

## CONTENTS

SN	ARTICLE	PAGE
1.	SMART CHOICES, HEALTHY LIVES: A RESEARCH INQUIRY INTO ADOLESCENT DIGITAL WELL-BEING AND COLLABORATIVE EFFORTS OF PARENTS & TEACHERS <b>MAJAZ M. SIDDIQI, DR. QUAZI FERDOUSHI ISLAM</b>	1-9
2.	SOCIO-ECONOMIC IMPACT OF JAYANTI-DEVI TEMPLE IN JAYANTI MAJRI VILLAGE <b>DR. NAND LAL, DR. VIRENDER KAUSHAL</b>	10-15
3.	UNRAVELLING COMPLEXITIES: EXPLORING ENVIRONMENTAL DYNAMICS, HUMAN RELATIONSHIPS, AND SOCIETAL CONSTRUCTS IN THE WORKS OF AMOS OZ <b>GAURI DOGRA</b>	16-18
4.	IMPORTANCE OF TECHNOLOGY IN CONTEMPORARY SCULPTURE <b>RAJESH CHAUHAN, PROF. MAMOOM NOMANI</b>	19-23
5.	INVESTIGATE THE IMPACT OF MUSIC ON ANXIETY LEVELS AND WELLBEING AMONG UNDERGRADUATE STUDENTS <b>DR. VINOD KUMAR JAIN, RUBY SHARMA</b>	24-29
6.	ART AND VASTU SHASTRA: DECIDING THE CORRECT PLACEMENT OF MODERN ARTS IN AN INTERIOR <b>MAUSHAM RAJ, DR. BALAJI GANGADHAR BHANGE</b>	30-41
7.	EMOTIONAL COMPETENCE OF SECONDARY SCHOOL STUDENTS OF HIMACHAL PRADESH IN TERMS OF THEIR GENDER, SELF CONCEPT AND 'EXPRESSIVENESS' DIMENSION OF FAMILY ENVIRONMENT <b>DR. RAJENDER SINGH</b>	42-49
8.	A SUSTAINABLE APPROACH TOWARDS ART PRACTICES- EMBRACING THE SOCIAL RESPONSIBILITY <b>SHANTA M SARVAIYA</b>	50-55
9.	HYBRIDIZING CULTURAL AND GLOBAL FACETS: AN ANALYTICAL APPROACH TOWARDS CONTEMPORARY INDIAN ART <b>RAJWANT KAUR, DR. MONICA GUPTA</b>	56-63

## CONTENTS

SN	ARTICLE	PAGE
10.	ROLE OF SPIRITUALITY AND RELIGIOUSNESS IN MENTAL HEALTH <b>DR. VINOD KUMAR</b>	64-72
11.	ART, ARTIST AND SPIRITUALITY <b>DR. ANJANA BHARDWAJ</b>	73-76
12.	ROSARY OF RAGA-RAGINI PAINTINGS BILASPUR (KEHLOOR) <b>YASHODHARA RAJE BUNDELA, DR. SANGRAM SINGH</b>	77-82
13.	FAITH IN FOLK: POPULAR BELIEFS ABOUT DEVTAS AND THEIR ORIGIN IN THE UPPER SHIMLA AREA <b>DR. SANJEEV KUMAR</b>	83-89
14.	ACADEMIC PROFILE OF POLITICAL ELITE: A STUDY OF HIMACHAL PRADESH <b>DR. POONAM CHANDEL</b>	90-94
15.	THE ROLE OF EMOTIONAL WELL-BEING IN ADVANCING MOOC EDUCATION QUALITY <b>MAJAZ M. SIDDIQI, PROF. HARJEET KAUR BHATIA</b>	95-112
16.	CONTRIBUTION OF THE PATIALA STATE TEACHERS AND TEACHING INSTITUTIONS IN THE PROPAGATION OF THE WORLD WARS <b>PUNEET</b>	113-119
17.	KNOWING THE SELF <b>DEEPTI AVINASH WAGHMARE</b>	120-123
18.	कल्याण थाट के रागों की गतों का अध्ययन <b>MEENA KUMARI</b>	124-129
19.	पंडित अजय पोहनकर: व्यक्तित्व एवं कृतित्व <b>DR. SANGEETA</b>	130-133