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Work Experience

- Currently working as an Assistant Professor of Management Department of Business Studies (Punjabi University Guru Kashi Campus), Talwandi Sabo, Punjab (India) from 30-08-2012 to till date.
- Worked as Public Relation Officer and Head of the Management Department at Kings Group of colleges at Barnala from 01-07-2011 to 31-07-2012.
- Worked as a Lecturer of Applied Sciences and Management Department at G.G.S.C.E.T Talwandi Sabo from 06-04-10 to 24-06-2011.

Education Details

Exam Passed	Board/University	Year of Passing
Phd (Management)	IKG PUNJAB TECHNICAL UNIVERSITY JALANDHAR	2021
MBA(HR)	PUNJABI UNIVERSITY PATIALA	2010
MA(Eng.)	PANJAB UNIVERSITY CHANDIGARH	2008
BA	PANJAB UNIVERSITY CHANDIGARH	2006
Sr.Sec	P.S.E.B	2002
MATRIC	P.S.E.B	1999

Workshop/ Seminars Attended

1. AICTE & ISTE approved Five Days Online Faculty Development Program on “Enhancing Research Capabilities” organized by Society of Material and Mechanical Engineers (SOMME) from 1-5 June, 2020
2. Seven days Online Faculty Development Program on “Partial Least Square Structural Equational Modelling Using Smart PLS 7G* Software” supported by Amity University, Gwalior and TUHH, University of Hamburg, Germany from 10-16 May, 2020.
3. Five Days National E-Workshop on Research Methodology organized by University Business School of Maharaja Ranjit Singh Technical University, Bathinda from 4-8 May, 2020.
4. Three days Workshop on Advanced Statistical Tools & Methods organized by University School of Business Studies at Punjabi University Campus, Talwandi Sabo from 25-27 December 2019.
5. Seven Days Workshop on Advanced Statistical Tools & Methods organized by School of Management Studies at Punjabi University, Patiala from 13-19 November 2019.
6. Seven days Faculty Development Programme on ‘Art of Writing Research Paper and Advance Data Analysis Techniques’ organized by Doctoral Research centre at Chitkara University, Punjab from 2-8 July 2018.
7. Five Days Workshop on “Research Software and Analysis, WORSAs-2017 (18-22 December 2017)” at University Centre for Research & Development, Chandigarh University.
8. Two days National Workshop on “Innovations in Sciences” organized by Science and Environment club and Applied Science & humanities Section, Yadindra College of Engineering, Talwandi Sabo from October 7-8, 2015.
9. Two Days National Workshop on “Research Methodology, Statistical Analysis and Stress Management” at Panjab University Campus from November 30th – 31st 2014.

Publications/ Research Papers

1. Covid 19 and over the Top (OTT) platform, Insight from Literature presented in International Conference on Management, Entrepreneurship and Social Sciences (ICMESS-2023) at MRSPTU Bathinda on 16-17 March 2023.
2. Examining the mediation impact of health condition among the relationship of job stress and family Behaviour presented in Shaping the Future of Management Education for Sustainable Emerging Economies International Conference (SFME 2022) on 22 November, at IIT Roorkee.
3. The effect of gender and marital status on job stress: An exploratory study of power plant employees, the international conference on resilience for sustainability: revisiting management practices and strategizing for the future 2021, The North Cap University, Gurugram, March 26th, 2021.
4. The impact of coping strategies of job stress on marital status and gender among employees of Punjab State Power Corporation Limited, International Journal of Environment, Workplace and Employment (IJEWE), (Inderscience Publication), Vol.6, Nos.1/2. February 2021, pp 104-117, ISSN: 1741-8445, Scopus, Impact factor 1.04.
5. A bibliometric analysis on job stress using visualizing network, Journal of Content, Community and Communication, Vol.12, Year 6, December -2020, pp 21-29, ISSN-2456- 9011, Scopus, Impact factor 0.73.
6. Mediation impact of health conditions among the relationship of job stress and family behavior, International Conference on Computational Techniques and Intelligent Machines, November 26-28, 2020

7. Paper “Job stress and its impact on health of employees: a study among officers and supervisors” published in Journal of Management Development (Emerald Publications), Vol. 39 No. 2, 2020 pp. 125-144 ISSN: 0262-1711, ABDC, Scopu, Impact factor:2.37,
8. “Identification of sources of job stress: a study among officers and supervisors” Published in International Journal of Indian Culture and Business Management (Inderscience Publication), Vol. 19, No. 2, 2019 ISSN: 1753-0814, ESCI, ABDC, Impact factor 0.03
9. “Coping Strategies of Job Stress among Employees of PSPCL and PSTCL” presented in 7th PAN IIM World Management Conference organized by Indian Institute of Management Rohtak held on 12-14 December, 2019.
10. “Impact of Gender and Marital Status on managing job stress among Employees of PSPCL” presented in the conference organized by Department of Management, IMS Ghaziabad University Courses Campus held on November 9, 2019.
11. “Ethical Practices in Human Resource Management” in Contemporary Issues in Management for Sustainable Development at University School of Business Studies (Punjabi University Guru Kashi Campus, Talwandi Sabo) on 18th February,2015, ISBN: 978-93-85447-64-8.
12. “Women Entrepreneurship in India: Issue and Challenges” published in ICSSR-NWRC sponsored National Seminar organized by Sri Guru Gobind Singh College, Chandigarh, 2014. ISBN: 978-81-89463-68-7.
13. “A Pathway of Profession to Success for Every Organization- “Training & Development” presented in International Research Conference on Innovative Strategies in Commerce, Management, Engineering, Technology & Social Sciences at Shree Damodar College Complex, Margao, Goa on 10th -11th June, 2013, and ISSN: 2277-9302.
14. “Performance Appraisal” presented in Business, Finance, Marketing & Industrial Management for Sustainable Development presented at organized by Krishi Sanskriti at Jawaharlal Nehru University, Delhi on 25th-26th May,2013 and published in Global Journal of Finance and Management, Volume5, Number 4, 2013 pp 54-57.
15. “Work Life Balance” presented in 3rd National Conference on Trends & Issues in Product & Brand Management presented at Baba Farid College of Management & Technology, Bathinda on 20th -21st March, 2013, ISBN:978-93-5104-993-7.

Achievements

Best Paper Award for Paper “Impact of Gender and Marital Status on managing job stress among Employees of PSPCL” presented in the conference organized by Department of Management, IMS Ghaziabad University Courses Campus held on November 9, 2019.

Membership

Editorial Board member in “Journal of Human Resource Management (JHRM) ISSN Print: 2331-0707, ISSN Online: 2331-0715

Research Interest

Job stress, Psychology, Human Resource Management, PLS-SEM and EFA