

## BIO-DATA



Name: DR. (Mrs.) VANITA DHINGRA

Date of Birth: 10<sup>th</sup> OCTOBER, 1972

Caste: NON- RESERVED

Designation: PROFESSOR

Official Address: Department of Social Work  
Kurukshetra University, Kurukshetra

E-mail: [vdhingra@kuk.ac.in](mailto:vdhingra@kuk.ac.in)

Educational Qualifications: M.A. in Social Work (1996)( Qualified NET, UGC in 1998)  
M. Ed. (1997) from Kurukshetra University  
Ph.D. on the topic 'Women Victims of Domestic Violence' (2009)

Area of Specialization: Family and Child Welfare

**Work Experience**

- Worked as Project Fellow in Dept. of Education, KUK, for six months in 1996-97 on the project entitled "SURVEY OF EXISTING FACILITIES REGARDING FREE EDUCATION FOR GIRLS" of Higher Education Dept., Govt. of Haryana with Prof. S. P. Malhotra
- Worked in BPR College, Kurukshetra as Lecturer in Social Work for three months in 1998.
- Worked as Training coordinator in SJSRY Scheme with Govt. of Punjab, Chandigarh for 4 years i.e. 1999-2003 and conducted more than 50 Training Programmes for urban women in Punjab State.
- Joined as Assistant Professor in Deptt. Of Social Work, Kurukshetra University, Kurukshetra since October, 2003.

**PAPERS PUBLISHED IN JOURNALS:**

<b>Sr.No.</b>	<b>Name of the Paper</b>	<b>Name of the Journal</b>
1.	Women Empowerment: Reality or Myth	Contemporary Social Work, Issue-I, July, 2009.Lucknow
2.	Impact of Domestic Violence on Child Development	Contemporary Social Work, Issue-2, July, 2010.Lucknow
3.	Impact of Domestic Violence on Woman Victims	The Indian Police Journal, ISSN 0537-2429, Vol.LVII-No.4., Oct.-Dec.,2010. Delhi
4.	Domestic Violence in Haryana	KU Research Journal of Arts and Humanities, Vol.XLII(2008) KUK ( Published in 2011, Issued in 2012)
5.	Honour Killing: A social Tregedy to be tackled Urgently	Journal of Social Work and Social Development, Vol. 2, No. 1, June, 2011, Vishva Bharti, Shriniketan( Published in July,2012)
6.	Malnutrition in Early Childhood- Some Reflections	Indian Journal of Public Affairs and Governance, New Delhi, Vol. I, No.1, March,2013.
7.	Maternal Health Situation in Rural Haryana.	‘Aarya’ International Refreed Journal, Acharya Academy, India. Dec, 2016 - Feb., 2017. Pg 147-153 ISSN 2348-876X
8	Socio- Economic Determinants of the Utilization of Maternal Health Services in Rural Haryana	‘Drashta’ Research Journal. Acharya Academy, India. Dec, 2016 - Feb., 2017. Year -6 No. 21 ISSN 2277-2480
9	Social Audit: Emerging as Essential for Democratic Rule	Social Welfare, Vol- 64( 03),Pg. 7-10 ISSN 0037-8038
10.	Violence Against Women in India: An Analysis	International Journal of Multidisciplinary Research Review’ Vol.1, Issue - 28, June-2017 Pg.155-158 E- ISSN –2395-1885 ISSN -2395-1877
11.	Social Health: An Ignored health Aspect	International Journal of Management and Social Sciences.Vol.05 Issue-07, (July,

		2017) Pg. 47-53 ISSN: 2321-1784
12.	Understanding the Indian Tribal Life and their Issues	International Journal of Advanced Research Vol.5, Issue 7 (July, 2017) Pg. 1588-1595 ISSN 2320-5407
13.	Perception about Migration among Lahauli Tribes of Himachal Pradesh	International Review of Social Sciences and Humanities. Volume 9 Number 8 August, 2019. Pg. 264-273 ISSN:2250-0715(P) ISSN2248-9010 (O)
14.	Role of Parental and Matrimonial Families in Marital Dispute Cases Referred to Mediation and Conciliation Centre, Chandigarh	PURAKALA, Volume 31 Issue55 June, 2020. Pg. 303-316 ISSN 0971-2143
15.	Government Policies and Programmes for Aged Persons in Himachal Pradesh	International Journal of Research and Analytical Reviews. Vol.10, Issue 3(July, 2023) Pg. 911-916 E- ISSN:2348-1269P-ISSN: 2349-5138
16.	Migration of Lahauli Tribes of Himachal Pradesh: Causes and Consequences	Journal of The K.R. Cama Oriental Institute. Sept. 2023, Vol. 77, pg. 147-159 ISSN- 0970-0609 (print) with IF- 7.854.
17.	Together and Apart: A study of Elderly-Children Relationship in Himachal Pradesh	International Journal of Sociology and Humanities Sept. 2025, Vol. 7, pg. 104-109 P- ISSN- 2664-8687 with IF- 8.33
18.	Working in the Shadows: Women Domestic Workers' Struggle for Dignity	International Journal of Research and Analytical Reviews. Vol.12, Issue 4(Dec, 2025) Pg.1-10 E- ISSN:2348-1269P-ISSN: 2349-5138

## Chapters in Edited Books

<b>Sr. No.</b>	<b>Title with name of authors as appearing in the publication.</b>	<b>Book Title, editor, Publisher Year, Page Numbers</b>	<b>ISSN/ISBN No.</b>
1.	Violence Against Women: Issues and Intervention	Violence: Impact and Intervention Edited by Manjit Singh and D.P. Singh. Atlantic Publishers and Distributors ltd. 2008. Pg 161-175	ISBN 978-81-269-0941-4
2	Initiative Taken to Reduce Social Exclusion of Scheduled Tribes in Himachal Pradesh:An Analysis	Social Exclusion in India Measurement and Policy Issues. Edited by Dr. Pradeep Chauhan. BOOKMAN, Delhi. 2017  Pg.246-260	ISBN 978-93-85449-69-7
3.	Challenges before the Social Work Profession in North India.	‘Reflections on Social Work Profession’  Edited by S.M. Sajid & Rashmi Jain. Bloomsbury publications,  N. Delhi. 2018 Pg.117-137	ISBN 978-93-87863-07-1
4.	Child Care and Protection: Challenges for Social Work Practice.	‘Social Work Practice: Expanding Scope and Challenges’  C.P. Singh/Vanita Dhingra  Rawat Publication, Jaipur 2019  Pg. No. 157-164	ISBN No.978-81-316-1085-5
5.	Personality Disorders	“A Handbook of Mental Health and Wellbeing” Seema Rani/ Neeraj Authors Press, New Delhi 2023 Pg No. 28-39	ISBN No.978-93-5529-670-2
6.	Guidance for Graceful Aging	Chapter in book- “Perspectives of Bhagwad Gita in Modern Times” SGSH Publications..	ISBN: 978-93-6631-158-6. 2024

## **Book Published**

<b>Sr. No.</b>	<b>Title with name of authors as appearing in the publication.</b>	<b>Publisher</b>	<b>ISBN No.</b>
1.	'Field Work Manual'  By Prof. C. P. Singh, Sh R. K. Yadav , Dr. Vanita Dhingra	Kurukshetra University	--
2.	'Social Work Practice: Expanding Scope and Challenges'  C.P. Singh/Vanita Dhingra	Rawat Publication, Jaipur 2019	ISBN No.978-81-316-1085-5
3.	Perspectives of Bhagwad Gita in Modern Times  Tejinder Sharma, Vanita Dhingra & Archana Chaudhry	SGSH Publication, Mumbai 2024	ISBN: 978-93-6631-158-6

## **REFRESHER COURSES/ METHODOLOGY WORKSHOPS, TRAINING COURSES, TEACHING-LEARNING, FACULTY DEVELOPMENT PROGRAMMES ATTENDED**

<b>S.No.</b>	<b>Programme</b>	<b>Duration</b>	<b>Organized by</b>
1.	Refresher Course in Information Technology ( ID)	9/06/2010 – 30/06/2010	Academic Staff College, BPS women university, Khanpur, Sonipat
2.	Workshop on Research Methodology	01/09/2012 – 07/09/2012	B R Ambedkar Studies Centre, KUK
3.	National Workshop on Capacity Building Programme for Social Science Faculty Members'	05/06/2017 – 18/06/2017	Department of History, Kurukshetra University.
4.	Faculty Development Programme on Employability and Soft Skills Development	26.08.2019 – 31.08.2019	Corporate Resource Centre, RUSA, KUK and Medha Learning Foundation

**SEMINAR/CONFERENCES ATTENDED:**

<b>Sr. No</b>	<b>Title of the paper presented</b>	<b>Title of Conference/Seminar etc &amp; organizer.</b>	<b>Date(s) of the event</b>	<b>Level</b>
1	Domestic Violence Against women: Precipitating Factors And Social Work Interventions	“Coping with violence in Today’s world” organized by Dept. Of Social Work, Punjabi University Patiala	22- 23.2.2007	International Conference
2	Women Empowerment: Some Reflections	“ Women and Development: Issues and Initiatives” organized by Women Studies Centre, Punjabi University Patiala	March 26-27,2010	International Conference
3	Health Status of Women in Rural Haryana	‘Inclusive Development in India: ‘Past experience, Present Challenges and future directions’ organized by department of Social Work, Lucknow University, Lucknow	Dec. 20-21, 2010	International Conference
4	Dimensions of Domestic Violence	‘Women And Child Issues: National and International Perspectives’ organized by Women’s Studies Centre, Punjabi University, Patiala	Feb.11-12, 2011	International Conference
5	Malnutrition in Early Childhood: Some Reflections	“Emerging Issues in Public Administration” organized by Deptt. of Public Administration, KUK	3-4 March, 2012	National Seminar
6	Children of Women Agricultural Labourers: An Effort to Identify their Risk	Ist Indian Social Work Congress organized by Dept. of Social Work, Delhi University, New Delhi in collaboration with NAPASWI	23 -25 Feb. 2013	National Congress
7	Child Care and Protection: Challenges for Social Work Practice	Seminar on ‘Social Work Practice: Scope and Challenges in the Present Context’ organized by Dept. of Social Work, KUK	14- 15 November,2014	National Seminar

	Violence Against Women: Combating Strategies	‘Trends in Public Administration: Past Present and Future’ Organized by Dept. of Public Administration, KUK	11-12 July, 2015	National Seminar
8	Initiatives Taken to Reduce Social Exclusion of Scheduled Tribes in Himachal Pradesh: An Analysis	“The Multi-Dimensional Analysis of Social Exclusion in India: Measurement, Policy and Remedies.” Organized by Dept. of Economics, University College, KUK	29 <sup>th</sup> Feb.- 1 <sup>st</sup> March, 2016	International Conference
9.	Social Work in Bhagwad Gita	7th International Gita Seminar, Word peace and harmony: insights from Srimad Bhagavad Gita organized by Department of Social work, Kurukshetra University & KDB	29 Nov – 1 December, 2022	International Conference
10	Guidance for Graceful Aging: Insights from the Bhagavad Gita for the Elderly	8th International Gita Seminar on “ <b>Empowering People and Communities: The Messages From Bhagavad Gita and Vasudhaiv Kutumbhcam</b> ”	18 <sup>th</sup> December, 2023.	International Conference
11.		<b>9<sup>th</sup> International Gita Conference on “Eco-Conscious Social Work Practice: Embracing SrimadBhagwadGita Principles”</b> organized by Department of Social work, Kurukshetra University & KDB	6 <sup>th</sup> December, 2024.	International Conference

**INVITED LECTURES/PRESENTATIONS, OR SESSIONS CHAIRED AT NATIONAL OR INTERNATIONAL CONFERENCE/SEMINAR/WORKSHOPS/ SYMPOSIA ETC.**

<b>Sr. No</b>	<b>Title of Lecture/Academic Session chaired</b>	<b>Title of Conference/Seminar etc</b>	<b>Date(s) of the event</b>	<b>Organized by</b>
1	Beti Bacchao, Beti Padhao	--	30.06.2015	Women and Child Development Project Officer, Thanesar
2	Beti Bacchao, Beti Padhao	Extension Lecture	09/10/2015	Seth Navrang Rai Lohia Jairam Girls College, Lohar

				Majra, Kurukshetra
3	Need and Importance of Community Participation & Community Mobilization- Conversion to Improve CSR	Training Programme of Master Trainer on Beti Bachao Beti Padhao	14/07/2015	Dept. Of Women an Child Development, Kurukshetra
4	COVID-19 pandemic in Academic Perspective	Panellist in Panel Discussion on Mental Health Consideration in Context of Covid-19 Pandemic: Academic Perspective	28.06.2020	All India Association of Medical Social Work Professionals ( North Zone)
5	Community Based Participatory Research	Resource Person in Face to Face Master Trainers Training Programme on Capacity Building of Faculty under UBA	19.7.22 to 21.07.2022	UGC- HRDC, KUK
6	Community Engagement in HEIs	Invited Lecture in one week online short term course on Community engagement	27 <sup>th</sup> Feb.,2023 to 4 <sup>th</sup> March, 2023.	UGC- HRDC, KUK
7	Prevention of Sexual Harassment at Workplace'	Invited Lecture in one week refresher course on Competence Building of Clerks	28 <sup>th</sup> April, 2023.	Training Planning and Monitoring Cell, KUK
8	'Role of Internal Complaints committees in the protection of Human Rights'	Invited Lecture in Two weeks online Refresher course on Human Transformation Laws and Human Rights	16 <sup>th</sup> Oct.,2023 to 28 <sup>th</sup> Oct, 2023.	UGC-MMTTC, KUK in collaboration with Institute of Law, KUK
9	Community Engagement in HEIs	Invited Lecture in one week online short term course on Community engagement	4 <sup>th</sup> December, 2023.	UGC- HRDC, KUK
10	'Sexual Harassment at Workplace: Prevention and Redressal'	Invited Lecture in one week online short term course on gender Sensitization	5 <sup>th</sup> Dec.,2023 to 11 <sup>th</sup> Dec, 2023.	UGC-MMTTC, KUK in collaboration with Dept. of Economics, KUK
11	'Reach Out to Community Through Folk Media'	Resource person in the 'Science Communication Through Folk Media Workshop'	22.01.2024	Indian Resource and Development Association (IRADA) NGO
12	panel discussion	Panelist in panel	1 <sup>st</sup> March,	Institute of Law and



		discussion on project outcome workshop on theme of 'Beti Bachao, Beti Padhao'	2024	ICSSR sponsored Project
13	"Higher Education and Society"	Invited Lecture in NEP Orientation & Sensitization Programme	09-04-2024	UGC-MMTTC, KUK
14	"Higher Education and Society"	Invited Lecture in NEP Orientation & Sensitization Programme	01-07-2024	UGC-MMTTC, KUK
15	Integrating Indian Knowledge System in Family and Social Work interventions	Resource Person for the FDP on NEP 2020 Orientation and Sensitization	04.03.2025.	UGC-MMTTC Central University of Jammu
16	"Gauri Rani Banerjee Oration"	Resource Person in the 43 <sup>rd</sup> Annual National Conference on the topic Integrating Religion, Spirituality And Well-being: Exploring New Frontiers In Social Work Practice In India.	24th – 25th May, 2025	Indian Society of Professional Social Work
17	"Code of Conduct and Anti- Ragging"	Invited lecture in 2-Week Online Interdisciplinary Refresher Course on "Research Methodology in Social Sciences"	21st May to 3rd June 2025,	Department of Economics and UGC-Malaviya Mission Teacher Training Centre, KUK.

**ORGANIZATION OF REFRESHER COURSES/ CONFERENCES/ SEMINARS/  
WORKSHOPS/ SYMPOSIA, ETC.**

<b>Title of Workshop/ Conference/ Seminar etc</b>	<b>Date(s) of the event</b>	<b>Organized by</b>	<b>As a member of organizing/ad visory committee</b>
1.National Seminar on Social Work Practice: Scope and Challenges in the Present Context	14 <sup>th</sup> & 15 <sup>th</sup> November,2014	Department of Social Work Kurukshetra University, Kurukshetra Haryana	Organizing Secretary
2.Orientation Programme for Counsellors of Youth Red Cross	24 <sup>th</sup> April, 2017	Dean Students' Welfare, Kurukshetra University.	Member of Organizing Team
Webinar on Women Safety in Current Scenario	15 <sup>th</sup> June, 2020	Internal Complaint Committee against Sexual harassment at Workplace, KUK	Member of Organizing Team
3.One Day Workshop on Awareness Programme on Gender Sensitivity	22 <sup>nd</sup> March, 2022	Internal Complaint Committee against Sexual harassment at Workplace, KUK	Organizing Secretary
4. 7th International Gita Seminar on "World Peace and Harmony: Insights from Shrimad Bhagvada Gita "	29.11.2022 to 1.12.2022	Kurukshetra University and Kurukshetra Development Board	Organizing Secretary
5. Five Day Theatre Workshop (Skill Enhancement Through Experimental Learning)	from 9th to 14th December, 2022	Dept. of Social Work and Centre For Continuing Education Rashtriya Uchatar Shiksha Abhiyan (RUSA 2.0)	Convener
6. One Day Workshop on Gender Sensitization through Education	10 <sup>th</sup> Feb., 2023	Internal Complaint Committee against Sexual harassment at Workplace, KUK	Co-Convener
7. "Two Day Skill Lab for Social Workers"	24-25 February 2023	Dept of Social Work in Collaboration with Mahatma Gandhi National Council of Rural Education, Ministry of Education, Government of India, New Delhi on	Convener
8. 8th International Gita Seminar on "Vasudhaiva Kutumbakam: Shrimad Bhagavad gita and Global Unity "	17 <sup>th</sup> to 19 <sup>th</sup> December, 2023	Kurukshetra University and Kurukshetra Development Board	Deputy Director
9. One Day Workshop on Awareness Against Sexual Harrassment	7 <sup>th</sup> March., 2024	Internal Complaint Committee against Sexual harassment at Workplace, KUK	Organizing Secretary
10. 5-day Capacity Building	6 <sup>th</sup> to 10 <sup>th</sup> Feb,	Dept. of Social Work and	Convener

Workshop for <b>Revitalization &amp; Work Proficiency</b>	2024	Centre For Continuing Education Rashtriya Uchatar Shiksha Abhiyan (RUSA 2.0)	
11. 2-Week online Interdisciplinary Refresher Course in Research Methodology in Social Sciences	18-11-2024 TO 30-11-2024	UGC-MMTTC in collaboration with Department of Social Work, Kurukshetra University, Kurukshetra.	Course Coordinator
12. 9th International Gita Seminar as Deputy Director on “ <b>Shrimad Bhagwad Gita and Sustainable Ecosystem</b> ”	05 <sup>th</sup> to 07 <sup>th</sup> December, 2024	Kurukshetra University and Kurukshetra Development Board	Deputy Director
13. One Week Online Short Term Programme/ Faculty Development Programme on Gender Sensitization	03-02-2025 TO 08-02-2025	UGC-MMTTC in Collaboration with Women’s Studies Research Centre Kurukshetra University, Kurukshetra.	Course Coordinator

### Details of Projects Done

- An evaluatory study on SJSRY scheme entitled “**ROLE OF TRAINING IN PARTICIPATORY DEVELOPMENT: AN EVALUATION**” (2002) conducted in Punjab with Prof. S. L. Goel, Dept.of Public Administration, Punjab University, Chandigarh.
- A Project on ‘**Replication of Special Cell for Women & Children: A Strategic alliance to respond to violence against women in Haryana**’ (2006) in collaboration with Special Cell for Women & Children, TISS, Mumbai, at Jind and Ambala district with Prof. C.P. Singh.
- A survey and evaluatory study on **Bonded labour in Kaithal District of Haryana** under the centrally sponsored scheme of Ministry of Labour, Govt. of Haryana with Prof. Darshan Singh (2011-12)
- A Project ‘**An appraisal of Beti Bachhao Beti Padhao in Haryana**’ funded by National Commission for Women, Govt. of India amounting to Rs. 12.98 Lacs was done as Co-Principal Investigator. (2023)

### **Other Activities:**

1. Life member of Association of Schools of Social Work in India (ASSWI)
2. Life member of National Association of Professional Social Work in India (NAPSWI)

3. Member of Board of Studies in the Department of Social Work, KUK and other universities of Haryana, HP and Jammu.
4. Member of Editorial Board of K.U. Research Journal (Arts & Humanities), Kurukshetra University
5. Member of Editorial Board of Indian Journal of Psychiatric Social Work, Ranchi
6. Counsellor in Internal Complaint Committee Against Sexual Harassment at Work Place, KUK 2018-24, 2025-26
7. Member of Inspection Committees of various colleges affiliated to KUK
8. Member of COVID-19 Prevention SOP (Standing Operating Procedure) Implementation Committee.
9. Chairperson Dept of social work, Kurukshetra University (May 2022 to May 2025) (Mar.2026 to till date)
10. Deputy Director, Women's Studies Research Centre, Kurukshetra University ( 2022 to 2026)
11. Director, Women's Studies Research Centre, Kurukshetra University, Kurukshetra. (March 2026 till date)
12. Coordinator, Equal Opportunity Cell, Kurukshetra University (May, 2022 to March, 2026)
13. Coordinator, Centre for Continuing Education under RUSA 2.0, Kurukshetra University (2022 onwards)
14. Member of committee formed for the counseling of students in distress, KUK
15. Nodal Officer as chairperson of Dept. of Social Work, Nasha Mukt Bharat Abhiyaan, KUK
16. Three students have completed their PhD under my supervision and five are pursuing Ph.D. on various topics like **Maternal and Child health, Domestic Violence, Migration in Tribes, Women Entrepreneur and Elderly people** etc.
17. Organized more than hundred activities in the rural and Urban Communities for awareness on various social issues.

**Dated: 01.04.2026**

**VANITA DHINGRA**