

## **Expressions@RGNUL, All India Inter-University Competition**

**30<sup>th</sup> October, 2018**

Rajiv Gandhi National University of Law, Punjab in collaboration with Kamaljit Neuropsychiatry Centre, Mukerian, Multani Dental Hospital, Kapurthala and Kanishk Clinics, Patiala organized an All India Inter University Competition, Expression@RGNUL at its campus. Healthcare and lifestyle diseases was the theme of the event. Activities like debate, extempore, elocution, book talk, poetry recitation, and essay competition were organized. The Prize Distribution Ceremony was presided over by Dr. Narkeesh Arumugam, Professor, Department of Physiotherapy, Punjabi University, Patiala. Dr. Joginder Paul, Department of English, Government Mohindra College, Patiala. Dr. Kamaljit Singh Ghotra and Dr. Amitoj Singh Multani were guests of honor. Dr. G.I.S. Sandhu, Registrar, RGNUL Patiala, and Capt. SP Singh, Administrative Officer RGNUL also graced the occasion. Dr. G.I.S. Sandhu welcomed the guests and the participants. Dr. Narkeesh Arumugam spoke about changing lifestyle and healthcare in the modern times. Dr. Narkeesh Arumugam spoke about ergonomics. He apprised the audience about the escalating cases of fibromyalgia, spinal problems and text neck. He acquainted the students with the detrimental effects of using mobile phones. Dr Narkeesh Arumugam also talked about brain degeneration due to use of smart devices and unhealthy work environment.

Mumbai University, ICFAI University, Dehradun, Banasthali Vidyapeeth, Rajasthan, DAV University, Jalandhar, University of Lucknow, Panjab University, Chandigarh, Guru Nanak Dev University, Amritsar, Punjabi University, Patiala, IME Ghaziabad, Lyoid Law College, Greater Noida, Army Institute of Law, Mohali, Rayat Bahra College of Law, Mohali, MCM DAV College for Women, Chandigarh, SGGS College Chandigarh, SCD Government College, Ludhiana, GSSDGS Khalsa College, Patiala, Multani Mal Modi College, Patiala, Government College of Girls, Patiala, Luxmibai Dental College, Patiala, Patiala College of Education and RGNUL participated in the event. Students from the diverse disciplines participated in this event which included , BBA, BSc (Agriculture), MSc(Zoology), BA(English)Hons, BA(Psychology)Hons, B.Ed,MA(English)Hons, BA. LLB (Hons.), B.Com. LLLB (Hons.), LLB, BLS LLB, BCA, MBBS, BDS and MBA. 64 students participated in the event.

The topic for debate was “We are healthier than our forefathers.” elocution topics included “Junk Food and Obesity” and “Mental Healthcare”. Savnoor Singh of SCD Government College, Ludhiana and Dr. Sarbjeet Singh of Khalsa College Patiala won the special prize Ambassador Expressions@RGNUL. Rhea Singh from MCM DAV College for Women, Chandigarh won the 1st prize and Gaurav Pandey from RGNUL Patiala won the 2nd prize in essay writing. Naman Garg of SCD Govt. College Ludhiana won the first prize and Harsha Menon of VES College Mumbai won the second prize in elocution. Ritika Rattan of SCD Govt. College Ludhiana won the first prize and Nishtha of Modi College Patiala won the second prize in Book talk. Upninder Kaur of Khalsa College Patiala won the first prize, Sangeeta of Patiala College of Education won the second prize and Navneet Kaur of DAV University Jalandhar won the third prize in poetry recitation. DAV University Jalandhar won the 1<sup>st</sup> prize and Rayat Bahra College of Law won 2<sup>nd</sup> prizes for debate. Harsha Menon of VES College Mumbai won the first prize and Deepakshi Arora of MCM DAV College Chandigarh won the second prize in extempore. Harsha Menon of VES College Mumbai and Jaskiranjit Kaur of DAV University Jalandhar were adjudged as best speakers. DAV University Jalandhar was adjudged Best Team and SCD Govt. College Ludhiana was Runner-up. Dr. Navleen Multani, Assistant Professor of English and Coordinator Expressions@Rgnul extended a vote of thanks.