



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/93

Aizawl, the 1st August, 2025

25th July – 31st Aug 2025

No. of OPD : 382

No. of IPD : 54

Outreach

Free Clinic cum

Awareness : 381

No. of

Beneficiaries : 12

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 202

Lunglei : 24

Siaha : 29

Champhai : 38

Kolasib : 11

Serchhip : 96

Lawngtlai : 14

Mamit : 22

No. of Phone Call Attended

1. **TeleMANAS** : 279

2. **Targetted Intervention**
under NMHP, Mizoram : 12

ARDSI Mizoram Chapter
7005983633 / 9366191341

"Midangte mamawh laia tanpuitu nih hi a hlu"

NAUPANG ZUNCHEH (NOCTURNAL ENURESIS)

DMHP Lunglei

Nocturnal Enuresis kan tih chuan, zunczeh rual ni tawhlo, a bik takin zan mutna a zun la cheh ching sawina a ni a. Naupang mai nilo, tleirawl/rawlthar atanga, puitlin hnu thlengin ala awm thei bawk a ni. Naupang zan zunczeh ching hi an awm ve fo mai. A chhan siam theitu hi thil hrang hrang a ni thei a. Tin, naupang a zirin a chhan pawh a in ang lo thei. Hmeichhe naupang aiin mipa naupang ah zan zunczeh rei hi a awm nasa bik a ni.

Zun chhuak ip (Bladder Control) thiam leh, ip nachang hriatte, zun chhuah hun a zun nachang hriatthiam theih hun hi a tlangpuiin naupang kum 3 atanga kum 5 an tlin in a ni a. Naupang thenkhat ah chuan hei aia rei deuh hlek te pawh a ni thei. An kum a upat deuh hnuin zunczeh hi alo reh ve mai thin a, naupang kum 7 emaw, kum 8 an nih pawh a zun an la cheh a nih chuan mithiamte rawn a tha. Chhungkaw inthlah chhawnte, thluak la puitlin loh vang te, zan muttui lutuk (deep sleep patterns) te, zunkawng thalo awm vang te, rilru hahna, rilru natna (emotional problems) te, chenna sawn, nu leh pa inthen, school kalna sawn, chhungkua a thihna thleng leh enghelh eng emaw tak an neih vang te in naupangin zun a cheh rei thei a ni. Zunczeh rei hi naupang thiamloh a ni lo a, an thatchhiat vang leh an nungchang thatloh/sual vangte pawh a ni lo tih kan hriat a ngai a ni.

Naupang zunczeh ching chu zun an cheh avangin nuihzat emaw, fiamthu thawh nan emaw hmanloh tur a ni a. An zunczeh avanga chhaih an tawh hian rilru hahnate, inthlahrun nate, mahni in hmuh hniamte, tlak tlailo a in hriat nate, chhungte nen inlaichinna tha lote, midang kawm nuam tih lohna an nei thei thin a. Heng rilru hahna tur an neih chuan zunczeh in a chhun zawm leh zel thei bawk a ni. Naupang thenkhat chu an phing (Bladder) a tet bik avanga zunczeh rei an awm bawk thin

Naupang zunczeh rei enkawl dan hrang hrangte chu:

1. I fa chu zan a mut dawnah zun tir ngei ngei thin ang che.
2. Mut hma darkar 2 chhung chu tuiril lam in awih lohni se. Chhun leh tlai lamah in tam thung sela. Zan mut dawna an tui a hal viau a nih erawh chuan tamlo te intir ang che. No khat emaw, a aia tam an in chuanzun an cheh dawn tihhriat tur.

4. Thelret puan/tui puan (waterproof mattress cover) phah chungah mut tir ang che.
5. Zan khat pawh zun cheh lova a awm hlah chuan amah kha han fak la, kuah la, I lawmpui a ni tih hriattir bawh la, lawmman (token economy) I pe thei bawh a ni.
6. 5. Zun a cheh zan a lo nih pawh in, zaidam takin dawngsawng la. I fa khan a tih luih a ni bik lo tih hria la, inhrem emaw, nuih zat emaw, dawh theihna neilo taka I dawn sawn chuan harsatna a belhchhah zawk ang. I fa hnenah chuan a harsatna tawh/neih chu I hriatthiampui thute, tanpui tura I awm
7. Zanlaia zun a cheh I hriat veleh, amah chu kai tho la, duat takin a awngphah huhte, a thawmhnawte, amah inthlak tir vek la (pui lo la), a thawmhnaw huh te chu suk turin balbawm ah dah tir la. Thawmhnaw fai dang a mahin inbeltir ang che. Heng a tih lai hian mutsan daih lovin, enpui la, awmpui la, hei hi hremna nilo in, a tih tur ve reng a ni tih hrilh ang che.
8. Phing (Bladder) ti fan lian thei tura tanpui (Exercise pek dan) – A hmasa in naupang hnenah tih dan tur leh a tangkai dan tur te, a that puina tur te hrilhfiah phawt tur a ni. School a kal lohni ah leh remchang dangah I tihpui thin ang. Hemi atana hmanraw mamawhte chu -Tui litre chanve emaw (Naupang in a duhzawng tuiril dang engpawh), Zunchhuah huna zunkhawlna tur bur ruak emaw no lian pakhat leh Sana te an ni.

Zing dar 10 a nih hunah naupang chu tui/theitui in tir tan la, a theih ang tawka tam intir phawt tur. Tichuan, infiam emaw a duh duh tih kual tir la. A zun chhuak a report hmasak ber hun darzat kha chhinchhiah la, zun tir nghal mai lo in ip rih turin ti la. A theih ang tawka rei a ip a, a tuar theih tawh loh hunah chauh bur ruakah zuntir la, a darzat chhinchhiah leh la, a zun tling zat chu I chhinchhiah bawh dawn nia. Hemi exercise in a tum ber chu:

- Zun ip rei a zir a
- Tlem tlem zung tawh lovin, a zun hunah tam taka zun chhuah theih dan a zir bawh a (zun a khawh khawm tam ve thei tawh)

Heng exercise tih rual hian naupang kha faknate, fuihnate leh eng emaw a lawm zawng eitur emaw thil dang lawmman ah pek thin tur a ni. A zun zawh ah chuan infiam emaw, a chak zawng zawng tih tir leh la, a zun a chhuah leh hunah a hma a tih tur kan sawi ang khan tih chhunzawm leh tur.

Tlai dar 4 ah naupang chu tui ril intur kha zing dar 10 a I pek ang khan pe leh la. A hma a kan sawi ang bawh khan exercise kha chhunzawm leh tur. A hma aia a ip rei theih zawk leh, a zun a lo khawh tam zawkte a nih phei chuan fakna leh fuihnate, lawmman pek tur kha tih hmaih reng reng loh tur.

Nidang zelah pawh I fa chu school a kal emaw, ina a awm pawhin a zun a chhuah hun a zung mai lova, eng emaw chen iprih tura hrilh reng tur a ni. Hetiang a tih lai hian a zun cheh loh zan apiang calendar ah emaw chhinchhiahin arsi lem (★) te pe la, lawmmman a phu awm zatte pe in tih chhunzawm zel tur a ni.

Naupang zan zuncheh rei hi a lungawi thlak loh thei thin hle mai a, mahse a cheh reng dawn lo tih leh, enkawl theih a ni tih kan hriat a pawimawh hle. Thilpek pawimawh leh tha ber naupang zuncheh reite kan pek theih chu kan hriat thiamnate, kan dawh theihnate, leh tanpuina kan pek that hi a ni. Hun a in her a, an lo upat deuh hnu in zuncheh hi a reh ve mai thin a, hlim takin, hrisel tak leh mahni inringtawh takin naupang chu an lo thang lian thin a ni.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuaia District hrang hrang te chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic an nei thin a. Tunkar chhungin Lunglei, Siaha, Kolasib, Serchhip, Lawngtlai leh Mamit District ten Awareness leh Free Clinic an nei a, TeleMANAS chungchang inhrilh hriatna hun neiin Mental Health chungchang zirtirna hun an nei thin a ni. Rilru hriselna hian kan rilru leh khawtlang nun a huam a, kan ngaihtuahna, kan rilru put hmang leh kan thiltih dana nghawng a neih dan te, mi dangte nena kan inzawmna te leh duhthlanna hrisel kan neih theih nan heng hun hi hlawk taka hman thin a ni.



DMHP LUNGLEI



DMHP SIAHA



DMHP KOLASIB



DMHP SERCHHIP



DMHP LAWNGTLAI



DMHP MAMIT

NPPCD chungchang leh beng lama
harsatna nei a, hrechiang duh tan District
Hospital, ENT Dept OPD ah zawhfiah
theih reng a ni

Thurawn pek emaw hriat belh duh nei
chuan a hnuaia mail ah hian dah nise
mizmentalhp@gmail.com

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