



Physical Health Care Services

Including Information
and Education Service



Veer Bahadur Singh Purvanchal University, Jaunpur-222003

Veer Bahadur Singh Purvanchal University is committed to the holistic development of its students by promoting physical fitness, mental well-being, and sports excellence. The University provides a wide range of facilities for yoga, wellness, indoor and outdoor sports, ensuring students have ample opportunities to maintain a healthy lifestyle alongside their academic pursuits.

The University has –

- Health care centre with doctor and ambulance facility**
- Indoor and outdoor sports facility (stadiums etc.)**
- Yoga facility**
- Cycling facility**
- Access to first aid box at all the buildings**
- Various programs to raise health awareness**

Additionally, the University organizes regular health check up camp and blood donation camp (free of cost to its employees and students)

Yoga and Wellness Facilities

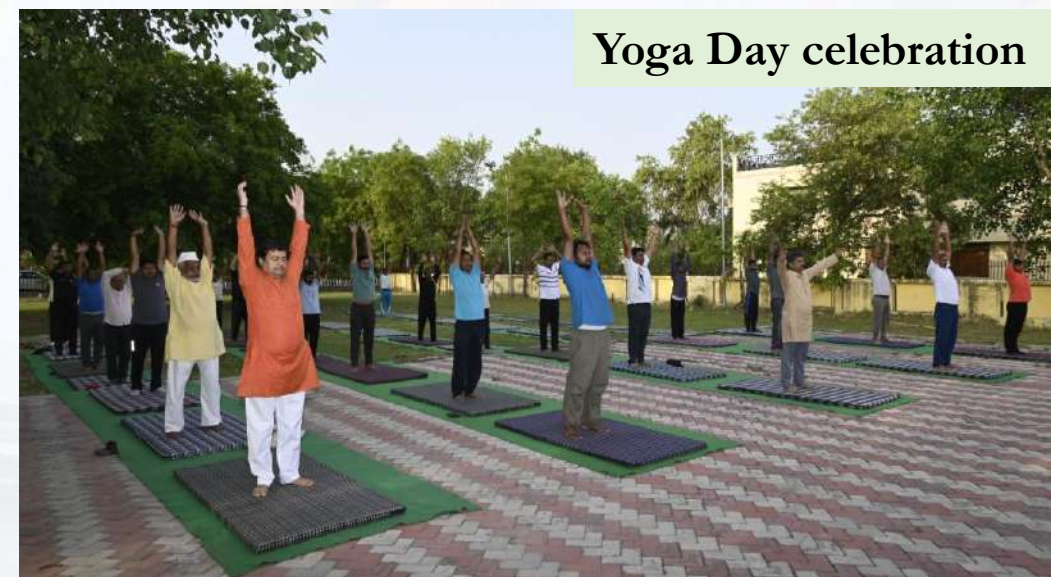
The university has developed a dedicated space known as Muktangon Parisar for Yoga and Wellness activities. This facility serves as a peaceful and conducive environment where students and Staff members of the Unibversity can engage in:

- Regular yoga sessions
- Meditation practices
- Wellness and stress-management programs

These activities help improve mental clarity, physical flexibility, and overall well-being

The University also celebrates International Day of Yoga each year with enthusiasm by organizing yoga sessions, awareness programs, and expert talks involving students, faculty, and staff. These activities promote physical fitness, mental well-being, and stress management. The celebration encourages the adoption of yoga as a sustainable lifestyle practice among the university community.

(https://vbspurvanchaluniversity.blogspot.com/2025/06/blog-post_20.html)



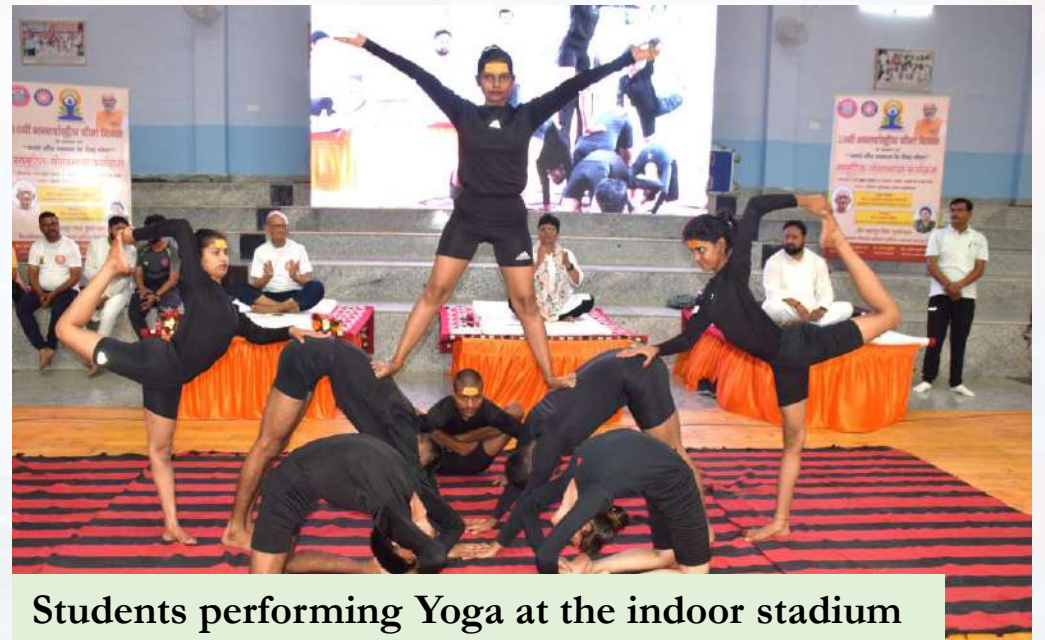
Yoga Day celebration near the University lake



Yoga practices at the Mukhtangan Parisar



Yoga Day celebration at the indoor stadium



Students performing Yoga at the indoor stadium

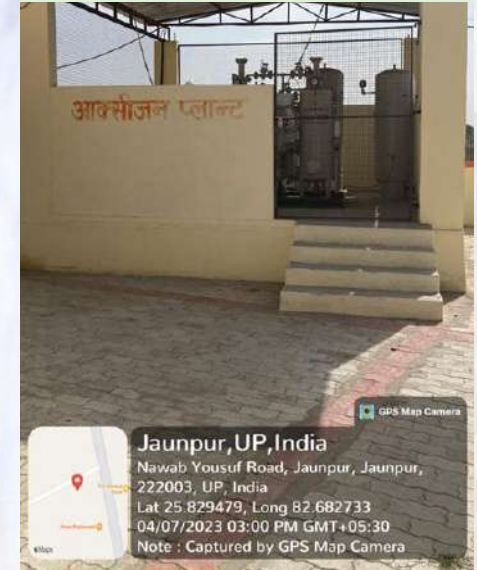
University Health Center

Health centre - Two health centers

(<https://www.vbspu.ac.in/en/page/university-dispensary>)

- One Health Center in campus managed by the University and has part-time doctor and staff for OPD facility. Key features: availability of primary medical care for students and staff, First-aid and emergency support, Routine health consultations, Guidance on preventive healthcare. The Health Centre acts as the first point of contact for medical needs within the campus, ensuring timely attention and care
- Second is a primary health center of UP govt. in the campus block. Ambulance services for emergency (24x7), UP Government dial 108 service is available along with Gypsy van
- Empanelment of medical doctors
- Yoga & acupressure workshop

Oxygen plant at the health care center



Patient ward of the health care center



Health care center at the University



Ambulance facility at the University



Presence of first aid box at all the faculties of the University



Blood donation camp held at the University



Blood donation camp held at the University



Health check-up camp at the University



Collaboration with a Medical College

The University has signed a Memorandum of Understanding (MoU) with the Uma Nath Singh Autonomous Medical College to enhance healthcare services. Objectives of the MoU:

- Provide advanced medical services to students and staff
- Facilitate expert consultations and referrals
- Strengthen healthcare infrastructure support

Services Provided Under the MoU:

- Specialized medical treatment when required
- Periodic visits by qualified doctors and medical professionals
- Access to diagnostic and hospital facilities

The University, in collaboration with the medical college, regularly organizes health awareness programmes.

Focus Areas:

- Preventive healthcare practices
- Nutrition and lifestyle management
- Mental health awareness
- Awareness on communicable and non-communicable diseases

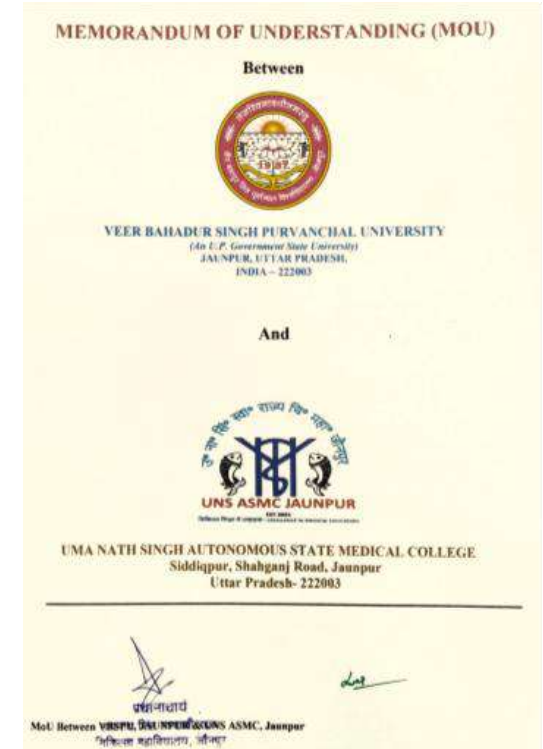
These programmes aim to educate the university community about maintaining a healthy lifestyle and preventing illnesses.

To ensure early detection and prevention of diseases, the University conducts periodic health check-up camps.

Key Activities:

- General health screenings
- Blood pressure and sugar level testing
- Eye and dental check-ups
- Specialist consultations

These camps are organized at regular intervals and benefit a large number of students and staff.



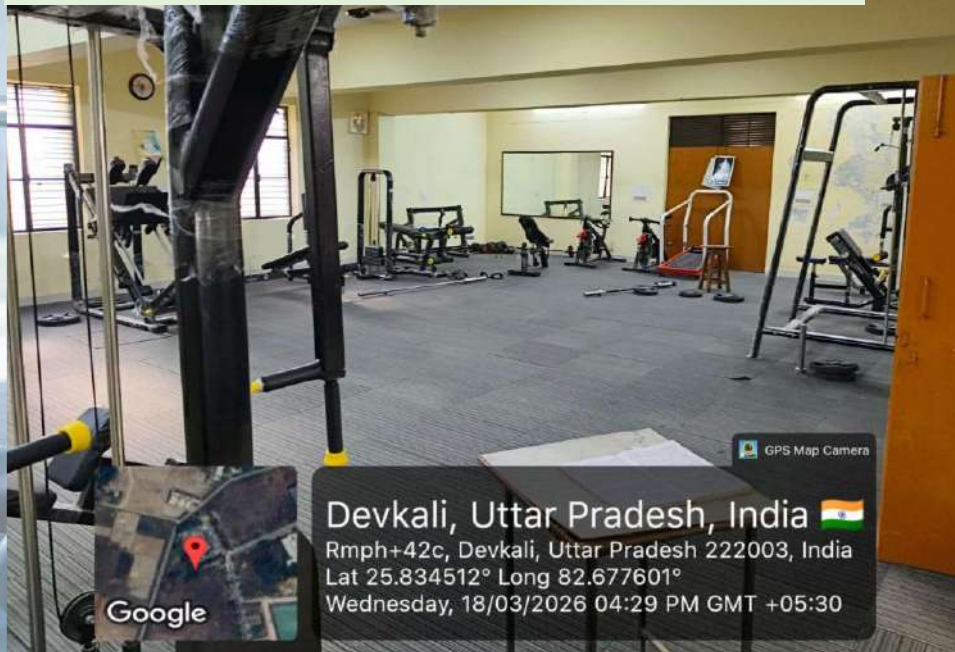
Gymnasium Facilities

To encourage daily fitness routines, the university has established gymnasiums in each hostel, catering separately to both boys and girls. These gyms are equipped with essential fitness equipment and provide students with convenient access to:

- Strength training
- Cardiovascular workouts
- General physical fitness activities

This ensures that students can maintain their health without needing to travel far from their residences.

Gym facility at the Vishwakarma Hostel



Gym & sports facility at the Girls Hostel



Health Information and Education Services

The University's Applied Psychology department and Wellness center from time-to-time organize workshop/seminars for mental/psychological health awareness. E.g.

- **A six-day special training workshop on psychological first aid**

Duration: 10.11.2025-15.11.2025

Objective: The objective of this training was to familiarize participants with techniques for providing immediate assistance in situations of mental health crises, so that they can become more aware and supportive toward themselves and society.

Link: https://vbspurvanchaluniversity.blogspot.com/2025/11/blog-post_11.html
<https://vbspurvanchaluniversity.blogspot.com/2025/11/blog-post.html>

- **An Awareness Programme and Seminar on Suicide Prevention**

Duration: 13.09.2024

Objective: On the occasion of World Suicide Prevention Day, a Public Awareness Programme and Seminar on Suicide Prevention was organized for university students, employees, and faculty under

Link: https://vbspurvanchaluniversity.blogspot.com/2024/09/blog-post_13.html

- **Psychological Evaluation of Children with Disabilities at Rachna Special School, Rasmandal.**

Date: 30.04.2024

Objective: A delegation of faculty members and students from the Department of Applied Psychology conducted psychological assessment of differently-abled children at Rachna Special School, Rasmandal.

Link: https://vbspurvanchaluniversity.blogspot.com/2024/04/blog-post_30.html

Health Information and Education Services

The University also conducts workshop/trainings/seminars on various health related topics from time-to-time. E.g.

- **Training Workshop on CPR (Cardiopulmonary Resuscitation)**

Duration: 18.08.2025

Objective: A Training Workshop on CPR (Cardiopulmonary Resuscitation) with the objective of reducing mortality due to sudden cardiac arrest.

Link: https://vbspurvanchaluniversity.blogspot.com/2025/08/blog-post_18.html

- **An Awareness Programme on the topic 'Breast Cancer: Screening and Diagnosis**

Date: 04.02.2025

Objective: On the occasion of World Cancer Day, an Awareness Programme on 'Breast Cancer: Screening and Diagnosis' was organized at Veer Bahadur Singh Purvanchal University

Link: https://vbspurvanchaluniversity.blogspot.com/2025/02/blog-post_4.html

- **Organization of a Public Awareness Programme and Medical Camp on the occasion of World AIDS Prevention Day**

Date: 01.12.2023

Objective: On the occasion of World AIDS Prevention Day, a Public Awareness Programme and Medical Camp were organized under the joint aegis of the Office of the Dean of Student Welfare, the Department of Applied Psychology, and Uma Nath Singh Autonomous State Medical College.

Link: https://vbspurvanchaluniversity.blogspot.com/2023/12/blog-post_1.html

Indoor Sports infrastructure

The university houses the Major Dhyan Chand Sports Complex, a well-equipped facility for various indoor sports.

Major Dhyan Chand Sports Complex

This complex supports activities such as:

- Badminton
- Table Tennis
- Basketball (indoor courts)
- Boxing practice
- Taekwondo training

The facility provides a structured environment for both recreational play and competitive training.



Outdoor Sports Facility

For outdoor sports, the university boasts the Eklavya Stadium, which accommodates a variety of athletic and team sports

(<https://www.vbspu.ac.in/en/page/stadium>).

Eklavya Stadium

The stadium is used for:

- Cricket matches
- Kabaddi competitions
- Football and athletics events
- Volleyball and other outdoor games

It serves as a central hub for large-scale sports events and training sessions. Additionally, the university boasts of cycling facilities within the campus

Students playing basketball at the Eklavya stadium



Athletics competition at the Eklavya stadium



Kho-Kho competition at the Eklavya stadium

Tiranga cycle yatra



The End

