Conference, Seminar, Training and Workshop attended:

- Two (2) Days online Workshop on "Basic Statistical Data Analysis, Essential Elements of Thesis Written and Paper Publication in Agricultural and Plant Sciences Research", 2nd to 3rd March, 2022, organized by e-loumee, Farming Alternatives and resilience management Schools (FARMS), Imphal.
- 2. Three 3 days New Design Development Workshop Programme for Traditional Embroidery Cluster Khongjom on 16th to 18th December, 2021of SFURTI, Ministry of MSME, Government of India.
- 3.Workshop on How to prepare a research proposal and apply for International PhD and Post Doctoral positions under International Faculty and Researcher Development Program (IFRDP) on June 13,2021 organized by SynBiogenica, A Ministry of MSME, Govt. Of India registered enterprise.
- 4. Workshop on Art of writing research / review articles and publishing in peer reviewed journals under International Faculty and Researcher Development Program (IFRDP) on June 12,2021 organized by SynBiogenica, A Ministry of MSME, Govt. Of India registered enterprise.
- 5. UGC STRIDE Sponsored Seven-Day Online Training Programme on Environment Sustainability and Research Ethics organized by Department of Food Science and Nutrition, School of Home Science, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu, 3rd to 11th February, 2021.
- 6. Five 5 days Weaving Design Development Workshop Programme for Traditional Embroidery Cluster Khongjom on 20th to 24th December, 2019 of SFURTI, Ministry of MSME, Government of India.

7.One month Skill Development Training Program in Biotechnology for Students of North-East India on 13th November-12th December,2018 organized by Biotech Park, Lucknow & Institutional Advanced Level Biotech Hub, Imphal College, Imphal.

8. Participated on Two Days National Seminar on An Autonomous College: Problem & Prospect, sponsored by University Grants Commission in collaboration with Directorate of University & Higher Education, Govt. of Manipur organized by Imphal College, Imphal on 29th to 30th June 2018.

9. Participated in the International conference on Advances in Textiles, Machinery, Nonwoven and Technical Textiles organised by Avinashilingam University for Women, India and Texas Tech University, USA held at Coimbatore, India on 14th to 16th July 2008.

10. Participated in sketching competition and attended State Level Seminar on KHADI VISION held on 26th and 27th September 2007 conducted by Sri Krishna Arts and science College Coimbatore.

11. Secured prize in Poster Presentation competition and attended State Level Seminar on KHADI VISION held on 26th and 27th September 2007 conducted by Sri Krishna Arts and science College Coimbatore.

12. Participated in Fevicryl Workshop from 23rd to 24th August 2007 at Avinashilingam University for Women in the Fevicryl Hobby Ideas.

13. Participated in one day seminar on Silk the Royal Fibre organised by Home Science Association of India, Karnataka state branch in collaboration with Central Silk Technological Research Institute, Bangalore on 19th February, 2005.

14. Participated in the seminar on "Ergonomics and Anthropometric Designs" held at Smt.V.H.D. Central Institute of Home Science, Bangalore on 24th march, 2005.Organized by Smt.V.H.D.Central Institute of Home Science, Bangalore and R.V.College of Engineering, Bangalore.

15.One month Training in Textile Design from 1st July to 30th July 2004 at WEAVERS SERVICE CENTRE, MINISTRY OF TEXTILES, GOVERNMENT OF INDIA, BANGALORE.