Experienced lactation consultants conducted live demonstrations on proper breastfeeding techniques, emphasizing the importance of positioning and latch to prevent common issues such as nipple pain and inadequate milk intake.
5. **Support for Working Mothers:** Recognizing the challenges faced by working mothers, RMC facilitated discussions on creating supportive environments for breastfeeding in workplaces. This included advocating for maternity leave policies and the establishment of lactation rooms in work settings.

Impact:

The activities successfully engaged the RMC community, fostering a deeper understanding of breastfeeding's benefits. Participants reported increased confidence in breastfeeding practices and a greater sense of community support. The event underscored the importance of breastfeeding in promoting holistic well-being and its potential to contribute to a healthier society.

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



Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

DATE-16 August 23

NAME OF THE EVENT- 15 AUGUST 2023

PLACE-Jhanda ground, Rohillkhand medical college and hospital ,Bareilly International Universitty

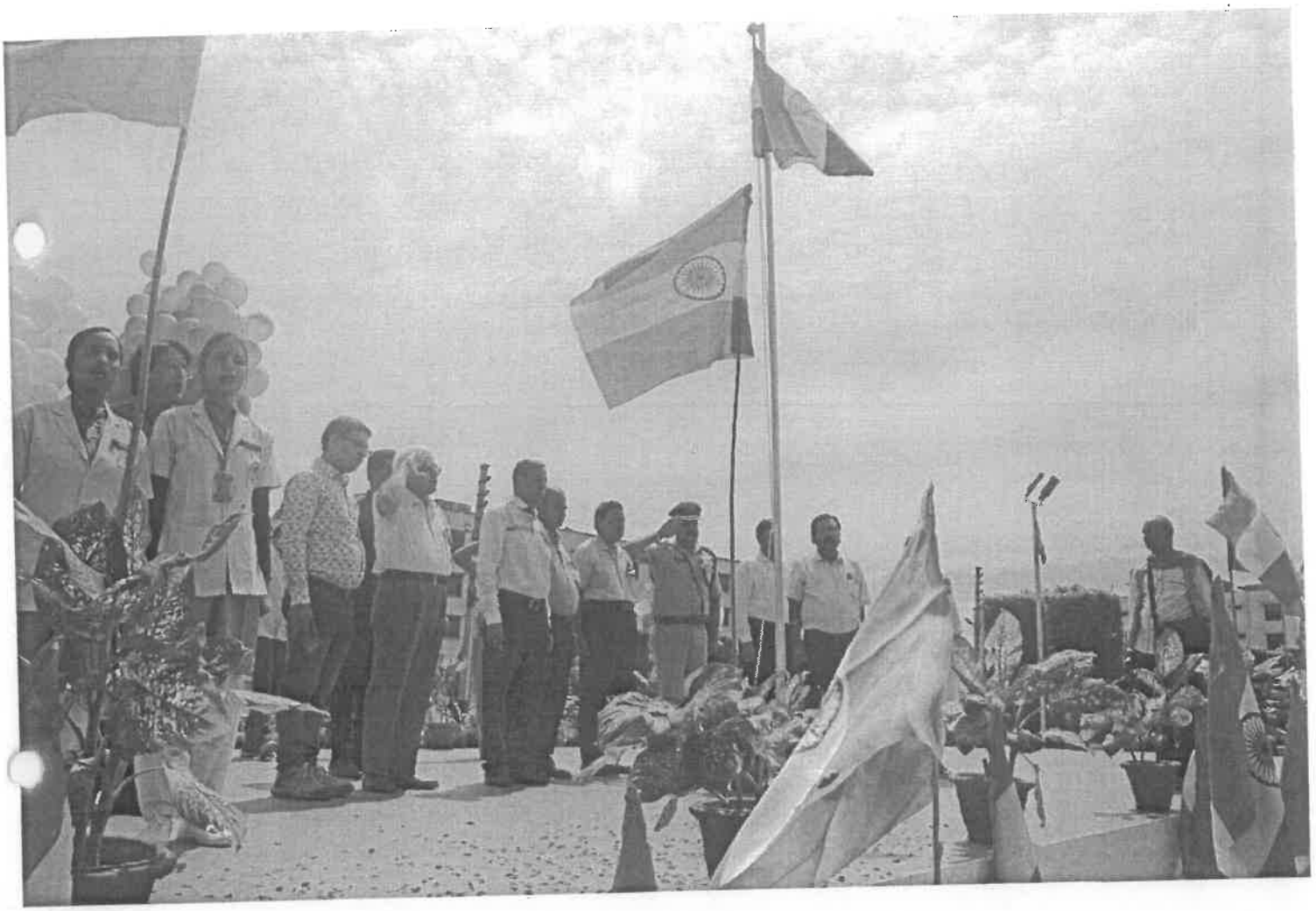
DESCRIPTION-On 15 August, our institution celebrated Independence Day with immense pride and enthusiasm. The event commenced early in the morning with the flag hoisting ceremony, conducted by the chief guest, followed by the national anthem sung by all participants with great patriotism. Students and staff gathered to honor the sacrifices made by countless freedom fighters who fought for India's independence.

The program included a series of speeches that reflected on the significance of the day and the responsibilities of being a citizen of a free nation. Cultural activities such as patriotic songs, group dances, and short skits based on the freedom movement were performed by students, creating a vibrant and emotional atmosphere. A special highlight was a quiz competition focusing on India's history and freedom struggle, which engaged the audience actively.

The entire area was beautifully decorated with flags, flowers, and banners to create a festive and respectful environment. Teachers and students wore traditional attire, adding color and tradition to the occasion. The celebration concluded with the distribution of sweets and a heartfelt vote of thanks to all who contributed to making the event successful. The day left everyone with a renewed sense of patriotism and unity.

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



SIGNATURE-DEAN RMCH
DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

DATE-30 August 23

NAME OF THE EVENT- NATIONAL SPORTS DAY

PLACE-Jhanda ground, Rohillkhand medical college and hospital ,Bareilly International Universitty

DESCRIPTION- Introduction:

National Sports Day is celebrated every year on 29th August to commemorate the birth anniversary of the legendary hockey player, Major Dhyan Chand. Rohilkhand Medical College and Hospital organized a series of sports events and activities to mark this important day and to promote fitness, sportsmanship, and team spirit among students and staff.

Objectives:

To honor Major Dhyan Chand's contribution to Indian sports.

To promote health, wellness, and a sporting culture within the campus.

To encourage active participation, leadership, and camaraderie among students.

List of Activities Conducted:

Inauguration Ceremony:

Chief Guest: Dr. digvijay singh, Principal, RMCH.

Opening speech highlighting the importance of sports in life.

Felicitation of outstanding athletes from the college.

2. **Major Events:**

Cricket Match: Friendly match between students and faculty.

Football Match: Boys and Girls inter-batch tournament.

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

Athletics:

100m and 400m sprint races.

Relay race (4x100m).

Indoor Games:

ess, Carrom, and Table Tennis tournaments.

Badminton Championship: Singles and Doubles matches.

3. Special Activities:

Yoga and Fitness Workshop: Morning session conducted by certified yoga trainers.

Fitness Challenges: Push-ups, Plank holding, and Jump rope contests.

Motivational Talk: "Sports and Mental Health" by Dr. [Name], Department of Psychiatry.

4. Fun Competitions:

Tug of War (Boys, Girls, and Mixed teams).

Sack race and Three-legged race.

rticipation:

More than 350 students and faculty members took active part.

Strong representation across all batches and departments.

Achievements

Faculty vs Students cricket match ended in a thrilling draw, displaying true sportsmanship.

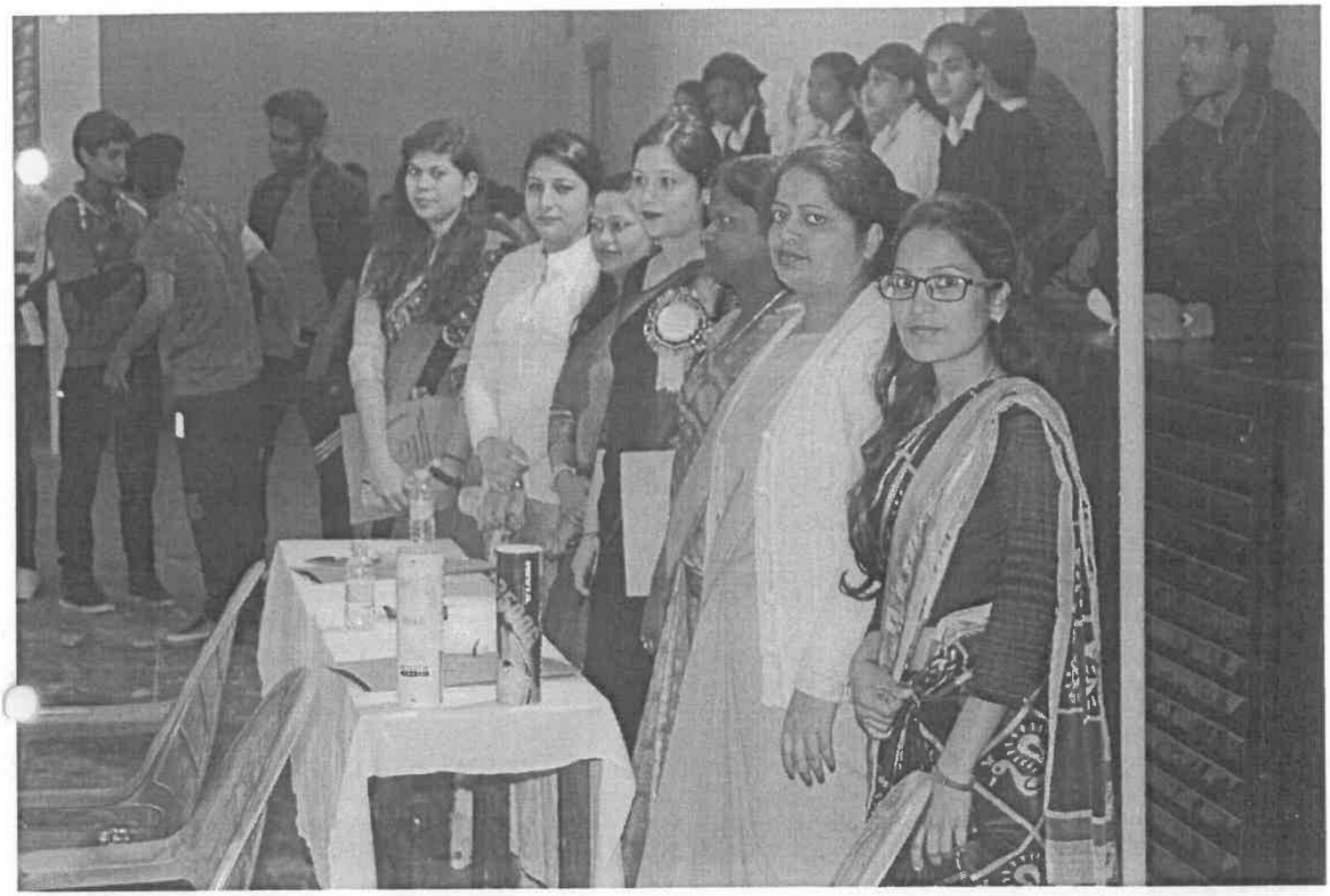
Awards and Recognition:

Medals and certificates were awarded to winners and runners-up.

Special appreciation awards given for "Best Athlete," "Fair Play Team," and "Most Enthusiastic Player."

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



SIGNATURE-DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

Date – 6 September 2023

NAME OF THE EVENT – TEACHER'S DAY CELEBRATION 2023

PLACE – Auditorium , Rohilkhand Medical College and Hospital, Bareilly International University

DESCRIPTION – **Teacher's Day** was celebrated on 5th September 2023 at Rohilkhand Medical College and Hospital with great zeal and reverence to honor the invaluable contribution of teachers in shaping the minds and future of students. The event, held in the Seminar Room, was organized by the Department of Community Medicine in collaboration with the student body. It aimed to express gratitude and appreciation towards the faculty for their constant support, mentorship, and dedication.

The program commenced in the morning with a warm welcome address by student coordinators, setting a respectful and festive tone for the day. A traditional lamp-lighting ceremony was conducted by the senior faculty members and the Dean, symbolizing the illumination of knowledge and wisdom. A moment of silence was observed in respect for Dr. Sarvepalli Radhakrishnan, whose birthday is commemorated as Teacher's Day across India.

Following the formal welcome, the celebration proceeded with a series of speeches by students from various departments. These speeches reflected on the deep impact teachers have on their lives, not just academically but also in character building and life guidance. Many students shared personal anecdotes of how teachers helped them overcome challenges and motivated them to pursue excellence.

An engaging cultural segment brought vibrancy to the event. Students showcased their talents through music, dance, and theatrical performances, all revolving around the theme of gratitude towards teachers. A heartfelt group song, written and composed by a student group, was dedicated to the entire faculty and received a standing ovation. A classical dance performance symbolized the journey of learning, while a humorous yet emotionally touching skit depicted a day in the life of a teacher, highlighting both their challenges and their immense patience.

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



The celebration also featured interactive games and quiz sessions that involved both students and faculty members. These light-hearted activities not only added fun to the event but also strengthened the bond between students and teachers. Teachers actively participated in the games, sharing smiles and laughter with students, creating moments of joy and mutual respect.

One of the most touching parts of the event was the personalized gift ceremony. Students had prepared handmade greeting cards and small handcrafted gifts, which they presented to their favorite teachers as tokens of love and appreciation. Some departments also created short video presentations capturing classroom memories and messages from alumni expressing their thanks to the faculty.

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

ACTIVITY REPORT

Date – 30 September 2023

NAME OF THE EVENT – WORLD HEART DAY 2023

PLACE – Ground, Rohilkhand Medical College and Hospital, Bareilly International University

DESCRIPTION – On 29 September 2024, Rohilkhand Medical College and Hospital, Bareilly International University, proudly hosted a full-day program to commemorate World Heart Day, with the objective of raising awareness about cardiovascular health and motivating individuals to adopt heart-friendly habits. The theme for this year, "Your Heart, Your Choice," was reflected in every activity, urging participants to take ownership of their lifestyle and health decisions.

The celebration started with a brief inaugural ceremony attended by faculty members, students, and healthcare professionals. The Dean welcomed everyone and spoke about the growing prevalence of heart-related illnesses among younger populations and the urgent need for education and prevention. He emphasized that World Heart Day is not just about recognizing problems but about taking proactive steps toward change.

The day officially kicked off with a "Healthy Heart Awareness Rally", where students from MBBS, nursing, and allied health programs marched through the campus and surrounding streets. Dressed in red to symbolize heart health, they carried posters and banners promoting lifestyle modifications like quitting smoking, reducing salt intake, engaging in physical activity, and managing stress.

One of the core components of the event was a free heart screening camp open to all. Managed by a team of doctors and senior medical students, the camp offered blood pressure checks, blood glucose testing, ECGs, and consultations on heart risk management. These services aimed to identify early signs of heart disease and guide individuals on preventive strategies.

In addition to clinical screenings, an interactive workshop titled "Protect Your Heart: Today and Always" was conducted by the Department of Cardiology. Through live demonstrations and presentations, participants learned how to monitor their heart rate, perform CPR, and recognize early symptoms of a heart attack or stroke. The workshop was well-received, with participants expressing newfound confidence in managing emergency situations.

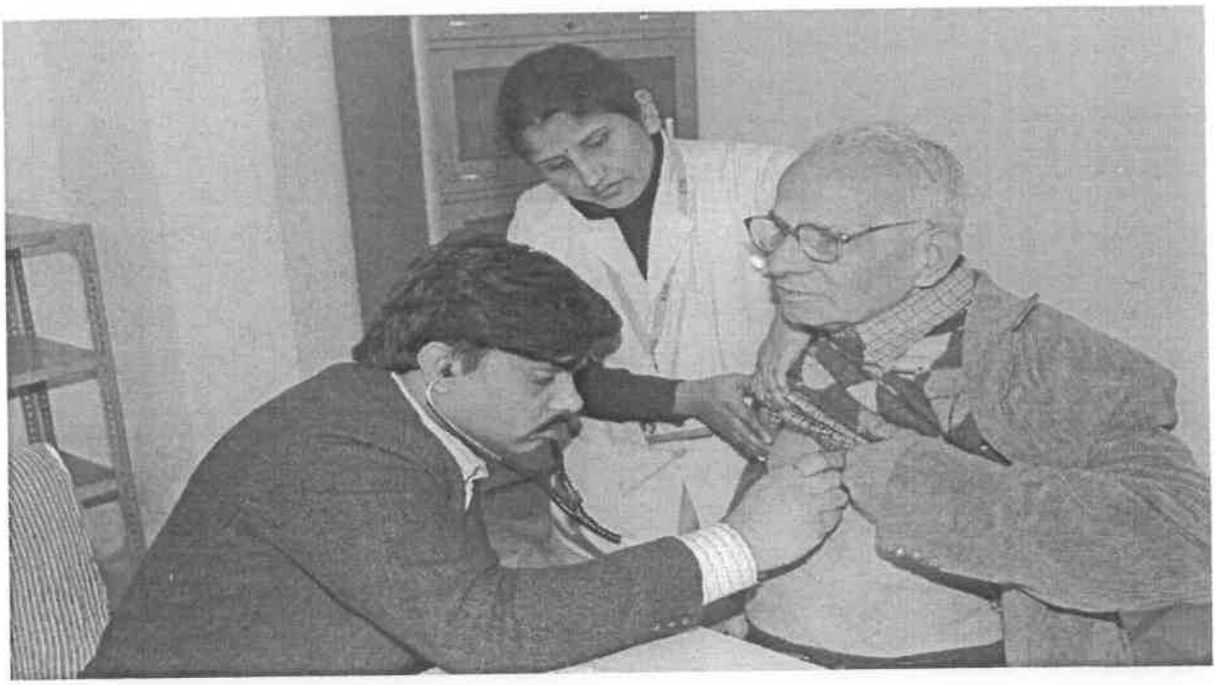
BAREILLY INTERNATIONAL UNIVERSITY

(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

A separate yoga and relaxation session was organized in the central lawn, focusing on exercises that support cardiovascular health and help reduce stress—one of the major contributors to heart disease. Participants engaged in breathing techniques, meditation, and light stretching under the guidance of trained instructors. The session highlighted the connection between mental well-being and heart health.

The event also included a student-led exhibition featuring charts, models, and short videos illustrating heart anatomy, causes of cardiovascular disease, and practical tips for prevention. One of the highlights was a 3D model of the human heart, constructed by final-year students, which visually depicted how unhealthy habits can lead to blockages and other complications.

To further reinforce healthy living, a "Smart Eating" corner was set up by the Department of Nutrition and Dietetics. It featured demonstrations of heart-friendly meals and snacks, along with information about portion control, balanced diets, and food labels. Visitors were surprised to learn how simple dietary changes could make a big difference in heart health.



Signature

Dean, Rohilkhand Medical College and Hospital

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

Date – 10 October 2023

NAME OF THE EVENT – WORLD MENTAL HEALTH DAY,2023

PLACE – Seminar Room, Rohilkhand Medical College and Hospital, Bareilly International University

DESCRIPTION –

On 9 October 2024, Rohilkhand Medical College and Hospital observed World Mental Health Day to foster awareness, reduce stigma, and promote healthy coping mechanisms among students and staff. Organized by the Department of Community Medicine, in collaboration with the Department of Psychiatry and student-led wellness clubs, the event brought together future healthcare professionals, educators, and mental health advocates for a day of reflection, learning, and action.

The program opened with a welcome address by the Dean, who underscored the significance of mental health as an essential part of overall well-being. He highlighted how mental health issues are often overlooked in professional environments, particularly in the medical field, and encouraged students to be advocates for mental wellness in their personal and professional lives.

The academic session began with a series of talks and presentations by faculty, psychologists, and postgraduate students. The topics ranged from understanding the early signs of mental illness to managing stress, anxiety, and emotional burnout in high-pressure environments. Speakers also addressed the importance of mental health literacy and the need for systemic changes in how institutions approach student well-being.

One of the central activities of the day was a poster and slogan competition based on this year's theme, "Mental Health is a Universal Human Right." The competition drew a large number of creative entries from students, with posters addressing social stigma, the role of empathy, and the importance of accessible mental health care for all. The slogans reflected a deep understanding of mental health issues and called for inclusivity, compassion, and action.

A powerful and emotional moment of the event was a street play performed by MBBS students, depicting the daily struggles of individuals dealing with anxiety and depression. The performance highlighted real-life scenarios including academic stress, peer pressure, and societal expectations, demonstrating how easily mental health can deteriorate without support. The students used their performance to show the importance of seeking help and the strength it takes to speak up.

The event also included an interactive workshop on mindfulness and self-care practices, led by a trained mental health counselor. Participants engaged in breathing exercises, short meditation sessions, and group discussions focused on emotional resilience and building supportive networks. This segment was particularly well-received by students, many of whom shared their own mental health experiences in a safe and supportive space.

To extend awareness beyond the seminar room, educational leaflets and mental health resources were distributed to attendees. These included information about signs of common mental illnesses, coping techniques, and mental health support services available within and outside the institution. Volunteers also interacted with hospital visitors and staff, initiating conversations around emotional well-being and encouraging help-seeking behavior.

The program concluded with a pledge ceremony, where everyone stood in solidarity to affirm their commitment to ending the stigma surrounding mental illness and creating an environment where mental health is respected and prioritized. Attendees pledged to promote kindness, listen without judgment, and be mindful of their own and others' emotional needs.

The event was praised by both faculty and administration for its engaging content, emotional depth, and thoughtful organization. It succeeded in initiating much-needed conversations about mental health within the medical community and reminded all present that mental health care is not a privilege, but a right for all.

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



Signature

Dean, Rohilkhand Medical College and Hospital

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 15.11.23

Name of the Event: CHILDREN DAY,2023

Place: ROHILKHAND MEDICAL COLLEGE, BAREILLY

Children's Day 2023 – Activity Report: Rohilkhand Medical College, Bareilly

On November 14, 2023, Rohilkhand Medical College (RMC) in Bareilly celebrated Children's Day, commemorating the birth anniversary of India's first Prime Minister, Jawaharlal Nehru. The day was dedicated to promoting the welfare and rights of children, aligning with the national objective to ensure every child's well-being and development.

Key Activities at RMC:

1. **Awareness Campaigns:** RMC initiated an awareness campaign across the campus and surrounding communities. Posters, digital displays, and pamphlets were distributed, highlighting key facts about children's rights, the importance of education, and the need for societal support. The campaign aimed to educate the public on the significance of child welfare and the role of communities in nurturing young minds.
2. **Educational Workshops and Seminars:** The college hosted workshops and seminars featuring experts in child development and welfare. Topics covered included the importance of child education, nutrition, and protection from exploitation. These sessions were designed to inform students, faculty, and the local community about the significance of children's well-being and the steps needed to ensure their rights are upheld.
3. **Cultural Performances:** Students organized cultural performances, including dance, drama, and skits, showcasing themes of child rights and welfare. These performances aimed to engage the audience emotionally and raise awareness about the challenges faced by children and the importance of supporting their rights.
4. **Community Outreach Programs:** Students and faculty members participated in outreach programs in nearby underserved areas. They provided educational materials, conducted awareness sessions, and facilitated discussions on the importance of child welfare and ensuring children's rights. This initiative aimed to extend the message of Children's Day to communities that may have limited access to such information.
5. **Social Media Campaign:** RMC leveraged its social media platforms to reach a broader audience. Through posts, infographics, and videos, the college disseminated information on the importance of child welfare, their rights, and the steps individuals can take to support children's well-being. The hashtag #NurturingYoungMinds trended locally, reflecting the community's engagement with the cause.

Impact and Reflection:

The observance of Children's Day at RMC successfully mobilized the community towards collective action for children's welfare. The activities not only increased awareness but also fostered a sense of responsibility among individuals to support and uplift children in all

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

aspects of life. The college's commitment to this cause underscores the critical role educational institutions play in advocating for children's rights and well-being.



Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

LIST OF NATIONAL AND INTERNATIONAL COMMEMORATIVE DAYS, EVENTS AND FESTIVALS THAT INSTITUTION ORGANIZED FOR THE YEAR 2022

SR.NO.	NAME OF THE ACTIVITY	ORGANISED BY	DATE OF THE ACTIVITY
1	National Girl Child Day	Community medicine+OBG	24-01-2022
2	Republic Day	Bareilly International University	26-01-2022
3	World Cancer Day	Community Medicine+Radiation Oncology	04-02-2022
4	National Deworming Day	Community Medicine+Pediatrics	10-02-2022
5	World Tuberculosis Day	Community Medicine+TB & Chest	24-03-2022
6	World Health Day	Community Medicine	07-04-2022
7	World Malaria Day	Community Medicine+General Medicine	25-04-2022
8	World Hypertension Day	Community Medicine+General Medicine	17-05-2022
9	World No Tobacco Day	Community Medicine+Psychiatry	31-05-2022
10	World Enviroment Day	Community Medicine	05-06-2022
11	World Blood Donor Day	Community Medicine+Pathology	14-05-2022
12	International Day Of Yoga	Bareilly Inetrnational University	21-06-2022
13	National Doctor's Day	Community Medicine	01-07-2022
14	World Breastfeeding Week	Community Medicine+Pediatrics	01-08-2022
15	Independence Day	Bareilly International	15-08-2022

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

SR.NO.	NAME OF THE ACTIVITY	ORGANISED BY	DATE OF THE ACTIVITY
		University	
16	National Sport's Day	Bareilly International University	29-08-2022
17	Teacher's Day	Community Medicine	05-09-2022
18	World Heart Day	Community Medicine+General Medicine	29-09-2022
19	World Mental Health Day	Community Medicine+Psychiatry	10-10-2022
20	Children's Day	Community Medicine+Pediatrics	14-11-2022
21	World Aids's Day	Community Medicine	01-12-2022

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

Date: 25.01.22

Name of the Event: NATIONAL GIRL CHILD DAY,2022

Place: ROHILKHAND MEDICAL COLLEGE, BAREILLY

National Girl Child Day 2023 – Activity Report: Rohilkhand Medical College, Bareilly

On January 24, 2022, Rohilkhand Medical College (RMC) in Bareilly observed National Girl Child Day, a significant occasion dedicated to celebrating the rights and potential of girls. This day, commemorated annually on January 24, aligns with the anniversary of the Beti Bachao Beti Padhao (BBBP) scheme launched by Prime Minister Narendra Modi in 2015, aiming to address issues like gender inequality, education limitations, and child marriage.

Key Activities at RMC:

1. **Awareness Campaigns:** RMC initiated an extensive awareness campaign across the campus and surrounding communities. Posters, digital displays, and pamphlets were distributed, highlighting key facts about the importance of empowering girls, their rights, and the need for societal support. The campaign aimed to educate the public on the significance of gender equality and the role of girls in nation-building.
2. **Educational Workshops and Seminars:** The college hosted workshops and seminars featuring experts in women's rights and child development. Topics covered included the importance of educating girls, the challenges they face, and strategies to overcome gender-based discrimination. These sessions were designed to inform students, faculty, and the local community about the significance of empowering girls and the steps needed to achieve gender equality.
3. **Cultural Performances:** Students organized cultural performances, including dance, drama, and skits, showcasing themes of women empowerment and girl child rights. These performances aimed to engage the audience emotionally and raise awareness about the challenges faced by girls and the importance of supporting their rights.
4. **Community Outreach Programs:** Students and faculty members participated in outreach programs in nearby underserved areas. They provided educational materials, conducted awareness sessions, and facilitated discussions on the importance of empowering girls and ensuring their rights. This initiative aimed to extend the message of National Girl Child Day to communities that may have limited access to such information.
5. **Social Media Campaign:** RMC leveraged its social media platforms to reach a broader audience. Through posts, infographics, and videos, the college disseminated information on the importance of empowering girls, their rights, and the steps individuals can take to support gender equality. The hashtag #EmpoweringGirlsForABrightFuture trended locally, reflecting the community's engagement with the cause.

Impact and Reflection:

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

The observance of National Girl Child Day at RMC successfully mobilized the community towards collective action for empowering girls. The activities not only increased awareness but also fostered a sense of responsibility among individuals to support and uplift girls in all aspects of life. The college's commitment to this cause underscores the critical role educational institutions play in advocating for gender equality and the empowerment of girls.



Signature

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

DATE-27 JANUARY

NAME OF THE EVENT- REPUBLIC DAY- 26 JANUARY 2022

PLACE-Jhanda ground, Rohillkhand medical college and hospital ,Bareilly International University

DESCRIPTION- On 26 January, our institution celebrated Republic Day with great zeal and patriotic fervor. Th event began with the hoisting of the national flag by the chief guest, accompanied by the singing of the national anthem, which filled everyone with a sense of pride. Students, teachers, and staff gathered to honor the day when India's Constitution came into force, marking the country's transition into a sovereign republic.

The program featured inspiring speeches by students and faculty members, highlighting the significance of the Constitution and the values of justice, liberty, equality, and fraternity. Cultural performances such as patriotic so dances, and dramatizations of historical events added color and meaning to the celebration. A special debate competition on the topic of "Role of Youth in Nation Building" was organized, encouraging active participation thoughtful discussion.

The school premises were beautifully decorated with tricolor flags, balloons, and posters reflecting the spirit of th nation. Students dressed in traditional and tricolor-themed outfits, enhancing the festive atmosphere. The event concluded with the distribution of sweets and a vote of thanks to all attendees and organizers. The celebration reinforced the importance of unity, democracy, and responsibility among all participants.

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



DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

SIGNATU
DEAN RI

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

Date: 5th Feburary 2022

Name of the Event: World Cancer Day 2022

Place: Rohilkhand medical college and hospital,bareilly

Description:

On **February 4, 2022, Rohilkhand Medical College and Hospital (RMCH), Bareilly,** observed **World Cancer Day** under the global theme **"CLOSE THE CARE GAP"**. This theme emphasized a people-centered approach to cancer care, highlighting the importance of personalized treatment and support for individuals affected by cancer .

Key Activities Conducted:

1. **Awareness Campaigns:** Informational posters and digital content were displayed across the campus to educate students, faculty, and staff about cancer prevention, early detection, and the significance of personalized care.
2. **Seminars and Workshops:** Medical experts conducted sessions focusing on the latest advancements in cancer research, treatment modalities, and the importance of a holistic approach to patient care.
3. **Screening Camps:** Collaborations with local healthcare providers facilitated free cancer screening services for the community, aiming to promote early detection and reduce the stigma associated with cancer.
4. **Survivor Stories:** Cancer survivors shared their journeys, emphasizing resilience, the importance of support systems, and the need for compassionate care.

RMCH's observance of World Cancer Day 2022 underscores its commitment to advancing cancer awareness, promoting early detection, and advocating for individualized patient care, aligning with global efforts to reduce the cancer burden.

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in



Signature

DEAN RMCH
DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 11th Feburary 2022

Name of the Event: National Deworming Day 2022

Place: Hospital OPD,Rohilkhand medical college and hospital, bareilly

Description:Hospital OPD, Rohilkhand medical college and hospital, bareilly

On **February 10, 2022, Rohilkhand Medical College and Hospital (RMCH), Bareilly,** actively participated in **National Deworming Day (NDD) with theme "ELIMINATE STH: INVEST IN A HEALTHIER FUTURE FOR CHILDREN"** , a nationwide initiative aimed at deworming children aged 1 to 19 years to combat soil-transmitted helminth infections. This initiative is crucial in India, where approximately 241 million children are at risk of parasitic worm infections, leading to malnutrition, anaemia, and impaired cognitive development.

Key Activities Conducted:

1. **Awareness Campaigns:** Educational materials, including posters and pamphlets, were distributed across the RMCH campus to inform students, staff, and visitors about the significance of deworming and maintaining proper hygiene.
2. **Community Outreach:** RMCH collaborated with local schools and Anganwadi centers to facilitate the administration of deworming tablets to children in the surrounding community, ensuring wide-reaching impact.
3. **Training Sessions:** Healthcare professionals and volunteers were trained on the proper administration of deworming tablets, emphasizing the importance of correct dosage and timing to maximize effectiveness.
4. **Monitoring and Follow-up:** A monitoring system was established to track the number of children dewormed and to identify any adverse reactions, ensuring the safety and success of the campaign.

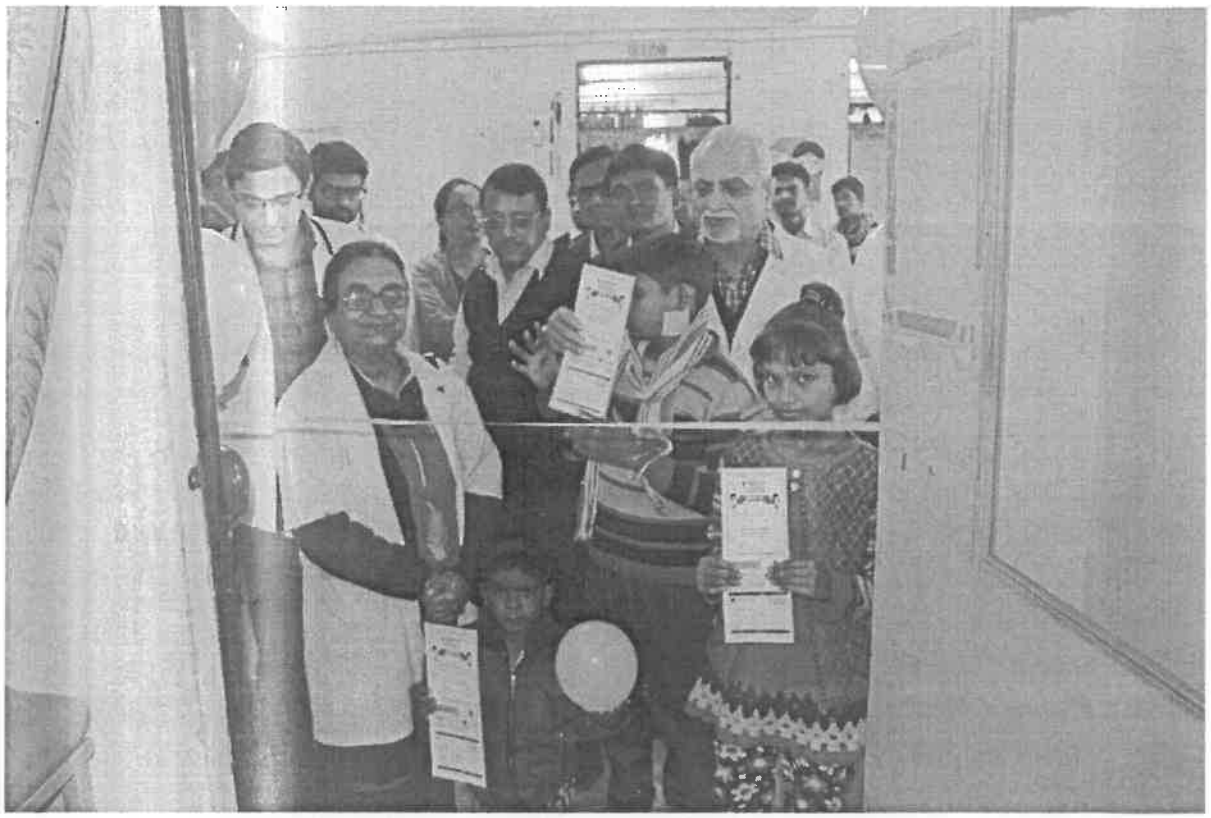
Impact and Outcomes:

- **Coverage:** A significant number of children in Bareilly district received deworming treatment, contributing to the national goal of reducing the prevalence of worm infections among children.
- **Health Improvement:** Early deworming helps in improving nutritional status, enhancing school attendance, and boosting overall health and development in children.
- **Community Engagement:** The involvement of RMCH in NDD 2022 strengthened community trust and demonstrated the institution's commitment to public health initiatives.

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

RMCH's participation in National Deworming Day 2022 underscores its dedication to enhancing child health and contributing to national efforts aimed at eradicating worm infections.



Signature-DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 25th MARCH 2022

Name of the Event: World Tuberculosis Day 2022

Place: Demo room , Rohilkhand medical college and hospital, bareilly

Description:

On **March 24, 2022**, **Rohilkhand Medical College and Hospital (RMCH), Bareilly,** observed **World Tuberculosis Day** under the theme **"Invest to end TB, save lives:"**. This global initiative aimed to raise awareness about tuberculosis (TB), the world's deadliest infectious disease, and to advocate for increased commitment, investment, and effective delivery of TB services.

Key Activities Conducted:

- **Educational Seminars and Workshops:** Medical students, faculty, and staff participated in sessions focusing on TB prevention, early detection, and treatment strategies.
- **Awareness Campaigns:** Posters and informational materials were displayed across the campus to educate the community about TB symptoms, transmission, and the importance of timely medical intervention.
- **Community Outreach Programs:** Collaborations with local health authorities facilitated TB screening camps, providing free diagnostic services to underserved populations in Bareilly.
- **Interactive Discussions:** Panel discussions involving TB survivors, healthcare professionals, and students emphasized the significance of community involvement and adherence to treatment protocols.

RMCH's observance of World TB Day 2022 underscores its commitment to combating tuberculosis through education, community engagement, and the promotion of equitable healthcare access. The institution remains dedicated to supporting national and global efforts aimed at ending TB by 2030.

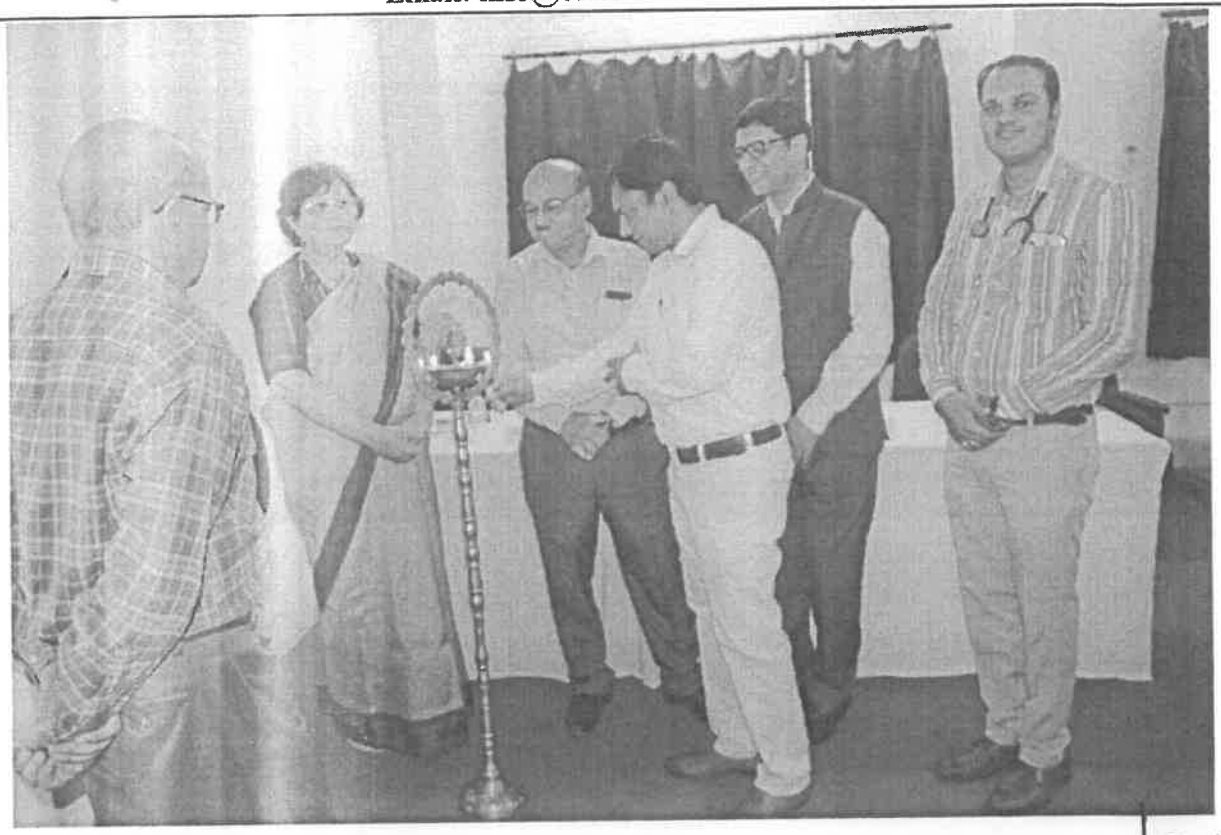
BAREILLY INTERNATIONAL UNIVERSITY

(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



Signature- DEAN RMCH

DEAN/PRINCIPAL

Rohilkhand Medical College & Hospital

BAREILLY

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

Date: 8TH APRIL, 2022

Name of the Event: WORLD HEALTH DAY, 2022

Place: Urban health center , Rohilkhand medical college and hospital, Bareilly

Description:

On **April 7, 2022, Rohilkhand Medical College and Hospital (RMCH), Bareilly**, observed **World Health Day** under the theme **"Our Planet, Our Health"**. This theme emphasized the urgent need to address environmental factors affecting human health and to promote sustainable practices for a healthier planet .

Key Activities Conducted:

1. **Awareness Campaigns:**
   - Educational posters and digital content were displayed across the RMCH campus to inform students, staff, and visitors about the link between environmental health and human well-being.
   - Information on the importance of clean air, water, and sustainable practices was shared through various mediums.
2. **Seminars and Workshops:**
   - Medical experts conducted sessions focusing on the impact of climate change on health, including the rise of respiratory diseases, vector-borne illnesses, and heat-related illnesses.
   - Workshops on sustainable practices, such as waste management, reducing plastic usage, and promoting clean energy, were organized.
3. **Community Outreach Programs:**
   - Collaborations with local environmental organizations facilitated tree plantation drives and cleanliness campaigns in Bareilly.
   - Health check-up camps were organized in nearby communities, offering services like blood pressure monitoring and general health assessments.
4. **Interactive Discussions:**
   - Panel discussions involving healthcare professionals, environmentalists, and students were held to discuss the challenges and solutions related to achieving a healthy environment and its impact on public health.

Impact and Outcomes:

- **Increased Awareness:** The activities conducted led to heightened awareness among the RMCH community and the local population regarding the importance of environmental health.
- **Community Engagement:** The outreach programs facilitated direct engagement with the community, providing essential health services and information on sustainable practices.

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

- **Promotion of Sustainable Practices:** The workshops and discussions encouraged individuals to adopt environmentally friendly practices in their daily lives.

RMCH's observance of World Health Day 2022 underscores its commitment to promoting environmental health and contributing to global efforts aimed at creating societies focused on well-being .



Signature-

DEAN RMCH
DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

Date: 26TH APRIL , 2022

Name of the Event: WORLD MALARIA DAY, 2022

Place: Demo room, Rohilkhand medical college and hospital, Bareilly

Description:

Date: 25th April 2022
Theme: "Harness Innovation to Reduce the Malaria Disease Burden and Save Lives"

Rohilkhand Medical College & Hospital observed *World Malaria Day 2022* on 25th April with a series of educational, awareness, and outreach activities organized by the Department of Community Medicine. The event focused on educating students, patients, and the surrounding community about malaria prevention and control in line with the WHO theme, *"Harness Innovation to Reduce the Malaria Disease Burden and Save Lives."*

Key Activities Conducted:

1. Inaugural Session and Seminar:
The day began with a seminar inaugurated by the Principal and senior faculty. Expert talks were delivered on malaria epidemiology, vector control strategies, and advancements in diagnostic methods. Emphasis was placed on community-based interventions and the use of innovative tools for malaria surveillance.

2. Awareness Rally:
A rally was conducted by MBBS and nursing students within the campus and nearby community areas. Slogans, placards, and banners focused on preventive measures such as eliminating stagnant water, using insecticide-treated bed nets, and early diagnosis.

3. Poster and Model Exhibition:
Students presented informative posters and 3D models highlighting the malaria parasite life cycle, mosquito breeding habitats, and personal protection techniques. The exhibits were judged and awarded to encourage active participation.

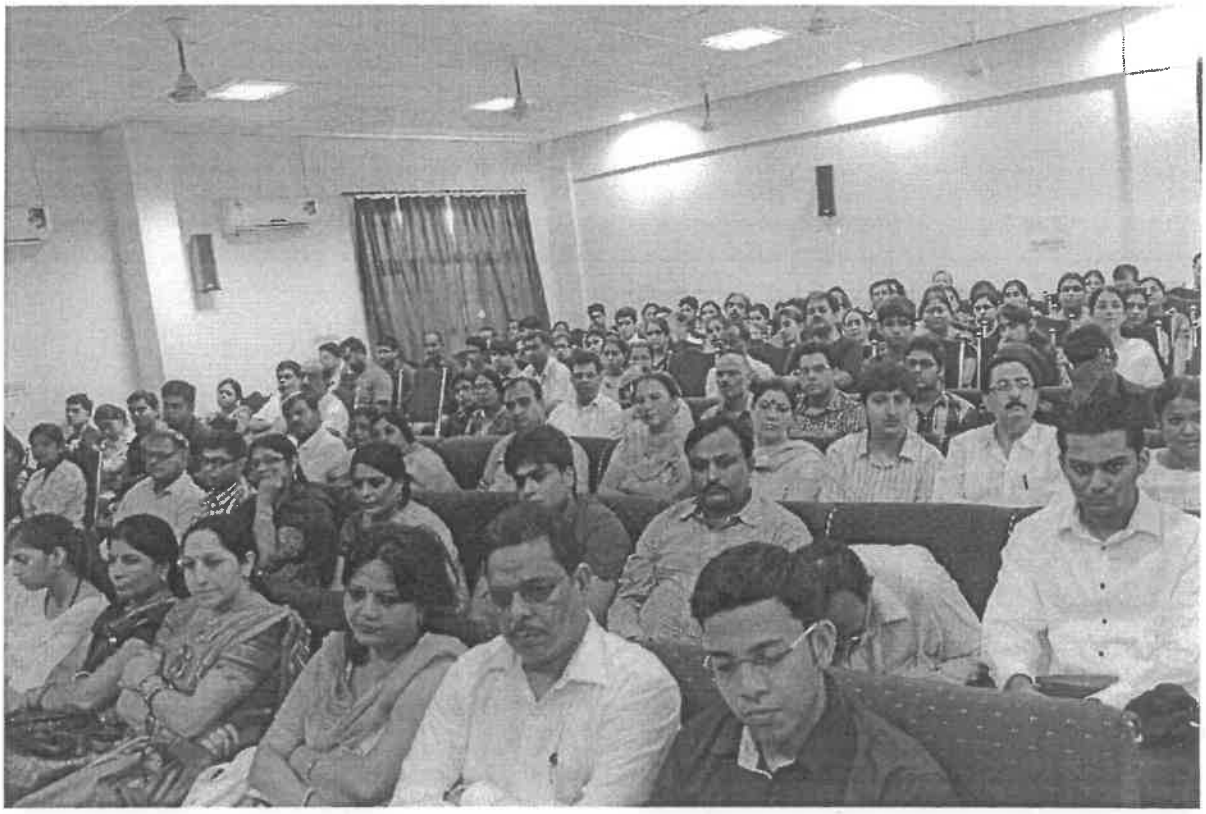
4. OPD-Based Health Education Camp:
In the hospital's outpatient department, interns interacted with patients and distributed pamphlets in local languages explaining malaria symptoms, treatment, and preventive steps. Free mosquito repellents were distributed to vulnerable families.

5. Community Outreach:
A field visit to a nearby village was conducted where students and faculty educated residents on mosquito control and household hygiene.

The observance of World Malaria Day 2022 at Rohilkhand Medical College successfully raised awareness and promoted active participation in malaria control efforts.

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in



Signature-

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

Date: 18th May 2022

Name of the Event: World Hypertension Day 2022

Place:

Description:

On May 17, 2022, Rohilkhand Medical College (RMC) in Bareilly, Uttar Pradesh, commemorated World Hypertension Day with a series of impactful activities aimed at raising public awareness about hypertension and promoting healthier lifestyles.

Theme and Objective

The 2022 theme, "Measure Your Blood Pressure Accurately, Control It, Live Longer," underscored the importance of precise blood pressure measurement and effective management to enhance longevity and health.

Key Activities

1. Community Outreach and Blood Pressure Screening

RMC organized free blood pressure screening camps in various localities, including markets and residential areas, to facilitate easy access for the public. These camps were staffed by medical students and faculty, offering on-the-spot blood pressure checks and personalized health consultations. This initiative aimed to identify undiagnosed cases of hypertension and provide immediate guidance on management.

2. Educational Workshops and Seminars

The college hosted workshops and seminars focusing on the causes, risks, and prevention of hypertension. These sessions were conducted by experts in the field and were designed to educate attendees about lifestyle modifications, such as dietary changes, regular physical activity, and stress management techniques, to control blood pressure.

3. Public Awareness Campaigns

To reach a broader audience, RMC launched a public awareness campaign utilizing posters, pamphlets, and social media platforms. The campaign emphasized the significance of regular blood pressure monitoring and the adoption of healthy habits to prevent hypertension.

4. Interactive Sessions with Medical Students

Medical students actively participated in the events, engaging with the community through interactive sessions. They demonstrated proper techniques for measuring blood pressure and discussed the importance of routine health check-ups. This hands-on approach helped

demystify medical procedures and encouraged proactive health management among the public.

Impact and Significance

RMC's observance of World Hypertension Day 2022 successfully contributed to raising awareness about hypertension in the Bareilly community. The activities not only provided valuable health services but also empowered individuals with knowledge and tools to manage their health effectively. By fostering a collaborative environment between medical professionals and the community, RMC played a pivotal role in promoting cardiovascular health and preventing hypertension-related complications.

Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

Date – 06 JUNE 2022

NAME OF THE EVENT – WORLD ENVIRONMENT DAY 2022

PLACE – Jhanda Ground, Rohilkhand Medical College and Hospital, Bareilly International University

DESCRIPTION –Our institution enthusiastically observed **World Environment Day** to promote awareness and action for the protection of our environment. The celebration commenced with a tree plantation drive led by the honorable chief guest, followed by an inspiring address emphasizing the urgent need to adopt sustainable practices and protect natural resources.

Students, faculty, and staff came together to participate in a range of activities including poster-making, slogan writing, and an awareness rally around the campus. A seminar was also held, where speakers highlighted key environmental challenges such as climate change, plastic pollution, and biodiversity loss, and proposed practical solutions.

The highlight of the event was a skit performed by students that creatively showcased the harmful effects of deforestation and pollution, urging everyone to take individual responsibility. The entire campus was adorned with green-themed decorations, and participants wore eco-friendly badges made from recycled materials.

The campus was adorned with green decorations, banners, and recycled art installations, creating an atmosphere of environmental consciousness. The event concluded with the distribution of saplings to attendees and a vote of thanks, leaving everyone inspired to adopt greener habits in their daily lives.

The program concluded with a pledge to make environmentally conscious choices and a vote of thanks extended to all contributors. The event successfully instilled a sense of environmental stewardship among all attendees and reaffirmed our commitment to a greener future.

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



Signature
DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

Dean , Rohilkhand Medical college and Hospital

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

Date: 15th June 2022

Name of the Event: World Blood Donor Day Day 2022

Place: Blood Bank Rohillkhand medical college and Hospital Bareilly International University

Description:

On June 14, 2022, Rohilkhand Medical College (RMC) in Bareilly, Uttar Pradesh, observed World Blood Donor Day with a series of impactful activities aimed at promoting voluntary blood donation and acknowledging the contributions of blood donors.

Theme and Objectives

The 2022 theme, **"Donating blood is an act of solidarity. Join the effort and save lives."**. marked the 20th anniversary of World Blood Donor Day. The objectives were to recognize voluntary blood donors, showcase achievements and challenges of national blood programs, and promote a culture of regular blood donation among the public

1Key Activities

1. Blood Donation Camp

RMC organized a blood donation camp on its campus, collaborating with local blood banks and health organizations. The camp was equipped with medical professionals to ensure safe and efficient blood collection. Students, faculty, and staff participated enthusiastically, contributing to a significant collection of blood units.

2. Awareness Campaigns

To educate the community about the importance of blood donation, RMC launched awareness campaigns through posters, digital media, and pamphlets. These materials highlighted the benefits of blood donation, eligibility criteria, and safety measures, aiming to dispel myths and encourage more individuals to donate.

3. Interactive Sessions and Seminars

The college hosted seminars and interactive sessions led by medical experts. Topics covered included the science of blood donation, its impact on health, and the significance of regular donations. These sessions were designed to engage students and the local community, fostering a deeper understanding of the cause.

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in



4. Recognition of Donors

In line with the theme, RMC recognized and honored regular blood donors for their selfless contributions. Certificates and tokens of appreciation were presented to acknowledge their commitment to saving lives.

Impact and Significance

RMC's observance of World Blood Donor Day 2022 successfully raised awareness about the critical need for blood donations. The activities not only facilitated the collection of blood but also educated the community on the importance of regular donations. By fostering a culture of voluntary blood donation, RMC contributed to ensuring a safe and sufficient blood supply for those in need

Signature

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 22th June 2022

Name of the Event: INTERNATIONAL DAY OF YOGA 2022

Place: JHANDA GROUND, RMCH

Description:

International Day of Yoga 2022 – Activity Report: Rohilkhand Medical College, Bareilly

On June 21, 2022, Rohilkhand Medical College (RMC), affiliated with Bareilly International University, observed the 8th International Day of Yoga with a series of activities aimed at promoting physical and mental well-being among students, faculty, and staff.

Theme:
The global theme for 2022 was **"Yoga for Humanity"**, emphasizing yoga's role in promoting human welfare, especially in the wake of the challenges posed by the COVID-19 pandemic.

Key Activities at RMC:

1. **Preparatory Workshop:**
   In the lead-up to the event, RMC organized a workshop in the college auditorium, featuring Dr. Nitya Sharma, a yoga instructor from the AYUSH Department's Yoga Wellness Center. Dr. Sharma addressed attendees on the significance of yoga in modern life, highlighting its benefits in stress management and overall health.
2. **Morning Yoga Session:**
   On the day of the event, a mass yoga session was conducted on the college grounds. Students and faculty participated in the Common Yoga Protocol, which included practices such as Surya Namaskar, Pranayama, and various asanas, aimed at enhancing physical fitness and mental clarity.
3. **Awareness Campaigns:**
   The college launched awareness campaigns through posters, digital media, and pamphlets to educate the community about the importance of integrating yoga into daily routines.

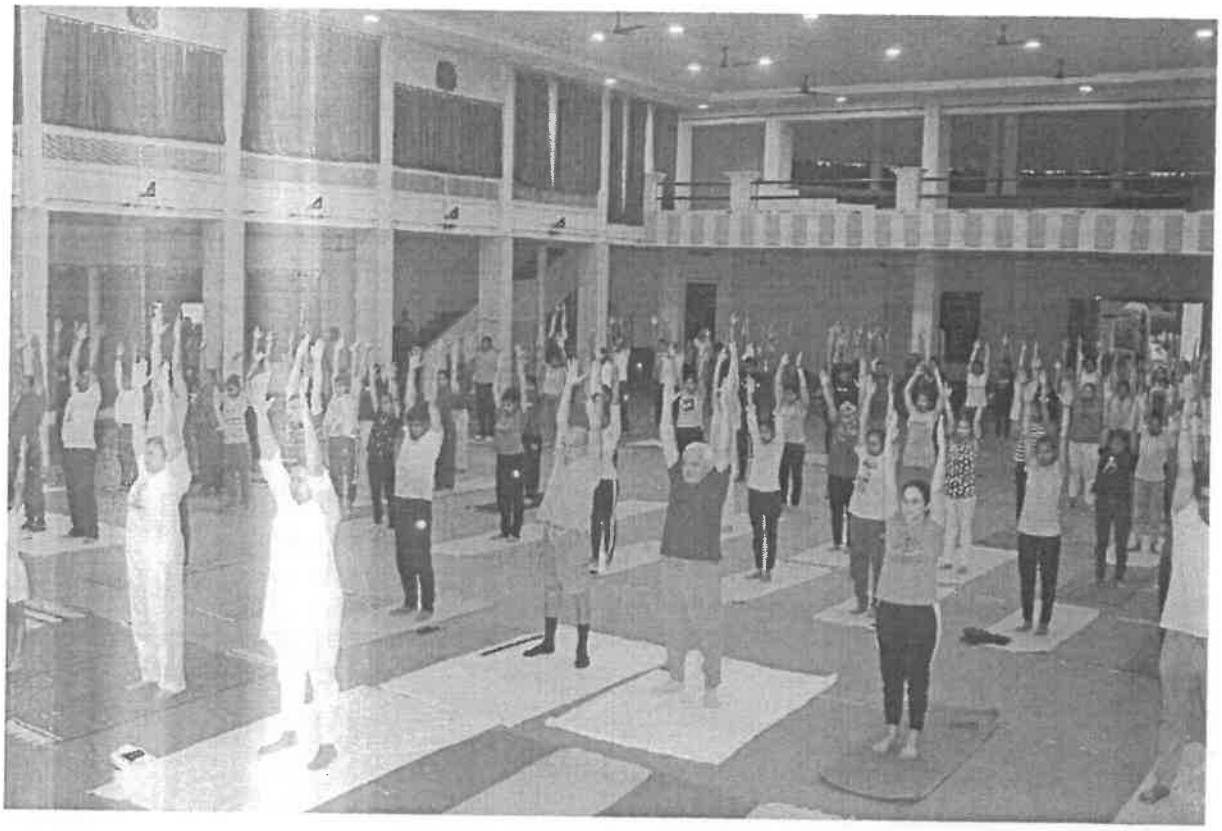
Impact:
The activities successfully engaged the RMC community, fostering a deeper understanding of yoga's benefits. Participants reported improved physical health, reduced stress levels, and a greater sense of community. The event underscored the importance of yoga in promoting holistic well-being and its potential to contribute to a healthier society.

For more information on yoga practices and their benefits, individuals are encouraged to explore resources provided by the Ministry of AYUSH and other reputable health organizations.

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

For more information on yoga practices and their benefits, individuals are encouraged to explore resources provided by the Ministry of AYUSH and other reputable health organizations.



Signature DEAN RMCH
DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

Date: 02.07.22

Name of the Event: NATIONAL DOCTOR'S DAY,2022

Place: AUDITORIUM, RMCH, BAREILLY

National Doctor's Day 2022 – Activity Report: Rohilkhand Medical College, Bareilly

On July 1, 2022, Rohilkhand Medical College (RMC) in Bareilly commemorated National Doctor's Day, aligning with the national theme: **"Family Doctors on the Front Line"**. This theme highlighted the pivotal role of family physicians in providing continuous and comprehensive care, especially during challenging times such as the COVID-19 pandemic .

Key Activities at RMC:

1. **Felicitation Ceremony:** A formal ceremony was organized to honor senior faculty members and doctors for their exemplary service and dedication to patient care. Certificates of appreciation were presented to recognize their contributions to the medical field.
2. **Interactive Workshops and Seminars:** Workshops focusing on stress management, work-life balance, and coping mechanisms for healthcare professionals were conducted. These sessions aimed to provide doctors with tools to manage the challenges of their profession effectively.
3. **Awareness Campaigns:** The college launched awareness campaigns through posters, digital media, and pamphlets to educate the community about the importance of integrating family physicians into daily healthcare routines. These materials highlighted the benefits of continuous care and the role of family doctors in maintaining long-term health.
4. **Community Engagement:** Students and faculty participated in community outreach programs, offering free health check-ups and consultations to the underprivileged sections of Bareilly. This initiative aimed to extend healthcare services to those in need and reinforce the role of family doctors in community well-being.
5. **Social Media Campaign:** A social media campaign was launched with the hashtag #FamilyDoctorsOnTheFrontLine, encouraging people to share stories and messages of gratitude towards family physicians. The campaign received widespread participation, reflecting the community's appreciation for healthcare professionals.

Impact and Reflection:

The observance of National Doctor's Day at RMC fostered a sense of pride and gratitude among the medical community. It highlighted the importance of compassion and dedication in the medical profession. The activities not only honored the contributions of doctors but also provided them with support and recognition, reinforcing the values of empathy and service in healthcare.

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in



Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

Date: 08.08.22

Name of the Event: WORLD BREASTFEEDING WEEK ,2022

Place: Auditorium, Rohilkhand medical college and hospital, Bareilly

World Breastfeeding Week 2022 – Activity Report: Rohilkhand Medical College, Bareilly

Rohilkhand Medical College (RMC) in Bareilly observed World Breastfeeding Week from August 1–7, 2022, aligning with the global theme: **"Step Up for Breastfeeding: Educate and Support"** . This initiative aimed to raise awareness about the importance of breastfeeding and to promote universal access to breastfeeding support.

Key Activities at RMC:

1. **Educational Workshops and Seminars:**
   RMC organized a series of workshops and seminars led by pediatricians and lactation consultants. These sessions focused on educating healthcare professionals, students, and the community about the benefits of breastfeeding, proper techniques, and the importance of early initiation.
2. **Awareness Campaigns:**
   The college launched awareness campaigns through posters, digital media, and pamphlets to educate the community about the importance of integrating breastfeeding into daily routines. These materials highlighted the nutritional and emotional benefits of breastfeeding for both infants and mothers.
3. **Interactive Sessions:**
   Interactive sessions were held where participants could ask questions and discuss various aspects of breastfeeding, including addressing common myths and misconceptions. These sessions provided a platform for open dialogue and shared experiences.
4. **Demonstrations:**
   Experienced lactation consultants conducted live demonstrations on proper breastfeeding techniques, emphasizing the importance of positioning and latch to prevent common issues such as nipple pain and inadequate milk intake.
5. **Support for Working Mothers:**
   Recognizing the challenges faced by working mothers, RMC facilitated discussions on creating supportive environments for breastfeeding in workplaces. This included advocating for maternity leave policies and the establishment of lactation rooms in work settings.

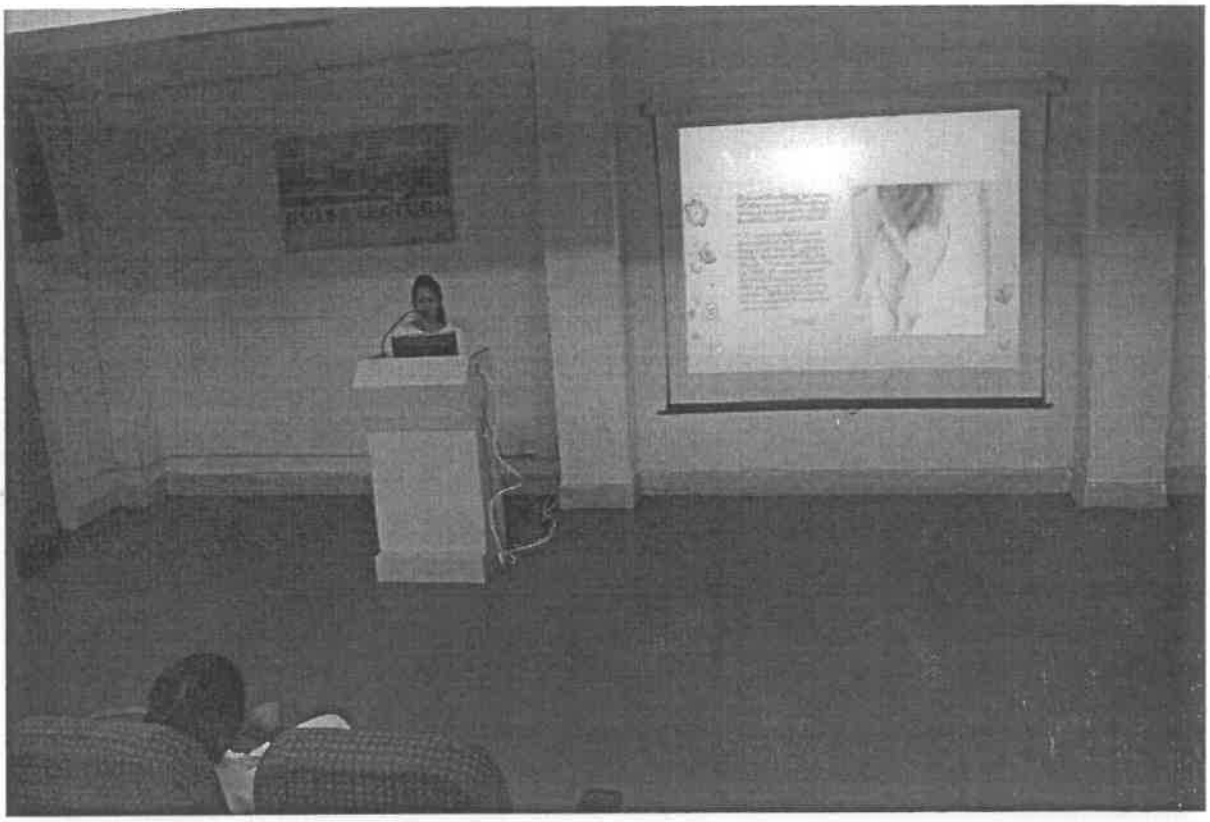
Impact:

The activities successfully engaged the RMC community, fostering a deeper understanding of breastfeeding's benefits. Participants reported increased confidence in breastfeeding practices and a greater sense of community support. The event underscored the importance of

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

breastfeeding in promoting holistic well-being and its potential to contribute to a healthier society.



Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
Bareilly

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

ACTIVITY REPORT

DATE-16 Augu

NAME OF THE EVENT- 15 AUGUST 2022

PLACE-Auditorium Rohillkhand medical college and hospital ,Bareilly International Universitty

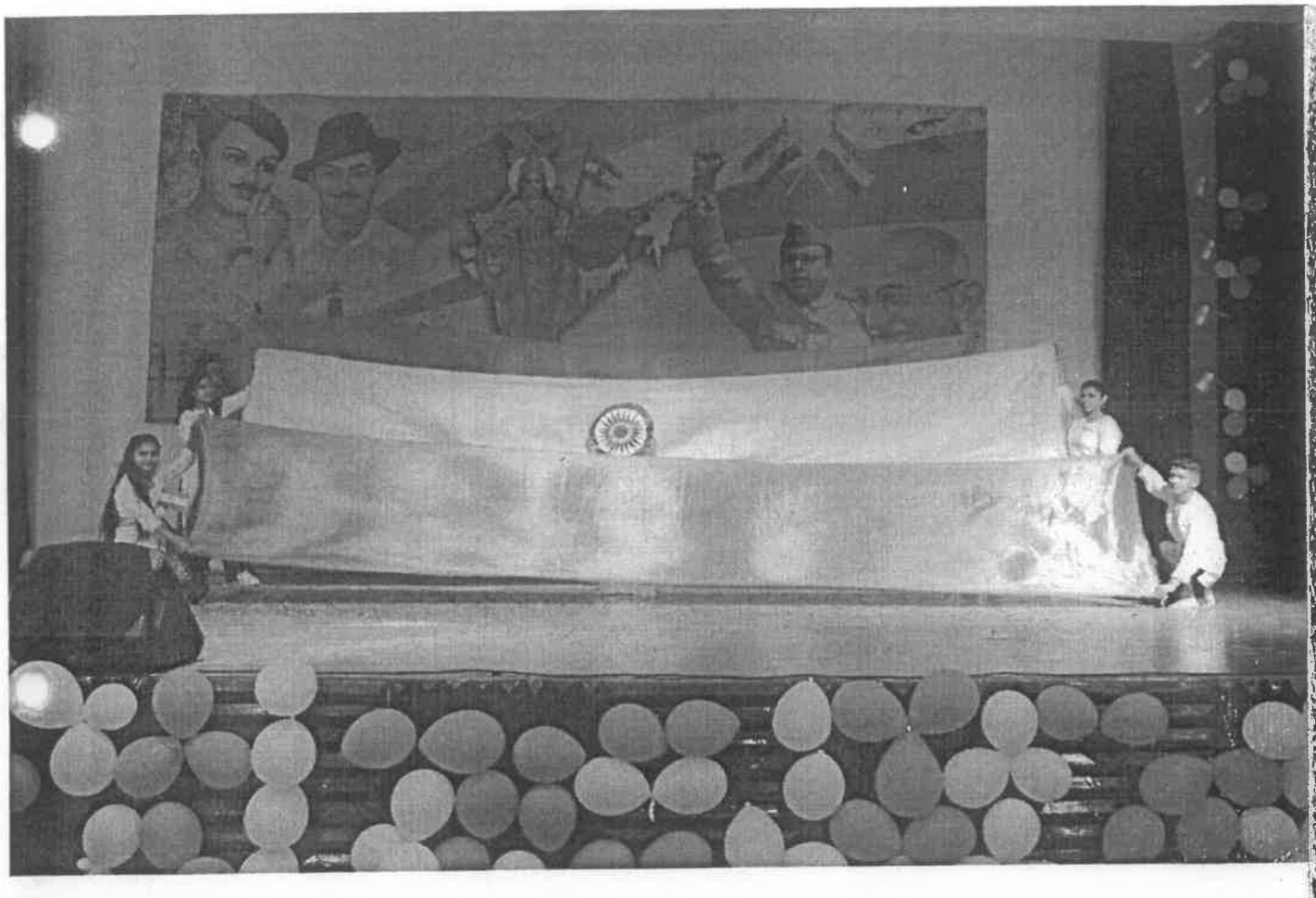
DESCRIPTION-On 15 August, our institution celebrated Independence Day with immense pride and enthusiasi The event commenced early in the morning with the flag hoisting ceremony, conducted by the chief guest, follov by the national anthem sung by all participants with great patriotism. Students and staff gathered to honor the sacrifices made by countless freedom fighters who fought for India's independence.

The program included a series of speeches that reflected on the significance of the day and the responsibilities of being a citizen of a free nation. Cultural activities such as patriotic songs, group dances, and short skits based on freedom movement were performed by students, creating a vibrant and emotional atmosphere. A special highligh was a quiz competition focusing on India's history and freedom struggle, which engaged the audience actively.

The entire area was beautifully decorated with flags, flowers, and banners to create a festive and respectful ei ronment. Teachers and students wore traditional attire, adding color and tradition to the occasion. The celebr concluded with the distribution of sweets and a heartfelt vote of thanks to all who contributed to making the even successful. The day left everyone with a renewed sense of patriotism and unity.

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



SIGNATU

DEAN RI

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

ACTIVITY REPORT

DATE-30 August 22

NAME OF THE EVENT- NATIONAL SPORTS DAY

PLACE-Jhanda ground, Rohillkhand medical college and hospital ,Bareilly International Universitty

DESCRIPTION- Introduction:

National Sports Day is celebrated across India on 29th August to commemorate the birth anniversary of hockey legend Major Dhyan Chand. Rohilkhand Medical College proudly observed this occasion by organizing a series of sports and fitness activities aimed at promoting the spirit of sportsmanship, physical fitness, and overall well-being among students and faculty.

Objectives:

To honor the legacy of Major Dhyan Chand.

To encourage physical activity and healthy competition.

To foster team spirit, discipline, and leadership qualities.

Activities Conducted:

1. Inaugural Ceremony:

Welcome speech by Dean Dr.Digvijay singh

Lighting of the ceremonial lamp.

Inspirational talk on the importance of sports in student life.

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

2. Sports Event

Athletics: 100m, 200m, and 400m races for both boys and girls.

Football Match: Friendly match between MBBS students and faculty team.

Cricket Match: Inter-departmental cricket tournament.

Badminton Tournament: Singles and doubles matches.

Table Tennis and Carrom Competitions: Conducted in the college sports hall.

3. Fitness Activities:

Yoga and fitness sessions in the morning.

Tug-of-War competition for mixed teams.

4. Fun Events:

Sack race and Lemon Spoon Race.

Three-legged race and relay races.

Participation:

Over 300 students and faculty members enthusiastically participated.

Equal participation from both male and female students was encouraged and achieved.

Highlights

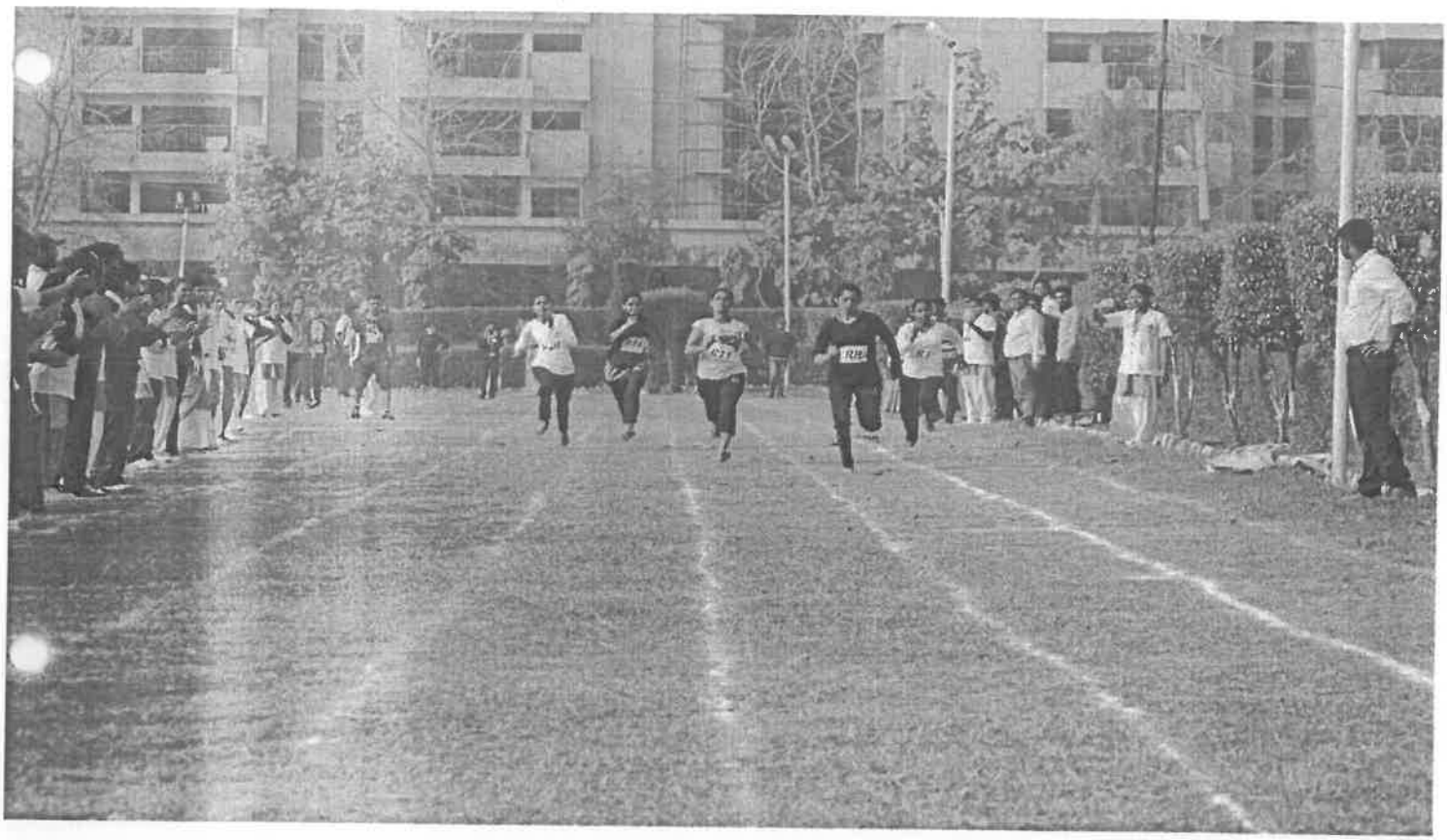
The faculty football team displayed great spirit and teamwork, inspiring the students.

Special prize distribution ceremony was conducted to honor the winners and participants.

Certificates and medals were distributed by Principal Dr. Digvijay singh

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



SIGNATURE
DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

DEAN RMCH

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

ACTIVITY REPORT

Date – 6 September 2022

NAME OF THE EVENT – TEACHER'S DAY CELEBRATION 2022

PLACE – Seminar Room, Rohilkhand Medical College and Hospital, Bareilly International University

DESCRIPTION – On 5th September, Rohilkhand Medical College and Hospital celebrated Teacher's Day to honor and appreciate the invaluable contribution of teachers in shaping the future of students and society. The event was organized by the Department of Community Medicine in collaboration with various student bodies and health clubs within the institution.

The program commenced with an inaugural address by the Dean, who highlighted the significance of teachers in nurturing young minds and guiding them towards a brighter future. Faculty members and students shared their experiences and heartfelt tributes, acknowledging the dedication, mentorship, and inspiration provided by their teachers.

A highlight of the event was a poster-making and slogan-writing competition based on the theme, "A Teacher Shapes the Future," where students expressed their gratitude and creativity. Additionally, a skit was performed by the MBBS students, illustrating the positive impact a teacher can have on students' lives, both academically and personally.

The play depicted various classroom scenarios, showing how teachers play a pivotal role in motivating students, building confidence, and instilling moral values. With humor, emotion, and dramatization, the performance was warmly received and left a lasting impression on the audience.

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



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

Interactive sessions and fun activities such as quizzes and thank-you card-making were conducted to engage the audience and celebrate the spirit of teaching. Tokens of appreciation were presented to the faculty members as a gesture of respect and love.

The event concluded with a vote of thanks and a small ceremony where students expressed their admiration for their mentors and pledged to uphold the values and knowledge imparted by their teachers.

The organizing team was applauded for their thoughtful efforts in making the day special and memorable for all the educators.

Signature

Dean, Rohilkhand Medical College and Hospital

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) IND
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

ACTIVITY REPORT

Date – 30 September 2022

NAME OF THE EVENT – WORLD HEART DAY 2022

PLACE – Jhanda Ground, Rohilkhand Medical College and Hospital, Bareilly International University

DESCRIPTION – On 29 September 2024, Rohilkhand Medical College and Hospital, Bareilly International University, observed World Heart Day with enthusiasm and commitment toward spreading awareness about cardiovascular health. This global event is recognized annually to promote preventive measures and highlight the importance of maintaining a healthy heart. This year's theme, "Use Heart, Know Heart," was embraced in full spirit by our institution through a variety of engaging and educational activities.

The event commenced early in the morning with a Heart Health Walkathon, symbolizing the importance of physical activity in maintaining cardiovascular wellness. Led by the Dean and chief guest, the walkathon attracted students, faculty, hospital staff, and members of the local community. Participants wore red-themed attire and carried placards with health messages, spreading awareness across the campus and nearby areas.

Following the walkathon, the program was formally inaugurated at Jhanda Ground with a welcome address by the organizing committee. The chief guest delivered a keynote speech, emphasizing the global burden of heart disease and the need for lifestyle interventions to curb the rising incidence of cardiovascular ailments. He highlighted statistics that showed an alarming rise in heart conditions among younger populations, attributing this to poor dietary choices, stress, lack of exercise, and tobacco use.

Throughout the day, a series of interactive health camps were organized on campus. These included free blood pressure monitoring, BMI checks, blood sugar testing, and cholesterol screening. Medical interns and faculty from the Department of Cardiology volunteered to guide participants through their results and offer personalized tips on risk reduction. The initiative was well received by the attendees, many of whom were unaware of their cardiovascular risk factors.

In addition to clinical screenings, students actively participated in poster-making competitions, slogan writing, and awareness rallies. The posters vividly portrayed heart

anatomy, common heart conditions, and tips for a heart-healthy life. The slogans were impactful and creative, some of which included phrases like "A Healthy Heart Beats with Awareness" and "Your Heart, Your Responsibility."

One of the highlights of the celebration was a seminar on "Heart Health: Know, Prevent, and Act", conducted in the college auditorium. Eminent speakers, including senior cardiologists, professors, and final-year medical students, discussed a wide range of topics—from early signs of cardiac problems to the role of diet, exercise, and stress management. Real-life case studies were shared to illustrate how simple changes in daily routine could significantly reduce the risk of heart disease. The seminar was interactive and included a Q&A session, where audience members eagerly participated, reflecting a strong interest in preventive health.

To further promote lifestyle changes, a healthy food stall was set up featuring nutritious meals, fruits, and heart-friendly snacks. These stalls served as a live demonstration of how taste and health can go hand-in-hand. Students from the Department of Nutrition offered quick recipes and tips on maintaining a balanced diet while managing sodium and fat intake

A yoga and meditation session was also organized in the late afternoon, with trained instructors guiding participants through basic yoga poses and breathing exercises beneficial for heart health. The calm environment and collective participation highlighted the significance of mental well-being and stress control, often overlooked factors in cardiac care.

The entire campus was beautifully decorated with red balloons, streamers, heart-shaped banners, and motivational quotes. A "Heart Wall" was created where attendees could write down pledges and commitments to take care of their hearts. Messages like "I pledge to quit smoking," "I promise to exercise 30 minutes a day," and "I will choose fruits over fries" were displayed, adding a personal and emotional touch to the day.

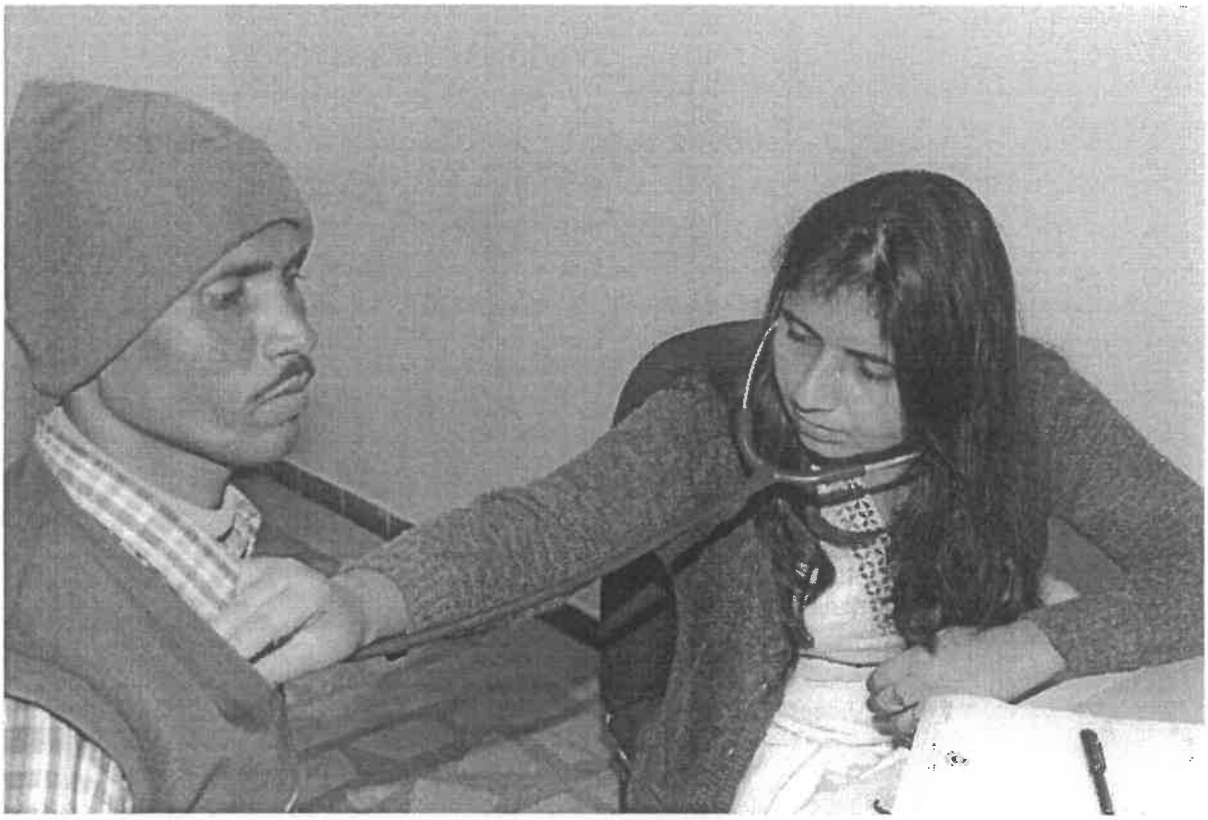
The program concluded with a vote of thanks by the Dean, who appreciated the collective efforts of students, staff, and faculty in making the event a success. He reiterated the importance of such events in bridging the gap between knowledge and action and encouraged everyone to adopt the heart-healthy practices showcased during the day.

In essence, the World Heart Day celebration at Rohilkhand Medical College and Hospital was more than just an event—it was a movement that underscored the importance of heart health through education, community engagement, and proactive health screenings. The

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) IND
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

day's activities served as a reminder that small lifestyle changes can lead to big improvements in cardiovascular wellness. By instilling awareness, encouraging health check-ups, and fostering a supportive environment, the institution reinforced its commitment to shaping a healthier future.



Signature

Dean, Rohilkhand Medical College and Hospital
DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) IND
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

ACTIVITY REPORT

Date – 10 October 2022

NAME OF THE EVENT – WORLD MENTAL HEALTH DAY,2022

PLACE – Seminar Room, Rohilkhand Medical College and Hospital, Bareilly International University

DESCRIPTION –

On 9 October 2022, Rohilkhand Medical College and Hospital commemorated World Mental Health Day, with the aim of increasing awareness, encouraging dialogue, and promoting proactive mental health practices among students and healthcare professionals. The event was organized by the Department of Community Medicine in association with the Department of Psychiatry and active participation from student associations.

The event began with an inaugural address by the Dean, who emphasized the rising need for mental health awareness in today's fast-paced and stress-driven society. He stressed that the well-being of medical professionals is crucial not only for their own health but also for the quality of care they provide to patients. Mental health, he noted, should no longer be a topic of stigma but one of open conversation and support.

The academic segment of the program featured presentations by faculty and postgraduate students, covering an array of topics including early identification of mental health disorders, the psychological effects of academic and workplace pressure, and the growing concern of burnout among medical students and professionals. Particular attention was given to student mental health, and suggestions were provided on creating a more inclusive and understanding institutional environment.

A unique and engaging part of the day was the poster and slogan competition based on the theme "Mental Health is a Universal Human Right." Participants designed creative visual materials and crafted messages advocating mental health accessibility and equality. The submissions, displayed in the seminar room, reflected not only talent but also a deep empathy for those silently struggling with mental illness.

The event also featured a street play performed by MBBS students, which powerfully depicted common societal reactions to mental health issues, especially within family and peer groups. Through vivid scenes and emotional dialogues, the play portrayed the internal struggles of individuals facing conditions such as depression and anxiety, while highlighting the importance of compassion, early support, and professional intervention. The performance was well-received, and many attendees expressed that it helped them better understand the emotional journey of those living with mental health challenges.

To further engage attendees, the organizing team conducted an interactive quiz and mental health awareness activity, focused on debunking myths, identifying signs of distress, and discussing basic self-help strategies. These interactive segments added a fun, participatory dimension to the event while delivering critical information in an accessible way.

In addition, informational pamphlets and flyers were distributed throughout the college and hospital premises, offering practical tips on managing stress, accessing counseling services, and supporting peers. Emphasis was placed on the importance of seeking help and recognizing that mental health struggles are nothing to be ashamed of.

The event concluded with a collective pledge, where attendees stood to affirm their commitment to promoting mental well-being and reducing the stigma surrounding mental illness. They pledged to be active supporters of those facing mental health challenges, to speak openly about their own struggles when needed, and to encourage a culture of empathy and support in both personal and professional spaces.

The initiative was widely appreciated by faculty and administration, with many acknowledging the importance of holding such events regularly to foster a mentally healthier campus environment. The day served as an important reminder that mental health is not a luxury, but a fundamental component of human health and dignity.

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) IND
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in



Signature

DEAN RMCH
DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

Date: 15.11.22

Name of the Event: CHILDREN DAY,2022

Place: OPD Rohillkhand medical college and hospital

Children's Day 2022 – Activity Report: Rohilkhand Medical College, Bareilly

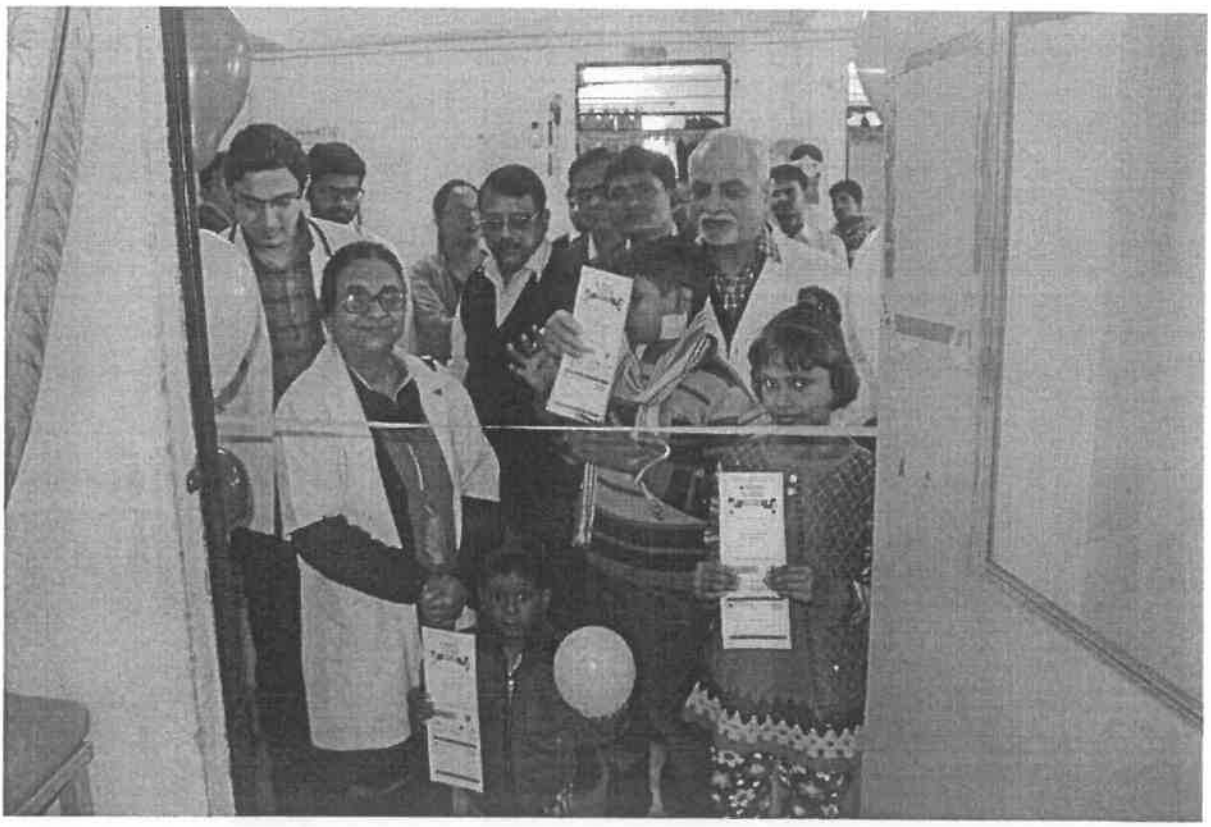
On November 14, 2022, Rohilkhand Medical College (RMC) in Bareilly celebrated Children's Day, commemorating the birth anniversary of India's first Prime Minister, Jawaharlal Nehru, who was affectionately known as Chacha Nehru for his fondness for children. The day was dedicated to promoting the welfare and rights of children, aligning with the national objective to ensure every child's well-being and development.

Key Activities at RMC:

1. **Awareness Campaigns:** RMC initiated an awareness campaign across the campus and surrounding communities. Posters, digital displays, and pamphlets were distributed, highlighting key facts about children's rights, the importance of education, and the need for societal support. The campaign aimed to educate the public on the significance of child welfare and the role of communities in nurturing young minds.
2. **Educational Workshops and Seminars:** The college hosted workshops and seminars featuring experts in child development and welfare. Topics covered included the importance of child education, nutrition, and protection from exploitation. These sessions were designed to inform students, faculty, and the local community about the significance of children's well-being and the steps needed to ensure their rights are upheld.
3. **Cultural Performances:** Students organized cultural performances, including dance, drama, and skits, showcasing themes of child rights and welfare. These performances aimed to engage the audience emotionally and raise awareness about the challenges faced by children and the importance of supporting their rights.
4. **Community Outreach Programs:** Students and faculty members participated in outreach programs in nearby underserved areas. They provided educational materials, conducted awareness sessions, and facilitated discussions on the importance of child welfare and ensuring children's rights. This initiative aimed to extend the message of Children's Day to communities that may have limited access to such information.
5. **Social Media Campaign:** RMC leveraged its social media platforms to reach a broader audience. Through posts, infographics, and videos, the college disseminated information on the importance of child welfare, their rights, and the steps individuals can take to support children's well-being. The hashtag #NurturingYoungMinds trended locally, reflecting the community's engagement with the cause.

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in



Impact and Reflection:

The observance of Children's Day at RMC successfully mobilized the community towards collective action for children's welfare. The activities not only increased awareness but also fostered a sense of responsibility among individuals to support and uplift children in all aspects of life. The college's commitment to this cause underscores the critical role educational institutions play in advocating for children's rights and well-being.

Signature DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in

Date: 2th December 2022

Name of the Event: World AIDS Day 2022

Place: Seminar room , Rohilkhand medical college and hosipal

Description:

On **December 1, 2022**, Rohilkhand Medical College and Hospital (RMCH), Bareilly, observed **World AIDS Day** with a series of impactful activities aimed at raising awareness about HIV/AIDS and promoting health equity.

The global theme for 2022, **"EQUALIZE!"**, underscores the importance of ensuring that health services are accessible to all individuals, free from stigma and discrimination.

At RMCH, the observance included:

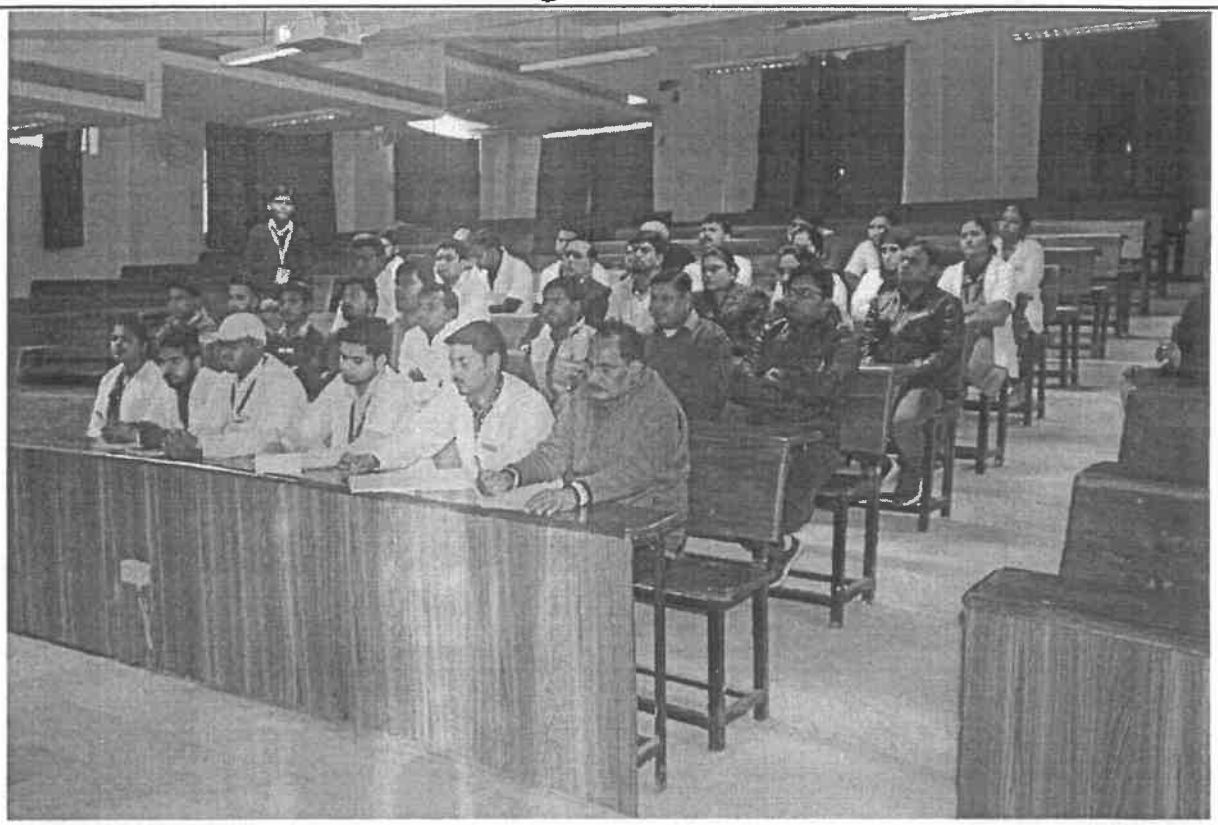
- **Awareness Sessions**: Educational talks were conducted to inform students, faculty, and staff about HIV transmission, prevention, and treatment.
- **Distribution of Red Ribbons**: Symbolizing solidarity with those living with HIV, red ribbons were distributed across the campus.
- **Poster Campaigns**: Informative posters highlighting key facts about HIV/AIDS were displayed in prominent areas to educate the community.

These initiatives aimed to foster a compassionate environment, encourage open discussions, and emphasize the importance of early diagnosis and treatment in managing HIV.

RMCH's observance of World AIDS Day 2022 reflects its commitment to health education and the well-being of the community, aligning with the global goal of ending the AIDS epidemic by 2030.

BAREILLY INTERNATIONAL UNIVERSITY

(Established Under Govt. of U.P. Act 26 of 2016)
Rohilkhand Medical College Campus, Pilibhit Bypass Road, Bareilly-243006 (U.P.) INDI
Phone: 0581-2526011-12, Fax: 0581 - 2303345
Email: info@biu.edu.in Website: www.biu.edu.in



Signature-

DEAN RMCH
DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY

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

Date: 2th December 2022

Name of the Event: World AIDS Day 2022

Place: Auditorium , Rohilkhand medical college and hospital

Description:

On **December 1, 2022**, Rohilkhand Medical College and Hospital (RMCH), Bareilly, observed **World AIDS Day** with a series of impactful activities aimed at raising awareness about HIV/AIDS and promoting health equity.

The global theme for 2022, **"EQUALIZE!"**, underscores the importance of ensuring that health services are accessible to all individuals, free from stigma and discrimination.

At RMCH, the observance included:

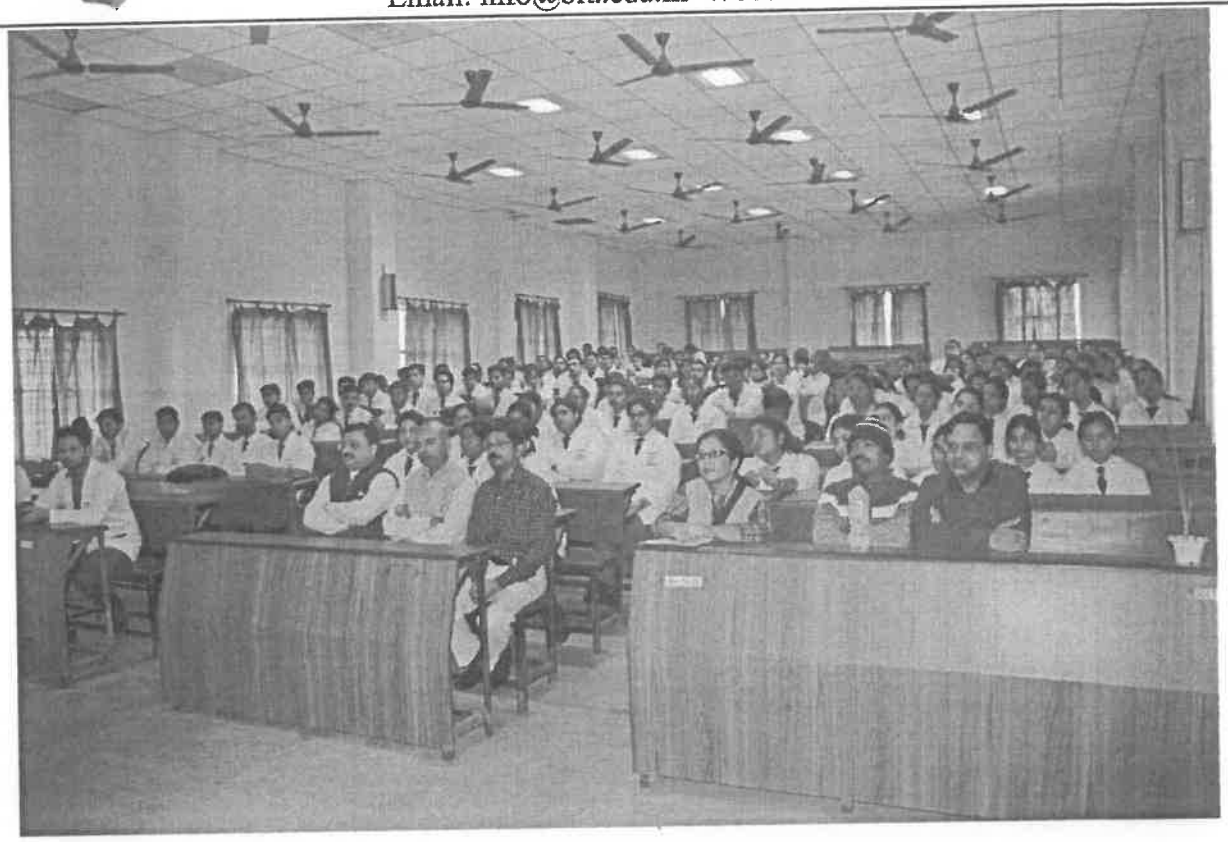
- **Awareness Sessions**: Educational talks were conducted to inform students, faculty, and staff about HIV transmission, prevention, and treatment.
- **Distribution of Red Ribbons**: Symbolizing solidarity with those living with HIV, red ribbons were distributed across the campus.
- **Poster Campaigns**: Informative posters highlighting key facts about HIV/AIDS were displayed in prominent areas to educate the community.

These initiatives aimed to foster a compassionate environment, encourage open discussions, and emphasize the importance of early diagnosis and treatment in managing HIV.

RMCH's observance of World AIDS Day 2022 reflects its commitment to health education and the well-being of the community, aligning with the global goal of ending the AIDS epidemic by 2030.

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



Signature- DEAN RMCH

DEAN/PRINCIPAL
Rohilkhand Medical College & Hospital
BAREILLY