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Educational Qualifications:		
Degree	Institution	Year
Ph.D Thesis titled “ Socio-cultural aspects of menstruation among rural women in Himachal Pradesh: A case study of district Shimla”	Department of Social Work, Central University of Himachal Pradesh, Dehra Dist. Kangara, Himachal Pradesh	
Post Graduate Diploma in Women's Development Studies	Population Research Centre, Himachal Pradesh University, Shimla	2020
M.A. Social Work	Department of Sociology and Social Work, Himachal Pradesh University, Shimla	2019
B.Sc. Mathematics Hons.	Rajkiya Kanya Maha Vidyalaya (RKMV), Shimla Himachal Pradesh University, Shimla	2016

Publications

1. Tomar, Y., Babita, B., & Punam, S. (2026). Spirituality & Social work: A bibliometric analysis of SCOPUS publications using VOSviewer. *South India Journal of Social Sciences*, 24(1), 1-8. <https://doi.org/10.62656/sijss.v24i1.2328>
2. Babita, & Punam, S. (2024). *Menstrual waste management practices: A case study of a small town Dehra in Kangra, Himachal Pradesh*. *International Journal of Creative Research Thoughts*, 12(12), 548–556.
3. Babita, & Punam, S. (2024). *Empowering women: Menstrual hygiene and sustainable development goals in Chandigarh*. *International Journal of Advanced Studies and Growth Evaluation*, 3(6), 19–25.
4. Babita, & Punam, S. (2022). *Beliefs and practices related to menstruation among rural women in Shimla: A narrative analysis*. *Chintan International Research Journal*, 12(45), 55–62.
5. Babita, & Punam, S. (2022). *Perception and practices of menstruation restrictions among girls: A socio-religious study in Himachal Pradesh*. *Pramana Quarterly Research Journal*, 11(41), 37–48.

6. Sharma, B., & Gaur, G. (2022). *Traditional beliefs and practices regarding menstruation: A study from Himachal Pradesh*. National Journal of Professional Social Work, 23(2), 105–113. <https://doi.org/10.51333/njpsw.2022.v23.i2.524>
7. Gaur, G., & Sharma, B. (2021). *Emerging Living-In Partnership: Youth Coupled with Social Media*. International Journal of All Research Education and Scientific Methods, 9(8), 2183–2190.
8. Singh, K. B., & Sharma, D. (2021). *Work-Life Balance of Women Employees in Himachal Pradesh*. International Journal of Research and Analytical Reviews, 9(1), 796–802