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Historiographic Study of the Singh Sabha Movement

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The focus of this paper is to conduct a historiographic study of the Singh Sabha movement, which was a socio-religious reform organization of the Sikhs in the colonial Punjab. With the annexation of the Punjab by the British in 1849, a period of modernity was set into motion through colonial and indigenous initiatives. This region had three major religious systems – Islam, Hinduism and Sikhism, to which Christianity was added in the nineteenth century, giving impetus to the emergence of movements for socio-religious reform. Among the Sikhs the first association was the Singh Sabha founded at Amritsar in 1873 which was followed by the Lahore Singh Sabha five years later. The issue of distinct Sikh identity was important for the Singh Sabha reformers as it had practical implications: legal, cultural, social as well as political. This paper will examine the scholarly works of J.S. Grewal, Harjot Oberoi, W.H. McLeod and G.S. Dhillon on the Singh Sabha movement to form an understanding of the theme.

Keywords: Singh Sabha, Sikh identity, Tat Khalsa, Sikh tradition, reformers, social change

Unveiling Male Silence: Exploring Patriarchal Pressures and Emotional Suppression

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In patriarchal societies, traditional gender norms often dictate that men should embody traits such as strength, stoicism and emotional restraint. Due to this in the context of Indian legislation and media portrayal, male victimhood remains overshadowed. This paper looks into the phenomenon of men's performance of masculinity as a response to patriarchal pressures, particularly focusing on how these expectations contribute to the masking of emotional pain. Through a review of existing literature and qualitative analysis, this study explores the various ways in which men navigate and internalize societal expectations, the consequences of suppressing emotional vulnerability, and potential pathways towards redefining masculinity in more inclusive and healthy ways and also focuses on understanding the insights of gender equality and promote gender equality.

Keywords: patriarchy, gender, equality, socialization, masculinity, men's issues

Oral Tradition of Himachal: A Case of “Chinese Whispers”

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Folk literature in the hills of Northern India has passed through the generations via renditions and narrations that are purely oral in nature lacking any scripted reinforcement to confirm their creative originality. The paper would look into the oral traditions of Himachal Pradesh and evaluate the transfer of lyrics of selected folk songs that have altered with time, culinary recipes that lose their authentic flavours and ingredients as they travel through the ages, and folk tales that deviate from the earliest versions. The misinterpretations and altered presentations owing to the changing environment and evolved lingual expressions will be discussed in the paper. The study aims to examine the need to change the irrelevant or obsolete archaic lore that may be molded to suit the present times, highlighting the importance of retaining the fluidity of folk traditions to pass them to the future generations.

Keywords: folk narrative, oral tradition, modern influence, memory, cultural continuity, narrative adaptation

ਭਾਈ ਵੀਰ ਸਿੰਘ ਦੀ ਕਵਿਤਾ ਵਿੱਚ ਰਾਸ਼ਟਰੀ ਚੇਤਨਾ

ਦਵਿੰਦਰ ਸਿੰਘ

ਅਸਿਸਟੈਂਟ ਪ੍ਰੋਫੈਸਰ, ਪੰਜਾਬੀ

ਖ਼ਾਲਸਾ ਕਾਲਜ, ਪਟਿਆਲਾ

ਇਹ ਖੋਜ ਪੱਤਰ ਆਧੁਨਿਕ ਪੰਜਾਬੀ ਸਾਹਿਤ ਦੇ ਸੰਦਰਭ ਵਿੱਚ ਭਾਈ ਵੀਰ ਸਿੰਘ ਦੀ ਕਵਿਤਾ ਅੰਦਰਲੇ ਰਾਸ਼ਟਰੀ ਚੇਤਨਾ ਦੇ ਸੰਕਲਪ ਦਾ ਡੂੰਘਾਈ ਨਾਲ ਵਿਸ਼ਲੇਸ਼ਣ ਕਰਦਾ ਹੈ। ਪੱਤਰ ਵਿੱਚ ਇਹ ਸਪੱਸ਼ਟ ਕੀਤਾ ਗਿਆ ਹੈ ਕਿ ਭਾਈ ਵੀਰ ਸਿੰਘ ਦਾ ਸਾਹਿਤਿਕ ਆਗਮਨ ਉਸ ਇਤਿਹਾਸਿਕ ਮੌਕੇ 'ਤੇ ਹੁੰਦਾ ਹੈ, ਜਦੋਂ ਪੰਜਾਬੀ ਕਾਵਿ-ਧਾਰਾਵਾਂ ਦੇ ਬਿਖਰ ਜਾਣ ਅਤੇ ਅੰਗਰੇਜ਼ੀ ਸਾਮਰਾਜ ਦੇ ਪ੍ਰਭਾਵ ਕਾਰਨ ਇੱਕ ਬੌਧਿਕ ਖ਼ਲਾਅ ਪੈਦਾ ਹੋ ਚੁੱਕਾ ਸੀ। ਇਸ ਖੋਜ ਰਾਹੀਂ ਇਹ ਦਲੀਲ ਪੇਸ਼ ਕੀਤੀ ਗਈ ਹੈ ਕਿ ਰਾਸ਼ਟਰੀ ਚੇਤਨਾ ਕੇਵਲ ਇੱਕ ਸਿਆਸੀ ਲਹਿਰ ਨਹੀਂ, ਸਗੋਂ ਸੱਭਿਆਚਾਰਕ ਅਤੇ ਆਤਮਿਕ ਪੁਨਰ-ਜਾਗਰਣ ਹੈ। ਇਹ ਪੇਪਰ ਦਰਸਾਉਂਦਾ ਹੈ ਕਿ ਭਾਈ ਵੀਰ ਸਿੰਘ ਦੀ ਕਵਿਤਾ ਕਿਸੇ ਨਾਅਰੇਬਾਜ਼ੀ ਦੀ ਬਜਾਏ ਸੁਹਜਾਤਮਕ ਅਤੇ ਰੂਹਾਨੀ ਪੱਧਰ 'ਤੇ ਕੌਮੀਅਤ ਦੀ ਉਸਾਰੀ ਕਰਦੀ ਹੈ। ਅਧਿਐਨ ਦਾ ਕੇਂਦਰੀ ਨੁਕਤਾ ਇਹ ਹੈ ਕਿ ਇਹ ਕਵਿਤਾ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਦੀ ਵਿਚਾਰਧਾਰਾ ਤੋਂ ਸੇਧ ਲੈ ਕੇ ਅਜਿਹੇ ਰਾਸ਼ਟਰ ਦਾ ਮਾਡਲ ਪੇਸ਼ ਕਰਦੀ ਹੈ, ਜਿੱਥੇ ਆਰਿਆਈ ਅਤੇ ਸਾਮੀ ਪਰੰਪਰਾਵਾਂ ਆਪਸੀ ਟਕਰਾਅ ਦੀ ਬਜਾਏ ਇਕਸੁਰਤਾ ਵਿੱਚ ਵਿਚਰਦੀਆਂ ਹਨ। 'ਕੁਤਬ ਦੀ ਲਾਠ', 'ਅਟਕ' ਅਤੇ 'ਗੰਗਾ ਰਾਮ' ਵਰਗੀਆਂ ਕਵਿਤਾਵਾਂ ਦੇ ਵਿਸ਼ਲੇਸ਼ਣ ਰਾਹੀਂ ਇਹ ਪੇਪਰ ਗੁਲਾਮੀ ਦੇ ਅਹਿਸਾਸ ਨੂੰ ਜਗਾਉਣ ਅਤੇ ਆਜ਼ਾਦੀ ਦੇ ਅਸਲ ਮਨੁੱਖੀ ਅਰਥਾਂ ਦੀ ਤਲਾਸ਼ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਦਾ ਹੈ। ਇਸ ਤੋਂ ਇਲਾਵਾ, ਕਸ਼ਮੀਰ ਦੇ ਸੁਹਜਾਤਮਕ ਚਿਤਰਣ ਅਤੇ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਗੱਦ-ਸ਼ੈਲੀ ਵਿੱਚ ਕੀਤੇ ਗਏ ਮੌਲਿਕ ਸੁਧਾਰਾਂ ਨੂੰ ਕੌਮੀ ਪਛਾਣ ਦੇ ਮਜ਼ਬੂਤ ਅਧਾਰ ਵਜੋਂ ਪੇਸ਼ ਕੀਤਾ ਗਿਆ ਹੈ। ਨਿਸ਼ਕਰਸ਼ ਵਜੋਂ, ਇਹ ਖੋਜ ਪੱਤਰ ਭਾਈ ਵੀਰ ਸਿੰਘ ਨੂੰ ਇੱਕ ਅਜਿਹੇ ਦੂਰ-ਅੰਦੇਸ਼ ਸਿਰਜਕ ਵਜੋਂ ਸਥਾਪਿਤ ਕਰਦਾ ਹੈ ਜਿਸ ਨੇ ਪੰਜਾਬੀ ਮਨੁੱਖ ਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ, ਭੂਗੋਲਿਕ ਖਿੱਤੇ ਅਤੇ ਇਤਿਹਾਸਿਕ ਵਿਰਾਸਤ ਨਾਲ ਜੋੜ ਕੇ ਇੱਕ ਸਵੈ-ਚੇਤੰਨ ਕੌਮ ਵਜੋਂ ਉਭਾਰਨ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾਈ।

ਮੂਲ ਸ਼ਬਦ: ਭਾਈ ਵੀਰ ਸਿੰਘ, ਰਾਸ਼ਟਰੀ ਚੇਤਨਾ, ਆਧੁਨਿਕ ਪੰਜਾਬੀ ਕਵਿਤਾ, ਸਵੈ-ਪਛਾਣ, ਆਰਿਆਈ ਅਤੇ ਸਾਮੀ ਪਰੰਪਰਾਵਾਂ, ਕਸ਼ਮੀਰ ਸੁਹਜ-ਸ਼ਾਸਤਰ, ਗੁਲਾਮੀ ਦਾ ਅਹਿਸਾਸ, ਪੰਜਾਬੀ ਗੱਦ, ਅਨੇਕਤਾ ਵਿੱਚ ਏਕਤਾ, ਰਾਣਾ ਸੂਰਤ ਸਿੰਘ

Socio-Demographic Influences on Environmental Awareness in Semi-Rural West Bengal: Insights from Fuldanga

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This research investigates environmental awareness among residents of Fuldanga, under Bolpur subdivision, a semi-rural area in West Bengal, India, amid significant environmental challenges exacerbated by population growth, industrialization and inadequate waste management. Through a mixed-methods approach, the study aims to document the socio-demographic profile of residents, assess their knowledge of environmental concepts, analyze perceptions and attitudes towards local environmental issues and explore the correlation between socio-economic factors and environmental awareness. Findings indicate a moderate level of environmental knowledge, with residents demonstrating a fundamental understanding of immediate issues such as water pollution and waste management, but lacking comprehension of broader concepts like climate change and the long-term effects of agricultural practices. Socio-economic factors, particularly education, significantly influence awareness levels, with younger and more educated individuals showing greater environmental understanding. The study highlights critical gaps in knowledge regarding the systemic causes of environmental degradation and effective solutions, emphasizing the need for context-specific environmental education programs that leverage local community networks and address practical, actionable knowledge. The results aim to inform policymakers and NGOs in designing effective environmental education initiatives tailored to the needs of Fuldanga's community.

Keywords: environmental awareness, socio-demography, Fuldanga, West Bengal

धर्म की अवधारणा: भारतीय और पाश्चात्य चिंतन के संदर्भ में

रितु गुप्ता

सहायक प्रोफेसर, हिंदी विभाग

जी.एम.एन कॉलेज, अंबाला कैट

क्या धर्म केवल ईश्वर और आत्मा से जुड़ा एक आध्यात्मिक विषय है, या यह जीवन की भौतिक और सामाजिक चुनौतियों से भी जुड़ा हुआ है? भारतीय दर्शन में धर्म को केवल आस्था का विषय न मानकर उसे कर्म, नैतिकता और समाज के प्रति उत्तरदायित्व के रूप में देखा गया है। इसके विपरीत, पाश्चात्य चिंतन में धर्म अक्सर तर्क और विज्ञान के विरोध में खड़ा दिखाई देता है, जहाँ वह व्यक्तिगत विश्वास तक सीमित हो जाता है। ऐसे समय में जब समाज बदलाव की माँग कर रहा है, यह आवश्यक है कि हम भारतीय परंपरा में मौजूद वैज्ञानिक और भौतिकवादी दृष्टिकोणों को सामने लाएँ। धर्म को यदि कर्म और यथार्थ से जोड़ा जाए, तो वह न केवल आत्मिक उन्नयन का, बल्कि सामाजिक नवनिर्माण का भी मार्ग बन सकता है।

बीज शब्द : दर्शन, धर्म, वेदांत, वैज्ञानिक, भौतिकवाद, समकालीन, चिंतन, आंदोलन, सृजनात्मक, रचनात्मक

**A Dot is a Circle: Analysing *Years, Months, Days* as a
Bhabha-ian Third Space for Self-countermanding Biopolitics**

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Hunger is touted to be the driving force, and even the ascribed purpose, of human life. By its very nature, hunger drives people to seek ways to satisfy it. This satiation leads to exploring life, since hunger itself is satisfied by other life sources (trees and animals). This exploration, consequently, engenders hunger. Yan Lianke's novella, *The Years, Months, Days*, has hunger as a blatant motif. This paper attempts to posit that this thematic representation is juxtaposed with the underlying motif of preservation/sustaining life. Furthermore, the paper aims to portray the various organic and inorganic entities as active parts of nature, by depicting the incessant conflicts in which these parts are embroiled in. These conflicts – the end-goal of which is to ostracize the inferior part of nature (the inferiority being defined by lesser intelligence, or simply by the human ego that leads to humans considering themselves the apex predator) – are analysed under the ambit of Giorgio Agamben's concept of Homo Sacer. In addition, this paper attempts to depict the creation of a Third Space of discourse that is formed because of such conflicts. Each part (of nature), in order to preserve/sustain the whole (which is nature), unsuccessfully attempts to supplant the other. This fissure between parts – and, by extension, nature itself – becomes a fecund ground for discourse created by attempts to restore nature via disorder, where cataclysmic events (such as the drought in this novella) bring disorder so as to create order in the nature by dint of a proverbial clean slate. Yan portrays nature as a barter system, with both the collateral and the wager being nature itself. This paper intends to expound on the Biopolitics involved therein, with focus on all life found in nature, as depicted in the text. In the concluding statement, this

paper attempts to raise questions about the apparent circular nature of nature and the life it inhabits, and show how the circle of life remains a dot, untraced on a blank sheet.

Keywords: Biopolitics, Homo Sacer, discourse, third space, nature

**Impact of Workplace Spirituality on Job Satisfaction among
Teachers of Higher Educational Institutes: Empirical Evidence
from India**

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The study's overarching goal is to find out how spirituality at work influences the contentment of teachers of higher educational institutions in India. Using a standardised questionnaire employing a quantitative research approach, responses from 1394 instructors from different universities in India were studied. The dimensions proposed by Petchsawanga and Duchon (2012) and Macdonald and MacIntyre (1997) were used to quantify workplace spirituality and job satisfaction. The data was analysed using Structural Equation Modelling (SEM). The study's results show that teachers' level of job satisfaction is highly influenced by workplace spirituality, which includes compassion, mindfulness, transcendence and meaningful work. The lack of multi-collinearity in the SEM demonstrates that this link is direct and unaffected by any second-order correlations. The study's original contribution is the fresh insight it offers into how spiritual aspects at work

affect job satisfaction, with a focus on the non-profit sector and education in particular. Because there is a dearth of studies like this one pertaining to Indian higher education system, this is of paramount importance. The study shows a positive correlation between spirituality in the workplace and job satisfaction, which adds to the ongoing discussion about employee well-being and organisational performance in educational settings. With far-reaching implications for the educational sector's approach towards human resource management and organisational culture, it emphasises the necessity of nurturing spiritual components in the workplace to promote employee happiness. Educators, administrators and legislators in the higher education sector may benefit greatly from the study's unique implications.

Keywords: spirituality, job satisfaction, compassion, transcendence, mindfulness, meaningful work, SEM

Child Stunting in India: An Empirical Analysis of Haryana State

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Child stunting is a major cause of concern for a country like India that is banking on the potential of its demographic dividend to realize its vision of becoming a 'Viksit Bharat' by 2047. Hence, the health and well-being of the children of the nation is crucial for achieving this goal. Therefore, this study is an attempt to analyse the status of child stunting in the country and Haryana state in particular by mapping its trend over various rounds of the NFHS. The study also aims to identify the socio-economic factors that impact child stunting in Haryana by employing a binary logistic regression model. The results show widespread variation in the rates of child stunting across the country. The analysis shows that within Haryana state, mother's education, mother's age at birth, mother's anemia level and the wealth index have a significant impact on the rate of child stunting. Women with severe anemia and below secondary education have higher odds of child stunting when compared to their counterparts with no anemia and above secondary education. Furthermore, women who gave birth at less than 20 years of age show higher odds of having stunted children. The likelihood of stunting was also observed to increase as one moves from the richest to the poorest wealth quintile. Hence, focus on maternal wellbeing and financial security is critical to ensure the wellbeing of the child.

Keywords: child stunting, maternal well-being, India, Haryana, National Family Health Survey (NFHS)

Intervention of Information and Communications Technology in Apple Farming: A Review Study of Himachal Pradesh

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Apple cultivation, the backbone of the horticultural economy of Himachal Pradesh, has become increasingly information-intensive in the wake of climate variability, introduction of new apple varieties, evolving pest dynamics and fluctuating market conditions. In such a dynamic environment, timely access to accurate and location-specific information is essential for informed decision-making. Against this backdrop, Information and Communications Technology (ICT) has emerged as a transformative tool in strengthening information dissemination and bridging knowledge gaps among apple growers. This paper examines the role, adoption and need of ICT interventions in apple farming in Himachal Pradesh. Drawing upon existing literature, the study highlights the increasing reliance of farmers on digital platforms such as mobile phones,

internet services, social media, television and radio for accessing information related to crop management, pest and disease control, weather forecasting and market prices. The findings indicate that mobile phones and social media platforms are the most accessible and preferred sources of information, contributing significantly to improved decision-making, enhanced productivity and greater market awareness. Despite its growing penetration, ICT utilization remains uneven due to challenges including digital illiteracy, lack of localized content, and limited technical support. Overall, the intervention of ICT is reshaping apple farming practices in Himachal Pradesh by fostering knowledge empowerment, resilience to climate change, and socio-economic advancement among farming communities.