

## CURRICULUM VITAE

**Dr. Minakshi Rana**  
**Assistant Professor**  
**Department of Sociology**  
**Mehr Chand Mahajan DAV College for women**  
**Sec-36 A Chandigarh 160036**  
[minakshi@mcmdavcwchd.in](mailto:minakshi@mcmdavcwchd.in)  
[minakshirana2121@gmail.com](mailto:minakshirana2121@gmail.com)

### **EDUCATION**

Ph.D. from the Department of Sociology, Panjab University, Chandigarh (Enrol. No. 14/352/Ph.D) on *Social inclusion through EWS Quota under Right to Education Act 2009: A study of EWS Students of private schools*, in 2018.

M.A. (Sociology) Panjab University, Chandigarh in 2014 with 66.8%.

M.Phil. (Education) KU Department of Education, Kurukshetra in 2009

M.Ed. KU Department of Education, Kurukshetra in 2008.

### **PROFESSIONAL QUALIFICATION**

- \* Qualified UGC Net in the subject of Education in year June, 2009.
- \* Qualified UGC Net in the subject of Sociology in the year June, 2013.

### **PUBLICATIONS**

- Paper published titled as “*Nutritional Deficiency among children – a violation of human rights*” in the proceedings of “National Seminar on Human Rights of the Marginalized – understanding and rethinking strategies at PGGCG 11, Chandigarh held on 5<sup>th</sup> Feb.2015.
- Two papers titled as “*Right to education is still too distant from reality*” and “*Addressing the need of culturally responsive pedagogy in India*” published in the journal Intellectual Quest (Referred Journal) vol. 2, Dec 2014 and vol.3, June 2015.
- Paper titled as “*Street children in India: A study of pathetic condition of street Children in Panchkula*” published in Milestone Education Review on Jan. 2016.

- Paper titled as *Impact of Social Media on the physical and mental well being of adolescents in India* is Published in the International Journal of Academic Research and Development in Set-Oct 2017 issue.
- Paper titled as *Social Change and Education with reference to Paulo Freire's Libertarian Education* is published in Milestone Education Review in Oct issue 2017.
- Paper titled as *Trend of Spiritual Godmen in India: Implications for the Modern Indian Society* is Published in the International Journal of Academic Research and Development in Nov-Dec 2017 issue.
- Paper titled as "*Social inclusion through EWS Quota with reference to Dr Ambedkar Vision*" is published in the International Journal of Advanced Research and Development in Jan 2018 issue.
- Social Exclusion in India: A multidimensional approach to address vulnerable status of children Sanskar Chetna., 6th Edition March. 2018
- Suffering in silence: A sociological cogitation of menstrual hygiene Sanskar Chetna., 7th Edition Feb 2018
- Financial Inclusion through PMKY- A case study of Chandigarh Intellectual quest Dec 2018
- Critical issues concerning Social Inclusion through EWS Quota under Right to Education Act 2009 American International Journal of arts and Social Sciences Vol 1 dec 2018 - feb 2019 issue
- Implications of the EWS quota for underprivileged, Sanshodhan Chetna March 2019 Issue.
- Social Inclusion through Health Support in India: A study of Ayushman Bharat Yojna in Chandigarh Lokayata Journal Of Positive Philosophy Vol IX No.1 March 2019
- Reaffirming Right to life: A sociological study of the safety concerns of school children in Chandigarh, New Horizons (2277-5218) Dec 2019 Issue XVI
- Addiction in Disguise: An analytical study of Screen Exposure among school going children in India, Journal of Critical Reviews, Vol. 7, Issue 15, 2020 ( ISSN- 2394-5125)
- Reviewing Resilience: An analytical study on the effect of academic achievement on adversity quotient and self-esteem in the times of COVID-19 among college going girls in Northern India, New Horizons Volume XVIII August 2021 Page 185-203 (2277-5218)
- Association of screen time, quality of sleep and dry eye in college-going women in northern India, Indian Journal of ophthalmology Jan 2022 Vol 70 Issue 1 Page 51-58 doi: 10.4103/ijo.IJO\_1691\_21 (ISSN: 0301-4738 Online ISSN: 1998-3689)
- Chapter titled Identification and Analysis of Best Practices in Student Support and Progression Using ABCD Framework in Book titled Best Practices in Higher Education: A Quality Enhancement Initiative in 2023.
- Prevalence and Association of Digital Eye Strain with the Quality of Sleep and Feeling of Loneliness among Female College Students in Northern India Indian Journal of Public Health ISSN: 0019-557X Online ISSN: 2229-7693, 67(4): p 618-625, Oct-Dec 2023.

## Books Authored

- *Right to Education as a Mechanism to Inclusion*, Indu Book Services Pvt LTD, October 2019 (ISBN-978-93-86754-55-4)
- *Inequality in India: Emerging Trends and Perspectives*, Corvette Press Indu Book Services Pvt LTD, July 2021 (ISBN-978-93-91385-02-6) (Co author)
- *Processed Food: Implications for human health and Sustainable development*: Corvette Press, Indu Book Services Pvt LTD, November 2022 (ISBN 978-93-91385-18-7) (Co author)
- *Chapter titled Identification and Analysis of Best Practices in student support and progression using ABCD framework in book Best Practices in Higher Education- A Quality Enhancement* ISBN 978-93-95263-95-5 (Co author)

## WORKSHOP/SEMINAR ATTENDED

- Paper presented in National Seminar on Human Rights of the Marginalized – understanding and rethinking strategies at PGGCG 11, Chandigarh held on 5<sup>th</sup> Feb.2015.
- Participated in a workshop on “Research Paper Writing Skills on 12<sup>th</sup> Feb. 2015 at Panjab University, Chandigarh.
- Paper presented in One day Faculty Development Programme on Dr B. R. Ambedkar, Indian constitution and Indian Society on 20<sup>th</sup> Jan 2016
- Participated in National Seminar on “Youth for Justice: Protecting the poor from Violence” at DAV college, Chandigarh.
- Presented paper at 19<sup>th</sup> National Conference of NWISA held on Oct 27-28, 2017.
- Participated in One Day Capacity building Workshop on Research Ethics at PGGGC-11 Chandigarh.
- Paper presented in National seminar on Consumerism and Consumer Protection of Open Market in India on 30<sup>th</sup> Jan. 2018 at PGGCG-11 Chandigarh.
- Attended 7 day NSS Camp held at MCM DAV College for Women held in December 2018
- Workshop attended on Hygiene practices by Internal Quality Assurance Cell (IQAC), MCM DAV College for Women on 22 Feb, 2019.
- Paper presented in National Seminar on Social Inclusion and Social Equality through Education on 26<sup>th</sup> March, 2019 at PGGCG-11 Chandigarh.
- One Week Workshop attended on Data Analytics at MCM DAV College Sec 36 A Chandigarh from 4<sup>th</sup> Nov. to 10<sup>th</sup> Nov. 2019.
- Paper titled as *Medium of instruction in Schools as an agent of exclusion for young minds* with reference Gandhian model of Basic Education presented in Manthan: explorations into Contemporary Challenges and Gandhian thought: A Colloquium to celebrate 150th birth anniversary held on 27th Nov 2019
- International Workshop on Issues in Diversity and difference for Inclusive Education, an event under GIAN under the aegis of CRIKC, organized by Panjab University from December 02-07, 2019.

- Paper Titled as Restoring indigenous values in young minds through Higher Education- A contemplation of Issues and Practices presented in Association of Indian College Principal Conference held at Nagpur, Maharashtra on 6<sup>th</sup>,7<sup>th</sup> and 8<sup>th</sup> February 2020.
- Three day workshop on Quantitative techniques and its types, organized by School of Education GNDU Amritsar under PMMMNTT, Ministry of Education GOI from 23<sup>rd</sup> November to 25<sup>th</sup> November, 2020.
- Paper Presented in the 12<sup>th</sup> Annual International Conference “ Safety and Security of Women in the Contemporary World: Issues and Challenges, held on December 4, 2020, organized by Women’s Study Centre, Punjabi University Patiala on Cyber World as an Emerging threat: Ensuring safe online experience of female internet user through analysis of digital behavior and response.
- Paper presented in the National Conference AICP, 2021 on 8<sup>th</sup>-9<sup>th</sup> April 2021, titled Reviewing effectiveness of online teaching among undergraduate girl students in the era of pandemic of COVID-19 (co-authored with Dr. Nisha Bhargava.
- Paper Presented at XXII National Conference organized by North West Indian Sociological Association on the theme Hundred Years of Sociology in India: Perspectives from NORTH-WEST Region held at SD College Sec 32 Chandigarh titled Exploring Urban Settlements through the lens of BioSocial Perspective: A Critical Study on April 11-12, 2023
- Paper Presented at NAAC Sponsored National Seminar on Best Practices in Higher Education- A Quality Enhancement Initiative, held at DAV College Hoshiarpur on 20 April 2023 titled Identification and Analysis of Best Practices in student support and progression using ABCD framework
- Co-chair a technical session at the ICSSR sponsored two days multi-disciplinary National Conference on Transformation, Survival and Sustainability in a Post COVID World and Creating a New Bharat: Some Dimensions from Punjab and Haryana States session a national seminar held on 26 May, 2023.
- Paper Presented in the World Congress of Sociology held at Melbourne Australia from June 25-July 1 2023 titled Exploring Pre-Existing Vulnerabilities of Domestic Violence among Women in the Post COVID-19 Era: A study across 3 Northern States of India.

Participated as a Panelist for Panel Discussion on Religious Diversity, Marginalisation of Minorities and Marginalised and Deepening Crisis in the World in the World Congress of Sociology held at Melbourne Australia from June 25-July 1 2023.

- Participated in a 4 Week Faculty Induction Programme for Faculty in Universities/Colleges/ institutions of Higher Education from 22 June-22 July 2023 and obtained Grade A
- Attended a workshop organized by CRRID, Chandigarh on March 4, 2024 on Digital and E-Governance Reforms for Good Local Governance under AMRUT: Sharing Outcomes of Research Study of Shimla, Srinagar and Dehradun
- Presented a paper titled Exploring the Complexities of India Urban Settlements: An Integrative Bio-Social Perspective at International Conference on Society, Environment and Sustainable Development: Emerging Issues and Alternatives held at CRRID in March 20-22, 2024.
- Presented a Paper as a panelist on Impact of Environmental Degradation on Women with Special Reference to Reproductive Health at National Seminar on Environment and Women; Issues and Perspective organized by Department of Sociology Panjab University in collaboration with ICSSR North on 2-3 April 2024
- Presented a Paper titled Digital Detox for Mental Well-being: A literature Review at 2 Day International Conference on Soul in Symphony: Journey to Happiness through Self-actualization held on 19-20 March 2024 organized by Mehr Chand Mahajan DAV College for Women.

### **Research Projects**

1. Making Inclusive Classrooms: An exploratory study of the teaching practices at primary level in Government schools of Chandigarh approved on 19.08.2019 by Chandigarh Commission for Protection of Child Rights (CCPCR). ( Grant received, Rs 50,000)
2. Making Virtual Space Safer for Women: An analytical study on cyber harassment among women in Chandigarh, approved on 13/07/2020 by Cyber Cell, Chandigarh Police submitted to Chandigarh Police, sponsored by MCM DAV College for Women sec 36 A Chandigarh.
3. Play Based Learning: Play Based Learning: A Comparative Study on Role of Traditional Toys and Smart Toys in Metacognition Learning and Language Development in Children, submitted to DAV College Managing Committee, New Delhi and uploaded on UGC Portal under the category initiative by Higher Education Institutions, sponsored by MCM DAV College for Women sec 36 A Chandigarh. (Grant received Rs 15000). Submitted to CCPCR for further action.
4. Reinforcing Workplace Wellbeing: An Analytical Study on Happiness at Workplace, Sleep Quality and Prevalence of Dry Eye among Personnel of Chandigarh Police, approved on 19/03/2021 by the Office of Director General of Police, Chandigarh Police. (Grant received Rupees 25,000)

## **Awards**

1. Certificate of Appreciation Chandigarh Police
2. Certificate of Appreciation (CCPCR Traditional Toy Based Project 2021)
3. Certificate of Appreciation CCPCR Immunity Ambassador May 2021
4. Certificate of Appreciation PGIMER Sep 2021
5. Certificate of Appreciation Ministry of Education GOI June 2022

## **Worked As Course Coordinator**

A short term course of 60 hours titled as *Be a Health Manager* organized at MCM DAV College under the aegis Skill Development Committee of College from 16 Feb. to 16<sup>th</sup> April 2019.

A short term course of 30 hours titled as *Aesthetic Living- developing sense of style and space* organized at MCM DAV College under the aegis Skill Development Committee of College from 3<sup>rd</sup> June to 14<sup>th</sup> June 2019.

Seven days Online Faculty Development Program, organized by the MCM DAV College for women under the aegis of Sustainable Practices Committee of the college from 14<sup>th</sup> July- 20<sup>th</sup> July, 2020.

Bridge Course for Beginners in Research held under the aegis of PG Department of Sociology, MCM DAV College for Women Held from 4th August to 18th August 2020.

5-day Series on Data Analysis held under the aegis of PG Department of Sociology, MCM DAV College for Women from 27th August to 31st August 2020

## **Worked as Convener**

Arise- Expanding horizons across the Globe a two day international workshop empowering women to explore the avenues globally held online from 19-20 December 2020, jointly with Maryam Ajmal College of Science and technology, Hojai Assam with more than 900 participants all around the world.

## **Worked as Co-Convener**

Shakuntla Roy Memorial Lecture organized by MCM DAV College sec 36 A Chandigarh, held on 3<sup>rd</sup> February, 2021. Prof Jagat Ram, director PGIMER, Chandigarh delivered the keynote address and Prof Arun Grover, PEC Chandigarh delivered the introduction.

Character Building through Education with reference to National Education Policy 2020, a national Webinar organized by MCM DAV College sec 36 A Chandigarh, held on 25 February, 2021

## **Reviewer**

Springer Journal

International Journal of educational and vocational guidance.

Journal of Educational Thought

University of Calgary

## **Coordinator**

Mehr Chand Mahajan DAV College for Women as a registered Centre of National Skill Development Corporation of India under the aegis of Ministry of Skill Development and Entrepreneurship, Government of India.

## **Trio logy in Research as Resource Person**

1. Sessions taken on Introduction to Research, Developing a Research proposal and data collection as well as analysis in Seven days Online Faculty Development Program, organized by the MCM DAV College for women under the aegis of Sustainable Practices Committee of the college from 14<sup>th</sup> July-20<sup>th</sup> July, 2020.
2. Sessions taken on basic concepts of research, writing a research proposal, data collection tools, statistical analysis of findings, and use of computer to facilitate research in the Bridge Course for Beginners in Research held under the aegis of PG Department of Sociology, MCM DAV College for Women Held from 4th August to 18th August 2020.
3. Sessions taken on various statistical as well as non-statistical tools to analyze and interpret data so that valid generalizations can be drawn in 5-day Series on Data Analysis held under the aegis of PG Department of Sociology, MCM DAV College for Women from 27th August to 31st August 2020

## **Lecture in an International Workshop**

Delivered a Lecture on Skill Development and Entrepreneurship on 7<sup>th</sup> September, 2020 in three days International workshop on Capacity Building and Redesigning the learning and Research Aptitudes Organized by Maryam Ajmal Women's College of Science and Technology , Hojai , Assam.

## **LIFE TIME MEMBERSHIP**

- Indian Sociological Society, New Delhi.
- North-West Indian Sociological Association.
- International Sociological Association
- Japan Sociological Society

## **COMMUNITY WORK**

1. Delivered a a lecture on re-understanding the notion of freedom in NSS camp at MCM DAV College on 19<sup>th</sup> March,2021.
2. Delivered an interactive talk on opportunities of skill training and employment under PMKVY Scheme in the Government school of Kajheri Village.

3. Worked with two local private schools as a Volunteer for a personal project named as 'Kanya our Wealth' for bringing awareness among girls on vital issues through interactive session, on voluntary & non-monetary basis for one year.

4. Working as NSS Programme office Since April,2023

Major Initiatives

Promotion of Cyber Hygiene

Menstrual Health and Hygiene

Mental Health

Organ Donation

Public Health

Corneal Donation and Preventive Eye Care

Women Entrepreneurship

Food and holistic health

## **Teaching Experience**

- ❖ Taught Sociology in academic session 2015-16 at Govt. college sec-1 Panchkula to under graduate Classes.
- ❖ Taught Sociology in PGGC Sec-46 Chandigarh in academic 2016-17 session and for a semester in 2017-18 academic session.
- ❖ Presently teaching under graduate and Post graduate classes in Mehr Chand Mahajan DAV College for Women Sec 36 Chandigarh since 2018