



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHPMz/2024/19

Aizawl, the 29th Feb, 2024

No. of OPD : 162
No. of IPD : 25

Outreach

Free Clinic cum : 3
Awareness

No. of Beneficiaries : 88

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

Aizawl : 101
Lunglei : 7
Siaha : 15
Champhai : 9
Kolasib : 5
Serchhip : 8
Lawngtlai : 6
Mamit : 11

No. of Phone Call Received

DMHP :
TeleMANAS : 112

Targetted Intervention

under NMHP, Mizoram : 7

ARDSI Mizoram Chapter

7005983633
9366191341

"Mahni theihna leh nihna dik tak hriat hi rilru hrisel neihna atan a pawimawh hle a ni"

Cont from previous week...

SOFT SKILLS

Communication (Inbiaktawna)

Ngaihtuahna leh rilru put hmanng tha taka sawi chhuah emaw, midang nen sawiho theihna. Communication ah hian chi hnih a awm a, chungte chu

1. Thu hmanga inbiakpawhna (Verbal) – thusawi emaw, ziak emaw, a pahnih emaw a tha taka inbiaktawna
2. Thumal ni lo inbiakpawhna (Non- Verbal) – Chetzia leh nunchang hmanga inbiaktawna

Communication (Inbiaktawna) tha nei tur chuan midangte thusawi leh thil tih lutuk leh chik zawka lo ngaihtlak sak leh a tha zawnga lo dawnsawn leh chhanlet thiam a tul a ni.

Teamwork (Thawhho thiamna)

Soft Skills nei tur chuan midang nen thawhho thiamna neih a pawimawh in, kan thawpuite tan tangkai leh hlawk zawnga hun hman thiam a tul thin a ni.

Teamwork (Thawhho thiamna) chu mahni theihna leh chakna hriatchhuah te, hlawk zawk leh tawngkai zawka hna thawh theih nan mi dik tak chu hmun dik tak leh hun dik taka hman tangkai thiamna niin. Thawhhona, inremna, ngaihtuahna sawiho, buaina chinfel dan leh a hun leh hmun a zira thil thliar hran thiamna a ni

Mittha lo tan tarmitvuah a zahthlakloh ang bawkinbengtha lo tan bengdarvuah a zahthlakloh

*Rilru lama harsataneileh hriatbelh duh neikanawmchuan
Telemanas Call theihna
14416, 180008914416*

*Thurawnpekemawhriatbelh duh neichuan a hnuai mail ah hian dah nise
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