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His expertise lies in Management and IT, with a particular focus on International Business, Entrepreneurship, Corporate Governance, and Higher Education. Dr. Arya has been engaged in several research projects funded by prestigious national and international agencies such as the British Council, University of London, Harper Adams University College, Canadian High Commission, National Foundation for Corporate Governance, National Institute of Educational Planning and Administration, University Grants Commission, Ministry of Human Resource Development, Indian Council of Social Science Research, and National Council of Rural Institutes.

Dr. Arya is also an accomplished author and editor of several books. He has presented numerous papers at conferences and his research contributions have been published in various esteemed national and international journals.