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By RNB Global University

A Joyful Life Supports Good Health

We all have the capacity to live a life that is filled with joy. This is the feeling of being truly happy with what you have and the world around you. Being joyful is about inspiration, passion and motivation. It is about setting goals and taking time out to do the things you really enjoy doing. When you are joyful, your whole body benefits, especially your heart and your mind. In fact, research shows that joyful people have less chance of having a heart attack, healthier blood pressure, lower cholesterol, weight management, and decreased stress levels. Also, studies show that happy people are more likely to exercise, eat healthy foods, sleep better and avoid smoking. Fill your life with joy for better health and well-being.

Here are few ways that can bring more joy to our life:

1. Keep it simple

Do you find that you often have so much on your plate that it is difficult to even think about enjoying the good things in life? If so, it may be time to take a serious look at what is truly important to you. If you can cut out the unnecessary, you leave yourself with more time to do what truly makes you happy. Try to stop overstretching yourself, learn to say no every so often, and make time for yourself and the people you love.

2. Make a conscious decision to enjoy life more.

"Intention is the active desire and commitment to be happy. It's the decision to consciously choose attitudes and behaviors that lead to happiness over unhappiness." Once you intentionally decide to be more joyful, you will find more reasons to be happy on a regular basis.

3. Make your own personal joy list

Writing a list of the things that make you truly happy is a good way to trigger positive, joyful feelings, and to remind yourself to do these things more often. We need to try to write down at least 10 things that make you happy, and then strive to incorporate those things into your life on a daily basis.

4. Spend more time with the people you love and with other happy people

People who cultivate social networks and a sense of community tend to be more joyful than those who do not. Moreover, research by the Harvard Medical School shows that happiness is contagious, so the more you spend time with happy people, the more that happiness will spread to you and your friends and your friend's friends and so on.

The best thing about joy is that we can all choose to have it in our lives, plus this priceless medicine is fun, free, and easy to use. By making conscious decisions to let joy in, reminding yourself of the things you have to be happy about, and creating more time to do the things you love and spend time with the people you care about, you can create a life that is more joyful, healthful and fulfilling.

Being joyful is about inspiration, passion and motivation.

One Day Seminar On “Human rights In India”



‘Human rights is a universal standard. It is a component of every religion and every civilization.’
- By Shirin Ebadi

For the School of Law, one day seminar on Human Rights in India was conducted.

On 26th July, 2019 a seminar was conducted for students of School of Law on the topic 'Human Rights in India for better understanding of basic human rights and the steps taken by government for creating more awareness were discussed.

Human Rights are the basic rights or freedom to which all human beings are entitled to and to which government cannot interfere. Right to liberty, right to freedom of religion, right to the equality of law are some of the basic human rights. Human rights are needed in every country to ensure peace and harmony among its citizens. Any Nation will progress only when the rights of its people are protected.

In the presence of esteemed Law faculties and professors, various students present their views in relation to the given topic on human values and development of human rights ,its significance women atrocities, child labor, forced labor, collaboration with Kashmir issue and widespread of human rights violation in India.

In consideration to the human rights violations it is very necessary that an institution be formed with the purpose of protecting the human rights and supervising its exercise by all without any interference by the government or someone else are the remedies presented by the students and with this how Indian authorities should draw lessons from past mistakes, ensure accountability, and act to prevent further abuses



STUDENTS CORNER



Beauty with Brains

This painting depicts a girl who is book lover and creating her thoughts with all the knowledge she inculcate into her life.

Nikki Agarwal

Ups And Downs

This picture describes about Life, full of ups and downs like a water droplet and filled with challenges and opportunities like a dice has with its counts.

Nikki



“Art is the Best Way to Express What One Feels”

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