

SARIKA DHIMAN
Assistant Professor
Department of History
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Educational Qualifications **M.A. in Ancient Indian History & Culture from Chhatrapati Shahu Ji Maharaj University, Kanpur in 2003.**
UGC-JRF in History

Teaching/Research Experience • **Assistant Professor** in Department of History, GGDSD College, Chandigarh (2015-2020; 2021- till present)

Teaching (Other)

Taught various papers in the Department of A.I.H.C. & Archaeology, Panjab University

- History of India c. 8th century B.C. to 78 A.D. from January, 2011 to May, 2011.
- Political History of India from 78 A.D. to 300 A.D. from 4th November, 2011 to 30th November, 2011.
- Protohistoric Archaeology from January, 2012 to May, 2012.
- Prehistoric Archaeology from 8th August, 2012 to 17th September, 2012.

Publications

1. ***“Education in the Kavyas of Asvaghosa”***, Asian Journal of Multidimensional Research (AJMR), Vol. 1, Issue 3, August 2012, ISSN 2278-4853.
2. ***“Portrayal of Women in the Kavyas of Asvaghosa”***, Asian Journal of Multidimensional Research (AJMR), Vol. 2, Issue 6, June 2013, ISSN 2278-4853.
3. ***“Health Consciousness: An Analytical Study of the Buddhacarita and the Saundarananda of Asvaghosa”***, AITIHYA: Journal of Ancient History Culture and Archaeology, Vol. 5 (2014), ISSN 2277-808X.

4. ***“Asvaghosa – A Great Champion of Casteless Society”***,
ACADEMICIA: An International Multidisciplinary Research
Journal, Vol. 4, Issue 10, October 2014, ISSN 2249-7137.
5. ***“Relevance of food in nourishing body and mind : A
perspective of Ayurveda”***, Health, fitness and Education
Rejuvenating Body and Mind, 2016, ISBN 978-93-85447-92-1
6. ***“Sustainable Development and Environment Protection –
Youth Centric Issues and Strategies”***, Youth the Drivers of
Change, 2017, ISBN 978-81-89459-09-0

**Seminars/
Conferences/Symposiums**

- Presented paper titled ***“Moral Values Depicted in the Saundarananda”***, in the 3rd Chandigarh Science Congress, 2011 from 24th to 25th February 2011 held at **Panjab University, Chandigarh.**
- Presented paper entitled ***“Women and Sringara in the Kavyas of Asvaghosa”***, in the National Seminar on ‘Women in Social and Cultural Life of Ancient India – New Perspectives in Gender Studies’ organized by the Department of History, **Dev Samaj College for Women, Ferozpur City on 25th February 2012.**
- Presented paper entitled ***“Good Governance, Concept and Meaning: A Case Study of Mauryan Administration”***, in the National Seminar on ‘Issues and Challenges in Indian Administration’ at **National College for Women, Machhiwara on 9th February 2013.**
- Presented paper entitled ***“Marital Violence against Women : A Historical Perspective”*** in the seminar on ‘Violence against Women : The Indian Scenario Today’ organized by **DAV College for Women, Firozpur Cantt., Panjab on 22nd February 2014.**
- Presented paper entitled ***“Punjab in the Eyes of Alberuni”*** in the National Seminar on ‘Punjab during the Early Medieval Period : The Politico-Socio-Cultural Transitional Phase’ organized by **Devki Devi Jain Memorial College for Women, Ludhiana on 12th March 2014.**

- Presented paper entitled *“Violence Against Women - Ramifications and Remedies”* in the International Conference on ‘Cross Cultural Nuances (ICCN-14)’ organized by **Kanya Maha Vidyalaya, Jalandhar (Panjab), on 30th - 31st October 2014.**
- Presented paper entitled *“Appraisal of Law and Order Administration of Ranjit Singh”* in the National Seminar on ‘Challenges to Law and Order Administration in North-Western Region of India’ organized by **National College for Women, Machhiwara, Ludhiana, on 26th February 2015.**
- Presented paper entitled *“Socio-Cultural Impact of Kushana rule on Indian Society”* in the National Seminar on ‘Foreign Invasion in Punjab and their impact on Society’ organized by **Devki Devi Jain Memorial College for Women, Ludhiana, on 10th March 2017.**
- Presented paper entitled *“Creating and Absorbing Indian Skill Indigenously : A Road to Sustainable Development”* in the International Conference on ‘Skill Development in education (ICSD – 17)’ organized by **Kanya Maha Vidyalaya, Jalandhar (Panjab), on 17th - 18th March 2017.**

**Refresher
Courses/Workshops/
Training Programmes**

- Attended 2 weeks training workshop on *“Capacity Building Programme for Faculty/Research Scholars in Social Sciences”* organized by ICSSR, Panjab University, Chandigarh from 18th to 31st March, 2014.
- Attended 1 Day National workshop cum seminar on *“Human Rights: Issues and Challenges”* organized by Post Graduate Govt. College, Sector-11, Chandigarh on 26th Nov. 2015.
- Participated in the National seminar cum workshop on yoga held on 21st June 2015 at Directorate of Sports, Panjab University, Chandigarh.

Sarika Dhiman

