



# 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:	Seminar on Modern Life and Digestive Order
2	Date and Time:	29 <sup>th</sup> January 2026 (Thursday)
3	Venue:	4th Semester Room, Home Science
4	Resource Person with short bio-note:	Dr. Lalnunhlimi Hlondo, MBBS Demonstrator Department of Anatomy Zoram Medical College & Hospital
5	Number of Participants: i. Number of Students: ii. Number of Teachers:	71 61 10
6	Target Group:	Home science students
7	Organisers:	Department of home Science
8	Sponsoring Agency:	Department of Home Science
9	Whether Institutional/ State/ Regional/ National/ International Level?	Institutional
10	Reported by	Dr Lalhmingliani Hlondo ( HOD)

### II. Activity Summary:

Fast-paced modern lifestyle shape a person's diets and their relationship with food which ultimately affects the digestive system. The seminar highlights in-depth about how the type of food we eat and when we eat impacts our gastrointestinal health and functions. A simple lists of do's and don'ts were also mentioned for maintaining a healthier gastrointestinal tract.

### Activity Picture:



