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Born in India, Pande received her Bachelor's and Master's degrees in History from St. Stephens College at Delhi University before receiving an M. Phil in International Relations from Jawaharlal Nehru University. She completed her Ph.D. in Political Science at Boston University in the United States.

Aparna Pande's books include *'From Chanakya to Modi: The Evolution of India's Foreign Policy'* (Harper Collins, 2017), *'Explaining Pakistan's Foreign Policy: Escaping India'* (Routledge, 2010) and *'Contemporary Handbook on Pakistan'* (as editor) (Routledge, 2017).