

The Cycle Rally organized by MJPRU under the theme "Nasha Mukta Bharat, Swasth Bharat" aligns with the United Nations Sustainable Development Goals (SDGs), particularly SDG 3 (Good Health & Well-being) and SDG 16 (Peace, Justice & Strong Institutions). Promoting a drug-free society fosters mental and physical well-being, while cycling encourages fitness and eco-friendly mobility. By spreading awareness against substance abuse, the rally strengthens community resilience, ensuring a healthier, sustainable future in line with India's vision of a Drug-Free and Healthy Nation.



MJPRU CYCLE RALLY

25-26 March 2025

With the Blessings of :



Smt. Anandiben Patel

(Hon'ble Governor of
Uttar Pradesh & Chancellor)



MAHATMA JYOTIBA PHULE ROHILKHAND UNIVERSITY, BAREILLY



महात्मा ज्योतिबा फुले
रुहेलखण्ड विश्वविद्यालय, बरेली
NAAC Grade A++
UGC Category - 1 University

MAHATMA JYOTIBA PHULE
ROHILKHAND UNIVERSITY
BAREILLY



Smt. Anandiben Patel
(Hon'ble Governor, Uttar Pradesh & Chancellor)

The Source of Inspiration

for the

MJPRU Cycle Rally

on the theme of

“Nasha Mukh Bharat Swasth Bharat”





It gives me immense pleasure to share that, under the inspiration of the Hon'ble Governor of Uttar Pradesh and Chancellor of our University, Smt. Anandiben Patel Ji, Mahatma Jyotiba Phule Rohilkhand University successfully organized a cycle rally from March 25 to 26, 2025, based on the theme "Nasha Mukht Bharat, Swasth Bharat" (Drug-Free India, Healthy India). This historic journey covered the route from Bareilly to Jain Mandir, Ahikshetra, Ramnagar (Aonla), and back to Bareilly.

The objective of this cycle rally was not only to promote physical and mental well-being but also to familiarize students with our historical and cultural heritage. By visiting Ahikshetra Jain Mandir, an important historical site, our students gained a deeper understanding of our glorious past and an invaluable opportunity to connect with their roots.

Additionally, through this campaign, we aimed to deliver a strong message against substance abuse. Drug addiction is a social evil that can ruin the future of our youth. It is our collective responsibility to protect the younger generation from this menace and guide them toward a healthy, aware, and responsible lifestyle. During this rally, various awareness programs, discussions, street plays (Nukkad Natak), and interactive sessions were conducted at schools, villages, and key locations to educate people about the dangers of drug abuse.

I extend my heartfelt gratitude to all students, faculty members, and organizers who actively participated in this noble initiative and contributed to its success. This initiative will inspire our young generation to move forward in a positive direction and become role models for society.

Finally, I urge everyone to not limit this message of "Nasha Mukht Bharat, Swasth Bharat" to just a campaign but to make it an integral part of their lives and spread awareness in society.

Let us all come together to build a healthier, drug-free, and prosperous India!

Prof. K.P. Singh

"Nasha Mukt Bharat, Swasth Bharat"

A Social Awareness Program through Cycle Rally

25-26 March, 2025

Prerna Sthal, MJP Rohilkhand University Campus, Bareilly

Inaugurated by :



Prof. K.P. Singh
Hon'ble Vice Chancellor

75
Students Cyclist

50
Faculty and Staff Members

University Officials & Coordinators :



Shri Sanjive K. Singh
Registrar



Dr. Ajay Yadav
Nodel Officer



Dr. Atul Katiyar
Associate Nodel Officer



Dr. Neeraj Kumar
Assistant Nodel Officer

In association with :



Prof. S.S. Bedi
Secretary, Sports Council



Prof. Yatendra Kumar
COO, RIF



Dr. Varun Pratap
Student Coordinator

Glossary

- **Inauguration**
- **Vice Chancellor's Address**
- **Street Play (Nukkad Natak)**
- **Flagging Off**
- **Day 1: 25th March, 2025**
Starting Point: Mahatma Jyotiba Phule Prerna Sthal
Stop 1: Ram Ganga Bridge
Stop 2: Community Health Centre, Bhamora
Stop 3: Sant Nirankari Ashram, Aonla
Stop 4: Ahikshetra, Ramnagar Fort
Stop 5: Jain Temple, Ahikshetra, Ramnagar
- **Day 2: 26th March 2025**
Starting Point: Ahikshetra Jain Temple, Ramnagar
Stop 1: Gauri Shankar Temple, Gulharia Uprala
Stop 2: Primary School, Kishan Singh Pur, Majhgawan
Stop 3: Refreshment Break at Ramganga Bridge
Stop 4: Bareilly College, Bareilly
Stop 5: University-Adopted Village – Dohra
- **Closing Ceremony**
- **Conclusion**
- **At a Glance**

Inauguration of the Cycle Rally

The cycle rally was formally inaugurated on 25th March 2025 at 8:30 AM by **Prof. K.P. Singh**, Hon'ble Vice Chancellor in the presence of distinguished dignitaries, including **Shri Sanjeev Kumar Singh**, Registrar, **Dr. Ajay Yadav**, Nodal Officer Cycle Rally, **Dr. Atul Katiyar**, Associate Nodal Officer and **Dr. Neeraj Kumar**, Assistant Nodal Officer, **Prof. S.K. Pandey**, Dean Academics, **Prof. S.S. Bedi**, Sports Secretary, **Prof. Yatendra Kumar**, RIF COO, **Prof. Ravendra Singh**, Chief Proctor and **Dr. Jyoti Pandey**, Cultural Coordinator .

To mark the commencement of this historic rally, balloons were released into the sky, symbolizing freedom from addiction and a commitment to a healthier future.



Vice Chancellor's Address: Inspiring the Youth

During the inaugural session,

Prof. K.P. Singh

Hon'ble Vice Chancellor

motivated the students and participants with his powerful words:

“
Youth is the
foundation
of a strong nation.
By adopting a
healthy lifestyle
and staying
away from drugs,
we contribute to
building a better
society. This rally is
not just a journey
on cycles but a
movement towards
a better future.”



Street Play (Nukkad Natak): A Thought-Provoking Message

A street play (Nukkad Natak) was performed by a group of talented students, including Piyush Pal, Deepanshu, Akshay, Kaif, Divyansh, Rishabh, Shrey, and Kushagra. The performance depicted the devastating impact of drug addiction on individuals, families, and society. Through real-life narratives, the play served as a wake-up call, reinforcing the need to eradicate substance abuse from society.



Flagging Off: Leading by Example

At 9:30 AM, the 150-km-long cycle rally was officially flagged off from Purna Sthal, MJP Rohilkhand University. Before the rally began, Hon'ble Vice Chancellor personally interacted with the cyclists, offering words of encouragement and motivation. In a remarkable display of leadership and commitment, Prof. K.P. Singh led from the front by cycling alongside students, faculty members, and university staff. His participation exemplified the importance of taking action and setting an example for the youth.

With enthusiasm and determination, the cyclists embarked on their mission to spread awareness about a drug-free and healthy India.



Day 1: 25th March, 2025

Starting Point: Prerna Sthal, MJP Rohilkhand University

Stop 1: Ram Ganga Bridge – (11 AM, at 14 Km)



The cyclists took their first halt at Ram Ganga Bridge, where they actively interacted with local youth and passers by to raise awareness about the harmful effects of drug addiction. As part of the initiative, a street awareness drive was conducted, highlighting the dangers of substance abuse while promoting the benefits of a healthy and addiction-free lifestyle. To ensure the participants remained energized for the journey ahead, refreshments were distributed to all cyclists at this stop.

Stop 2: Community Health Centre, Bhamora – (1.10 PM, at 29 Km)

At Bhamora Community Health Center (CHC), medical professionals actively participated in the awareness campaign, emphasizing the importance of a drug-free and healthy lifestyle. Doctors and health experts addressed the gathering, highlighting the severe health consequences of substance abuse and its long-term impact on both physical and mental well-being. To encourage the youth to stay away from intoxication, they were motivated to engage in sports and extracurricular activities as positive alternatives. As a gesture of support and to keep the cyclists refreshed, kheera (cucumbers) and kakdi (long cucumbers) were distributed to all participants at this stop.



Day 1: 25th March, 2025
Starting Point: Prerna Sthal, MJP Rohilkhand University

Stop 3: Aonla (Sant Nirankari Ashram) – (1.51 PM, at 49 Km)

At Sant Nirankari Ashram, the cyclists received a warm and heartfelt welcome from the ashram members, who appreciated their efforts in promoting a drug-free society. This stop provided much-needed refreshments and rest for the participants before they resumed their journey. The rally then proceeded to Aonla Chauraha, where a Nukkad Natak (street play) was performed, vividly depicting how drug addiction destroys lives, shatters families, and negatively impacts society. Following the performance, cyclists actively interacted with shopkeepers, local youth, and community members, discussing the harmful consequences of substance abuse and the importance of making healthier life choices. To ensure the participants remained energized, a lunch break was taken at this stop before continuing the rally.



Day 1: 25th March, 2025
Starting Point: Prerna Sthal, MJP Rohilkhand University

Stop 4: Ahikshetra, Ramnagar Fort (4:50 PM, at 58 Km)

The cycle rally reached the historically significant site of Ahikshetra, home to the renowned Ramnagar Fort, a place deeply rooted in cultural and spiritual heritage. Upon arrival, the cyclists were greeted by local residents and visiting pilgrims, who showed great interest in the initiative. The participants engaged in meaningful discussions with the locals, emphasizing the importance of self-discipline, mental strength, and leading an addiction-free life. Conversations centered around how drug addiction weakens individuals and society, and the need for collective efforts to build a healthier, more conscious community. The historical backdrop of Ahikshetra added a profound sense of purpose to the rally, reinforcing the message that true strength lies in a disciplined and substance-free lifestyle.



Day 1: 25th March, 2025
Starting Point: Prerna Sthal, MJP Rohilkhand University

Stop 5: Night stay at Jain Temple, Ahikshetra, Ramnagar (6:30 PM, at 62 Km)

At the fifth stop, the cyclists arrived at a Jain Temple, where they were warmly welcomed and provided with a serene place to rest for the night. The mandir trust, under the guidance of Mr. Sheshpal, made all the necessary arrangements to ensure the comfort of the participants. The temple's peaceful environment offered a moment of reflection and rejuvenation after the cyclists' long and eventful journey.

As part of the hospitality, the faculty and support staff prepared Tehri (a traditional rice dish), which was enjoyed by all. The evening was further enriched by a cultural showcase, where students displayed their talents through singing, poetry recitations, and storytelling. Their heartfelt performances not only provided entertainment but also reinforced the rally's core message of self-discipline, positivity, and an addiction-free lifestyle.

This stop became a memorable and bonding experience, as the cyclists, faculty, and support staff came together to share stories, experiences, and reflections. The warm hospitality extended by the mandir trust and Mr. Sheshpal played a crucial role in making the night stay comfortable and inspiring, further strengthening the sense of purpose behind the rally's mission.



Day 2: 26th March 2025
Starting Point: Ahikshetra Jain Temple, Ramnagar (6.40 AM)

After an overnight halt, the cycle rally resumed its journey at 6:30 AM from the Ahikshetra Jain Temple, Ramnagar, marking the beginning of another impactful day. Before their departure, Jain monks and temple authorities gathered to bless the cyclists, offering their prayers for a safe and successful completion of the rally.



Day 2: 26th March 2025

Starting Point: Ahikshetra Jain Temple, Ramnagar (6.40 AM)

Stop 1: Gauri Shankar Temple, Gulharia Uprala (7:43 AM, 70 km)

The Gauri Shankar Temple in Gulharia Uprala holds immense historical and spiritual significance, as it is believed to have been established by the Pandavas during the Mahabharata era. The temple, known for its rich heritage and divine aura, provided a perfect setting for reflection and awareness, aligning with the rally's mission of promoting a drug-free and healthy society. Upon reaching the temple, the local residents extended a warm welcome to the cyclists, appreciating their dedication and noble efforts in spreading awareness against substance abuse. Their support & encouragement strengthened the resolve of the participants, reinforcing the impact of their journey. Tea and snacks were also distributed to all the cyclist and volunteers here.





Day 2: 26th March 2025

Starting Point: Ahikshetra Jain Temple, Ramnagar (6.40 AM)

**Stop 2: Primary School,
Kishan Singh Pur, Majhgawan
(9:56 AM, 90 km)**

The next stop of the cycle rally was at the Government Primary School in Kishan Singh Pur, a school operating under the Basic Education Council, which provides education to around 150 students. This visit was particularly impactful, as it allowed the cyclists to directly engage with young minds, shaping their perspectives on a healthy, addiction-free future. During the interaction, the cyclists spent quality time with the students, fostering a sense of camaraderie and motivation. As a gesture of care and encouragement, they distributed bananas among the children, promoting both physical well-being and the message of a healthier lifestyle. The students enthusiastically participated in discussions, listening attentively to the importance of staying away from harmful substances and making positive choices for a better future.

Additionally, fruitful discussions were held with the teachers, emphasizing their crucial role in spreading awareness about substance abuse and guiding students toward a responsible and disciplined life. Teachers were encouraged to incorporate regular awareness sessions within their curriculum to reinforce the message of a drug-free and healthy India.



Day 2: 26th March 2025
Starting Point: Ahikshetra Jain Temple, Ramnagar (6.40 AM)

Stop 3: Refreshment Break at Ramganga Bridge (11.25 AM, 101Km)

After covering a significant distance, the cyclists halted at Ramganga Bridge for a much-needed refreshment break, where they were served fresh sugarcane juice. This stop not only provided the participants with energy and hydration, but also served as an opportunity to further engage with the local community. During the break, the cyclists actively interacted with local residents and passersby, discussing the harmful effects of drug addiction and the importance of a Nasha Mukta Jeevan (addiction-free life) for a healthy and progressive society. Through one-on-one conversations and group discussions, they emphasized how substance abuse affects individuals, families, and communities, urging people to adopt a healthier lifestyle and stay away from intoxicants.





Day 2: 26th March 2025

Starting Point: Ahikshetra Jain Temple, Ramnagar (6.40 AM)

Stop 4: Bareilly College, Bareilly (1.25 PM, at 115 Km)

As the cycle rally continued its journey, the next significant halt was at Bareilly College, Bareilly, a prestigious and historic institution with a legacy of over 150 years, affiliated with Mahatma Jyotiba Phule Rohilkhand University. This stop played a crucial role in the awareness campaign, as it provided a platform for meaningful discussions with students and faculty members about the dangers of substance abuse and the importance of a healthy, addiction-free lifestyle. Upon arrival, the cyclists were warmly received by Principal, Prof. O.P. Rai, Chief Proctor, Prof. Alok Khare, Librarian, Shri Yogesh Sharma, and several other distinguished faculty members. The college administration extended their support to the Nasha Mukta Bharat, Swasth Bharat initiative, emphasizing how educational institutions serve as powerful agents of change in shaping a responsible and aware youth.

Here all cyclist volunteers, faculty members, and supporting staff were served lunch at Bareilly College, fostering a sense of camaraderie and shared purpose.



Day 2: 26th March 2025

Starting Point: Ahikshetra Jain Temple, Ramnagar (6.40 AM)

Stop 5: University-Adopted Village – Dohra (2.35 PM, at 125 Km)

Continuing their mission of spreading awareness, the cycle rally reached Dohra village, an adopted village of Mahatma Jyotiba Phule Rohilkhand University. This stop was especially impactful, as it allowed direct engagement with rural communities, ensuring that the message of a drug-free and healthy India reached grassroots levels.

Upon arrival, the university's cultural committee members interacted with primary school students and teachers present at the village school. To effectively convey the consequences of drug addiction and the importance of leading a disciplined and healthy life, a Nukkad Natak (street play) was performed by the student volunteers. Adding to the event's significance, the winners of the inter-college debate competition, Ms. Swarnima and Mr. Deepanshu, delivered powerful motivational speeches. In a symbolic gesture of commitment, the villagers collectively took an oath to keep their village free from drugs and intoxicating substances, pledging to educate others and support those in need.

To further encourage and uplift the young students, bananas and refreshment packets were distributed, accompanied by an inspirational message promoting a drug-free lifestyle. The initiative aimed to instil in children the importance of staying away from harmful substances from an early age, thus shaping a healthier future generation.



Grand Closing Ceremony at Mahatma Jyotiba Phule Rohilkhand University (at 3.45 PM)

Grand Welcome and Felicitation Ceremony

As the cycle rally successfully concluded at Mahatma Jyotiba Phule Rohilkhand University, a grand felicitation ceremony was organized by the university's sports council to honor the dedication and perseverance of all participants. The event served as a moment of pride and celebration, acknowledging the cyclists' relentless efforts in spreading awareness about a drug-free and healthy India.

Upon arrival, the cyclists received a warm and honorable welcome. Registrar, Shri Sanjeev Kumar Singh, and Sports Secretary, Prof. S.S. Bedi, greeted them with garlands and floral showers, symbolizing appreciation for their unwavering commitment to the cause. Their arrival was met with applause and admiration from faculty members, students, and university officials who recognized the challenges faced by the cyclists during their 140-km journey in intense heat.



Grand Closing Ceremony at Mahatma Jyotiba Phule Rohilkhand University (at 3.45 PM)

To formally commemorate their achievements, a felicitation ceremony was held, during which prominent faculty members delivered inspirational speeches. Among those addressing the participants were Prof. Ravindra Singh, Prof. Kamal Kishore, Prof. Anil Kumar Singh, Prof. Rakesh Kumar Maurya, Dr. Deepak Gangwar, and Dr. Inderpreet Kaur. They commended the cyclists for their exceptional resilience and dedication to social awareness, emphasizing the importance of youth involvement in nation-building and public health initiatives.

The most compelling part of the ceremony was when the cyclists themselves shared their experiences. They spoke about the challenges of cycling over 140 kilometers under the scorching sun, describing moments of exhaustion, motivation, and camaraderie. Many expressed how the journey had been both physically demanding and emotionally fulfilling, as they witnessed firsthand the impact of their awareness campaign on the people they encountered. Their words resonated with the audience, reinforcing the importance of determination, teamwork, and a shared commitment to social change.

The event concluded on a high note, with enthusiasm and encouragement for future such initiatives, ensuring that the message of "Nasha Mukta Bharat, Swasth Bharat" continues to spread far and wide.



Final Address and Acknowledgments

As the felicitation ceremony drew to a close, several esteemed dignitaries addressed the gathering, expressing their appreciation and sharing key reflections on the success of the event.

- **Prof. S.S. Bedi**, in his motivational address, encouraged students to continue spreading the message of a drug-free India, emphasizing that their efforts should not stop with the rally but should be a lifelong commitment to social responsibility and awareness.
- On behalf of the Hon'ble Vice-Chancellor, **Prof. K.P. Singh**, Registrar **Shri Sanjeev Kumar Singh** extended his heartfelt gratitude to all participants, acknowledging their dedication, perseverance, and enthusiasm in making the rally a resounding success. He praised the combined efforts of the students, faculty members, and support staff, recognizing their significant contributions toward this noble cause.
- **Prof. Yatendra Kumar** shared insights into the challenges faced during the rally, recounting the various logistical and environmental obstacles that were successfully overcome through teamwork, careful planning, and sheer determination. His speech highlighted the resilience and unity demonstrated by everyone involved.
- Cycle Rally Coordinator, **Dr. Ajay Yadav**, delivered a heartfelt vote of thanks, expressing deep appreciation for the student participants who undertook this challenging journey with unwavering spirit. He commended their dedication to creating awareness about drug addiction and promoting a healthy lifestyle, reiterating the university's pride in their accomplishments.
- Adding to the words of gratitude, Co-Coordinator **Dr. Atul Katiyar** and **Dr. Neeraj Kumar** shared their personal experiences from the rally. They reflected on the collective efforts that made the event a success and acknowledged the invaluable contributions of every individual, including the faculty, support staff, volunteers, and local communities who extended their support throughout the journey.



Award and Certificate Distribution

In recognition of their dedication and perseverance, all participating cyclists were honored with medals and certificates of appreciation. This served as a token of acknowledgment for their remarkable efforts in spreading awareness about drug addiction and promoting a healthier lifestyle.

A special vote of thanks was extended to the Bareilly Police Administration for their unwavering support in ensuring the safety and security of the cyclists throughout the journey. The police teams diligently managed traffic and provided security along the entire route, covering Ramnagar, Gaini, Majhgawan, Aliganj, and Ramganga Road. Their commitment and coordination played a vital role in the successful execution of the event, ensuring a smooth and secure experience for all participants.





Conclusion

By the blessings of **Hon'ble Governor, U.P. & Chancellor of Mahatma Jyotiba Phule Rohilkhand University, Smt. Anandiben Patel**, the historic cycle rally organized under the visionary leadership of **Hon'ble Vice Chancellor, Prof. K.P. Singh**, successfully accomplished its mission of spreading awareness about the dangers of drug addiction and promoting a healthy, drug-free India. Over the course of two days, the rally covered a distance of approx. 140 km, with enthusiastic participation from students, faculty members, and local communities at various halts. Through street plays, interactive sessions, and motivational speeches, the cyclists effectively engaged with people from diverse backgrounds, inspiring them to embrace a healthier and addiction-free lifestyle.

The overwhelming support from local residents, educational institutions, and community leaders reinforced the importance of collective action in tackling substance abuse. The university-adopted village visit, school interactions, and discussions with medical professionals further amplified the impact of the rally, ensuring that its message reached people of all ages.

The event's grand success was made possible by the dedication of the organizing team, faculty coordinators, student participants, and the unwavering support of the university administration. Special appreciation is extended to the Bareilly Police Administration for ensuring safety and security throughout the route.

This cycle rally was not just a journey but a movement, igniting a sense of responsibility among the youth to lead by example and work towards a healthier society. The spirit of determination and teamwork displayed during the rally sets a remarkable precedent for future initiatives aimed at social awareness and community engagement.





पूज्य ज्योतिबा फुले
शेतसंस्था विज्ञान संस्थान, बीबी
NAAC Grade A++
UGC Category - I University

Cycle Rally at a Glance

