



The Department of Philosophy, Hindu College, Amritsar celebrated Indian Philosopher's Day on 24 July, 2026 in the college auditorium. The theme of the programme was "Mental Health and Inner Peace: Perspectives from Indian Philosophy." The programme commenced with the welcome address by the Principal, Dr. Rakesh Kumar who warmly welcomed the distinguished guests, faculty members and students. Dr. Deepti, Head, Department of Hindi skillfully conducted the stage proceedings throughout the event. Prof. Anu Kandhari, Head, Department of Philosophy introduced the theme of the event. Dr. J. P. Singh, Dean Academic Affairs addressed the gathering and emphasized the importance of the theme. Prof. Amit Kauts, Department of Education, Guru Nanak Dev University, Amritsar enlightened the students about the true purpose of education. Dr. Vijay Luxmi Rai from University of Jammu enlightened about the mental health from the perspective from Indian Philosophy. Dr. Parminder Jeet Kaur, Head, Department of Physical Education and Sports, BUC, Batala shared practical ideas for maintaining good mental health through physical activity and a healthy lifestyle.