

Articulation

Newsletter of Department of Arts
(School of Humanities and Social Sciences)





Newsletter of Department of Arts

School of Humanities and Social Sciences



Complex problems, diverse perspectives and creative solutions is the motto of SHSS, MJU. It represents our unique style of observing and learning about life and the world in an interdisciplinary and intercultural way. MJU offers a comprehensive choice of possibilities, experiences, and opportunities while maintaining it's 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.

Newsletter of Department of Arts

School of Humanities and Social Sciences



Dr. Richa Arora
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..

Newsletter of Department of Arts

School of Humanities and Social Sciences



Dr. Radhika Mohan Gupta
Faculty Coordinator of
Newsletter

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 by 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*

*Newsletter of Department of Arts
School of Humanities and Social Sciences*



Shikha Sharma
B.A Liberal Arts II Year



Chandervardan
B.A Liberal Arts III Year

*Editor and
Writer*



CONTENTS

1. Introduction to Newsletter
2. Messages
3. Editors and Writers
4. Faculty research
5. Students awards and participation
6. Map of Internship
7. Student Internship
8. Adventure beyond classroom

Faculty Research

"Eco-Melodies: The Role of Music in Advancing Environmental Sustainability,"

Published by *Dr. Anjalee Narayan* explores how music can be a powerful tool for social and ecological advocacy. It highlights how music acts as a universal language that can transcend barriers and inspire people to take action on pressing environmental issues like climate change and biodiversity loss. The research uses real-world examples, such as the green initiatives at festivals like Glastonbury and the climate-conscious campaigns of artists like Coldplay and Billie Eilish, to showcase how the music industry can lead by example. The paper also delves into the complex relationship between technology and sustainability, examining both the benefits of digital solutions like virtual concerts and the challenges posed by the energy consumption of streaming platforms. Ultimately, the article positions music as a cultural force with the potential to unite communities and drive tangible progress toward a more sustainable future.



Faculty Research



“TO SWEAT OR NOT TO SWEAT : A LOOK AT THE IMPACT OF PHYSICAL FITNESS ON THE PSYCHOLOGY OF ADOLESCENT GIRLS” ARTICLE WRITTEN BY DR. TRISHNA CHAUDHURI AND DR. RADHIKA MOHAN GUPTA AND PUBLISHED IN INDIAN JOURNAL OF PSYCHOLOGICAL SCIENCES HIGHLIGHTS THE CONNECTION BETWEEN PHYSICAL FITNESS AND THE PSYCHOLOGICAL HEALTH OF ADOLESCENT GIRLS. IT CLAIMS THAT PHYSICAL FITNESS CAN BE ACHIEVED THROUGH EXERCISE AND SPORTS AND THAT TOO ON A CONSISTENT BASIS. HIGH RATES OF PSYCHOLOGICAL ISSUES SUCH AS ANXIETY AND DEPRESSION AND SOME RARE ONES LIKE SCHIZOPHRENIA ARE BEING INCREASINGLY FOUND IN ADOLESCENT POPULATION NOW A DAYS. IT CAN BE LINKES TO INACTIVITY AND TOTAL ADDICTION TO GADGETS THAT IS MAKING THESE CHILDREN LONELY AND CAUSING ADDICTION THAT A BEING LINKED TO THE KINDS OF PSYCHOLOGICAL ILLNESS MENTIONED ABOVE. THE PAPER SAYS THAT THERE ARE SOLUTIONS TO THIS PROBLEM THAT ARE TO BE FOUND IN THE CONSISTENT PRACTICE OF PHYSICAL EXCERCISE AND SPORTS, I.E INCREASING ONE;S LEVEL OF PHYSICAL FITNESS.




Faculty Research

Turning the Mind: The Role of Popular Music inspired by Indian Classical Music in Boosting Mental Focus and Performance in Sports written by Dr. Anjalee Narayan published in Indian Journal of Psychological Sciences highlights how ragas and rhythmic structures, can positively influence mental focus and performance, particularly in sports. Specific ragas can enhance attention and emotional regulation, while rhythmic elements can improve motor skills and cognitive abilities. This influence can be leveraged to improve mental focus and performance in athletes.

Students awards and participation

I. CHANDERVERDHAN SHEKHAWAT
A 3rd year liberal arts student qualified for pre state and state level and secured 27th rank in all Rajasthan in under 21 j'nior men in 10 meter Air Pistol and preparing for Nationals and participated in Pepsico's Pep Sales Star Workshop

 **RAJASTHAN RIFLE ASSOCIATION**

Competitor Card

COMPETITOR NO. 1489

Certified that **CHANDER VERDHAN** of
(RAJASTHAN)
is competitor competing in the
2ND RAJASTHAN PRE STATE SHOOTING CHAMPIONSHIP RIFLE PISTOL 2025
to be held at OASES SHOOTING RANGE JAGATPURA JAIPUR from 18-07-2025 to 25-07-2025
and is competing in following Events

Sr. No.	Event No.	Event Name
1	S-54	10M PISTOL (NR) CHAMPIONSHIP JUNIOR MEN INDIVIDUAL



 **Pep Sales Star** 

Certificate of Participation

This is to acknowledge that
Chanderverdhan Shekhawat
has actively participated in the **Pep Sales Star Workshop** held on 17th May 2025, hosted
and conducted by **PepsiCo India**.

By participating in this workshop, the student took a valuable step towards exploring the
FMCG industry, gaining practical insights into PepsiCo's sales operations, and preparing
for future career opportunities in the field.


Sarvesh Agrawal
CEO & Founder,
Internshala


Verix


Gayatri Das
Associate Director - Talent Acquisition &
Employer Branding, PepsiCo India

Students awards and participation

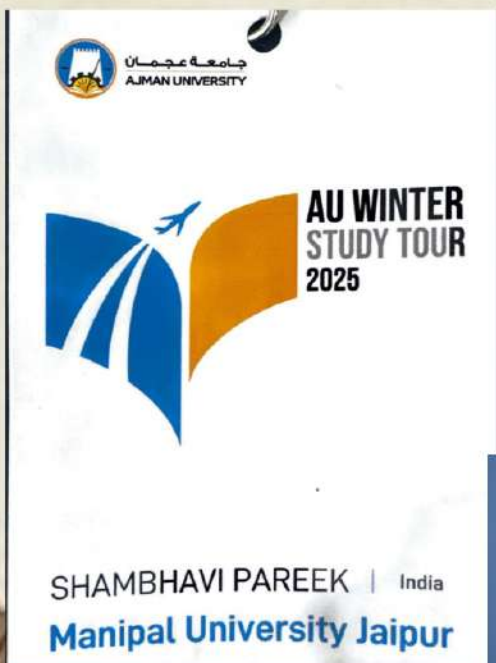
2. Yashvardhan

He secured Gold in 10M RIFLE
JUNIOR MIXED TEAM (ISSF)
NATIONAL
CHAMPIONSHIP (Team and
Bronze in 10M RIFLE MEN
(ISSF) NATIONAL
CHAMPIONSHIP (Individual.)



Students awards and participation

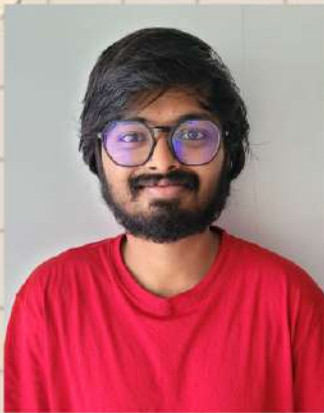
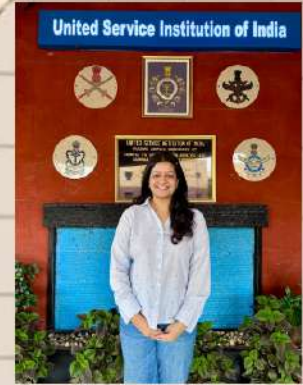
3. Shambhavi Pareek A second-year liberal arts student, Shambhavi Pareek participated in a sustainability-focused study tour at Ajman University, gaining hands-on experience in global approaches to sustainable development.



INTERNSHIP MAP



Student Internship





Adventure beyond classroom



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



diffuse in focus



Thank You

