




INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI



Name	Dr. Ritu Atheya	
Designation	Assistant Professor Department of Resource Management and Design Application Institute of Home Economics University of Delhi	
E-mail	ritu.atheya@ihe.du.ac.in	

Educational Qualifications:

- PhD entitled “Work-life Balance Strategies: An exploratory study in the Banking Sector,” University of Delhi (2015).
- Masters in Resource Management & Design Application, specializing in Training & Development, Lady Irwin College, University of Delhi (2009).
- B.Sc. (Hons.) in Home Science with specialization in Resource Management from Institute of Home Economics, University of Delhi (2007).

Teaching experience: 12+ years

Subjects/Papers Taught

- Resource Management (RM)
- Fundamentals of Resource Management (FRM)
- Introduction to Resource Management (IRM)
- Entrepreneurship Development (ED)
- Entrepreneurship Development and Enterprise Management (EDEM)
- Human Resource Management (HRM)
- Training and Development (T&D)
- Personal Finance and Consumer Studies (PFCS)
- Resources and Sustainable Development (RSD)
- Facilities and Services Management (FSM)
- Interior Design and Decoration (IDD)
- Financial Literacy (NEP Subject)
- Digital Marketing (NEP Subject)

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.
- She was also invited as the resource person in other universities for conducting webinars, sessions and workshops. As an expert, she was also associated with SCERT for revising the course curriculum of Home science books.

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*, Volume No. 3, Issue No. 10 (October), ISSN 2231-4245.
- Atheya, R., & Arora, R. (2013). Work-life Balance (WLB) in Banking Sector: A Strategic Issue for HRM. *International Journal of Innovative Research and Studies*, Volume No. 2, Issue No. 10 (October), ISSN 2319-9725.
- 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)*, Volume 19, Issue 3, Ver. II (Mar. 2014), PP 01-04, e-ISSN: 2279-0837, p-ISSN: 2279-084.
- Atheya, R., & Arora, R. (2014). Unveiling Work-Life ‘Balance’ as ‘Integration’. *The International Journal of Humanities & Social Studies*. Volume 2, Issue 12, Ver. II (December), pp. 162-165, ISSN 2321- 9203.
- Atheya, R., & Arora, R. (2015). Intrapreneurship: Revitalizing organizations through Intra-Corporate Entrepreneurship. *Asian Journal of Research in Business Economics and Management*, Volume 5, Issue 3, (March), pp. 1-9, ISSN: 2249-7307.
- Atheya, R., & Arora, R. (2015). Augmenting Intrapreneurship in Learning Organizations. *Advances in Economics and Business Management*, Vol-2, Issue-12 (July-September), pp.1165-1168, Krishi Publications, p-ISSN: 2394-1545; e-ISSN: 2394-1553. (Paper presented at Jawaharlal Nehru University).
- Atheya, R., & Arora, R. (2016). Invigorating Intrapreneurship for Organizational Sustainability. *UGC & ICSSR sponsored National conference “Globalization, Economic Growth and Sustainability* (March), pp.137-143, ISBN: 978-81-86845-40-2. (Paper presented at Department of Commerce, Shivaji College, University of Delhi).
- Atheya, R., (2016). Green HRM: A roadmap for corporate sustainability management. *GE-International Journal of Management Research*, Volume 4, Issue 12, (December), pp.173-181, ISSN: 2321-1709.

- Atheya, R., & Arora, R. (2017). Brunt of stress in managing work-life balance of banking sector employees. *International Journal of Applied Home Science*, Volume 4 (11& 12), November & December, pp. 1111-1119, ISSN: 2394-1413, RNI: UPENG/2014/3966.
- Atheya, R., & Kulshrestha, A. (2019). Conceptualizing green HRM for sustainable organization development. *Paripex-Indian Journal of Research*, Volume-8(5), May-2019, Print ISSN No. 2250 - 1991.
- Atheya, R., (2021). Changing Business Paradigm in Covid-19: Redefining Human Resource Roles in VUCA World. *International Journal of Multidisciplinary Educational Research*, Volume 10, Issue 6(5), pp.36-41, ISSN:2277-7881.

Any other

Certifications:

- Short-term certificate course in ‘Digital Marketing’ from TLC, Ramanujan College, University of Delhi under the aegis of Ministry of Education, Pandit Madan Mohan Malaviya National Mission on Teachers and Training from August-September (2022).
- MOOC course on ‘Strategy and the sustainable enterprise’ from Indian Institute of Management, Bangalore (IIMBx) in July (2018).
- Short Term Certificate Course in ‘Basics of 3Ds Max’, University of Delhi (2016-2017).
- Certification course in AutoCAD (2D and 3D) from CAD Zone, kalkaji, New-Delhi (2013).
- Short Term Certificate Course in ‘Event Management,’ University of Delhi (2006-2007).

Professional Consultancy/ Participated as Resource Person:

- Invited as a resource person for a social media live session on ‘Mental health and Work-life Balance’ organized by ‘Ear to Hear’ a social initiative for the women and by the Women (2023).
- Invited as an Expert in *State Council of Education Research and Training (SCERT)* for the ‘Review and upgradation of text-books of Home-Science’ for Classes 6th, 7th, and 8th respectively in March 2022 at Karkardooma, New-Delhi.
- Invited as resource person for conducting a webinar on ‘Emerging trends in Performance Management and Appraisal’ for BBA students of *Sri Sri University* (2022), Odisha, India.
- Resource Person for conducting and delivering a two-days training session on ‘Business Skills and Management Essentials’ for MBA and PGDM students of New Delhi Institute of Information Technology, AICTE approved, affiliated from Indraprastha University (2020).
- Guest Expert for designing and conducting a training session on ‘Managing Work-life Balance’ in the programme entitled “Human Resource Development” for the staff members of Punjab National Bank at Zonal Training Centre, Rajendra Place, New Delhi (2014).