

Curriculum Vitae

Title	Dr.	First Name	Anju	Last Name	Luthra	
Designation	Associate Professor					
Department	Physical Education					
Institutional Email Address	aluthra@jmc.du.ac.in					
EDUCATION						
Degree	Institution	Year	Details			
PhD	Kurukshetra University	1993	A Study of Selected Kinanthropometric Characteristics of Indian Female Athletes			
MPhil						
CAREER PROFILE						
Organisation / Institution	Designation	Duration	Role			
Jesus and Mary College	Associate Professor	33 years				
AREA OF INTEREST :						
TEACHING EXPERIENCE (Subjects/Courses taught)						
I. Stress Management Semester II Generic Elective						
II. Yoga and Stress Management IV Generic Elective						
III. Organisation and Administration in Physical Education Semester VI Discipline Specific Elective						

PhD (Supervised)

1. Supervisor of Yogesh Gupta on the topic 'EFFECT OF THREE MONTHS YOGA PRACTICE AND NATUROPATHY TREATMENT ON DIABETES MELLITUS PATIENTS' from 2017-2021

MPhil (Supervised)

HONORS & AWARDS

1. Centenary Celebration Award: Sports Teacher Award, University of Delhi on 12th May 2023

PUBLICATION DETAILS

Books:

1. Susvasthya, Tandarusti aur Poshan (Joint Author) in 2022
2. Joint Author of 'Health & Wellness, Yoga Education, Sports and Fitness' For FYUGP Students in 2023

Journal Articles:

1. Psychological Profile Assessment of Indian Olympian Gymnast - Dipa Karmakar in the International Research Journal of Management Sociology and Humanities (Joint Author) in 2022
2. PERSONALITY DIMENSIONS OF THE FEMALE WUSHU PLAYERS BELONGING TO SELECTED WEIGHT CATEGORIES in International Research Journal of Management Sociology & Humanities RJMSH Vol 8 Issue 12 [Year 2017] ISSN 2277 – 9809 (Online) 2348–9359 (Print)
3. A COMPARISON OF SPORTS COMPETITION ANXIETY BETWEEN MEDALIST AND NON-MEDALIST WUSHU FEMALE ATHLETES in INTERNATIONAL RESEARCH JOURNAL OF COMMERCE, ARTS AND SCIENCE CASIRJ Volume 9 Issue 6 [Year - 2018] ISSN 2319 – 9202

Newspaper Articles:

Papers presented in Seminars/conferences:

1. 'Indian Women Olympian and Media' at Loreto College, Kolkata with the support of the National Commission for Women on 10 th September 2022.

National Workshops and Seminars Organised:

1. Co-convener of an Awareness and Capacity Building Program on 'Rise and Lead: Young Women Pioneering Technology, Business and Public Life' on 29th April 2024
2. Coordinator of National Seminar on Health Concern of Women in Sports organised by Jesus and Mary College and National Commission For Women on 22nd September 2023.

Talks/Lectures:

Participation as Resource Person:

OTHER DETAILS



Preparation of Teaching Material:

1. Convenor of Skill Enhancement Course and Value Added Course curriculum development on 16 May 2024
2. Question paper setting of 'Life Skills and Work Site Health Promotion' B.A. Program SEC semester IV on 26 March 2024

Research Projects:

Membership in Professional Bodies:

Orientation and Refresher Courses:

Field Work:

1. Convenor of Selection Trial for the University of Delhi, Badminton Women Team for the year 2023-24.
2. Convenor of University of Delhi Ok Inter College Netball Women Tournament 2023-24.
3. Convenor of University of Delhi Inter College Handball Women Tournament 2023-24
4. Convenor of University of Delhi Inter College Football Women Tournament 2023-24.
5. Tournament committee member of University of Delhi Inter College Softball Women Tournament 2023-24
6. Duty at point number 1 starting point of Run For Viksit Bharat 2024 on 8th May 2024