



Dr. Anupama Tandon Tomar

Associate Professor and Head

Email: anutandontomar@gmail.com

Official Email: anupama.tandon@stbedescollege1.onmicrosoft.com

Mobile No: 9816028058

EDUCATIONAL QUALIFICATIONS

| Sr. No. | Degree / Qualification | Specialization / Subject | Institution / University | Year |
|---------|--|--------------------------|--|-------------|
| 1 | Bachelor of Arts (B.A.) | Economics | St. Bede's College, Shimla | 1989 |
| 2 | Master of Arts (M.A.) (Gold Medalist) | Economics | Himachal Pradesh University, Shimla | 1991 |
| 3 | Master of Philosophy (M.Phil.) (Gold Medalist) | Economics | Himachal Pradesh University, Shimla | 1992 |
| 4 | Doctor of Philosophy (Ph.D.) | Economics | Himachal Pradesh University | 2004 |
| 5 | National Eligibility Test (NET) with Junior Research Fellowship (JRF) | Economics | University Grants Commission (UGC) | 1992 |
| 6 | Post-Doctoral Specialisation | Health Economics | — | 2005 |

✓ **TEACHING EXPERIENCE: 32 Years**

✓ **AWARDS**

- **UGC Sponsored Major Research Project** entitled 'The Impact of Socio-Economic Factors and Awareness about Health Care Services on the Nutritional and Health Status of Women Belonging to Rural and Urban Areas of Shimla- A Cross-Sectional Study', 2008-2011.
- **Indian Council of Social Science Research, Ministry of Education, Government of India Sponsored Major Research Project** entitled "Addressing Violence Against Women:

Measuring Efficiency and Effectiveness of All Women Police Stations in Himachal Pradesh", 2023-25.

✓ **SUBJECTS TAUGHT**

Principles of Microeconomics, Introductory Microeconomics, Principles of Macroeconomics, Mathematical Methods in Economics, Intermediate Micro Economics, Statistical Methods for Economics, Introductory Econometrics, International Economics, Economic Systems, Statistical Methods, Research Methodology, Development Economics.

✓ **OTHER RESPONSIBILITIES**

Staff Advisor to the Student Council

Convener- Timetable- Humanities

Convener- Examination Committee

Nodal Officer-NEP

Convener-Library Committee

Convener- Annual Day

Life Member- Indian Economic Association

Member BOS Academic Council, Government Maharani Laxmi Bai Girls PG College, Bhopal

Member: SkillLab

Deputy Superintendent- Final Examination, Himachal Pradesh University, **Invigilator**: Final Examination- Himachal Pradesh University, **Head Examiner**- Final Examination Himachal Pradesh University, **Paper Setter**- Himachal Pradesh University, **Special Invitee**-BOS, Economics Department, Himachal Pradesh University.

✓ **ORGANISATION OF CONFERENCES/SEMINARS/WEBINARS**

- NAAC sponsored one day webinar was organised by IQAC on “Revised Accreditation and Assessment Framework in Higher Educational Institutions” on 11th July 2022
- A Two Day ICSSR Sponsored International Seminar on ‘Transformation of India @ 75‘ under the aegis of Azadi Ka Amrut Mahotsav from 3 March to 4th March 2023.
- A Two Day IEA Sponsored International Seminar on “Challenges of Globalisation” from October 5- October 6, 2012.

✓ **PUBLICATIONS**

BOOKS AUTHORED

- Macro Economics, Indu Book Services Pvt. Ltd.,2025, ISBN No. 978-93-91385-76-7.
- Introductory Quantitative Techniques for Economics, Kalyani Publishers, 2025, ISBN No. 978-93-6440-208-8.

- International Economics Kalyani Publishers, 2025, ISBN No. 978-93-6440-966-7
- Computer Oriented Statistical Methods, Kalyani Publishers, 2025, ISBN No. 978-93-7212-476-7.
- International Economics, Kalyani Publishers, 2019, ISBN No. 978-93-5359-064-2.
- International Economics, Kalyani Publishers, 2018, ISBN No. 978-93-272-8721-9.
- Computer Oriented Statistical Methods, Kalyani Publishers, 2017, ISBN No. 978-93-272-7527-8.
- Solutions to Problems in Business Mathematics and Statistics, Kalyani Publishers, 2017, ISBN No. 978-93-272-7527-8.

BOOKS CO-AUTHORED

- Business Mathematics and Statistics, Kalyani Publishers, 2017, ISBN No. 978-93-272-7182-9.
- Business Mathematics and Statistics, (Hindi Version) Published by Kalyani Publishers, 2017, ISBN No. 978-93-272-7258-1
- Economy of Himachal Pradesh, V.K Publishers, 2017, ISBN No.978-93-86609-86-1.

BOOKS EDITED

- Transformation of India: Exploring Multifaceted Dimensions, Freeman Press, 2024, ISBN No. 978-93-6112-544-6.
- 'Challenges of Globalization' Atlantic Publishers and Distributors (P) LTD, 2014. ISBN No. 978-81-269-1953-6.

✓ PAPER PUBLICATIONS

- Paper on "Bridging the Gap: Demographic and Socio-Economic Insights into Awareness of All Women Police Stations in Himachal Pradesh," has been published in the International Journal of Social Science and Education Research, Vol 6, Issue 2, 2024, P-ISSN: 2664-9845 / E-ISSN:2664-9853.
- Paper on Women Police Stations as Catalysts for Gender Equality and the Fight Against Gender-Based Violence has been published in International Journal of Research in Social Sciences, Vol. 13, Issue 12, 2023, 2249-2496.
- Paper on 'Quantitative Study on Socio-Economic Determinants of Health' has been published in Journal of Research: THE BEDE ATHENÆUM, Volume 6, No:1, March 2015, pp- 220-230.
- Paper on 'Pangs of Hunger in India: A Challenge to Food Security' has been published in a book entitled 'Dynamics of Food Security in India, edited by Dr. Masroor Ahmad Beg, First edition, Kumud Publications, New Delhi, 2014, pp-58-75, ISBN No. 978-93-82885-18-4.

- Paper on 'Exploring the Determinants of Health Seeking Behavior and Perceptions of Need for Preventive Health Care Among Rural and Urban Women of Shimla' has been published in Journal of Research: THE BEDE ATHENÆUM, Volume: 5, No:1, March 2014, pp-15-25.
- Paper on 'A Quantitative Analysis of Public Health Financing for Human Resource Development in Himachal Pradesh' Special Issue of The Indian Economic Journal on Human Resource Development and Employment Pattern, December 2012, pp-57-63.
- Paper on 'Primary Health care in rural Himachal: Coverage and quality issues' has been published in Journal of Research: THE BEDE ATHENÆUM, Volume: 2, No:1, Sept 2011, pp 19-23.
- Paper on 'Infrastructural gaps in the delivery of Primary Health Care Services in the Rural Areas of District Hamirpur, Himachal Pradesh' has been published in Journal of Research: THE BEDE ATHENÆUM, 2010, Volume:1, Issue:1, pp 29-35.
- Paper on 'Structure and Growth of Public Health Care Facilities in Himachal Pradesh' has been published in a book entitled 'Demography, Economic Inequality, Women and other Essays', edited by V.B Jugale, Serial Publications, New Delhi, 2008, pp- 410-423, ISBN No. 81-8387-060-0.
- Submitted a Status Report on 'Health and Health care Systems in Himachal Pradesh', to Institute of Integrated Himalayan Studies (UGC Centre of Excellence) Himachal Pradesh University Shimla, 2006.
- Paper on "The Relationship between Health Status and Health Care Expenditure in a Developing Hill Economy: An Econometric Approach", has been published in The Indian Economic Journal, Vol. 54, No. 3 Oct-Dec 2006.
- Paper on "Structure and Growth of Public Health Care Facilities in Himachal Pradesh", has been published in Bede Athenaeum, Vol. 2, July 2006.

✓ **PAPER PRESENTATIONS**

- 'Emissions Trading: A Tool to Combat Climate Change' in the international conference on 'Transforming Our World: Opportunities & Challenges' held from 30th November to 2nd December 2018, at RKMV Shimla in collaboration with Science and Management Society, Himachal Pradesh at RKMV Shimla.
- 'Investment on Water Supply and Sanitation - A Health Determinant' in an international conference organized by Govt. Degree College, Sanjauli, Shimla and Sadguru Education and Welfare Association (SEWA), Kalyan Maharashtra, on May 18-19, 2017.
- 'Quantitative Study on Socio-Economic Determinants of Health' in an international conference on 'Work, Stress and Health: Recent Perceptions, Future Trends' organized by Department of Psychology, St. Bede's College, Shimla on October 26-27, 2015.

- “Cyberchondria and E- Health” in National Seminar on “Web Based Technologies: Present & the Future” organized by Department of Computer Science, St. Bede’s College, Shimla on April 30- May 1, 2015.
- “Women’s Education and Child Mortality: Creating Linkages” during the tenure as an Associate of the University Grants Commission’s Inter University Centre for Humanities and Social Sciences at the Indian Institute of Advanced Study Shimla, on 20th March, 2014.
- “Investing in Health for Sustainable Development” in the 4th Annual Conference of Dr. B.R. Ambedkar University Economic Welfare Association, Agra on ‘Challenges of Development in 21st Century’ held at St. John’s College, Agra on 22nd and 23rd February 2014.
- “Empowering Women to Tackle Hunger and Child Mortality” in an International Seminar on “Transforming Lives, Milestones & Challenges” organized by Department of Home Science, St. Bede’s College, Shimla on 23-24 august, 2013.
- “Emerging Carbon Credits Markets– A Perspective” during the tenure as an Associate of the University Grants Commission’s Inter University Centre for Humanities and Social Sciences at the Indian Institute of Advanced Study Shimla, on 20 March, 2013.
- ‘A Quantitative Analysis of Public Health Financing for Human Resource Development in Himachal Pradesh’ in the 95th Annual Conference of Indian Economic association, New Delhi at Gitam University, Vishakhapatnam on 27-29 December 2012.
- ‘Globalization and Food Security in India: Issues and Challenges’ in International Seminar on “Economic, Social and Environmental Challenges of Globalization” organized by Department of Economics, St. Bede’s College, Shimla in collaboration with Indian Economic Association on 5-6 October 2012.
- ‘The Fight Against Hunger and Poverty: Governance Challenges and Opportunities’ at the National Conference on “Governance in Neo- Liberal Era” organized by Department of Commerce, R.K.M.V. Shimla on 30th June to 1st July, 2012.
- “Hunger and Food Security in India: Problems and Interventions” during the tenure as an Associate of the University Grants Commission’s Inter University Centre for Humanities and Social Sciences at the Indian Institute of Advanced Study Shimla, on 19 March, 2012.
- ‘Health for Inclusive Growth’ at the 94th Annual Conference of Indian Economic association, New Delhi at Bharati Vidyapeeth Deemed University, Pune on 27-29 December 2011.
- ‘Pangs of Hunger in India: A Challenge to Food Security’ in the National Conference of Economic Association of Himachal Pradesh organized in collaboration with Indian Economic Association hosted by Department of Economics Himachal Pradesh University, Shimla during Nov 9-10, 2011.
- “Exploring the determinants of health seeking behaviour and perceptions of need for preventive health care among rural and urban women of Shimla” during the tenure as an Associate of the University Grants Commission’s Inter University Centre for Humanities and Social Sciences at the Indian Institute of Advanced Study Shimla, on 15 March, 2011.

- “Factors Influencing the Non-Utilisation of Primary Health Centers in rural areas of Hamirpur District in Himachal Pradesh” during the tenure as an Associate of the University Grants Commission’s Inter University Centre for Humanities and Social Sciences at the Indian Institute of Advanced Study Shimla, on 23 April 2010.
- “Economic Analysis of Public Health Expenditure in Himachal Pradesh” during the tenure as an Associate of the University Grants Commission’s Inter University Centre for Humanities and Social Sciences at the Indian Institute of Advanced Study Shimla, on 22 April 2009.

✓ RESOURCE PERSON

- Invited as a subject Expert for the interview of teachers in DAV Sr. Secondary Public School, Lakkar Bazar, Shimla on 10th December 2023.
- Invited as a keynote speaker in a one-day workshop on “Indian Economy” at Centre of Excellence, Government College Sanjauli on 3rd December 2023.
- Invited as a subject Expert for the interview of teachers in DAV Sr. Secondary Public School, Lakkar Bazar, Shimla on 24th March 2022.
- Invited as a Chairperson in a National Conference on ‘Culture, Language and Literature’ organized by The English Language Teachers Association of India (ELTAI) in collaboration with Department of English, St. Bede’s College, Shimla and Department of Evening Studies, Himachal Pradesh University, Shimla on December 4-5, 2019.
- Invited as a Chairperson in an International Conference on ‘Partition Revisited- Looking Back at the Political, Historical, Socio- Cultural and Economic Circumstances of the Great Divide’ organized by Department of Political Science and History, St. Bede’s College, Shimla on September 19-20, 2018
- Invited as a resource person to deliver lecture on Economic Development, Organization and Presentation of Data at Spiti Children Home School Munsel-Ling, Rangrik, Lahaul and Spiti, Himachal Pradesh on 16th May, 2018.
- Invited as a Resource Person for ‘In-Service Teacher Training Programme for Economics Lecturer/PGTs’ at the State Council of Educational Research and Training, Solan, Himachal Pradesh on 5th May 2016.
- Invited as a Chairperson in an International Conference on ‘Work, Stress and Health : Recent Perceptions, Future Trends’ organized by Department of Psychology, St. Bede’s College, Shimla on October 26-27, 2015.
- Invited as a resource person for ‘In-Service Teacher Training Programme for Economics Lecturer/PGTs’ at the State Council of Educational Research and Training, Solan, Himachal Pradesh on 21st February 2015.
- Invited as a Chairperson at the NAAC Sponsored National Seminar on ‘Institutional Quality Improvement: Role of ICT’ organized by St. Bede’s College, Shimla on November 14-15, 2014.

- Invited as a Resource Person for ‘In-Service Teacher Training Programme- Economics’ at the State Council of Educational Research and Training, Solan, Himachal Pradesh on 23th April 2014.
- Invited as a Resource Person in the Teachers Training Programme for the School Cadre Lecturers (Economics) on 15-03-2013 at the State Council of Educational Research and Training, Solan, Himachal Pradesh.
- Invited as a Co-Chairperson at the National Conference on “Governance in Neo- Liberal Era” organized by Department of Commerce, R.K.M.V. Shimla on 30th June to 1st July, 2012.
- Prepared and presented the proposal on College of Potential for Excellence at UGC office New Delhi in 2011.
- Invited as a Resource Person at the 94th Annual Conference of Indian Economic association, New Delhi at Bharati Vidyapeeth Deemed University, Pune on 27-29 December 2011.
- Invited as a Resource Person for Orientation Course for PGT Economics of Navodaya Vidyalaya Samiti and Central Tibetan School Organisation at Theog, District Shimla on 12-07-2010 to deliver lectures on Markets and Theory of Producer Behaviour.

✓ **RESEARCH ASSOCIATE AT IIAS SHIMLA**

- Availed the third spell of a Research Associate of the University Grants Commission’s Inter University Centre for Humanities and Social Sciences at the Indian Institute of Advanced Study Shimla from 01-03-2014 to 31-03-2014.
- Availed the second spell of a Research Associate of the University Grants Commission’s Inter University Centre for Humanities and Social Sciences at the Indian Institute of Advanced Study Shimla from 01-03-2013 to 31-03-2013.
- Availed first spell of a Research Associate of the University Grants Commission’s Inter University Centre for Humanities and Social Sciences at the Indian Institute of Advanced Study Shimla from 01-03-2012 to 31-03-2012.
- Availed third spell of a Research Associate of the University Grants Commission’s Inter University Centre for Humanities and Social Sciences at the Indian Institute of Advanced Study Shimla from 01-03-2011 to 31-03-2011.
- Availed the second spell of a Research Associate of the University Grants Commission’s Inter University Centre for Humanities and Social Sciences at the Indian Institute of Advanced Study Shimla from 01-04-2010 to 30-04-2010.
- Availed the first spell of a Research Associate of the University Grants Commission’s Inter University Centre for Humanities and Social Sciences at the Indian Institute of Advanced Study Shimla from 01-04-2009 to 30-04-2009.

✓ **DISCUSSANT**

- Invited to attend the meeting of UG Board of Studies as a special invitee for the Framework of UG Syllabus under NEP at Himachal Pradesh University, Shimla on 27th November 2025.
- Invited to attend the meeting of UG Board of Studies as a special invitee to design the syllabus for the Framework of UG Syllabus under NEP at Himachal Pradesh University, Shimla from 24th March to 25th March 2025.
- Invited to attend the meeting of UG Board of Studies as a special invitee to design the syllabus and course structure under CBCS for BA and BA honours (Economics) at Himachal Pradesh University, Shimla on 18th June 2016.
- Was a Special Invitee to the UG Board of Studies meeting held in the Department of Economics, P.G. Centre, Himachal Pradesh University Shimla on 12th June, 2013.
- Attended a one day subject dissemination workshop for B.A. (economics) organized by the Department of Economics, P.G. Centre, Himachal Pradesh University Shimla on 30th May, 2013.
- Was a member of the working Group constituted to formulate the courses and syllabi for under Graduate (B.A) Economics programme under CBCS, RUSA from 16-18 May, 2013.

✓ **PARTICIPATION IN CONFERENCES, SEMINARS, FDPS / REFRESHER / ORIENTATION PROGRAMMES**

- Participated in the Pre-Budget Survey on Union Budget 2023 conducted by Department of Economics, Kristu Jayanti College, Bengaluru.
- Successfully completed UGC approved short term professional development programme under Pandit Madan Mohan Malaviya Mission on 'Implementation of NEP 2020' held from 21st December to 31st December 2022 and obtained A+ Grade.
- Attended National Webinar on Re-Inventing the New-Normal Classroom organized by All India Association for Christian Higher Education (AIACHE) on March 30, 2022.
- Participated in the FDP on "Revamping Emotional and Professional Paradigms for an Inclusive Approach to Holistic Education" organized by the Department of Commerce and Management under the aegis of IQAC, St. Bede's College Shimla, from March 3rd to March 7th, 2022, Completed the training program on "Online Workshop on NAAC "at, Jharkhand Government Tool Room, Ranchi held from 17 January 2022 to 22 January 2022
- Participated in the Faculty Development Program (online) on "Design and Development of MOOCs" organized by St. Bede's College, Shimla from January 1-5, 2022
- Participated in the National Level Webinar on "Financial Resilience through Internal Control and Compliance "organized by St. Joseph's College of Commerce on 16th November, 2021
- Attended One Day National webinar on "Women leadership in present economic and political scenario" organized by S.B.S. Govt. P.G. College Pipariya on 11 October, 2021

- Participated in the International Webinar on “Environment, Social and Governance Reporting: A New Dimension in Achieving Sustainable Development Goals” on 18th September 2021
- Attended a talk session on “NEP 2020 and the Directions of Change in Higher Education” by Prof. N.V. Varghese, Vice Chancellor, NIEPA, New Delhi, organized by the Internal Quality Assurance Cell of St. Bede's College, Shimla on 16th September 2021.
- Participated in a Student-City-Level Webinar on “Digital Transformation: A Portal to the Future” on 30th August 2021.
- Participated in the National Webinar on “GST: Basics and Issues” organized by IQAC and Department of Commerce and Management, St. Bede's College, Shimla, Himachal Pradesh on August 10, 2021.
- Attended a 5 Day National E Conference on “Examination, Transformation (NEXT-2020)” organized by Council of Examiners, India and Skillslate, Pune in association with MIT World Peace University, RR Institute of Advanced Studies, Bengaluru and Zovy Studios Pune, from 10th to 14th August 2020.
- Participated in 7 Days National level e-FDP & Expert's Class on “New Narrative of NAAC” organized by RR Institute of Advanced Studies Bangalore from 1st August 2020 to 07th August 2020.
- Participated in Two Day Faculty Development Program on “Online Teaching Tools” organised by Department of Computer Science, St. Bede's College on August 4 - 5, 2020.
- Participated in a National Level Webinar on “Policies, Issues, Challenges and Best Practices for Subscription of E – Resources” organized by the PK Das Knowledge Fort, Nehru Institute of Engineering and Technology, Coimbatore, Tamil Nadu on July 30, 2020.
- Participated in a National Level Webinar on “Gender Inequality and Diversity in Education” organised by the Department of Education, New Alipore College, Kolkata on July 26, 2020.
- Participated in a National Webinar on “Vartmaan Kashmir Ka Bhoo Rajnatik Paridrishya” organized jointly by Shri Dev Suman University, Uttarakhand, Govt. PG College Gopeshwar, Chamoli, and Jammu Kashmir Research Institute Delhi on 8th and 9th July 2020.
- Participated in a Webinar on “Holistic Health for All During Covid-19 Pandemic” jointly organized by Sunrise University Alwar, Rajasthan, Department of Education, Meerut, and Meet the Team Doctors on National Doctors Day, 1st July 2020.
- Participated in an international webinar on “Impact of Covid -19 on Global Politics and Role of Literature”, organized by Training Learning Centre, Ramanujam College, University of Delhi on 27th and 28th June 2020.
- Attended a Faculty Development Programme on “GST using Tally Release 6.6” organised by Tally Education Pvt. Ltd. on 8th June 2020.
- Awarded a Microsoft in Education Certificate on completion of Microsoft Innovative Educator Program on 28th May 2020.

- Participated in the Knowledge Sharing Program on “Perspectives of Modern Teaching Techniques” at St. Bede’s College, Shimla on 22nd September 2017.
- Participated in Faculty Development Programme organized by St. Bede’s College Shimla conducted by M.R Pai Foundation jointly with Forum of Free Enterprise on 27th and 28th August 2015 as part of INTACH’s Heritage Education Programme.
- Participated in Heritage Awareness Workshop at Shimla on 7th and 8th May 2015 as part of INTACH’s Heritage Education Programme.
- Attended a Seminar on Research Methodology on 23rd April 2015 in the College Campus organized by IBS (Business School).
- Participated in the 97th Annual Conference of Indian Economic association, New Delhi at Mohanlal Sukhadia University, Udaipur on 27-29 December 2014.
- Attended a one day National Seminar on Emerging Trends in Management organized by Himalayan Institute of Management, Kala Amb on 24 October, 2009.
- Participated in a Training Course on “Introduction of Choice Based Credit and Semester System with Grading” organized by AIACHE, at Aluva from 01-05-2009 to 04-05-2009.
- Attended the Springboard Women’s Development Programme from 26th April to 13th August 2007 organised by British Council India.
- Attended a workshop on Personality Development and Communications Skills conducted by FICCI Ladies Organisation on 12-13 June, 2007 at Shimla.
- Attended a Training Programme on ‘Research Methodology and Methods of Research in Social Science’ organized by Indian Council of Social Science and Research, North Western Regional Centre, Chandigarh from March 26-30, 2007 at ICSSR Complex, Punjab University, Chandigarh.
- Attended the teachers training workshop on Life at Cross Roads from 17-10-2006 to 19-10-2006, conducted by ASHA Foundation Bangalore.
- Participated in a Training Programme on Strengthening Democratic Values from 06-12-2004 to 08-12-2004 organised by Educational Resources Centre, Friedrich Ebert Stiftung at, Chandigarh.
- Attended a three week Refresher Course in Economics from 12-06-2000 to 1-07-2000 organised by the Academic Staff College, Himachal Pradesh University, Shimla under the Academic Staff Orientation Scheme of UGC.
- Attended a four week Orientation Programme from 07-06-99 to 03-07-99 organised by the Academic Staff College, Himachal Pradesh University, Shimla under the Academic Staff Orientation Scheme of UGC.
- Attended a three week Refresher Course in Computer Fundamentals from 09-06-97 to 28-06-97 organised by the Academic Staff College, Himachal Pradesh University, Shimla under the Academic Staff Orientation Scheme of UGC.