



GOVERNMENT ZIRTIRI RESIDENTIAL SCIENCE COLLEGE

ACTIVITY REPORT

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

I. Activity Details:

1	Name of the Activity:	Health Check-up for High School Students
2	Date and Time:	30 th January 2026
3	Venue:	Durtlang High School, Durtlang Leitan
4	Resource Person with short bio-note:	
5	Number of Participants: i. Number of Students: ii. Number of Teachers:	31+75 = 106 8
6	Target Group:	Class 9 & 10 students
7	Organisers:	Dept. of Zoology and Village & School Adoption Committee, GZRSC
8	Sponsoring Agency:	Self-financed
9	Whether Institutional/ State/ Regional/ National/ International Level?	Institute
10	Reported by	Dr. Lalremruata Hauhnar

II. Activity Summary:

A short function was conducted prior to the health check-up programme chaired by Dr Lalzahawmi Chenkual. She provided a brief introduction to the Zoology Department and the college to the High School students. The chairperson invited Dr Lalremruata Hauhnar, who gave a brief introduction to the programme's objectives. He also discussed the importance of health check-ups, the types of metabolic diseases and the prevalence of hypertension, diabetes and cancer in Mizoram.

After the function, the following tests were conducted under the supervision of the Department teachers:

- Height
- WeightBody
- Mass Index (BMI)
- Waist circumference
- Blood pressure
- Blood Grouping
- Blood Haemoglobin level

A total of 75 students from Class IX and Class X completed the above health check-ups. The students had normal values for most of the tests conducted. A separate blood glucose test was also conducted for the teachers of Durtlang High School. Overall, the outreach program was a

significant success as it provided valuable knowledge on how to maintain good health for the future.

III. Activity Picture:



Figure 1&2: Introduction to Health Check-up



Figure 3: Weight, Height, BMI and Waist circumference check-up



Figure 4: Blood pressure check-up



Figure 5: ABO Blood Group Test



Figure 6: Blood hemoglobin level test



GZRSC
Outreach Program At Durtlang HS
30.01.2026 13:40
23.76956, 92.73786
QP9Q+R6V, Durtlang Leitan, Aizawl
796015

Figure 7: Reception Desk



GZRSC
Outreach Program At Durtlang HS
30.01.2026 13:39
23.76962, 92.73780
QP9Q+R6V, Durtlang Leitan, Aizawl
796015

Figure 7: Data Entry



Figure 8 & 9: Teachers from GZRSC