



RAJIV GANDHI NATIONAL UNIVERSITY OF LAW, PUNJAB
(Established under Punjab Act No. 12 of 2006)
(Accredited with 'A' Grade by NAAC)

RGNU/PRO/2023/143
Date: 16-02-2023

RGNU organises Mental Health Workshop 16th February 2023

A mental health workshop on 'Understanding and Managing Mental Health' was organised by Rajiv Gandhi National University of Law, Punjab on 16th February 2023 for the protection of emotional and mental well-being of the staff members of the university. An interactive session was conducted by Dr. Amandeep Singh, Community Psychologist. Singh asserted that stigma, discrimination and human rights violation against people with mental health conditions are widespread and he encouraged people to seek assistance when and where they need it. The workshop aimed at extending support to the staff members in dealing with anxiety disorders, depression, and suicidal thoughts. Singh emphasised upon the understanding relating to the warning signals and risk factors associated with mental health. Furthermore, gatekeeper training was provided as a preventative intervention for mental health issues.


Public Relation Officer


Registrar