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SCHOOL OF LIBERAL ARTS
JAIPUR

ICFAI SCHOOL OF LIBERAL ARTS
THE ICFAI UNIVERSITY, JAIPUR

Organizes

ONE DAY NATIONAL CONFERENCE

*Reclaiming Roots and Shaping Future:
Unfolding Perspectives of Liberal Arts*

ICFAI The ICFAI University, Jaipur

19
2025
APRIL

THE ICFAI UNIVERSITY, JAIPUR



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Chief Patron's Message



Prof (Dr) H P Singh VSM
Chief Patron

President, The ICFAI University
Jaipur

It gives me immense pleasure to reflect on the significance of the One Day Conference on Reclaiming Roots and Shaping Future: Unfolding Perspectives of Liberal Arts, recently hosted by the ICFAI School of Liberal Arts at The ICFAI University, Jaipur. The event, enriched by vibrant participation both offline and online, created a meaningful platform for dialogue and reflection on the evolving role of liberal arts in contemporary society. This conference was not merely an academic exercise—it was a reaffirmation of our cultural and intellectual foundations. It offered participants a unique opportunity to explore indigenous knowledge systems, interdisciplinary approaches, and humanistic values that lie at the heart of liberal education. I am especially proud of how the sessions illuminated diverse narratives and encouraged critical engagement with the past to better shape our collective future.

One of the most inspiring aspects of the event was its success in bringing together diverse academic voices across disciplines, fostering meaningful dialogue and collaboration. The interactive sessions and insightful discussions led to enriching exchanges, emphasizing both the relevance and the transformative potential of liberal arts in today's complex world.

I extend my heartfelt gratitude to all those who contributed to the success of this conference—our guests, speakers, participants, the organising team and the leadership of the school. Their passion and dedication made this event a memorable and thought-provoking experience. I am confident that the insights and ideas shared during the conference will continue to resonate and inspire new ways of thinking and learning.

Conference Chair's Message



Dr. Minal Sharma
Conference Chair

HoD, ICFAI School of Liberal Arts,
The ICFAI University Jaipur

It is with great pleasure and anticipation that we share the highlights of the One Day National Conference on Liberal Arts, themed "Reclaiming Roots and Shaping the Future: Unfolding Perspectives of Liberal Arts." In today's fast-paced world, where specialization and technological advancement often take center stage, this conference served as a timely reminder of the enduring relevance and transformative power of Liberal Arts education. By revisiting its foundational principles and rich intellectual heritage, the event emphasized the vital role that literature, history, philosophy, social sciences, and the arts play in shaping a more empathetic, thoughtful, and adaptable society. The theme "Reclaiming Roots" underscored the timeless value of critical thinking, effective communication, and diverse perspectives, while "Shaping the Future" highlighted the importance of adaptability, creativity, and ethical reasoning in addressing contemporary global challenges. The conference brought together distinguished scholars, dedicated educators, enthusiastic students, and thought leaders for a day of insightful discussions, innovative research presentations, and explorations of forward-looking pedagogies. Key areas of focus included critical thinking and problem-solving, communication and expression, ethical reasoning and civic engagement, interdisciplinary approaches, and the evolving future of Liberal Arts education. This enriching gathering not only fostered meaningful dialogue but also inspired new pathways for reinforcing the relevance of Liberal Arts in today's academic and societal spheres.

Conference Objectives

The National Conference on “Reclaiming Roots and Shaping the Future: Unfolding Perspectives of Liberal Arts”, organised by the ICFAI School of Liberal Arts, ICFAI University, Jaipur, was conceptualised with the following key objectives:



Reclaiming Historical and Philosophical Roots

To revisit the evolution of liberal arts education and revive its foundational principles with an emphasis on critical inquiry, holistic development, and socio-cultural relevance

Promoting Interdisciplinary Approaches

To encourage academic dialogue that integrates diverse disciplines within the liberal arts, addressing contemporary challenges such as mental health, sustainability, and public governance.

Fostering Value-Based and Multidimensional Learningal Roots

To promote an educational ethos grounded in empathy, ethical reasoning, independent thinking, and democratic values.

Providing a Platform for Scholarly Exchange

To create a space for researchers, scholars, and students to present and discuss their work, thereby encouraging academic collaboration and knowledge dissemination.

Stimulating Future-Oriented Discourse

To engage participants in meaningful discussions on the role of liberal arts in the age of artificial intelligence, digital transformation, and global interconnectedness.

Conference Outcomes



Increased Awareness of Liberal Arts' Transformative Role

Participants gained deeper insight into how liberal arts education can shape critical, creative, and socially responsible individuals equipped to meet 21st-century demands.

Strengthened Academic and Professional Networks

The event facilitated interaction among participants from over 20 institutions, paving the way for future academic collaborations and joint research initiatives.

Rich Interdisciplinary Discourse

Engaging panel discussions and research presentations highlighted the intersections of liberal arts with fields such as psychology, economics, public policy, and sustainability, broadening academic horizons.

Recommendations for Policy and Curriculum Reform

Expert insights and participant deliberations underscored the need for policy frameworks and curricular models that incorporate liberal arts into mainstream education.

Encouragement for Innovation in Pedagogy

The conference highlighted the need to modernise liberal arts pedagogy through integration of digital literacy, real-world application, experiential learning, and data-driven approaches.



Summary & Highlights

ICFAI School of Liberal Arts, The ICFAI University, Jaipur inaugurated its- highly anticipated National Conference on “Reclaiming Roots and Shaping Future: Unfolding Perspectives of Liberal Arts” on April 19, 2025. This one day National Conference was organised to bring together leading researchers, academicians, and professionals to discuss and explore critical issues related to Liberal Arts education, including its historical evolution, present relevance, and future directions




The conference was organised under the visionary leadership of Prof (Dr) H P Singh, President, The ICFAI University Jaipur, who served as the Chief Patron. Shri B. L. Sharma (IAS Retd.) graced the occasion as the Chief Guest for the conference. The Organising Chair of this event was Dr. Minal Sharma, Head of the ICFAI School of Liberal Arts. Dr. Sudha Rathore, Dr. Sugandha Verma and Dr. Mathew Sinu Simon were conveners of the Conference. Ms. Chahana Chaturvedi and Ms. Pooja Jain were co-conveners of the Conference.

The conference began with a warm welcome to attendees from academic institutions, industry, and students, setting the tone for an engaging and intellectually stimulating event. The inaugural session included Saraswati Puja, lamp lighting, and a floral welcome. Prof. (Dr.) H. P. Singh, VSM, Hon'ble President of ICFAI University, Jaipur, delivered the Presidential Address, emphasising the importance and scope of Liberal Arts education in the contemporary context. Mr. B. L. Sharma, Chief Guest for the conference inspired the youth to embrace value-based education and cultivate a multidisciplinary perspective. Dr. S. S. Jain, Senior Advisor at ICFAI University, Jaipur, provided insightful guidance to ensure the conference achieved its intended academic impact. Dr. R. Nesamoorthy, Registrar of ICFAI University, Jaipur, actively facilitated the logistical and operational aspects of the event.





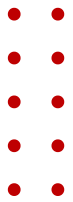
Summary & Highlights



Panel Discussions took place on relevant contemporary topics like Shaping the Future: Adapting and Innovating, Mental Health and its Key Indicators, Sustainable development and growth: Innovation through interdisciplinary approach. Invited Talks from Eminent Panelists like Prof. Dr. Anil Mehta, Professor of Management, Banasthali University, Prof. Dr. Janak Singh Meena, HoD, Gandhian Thought and Peace Studies, Central University of Gujarat, Prof. Dr. Inderjeet Singh Sodhi, Jamia Milia Islamia, Prof. Dr. J N Sharma, HoD, Economics, IIS University and Prof. Dr. O P Sharma, Former Head, Department of Psychology, University of Rajasthan set the tone of the conference. The afternoon and evening sessions featured insightful invited talks from Dr. Aarti Chopra, Associate Professor, Poornima University, Dr. Sneha Nathawat, Assistant Professor & Clinical Psychologist, Department of Clinical Psychology, MGUMST, Jaipur, Dr. Chander Kanwar Palawat, Assistant Professor and Nodal Officer, Commissionerate of College Education, Govt. of Rajasthan and Prof. Dr. Dharmendra Mishra, Professor, Public Administration, MLV Govt. College, Bhilwara.

The afternoon was marked by parallel technical sessions and paper presentations, where participants showcased their research across diverse topics including Behavioural Economics and Decision-Making, Public Policy, Socioeconomic Development, Environmental Challenges, Globalisation, Political Psychology, and more.

More than 35 papers, both offline and online, were presented during the conference, with participants from over 20 institutions across India contributing to the event.



Session I: Panel Discussion on Shaping the future: Adapting and Innovating

Panelists:

1. **Prof (Dr.) Inderjeet Singh Sodhi**, Professor in Public Administration, Department of Political Science, Jamia Millia Islamia University.
2. **Prof (Dr.) Janak Singh Meena**, Professor and Head of Department of Gandhian Thought and Peace studies, Central University of Gujarat
3. **Prof (Dr.) Anil Mehta**, Professor of Management in the Department of Legal Studies at Banasthali University, Banasthali
4. **Prof (Dr) Dharmendra Mishra**, Professor, Public Administration, MLV Government College, Bhilwara
5. **Prof (Dr.) J N Sharma**, Head, Dept of Economics, IIS (Deemed to be University), Jaipur
6. **Dr Mathew Simon**, Assistant Professor, ISLA (moderator)



The panel discussion centred on searching for the definition of liberal arts education in India. Independent, critical thinking and empathy to understand the complexities and problems of world are the hallmarks of liberal arts. The panellists expressed that the liberal arts are about the freedom to choose the subjects that would enhance critical thinking skills, improve their communication and instil a just value system. In times of automation and artificial intelligence, human intelligence to think, create and adapt is the need of hour. Science and technology ought to be a good servant and not a bad master of mankind. Liberal arts education needs to encourage criticism and dissent with the objective of inquiry and introspection. It was discussed that liberal arts education must demonstrate its practical value by integrating technology, data literacy, and real-world applications into its curriculum.



Session II: Mental Health and its key Indicators



Panelists:

1. **Dr Aarti Chopra**, Associate Professor, MBA Department, Poornima University, Jaipur
2. **Dr Sneha Nathawat**, Assistant Professor and Clinical Psychology, Department of Clinical Psychology, MGUMST
3. **Dr Sudha Rathore**, Assistant Professor, ICAI School of Liberal Arts, The ICAI University, Jaipur

The session on "Mental Health and its Key Indicators" offered a diverse and thought-provoking array of perspectives, with a total of seventeen papers—nine presented offline and eight online. The discussions highlighted critical dimensions of mental health through both conceptual and empirical lenses. Scholars examined alternative paradigms beyond the traditional biomedical model, explored philosophical underpinnings of well-being, and investigated how psychological education can reduce stigma. Several presentations focused on interpersonal relationships, humor, attachment, and conflict, emphasizing their impact on psychological well-being. The role of social support emerged as a key theme, particularly in the contexts of parenthood, adulthood transitions, and community resilience. Youth mental health and digital influences were also addressed, including the psychological effects of social media and internet usage. Furthermore, experimental interventions and systematic reviews enriched the discourse by offering evidence-based insights into improving mental health outcomes. The session collectively underscored the complexity of mental health indicators and called for integrative approaches that consider cultural, social, and individual variables.



Session III: Sustainable Development and Growth: Innovation through Interdisciplinary Approach

Panelists:

1. **Dr Chander Kanwar Palawat**, Assistant Professor and Nodal Officer, Commissionerate of College Education, Government of Rajasthan.
2. **Dr Dharmendra Mishra**, Professor, Public Administration, MLV Government College, Bhilwara.
3. **Ms. Pooja Jain**, Assistant Professor, ICFAI School of Liberal Arts, The ICFAI University, Jaipur.



In the paper presentation session 'Sustainable Development and Growth: Innovation through Interdisciplinary Approach' which was held from 2:30 PM- 3:30 PM, there were a total of 15 presenters, 8 of them were online and rest were presented in offline mode in the Seminar Hall. The session highlighted diverse interdisciplinary perspectives that bridge the gap between environmental responsibility and economic advancement. Presenters explored themes such as green economy, higher education, inclusive growth, and policy reforms that align with sustainability goals. Discussions emphasized the importance of integrating traditional knowledge systems, ethical governance, and community participation in shaping sustainable futures. The session offered insightful dialogues on how liberal arts can contribute to rethinking development models, ensuring both ecological balance and long-term economic resilience.



Papers: Mental Health and its key Indicators



Offline Session

● Arpita Kackar	Reclaiming Mental Health Paradigms: Beyond the Biomedical Model
● Kanchan Rathore	The Role of Psychology Education in Reducing Mental Health Stigma Among None Psychology Students
● Dr. Sudha Rathore, Chahat Gupta, Aarthi A.R,	Humour Style and Romantic Partner Conflict: A Correlational Study of Emerging Adults
● Shilpa	The Role of Interpersonal Perception in Mental Well-Being: A Psychological Exploration
● Bhumika Rathore, Aakriti Singh, Priyanka Sharma	Shadows of the Self: Conceptualization of the Dark Personality Traits in Emerging Adults
● Manvee Goyal and Vandana Nanglu	Triguna: Rethinking Philosophical Foundation of Flourishing
● Anu Rathore	Impact of Parental Training on Reducing Behavioural Problems in Children.
● Dr. Prerna Singh Lavania	Role of Social Media on the youth in India
● Ms. Chiya Jaiswal	Enhancing Psychological Well-being of Undergraduate Students Using PERMA Model Intervention: An Experimental Study

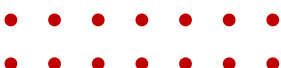


Papers: Mental Health and its key Indicators



● Online Session

- **Dr. Kriti Vashishtha** Language of the Mind: Exploring the Intersection of Psychology and Culture through Narrative Expression
- **Sejal Mertia** Attachment styles and their influence on romantic relationship quality
- **Harshita Chaurasia** A Helping Hand: The Influence of Social Support on Postpartum Mothers
- **Kanishka khatri** Impact of Social Support in shaping Sense of Purpose in Middle Adulthood: A Systematic Review
- **Chauhan Priyanka** Attitudes Toward Family Planning Among Parents of Children with Intellectual Disabilities
- **Simran Khan** Social Media- A cause of Body Dysmorphic Disorder
- **Ayushi Tyagi** "Understanding the Psychological Health of Indian Farmers: A Review of Contributing Social and Psychological Elements"
- **Vikram Kumar** Meta analysis on Internet Addiction



Papers: Sustainable Development and Growth: Innovation through Interdisciplinary Approach

Offline Session

Jyoti

Green Economy Initiatives: in context to India

Sheetal Rawat

Measuring Higher Education Disparities in India: A Composite Index Approach to State wise Classification

Neetu Yogi

Wealth management practices among employees

**Ms. Vineeta Vijay
Sharma**

Academic Absentia of Liberal Arts and the Looming Anophasia

**Mr. Himanshu
Basandani**

The Role of Technology in Promoting Economic and Environmental Sustainability: A Review with Indian Perspectives

Ms. Pooja Jain

Modelling Dynamics of Social Infrastructure and Economic Growth Nexus in India : The ARDL Approach

**Mr. Sameer
Kumawat**

Production Linked Incentive Scheme: A Comprehensive Policy Analysis



Papers: Sustainable Development and Growth: Innovation through Interdisciplinary Approach

● Online Session

- **Dr. Pratibha Gupta** From Waste to Wealth: Economic and Environmental Impacts of Product Recycling and Reuse
- **Ms. Kanu Priya** Narratives of Resistance- Understanding State-making projects in Lower Dibang Valley, Arunachal Pradesh
- **Mr. Beer Pratap Singh** Redefining Fitness: A Theoretical Investigation of Functional Fitness in Modern Health Models
- **Ms. Pooja Legha** Financial Inclusion in the Era of Digital Banking: A Chapter from Rural Rajasthan
- **Dr. Ravi Kant Modi** Role of E-Commerce in Shaping the Future of the Indian Banking System
- **Jyoti kumari** Effect of FDI on Economic Growth of India
- **Sunil Kumar** Climate change and India
- **Aditi Tiwari** Analyzing the Determinants of Economic Growth in India: An Econometric Approach



Glimpses



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