



# GOVERNMENT ZIRTIRI RESIDENTIAL SCIENCE COLLEGE

## ACTIVITY REPORT

(to be submitted at [activityreport@gzrsc.edu.in](mailto:activityreport@gzrsc.edu.in) within one week after the conduct of the activity)

### I. Activity Details:

1	Name of the Activity:	Awareness on Posh Act cum Commemoration of National Girl Child Day
2	Date and Time:	23 <sup>rd</sup> January, 2:30 PM onwards
3	Venue:	Room No. 203, GZRSC
4	Resource Person with short bio-note:	Lalthanpuii Ralte, Associate Professor, Dept of Home Science, GZRSC. MSC (Child Development), LLB
5	Number of Participants: i. Number of Students: ii. Number of Teachers:	108 10
6	Target Group:	IV Semester
7	Organisers:	Department of Home Science and Women's Studies Cell
8	Sponsoring Agency:	
9	Whether Institutional/ State/ Regional/ National/ International Level?	Institutional
10	Reported by	Lalthanpuii Ralte

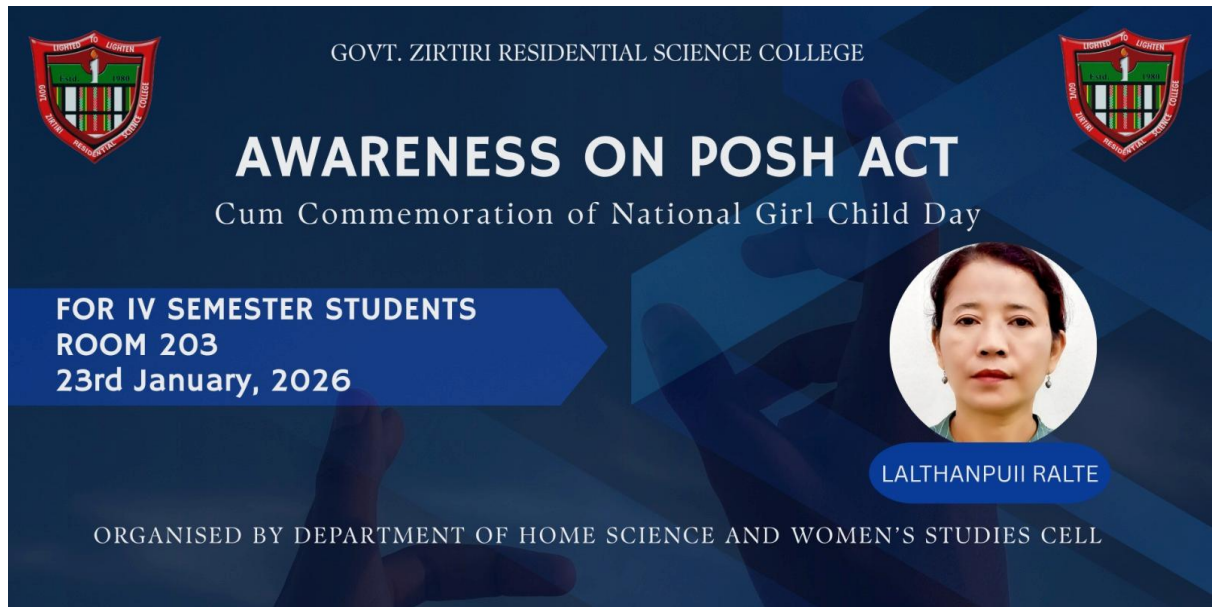
### II. Activity Summary:

An Awareness programme on POSH Act of 2013 cum Commemoration of National Girl Child Day was organized by the Department of Home Science and Women's Studies Cell on 23<sup>rd</sup> January 2026. The programme was chaired by Ms. Lalsangkimi Hmar, associate professor, Dept. of Home Science. Ms. Lalthanpuii Ralte, associate professor, Dept. of Home Science was the resource person for this programme.

The objective of the POSH awareness programme was to enlighten the students about the prevention of sexual harassment at the workplace so as to provide a safe and secure work environment for women. The resource person highlighted the three major elements of the POSH Act i.e. Prevention, Prohibition and Redressal. She stressed on the types of behaviour that constitute sexual harassment and the mechanism for redressal. She gave a detailed explanation on the role of ICC, the procedure for filing complaints of sexual harassment, the rights of the respondent and the consequences of filing a false complaint. The resource person informed the participants that complaints can also be filed online through the SHE-Box Portal.

National Girl Child Day celebrated annually on the 24<sup>th</sup> January was observed to create awareness on the rights of the girl child, to address the inequalities faced by girls in our society and to promote equal opportunities.

III. Activity Picture:





30pts = 105  
Bsc = 2 + Bsc = 85  
HSC = 15

Home Science = 15

**Awareness on POSH Act - Dt. 23/1/2026**  
Organised by Department of Home Science & Women's Studies Cell  
IV Semester Home Science

Sl. No	Roll No	Name	Signature
1	2407HS001	AMELIE REMTLUANGPUII	<i>Ame</i>
2	2407HS002	C.LALRUATSANGI	<i>Yy</i>
3	2407HS003	C.MALSAMWTLUANGI	<i>Yy</i>
4	2407HS004	C.MALSAMWTLUANGI	<i>Yy</i>
5	2407HS005	EFFIE RAMHLINPUII	
6	2407HS006	ELIZOTHANPARI	
7	2407HS007	ESTHER LALLUNGAWII	<i>Esth</i>
8	2407HS008	ESTHER VANLALSAMTHARI	<i>Esther</i>
9	2407HS011	JEVLIN VANLALFAKI	<i>Jevelin</i>
10	2407HS012	JOHNY LALRINAWMA	<i>Johny</i>
11	2407HS013	JONATHAN LALHRIATRENGA	
12	2407HS014	LALCHHANDAMI FANAI	<i>JST</i>
13	2407HS015	LALMUANSANGI	
14	2407HS016	LALMUANTHARI	<i>Yy</i>
15	2407HS017	LALNUNKIMI	
16	2407HS018	LALREMRUATI	<i>Yy</i>
17	2407HS020	MALSAMWTLUANGI	<i>Yy</i>
18	2407HS021	PC.LALTHAZUALA	
19	2407HS022	PC.LALRINSANGI	
20	2407HS023	R.VANLALMALSAMWI	
21	2407HS025	RIMAWII	<i>Rimawii</i>
22	2407HS026	RINHLLUPUII	
23	2407HS027	SANITHA N MARAK	
24	2407HS028	SARAH LALCHAWIMAWII	
25	2407HS029	T.BIANKUANI	
26	2407HS030	T.MALSAMWHLUA	<i>Yy</i>
27	2407HS031	TERESA LALHRIUZELI SAILO	<i>Yy</i>
28	2407HS032	VANRINPUII	<i>Yy</i>

**BCA IV SEMESTER ATTENDANCE**

Roll No	NAME	SIGNATURE
2407BCA001	Abigail Vanlalngaki	
2407BCA002	Abraham Vanlalhriata	
2407BCA003	Alexander Lalbeisica	
2407BCA004	C Lalrandinpuia	
2407BCA005	C Lalruatkima	
2407BCA006	C Remruatpuia	
2407BCA007	Emmanuel Lalrozami	
2407BCA009	Francis Lalnuntluanga	
2407BCA010	H Vanlalngaha	
2407BCA011	Imanuel Lalruaitluanga	
2407BCA013	Lalmuanawma Tochhawng	
2407BCA016	Laltlanmawia	
2407BCA017	Malsawmdawngzuala	
2407BCA018	Philip K. Lalruathlua	
2407BCA019	Remsangpuia	
2407BCA020	Reyna	
2407BCA021	Sandee Lalrinhlui	<i>Sandee</i>
2407BCA022	Teresa Zodinpuii	
2407BCA024	Vanlalrempuui	<i>Rimawii</i>
2418BCA011	Lalruaitluanga	

All total = 2

30pts = 105 BSC  
Total attendance = 85

**Awareness on POSH Act - Dt. 23/1/2026**  
Organised by Department of Home Science & Women's Studies Cell  
IV Semester Home Science

Sl. No	Roll No	Name	Signature
1	2407BSC001	ALBERT LALRUATPUA	<i>A</i>
2	2407BSC002	ALDRIN LALRUATSANGA	
3	2407BSC003	ALEX PAUL LALDINTLUANGA	
4	2407BSC004	ALFRED M THASSO	<i>A</i>
5	2407BSC005	ANDY LALHMANSAHZAUALA	
6	2407BSC006	ANJALI KAPENG	<i>Anjali</i>
7	2407BSC008	BANNY RODINPUII	<i>Banny</i>
8	2407BSC009	BERNARD VANLALMUANPUIA	<i>Bernard</i>
9	2407BSC010	BONNY LALPINDIKA	<i>Bonny</i>
10	2407BSC011	C.HMINGMAMAWII	<i>C.Hming</i>
11	2407BSC012	C.LALHMINGMAMAWII	<i>C.Lal</i>
12	2407BSC013	C.LALREMRUATI	<i>C.Lal</i>
13	2407BSC014	C.LALRINCHUNGLUANGI	
14	2407BSC015	C.NGURTHANTLUANGA	
15	2407BSC016	CATHERINE VANLALFAKI	<i>Kiki</i>
16	2407BSC017	CHATUHANAWMA	
17	2407BSC018	CHAWNGTHANSANGA	
18	2407BSC019	CHRISTINA ZOSANGZUALA	<i>Christina</i>
19	2407BSC021	CHITILUANGPUII	<i>Chitil</i>
20	2407BSC023	DANASY CHAKMA	<i>AMY</i>
21	2407BSC024	DANIEL LALRAMHLUA	
22	2407BSC025	DAVID LALNUNAWMA	<i>David</i>
23	2407BSC028	DAVID LALRINHLLUA	
24	2407BSC027	DEBORAH MALSAMWMMI	
25	2407BSC028	DERICK LALHRIATPUA	<i>Derick</i>
26	2407BSC029	DRAWLER THANGLANKHUPA NGAHTE	
27	2407BSC030	ELVINA LALENKAWII	
28	2407BSC031	ESTHER BIANSANGI	<i>Esther</i>
29	2407BSC033	ESTHER LALRINAWMA	<i>Esther</i>

30	2407BSC034	ESTHER VLHMANGAHI	
31	2407BSC035	F.LALMALSAMWI	<i>F.Lal</i>
32	2407BSC038	F.LALRINAWMAII	<i>F.Lal</i>
33	2407BSC037	FC.VABEINOPHA	
34	2407BSC038	FREDDY LALVENTLUANGA	<i>Freddy</i>
35	2407BSC039	GRACE VANLALTANPUII	<i>Grace</i>
36	2407BSC040	H.LALMUANPUIA	
37	2407BSC043	H.LALSANGKIMA	
38	2407BSC044	H.MALSAMWZELI	
39	2407BSC045	H.RAMBAWILANSANGA	
40	2407BSC047	HC.BEIRAPADUA	
41	2407BSC048	HC.LALRUATFELA	
42	2407BSC049	HC.REMLALFAKA	<i>R.S.</i>
43	2407BSC050	HMINGSAMWANGI	
44	2407BSC051	HONIKHA CHAKMA	<i>Honika</i>
45	2407BSC052	HT.LALRINTLINGI	<i>H.T.</i>
46	2407BSC053	IMANUEL LALHRIATPUII	
47	2407BSC054	ISAAC C. LALHRIUZELA	
48	2407BSC055	ISAAC HMINGDUHAWMA	
49	2407BSC056	ISAK ZOHMINGTHANGA	
50	2407BSC057	ISAK ZOTHANMAWIA	
51	2407BSC058	JASON K.LALCHHUNAWMA	
52	2407BSC059	JOHAN BIAKTHANSANGA	
53	2407BSC060	JOHAN LALDUHSAKA	<i>Johan</i>
54	2407BSC061	JOHNY LALNUNAWMAII	<i>Johny</i>
55	2407BSC062	JONAS VANLALRUATI	<i>Jonas</i>
56	2407BSC063	JONATHAN REMRUATKIMA RALTE	
57	2407BSC065	JULIE LALLAWMKIMI	<i>Julie</i>
58	2407BSC066	K.BEIMOKHA	<i>Beimokha</i>
59	2407BSC067	K.BYHAPHHA	
60	2407BSC068	K.ELISA VASONGIA	<i>Elisa</i>
61	2407BSC069	K.LALAWMAWII	<i>K.Lal</i>
62	2407BSC070	K.LALCHHANCHHUAHI	<i>K.Lal</i>
63	2407BSC071	K.NGOKHPINGIA	<i>K.Ngok</i>
64	2407BSC072	K.NOHSO	<i>K.No</i>

65	24078SC073	K VANLALHMANI/HAHMA/SAWHSANGI	Steph
66	24078SC074	KULCHUMA BEGOM	Steph
67	24078SC075	LALBEISEI	
68	24078SC076	LALCHHUANSANGA	
69	24078SC077	LALDINSANGI	
70	24078SC078	LALDUHAWMI	
71	24078SC079	LALFAKAWMA	
72	24078SC080	LALFAZUALI	Rozak
73	24078SC081	LALHMANGAIHKIMI	Ho
74	24078SC082	LALHMINGMAWII	
75	24078SC083	LALHMINGSANGA	Ho
76	24078SC084	LALHRIATPUII	Ani
77	24078SC085	LALHRIUAZELA	HZ
78	24078SC086	LALHRIUAZELA	
79	24078SC087	LALLAMZUALA	Steph
80	24078SC088	LALLANKIMI	Steph
81	24078SC089	LALLANTLIUANGA	
82	24078SC090	LALMUNAWMI	Onai
83	24078SC091	LALNUNFELA	Steph
84	24078SC092	LALRANINSANGA	
85	24078SC093	LALREMPI KAW/NI	Steph
86	24078SC094	LALREMPAWII	
87	24078SC096	LALREMPUATMAWII KHALA	Steph
88	24078SC097	LALRINHLUA	Steph
89	24078SC098	LALRINSANGA	
90	24078SC099	LALRUATMAWII KHANGTE	
91	24078SC100	LALSANGZELI	Steph
92	24078SC101	LALHANGZUALA	
93	24078SC102	LALHAZUALI	Steph
94	24078SC103	LALTLANUNGA	
95	24078SC104	LILY HMINGTHANTLIUANGI	
96	24078SC105	LILY PARMAWII	Steph
97	24078SC106	LUCY LYAPAWNGIA	
98	24078SC107	M LALLAWMKIMA	m. Ho
99	24078SC108	MAGGIE LALINPUII	Steph

100	24078SC109	MALSAWMA	Steph
101	24078SC110	MALSAWMTLIUANGA	
102	24078SC111	MALSAWMTLIUANGA	Nala
103	24078SC112	MALSAWMTLIUANGI	Melung
104	24078SC113	MALSAWMTLIUANGI	Steph
105	24078SC114	MANG CHUM LING	Steph
106	24078SC115	MARY LALRINPUII	
107	24078SC116	MERCY ZOREMSANGI	
108	24078SC117	MILKAI LALMANSANGI	Steph
109	24078SC118	MIRIAM LALMALSAWMI	
110	24078SC119	MS.SANGA	
111	24078SC120	N LALPANIPIA	
112	24078SC121	NANCY VANNUINPARI	Steph
113	24078SC122	NICKSON N. BEZAHNEISA	Steph
114	24078SC123	P RYINAPHISA	
115	24078SC124	PARVIN SULTANA	Steph
116	24078SC125	PC VANLALHRIATPENGGA	
117	24078SC126	PC VANLALNUNHLUI	
118	24078SC127	PC ZOTHAMLIANPUII	Steph
119	24078SC128	R LALRANGHAKA	Steph
120	24078SC130	R LALREHSANGI	Steph
121	24078SC131	R LALRINMAWII	Steph
122	24078SC132	R LALRINSAMI	Steph
123	24078SC133	R LALSANGZUALI	Steph
124	24078SC134	R LALVENPUIA	Steph
125	24078SC135	RAMDINTHARA	
126	24078SC136	REBECCA K LALMALSAWMTLIUANGI	
127	24078SC137	REMPUATPUIA	Steph
128	24078SC138	RICKY VANLALFAMKIMA	
129	24078SC139	ROBERT LALDUHSAKA	Steph
130	24078SC140	RODY LALRUATSANGI	
131	24078SC141	ROTHANGPUII	Steph
132	24078SC142	RUTH LALNUNMAWII	
133	24078SC144	RUTHI VANLALPARI	Steph
134	24078SC145	S.VABEILALAO	Steph

135	24078SC146	SAMUEL N. BEHNEISA	
136	24078SC147	SAMUEL VANLALRUATA	
137	24078SC148	SANCHI CHOWDHURY	
138	24078SC149	SHAHIDA BEGOM	
139	24078SC150	STEPHEN LALTANPUIA	Steph
140	24078SC151	STEVE VANLALHRIATA	
141	24078SC152	SUANGAHHKIMI	Steph
142	24078SC154	T.SOLOMON	
143	24078SC155	TC.LALRINFELI	Steph
144	24078SC156	TIALCHINSUNG	Steph
145	24078SC157	TIMOTHY VANLALRINCHHANA	
146	24078SC158	V.LALMALSAWMDAWNGA	
147	24078SC159	VANLALDUATA	
148	24078SC160	VANLALDUATSANGZELA	
149	24078SC161	VANLALHIMPUII	Steph
150	24078SC163	VANLALHRIUAZELA	Steph
151	24078SC164	VANLALPARI	Steph
152	24078SC165	VANLALREMPUATPUII	
153	24078SC166	VL.MALSAWMDAWGLIANI	Steph
154	24078SC167	VOHBIK B.LALCHHUNGLIANA	Steph
155	24078SC168	ZAHRA BIANKUNMAWI	
156	24078SC170	ZATLUANGPUIA SAILO	Steph
157	24078SC171	ZIRSANGPUII	Steph
158	24078SC172	ZONUNMAWII	Steph
159	24078SC173	ZONUNTLUANGI	
160	24078SC174	ZOREMMAWIA	Steph
161	24078SC175	ZORINPUII SAILO	
162	24078SC176	ZOSANGKIMA	
163	24078SC177	ZOTHANGZUALA SAILO	
164	24078SC179	JACOB LALNUNHLUA	Steph