

# Roshneek K. Bains

## METROPOLITAN NEW YORK (WOODBIDGE, NJ)

Roshneek K. Bains is an associate in the firm's Metropolitan New York (Woodbridge, NJ) office. She focuses her practice on representing employers, insurers and third-party administrators in workers' compensation claims.

Prior to joining C&W, Ms. Bains gained experience in insurance defense, family law, criminal defense and civil litigation matters. She is licensed to practice in New York and is a member of the New York State Bar Association.

Ms. Bains received her B.A. from CUNY Queens College in 2016 and her J.D. from Pennsylvania State University Dickinson Law School in 2023 under a full tuition merit scholarship. She is fluent in Punjabi and Hindi.



---

## PRACTICE AREAS

- Workers' Compensation

## EDUCATION

CUNY Queens College (B.A., 2016)

Pennsylvania State University Dickinson Law School (J.D., 2023)

---

✉ [RBains@c-wlaw.com](mailto:RBains@c-wlaw.com)

📞 (848) 229-3300