






NIDHI SAINI

S O C I A L W O R K E R

CONTACT

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EXPERTISE SKILLS

- Interpersonal
- Empathy
- Communication
- Assessment
- Problem-Solving

SPECIALIZATION

Human Resource Management,
Industrial Relations and Labour
Welfare

SUBJECTS OF EXPERTISE

- Social Work Profession:
Philosophy and Concepts
- Social Justice and Social
Legislation
- Administration of Welfare
Services
- Population, Environment &
Disaster Management

01

PROFESSIONAL PROFILE

Dedicated and passionate Social Work educator with teaching experience and currently pursuing Ph.D. in Social Work. Seeking to contribute academic knowledge and field-based insights to empower students and promote social justice. Committed to combining research excellence with practical teaching to foster critical thinking, empathy, and professional competence among learners.

02

EDUCATION

Ph.D. in Social Work (Pursuing)

Kurukshetra University, Kurukshetra (2020) onwards

Master of Social Work (MSW)

Kurukshetra University, Kurukshetra (2016-18)

Master of Commerce (M.Com)

Kurukshetra University, Kurukshetra (2014-16)

03

EXPERIENCE

Assistant Professor (Part-time)

Department of Social Work,
Kurukshetra University, Kurukshetra

Session 2020-26

- Taught two subjects in each semester.
- Participated in various fieldwork activities.
- Attended various workshops, extension lectures, seminars, conferences and meetings

PERSONALITY TRAITS

- Self-motivated
- Honest
- Good Listener
- Quick Learner
- Disciplined
- Multi-tasking
- Optimistic

COMPUTER PROFICIENCY

- MS Word
- Excel
- Power Point
- Digital Literacy
- Prompt Engineering

INTEREST

- DIY
- Gardening
- Listen to Music
- Travelling

LANGUAGE

Hindi	●●●●●●●●
Punjabi	●●●●●●●●
English	●●●●●●●●

Labour Welfare Officer

Modelama Exports Pvt. Ltd., Gurgaon Jun 2019 - Feb 2020

- Participated in BSR HERhealth & HERrespect initiatives
- Conducted worker inductions and handled grievances
- Regular shop floor visits for worker engagement
- Organized welfare events (health camps, safety week, festivals)
- Facilitated committee meetings (H&S, POSH, grievance, welfare, etc.)
- Assisted in compliance audits and maintained documentation

04 TRAINING

Vardhman Textiles Ltd., Baddi

25 May – 4 Jul 2018

- Conducted a project on “Happiness Index” among female workers
- Assisted in grievance handling, hostel & dispensary record maintenance
- Supported ESI hospital visits and leave sanctioning processes
- Participated in POSH meetings and welfare events
- Assisted in recruitment and shop floor visits

Balarpur Industries Ltd., Yamunanagar 16 Aug 2017 – 18 Apr 2018

- Maintained attendance cum payment registers and contractor wage sheets
- Performed gratuity calculations and prepared ESI challans

RGVK-State Resource Centre, Shimla

5 Jun – 10 Jul 2017

- Supported literacy mission programs through report writing and data management in Excel

05 ACHIEVEMENTS

- Qualified UGC-NET in Social Work (November 2017)

06 RESEARCH

- **Paper Published : 11**
(06 UGC Care List & 05 Peer Review)
- **Paper Presented: 11**
- **Chapter in Books: 03**
- **Workshops Attended: 07**