



MANIPAL UNIVERSITY  
JAIPUR  
(University under Section 2(f) of the UGC Act)



# ARTiculation

*(FACULTY OF MANAGEMENT, COMMERCE AND ARTS)*



NEWSLETTER OF  
DEPARTMENT OF ARTS



## Newsletter of Department of Arts

*Complex problems, diverse perspectives and creative solutions is the motto of FOMC, MUJ. It represents our unique style of observing and learning about life and the world in an interdisciplinary and intercultural way. MUJ offers a comprehensive choice of possibilities, experiences, and opportunities while maintaining its commitment to small classes, individualized attention, and career preparation. All programs intend to make learning outside the boundaries of the chosen disciplines. Students will enjoy an environment that would stimulate inquiry, research skills, exploration, and evaluation contributing to an integral part of your life-long learning.*

*The newsletter of the department is a QUARTERLY publication enlisting the achievements and documenting the growth of the department, in reference to the institution.*





**DR. ANTHONY SAVARI RAJ**  
**(HOD DEPT. OF ARTS)**

Greetings to all members of the Department of Arts! As we enter a new phase of creativity and collaboration, I'm excited to share the latest developments and initiatives shaping our journey. The quarterly edition of our newsletter embodies the essence of expressing ideas, emotions, and thoughts in ways that go beyond traditional boundaries. I'm incredibly proud of the innovative spirit each of you brings to our collective efforts.

Education and outreach are also vital to our mission. We are exploring partnerships with local agencies and community centers to share the transformative power of art and knowledge with young minds. By nurturing creativity in the next generation, we plant seeds that will flourish in the future.

In closing, I reaffirm my dedication to the art of our newsletter. Every brushstroke, word, and note contributes to the tapestry of human experience. Together, we can enrich lives, inspire minds, and uplift spirits through the power of art..





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# **FACULTY COORDINATOR OF THE NEWSLETTER OF DEPARTMENT OF ARTS**

**DR. RADHIKA MOHAN GUPTA**



## **MESSAGE FROM THE FACULTY COORDINATOR**

It is with great enthusiasm and pride that I welcome all readers to the first edition of the department newsletter of the department of Arts aptly titled, 'ARTiculation'. This publication serves as a testament to the collective efforts of the department, both students and faculty and highlights the achievements, events, and initiatives of the department in the last three months.

The students in the department are its main wealth. They have shown tremendous initiative and steadfast commitment towards their studies and towards the growth and development of the department. This can be seen in the various events that have involved them or been conducted by the students that show their verve and talent. A number of them are also senior position holders in various student clubs in the university. They have played a key role in putting this newsletter together and have also contributed with their writings. At the same time, the faculty of the department has also contributed immensely towards moulding the students of the department. The department faculty are a group of very talented people hailing from the best institutions of the country. Using their expertise, the faculty has played an instrumental role in shaping the students into strong and independent individuals.

I extend my heartfelt gratitude to all contributors and readers. I wish the outgoing batch of BA(Liberal Arts) all the best in their lives. At the same time, I am confident that the other batches of the department will bring laurels to the department with their hard work and creativity.

Warm regards

Dr. Radhika Mohan Gupta  
Faculty Coordinator, Department of Arts





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# NEWS AND EVENTS ORGANISED

## Debate Competition: Technology & Women

The Department of Liberal Arts and Psychology at Manipal University Jaipur hosted a thought-provoking debate competition on November 26, 2024, titled "Technology to Women: Liberative or Oppressive?" The event brought together students from diverse disciplines, including Liberal Arts, Psychology, and International Relations, to critically examine the dual role of technology in women's lives—whether it empowers or oppresses. With a focus on SDG 5: Gender Equality, the debate highlighted key issues such as social media, digital education, workplace innovations, and the challenges of digital inequality. Distinguished guests Trishu Sharma (Director, Department of Arts) and Dr. Sneha Thakur (Languages Department) enriched the discussions with their expert insights. The competition saw active participation from 47 attendees, who praised its engaging format and the opportunity to develop public speaking skills while raising awareness about gender issues. Feedback highlighted the success of the event, with suggestions for future debates to include longer Q&A sessions and real-world case studies for deeper analysis. The event not only fostered intellectual dialogue but also left participants with a renewed perspective on the intersection of technology and gender. For more details, visit the MUJ website.



*Students debating the liberative vs. oppressive role of technology in women's lives, spotlighting SDG 5*

## **Manipal University Jaipur Celebrates Women's Day with "SHE Leads, SHE Inspires, SHE Empowers" Event**

On February 28, 2025, the Department of Arts, School of Arts, Faculty of Management, Commerce & Arts at Manipal University Jaipur hosted a special event titled "SHE Leads, SHE Inspires, SHE Empowers" at the Smt Sharada Pail Auditorium. The celebration honoured women's leadership, inspiration, and empowerment, fostering discussions on gender equality, women's achievements, and their pivotal role in shaping society. The event provided a dynamic platform for attendees to engage in meaningful conversations about women's contributions across various fields. With a vibrant atmosphere and insightful discussions, the program successfully highlighted the importance of recognizing and uplifting women's voices in all spheres of life. The event's impactful theme and engaging activities left a lasting impression on all participants, reinforcing the university's commitment to promoting gender equality and women's empowerment.





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## DEPARTMENT OF ARTS

SCHOOL OF ARTS

FACULTY OF MANAGEMENT, COMMERCE & ARTS

Invites you to celebrate

**"WOMEN"**

as

# **"SHE Leads, SHE Inspires, SHE Empowers"**

FEBRUARY 28, 2025

2-4 pm

Smt Sharada Pai Auditorium

Conveners

Dr. Trishna Chaudhuri & Dr. Mansi Vaish

HoD

Prof. Anthony Savari Raj

*Manipal University Jaipur hosts the inspiring "SHE Leads, SHE Inspires, SHE Empowers" event.*

# **FACULTY INNOVATIONS**

## **Dr. Trishna Chaudhuri's Innovative Patent for Safer Dating Apps**

Manipal University Jaipur's groundbreaking patent application (No. 202511015858 A), filed on February 24, 2025 and published on March 14, 2025 in The Patent Office Journal (No. 11/2025), introduces a revolutionary system to enhance dating app safety. Developed by Dr. Trishna Chaudhuri and Himmat Das Charan, the invention titled "A System and Method for Enhancing Safety and Consent Awareness in Dating Applications" features AI-powered detection of harmful behaviour (85-95% accuracy), emergency SOS alerts, interactive consent training, and educational modules about healthy relationships. This 20-page patent with 7 claims represents a significant advancement in digital safety technology, showcasing the university's commitment to innovative solutions for pressing social challenges. The system's comprehensive approach addresses consent awareness, harassment prevention, and user education, potentially transforming the online dating landscape.

# RESEARCH PUBLICATIONS

## Groundbreaking Study Reveals Music's Power to Combat Stress

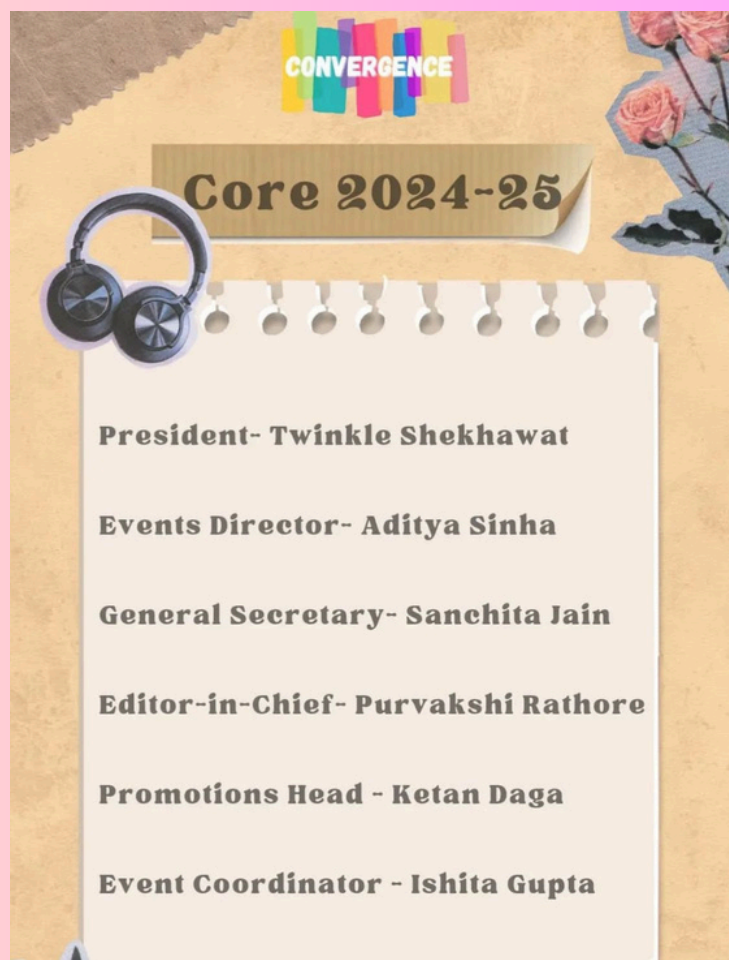
Published in Empirical Economics Letters (23(Special Issue 2), September 2024; DOI: 10.5281/zenodo.14415535; ISSN 1681-8997), a pioneering study by Dr. Anjalee Narayan (Manipal University Jaipur) and Dr. Rashmi Srivastava (Dayalbagh Educational Institute) demonstrates music's profound impact on stress reduction. The research, involving 240 participants (120 academic scholars and 120 professionals from NCR Delhi), revealed that structured music therapy sessions reduced anxiety by 54.28% in the intervention group—significantly outperforming the control group's 25% reduction. Key techniques included personalized playlists, raga-based therapy (e.g., Raga Bhairavi and Yaman), and rhythmic breathing exercises, with Hindustani/Carnatic music showing exceptional efficacy. The study highlights music's dual role in alleviating physiological (lowered cortisol, heart rate) and psychological stress (improved emotional regulation), particularly for stress rooted in personal relationships. Future research directions explore neuroimaging, AI-driven personalization, and cross-cultural applications. This work underscores music as a scalable, non-invasive tool for stress management, offering actionable insights for individuals and healthcare systems alike.



# STUDENT AWARDS AND INNOVATIONS

## 1. Twinkle Shekhawat:

President of MUJ's Event Management Club Convergence, Twinkle Shekhawat exemplifies leadership and operational excellence—qualities nurtured through her liberal arts education. She also brought pride to the department as the first runner-up in the university's dance competition with her graceful performance.



## 2. Prachi Utreja

As the Convenor of Manipal University Jaipur's Blood Donation Camp, Prachi Utreja successfully led her team in collecting over 2,500 units of blood through collective effort and dedicated hard work.





### 3. **Himmat Dhan Charan**

Under the mentorship of Dr. Trishna Chaudhuri, Himmat Dhan Charan patented an innovative women's safety app featuring a 24/7 helpline service to assist in times of emergency.

### 4. **Tanisha Chaturvedi**

Tanisha Chaturvedi contributed as a key member of the Organising Committee for the Blood Donation Camp that gathered over 2,500 units of blood, and also played a significant role in Daan Utsav, a two-week-long social outreach initiative.







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## 5. Shambhavi Pareek

A first-year liberal arts student, Shambhavi Pareek participated in a sustainability-focused study tour at Ajman University, gaining hands-on experience in global approaches to sustainable development.



## CONCLUSION

As we turn the final page of this edition of ARTiculation, we extend our heartfelt thanks to all our readers, contributors, and supporters. This newsletter is a reflection of the vibrant spirit, creativity, and dedication that defines the Department of Arts at MUJ. From insightful events to inspiring achievements, each story shared is a step in our collective journey of learning and expression. Until we meet again with more updates, stories, and voices—stay inspired, stay curious, and keep articulating your ideas. Happy reading, and goodbye for now!

ARTiculation