



RAJIV GANDHI NATIONAL UNIVERSITY OF LAW, PUNJAB

(Established under Punjab Act No. 12 of 2006)

RGNUL/PRO/240

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NatCon'25 Seasons of Life - Two-Day National Conference Reconstructing Ageism and Youthism for a more Inclusive Society

India is the fastest-growing economy in the world and is poised to further rise as a global power—provided we manage to harness and blend the wisdom and experience of the elderly with the energy of Indian youth, said Anirudh Tiwari, Special Chief Secretary and Director General of the Mahatma Gandhi State Institute of Public Administration (MGSIPA), Chandigarh, Punjab.

He was addressing as the Chief Guest at the “Seasons of Life” — a Two-Day National Conference on Reconstructing Ageism and Youthism for a More Inclusive Society, organized by Rajiv Gandhi National University of Law (RGNUL), and funded by the Ministry of Social Justice and Empowerment and the National Institute of Social Defence (NISD), Government of India, New Delhi.

Prof. (Dr.) Jai Shankar Singh, Vice Chancellor of RGNUL, presided over the conference and welcomed the dignitaries, while Dr. Jasleen Kewlani introduced the theme of the national conference.

Emphasizing the role of elders in society, Tiwari stated that age should not be seen as a barrier in any field. Citing an example, he noted that the average age of Nobel Prize recipients is increasing. He added that the key to happiness and contentment in old age lies in a balanced combination of wisdom and energy. Referring to the religious text Bhagavad Gita, he emphasized that elders must take care of their physical and mental well-being to be able to support and guide the younger generation.

Highlighting India's unique demographic advantage, he said, “India is not only a young nation but also one of the oldest civilizations, which gives us a unique edge. We are already the third-largest and the fastest-growing economy in the world. The most powerful advantage is our youth—64% of our population is between the ages of 15 to 35. At the same time, 6% of our population comprises senior citizens. If we, as a nation, can channel the energy of the youth along with the experience and wisdom of the elderly, India will undoubtedly achieve developed nation status well before the set target,” he affirmed.

He further emphasized that the elderly must also focus on nourishing their spiritual health by taking a 'good diet for the soul'.

Professor (Dr.) Sanjay Tewari, Honorary Professor at the Russian Academy of Social & Fundamental Sciences, Moscow, delivered the Keynote Address, focusing on the importance of sports in enhancing the happiness index of the elderly. He added that it is essential for society—from academia and culture to politics—to work towards reducing intergenerational gaps to foster a more inclusive social fabric.

Dr. Tanya Sengupta and Anumol Mathew from the Ministry of Social Justice and Empowerment and the National Institute of Social Defence (NISD), along with Manmohan Verma, Law Officer at the National Commission for Women, read their official messages. They highlighted the importance of the elderly in policymaking and the various legislative and welfare measures being implemented by the Government of India.

Dr. Ivneet Walia, Officiating Registrar at RGNUL, specially invited senior citizens and honoured them in the Inaugural Session for their contributions to society and various institutions.



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Dr. Jasleen Kewlani, Convener and Organising Secretary of NatCon'25, remarked, "Simply being senior or elderly is not a big achievement—ageing is inevitable. What truly matters is how one behaves with that experience, and how much they contribute to guiding and uplifting the younger generation."

The Plenary Session featured talks by Dr. Vishal Chopra, Professor and Head of Pulmonary Medicine at Government Medical College, Patiala, and Dr. Kalpesh Gupta, Founder of Law Teachers India, who spoke on themes related to ageing and inclusivity.

Student Conveners Daksh Khanna and Siya Pandita shared that the conference, NatCon'25, received 177 full-length research papers to be presented across 30 parallel academic business sessions, held both offline and online from September 20–21, 2025. Papers were contributed by authors from Sri Lanka, Bangladesh, Maldives, and Indonesia.

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