



# National Mental Health Programme, Mizoram

## Weekly Bulletin



NMHPMz/2024/12

Aizawl, the 12<sup>th</sup> Jan, 2024

No. of OPD : 127  
No. of IPD : 26

### Outreach

Free Clinic cum : Nil  
Awareness  
No. of Beneficiaries : Nil

### No. of OPD/IPD (Including Psychiatry Dept.)

Aizawl : 85  
Lunglei : 9  
Siaha : 17  
Champhai : 12  
Kolasib : 5  
Serchhip : 3  
Lawngtlai : 15  
Mamit : 7

### No. of Phone Call Received

DMHP : Nil  
TeleMANAS : 102

Targetted Intervention  
under NMHP, Mizoram : 1

### ARDSI Mizoram Chapter

7005983633  
9366191341

*"Rilru Hriselna hi Taksa Hriselna ang bawkin a pawimawh a ni"*

## LIFE SKILLS

(Contd. from previous week)

### Hriatthiamna (Empathy)

Empathy tih hian mi dangte rilru put hman leh thlirna hriatthiamna a kawka a ni. Mi dangte ngaihtuahna leh dinhmun pakhatana an chhân lêt dân hriatthiamna kawngah a tanpui a ni. Chutiang chuan, mi dangte lainatna chuan mi mal nungchang leh thiltih dân hriatthiamna inthlau tak neihnaah a tanpui mai ni lovin, mihringte nungchang chungchânga hriatthiamna thuk zâwk a siamsak bawka.

Midangte lainatna tur chuan midangte nena inpawh tawna dinhmunah chuan mimal nungchang awmzia zawng zawng hrethiam lovin thutlukna siamnaah kan zuang lut lo a pawimawh hle. Kan ngaihdan, ngaihdan leh thu hriat lawk atanga midangte chungchangah ngaihdan siam turin thlemna kan tawka fo thin. Mahse thu pawimawh zawng zawng ngaih pawimawh loha thutlukna siam theihna hlauhawmna pianphung a nei a ni. Chuvangin, eng impression pawh kan siam hmam information tling tak kan khawlkhawm hmasa tur a ni a, mimal pakhat rilru put hman (e.g., thinrimna) pek tawh context hriatthiam tum tur a ni a, midangte ngaihdan hriatthiam tum tur a ni (e.g., chungchang sawihona hmangin mimal dang nena an dinhmun). Hei hian midang nena inlaichinna tha zawka neihna kawngah a pui thin.

### Thil ngaihtuah chhuah thiamna (Creative Thinking).

Creative thinking tih hian thil thar (novel way) hmanga thil hmuh leh thlirletna a kawka a ni. Thil thlirna thar neihna kawngah min pui a, out-of-box thinking kan neih theih nan min pui bawka. Thil siam chhuah ngaihtuahna hian inthlak danglam theihna a mamawh a, chutiang chuan harsatna chinfel tum lai hian a hlawhtling emaw thawka lo emaw pawh nise, chinfel dan tur pek danah kan inngat lo. Thil siam chhuah ngaihtuahna hian harsatna thar hriatchhuah a, a chinfel dan tur zawn chhuah a ngai ngai lo va; buaina awm tawh sa chinfel dan thar zawn chhuahna a kawka bawka. Kan nun tidanglamtu seminal experiment leh innovation zawng zawng hian creative thinking a entir vek a ni. Entirnan, device (phone) hmanga mel tam tak hlaa thu midangte nena inbiakpawhna nei thei anga ngaih hi thil siam chhuah ngaihtuahna entir nan a ni.

Rilru lama harsatna nei leh hriat belh duh nei  
kan awm chuan  
Telemanas Call theihna  
14416, 180008914416

Thurawn pek emaw hriat belh duh nei  
chuan a hnuacia mail ah hian dah nise  
[mizmentalhp@gmail.com](mailto:mizmentalhp@gmail.com)

Mit tha lo tan tarmit vuah a zahthlak loh ang  
bawkin beng tha lo tan beng dar vuah a  
zahthlak loh