

23rd Annual Magazine

# Senhri



GOVT. ZIRTIRI  
RESIDENTIAL SCIENCE  
COLLEGE



*With Best Compliments*

TO ,

.....

.....

.....

FROM :

EDITORIAL BOARD

23RD ANNUAL MAGAZINE (2024 - 2025)

# S E N H R I

T H E 2 3 <sup>R D</sup> A N N U A L M A G A Z I N E  
G O V T . Z I R T I R I R E S I D E N T I A L S C I E N C E  
C O L L E G E  
2 0 2 4 - 2 0 2 5

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DURTLANG LEITAN , AIZAWL ,MIZORAM

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2024-2025



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## CHRONOLOGY OF MAGAZINE EDITORS

<u>Session</u>	<u>Editor</u>	<u>Assistant Editor</u>
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2021-2022	B. Lalremruati	M.S. Dawgzela Sailo
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2023-2024	Moses Ramthlamawia	Lalrinchhunga
2024-2025	Lalhruaitluanga Pachuau	Biakthansanga Sailo

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## Editor's Pen

It is with immense joy, heartfelt pride, and deep gratitude that I pen down these words for the latest edition of *Senhri*, our beloved college magazine. *Senhri* is not just a collection of writings; it is the heartbeat of our institution, a vibrant canvas that reflects the spirit, intellect, creativity, and aspirations of our college community. With every page, we celebrate not only academic growth but also the dreams, ideas, and voices of students and staff alike. As we turn the pages of this edition, we step into a space where imagination is nurtured, perspectives are shared, and the talents of our students shine with brilliance and authenticity.

First and foremost, I humbly thank Almighty God for granting us the strength, clarity, and perseverance to bring this edition to life. His divine guidance has been our source of motivation and peace throughout the editorial journey. I would also like to express my sincere gratitude to our devoted Assistant Editor, Biakthansanga, whose tireless efforts, creative input, and commitment to excellence played a crucial role in ensuring the quality and timely completion of this publication. His partnership has been both a blessing and an inspiration.

I am deeply grateful to our respected Principal, Dr. Zirliannugra, whose unwavering support, wise leadership, and constant encouragement continue to uplift the spirit of all our endeavors. His faith in our vision and the value he places on student expression have empowered us to push boundaries and aim higher.

I must also extend my warm appreciation to the Students' Union leaders, whose active support and enthusiasm were instrumental in coordinating contributions and fostering participation from students across disciplines. Their dedication to student welfare and unity has made a lasting impact on this project.

To the Editorial Board members, I offer my heartfelt thanks. Your behind-the-scenes work, constructive feedback, and shared passion have been the backbone of this magazine. And to all our contributors—students, teachers, and staff—thank you for lending your voices, your stories, and your vision. Your words and creations are what give *Senhri* its identity and soul.

As you read through this edition, I hope you find inspiration, joy, and perhaps a sense of belonging within these pages. Let this magazine serve not only as a celebration of our achievements but also as a symbol of the unity, collaboration, and limitless potential we hold together as a college community. May *Senhri* continue to grow as a platform for creative thought, honest reflection, and meaningful dialogue for years to come.

With deepest gratitude and best wishes,

Lalhruaitluanga Pachuau  
Magazine Editor



CHIEF MINISTER  
MIZORAM  
**MESSAGE**

It gives me great pleasure to extend my warm greetings to the Principal, faculty, and students of Government Zirtiri Residential Science College on the publication of the 23<sup>rd</sup> Annual College Magazine.

The annual magazine is not only a reflection of academic and co-curricular achievements, but also a testament to the vibrant campus life and the intellectual spirit of the institution. It serves as a valuable platform for young minds to express themselves creatively, analytically, and intellectually. I am confident that this edition will highlight the diverse talents and aspirations of the students, as well as the dedication of the faculty in nurturing future scientists, scholars, and responsible citizens.

Government Zirtiri Residential Science College, with its eleven departments and over 700 students, has consistently held a distinctive place in the higher education landscape of Mizoram. As the only dedicated science college in the state, it has produced university toppers across various subjects and continues to promote scientific temper, academic excellence, and personal discipline.

I commend the college for its unwavering commitment to empowering students through quality education. May this 23<sup>rd</sup> edition of the magazine inspires every student to pursue excellence with integrity and purpose.

I extend my best wishes to the editorial team and the entire college community for continued success in all their future endeavours.

**Dated Aizawl,  
The 28<sup>th</sup> July, 2025**

  
**(LALDUHOMA)**



## MESSAGE FROM PRINCIPAL

-Dr.Zirlianggura

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IT IS A GREAT PLEASURE FOR ME TO WRITE THE FIRST MESSAGE FOR THE COLLEGE MAGAZINE AS THE PRINCIPAL OF THIS COLLEGE. I EXTEND MY HEARTFELT GRATITUDE TO THE STUDENTS' UNION FOR THEIR HARD WORK AND DEDICATION IN BRINGING OUT THE ANNUAL MAGAZINE FOR THE YEAR 2024-2025.

THIS ANNUAL MAGAZINE WILL BE THE 23RD ANNUAL MAGAZINE FOR THIS COLLEGE. A COLLEGE MAGAZINE IS AN AUTHENTIC RECORD OF THE VARIOUS ACTIVITIES THAT ARE UNDERTAKEN BY THE COLLEGE THROUGHOUT THE YEAR. IT IS A PLATFORM FOR THE STUDENTS TO EXPLORE THEIR TALENT. THE MAGAZINE IS NOT ONLY INFORMATIVE BUT ALSO HAS A GREAT EDUCATIONAL VALUE. COLLEGE MAGAZINE ALWAYS PORTRAYS THE THOUGHTS, IDEAS, DREAMS, CREATIVE WRITINGS AND ASPIRATIONS OF YOUNG MINDS AND IT IS A PLATFORM THAT PROVIDES EXPOSURE AND FREEDOM TO EXPRESS YOUR VIEWS.

GOVT. ZIRTIRI RES. SCIENCE COLLEGE IS PROGRESSING BY LEAPS AND BOUNDS IN NOT ONLY ACADEMICS BUT ALSO EXTRA-CURRICULAR ACTIVITIES. THE COLLEGE IS GROWING IN STATURE AND STRENGTH AND IS ON ITS WAY TO BECOMING A FINE EDUCATIONAL INSTITUTION DEDICATED TO THE PURSUIT OF KNOWLEDGE AND EXCELLENCE. I HEARTILY CONGRATULATE THE STAFF, MEMBERS OF THE EDITORIAL BOARD AND STUDENTS FOR THEIR TIRELESS EFFORTS AND WISH THEM ALL THE BEST.

I APPRECIATE THE HARD WORK AND EFFORTS IN BRINGING OUT THIS MAGAZINE. IN THE WORDS OF OUR GREAT VISIONARY MAHATMA GANDHI: "WHAT IS REALLY NEEDED TO MAKE DEMOCRACY FUNCTION IS NOT KNOWLEDGE OF FACTS, BUT RIGHT EDUCATION." "YOU MUST BE THE CHANGE YOU WISH TO SEE IN THE WORLD." WITH GOOD WISHES. STAY SAFE AND HEALTHY.

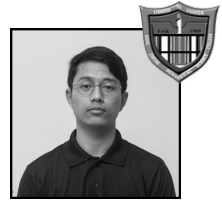
A handwritten signature in cursive script, appearing to read 'Dr. Zirlianggura'.

(DR ZIRLIANGGURA)

PRINCIPAL

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## VICE PRESIDENT MESSAGE




**Lalrinchhunga**  
Vice President

It gives me immense pleasure to pen down a few words for the annual college magazine of our esteemed institution. Serving as the Vice President of the Students' Union has been a chapter of immense learning, growth, and collaboration. It feels almost surreal to write this message, knowing that my tenure as Vice President of the Students' Union has come to an end. When I first took up this role, I was filled with excitement, curiosity, and, to be honest, a fair bit of nervousness. Today, as I look back, I feel nothing but gratitude for every experience that has shaped me both as a student and as an individual.

The past year was not just about titles or positions, but about learning what it truly means to serve others. Whether it was organizing events, voicing student concerns, or simply being there for a peer, each moment taught me the value of responsibility, patience, and teamwork. I am thankful for the friendships forged, the lessons learned, and the memories we have all created together along the way.

To our respected Principal, faculty, and the entire staff thank you for your guidance and support. To my fellow Students' Union leaders and all my friends I couldn't have asked for a better team to work with. Your dedication and energy have left a mark on this campus that will last well beyond our time here.

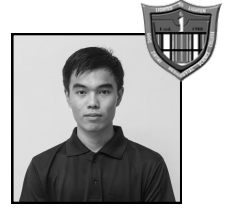
Lastly, to every student reading this make the most of your college years. Speak up, show up, and don't be afraid to try, fail, and try again. These are the days you'll remember.

  
**Lalrinchhunga**



# REPORTS

# REPORT FROM GENERAL SECRETAY



**B.Lalhruaitluanga**  
General Secretary  
Electronics Dept.

It is my deepest pleasure to present this Annual Report on the activities and achievements of the Students' Union, Govt. Zirtiri Residential Science College during the Academic Session of 2024 – 2025 for the College Annual Magazine 'SENHRI'. First and foremost, Glory to the Lord Almighty for his countless blessings, guidance and protection throughout the academic session. I would like to express my sincere gratitude to our respected Principal, Dr. Zirlianggura for his advice and support throughout the academic session of 2024 – 2025. I am grateful to my fellow Students' Union Leaders for their enormous supports in every steps and their unshaken loyalty and co-operation. A heartfelt 'thank you' goes to all the Professors and Non-Teaching Staffs. A special gratituton goes to Lalduhawma, Assistant General Secretary for his contribution and co-operation. A heartfelt 'thank you' goes to all the Professors and Non-Teaching

Following are the various activities of the Students' Union during the Academic Session of 2024 – 2025:

## 1. STUDENTS' UNION ELECTION:

The Students' Union election was held on 31<sup>st</sup> July, 2024 under the guidance of Returning Officer, Dr. C.Lalrinawma, Head of Department, Department of Computer Science. This election was held at Durtlang Campus, Leitan at Room 001. Under the presence of the Returning Officer, Students' Union Chairman, Dr. Lalhmingliana Hnamte, Department of Chemistry. All the post excluding Indoor Secretary was uncontested. The following are the elected Students' Union Leaders for the Academic Session of 2024 – 2025.

Vice President : Lalrinchunga, 5<sup>th</sup> Semester, BCA  
General Secretary : B.Lalhruaitluanga, 5<sup>th</sup> Semester, Electronics  
Magazine Editor : Lalhruaitluanga Pachuau, 5<sup>th</sup> Semester, BCA  
Outdoor Secretary : MS Dawngkima, 5<sup>th</sup> Semester, Geology  
Indoor Secretary : Lalnunmawi Faihriam, 5<sup>th</sup> semester, Zoology  
Debating Secretary : Vanrammawii, 5<sup>th</sup> Semester, Home Science  
Socio & Cultural Secretary : Baby Lalruatsangi, 5<sup>th</sup> Semester, Botany  
Asst. General Secretary : Lalduhawma, 3<sup>rd</sup> Semester, Biochemistry

Asst. Magazine Editor : Biakthansanga Sailo, 3<sup>rd</sup> Semester, BCA  
Asst. Outdoor Secretary : Vanlalhriatrenga, 3<sup>rd</sup> Semester, Chemistry  
Asst. Indoor Secretary : Lalrammawia, 3<sup>rd</sup> Semester, Biochemistry  
Asst. Debating Secretary : Lalliansangpuii, 3<sup>rd</sup> Semester, Home Science  
Asst. Social & Cultural Secretary : Lalsangkimi Pachauau, 3<sup>rd</sup> Semester, Mathematics

## 2. PROFESSOR IN-CHARGE:

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

### A) Students' Union In-Charge:

Chairman : Dr. Lalhmingliana Hnamte, Dept. Of Chemistry  
Secretary : Dr. Samuel Lallianrawna, Dept. Of Chemistry

### B) College Magazine Committee:

Chairman : Lalthanpuii Ralte, Dept. Of Home Science  
Secretary : Dr. R.Lalawmpuii, Dept. Of Mathematics

### C) Debating & Socio-Cultural Committee:

Chairman : Lalmalsawmi Chhangte  
Secretary : Dr. C. Lalmuankimi

## 3. COLLEGE WEEK:

The 23<sup>rd</sup> Annual College Week was held during 14<sup>th</sup>– 18<sup>th</sup> October 2024, 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 for the competitive environment. Each houses has a leader, assistant leader and a secretary elected by the Students' Union Leaders and those are named below with their respective houses:

### BLUE HOUSE

Leader : Laltanpuia Molsom, 5<sup>th</sup> Semester, Botany  
Asst. Leader : Lalramdinthara Ngente, 5<sup>th</sup> Semester, Mathematics  
Secretary : Asha Vanlaldinchhuahi, 5<sup>th</sup> Semester, Mathematics

### GREEN HOUSE

Leader : C. Vanlaltanpuia, 5<sup>th</sup> Semester, Zoology  
Asst. Leader : Lalmangaihsanga, 5<sup>th</sup> Semester, Zoology  
Secretary : Lemina Laltlansangi, 5<sup>th</sup> Semester, Biochemistry

## WHITE HOUSE

Leader : VL Pekkima, 5<sup>th</sup> Semester Zoology

Asst. Leader : F. lalremfela, 5<sup>th</sup> Semester, Botany

Secretary : Teresa Lalremruati, 5<sup>th</sup> Semester, Biochemistry

## YELLOW HOUSE

Leader : Vanlalhrauzela, 5<sup>th</sup> Semester, Zoology

Asst. Leader : Vanlalnggheta, 5<sup>th</sup> Semester, Biochemistry

Secretary : Laltanzuali, 5<sup>th</sup> Semester, Biochemistry

The College week was held at the following venues with their respective dates :

14/10/2024 : Govt. Zirtiri Residential Science College campus

15/10/2024 : Electric Veng YMA Hall, Babutlang, and Ramhlun Indoor Stadium

16/10/2024 : Dawrpui Multipurpose Hall

17/10/2024 : Ramhlun Sport Complex and Armed Veng Field

18/10/2024 : AR Lammual.

## 4. COLLEGE WEEK CLOSING CUM MISS & MISTER CONTEST:

The 23<sup>rd</sup> Annual College Week Closing cum Miss & Mister Contest was held on 7<sup>th</sup> February 2025 at Vanapa Hall under the guidance of the Students' Union Leaders.

The Overall result of the 23<sup>rd</sup> Annual College Week was declared and are listed below:

Overall Champion : Yellow House

1<sup>st</sup> Runner Up : Green House

2<sup>nd</sup> Runner Up : Blue House

3<sup>rd</sup> Runner Up : White House

The Best House Leader Award throughout the week was given to:

Blue House Leader :Laltanpuia Molsom, Botany

The College Miss & Mister Contest was also held in this venue and for this contest, Miss & Mister Sub-Committee was established which includes the member of:

1. Dr. Lalsaimawia Sailo (Chairman)

2. Dr. C. Zoramthara

3. Dr. Lalrinsangi Nghinglova

4. Miss Lalrosangpuii

5. Miss Lalmalsawmi Chhangte

6. Miss Mary Lalthansangi

7. Lalrinchhunga

8. B.Lalhruaitluanga (Secretary)

9. Lalhruaitluanga Pachuau

Results for the Miss & Mister Contest are as follows:

College Miss : Ruthi Lalruatpuii, 4<sup>th</sup> Semester, Chemistry

1<sup>st</sup> Runner Up : Elizabeth, 4<sup>th</sup> Semester, Chemistry

2<sup>nd</sup> Runner Up : Judithi Lalhruaizeli, 4<sup>th</sup> Semester, Home Science

College Mister : Jonathan Laltanpuia, 6<sup>th</sup> Semester, BCA

1<sup>st</sup> Runner Up : Felix Lalmangaihzuala, 4<sup>th</sup> Semester, Biochemistry

2<sup>nd</sup> Runner Up : C. Vanlalmalsawmtluanga, 4<sup>th</sup> Semester, Botany

#### 5. MIZORAM UNIVERSITY SPORT:

The Mizoram University Sport was held between 17<sup>th</sup> - 21<sup>st</sup> March 2025. In this event our college participated in various disciplines viz., Athletics, Badminton, Volleyball, Football, Basketball and Chess. Our college has successfully won medals in the following disciplines:

Silver medal in Basketball (Women) by the GZRSC Basketball Women's Team

Silver medal in Shotput by Lalhruaizela, 2<sup>nd</sup> Semester, Zoology

We the Students' Union wholeheartedly thank the College Players for giving their dedication and hardwork in the MZU Sport.

#### 6. STUDY TOUR:

Study tour was conducted from 9<sup>th</sup> - 14<sup>th</sup> December 2024, visiting various places in Shillong and Guwahati. The Study Tour was Guided by Dr. C. Lalramliana, Asst. Prof., Dept. Of Mathematics and a total of 25 students and 5 office staff had participated.

#### 7. STUDENTS' UNION PROPERTY :

·Various balls (Football, Basketball, Volleyball, TT Ball, etc.) was purchased for College Week.

·The Students; Union Magazine Editor, Lalhruaitluanga Pachau has donated a wi-fi router to be used in the Students' Union Common Room. We sincerely thank him for such donation.

·A new PC has been installed in the Students' Union Common Room since the old one has broken down.

#### 8. OTHER ACTIVITIES:

I.The Students' Union Leaders organised a Teacher's Day celebration on 5<sup>th</sup> September at block 2 room 301 in which the Teachers were celebrated and given gifts.

II.Photoshooting session for students were held at 12<sup>th</sup> March 2025 at Canteen Courtyard.

III.The Students' Union had attended the Mizo Zirlai Pawl General Conference held at Champhai, Zotlang during 24<sup>th</sup> – 26<sup>th</sup> September 2024.

IV.Photoshooting session for College Miss & Mister was held at Farhuan, ICFAI on 9<sup>th</sup> May 2025.

V.The College MLBB Team participated in the Mizoram Inter-College MOBA Legends Lan Event Tournament under the guidance of Students' Union Leaders and won Second Place.

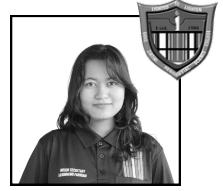
VI.With the approval of Students' Union Incharge Chairman Dr. Lalhmingliana Hnamte and Principal Dr. Zirlianggura Hnamte, a new club called the Art Club was formed which was under the guidance of Students' Union General Secretary B. Lalhruaitluanga.

This Concludes the General Secretary Report. I had a good time performing my duties to the best of my abilities.

THANK YOU  
GLORY TO GZRSC



# REPORT FROM INDOOR GAMES SECRETARY



**Lalnunmawi Faihriam**  
Indoor Games Secretary  
Zoology Dept.

**Salutations!** It is a dream come true for me to be here and to report on the indoor games, activities, and achievements during the academic session of 2024-2025.

This session saw not only a thrilling College Week but also record-breaking accomplishments in the MZU Sports from our college students as well as participation in many inter-college tournaments and competitions.

I owe all my gratitude to my fellow GZRSC Students' Union leaders—all the secretaries and their respective assistants—for their help, guidance, support, and valuable companionship from start to finish. I believe our teamwork is our greatest strength and is what made our work possible. My endless gratitude also to our respected Principal, Dr. Zirlianggura, for supporting our endeavours, and to our professors and non-teaching staff who advised us and aided us in so many ways that I could not count them all. The enthusiasm and abundant support of professors during the MZU Sports Meet deserves special mention, as we could not have achieved as much as we did without them.

The indoor games report is as follows:

## College Week:

### 1. Arm Wrestling

#### Women, 50 kg below:

- 1st - Lalruatsangi (White House)
- 2nd - Imanuel Lalhriatpuii (Blue House)
- 3rd - Jenifer Lalhmachhuani (Green House)

#### 50-60 kg:

- 1st - F. Lalhmunsiami (Yellow House)
- 2nd - Gracy Laldinpuii (Green House)
- 3rd - Khummuankim (White House)

#### 60 kg above:

- 1st - Zonunmawii (White House)
- 2nd - Veronica Lalruatfeli (Yellow House)
- 3rd - Zothankimi (Green House)

Men, 60 kg below:

- 1st - Lalrinsanga (Green House)
- 2nd - Thansangmuanga (White House)
- 3rd - Jonathan Lalruatfela (Blue House)

60-70 kg:

- 1st - David Malsawmkima (Blue House)
- 2nd - T. Lalngaihawma (Green House)
- 3rd - Lalnunthara (Yellow House)

70 kg above:

- 1st - Lalhriatpuia (Yellow House)
- 2nd - R. Lalmangaiha (Yellow House)
- 3rd - Vanlalmangaiha (White House)

Champion of all Champions:

Women: Zonunmawii (White House)

Men: Lalhriatpuia (Yellow House)

## 2. Badminton

Men's Singles:

- 1st - Lalawmpuia (White House)
- 2nd - Lalnunthara (Yellow House)
- 3rd - VL Pekkima (White House)

Men's Doubles:

- 1st - FC Sikha & Lalnunthara (Yellow House)
- 2nd - Vanlalhruaizela & Lalruatdika (White House)
- 3rd - Lalsangzuala & Philip K. Lalruathlua (Green House)

Women's Singles:

- 1st - Veronica Lalruatfeli (Yellow House)
- 2nd - Ruthi Lalrinzuali (Green House)
- 3rd - Zothankimi (Green House)

Mixed:

- 1st - Lalhungchhungi & FC Sikha (Yellow House)
- 2nd - Malsawmzeli & F Malsawmtluanga (Blue House)
- 3rd - Ruthi Lalrinzuali & Lalsangzuala (Green House)

## 3. Basketball

Men's:

- 1st - Green House
- 2nd - White House
- 3rd - Blue House

Women's:

- 1st - Yellow House
- 2nd - Green House
- 3rd - Blue House

## 4. BGMI

- 1st - Blue House
- 2nd - Green House
- 3rd - Yellow House

## 5. Carrom Board

Men's:

- 1st - TT Khatlai (Green House)
- 2nd - Kaphmingliana (Green House)
- 3rd - Caleb Lalramhmangaihzualla (Yellow House)

Women's:

- 1st - Lalneihhlui (Yellow House)
- 2nd - Lalrinsangi (Yellow House)
- 3rd - Lalnunthuangi Sailo (Blue House)

## 6. Checkers

## Men's:

- 1st - FC Sikha (Yellow House)  
 2nd - Clinton Lalnunmawia (White House)  
 3rd - Green, S. Vabeihehmo (Green House)

## Women's:

- 1st - Zonunmawii (White House)  
 2nd - Gracy Ramdinsangi (Blue House)  
 3rd - Grace Vanlalţanpuii (Green House)

## 7. Chess

- 1st - K. Malsawmtluanga (White House)  
 2nd - Albert Syhly (Green House)  
 3rd - Jason K. Lalchhuanawma (White House)

## 8. Chinese Checkers

## Men's:

- 1st - H. Vanlalhruaizela (Blue House)  
 2nd - Laltlannunga (Blue House)  
 3rd - T. Solomon (Green House)

## Women's:

- 1st - Vanlalrempuii (Yellow House)  
 2nd - Veronica Lalruatfeli (Yellow House)  
 3rd - C. Lalruatsangi (Green House)

## 9. MLBB

- 1st - Yellow House  
 2nd - Green House  
 3rd - Yellow House

## 10. Pocket Tank

- 1st - Yellow House  
 2nd - White House  
 3rd - Blue House

## 11. Table Tennis

## Men's Singles:

- 1st - Lalrinfela (Blue House)  
 2nd - Lalnunthara (Yellow House)  
 3rd - VL Pekkima (White House)

## Men's Doubles:

- 1st - Rozawna & Zosangkima (Blue House)  
 2nd - Lalhmingchhuanga & Vanlalruata (Green House)  
 3rd - Lalmangaihzuala & VL Pekkima (White House)

## Women's Singles:

- 1st - Veronica Lalruatfeli (Yellow House)  
 2nd - Lalruathlui Chawngthu (Green House)  
 3rd - Lalhunlawmawmi (Blue House)

## 12. Volleyball

## Men's:

- 1st - Blue House  
 2nd - Green House  
 3rd - Green & White House

## Women's:

- 1st - Yellow House  
 2nd - Green House  
 3rd - Blue & White House

## MZU Sports:

In the Mizoram University Sports Meet, our college participated in four items. Following is the MZU Sports report along with any notable achievements:

- Men's Badminton: Reached Round 2 but lost to GAC
- Men's Basketball
- Chess
- Men's Volleyball: Reached Round 2, defeated MCC in the first round but lost to GHBC
- Women's Volleyball

This year, the GZRSC Women's Basketball Team received the coveted silver medal. This tenacious team consisted of Captain Zothankimi and players Malsawmzuali, Lalneihhlui, Khummuankim, Imanuel Lalhriatpuii, Zonunmawii, Reyna Duggal, Johncy Laltlanmawii, Ruth Lalnunmawii, Lalchhanchhuahi, Emmanuelle Vanlalhrauii and Ruthi Lalruatpuii.

### Miscellaneous Activities:

Our college also participated in Fimora's Pre-Esports Rising Cup 2024. In the Mizoram Inter-college MLBB Tournament organised by Mizo ML Guide Team, our college team took home the silver medal as well as individual trophies of Best Jungler and Best Roamer thanks to the efforts of Matthew Vanlalbeiseia, Vanlalhrauzela, Jacob Lalrinpuia, Lalrinpuia and Rovulluaia.

My heartfelt gratitude goes to each and every player who represented GZRSC, regardless of how far they reached in their respective disciplines, for spending blood, sweat, and tears in tears in training and practice.

### Conclusion:

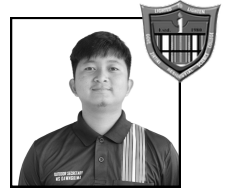
Thank you again to our players, Principal, teaching and non-teaching staff, GZRSC SU, SU of other colleges (especially the Indoor Secretaries of GHBC and GANC 2024-2025), and the students for making this academic session of 2024-2025 a successful and memorable one.

Though this particular chapter has now come to a close, I am excited to watch from afar the next untitled chapter for GZRSC.

Thank you!! ♡

*"The best part of competition is that through it we discover what we are capable of and how much more we can actually do than we ever believed possible."*

# REPORT FROM OUTDOOR GAMES SECRETARY



**MS Dawngkima**  
Outdoor Games Secretary.  
Geology Dept.

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It is with great pride and joy that I present this report as the Outdoor Secretary of our esteemed college. The past academic year has been an eventful and enriching journey, marked by numerous outdoor activities, competitions, and events that not only brought excitement to campus life but also promoted physical fitness, teamwork, and sportsmanship among our students. First and foremost, I thank God for His guidance, blessings, and protection throughout this academic session of 2024-2025. It is by His grace that we were able to carry out our plans and achieve success in all our outdoor activities. I am truly grateful for His presence in every step of this journey.

I would like to take this opportunity to express my deepest gratitude to our respected Principal for the continuous support and encouragement that made these activities possible.

A heartfelt thanks goes out to all the members of the Students' Union for their teamwork, dedication, and tireless efforts in organizing and managing our outdoor activities.

I would also like to extend my heartfelt appreciation to my assistant Lalhriatrenga 4th Semester, Chemistry Department for his unwavering support and hard work behind the scenes.

I am also sincerely thankful to all the students who actively took part in the events, showing not only their competitive spirit but also a sense of unity that made each activity enjoyable and meaningful. Looking back on the year, I feel proud of what we have accomplished together, we have made this year a remarkable one for outdoor activities in our college.

The various activities and achievements of the Outdoor Games Department are as follows:

COLLEGE WEEK:

200m Race (men):

**MAJOR GAMES/ITEMS**

1. Football (men):

1st Blue House  
2nd Green House  
3rd White House  
4th Yellow House

Gold: Ricky Lalremruata 5th Semester  
(Blue house)

Silver: Vanlalrohluva 3rd Semester  
(Yellow house)

Bronze: Albert Syhly 3rd Semester  
(Green house)

200m Race (women):

2. Football (women):

1st Yellow House  
2nd White House  
3rd Green House  
4th Blue House

Gold: Ruth Lalnunmawii 1st Semester  
(Blue house)

Silver: Sandee Lalrinhlui 1st Semester  
(Green house)

Bronze: Zonunmawii 3rd Semester  
(Green house)

3. Deadball (mixed):

1st Blue House  
2nd Yellow House  
3rd White House  
4th Green House

400m Race (men):

Gold: Omega Lalruatkima 3rd Semester  
(Blue house)

Silver: Lalramdinthara Ngente 5th  
Semester (Blue house)

Bronze: Lalnunthara 3rd Semester  
(Yellow house)

**INDIVIDUAL GAMES/ITEMS:**

100m Race (men):

Gold: Ricky Lalremruata 5th Semester  
(Blue house)

Silver: Albert Syhly

3rd Semester (Green house)

Bronze: Vanlalrohluva 3rd Semester  
(Yellow house)

100m Race (women):

Gold: Ruth Lalnunmawii 1st Semester  
(Blue house)

Silver: Lalrinsangi 3rd Semester  
(Yellow house)

Bronze: Zonunmawii 3rd Semester  
(Green house)

## Shotput (men):

Gold: Lalhruaizela 1st Semester  
(Yellow house)  
Silver: Lalhriatpuia 5th Semester  
(Yellow house)  
Bronze: F.Malsawmtluanga  
3rd Semester (Blue house)

## Shotput (women):

Gold: Sanitha N Manak 1st Semester  
(Green house)  
Silver: Vanlalrintluangi 5th Semester  
(Green house)  
Bronze: Vanlaltlani 3rd Semester  
(Yellow house)

## Long Jump (men):

Gold: Ricky Lalremruata 5th Semester  
(Blue house)  
Silver: Lalnunthara 3rd Semester  
(Yellow house)  
Bronze: Lalengkima 3rd Semester  
(White house)

## Long Jump (women):

Gold: Sandee Lalrinhlui 1st Semester  
(Green house)  
Silver: R Lalrinsiami 1st Semester  
(Blue house)  
Bronze: Ruth Lalnunmawii  
1st Semester (Blue house)

## Insuknawr (60kg-70kg)

Gold: Lalruatsanga 3rd Semester  
(Green house)  
Silver: T Lalngaihawma 3rd Semester  
(Green house)  
Bronze: Remsamgpuia 1st Semester  
(Yellow house)

## Insuknawr (70kg-80kg):

Gold: Lalhriatpuia 5th Semester  
(Yellow house)  
Silver: Lalengkima 3rd Semester  
(White house)  
Bronze: Zathangpuia Sailo 1st Semester  
(White house).

## Discuss throw (men):

Gold: Lalhruaizela 1st Semester  
(Yellow house)  
Silver: Lalhriatpuia 5th Semester  
(Yellow house)  
Bronze: F Malsawmtluanga  
3rd Semester (Blue house)

## Discuss throw (women):

Gold: Vanlaltlani 3rd Semester  
(Yellow house)  
Silver: Lily Pari 5th Semester  
(Green house)  
Bronze: Lalhunlawmawmi  
3rd Semester (Blue house)

## Javelin throw (men):

Gold: Lalhruaizela 1st Semester  
(Yellow house)  
Silver: F Malsawmtluanga 3rd Semester  
(Blue house)  
Bronze: Ezra Vanlalalluta 3rd Semester  
(White house)

## Javelin throw (women):

Gold: Lalneihkimi 5th Semester  
(Yellow house)  
Silver: Vanlalthari 3rd Semester  
(White house)  
Bronze: Vanlaltlani 3rd Semester  
(Yellow house)

## 23rd MIZORAM UNIVERSITY ANNUAL SPORTS MEET (2024-2025)

The 23<sup>rd</sup> MZU Sports Meet was held on 17<sup>th</sup> to 21<sup>st</sup> March 2025, our college participated in three events: Football, Shot put, and the 100-meter race. We are proud to share that Lalhruaizela, a 2<sup>nd</sup> Semester student from the Zoology Department, won the silver medal in the shot put event. This achievement brought great joy and pride to our college.

As I prepare to complete my journey in this college next session, I am filled with gratitude for the opportunity to serve as Outdoor Secretary. I sincerely thank everyone who has supported me throughout this role. I leave with cherished memories and confidence that our college will continue to shine in sports and outdoor activities. I wish the future student leaders continued success in taking our outdoor activities to greater heights. Thank you.

**GOVT. ZIRTIRI RESIDENTIAL SCIENCE COLLEGE**  
**Vul Zel Rawh Se!**



# REPORT FROM NATIONAL CADET CORPS

The National Cadet Corps (NCC) cadets of Govt. Zirtiri Science College have had a remarkable year, marked by dedication, achievements, and unmatched service. From attending prestigious camps to being the silent force behind college events, our cadets continue to make the institution proud.

## 1. Making History at RDC 2024

CUO Celine Vanlalhriati and CUO KC Lawmsangpuia, along with two other Mizo cadets, became the first from our college to attend the Republic Day Camp (RDC) 2024 held at DG NCC, New Delhi. This was a historic milestone for GZRS



## 2. PVSC-I Participation at Patkai

Eight cadets participated in the PVSC-I Camp held at Patkai Christian College, Dimapur, Nagaland from 26th July to 5th August 2024, gaining essential exposure in leadership and training.



## 3. Marching for the Nation – Independence Day 2024

14 cadets proudly represented the college during the Independence Day Parade 2024, saluting the national flag with discipline and honour.



4. On 24th September 2024, Professor Dr. Lalrinsangi Nghinglova officially handed over her CTO charge to Professor Dr. C. Lalramliana.



5. CATC Camp – Tanhril Achievements  
14 cadets (6 SD and 8 SW) took part in the Combined Annual Training Camp at Tanhril and brought home several accolades:



Best Cadet (SW): Jemngaihchoi (2nd Year)

Best in Firing (SW) : Cadet H. Malsawmzeli (1st Year)

Best in Firing (SD) : Cadet Prodip Das

100m Race Winner (SW): H. Malsawmzeli



400m Race Winner (SW) : Lalruatsangi (2nd Year)

6. Pre-Republic Day Celebration  
Held at our college NCC parade ground, cadets saluted the national flag in the presence of our Principal as Chief Guest—marking a patriotic moment on campus.



7. Republic Day Parade 2025  
A total of 17 cadets (11 SD and 6 SW) marched at the Republic Day 2025 celebration held at AR Ground, Lammual, Aizawl, showcasing discipline and pride.



8. RDC 2025 Participation  
Cpl F. Malsawmtluanga proudly became the second cadet from our college to attend the Republic Day Camp in 2025, continuing the legacy of excellence.



9. EBSB Camp – A Cultural Exchange  
CWO J. Vanlalrinhlui and C.Sgt. Ricky Lalremruata attended the Ek Bharat Shreshtha Bharat (EBSB) Camp in Dibrugarh, Assam, from 2nd to 13th January 2025. They represented the Silchar Group alongside cadets from various wings and states, participating in cultural events and educational visits, symbolizing unity in diversity.



#### 10. IGDC Camp Participation

Two Senior Division cadets represented GZRSC at the IGDC Camp held on 23rd June 2025, expanding their training in drill and discipline.



#### 11. PVSC-II Selection

Five cadets joined the PVSC Camp from 3rd to 14th July 2025. One of our SW cadets was successfully selected for the second phase—yet another proud moment for the unit.

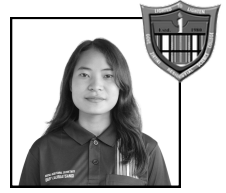


#### Beyond Camps – Service to College

Our NCC cadets have consistently been the backbone of college programs and events, providing unmatched support in maintaining security, escorting dignitaries, and giving Guard of Honour during official functions. Their discipline, presence, and dedication throughout the academic year have made a lasting impression on all campus events.

This year has truly been a testament to the hard work, excellence, and commitment of our NCC unit. We look forward to continuing this legacy of honour and service.

# REPORT FROM SOCIO & CULTURAL SECRETARY



**Baby Lalruatsangi**  
Socio & Cultural Secretary  
Botany Dept.

It is a pleasure and a great opportunity for me to give a brief report of Socio & Cultural activities during the academic year 24-25

First of all, I am forever grateful to Almighty God for his blessings and guidance throughout the year.

My sincere gratitude to our respected Principal Dr. Zirlianggura, all the faculties, and my fellow Student Union's Leaders, for their guidance and support throughout this session.

I would also like to extend my deepest heartfelt thanks to my assistant Lalsangkimi Pachuau 4th Semester, Mathematics, for her support and co operation during the academic session.

Various activities & results of Socio & Cultural activities during College Week, Cultural day are as follows:

Cultural Day Results

CHHEIH:

Green house

1. Lemina Laltingsangi 5th Semester
2. Gracy Laldingpuii 3rd Semester
3. C. Lalhmingmawia 3rd semester
4. Lalthanliana 3rd Semester

HLADO CHHAM:

- 1st position -Blue house -H. Zohmangaiha 4th Semester  
 2nd position -White house -H. Vanlalbiakhlua 4th Semester  
 3rd position - Green house -Lalruatsanga 4th semester

EXTEMPORE:

- 1st position : White house - Teresa Lalremruati 6th Semester, Biochemistry  
 2nd position : Yellow F.Lalhmunsangi 4th Semester  
 3rd position : Blue house -R.K Lalsangkima 4th Semester

## SOLO:

1st position : White house - Sarah Lalchawimawii 4th semester

2nd position : Yellow house -Vanlalrempuii 4th semester

3rd position : Green house-Lalhriatzuali 4th semester

## BEAT CONTEST

1st position : Green house band 1 (Transition Metal)

2nd Position:Blue house band 2(Chawpchilh band)

3rd Position :Blue house band 2(The Cocomelon)

## INDIVIDUAL:

BEST VOCALIST-K.Lalrohlui (Green house 1)

BEST KEYBOARDIST -Laltlannunga (Blue house2)

BEST LEAD GUITARIST-Vanlalchhuanawma (Green house 1)

BEST RHYTHM -Zoremawia (White hou 2)

BEST BASSIST - Jeho Hmingropuia (Blue 2)

BEST DRUMMER- Lalsangzuala(Green 1)

For the first time in our college history,Senhri Cultural Club has selected it's inaugural Cultural King & Queen, marking a new tradition in celebrating students talent and cultural engagement, I sincerely want to thank Mrs. Lalmalsawmi Chhangte and Mrs. Dr. Lalrinsangi Nghinglova for their advice and guidance regarding the competition.

Cultural King : Lalruatsanga 4th semester, Physics

Cultural Queen: Felina Lalruatdiki 4th sem, Biochemistry

I would also like thank all the house leaders and participants for taking part in this competition.



# REPORT FROM EVANGELICAL UNION



**Lalruatpuii**  
**Secretary**  
Mathematics Dept.

**Theme:** I can do all things through Christ who strengthens me. (Philippians 4:13)  
To God be the glory for the great things he had done! Greetings in the name of our Lord and Savior Jesus Christ. I feel so blessed to give a brief report on the activities of the Student Evangelical Union during the academic session 2024-2025. The following are Representatives Leaders of Students Evangelical Union 2024-2025.

President	:Asha Vanlaldinchhuahi, Department of Mathematics
Vice President	: PC Lalruatkima, Department of Computer Science
Secretary	: Lalruatpuii, Department of Mathematics
Asst. Secretary	: RK Lalsangkima, Department of Physics
Treasurer	: Julie Zothanpari, Department of Botany
Finance Secretary	: Lucy Ngurneihmawii, Department of Zoology
Prayer Secretary	: Jemngaihchoii, Department of Chemistry
Asst. Prayer Secretary	: FC Lynapawkirili, Department of Mathematics
Music Secretary	: B. Vanlalhriatrenga, Department of Biochemistry
Asst. Music Secretary	: R. Remruatfela, Department of Botany
Property Secretary	: Vanlalhriathlui, Department of Chemistry
Mission & Follow-up Secretary	: B. Lalrinnggheta, Department of Computer Science

Executive Committee Members are 10 in numbers

Senior Advisors:

Chairman: Mrs. Lalrinnggheti

Secretary: Mrs. H. Lalnunsangi

Members: 1) Mr. C. Lalramdina 2) Mr. Lalhruaitluanga 3) Mrs. Lalrintluangi 4) Mrs. Lalhmingliani Hlondo 5) Mrs. Rebecca Lalnuntluangi Evangelical Graduate Fellowship (EGF) Adviser: Brother R. Remruatpuia.

**ACTIVITIES:**

1. Bible Study: Every month on the first Friday, there was an Evangelistic Bible study, and on the other Friday, there was a Believers' Bible study.
2. Fellowship: Prayer meeting was conducted every Tuesday and Devotion on Thursday during lunch break i.e. on 12:00-12:50 pm every week at EU office.
3. Fasting prayer: By God's grace, we were able to successfully organize 18 fasting prayer meetings on Sunday evenings through online mode.
4. Unit Evangelistic Camp: It was held under the guidance of UESI ministry and EU members attended the camp. They find many benefits and grow spiritually through the camp.
5. Discipleship Training Camp: 11 EU Students from our Unit attended the Discipleship Training Camp (DTC) 2025 organized by AICEU from 31st January – 2nd February, 2025 at R&CC, Lawipu.
6. State Leadership Training Camp: 8 students from our unit attended the State Leadership Training Camp (SLTC) held at HATIM, Lunglei.
7. Source of Income: Faith promise, Wai wai thak, Lassi, Practical books, selling vegetables, work at constructions site etc.
8. Expenditure: AICEU and SEC contributions, EC and DTC contribution etc,
9. We are extremely grateful for the Rs 5000/- that our college's IQAC is giving us through the advisers.
10. The EU members had Campus Cleanliness Drive on 11th October, 2024 by sweeping the rooms, corridors and playground.
11. Our advisors had supported us financially, spiritually and mentally, we thank them very much.
12. Advanced Christmas: 3 members from our unit attended advanced Christmas organized by Synod Campus Ministry on 12th December, 2024.
13. Unit Partnership: EU-NIELIT partnership with our unit was successfully done by having together online Bible Study and Joint Advanced Christmas.
14. Five (5) Aizawl Evangelical Graduate Fellowship (AEGF) visit our unit at 5th September, 2024.
15. At March 21st, 2025 Mr. Lalrinchhana from Synod Campus Ministry grace upon us and we had a fruitful time together.
16. Praise & Worship Event: 22 Members from our Unit attended the Joint AICEU & AEGF Praise and Worship event on 12th April, 2025

**CONCLUSION:** As I wrap up my report, I want to express my sincere gratitude to our principal, senior advisers, SU Leaders, all the Lectures and staffs, OBs, ECMs, and EU members, who participates in the numerous activities of the Evangelical Union. May God bless everyone who reads this! Amen, praise the Lord.

**Thus Far the Lord Has Helped Us**

# PERSONALITY DEVELOPMENT COURSE 2024



**Dr. Lalrinsangi  
Nghinglova**  
Secretary  
Student Support  
Committee

Personality Development is a self-financed course that was introduced in 2013 to provide necessary life skills to the outgoing students of all streams. This is the 12th 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. Since the year 2023, the course was conducted in a phased manner throughout the entire even semester to ensure attendance of all final year student. 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 and this year we had 176 core students who registered for the course. The course is conducted by the Student Support Committee consisting of the following members:

Chairman: Zodinpuii  
Secretary: Dr Lalrinsangi Nghinglova  
Treasurer: Laltlanchhungi

Members:  
Lalsangkimi Hmar,  
Dr Lalzahawmi Chenkual,  
Dr Lalhmingliana Hnamte, Lalhruaitluanga,  
C. Zarzokimi,  
Lalrintluangi,  
Lalmawipuii,  
Dr Lalremruata,  
Lalremtuanga

Our programme seeks to adopt a holistic approach to learning. It works 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.

Day 1:

14<sup>th</sup> February 2025

Topics: I) First Aid Skills

Sub Theme: Be my Valentine: Love yourself and your neighbours

Resource Person: Lalmuanpuii Hnamte, is a Tutor at College of Nursing, RIPANS.

Students were taught basic first aid skills. The ability to help others in times of medical emergency is an important step towards fellowmen. This lesson was inculcated on the first day of PD which happened to fall on Valentine's Day.

Day 2:

21<sup>st</sup> February 2025

Topics: i) Life Skills: Leadership and Teamwork

ii) Career counselling: PIBM

Resource Persons: Carolyn Rinthanpuii Fanai is currently serving in the Government of Mizoram as SDEO Aizawl East & West. 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.

CA Ukarsh Upadhyay, a distinguished corporate trainer and business advisor from Pune Institute of Business Management taught the students the basics of start-ups and business management.

Day 3:

28<sup>th</sup> March 2025

Soft Skills: Social Skills and Facing Interviews

Resource Person: Susan R Ralte is a senior Lecturer, training and placement officer at Women's Polytechnic.

There are many students who are socially awkward. Higher education and job seeking entails effective social interaction. Life lessons on social skills were taught in this session. Tips for successful job interview were also provided.

Day 4:

11<sup>th</sup> April 2025

1. Mental Wellness: 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. The Resource Person for the session was Dr. Lalremruati, Associate Professor, Department of Psychology, Govt Aizawl West College.
2. My Struggles & Success (Cracking Competitive Examinations): The resource person Malsawmkima MPS, narrated his struggles to become successful, thereby offering them useful tips on cracking competitive exams
3. Mock competitive examination: All participants were made to answer an objective mock competitive examination paper. Prizes for top 3 highest scorers were distributed during PD closing function

Others activities of student support committee:

1. Career Clinic: The Resource Person Lalhruiatlunga, 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. Career Clinic is opened on days intimated by the Student Support Committee.
2. Endowment Fund: Funding of students through mentorship is given to deserving needy students on the recommendation of mentors. Corpus Fund is raised through voluntary contribution of faculty members. Till date 126 students have been provided financial aid through this project.
3. Earn while you Learn is a project that was launched in the month of August 2022 and has continued till date. An interview is conducted at the beginning of each academic session. Call for interview is shared to all students and the committee with the initiative of the nominee and other members conduct the interview whereby candidates are chosen based on their backgrounds and requirements. The cleaning work is monitored by the Student Support Committee and the Cleanliness Committee under the guidance of the principal. So far, 52 students have been employed under the project since its inception. Students who were not accommodated within the project were given assistance as per requirement.
4. Course on Computer Concept: CCC program is conducted every semester in collaboration with NIELIT.



**EARN WHILE YOU LEARN**

Zirlai sum lama harsatna nei te tan inhlawhna  
 tur siam a ni leh dawn e.

**WALK IN INTERVIEW**

Date : 24th July 2024 (Wed)  
 Time : 12:00 noon onwards  
 Venue: Room No. 207  
 Laboratory, Dept of Botany

**STUDENT SUPPORT COMMITTEE  
 GZRSC**

# REPORT FROM INTERNAL QUALITY ASSURANCE CELL (IQAC)



Dr. M.S. Dawngliani,  
Coordinator, IQAC

## **IQAC Activity Report Summary (2024-2025)**

### **1. Academic Calendar:**

The academic calendar was prepared by IQAC at the beginning of each session and displayed at key locations including the Principal's room, Faculty Room, and various notice boards. It was also uploaded to the college website for wider accessibility.

### **2. Orientation Programme:**

An orientation programme for 1st Semester students was held on 8th July 2024 by the Library Committee. Additionally, departmental orientation sessions were conducted at the beginning of each semester - on 2nd July 2024 and 20th January 2025, highlighting course structures and programme outcomes.

### **3. Career Counselling and Awareness:**

The Department of Zoology organized an international webinar on studying abroad and career options on 15th July 2024. A career awareness programme for 5th Semester students was conducted on 19th July 2024. On 13th September 2024, a seminar on the Fulbright Scholar Programme was held. A seminar on competitive exam preparation was organized on 5th March 2025 by the Biochemistry Department in collaboration with IQAC. An Admission India Awareness Programme was conducted on 16th-17th April 2025.

### **4. Seminar and Awareness Programmes:**

An awareness session on new criminal laws was held for 3rd Semester students on 19th July 2024. MIS (Management Information System) training and its official launch took place on 2nd August 2024. A seminar on Artificial Intelligence: Trends, Challenges & Opportunities was held on 11th September 2024, jointly organized by the Computer Science and Electronics Departments. A seminar on mental health and suicide prevention was delivered by Dr. C. Lalhrekima on 20th September 2024. A combined seminar on cyber security and food safety awareness was conducted on 27th September 2024 by NSS, and the Departments of Zoology, Computer Science, and Physics.

A wet waste composting skill training was conducted on 30th September 2024 for 35 students by the Zoology Department. On 20th November 2024, a KAI App training session for all staff was led by Dr. Lawrence Zonunmawia.

A mental health and stress management seminar was organized by the Departments of Geology, Home Science, and Disaster Management. First aid training for final year students was held on 14th February 2025. Another mental health awareness session was conducted on 21st February 2025 by the Spiritual Committee and EU Medical In-Charge. A training session on interactive flat panels and digital sound systems were also organized by the ICT and Zoology Departments. National Sports Day was observed on 30th August 2024 by NSS with a fitness awareness pledge. World Suicide Prevention Day was commemorated by the Botany Department on 10th September 2024. Independence Day was celebrated on campus on 15th August 2024. A pre-Republic Day celebration was held on 24th January 2025, involving NCC, EBSB, ELC, and the Departments of Chemistry and Mathematics. National Science Day and International Women's Day were observed on 5th March 2025 by the Maths and Zoology Departments under the theme "Accelerate Action." National Space Day was celebrated by the Physics Department, IQAC, and R&D Cell.

#### **5.Memoranda of Understanding (MoUs):**

An MoU was signed with ICFRE–Bamboo & Rattan Centre on 29th July 2024 to promote academic and research collaboration. The college also collaborates with IIT Bombay's Spoken Tutorial project and NIELIT to offer various add-on courses.

#### **6.Community Service:**

The 8th Alumni Day cum Blood Donation Camp was held on 1st August 2024, with 129 units of blood donated. An outreach programme on health and wellness was conducted at RamhlunVenglai School on 13th August 2024 by the Biochemistry Department, attended by 130 participants. A Computer Clinic was also organized by the Department of Computer Science for the Leitan community during even semester.

#### **8.Environmental Awareness:**

A seminar on tree plantation was held on 16th August 2024 by the Eco Club, Botany, and Zoology Departments to promote environmental responsibility.

#### **9.Faculty Development Programmes (FDP):**

A national-level online FDP on LibreOffice was conducted in collaboration with IIT Bombay, with 60 participants. A professional development programme was held on 23rd August 2024 by the MCTA Branch in collaboration with IQAC.

#### **10.Cleanliness Drives:**

A Swachhata Hi Seva campaign was organized on 26th September 2024 with 120 volunteers participating in cleaning the campus and surrounding public areas. Another drive titled Beyond Campus Cleaning was conducted on 14th February 2025 by NSS, Eco Club, and NCC with 200 volunteers.

**11. Study Tour:**

A study tour to Meghalaya and Guwahati was organized from 9th to 14th December 2024 with 34 students, led by Dr. C. Lalramliana, assistant professor, Dept of Mathematics.

**12. Personality Development Programme:**

A personality development programme was conducted for final year students during every even semester. This was followed by a graduation dinner to celebrate their academic journey.

**13. Intensive Mentoring System:**

Mentoring reports were collected twice per semester after internal examinations. A Parent-Teacher Meet was also organized to strengthen academic support systems.

**14. Award for Best Performing Department:**

The Department of Biochemistry was selected as the Best Performing Department for the academic year 2023-2024 based on the following criteria:

- Timely submission of departmental reports
- Number and quality of departmental activities
- Submission of supporting documents and evidence

**15. Publication of College Yearbook 2023:**

Recognizing the importance of documentation, the IQAC published the College Yearbook 2023 during the period. It includes annual departmental reports, sub-committee reports, mentoring reports, result abstracts, various college regulations and policies, and other institutional data.

**16. Submission of AQAR:**

The Annual Quality Assurance Report (AQAR) for 2023-2024 was submitted on 31st December 2024.

**17. Participation in NIRF:**

For the first time, the college submitted data for NIRF ranking on 7th January 2025. The results are expected in August 2025.

**18. Restructuring of the IQAC:**

In accordance with the latest NAAC guidelines, the composition of the IQAC has been revised as follows:

Chairman :Principal

Coordinator :Dr. M.S. Dawngliani

Assistant Coordinators:

1. Dr. Lawrence Zonunmawia Chhangte
2. Dr. Lalrinsangi Nghinglova
3. Dr. David Rosangliana
4. Dr. Ricky Lalmangaihzuala

Members:

1. Prof. B. Zoliana
2. Dr. Lalzahawmi Chenkual
3. Mary Lalthansangi
4. LalthanpuiiRalte

Webmaster: H. Thangkhanhau

Senior Administrative Officer: UDC/HA

Management Nominee: Vice Principal

Local Society Representatives:

1. Prof. Lalnundanga, Registrar, MZU
2. Mr. J.H. Zoremthanga, Chairman, MBSE

Student Representatives: VP/GS, Students' Union

Alumni Representatives: President/Secretary, Alumni Association

Employer Representative: QAC, H&TE



GOVT ZIRTIRI RESIDENTIAL SCIENCE COLLEGE  
EXCURSION 2024  
REPORT

Dr C.Lalramliana  
Teacher Incharge  
Asst Prof.  
Dept of Mathematics

1. DATE : 9 – 14th Dec.,2024
2. PURPOSE : To visit, explore and Study some historical places in Shillong and Guwahati
3. FUND : Rs 2,30,000 /-
4. FUNDED BY : Higher & Technical Education Department, Govt of Mizoram
5. TOTAL NUMBER OF PARTICIPANTS :
  - 1) Students : Male – 9, Female – 18
  - 2) Office Staff –5
  - 3) Bus Driver – 1
  - 4) Conductor – 1
  - 5) Teacher In charge – 1

TOTAL : 34 nos.
- 6) TEACHER INCHARGE : Dr C Lalramliana, Asst Prof. Dept of Mathematics, GZRSC

**On Monday, December 9, 2024,** at 9:00 am, we had a briefing at Room no 2/302 at the college, where we prayed to Almighty God for His guidance during the excursion. We began our journey from the college campus, traveling by one Sumo and one college bus. We arrived in Vairengte around 5:00 pm and had dinner at a hotel there. We spent the night on the way, and on Tuesday, December 10, 2024, we safely reached Shillong around 9:00 am. We then checked into our hotel, Baptist House in Laitumkhrah

**On Tuesday, December 10, 2024,** we decided to stay within Shillong city instead of traveling outside. Our plan included visiting popular spots like St. Edmund's College, St. Anthony's College, Police Bazar, and Bara Bazar.

These locations offered a chance to explore the local culture and surroundings. However, some students preferred to stay back at the hotel and rest, taking the opportunity to relax while others enjoyed the city tour.

**On Wednesday, December 11, 2024,** we left Baptist House at around 6:30 am to visit Cherrapunji, the Living Root Bridge, Mawsmal Cave, and more. We had breakfast at a hotel on the way to the Living Root Bridge in Mawlynnong. In Meghalaya, there are two Living Root Bridges: the Double Decker Root Bridge in Nohwet Village and the Single Root Bridge near Mawlynnong Village. We arrived at the Living Root Bridge in Mawlynnong Village by noon and spent over an hour there, thoroughly enjoying the experience.

These unique bridges are created by the Khasi and War Jaintia people using the aerial roots of banyan fig trees, which grow across rivers and streams with the help of betel tree trunks and other supports. It takes about 15 years for a bridge to form, and they can last for centuries if the trees remain healthy, as the roots continue to grow and strengthen.

Later, we visited Mawsmal Cave, arriving at 5:30 pm. We spent about two hours exploring and enjoying the cave. Mawsmal Cave in Cherrapunji is a popular site with a large entrance and stunning limestone formations. Inside, water drips, forming stalactites and stalagmites. Some parts are wide, while others are narrow, requiring you to bend down. The cave ends with a small exit, making it an exciting and unforgettable experience, perfect for taking photos. We arrived back at our hotel safely at around 9 PM after finishing our activities for the day. It was a smooth and comfortable journey.

**On Thursday, December 12, 2024,** we departed from the Baptist House at 10 AM to begin our journey. Our first stop was NEIGRIHMS. North Eastern Indira Gandhi Regional Institute of Health and Medical Sciences (NEIGRIHMS) is a medical institute in Shillong, Meghalaya. Located on the outskirts of the city, it started its full-fledged hospital at Mawdiangdiang in 2007. NEIGRIHMS, established in 1987 as an autonomous institute under the Ministry of Health and Family Welfare, was declared a "Centre of Excellence" by the Indian Parliament. Its MBBS program began in 2008 with 50 students,

followed by postgraduate courses in 2009 in four subjects: Anaesthesiology, Microbiology, Obstetrics & Gynaecology, and Pathology. Additional PG courses and a DM course in Cardiology have also been introduced. The College of Nursing, part of the institute, started in 2006 and offers B.Sc Nursing (50 seats) and M.Sc Nursing (10 seats) programs. After that, we visit to Ward's Lake, where we all had a wonderful time enjoying the serene environment. Afterward, we went shopping at Police Bazar, spending time there until 2:30 PM. At 3 PM, we left Police Bazar and headed to the NEHU Campus in Mawlai. There, we also took a group photo in front of the Administrative Building, capturing the memory of our visit.

We left Shillong for Guwahati at 5 PM. However, we encountered a problem near Barapani due to roadblocks for heavy vehicles. Unaware of this beforehand, we had to change our route and take the Shillong Bypass Road instead. This unexpected detour extended our travel time, and it took us seven hours to reach Guwahati. Finally, at 11 PM, we safely arrived at our accommodation, the Mizo Guest House in Guwahati. After making room arrangements, we had dinner late at night, marking the end of a long but memorable day.

**On Friday, December 13, 2024,** we started the day with breakfast at the hotel. At 10:30 AM, we headed to the Science Centre, where we spent two hours exploring. The students enjoyed walking around and discovering many fascinating things. At 1 PM, we left the Science Centre and visited the Mini Taj Mahal, followed by the Heritage site and the Brahmaputra River. We had planned to take the ropeway, but it was closed for the day as it operates only until 4 PM. At the Heritage site, we explored the campus, admired the exhibits, and took plenty of photos. Later, we went shopping at Paltan Bazar and Fancy Bazar, enjoying the lively markets. By 8 PM, we returned to the hotel, had dinner at 9 PM, and ended the day by preparing for bed after an exciting and memorable day.

On Saturday, December 2024, In the morning around 9:30 am, we had breakfast at our hotel. After finishing, we headed out to visit Guwahati Zoo Park. We spent over two hours there, enjoying the beautiful birds and animals. At around 12:30 PM, we left the zoo to go shopping at the market. Later, we departed from our hotel, Mizo Guest House in Guwahati, at 5 PM to return to Mizoram. We stopped for dinner at Nongpoh at around 8 PM. We traveled by bus throughout the night and had breakfast in Silchar. Since the driver was tired, we took a break for an hour. After that, we continued our journey by bus. We had dinner in Kolasib and then hurried back. Finally, we reached our college safely at 11 o'clock.

In conclusion, the excursion from 9th to 14th December 2024 was both pleasant and informative. It offered valuable learning experiences and proved to be an enjoyable journey for everyone involved.

## Acknowledgment:

On behalf of the excursion, I would like to express my heartfelt gratitude:

Firstly, I thank God for His help and guidance throughout the study tour, ensuring everything went smoothly. I also extend my sincere thanks to the Higher & Technical Education Department, Government of Mizoram, for providing the necessary funding for the excursion.

I am truly grateful to our respected Principal, Dr. Zirliangnura, for his unwavering support and for allowing us to use the college bus for the excursion.

A special thank you goes to the bus driver and conductor of GZRSC for their dedication and preparation, which contributed greatly to the success of the excursion.

Lastly, I want to thank the SU leaders and office staff who joined the excursion for their constant assistance whenever needed, and for their excellent teamwork. Your dedication, performance, and respect for the rules and regulations of the study tour were truly appreciated.

## Supporting Documents/ Photos :



**Pic : GZRSC Main Entrance # DurtlangLeitan**



Pic :Brahmaputra River Heritage Centre, Guwahati



Pic: Living Root Bridge, Mawlynnong



Pic: Mizo Guest House , Guwahati



Pic : Science Centre, Guwahati



Pic:Administrative Building, NEHU, Mawhati



Pic:Mammal Cave, Cherrapunji



**Pic : Guwahati Zoo Park**



**Pic.: NEIGRIHMS, Shillong**

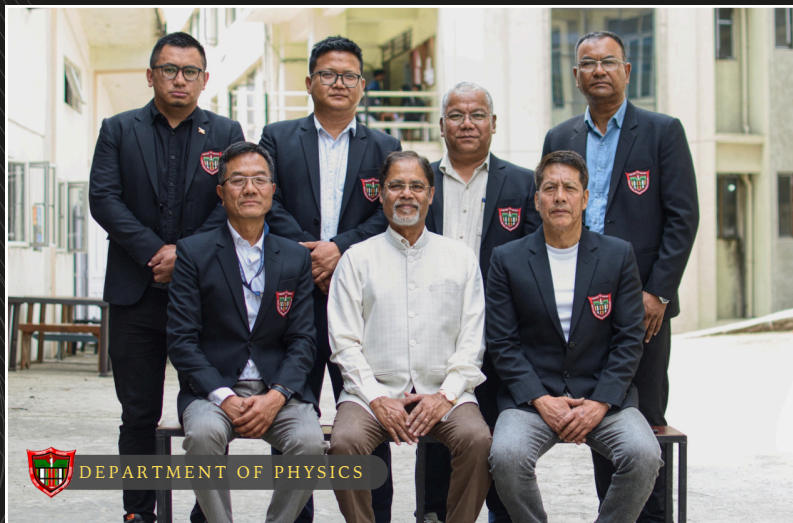
# FACULTY



# FACULTY

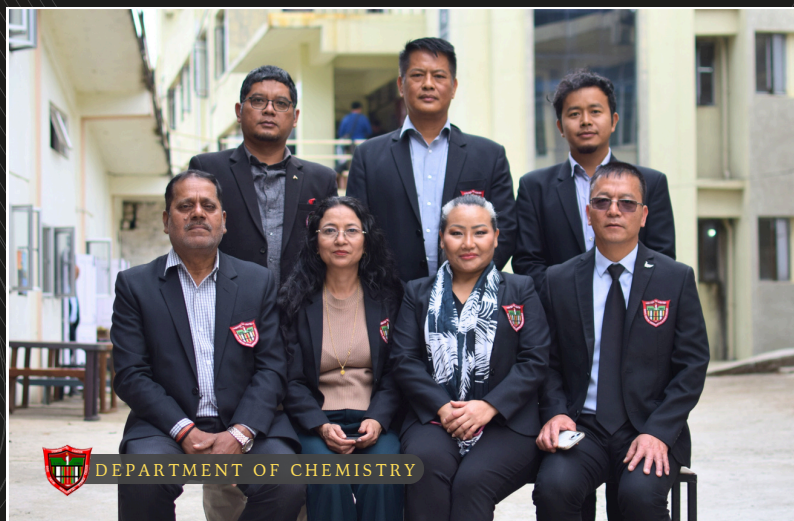


DEPARTMENT OF ELECTRONICS



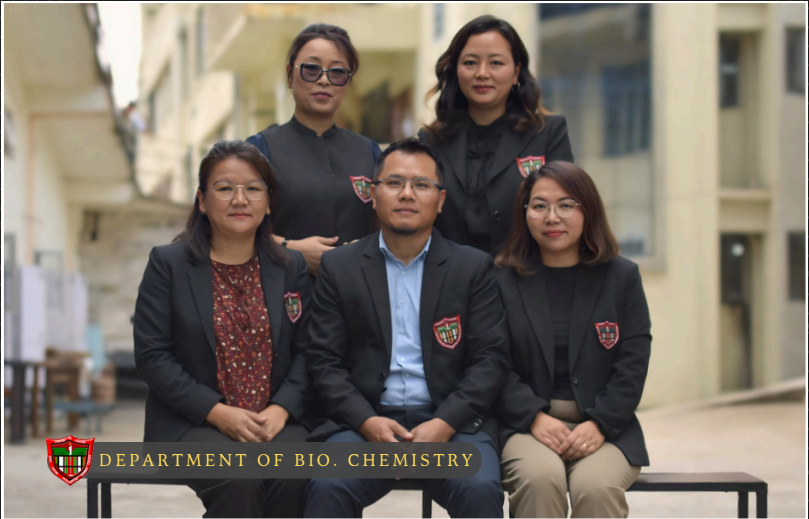
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# FACULTY





# FACULTY

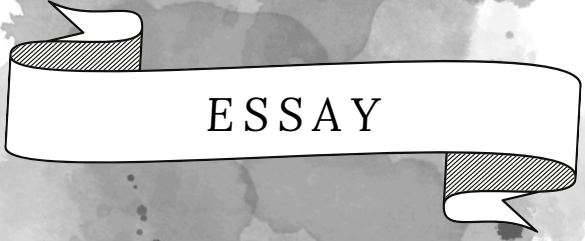
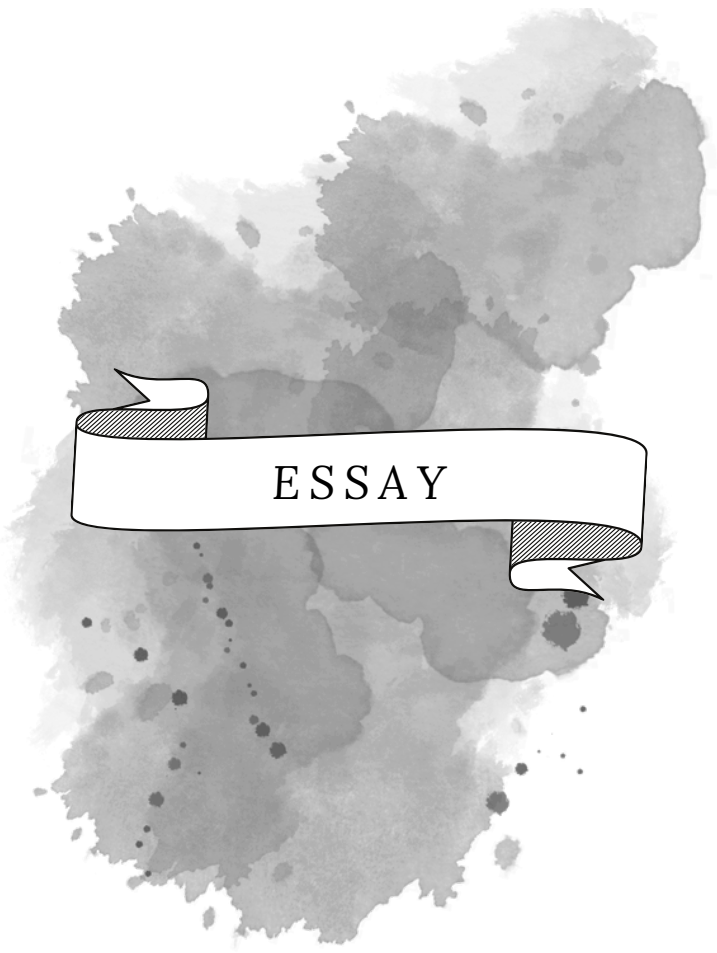


# FACULTY



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ESSAY



## PERSONALITY DEVELOPMENT

**Nangsonmuan**  
Dept of Physics, 163  
4<sup>th</sup> Semester

Personality Development is the process of enriching and refining the traits, behaviour and attitude that involve developing personal qualities and improvement in oneself and nurturing the positive habit in individual. This is shaped in combination of inherent environment personal experience that leads to success in individual life. Personality development is essential not only for fulfilment in life but also for achieving all round such as relationship, carrier and overall, well being.

The importance of Personality Development is a well-developed positive personality leading to success and satisfaction in life. It affects the interaction with people organize challenge and decision making. A person with political attitude has higher self-esteem, communication skill and education as it is crucial for personal and professional relationship and it also enrich the leadership abilities.

Moreover, Personality Development leads to self-awareness, understanding the weakness and strength so that others can create and improve in the specific area of their weakness.

Several factors influence Personal Development such as genetic, environment and personal experience. Genetic play a role in determining a certain aspect of temperament such as introversion and extroversion that can shape an individual's behaviour. However, Personal Development is not fixed, it can be moulded and improved by conscious effort on oneself and external influence.

Additionally, family environment is the most significant factor on personal development in childhood aspect, it involves the parenting style, family value and mood aspect as they copy the behaviour of parent, the way they govern the family.

Education and social intervention influence a person to communicate with people, resolve conflict and the ability to have personal self-esteem.

Personal experience helps the person how to build a strong relationship, success, failure and help an individual to build strong personality and how to carry difficulties in individual life. It is also the most crucial in human life without experience, an individual cannot build a personal and professional relationship.

The key elements of Personality Development are the most important in individual, they are as follows: -

- 1)Confidence: Building a confidence in oneself is crucial in an individual believing one self and serve to expressing one thought. Believing oneself is most important to success and fulfil in one goal. Confidence come from success that can shape our mental.
- 2)Communication skill: It is essential for building Personality Development on growth in an individual. Communication skill helps in interacting with personal and professional environment. It helps in building a strong relationship and thrust each other and also facilitate the ability of leadership.
- 3)Emotional intelligent: It also plays a vital role in Personal Development, undertaking emotional and manage oneself and other can bring a strong and healthy relationship as all human are all different, all need to understand each other.
- 4)Flexibility and adaptability: One need to understand the new situation and embrace change as we are in an evolving world. Adaptability and flexibility have high value in personal development as all humans are good with changing world.

5) Listening skill: It also plays a vital role in Personality Development as without listening, individual cannot gain knowledge. In order to gain knowledge, one need to develop good listening skills and follow the providence.

Personal development is the process that involve improvement in personal qualities and developing positive attitude. It is influenced by several factor - genetic, environment, education and personal choice keeping actively in key element positive attitude, confidence, listening skill and other enhance the personal qualities, behaviour, attitude and mindset, ultimately personality development is becoming a new version in certain aspect behaviour, attitude and positive impact on society.



## INCHIMRALNA ZORAMAH

Vanlalmuanpuia  
Dept of Physics, 161  
5<sup>th</sup> Semester

Inchimralna kan tih hi chuan “ a ruh no no chhuakah” ti ila a Chiang ber mai awm e. Khawvel hi zawng leilung pian ken ver reng em maw ni tih theih turin a tling leh a thei apiang din khawchhuahna(survival of the fittest) a ni miaua. He kan Zoram, mi tam lo tak chennah hian inchimralna hi thil harsa lo tak a ni ngei ang . Engtiang chiahin nge inchimralna hi a thlen theih a, lo inven dan te a awm em? Incimralna chungchang hi sawi tur tam tak a awm awm e, chung zingah chuan a pawimawh zual leh a langsar ho lo en ho dawn ila.

“Mizo mipa zawng neih tlak an awm lo, ruhi theih thil an duh si”, i ti em ni? Hmeichhia hawi zau lo tak ni tih zawh chawp, ngai hranpa lo.Chutiang bawkin Mizo mipate pawn mizo hmeichhiate an hmusit ngawt thei lo an chhelo in an taima zawk em em asin . Entiasng chiahin nge nupui/ pasal-a inneih hi dan hian a ngai? india dan hnuai a Mizo customery Law chang 74 naah chuan, “Mizo hmeichhiain hnam dang pasal a neih chuan a Mizoramna hlihsak a ni a!” a ti kiau mai a, Mizo hmeichhiain hnam dang ngei a neih chuan ama ram, Zoramah ngei hian ram a nei thiang tawh lo .Amah leh a fate pawhin Mizo-ina hamthatna an dawn theih ang zawng zawng pawh an dawn a rem ve tawh lo a, Mizo ro luah thuah pawh engmah inhnamhnawih thieh dan an nei lo a ni. Engvangan nge heti tak maia ripa dawnin nupui/pasal neih chungchang a sawi ? Eng dang a ni lo, Tribal te chimral loh nan a ti an ber e.Hnam dang an pun thur thur loh a, Mizo kan lotam deuh deuh nan mahni hnampui ngei neih tum ila.Ni e, hmangaihna chuan ramri lo kham ve ngawt kha thil tih chi a ni lo maithei a, an hmangaih ber lo maithei. Amaerawh chu, hnam dang hnuai a kan kun ai chuan mahni hnampui ngei nei ila Mizo mipate pawh kan hmeichhia duh tur angin inuluk ila, chutiang chiahin kan hmeichhite pawh awm i tum ang u.

Mughal lal ram chak tak a din lai khan chakmahok chuan lal chak tak a neih avangin British-in chakmaho kha a tuk dai thei lo a nih kha.Tuna kan en hniam em em chakma, Bru leh tuikuk te hian nakinah chuan kan chungah an la awm thei a, an thu hnuaih kan lo kun du du thei a ni.State Minister chu ama state-ah na na chuan a lal pawh a ni thei; amaerawh chu state dang ro inrelna kawngah thu neiha a nei ve thei tlat lo.India rampuia a rorel khawl hi eng tin nge kan nih theih ang? Mizoramah chuan Mizote hi zirnaah kan hniam kan ti thei lo ang .Mahse , India rama a hnuok khawih thei chin chu zing lam arsi ang pharh kan ni lawi si. All india services lam hi sawi thui vak ngai lo in kan hre thrup awm e, he lama lut leh inziak tling hi kan awm ta mang lo.IAS kan tih te hi zanwg an awmna apiangah rorel khawl an ni nghal zel mai a,State Minister te ai chuan an rah chin a hriat deuh.

Tuna kan hmuh hniam em em te hian zirna lamah tan an la a, All India Services lamah lut pawh an awm reng mai.Nakin lawkah chuan chibai kan la buk turte an la ni ang tih a hlauhawm tak zet a, zirna lamah hian nasa taka tan kan lak a ngai a ni.

Aizawl-a rod leh Cement za-a sawm riat chu hnam dang ta a ni tawh tih Mizoram Merchant Association (MIMA) chuan a tarlang ta hem mai le! Mi thenkhat chuan hnam dang te lo lut sela, thil te pawh man tlawm zawkin kan lei thei anga an ti mai thei, mahse nakinah Mizo tlangval kha ama ramah ngei hnam dangin an la vel ang. Mizorama in luah tur leh dawr kuah tur nei te chuan sum lam umin mahni Mizopui ngei luatir loin hnam dang an luatir zel a, kan sawrkar ber pawn an luatir zel a, kan aswrkawr ber pawn hma an la si lo.

Kan thenawm state te chuan Tendency model Act hmangin an thalaite hmakhua an sualsak a, keini Zoramah chuan Mizo te min ngai pawimawh tawk lo deuh em ni aw tih theih a ni. Hnam dangin an tih theih kha Mizo te pawh hian taima takin kan ti thei a ni tih i lantir zel ang u.

Linguistics assimilation kan tih mai, hnam te zawk te'na hnam lian leh hlun zawk te tih dan la chhawnga, anmahni tawng chen an hmansak tawh chuan an hnam kha a boral chu a ni mai. Vaipa pakhhath chu Mizoramah a lo awm a, inbiakna atan Mizo tawng tlem a zawng chu a lo thiam pawh a ni thei; amaherawhchu, romei tihh te, vawkpa sutnghak tih te hre tur chuan kan Mizo hnam zia a hriat ve phawt a ngai ngei ang. Chuvang chuan tawng leh hnam zia(culture) hi a inzawm tlat a, pawh then theih a ni lo. Zorama hnam lak ni si, hnam dang tawng zawhna siam a ngaih thin te hian ngaihtuah a ti thui tak zet. Mizo tawng kan hnam var deuh deuh a, kan inzir zel hi thil pawimawh tak a ni. Tawng ber a boral tawh chuan hnam a boral tawh si a.

Heng kan sawi takte tal hi chu ngai pawimawh ila, hmalak a tulnaah kan Mizo hmeichhia leh an fate Mabdir-a an inkai lut diah diah kha i hmu thei bik lo ang. Hnam him nan bei zel ila, i ram leh hnam a boral tawh chuan nang leh i chungte pawh inhim bik lo ang.



## PERSONALITY DEVELOPMENT

Johney Lalitlanmawii  
Dept of Zoology, 74  
2<sup>nd</sup> Semester

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Personality Development is a dynamic and life-long process that involves continuous changes and development that shapes the life of an individual, the way they perceive things and circumstances that happens in their everyday life. Personality of an individual may vary greatly according to how they are brought up and their environment. Firstly in-order to have a good personality, one must have self-awareness. Identifying one's strong points and weakness is a very important process in the development of one's personality. When someone is self-aware, then he or she will know where, when and how to act when facing various circumstances. The way one faces challenges in life is all part of personality development.

Another important factor in personality development is confidence. A person with confidence is able to hold his head upright in any situation he is in, which pleases everyone's eye. The confidence to speak out your thoughts and show out your ideas, express your emotions and feelings is all a part of developing one's self and personality. When people are not confident enough to express themselves, they become dull, not friendly with their friends and colleagues and tends to go into overthinking, which becomes a part of their personality which everyone dislikes including themselves.

The ability to communicate with others is another very important factor in the development of our personality. When we are able to communicate effectively with others, then we start to appear friendly, which makes others approach us easily. This will help us make friends easily and also help us improve our personality. Someone who has a dark expression, stays too quiet when asked about something will never be able to grab the likes of others. Adaptability is another important factor in the development of our personality.

A person with a downgraded personality such as anger issue, not wanting to be in friendly environment with others can never establish good interpersonal relationship with others. Having a desired personality is what the world and society longs for. Even in terms of relationships, one simply does not judge someone based on their outer appearance anymore, but rather based on their personality and their behaviour. Having the desired personality will help you fit in everywhere. Consistency, integrity and empathy are also all important to shape our personality. It is important to develop our personality in order to achieve our goals and live in harmony with everyone around us.

There are also several factors that determines how we develop our personality such as environmental factors, interpersonal factors, and physical factors. The personality of a child brought up in a loving and caring family differs greatly from the personality of a child brought up in an abusive, no affectionate family member environment. The way we see life and others becomes very different. Negative perspective in life is very harmful for anyone. It disrupts our mind and eventually our relationships.

In today's world, there are different type of test introduced to know our personality types. For example, in Korea, the Myers Brigg Type Indicator (MBTI TEST) became so popular that almost everyone used it when they are communicating or trying to form a relationship.

So, we can understand and see that personality development is very important to achieve our goals, establish good interpersonal relationships and to become an important part of society.

## SOCIAL MEDIA AND PRINT MEDIA

Deborah Malsawmkimi  
Dept of Botany, 34  
2<sup>nd</sup> Semester

Social media is the form of media that used the internet to function, if we say social media we could also say it as a modern media as it is a way of knowledge nowadays. In social there is a lot of platforms where we can know our knowledge, different kinds of knowledge whether its beauty, world leaders, celebrities, etc. It is a fast form of media as we can immediately know what is happening on the other side of the world as soon as it is uploaded on any platform where internet is used.

Whereas, Print Media is the most used form of media from old times to now, though the process of printing media takes quite a time, it is the most fundamental form of media, from old times it is a source of knowledge and news, till now it is still the most reliable source of news, or knowledge as it is used everywhere, whether it is schools, church, community, all are functioning through print media.

A lot of online platforms has been published through the year, some small some big. Some examples would be, Facebook, Instagram, Twitter(X), Whatsapp, etc. These are all the things we called social media where, you get news, tips, and other lots of things and it is a media where you can share your opinion and thoughts, it is a place where you can voice your opinion on things you get whether it's good or bad, it is a place where your thoughts are irrelevant. Through the year social media have been steadily upgrading it function and its speed, which also helps in life where humans are living in fast pace. Print media has been a media that provide knowledge and news from ages ago; it is the most used form of media. Print media has been used from the time where social media have not been introducing to the world, some examples we could give is Newspaper, Magazine, Books, etc. Through print media we get lots of knowledge as it is the first form of media that is given to us when we start our schools. Books were the most fundamental things we need as a student, we carry print media everywhere we go, it may be newspaper, outlets, books, etc. Print media can also give us lead us to a fantasy world where you can be anything you want through story books and novels that are print out, some of it would be the well-known books like Harry Potter by J.K Rowling, and the most purchase print-media would be the Holy Bible, the boom we Christians reads all the time.

When we say Social Media is a fast pace media, people might think that it is the most important media, but as good as it is, it also has its disadvantages. On social media, a lot of content is uploaded simultaneously, and it can be either good or bad. This shows that many people are frequently active on their social media platforms through their devices. However, this isn't always a good thing—when people spend most of their time on social media, it can lead to social anxiety. This may result in a person avoiding social interaction and communication, potentially leading to depression and personal decline.

On the other hand, the process of print media can be quite lengthy, as it involves printing on paper. Unlike social media, print media cannot be easily shared with a large number of people. Producing printed materials in large quantities takes time and resources. Additionally, the cost of purchasing printed media can be a burden, especially for students. This financial pressure can cause stress, particularly because people's circumstances and needs vary widely.

Social media and Print Media each have its advantages and disadvantages as we say, but that does not mean we should not use it. For Social Media we have to limit use so as to be socially not awkward when the time comes, we should also not share everything we see on social media as we should try to be efficient as possible. Social Media and print media can be used wrong but as a human we should always try to use it the right way.



## DEEPAKES AND THE CRISIS OF TRUTH

Vanrinpui  
Dept of , Home Science  
3rd Semester

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Our world today has come to the mounting anxiety that the deepfake technology, which is a type of Artificial Intelligence (AI) has slowly created misleading and artificial media through visuals and audio. In this digital world of ours, we tend to seek videos and audio to know what is real. Deepfakes have erased the line between what is authentic and what is not, making it hard to trust reviews and advertisements online.

In India, under the IPC Section 420, if a deepfake is used for financial fraud, identity theft or scams, it can lead upto 7 years of imprisonment and a fine. Accordingly, this deepfake technology creates a 'crisis of truth'. In an age where fake videos may appear real, how will anyone know what to believe? Even the authentic information - displayed through videos and audio can appear fake, leading to confusion and mistrust in the society.

People with harmful intentions can use deepfakes to spread lies and influence how the public thinks, which further endanger democratic systems and open discussions in the society. Ultimately, deepfakes threaten the truth and its ability to deceive what is real has weakened the foundations of the people's shared understanding and common reality in the digital world. In the current media age, appearances can be deceiving. Visual evidence can no longer be trusted as a definite proof. When a person can no longer differentiate the truth from fabrication, reality, thus becomes manipulable.

To fight this problem, we need better and smarter rules, advanced deepfake detection technologies and we must implement tougher laws so as to educate the public extensively. Solving this problem will need coordinated action from everyone who is concerned enough about the future. A multi-layered approach which involves enacting specific laws criminalizing deepfakes, especially in elections, fraud and misinformation would be totally helpful. Certain social platforms like Youtube, X ( Twitter ), Instagram and many more are required to label deepfakes and verify the media. Awareness in school curriculums and public campaigns so as to educate people and not encourage any suspicious content would play a great role in dismissing the problem.

In conclusion, deepfakes are more than harmless, fun, online content; they are a threat to truth and trust among the public. To preserve and protect the society, politics and even our personal lives, we must act with awareness, love, care and urgency in this digital age. Deepfake generating tools are growing faster than the detection tools, but a good combination of AI ethics, strong public policy and joined forces among the government, technical companies, academic institutions and journalists offer the best defence.

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# CLASS PHOTO



# CLASS PHOTO



DEPARTMENT OF ELECTRONICS : VI<sup>TH</sup> SEM



DEPARTMENT OF BOTANY : VI<sup>TH</sup> SEM



DEPARTMENT OF GEOLOGY : VI<sup>TH</sup> SEM

# CLASS PHOTO



# CLASS PHOTO



# CLASS PHOTO



# CLASS PHOTO



# CLASS PHOTO



VAC A: II<sup>ND</sup> SEMESTER



DEPARTMENT OF COMPUTER SCIENCE : II<sup>ND</sup> SEM



DEPARTMENT OF HOME SCIENCE : II<sup>ND</sup> SEM



ARTICLES (MIZO)



# ENGVANGIN NGE NIPUI LAIIN A LUM A, THLASIK LAI HIAN A VAWH THUNG?

- Dr Zirlianggura, Principal, GZRSC

Mipui tam zawkte rindanah chuan Nipui (Summer) lai hian Ni (Sun) leh Lei (Earth) te hi inhnahite ah an awm a, chumi avangin khua a lum thin. Chutiang bawkin Thlasik (Winter) lai hian Ni leh Lei hi inhlat takah an awm a, chumi avang chuan khua a vawt thin. Hetia han ngaih mai chuan a dik hmel hle a ni. Mahse, a tak takah chuan thil in opposite chiah a ni thung. Kan hriat theuh angin Lei (Earth) hian Ni hi a hel a, a helna kawng (Orbit) hi a bial ni lo in, a sawl (Elliptical) a ni a. Hemi avang hian Ni leh Lei inkarhlat zawng hi kum tluanin a danglam or a in ang lo a ni. Thilmak deuh mai chu, Northern Hemisphere (India ram awmna) a mite tan chuan Nipui (Summer) kan tih, khawlum lai ber hi kan Lei leh Ni ainhlat lai ber a ni a. Thlasik kant ih, khawvawh lai ber hi kan Lei leh Ni inhnaih lai ber a ni thung tlat a ni. Chuvangin, khawlum leh vawh chung changah hian Lei leh Ni in hnaih leh hlat hian kawngro a su ber lo a ni.

Kan awmna Lei hian Ni (Sun) hi a hel a, vawikhat helchhuah nan ni 365 days, 5 hours, 59 minutes leh 16 seconds a mamawh a ni. Ni hian Lei aiin gravitational force a neih tam zawkavangin Lei hi Ni helkualtuzawkah a tan phah a ni. Hei hi Revolution anti a ni. Lei hian Ni a hel lai thohian, amah hrimhrimpawh hi khawthlangatangakhawchhazawngin a vir a. Wawi khat virchhuah nan 23 hrs, 56 minutes leh 4 seconds a mamawh a ni. Hei hi Rotation antithung a ni. Hemi avanghianchhunlehzanaawmpah a ni. Ni hnaih/lang lama awmramte tan Chhun a ni a, nihlat/lang lo lam aawmte tan Zan a lo ni ta thin a ni.

Kan awmna Lei hianni a helkual avangin khawvel hmun hranghrang a miten Ni lumna (direct sun light) hi an in hmuhchhawk a. Hemi avang hian seasons chi hranghrangaawmpah a ni. Kum tinin June thlaah Northern Hemisphere lamin direct sunlight andawng a, chu tih laiin Southern Hemisphere lamin indirect sun light an dawn thung a. Hemi hun hian Northern Hemisphere lam a awmte tan Summer a ni a, Southern Hemisphere a awmte tan erawh Winter a ni. December thlaah Southern Hemisphere lamin direct sunlight an dawng a, chu tih laiin Northern Hemisphere lamin indirect sunlight an dawn thung a. Hemi hunhian Southern Hemisphere lam aawmte tan Summer a ni a, Northern Hemisphere aawmte tan erawh Winter a ni. March leh September thlaah chuan Northern leh Southern Hemisphere aawmtehian a direct sunlight a dawn dan a in ang a, a lumlehwawt dan pawh a in ang a, lum lutuk leh vawt lutuk a awm lo ve ve a ni.

A tawpnaah chuan thlasik laia a vawh a, nipuilaia a lumna chhan chu hetiang hian han khaikhawm dawn ta ila. Nipui lai chuan Lei-in Nisa (sun light) a dawn danah a chung zawn atangin ngiltak, lei a thlen pawhin ni lumna leh satnapawh a in sem darh lo a. Chubakah, nipuilaiin ni a rei a, Ni (sun) lan leh sat chhung a rei a, chuvangin khua a lum thin a ni. Thlasik lai chuan Lei-in Nisa a hmuh dan hi a awn a, lei a rawnthlenpawhin a chaknalehsatnapawh a in semdarh a. Chu bakah, ni a rei lo a, nilanchhung a tawi a, khua ti lum pha thin lo a ni. Khawvel sik leh sa kan hman/neihmek dan kan thlir chuan, khawlum chhung thla (hun) hi a rei tuatual a, khaw vawh thla (hun) hi a tawi tual tual thung a ni. Hetia han ngaihmai chuan khawlum leh vawh hunchhung thla hi in ang /chenvel awm hi a ni. Mahse, khawlumchhung hi a vawhchungaiin a rei fe ta zawk a ni. Khawvel hian lum lam a pan zel a, hetiang a nih zel chuan kan chenna khawvel hmun tam tak hi chennatlak lohah a la chang mai ang tih a hlauh awm hle a ni. Chuvangin, khawlum zel tur vengturin kan theihna zawn theuhah tan lak hi mitinte mawh phurhna a ni e.



## RAMHMUL DANGDAITE (WEIRD PLANTS)

- Dr. R. Lalengmawia

Royal Botanic Gardens, Kew (United Kingdom) sawi danin ramhmul (plant), pangngai,vascular strands nei chin hi species 3,91,000 vel awm in, chung zinga 3,69,000 chu par chhuah chi an ni. Ramhmul te hi hetiang taka tam an nih avang hian mak tak tak – hring ei chi te, hnah nei lo te, an tet em avanga zung (root) pawh nei lo te sawi tur a tam mai. Thenkhat chu an thil pai, damdawi, perfume, etc. a hlut em avanga hlu tak te, thenkhat erawh an rimchhiat em avanga hlu lo em em te, a then lah an pun chak em avanga hnawk em em te an awm a. Thenkhat cuscuta ang chi te chu kan thalai tam ber te iang in mahni ei tur chaw thawkchhuak thei hauh lo, ramhmul dangte thawhchhuahsa ring pumhlum tawp chi te an ni thung. Tun tumah chuan ramhmul dangdai tak tak zingah pahnih khat chauh i lo thlurbing teh ang.

1. **WELWITSCHIA MIRABILIS** :Welwitschia mirabilis hi gymnosperm (far thing lam chi ti mai ang) niin Welwitschiaceae family, Jurassic period (201.3 – 145 million years ago) a vanglai hun hmang zinga la dam awm chhun a ni a, a chhungkaw member pui te chu he khawvel atang hian an mang zo vek tawh a ni.



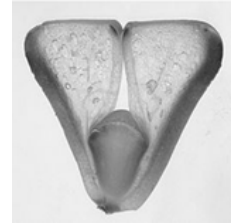
Kum 1859 khan Friedrich Welwitsch-a'n he 'living fossil' dangdai tak hi a hmuchhuak a. Welwitschiamirabilisdangdaina em em chu a dam chhungin hnah pahnih chiaa a chhuah a, a hnah te chu thang rengin a hmawr lam an ro chho ve zel a, kum 2000 lai dam thei mahse a tlangpuiin kum 400 – 1500 vel an dam tlangpui a ni. He thing hi Africa a central Namibia atanga Southern Angola thlenga in zarpharh Nabib thlaler kam zim te, ramhmul dang to mumal thei lohna hmun ro leh lum, zan lama vawt leh em em si a to a ni a. He thlalerah hian kum khat chhunga ruahtui tla zawng zawng hi inches khat awrh chauh a ni.

Welwitschia pianhmang hi tunlai nu hovin an chin uar tak 'Aloevera' ang deuh hi a ni a. A hnah te hi ft 12 vela sei a ni tlangpui. A hnah hmawr lam eng emaw chen hi a inphel suau thin avangin hnah tam tak a nei emaw tih a awl thin. A hnah a dai tla te hi a kung bul lamah a tawlh lutin intunnun nan a hmang a. Chubakah a hnah chung lam leh hnuai lamah hian stomata (hnah thawkna kua) tam tak a awm avangin heng hmang hian chhum lei vak te an lo hip bawk thin. Welwitschia hi gymnosperm tam tak angin a pa kung leh a nu kung a awm hrang. Welwitschia hi vang hle tawh mahse khawi nun awl tak a ni thung a. Chuvangin botanical garden tam takah an khawiin mi ngaihhlut a hlawh thin hle a ni.



2. **LITHOP:** Lithops hian lung a an em vangin 'living stones' ti te pawhin an lo sawi thin. He ramhmul mak tak mai hiankung a nei tawi hle a, lei pawn lamah chuan a hnah pahnih, chhah tup mai, insi riala to chhuak chauh hmuh tur a awm thin. A hnah te hi hnah ang pawha lang lovin thil bul bawk, a lai a kak ni mai awmin a lang. A lai kak ah hian hnah thar pahnih inkawp emaw, a par emaw a rawn chhuak thin. A hnah hi a chhah em avangin a taksa tam zawk hi lei chhungah a inphum a, pawn lama rawn lang chhuak chu a fim deuh reuh avangin ni eng pawh a chhung lamah lut theiin photosynthesis (chaw siamna) pawh lei chhung lamah a awm mah zawk a ni.

Thlasik laiin hnah thar a insiam a, mahse a hnah pui inkawp chial chuan a khuh bo daih a, nipui a lo thawt hunah a hnah pui inkawp chial te churawn tawn kau vin an rawn parh chhuak thin a, a hnah hlui te chu an thi ro chho mai thin. Favang-ah Lithops hian par a chhuah thin a, a par hi a rintui hle. Khua a khen chang chuan a hnah te hi sawng te vakin lei chhungah an pilbo daih thin.



Lithopsdinhmun puangchhuak hmasa ber chu South Africa daidartu botanist leh artist ni kawp William John Burchell-a niin kum 1811 khan thlaler a fanna lamah lung pianhmang mak tak a chhar chu a han enchian chuan ramhmul (plant) a lo ni reng a. Mesembryanthemumturbiforme tiin a hming a vuah a. Mahse description a tihchian chiam loh avangin eng Lithopsber nge a hmuhchhuah chu hriat a ni ta lo a ni. Lithops te hi an to-na hmun pianhmang mil (camouflage) taka an to theih avangin hmuh chhuah kim pawh an har hle a. kum 2006 thleng khan a species thar hi an la hmuchhuak zel a ni.

Lithops dinhmun puangchhuak hmasa ber chu South Africa daidartu botanist leh artist ni kawp William John Burchell-a niin kum 1811 khan thlaler a fanna lamah lung pianhmang mak tak a chhar chu a han enchian chuan ramhmul (plant) a lo ni reng a. Mesembryanthemumturbiforme tiin a hming a vuah a. Mahse description a tihchian chiam loh avangin eng Lithopsber nge a hmuhchhuah chu hriat a ni ta lo a ni. Lithops te hi an to-na hmun pianhmang mil (camouflage) taka an to theih avangin hmuh chhuah kim pawh an har hle a. kum 2006 thleng khan a species thar hi an la hmuchhuak zel a ni.

3. **RUANG PANGPAR (Corpse Flower)** : A mak awm ti raw, Ruang pangpar (corpse flower) tia hming han vuah tawp mai chu! Ramhmul dangdai tak Titan arum (*Amorphophallus titanum*) hi unbranched inflorescence (zar peng lovapangpar parkhawm) nei lian ber a ni a. A inflorescence chu kan chawhmeh duh tak baibing te, telhawng pa ang te a nih chu. A par rim hi a chhe em em a, ruang tawih rim a nam hum hum avangin a hmingah corpse flower emaw corpse plant an ti. A hming 'Titan arum' tih hi W.H. Hodge phuah a ni.

Titan arum hi Western Sumatra, Indonesia leh Western Java velah chauh a tualto chu hmuh a ni a, chinailung tamna tlang (limestone hills), ruahtui tlak tamna ngawpuiah an to thin. Amaherawhchu, khawvel hmun hrang hranga botanical garden leh mimal pangpar lam tui mi ten an ching nasa tawh hle a ni. Tin, Titan arum hi apar khat hle a, khawi phe chu a par khat leh zual a ni. Titan arum scientific description mumal tak nei hmasa ber chu kum 1878 khan Italian botanist Odoardo Beccari a ni.



Titan arum pianhmang chu telhawng ang hi niin a par bawr – inflorescence hi ft 10 laia sang a ni thei a, sawi tawh angin a par pianhmang chu baibing ang hi a ni. A kung hrim hrim hi ft 20 a sang te a ni thei. A par rim hian ruang tawih rim a tihchhuah avangin rannung, saruang tawih ei chi te a hip a, a chi inthlah (pollination) atan an tangkai hle a ni. A pa par hlawm leh a nu par hlawm hi inflorescence khatah, mahse hlawm hrangin an awm a, mahni leh mahni inthlah (self pollinate) thei awm taka a lan laiin a nu hi a pa aiin ni khat emaw ni hnih vela a par hma avangin self pollination hi a awm meuh lo a ni.

A par hi a chawih (chuai) hnu hian lei chhunga a kungpui (corm) atangin hnah mal hraw tak a lo chawrchhuak a, ft. 20 laia sang ni theiin a ler lamah hian hnah sin te te (leaflet) thahnem tak a chhuah leh thin. Kum tinin a hnah hlui hi thiin hnah thar a lo chhuak leh zel thin. A corm hi kg 50 laia rit te a ni tlangpui a, a rit ber record nei lai chu Royal Botanic Garden Edinburgh a mi niin Kg. 153.9 zet a rit a ni. He Titan arum corm hi an chin tirh chuan serthlum tiat lek a ni a. Kum 7 a vei meuh chuan hetiang a lian hi a lo ni thei ta a ni.

#### 4. **RAFFLESIA ARNOLDII** :

Ramhmul hnah emaw, kung leh zung pawh nei lo *Rafflesia arnoldii* hi khawvela pangpar lian ber a tlat hi thil mak tak chu a ni. A par bawr zawng chuan corpse flower hi lian zawk mahse a par malah chuan *rafflesia* khum pha hi an awm lo a ni. A par hi a laia hawlh tlangin ft. 3 leh 6 inch lai a ni thei a, a rih zawng pawh kg 11 ngawt a tling thei. Corpse flower ang bawkin a par rim hi ruang tawih rim chiah chiah a ni ve bawk a. Tin, a nu leh a pa kung hi a hranga awm a ni. He pangpar hi Sir Stamford Raffles-a'n kum 1818 a a hmuhchhuah niin a hming pawh hi a ma hming leh a thianpa Dr. James Arnold hming chawia a phuah a ni.



Rafflesia hi mahni a chaw insiam thei lo- parasite niin hrui zam chi ah a cheng thin. South-east Asia ram thenkhat - Sumatra, Borneo, Thailand leh Philippines ngaw thenkhatah hmuh tur a awm zeuh zeuh a ni. Khawvela ramhmul vang ber te zinga mi niin khawvel atangin a mang tep tawh a ni. Inthlahpun kawngah hian harsatna lian tak a nei a. Parasite a nih angin a chenna host plant kha a thih chuan a thi a ni ve nghal a. Tin, a par dawn hian a chenna kung atang khan a lo bawk chhuak a, chu chu thang lian telh telhin a tawpah par a lo chhuah thin. Par chhuak meuh tur chuan thla tam tak a duh a ni. Heti a nih avang hian par tura a insiam chung hian a tam zawk chu par hun thleng zo lovin an thi thin a. A par lah ni rei lo te chauh parin he hun reilo te chung hian a nu chi kha a pa chiin a va pawl (pollinate) hman a ngai a. Rammhmul vang tak a nih avangin a nu leh a pa par rual a, inthlah tur an vang em em a ni. Chu mai la ni lovin lo inthlah pawh ni se, a chi hi a tiak duh lo em em leh nghal a ni. Khawvel hmasawn zel leh duhamna avangin an chenna ram ngaw te thiah dar a ni chho zel si a, chutih laiin mimal in emaw, botanical garden a han khawi turin parasite, host plant duh bik riau nei a nih si avangin khawi hlawhtlin a har em em a ni.

Rafflesia hi species 13 emaw vel an awm a, species 2 chu Indopui pahnhna hnu lamah hmuh tur a awm tak loh avangin an mang (extinct) tawh a ngaih a ni leh zel tawh a ni.

##### 5. VENUS FLY TRAP :

Venus Fly Trap (*Dionaea muscipula*)hi hi hringei thlai (insectivorous plant) niin amah bawmtu insects te deuh te hi lo manin a lo ei ti ilar an tuihnang kha a lo hip zo vek thin a ni. A to na hmun chu United States chhak lam tuipei kam North Carolina leh South Carolina vel, hmun hnawng deuh ram te a ni.



Rannung a man dan pawh hi a dangdai hle a. A hnah hmawr lam hi insiam danglamin a lema kan hmuh ang hian inkhar thei (kharkhep) a ni a. A kharkhep chhung lamah hian hling ang deuh hmul rawn chawrchhuak (trichomes) 3 a awm a, chung hling ang deuh chu rannungin an tihchet khan a inkhar ta thin a ni. Chung rannung a chehbeh te chu a lo hip ta thin a ni. He ramhmul dangdaina tak chu a trichomes ti che tu hi thilnung a nih leh nih loh a hrehrang thei a, a tichetu kha thilnunglo ruah te, thli te an nih chuan a inkhar duh chuanglo a ni. Tin, he ramhmul hian rannung ei bik te a nei leh zel a, a tlangpuiin a chaw ei (diet) chu fanghmir - 33%, maimawm - 30%, sephung (beetles) - 10% beetles, leh khau (grasshopper) - 10% te niin insect dang thlawk ho chu 5% pawh a ei lo a ni.

Kum 1760 khan North Carolina awptu Governor Arthur Dobbs in England a botanist Peter Collison hnenah lehkha thawnin he hnim mak tak chanchin hi a hrilh a. Hei hi ziaka a chanchin record hmuh hlui theih ber a ni. Venus Fly Trap hi chu a lar deuh avangin i duh tawk phawt mai teh ang.



## ALUMNI ASSOCIATION PAN CARD LAMTLUANG

- Jonathan Lianhmingthanga Sailo

**Thu hma:**

A hmasain Govt. Zirtiri Residential Science College Magazine-a thuziak tura min sawmtu Madam Lalzahawmi Chenkual, Dept of Zoology chungah lawmthu ka sawi nise. Thuziah hi thiltih namai a ni lo a, a raua chen a ngai. A raua chen loh chuan sentence hnih khat pawh ziah a har a ni. Hmangaihte hmangaih nih hi a va nuam em tiin hlaah an phuah a. Hmangaihte hmangaihte nih baka nuam a awm awm lo e. Chutiang ni pha lote tan chuan khawvel hian nawmna leh dam hian hlutna engmah a nei si lo. Chutiang dinhmuna dingte chu an dinhmun ka hriatthiam pui a, an tan he Article hi ka hlan a ni.

**College-a ka kal lai tlem:**

Govt Zirtiri Residential Science College-ah hian Bachelor of Computer Application (BCA) chu a 3rd Batch-na (2005-2008) ni turin ka zir a. Ka zir lai chuan kan Principal chu FJ Ralzuala a ni. Ka luh laia thawk, tuna la thawk mekah Teaching Staff chu Computer Science: Sir Lalrinawma (Marina) te, Sir Lalhruiatuanga te; kan chhuah tepah rawn lut Madam R Lalmawipui te; Zoology: Sir Lalrinmawia te, Miss R Lalramengzami te, Madam Lalzahawmi Chenkual te; Chemistry: Sir Zirlianggura (tuna Principal) te; Electronics: Sir B. Zoliana te; English: Madam Lalrinsangi Nghingloa te, Madam Lalmalsawmi Chhange te; Physics: Sir Lawrence Zonunmawia Chhange te, Botany: Sir R. Lalengmawia te, Bio Chemistry: Madam Fanai Lalsangzuali te; Non Teaching Staff zingah tuna pention tawh Pi Lalrinzuali, UDC te, Nu Zoi (Librarian) leh boral tawh Pa Zira (Driver) hi ka hriat theihte an ni. Tin, ka luh laiin Home Science: Miss Rebecca Lalnuntluangi hi a lut ve bawk.



3<sup>rd</sup> Semester BCA

Khatih hun lai khan College Campus hi Ramthar Veng-ah, Govt. Republic Higher Secondary School Campus chhakah a awm.

First Semester ka nih kum kha hun nuam a ni. Ka tan chuan thil thar a ni vek mai. First Semester ka nih kuma nuam ti tak kha ka chhuah dawn meuh chuan a hma ang ka ni tawh lo hlein tun hnuah hian ka hre thin. Students' Union inthlan kha vawi khat chiah ka hria! Chu chu Magazine Editor post ka chuh ve \um kha a ni. A hmian ka hre lawk si lo, hmelhriat ka la nei vak si lo! Tikhan sawi ve reng turin ka tlingtla ve ta anih kha! Thil tih neuh neuh a awm thin a: Students' Union inthlan te, College Week te, Inter College te, NSS Special Campaign te., adt.

Ka sawi hmaih hauh loh tur chu NSS-in Chennai-ah Solakia (Sarlamkai) kan show dawn a. Chutah chuan Sarlamkai thiam leh kal duh turte a in-report theih a. Kei, Sarlamkai thiam tha thum lo kha ka in-report ve a! Tichuan lam kan zir ta tlahu tlahu a. Mumangah hial ka lam a ni! Kan kal ni tur alo thleng a. Phur fahrnin Lengpui Airport chu Taxi-in kan pan a. Mahse, flight an cancel hlahu mai! Miss Mazami'n Rel-a chuan a peih si lo a, lungawi zan lovin kan haw ta anih kha!



Rihdil

Govt. Hrangbana College-in eng Jubilee nge mawni an lawm tumin Inter College Quiz an buatsaih a. Kan College kan tel lo. Khawilai atangin nge ka hriat, ka kal ve a; mipui tana zawhna chhan tur ka chhan dik avangin '50 ka hlawh kha ka la hria! Khawi College nge i nih tia Quizmaster min zawhna chu Govt. Zirtiri Residential Science College tiin ka chhang.



Vanzau khuaa kan Tuikhur siam

NSS Campaign-a 4th- 13th Sept, 2006-a ka kal ve tuma an Leithum Community Hall-a kan riah a a bula Zunin kan siam te, Vanzau khuaa Tuikhur kan siam te, Rihdila kan kal te, Thasiama seno neihnaa kan kal te, Lianchiari lunglen tlanga kan kal te, Vaphaia Fiara tui kan tlawh te, Hla-kungpui-muala kan kal te kha ka la hrereng! Theih se, kan khuaah hian NSS-in Special Campaign rawn nei ula. Hnahlan ram chhungah Vanapa Thlan te, Winery te, a bul lawk Tualcheng khuaah Lungnokhawhthla te, Lungphunlian khuaah Lungphunlian te tlawh tur a awm asin



Thasiama Seno neihna



Lianchiari lunglen tlang

Ka tan kha chuan College Bus a hlu khawp mai! Tun thleng hian mumangah Govt. Zirtiri Residential Science College hi ka hmu. Nu Zoi pheih chu mumangah hmu ngun tak ka ni! Library-ah khan hun ka hmang tam bawh a, mumangah pawh Library-ah ka kal ziah! Mizorama Master of Computer Application (MCA) zirna hawn anih khan First Batch zingah ka tel a. Mahse, Chuap TB avangin 2nd Semester thleng chauh ka kal. Ka kal laklawh laia ka chhuah avang a ni ang, pass tawh mah ila tun thleng hian MCA chu ka mumangah ka la zir reng ni!

Kan khua hi Hnahlan niin Champhai District-ah a awm a. Kan khaw mi Govt. Zirtiri Residential Science College atanga Graduate hi an awm nual tawh a: Ka hriat theihah Malsawmdawngzeli d/o Taithuama, 2015-2018 Batch te; Mary Lalnunfeli d/o KK Manga, University 10th Position, 2021- 2024 Batch te; tuna kal mek pawh an awm.

Alumni PAN CARD siam tura inbuatsaihna:

14th February, 2025 (Valentines Day) chu BCA ka zir lai atanga ka ngainat em em Computer Games, Laptop-a Age of Empire-II chu khelh pahin tun hma chuan mi pangngai anga awmin hna rumte ka thawk thei a, tunah erawh chuan dam lohna avangin India ram dana Locomotive Disabled Person ka lo nih tak avangin mi tan ka thahnem lo si a; miin min hriatreng theihna tur engemaw tih theih ka nei em aw tiin ka ngaihtuah a. (Project IGI nen hian ka khel ning thei lo). Ka tihtheih, mi nazawngin an tih theih loh ka duh. Chupawh hman reng theih tur a ni tur a ni. (Tunah hian chet velnaa harsatna ka nei avangin kan khuaah ka awm).

Ka natna a ziaawm atanga ka tih chak em thin chu Common Service Center (CSC) tih hi a ni. Kum 2022 tawp lam atang khan CSC ka ti tan a. He ka thil tihah hian Permanent Account Number (PAN CARD) siam hi Service pakhat a ni. Society PAN CARD hi chumi zingah chuan a tel a. Ka College kalna Govt. Zirtiri Residential Science College Alumni Association PAN CARD siam ila a chi dawn riawin ka hre ta! Tin, ka thlakhleh em emi College kalna a a ni chuan phurna min pe a.

PAN CARD hi a la pawimawh dawn chauh. A tel lovin Bank atangin ₹200000 chin chunglam a puk theih loh a, ₹50000 chin chunglam Bank-ah a dahluhin a lakchhuah theih loh bawh.

Sawi lan duh ka nei chhu, PAN CARD chhuak hma; Aadhaar Card leh Phone No in-link hmanga siam mai theih hi mipuiin kan bawh hle a. Mahse, Smartcard-a convert a har em em a; PAN CARD neitu hmanga Initial awm chu Correct har tak a ni. Chuvangin, PAN CARD la siam turte tan: Smartcard anga chhuak turin PAN CARD siam hram rawh u.

**Alumni Association PAN CARD ka siam:**  
GZRSC Alumni Association WhatsApp Group-ah 'Alumni Association-in PAN CARD kan nei tawh em aw? Kan la nei loh chuan ka lo siam ang e,' tih ka post a. Alumni Association Secretary Wycliff Lalchhandama nen kan inbia a. Document min pek ngai a awm avangin chuti maia siam theih a ni lo.

Alumni Association Lecturer Incharge Chairman Madam Lalremruati Hmar nen kan inbia a. Alumni Association Registration Certificate Original thlalak min rawn thawn turin ka ngen a. Ani chuan Alumni Society Registration Certificate Original chu Scan-in min rawn thawn a. Alumni Association Secretary chuan ama mimal leh chhungkaw lamah harsatna a nei chungin thahnem ngai takin Alumni Association Seal a buaipui a. Ka zu nawr reng a. Ka inthlahrung thin! Ka va Call loh leh WhatsApp message ka thawn a. Alumni Association Seal chu min rawn thawn ta a.



GZRSC ALUMNI ASSOCIATION PAN CARD

Alumni Association Seal ka hmuh ve leh ka Apply ta a. Ka Apply ni hi 24.02.2025 a ni. 27.02.2025 khan Alumni Association-in tangkai taka an hman turin a chhuak hmasa ePAN (PDF) a rawn chhuak ta a. PDF chu Alumni Association Secretary leh Alumni Association Lecturer Incharge ka thawn. Smartcard erawh chu Dak atangin thla khat chhung velah Alumni Association Secretary hnen a thleng ang. (Tunah hi chuan a thleng tawh ang.)

### Thildang:

College ka chhuah hnu hian College Campus tharah, Building tharah kan insawn ta a. Smart Classroom, Projector-a thil kah-lan mai theih kan nei ta hi kan hunlai khan awm tawh se ka tih viau rualin ka lawmpui a che u. Function nikhuaa han parade a, khual han lawm tur NCC hial kan nei tawh a, a lawmawm hle. Mipa leh Hmeichhe tan Hostel a awm ta bawk. Tin, NAAC 'A' Grade Accredited kan ni hi ka lawm hle bawk.



2005 – 2008 BCA 1st Re-Union : Tlawng

### Tlipna:

Govt. Zirtiri Residential Science College Alumni Association (GZRSCAA) hi tluang taka a kalchhoh nan leh hma a sawn zel theihna turin duhsakna sang ber ka hlan a. Tin, College Magazine pawh a la chhuak zel turah ngai ila, Mizo tawng tihmasawntu pakhat anih ka duhsak bawk e .

Alumni Association Seal ka hmuh ve leh ka Apply ta a. Ka Apply ni hi 24.02.2025 a ni. 27.02.2025 khan Alumni Association-in tangkai taka an hman turin a chhuak hmasa ePAN (PDF) a rawn chhuak ta a. PDF chu Alumni Association Secretary leh Alumni Association Lecturer Incharge ka thawn. Smartcard erawh chu Dak atangin thla khat chhung velah Alumni Association Secretary hnen a thleng ang. (Tunah hi chuan a thleng tawh ang.)

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<https://hmingteasailo.blogspot.com>

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## COMPUTER SCIENCE DEPARTMENT LAM ATANG

- Lalruatfela Chhakchhuak Class Representative, 6<sup>th</sup> Sem

A hmasain GZRSC Magazine “Senhri” chhiartu zawng zawngte in zavaiin Computer Science Department aiawhin chibai ka buk a che u. Kum thum chhunga kan department thiltih langsar leh pawimawh zual te ka rawn tarlang dawn a ni.

Zirlai: Kan department ah hian zirlai 79 kan awm mek a, final year bikah hian zirlai mipa 23 leh hmeichhia 4 awmin, kan vaiin zirlai 27 kan ni.

**Class Representative:** Kan luh tantirh atangin Class Representative atan Lalhruaitluanga Pachuau leh Assistant Cr-atan Lalhriatkimi thlan an ni a. V semester-ah kan CR chuan Student Union Magazine Editor-ah min tansan tak avangin Class representative thlan that a ni a, CR thar atan Lalruatfela Chhakchhuak leh Asst.CR atan Zonunsangi Zote-te chu thlan an ni.

**College Week:** College week reng reng-ah kan department hian kan House awmna theuhah kan thawh hlawk thei hle a, a tel theihna apiangah chuan tel kan tum thin. Basketball, Volleyball, Football, Insuknawr, Shotgun, 200 meter race atanga Beat Contest, essay/article writing, poetry leh drawing thleng te pawhin kan tel kim thei hle, lawmman pawh kan hui nual zel a ni.

**Student Union:** III semester (2<sup>nd</sup> Year) kan nih laiin kan department atang Assistant Magazine Editor atan Lalrinchhunga chu thlan tlin a ni a, V semester (3<sup>rd</sup> Year)-ah Student Union Vice President-ah a kai sang a ni. V semester-ah tho kan CR Lalhruaitluanga Pachuau chu Magazine Editor atan a tling bawk a, kan department an ti zahawmin kan chhuang takzet a ni.

**Campus:** Computer Science department hi hmunhma in daih lohna vangin kan college campus hlui ramthar lamah kan la awm thin a, remchan zawkna avangin kan college main campus Durtlang lamah kan department chu kan insawn a ngai ta a. Dt 24 august 2023-ah department hnatlang neih niin zirlai leh zirtirtute hovin kan campus hlui ramthar atangin Durtlangah kan inthiar chho a , Dt 28 august 2023 atangin durtlangah class pangai kan kal tan ve leh thei ta a ni.

**College Mister:** 23<sup>rd</sup> Annual College Week Closing cum Miss and Mister Contest ni 7<sup>th</sup> February 2025 a Vanapa Hall a neihah chuan kan batch mate Jonathan Laltanpuia chu College Mister atan thlan a ni a, kan department a ti hmingthain kan chhuang takzet a, kan lawmpui em em bawk a ni.

**Core T-shirt:** V semester kan luh tantirh khan core t-shirt kan siam ve a, a rawng atan inlungual takin a dum thlan a ni. “A kawr-in a ha” han tih tur deuh te chu awm lek lek mah se a rual a kan han hak vek meuh chuan kan mawi tlang ve khawp mai.

**Activities** :State Data Center: 22<sup>nd</sup> February 2024-ah kan semester chuan State Data Center kan tlawh a, zirlaite chuan kan hlawkpui hle a ni.

Leverage Ai Machine Learning in IOT for innovation: 19<sup>th</sup> Feb 2025 ah kan nei a, resource person atan Dr. Chawngsangpuii, Associate professor, Department of Information Technology Mizoram University hman a ni.

**Cyber Crime Police Station:** 5<sup>th</sup> March, 2025 ah cyber crime police station kan tlawh a, cyber crime unit ho hnathawhdan leh an kalphung chiang tak maiin min lo hrilh hre hlawm a, cyber attack chi hrang hrang leh jail tang tawh ho an record dan te, hnuchhuina atan a an website hman thin chi hrang hrang nen lam min hrilh kim hle a , keini pawhin kan hlawkpui a, a bengvarthlak kan ti hle a ni.

**One day workshop on Rapid Application/Software Development using Laravel and Filament cum Campus Placement for final year BCA:** Department of Computer Science, Gzrsc leh Lailen Consultiong Pvt. Ltd, Aizawl buatsaih chu 6<sup>th</sup> March 2025 khan neih a ni a, kan hlawkpui hle a ni.

Nature learning centre: National Mission on Himalayan Studies hnuai Nature Learning Centre Project kaltlangin college 5 atang zirlai 30 thlan chhuah an ni a, kan college atangin mi 6 kan kal a, kan department aiawhin ka kal ve a ni. Kaziranga National Park, Vulture Breeding centre leh Assam zoo te kan tlawh a, ka zuk hlawkpuiin zir chhuah tam tak ka neih phah a, ka lawm takzet a ni.

Legal Awareness Programme on Cyber Crime: 25<sup>th</sup> march 2025-ah kan department pualin neih a ni a, resource person Dr. David Lalawmpuia, Advocate chuan thu tha tak a sawi a, a tui bawk a zirlaite pawhin kan ngaithla uluk hle. Cyber crime rawn chhuah chhoh dan leh Mizoram a kumtin a case awm tawh te record mumal tak mai min hmuh hlawm a, a hlawkthlak kan tiin refreshment pawh a tui hle.

Heng activities hlawkthlak tak nei thei tura hun remchang min siamsak thin tu kan zirtirtute chungah kan lawm tak zet zet a ni.

Picnic: III Semester kan kal laiin class picnic kan nei ve a, V Semester kan kal laiin kan nawn leh a, class banah te hian tui cheng turin Joy futsal ah te kan leng ho thin a, kan class hrim hrim hian tui chen pawh kan thiam phah hle a ni.

A tawp nan he College a kan lut thei hi vannei kan intiin kan inchhuang takzet a, a bik tak meuh meuhin kan department zirtirtute hi an fel kan ti em em a, an thiam kan tiin anni tluk a zirtirtu tha hi Mizoramah an awm chuang hian kan ring lo. Mi an hrethiamin an dawhthei em em a, zirlai leh zirtirtute inkar a tha em em reng a, kan zirtirtute zawng zawng chungah lawmthu kan sawi mawlh mawlh a ni. Kan cr hlui Hruaia hi kan class tan a inpe zo em em bawk a, SU a nih hnuah pawh kan class a la ngaihsak em em reng a, tluk lohna tam tak pawh ka nei a ni, a chungah pawh kan class aiawhin lawmthu ka sawi e.

A mimal tak pawhin kan department hi nuam ka ti hle a, BCA ka la hi ka inchhir lo khawp mai, zirtirtu leh thian fel leh tha tak tak te ka chhar teuh phah a, kan inthurualin kan inngeih hlawm em em a, an ngaihawm hlawm dawn hle a ni. A tawp berah chuan ka classmate zawng zawngte leh kan zirtirtute pawh an kal leh na zel turah duhsakna sang ber ka hlan tak meuh meuh a ni.

Ka lawm e.

Quote:

“Taima rawh, I taima sual lovang.”



(LALRUATFELA CHHAKCHHUAK)

## TUNGE KA NIH? ( WHO AM I?) SELF- IDENTITY

- Dr Lalhmingliani Hlondo

Mihring te hian kan damchhungin tu emaw ni hian kan inhre theuh a, kan inhriat angin kan nunga, kan thiltih leh mizia ah te a lo lang chhuak thin a ni. Mahni in hriatchianna, in hmuhdan leh in pawmdan, nia kan in hriatna-Tunge ka nih (Who am I?) hi a pawimawh a. Ni a kan in hriatna in a ken tel kanpawmzawng, ngaihdan leh tuizawng te hian nasa takin kan nun a kaihruai thin ani.

Mahni in hriat chian tumna -Identity, hi buaipui hunlai bik a awm a, Rawlthar kum 12 atanga thalai kum 18 hunlai hi ani (Adolescence stage). Kan taksa leh rilru thangchho Zelin a ken tel ani. A tha zawng leh chhe zawng mahni a in hriatna a awm thei bawk. Kan nih anga kan in pawmna hian thil kan thlirdan leh kan ngaihdan hi a kaihruai nasa hle thin.

Mahni in hriatchian pawimawhna: Mahni in hriatchianna hian kan hma hun zel tur thlengin min pui, kan dinhmun min sawhnghet a, kan thil tih hlawhtlin na atana, kan duhthlana leh kan thenrual te nena kungkaihna atan a pawimawh. Taksa leh rilru hriselna thlengin kan nun a nghawng thin.

Mahni in hmuhdan (self -identity) a lo pianna chhuahna atanapawimawh te chu hengte hi ani.

1. Kan pianpui mizia leh pianphung avangte in
2. Min enkawltu ten min enkawl dan avangin
3. Kan awmnakhua leh ram zia, nunphung vangin
4. Sakhuana avang te in
5. Chhungkaw dinhmun azir te
7. Kan hlutna inhriat dan (self-esteem)
8. Chanvo leh mawhphurhna ka neih a zir te (roles perform)
9. Khawtlang Ka nihna leh dinhmun (Social identity)

Ni a kan in hriatna ang hian kan lo che chhuak ta thin aentir nan,

1. Enviromentalist anga a in hmuh leh in ngaih chuan, hetiang lamah a in thlur bing thin a, mi pawn an hriatna ani thin.
2. Sport mi ni anga a in ngaih chuan a rilru sukthlek hetiang lamah an in hmang thin.
3. Zirlai (Student) anih chuan a nun leh a thiltih kha zirlai ang ani mai.
4. Sakhawmi, YMA, Politicians, Social workers anga kanin hriat a, in ngaih tlat chuan, chutiang tak chuan kan nun chhuah pui thin. Kan nihna/in pawm dan danglamnathlen thei tu chu:

- i) Awmna hmun a lo danglamin
- ii) Hmasawna leh hlawhtlina te a lo awmin
- iii) Vanduaina leh harsatna ten min tlak buakin

Tupawhinnih chak, a tha zawngin (ideal self) kan nei vek a. Tute emaw ngaihsan, an chakna, hmeltha, mi lar leh ngaihsan nih ve a, mi fel, rin tlak niin kan in hre thei. Nih chak leh a nih tak tak erawh a in kar a hla thei.

In hriat chian lohna (Identity Crises)

Mahni in hriat chian lohna hian tum mumal a neih tir thei lohna te a, hlauhthawanna, hahna, in rinhlelhna, thutlukna siam theih mailohna te, harsatna chinfel thiam lohna te, a piang chhuak thei.

Mahni nihna hi kan hun tawng azirin sawi nghing in a awm thin, chung hun te chu –

i) Chhungte, hmangaih te an boral in

ii) Awmhmun sawn leh nunphung engemaw vanga a lo danglamin

iii) Eizawanna ngialnghet thin chawhhsan hun a lo thlenin ani.

Engang mi nge ni a I in hriat ve le?

"Knowing yourself is the beginning of all wisdom." – Aristotle.



## COLLEGE LAMTLUANG

Vanlalmuanpuia  
6<sup>th</sup> semester Physics Department

**KHUH HAWNNA:** Mite angin titi thiam leh thu ziak thiam ni ve lo mah ila, kum thum chhông tãl tawp kan lo khawsak vena chanchin han thâi lan loh tawp zawng a uiawmin a khawharthlak dâwn hlein ka hria a, kan han thai lang ve dâwn a ni. Rual u-te leh a thiam zawkte nuih kan ti za lo turah ngâi ila.

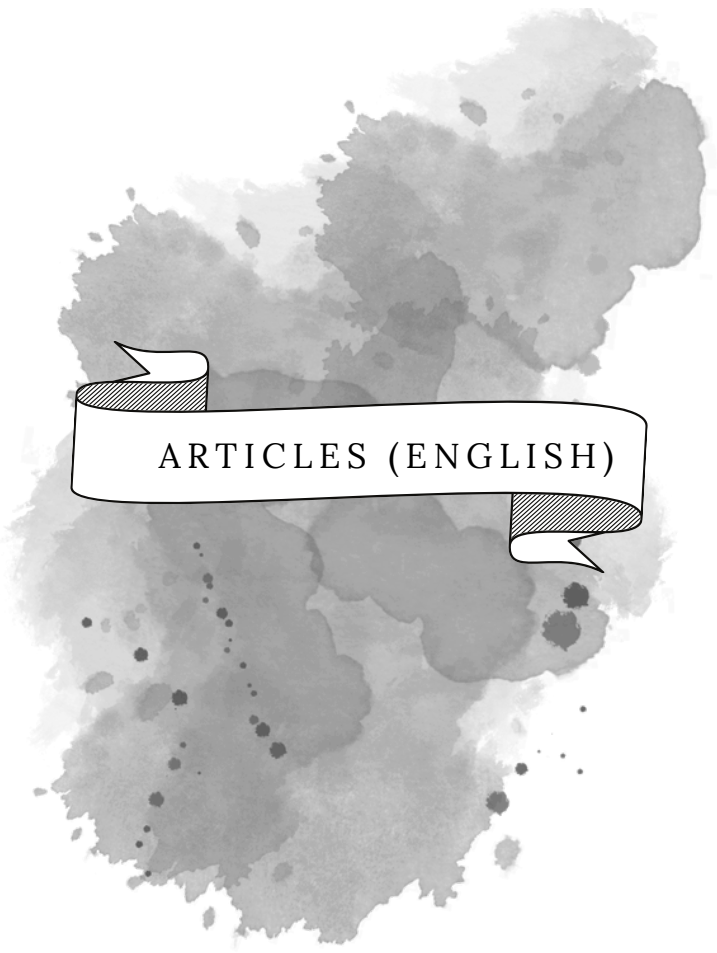
**COLLEGE T-SHIRT:** H. Lalringa'n, "Em ni ang le hmasang Chhura'n, a sen reng reng hlauh zel tur; a ni lo ve zobawm par sen, zobawmtu chhawkhlel par," tiin Mizo zinga doctor hmasa ber Chhurbura hming chu a hla rem tur mai ni lo, Zofate'n kan hriat reng theih nan a lo tar lang kiau mai le. Chutiang chiah chuan keini college paw'n Dr. Chhurbura hming hi kan ti dâi lo ang a, a hming hi a ri kum tin ang. Eng vangin nge kan tih daih lo ang? E le, Pathianin a rawng chhuan êm êm, chhimbâl rawng atan pawha a dah hmasak ber ni âwma mâwi, 'rawng sen' ngei mai kha karkhatah wavi khat kan ha ve a, a mawi kan tiin kan inla lâh hle. Karkhatah wavi khat mai ni lo, college hming âiâwha kan chhuah ni khua-in kan ha bawk a, kan inchhuang bik hliah hliah. College dang t-shirt ang lo takin kan college t-shirt ah hi chuan Chhurbura, MBBS hming kha a lang tel zel si a. Heti chung pawha ha duh lo lui tlat an awm a nih chuan, Mawngping khua (Sailulak)-a hna thawk Dr. Chhurbura kha kan nghilh ta em ni aw a tih theih hial ang.

**COLLEGE LIFE:** Mi dangte'n keini chu science college kan nih avang ringawtin kan college life hi a nawm an ring lo ðhin a, an ring sual fo! Mi, a lehkha zir chiah ngaihsak a, rual pâwl dan thiam lo a, mi biangbiak thiam lo leh thil dang reng renga zeî hawih lo mi chu education-ah a hlawhchham kan ti thei ang. Kan dam chhông pawha kan tawn leh tawh loh tur, kan vanglai hi chen ve a ngai a, zirna hlam chhiah miah si loin ðhianten nen class ðhulh te'n lêng ila, hmun dang dangah te inti hlim ve ila, kan dam chhunga kan sawi tling tur a va ni dâwn chiang êm. College hi kan tawn ngai loh tawna hmun, ðhian mai ni lo ðhian ðha tak tak kan chharna hmun a ni a. A ðhente tân phei chuan ngaihzawng mai ni lo kan dam chhônga khumpui kan kâipui tur kan tawna a ni. Chutih rualin ðhianten nen châw ei khawm zan tin mah ila zirna hlam chhiah lo ila. Kan zirlai bahlah hauh loin class-a awm tur awm si lo hian lui lamah te kal ila. Class kan kal zat hre reng chung leh attendance lama tla duh miah si loin kan college kalpui ðhianten khuaah te kal daih ila. College club activities-ahte tel tamin thil ningkhawng hre zel bawk ila. Ni tina kan hmelðha tih kan hmu thei ringawt pawh hi college life chi khat chu a va tling si êm! Hei bak baka college life.

**COLLEGE AWMNA — DURTLANG:** A tîr lama sawi âwm tak a nih rualin a tâwp lama sawi châkna hian min hneh êm a, a tûr hian min tûr ut ut a ni ber mai. Tun hmaa ngawpui chhah tak mai, ramhuai leh phûng tamna hmun tia an sawi, ruah lah tla duhin khua a dur reng mai e tia Durtlang hming an lo vuahna hmun kha kan college awmna kha a ni tlat mai si a. A kalkawng phe chu furpui-ah chuan thih leh dam inkara kalna hmun a ni ringawt mai a, kan duh rûk ngawih ngawih te'n min duh lo mah se he lai kalkawng hi zawng min duh tak mai a ni. Thlasik boruak a rawn thlen phe chuan ni lum awmna hi zawn chawp a ngai lo, kan mu tui lai pawh min kai tho thut mah se kan sawi thei vek ang tih tur khawpin a mi deh a na a. Mîpa thil phe chu an nei ta lo a ni ang a tih tur khawpin a tawm hian a tawm tâwk a rinawm! Nipui laia boruak duhawm tak, furpui laia hlauhawm leh thlasik laia ni lum ngaihawmna hmun, kan college ngei mai kha khua reia kan lung la ti lengtu tur, tu leh fate bula kan sawi bân theih tawh loh tur a nih ngei ka ring.

**TLIPNA:** College kal chhûng hi a rei lo êm a, a ngaihawmin a lunglenthlak a. A then phe chuan an thiam loh vâng ni hauh loin college kal châk leh avangin examnaah te pawh an fail phah duh hial maithei a ni! Ni e, thiante mai ni lo ngaihawngte nena ni tina inhmuh thîn kha college kal hun a tâwp meuh chuan inhmuh hun a lo tlêm a, mahni tlat tlatna hmunah kan lo tlâ a, thiante nena kan inngaihtawna te erawh a reh thei chuang lo a. Kan zirtirtute nena class-a kan hlim lâi mai ni lo, kan inhauh vak vak laite pawh hi a ngaihawm a, kan kum khaw sawi tling tur a ni. Eng pawh chu ni se, kan college, “Govt. Zirtiri Residential Science College” hi nghilh nî a awm lo ang a, kan thinlungah chuan hei âia college tha hi a awm chuang lo ang.





ARTICLES (ENGLISH)



## FOOD FOR THOUGHT: A GUIDE TO HEALTHY EATING

5<sup>th</sup> Semester Home Science

Food is the basic necessity of life. It is the substance taken into the body that will help meet the body's needs for energy, maintenance of health, growth and reproduction. Nutrition is the study of nutrients in food, how the body uses them, and the relationship between diet, health, and disease. Everybody eats food and most people enjoy it. But, most of us eat what we like or because it is a norm or out of habit. People's choice of food is not influenced by the awareness of its nutritive value. Few people know the way body utilizes food. It is also necessary to understand that a delicious dish is not necessarily a nutritious one. Dietary habits are based on food choices that we learn from our childhood, initially guided by our parents and people in our surroundings as well as our experiences and environmental exposures. These food choices generally last our lifetime and are difficult to change. It is thus very important that the child learns to make good food choices.

What is nutrition and why was it important?

As defined earlier, nutrition is the science of food and its interaction with an organism to promote and maintain health. To ensure proper nutrition, it's crucial to understand the six essential nutrients: protein, carbohydrates, fats, vitamins, minerals, and water. These nutrients are vital for various bodily functions, including growth, energy production, and overall health.

- Protein: Essential for building and repairing tissues, producing enzymes and hormones.
- Carbohydrates: The body's source of energy.
- Fats: Important for hormone production, cell function and nutrient absorption.
- Vitamins: Organic compounds that assist in various biochemical reactions, such as energy production and immune function.
- Minerals: Inorganic substances that play roles in nerve function, bone health, and fluid balance.
- Water: A vital component of the body, involved in nutrient transport, temperature regulation, and waste removal.

Nutritional status is the condition of the body as it relates to consumption and utilization of food. The nutritional status of a person may be either good or poor – Good nutritional status refers to the intake of a well-balanced diet, which supplies all the essential nutrients to meet the body's requirements. Such a person may be said to be receiving optimum nutrition.

Poor nutritional status refers to an inadequate or even excessive intake or poor utilization of the nutrients to meet the body's requirements. Overeating can also result in poor nutritional status of a person.

## Malnutrition, Undernutrition & Over Nutrition-

Malnutrition refers to deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients. Undernutrition denotes insufficient intake of energy and nutrients to meet an individual's needs to maintain good health. Over Nutrition is a form of malnutrition characterized by excessive nutrient intake, leading to an imbalance in the body's nutritional needs. These conditions can be easily set right if we eat the right food in the right amount daily, i.e. if we consume a balanced diet everyday, and develop good eating habits for good health. A balanced diet, in short, is a diet which contains all the nutrients in the right amounts as required by an individual's body needs. What then are the guidelines for good health?

1. Maintain regularity in your routine.
2. Eat as much natural foods as you can.
3. Consume seasonal foods as far as possible.
4. Eat well but do not 'overeat'.
5. Avoid excessive salt and spices.
6. Avoid too much sweets, especially sugar.
7. Eat foods which contain carbohydrates, especially starch and fibre.
8. Avoid foods that contain large amounts of cholesterol and saturated fats.
9. Watch your weight and maintain ideal weight.
10. Avoid eating the same kind of foods all the time. Eat a variety of foods.

**DID YOU KNOW?** A healthy diet is generally more effective than solely relying on being a "gym rat" for fat loss, although a combination of both is ideal for long-term weight management. Diet plays a larger role in creating the calorie deficit necessary for weight loss, while exercise helps with maintaining weight loss and improving overall health and fitness.



## PURPOSE IN LIFE

- Emmanuel Vanlalhruaii

Purpose is a profound concept that deals to what a person strives to in life. A person purpose in life can be in different fields. Purpose in life can vary from person to person. purpose plays a very important role in a person life. if a person does not have a purpose, his life will just be pointless. On the other hand, a person with purpose is more driven and more happy in life.

In the lives of humans, having a purpose is very important. It shapes a person. It can also be used as self identification. A person knows more about himself by having a purpose in life. A person with purpose in life, he knows the path with which he has to follow . By having a purpose, his life guideline is set. A purpose serves as a compass in life. By knowing one's purpose .One's life more easy , although, these will be some struggles to achieve it.

When it comes to purpose, it may vary for different . be it in a regards to family, that person's main purpose may be to have a stable , happy family. While another may be with education . His main purpose may be to ace all his classes and get a good scores and secure a good job. every person's in life is different. While some prioritize money, game and prosperity others might just want a happy, stable and a life with God. Our purpose in life may also differ by our circumstances in life. A good example of purpose in life maybe that of a hammer . As we know , a hammer main purpose is for hitting nails. If that hammer is used for hitting other things except nails , it won't have the satisfaction since it's not been used for what it's made for. But when it is finally used for it's made for it will be satisfactory and happy . Same goes for humans, when we find out our main purpose in life, we are satisfied and happy .Finding that main purpose might be difficult and we may be stuck with over comings . But the day we realize and come out of our shell, and go for what our main purpose is, will be the day we are truly satisfied and happy.

Purpose really shapes a person. When one discover on passion, one's life is more happy. One's passion can also serve as a purpose in life. Since purpose and passion can go hand in hand. One's passion can really help a person with their purpose in life . By discovering our passion, we can stive towards achieving and making it our purpose in life , their life can be on the downside. A person without a purpose in life can have many problems. One can doubt oneself and think about himself as worthless. They can have the mentality that while many people can find their purpose in life, why can't they. A purpose in life don't necessarily have to be high and mighty, to find a simple purpose. This mentality can be really bad for them and their way of life. It can really ruin their life. As we know, a persons purpose vary from one another. While some person's purpose may be to help people or have a secure life, others purpose may just be to find their own happiness. As coming from a christian family . I found out that purpose in life can also be dedicated to God. Many peoples purpose may also be directed towards God. Serving him and

Serving him and spreading his holy word. Being closer to him and worship him.

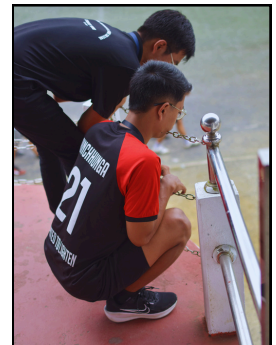
Purpose in general is very important. It is the main building block in a person's life. It is the foundation to start one's life and is the compass of life. A person with purpose is clear and satisfied and is not lost in life. Everyone should keep it to one's life. It can also acts as a guideline for one's life. As far as possible, for those who don't have purpose, we should help and guide them, as it is really important to have a purpose in life.



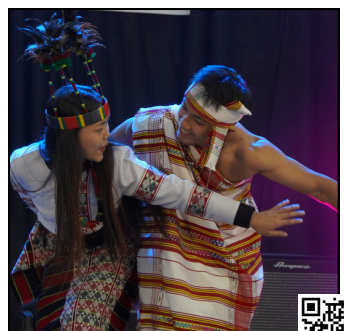
# 23<sup>rd</sup> College Week



# 23<sup>rd</sup> College Week



# Cultural Day



# Cultural Day



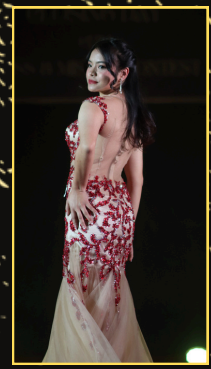
# MZU SPORTS



# MZU SPORTS



# Miss & Mister Contest



# Miss & Mister Contest



# Grad. Dinner



# Evangelical Union



“I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME.”  
(PHILIPPIANS 4:13)



POETRY



## Moments With Nature Cloak

- Dr Lalhmingliani Hlondo

*One winter morning, at dawn,  
I watched the magnificent beauty—  
The greens all around me;  
The sun gently shone on trees and shrubs.  
Dark shadows lingered in the canyon,  
Looking darker, greener.  
I watched the beautiful nature around me.  
What a sight!*

*Came evening, I watched the setting sun  
Till the very last minute.  
It spread its gentle light  
On the hills, trees, and houses—  
On the leaves that turned pale green, tinted with yellow.*

*Lying down there, far beyond—  
My child beneath the ground,  
In deep peaceful slumber, never to return,  
Oblivious to her surroundings.  
My heart ached with deep pain,  
The void of her presence in our lives,  
A flower that withered too soon.*

*Her short journey imprinted in memory.  
Shadows of darkness cast around me.  
Lost in thought, I set home,  
Knowing, dawn will come again,  
Bringing a new day in its beautiful cloak—*



## ZIRTIRI THIAM ZIRNA RUN

By Lalrintluanga,  
Zirtiri Women's College

Zirtiri sakhming daih loh nan  
I hrailengchawi L.Z. Sailohian  
Rial ang daiin fam chang mah la  
Thawk zel nangerihsangmualliamhmazawng

I rauthlatalinrawn fang vela  
Rairah, Lian chhung thiam zirna run  
I suihlungrukduhaisam chu  
TuahremnangeZawlkhawpuiah,

Hai ang thangin sang zual zel se  
I sakhmingchawi Zirtiri College  
A mawihluan e, la-nu pualbil  
Mualliamlovin par ang vul zel rawh se.

Zoram tuantleitirleh la-nu  
I zarhnuaiahhlimentenleng za se  
Ramdang, hmun dang kanngaibillo'ng  
Nang nen, aw Zirtirikan tan chuanin

A bul, a tawpengkim hretu  
RianghleihluantemalsawmtuPathian  
Ui lo, leh phal taka petu  
Nanginhruaiin mal tin sawm zel ang che.



LOVE LETTER

*i love you*



## HMANGAIH LEH DUHBER

- Gracy Laldingpuii,  
Department of Mathematics,  
4<sup>th</sup> Semester

To,  
Hmangaih leh Duhber

A hmasa in, i ta a tling lo tih in hre reng chungga , ka lehkha ziah hi min lo chhiar chhuah sak tur in ka ngen a che

Hun rei tak atang tawh khan, ka duh che Ka Hmangaih che tih thu hi hrill che ka chak in, ka lo tum tawh thin a, mahse, ka ban phak i nih loh na te hria in ka ngam ngai lova tunah erawh chuan, ka zahtheih lohna zawng zawhg sawm khawm a ziah ka ngai ta,ka insum thei ta lo a ni.

Ka hmuh tirh phat che atang khan ka mit i la in ka thinlung hi i luah nghal vek a, ka hmangaih em em che a,min hmangaih let beisei thei din hmun a awm ni ila ti in ka lo suang tawh thin,nang vang hian ka tlin lohna lai leh ka phan na lai ah te hmasawn tum in ka bei thin, ka ban phak han ti reng la ti in suangtuahna nen ka hun ka hmang thin a,ban phak rual ni lo mah la ka kut hmawr tal in a deh phak na chen ah tal thlen tum in ka bei a tun dinhmun hi ka lo thleng ta a,mahse chu ti chung pawh chuan ka phu lo che tih erawh chu, a hre tu i ni ang. Amaherawh chu, ka phu vang che ni lo in, ka hmngaih em vang zawk che hian, hmangaihna a min chhang let ve ngei tur in, ka ngen tawp mai che a ni.

Ka hmngaihna che hi,ziak vek dawn ila,ka ziak seng lovang, chu vang in tun atan chuan duh tawh phawt mai ila zan tin atang mangtha rih phawt le.

Nangmah hmngaih em em tu leh hmangaih na a i chhanna nghak tu

~ Nuno-i ♡ ~

*IN YOUR EMBRACE*

- Lalhruitluanga Pachuau,  
Dept. of Computer Science,  
6th Semester

*In your embrace, I find my sanctuary,  
Where love's melody plays, soft and airy.  
Your touch, a symphony of bliss,  
Ignites in me a timeless, boundless kiss.*

*Through every storm, our love stands tall,  
A beacon of hope, never to fall.  
In your arms, I've found my home,  
Wherever we roam, together we'll roam.*

*So let's cherish this love, pure and true,  
Forever entwined, me and you.  
For in your love, I've found my light,  
Guiding me through the darkest night*



# Miss

GZRSC 2024-2025

RUTHI

IV SEMESTER

DEPARTMENT OF CHEMISTRY



*Hymaia Pachuan*



# Mister

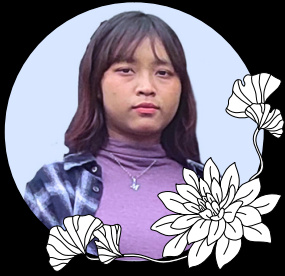
GZRSC 2024-2025

JONATHAN LALTANPUIA

VI SEMESTER

DEPARTMENT OF COMPUTER  
SCIENCE

*Hypocrite Pachman*



# Obituary

LALRUATPUII  
(2004-2024)  
IV SEM.  
MATHEMATICS



IN LOVING MEMORY

WE FONDLY REMEMBERED LALRUATPUII,  
WHO HAD BEEN A PART OF OUR LIVES AND  
LEFT US TOO SOON. SHE HAD BEEN KNOWN  
FOR HER GENTLE NATURE, KIND SMILE, AND  
THE SINCERITY SHE BROUGHT TO  
EVERYTHING SHE DID. HER PRESENCE HAD  
TOUCHED MANY HEARTS, AND THOUGH SHE  
IS NO LONGER WITH US, THE MEMORIES  
REMAINED DEEPLY CHERISHED.  
GONE BUT NEVER FORGOTTEN —

MAY HER SOUL REST IN PEACE.



# MZU EXAMINATION COMPUTER SCIENCE RANK HOLDERS

*Class of 2022-25*



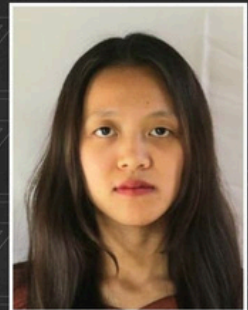
**LALRUATFELA**  
**1<sup>ST</sup> POSITION**



**LALHRIATKIMI**  
**4<sup>TH</sup> POSITION**



**LALRINCHHUNGA**  
**8<sup>TH</sup> POSITION**



**ZONUNSANGI**  
**7<sup>TH</sup> POSITION**

# MZU EXAMINATION BIO-CHEMISTRY RANK HOLDERS

*Class of 2022-25*



**RUTHI  
ZOSANGKIMI  
1<sup>ST</sup> POSITION**



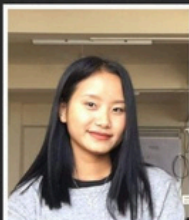
**BABY  
LALROSANGI  
2<sup>ND</sup> POSITION**



**LOICY LALTPANPUI  
SAILO  
3<sup>RD</sup> POSITION**



**K.LALAWMPUI  
4<sup>TH</sup> POSITION**



**C.VANHMINGLIANI  
5<sup>TH</sup> POSITION**



**DEBORAH  
LALHRUI LUANGI  
6<sup>TH</sup> POSITION**



**H. LALCHAWIMAWII  
7<sup>TH</sup> POSITION**



**TERESA  
LALREMRUATI  
8<sup>TH</sup> POSITION**



**LALMPUANPUI  
HNAME  
9<sup>TH</sup> POSITION**



**MALSAWMDAWNG  
-KIMI  
10<sup>TH</sup> POSITION**

# MZU EXAMINATION GEOLOGY RANK HOLDERS

*Class of 2022-25*



**F. ROHMINGZUALI  
4<sup>TH</sup> POSITION**



**J ESTHERI  
5<sup>TH</sup> POSITION**



**LALRAMNGHETI  
KHIANGTE  
6<sup>TH</sup> POSITION**



**LALREMSANGPUII  
8<sup>TH</sup> POSITION**



**T LALNUNMAWIA  
10<sup>TH</sup> POSITION**

# MZU EXAMINATION MATHEMATICS RANK HOLDER

*Class of 2022-25*



**LALRUATPUI**  
**3<sup>RD</sup> POSITION**

# MZU EXAMINATION PHYSICS RANK HOLDERS

*Class of 2022-25*



**ZOTHANPUII  
5<sup>TH</sup> POSITION**



**VANLALTLEIPUII  
6<sup>TH</sup> POSITION**



**VANLALMUANPUIA  
9<sup>TH</sup> POSITION**



**DIXON  
VANLALSIAMA  
7<sup>TH</sup> POSITION**

# MZU EXAMINATION BOTANY RANK HOLDERS

*Class of 2022-25*



**VARDAWNGZELI**  
**3<sup>RD</sup> POSITION**



**B. VANLALHMANGAIHZUALI**  
**1<sup>ST</sup> POSITION**



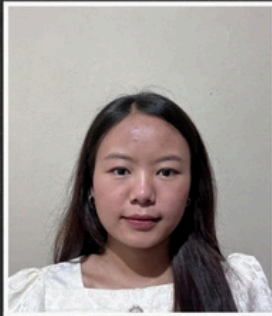
**VANLALPEKHLUI**  
**2<sup>ND</sup> POSITION**



**EMILY**  
**RAMNUNSANGI**  
**8<sup>TH</sup> POSITION**

# MZU EXAMINATION ZOOLOGY RANK HOLDERS

*Class of 2022-25*



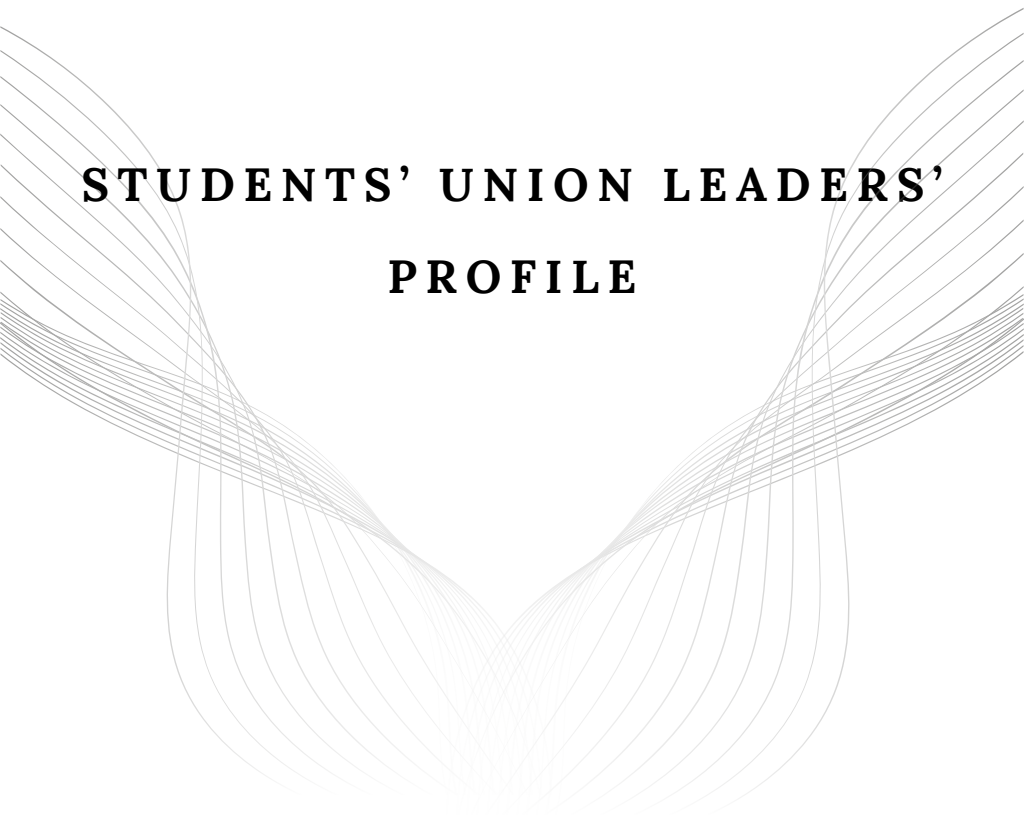
**LALRAMNGHETI  
1<sup>ST</sup> POSITION**



**ELOSI KHIANGTE  
8<sup>TH</sup> POSITION**



**STUDENTS' UNION LEADERS'  
PROFILE**



Designation : Vice President  
 Name : Lalrinchhunga  
 Nick Name : CBA  
 Permanent Address : Republic Vengthlang  
 Department : BCA  
 Semester : 6th Semester  
 Contact Number : 8259903321  
 Birth Date : 6/5/2003  
 Social : @rin.chhunga\_  
 Alma Mater : Govt. Mizo Higher Secondary School  
 Hobby : -----  
 Vacancy : Amah pa 3  
 Favorite Quote : That lai hun hi a rei lo nia aw LAST WARNING



Designation : General Secretary  
 Name : B.Lalhruaitluanga  
 Nick Name : Bawiha  
 Permanent Address : Khawzawl, Zuchhip Veng  
 Department : Electronics  
 Semester : 6<sup>th</sup> Semester  
 Contact Number : 9233669066  
 Birth Date : 6/20/2004  
 Social : @dear\_mama\_1\_1  
 Alma Mater : Khawzawl Higher Secondary School  
 Hobbies : Stirring up new ideas, learning new skills.  
 Vacancy : Better ask her first  
 Favorite Quote : Do not value the reward, value the hardwork and dedication and the reward will be valuable.



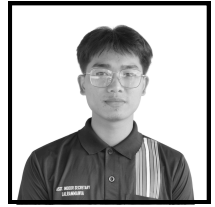
Designation : Asst.General Secretary  
 Name : Lalduhawma Pachuau  
 Nick Name : Dohm  
 Permanent Address : Model Veng,Hnahthial  
 Department : Biochemistry  
 Semester : 4th Semester  
 Contact Number : 7630985185  
 Birth Date : 11/6/2002  
 Social : @mr\_dohm  
 Alma Mater : BHSS,Serkawn  
 Hobbies : Watching movies,Playing mobile games  
 Vacancy : A zawt tu zir nimai  
 Favorite Quote : Love is easy but in busy



Designation : Indoor Games Secretary  
 Name : Lalnunmawi Faihriam  
 Nick Name : Lan, Lee, Sir Lan  
 Permanent Address : i thinlung  
 Department : Zoology  
 Semester : 6<sup>th</sup> Semester  
 Contact Number : 9101431877  
 Birth Date : 6/20/2001  
 Social : @leeinthesummer  
 Alma Mater : Don Bosco Higher Secondary School, Diphu, Assam  
 Hobbies : writing, art, video games (rpg's), media analysis  
 Vacancy : on stand-bi  
 Favorite Quote : do it for those who can't/ "hlimna tur chu awm reng".



Designation : Asst. Indoor Secretary  
 Name : Lalammawia  
 Nick Name : Rammawia  
 Permanent Address : North Lungleng  
 Department : Biochemistry  
 Semester : 4<sup>th</sup> Semester  
 Contact Number : 9863102124  
 Birth Date : 5/25/2003  
 Social : @fh.\_lalammawia  
 Alma Mater : Helen Lowry  
 Hobby : Playing Music  
 Vacancy : Nil  
 Favorite Quote : Tum chuan kawng a awm



Designation : Outdoor Secretary  
 Name : MS Dawngkima  
 Nick Name : Dawngkima  
 Permanent Address : Falkawn  
 Department : Geology  
 Semester : 6th Semester  
 Contact Number : 9863018329  
 Birth Date : 27/3/2003  
 Social : @m\_hauzel08  
 Alma Mater : Nazareth Higher Secondary Schoo  
 Hobbis : Football & BGMI all the time  
 Vacancy : Vacancy maw!!!! He hringnun ah hian a awm lo ani.  
 Favorite Quote : "I in ngaih pawimawh ang in i bula awm te pawh ngai pawimawh rawh"



Designation : Assistant outdoor secretary  
 Name : Vanlalhriatrenga  
 Nick Name : Hriata8  
 Permanent Address : Hmawngbu  
 Department : Chemistry  
 Semester : 4th Semester  
 Contact Number : 8732048255  
 Birth Date : 10/15/2003  
 Social : @Hriatrenga\_8\_  
 Alma Mater : Synod higher secondary school  
 Hobby : Lung rem  
 Vacancy : A teuhreng mai..  
 Favorite Quote : Kan thih loh chuan tha nimai.



Designation : Socio & Cultural Secretary  
 Name : Baby Lalruatsangi Hmar  
 Nick Name : Sangsang, Babyyyy  
 Permanent Address : Vairengte  
 Department : Botany  
 Semester : 6<sup>th</sup> Semseter  
 Contact Number : 7630956546  
 Birth Date : 2/7/2003  
 Social : @ruatsang.iie  
 Alma Mater : Greenland Higher Secondary School  
 Hobbies : Singing ,Sleeping, Reading, Eating  
 Vacancy : Aw ahh  
 Favorite Quote : You can't go back and change the beginning,  
 but you can start where you are and change  
 the ending -C. S Lewis



Designation : Asst. Socio and Cultural Sec.  
 Name : Lalsangkimi Pachuau  
 Nick Name : Sangkimi  
 Permanent Address : Farm Veng Lunglei  
 Department : Mathematics  
 Semester : 4<sup>th</sup> Semester  
 Contact Number : 8131027717  
 Birth Date : 10/5/2005  
 Social : @svngk1m  
 Alma Mater : Baptist Higher Secondary School  
 Hobbies : card den,crocheting,watching movies  
 Vacancy : anu in a phallo  
 Favorite Quote : It's okay to make a big deal out of things that feel big to you



Designation : Debating Secretary  
 Name : Vanrammawii Ralte  
 Nick Name : Vr-i  
 Permanent Address : Tlangnuam Vengthar  
 Department : Home Science  
 Semester : 6th Semester  
 Contact Number : 9612307519  
 Birth Date : 7/8/2003  
 Social : @ vrm.iii  
 Alma Mater : Govt. Mamawii Higher Secondary School  
 Hobby : Painting  
 Vacancy : Yes  
 Favorite Quote : Be good, do good.



Designation : Asst. Debating Secretary  
 Name : Lalliansangpuii  
 Nick Name : Sangi  
 Permanent Address : Lawngtlai  
 Department : Home Science  
 Semester : 4<sup>th</sup> Semester  
 Contact Number : 6909292997  
 Birth Date : 12/29/2004  
 Social : s4ngii.jh  
 Alma Mater : St.Joseph Higher Secondary School  
 Hobby : -----  
 Vacancy : -----  
 Favorite Quote : Remember why you started



Designation : Asst. Magazine Editor  
 Name : BIAKTHANSANGA SAILO  
 Nick Name : BIAKA  
 Permanent Address : Durtlang, Leitan  
 Department : BCA  
 Semester : 4th Semester  
 Contact Number : 9863262589  
 Birth Date : 1/9/2004  
 Social : \_\_Biaka\_\_ Sailo  
 Alma Mater : SYNOD HIGHER SECONDARY SCHOOL  
 Hobby : PLANNING  
 Vacancy : Vacancy awmlo  
 Favorite Quote : "Everything to GOD in prayer"



# CHRONOLGY OF MAGZINES



2001-2002



2003-2004



2004-2005



2005-2006



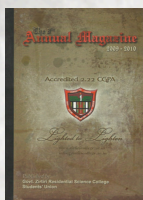
2006-2007



2007-2008



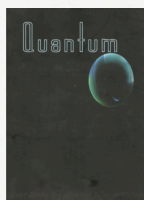
2008-2009



2009-2010



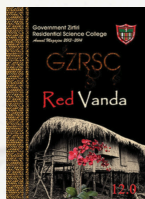
2010-2011



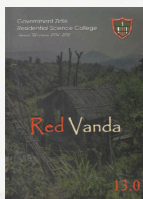
2011-2012



2012-2013



2013-2014



2014-2015



2015-2016



2016-2017



2017-2018



2018-2019



2019-2020



2020-2021



2021-2022



2022-2023



2023-2024

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