

**REPORT ON
DIET FOR BUILDING IMMUNITY AND DOCUMENTATION OF LUSEI
TRADITIONAL TEXTILES**

Date	:	26 th October, 2020
Time	:	1:00pm – 3:00pm
Platform	:	Google meet.
Chairman/Host	:	Lalsangliani Khawlhring, <i>Associate Professor, Department of Home Science, GZRSC</i> Mimi Lalmuanawmi, <i>Assistant Professor, Department of Home Science, GZRSC</i>
Resource Persons	:	Prof. Dr. Vanisha Nambiar Dept of food and nutrition, M.S University, Baroda Dr. Lisa Lalmuankimi Pachuau, Assistant Professor, Lady Irwin College, Delhi
No. of Participants	:	120
Organisers	:	Department of Home Science, GZRSC

The department of Home Science, GZRSC, organised a National level webinar on the theme 'Diet for building immunity and documentation of Lusei traditional textiles' on 26th Oct 2020 from 1:00 p.m to 3:00 p.m. With the objective to create awareness about the diet during times of pandemic, and indigenous textiles of the state of Mizoram in particular.

The resource persons were Prof. Dr. Vanisha Nambiar Prof, Dept of food and nutrition, M.S University, Baroda and Dr. Lisa Lalmuankimi Pachuau, Assistant Professor, Lady Irwin College, Delhi. The first session was by Dr. Vanisha Nambiar. She spoke on important of the diet for building immunity which is very essential during this pandemic.

The second session was a presented by Dr. Lisa Lalmuankimi Pachuau on Lusei Traditional Textiles.

We had only few minutes for discussion since the time was limited. Participants were actively involved in the discussion.

The session was attended by 120 participants. The webinar was hosted by Mrs.Lalsangliani Khawlhring, Asso. Professor, Dept. of Home Science, GZRSC.

**National Webinar
ON
DIET FOR BUILDING IMMUNITY AND
DOCUMENTATION OF LUSEI TRADITIONAL TEXTILES**



Speaker
Prof (Dr) Vanisha Nambiar (M.Sc,PhD,Nutrition)
Professor at Department of Foods and Nutrition
Coordinator, Public Health Nutrition
The Maharaja Sayajirao University
Baroda, Gujarat, INDIA

Date: 29th Oct 2020
Time: 1:00 - 3:00 p.m.



Speaker
Dr. Lisa Lalmuankimi Pachuau
Assistant Professor
Dept. of Fabric and Apparel Science
Lady Irwin College, University of Delhi



Organized by
Department of Home Science and Research Committee
GOVT. ZIRTIRI RESIDENTIAL SCIENCE COLLEGE
Contact: 7005681593 E-mail: homescience@gzrsc.edu.in

Registration Link: <https://forms.gle/GoTkSEPIS1kF7jDn8>

Participants List

Mrs	Maria Lalhmingmawii	Assistant Professor	Home Science Department	Government Zirtiri Residential Science College
Mr	H. THANGKHANHAU	Assistant Professor	Computer Science	Computer Science
Dr	Mary L Renthlei	Associate Professor	Education	Govt. Aizawl College
Dr	Lawrence Zonunmawia Chhangte	Associate Professor	Physics	Govt. Zirtiri Residential Science College
Dr	Lalzahawmi Chenkial	Associate Professor	Zoology	Govt. Zirtiri Residential Science College
Mrs	H.LALNUNSANGI	Associate Professor	Zoology	Faculty
Mr	Lalnunpuia	Others	Mizo	MZU
Dr	Ricky Lalhmangaihzuala	Assistant Professor	Electronics	Govt. Zirtiri Residential Science College
Dr	Dr. Nirupa Saikia	Professor	English	Govt Aizawl College
Mrs	V Lalmalsawmi	Assistant Professor	Department of English	Pachhunga University College
Dr	C. LALREMRUATFELA	Assistant Professor	Geology	Govt. Zirtiri Residential Science College
Dr	Benjamin Ralte	Associate Professor	History	Govt t Romana College
Dr	Zothansangi	Assistant Professor	Zoology	Govt Champhai College
Dr	Liansangmawii Chhakchhuak	Assistant Professor	Biotechnology	Pachhunga University College
Mrs	K Zosangpuui	Assistant Professor	Biochemistry	Govt. Zirtiri Residential Science College
Mrs	Biakthansangi	Assistant Professor	Education	Govt Kamalanagar College

Dr	Henry Lalmawizuala	Assistant Professor	English	Pachhunga University College
Mr	C. Lalramdina	Associate Professor	Home science	Govt.zirtiri Residential Science College
Mrs	Sailopuio	Associate Professor	Zoology	GZRSC
Mrs	Lalsangkimi Hmar	Associate Professor	Home science	Govt Zirtiri Residential Science College
Mrs	Lalremruati Hmar	Associate Professor	Botany	GZRSC
Miss	VANLALHMANGAIHI	Assistant Professor	History	Government Kolasib College
Miss	Lalrinpuui	Assistant Professor	Physics	Govt. Kolasib college
Miss	R. Lalramengzami	Associate Professor	Department of Chemistry	Government Zirtiri Residential Science College
Dr	C Vanengmawii	Assistant Professor	Education	Government Hnahtial College
Dr	Lalthakimi Zadeng	Assistant Professor	Physics	Mizoram University
Miss	Marly Zodinpuui	Lecturer	Garment Technology	Women's Polytechnic, Aizawl
Mrs	H. Lalengzuali	Associate Professor	Department of Political Science	Govt. Hrangbana College
Mrs	Lalmalsawmi Chhangte	Associate Professor	English Dept	Govt Zirtiri Residential Science College
Miss	Lalruatfeli Ralte	Students	Education	Institute of Advance Studies in Education
Mrs	C.Zarokimi	Associate Professor	Home Science	Govt.Zirtiri Res.Science College
Mrs	Laltlanchhungi	Associate Professor	Botany	Govt Zirtiri Residential Science college
Miss	Lallawmzuali	Others	Department of Human Development	Avinashilingam Institute for Home Science and Higher Education for Women
Dr	C.Zoramthara	Assistant Professor	Geology	Government Zirtiri Residential Science College
Dr	Fanai Lalsangluaii	Assistant Professor	Biochemistry	Government Zirtiri Residential Science College
Mr	Benjamin L Chhangte	Assistant Professor	Geology	Lunglei Govt'. College
Mrs	Lalthanpuui Ralte	Associate Professor	Home Science Department	Govt. Zirtiri Residential Science College
Miss	Esther Laldingpuui	Students	Food Technology	Mizoram University
Miss	Baby R.Lalruatfeli	Students	Food Technology	Mizoram University
Mrs	Lalrammawii	Associate Professor	Home Science	Govt Zirtiri Res Sc College
Miss	Muan Zuali	Students	Home Science	GZRSC
Miss	PIU SUR	Others	PIU SUR	Educational Communication Consultant
Miss	Rebecca Lalmuanpuui	Students	MFM	NIFT
Mrs	Lalrinpuui Rokhum	Assistant Professor	English	Government Zirtiri Residential Science College
Mrs	Mimi Lalmuanawmi	Assistant Professor	Home Science	Govt. Zirtiri Residential Science College

Miss	H. Malsawmhloi	Students	Home Science Extension Education	Avinashilingam University
Mrs	Lalringgheti Ralte	Associate Professor	Home Science	GZRSC
Mrs	Rosangzuali Varte	Assistant Professor	Botany	Govt. Champhai College
Miss	R. Lalrinkimi	Others	Women & Child Development	Poshan Abhiyaan
Mrs	Vanlallawmi	Associate Professor	Home Science Department	Govt. Zirtiri Residential Science College
Miss	Priyanka Pawar	Professor	Fabric and Apparel Science	Lady Irwin College
Miss	Miranda Lalramhluni Chhehlawn	Others	Food Science and Technology	PONDICHERRY University
Miss	Mousumi Das	Students	Nutrition and Dietetics, Allied Health Sciences Department	Martin Luther Christian University, Shillong
Miss	Zalak Gala	Students	Food and nutrition	MS University
Dr	Sadhana D. Kulloli	Professor	Textile and Apparel Designing	College of Community Science, University of Agricultural Sciences, Dharwad
Miss	Sahana B	Students	2nd community science	College of community science
Miss	SAKSHI RAIBAGI	Students	Community Science	College of Community Science
Miss	Nagaveni M Ajjammanavar	Others	HDFS	UAS Dharwad
Miss	Rebecca Lalnuntluangi	Assistant Professor	Home Science	GSRSC
Dr	Lalmangaihzuala	Assistant Professor	Mathematics	Government employee
Dr	Monimalika Day	Associate Professor	School of Education Studies	Ambedkar University Delhi
Mr	C Lalrinawma	Assistant Professor	Computer Science	Govt. Zirtiri Residential Science College
Mr	LALHRUAILUANGA	Assistant Professor	Computer Science	Govt. Zirtiri Residential Science College
Dr	M.S. Dawngliani	Assistant Professor	Computer Science	Government Zirtiri Residential Science College
Mrs	R LALMAWIPUII	Assistant Professor	Computer Science Department	Government Zirtiri Residential Science College
Dr	Rebecca Vanlalsangi	Assistant Professor	Biochemistry	Government Zirtiri Residential Science College
Miss	Lalramchhani	Students	Home Science	Department of Home science and research committee
Dr	Dr. C. Lalmuankimi	Assistant Professor	Geology	Government Zirtiri Residential Science College
Mrs	Lalhmingliani Hlondo	Associate Professor	Home Science	Government Zirtiri Residential Science College
Prof.	Vanisha Nambiar	Professor	FN	MSU Baroda
Miss	J. Lalnunziri	Others	Clinical Nutrition and Dietetics	Psg College of Arts and Science
Mrs	Lalringgheti Ralte	Associate Professor	Home Science	GZRSC
Mr	Lalthlanchhuaha	Assistant Professor	Education	Mizoram University
Miss	Malsawmkimi hauhnar	Others	Dietetics	Ebenezer medical center
Dr	Lalsaimawia Sailo	Assistant	Chemistry	Lunglei Govt. College

		Professor		
Miss	Felnunmoi Gangte	Students	IDC School of Design	IIT Bombay
Mr	Hmingtha sanga	Others	Textile	Zohanco
Mrs	Lalhmingliani Hlondo	Associate Professor	Home Science	Govt. Zirtiri Residential Science College
Miss	Vanlalnghaki	Students	Bsc. Homescience	GZRSC
Miss	Vanlalmuanpuii	Students	Homesciene	Department of Home Science and Reasearch Committe
Prof.	B. ZOLIANA	Professor	Electronics	GZRSC
Dr	Dr Anshu Sharma	Assistant Professor	FN&FT	University of Delhi
Mr	Remlalsiama	Associate Professor	Physics	Govt. Zirtiri Residential Science College
Mrs	Lalrinsangi Nghinglova	Associate Professor	English	Govt Zirtiri Residential science college
Dr	Lalzahawmi Chenkual	Associate Professor	Zoology	Govt. Zirtir Residential Science College
Mrs	Lalrosangpuii	Assistant Professor	Biochemistry	Govt. Zirtiri Residential Science College
Mrs	Laltruangkimi Hnamte	Associate Professor	English	Govt. Zirtiri Residential Science College
Mr	LALRINMAWIA	Associate Professor	Department of Zoology	Govt. zirtiri Residential Science College
Miss	S.Thangrimawii	Associate Professor	Zoology	Govt Zirtiri Residential Science College
Dr	Dr. R LALAWMPUII	Assistant Professor	Mathematics	Govt Zirtiri Residential Science College
Mrs	Zodinpuii	Associate Professor	Botany	GZRSC
Dr	P.C. ROHMINGLIANA	Assistant Professor	Electronics	Govt. Zirtiri Residential Science College
Miss	Garima Malik	Others	Garima Malik	Lady Irwin College, University of Delhi
Dr	Jyoti	Assistant Professor	Public Health	IIHMR, Bangalore
Miss	Hiyang Awinni Chothe	Others	Hiyang Awini Chothe	Lady irwin college


 Prof. B. ZOLIANA
 Principal
 Govt. Zirtiri Resi. Sc. College
 Aizawl : Mizoram