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## **GNLU PRESS NOTE**

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### **Renowned Psychiatrist Dr. Rajendra Anand Tips GNLU Students on Stress Management**

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Dear Sir/Madam,

Greetings from GNLU!

Gujarat National Law University (GNLU) prioritizes the learning and development of students in the most healthy condition and is concerned about the psyche of students which is subtle at young age. There are challenges, difficulties and stress during the learning process and a student has to face all of it and yet maintain a normal healthy life. Considering this important point GNLU invited learned psychiatrist Dr. Rajendra Anand to advise the students on key to stress-free living.

Dr. Anand is MD in Psychiatry and is Medical Superintendent and CEO at Kanoria Hospital. His practice involves diagnosis and treatment of all psychiatric disorder like depression, bipolar mood disorder, generalized anxiety disorder, addiction. He is also involved in research work relating to the field of schizophrenia, depression, anxiety disorder, bipolar disorder, epilepsy etc.

Dr. Anand spoke about the importance of meditation in achieving a healthy life. With the use of various pictorial clips he demonstrated how small things we do everyday stresses our life and eventually push us towards unhealthy lifestyle and choices. He also explained how students at young, age due to various stressful condition, choose unhealthy habits like smoking tobacco and alcohol which is a major cause of cancer in India. He further emphasised on the role of music, meditation and laughing, which plays a vital role in moulding the mood of an individual.



Students welcomed Dr. Anand's advice and enjoyed the session. GNLU will further organise another session on awareness about cancer and the lifestyle to prevent it in the near future.

For any further information, you may contact Dr. Joshua N. Aston, Assistant Professor of Law, Dean, Students' Welfare & Officer on Special Duty (Office of Director) at (8511188724 or [jaston@gnlu.ac.in](mailto:jaston@gnlu.ac.in))