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Educational Qualifications

- Doctor of Philosophy (Ph.D) - Mizoram University, 2014.
- Master of Social Work (MSW) - Mizoram University, 2004.
- UGC-NET -
- Bachelor of Home Science - North Eastern Hill University (NEHU), 2002.

Research Interest

- Women and Development
- Family and Child Welfare

Organisational Experience:

- Team member - Integrated Wasteland Development Project (IWDP), Department of Agriculture, Government of Mizoram.
- Programme coordinator - Agapia Social Centre, Aizawl, Mizoram
- Social Worker (Legal Adoption) –Mizo Hmeichhe Insuihkhawm Pawl

Administrative Experience:

- Field work Coordinator, MSW

- MSW, MPhil & PhD Admission Coordinator, Mizoram University
- Head in charge, Department of social work, Mizoram University.
- Member, Board of Professional studies in Social Work Department, Mizoram University.
- Member, Board of Studies in the department of Psychology, Public Administration, Political science Mizoram University.
- Member, Board of studies in School of Social Sciences, Mizoram University.
- Convergence Team member of State Mentoring Group on Community Monitoring for Community Action for Health, Mizoram.
- Member, Mizoram University Human Ethics Committee (MZUHEC).
- Member, Central Committee on Residence, Mizoram University.
- Member, Students' Welfare Committee, Mizoram university
- Member, University Disciplinary Council, Mizoram University
- Member, Hostel Admission Committee, Mizoram University
- Warden, Dingdi Women Hall of Residence, Mizoram University.
- Member, Anti ragging Squad, Mizoram University.
- Deputy Dean Students Welfare, Mizoram University
- Member, Steering committee for 3rd Cycle NAAC Accreditation, MZU
- Member, Mizoram University COVID-19 Action Committee (MZUCAC)
- Editorial board member Mizoram University Journal of Humanities and Social Sciences (MZUJHSS)

Professional Membership:

- Life Membership – Indian Association for Social Sciences and Health (IASSH).
- Life membership- Mizoram Professional Social Worker Association (MPSWA)

Details of Professional Trainings Attended:

1. Participated in One week training on Research Methodology in Social Sciences organised by Department of Social work, Mizoram University, 2007.
2. UGC sponsored Orientation Programme organised by Human Resource Development Centre (HRDC), Mizoram University, 2009.
3. Participated in Short term course on Disaster Management organised by Human Resource Development Centre (HRDC, Mizoram University, 2011.
4. Attended UGC Sponsored Refresher course in Behavioral Sciences organised by Human Resource Development Centre (HRDC, Mizoram University, 2012.
5. Attended UGC sponsored One week workshop on Applied Statistics organised by Human Resource Development Centre (HRDC), Mizoram University, 2012.
6. Attended UGC sponsored One week workshop on Data Analysis through SPSS organised by Human Resource Development Centre (HRDC), Mizoram University, 2012.
7. Attended UGC Refresher course on Women Studies organised by Human Resource Development Centre (HRDC), Mizoram University, 2016.
8. Attended Five-Day Online Faculty Development Programme (e-FDP) organised by the Department of Social Work, Rajiv Gandhi University, Arunachal Pradesh, 2020.
9. Attended Multi-Disciplinary Online Refresher Course on Research Methodology on, 2020

Research Guidance:

- PhD – 05: Awarded -01
- Mphil - 10: Awarded -09

Seminar/Symposia/Workshop organised/Coordinated:

1. State coordinator of the Evaluation of ‘Implementation of Adolescent Reproductive and Sexual Health (ARSH) Scheme, Mizoram ‘sponsored by the Ministry of Health and Family Welfare, G.o.I, 2012.
2. State coordinator of Evaluation of GFATM funded IMCP-II, Mizoram sponsored by Ministry of Health and Family Welfare, G.o.I, 2014.
3. Coordinated the national study on Management Devolution Index (MDI) of Ministry of Drinking water & Sanitation, G.o.I conducted by Development Oriented Operations Research & Surveys (DOORS), Noida, India, 2016.
4. Coordinated the national seminar on “Protection of Human Rights and Assuring The Unity and Integrity of The Nation”, organised by the National Human Rights Commission, New Delhi, in collaboration with Mizoram University, 2016.
5. Co-ordinated the national seminar on ‘Training of Trainers (ToT) on Environment and Sustainable Development for NSS programme Officers in North East India’ jointly organized by Rajiv Gandhi National Institute of Youth Development (RGNIYD) and Department of Social Work, Mizoram University, 2017.
6. Organizing member of the national seminar on ‘Gender Equality and Sustainable Development with special reference to North east India’ organised by UGC-Women’s Studies Centre, Mizoram University, 2017.
7. Organizing member of the national seminar on Social Work and Rural Development in North East India (NSSWRDNEI) organized by the Department of Social Work, Mizoram University, 2018.

National Projects Completed:

1. Team member of Mapping on Tobacco Use Prevalence among Adolescents in Mizoram, State Biotech Hub Project, New Delhi, 2015.
2. Co-PI of Evaluation of Solid Waste Management in Aizawl Municipal Area, 2018-20.
3. Co-PI of the study on IMR/MMR (Infant Mortality Rate and Maternal Morbidity Rate), Mizoram funded by the Directorate of Health and Family Welfare Services, Govt. of Mizoram, 2017-20.

Selected publications:**• Book/Book Chapters:**

1. Tobacco Use and Women’s Health in Mizoram: Development in North East India: Problems and Prospects. Development of North East India: Multidimensional Perspective, Volume-1, *Edited by:Dr. R. P. Vadhera 2013, Pg.192-201. ISBN: 978-93-82816-20-1*

2. Migration and Children in Mizoram. Socio-Economic Development and Governance in North Eastern Region Of India *published by Head, Department of Political Science, Mizoram University March 2014 ,pg.272-283. ISBN 798-81-929431-2-1*
3. Psychosocial Dimensions of Tobacco Use among Women in North East India. *LAP LAMBERT Academic publishing Germany May 2015, 148 pages. ISBN 978-3-659-50584-3*
4. Male Participation on Women Reproductive Health. International Conference on Public Health, 2016, *KrishiSanskriti Publication, New Delhi January 2016. ISBN: 978-93-85822-10-0*
5. Relevance of Media Interventions in the Prevention of Tobacco Use in Mizoram. Media and the Margins.*Edited by Dr. V.Ratnamala Pencil publication, Chennai, 2018 pg.117 -150.ISBN:986-93-87434-10-3*
6. Reflections of Indigenous Knowledge on Health in Mizo Society. IndigeneityExpression and Experience. *Edited by Dr.Cherrie L. Chhangte& Dr. Kristina Z. Zama. Mittal Publications, New Delhi. 2019, pp. 81-98. ISBN: 81-8324-936-1.*
7. Work-Family Balance of Working Women Mizoram. Dynamics of Sustainable Business Management: Perspectives and Strategies *Edited by Prof. L.S. Sharma. Mittal Publications, New Delhi (India) 2020 pp. 243-260. ISBN: 978-81-947123-3-6*
8. Feminization of Domestic Work: Vulnerability Perspective. Compendium of Women and Development in Northeast India. *Edited by Dr. Rajkumar Giridhari Singh. DM Publisher and Distributors, New Delhi 2020. ISBN: 978-81-941839-3-8*
9. Social support of Adolescents Living with Single Parents. Compendium of Women and Development in Northeast India. *Edited by Dr.Rajkumar Giridhari Singh. DM Publisher and Distributors, New Delhi 2020. ISBN: 978-81-941839-3-8*
10. Public Health in Mizoram, *Mittal publications, New Delhi, 2021.ISBN:978-81-949360-4-6*
11. Women in Healthcare Sector, Mizoram: Work-Family Balance. Multifaceted Dimension of Women (A study of Northeast India. *Edited by Dr.Sanjoy Ahanthem & Dr.Samom Tejbanta Singh. Akansha Publishing House, New Delhi, 2021. ISBN978-81-8370-592-9*

• **Research Papers:**

1. Gender and Addiction in Mizoram. *International Journal in Management and Social Science (IJMR)*, March 2015, Vol: 3, Issue 3 Pp. 235-248. ISBN:2321-1784
2. Psychosocial Issues of Tobacco Use: Experiences of Mizo Women. *Online International Interdisciplinary Research Journal*, 2015Vol: 5(March Special Issue) pg.224-233. ISBN: 2249-9598
3. Self-Reported Perception on Tobacco Related Health Consequences among Women Tobacco Users.*International Journal of Research in Economics and Social Sciences (IJRESS)*, March 2015,Vol: 5 Issue 3, Pp. 83-94.
4. Reach and Effectiveness of Adolescent reproductive and Sexual Health (ARSH) programme in a state of India: Perspectives and Challenges. *Indian Journal of Preventive and Social Medicine*, July-Dec 2015, Vol. 46 (3-4). 2349-2880
5. Youth and Reproductive Health Knowledge. *International Journal of Research in Economics and Social Sciences (IJRESS)* 2015, Vol: 5, Issue 12 ,pp 148 -159. ISSN 2249 7382
6. Does Reproductive and Sexual Health Knowledge and Risk Behaviour among School Going Adolescents varies in High and Low Urbanized Cities? Evidences from a Hilly State of India.

- Asian Journal of Research in Social Sciences and Humanities*, March 2016, Vol. 6, Issue 3, Pg.102-120. ISSN 2249-7315
7. Prevention of Tobacco Use and the Mass Media. *International Journal in Management and Social Science* 2016, Vol.04 Issue-06, pp.54-65. ISBN 2321-1784
 8. Does Knowledge and Awareness about Sexual and Reproductive Health Influence Sex Behaviour among School Going Adolescents? Myths and Realities. *Journal Demography India*. 2016, Vol. 43, No. 1&2 (2014), pp. 115- 30. ISSN 0970-454X
 9. Economic Empowerment among Women in Meghalaya: A way forward. *International Journal in Management and Social Science* 2017, pp.61-70. ISBN 2321-1784
 10. Predictors of Risky Sex Behavior among Adolescents in a Traditional Indian Society: Implications for Program Intervention Strategies. *Ind J Youth Adol Health (IJoYAH)* April 2017; 4(1): 36-45. ISSN2349-2880
 11. Self Help Groups and Women Empowerment in Meghalaya. *Contemporary Social Scientist (A National Referred Journal)* Summer 2017, Vol. IX -1, pp.37 -44. 2230-956X
 12. Health System Response in Dealing Malaria Epidemic in a Hilly State of India. *International Journal of Health Sciences & Research*, 2017, Vol.7; Issue: 8; pp 1-12. ISBN 249-9571
 13. Participation of Rural Women in Agricultural Activities in India. *Management Convergence (An International Journal of Management-open access)*, January 2019, Vol.- 0 (1) Pg. 47-51
 14. Dynamics in Women's Self Help Groups for Livelihood Promotion. *International Journal of Research and Analytical Review (IJRAR)*. June 2019, Vol. 6, Issue 2, pp.991-996.
 15. Participation in Traditional Local Governance: Women's Perception and Responses in Ukhrul District, Manipur, India. *International Journal of Scientific Research*. July 2019, Vol. 8, Issue 7, pp.28-31. 2277-8179
 16. Self Help Groups and Skills Development of Rural Women in Meghalaya. *Advances in Economics and Business Management (AEBM)*. July-September, 2019, Vol 6, Issue 5, pp- 367-369. 2394-1545
 17. Husband Involvement on their Spouse Reproductive Health Care Utilization. *Journal of Social Work and Social Development*. 2019, Vol. 09, No. 01 & 02, pp. 130-142. 2229-6468
 18. Psychosocial Issues and Well-being of Adolescents Living with Single Parent Families. *Mizoram University Journal of Humanities and Social Sciences (MZUJHSS)*, June 2020, Vol.6, Issue 1. 2395-7352 (print) 2581-6780 (online)
 19. Issues and Challenges of Female Domestic Workers: An Analysis. *Mizoram University Journal of Humanities and Social Sciences (MZUJHSS)* A Refereed Journal 2020. ISSN. 2395-7352(print) 2581-6780 (online).