

Dr. Anju Lata



Assistant Professor
Computer Science and Applications
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Areas of Interest

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Educational details

Degree	Year	University	Percentage	Comments
M.A Physical Education	1998	Kurukshetra	74	Gold Medal
Ph.D.	2012	Panjab University		
M.A Sociology	2015	Panjab University	64	

Professional Details

Designation	From	To	Organization
Associate Professor	1999	Till Date	MCM DAV College for Women Sector-36 Chandigarh
Associate NCC Officer	2011	Till Date	1 Chd Naval Unit Chandigarh

Awards & Recognitions

Award	Institute	Year
DG NCC Award from Defense Ministry	MCM DAV College for Women Sector-36 Chandigarh	2011
ADG NCC Award	MCM DAV College for Women Sector-36 Chandigarh	2018
ADG NCC Award	MCM DAV College for Women Sector-36 Chandigarh	2022
Sports Promotor Award by Panjab University	MCM DAV College for Women Sector-36 Chandigarh	1999 to 2022

Research Publications

Title	Journal	Refereed	Date and Year of Publication	Online Link
Health Related Physical Fitness Among College Women In Relation to Their Intelligence.	ISSN-0975-8895 - VYAYAM- VIDNYAN.	Yes	2011	
Physical Activity, Eating Attitude and Perceived stress among Female College Students.	ISSN-2277-5218. NEW HORIZONS.(Yes	2013	
Eating Attitude among College level Women in Relation to Their Body Mass Index.	ISSN-2277-5218 NEW HORIZONS.	Yes	2014	

Cardiovascular fitness in relation to body mass index and self-control of college women students: An evaluation	ISSN-2394-1685. International Journal of Physical Education, Sports and Health.	Yes	2015	
Flexibility and Abdominal Strength of College women in relation to their intelligence.	ISSN-2394-7500. International Journal of Applied Research.	Yes	2015	
Effect Of Recreational Physical Activity On Health Among Adolescence School students.	ISSN-2231-3265. International Journal of Health, Physical Education and Computer Science in Sports.	Yes	2015	
Health related Physical Fitness of College level Women in relation to Demographics.	ISSN-2394-7500. International Journal of Applied Research.	Yes	2018	
Women –Sports: An Analysis of Inter College Achievements in women category.	Panjab University CHANDIGARH FROM 1993-2019. ISSN-2277-5218 NEW HORIZONS	Yes	2019	

Title			Publisher		Year of Publication	

Projects Undertaken

Research Guidance

- **Rani Devi** (Construction and Standardization of sports anxiety Questionnaire) **Degree Awarded**
- **Sanjay Trama** (Comparison of physical fitness of college level men in relation to their eating attitude and sleeping order)
- **Sukanya** (Title yet to be decided)