



RAJIV GANDHI NATIONAL UNIVERSITY OF LAW, PUNJAB

(Established under Punjab Act No. 12 of 2006)
(Accredited with 'A' Grade by NAAC)

RGNUL / PRO/ 218

Date: 07 /April/ 2025

Convention on World Health Day at RGNUL

The School for Social Sciences and Interdisciplinary Studies (SSSIS), RGNUL, Punjab, Patiala organized Convention on World Health Day commemorated by the United Nations.

The Guests of Honor and Speakers were Prof. (Dr.) Rajesh Gill, Advocate, Punjab and Haryana High Court, Chandigarh & former Head and Professor of the Department of Sociology, Panjab University, Chandigarh and Prof. (Dr.) Seema Vinayak. Head and Professor, Department of Psychology, Panjab University. Chandigarh.

Dr. Ivneet Walia, Registrar (Officiating) graced the event and welcomed the Guests. She highlighted that spirituality and scriptures teach us to pray for the greater good of humanity and guide us to follow the path of simple living and high thinking. Dr. Jasleen Kewlani, Convenor, the School of Social Sciences and Interdisciplinary Studies (SSSIS) RGNUL, Punjab, expressed that death and diseases have no age and most times diseases are silent killers with no overt symptoms. It is important that we are all mindful of the changes occurring in our bodies and affecting our mind.

Professor Vinayak said that there is a strong connection between physical, mental and emotional health; and every reaction of mind and body has to be sensibly understood and responded to. According to her, we must not ignore any message from the body regarding any distortion happening inside. Being alert regarding our physical health can help us maintain a good mental and emotional health. Professor Gill forwarded an exhaustive list of 'take aways' regarding 'how to live a healthy and a happy life'! For her, one's own self, is an agency within an individual, which is to be utilized by him or her with the best capacities and abilities. Mental maturity; sensitivity; approach and choice for minimalism can together make an individual live a quality and a happy life, even if he or she is suffering from diseases. A positive and a humane mind helps everyone to create a better society for one's own self and others also.

Around hundred participated in the discussion round and discussed multiple aspects of life with the experts. The Convention aimed to equip the young minds to learn strategies of handling stress, depression and any related syndrome or disorder; and also, to live quality life alongside combating physical health challenges in life.

**Public Relation Officer
RGNUL, Punjab**



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