

1. Name: Dr Poonam , 2. Designation: Professor ,Subject :History

4. Academic Qualifications: M.A., M.Phil, Ph.D. B.Ed.

5. Areas of interest/Specialization: Ancient India

6. Date of Birth: 04/02 /1983

7. Date of Joining: 04/06/2010

8. Experience: 15 years 1 months

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12. Areas of research: Ancient India

13. Digital Profile, if any (Research Gate, LinkedIn, SSRN, Twitter, YouTube etc):

14. Fellowships & Awards:

S.No.	Name of Fellowships/Awards	Awarding Agency	Whether International/National/ State/Regional	Honorarium of Award ,if any
01	J.R.F.	U.G.C.	National	-

15. Membership of Professional Bodies

S.No.	Name of the Professional Body	Type of membership	Membership no.
01	Itihas Sanklan	Membership	-

16. Research Papers published:-

S. No	Title of the paper published (with Page no.)	Research Journal (with Vol.no.)	Year	ISSN	Whether peer reviewed ,UGC listed, Impact Factor if any	Digital Link, if any
1	A Critical Analysis of Manusmriti	Journal Global Values	2025	0976-9447		
2	Shad Darshan And Scientific Thought: Ancient Indian Philosophy	Journal Global Values	2025	0976-9447		
3	Social Economic And Legal Position Of Peasant in Sharanpur Meerut Mandal	International Journal of Innovative Research In Technology	2025	2349-6002		



4	Dr Bheem rav Ambedkar ka Dharmantaran or Dalit Uthan mai Yogdan (60-63)	Akshara Multidisciplinary Research Journal (18)	2025	2582-5429	-	
5	Intellectual and Scientific Awareness in the Gupta Era : A Historical Review of the Golden Age 285-291	Research Review International Journals (10)	2025	2455-3085		
6	Yoga: As an Alternative for Better Health 153-155	Yoga: As an Alternative for Better Health 153-155	2025	2346-7637		
7	Environmental Consciousness in Hindu Tradition – A Cultural and Philosophical Perspective 115-117	RESEARCH HUB International Multidisciplinary Research Journal 12	2025	2349-7637		
8	Environmental Consciousness in Hindu Tradition – A Cultural and Philosophical Perspective 115-117	RESEARCH HUB International Multidisciplinary Research Journal 12	2025	2349-7637		
9	Barrister Yusuf Imam: A Forgotten Pillar of Indian Nationalism(108-110)	RESEARCH HUB International Multidisciplinary Research Journal 12	2025	2349-7637		
10	Azizan Bai's Contribution to the Freedom Struggle: With Special Reference to Kanpur 225-229	RESEARCH REVIEW International Journal of Multidisciplinary 10	2025	2455-3085		
11	Buddhist Philosophy and Its Relevance in the Present Times (102-105)	RESEARCH HUB International Multidisciplinary Research Journal 12	2025	2349-7637		
12	From Ambedkar's Perspective: Buddhism(89-94)	RESEARCH HUB International Multidisciplinary Research Journal 12	2025	2349-7637		

13	Unsung Freedom Fighters of the Delhi Region (100-104)	RESEARCH HUB International Multidisciplinary Research Journal 12	2025	2346-7637		
14	The contribution of Vijay Singh Pathik in Gandhi Ji's national movement(303-307)	RESEARCH REVIEW International Journal of Multidisciplinary-10	2025	2455-3085		
15	Mathura Kala :Ek Sankritik Pratimurti(164-167)	Anhadlok	2024	2349-137x	U.G.C.	
16	Narad Smiriti Mai Varnit Dayabhag(79-85)	Purvadeva	2024	0974-1100	U.G.C.	
17	Swatantrata Sangharsha Mai Delhi Ke Bhumika (181-183)	Vedanjali (volume-4)	2023	2349-364x	Peer-Reviewed& Referred 7.109	
18	Bhartiye Sanskriti Ka Alokic Prateek 'swastik'(64-66)	Vedanjali (volume-4)	2023	2349-364x	Peer-Reviewed& Referred 7.109	
19	Dayabhaga And Inheritance In Reference Of Dharamasastra(210-216)	International Research Journal of Humanities	2023	9809(0)2348-9359(p)	U.G.C. 7.8012	
20	Sidhautam Ke Gautam Ke Gautam Se Baudhisatav Budha Banane Ke Yatra (93-99)	Shodha Disha	2022	0975-735x	U.G.C.	
21	Prachin Kal Mai Mahilao Ke Sthithi:Ek Etihasic Adhayan (80-83)	B.Aadhar	2022	2278-9308	Peer-Reviewed& Referred Indexed 8.575	
22	Smartiyo Mai Varnit Nyayik Prasasan Ke Abdharana(3662-3664)	Drastikon	2021	0975-11x	U.G.C.,5.051	
23	Dr Rammanohar Lohiya Ka Samajik Chintan (3972-3975)	Drastikon	2021	0975-11x	U.G.C.,5.051	
24	Baba Saheb Ambedkar Aur Bharat Ka Vibhajan(2191-2194)	Drastikon	2020	0975-11x	U.G.C.,5.051	
25	Vaishvikaran Ke Paridarshay Mai Gandhi Ji Ke Vicharo Ke Prasingta(2236-2237)	Drastikon	2020	0975-11x	U.G.C.,5.051	
26	Bisvi Sadi Ke Manu Evam Savidhan Nirmata ke Rup mai Dr Ambedkar Ke Bhumika (2401-2403)	Drastikon	2020	0975-11x	U.G.C.,5.051	
27	Nashe Mai Dubta Bachapan (22-24)	Shodha Gyanantika	2015	2277-582x	-	
28	Jal Pradushan Ek Badi Chunoti(60-62)	Shodha Gyanantika	2015	2277-582x	-	
29	Samajik Upeksha Ka Shikar Tejab Pedit Mahilayea (85-86)	Medha	2015	2249-0884	-	

30	Jain Sahitaye Mai Hastinapur(1-4)	Shodha Gyanantika	2014	ॠ 2277-582x	-	
31	Adivasiyo Mai Vikas Ke Samasaya	Shodha Gyanantika	2014	2277-582x	-	
32	Grameen Esthaniye Swashasashan: Dalit Evam Alapsankhayak Mahila Drastikon Ka ek Adhayan(120-124)	Muha	2013	0973-5577	-	
33	Bharat mai Manavadhikar :Pran evam Dehik Swatantrata(p-95-101)	Suraksha Paridrishya	2012	0976-8033	Refereed	-

17. Articles in Books/ Conference Proceedings Published:

S.No	Title of the Article published with page no.	Title of the Book/Conference Proceedings	Year	ISBN	Detail of the Publisher	Published by International/national /Local Publishers	Digital Link (if any)
1	BHARAT ME MUGHALKAL KE DAUR ME CHITRAKALA KA VIKAS	BHARATIYA KALA KI VIBHINN TAKNIK EVAM PRAVRITTIYAN	2025	978-81-923100-8-4	VISUAL ART DRAWING EVAM PAINTING VIBHAG	National	
2	PROFESSIONAL INEQUALITY OF WOMEN IN INDIA : A DETAILED ANALYSIS	DIFFERENT FACES OF GENDER INEQUALITY IN INDIA	2025	978-93-90115-77-8	ANU BOOKS	National	
3	AUPNIVESHIKAL ME BHARTIYA CHITRAKALA PAR EUROPIYA PRABHAV	BHARATIYA KALA KI VIBHINN TAKNIK EVAM PRAVRITTIYAN	2025	978-81-923100-8-4	VISUAL ART DRAWING EVAM PAINTING VIBHAG	National	
4	KUSHAN KALAME PAGADI KA PRATINIDHITVA	BHARATIYA KALA KI VIBHINN TAKNIK EVAM PRAVRITTIYAN	2025	978-81-923100-8-4	VISUAL ART DRAWING EVAM PAINTING VIBHAG	National	
5	Sanskritik Paryatan Evam Adhunik Yuva	Adhunik Sanskriti Evam Yuva	2025	978-93-6275-035-8	NALANDA PRAKASHAN	National	
6	Vedo Mai Yog Ke Aadharana	Full Paper in Conference Proceedings/Other	2024		ANAN PUBLISHING HOUSE	National	

				978-81-975026-99			
7	Dr Ram Manohar Lohiya Ka Samajik Chintan	Bhartiye Rajnitik Chintan Ke Parampara	2023	978-93-910118-53-5	Nalanadaa Prakashan New Delhi	National	-
8	Jammu Kashmir Ka Purna Ekikaran Evam Padoshi Desho Se Sambandha	Dakshin Asia Mai Rajnitik Sthirta Evam Vikas Mai Bharat Ke Bhumika	2021	978-81-945976-0-5	Nalanada Prakashan New Delhi	National	
9	Veer Savarkar : Vyaktitv Aur Krititav Ek Vishleshan	Krantikari Andolan Mai Veer Sawarkar Ke Bhumika	2021	978-81-959514-1-4	Nalanada Prakashan New Delhi		
10	Prachin Bharat Se Lekar Ab Tak Bhartiye Kisano Ke Sthithi	Kisano Ke Atamhataya Se Sulagata Bharat	2020	978-93-88526-34-0	Prashant Publishing House ,Delhi,	National	
11	Muslim Mahila Shiksha aur Sanskrit Bandhaye-Teen Talak ek Samajik evam Rajnitik Vimarsha	Teen Tlaak :Ek Samajik Evam Rajanitik Vimarsha	2018	987-93-80565-5-9-5	Balajee Ofset,Delhi. Dr Nishu	Naional	
12	Mahila Shoshan Ke Itihas mai Dharma Ke Bhumika	Mahila Sashaktikaran Aur Suraksha Vishayak Chunotiya	2018	978-81-933178-0-8	Prashant Publishing House ,Delhi,	National	
13	The Rise and Growth of Communalism in India	Dynamic Of The State And Society In India	2017	978-93-80565-63-7	Prashant Publishing House ,Delhi,	National	
14	The State Of Democratic		2017	978-81-933178-0-8	Ananya Enterprises	National	

	Governance in India	Contemporary Governance In India					
15	Prakriti Ka Badlata Swaroop	Conservation Of Environment Challenge & Remedies	2016	978-93-81778-37-1	Associated Publishing Sanjay Place	National	
16	Mahila Sashaktikaran Ka Sacha:Gharalu Hinsha Ke Sandarbha Mai	Women In Indian Society”As A Goddess Or An Exploited”	2015	978-81-930947-0-9	SRDC ,Memorial Shiksha Shodha Sansathan	Natinal	
17	Sahitya evam Dharmik Drishti Se Vedo Ke Prasangikta Evam Mahatav	Society Culture And Literature	2013	978-93-81778-24-1	Associated Publishing House, Sanjay Place	National	

18. Books Published

S.No	Title	Name of the Editor & Publisher	Whether Regional/ State/ National/ International	ISBN No.	Whether main/ Co-author	No. of Authors
01	PRACHEEN BHARAT ME RAJYA NIRMAN	A R Publishing Co. Delhi	National	976-81-932411-8-9	MAIN	04
02	ADHUNIK BHARAT ME RAJYA NIRMAN	A R Publishing Co. Delhi	National	976-81-932411-0-3	Co-author	04
03	AADIVASI SAMAJ AUR SHIKSHA	A R Publishing Co. Delhi	National	97-16-54-35-13	Co-author	02
04	MADHYAKALEEN BHARAT ME RAJYA NIRMAN	A R Publishing Co Delhi	National	976-81-932411-9-6	Co-author	04
05	COMMUNALISM IN INDIA- PROBLEM AND CHALLENGES	Nisha Publicaation	National	978-93-85621-03-3	Main Author	01

19. Ph. D Supervised :

S.No:	Name of the student with Regd. No.	University Registered	Topic	Type of Supervision	Enrolled Date & Year	Submitted Date & Year	Awarded Date & Year
1	Tripuresh Tripathi	2/A/21170055/08	Bhartiy Swatantrata Andolan mai Kanpur Janpad Ki Bhumika		18/1/2022	-	-

2	Pooja Dixit	2/B/21170042/14089	Mathura Kala mai Nirupit Vastra Aabhusan Saj Saja		18/01/2022	-	-
3	Pintu Kumar	2/B/21170041/14087	Bhartiya Rastiye Anndolan Mai Mirjapur Ki Bhumika		18/01/2022	-	-
4	Ankit Kumar	2/B/21170026/14101	Delhi Parichhetra ki Pramukha Khatanasthalo Ka varnan		18/01/2022	-	-
5	Mr Kuldeep Panwar	2/A/25170014/0980	Meerut Mandal mai Kisano Ka Samajic Sanskrit Addayan		02/04/2026	-	-

20. Research Projects:

S.No.	Title	Type	Funding Agency	Amount	Time-Period
1	Yuvao Ke Vyavahar evam Samajik Jeevan Per Social Media Ka Prabhav	Major	ICSSR	Rs/5,00,000	Two Years 2016-2018
2	Bhartiye Rajniti Aur Sampradayik Dange: Mujjafar Nagar evam Godhara ke Vishesh Sandarbh Mai	Major	ICSSR	Rs/14,00,000	Two years 2014-2016

21. Faculty Enrichment Programme Attended:

S.No	Detail of the FDP/FEP	Date(s) of the event	Organizer & Sponsor	International/National/ State/ University
1	F.D.P.- NEP-2020 ORIENTATION & SENSITIZATION PROGRAMME	06/05/2025-16/05/2025	Sri Guru Tegh Bahadur Khalasa College, University of Delhi	National

2	F.D.P.-MOOCS AND E-CONTENT DEVELOPMENT.	29/04/2023-5/05/2023	PMMMNTT Guru Angad Dev And Raghunath Girls' Post Graduate College Meerut	National
3	F.D.P-New Trend In Research Methodology	11/02/2023-17/02/2023	RaghunathGirls'Post Graduate College Meerut	National
4	Academic Research Writing	13/11/2021-19/11/2021	Pandit Madan Mohan Malaviya Teaching Learning Center ,Ramanujan College University of Delhi.	National
5	Refresher Course on Human Rights	8/9/2021-21/9/2021	U.G.C., Aligarh Muslim University	National
6	Data Analysis Using Excel	20/07/2021-24/07/2021	E&ICT Academy ,IIT Kanpur	National
7	Managing Online Classes and Co-Creating MOOCS:2.0	18/05/2020-3/06/2020	M.H.R.D. Ramanujan College University Of Delhi	National
8	Learning Management System -MOODULE.	8/06/2020-14/06/2020	Spoken Tutorial Ministry of Human Resource Development Government Of India ,St. John's Agra	National
9	F.D.P.-Research Methodology &Environment Sustainable Development	27/12/2019-2/01/2020	RUSA Meerut College Meerut	National
10	FDP-Nation Building	18/12/2018-24/12/2018	U.G.C .CPDHE Delhi	National
11	Refresher-Courseon History	9/10/2018-30/10/2018	U.G.C. CPDHE Delhi	National
12	Orientation-N.S.S. Training	28/02/2016-5/03/2016	The Ministry Of Youth Affairs & Sports Government Of India	National
13	Refresher-Human Rights	10/09/2014-30/09/2014	U.G.C. Aligarh Muslim University Aligarh	National
14	Orientation	29/08/2011-24/09/2011	U.G.C. Academic Staff College Shimla	National

23. Journal /Book Edited:

S.No.	Name of the Journal/ Book edited	Month and Year	Role	Digital Link (if any)
1	Anavil	2017	Editor	-
2	Anavil	2016	Editor	-

24. Invited lectures/ Resource person/ Paper Presented in Conferences/ Seminar/ Workshops:

S. No	Title of the Invited Lecture/ paper presented	Detail of the Conference/ Seminar(including organizer & Sponsor)	Date(s) of the event	Venue of the event	International/National/ State/ University	Role
1	AADHUNIK NHARATIYA YUVA AUR SANSKRITIK VIRASAT SE DURIYAN	Harsha Vidhya P.G.College ,ICSSR	26-10-2024	Hindi Deptt.Of Raisi	National	
2	Invited lecture on buddha purnima	Harsha Vidhya P.G.College	13-05-2025	History Deptt.Of Raisi	-	
3	Adhunik Bhartiye Yuva	Harsha Vidhya P.G.College ,ICSSR	25-10-2024	Hindi Deptt.Of Raisi	National	
4	Invited Lecture on World Tourism Day	Harsha Vidhya P.G.College	27-09-2024	History Deptt.Of Raisi	-	
5	Mughalkaleen Chitrakala :Itihas Evam Visheshtaye	Dept Of Drawing& Painting, R.G.P.G.,U.P.State Higher Education Council ,	21 st -22 nd March ,2024	Dept Of Drawing& Painting, R.G.P.G.Meerut	National	
6	Vedo Mai Varnit Yog Ke Avadharana	Dept Of Physical Education &Sports, R.G.P.G, State Higher Education Council ,	19 th 20 th March ,2024	Dept Of Physical Education & Sports, R.G.P.G.Meerut	National	
7	Partition Of India	Deptt.Of English ,HarshVidhya Mandir (P.G.) College, Raisi,ICSSR	23-24 December ,2022	Deptt.Of English ,HarshVidhya Mandir (P.G.) College, Haridwar.	National	
8	Indexation Programme ke vibhan Ayam	IQAC	21/12/2022-22/12/2022	Raghunath Girls Post Graduate College	National	
9	Uttarakhand Rajaye Mai Prayavarniye Samasaya	USERC	3/12/2022	Harsha Vidya Mandir	National	

10	1857 Ke Kranti Mai Rav Kadam Singh Gurjar Ke Bhumika	Sahitiyak Sanskrit Parisad	23/03/2022-24/03/2022	Department Of History C.C.S.University Meerut.	National	
11	Prachin Bharat Mai Samajik Evam Dharmik Paripekshaya Mai Nari Ke Bhumika	ICHR	23/3/2021-24/3/2021	Department Of History C.C.S.University Meerut.	National	
12	Gandhi Thought on Non Violence	Agra College U.P. Government.	16/02/2020 17/02/2020	History Dept. Agra College Agra	National	
13	Sleeper Cell ka Vistar aur Atankvad : Ek Avlokkan	Political Science Of St. John's College, European Union	7 th December,2019. Agra.UP	Political Science Of St. John's College,	International	
14	Bhartiya Swatantrata Sangram Main Neta Ji Ka Yogdan	Department of History, Agra University, I.C.H.R.	27-28 November 2018, Agra, UP	Department of History ,Agra University,	National	
15	Muslim Mahilao Ke Shiksha Ke Samaksha Sanskrit Bandhaye	Department of Political Science I.C.S.S.R.	30 March, 2018, Laundhora, Uttarakhand	Department of Political Science,	National	
16	Kashmir Main Badta Aatankbad Aur Kashmiri Pandito ke Punarsthapana ke Sambhavana Aur Chunotiya	Department of Political Science, I.C.S.S.R.	14 th -15 th October 2017, Laundhora. Uttarakhand	Department of Political Science,	National	
17	Kotiliye ke Rajnitic Vicharo Ke Prasingikta	Department of Political Science, C.C.S. University, Campus. IPSA	12 th -13 th August, 2017 Meerut, UP	Department of Political Science, C.C.S.University,Campus.	National	
18	Jan Sahbhagita Aur Social Media	Digamber Jain College. I.C.S.S.R.	30 th 31 th August, 2017, Bagpat,U.P	Digamber Jain College.Barut	National	
19	Dalit Uthan Main Ambedkar Ke Bhumika	Mayawati Government Post Graduate College, Badlpur, Dr Ambedkar Study Center	27 th February 2016, Gautam Budha Nagar, U. P	Mayawati Government Post Graduate College,	National	
20	Mahila Utpeedan Evam Bhartiya Samaj	Department Of Psychology,I.C. S.S.R.	1 st -2 nd November 2015, Bagpat .U.P	Department Of Psychology.	National	

21	Bhartiya Mahliya Evam Manvadhikar	Department Of Political Science,U.G.C	26 th 27 th August,2015,Hapur,UP	Department Of Political Science	National	
22	Prakrti Ka Badalta Swarup	Department Of Psychology,Home Science.Higher Education Govt.of Uttar Pradesh	14 th 15 th March,2015.Agra, UP	Department Of Psychology, Home Science. Higher Education	National	
23	Mahila Shakti Ka Such	B.D.K.College Agra, Teacher Association	18 th 19 th October,2014, Agra, UP	B.D.K.College Agra,	National	
24	Samajik Nyaya Evam Mahilao ke Liye Saranachhanatama k Vibhed ke Avadharana	Department of History,Economics,Higher Education U.P. Govt.	12 th 13 th March ,	Department of History, Economics, Mihir Bhoj College Dadri, U.P.	National	
25	Vedo Ka Dharmik Evam Sahitiyak Mahatava	B.D.K.P.G. College, U.P.Govt.	28 th February,2013, Agra, UP	B.D.K.P.G. College,	National	
26	Problem Related to Teacher Education	B..D.K.P.G. College,Teacher Association.	15 th 16 th December, Agra, UP	B..D.K.P.G. College, Agra	National	
27	Problem Related to Teacher Education	Department of History, Agra College Agra, Department of higher Education, U. P. Government	23-24 February 2013, Agra, UP	Department of History, Agra College Agra,	National	
28	Pracheen kaal se lekar ab takzstriyon ki dasa ka badalta swaroop	Dept of Sanskrit,Aligarh, UGC	01-03 March 201, Aligarh Dept of Sanskrit,	Dept. of Sanskriti ,Aligarh,	National	
29	Sampradayikta se sulagta Bharat	Dept of Poltical Science, CCS Univrsty, Meerut, UP	30-31 March, 2012, Meerut, UP	Dept. of Political Science, CCS University, Meerut, UP	National	
30	Empowrment of Women in India	Dept of History/Poltical Science, M B college, Dadri, U.P, UGC	19-21 Februry 2012, Dadri, G B Nagar,UP	Dept. of History/Political Science, M B college, Dadri, U.P.	National	

31	Role of Subhash Chandra Bose in freedom movement	Dept Of History, CCS Universty, Meerut, UGC	23 January 2011, Meerut, UP	Dept.. Of History, CCS University, Meerut,	National	
32	Gandhivadi Pripekshya Main Aarthik Vaishvvikaran Ka Yug	Dept Of History, CCS Univerty, Meerut, UGC	31 st October 2011, Meerut, UP	Dept. Of History, CCS University, Meerut,	National	
33	Poltitics of Alienation and Secessionism in North-Eastern India	Dept Of Poltical Science, CCS Univerty, Meerut, UGC	9-10 april 2011, Meerut, UP	Dept. Of Political Science, CCS University, Meerut,	National	
34	Problem of Communicability in English in Rural Colleges	Dept Of Eglish, Hathras, UGC	13-14 Novembe, 2010, Hathras,UP	Dept Of English, Hathras,	National	
35	Gandhiji Aur Unka Mulmantra: Ahinsha ki Prasangikta	B D Jain College, Agra, UGC	19 October 2010, Agra, UP	B D Jain College, Agra,	National	
36	Ahinsha ke Preneta Ke Roop Main Gandhiji ka Yogdan	Dept Of History, CCS Univerty, Meerut, UGC	2 nd October 2010, Meerut, UP	Dept Of History, CCS Univerty, Meerut,	National	

25. Administrative Experience:- 15 Years

26. Future plans: To Conduct A National Seminar