

Dr. Sunita

Assist. Professor

Center for Deendayal Upadhyay Studies, CUHP

Personal Details

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Citizenship India

Professional Qualifications

M.A - Political Science

M.Phil-Title-“Political Awareness and Participation of Women in Panchayati Raj Institution”

Ph.d- “Role of NGOs in Strengthening Women Leadership In PRIs” Case Study of Kangra District

UGC NET (Political Science)

Employment History

1. HPURC - Dhramshala -2002 to 2006- Guest Faculty

2. Degree College Jawalaji 2006-2016- Contract with Shiksha Samiti

3. Govt College jawalaji 2016- 2020- Govt of HP, Higher Education

4. CUHP -2020 to onward - Permanent

Personal Distinctions

Text books - 1. Modern Indian Political thought (Neelam Publication)
)ISBN.978-9-385-02925-7

2. Western Political Thought-II (Neelam Publication) ISBN. 978-9-38-502905-9

3. Society Economy and Politics of HP - Co- author (neelam Publication)

Reference Book -

4. Social and Political Thought of Deendayal Upadhyay, ISBN NO. 978-93-85329-53-1 (Shree kala Prakashan)

5. Rashtervadi PaterKarita ke Purodha Deendayal Updhaya, ISBN NO.978-93-85329-54-8 (Samkaleen Prakashan)

6. Glipses of Trival Area of Lahaul, ISBN, NO. 978-93-92356-11-7(Shree kala Prakashan)

7. Guru Granth Sahib or Samajik Samrasta ISBN NO.978-93-92356-23-0

8. Deendayal Upadhyay’s Concept of Antoday And Analysis of Economic Policy,ISBN no 978-93-95661-24-9, Apical Book Agency. Delhi

9. Himachal Pradesh ke jnjatiy samuday (Itihas Sanskriti evn Sanchar) Co author) ISBN 978-93-95661-42-3, Apical Book Agency. Delhi.

Invited lecture in Conference-

1. Lecture delivered in national integration camp NYK Geeta Bhavn Jawalamukhi, "Indian Constitution, and Fundamental Rights" 28 feb 2012.
 2. Lecture on 550th anniversary of Shree GURU NANAK DEV JI under the Ministry of Culture and Rashtriya Sikh Sangat Barnala 31st oct, 2020
 3. Lecture on Dronacharya college Kurukshetra on Covid Pandemic issues and challenges dated 4th june 2021.
 4. Lecture on MP Bhoj University on 2 days national conference, "Mahila Udhayamita Evm Samajik, Aarthik Vikas" "dated 19-20 Oct 2022
 5. Lecture on SSMWA MP and social Science teacher forum of Indonesia "Women Empowerment" on dated 19 march 2023.
 6. Lecture in International Seminar in Nepal Kathmandu on topic 'Bhasha Shiksha Sahitya or Sanskriti ka Samaj vikas me yogdan' 3-4 April 2023
 7. Lecture delivered Antrasthiy Matribhasha Divas, in Central University Of Himachal Pradesh on dated 21.02.2022, "Vividhta Aadharit Boliyon Ka kshetr Lahoul".
 8. Lecture in Central University of Himachal Pradesh, Center for tribal Studies on the birth anniversary of Bhagvan Birsa Munda, "Bhartiy Swatantrta Sangram Ke Janjatiy Nayak" 19 Nov, 2024.
 9. Lecture on Special Guidance Cell, 24 th Jan, 2023, CUHP Foundation Day , Govt Boys School Dharamshala.
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Teaching

- ❖ Deendayal Upadhyay Thought
- ❖ Journalism and Deendayal Upadhyay
- ❖ Research Methodolgy
- ❖ Contemporary Problems and Deendayal Upadhyay Thought

Doctoral Thesis Supervising

Research - 1. One Ph.d Completed

2. M.Phil- 1 awarded

In Progress -

3. Research scholars in progress PH.d work

Publications Research Paper

1. **Sardar Patel ke Prayas desh kee Tatkalin Sathiti Par**, "Swadeshi Research Foundation, UGC approved vol.4.no.2 may, 2017, ISSN. 2394-3580, p.100-106.

2. **Chhuachhoot ke Smasya or Ambedkar: Ek Adhyayn**, IJSMS, vol.4.no9,oct 2018,ISSN. 2454-4655, impact 3.9, p.106-111.
3. **“Swarajy Atamnirbharta or Adarsh Rajy ke Avdharna Bharti Vicharkon ke Drishtikon me”** journal Samsamyik Srijn, july to sep 2021 UGC care list 85, ISSN NO.2320-5733. No 11,vol.23.p.392
4. **“Ekatam Manvvadi Bharitiy Sanskriti ke Parvartak Pandit Deen Dayal Upadhyay”** journal Drishtikon, 2020, ISSN NO.0975-119X, UGC care list, year 12, No.1,, pej.1253.
5. **“Bharat Me Mahila Udhyamita v Chunotiyen”** journal, UGC care list, Samsamyik Srijn, oct to Dec 2021, ISSN NO.2320-5733. year 11,.p. 299.
6. **“Nai Shiksha Niti me Pandit Deendayal Upadhyay ke Vicharon ka Sathan”** journal, UGC care list Drishtikon, 2020, ISSN NO.0975-119X, year 13,No.2, p.2609.
7. **Vividhta Aadharit Boliyon ka kshetr Lahoul, Shodh Drishti**, UGC approved Journal, ISSN no 0976-6650, Impact factor 6.125 Nov. 2022
8. **Deendayal Upadhyay ka Sanskritik Rashtrvad: Ek Drishtikon**, Shodh Drishti International Journal, UGC approved, No. 49321, impact factor 5.427, may 2022.
9. **Ahilyabai, Holkar A Great Women Leader In Indian History**, International Journal Of Research and Analytical Review (IJRAR).IJRAR.Org, vol.12, issue 3 August 2025, E- ISSN- 2348-1269. UGC Approved No. 43602.

Refereed Journal, Peer Reveiwed Journal Articles

10. **“Role of NGOs in building women leadership in Rural Kangra-an analysis”** A journal of social science and law,vol-5 No.1,june,2015,ISSN.2249-3441. p.1
11. **“Women Empowerment Through Education and Social Coordination-A Holistic Perspective”** Unnati International Journal of Multidisciplinary Scientific Research” vol.2,No.6, july,2020 ISSN. 2581-8872 peer reviewed,impact factor- 4.8 open access, p.41
12. **“Contribution of Tourism in socio-economic Development of HP”** International Journal of Social Science & Management Studies’ referred& reviewed Journal, Indexing & Impact Factor 5.2, vol.6,No.8, sep, 2020, ISSN No. 2454-4655, p.1
13. **“Pandit Deendayal Upadhyay or Paterkarita”** Swadeshi Research Foundation,vol.8,No.11, sep, 2021,ISSN NO.2394-3580, p. 70.

14. **“Samajik Samrasta or Shree Guru Nanak Dev Ji” SAMAGRA GYAN JOURNAL** an international E- journal, vol 14, Issue 14, sep 2021, E-ISSN **2582-726X** link, <http://www.samagragyan.com/issues/september-2021-25>
15. **“Changing Political Scenario and Role of Non State Organization for Social Justice”** IJRSET, E-ISSN :**2319-8753**, vol.10, issue.9 sep,2021, website, www.ijirest.com
16. **“Shiksha or Deendayal Upadhyay”** Swadesh Research Foundation a Monthly journal, Peer reviewed refereed journal impact factor 5.2 ISSN-2394-3580, sep 2022.
17. **“Women Education in India and Contribution of Savitri Bhai Phule’ IJSMS**, Peer Reviewed–Refereed Research Journal, Indexing & Impact Factor - 5.2, Ex - UGC S.N. 5351 ISSN : 2454 - 4655, Vol. - 9, No. – 2, March – 2023,
18. **‘Pandit Deendayal Upadhyay ka Ramrajy’** Swadeshi Research Foundation, Nov 2023, ISSN 2394-3580, vol 11 no.1, peer reviewed impact 5.2 Ex ugc SN.4990 (with Research Scholar)
19. **“Deendayal Upadhyay ke Antyoday Sankalpna ke Sandarbh me Vartman Bhartiya Janta Party Sarkar Kee Jankalyankari Yojnaon Ka Vivechnatmak Adhyayn”** Unnati International Journal, Dec. 2023, 4.8 open access (with Research Scholar)
- 20.
21. **“Aatam Nirbhar Bharat ke Liye Krishi Or Any Prakritik Sansadhnnon ka Yogdan”**, ShodhRityu, peer review, impact, 8.712, July-Sep 2023
22. **GANDHI KA AZAD BHART**, (DOIs:10.2018/SS/202405010) Shikshan Sanshodhan : Journal of Arts, Humanities and Social Sciences ISSN(o): 2581-624, Peer Reviewed, Refereed, Indexed Journal, MAY 2024, Factor: 6.831 , Volume - 7, Issue - 05,
23. **“Tribal Women’s Ancestral Property Right Struggle by Rattan Manjari in H.P”**, Anukriti (An International Peer Reviewed Refereed Research Journal) July 2024, peer reviewed, Impact Factor : 7.125, Vol.14, No.7
24. **Lahoul : A Peculiar Indo-Tibetan Cultural Confluence**, Shodh Drishti, peer reviewed, Jan 2025, impact 7.00.
25. **“PANDIT DEENDAYAL UPADHYAY KE VICHAR DARSHAN ME MAHILAON KA STHAN”**, IJFMR international journal for multidisciplinary research, Peer reviewed open access, march 2025, impact, 9.00

Book Chapters

26. Chapter **“Vaishvik Mahamari ke Dour me Sant Sahitya kee**

Prasangikta” Book Title “Vaishvikaran or Bhartiy Sahitye”, S.R.F. Publication, 2020, ISBN No. 978-93-88336-25-3, p.18

27. Chapter “**Atamnibher Bhart Per Pandit Deendayal Upadhyay ke Vichar**” Book Title, “Atamnirbher Bhart me Swadeshi evm Gram Swaraj” Hans Publication. 2021 ISBN.978-93-9118-24-2, p.102

28. Chapter “**Rashter Nirman Or Yuva Adarsh Swami Vivekanand**” Book Title, “Vivekanand, Gandhi or Ambedkar:ek Chintan” Sanjay Publisher, 2021, ISBN. 978-81-954008-7-4, p.173

29. Chapter “**Ganv Loute Majdoor Kaise Payenge Rozgar**” Book Title, “Pravasi Majdooron Kee Samasya Chunotiyan or Smadhan” Part-I, Anugya books Publisher, 2021, ISBN.978-93-89341-85-0, p.67.

30. Chapter, “**Hindi bhasha Shikshan ke Prati Deendayal Upadhyay ke Vichar**” “Hindi Shikshn me vividh koushl ka sanvrdhn, JTM Publication, new Delhi 110053, 978-93-92611-70-4 , 2022

31. Chapter, **Loktantar Kee Bhartiy Avdharna Deendayal Upadhyay** (pandit Deendayal Upadhyay Vichar Pushap)ISBN-978-81-966694-9-2, march 2024

32. “**Bhartiy Janmans or Samaj me Shree Ram ek Adarsh**” Samkaleen Prakashan .Ham Sab ke Ram-by Dr. Surender Sharma, 2024.

33. Bhartiy Bhasha Shiksha, sahity or Sanskriti kee samaj Vikas Me Bhumika- Vaishvik Pariodrishay Me, Pej 174, Shaikshik Ayam or Nai Shiksha Niti, editor Dr. Amit Kumar Dube and Dr Ajeet Kumar Bohat, Publication, Hindi Kendriy Vibhag, Tribhuvan Vishavvidhaly Kirtipur Kathmandu, Nepal.ISBN- 978-9937-9649-0-6, 2023

Seminars and Conferences attended

1. Paper presented in **Himachal State Museum** on dated 8-9 Sep2018, “**Lahoul Spiti A Peculier Indo- Tibetan Cultural Confluence**”.

2. Paper presented in **National Institute of Technology Hamirpur**, on dated, 14-15 july 2017, “**Women Empowerment Through Education and Social Coordination**”.

3. Presented paper in **Chaudhary Charan Singh PG college Etawah UP**, 4th sep 2022, national Conference, **Shiksha Or Deendayal Upadhyay**.

4. Presented paper in **Tribhuvan University Nepal**, International Conference, 3rd and 4th April, 2023, “**Bhartiy Bhasha Shiksha, sahity or Sanskriti kee Smaj Vikas me Bhumika**”.

5. Paper presented in **CUHP Dharamshala**, 29-30th march 2024, “**A Brief Overview of the History Of HP**”.

6. Presented paper in **CUHP**, “**Pandt Deendayal Upadhyay or Mahatma Gandhi ka Rajnitik Loktntr Ke Prati Drshtikon**” 18th 19th March 2024.

7. Presented Paper in **CUHP**, 09 to 11 june 2024, “**Vartman Sandarbh me Pandi Deendayal Upadhyay or Mahatma Gandhi Ke Vicharon Kee Prasangikta**”

8. Presented paper in **Kashmir Study Center CUHP**, 15-16 March 2024, “**Jammu Kashmir Ka Bharat me Vilay- Gilgit Baltisthan Ka Itihas**”.

9. Presented Paper in National Seminar in Saran College of Women Education Kangra HP “**Ahilyabai Holkar**” on dated 22nd march 2025.

Orientation and Refresher courses -

1. Attended Induction Programme in Govt College of Teacher Education Dharamshala, **22/07/2019 to 03/08/2019**.

2. Attended- 28 days orientaion program organized by UGCHRD, Guru Nanak Dev University, Amritsar, **2nd march to 29th march, 2021**

3. Attended 42nd orientation Programme in HRDC Punjabi University Patiala, **06.01.2020 to 25.01.2020**

4. Attended one Week workshop-cum FDP **15 TO 21 March 2023**, School of Commerce and Manangment Studies CUHP Dharamshala.

5. Attended Refresher Courses, UGC HRDC Patiala, **20.01.2022 to 03.02.2022**.

6. Participated one day “Training of Trainer (TOT) programme, 28th may NIIT Foundation and CUHP

7. Attended orientation and Sensitization NEP 2020 Programme, MMTTP Assam University Silchar and CUHP, **9 to 19 April 2025**.

AWARDS –

1. **Best Research Paper** Presentation Award on dated 1.08.2020 by Radiant Group of institutions MP.
2. **Shiksha Bhushan Samman** Tribhuvan University Kanthmandu and Ram Suhag College of Education Bihar Bodh Gya. 2023
3. **Virangna Rani Lakshmibai Samman**, Keshav Madhav Trust, march 2024
4. **Mata Savitribai Phule Samman** 5-09-2024, MSBFS/2024/001 Keshav Madhav Trust Bharat.
5. **Vishisht Kavy Gourv Puruskar**, Achary Acadmy Chuliyana Rohtak, on the occasion me Yoga Day 2024.

MEMBERSHIP

1. BOS Center For Deendayal Upadhyay Studies. 08.6.2023 to 07.06.2026.

2. Member School Board of Social Science CUHP.
3. Department Standing Committee member Sociology
4. Department Standing Committee member social work
5. Department Standing Committee member Plant Science
6. Department Standing Committee member Political Science
7. Department Standing Committee member Visual Art

Project - ICSSR Minor Project Completed as Co-PI titled “Integral Human Philosophy and Antyodaya as The Foundation Of A Fully Developed India In 2047: Theoretical and Empirical Study”

Certificate in Poetry Writing Competition -

1. 25 June 2023, “Jeth Mass Me Tapti Garmi”
2. 25 May 2023, “Anna Data BhagyaData”
3. June 2025, “Yog Divas Par 20 Dohe”

Prize - 2nd Prize in essay writing competition organized by Department Of Posts, Dharamshala, HP. Govt of Indian

Membership in Research -

1. Journal of (International Social Science And Management Association-10/11/2020 to 10/11/2021.) Member
2. Member International Social Science & Management Welfare Association. website- www.issmwa.com
3. Editorial Board Member In International Journal Of Advanced Multidisciplinary Research And Educational [Development.\(editorijamred@gmail.com\)](mailto:editorijamred@gmail.com)

Coordinator member in 7 days online international faculty development Programme, 18 to 24 Sep 2022.

In Conference Organizing Team -

1. 8th International Conference on Agriculture & Industry Development Government Rural Development Programme, 18-19 Feb 2024, online
2. International Conference on Women Empowerment organized by Vidyasagar College of Education and SSMWA Women Cell 8th 9th March 2025.
3. CUHP Department of Commerce and HPKV Business School 13 Feb, 2025.

Special Interview - 15th Sep 2024, Jansarokar Manch Tonk Youtube, online

Dr. Sunita

Asst. Prof. DeenDayal Upadhyay Studies Center

Dhauladhar Parisar II, Dharamshala HP