

Profile of Activities

Integrated Research and Development Foundation



Updated till April 2026

About us

The Integrated Research and Development Foundation (IRDF) is an independent, non-profit organisation established under section 8 of the Indian Company's Act 2013, with a vision to combine research, knowledge dissemination, livelihood promotion, consulting and grassroots development practices into meaningful social action for a tangible positive outcome.

Our work spans across social sciences, humanities, environment, technology, agriculture, business, and sustainable development, ensuring that knowledge and ideas are not only generated but also translated into policies, practices, and programmes that directly benefit the present and future generations.

We engage with diverse stakeholders including government agencies, corporates, NGOs, farmers, women, youth, entrepreneurs, and marginalized communities. By fostering partnerships, capacity building, livelihood promotion and community-driven initiatives, the foundation creates pathways for inclusive growth, equity, and resilience.

The IRDF is located in the Union Territory of Chandigarh, 'The City Beautiful'. With its outreach extending across India and beyond, IRDF stands as a platform for research excellence, professional networking, and impactful social action.

Mission

To foster equitable and sustainable development by enabling communities, institutions, and stakeholders to collaborate effectively, innovate solutions, and achieve meaningful transformation across all sections of the society. IRDF is committed to be a catalyst for integrated social action ensuring no community or person is left behind in the pursuit of progress.

Vision, Scope and Objectives

Promote social justice, equality, and empowerment of the poor and the marginalized;

Strengthen and collaborate with government bodies, corporates, institutions, local bodies and communities for policy planning and implementation;

Knowledge dissemination via research, publications, events and digital platforms;

Capacity building, training and skill development to create sustainable livelihoods and promote equal opportunities for all;

Advocacy, consulting, networking, and CSR implementation for social transformation; and,

Long-term institutional development and community support system for resilient social order.

Our Team

Office Bearers

Dr. Sukhvinder Singh, Executive Director – Brings over 32 years of experience in research, training, and social development, with expertise in rural governance, agriculture, policy evaluation, and social impact assessments.

Mr. Ajit Kumar, Director – A dedicated social worker with extensive experience in education empowerment, social justice, and welfare advocacy, providing strategic leadership for inclusive development.

Ms. Chandra Kala, Director – Experienced in women's empowerment and community mobilisation, working closely with grassroots organisations to promote livelihoods, financial inclusion, and social equity.

Programme Coordinators

Mr. Abhimanyu Singh Thakur – A development professional with experience in sustainable agriculture, rural development, and livelihood promotion, with strong expertise in field-based research and community capacity building.

Ms. Aishwarya – Specialises in women's reproductive health, arts and crafts, digital marketing, and branding, integrating social development with creative and outreach initiatives.

Ms. Parmeet Kaur – Experienced in mental health, urban development, water and sanitation, and community engagement, using research and creative communication for social awareness.

Advisors/Experts

Prof. Partha S. Ghosh– Senior Fellow at Institute of Social Sciences with decades of experience in political science, international relations, and socio-political research.

Prof. Ranjit Singh Ghuman– Professor of Eminence at Guru Nanak Dev University with over 46 years of experience in economics, policy research, and rural development.

Prof. Ashok K. Pankaj– Professor and former Director at Council for Social Development with extensive expertise in public policy, governance, and development studies.

Prof. Jayanti Dutta– Professor at Panjab University with 25+ years of experience in higher education, faculty development, and interdisciplinary research.

Shri Prabodh Kumar (IPS Retd.)– Former Director General of Police, Punjab, with over 36 years of experience in policing, investigation, and governance.

Prof. Dai-Yeun Jeong– Director at Asia Climate Change Education Centre and Emeritus Professor with decades of experience in climate change and environmental sociology.

Shri Nawa Raj Koirala– Public finance expert with over 24 years of experience in fiscal federalism, governance, and infrastructure development.

Dr. Joydeb Garai– Faculty at University of Chittagong with extensive experience in sociology, climate change, and community development.

Dr. Zia Jamal– Faculty at Government College Malerkotla with decades of experience in teaching, research, and social engagement.

Earth Day Art Competition – April 23, 2026

Organised by:

Integrated Research and Development Foundation (IRDF), sponsored by Ahmed Builders and Developers

Occasion:

Art Competition organized on the occasion of Earth Day to promote environmental awareness and creativity among students.

Venue:

Government High School Rasanheri, Punjab

Objective:

To encourage students to express their understanding of environmental conservation and sustainability through art.

Programme Coordinators:

Ms. Parmeet Kaur and Ms. Aishwarya

Participants:

A total of **37 students** actively participated in the art competition

Key Highlights:

Creative and enthusiastic participation by students

Artworks reflecting themes of Earth Day and environmental protection

Prizes and certificates were distributed to motivate and recognize participants



International Symposium on Sustainable Rice Cultivation – April 16, 2026

Organised by:

Punjab State Farmers' and Farm Workers' Commission with Integrated Research and Development Foundation (IRDF), Chandigarh as one of the Knowledge Partners

Venue:

Hotel Shivalik View, Chandigarh

Theme:

“Advances in Ecological Sustainable Rice Cultivation and National Food Security – Unlocking Potential of Direct Seeded Rice (DSR) in Punjab”

Objective:

To deliberate on sustainable agricultural practices, promote Direct Seeded Rice (DSR), and explore strategies for strengthening national food security.

Participants:

Experts, policymakers, scientists, and progressive farmers . Dr. Sukhwinder Singh, Executive Director, IRDF, Chandigarh, was one of the moderators of the panels on Success Stories and Experiences of Stakeholders Punjab Management.

IRDF Representation:

Knowledge Partner for the symposium

Director, IRDF: Mr. Ajit Kumar

Executive Director, IRDF: Dr. Sukhwinder Singh

Programme Coordinators: Ms. Aishwarya and Ms. Parmeet Kaur (Event management and Comparing)

Key Highlights:

Insightful discussions on ecological and sustainable rice cultivation practices

Focus on the adoption and benefits of Direct Seeded Rice (DSR) in Punjab

Multi-stakeholder dialogue bridging policy, research and field-level practices.



International Women's Day Virtual Expert Talk – March 8, 2026

Theme:

“Police as Partners: Together Building Safer Communities for Women”

Occasion:

International Women's Day

Organized By:

Integrated Research and Development Foundation (IRDF), Chandigarh

Date, Time & Platform:

March 8, 2026 (Sunday), 04:00 PM – 05:00 PM on Google Meet

Resource Person:

Gurpreet Kaur Deo, Special DGP, Community Affairs Division and Women Affairs, Punjab

Chairperson:

Prabodh Kumar, IPS (Retd.), Former DGP Punjab & Advisor, IRDF

Participants:

More than **60 participants**, including students, academicians, professionals, social workers, and community members

Objective:

To promote dialogue on women's safety, community participation, and the role of police and society in creating safer environments for women

IRDF Team:

Executive Director Dr. Sukhvinder Singh welcomed all participants and guests
Director Ms Chandra Kala delivered the vote of thanks

Key Highlights:

Expert insights on women's safety and community policing

Interactive and engaging discussion on collaborative approaches for safer communities

An enriching question-and-answer session with active participation from attendees

Encouragement of awareness, responsibility, and gender-sensitive engagement



Expert Talk on “Mental Health in Young People” – February 25, 2026

Organised by:

Integrated Research and Development Foundation (IRDF), Chandigarh, in collaboration with Mata Gujri College, Fatehgarh Sahib, Punjab.

Resource Person:

Dr. Abhishek Ghosh, Additional Professor, Psychiatry & Addiction Psychiatry at Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh

Moderator:

Dr. Sukhvinder Singh, Executive Director, IRDF

Participants:

Students and faculty members, Mata Gujri College, Fatehgarh Sahib

Programme Coordinators:

Ms. Aishwarya and Ms. Parmeet Kaur, IRDF

Objective:

To promote awareness, encourage open dialogue, and address stigma surrounding mental health among youth

Key Highlights:

Expert insights on mental health challenges faced by young people

Interactive discussion encouraging openness and participation

Emphasis on early intervention, emotional well-being, and support systems



One Week Online Course on Statistical Tools & Analysis in Research using SPSS (February 23 – March 1, 2026)

Organised by:

Integrated Research and Development Foundation (IRDF), Chandigarh in collaboration with Chandigarh University, Mohali

Duration & Timing:

February 23 to March 1, 2026

Daily sessions from 6:00 PM to 8:00 PM

Resource Person:

Dr. Pooja Arora, Scientist at National Institute of Pharmaceutical Education and Research (NIPER), Mohali

Participants:

40 participants, including research scholars, faculty members, students, scientists, and data analysts

Objective:

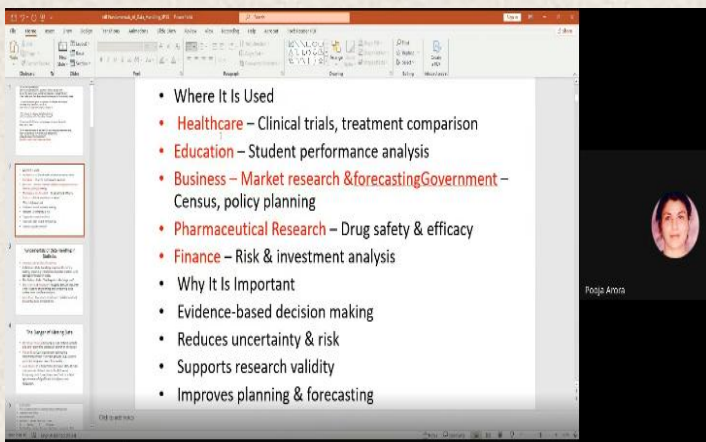
To enhance participants' understanding and practical skills in statistical analysis using SPSS for research purposes

Key Features:

- Hands-on training sessions using SPSS
- Practical demonstrations and guided exercises
- Access to session recordings for future reference
- E-certificates are awarded upon successful completion

Highlights:

- The course was **completed successfully by 40 participants**
- Certificates were awarded to participants upon completion
- Interactive and application-oriented learning environment
- Active participation and engagement throughout the programme



The image is a promotional poster for the course. It features the logos of IRDF (Integrated Research and Development Foundation) and Chandigarh University. The text on the poster includes:

- One Week Online Course on Statistical Tools & Analysis in Research using SPSS**
- Resource Person: Dr. Pooja Arora**, Scientist, NIPER, Mohali
- Beneficial For:** Research Scholars, Faculty Members, Students, Scientists and Data Analysts
- What You'll Learn:**
 - Day 1: Fundamentals of Data Handling & Descriptive Statistics
 - Day 2: Data Management & Graphical Representation
 - Day 3: Correlation & Regression Analysis
 - Day 4: Hypothesis Testing
 - Day 5: Multivariate Techniques-I
 - Day 6: Multivariate Techniques-II
 - Day 7: Advanced Statistical Methods
- Event Details:** 23 Feb-01 Mar, 2026, 06:00 - 08:00 pm
- Offerings:** Recordings of Sessions, E-Certificate, Hands on SPSS Training
- COURSE FEE - RS 1500/-** (Limited slots available)

Contact information for IRDF is provided at the bottom: For More Information: events@irdf.com, +91 9056501725, www.irdf.in

National Girl Child Day Celebration – January 12, 2026

Occasion:

National Girl Child Day is observed to promote the rights, education, health, and empowerment of girls across India.

Organised by:

Integrated Research and Development Foundation (IRDF), Chandigarh

Organised at:

Rehabilitative Colony, Sector 56, Chandigarh

Objective:

To encourage adolescent girls from disadvantaged backgrounds to pursue education, build self-confidence and recognise their full potential.

Participants:

Adolescent girls from marginalised sections.

Key Activities:

Interactive discussion session focusing on education, self-belief and empowerment

Poster-making activity showcasing creativity and messages of empowerment

Dignitaries & Contributors:

Director, IRDF: Mr. Ajit Kumar

Highlights:

Active participation and enthusiastic engagement of the girls

Display of empowering posters created by participants

Celebration marked by positivity, creativity and encouragement



National Youth Day Celebration – January 12, 2026

Occasion:

National Youth Day celebrated on the birth anniversary of Swami Vivekananda, recognising his vision of youth empowerment and nation-building.

Organised by:

Integrated Research and Development Foundation (IRDF), Chandigarh

Organised at:

Rehabilitative Colony, Sector 56, Chandigarh

Objective: To inspire and motivate youth, particularly from underprivileged sections, towards personal growth, resilience and positive life choices.

Participants:

Teenagers from marginalised sections.

Key Activities:

Interactive discussion session with youth

Motivational talks focusing on life skills and personal development

Engagement on mental health, resilience and skill-building

Dignitaries & Contributors:

Executive Director, IRDF: Dr. Sukhvinder Singh

Directors, IRDF: Ms. Chandra Kala and Mr. Ajit

Programme Coordinators, IRDF: Mr. Abhimanyu and Ms. Aishwarya

Highlights:

Inspiring addresses on leadership encouraging youth empowerment

Active participation and engagement of attendees by answering their queries.

Emphasis on education, perseverance and continuous self-improvement



Contact Us

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Social Media:

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X (Twitter): <https://x.com/Irdfchd>

Instagram: <https://www.instagram.com/irdfchd/>

LinkedIn: <https://www.linkedin.com/feed/>

YouTube: <https://www.youtube.com/@IRDFCHD>

Facebook: <https://www.facebook.com/irdfchd>