




INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI



Name	Dr. Ritu Atheya	
Designation	Assistant Professor (Adhoc)	
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Educational Qualifications:

- Ph.D. (Home Science), University of Delhi, Delhi.
- M.Sc. (Home Science) with specialization in Resource Management and Design Application, University of Delhi, Delhi.
- B.Sc. (Home Science), University of Delhi, Delhi.

Teaching experience: 10 Years

Subjects/Papers Taught:

- Resource Management
- Human Resource Management
- Entrepreneurship Development
- Training and Development
- Facilities Management
- Personal Finance and Consumer Studies
- Resources and sustainable Development
- AutoCAD and Space Planning etc.

Research Interest/Specialization

Dr. Ritu Atheya has been teaching at the institute since 2013. She did her Ph.D. on the topic, 'Work-life Balance Strategies: An exploratory study in the Banking Sector'. She has designed and conducted a training workshop on 'Managing Work-life Balance' for the staff members of Punjab National Bank at their Zonal training center, New-Delhi. She has published a number of papers in national and international journals and presented paper in various conferences. She has also worked as course coordinator for various Short Term Certificate Courses such as 'Human Resource Management' and 'SmartEdge: Employability Enhancement Programme' etc. She is an active 'Eco-club' coordinator and contributed greatly for setting up an 'Eco-club: Prakritik' and 'Paper recycling unit' in Department of Resource Management and Design Application at Institute of Home Economics.

Research papers since 2010

- Atheya, R., & Arora, R. (2013). Work-life balance (WLB): A cause of concern in banking sector. *International Journal of Research in Commerce, Economics and Management*, 3(10), 42-45.
- Atheya, R., & Arora, R. (2013). Work-life Balance (WLB) in Banking Sector: A Strategic Issue for HRM. *International Journal of Innovative Research and Studies*, 2(10), 610-623.
- Atheya, R., & Arora, R. (2013). Stress and Its Brunt on Employee's Work-Life Balance (Wlb): A Conceptual Study. *IOSR Journal of Humanities and Social Science (IOSR-JHSS)*, 19(3), 01-04.
- Atheya, R., & Arora, R. (2014). Unveiling Work-Life 'Balance' as 'Integration'. *The International Journal of Humanities & Social Studies*. 2(12), 162-165.
- Atheya, R., & Arora, R. (2015). Intrapreneurship: Revitalizing organizations through Intra-Corporate Entrepreneurship. *Asian Journal of Research in Business Economics and Management*, 5(3), 1-9.
- Atheya, R., & Arora, R. (2015). Augmenting Intrapreneurship in Learning Organizations. *Advances in Economics and Business Management*, 2(12), 1165-1168.
- Atheya, R., & Arora, R. (2016). Invigorating Intrapreneurship for Organizational Sustainability. *UGC & ICSSR sponsored National conference "Globalization, Economic Growth and Sustainability (March)*, 137-143.
- Atheya, R., (2016). Green HRM: A roadmap for corporate sustainability management. *GE-International Journal of Management Research*, 4(12), 173-181.
- Atheya, R., & Arora, R. (2017). Brunt of stress in managing work-life balance of banking sector employees. *International Journal of Applied Home Science*, 4 (11&12), 1111-1119.
- Atheya, R., & Kulshrestha, A. (2019). Conceptualizing green HRM for sustainable organization development. *Paripex-Indian Journal of Research*, 8(5), 198-200.

Any other:

Professional Consultancy/ Participated as Resource Person:

- Webinar on 'Business Skills and Management Essentials' for MBA and PGDM students of New Delhi Institute of Information Technology, AICTE approved affiliated for IP University) on 6th-7th August 2020.
- Designed and conducted a training workshop as a Guest Expert on "Managing Work-life Balance" for the staff members of Punjab National Bank at Zonal Training Centre, Rajendra Place, New Delhi.