



MANIPAL UNIVERSITY
JAIPUR

(University under Section 2(f) of the UGC Act)

Department of Liberal Arts
and Social Sciences



Bioscope :

Insights, Innovations, and Intersections

Oct- Dec 2025

Imperfections, Flaws & the Art of Living

Vol 1, Issue 2

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HOD's Message



Dear Faculty Members and Students,

As we close another productive quarter, I am struck by the vibrant energy that defines the Department of Liberal Arts and Social Sciences. In an era often dominated by technical data, our community remains the heartbeat of critical inquiry, empathy, and cultural understanding.

This past quarter, we haven't just studied literature, society, and arts; we have interrogated the narratives that shape our world. Whether through spirited classroom debates, eminent guest lectures or our recent community outreach initiatives, you have proven that the "soft skills" of communication and critical thinking are, in fact, the hardest and most essential skills for the future.

Highlights of the Quarter

Interdisciplinary Growth: Our new collaborative workshops have bridged the gap between traditional theory and modern application.

Resilience: I am continually inspired by the dedication of our faculty and the intellectual curiosity of our students.

Impact: From creative lectures to discussions, our department's voice is resonating far beyond the campus walls.

I would like to request our students to continue to ask the "why" behind the "how" and to our faculty members, thank you for your tireless mentorship.

Together, we are not just observing the world; we are learning how to better it.
I look forward to the discoveries the next quarter will bring.

Warm regards,

Dr. Richa Arora

Professor & Head

Department of Liberal Arts & Social Sciences

Editors' Message



Dear Readers,

In a world often guided by ideals of “perfection”- whether in productivity, success, or happiness, this issue of Bioscope: Insights, Innovation, and Intersection engages with the theme of imperfection as an everyday reality.

‘Imperfections, Flaws & the Art of Living’ brings together reflections that consider how incompleteness, vulnerability, and limitation shape lived experiences.

The contributions in this issue approach the theme from diverse perspectives, offering space for thought, expression, and dialogue.

Rather than presenting definitive answers, the issue invites readers to pause and reflect on how flaws and uncertainties are woven into the process of living and understanding the self.

We hope this issue encourages readers to engage with the theme thoughtfully and find moments of connection and reflection through the varied voices and ideas presented here.

Warm Regards,
Dr. Sneha Thakur
Chief Editor

Editors' Message



Dear Readers,

The creation of the department newsletter is not just a literary exercise but an extremely wholesome one. Being solely organized and executed by the students of the department with some mentoring from the faculty coordinators, it proves to be an exercise that the students very well create, curate and execute on their own, to a large extent.

As one of the faculty coordinators, it gives me great joy to see the students putting their best efforts for a project that is as creative as it is instructive. Academics is, of course, the core requirement for the students at the University.

However, a student's self-development is never complete without a comprehensive development of their personality. Working on the newsletter provides the students an avenue to explore their extra academic skills, learn and work with each other in a team and feel fulfilled at the end of it.

It is wonderful to see the students take responsibility for a project of the department and make it their own even if it means spending so many extra hours working on it. I have no doubt that we will come out with extremely informative, interesting and fun newsletters now and in the future.

Warm regards,

Dr. Radhika Mohan Gupta

Chief Editor

Editors' Message



Dear Readers,

This newsletter captures the dynamic academic environment of our department. It reflects our dedication to liberal education and social responsibility.

The department promotes research-driven and student-centric learning. Faculty and students have worked together to achieve academic milestones.

Various events and initiatives have enriched the learning experience. Interdisciplinary engagement remains a core strength of the department. We strive to connect knowledge with real-world issues. Such efforts prepare students for responsible citizenship.

I thank everyone for their valuable contributions. May we continue to progress with enthusiasm and excellence.

Warm regards,
Dr. Deepak Bangari
Chief Editor

Editorial Board

Chief Editors

Dr. Sneha Thakur

Dr. Radhika Mohan Gupta

Dr. Deepak Bangari

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Vision and Mission

Department of Liberal Arts and Social Sciences

To be a leading Centre for critical inquiry, interdisciplinary collaboration, and civic engagement, empowering students to become global leaders, innovative thinkers, and compassionate global citizens.

To develop academic excellence through teaching and research, offer advanced, career-oriented programmes that provide professional knowledge, employability skills, and life skills while fostering community growth.

To equip students with core competencies in critical thinking, effective communication, rigorous research, and creative problem-solving, preparing them for a wide range of careers.

To prepare students for leadership in academia, public service, media, culture and global industries.

To inspire students to apply their knowledge to address real-world challenges, engage in community service, fostering a commitment to positive change.



TALK-A-THON 3.0

ALUMNI LECTURE

The Department of Liberal Arts and Social Sciences, along with the Directorate of Alumni Relations and the Manipal University Jaipur Alumni Association, organized Talk-a-thon 3.0, an alumni lecture. This lecture featured Ms Syeda Khadija Chishty, a 2024 graduate of the B.A. Hons. (English). The session was organised to foster meaningful alumni-student engagement by creating a space for shared learning and guidance.



The lecture sought to enlighten students by sharing academic and personal experiences while offering practical perspectives on university life and planning beyond graduation.

Drawing upon her journey as a student and her ongoing pursuit of a master's degree in English, Ms Syeda reflected on the challenges of transitioning from student life to future goals and emphasized resilience, flexibility, and self-reflection as key to making the right academic and career choices.

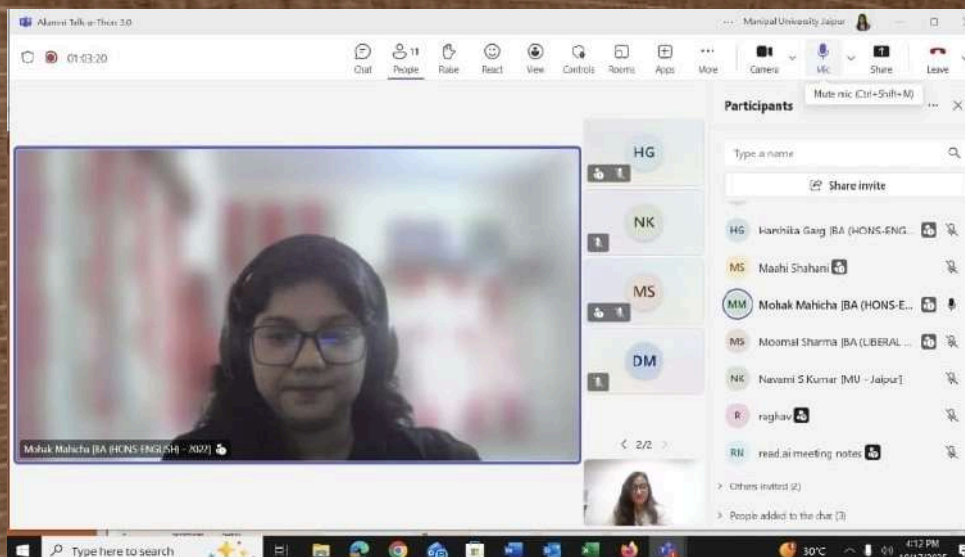
The session encouraged students to view learning as something that goes beyond the classroom. It inspired them to tackle challenges with confidence and clarity. The interactive session was well received, prompting thoughtful engagement from the audience



Talk-a-thon 3.0

Alumni Lecture

The Department of Liberal Arts and Social Sciences, in collaboration with the Directorate of Alumni Relations and the Manipal University Jaipur Alumni Association, organized the Alumni Lecture-Talkathon 3.0-on October 17, 2025. The event featured Ms. Mohak Mahicha, a prominent alumna from the BA English Honours Batch of 2025, who shared her journey from a dedicated student to a professional specializing in storytelling, digital marketing, and design. Having served as the Digital Marketing and design Head for Cinefilia MUJ and worked with organizations like Cannibals Media, Ms. Mahicha provided a unique perspective on blending artistic vision with strategic communication.



The session served as a mentorship platform designed to strengthen the bond between the university's alumni and its current students. Ms. Mahicha discussed the importance of a holistic college experience, encouraging attendees to engage deeply with both their academic curriculum and extra-curricular opportunities like theater and content development. The objective was to expose students to various post-graduation pathways and inspire them to pursue their goals with confidence.

Talk on:
Beyond the Degree: How Extracurriculars Empower Your Career Path

DATE:
17 October, 2025

TIME:
3:30-4:30

Online Mode:

Manipal University Jaipur

https://teams.microsoft.com/join/19%3ameeting_YTq1NzVhZjE0ODcyMS00OWVjLWFKY2MiYTQ0ZTkzODk2MWFh%40thread.v2/0?context=%7b%22Tid%22%3a%227d0726e8-bf4b-4ac1-99f1-010fb11f1d3f%22%2c%22Oid%22%3a%22ce11732a-a9e3-45a2-97e4-385ef907c2a1%22%7d

ALUMNI TALK-A-THON 3.0

Organized by:
Department of Liberal Arts and Social Sciences
School of Arts
In Association With
Directorate of Alumni Relations
Manipal University Jaipur Alumni Relations (MUJAA)

Ms. Mohak Mahicha
B.A. (Hons) English (2022-2025)
Social Media Executive
EvolveNow Media
Mumbai, Maharashtra

Event Coordinators:

Dr. Sneha Thakur
&
Dr. Trishna Chaudhuri
Liberal Arts and Social Sciences

The event saw active participation from students and faculty members, including Dr. Sneha Thakur, Dr. Trisha Chaudhari, and Dr. Sushil Kumar Jain. Feedback from the attendees was overwhelmingly positive, nothing that the candid nature of the talk made the professional world feel more accessible. The lecture concluded with an interactive Q&A session and a formal vote of thanks, successfully reinforcing the university's commitment to building a supportive professional ecosystem through its Alumni network.

Foundations of Scholarly Inquiry: Rethinking Research Paradigms and Methodologies

On November 3, 2025, the Department of Liberal Arts and Social Sciences at Manipal University Jaipur conducted an expert lecture titled “Laying the Foundations: Rethinking Research Paradigms and Approaches”. Held from 3:00 PM to 5:00 PM in an offline format, the session was specifically designed for students enrolled in courses LLC6105, LN3140, and LN3143. The primary goal was to foster a deeper comprehension of contemporary research frameworks and encourage critical thinking in the design of methodologies.



The lecture featured Dr. Manju Singh, a Professor of Economics from the Department of Humanities and Social Sciences at MNIT Jaipur. Dr. Singh’s presentation was structured around several key learning objectives:


Introducing the historical evolution and foundational concepts of research paradigms.


Helping participants differentiate between diverse research approaches used within the Humanities and Social Sciences.

Providing practical insights on how to align specific research problems with suitable scholarly paradigms to ensure impactful outcomes.



The event concluded with an interactive segment, during which Dr. Singh utilized relevant examples from the fields of Economics and Social Sciences to illustrate complex theoretical concepts. This allowed the 49 attendees—comprising faculty members, PhD scholars, and undergraduate/postgraduate students—to seek specific guidance on structuring research problems and navigating the complexities of their chosen methodologies.


MANIPAL
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Department of Liberal Arts and Social Sciences
 in collaboration with
 MUJ-TEC & Directorate of Research
 presents
 an **EXPERT LECTURE**
 on
**Reimagining Research in Humanities and Social Sciences:
 From Foundations to Frontiers**

Theme:
**Laying the Foundations: Rethinking
 Research Paradigms and Approaches**

Expert:
Dr. Manju Singh
 Professor of Economics
 The Department of Humanities and
 Social Sciences, MNIT, Jaipur


November 3, 2025


3:00 - 5:00 PM


**Conference Room,
 2nd Floor (3AB)**

From Information to Insight: Data Collection, Analysis, and Research Resources

On November 4, 2025, the Department of Liberal Arts and Social Sciences at Manipal University Jaipur hosted an expert lecture titled “From Information to Insight: Data Collection, Analysis, and Research Resources”. Organized in collaboration with MUJ-TEC and the Directorate of Research, the session was held from 3:00 PM to 5:00 PM in the Conference Room on the 2nd Floor (3AB). The event was specifically designed for faculty members, PhD scholars, and students (both UG and PG) within the department to enhance their methodological expertise.



The session was led by Dr. Ramulu Bhukya, an Assistant Professor from the Department of Management at the Central University of Rajasthan. The primary goal of the lecture was to bridge the gap between raw data and meaningful academic insight.

Key objectives included:

Introducing diverse techniques for academic data collection.

Clarifying the application of qualitative and quantitative analysis methods.



Familiarizing attendees with digital libraries, research databases, and repositories.

Strengthening the overall ability of researchers to interpret and utilize data effectively.

Beyond technical skills, the lecture addressed practical and ethical considerations, such as overcoming fieldwork challenges, ensuring data quality, and maintaining high ethical standards when handling sensitive information. The event concluded with an interactive segment where participants engaged in discussions regarding their personal research experiences and sought expert guidance on analytical techniques.

Navigating the Future of Academic Writing: AI, Research Ethics, and the Path to Publication

On November 5 and 6, 2025, the Department of Liberal Arts and Social Sciences at Manipal University Jaipur conducted a comprehensive two-day expert lecture series. The sessions, held offline from 3:00 PM to 5:00 PM, were led by Dr. Rajeev Choudhary, a distinguished Professor from Pt. Ravishankar Shukla University, Raipur. The series was designed to benefit faculty members, PhD scholars, and students of LLC6105, LN3140, and LN3143 by addressing critical modern research challenges.



Day 1: AI, Ethics, and Responsible Publishing

The first session, held on November 5, focused on “Navigating the Future: Artificial Intelligence, Research Ethics, and Responsible Publishing”. Dr. Choudhary explored how Artificial Intelligence is currently transforming the academic landscape, particularly in literature reviews and data processing. Key discussion points included:

AI Integration: The practical application of AI tools while maintaining human oversight.

Integrity Risks: Challenges regarding authenticity, originality, and the dangers of over-automation.

Day 2: The Art of Academic Writing and Submission

On November 6, the second session shifted to “Writing for Publication: Academic Writing, Review, and Submission”. This workshop-style lecture focused on the technical aspects of producing high-quality research outputs. Dr. Choudhary provided a detailed roadmap for successful publication, covering:

Manuscript Structure: Effective techniques for title formulation, abstract writing, and presenting methodology.



The series successfully provided participants with actionable insights to transform research ideas into well-structured, ethical, and publishable manuscripts. By bridging the gap between emerging technology and traditional academic rigor, the event aimed to strengthen the participants' ability to engage in impactful research.

Re-Imagining the Planetary: A Report on ICPHCH-25

The International Conference on Planetary Habitability and Critical Humanities: Re-Imagining Ethics, Narratives, and Co- Existence (ICPHCH-25) was held in a hybrid format under the aegis of the Department of Liberal Arts and Social Sciences (DOLASS). This significant academic gathering convened a diverse cohort of scholars, literary critics, environmental humanists, and cultural theorists to interrogate the role of the humanities in ensuring planetary survival and fostering ethical modes of coexistence within our current geological epoch.

The conference commenced with a series of profound opening addresses by Mr. Brajesh Kumar (Dean, FOMCA), Prof. (Dr.) Karunakar Kotegar (Pro-President, MUJ), and Dr. Richa Arora (Head of the Department), whose collective insights set a visionary tone for the event.



Together, they emphasized a shift away from traditional, siloed thinking toward a more holistic, ethical, and multidisciplinary engagement with the world to ensure planetary survival and co-existence.

The primary objective of ICPHCH-25 was to shift the ecological discourse from a purely technical or scientific framework towards one centered on literature, narrative, and Indigenous Knowledge Systems (IKS).



By utilizing de-colonial frameworks and more-than-human perspectives, the conference addressed the urgent challenge of environmental justice.



A cornerstone of the event was the exploration of how traditional wisdom can inform modern crises. Prof. Swarnalatha Rangarajan, in her keynote address, provided a foundational perspective on how literature and narrative serve as essential tools for rethinking habitability.

Building upon these themes, Prof. Sanjit Kumar Mishra delivered an erudite exposition on the second day, tracing the philosophical continuities between classical Sanskrit poetics and contemporary environmental ethics.

In conclusion, ICPHCH-25 successfully established retrieving indigenous epistemologies and fostering a "cosmological sensitivity," the gathering providing a vital roadmap for moving away from systemic exploitation toward a future defined by ethical and sustainable co-existence among all life forms.



Industry Visit to Rajasthan High Performance Sports Training and Rehabilitation Centre

An industry visit was organized by the Department of Liberal Arts and Social Sciences, for students of the Bachelor of Physical Education and Sports (BPES), Manipal University Jaipur, with the aim of providing practical exposure to elite-level sports training and rehabilitation practices.



The visit sought to bridge the gap between theoretical knowledge and real-world application in the field of high-performance sports. The primary objective of the visit was to familiarize students with world-class sports infrastructure, advanced training methodologies, and modern rehabilitation techniques.

It also focused on understanding sports, science, injury prevention strategies and the interdisciplinary approach to athlete development involving sports scientists, physiotherapists, and strength and conditioning coaches.



During the three-hour visit, students were divided into smaller groups for an interactive tour of the centre's two facilities. Under the guidance of experienced sports scientists, including Dr. Mohor, students observed hands-on demonstrations of the state-of-the-art equipment such as biomechanics apparatus, force platforms, oxygen recovery chambers, and dynamometers. The visit provided valuable insights into performance optimization, injury management, and the operational framework of a high-performance training environment, making it a highly informative and enriching experience for BPES students.



Yogic Practices for Health and Wellness

The Department of Liberal Arts and Social Sciences, in collaboration with MUJ-TEC and the Holistic Health Yoga Club, organized a Hands-on Workshop on “Yogic Practices for Health and Wellness” from November 3 to 6, 2025, at Manipal University Jaipur. It was attended by 51 students across different disciplines and was conducted over four days, with two daily sessions on comprehensive yogic training.



The primary objective of the workshop was to integrate traditional yogic philosophy with modern approaches towards health. It aimed to guide attendees towards a holistic lifestyle and diet management aligned with yogic principles.

The program aligned with Sustainable Development Goals 3 (Good Health and Well-Being) and 4 (Quality Education) offering quality, skill-based experiential education.



The sessions were conducted by eminent experts, including Prof. Sanjib K. Patra, Dr. Rajeev Choudhary, and Mr. Mohit Sharma, who shared scientific insights on how yogic practices impact physical and psychological health.



Each session involved hands-on practice, demonstrations, and interactive discussions.

Participants actively engaged in learning various breathing techniques, meditation methods, and asana flows that are suitable for a daily routine.

The workshop concluded with positive feedback from attendees, who appreciated the depth of knowledge, expertise of trainers, and usefulness of the sessions. All registered participants received Certificates of Participation



Healthy Desk Habits: Stretch, Strengthen, and Energize

The Department of Liberal Arts and Social Sciences organized an expert session titled “Healthy Desk Habits: Stretch, Strengthen, and Energize” to address the growing health challenges faced by professionals engaged in prolonged desk-based work.



The session was conducted by Dr. Harsh Vardhan Singh Sikriwal, a distinguished Physiotherapist and Sports Physiotherapist at the Abhinav Bindra Targeting Performance (ABTP) Centre, Jaipur.

The primary objective of the event was to educate faculty and staff about the health risks associated with prolonged sitting and poor ergonomics, while equipping them with practical strategies to counter the effects of a sedentary lifestyle.

The session focused on simple in- office stretches, strengthening exercises, and techniques to maintain physical energy and mental focus throughout the workday, thereby promoting overall well-being and productivity.



The initiative aligned with SDG 3 (Good Health and Well-Being) and SDG 4 (Quality Education) by fostering preventive healthcare awareness through interactive, evidence-based learning. Faculty and staff of Manipal University Jaipur actively participated in the session, which combined theoretical insights with live exercise demonstrations. The interactive format ensured hands-on engagement and practical takeaways. The session concluded with a vote of thanks, appreciating the expert's valuable contributions and insights.



Exilic Literature: Ecosophical Musings and Negotiations of Identity

On November 14, 2025, the Department of Liberal Arts and Social Sciences at Manipal University Jaipur hosted an intellectually stimulating guest lecture titled “Exilic Literature: Ecosophical Musings and Negotiations of Identity.” This event was curated to explore the profound intersections between exile studies, eco-critical theory, and identity politics, providing a platform for students and faculty to examine how narratives of displacement are deeply intertwined with ecological memory.



MANIPAL UNIVERSITY JAIPUR

DEPARTMENT OF LIBERAL ARTS & SOCIAL SCIENCES
CORDIALLY INVITES YOU FOR
A GUEST LECTURE ON

“EXILIC LITERATURE: ECOSOPHICAL MUSINGS AND NEGOTIATIONS OF IDENTITY”

HIGHLIGHTS OF THE TALK:

- EXPLORED LINKS BETWEEN EXILE, ECOLOGY, AND IDENTITY.
- DISCUSSED BELONGING AND CULTURAL HYBRIDITY IN EXILE.
- HIGHLIGHTED ECOSOPHICAL VIEWS ON HUMAN-NATURE CONNECTION.
- EMPHASIZED LITERATURE AS A SPACE FOR RESILIENCE AND HARMONY.

14-11-2025
10:00 AM - 12:00 PM

MEETING LINK: [HTTPS://SHORTURL.AT/TWZj7](https://shorturl.at/TWZj7)

FACULTY COORDINATORS:
• DR. ANUPAMA BANDOPADHYAY
• DR. VIDISHA GUPTA

DR. SHARMISTHA CHATTERJEE
PROFESSOR & HEAD AT THE DEPARTMENT OF ENGLISH, DEAN, FACULTY OF HUMANITIES AND LANGUAGES, ALIAH UNIVERSITY, KOLKATA, WEST BENGAL

GUEST SPEAKER

<https://jaipur.manipal.edu/>

The session was led by Dr. Sharmistha Chatterjee, Professor and Head of the Department of English and Dean of Humanities at Aliah University, West Bengal. A prolific scholar in Post-colonialism and Ecosophy, Dr. Chatterjee provided an expansive discourse on how exilic writing negotiates the rupture between cultural selfhood and bioregional belonging.

This thematic focus aligned seamlessly with SDG 4 (Quality Education), specifically target 4.7, by fostering critical thinking regarding global citizenship, sustainability, and cultural preservation in an era of mass migration and environmental concern.

The lecture resonated deeply with the diverse audience of UG/PG students and research scholars, triggering a robust Q&A session. By integrating “Ecosophical” thinking into the study of exile, the department provided its students with a cutting-edge framework to understand the global narratives of belonging in the 21st century.

Sports Supplements: Science, Safety, and Effectiveness.

On November 17, 2025, the Department of Liberal Arts and Social Sciences (DLASS) at Manipal University Jaipur hosted an expert lecture titled “Sports Supplements: Science, Safety, and Effectiveness.” Conducted virtually via Microsoft Teams. The event was designed to enhance the scientific literacy of students and faculty regarding the physiological mechanisms, efficacy, and ethical implications of supplement use in modern athletics.

MANIPAL UNIVERSITY JAIPUR

DEPARTMENT OF LIBERAL ARTS & SOCIAL SCIENCES

Cordially invites you for a
Expert Session on
**"SPORTS SUPPLEMENTS:
SCIENCE, SAFETY, &
EFFECTIVENESS"**

EXPERT SPEAKER
Dr. Rakesh Tomar
Adjunct Faculty, DLASS, MUJ
Faculty, Physical Education Department,
King Fahd University of Petroleum &
Minerals, QS World Rank = 67,
Dhahran 31261, Saudi Arabia

**NOVEMBER 17, 2025
MONDAY
09:30 AM- 10:30 AM**

HIGHLIGHTS OF THE SESSION:

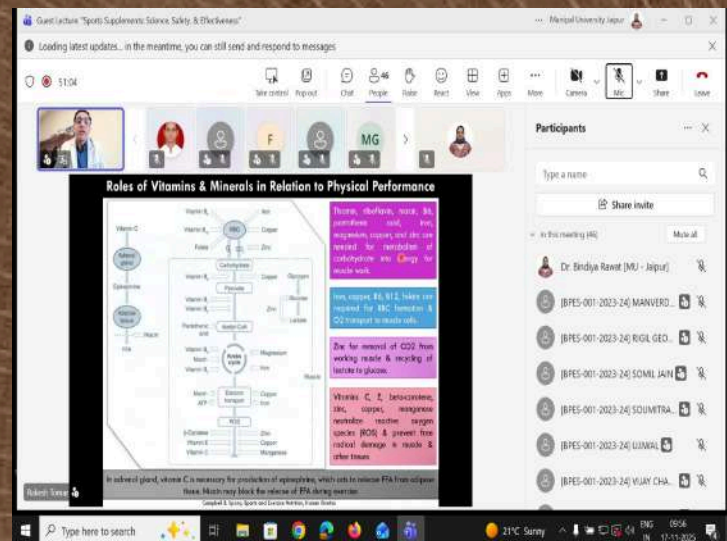
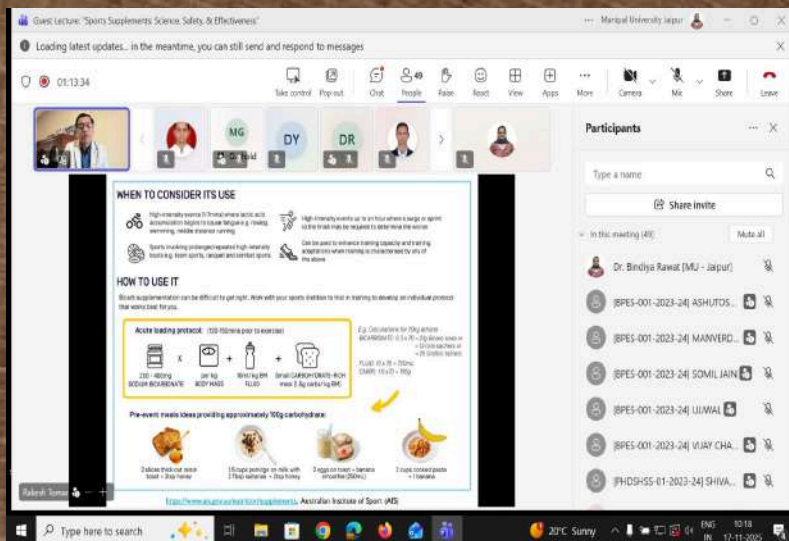
- Understanding the scientific basis of sports supplements and their role in athletic performance.
- Discussion on commonly used supplements – protein, creatine, caffeine, and vitamins.
- Evaluating the safety, efficacy, and potential side effects of various supplements.
- Guidelines for evidence-based and ethical use of supplements in sports.
- Importance of awareness regarding banned and unsafe substances for athletes.

Faculty Coordinators: Dr. Bindiya Rowat & Dr. Deepali Bangari Head, DLASS: Dr. Richa Arora

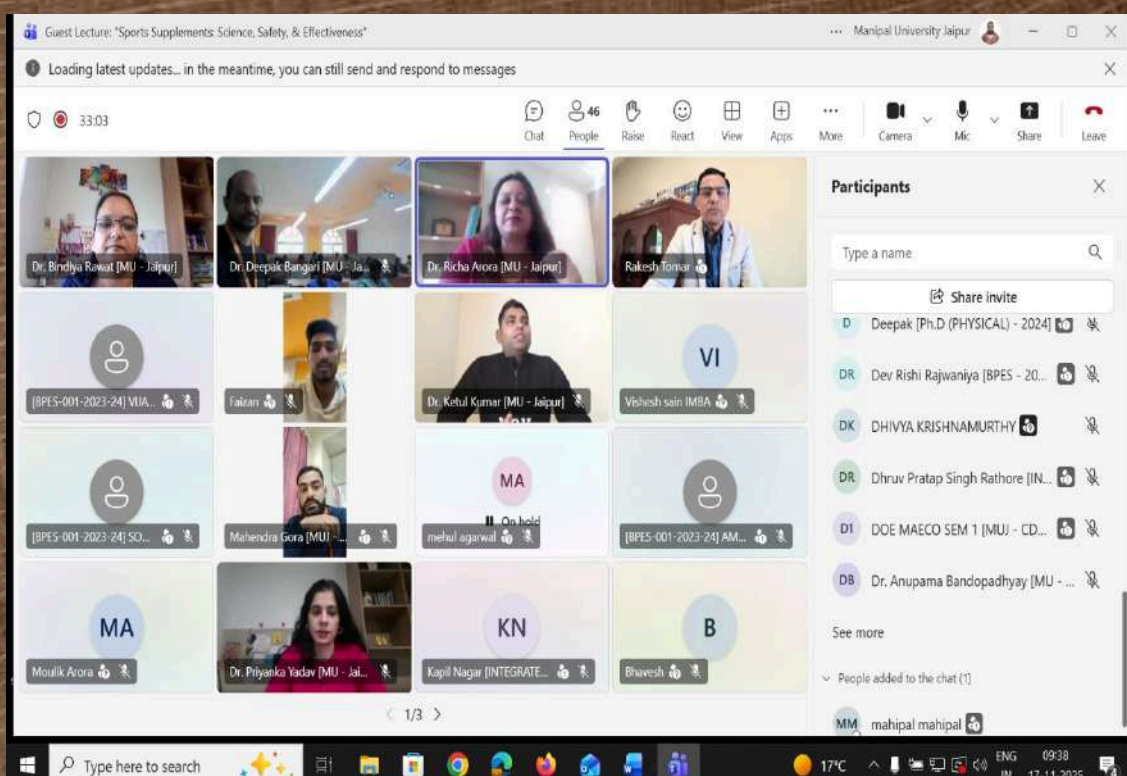
Click here to join: <https://tinyurl.com/3c262x9y>

The academic discourse was led by Dr. Rakesh Tomar, a distinguished faculty member from the King Fahd University of Petroleum & Minerals (Saudi Arabia) and an Adjunct Faculty member at MUJ. Dr. Tomar utilized his global expertise to dissect the science behind popular supplements such as protein, creatine, caffeine, and vitamins.

He emphasized the critical importance of understanding chemical compositions and physiological pathways to ensure athlete safety. Central to the discussion was the alignment with SDG 3 (Good Health and Well-Being) and SDG 4 (Quality Education).



The session saw significant engagement with a total of 103 participants, including undergraduate and postgraduate students, research scholars, and external sports enthusiasts.



The event, convened by Dr. Bindiya Rawat and Dr. Deepak Bangari, concluded with an interactive session where students explored real-world safety precautions.

This initiative successfully bridged the gap between academic theory and the practicalities of sports nutrition, reinforcing MUJ's commitment to producing well-informed professionals in the field of physical education.

Roots of Change: Cultivating Ecological Stewardship through Community Outreach

The "Roots of Change" Plantation Outreach Program held on December 3, 2025, served as a significant milestone in integrating environmental education with community service at Manipal University Jaipur. Organized by the Department of Liberal Arts and Social Sciences, the event brought together students of BA (Hons.) English and faculty coordinators, Dr. Preeti Dash and Dr. Eva Sharma, for a hands-on mission in Dehmi Kalan.



**MANIPAL UNIVERSITY
JAIPUR**

Department of Liberal Arts & Social Sciences
Cordially Invites You
to join

**Roots of Change:
Plantation Outreach Near MUJ**

"Plant Roots, Grow Futures"

December 3, 2025
11:00 AM - 12:00 PM
Dehmi Kalan (Near MUJ)

Head, DLASS: Dr. Richa Arora
Faculty Coordinator: Dr. Eva Sharma & Dr. Preeti Dash

The primary objective of this initiative was to move beyond theoretical classroom discussions and immerse students in the practical realities of ecological responsibility. By participating in the plantation of native saplings, students were encouraged to foster a deeper sense of environmental consciousness and personal accountability.

The program was strategically designed to align with global priorities, specifically targeting United Nations Sustainable Development Goals (SDG) 13 (Climate Action) and 15 (Life on Land). Through these activities, the university aimed to promote ecological restoration and highlight the importance of active participation in local sustainability projects.



The event concluded as a resounding success, marked by the enthusiastic participation of the student body. Under the guidance of their mentors, the students not only contributed to the local green cover but also gained valuable experience in teamwork and community leadership.

Reimagining Research in Humanities and Social Sciences: From Foundations to Frontiers

The department of Liberal Arts and Social Sciences organised a four-day workshop titled “Reimagining Research in Humanities and Social Sciences: From Foundations to Frontiers” scheduled from November 3rd to November 6th, 2025, in association with MUJ TEC and Directorate of Research MUJ.

**MANIPAL UNIVERSITY
JAIPUR**

**A+
NAAC**

**4
QUALITY
EDUCATION**

“Explore the Path of Research and Innovation!”

**REIMAGINING RESEARCH IN HUMANITIES
AND SOCIAL SCIENCES: FROM FOUNDATIONS
TO FRONTIERS**

Organized by
Department of Liberal Arts & Social Sciences
in collaboration with
MUJ-TEC & Directorate of Research



Prof. Manju Singh
Malaviya National Institute of
Technology Jaipur

Prof. Rajeev Choudhary
Pt. Ravishankar Shukla University

Dr. Ramulu Bhukya
Central University of Rajasthan

**Monday - Thursday
November 3 - 6, 2025**

**03:00 PM - 05:00 PM**

**Conference Hall, 2nd Floor/
Board Room, 3rd Floor, 3AB**

**Kindly register using the QR code or the link provided.
E-certificates will be provided to all participants**

**Dr. Priyanka Yadav, Dr. Deepak Bangari & Ms. Shruti
Conveners**
+91-957272818, priyanka.yadav@jaipur.manipal.edu <https://jaipur.manipal.edu>

**Dr Richa Arora
Head, DLASS**

Register Now

<https://forms.cloud.microsoft/r/LehyzeW9bN>



The workshop was focused on integrating digital tools, artificial intelligence, and ethical practices in research among the faculty members, research scholars and PG students. With the objective of promoting interdisciplinary collaboration and innovative approaches to research design.

Day 1 began with Dr. Manju Singh delivering an engaging session focusing on the fundamentals of research paradigms in the Humanities and Social Sciences.



Day 2 saw Dr. Bhukya elaborating on various data collection techniques used in social sciences and humanities research—both qualitative and quantitative.

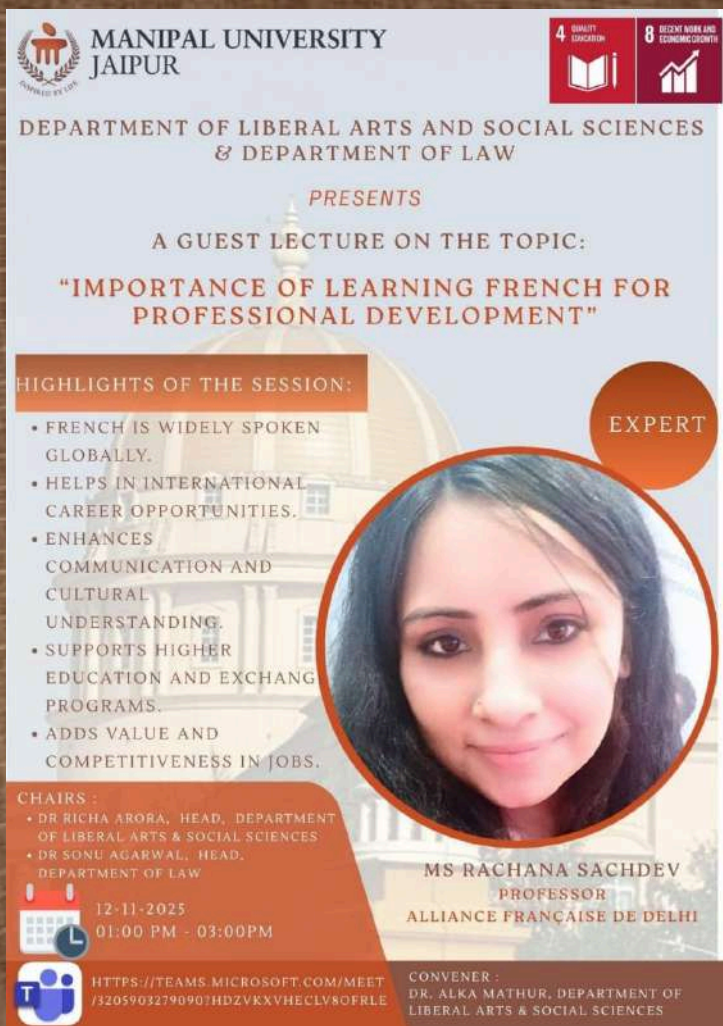
Day 3 led Dr. Choudhary to present an insightful lecture on integrating artificial intelligence in academic inquiry—from literature reviews to data analytics. The final day focused on strengthening academic writing skills by Dr. Choudhary, explaining the structure of a publishable research paper.



The four day workshop offered a holistic experience successfully enhancing participants' understanding of research foundations, methodological tools, technological integration, ethical practices, and academic writing techniques.

Importance of Learning French for Professional Development

The Department of Liberal Arts and Social Sciences in collaboration with Department of Law Manipal University Jaipur, organized an online expert lecture via MS Teams on the topic “Importance of Learning French for Professional Development” on November 12, 2025.



MANIPAL UNIVERSITY JAIPUR

DEPARTMENT OF LIBERAL ARTS AND SOCIAL SCIENCES
& DEPARTMENT OF LAW

PRESENTS

A GUEST LECTURE ON THE TOPIC:

"IMPORTANCE OF LEARNING FRENCH FOR PROFESSIONAL DEVELOPMENT"

HIGHLIGHTS OF THE SESSION:

- FRENCH IS WIDELY SPOKEN GLOBALLY.
- HELPS IN INTERNATIONAL CAREER OPPORTUNITIES.
- ENHANCES COMMUNICATION AND CULTURAL UNDERSTANDING.
- SUPPORTS HIGHER EDUCATION AND EXCHANGE PROGRAMS.
- ADDS VALUE AND COMPETITIVENESS IN JOBS.

CHAIRS :

- DR RICHHA ARORA, HEAD, DEPARTMENT OF LIBERAL ARTS & SOCIAL SCIENCES
- DR SONU AGARWAL, HEAD, DEPARTMENT OF LAW

12-11-2025
01:00 PM - 03:00PM

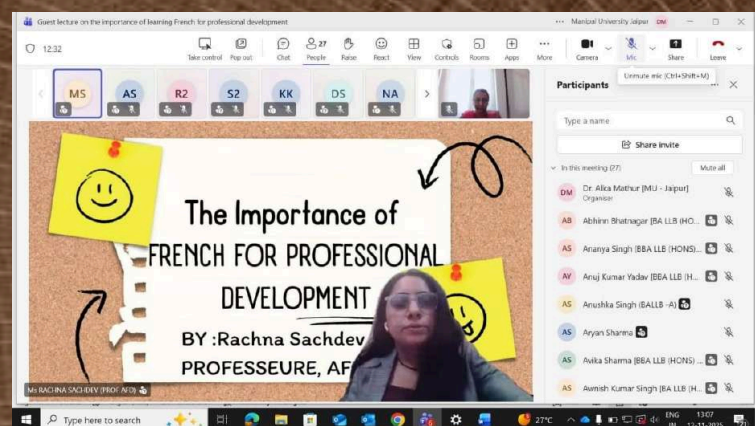
<https://teams.microsoft.com/join/32059032790907HDZVKXVHECLV8OFRLE>

MS RACHANA SACHDEV
PROFESSOR
ALLIANCE FRANÇAISE DE DELHI

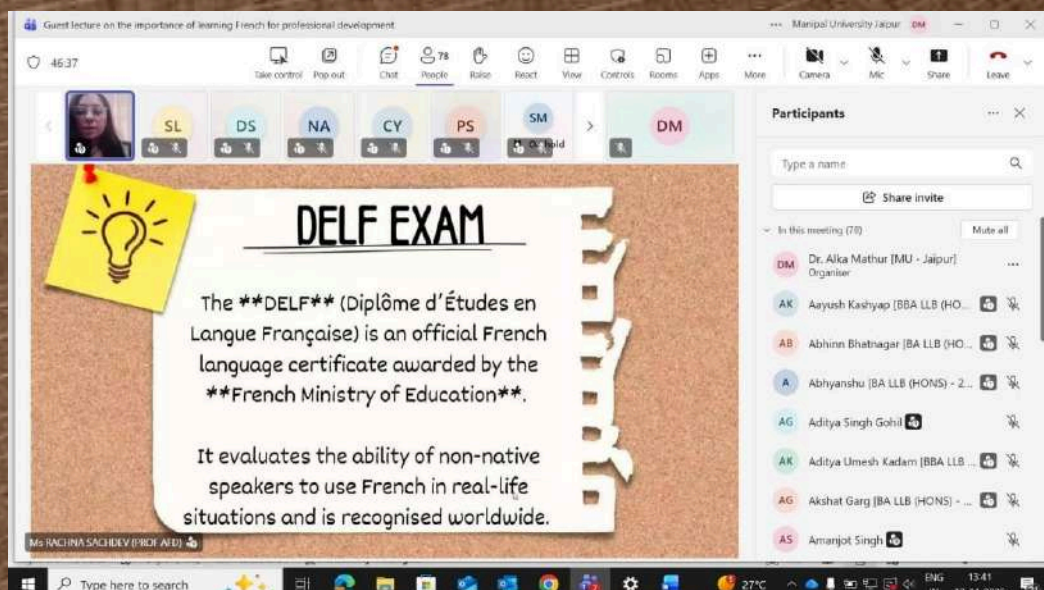
CONVENER :
DR. ALKA MATHUR, DEPARTMENT OF LIBERAL ARTS & SOCIAL SCIENCES

The session was delivered by Ms Rachna Sachdev, Professor Alliance Française de Delhi. It was organized for students of B.A., M.A., PhD, BALLB and BBALLB.

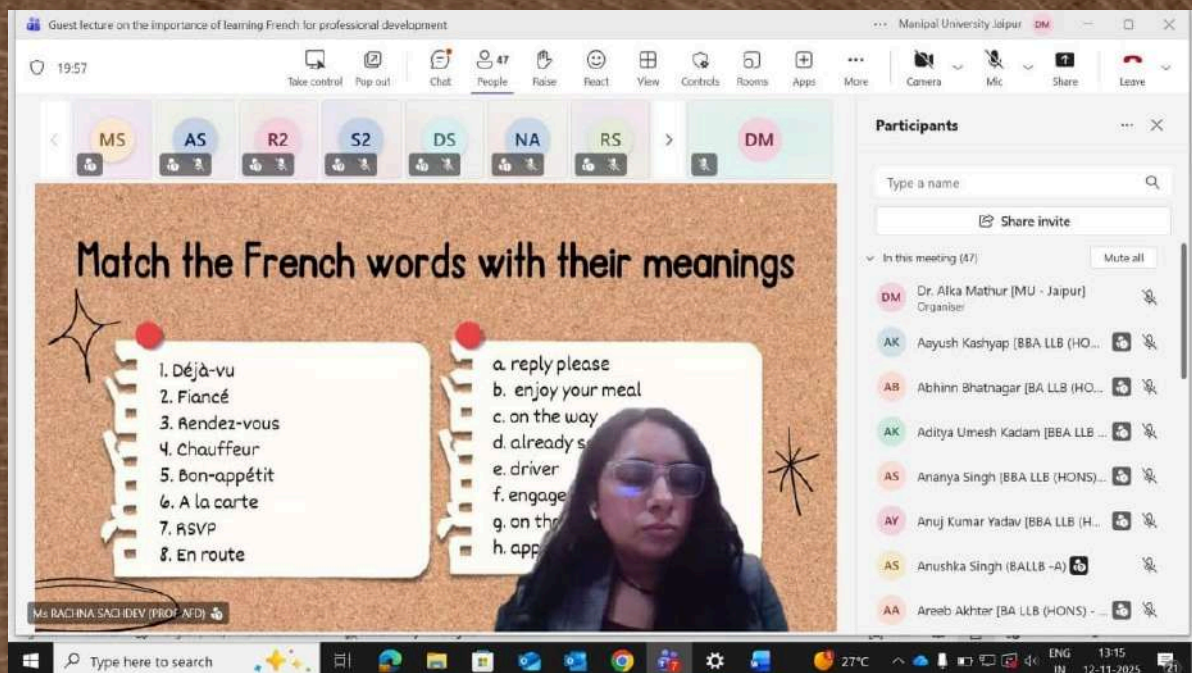
The event aligned with the Sustainable Development Goals 4 (Quality education) and 9 (Decent work and economic growth) and aimed to provide students with deeper insights into the advantages of learning French language as well as to offer practical information about the DELF certification and job opportunities available in India.



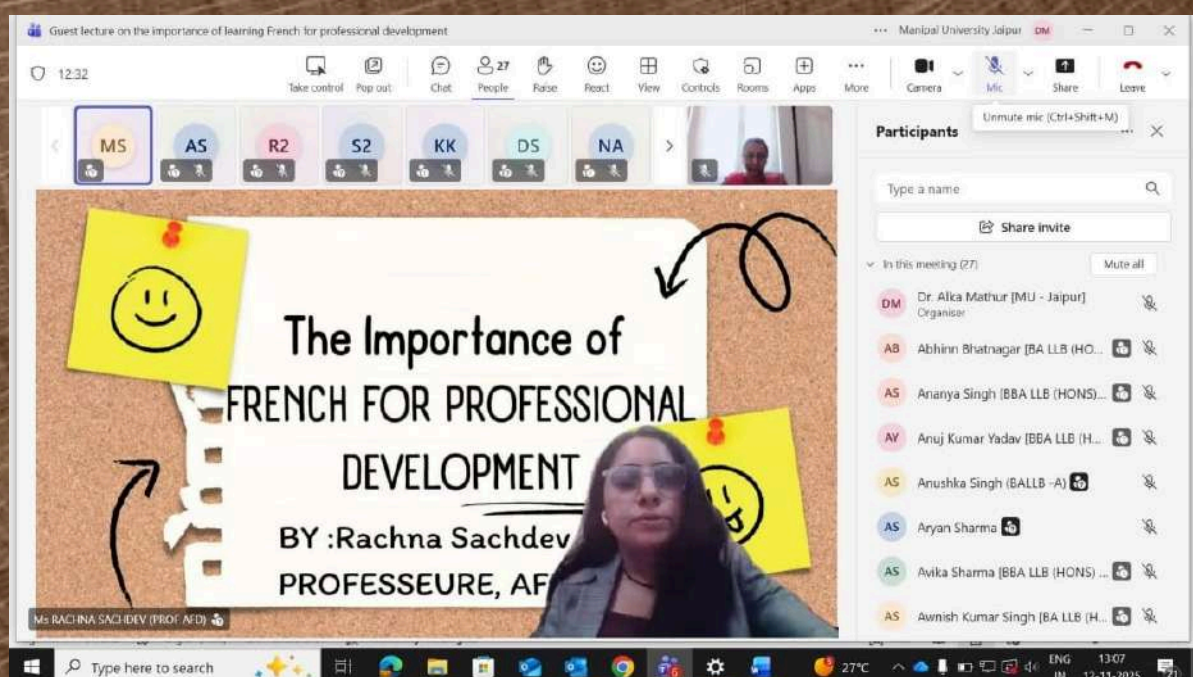
The speaker gave students easy tips to remember new French words and explained the system of DELF exams in India.



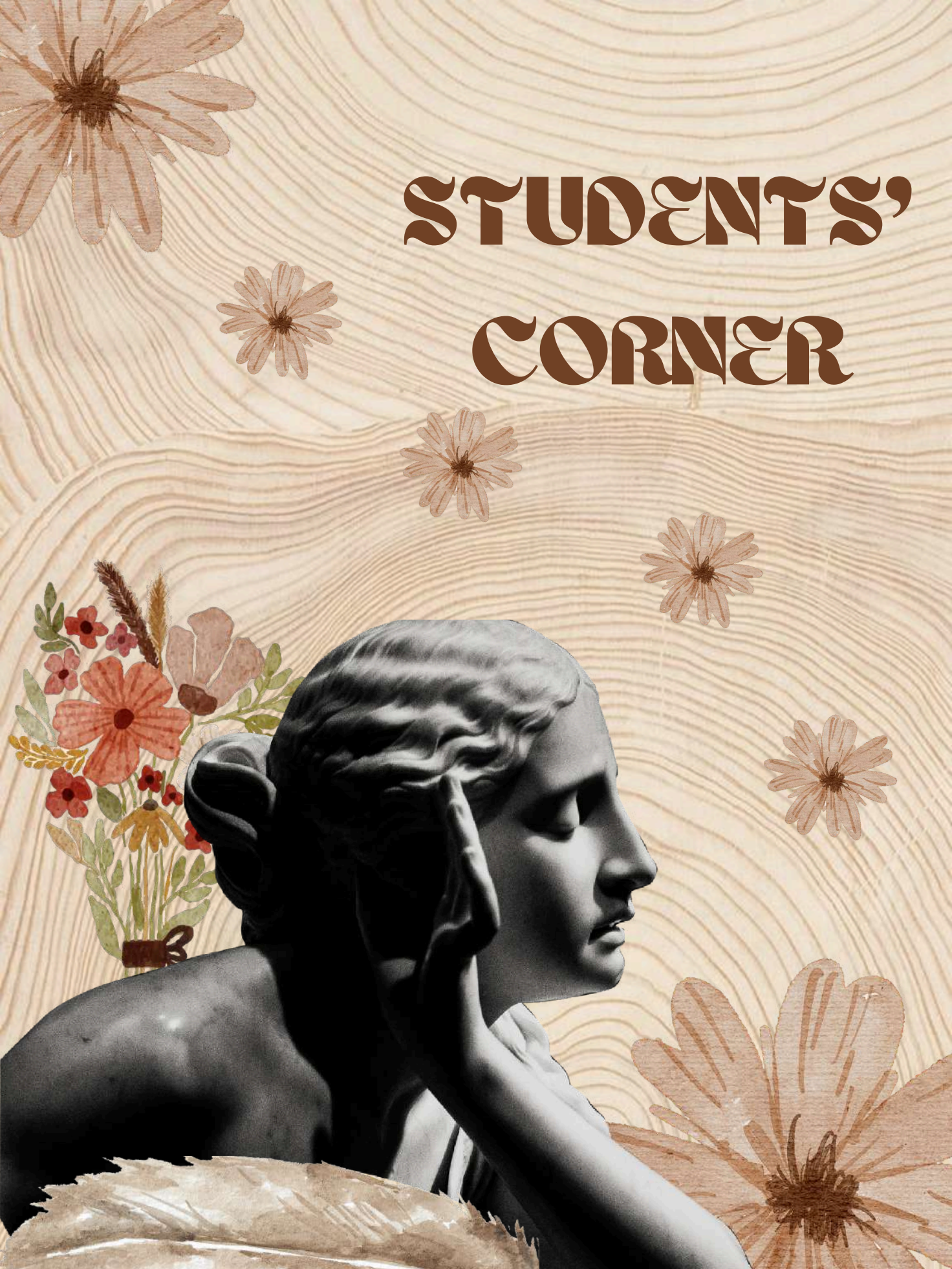
The lecture enriched students' theoretical and practical understanding, bridging classroom concepts with the professional world.



The event concluded with a vote of thanks, expressing gratitude to the guest for sharing her expertise.



STUDENTS' CORNER



Under The Sun

Surangama Poonia
BA (HONS) English- III

I was born in a house where sunlight entered freely;
Books gathered on my shelves like small, harmless rebellions.
Walls painted in the colors of my choice,
Cupboards full of all the different clothes I have.
A home where my mother's voice carried through open doors,
And no one called it defiance.

But every time the news hums its dirge,
I think of Mariam.
I think of her rough, bruised hands, red with sacrifice,
And her heart that is stitched to the silence of men.
And Laila, with her careful hope,
Slowly learning that survival is sometimes just another form of
endurance.

I wonder,
What did I do differently?
Did I earn this freedom by being born on the right side of a map?

I know that somewhere, a girl my age writes in secret,
Presses her pencil on paper ever so lightly.
She hides these poems under her mattress;
Recite them to the ceiling when no one is listening.
She counts her breaths in whispers,
Because her voice is contraband.
Her tongue has been declared a weapon.

**I will never get to read all that she writes about;
And so I write about her.
I write about her in a room that listens.
Every word feels borrowed, as if it belongs to her first.**

**We keep calling it progress;
This slow circle around the same fire.
Where kings and soldiers change names,
But the smoke always smells of the innocent women
Whom they burn at the stake.**

**The sun has risen a thousand times;
But it still forgets some corners of the earth.
And maybe that is why I write:
To measure the distance between what I am allowed to say**

**And what she is not,
Because the sun may rise for me,
But for her it does not.**

**So, today I'll stand under a bright light,
And speak this poem aloud.
She will not hear it.
Her voice still waits somewhere where the sun cannot reach.**

The Unbroken Spirit of Kullu: The Inspiring Legacy of Nihal Sir's Karate

Pragya Sharma
MA English -III

The story of karate in Kullu, Himachal Pradesh, is indelibly linked to one name: Nihal Singh. A local martial arts trainer, Nihal Sir was more than just an instructor; he was a beacon of discipline, self-defense, and community spirit who profoundly impacted the lives of countless young people. His journey, tragically cut short, has evolved into a powerful and enduring legacy, continuing to influence and shape future generations.

Nihal Sir dedicated his life to the art of karate. He founded a dojo in Kullu with a simple yet profound mission: to impart not just the physical skills of martial arts, but also the core values of respect, perseverance, and confidence. In a region often characterized by its serene natural beauty, Nihal Sir's classes offered a disciplined environment where boys and girls learned to find strength within themselves, regardless of their backgrounds.

His approach went beyond technical drills. Students frequently speak of his sensei(Teacher) spirit—patient, encouraging, and deeply invested in their personal growth. For many, his training was a transformative experience, turning shy children into self-assured young adults and equipping them with essential self-defense skills.

However, the Kullu community was struck by sorrow and shock in May 2014. While traveling near Badah, Himachal Pradesh, Nihal Singh was tragically killed in a road accident when his motorcycle was hit by a tipper truck. His untimely demise left a void that felt insurmountable. He was a local hero, a man who had chosen to uplift his community through the demanding path of martial arts. The sudden silence in his dojo was a stark reminder of the fragile nature of life and the immense loss suffered by his students and the region.

In the face of this heartbreak, the true measure of Nihal Sir's influence became apparent. His students, colleagues, and family refused to let his vision fade. Instead of mourning the end of his work, they chose to immortalize his spirit by expanding it.

Today, the most memorable part of his story is the revival and continuation of his work. Karate schools and training centers have been established and opened in his name. These institutions are a living testament to his impact. They ensure that his mission continues as every kata (Form) taught and every discipline enforced echoes his founding principles. His name continues to inspire, as its presence above the dojo entrance serves as a daily reminder for young practitioners of the man whose passion created their opportunity. Furthermore, the chain of knowledge remains unbroken because instructors, many of whom were trained by Nihal Sir himself, now pass on the knowledge and values he instilled, keeping the lineage strong.

The opening of these schools is more than a memorial; it is a mandate for the future. It powerfully demonstrates that the greatest legacy a person can leave is not their wealth or fame, but the positive change they inspire in the lives of others. The story of Nihal Singh is a powerful illustration of the karate concept of *Osu*—a term that represents endurance, patience, and the unwavering commitment to push past one's limits. Nihal Sir lived his life with *Osu* and, even in his passing, he inspired his community to embody it. His accidental death was a tragedy, but the growth of the Nihal Karate Kullu story into a network of thriving schools is an unforgettable and inspiring triumph of the human spirit over adversity. His memory remains a guiding force, proving that a dedicated teacher's influence can, and will, last forever.