

CURRICULUM VITAE

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Educational Qualifications:

- B.Ed., M.Sc. Chemistry, M.A. Defence and National Security Studies (Gold Medalist), UGC-NET (Defence and Strategic Studies); Ph.D.
- **Ph.D.**
Year of Award: 2022
Title: *“TIBETANS–IN-EXILE: EMERGING CHALLENGES AND ITS IMPLICATIONS ON INDIA - CHINA RELATIONS”*.

Teaching Experience:

- Currently teaching at the Central University of University, J&K, in the Dept. of National Security Studies since November 2023.

- Two years of teaching experience at the Postgraduate level in the Department of Defence and National Security Studies, Panjab University, Chandigarh
- Three years of teaching experience at the Undergraduate level in PG Govt. College, Sector-11, Chandigarh.

Research Interests: National Security of India, Internal Security Problems, Non-traditional Security, India-China Relations, Tibetan Refugees, Geopolitics and Disaster Management

Academic Achievements/ Awards/ Fellowships

- Awarded ICSSR Short-Term Doctoral Fellowship 2018-19
- Qualified UGC-NET three times in Defence and National Security Studies (Dec-2013, Dec-2014, and June -2015)
- Panjab University Gold Medallist (2014, M.A.)

Organisational Skills: Member of the Co-Curricular Activities Organizing Team in the Department of Defence and National Security Studies, Panjab University for the sessions 2021-2022 and 2022-23

Publications

- Research Paper titled “*REDISCOVERING INDIA-TIBET RELATIONS: A CRITICAL APPRAISAL*” published in UGC Care Journal- Studies in Indian Place Names, ISSN: 2394-3114, Vol-40, Issue-81, March-2020, Impact Factor-6.3, Page No.162-166
- Research Paper titled “*Tibetan Issue: Major Irritant in India-China Relation*” published in UGC Care Journal-Third Concept: An International Journal of Ideas, ISSN:0970-7247, Vol-34, Issue-403, September-2020, Page No.59-65
- Research Paper titled “*TIBETAN REFUGEE POPULATION IN INDIA: Reflections on India’s Policy and India-China Relations*” published in UGC Care Journal- Population Geography, ISSN:0256-5331, Vol-42(2), December-2020, Page No.85-96

- Research Paper titled “*Illegal Cross border Migration in India and Its Impact on India’s National Security*” published in UGC Care Journal- The journal of ORIENTAL RESEARCH Madras, ISSN: 0022-3301, Vol. XCII, 2022,May 2022, Page No.14-19, 1st Author, impact factor 7.215
- Research Paper titled “*Revisiting India-China Relations Post Covid-19: Problems and Prospects*” published in UGC Care Journal, Group I, Peer Reviewed,- Madhya Bharti-Humanities and Social Sciences, ISSN: 0974-0066, Vol. 83, No. 7, January-June2023, Page No.136-142
- Chapter titled “Indian Government Role, Laws and Policies related to Tibetans-in-Exile” Published in a Book titled “*Dynamics of India’s Foreign Policy in Contemporary Era*”, Edited by Dr. Emanuel Nahar (Prof. Political Science, Panjab University) with ISBN no. 978-81-937643-8-1, 2019, Published by SLM Publishers, Patiala, Page No. 140-162

Paper presented in Seminars/ Conferences

- International E-Conference on “Human Rights: Issues & Challenges” organized by Department of English & Department of Political Science in association with IQAC of B.P arts, S.M.A. Science and K.K.C. Commerce College, Chalisgaon, Dist. Jalgaon (MS) on 12th March, 2022: Participated and Presented a paper titled “*Illegal cross border migration in India and its Impact on India’s National Security*”
- International Conference on “Contemporary Trends in the field of Defence Education, Research & Management: Opportunities and Challenges” organised by ICERT & Jyotiba Phule Government College, Radaur Yamuna Nagar on 25-26 November, 2022 at Kurukshetra University: Participated and Presented a paper titled “*Revisiting India-China Relations Post Covid 19: Problems and Prospects*”
- International Seminar held on February 27-28, 2018 at Panjab University “Emerging Geo-strategic Manifestations in Pakistan: Implications for India”; Participated and Presented a paper titled “*China- Pakistan Economic Corridor: Security Implications for India*” and sponsored by ICSSR.
- International Seminar on ‘Sustainable Development, Gandhian Legacy & 21st century Challenges’: participated and presented a paper titled “*India’s Role in Rehabilitation,*

- Development and Protection of Human Rights of Tibetan Refugees*” held on March 9-10, 2018 and sponsored by ICSSR.
- International Conference on ‘Dynamics of India’s Foreign Policy in Contemporary Era’ organised by Department of Political Science, Panjab University and Sponsored By ICSSR: participated and presented a paper titled “*India’s Policy towards Tibetans- in -Exile and its Implications on India -China Relations*” held from March 26-27, 2018 at Panjab University, Chandigarh.
 - National Seminar held on June 2, 2023 at Panjab University sponsored by ICSSR. Participated and presented paper titled “*Extremist Movements in Manipur: Problems and Prospects*”.
 - National Conference of Young Indian Scholars on Tibetan Studies organised by Tibet Policy Institute and Central Tibetan Administration. The Researcher has Participated and presented a paper titled “*India- Tibet Relations: Past, Present and Future*” held on 22nd-24th January, 2019 at College for Higher Tibetan Studies, Sarah, Dharamshala
 - National Seminar held on March 9-10, 2016 at Panjab University sponsored by ICSSR. Participated and presented paper titled “*Drug trafficking in Af- Pak Region: Its Implications on India’s security*”.
 - National Seminar held on 11-12th March, 2017 at PGGC, sector 46 Chandigarh, Participated and presented paper titled “*Human rights for poor and Dalit children*”
 - Sixthth Chandigarh Social Science Congress at Panjab University on February 25-26, 2016, Presented paper titled “*India’s Policy toward Tibetans: Its impact on India-China*”.
 - National Seminar held on June 8, 2022 at Panjab University sponsored by ICSSR. Participated and presented paper titled “*Role of Technology in Future Warfare*”.
 - National Seminar held on April 28, 2022 at Panjab University. Participated and presented paper titled “*Ukraine Crisis: Implications for India*”.
 - National Seminar held on June 2, 2023 at Panjab University sponsored by ICSSR. Participated and presented paper titled “*Extremist Movements in Manipur: Problems and Prospects*”.

Participated Events

- Participated in “9th CHASSCONG-2023 on the theme *Sustainable Development: Dimensions and Discourse*” held on November 23-24, 2023, organised by Panjab University.
- Participated in a *Formal Interaction with His Holiness the Dalai Lama* at his Residence in McLeod Ganj, Dharamshala on 24th January 2019, Organised by Tibet Policy Institute, CTA, Dharamshala
- Participated in a workshop on “*Turning your PHD thesis into a book manuscript*” organised by SAGE School of publishing and Panjab University on 26th February, 2020
- Participated in “*User Awareness workshop on Web of Science and End note*” held on 24th October 2016 in A.C Joshi Library at Panjab university
- Participated in One day capacity building workshop on “*Language Difficulties: Leading to Social Disability*” on 16th march 2017, sponsored by RUSA, Chandigarh.
- Participated in “*7th Chandigarh Social Science Congress*” organised by Panjab University and held on March 21-22, 2017.
- Participated in five-day “*Faculty Development Program on Disaster Management*” held on 22nd-26th August, 2022 organised By MGSIPA in collaboration with NIDM, MHA, GOI

Other Academic/ Research Activities

- Supervised Dissertations of MA and Diploma Students of Defence and National Security Studies, Panjab University
- Worked as Researcher in the International NGO “Kailash Satyarthi Foundation”