



SENHRI

22nd Annual Magazine

2023 - 2024



GOVT. ZIRTIRI RESIDENTIAL SCIENCE COLLEGE

"LIGHTED TO LIGHTEN"

With Best Compliments

To,

From,
The Editorial Board
Senhri
The 22nd Annual College Magazine (2023-24)
GOVT. ZIRTIRI RESIDENTIAL SCIENCE COLLEGE





SENHRI

The 22nd Annual Magazine
Govt. Zirtiri Residential Science College
2023-2024

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CHRONOLOGY OF MAGAZINE EDITORS

<i>Session</i>	<i>Editor</i>	<i>Assistant Editor</i>
2001-2002	<i>Lalnunzawmpuia</i>	<i>C. Vanlalruata</i>
2003-2004	<i>Hrangchhuana</i>	<i>Remruatkima Khiangte</i>
2004-2005	<i>Joseph Lalnunzira</i>	<i>Lalmalsawma</i>
2005-2006	<i>Joseph Lalnunzira</i>	<i>Lalmalsawma</i>
2006-2007	<i>Jonathan B. Lalrinnggheta</i>	<i>C. Lalchhanchhuaha</i>
2007-2008	<i>K. Lalremsanga</i>	<i>Zarzoliana</i>
2008-2009	<i>P.C. Lallawmzuala</i>	<i>Lalruatkima Bungsut</i>
2009-2010	<i>Zonunsanga Zote</i>	<i>C. Lalrinchhana</i>
2010-2011	<i>Zonunsanga Zote</i>	<i>Lalmunthuanga</i>
2011-2012	<i>Lalmunthuanga</i>	<i>C. Zarzoliana</i>
2012-2013	<i>C. Zarzoliana</i>	<i>R.K. Hmuna</i>
2013-2014	<i>C. Lalhriatpuia</i>	<i>C.K. Lalropuia</i>
2014-2015	<i>C.K. Lalropuia</i>	<i>C. Lalremruata</i>
2015-2016	<i>B. Lalthawmriliana</i>	<i>Robert Lalthianghlina</i>
2016-2017	<i>Lalhriatpuia</i>	<i>Lahluzuala</i>
2017-2018	<i>Isaac Lalmagaihzuala</i>	<i>Lalramchhana</i>
2018-2019	<i>Vanlalmalsawma</i>	<i>C. Hmangaihropuia</i>
2019-2020	<i>C. Hmangaihropuia</i>	<i>Johny Vanlalmuana</i>
2020-2021	<i>Lalrinliana Chawngte</i>	<i>Samuel Ramdintluanga</i>
2021-2022	<i>B. Lalremruati</i>	<i>M.S. Dawgzela Sailo</i>
2022-2023	<i>M.S. Dawgzela Sailo</i>	<i>Bonnie Vanlalremsanga</i>
2023-2024	<i>Moses Ramthlamawia</i>	<i>Lalrinchhunga</i>





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EDITOR'S PEN



On behalf of the Govt. Zirtiri Residential Science College Students' Union, I am honored to present SENHRI, the 22nd Annual Magazine of Govt. Zirtiri Residential Science College.

First and foremost, I extend my sincere gratitude to Almighty God for guiding us to this milestone and granting me the privilege to serve as Magazine Editor of this esteemed institution. Writing this 'Editor's Pen' and presenting this magazine on behalf of the college community is truly an honor.

I am deeply grateful to my Assistant Magazine Editor, Lalrinchhunga, for his exceptional support and meticulous dedication. His willingness to assist at every step has been invaluable in bringing this magazine to life.

My heartfelt thanks go to our esteemed Principal, Prof. B. Zoliana, for his constant support and guidance throughout this project.

I also extend my appreciation to the editorial board for their dedication and hard work. Their attention to detail and insightful contributions have been essential to ensuring the quality of this publication.

My sincere thanks also go to my fellow Students' Union Leaders for their steadfast support, valuable advice, and collaboration.



I would like to acknowledge all faculty members, non-teaching staff, Club OBS, talented photographers, and students who generously contributed their time and efforts to make this publication possible.

Finally, to my fellow students: as you turn the pages of this magazine, may you find inspiration to pursue your passions, meet challenges with resilience, and celebrate the unique strengths we each bring to our college. SENHRI reflects the collective spirit of our community, a reminder that true growth and success lie in our commitment to learning and self-betterment. As you move forward, continue to grow, embrace every challenge with courage, and strive to become the best version of yourself. Keep learning, stay resilient, and never lose sight of your goals and dreams. The journey ahead is yours to shape—make it extraordinary

As Ralph Waldo Emerson said, “What lies behind us and what lies before us are tiny matters compared to what lies within us.”

MOSES RAMTHLANMAWIA
MAGAZINE EDITOR





B.Sangkhumi: **The Visionary Behind our Leagacy** **Ex Principal (1986-1991)**

Pi B. Sangkhumi hi kum 1986 April ni 2 khan Pachhunga University College amang Zirtiri Women's College-ah Principal tura rawn dah a ni a. Zirtiri Women's College hi chumi hun lai chuan Private a ni a, a dintu Pi Lalziki Sailo in School Education Department ah Deputy Director ni chungin Principal hna a lo kawp a. Nimahsela kum 1986 khan ZWC chu *Deficit Grant-in-Aid Status* ah hlankai a nih avangin Pi B. Sangkhumi hi deputation-in dah a ni ta a, deputation ni mahsela full-time Principal hna chelh hmasa ber a ni. A deputation term hi kum khat (1) a ni a, a term hi vawi li (4) extend sak a nih avangin Principal hna hi kum nga (5) a lo chelh a ni.

Hetih hun lai hian Pu Lallianzuala Sailo, Republic Veng inhnuai ah ZWC chu a awm a, Pi B. Sangkhumi in Principal hna a chelh amanga rei lo te ah College chu *Deficit Grant-in-Aid Status*-a hlankai a nih avangin pu Rokamlova, Education Minister chuan College hmun tur a zawn tir a. Hmun hrang hrang an en hnuah Chanmari Middle School leh Republic High School inkar chu College hmun atan a hlethlak sak ta a, hemi hmun ah hian College Building tur sakna turin sawrkar ah cheng sing hnih an dil a, Contractor leh an pawisa dil chu pek an ni a, hemi hian Assam type in building sak tak a ni a, thla riat (8) chhungin sak zawh a ni a, kum 1987-ah luah luh a ni ta a ni.

PU (Pre University)-a Home Science, subject pa khat anga an zir mhin chu NEHU ah an dil a, permission hmuin kum 1987 amang khan class man a ni.



B. Sc. (Home Science) hi NEHU ah an lo nei lo a, NEHU a zuk kal in an Vice Chancellor hnen ah an paper a zuk propose a. An paper an propose tukah chuan NEHU-a subject awm lo chu an in pe thei ta a ni. Kum 1988 amangin B. Sc. (Home Science) class chu man a ni. BCA hi Higher and Technical ah Technical Education lam a khawih laiin zir theihna a pe chhuak a ni.

Muthi lam in College awmna tur hmun pek an tum a nimahsela a ram ngaw tih chhiat te a hlauh avangin a lo hnawl a ni.

4th February 1991 thleng Zirtiri Women's College-ah hian Principal niin a lo thawk a ni.

She was appointed as the 1st Women MPSC (Mizoram Public Service Commission) Chairman on 10th May 2007 at the age of 62. She was awarded PADMASHRI AWARDEE on 9th November 2021.





Dr. Hari Babu Kambhampati
GOVERNOR OF MIZORAM



RAJ BHAVAN
Aizawl, Mizoram - 796001



MESSAGE

I am happy to learn that Govt. Zirtiri Residential Science College, is publishing its 22nd Annual Magazine.

As the first college in Mizoram with purely science education, the college has endeavoured to provide quality education in various fields of science and technology. I believe Mizoram can harness these benefits through students who are provided with foundational skills and knowledge necessary for a wide range of careers in science, technology, engineering, and mathematics (STEM) fields, which are among the fastest-growing and most in-demand sectors.

I convey my best wishes to the College for its future success and congratulate all involved in the successful publication of the magazine.

(Dr. Hari Babu Kambhampati)

Date: 12 June, 2024



**Lalduhoma
Chief Minister**



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MESSAGE


It is with great pride and joy that I extend my warmest greetings and congratulations to all students, faculty and staff of Govt. Zirtiri Residential Science College. My sincere gratitude to the Magazine Editor for your invitation to contribute a message in 22nd annual magazine, 2024.

As a NAAC-accredited college with an 'A' rating, Govt. Zirtiri Residential Science College stands as a beacon of academic excellence in our state. It has been providing invaluable education to countless students, producing numerous successful alumni who have become proud contributors to the progress of Mizoram and India. As students, you are the torchbearers of future breakthroughs and innovations. The path you have chosen may be demanding, but it is also incredibly rewarding. Embrace each challenge as an opportunity to grow, to learn, and to discover something new about the world and yourself

May you find joy in the pursuit of knowledge, satisfaction in your achievements, and inspiration in the potential your work holds. The world needs dedicated science students, who are not only driven by curiosity but also by a profound commitment to improving the world around us. Our government pledges unwavering support for the college and commits to assist in every situation as needed, to the extent that we are able to help. Please rest assured that the State Government is looking into addressing all requirements pertaining to faculty, equipment, and infrastructure.

I wish you all the best in your academic endeavours and beyond. May your passion for science light the way to a future filled with discovery, innovation, and endless possibilities.

**Dated Aizawl,
the 18th June, 2024**


(LALDUHOMA)



MESSAGE FROM PRINCIPAL



Greetings to everyone as we begin another promising year at our esteemed institution. It is with great pleasure that I extend my heartfelt gratitude to the Students Union for their dedicated efforts in preparing this new edition of our College magazine. Your commitment and creativity in showcasing the diverse talents and achievements within our community are truly commendable.

I also take this opportunity to express my sincere thanks to all stakeholders—students, teachers, non-teaching staff, alumni members, and parents—for their unwavering support and contributions. The past academic year has been a testament to our collective efforts, resulting in remarkable achievements that have elevated the stature of our College. Your hard work, perseverance, and collaboration have been instrumental in our success.

Despite financial constraints, our infrastructure continues to improve, thanks to prudent management and strategic investments. The enhancements made contribute significantly to creating a conducive environment for learning and growth.

Furthermore, with the introduction of the National Education Policy 2020 (NEP 2020), I am confident that we are poised to march ahead with renewed vigor and purpose. This transformative policy underscores our commitment to academic excellence, holistic development, and innovation.



As we look forward to the year ahead, let us remain steadfast in our pursuit of knowledge, excellence, and service to society. Together, let us continue to uphold the values that define our College and strive towards greater achievements.

Let us remember that God is there with us and We can do all things through Christ which stengthened us.

Best wishes for a successful and fulfilling academic year.

Warm regards,

(Prof. B.ZOLIANA)
Principal





Message, Vice President's Students' Union 2023-2024



I am thrilled to have the opportunity to contribute a message for the 22nd Annual College Magazine (SENHRI) for the Academic session 2023-2024. It's a fantastic way to showcase our collective achievements and celebrate our academic journey. I deeply appreciate the efforts of the Editorial Board for their hard work and dedication in creating such a valuable asset.

I am honoured to represent the Vice President of the Students' Union, Govt. Zirtiri Residential Science College. This role has been both a privilege and a great responsibility. First of all, I am deeply grateful to God for blessing me with good health and well-being throughout the year. On behalf of the Students' Union, I would like to express my heartfelt gratitude to our Principal, Prof. B Zoliana, who also serves as the President of the Students' Union, for his valuable advice and guidance. I am also thankful to our Lecturers and Office Staff for their continuous support throughout the year. And my deepest and warmest regards go to my subject Lecturers, the Department of Biochemistry for their help in accomplishing my academic achievements.

I would like to extend my gratitude to my fellow SU Leaders for their support, cooperation, and dedication of their time and energy for the growth and development of the college and the welfare of the students.

I feel incredibly fortunate to be a member of this outstanding institution, where I've built valuable connections and created unforgettable memories.

And to all my fellow outgoing students, I am deeply grateful and happy for your academic achievement. I wish you a bright and successful future.

As a student of this college, I extend my best wishes for the college's growth and hope that GZRSC will continue to achieve greater success in the near and distant future.

Dated: the 23rd July 2024

(C. LALREMRUATA)

Vice President

Govt. Zirtiri Residential Science College

Aizawl: Mizoram



GENERAL SECRETARY REPORT

STUDENTS' UNION 2023-2024



I am deeply honored to get the chance to present this Annual report on the activities and achievements of the Students' Union on the academic session 2023-2024.

First of all I am very thankful and grateful for the blessings and guidance I received during this academic session that has helped me in completing my duty. I give the most sincere respect and gratitude to our respected Principal Prof. B. Zoliana for his advice and support throughout the academic session. I am also very grateful to my fellow Students' Union Leaders for their good co-operation. A heartfelt thank you also goes to all the Professors and Non- Teaching Staffs.

My sincere gratitude goes to my assistant Vanlalmuanpuia for his support, contribution and co-operation during the academic session.

1. STUDENTS' UNION ELECTION:

The Students' Union Election was held on 28th July 2023 under the guidance of Returning Officer, Dr Samuel Lallianrawna, Assistant Professor, Department of Chemistry. This election was held on Durtlang Campus, Leitan at Room 001. Under the presence of the Returning Officer, Students' Union Chairman, Dr Lalhmingliana Hnamte. The post of Magazine Editor was not contested by anyone in this election due to this the Students' Union Committee elected a suitable candidate. Results of elected Students' Union Leaders was announced the same day at around 2:00 pm.

The following students were elected as the Students' Union Leaders for the Academic **Session of 2023-2024:**

Vice President	: C. Lalremruata VI Semester, Biochemistry
General Secretary	: Lalrintluanga VI Semester, Physics
Outdoor Secretary	: Bonny Laltlanmawia VI Semester, Chemistry
Indoor Secretary	: R. Lalhmingthianghlina VI Semester, Zoology
Social & Cultural Secretary	: Elizabeth Malsawmdawngliani VI, Chemistry
Debating Secretary	: H. Lalbiakdiki VI, Physics
Magazine Editor	: Moses Ramthlanmawia VI Semester, BCA



Asst. General Secretary	: Vanlalmuanpuia IV, Physical Science
Asst. Outdoor Secretary	: K. Lalremruata IV, Physical Science
Asst. Indoor Secretary	: T. Lalnunmawia IV, Physical Science
Asst. Social & Cultural Secretary	: Vanlalmalsawma IV, Life Science
Asst. Debating Secretary	: B. Lalhruaitluanga IV, Physical Science
Asst. Magazine Editor	: Lalrinchhunga IV, BCA

As per the constitution of Students' Union our Principal Prof. B. Zoliana was the ex-officio President of the Students' Union.

2. PROFESSOR IN-CHARGE:

The following Professors were appointed as various sub-committees in the Students' Union

A) Students' Union In-charge:

Chairman	- Dr. Lalhmingliana Hnamte, Dept. of Chemistry
Secretary	- Dr. Samuel Lallianrawna, Dept. of Chemistry

B) Games & Sports Committee:

Chairman	- Sir Lalnunthara, Dept of Botany
Secretary	- Sir C. Lalrinmawia, Dept of Computer Science

C) College Magazine Committee:

Chairman	- Lalthanpuui Ralte, Dept. of Home Science
Secretary	- Dr. R. Lalawmpuii, Dept. of Mathematics

D) Debating, Socio-Cultural Committee:

Chairman	- Laltluangkimi Hnamte, Dept. of Chemistry
Secretary	- Dr. C Lalmuankimi, Dept. of Geology

3) COLLEGE WEEK:

The 22nd Annual College Week was held during 5th – 9th September 2023, which was organized and conducted by the Students' Union Leaders of Govt. Zirtiri Residential Science College. For the College Week students were divided into four houses viz Red, Green, Blue, White, each houses has a leader and assistant elected by the Students' Union Leaders and those are named below:

Red House	: G.F Vanneihluanga (<i>Leader</i>) Vianny Lalngaihawma (<i>Asst. Leader</i>)
Green House	: V. Lalchansanga (<i>Leader</i>) Lalthamawia (<i>Asst. Leader</i>)
Blue	: Vanlalremruata (<i>Leader</i>) Lalthanmawia (<i>Asst. Leader</i>)
White	: Lalhmangaihzaau (<i>Leader</i>) Lalfamkima (<i>Asst. Leader</i>)



The College Week was held at different venues:

Govt. Zirtiri Residential Science College Durtlang Campus and Ramthar Campus, Electric Veng YMA Hall, Vanapa Hall, MZU Ground, Ramhlun Sports Complex. The 22nd Annual College Week overall house results are as follows:

Champion	: Green House
1st Runner up	: Blue House
2nd Runner up	: White House
3rd Runner up	: Red House

The results of the College Week was announced during the College Week Closing cum Miss & Mister Contest held on 9th February 2024.

3) COLLEGE WEEK CLOSING CUM MISS & MISTER CONTEST:

The 22nd Annual College Week Closing cum Miss & Mister Contest was held on 9th February 2024 at Vanapa Hall under the guidance of the Students' Union Leaders and the Miss & Mister sub-committee members which includes:

1. Dr Lalsaimawia Sailo (Chairman)
2. Dr C. Zoramthara
3. Dr. Lalrinsangi Nghinglova
4. Miss Mary Lalthansangi
5. Miss Lalrosangpuii
6. C. Lalremruata
7. Lalrintluanga (Secretary)
8. Jacob Ngurthantluanga

Results for the Miss and Mister Contest are as follows:

College Miss	: Lalmuanpuii IV Semester, Dept. of Biochemistry
College Mister	: V. Lalchansanga VI Semester, Dept. of Biochemistry
1 st Runner up (Miss)	: K. Lalrinmawii IV Semester, Dept. of Geology
1 st Runner up (Mister)	: Peter Lalnunzira VI Semester, Dept. of Mathematics
2 nd Runner up (Miss)	: T. Lalhriatrengi VI Semester, Dept. of Zoology
2 nd Runner up (Mister)	: JC Lalrinmawia VI Semester, Dept. of Geology

The rank holders were given cash award as well as memento, trophy, bouquet and crown. Consolation prizes were also given to every participants.

I would also like to take this time to thank the Miss & Mister sub-committee member for their support and contributions which without them we could not have such a successful event.



4) MZU SPORTS:

The Mizoram University Sports was held between 4th – 8th March 2024. In this event our college participated in various disciplines viz., Athletics, Batminton, Table Tennis, Football, Basketball, Volleyball and Chess. We the Students' Union whole heartedly thank the College Players who took part and gave their all during the MZU Sport.

5) ACCJSU DEBATE COMPETITION: We the Students' Union sincerely congratulate Lalbiakzuali VI Semester (Dept. of Mathematics) and Teresa Lalremruati IV Semester (Dept. of Biochemistry) for their victory on the ACCJSU Debate Competition held on 28th October 2023, and also to Lalbiakzuali for getting the Best Debator award.

6) ACCJSU DEBATE COMPETITION FOR ENVIRONMENTAL AWARENESS: We the Students' Union also sincerely congratulate Lalbiakzuali VI Semester (Dept. of Mathematics) and Moses H. Lalhruaitluanga (Dept. of Geology) for getting 3rd place in this debate competition.

7) STUDENTS' UNION PROPERTY:

• On 6th September 2023, in response to a letter to the Sports Council asking for donation of Sports equipment, with the help of Dr. Remlalsiama Sports & Games i/c we received a Football, Volleyball, Basketball and 4 Table Tennis bats, we sincerely thank Dr Remlalsiama for his contribution.

• Football Cards (Red and Yellow) and Volleyball was purchased for College Week.

8) OTHER ACTIVITIES:

• Organised by the Students' Union, Teachers' Day was held on 5th September at Canteen Ground/ NCC Parade Ground where the teachers were celebrated and given gifts.

• Department, Faculties (Teaching & Non-Teaching Staffs) and various clubs photoshoot was held on 15th- 17th April 2024 at Durtlang Campus.

I had a good time performing my duties to the best of my abilities.

THANK YOU
LONG LIVE GZRSC





REPORT FROM OUTDOOR GAMES

BONNY LALTLANMAWIA
OUTDOOR SECRETARY



It is a great privilege for me to give a brief report on the activities of Outdoor Games Department, during the academic session of 2023-2024.

First of all. I would like to thank the Almighty God for giving me this wonderful opportunity and for His guidance, protection and giving me a helpful Asst. Secretary Mr. K. Lalremruata during the Academic Session of 2023-2024.

During this whole session. I am happy to see good, co-operation, unity, support, encouragement between all the professors and students.

The following are the activities and results during the academic session 2023-2024.

COLLEGE WEEK

The 22nd Annual College Week was held during 11th – 15th September 2023. For the purpose of this College Week all the students were divided into four Houses. They are as under-

- | | |
|----------------|----------------|
| 1) Blue House | 2) Red House |
| 3) Green House | 4) White House |

Medal Tally in Outdoor Games Department :

White House : 4 Gold Medals, 2 Silver Medals, 5 Bronze Medals

Green House : 4 Gold Medals, 2 Silver Medals, 3 Bronze Medals

Red House : 4 Gold Medals, 2 Silver Medals, 2 Bronze Medals

Blue House : 3 Gold Medals, 8 Silver Medals, 1 Bronze Medals

1. 100 Meter Race (MEN)

- i) Gold Medal : K.C.Lawmsangpuia(6th Semester, Physics Red House)
- ii) Silver Medal : Jonathan Malsawmtluanga(6th Semester, BCA Green House)
- iii) Bronze Medal: Ricky Lalremruta(4th Semester, Physics White House)
- iv) Bronze Medal: R Laldinthara(2nd Semester, Mathematics Green House)

2. 100 Meter Race (WOMEN)

- i) Gold Medal : Lalrintluangi(6th Semester, Zoology Blue House)
- ii) Silver Medal : Baby Lalrosangi(4th Semester, Biochemistry GreenHouse)
- iii) Bronze Medal : Vanlalkroshlui(2nd Semester, Zoology White House)

3. 400 Meter Race (MEN)

- i) Gold Medal : K.C.Lawmsangpuia(6th Semester, Physics Red House)
- ii) Silver Medal : James Ngurthansanga(6th Semester, Physics White House)
- iii) Bronze Medal: C.Laldawngmuana(6th Semester, Biochemistry Blue House)

4. 400 Meter Race (WOMEN)

- i) Gold Medal : Vanlalkroshlui(2nd Semester, Zoology White House)
- ii) Silver Medal : Zonunmawii(2nd Semester, Chemistry Blue House)
- iii) Bronze Medal : Vanlaltlani(2nd Semester, Biochemistry Red House)

5. Mixed Relay Race

- i) Gold Medal : Green House
- ii) Silver Medal : Blue House

6. Shot Put (MEN)

- i) Gold Medal : F.Malsawmtluanga
(2nd Semester, Mathematics White House)
- ii) Silver Medal : Lalengkima(2nd Semester, Mathematics Blue House)
- iii) Bronze Medal : Lallawmsanga(6th Semester, Physics White House)

7. Shot Put (WOMEN)

- i) Gold Medal : Boicy (2nd Semester, Red House)
- ii) Silver Medal : Lalrinsangi (2nd Semester, Electronics Blue House)
- iii) Bronze Medal : S.Daltoni (6th Semester, Botany Green House)

8. Discus Throw (MEN)

- i) Gold Medal : F.Malsawmtluanga
(2nd Semester, Mathematics White House)
- ii) Gold Medal : Lallawmsanga(6th Semester, Physics White House)
- iii) Silver Medal : C.Laldawngmuana
(6th Semester, Biochemistry Blue House)
- iv) Bronze Medal : Lalthlengliana(6th Semester, Physics Blue House)

9. Discus Throw (WOMEN)

- i) Gold Medal : Emmanuel Lalchhanchhuahi
(6th Semester, Zoology(White House)
- ii) Silver Medal : Lalhunlawmawmi(Green House)
- iii) Bronze Medal : Hilda Lalhmangaihi(Red House)

10. Insuknawr (MEN)

- i) Gold Medal : James Thanggousiama
(6th Semester, Mathematics Red House)
- ii) Silver Medal : Lalhriatpuia(4th Semester, BCA Red House)
- iii) Bronze Medal : Lallawmsanga(6th Semester, Physics white House)

**11. Tug Of War (MEN)**

- i) Gold Medal : Blue House
- ii) Silver Medal : White House
- iii) Bronze Medal : Green House

12. Tug Of War (WOMEN)

- i) Gold Medal : Green House
- ii) Silver Medal : Red House

13. Death Ball

- i) Gold Medal : Green House
- ii) Silver Medal : Blue House
- iii) Bronze Medal : White House

14. Sakuhilut

- i) Gold Medal : Green House
- ii) Silver Medal : Blue House
- iii) Bronze Medal : Red House

15. Football(MEN)

- i) Gold Medal : Blue House(Team-A)
- ii) Silver Medal : White House(Team-A)

16. Football(WOMEN)

- i) Gold Medal : Green House
- ii) Silver Medal : Blue House

MIZORAM UNIVERSITY SPORTS MEET-2024

The 22nd Mizoram University Sports Meet- 2024 was held during 4th -8th March. At Aizawl. Our College also participated in different discipline i.e Football and Athletics.

I would like thank to our respected Principal Prof. B. Zoliana for his encouragement and sincerity. A big thanks to all our participants for their hard work and my fellow Students' Union Leaders and all the Conveners and Lecturers In-charge in different disciplines for their co-operation and support throughout the year.

My deepest thank goes to Mr. K. Lalremruata(Asst. Outdoor Secretary) for his hard work and sincerity and backed me up in all the activities that we undertook in-regard of Outdoor Games Department.

I would like to conclude my report wishing the Outdoor Games Department to have a better achievement in the coming session and also wishing Govt. Zirtiri Residential Science Collage to win a Champion Trophy in the future.

Long Live GZRSC



REPORT FROM INDOOR GAMES

R.HMINGTHIANGHLIMA
INDOOR SECRETARY



It is an honour and overwhelming privilege for me to be able to deliver a report on the activities and achievements carried out by the Indoor Games and Sports Department during the academic session of 2023-2024 of Govt. Zirtiri Residential Science College.

First and foremost, I would like to thank our Almighty God for making a successful of all the activities of Indoor Games and His guidance throughout the academic sessions.

I express my deep sense of gratitude and immense respect to the Principal and all the Lecturers and Staff for their valuable support and advice for Sport's Activities.

COLLEGE WEEK

The 22nd Annual College Week was held during 11th – 15th September 2023. For the purpose of this College Week all the students were divided into four Houses. They are as under-

- 1) Blue House 2) Red House
- 3) Green House 4) White House

The various activities of Indoor Games and Sport Department during the academic session are given below:-

COLLEGE WEEK REPORTS:

1. BGMI Results-

- 1) Gold : Blue House
- 2) Silver : Red House
- 3) Bronze : White House

2. Mobile Legend Results-

- 1) Gold : Green House (Team 5)
(Mark Lalmuanawma Lalruatsaka Lalthamawia Zodinpuia Vanlalthari Vanlalhruaizela)
- 2) Silver – Blue House (Team 1)
(Ngurthantluanga Lalrindiki Hnamte Peter Lalnunzira John Laldusaka
R.Lalruatmawia)
- 3) Bronze – Red House (Team 3)
(Lalramdinthara Ngente P.C Lalfakawma Krista Lalmachhuani Lalmangaihsanga
J.Lalrinmawia Lalhunsiamia)

**3. Basketball:**

Men

- 1) Gold : Red House
- 2) Silver : Green House
- 3) Bronze : White House

Women

- 1) Gold : Green House
- 2) Silver : White House
- 3) Bronze : Red House

4. Volleyball:

Men

- 1) Gold : White House
- 2) Silver : Green House
- 3) Bronze : Blue House & Red House

Women

- 1) Gold : Green House
- 2) Silver : Blue House
- 3) Bronze : White House & Red House

5. Carrom Board:

Men

- 1) Gold : TT Khatlai (Red House)
- 2) Silver : Penticost B. Nohro (White house)
- 3) Bronze : Paominlem (Green House)

Women

- 1) Gold : Lalrinsangi (Blue House)
- 2) Silver : Ruthi Lalngaihsaki (White House)
- 3) Bronze : Lalengkimi (White House)

6. Table Tennis:

Men

- 1) Gold : Vanlalhriatrenga (Green House, 2nd Sem Chemistry)
- 2) Silver : P.C Lalmalsawma (Green house, 6th Sem Chemistry)
- 3) Bronze : Suanliantuanga (Blue House, 6th Sem Zoology)

Women

- 1) Gold : Veronica Lalruatfeli (Green House, 2nd Sem Zoology)
- 2) Silver : Maria Ms Dawngkimi (Blue House, 2nd Sem Physics)

Men (*Double*)

- 1) Gold : P.C Lalmalsawma & Liannunmawia (Green House)
- 2) Silver : Suanliantuanga & Rozawna (Blue House)
- 3) Bronze : Hmangaihsanga & GF Vanneihluanga (Red House)



7. Badminton:

Single (*Men*)

- 1) Gold : Lalawmpuia Pachuau (Green House, 2nd Sem Computer Sc)
- 2) Silver : Lalnunthara (Red House, 2nd Sem Mathematics)
- 3) Bronze : Rosangpuia Hnamte (Blue House, 6th Sem Zoology)

Double (*Men*)

- 1) Gold : Rosangpuia Hnamte & J. Ramdinthara (Blue House)
- 2) Silver : H.Lalmachhuana & V.L Pekkima (Red House)
- 3) Bronze : Lalawmpuia Pachuau & Lalruatdika (Green House)

Mixed Doubles

- 1) Gold : Malsawmzuali Fanai & J. Ramdinthara (Blue House)
- 2) Silver : Ruthi Lalngaihsaki & F.C Sikha (White House)
- 3) Bronze : PC Malsawmtluangi & RK Lalpekhlua (Green House)

Women

- 1) Gold : Rosangpuia Hnamte (Blue House, 2nd Sem Botany)
- 2) Silver : Vanlalventluangi (Blue House, 2nd Sem Botany)
- 3) Bronze : Ruthi Lalngaihsaki (White House, 6th Sem Geology)

8. Chess:

Men

- 1) Gold : Alex Lalhmangaihzuala (Red House, 6th Sem Mathematics)
- 2) Silver : K.Malsawmtluanga (Green House, 4th Sem Physics)
- 3) Bronze : B.Lalhruaipuia (Red House, 6th Sem Zoology)

Women

- 1) Gold : Ramthanzuali (Red House, 2nd Sem Chemistry)
- 2) Silver : Zonunmawii (Blue House, 2nd Sem Chemistry)
- 3) Bronze : Malsawmzuali (Blue House, 2nd Sem Zoology)

9. Arm Wrestling:

Men (*Under 60Kg*)

- 1) Gold : Thangsanmuanga (Green House, 4th Sem Physics)
- 2) Silver : Lalrammawia (Green House, 2nd Sem Biochemistry)
- 3) Bronze : H.Zohmangaiha (Blue House, 2nd Sem Electronics)

Men (*60-70 Kg*)

- 1) Gold : PC Lalfakawma (Red House, 6th Sem Geology)
- 2) Silver : Chigon Chand Chakma (Green House, 6th Sem Computer Sc)
- 3) Bronze : Lalchhuanawma (White House, 6th Sem Physics)

Men (*Above 70Kg*)

- 1) Gold : Lalhriatpuia (Red House, 4th Sem Computer Sc)
- 2) Silver : Zodinpuia (Blue House, 6th Sem Mathematics)
- 3) Bronze : F.Malsawmtluanga (White House, 2nd Sem Mathematics)

**10. Chinese Checkers:**

Men

- 1) Gold : S.Beitohra (Blue House, 6th Sem Geology)
- 2) Silver : Thawnglianthanga (Red House, 6th Sem Physics)
- 3) Bronze : Lalzawmpuia (Blue House, 6th Sem Mathematics)

Women

- 1) Gold : Teresa Lalremruati (White House, 4th Sem Biochemistry)
- 2) Silver : Elosi Kithii (Blue House, 4th Sem Chemistry)
- 3) Bronze : Lalruathlui Chawngthu (White House, 4th Sem Zoology)

11. Checkers

Men

- 1) Gold : FC Sikha (White House)
- 2) Silver : Penticost B. Nohro (White House)
- 3) Bronze : ZB Silva (Green House)

Women

- 1) Gold : H Singhia Azyu (Green House)
- 2) Silver : Lalengkimi (White House)
- 3) Bronze : FC Linapawkirili (Blue House)

MIZORAM UNIVERSITY SPORTS MEET-2024

The 22nd Mizoram University Sports Meet- 2024 was held during 4th – 8th March, at Aizawl. Our college took part in this Mizoram University Sports Meet, competing in a variety of indoor games such as badminton, table tennis, chess, and carrom. Despite our enthusiastic preparation and the dedication of our participants, we did not secure any medals this year.

I would like to express my gratitude to the sport committee for their encouragement and guiding the pass year and till now, my sincere and heartfelt gratitude and appreciation to my Assistant Indoor Secretary T.Lalnunmawia for his support and cooperation through the entire session.

Last but not the least, I would like to give a heartfelt thanks to all my Fellow Student's Union Leaders and all the Students, House Leaders, the participants and all to the Family of Govt. Zirtiri Residential Science College for their support throughout the entire session.

Lighted To Lighten



DEBATING SECRETARY REPORT

Debating Secretary
H. Lalbiakdiki



It is a great pleasure and honour for me to have the opportunity to give a brief report on the activities and achievements of Debating Department, during the academic session 2023-2024.

My sincere gratitude to our respected Principal Prof. B. Zoliana, Professors incharge, teaching and non-teaching staffs for their advice and guidance throughout the academic session. My deepest heartfelt thanks to my assistant B. Lalhruaitluanga of IV semester, Physical Science for his support and cooperation in helping me and sharing all the hardships and works through the entire session. I also want to sincerely thank all my fellow Student Union Leaders for their dedication, encouragement and hardwork.

Achievements on the Debating Department

1. On 28th October 2023 a Debate Competition was organised by Aizawl City College Joint Students' Union (ACCJSU) on the topic 'Mizoram politics a kohhran inawlh hi a tha'. There are ten colleges competing in this competition, we are very delighted to declare that our college secure the '1st position' in this debate competition. The representatives of our college are given below:

-Lalbiakzuali 5th semester, Mathematics.

-Teresa Lalremruati 3rd semester, Biochemistry.

Lalbiakzuali was awarded as the 'Best Debater' in this debate competition.

2. A Debate Competition was again organised by ACCJSU on 1st April 2024 on the topic 'Development first, Environment second'. We are very pleased that our college secure the '3rd position' in this competition. The representatives of our college are given below:

-Lalbiakzuali 6th Semester 'Mathematics

-Moses H. Lalhruaitluanga 6th Semester, Geology

We are very grateful and congratulated our participants for their outstanding performance and wonderful achievements for our college. I would like to personally thank Mrs. Lalhruaitluangimi Hnamte (Miss kimi), Mrs. Lalhruaitluangi (Miss Masangi) and Miss Lalhruaitluangimi Chhangte (Miss MS-i) for their advice, guidance and support regarding the competition. They are one of the main key to our success. I would like to extend my gratitude again to my assistant B. Lalhruaitluanga and my fellow Student Union Leaders for always supporting me.



College Week Activities

The 22nd Annual College Week was held during 11th-15th september 2023. The various activities and results of Debating Items are given below:

1. DEBATE COMPETITION

1st Position	:Lalbialzuali V Semester,Mathematics(blue House)
2nd Position	:Moses H.Lalhruaitluanga V Semester,Geology(Red House)
3rd Position :	RK.Lalsangkima Ill semester,Physics (White House)

2. QUIZ COMPETITION

1st Position	:Green House
2nd Position	:White house
3rd Position	:Blue House

3. POSTER WRITING COMPETITION

1st Position	:Vanlalmunsiami V Semester,Mathematics (Blue House)
2nd Position	:Nisha Kumari V Semester,Botany (Blue House)
3rd Position	: Susani V Semester,Physics (Green House)

4. ESSAY WRITING COMPETITION

A. ENGLISH

1st Position	:PePe Angela Lalrinmawii I Semester,Botany (Green House)
2nd Position	:Monwara Begum V Semester,Chemistry (Blue House)
3rd Position	:Giftson Thangsawnlian I Semester, Physics (Red House) & : Mahafuja Parven I Semester, SCA (Green House)

B.MIZO

1st Position	:Hani Lalhriatpuii I Semester ,Botany (Red House)
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- 2nd Position :Mary Lalnuntluangi
I Semester,Botany (Green House)
- 3rd Position :Vanlalmangaihzuali
I Semester,Chemistry(Green House)

5. POETRY WRITING COMPETITION

A. ENGLISH

- 1st Position :Suktara B. Mazumdar
V Semester,Botany(Red House)
- 2nd Position :Lalvohbika
V Semester,Electronics(White House)
- 3rd Position :Baby Lalrosangi
III Semester,Biochemistry(Green House)

8. MIZO

- 1st Position :Judithi Lalhruaizeli
I Semester,Home Science(Red House)
- 2nd Position :H.Laltlanmawii
V Semester, Botany (White House)
- 3rd Position :Joseph Lallawmawma
V Semester,Electronics (Blue House)

6. LOVE LETTER WRITING COMPETITION(MIZO)

- 1st Position :Emmanuel Lalchhanchhuahi
V Semester,Zoology(White House)
- 2nd Position :H. Vanlalbiakhlua
I Semester,Mathematics(Red House)
- 3rd Position :Lalvohbika
V Semester,Electronics(White House)

7. PAINTING COMPETITION{COLOUR}

- 1st Position :Lalfakawma
III Semester,Chemistry(Blue House)
- 2nd Position :Carie Laldusangi
I Semester,Zoology (White House)
- 3rd Position :Lawmkima
III Semester,BCA (Blue House)

**8. DRAWING COMPETITION {PENCIL/SHADING}**

1st Position	: Zonunmawii I Semester, Chemistry (Blue House)
2nd Position	: Lalfakawma III Semester, Chemistry (Blue House)
3rd Position	: F.Rohluzuali I Semester, Botany (Blue House)

9. EATING COMPETITION**A. MEN**

1st Position	: Lalruatsanga I Semester, Physics (White House)
2nd Position	: Thawnglianhangang V Semester, Physics (Red House)
3rd Position	: Joseph Lalremruata III Semester, Geology (Blue House)

B. WOMEN

1st Position	: Vanlalhriathlui I Semester, Chemistry (Red House)
2nd Position	: Ruthi Ngurnunluangi V Semester, Zoology (White House)
3rd Position	: Rosy Vanlalhruii III Semester, Home Science (Blue House)

We can observe from the various activities that during this session, the students valued and enjoyed the college week very much. I would like to thank all the House Leaders, the participants and all the students for taking part in this Annual Sport.





REPORT FROM SOCIAL&CULTURAL SECRETARY

Elizabeth Malsawmdawngliani
6th Semester, Chemistry



It is a pleasure and a great opportunity for me to give a brief report of the various Social&Cultural activities during the academic session of 2023-2024.

First and foremost, I would like to thank and praise the Almighty God, who has granted his countless blessings and opportunities throughout the year.

I would like to give special thanks to our respected Principal, Prof.B.Zoliana and all the faculties and my fellow members of Students' Union Leaders for their support, guidance and advice during the academic year.

I am grateful to my assistant, Vanlalmalsawma, 4th Semester, Life Science, for his endless support and cooperation in the activities carried out by me as responsibilities of the Secretary throughout the session.

During the academic session 2023-2024, various activities and results of Social & Culture are as follows:

COLLEGE WEEK

CULTURAL DAY RESULT

Insawitheihsiak

1. Lalbiakzuali, 6th Semester, Mathematics (Blue House)
2. Teresa Lalremruati, 4th Semester, Biochemistry (White House)
3. James Ngurthansanga, 6th Semester, Physics (White House)

Hlado chham

1. Lalruatfela Ralte, 6th Semester, Botany (White House)
James Ngurthansanga, 6th Semester, Physics (White House)
2. Moses H.Lalhruaitluanga, 6th Semester, Geology (Red House)
3. Vohbik B. Lalchhungliana, 2nd Semester, Geology (Red House)

Solo

1. Zonunmawii, 2nd Semester, Mathematics (Blue House)
2. James Ngurthansanga, 6th Semester, Physics (White House)
3. Christy Lalrinpuui, 4th Semester, Home Science (Red House)

**Chheih lam**

1. White House :R. Remruatpuia, 6th Semester, Physics
James Ngurthansanga, 6th Semester, Physics
Felina Lalruatdiki, 2nd Semester, Biochemistry
Lemina Laltlansangi, 4th Semester, Biochemistry
2. Red House:
Moses H. Lalhruaitluanga, 6th Semester, Geology
K.C Lawmsangpuia 6th Semester, Physics
Priscilla Lalnunluangi, 2nd Semester, Botany
Naom Sairengpuii Sailo, 2nd Semester, Mathematics
3. Blue House:
Peter Lalnunzira, 6th Semester, Mathematics
H. Lalzekima, 4th Semester, Biochemistry
Malsawmzuali Fanai, 6th Semester, Botany
Lalhriatzuali, 2nd Semester, Home Science

Beat Contest

1. Green House (Hringfate)
2. Blue House (The broken)
3. White House (Chhurbura fans)

Cultural Mister

Reuben Lalchhuanawma, 2nd Semester, Mathematics (Blue House)

Cultural Miss

Lalbuatsaihi, 4th Semester, Botany (White House)

Best Vocalist

Ruth Roluahpuii, 2nd Semester, Home Science (Blue House)

Best Drummer

Lalmangaiha, 2nd Semester, Chemistry (Blue House)

Best Guitarist

Vanlalchhuanawma, 4th Semester, BCA (Green House)

Best Keyboardist

B. Vanlalhriatrenga, 2nd Semester, Biochemistry (Blue House)

Best Bassist

R. Remruatpuia, 6th Semester, Physics (White House)





REPORT FROM NATIONAL CADET CORPS

Under Officer R.Remruatpuia



INTRODUCTION

It has been an honor and a privilege to highlight the Report of 1 Mizo Air Sqn NCC, Govt. Zirtiri Residential Science College during 2023-2024 Academic session.

The National Cadet Corps(1 Mizo Air Sqn NCC) has been inaugurated into our College, Govt. Zirtiri Residential Science College in 2018 and it is commanded by Commanding Officer Sqn Leader MK Singh(2020-2023) and later by Wing Commander Lalrinsanga(2023-till date). The Aim of this Organisation is to Develop qualities of Character, Discipline, Comradeship, acknowledging the power of unity and selfless service to the Cadets; To Provide Environment conducive to motivating young Indians to choose Armed Forces as a Career.

During the session 2023-2024, Zirtiri NCC have a total cadets of 39 and Our Care Taker Officer being Dr. Lalrinsangi Nghinglova. The Outgoing Cadets during the session 2023-2024 from Zirtiri NCC are as follow:

- 1) SUO Vanlalhriatrenga, Dept of Electronics
- 2) UO R.Remruatpuia, Dept of Physics
- 3) UO KC Lawmsangpuia, Dept of Physics
- 4) CWO Rakesh Kumar Rai, BCA
- 5) CWO Thancha Debbarma
- 6) Sgt James Thanggousiama, Dept of Math
- 7) Sgt Bonny Laltnanmawia, Dept of Math
- 8) Sgt Alex Lalhmangaihzuala, Dept of Math
- 9) Sgt Benjamin Malsawmzela, Dept of Zoology
- 10) Sgt Vanlalremruata, Dept of Physics
- 11) Sgt Ruthi Ngurnuntluangi, Dept of Zoology
- 12) Sgt Nisha Kumari, Dept of Botany
- 13) Sgt Melody Lallawmpuii, Dept of Zoology
- 14) Sgt C.Lalduhawmi, Dept of Biochemistry



In this Session The Activities,Camps and Achievements are described below:

CAMPS

1) Combined Annual Training Camp(CATC): The Combined Annual Training Camp was held on 1st-10th December 2023 at Tanhril.In this Camp,Cadets are taught how to live with limited Resources,how to do Drill(both Armed and Unarmed),they also experienced Firing and Flying,Exchanging Cultures,etc.Also,Cadet J.Vanlalrinhlui was selected as the Best Cadet(SW).

2) Ek Bharat Shrestha Bharat Camp(EBSB): In this Camp,Cadets from various States share and learn each other Cultures.

i) EBSB II Tezpur: CWO Thancha Debbarma,Sgt Ruthi Ngurnuntluangi and Sgt Alex Lalmangaihzuala along with various Cadet attended the EBSB II Camp 3rd-15th January 2024 at Tezpur,Assam

ii) EBSB II Ujjain: Sgt James Thanggousiama,Sgt Bonny Laltnanmawia and Sgt Benjamin Malsawmzela attended EBSB II Camp on 4th-15th October 2023 at Ujjain, Madhya Pradesh.

iii) EBSB II Shillong: Sgt Melody Lallawmpuii attended EBSB II Camp at Shillong on 6th-16thDecember 2023.

3) Air Force Attachment Camp II: UO R.Remruatpuia attended the Air Force Attachment Camp II during 18th-31st December at Air Force Station,Hakimpet, Hyderabad.In this Camp,Selected Cadets from various directorate learned about the works of Indian Air Force in various way.

4) All India Vayu Sainik Camp(AIVSC): AIVSC is the highest Camp for Air NCC.In this Competition,Cdt.Remlalruata and Cdt.Romel C.Lallawmsanga participated along 6 other Cadets representing Mizoram.

5) Republic Day Camp(RDC): The Highest NCC Camp in India is the Republic Day Camp,UO KC Lawmsangpuia and Cdt.Celine Vanlalhriati were selected to participate in this Camp through many hardships.(This holds the First RD Cadets in Our College).

OTHER ACTIVITIES

1) Celebration of World River Day:Hosted by our Unit 1 Mizo Air Sqn NCC,cooperating with Various Cadets from 1 Mizo Bn NCC in Aizawl had a cleaning of Chite Lui on 20th September 2023.

2) Theory and Drill Class:Theory and Drill Class is taken every Wednesday and Friday after College.

- 3) Firing: There used to be a Range Firing for Cadets to test their Firing Skills either on AR 23 Sector(Khatla) and 5th IR Battalion Firing Range,Lungmuat.
- 4) Flying Simulator: Cadets are given the opportunity to ride and experience the Flying Simulator at the Unit Office as they please.
- 5) Flying: Our Unit have 2 Aircraft, both Microlight Zen Air CH Stol Aircraft, Air NCC Cadets are given the opportunity to experience flying these Aircraft alongside the Commanding Officer.
- 6) 77th Independence Day Parade 1 Mizo Air Sqn NCC participate on the 77th Independence Day Parade, 8 Cadets from our College are included in this Parade.
- 7) NCC Festival: For the First time in Mizoram NCC history, NCC Festival was hosted on AR Lammual and Vanapa Hall by 1 Mizo Bn NCC, Our College also partook as a Participant in various Competition-Cultural Dance, Street Play, Singing, Extempore Speech and Opening a Stall. Cdt Ruthi Lalruatpuui(1st Sem) got the First Prize in Singing Competition and Cdt Jemngaichoi(1st Sem) got the Second Prize in Extempore Speech.

OTHER ACHIEVEMENTS

- 1) We are very delighted to highlight that Our Care Taker Officer Dr. Lalrinsangi Nghinglova was selected as the Best CTO(SD/SW) in Mizoram NCC and was awarded by the Sport Minister.
- 2) We are very proud to report that our Cadet, Cdt ADS Hmangaihzuala, 2022 Enrollment had joined Indian Army on Bengal Engineering Regiment.
- 3) 2022 Enrollment were able to complete their B Certificate Exams on Dt 17th March 2024.
- 4) 2021 Enrollment were able to complete their C Certificate Exams on 3rd March 2024.

I am very thankful and honored to extend my report to thank The Heavenly Father, Our Principal and my dear colleagues for it is not possible to succeed without their constant trust, support and their encouragement. Thank you for making ordinary moments extraordinary throughout the whole session.

Entering into this sphere of unity and discipline is a great happening in our life. Air wing NCC is not only about drill and flying classes, the main aim for the cadets is to give a chance to soar high and touch the sky with glory.

“Once you have tasted the taste of sky you will forever look up”

LONG LIVE ZIRTIRI NCC

Jai hind



REPORT FROM EVANGELICAL UNION



R. Remruatpuia, Secretary

INTRODUCTION

The Evangelical Union, Govt. Zirtiri Residential Science College was formed in 21st September 1996 and got affiliated under UESI in 2018. There are currently 12 Office Bearers and 7 Advisers during the tenure 2023-2024. The theme during this tenure is taken from Psalm 37:5, "Commit your way to the Lord; Trust in him and he will do it".

The Following are the Leaders of the Evangelical Union 2023-2024.

President	:	Zodinmawia, Dept of Mathematics
Vice President	:	Zodinpuia, Dept of Mathematics PC.Lalruatkima, III Sem, BCA
Secretary	:	R.Remruatpuia, Dept of Physics
Assist Secretary	:	Lalengkawli, Dept of Mathematics
Treasurer	:	Lalnunsangi, Dept of Home Science
Finance Secretary	:	Lemina Lalansangi, III Sem Life. Science
Prayer Secretary	:	ZT.Lalduatpuui, Dept of Mathematics
Assist.Prayer Secretary	:	Asha Vanlaldinchhuahi, 3rd Sem Phys. Science
Music Secretary	:	V.Lalchansanga, Dept of Biochemistry
Assist.Music Secretary	:	Biaksangpuia, Dept of Physics
Property Secretary	:	R.Lalchhamhima, Dept of Physics

Senior Advisers

Chaiman	:	Lalringheti Ralte
Secretary	:	H.Lalnunsangi

Members:

- 1) C.Lalramdina
- 2) Lalhruaitluanga
- 3) Lalrintluangi
- 4) Lalhmingliani Hlondo



5) Rebecca Lalnuntluangi

ACTIVITIES

1) Unit Evangelistic Camp: By God's Grace, Evangelistic Camp was conducted by our Unit on our College on Dt 1st-3rd September with Speaker as Mr. Mark V. Vanlalrema and Rev. Lalhunthara on the theme "LOST AND FOUND" Luke 15:24; 44 Students were able to attend this Camp including 5 students from 2 other Unit. On 3rd September, we were also able to have EU Sunday on Leitan South Presbyterian Church where two of our passed out Senior shared their Testimony.

2) Bible Study: We were able to conduct Bible Study every Thursday after College.

3) Fellowship: Prayer Meeting, Praise and Worship and Sharing was held every Monday, Wednesday and Friday during Lunch Period.

4) Evangelistic Camp: UESI Mizoram organised this Camp on 29th September-2nd October 2023, 16 Students from our Unit were able to attend this Camp.

5) Discipleship Training Camp: 14 Students were able to attend this Camp organised by UESI Mizoram on 25th-28th January 2024.

6) State Leadership Training Camp: State Leadership Training Camp organised by UESI Mizoram at Higher and Technical Institute, Mizoram, Lunglei on the 15th-21st June, 2024 was attended by Eight(8) Members.

7) State Annual Council: The 12th State Annual Council was held on HATIM, Lunglei on 13th-14th June 2024. Thirteen(13) Members participated in this Program.

8) Committee Member Training Camp: Organised by UESI National at Kolkata on 19th June-3rd July 2024. Nine(9) EU Members from different Unit represent Mizoram including Asha Vanlaldinchhuahi, our Assist. Prayer Secretary.

9) Unit Visit: By God's Grace, Our Unit were able to visit and had a Joint Fellowship with EU Aizawl West College on the 15th April 2024; On the 14th February 2024, Synod Campus Ministry visited our Unit and had a fruitful time of Fellowship.

10) Retreat: On the 9th March 2024, Our Unit were able to have a Discipleship Retreat with Speaker as Upa C. Ngurthantluanga, 75 Students including passed out students and from different unit attended this Fruitful Program.

11) Outing: Five(5) Member from our Unit attended the Joint AICEU/AEGF OUTING held on 13th January 2024.

12) Advance Christmas: Six(6) members were able to attend Advance Christmas organised by Synod Campus Ministry on 12th December 2023.

13) Seminar:

i) Apologetic Talks and Science Lecture was done on 6th October 2023 on the Topic "Science and Christian Faith" with the help of Physics Department, having Rev



Dr. Rosiamliana Tochwawng, Associate Professor, ATC as a Resource Person.

ii) Awareness Campaign on Hazard of Intoxicant was done on 29th September 2023 on the Topic "Drugs Abuse and HIV/AIDS, with Dr. Lalchhanhima Ralte, MPH as a Resource Person.

14) NSC&EGM: R. Remruatpuia, Current Secretary attended The National Students Consultation Program and Extraordinary General Body Meeting at Bonghir, Telangana along with Benjamin Laltlansanga, EU PUC and Mr. Isaac, EGF on the 25th-28th January 2024. The Program was very Fruitful and Encouraging and our Unit gained many Development Spiritually from the Testimony of ICEU from different States.

Source of Income: Selling Pickles, Practical Books, Waiwai thak, etc, Shifting Bricks, Cleaning House/Hostel, Ushering.

Expenditure: AICEU, SEC, National contribution, Evangelistic Camp, Discipleship Training Camp and State Leadership Training Camp Contribution.

CONCLUSION

I would like to conclude this humble Report by giving my heartfelt Gratitude to the Principal and Our Advisers, who have been very supportive for this Student Ministry from the very Start, The SU Leaders, all the Lecturers and Staffs who took part in various activities of EU. We thank you and May the Good Lord bless this College for its further development.

May God have all the Glory for all the Blessings and the work he had given us. Amen.

Thus Far The Lord has Helped Us





REPORT FROM COOKING CLUB

Lalnunsangi, Secretary



Greetings to you all, first of all I would like to thank Almighty God for all the blessings and guidance throughout the year. It is indeed a great privilege for me to give a brief report on the activities of Cooking Club, Gov't Zirtiri Residential Science College during the Academic Session 2023-2024.

It is our Almighty God's guidance and blessings that Cooking Club came into existence on 12th August 2022. The aim of cooking club is to provide knowledge and skills for the preparation of healthy and nutritious foods and to develop good relationship among the college students and professors.

OFFICE BEARERS

The Office Bearer were elected by the members of the club. The following students were elected as the Office Bearers of the Cooking Club for the Academic Session 2023-2024.

- | | |
|-----------------------|----------------------------------------|
| 1)PRESIDENT | : Mary. Lalnunfeli (6th Semester H.Sc) |
| 2)VICE PRESIDENT | : Lalthanzama (6th Semester BCA) |
| 3)SECRETARY | : Lalnunsangi (6th Semester H.Sc) |
| 4)ASSISTANT SECRETARY | : Lalruatmawii (2nd Semester Physics) |
| 5)TREASURER | : Vanlalvena(6th Semester Physics) |
| TEACHER'S IN-CHARGE | : |

All professors from Home Science Department.

NUMBER OF MEMBER :

During 2023-2024, we had a total of 153 members and we also hope for more students to join in the future.

MEETINGS:

During 2023-2024, we could not hold many meetings and we had an OB meeting only once in this session.



ACTIVITIES:

During 2023-2024 session, there is only one activity and it was held on 8/09/2023, Friday at 1:30 pm at Home Science Building. At this day, various foods was prepared by the club members by the guidance of teacher's-in-charge and it was also consumed by the club members and professors. Around 95 people including OB members and professors attend this activity. Item prepared on this day was:

- 1)Chicken Pakora
- 2)Pineapple Jam
- 3)Pineapple squash
- 4)Sandwich

CONCLUSION

I would like to conclude my report by expressing a deep sense of gratitude to our respected Principal. Professor B.Zoliana for his consideration, professors in-charge, student's Union leaders and all the Club member's for the support and co-operation with every activities of the Cooking Club throughout the academic session. The club is nothing without you and could never function without your effort and support. We hope that this club continues to strengthen the bonds for all the student's in GZRSC.





REPORT FROM MUSIC CLUB

C. Lalrengpuii, Secretary



I would like to show my gratitude to all the readers, I am very happy to be able to share my reports to you and I wish you a great day ahead.our club being formed recently and us being the very first OBs, there are many challenges and we often feel lost on how to keep the club alive and exciting, I would like to say that we have tried our very best on leading the club till the very end.

Firstly I show my gratitude to our respected principal Prof. B. Zoliana, I would like to thanks all my lovely companions, the OBs for their services for the club, our respective lecturers who guided us the whole time and lastly, my fellow students who supported us greatly with their contributions.

On December 15, 2022 the club had participated in MDC Winter Festival and recieved a citation and trophy. On every functions that the College organised, the club had always contributed our musicians, singers and dancers. Conveniently I would like to take this chance to invite all the readers to kindly follow our page on the instagram [gzrsc_music_dance_fitness_club](#) to view our previous activities and keep up with the upcoming activities as well.

Lastly, there are many activities that the club has planned for the upcoming sessions so I hope my dear juniors take these opportunities to build up their talents. It is such an honour to be the student of GZRSC, thank you.





PERSONALITY DEVELOPMENT COURSE 2024

Dr. Lalrinsangi Nghinglova
Secretary, Student Support Committee



Personality Development: Personality is the sum of the characters that constitute the mental and physical being of a person including appearance, manners, habit, taste, and even moral characters. The personality of a person constantly undergoes a change and it can be developed for the better.

About the course: Our programme seeks to adopt a holistic approach to learning. It will work towards building confidence, mental health, image and creativity enhancement. It aims at bringing about positive change in our students who are positioned to face the greater challenges of life as they graduate from the college. It will also equip the students with the essential etiquette, protocol knowledge and refined social skills to enable them to face any social situation with confidence.

Target Group: The course is intended for the outgoing/final year students of all streams. All final year students got themselves registered at the beginning of the sixth semester

This course was introduced in 2013 to provide necessary life skills to the outgoing students of all streams. This is the 11th batch of students that have undergone this short-term course on Personality Development, It has been organized by the Student Support Committee under the aegis of the IQAC. The committee felt that since last year, the courses should be conducted in a phased manner throughout the entire even semester to ensure attendance of all final year students. This being the case, this year we had 286 core students who registered for the course.

Members of the organizing Committee are:

Chairman: Zodinpuui Secretary: Dr, Lalrinsangi Nghinglova Treasurer: Laltlanchhungi
Members: Lalsangkimi Hmar, Caroline Zaihmingthangi, Dr Lalzahawmi Chenkual, Lalrintluangi, C. Zazokimi, Dr MS Dawngliani, Dr Lalhmingliana Hnamte, Lalhruitluanga, H. Thangkhanhau.

Day 1 : 19th January 2024

Topics : i) *Social Values and Etiquette (including Mizo Tlawmngaihna)*
ii) *Orientation on CCC*

Resource Persons: Dr Lalzahawmi Chenkual is an Associate Professor is an orator par excellence who spoke on the importance of maintaining social values especially the concept of tlawmngaihna particularly among the youth.

Mr H. Thangkhanhau is an asst professor in the department of computer Science who explained the importance of CCC for future career advancements.

Day 2: 2nd February 2024

Topics: *i) Stress management*
 ii) Mental health

Resource Person: Dr Lalremruati is an Associate Professor, Department of Psychology, Govt Aizawl West College.

The present age has seen many youths afflicted with stress and depression, which sometimes lead to suicide. Hence, stress Management and mental health is of great importance to students who are to face different challenges of the modern era. The sessions proved to be very useful to the students.

Day 3: 16th February 2024

Topics: *i) Life Skills*
 ii) Soft Skills

Resource Person: Carolyn Rinthanpuii Fanai is currently serving in the Government of Mizoram as the Deputy State Project Director and SDEO at Kawnpui. She had worked as a “voice accent trainer and soft skills trainer” at Infosys and had conducted trainings on Personality development. Her sessions were enjoyed immensely by the students.

Day 4 : 15th March 2024

Topics : *i) Study Abroad : Experience America*
 ii) Entry into Govt services : Interaction With MCS topper

Resource Persons: Judy, YRG discussed various aspects of studying abroad and conducted a survey on the problems faced by students in applying for colleges abroad.

Lalnunpuia Renthlei delivered a motivational speech and answered several questions posed by the students in the Q&A round relating to entry into govt services and other issues.

Day 5 : 5th April 2024

Topics : *i) Career clinic*
 ii) Physical Fitness and Dance

Resource Persons: Lalhruaitluanga is an Asst. professor in the Department of Computer Science. He is an international Certified career Counsellor (University of California) and a Certified Life Coach from National Skills Academy, USA. He is also a master trainer in Mizoram Entrepreneurship Development and Monitoring Committee, GOM. He has published several books on career awareness such as Academic Handbook of Mizoram, Zocareer, Zirna Kailawn, and Zirna Lamtluang. On the first career clinic 18 students consulted the expert and in the second session 21 students attended the clinic which they found very useful.

Alan Rinawma is a well - known dancer who runs a Dance camp and performs at different events. He spoke on the importance of physical health and taught dance steps to the students and teachers. His session was refreshing and invigorating.




Personality Development Programme

PHYSICAL FITNESS AND DANCE

5th April 2024 @ 2:00pm onwards

Organised by
Student Support Committee, GZSC



ALAN LALRINAWMA

Experience America

Building bridges of Opportunity
A sophisticated pathway to higher education in the US
with colleges of the Northeast

A PROJECT OF BRIDGING COLLEGE FOR STUDENTS AND FACULTY OF THE GOV. ZIRTIRI RESIDENTIAL SCIENCE COLLEGE



PERSONALITY DEVELOPMENT

INTERACTION WITH INCS TOPPER 2024

BOOK: 23rd March 2024
8:00 AM - 9:00 AM
Venue: Room 301




Personality Development Programme

MENTAL HEALTH

Dr Lethanvank
Assoc Professor
Dept of Psychology
Govt Zirtiri Residential College

Date: 02.02.2024 @ 2:00-4:00 pm
Venue: Room no 301

organised by:
Student Support Committee, GZSC

PERSONALITY DEVELOPMENT PROGRAMME

LIFE SKILLS



Rinthanpuil

23 FEB 2024
03:00 PM - 04:00 PM

ORGANISED BY:
STUDENT SUPPORT COMMITTEE
GOVT. ZIRTIRI RESIDENTIAL SCIENCE COLLEGE





A REPORT ON STUDY TOUR – 2024

GOVT. ZIRTIRI RESIDENTIAL SCIENCE COLLEGE

Dr. H. Lalremruata
Assistant Professor & Tour-in-charge

On June 19, 2024, the Principal-in-charge, Dr. Zirlianggura, convened a meeting and led a prayer session on the college campus, seeking blessings and guidance for a successful and enriching experience. This marked the beginning of our educational tour to Shillong and Guwahati, a journey that aimed to foster learning, bonding, and personal growth among participants.

Day 1: June 19, 2024 - Departure and Unexpected Delay

- We departed from the college campus at 1:30 PM, eager to embark on our educational adventure.

- However, our journey was unexpectedly delayed due to a protest blockade organized by local residents near Sonapur. This forced us to stop our bus and wait overnight, sleeping on board until morning.

- Despite the unforeseen circumstances, we demonstrated resilience and adaptability, making the most of the situation.

Day 2: June 20, 2024 - Resumption of Journey and Arrival

- Following a roadside breakfast prepared and enjoyed in the morning, we resumed our journey with the assistance and guidance of the North East Students' organization leaders.

- We arrived safely at the Mizoram Guest House in Shillong at around 9:00 PM.

Day 3: June 21, 2024 - Exploring Cherrapunji

- We visited Cherrapunji, exploring the following attractions:

Lyngksiar Falls: A breathtaking natural wonder that showcased the region's unique geological features.

Nohkalikai Falls: One of the highest waterfalls in India, offering a stunning display of natural beauty.

Eco Park: A serene and peaceful destination that highlighted the importance of environmental conservation.

Mawsmi Cave: A fascinating limestone cave that provided insights into the region's rich geological history.

Day 4: June 23, 2024 (Sunday) - Spiritual and Recreational Activities



- Some tour members attended a church service at a local church, providing an opportunity for spiritual reflection and growth.

- In the evening, we visited Ward's Lake, a picturesque destination that offered a serene and peaceful atmosphere.

Day 5: June 24, 2024 - Journey to Guwahati

- We departed from Shillong in the morning, embarking on the next leg of our journey to Guwahati.

- However, our journey was briefly hindered due to road repairs, forcing us to take a detour. We had to backtrack around 10 kilometers and rely on GPS map to find an alternative route to Guwahati.

- The unexpected delay, combined with the lack of breakfast, left us feeling quite hungry. Unfortunately, we were unable to find any restaurants or eateries along the way, further exacerbating our hunger.

- Despite these challenges, we persevered and finally arrived in Guwahati, albeit four hours later than expected.

- Upon arrival, we discovered that the Mizoram Guest House was unable to accommodate us, forcing us to seek alternative lodging. We eventually settled on a private hotel named 'Mizo Guest House'.

- After checking into the hotel, we had a much-needed lunch and took some time to rest and recharge.

Day 6: June 25, 2024 - Exploring Guwahati's Attractions

- We began the day with a hearty breakfast, fueling up for a fun-filled day of exploration.

- Our first destination was the Science Museum, where we spent nearly two hours engaging with interactive demonstrations and attending special programs. The museum's hands-on exhibits and informative displays sparked curiosity and fascination among us.

- Following our visit to the Science Museum, we headed to the Assam State Zoo, eager to explore the beauty of the zoo's diverse wildlife. As we wandered through the zoo's enclosures, we encountered a wide range of animals, each with unique characteristics and traits. We thoroughly enjoyed our time at the zoo, marveling at the wonders of the natural world.

- In the evening, we made our way to the Brahmaputra River, where we embarked on a scenic ship ride. As the vessel glided across the river's tranquil waters, we took in the breathtaking views of Guwahati's skyline and the surrounding landscape. The gentle lapping of the waves against the ship's hull created a

soothing melody, further enhancing the relaxing ambiance of the river cruise.

Day 7: June 26, 2024 - Departure from Guwahati and Unexpected Detour

- On the evening of June 26, we bid farewell to Guwahati and embarked on our return journey home.

- However, fate had other plans. The next morning, our bus broke down in Mahur town, Assam, leaving us stranded in an unfamiliar place.

- Fortunately, luck was on our side. We found ourselves surrounded by people from our own tribe, who kindly offered assistance and support during this challenging time.

Day 8-11: June 27-30, 2024 - Unplanned Sojourn in Mahur

- We ended up spending four days and three nights in Mahur, grateful for the kindness and generosity of the townspeople.

- During our extended stay, we had the opportunity to experience the local culture, traditions, and way of life, forging unforgettable memories and bonds with our hosts.

- The unexpected detour turned into a blessing in disguise, allowing us to discover the warmth and hospitality of the people in Mahur and creating a truly unique and enriching experience.

On July 30th, after spending four days and three nights in Mahur, we finally resumed our journey back home, filled with a mix of emotions - relief, exhaustion, and a sense of accomplishment. We had faced numerous challenges and experienced a wide range of situations in Mahur, from the breakdown of our bus to the kindness and hospitality of the local people. Despite the difficulties, we had grown closer as a group and had learned to appreciate the beauty of uncertainty.

As we left Mahur behind, we felt a sense of excitement and anticipation, eager to return home and share our experiences with our loved ones. The journey back was long and tiring, but we were driven by the thought of finally reaching our destination.

On July 1st, we arrived in Aizawl in the morning, feeling a sense of relief and accomplishment. We had traveled over 1,000 kilometers, faced numerous challenges, and experienced the beauty of different cultures and landscapes. As we stepped off the bus, we were greeted by the familiar sights and sounds of home, and we knew that our journey had finally come to an end.

We were fortunate to have Mr. Lalremruata Zote, our skilled and dedicated mechanic, accompany us on our journey all the way to Aizawl. His presence provided an added layer of assurance and peace of mind, knowing that we had an expert on hand in case we encountered any further issues with the bus. Moreover, Mr. Zote's expertise extended beyond mere companionship, as he took the wheel for approximately half of the



journey, skillfully navigating the roads and ensuring our safe passage. His contributions were invaluable, and we are deeply grateful for his dedication and commitment to our group's well-being.

CONCLUSION

Our educational tour, which began on June 19, 2024, was a journey of discovery, growth, and bonding. Despite facing unexpected challenges and delays, we persevered and made the most of every situation. We explored the natural wonders of Cherrapunji, experienced the warmth and hospitality of the people in Mahur, and discovered the rich cultural heritage of the North East.

Through this tour, we learned valuable lessons about resilience, adaptability, and teamwork. We formed unbreakable bonds with each other and created memories that will last a lifetime. We also gained a deeper understanding of the diversity and complexity of our country, and we returned home with a newfound appreciation for the beauty and richness of India.

As we conclude this tour, we are filled with a sense of accomplishment, gratitude, and joy. We are grateful for the opportunity to have experienced this journey together and look forward to many more adventures in the future.





VAC : II Semester (Section A)



VAC : II Semester (Section B)



VAC : II Semester (Section C)



Department of BCA : II Semester



Department of Home Science : II Semester



IV Semester (EVS A)



IV Semester (EVS B)



Department of BCA : IV Semester



Department of Home Science : IV Semester



Department of BCA : VI Semester



Department of Biochemistry : VI Semester



Department of Botany : VI Semester



Department of Chemistry : VI Semester



Department of Electronics : VI Semester



Department of Geology : VI Semester



Department of Home Science : VI Semester



Department of Mathematics : VI Semester



Department of Physics : VI Semester



Department of Zoology : VI Semester



FACULTY



DEPT. OF COMPUTER SCIENCE



DEPT. OF BIOCHEMISTRY



DEPT. OF BOTANY



FACULTY



DEPT. OF CHEMISTRY



DEPT. OF ELECTRONICS



DEPT. OF ENGLISH



FACULTY



DEPT. OF GEOLOGY



DEPT. OF HOME SCIENCE



DEPT. OF MATHEMATICS



FACULTY



DEPT. OF PHYSICS



DEPT. OF ZOOLOGY



ALUMNI COMMITTEE



CLEANLINESS COMMITTEE



DEBATING & SOCIO CULTURAL COMMITTEE



DECORATION COMMITTEE



DISASTER COMMITTEE



ECO CLUB COMMITTEE



EVANGELICAL UNION ADVISORS



ICT COMMITTEE



INNOVATION CLUB COMMITTEE



LIBRARY STAFF



LIBRARY COMMITTEE



LIGHT & SOUND COMMITTEE



MAGAZINE COMMITTEE



NATIONAL SERVICE SCHEME (NSS) COMMITTEE



RECEPTION COMMITTEE



RED RIBBON CLUB COMMITTEE



SECURITY COMMITTEE



STUDENTS SUPPORT COMMITTEE



WOMEN CELL COMMITTEE



YUVA TOURISM COMMITTEE



ADVENTURE CLUB COMMITTEE OB



COOKING CLUB COMMITTEE OB



MEDIA, PUBLICITY & PHOTOGRAPHY CLUB OB



MUSIC, DANCE & PHYSICAL INCHARGE & OB



SENHRI CULTURAL CLUB OB



NCC



1st Year



2nd Year



3rd Year



STUDENTS' UNION INCHARGE & STUDENTS' UNION LEADERS



STUDENTS' UNION LEADERS



MZU EXAMINATION 2024 GOLD MEDALISTS



T. VANLALPEKHLUA
BCA



GRACY LALRUATTHARI
B.HSC

MZU EXAMINATION 2024 SUBJECT TOPPERS



LALFAKMAWII
B.SC, BIOCHEMISTRY



A. LALLIANMAWIA
B.SC, ELECTRONICS



SURJA BAHADUR
B.SC, PHYSICS

MZU EXAMINATION 2024 RANK HOLDERS



VANLALAWMPUIA
6TH POSITION
BCA



JOSEPH CARL HENRY
7TH POSITION
BCA



OBEDA MALSAWMHLUA
9TH POSITION
BCA



ZOTHANMAWIA
2ND POSITION
B.SC, BIOCHEMISTRY



V.LALCHANSANGA
3RD POSITION
B.SC, BIOCHEMISTRY



S.JULIE LALRUATHLUPUII
4TH POSITION
B.SC, BIOCHEMISTRY



ESTHER LALTHAKIMI
5TH POSITION
B.SC, BIOCHEMISTRY



VANLALPEKA
6TH POSITION
B.SC, BIOCHEMISTRY



C.NELSON BEIRADUAKHEI
7TH POSITION
B.SC, BIOCHEMISTRY



C.LALREMRUATA
8TH POSITION
B.SC, BIOCHEMISTRY



MZU EXAMINATION 2024 RANK HOLDERS



C.REMSANGKIMI
2ND POSITION
B.SC, BOTANY



JACOB NGURTHANTLUANGA
2ND POSITION
B.SC, ELECTRONICS



LALMAWIZUALA
3RD POSITION
B.SC, ELECTRONICS



R.LALLAWMAWMI
4TH POSITION
B.SC, ELECTRONICS



VANLALTLEIPUII
3RD POSITION
B.SC, GEOLOGY



RUTHI LALNGAIHSAKI
4TH POSITION
B.SC, GEOLOGY



LALHRUAICHIANGI
5TH POSITION
B.SC, GEOLOGY



CLARA F.NGURSANGLIANI
7TH POSITION
B.SC, GEOLOGY



RAMDINPUII
9TH POSITION
B.SC, GEOLOGY



JC LALRINMAWIA
10TH POSITION
B.SC, GEOLOGY



ANGELINA F.ZOTHANKIMI
2ND POSITION
B.HSC



VANLALNGAIZUALI
3RD POSITION
B.HSC



ISRAEL RAMNGHAKHLENGI
4TH POSITION
B.HSC



T.VANLALRUATI
5TH POSITION
B.HSC



LALNUNSANGI
6TH POSITION
B.HSC



MALSAWMDAWNGKIMI
7TH POSITION
B.HSC



LALDINPUII
8TH POSITION
B.HSC



VL NEIHTHANGI
9TH POSITION
B.HSC



MARY LALNUNFELI
10TH POSITION
B.HSC



LALRUATPUII
2ND POSITION
B.SC, MATHEMATICS



ZT LALDUATPUII
7TH POSITION
B.SC, MATHEMATICS



LALBIAKZUALI
9TH POSITION
B.SC, MATHEMATICS



HENRY LALNUNPUIA
7TH POSITION
B.SC, PHYSICS



COLLEGE WEEK DAY 1





COLLEGE WEEK DAY 1





COLLEGE WEEK DAY 2





COLLEGE WEEK DAY 2





COLLEGE WEEK (CULTURAL DAY)





COLLEGE WEEK (CULTURAL DAY)





COLLEGE WEEK DAY 4





COLLEGE WEEK DAY 4





COLLEGE WEEK DAY 5





COLLEGE WEEK DAY 5





COLLEGE WEEK CLOSING CUM MISS & MISTER CONTEST





COLLEGE WEEK CLOSING CUM MISS & MISTER CONTEST





MZU SPORTS





FRESHER'S DAY CUM FELICITATION PROGRAMME





FRESHER'S DAY CUM FELICITATION PROGRAMME





PERSONALITY DEVELOPMENT & GRAND DINNER





NATIONAL CADET CORPS





NATIONAL CADET CORPS





EVANGELICAL UNION



EU SUNDAY



EVANGELISTIC GATHERING AT SYNOD CONFERENCE CENTRE



OB & ADVISORS



MZU EU VISIT



EVANGELISTIC CAMP GZRSC



STATE LEADERSHIP TRAINING CAMP, HATIM, LUNGLEI



DISCIPLESHIP RETREAT



FUND RAISE

Miss

GZRSC 2023-2024
LALMUANPUII HNAME
IV SEMESTER
DEPARTMENT OF BIOCHEMISTRY





Mister

GZRSC 2023-2024

V. LALCHANSANGA

VI SEMESTER

DEPARTMENT OF BIOCHEMISTRY



A TRIBUTE TO OUR SUPERANNUITANTS



LALTLUANGKIMI HNAMTE

Associate Professor

Dept. of English

Date of Joining : 5.11.1996

Date of Superannuation : 1.4.2024

"I feel really blessed to have worked at GZRSC where I have learnt so many life's lessons. I will cherish all the shared joys and sorrows. My heart will always hold dear GZRSC and the memories that we have made.

As I bid a fond farewell, I wish each and everyone at GZRSC a future where you attain the best version of yourselves.

Long live GZRSC"

H.LALRINZUALI

Upper Division Clerk (UDC)

Date of Joining : 7.3.1986

Date of Superannuation : 1.9.2024

"Kum 38 leh thla 5 chung hlim taka ka lo thawhna, ka hriat reng tur College, ka nun nen a in zawm tlat Govt. Zirtiri College nghilh i har dawn mang e.

I dinhmun a that chuan ka lo lawm thin. Hmasawnin thang zel turin duhsakna sang ber ka hlan e."





ARTICLE



NUTRITION FOR A HEALTHY LIFESTYLE

**Lalrinhlui,
6th Home Science**

Good nutrition helps our body, the foods you eat supply the nutrients your body needs to maintain our brain, muscle, bone etc and immune system. Nutrition is the biochemical process by which an organism metabolizes food to support itself and grow, it is a critical part of health and development.

We have grown up listening to the term ‘balance diet’ in science. It refers to a diet that has all the essential nutrients and minerals that will keep us healthy. Having a balanced diet has been encouraged by our childhood. After all, it is important in keeping our health well.

A person intakes appropriate amounts of proteins, minerals, and nutrients for the smooth functioning of our body. If we consume a balanced diet regularly, we will always remain healthy. It lessens any changes of falling ill. Moreover, a balanced diet also boosts our immunity system.

Nutrients that we obtain through food have vital effects on physical growth and development. It also helps in maintaining normal body function, physical activity and health. Nutritious food is thus needed to sustain life and activity. A healthy diet must provide all essential nutrients in the required amounts. Requirement for essential nutrients vary with age, gender, physiological status and physical activity. Dietary intakes lower or higher those the body requirements can lead to under nutrition or over nutrition respectively.

Eating too little food during certain significant periods of life such as infancy, childhood, adolescence, pregnancy and lactation and eating too much at any age can lead to harmful consequences. An adequate diet, providing all nutrients is needed throughout our liver. Eating a variety of foods from each food group is crucial for supplying the individual with all the essential nutrients that the body needs, including carbohydrates, proteins, fats, vitamins, minerals and water.

DIET

Diet is an important component for overall fitness and works best in combination with exercise. A balanced diet and exercise regularly help to maintain good health. It is necessary to reduce weight if one is overweight or obese, failing which one cannot be physically fit for long. For people with obesity, more exercise and strict regime are necessary, preferably under guidance. There are many ways of making the diet healthier.

1. Use less sugar and salt while cooking food
2. Use less oil while cooking. Avoid deep frying as much as possible
3. Eat more fruit daily. They provide more vitamins and minerals to our bodies.
4. Add sprouts of grams and moong dal to at least one meal in a day. Add fiber to your diet, Use whole grams instead of polished cereals. Eat lots of salad and yogurt
5. Eat fermented food regularly. Fermented food contains many useful bacteria that help in the process of digestion.

Most people believe that a balanced diet is definitely the key to a healthy lifestyle. It is rightly believed as even scientist say so. When we always consume a balanced diet, we will our physical as well as mental health. A balanced diet must contain the proper foods that are consumed in quantities. A perfect balanced diet is composed of carbohydrates, proteins, fats, minerals, high fiber content vitamins and more.

Before we eat, we should think about what goes on our plate, cup or bowl, Foods like vegetables, fruits, whole grains, low-fat dairy product, and lean protein foods should be part of our diet. These contain the nutrients that we need to maintain a heart-healthy eating plan. Eating a healthy diet will keep our body fit; healthy diet will keep our body fit, healthy and free from all kinds of diseases.

We can enjoy our life and can achieve whatever we want in our life.



Let food be thy medicine and let medicine be thy food

Vanlalngaihzuali
6th Home Science

In today's fast-paced world, maintaining a healthy lifestyle has become a top priority for many individuals. One of the fundamental pillars of a healthy lifestyle is nutrition. Proper nutrition plays a vital role in promoting overall well-being, preventing chronic diseases, and ensuring optimal physical and mental functioning.

Nutrition is the process of obtaining and consuming food to support, growth and repair, and the maintenance of the body. It encompasses a wide range of nutrients including carbohydrates, proteins, fats, vitamins, minerals and water. Each of these components serves specific functions in the body, and their balanced intake is essential for good health.

Carbohydrates are the body's primary source of energy. They are found in foods like grains, fruits, vegetables, and legumes. Choosing complex carbohydrates, such as whole grains and vegetables, over simple sugars helps stabilize blood sugar levels and provides sustained energy throughout the day.

Proteins are crucial for the growth and repair of tissues. Sources of protein include meat, poultry, fish, dairy products, legumes, and nuts. A balanced diet should include a variety of protein sources to ensure a complete range of essential amino acids.

Vitamins and minerals are micronutrients that play crucial roles in various bodily processes. For instance, Vitamin C supports the immune system, while calcium and Vitamin D are essential for strong bones. A diverse diet rich in fruits vegetables, dairy, and lean proteins ensure, and adequate intake of these micronutrients.

A healthy lifestyle involves a lot of things under it, including a nutritional diet, daily exercise, adequate sleep, being happy and thinking positively. When we do all the necessary elements to have a healthy lifestyle, our lives are going on the right path. Living a healthy life is a vital for you to be happy and full good in your present life and for the future. A balance diet and exercise regularly help to maintain good health. It is necessary to reduce weight if one is overweight or obese, falling which one cannot be physically fit for long.

A colorful plate filled with a variety of fruits and vegetables ensures a wide range of nutrients and antioxidants. This compound protect the body against oxidative, reducing the risk of chronic disease like heart disease and cancer.

It is important to keep healthy habits in every stage of life. Having a healthy lifestyle is very important because it would make people's lives better. A healthy way of life helps a person keep a positive outlook on work and life in general. It has a lot of benefits and can change a person's life for the better. It would keep people from getting all kinds of disease and illnesses. Health is the greatest wealth, and no one can ever deny how important it is.

Mental health is also a big part of living a healthy life. Sleep is the best way to relax and live a comfortable, stress-free life. Also to keep our body healthy, we should drink more water every day. A positive person always looks for the best in things. Self-control and willpower are the most important things we need to keep over body healthy and fit.

Good nutritional habits and a balance diet aren't developed in one day, nor are they destroyed in one unbalanced meal. Healthful eating means a lifestyle of making choices and decision, planning and knowing how to make choices when you haven't planned.

Maintaining a healthy lifestyle not only makes a person confident and production but also drives him to success. A person with a healthy lifestyle will enjoy both personal and social life.





FOOD IS MEDICINE

VL Neihthangi

6th Home Science

Hun rei tak atang tawh khan mihring hian ei leh in hriselna atana tha tih a pawm tawh a. Mahse, chemical damdawi leh pill an siam chhuah tak avangin an ei tur chu an hriselna nen a inzawm tlat tih an theihngilh ta a ni. Chaw hi a nihna takah chuan damdawi tha ber a nih avangin kan hmuh dan leh kan hman dan hi uluk takin kan ngaihtuah angai a. Pakhatnaah chuan ei leh in dik leh ei tur dik thlan hian hriselna leh taksa hnathawh thatna kawngah a pui thei a ni. Pahnihnaah chuan hriselna atana ei tur hman hi thil tih dan pangngai a ni tawh bawk.

Chaw tha ei hi chakna min pe tu mai nilo in damdawi a ni bawk a, thil nung tawh phawt chuan chaw hi kan nitin nun a chakna min petu atan a pawimawh ti ila kan sawi suallo ang. Mihring te hian kan taksa hnathawh dan tur dik tak a thawh tir kan duh chuan chaw kan ei that hi a pawimawh hle ani. Kan ei leh in hi kan taksa in a hnathawh na atana a mamawh ang zelin nutrients hrang hrang ah an then a. Thil hrisel tam tak kan ei chung a nutrients awm te hi damdawi ang in hna a thawk a, chu chuan kan taksain tha taka natna a do theihnan a pui a, kan hriselna zawng zawng te pawh a vawng reng ani.

Chaw kan ei hian natna tiham leh venna kawngah thil tihtheihna a nei a, Nutrients tam tak min pek theih mai bakah natna tam tak lakah min humhim thei bawk ani. Natna khirh tak tak hi kan ei leh in atang a enkawl theih ani a, athen phei hi chu kan ei leh in vang a kan veite an ni zawk. Kan ei leh in atang a natna kan enkawl theih tlang lawn te chu lung natna, zunthlum leh thisen sang te an ni.

Chaw ei hi damdawi ang a kan hmuh theih na chhan ber pakhat chu nutrition value vang ani a, chaw(buh), thlai leh thei chi hrang hrang te hi kan taksa in tha taka hna a thawh theih nan a a thil mamawh ho heng vitamins, minerals, nutrients leh a dang tam takin a khat a heng chaw tha tak tak hian



kan hriselna lamah nasa takin min pui thin a ni. Entirnan vitamin C hian kan taksa raldo tu alo ti chak thei a, omega -3 fatty acid hian taksa inflammation a ti zia awm thei a hei hian arthritis ang chi natna ah a pui thei a ni, calcium hian ruh a hi chak takah a siam thei a, ruh natna osteoporosis a veng thei bawk.

Chaw damdawi ang a ngaih hi thil thar a nilo a, hmanlai damdawi lam thiam mi te chuan chaw hi taksa tihdamna hmanrua atan an hmang thin ani. Chaw chi hrang hrang ah hian nutrients awm a in anglo ve thei hle a, entirnan nan thei leh thlaih hian kan taksain immune system a neih theih nana a mamawh vitamins leh minerals pawimawh tak tak a awm a, fiber tamna whole grains, thei leh thlai ei te hian cholesterol level a ti hniam bawk ani.

Thu hmasa lamah eitur hian chakna min pek mai bakah natna thenkhat a ti zia awm thei tih kan sawi tawh kha chung zingah chuan sawhthing hi kum zabi tam tak chhung chu luakchhuak tih ziaawm na atan an lo hmang tawh bawk a, mizote pawhin a kan eisiamna a kan hman tlanglawn tak, a tello a kan awm theih loh han ti ta mai ta ila a sual em lo ang chu maw aieng kan tih mai ang chi te pawh hian anti inflammatory property a nei a, hei hian arthritis leh inflammatory dangte symptoms a ti zia awm thei a ni.

A hmawr han bawk chho dawn tawh ila Hippocrates'a'n " Chaw chu damdawi nise, damdawi chu i chaw ni rawhse" a tih ang in kan ei leh in te, nutrition value kan ngaihven a pawimawh a kan hriselna zawng zawng ah nghawng a neih nghal vek theih avangin chaw hrisel leh tha kan ei a pawimawh ani. Thu pakhat ah chuan tihian a in ziak a "Taksa mamawh tawk ei thiam in" tih a in ziak a a tu te pawh hian han zawm thei ila, ei leh in lam a tan la thei em em te hi han tlem ta ila, mahni taksa mamawh tawk te in han ei theuh ta ila chuan natna hrang hrang kan tawh te hi a kiam ngei ka ring ani. I hriselna vawng tha la, nakin zel a hrisel tak a i awm reng theih nan chaw tha, hrisel leh thianghlim mahni mamawh tawk chauh lo ei thin ang che.





AMC a Geologist te hi!!!

Miss Zairemi

Ram thang laini a ken tel chu mihring punna (population growth) hi a ni a, Aizawl pawh hian chu chu kan hmachhawn ve mek zel a ni. Mihring punna avangin chenna indaih lohna a nasa a, chu chuan chenna sak na tur atana hmalak na (development for settlement area) a keng tel thin a ni. Aizawl khawchhung a LSC (Land Settlement Certificate) nei tawh phawt chuan in an sa ta zel mai a, a hmun hma rem leh rem loh pawh dawn phalo in, in lian tak tak sak a lo ni tawh thin a ni. Mizo te hi thiam ngah tak hman kan ni a, that na tam tak sawi tur a awm laini that loh na pawh a awm ve thei a ni. Aizawl a in kan sak tam tak hi tlang pangper rem lo tak tak a din a ni hlawm a, 'ka ram a ni a, a min ngai lo' tih hi mi tam tak kan tan fung a ni fo thin bawk. In sak dan tur zirbing bik civil engineer te aia thiam a inngai tlat te, lei lung chanchin zir bing geologist te aia lei him leh him loh hre zawk nih tum tlat te hi kan sim a hun ta . Fiam thu a an sawi fo ' a tre a trenning te ngei ' an lo tih hi a dik fo reng a ni.

Aizawl Municipal Corporation chuan a huam chhunga in sak tawh leh la sak loh te chenin a hmun hma him leh him loh endik tul a ti a. Hemi atan hian Slope Development and Slope Management (SD&SM) Regulation chu 2017 khan a lo duang diam mai a, he regulation hi kum 2021 atanga hman tan a lo ni ta a ni. AMC chuan he SD&SM dan keng kawh tur hian wing pakhat din belhin Consultant Geologist, Civil Engineer leh soil Engineer te a ruat bawk a ni. AMC hnuaiiah hian consultant geologist pathum chauh an awm a, an ni hian AMC huam chhung hi hmun thum ah thenin, in sak emaw, thil dang vanga lei khawih chet ngaihna reng reng ah rang takin an en dik vat thin a . Heng kan Consultant te hnuaiiah hian AMC chuan geologist-technical person eng emaw zat consultant te pui turin license a lo pe chhuak tawh bawk a ni.

Technical person (geologist) ni tur hian thiamna bik neih a ngai a, lehkha zirna lamah Masters degree Geology subject ah neih a ngaih bakah kum thum experience nei nih a ngai bawk . Technical person te hi in sa duh (client) te hian anrawn be hmasa tlangpui thin a. In sa duh (Client) ten an hriat tur langsar deuh deuh han tarlang ila:



1. Technical person te hian in sak phalna (building permit) ni lo in, in sak dawna lei laih/ lei khawih chet phalna (SD&SM permit) an dil sak thin a ni.
2. SD&SM permit chu technical person te pek nilo in AMC lam in a pe thin.
3. Technical person te hian an client te hi an ram /in leh lo din hmun chiang takin an hrilh bakah, lei laih/lei khawih chet phalna hi an dilpui duh lo thiag bawk a ni.
4. Technical person te hian an client te duh dan ngaipawimawh chung tho siin, an ram laih/ kawihchet a him dan ber tur an ngaihtuahpui thin a ni.
5. Technical person te hi an thiamna hman tangkai sak man (professional fee) hi cheng 10,000 aia tlem tur a ni lo tiin Geological Society of Mizoram (GSM) chuan a rel a. Hei bakah hian client te lei test na (soil test) man hi an test na hmun a zirin cheng 4000- 5500 inkar a ni thin a ni.

AMC a in sakna permit dil dawn hian a hmasa berin Sd&SM permit hi a ngai a, chu mi tur chuan technical person AMC in licence a pek te atangin duh ber in sa tur in a thlan theih a ni. SD&SM permit dil tur hian eng nge hriat ngai ta?? He phalna dil tur hian neih ngei ngei ngai thil a awm a chung te chu:

1. LSC nung lai Revenue department lam atangin I neih ngei ngei a ngai.
2. No Objection Certificate I insakna tur veng Local Council hnena atangin I neih ngei ngei a ngai.
3. No Objection Certificate I ram thenawm LSC a hming chuangte hnen atangin I neih ngei ngei a ngai.
4. Soil test report I neih ngei a ngai.

Heng thil hi I neih chuan geologist te chuan I in sakna tur hmun chu an lo en dik ang a, I ram chu eng tianga awih nge (slope angle), eng ang lung nge awm (rock type), eng ang lei nge awm (soil type), eng ang a thuk ah nge lung phah (bedding) a awm , lung phah awm chu a awih zawng eng nge (dip of bed), lung phah hawizawng (bedding direction) te, lung phah ah te chuan tuizai (joints) a awm em? A lo awm chuan a hawi zawng te an la ang. In ram chu a hma in eng atan a hman nge tih te, lei min a lo awm tawh reng em tih te nen lam an en dik ang. In ram thenawm ah tui luan kawr a awm em tih te, lei tlakhniam na in ram chheh velah a awm em tih te nen uluk takin an en kual thin a ni. Geologist ten a hmun a an rawn zir chian hnu hian , soil test/ rock test na tur atan lei/lung uluk takin an la thin a. Heng an lung/lei lak te hi laboratory ah mithiam ten lo endik in a lei/lung awm dan chu report ah siam in, a lei/lung fan theih zawng te, a chak zawng te, tui a pawm theih zat te, a rih zawng te leh eng ang lei lung nge a nih tih a rawn tarlang thin a ni. He soil report leh a hmun hma zirchian na atang in geologist te hian report pawimawh tak mai Geotechnical report chu an siam ta thin a ni.



He geotechnical report ah hian a hmun an va tlawh a an thil zirchian chu a nih na ang tak a tarlang in chulai hmun a in sak chu a him leh him loh zia lang in, a him theih dan ang ber tura leih laih dan chu an tarlang tel thin a ni. An ram a lung phah thuk dan a zir leh awih dan a zirin in ban khur thuk zawng leh len zawng an ti danglam a, lei tawlh thei ven na turin retaining wall awm dan tur te an zia tel bawk thin a, tui luan kawr awm dan tur leh luan na tur te ulul takin an zia a chu mai bakah septic tank awmna tur te pawh a him na tur ber ah an dah thin a ni. Heng report ah hian a dik ngei a ni tih finfiahna tur in thlalak chi hrang hrang dah tel thin a nih mai bakah a ram awih zawng hriat na tur map (contour map) chu thil tel thin a ni. Geologist te report thenkhat chu engineer ten a lem ah an lo chan tirin, lei laih tam zawng (volume) te an chhut tel a . He report hi LSC, NOC te nen chuan AMC ah thehluh a ni thin a ni. A thehluh na ah hian cheng 500 lei 500 cu.m. volume tling lo ten an chawi thin a ni.

An report chu a dik ngei em tih fin fiah turin AMC lam atangin Consultant geologist te chuan a hmun ngeiah en fiah leh in hmun harsa leh hmun awih deuh chu Geological Review Board (GRB)ngaihtuah that tir a ni leh thin. Consultant ten him lo leh diklo nia an hriat chu siam that tir thin niin , a then pheih chu lei laih phalna hi pek an ni thin lo ani.

Kan ram leilung in a zir bak ah , mihring chenna tur hmun atana hmalakna a lo pung ve zel nen , leimin hi kan tan chuan pumpelh har tak a lo ni chho ta zel a. Lei lung mar dek thiam geologist te mamawh na a sang ta hle a chutih rual chuan geology hi mi tam takin kan la hmelhriat loh a nih avang hian geologist hi an tam lo hle a ni. AMC huam chhunga lei lung awm dan zir Chiang tur pawh hian indaih loh na a sang ta hle a ni. Chuti chung chuan geologist te hian an theih tawp a tha in Geotechnical report hi AMC ah hian an thehluh thin a ni.

Chuti kawp chuan AMC hnuai ah hian lei laih/ lei kawih chet phalna hi lak a harsa in an uluk hle mai a, chu tih rual erawh chuan an thil khawih leh buaipui hi thil namai lo tak, mihring tan a hriat vek theih loh leh ven vek harsa tak mai a ni si a. Thiamna in a ven theih bak thil te a lo ni bawk nen, an fimkhur chung pawhin AMC huam chhungah chhiatna kan tawk ta zeuh zeuh a. Pathian thilsiam lakah mihringin finna kan tih lo beitham zia a lo lang leh fo thin a, hetiang a lo nih si chuan keini geologist te hi mipui te hriat thiamna leh thawhpaina kan mamawh zual em em tih na a nih chu. Kan thiamna kan finna Pathian min pek te hi kan ram leilung himna leh hmasawna atana kan hman zel theih na turin keini Mizo geologist rual te hian kan ram mipuite tawngtaipaina leh thawhhona kanrawn gen e.



Evolution of Forest Policies and Community Participation in India

Nick Lalrinmawia

An alumnus of the Department of Botany

In India, the concept of community forest management began to take shape in the late 1970s and 1980s in regions such as Sukhomajri in Haryana, Arabari in West Bengal, and Harda in Madhya Pradesh. These initiatives highlighted the importance of involving local communities in the protection and management of forests. Even before India officially adopted Joint Forest Management, neighbouring Nepal had already initiated community forestry programs. Similar participatory forest management practices have been observed in other Asian countries such as Pakistan, Indonesia, the Philippines, Cambodia, and Vietnam. The success of community involvement in forest conservation prompted the Ministry to recognize the crucial role of local communities in halting forest degradation as well as the benefits of involving local community in management and decision-making processes. This community-based approach has, in present day, become widespread.

Forest Policies through the years

In the late 18th century, the vast expanse of forests in India easily met the needs of the population, making legal regulations largely unnecessary. Customary rules governed people's rights to forest products, and certain trees and patches of forest held sacred status within communities, ensuring their protection. The landscape of forest governance began to change in the 1890s during the British colonial period with the introduction of the first major policy initiative, the Forest Policy of 1894. This was followed by the Forest Act of 1927, which granted extensive powers to state governments to regulate and manage forest laws effectively.

Following India's independence, the National Forest Policy of 1952 was formulated, which prioritized revenue generation from forests over the interests of local communities. This policy, reminiscent of British colonial strategies, was criticized for its lack of social and environmental sensitivity. Forests were reserved for industrial and urban needs, leading to a strained relationship between the forest and the people who depended



on it. In response to accelerated deforestation and rising environmental concerns, the Forest Conservation Act of 1980 was enacted. This legislation required Central Government approval before any forest land could be converted to non-forestry purposes. While this Act significantly reduced the diversion of forest lands, it also slowed down development projects due to the complex approval process.

National Forest Policy of 1988 was 'a Paradigm Shift'

The National Forest Policy of 1988 marked a significant shift from previous policies by opposing commercial exploitation and focusing on conserving soil and the environment. It emphasized meeting the subsistence needs of local communities. This policy introduced a site-specific approach to forest management, involving local communities in the decision-making process. Joint Forest Management (JFM) emerged from this policy, aiming to decentralize forest governance. However, doubts remained about whether JFM truly empowered local communities or merely reinforced state dominance. Critics argued that the balance of power still favoured the forest department, calling for equal responsibilities and rights between the government and participatory communities. In the late 2000s, the Forest Rights Act of 2006 was enacted, also known as 'The Scheduled Tribes and Other Traditional Forest Dwellers (Recognition of Forest Rights) Act.' This ground-breaking legislation, operationalized in 2008, for the first time recognized the authority of local communities to protect and manage forest resources, truly empowering them as stewards of their environment.

The Bishnois – The First Environmentalists

The Bishnoi movement stands as one of the earliest organized efforts advocating for eco-conservation and wildlife protection in India. Renowned as the first environmentalists of the country, the Bishnois are born nature lovers with a deep sense of connection to the natural world. This movement is notable for pioneering the strategy of hugging and embracing trees to protect them, a strategy later seen in other environmental movements around the world. A significant event in this movement's history is the story of Amrita Devi, whose courageous stand in the 1730s against the orders of King Abhay Singh of Jodhpur is legendary. When the king ordered his soldiers to cut down trees in Khejarli village for building his new palace, Amrita Devi boldly clung to the trees, determined to save them. Her daughters, Asu, Ratni, and Bhagu, joined her, followed by many other community members who wrapped their arms around the trunks, embodying their cultural beliefs in the protection of trees and wildlife.



The soldiers, however, were relentless, and despite the pleas and protests, they continued to axe the trees. The Bishnois' opposition was deeply rooted in their religious principles which emphasized the sanctity of trees and wildlife conservation. Additionally, their rural livelihood depended on the forest for fuelwood and fodder, making the protection of trees essential. The Bishnois of Khejarli and neighbouring villages united, hugging the Khejri trees one by one, fully aware of the danger they faced. In all, 363 Bishnois were killed while protecting the Khejri trees. Shocked by the resistance of the Bishnois, Abhay Singh recalled his men and personally travelled to the village to apologize and decreed that the village would never again be compelled to provide wood for the kingdom. This profound and tragic event left an indelible mark on the community and has had a lasting impact on the collective memory of the people, serving as inspiration for the future generations to continue the fight for environmental conservation.

The Chipko Movement – a symbol of grassroot activism

The Chipko Movement, which began in the 1970s in the Garhwal Himalayas of Uttarakhand, is a landmark environmental movement in India. It was initiated by rural villagers, predominantly women, who acted to prevent the large-scale felling of trees by hugging them, a strategy that gave the movement its name – "Chipko" meaning "to hug" in Hindi. The movement was driven by the importance of forests to the local communities. Led by activists like Sunderlal Bahuguna and Gaura Devi, the Chipko Movement emphasized the protection of forests not just for their material benefits, but also for their role in preventing soil erosion and maintaining the ecological balance.

The movement gained national and international attention for its non-violent resistance and its powerful message of environmental sustainability. In 1974, the protest in the village of Reni, where women clung to trees and faced down loggers sent by the state, became a symbol of grassroots activism. The success of the Chipko Movement led to a 15-year ban on commercial logging in the Himalayan forests by the Indian government in 1980. This movement not only highlighted the critical role of women in environmental conservation but also inspired similar movements across India and the world, advocating for sustainable development and the protection of forests.

Are there forests in the great Indian desert of Rajasthan?

Yes, they are called Orans and Orans are sacred grooves. They are small forest patches in the middle of the mighty Thar desert and are one of the finest instances of traditional conservation practices. These areas, known for their



dense tree cover amidst desert conditions, are dedicated to local deities and cherished for their ecological and economic benefits. They provide essential habitats for diverse wildlife and serve as sources of seeds for reforestation efforts.

What makes these grooves so unique? It is their governance. Yes, instead of government regulations, they are protected by community-designed rules enforced through local mechanisms. This grassroots approach ensures their longevity and supports local livelihood, standing as an enduring symbol of environmental stewardship.

In conclusion....

The evolution of forest policies and community participation in India shows the interplay between traditional knowledge and modern conservation strategies; from the pioneering efforts of the Bishnois and the Chipko Movement to the establishment of Joint Forest Management and the recognition of community rights through the Forest Rights Act. Maintaining and enhancing these community-based strategies is essential to making sure that grassroots involvement and policies work together to protect our nation's forest for future generations. The success of forest conservation is, therefore, not by policy alone but by both policy and participation of the community.





H MANGAIHNA

Lalfakmawia

6th Semester Physics

Thim a lo hnai a, eng zungzâm ei kawi in; thihnaah a lo chang a, nunna pialral ram lak tumin chak takin hmalam a pan a. Nunna chu thiltihtheihna leh êng a ni a, ram zau takah feh chhuak thin mahselâ; a theihna a hlauh ngai hauh lo. Nunna leh Thihna in tawngbaw chuan indona ropui tak a lantir a, chu indona chelh ding thei tu chu pakhat chauh a awm a, chu indona remruat mêk; tu chu ani. An indona mual in tawp chin a neih hmâ loh zawng chak bik awm hauh lovin a chelh bet tla a, chu thil lo awm a chu 'Dân' tih a vuah a ni a. Nunna leh Thihna hma â thuneitu a ni bawk a.

Dân chuan hriatna a keng tel a, chu hriatna chu hriatrêng a hlauh theih nân nemnggeh ani thin. Boral thei thil a nemnggeh anih zawngin; thiango ang a ngaih a ni a, a chaknate chawpin a boral ta thîn a ni. Nimahsela, nunna nêh a nemnggeh anih chuan chatuan thlengin chu hriatna chu a ding thei tung. Nunna leh Thihna indona chanchin chu ti hian hriatna chuan a vawng tha a, 'Dân hnuai a lêng za an ni a; an inbeihna mual in van hmâwr a deh hmâ loh zawng tlawm leh chak bik awm lo tura thuam beh tlat an ni â...A kin tâk hunah erawh zawng, ni duhawm lo ber a chhiar a ni ang a; Dân thuneihna chu hriatrêng ani tawh lovang. Boral thei thil a nemnggeh a ni si a.', tihin.

Zawhna alo awm a, a ngaihtuah tû chu rilru a ni. Rilru chu amahin a nung thei lova, a rah theih nân a nunna chaw zawngin a phe ruai thin. Hriatna hi a chaw tûi tak a ni a; a rah chhuah dan hriltu bul ani bawk a. Nunna nge thihna a rah chhuah dawn tih chû, Hriatna a khâk leh khâk loah a innghat thui hle ani. Thinslung leh rilru hi inzawm tlat an ni a, a zawmtu chu Nunna a ni. Rilru in thihna a hrinchhuah chuan rilru chû mi mal ang a ngaih a ni a, Thihna in a bawm khat â thimah a lo chang ta thin a. Nimahsela, nunna a hrinchhuah tung erawh chuan thinslung nêh pumkhat an lo ni thei a, Êng tih a chhiar a lo ni tâ a ni.

Nunna leh thihna indonna mual chu din that leh a ni thuai ang a, nimahsela Êng chu a fawng chelhtu ah tangin Thihna khandaih hnehin thim a hnawt bo ang a Nunna chu a ding chhuak ang. Dân chu din that leh ani bawk ang a, a nemngghet tu atan Êng chu ruat a ni bawk ang; thim a lo boral â nunna in hmun a chan theih nân. Nunna chuan a hnehna chan ropûi tak chu chatuan thlenga a lo nung â; hriatring a lo nih zawk nân 'Hmangaihna' tihin a nemngghet ta a.



Je vous remercie (I thank you)

ZT. Lalduatpuii

Department of Mathematics

Zirtiri Residential Science College ah chuan zirlai tam tak an awm a, hmel leh mize in ang lo tak tak, thenkhat chu i hmu fo ang a; thenkhat erawh chu College an chawl ta emaw tih mai turin an vang em em thung ang nga. Amaherawhchu, chung mi hrang hrang te in an tum ber chu an zirna a atha ber ni tura theihtawp chhuah a ni. Chung zawng zawng karah chuan chhum lo chat lo a theihtawp chhuah, zirlai nisi lo an awm ve bawk a, a zirlai a te ai mah a thawkrim, a hun taka college thleng a, chawlh pawh sawi hlei thei lo a theihtawp chhuah thin, an ropui zia thu ina a sawi fiah phak loh tur 'ZIRTIRTU' te chu!

Mathematics department ah zu thu lut ta la, zirlai tha tak tak te aia i mit la zawk tur zirtirtu tha tak tak te chu, Sir LB Singh, ruah leh thlipui leh harsatna hrang hrang karah pawh a hun taka college thleng thin, zirlaite tana a hun leh tha seng nasa em em a, theihtawp chhuahpui thin, chuti chung pawha chau leh thinrim hmel aia beiseina sang tak hmel chu hmuh hmaih lo turin i mit meng zau la, muthlu suh!! Mutthluk hi a huat zawng tak a ni.

Chu chauh chu ani lo, a zirlaite in test leh exam naa mark an hmuh that loh pawha beidawng mai lo a, nasa zawk a bei tur leh an laka beisei ala neih san zia a mal mal a hrilh a fuih tu Miss Mapuii, a zirlaite pawh a fate anga en thin tu mawlh kha chibai zu buk theihngihlh hauh suh ang che. Tin, Miss Tlani, Mathematics students zawng zawng te bestie kha i hmuh bawk chuan a thawhrim zia te, a thiam zia leh a taihmak zia te i zu hmu ang nga, a bula Miss Parijat khan a zirlaite a duat zia leh an tana a beih nasat zia te, a zaidam zia te i zu hre thei bawk ang. Sir Davida leh Sir Ramtea te in an zirlai te tana an beihna te, an zirlai te an fuihna thu te kha i zu hre pha anih chuan mi vannei takah i in ngai thei bawk ang, chibai tha mi i zuk buk ngei dawn nia.

Department dang zawng zawng ah pawh zirtirtu thawkrim tak tak te kha i zuk hmu bawk ang nga, chu mi phena chhum lo chat lo a hna thawk thin leh zirlaite tana ngainatawm em em mai non-teaching staff te kha lawmthu mumal takin hrilh theihngihlh lo bawk ang che. An mahni avanga College mawina te nen, chung zawng zawng Zirtiri college a i hmu tur chu mi vannei tak i ni tih hre nawn leh mawlh mawlh ang che aw.

Mi tu emaw chuan, "zirna tha chuan mi pakhat a ti danglam a, Zirtirtu tha erawh chuan engkim a thlak danglam " a lo tih ang khan nasa taka zirlaite, an zirna mai bak a an nun thlak danglam a, hmasawna thlen tu Zirtirtu zahawm tak tak te hnenah khan thinlung takin lawm thu ka sawi tih min lo hrilh sak dawn nia.



LEIMIN CHUNGCHANG

Dr. C. Lalmuankimi
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Leimin hi leilung chanchin zirna atang chuan lung, lei leh hnawmhnawk tawlh khawm tiin an sawi a. Leimin hi chhiatna rupna thlen theitu lian ber te zing ami a ni. Khawvelah South Asia leh India ram abikin Himalaya tlang thut hmun leh western Ghat a awm ten leimin hi kan tuar nasa hle a, lirnghing aiin leimin avang a chhiatna leh nunna chan hi Mizoramah phei chuan kan tam zawk rih a ni. Leimin chhan hrang hrang a awm thei a ruahsur, lirnghing, tuiptut, vur tla, leh ram leilung pianphungin a zir tawk loh avangte in lei hi a min thei a. Leimin tam zawk hi mihringten leilung a kut kan thlak vangte a ni entirnan quarry, tuiluan kawr mumal lo, ram tih chereu (thing leh mau vah fai) leh ruahsurte. Tlangram ah leimin chhan ber ni a lang chu ruahsur leh ram leilungin a zir tawk loh vangte a ni. Ni rei tak ruahsur hian lei a chiah zawp a tui tam tak a pai tir thei a, chu lei zawp chuan a inngahna lungte ti ngethloin leimin leh khite a siam thei a ni.

Kan chenna Mizoram tlangram leh ruahtui tamna hmunah hian fur laiin leimin a nasa bik hle a hei hi a chhan ni ber a lang chu ruahsur vangte, kan inhmun leh lo kan enkawl dan dik tawklloh vangte a ni ber a. Abik takin tuiluankawr siam kan ngaihthah vangte pawh niin a lang. Kan leilungte a sakhatlo hle a ruah han sur deuh se kan hnawmhnawkte leh leivung hmunsang atangin hmun hniam lamah gravitational force avangin a rawn tla thla a, heng hnawmhnawk hrang hrangte hi tuihawkin a hnawl a leimin alo siam ta thin a ni. Tin, leikhi karah ruahtui chambang nasa hian leilung a ti hnip a, lei khi a siam tel tthei bawk a ni. Ruah darkar khat a 33mm/hr hian leimin a thlenlo a, amaherawhchu hetiang ang a tam darkar 100 chuang ruahsur in leimin a thlen thei a ni. Tin, lirnghing na takin lei a tih chet in tlang leh hmun te ati ngethlo a, leimin a siam thei bawk. Leimin chhan tlangpui kan sawi tawh a leimin lak a inven dan tur leh kan hriattur pawimawh te lo tarlang ila.

1. *Thingphun leh terrace siam*
2. *Pialtlep tan loh tur*
3. *Lungpher chungah in rit tak tak sak loh tur,*
4. *Tuiluan kawr awmze nei tak a siam,*
5. *Leimin tawhna hmunah in sakloh tur a ni.*

Lei khi leh hmun him lo lai a awm a nih chuan lei lung leh a chanchin hre mite (Geologist) endik tir nachang hriat thin tur a ni. Chhiatrupna lak ata kan lo him theihnan kan in leh a vel te ngun tak a enkawl bakah thli thlai fo a pawimawh hle a ni.



LGBT+QIA

Biakthansanga
4th Semester, BCA

He thuziak hi mithiamte sawi te, psychiatrist te, google leh lehkhawb hrang hrang atanga lakkhawm a buatsaih a ni a, a thu lakkhawmna hnar(source) hi a zau em em a, a chhiar tu ten mi pakhat ngaihdan mai a ni lo tih hre ran chung leh rilru zau taka min chhiarsak ka beisei. Tin, kristian sakhuana zawm lo chhiartu kan awm ngeiin ka ringa, kan ram hi kristian ram inti kan ni a, Mizoram a cheng kan nih miau avangin kan hnam kalphung thenkhat te zawm leh zau zawk a min thlirpui turin kan inngen bawk a ni.

LGBT hi hrilhfhah chawp ngai lem lo khawp a kan hmelhriat a ni fur tawh a (Lesbian, Gay, Bisexual, Transgender), tun hnu hian Q,I leh A (Questioning, Inter-sex, Asexual) belhin LGBTQIA tih ten sawi a lo ni ta a ni. A awlsam zawng chuan ‘tuai’ leh ‘patil’(neih inang inkawp) kan tih hi a ni mai a, he thu hi Bible in a zirtir dan zulzuia duan a ni a, chutih rual chuan rilru zau zawk pu a ziah a ni. Neih inang inkawpna hi kan thalaite leh zirlaite ah a hluar in a veiawm hle. Sual a ni lo ti a sawi hial te pawh an awm a, kan u pakhat hian kristian ramah chuan sensitive tur a ni lo mawle, tiin a sawia, a dik fu. Kan thalaite leh zirlai la naupang tak tak te min run mek a, thil tha lo leh sual chu tih ve loh mai a tawk lova ti lo tura inzirtir khua leh tui kan nihna a kan tihtur a ni.

Hlawm hrang hrang in then ta ila,

1. *Dan in engtin nge?*

Khawvel ram hrang hrangah LGBT(neih inang inkawp) hi phalna an inpe nasa tawh khawp mai, khawvel pumpuia phal hmasak berna ram chu Netherlands niin kum 2001 ah phalna an pe a ni.

India ah LGBT khapna dan IPC section 377 kan nei a hun reitak chhung kalpui niin September ni 8, 2018 khan khapna dan hlih a ni.

Vanneihthlak takin LGBT hi central ah khap ni mahse neih inang inkawpna duh loh ber na state kan ni a 87% vel in kan pawmpui lo a, lehlam zawnga thlir chuan 13% in kan pawm tihna tluk a ni a, kristian ram ah chuan pawm kan tam hle.

2. *WHO in engtin nge?*

World Health Organization chuan LGBT hi tun hma deuh a “Natna” tia a sawi kha thlakin natna ni lovin “Intihhmuhtheih thil” (environmental influence) tiin an hrilhfhah.



3. Kohhran in engtin nge?

Kohhran tinin neih inang inkawpna hi Bible zirtirna a kalh avangin khap tura ngaih an ni a, helamah hian kohhran tinin sual a nihzia inzirtirna pawh an duhthawh thei hle, LGBT India a khap a nihna hlih a nih dawn khan kohhran tinin tawngtai thupui ah kan lo nei tawh thin a, hemi thu ah hi chuan khapna leh duhlohna ah hian kan inlungual tlang viau a tih theih. Kohhran thenkhat chuan neih inang inkawp te hi inngaihna sual emaw, uirena sual emaw a tlu a ngaih tur a nih thu leh thunun tur a ni tih dan dinglai ah an lo nei mek baw k a ni.

4. Bible in engtin nge?

Sakhuana ah kan lut chho dawn a, eng ngatinge? Tih zawhna a awm thei anga, kristian ram kan nih mai bakah sakhuana leh Bible tello chuan kan thu khel hi kan chinfel zawh dawn loh vang a ni.

- a) Bible ah inneihna kan hmuh te hi mipa leh hmeichhe inneihna vek a ni.
- b) Isua pawn inneihna hi a lawmpui a, a thilmak tihna hmasa ber pawh a ni.
- c) Bible chuan Pathinin thil a siam sual ngai lova duh taka a siam theuhte kan nih thu a sawi.
- d) Bible ah mahni anpui itna leh tha tihna hi suala a ngaih thu kan hmu lo tih Bible zirmite chhuina atangin kan hmu. (sawi zau leh tur)
- e) Rom 1:24-27, Leviticus 18:22, Genesis 19 leh I Korith 6:9-10 atang te hian Bible hian LGBT hi sualah a chhiar ngei tih kan hmu.

Hei lo pawh hi Bible bung leh chang atam ang, ka hmuh theih hnaite an ni.

5. LGBT ten engtin nge an inngaih?

LGBT te hian inhmuhdan chi hrang hrang an nei a, a pawimawh zuala ka ngaih chauh tarlang ta ila.

- a) Pathian siam sualah an inngai a hrehawm an ti a, an buaina chinfel dan tur an hrelo.
- b) Inthiamlohna lian tak nei chungin an nihna ang angin an langchhuak.
- c) Pathianin duh taka a siam nih inhria in, inkawp emaw, hmangaihna chen emaw pawh pawisa lovin, vanram kai inring tho an awm.
- d) Pathian siam danah an inpawm a, anpui kawp chakna nei mahse, Pathian duhloh zawng a nih hria in hmangchhuak lova insum in, Pathian an bel tlat thin. (heihi ringtu nun tur chu a ni.)

6. LGBT te tanchhan?

- a) Bible ah Pathianin chhun leh zan a siam thu kan hmu a, zing leh tlai a siam thu a sawi lo ang baw k in, tuai leh patil pawh a siam zingah sawi tello mahse an awmluh thu a sawilo.
- b) Hormones kalsual leh amah ngeiin min siam sual a ni.



Hengte hi ang ni a, a dang pawh a la tam thei awm e.

7. Tuai leh mawngkawhur.

Tuai leh mawngkawhur te hi sawi pawlh tur ni lovin, thil in ang tak hrang hret si an ni. Tihian sawi ta ila, tuai zawng zawng mawngkawhur an ni vek lo a, mawngkawhurna erawh tuai nihna aṅanga lo awm tih te pawn a sawi theih.

8. Sawifiahna:

Bible ah midang, mahni anpui itna leh ṭha han tih mai na hi sual a ni hranlo tih kan hmu a, mahse chumi kalzel tur leh punlun tur kan inven lohna in a thlentheih chu tuai emaw patil nihna hi a lo ni ta a ni. Chutak chu Bible in SUAL a tih chu a nih hmel. Entirna han pe ta ila, mi pawisa i hmu a, I mamawh em avangin ruk mai duhna thinlung I lo nei ta a, chu duhna thinlung chu sual a ni ngawt lova, I tihpuitlin a ruk I ruk chhiah khan sual a lo ni ta a ni. Tikhan a hriatthiam theih awm e.

Tuai in anpui kawpmai duhtawk lova a bak piahlam an thlen hian (kan hriatthiam mai ka ring) mawngkawhur a lo ni ta a ni.

9. Khawtlangin entin nge?

He LGBT hi medical lama thawk te leh psychiatrist te chuan rilru (mental) lamah tibuaiteu a neih hian a punlun phah tih zawngin an sawi tam khawp mai, a ziaktu ngei pawh hi tiang lamah chuan ke ka pen thui lo hle, hawh u, rilru zau zawk pu in, heng kan unau te buaina ah hian buaipuidan ṭha leh dik in buaipui ve ila, an buaina aia Pathian a chak zawk zia te hrih ila, diriam leh rilru bung deuh pu mai lovin rilru zau zawk leh kan rawngbawlna a ngaiin I kaihruai teh ang u. Kan tanpui loh chuan mahni mai a talchhuah chu eng buaina pawh a har tih kan hriat kha, kan pui thei em em lo pawh a ni thei, mahse Pathian kan kawhhmuh thei a ni. Huat rikngawt hi a ringtu nun lo tih kan hriat kha a tan vawikhat tal pawh kan dilsak loh te kan huat nghal ngawt chuan chunglam mithmuhah an ni aiin kan tla nalo zawk fe ang tih a rintheih. Kan chirhthehna hian an mental a khawih pawia, a zualkai phah a, Pathian lam an hnaih thei thin lo. An tan pawh a sawt lo kan tan pawh sawtna pakhat mah awm lo a ni tih hrethar leh teh ang.

10. Entin nge anpui kawp duhna kan hneh ang?

LGBT te inngaihdan palina(4) hi ringtu ten kan hneh dan tur chu a ni. Inpawm a, Pathian duhlohawng a nih hria in hmangchhuak lova insumin, Pathian belh tlat tur. Hormones kalsual leh Pathian in a siam sual tih tanchhan hi a dik ber em? Hmanlai hunah pawh khan ‘kutkemneih’ kha inthlahchhawn thil ah kan dah a, mahse tun ang hunah hian tinge a reh duak tak a, thangthar te hian ‘kutkemnei’ tih awmzia takngial pawh an hriat tawh loh kan tih chuan, kutkemnei ten an thisen a bet ve reng an tih thinna chu chhuanlama hmang lovin sual a ni tih an hriat



avangin an sim a, he tawngkam leh nihphung Mizo lo tak hian reh lam a pantheih phah a ni. Ka pianpui ve reng kan tih mai chuan, kan mi hmasa Vanapa in a thinchhiatna thalo a tih avanga a sim tak dan te kha theihngilh lovang u.

Upa Lalnunpuia Hrahsel tawngkam tawite hian min pui thei mahna, "Krista avangin miin a tangkailo tih a hria a, a khengbet hram hram zawk a lo ni".

Mihringin kan nunah chaklohna pakhat tal kan nei theuhva, he anpui kawp chakna leh itna te hi kan chaklohna leh kan buan ve turah ngaiin krista avangin I khengbet hram hram teh ang u.

Kan chhuanlam siam hi kan inhriatthiampuilo a ni lova, chhuanlam hian min ti chak lo a, chaklo tak tak ah min inngaihtir a, hneh theilo turah min inngaihtir a, zawng dawn ila chhuanlam chu London ah pawh a awm kan tih thin kha. Min tichaklotu chhuanlam hnehin chunglam rawn leh dil chung zelin hneh I tum ang u khai. Vanapa pawh pa zaidam berah a chhuak a nih kha. Duhna kan neih a, Pathian ring chung a kan beih tauh tauh chuan kan duhna te min ngaihthlaksak thintu Pathian hian min chhang ngei ang tih ka ring tlat a ni.

A zawng zawng a hnampui ngaihsan leh fing tih te hi a tul ber em tih te ngaihtuah ila, hnampui ten an ti tih vanga tih ve rikngawt te hi finna a nilo tih te hi ngaihtuah thleng teh ang u. Bible in hnampui tihdan lak hi 'finna' tilova 'Lalpa tih hi finna bul a ni' a tih hi ring mai ila, an tih dan tha te chu kan la ve ang chu mahse thil sensitive leh ram hnuk khawih thil te erawh tih ve chi a ni em? Kan ram in a dawl zo ve ang em? Kan kristianna nen a inmawi em? tih mahni pawh in kan ngaihtuah hmasak phawt a tul ka ti.

Mihring rilru chakzia leh a duh duh ni thei khawpa theihna a neih san zia mithiam zawk te sawi kan hre fo in a rinawm, tunlai khawvel ah hmeichhe ruangam nei miah lo te pwh an tuai chawp thei a nih chuan, mipa pianphung ang nei vek te hi chu an pa thei em em ang tih a rin theih. Kan duh duh kan ni thei kan tum phawt chuan tih hi kan rilru in hre reng ila, "DUH" leh "TUM" phawt a hmasa ti erawh hre reng bawh ila, mak tak leh hlauhawm taka Pathian in a duan te kan ni tih I hrethar leh teh ang u.





NAUBAN

(A hlimawm lam sir aṭangin)

Dr. R. Lalengmawia

Nauban hi khawvela pangpar awm zawng zawng zinga mawi bera ngaih a ni a. biologists ten an thliar hran danah chuan monocotyledons ho zinga changkang ber niin a chi hrang pawh a tam hle; Genera 600-800 vel leh a species zawng chuan chi hrang 17,000-35,000 zet khawvelah hian awma ngaih a ni. India hi nauban chi hrang hrang tamna ber pawl a ni a, Kumar leh Manilal (1994) te chhut dan chuan India ramah hian nauban hi genera 166 hnuaih species 1,141 a awm a ni. India ramah rau rau pawh India hmar chhak lam hi a tamna a ni leh zel a. Changkija leh a thawhpui ten kum 1992 a an chhut dan chuan Arunachal-ah species 430 vel, Assam-ah 186 vel, Manipur-ah 250 vel, meghalaya-ah 324 vel, Mizoram-ah 246 vel, Nagaland-ah 325 vel, Tripura-ah 100 vel leh Sikkim-ah 453 vel a awm a ni.

Nauban chanchin leh humhalh a pawimawhna te sawi tur tam tak awm mahse, tun tumah chuan a behbawm lam, mipa thinlung luahtu lam chi deuh i lo sawi mai mai dawn teh ang.

Pa lawman thlentu - Nauban : Nauban te chu hmeichhia-te tan ni awm tak, hmanlai atangin mipa tan pa-na nia an ngaih avangin ngaih pawimawh loh theih a lo ni lo. Nauban hian “Orchid” tih hi Theophrastus (the father of Botany: 370-285 BC) phuah niin a hming a putna chhan hi Greek thumal pakhat - orkhis tih atanga lak a ni a, orkhis chu mipa tilmu tihna a ni hem mai. Eng dang vang ni lovin leia to chi nauban bulbawk/zungbawk (tuber) phir rial in mipa tilmu a an vang a ni. Kum za bi 17-na vela England rama ramhmul lam zirmi (botanist) pakhat John Parkinson chuan “Mipa in nauban tuber lian tawk a ei chuan fa thahnem tawk tak a nupuiin a hrin sak thin” zu ti tlat a. A hunlai a mi tho, damdawi lam khawih mi (physician) Nicholas Culpeper chuan uar leh hrat in “Nauban zung te hi fimkhur taka hman ngai a ni a, a chhan pawh Hmangaihna pathian - Venus control-na hnuaih awm a nih avangin tisa chakna nasa tak a tichhuak thin a ni.” a ti.

South Africa a Zulu tlangval te chuan nauban chikhat *Ansellia africana* zung atanga siam bawlhlo an neih ngei ngei a ngai ringawt mai a, a chhan pawh he bawlhlo hian zan khat atan, fa nei thei lovin nulata a chin tir thei ni a an ngaih tlat vang a ni. Iceland ah pawh nauban chikhat *Orchis maculata* hi tisa chakna



tichhuak thei damdawi (aphrodisiac) ni-ah an ngai.

China khian damdawi lam lehkhabu hlui za tamtak an neih thu an uanpui hle a, heng lehkhabu zawng zawng deuhthaw-ah hian nauban sawngbawl dan a chuang a ni. An lehkhabu hlui ber pakhat, kum 3,000 vela upa nia an ngaih Shen Nung Pen Tsao Ching (Materia Medica of the Mythical Emperor) ah chuan nauban thenkhat Dendrobium, Gastrodia elata leh Bletilla striata te tisa chakna tichhuaktu damdawi atan a lar hle bakah natna chi hrang hrang damdawi “tinreng damdawi” atan a that thu sawi a ni. Dendrobium nobile chi hrang hrang leh a bikin Dendrobium moniliforme-te hi pa/nu theilo (impotence) damdawi atan hman a ni. Tin, Gastrodia elata par kuang hi tisa chakna tichhuaktu damdawi atan a that hle thu a inziak bawk. Carl von Linnaeus (1751) pawhin nauban te hi aphrodisiac an nih thu sawiin naubannah rau rau pawh America Vanilla te, khawchhak lama Salep te leh Europe a Satyrium te hi hman uar deuh te niin a sawi.

Tunlai hun atan chuan thil nuhizatthlak a ni mai thei, mahse kum zabi 18-na velah kha chuan an ngai thutak em em a ni. Europe-ah chuan mipa leh hmeichhia pawhin mamawha an inhriat hun apiangin nauban tuber hi an ei mai a, chu mai duh tawk lovin ran vulhtu ten an beram te, bawng te leh sakawr te an inpawla, an pun chak nan an eitir thin.

He ngaihdan phenah hian theory pakhat - “Theory of Signatures” an tih a awm a. He theory in a sawi chu “Ramhmul (plants) engpawh hi an pianhmangin taksa peng a an apiang tan damdawi a ni.” tih a ni. Kum zabi pakhat laia lehkhabu pakhat “Herbal of Dioscorides” chuan Mediterranean vela nauban chikhat Orchis chuan mipa tilmu a an em avangin tisa chakna tichhuaktu tha tak a nih thu a sawi a. A hmingah pawh ramsa mihring (beast-man) hur tak- Satyrion hming a chawi tir nghe nghe a ni.

Tichuan, he Orchis hmanna danglam tak mai hi khawvel ram hrang hrangah a darh ta thuai a, England, France leh Holland ah te hetiang lam dawr-bar te pawh an hawng ta sup sup mai a ni. Orchis hi aphrodisiac tha tak ni a ngaihna chu hri ang maiin a darh zel a, Hmar tawp lam Norway leh Ireland ah te lar zelin Nothern Africa te, Middle East, Persia leh India thleng pawhin ngaihhlut a ni ta zel a ni. India rama Orchis zung te phei chuan a hrin laiin mipa englo rim a nam avangin kuta han nuai keh ringawt pawhin chak takin hna a thawk thei niin an ngai.

Rumania rama gypsy, nau pai thei lova ching te chuan fa neih theih nan Orchis bulbawh hi an taksa dek-ah an pai thin. Gypsy ho phei hi chuan an han hre thui khawp a, Ui dum in a hai chhuah a nih ngat phei chuan a aia tha awm theiin an ngai lo.

Orchis bulbawh, Salep tia Arab hovin an vuah chu sumdawna tha tak ni



nghalin kum 1892 khan Istanbul atang ringawt pawhin kg 19,000 teh meuh mai ram dangah an thawn chhuak a, hei hi Turkey a an tharchhuah hmun nga a thena hmun khat vel chauh a ni. A dang zawng chu anmahnin an hmangral vek a ni. Mi chakna sosang ve te. W.Voth chhut dan chuan kum za bi 19-na tawp lam khan Europe ramah ringawt pawh kum tin tonne 125 vel an thar chhuak a ni.

Kum za bi 19-na tawp thleng khan Europe ram leh USA ah ngaihhlut a la hlawh hle a, a nihna takah chuan salep hian ngaihhlut han hlawnha chhan tur a nei tehchiam lem lo. A thil pai mucilage (48.1%), starch (27.3%), sugar (1.2%), cellulose (2.4%), protein (5.0%), fat (0.4%), water (8.5%), ash (2.1%) te hi calcium leh potassium a chemical pathum- chlorides, phosphates leh oxalates te, acetic acid tlem in an siam a ni mai.

“New World” tia sawi thin America khawmualpui lamah pawh hun rei tawh tak - Mayan leh Aztec hunlai daih tawh atangin “Vanilla” ti a sawi - nauban hi hetiang lama hman uar a lo ni tawh a ni. Europe ramah Vanilla thawnchhuah a nih hnu lawkah Spanish hovin Mexico an run nghal a, Kum 1520 a Cortes-an Montezuma Lal In a tlawh chuan Vanilla rah atanga siam “chocolatl” lo chu zu dang reng reng Aztec Lalpa in a in ngai lo tih a hmuchhuak a. Tin, he chocolatl hi a nupuite a tlawh dawnin a in zel thin bawk. English hovin Vanilla an tih hi Spanish tawnga vainilla tih, anni pawn Latin tawng vagina tih atanga an lakchhawn ve a ni a. A awmzia hi hmeichhe thil lam ni lovin mipa thil an funna savun lampang a ni thung. Swedish botanist Olof Schwartz-an nauban hming atan Vanilla a phuah nachhan hi Vanilla rah in mipa thil a an deuh vang nge, aphrodisiacs atan hman a nih vang chu hriat a ni ta lo.

Kum za bi 18-na tir lamah chuan European ho, nupui nei hlim deuhthe chu vanilla in tam turin an inrawn thin. Louis XV Lal In-ah chuan chocolate ah hian vanilla an phul thin a, Lalnu Napoleon, Madame de Pompadour chuan he thil hi a ngaina hle nghe nghe a ni. Vanilla hi tunlai thlengin thil tihtui nan hman a ni na in aphrodisiac ah ngaih a ni ngai ta lova, chocolate in present erawh hmangaihna entirtu atan hman a la ni ta fan a ni.

Ram dang dangin aphrodisiac atana nauban an hman a inang vek lova, India ah chuan *Coelogyne ovalis*, *Dendrobium clavatum*, *Ephermenta fimbriata*, *Eria muscicola*, *Vanda tessellata*, *Eulophia campestris* leh *Microstylis wallachii* te hman uar a ni a. chutiangan Sri Lanka ah chuan *Ipssea speciosa*. North American Indian tlangval te chuan *Cypripedium pubescens*, *Habenaria dilatata* leh *H. viridis* te hi nula chaw ei turah an pawlh ru zal zal thin.

A hun tam zawk Celebes (Sulawesi) rama hman Rumphius-a (1750) chuan Amboinese ho chuan *Grammatophyllum scriptum* chi atangin “zawlaidi” an siam thin thu a sawi a. He nauban chi rawt dip eng tek mai hi nula thil ei tur



emaw in tur emaw a phlthu chu nula hian ngaiin a kur ruai ruai tawh mai a ni. Tin, Amboin nula tlangval inhmangaih te chuan an inhmangaihna hriamzia emaw, ngaihdam dil nan emaw Dendrobium aciniforme hnah an inthawn thin. A hnah hriam/zum lai berin an inthawn thin nghe nghe.

Magic hna thawk tur pawhin nauban hi hman a lo ni tho mai. Surinam ho chuan mihring leh ramsa an pel dawnin Dendrobium aciniforme hnahin an inthuum thin a, huaisenna leh vanneihna pein an ring. Tin, Dendrobium pulchellum par hi an uisathiam te an ramchhuahpui dawnin an eitir bawk thin.

Sanskrit thuziak upa takah chuan chhياتna laka invenna tura bawlhlo an siamah Vanda roxburghii hi a chawhpawlh tur pakhat a nih thu a chuang. Tin, fapa neih duh nu in an ei thin bawk. Eria muscicola hi chhياتna leh vanduaina pumpelh nan leh malsawmna dawn nan an hmang bawk. Ramhuai sual umbo nan chinese ho chuan phairuang (cypress) leh nauban te hi an thil hman zing a mi an ni. Malay ho chuan Dendrobium crumenatum, Cymbidium finlaysonianum leh Pocoglottis porphyrophylla te hmangin mithi awmna inah tui an theh thin a, chu chuan mithi thlarau hrang tur a veng niin an ngai. Guadacanal ah ve thung chuan Cryptostylis hnah rawt dip tui hi mithi mitah an thlawr a, hei hian a thla hrang tur a veng niin an ngai thung. Papua New Guinea a Chimbu lamah chuan nauban tamber leh chi hrang tam ber pawl Dendrobium leh nawhchizuar ho hi hming in ang “duruagle” tih an puttir ve ve a, duruagle hi “Lasi” kan ti dawn em ni, ramhuai nula hmeltha leh ngaihno bei tak, vun nalh bawk si, lui kama ruak a awm thin sawina a ni bawk. He nula hian mipa ramkal, lo thlemthlu in a inpawltir thin a, a beisei tihhlawhtlintir duh lotu chu zanah an serh a tina vak thin niin an sawi. He serhna damdawi atan pawh hian Dendrobium bawk hman a ni.

Helam thila tui mite tana thu lawmawm tak chu heng kan sawi nauban chi hrang hrang, a tamzawk te hi kan Zoram ngei a awm te an ni a, Duhlian tawnga a hming kan neih loh avang leh a hming kan neihte pawh hmun hrang hrangah hming hrang hrang kan vuah avangin a chian zawk nan, a science hming (botanical name) a dah a ni.

Kan thu tlangkawm nan leh chhiartute kan inthlah nan erawh chuan, heng kan sawi bak pawh hi nauban hmanna tha leh mak tak tak a la tam a. Mahse, heng zawng zawng hi thil tak tak ni lovin, mihringin at lai huna an buaipui mai mai a ni a. An sawi anga hna thawk tak tak pakhatmah a awm lo. Ngaihbel avanga thil tak tak anga lo ngaih mai mai an ni tih kan hre dawn nia.





ORCHIDS

(COMMERCIALIZATION AND CONSERVATION IN MIZORAM)

Dr. R. Lalengmawia

Orchids are the most beautiful flowers among God's creation, comprising a unique group of plants. Theophrastus (the father of Botany: 370-285 BC), gave the name 'Orchids' to the group of bizarre plants on the basis of the resemblance of paired underground tubers of these plants to masculine anatomy (the testes).

Most of the orchids are perennial herbs with simple leaves. Although, the specialised flower structure conforms to a standard plan, the vegetative parts show great variation, a large number of them being epiphytes, or terrestrial and a few saprophytes and leafless in nature (Larson, 1980)

Taxonomically, they represent the most highly evolved family among monocotyledons and the numerical strength in term of genera has been variously assessed between 600-800 whereas in terms of species assessed between 17,000-35,000, (Garay, 1960; Schultes and Pease, 1963; Arditti, 1966; Willis, 1973; Kaushik, 1983). Atwood (1986) has estimated 19,500 species.

Orchids in India:

India is rich in orchid genetic resources. Kumar and Manilal, (1994) have estimated the occurrence of 1,141 species in 166 genera in India, representing all the major orchid tribes Apostasiaeae, Cypripediaeae, Neottieae, Orchideae, and Epidendreae. Jain and Mehrotra (1984) and Rao (1991) have reported occurrence of nearly 300 species in 75 genera (including the monotypic genera *Didicea*, *Proteroceras* and *Risleya*) as endemic. India has been an active centre of orchid speciation. Species diversification has been reported maximum in the Himalayan and north-eastern regions where as endemism has been pronounced in the peninsular region.

Right from the vedic period some orchid have been used by Indian as medicinal plants (Hegde, 1984; Kaushik, 1985). There are a number of orchids which have been used for medicine alone or in combination with other plants throughout the world. However, with the advent of modern civilization, wealth of knowledge available amongst the ethnic communities and traditional system are losing ground (Paul and Hegde, 2001).

Orchids in North-East India:

The exploration suggests that majority of Indian Orchids are mainly confined to North eastern region including Sikkim, followed by North-West Himalaya and Western Ghat. Over 700 species occur in the North eastern region, thus, Arunachal Pradesh \pm 430, Assam \pm 186, Manipur \pm 250, Meghalaya \pm 324, Mizoram \pm 246, Nagaland \pm 325, Tripura \pm 100, Sikkim \pm 453 (Hegde, 1984; Kataki, 1986; Polunin and Stainton, 1986; Singh D.K. et al. 1990; Changkija et al. 1992; Kumar and Sharma, 1995 and Singh V.B. et al. 1999).

Orchids in Mizoram:

Mizoram has a luxuriant growth of orchids with a high degree of diversity owing to its conducive environment. However, owing to the age-old practice of shifting cultivation or 'jhuming' and by their indiscriminate exploitation and collection from their natural habitat, the orchids population is declining very rapidly.

A critical review of literature reveals that, prior to independence of India. A.T.Gage (1901), Lorrain (1921), Parry (1928) and Fischer (1938) contributed a lot in survey of plant species of Lushai hills. The reports also include information on very less number of orchids. Later on, contribution on orchids of Mizoram were made by Kataki and Krishna, 1970; Deori & Das, 1979; Ruala, 1985; Singh et al., 1990 and Chawngthantluanga, 1995.

Till today, no concrete authentic work has been carried on orchids of Mizoram. Mizoram may lose its prominent orchid species due to lack of scientific management and judicious utilization of orchid resources. Jha and Ralte (2003) stressed on the need for in-situ and ex-situ conservation and to establish propagation techniques for orchid species having medicinal and ornamental value. Orchid Trade:

Several Indian orchid species like Pleione, Paphiopedilum, Calanthe, Vanda, Dendrobium etc. are in high demand in International market; therefore, they can be utilized for economic benefit from their direct trade. However, this factor is also a matter of serious concern as most of the present trade in this sphere is illegal and done with the wild species collected from the forests. This is leading to an alarming depletion of a valuable species from the wild. This trade must be allowed from the tissue-cultured plants. A lot of planning and regulation is necessary to harness this potential judiciously and sustainably.

The world orchid trade is estimated to be around USD 751.9 million in 2023 and is projected to reach USD 1176.62 million, by 2032. In 2022 the top exporters of Orchids were Thailand (\$74.9M), Netherlands (\$57.5M), Chinese Taipei (\$34.7M), Malaysia (\$7.47M), and Vietnam (\$7.29). India has great potential of becoming a major exporter of orchids at global level. Its main strength



lies in the rich genetic resources, varied climatic zones, availability of manpower, lesser cost of production, compared to other major orchid-growing countries (Upadhyay and Das, 2003). In terms of revenue, the global orchid market size was valued at around USD 751.9 million in 2023 and is projected to reach USD 1176.62 million, by 2032.

Trade Regulations of orchids:

Orchids are an endangered plant group. Hence, orchid trade is regulated under the Convention of International Trade for Endangered Species (CITES). Since India is a signatory to this convention, Orchid trade attracts the Wild Life Protection Act (1972) of government of India amended in 1992. Accordingly, Orchids have been brought under Schedule VI of Wild Life Protection act and the trade is regulated as under.

No wild collected orchids are allowed for trade.

All Orchids meant for trade must be nursery grown and a declaration to that effect must be made by the individual - nursery man or grower and submit the list of Orchids grown by him to the Regional Deputy Director, wild Life Preservation of Calcutta, through the Chief Wild Life warden of the State. The nursery will be jointly inspected by the Regional deputy Director and the Chief wild Life Warden of the state and the list of plants will be verified in the nursery.

Legal procurement certificate should be obtained from the Chief Wild Life Warden for any Orchid to be sold and exported.

The nursery-man is required to submit a quarterly return of receipts and disposal of Orchids/Plants to the plant preservation office regularly.

Based on the joint inspection report, his nursery will be registered for trade-domestic and foreign.

If any consignment is to be exported, CITES and quarantine inspection will be done jointly at the port of dispatch and sealed before dispatch. Only thereafter CITES and quarantine documents will be issued.

The Orchids listed on Appendix-I include *Cattleya sinneri*, *Cattleya trianae*, *Didicicia cunninghamii*, *Laelia jongheana*, *Laelia lobata*, *Lycaste virginalis*, *Paphiopedilum*- all species, *Renanthera imschootiana* and *Vanda coerulea*. All other species are on Appendix II. In the recent CITES conference in Japan (1993), certain changes have been effected and the most important among them is the exclusion of Appendix-I flaked Orchid seedlings from control, Hence flaked seedling of Orchids can now be exported without "CITES" certificate and inspection which is subject to ratification by Government of India and the same is awaited.

Prospects of Orchids Industry in Mizoram:

Orchids are valued as cut flowers and as potted plants and fetch a very high price in the international markets. Mizoram is blessed with a rich diversity of orchids due to its tropical location. So orchids cultivation could provide a very profitable investment for farmers as well as the state. Some of the potentials for orchids industry in Mizoram are as follows :-

1. *Conducive environment* : Mizoram has a luxuriant growth of orchids with a high degree of diversity owing to its location which furnished conducive environment. Besides species richness, Mizoram is home to some of the finest orchids like *Dendrobium sp*, *Cymbidium sp*, *Vanda sp*, *Paphiopedilum sp*, *Renanthera sp*, etc. which have a tremendous demand in the world cut flower market.

2. *Availability of land*: For large scale cultivation of horticultural and agricultural crops, the pre-requisite is availability of free and good plots of land. In Mizoram there are numerous plots of land ideal for the cultivation of orchids

3. *Profitable and inexpensive investment*: The cultivation of orchids is a profitable investment since their demand in the form of cut flowers and germplasm is very high, meanwhile, the industry does not require any expensive infrastructure and most of the material required for establishing the industry could be met easily and locally.

Important points to promote orchids industry in Mizoram:

Followings are some important points to promote orchid industry in Mizoram-

a) *Conservation*: Conservation of our orchids resources is urgently needed since a number of our orchids have top value in the cut flower market and for breeding new hybrids.

b) *Survey* : Identification of different species of orchids and their status in Mizoram should be given priority for further studies and manipulations.

c) *Research Programme*: Proper research for breeding new varieties seed germination, tissue culture, species improvement, multiplication and maintenance of indigenous species is needed, research, centre for these programmes should be established.

d) *Establishment of Sanctuaries and Orchidaria*: Establishment of orchids sanctuaries and orchidaria at different places will be very useful to conserve valuable and threatened species.

e) *Procuring of exotic species and hybrids*: To have better clones and hybrids, procurement of exotic species and hybrid from abroad which are adaptable to the local climate is also necessary.

**Conservation:**

There is a very delicate balance of nature on the earth. Every species of plant and animal is dependent on each other. The greed of man or some natural calamity upset the balance and causes the disappearance of one or more species of plants and animals. Disappearance or decline in population of orchids species are example of this. They grow in undisturbed forests either on tree trunks or on the forest floor. With the disappearance of forests and over-collection from natural habitat, orchids are becoming rare and endangered in their natural habitat where they were once abundant. Among such orchids, mention may be made of the numerous Lady's slipper orchid i.e. *Paphiopedilum* spp. and *Cypripedium* spp. (Hajra, 2001). Conservation and management of orchids required a proper understanding of their reproductive biology and concerted efforts to preserve their habitats. The extinction of species, particularly endemics, has to be prevented by ensuring that the threatened species are restored to safer limits and the non-threatened stocks are not allowed to decline further (Rik, 2001; Vij, 2001). The convention of International Trade in Endangered Species (CITES) of wild flora and fauna (1975) suggested ex situ and in situ conservation of orchids and these include a permit system for their exports. Protection of natural habitats and their culture in Orchidaria, Botanic Gardens and other rescue centres, propagation of threatened plants and their re-introduction into well protected habitats are among other measures suggested for orchid conservation.

Problems of Orchids conservation in Mizoram:

In spite of their commercial value and their luxuriant growth, the orchids in Mizoram have not yet attached the attention and popularity that they deserve. No attention has been paid regarding conservation and commercial cultivation. Some of the problems confronted for conservation of Orchids in Mizoram are discussed below :-

1. *Shifting cultivation:* Due to an age-old practice of shifting cultivation which is the single largest factor for large scale depletion, the orchid population is declining very rapidly. As a result, about 55% of the orchids of Mizoram today, fall under different categories of threat as envisaged in the Red Data Book published by the International Union for Conservation of Nature and Natural Resources (Singh et.al 1990) . Shifting cultivation results in large scale destruction of forest trees which host different species of orchids. At present, orchids are found only in small areas like protected and reserved forest and some rugged areas which are unsuitable for cultivation.

2. *Lack of awareness:* The future of orchids in Mizoram is not very promising due to the ignorance of the community on the importance of conser-

vation of orchid wealth. The so-called hobbyists or orchid lovers indiscriminately collect orchids, from their natural habitat, for planting. Due to this practice the population and the species are declining rapidly. Even the orchids so collected survive for a very short period due to the lack of technical know-how on the cultivation of orchids.

3. *Less Government Interest and Support:* At present, the state government has very little interest in its orchid resources. Many illegal collectors from outside and inside collect many rare and valuable orchid species from the fields and export them to outside states. Mention may be made that a particular *Dendrobium* sp. is being indiscriminately collected from the eastern side of Mizoram and is being sold at Myanmar at a high price which thereby, causing fast depletion of the species. Till now, the state government does not pay due attention to this illegal practice. No logistic step has been taken by the government to identify and to conserve orchid species of Mizoram except to create a very small Orchidology Section under the Environment and Forest Department with inadequate financial resource and limited man power.

4. *No Research Programme and Lack of Database:* Till today, no concrete and authentic research work has been done for the survey and management of the orchids of Mizoram. In the absence of an authentic and up to date statistical data base, all the planning for orchid improvement becomes irrelevant and may even prove wasteful.

Conclusion:

Orchids, which are the most beautiful flowers among God's creation, are valued as cut flowers and as potted plants and fetch a very high price in the international markets. Though no concrete and authentic research work has been carried on the orchids of Mizoram till today, Mizoram has, beyond doubt, a luxuriant growth of orchids with a high degree of diversity. Besides, the finest and most valued orchids which have great demand in local and international markets are found growing wild. So orchids cultivation could provide a very profitable investment for farmers as well as the state. However, due to shifting cultivation and due to indiscriminate collection and exploitation, the orchid population is declining very fast. Therefore, there is an urgent need to give emphasis over the identification, conservation, scientific management and judicious utilization in order to develop the orchid resources in Mizoram.



**PRINTING & STATIONERY DEPARTMENT – MIPUI & KAN RAM TÂN**

1. Mizoram Government Press, Aizawl-ah lehkha chhutna (Printing & Binding Machine) tân lai khâwl changkâng ber ber ‘SM-74 Hi-Ronald Web’ hmangin colour printing work chi tinrêng(Folder, Leaflet, Calendar, Journal, Magazine, Lehkhabu etc.) phai lam pan ngai lovin man tlâwm têin kan chhu thei reng e.
2. German Company ‘Heidelberg’ siam ‘CTP Plate Setter’ hmangin a duh apiang tân colour chhutna ‘Colour Plate’ kan siamsak thei e.
3. Invitation Card, Visiting Card leh Certificate chi hrang hrang takin kan chhu thei bawk.
4. State Dignitary-te hman tûr Letterhead, Ashoka Pillar, Gold Coloured Emboss Printing ti thei awm chhun kan ni.
5. Sorkar lehkha chhuah (Government Publication) zawng zawng hi ‘Guidelines on Execution of Printing Works in Mizoram Government Press, 2008’-in a târlan angin Printing & Stationery Department kal tlang chauhvah chhut tûr a ni a. Printing & Stationery Department hnênâ Government Publication chhut tûra pêk chu tûl bik thil ah chuan Private Press-ah Printing & Stationery Department-in a pe chhâwng (outsource) thei a. Chutiangah chuan rate mumal tak bituk thîn a ni a, hei hi Client Department-te’n a tûl bâk sum an sên ral tûr vêna thâ tak a ni.
Tin, Private Press chuan Sorkar sum tûr 3% Royalty an rawn chhûng lût thîn a, hei hi Sorkar sum hnar pawimawh tak pakhat a ni.
6. Printing & Stationery Department kal tlang lova Government Publication chhutûr a nih chuan Sorkar Revenue-a lût tûr 3% Royalty hi a lût la to thîn a, hei hi Sorkar-in a ngai thu tak (serious) hle a ni. He Guidelines kalha Government Publication chhutu Private Press chu an registration cancel sak theih a ni bawk.
7. Office Stationery mamawh hrang hrang Sorkar approved rate-a hralh thîn a ni a. Printing & Stationery Department kal tlang chauhvîn hêng Stationery items hi Sorkar Department/Office chuan lei tûr a ni.
8. Stationery item-te hi Office Stationery Outlet, Treasury Square, (opposite Assembly House)-ah Office hun chhûngin lei theih reng a ni.
9. Thil chhut man leh Stationery material mante hi Sorkar Revenue-ah Treasury Challan hmanga chhûn luh nghâl zêl a ni.
10. Mizoram Government Press-a thil chhut man hi India ram hmun hrang hranga thil chhut man nêin inang îlâng a kalpui thîn a ni a.
11. Printing & Stationery Department hi State Sorkar sum bawma pawisa chhûng lûtû pawimawh tak a ni a. A hmalâkna kawng hrang hrang hi Sorkar sum tuakna thil vek a ni.
12. Printing & Stationery Department hi Sorkar sum luang ral tûr vêngtu pawimawh tak a ni bawk.

Issued by the Controller, Printing & Stationery Department



POETRY



Beatus

- Elizabeth Malsawmdawngliani

And there he is...

*With his favourite black shirt, raven-black jeans, and his white sneakers..
Slowly making his way to me, sat down beside me, started the casual talk..*

*How am I gonna tell him?
That I never stuttered before..
That I was never speechless before..
That my favourite colors were Black and White too...
That I enjoyed his company too..
That I just played dumb about his feelings..*

*How am I gonna tell him?
That I am such unlucky in life, I lost everything I loved..
That I am clumsy as hell, I would break what's in my hands..
That the longer he knows me, the shorter he would want to be with me..
That I'm such a broken person, I don't want to break him too..*

*How am I gonna tell him?
I like him so much that I decided to love him secretly..
How am I gonna tell him?
I sacrificed what we could be having to protect what we are having..*

*As much as we both love the colors Black and White,
I wouldn't bear seeing our 'White' turns 'Black'...
So, let me just love you in silence, and hold you forever in 'Grey'.....*





H MANGAIH GZRSC

- *Judithi Lalhruaizeli, 3rd Semester*

Thiamna umin zirthiamna rûn ka kai a,
Hriat belh tumin ka beng ka chhi ðhin.
Tluksawp changin thawhleleh ka zir a,
Thiamna rualin finna ka hawn ðhin.
Zoram hrut chhuak ila ,
Zirna rûn zawng a tam ngei e.
Kei zawng ka thlang ber,
A sakhming GZRSC.

Zawl khawpui chim phakloh,
Nungcha leh va lengrualte thlamuanna.
Thiamna rual a nun ze mawi min fahin,
Zai khata luang za tur leh,
A kaw tawp a bei turin.
Fuihtu zirtirtu tha ka kiangah an awm ðhin,
Dikna din channa ;diklohna tlakranna,
Hmangaih loh theihloh **GZRSC**.



LUANGLIAM

-F. Vanlalţana

Math Dept. 2016 Batch

Ni leh thlate, tlang leh luite,
An indin dan ngaihnawm tak tak;
Zir chiana hriat belh ai chuan,
I thinlunga awm chu ka vei zawk si.

Thil mawi chu i ni a, duhawmna chu i ken tel,
I mawina khaikhin zo mawi ka la hmu si lo.
Mâwi mawina tizualtu chu i ni a,
Kei, a hmufiah êm êm tu chu ka ni.

I mit meng mawi takah chuan,
Ka hringnun zinkawng chu tawp se.
I nui hmel mawi tak chu ka damna a ni si,
I hlimna thlentu apiang chu mal ka sawm e.

Sang tam tak pawh nei ila,
Nang i tel thei ngai hian ka ring si lo.
Suangtuahna ram pel loa ka ta ni ve kha,
Reilote atana hlimna min thlen kha ka tan a tawk e.



THIAMNA RUN ZIRTIRI

- *Nutei*

1. Chun leh zua changa hraileng ban vuan tawh,
Hraite rual pawl loh hlauva zirna run bel tirtute'n;
An kaitir thin e 'ZIRTIRI run nuam.
Sakhming thang tur renga Khuanu duan,
Inhmangaih leh lungrual zate'
Thaikawi ziakin THIAMNA lo um za e.
2. Neih lungkhawng sen huamin an kai tire,
Rangkachak dartui a luang em ni chu zirna runa'n;
Tawnmang lasi tak ram channa awm rengan,
Valtin pheilai khaina a lo nih.
Zima run tha an lo tih ngel
Lengi leh vala te'n lo bel za e.
3. Alo ni ngei e zirna run sang nuam,
Enga'n lengi leh vala te'n an belh loh reng ang ni
Ziak fung chawia thiam leh finna petu'n,
Zonun zemawi nen lo zirtir e,
An hYu chuang e hrailengte tan.
Hringnun kalsiam reng hi an mawi za e.
4. Thiam leh fin zirna mai alo ni lo,
Ram leh hnam kaiphung inzirtina tha Zirtiri run;
Zo hnam hla leh lam kimte'n an thiam za,
Hmangaih Di Intawng pawh bang bik lo,
Hruaitu tha leh rinawm hnuaia'n,
Nui hiauvin Kawla Ni chhiar liam za e.



Duhtak R-a

-Ema

Duhtak R-a,

Engtin teh meuh nge maw bul ka han tan dawn pawh hi ka va han hrethiam lo em! 'HMANGAIHNA-a tlûk hi kan duhthlanna a ni lova, kan inrin hmain kan tlu mai thin a ni' an ti thin, mahse keichuan ka awih ngai lo! Amaherawhchu khuanu-in ka nunahrawn tir che in ka ngaihdan chu minrawn thlak sak ta a ni. Vawi leh khatah ka hringnunahrawn inlârin, engtik aţang nge, engtin nge ka thinlung luah khata ka nunah bu irawn khuar tak hi kei ngei pawh hian ka hre bik lova, cho rual i nih loh zia hai tur khawp hian chhia leh tha hriatna nei lo ka ni lo, mahse hmangaihna meuh hi zawng kei teh lul hian ka dang zo lo a ni e! Lei leh van Lalber meuh pawh a lalthuthleng kalsanin a hmangaihte tan hrehawm arawn tuar a nih kha!

Hun leh ni in her te chuan nang ka hmangaihna che chu arawn nem nghet zual zel a, i thlir dan tur pawh min dawn tir thei lovin ka duhthusam leng vel chuan suangtahna ramah min chen tir a, beisei loh turah beiseina mei eng min chhit sak a, kan chhingmit in tawng te chu beiseina thar an lo ni ta zel a, chutia i zunzamin nghet taka min phuar vel lai chuan, nang chuan i pian thiam hehsenmawii i tawng ta a, ka va han tlâwm vawng vawng tak em! Mahse he hmangaihna meuh hi zawng ka chapona pawh min dahthatsakin, ziakfung min chawi tir a, thaikawi biahtu min hlan tir ta che a nih hi. Mahse he lehkha hian beisei let a nei lo a, nang ka hmangaihna che hi zâm ral pui mai atan chuan ka phalloh vang mai a ni, keichuan duhsakna sang ber ka hlan che a, i hlimna hi ka duh ber a ni, i tanga beia i hlimna thlen tu ka ni ve dawn lo hi chu tawrh thiam ni a awm thei pawh hian ka ring lo ve! Aw i mittui tal han ni ila, i mitmeng mawi tak atanga luang chhuakin i hmoi nep thapah ka thâm ral awm si a! Ka hmangaih zia leh duh zia che, i hmel ka hmuha ka hahdam sawng sawng thin te, i nui hmel ka thlir changa thlifim minrawn chhem delh delh thin te, ka sawi seng dawn lo! Min han hriat pui ve ngat la chuan e TIAM TLAT E min tihpui thei lo mahla CHAWEI TUI LE tal chu min ti ve mahna!

DAM takin LE

-Ema



STUDENTS' UNION LEADERS' PROFILE

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Name : C. Lalremruata
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Hobbies : Learning new things/ mahni inenzau
Vacancy : Single
Fav. Dish : Dal (Pulses)
Fav. Quote : “Hope for the best and prepare for the worst”





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Hobbies : Studying
Vacancy : Pawisa ngai
Fav. Dish : Alu
Fav. Quote : “When over the rainbow’s too far, go to largo”



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Hobbies : Football
Vacancy : Awm ve hram hram e
Fav. Dish : Anu chawhmeh siam
Fav. Quote : “It is what it is... Hakuna Matata”



**OUTDOOR SECRETARY**

Name : Bonny Laltnamawia
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Alma Mater : Govt. Chaltlang Higher Secondary School
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Vacancy : ---
Fav. Dish : Arsa, Vawksa, Bawngsa
Fav. Quote : “Chak reng ni ila nun hlut zia ka hre dawn si lo a”

**ASST. OUTDOOR SECRETARY**

Name : K. Lalremruata
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Hobbies : Playing Football & Guitar
Vacancy : Always for the right one
Fav. Dish : Phung Thin leh Dragon Soup
Fav. Quote : “Slow horses and fast women will ruin your life”





INDOOR SECRETARY

Name : R. Lalhmingthianghlina
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Instagram : @lalhminga_
Alma Mater : Synod Higher Secondary School
Hobbies : Playing Sports
Vacancy : Single (By choice)
Fav. Dish : Sanghaa
Fav. Quote : “Nep hlek suh, chhelo an nep ngailo”



ASST. INDOOR SECRETARY

Name : T. Lalnunmawia
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Instagram : @vladimir_pudding.69
Alma Mater : St. John's Higher Secondary School
Hobbies : Sleep, Read, Eat, Dawl chuh
Vacancy : 3 Max
Fav. Dish : Vawkshaaa
Fav. Quote : “You are what you do, not what you say you'll do”



**SOCIAL & CULTURAL SECRETARY**

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Vacancy : ()
Fav. Dish : Artuuuuuuuu
Fav. Quote : “It was pride that changed angels into devils”

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Hobbies : Staying with @R
Vacancy : No
Fav. Dish : Bekang
Fav. Quote : “You give loyalty, you’ll get it back”





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Hobbies : Reading comics/novels
Vacancy : None
Fav. Dish : Cauliflower
Fav. Quote : “If it comes, let it. If it goes, let it”



ASST. DEBATING SECRETARY

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Vacancy : Nope
Fav. Dish : Artui, Mizo bai diktak
Fav. Quote : “If there’s a will, there’s a way”



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Fav. Quote : —

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Vacancy : Single
Fav. Dish : Lady Finder
Fav. Quote : “Thatlai hun hi a reilo nia aw, last warning”





KUT SIL DAN DIK



1
Tui leh Sahbawn hmanga sil tur a ni.



2
Kut phah hmalam nuai kawp tur a ni.



3
Kut zungtang inkar nuai leh tur a ni.



4
Kutphah hnunglam nuai leh tur a ni.



5
Kut zungpui ve ve nuai tur a ni.



6
Kut zungtang hnunglam nuai tur a ni.



7
Kut phahah kut tin nuai leh tur a ni.



8
Banrek nuai hnu ah fai taka tui a tleuh tur a ni.

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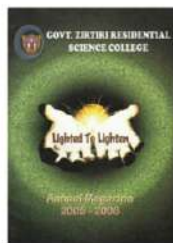
2001-2002



2003-2004



2004-2005



2005-2006



2006-2007



2007-2008



2008-2009



2009-2010



2010-2011



2011-2012



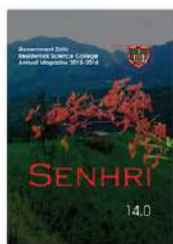
2012-2013



2013-2014



2014-2015



2015-2016



2016-2017



2017-2018



2018-2019



2019-2020



2020-2021



2021-2022



2022-2023

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