Awards and Fellowships:

Timelines	Awards and Fellowships
2020	Ph. D. awarded by Manipur University.
2019	Young Scientist Award 2018-2019 awarded by Indian Science Congress Association (Overall Chapter at Lovely Professional University, Punjab).
2013	UGC's NET with JRF awarded UGC.
2013	UGC's Rajiv Gandhi National Fellowship awarded by UGC.
2012	UGC's NET
2011-2012	Junior Research Fellow at Anthropological Survey of India, NERC, Shillong (Physical Growth & Development of North east Children: A Public Health Issue).
2010	Gold Medalist / First Class First in M. Sc. Anthropology, Manipur University.

Publications:

- OBESITY, CED AND HYPERTENSION AMONG A FISHING COMMUNITY OF MANIPUR, INDIA. *International Journal of Current Research* Vol. 8, Issue, 09, pp.37757-37762, September, 2016 ISSN: 0975-833X (Peer-Reviewed Journal)
- NGA-AYAIBA: AN INDIGENOUS FISH PRODUCT OFMANIPUR. IOSR Journal Of Humanities And Social Science (IOSR-JHSS) Volume 22, Issue 8, Ver. V (August. 2017) PP 57-62
 e-ISSN: 2279-0837 p-ISSN: 2279-0845

(Note: This Journal, IOSR-JHSS, peer-reviewed journal, was a part of UGC approved journal when this paper was published).

3. Nutritional status of Adolescent Meitei Girls: An Anthropometric Assessment. Published in "Health and Health Culture" as Book Chapter published by Akansha Publishing House, New Delhi-110002. **ISBN: 978-81-8370-442-7.**

- Research: Process and Design. E-PATHSHALA, ANTHROPOLOGY, UGC, MHRD GOVT. OF INDIA, 2017
- 5. Haemoglobin and Body Fat Percent of Female Stone Crushers of Manipur Valley: An

Occupational Health Assessment. Voice of Intellectual Man.

Vol. 9, No.1, Jan.-June, 2019, pp.32-42

DOI No. 10.5958/2319-4308.2019.00004.5 Print ISSN 2231-6914 Online ISSN 2319-4308 U.G.C. Sl. No. 277, Journal No. 42022

(Note: This Journal, Voice of Intellectual Man, refereed Journal, was a part of UGC approved journal when this paper was published, that is prior to 14th June 2019).

6. Nutritional Status and Anaemic Assessment of Female Stone Crushers of Manipur Valley. Indian Journal of Public Health Research and Development. Vol. 10, No. 6, June

2019, pp.325-329

DOI Number: 10.5958/0976-5506.2019.01292.0 ISSN-0976-0245 (Print) ISSN-0976-5506(Electronic)

(Indexed Journal - Scopus, double blinded peer-reviewed Journal and currently the journal is a part of UGC consortia)

Papers presented in Seminars:

12 presentations (9 oral and 1 poster presentation Paper presentations in National Seminars, 1 oral paper presentation in International Seminar and 1 oral paper presentation in State level Seminar)

- A.) 1 paper presented in Manipur University Seminar in 2010 and 4 National Seminar Paper Presented and Participated in 2010 and 2014
 - i. Paper Title: PREVALENCE OF OBESITY, CHRONIC ENERGY DEFICIENCY AND HYPERTENSION AMONG THE FISHERMAN OF ITHING VILLAGE, MANIPUR.

Organized by Dept. of Anthropology North Bangel University, West Bangel in collaboration with Anthropological Survey of India. 2014

- ii. Paper Title : Hawaijar: An Indigenous Fermented Soyabean of Manipur.Organized by Dpet. of Anthropology, Kha-Manipur College, Kakching. 2014
- iii. Paper Title : NGA-AYAIBA: AN INDIGENOUS FISH PRODUCT OFMANIPUR
 Organized by Dpet. of Anthropology, Kha-Manipur College in collaboration with
 Dept. of Anthropology Manipur University. 2014
- *iv.* Paper title: *NUTRITIONAL STATUS OF ADOLESCENCT MEITEI GILRS: AN ANTHROPOMETRIC ASSESMENT.*

Organized by Dept. of Anthropology Manipur University. 2014

Paper title: Post 1991 Demographic Dynamics of Manipur.
 Organized by Dept. of Anthropology and Myanmar studies, Manipur University.
 2010

B.) 2 (National Seminar Paper Presented and Participated) in 2015

- I. Paper Title: TRANSFORMATION OF UPPER KOMKEIRAP VILLAGE GOVERNANCE. Organized by Dpet. of Anthropology, Utkal University Bhubaneswar under the aegis of Indian National Confederation and Academy of Anthropologist.
- II. Paper Title: PREVALENCE OF CHRONIC OBSTRUCTIVE PULMONARY DISEASE AND ANAEMIA AMONG THE FEMALE STONE CRUSHERS OF MANIPUR VALLEY.
 Organized by the Indian anthropological Society Kolkata in association with Calcutta University, Visva- Bharati and West Bangel State University (12th Indian Anthropological Congress).

C.) 1 (International Seminar Paper Presented and Participated) in 2016

i. Paper Title: SPIROMETRY AND HEMOCHECK ASSESSMENT OF FEMALE STONE CRUSHERS OF MANIPUR VALLEY: AN OCCUPATIONAL HEALTH STUDY.

Organized by Dept. of Anthropology Manipur University and the Indian anthropological Society Kolkata in association with Anthropological Society of Manipur and Indira Gandhi Manav Sangrahalaya, Bhopal.

D.) 1 (National Seminar Paper Presented and Participated) in 2017

i. Paper title: NUTRITIONAL AND HYPERTENSION ASSESSMENT OF LOKTAK'S FISHERMEN

Organized by The Indian Science Congress Association 2017

E.) 2 (National Seminar Paper Presented and Participated) in 2018.

i. Paper title: BODY COMPOSITION OF FEMALE STONE CRUSHERS OF MANIPUR VALLEY: AN OCCUPATIONAL HEALTH STUDY

Organized by Dpet. of Anthropology, Gauhati University , Guwahati under the aegis of Indian National Confederation and Academy of Anthropologist(15th Indian Anthropological Congress).

ii. HAEMOGLOBIN AND BODY FAT PERCENT OF FEMALE STONE CRUSHERS OF MANIPUR: AN OCCUPATIONAL HEALTH ASSESSMENT

Organized by The Indian Science Congress Association 2018

F.) 1 (National Seminar Paper Presented and Participated) in 2019

Paper title: Body Fat Percent: "Body Fat Percent: The better measurer of obesity rather than BMI & Waist Hip Ratio".

Organized by The Indian Science Congress Association 2018-19.