

# The RNB Times

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BY RNB GLOBAL UNIVERSITY

## MENTAL HEALTH

### WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Although the terms are often used interchangeably, poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.

### WHY IS MENTAL HEALTH IMPORTANT FOR OVERALL HEALTH?

Mental and physical healths are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

### CAN YOUR MENTAL HEALTH CHANGE OVER TIME?

Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.

### HOW COMMON ARE MENTAL ILLNESSES?

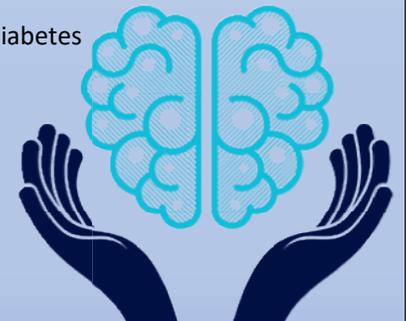
Mental illnesses are among the most common health conditions in the United States.

- More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime.
- 1 in 5 Americans will experience a mental illness in a given year.
- 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.
- 1 in 25 Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

### What causes mental illness?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as:

- Early adverse life experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes
- Biological factors or chemical imbalances in the brain
- Use of alcohol or drugs
- Having feelings of loneliness or isolation



# EVENTS @ RNB

## CAMPUS PLACEMENT

On 14<sup>th</sup> May 2022, Reliance Retail visited RNB Global University for the **second Campus Placement drive**. Students of School of Commerce & Management participated in the Campus Placement event.

Six students were selected for Internship cum Placement at Reliance Retail.

- Ameesha MJ, Radhika Chaddha & Radheshyam Rathi - MBA II Semester;
- Ashish Sethia - BBA IV Semester received Internship cum Job offers; and
- Nandini Somani & Saloni Tiwari - BBA VI semester received Job Offer



## ACHIEVEMENTS BY RNBians

RNB Global University congratulates the below mentioned ten students for achieving **Tally Essential Level 1 Certifications** from Tally Education Private Limited, a subsidiary of Tally Solutions. These students are currently pursuing **B.Com** from School of Commerce & Management .



Mr. Gautam Choudhary



Ms. Kashish Agarwal



Ms. Priya Gona



Mr. Rajat Dudi



Ms. Vandana Bothra



Mr. Yash Surana



Mr. Yash Surana



Mr. Ashwani Singh Baraghi



Ms. Diksha Karnani



Mr. Ashwin Bishnoi

# STUDENTS @ RNB

At RNB Global University students are provided with an opportunity to learn not just in classrooms, but also to learn from practical situations and always encourage visiting various places like industries and courts.

## A GLIMPSE OF INDUSTRIAL VISITS CONDUCTED BY RNB GLOBAL UNIVERSITY IN ACADEMIC YEAR - 2021-22.



**Industrial Visit to Suratgarh Thermal Power Station on 25<sup>th</sup> February 2022.**



**Industrial Tour to various industries in Jaipur from 2<sup>nd</sup> March to 4<sup>th</sup> March 2022.**



**Educational Visit to Maharashtra High Court at Mumbai from 12<sup>th</sup> April to 19<sup>th</sup> April 2022.**



**Educational Visit to Revenue Board of Ajmer from 10<sup>th</sup> April to 15<sup>th</sup> April 2022.**



**Visit to District and Sessions Court Bikaner- Lok Adalat on 11<sup>th</sup> December 2021**



**Visit to Child Court and Reformatory House on 20<sup>th</sup> December 2021**



**Visit to SKRU, Bikaner on 1<sup>st</sup> April 2022.**

## THE CRIMINAL PROCEDURE (IDENTIFICATION) ACT 2022

The Criminal Procedure (Identification) Act, 2022 authorizes law enforcement agencies to collect, store and analyze physical and biological samples of convicts and other persons to identify and investigate criminal matters. The Act repeals the existing “The Identification of Prisoners Act, 1920”, which authorizes the police to collect finger and footprint impressions and photographs.

### Features of the Act

- National Crime Records Bureau (NCRB) is empowered to collect the record of measurements from the State Government or Union territory Administration or any other law enforcement agencies. It shall store, preserve and destroy the record of measurements at the national level.
- The magistrate is empowered to direct a person to give measurements for the purpose of any investigation or proceeding under the Code of Criminal Procedure, 1973 or any other law for the time being in force.
- The police officer or prison officer is empowered to take measurements if any person resists or refuses to allow the taking of such measurements.
- The Central Government or the State Government may, by notification in the Official Gazette, make rules for carrying out the purposes of this Act.
- Any person convicted, arrested or held under any preventive detention law is required to provide “measurements” to a police officer or a prison official.
- The record of these measurements will be retained in digital or electronic form for a period of 75 years from the date of collection.
- The records are to be destroyed in case any person, who has not been previously convicted of an offence punishable under any law with imprisonment for any term and had his/her measurements taken according to the provisions of this Act, is released without trial or discharged or acquitted by the court, after exhausting all legal remedies.

## RIGHT TO REMAIN SILENT

The origin of the right to silence goes back to the middle ages in England. It is based on the legal maxim “nemot eneturprodereaccusareseipsum”, which means “No man is obliged to be a witness against himself.”

The right to not speak against himself or to remain silent is given to an accused; this right is recognized around the globe. In India, it forms a part of Right to self-incrimination under Article 20(3) of the Indian Constitution. It is considered the duty of the prosecution to prove a person guilty until proven otherwise he remains an innocent man. In India, criminal law has vested the citizens with this right under various provisions.

Article 20(3) of the Indian Constitution states that no one can be compelled to be a witness against himself, the right to remain silent emanates from this very Article. The provision enables the citizens to enjoy the right against self-incrimination which is a fundamental canon of law.

### **The privileges under this right are:**

- The accused is presumed to be innocent;
- The prosecution has to prove him guilty;
- He cannot be compelled to give any witness.



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