



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/103

Aizawl, the 17th October, 2025

13rd – 17th Oct, 2025

No. of OPD : 269

No. of IPD : 24

Outreach

Free Clinic cum

Awareness : 12

No. of

Beneficiaries : 1263

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 121

Lunglei : 39

Siaha : 13

Champhai : 36

Kolasib : 27

Serchhip : 8

Lawngtlai : 25

Mamit : 24

No. of Phone Call Attended

1. **TeleMANAS** : 152

2. **Targetted Intervention**
under NMHP, Mizoram : 10

ARDSI Mizoram Chapter
7005983633 / 9366191341

"Ruah a sur pawhin ni a rawn sat leh hun a awm thin"

CARE OF SLEEP, FOOD HABITS & PHYSICAL EXERCISE

Mut that hi kan taksa leh rilru hriselna atan a pawimawh em em a, a inkaihnnawih tlat avangin Sleep Hygiene tha neih hi a ngai ani. Kan nileng hun hman dan hian kan mut that leh that loh a hril avangin ngaih pawimawh a ngai a ni.

Mut that theihna tura Step 10 te chu:

1. Mut hunbi neih tur a ni
2. Mut hma in hun thawl nuam tak neih theih tum tur a ni.
3. Mut hma in electronic device te off vek tur a ni.
4. Exercise te tha taka lak tur a ni.
5. Thingpui leh coffee a awm caffeine telna in tlem tur a ni.
6. I mutna hmun chu nuam leh hahdam a ni tur a ni
7. I khum chu mutthilh nan chauh hman tur a ni
8. I chauh hunah chauh khuma mut tur a ni.
9. Chhun/chawhnu mut pumpelh tur
10. I stress neih ang te tih ziaawm dan ngaihtuah tur a ni

Mu tha tura thil pawimawh te chu:

1. Good food habit: Thil ei tur reng reng silfai that te, tui in hnem te, lem hmaa chip taka thial hmasak tur a ni a. Pum ngeih loh zawng te ei vak vak loh tur a ni. Thlai hring lam leh protein tel thatna – Chana, chickpea, kidney bean, soyabean te ei hnem tur a ni. Chini ei tlem tur a ni.

2. Physical Exercise: Walking emaw, jogging emaw, running emaw, dancing emaw, aerobic exercise te nitin tih thin tur a ni. Thlan tihchhuah ve thin te hi hriselna atan a pawimawh avangin thlan tla tura exercise lak thin a pawimawh a ni.

3. Mental state: Rilru helhkhams lutuk nei chung a tui taka mut te a har avangin chumi chhawk zangkhai thei tura bible or lehkhahu chhiar te, tawngtai or meditation hun thawl tak insiam a neih thin te a tha hle a ni.

WORLD MENTAL HEALTH DAY DISTRICT HRANG HRANG AH HMAN A NI

World Mental Health Day 10.10.2025 (Zirtawpni) kha District hrang hrang Kolasib, Lawngtlai, Mamit, Lunglei, Siaha, Serchhip leh Aizawl ah te hman a ni. District thenkhat ah chuan World Mental Health Day theme '*Access to services – Mental Health in Catastrophes and Emergencies*' bakah Mental health awareness cum free clinic te neih a ni bawk.



DMHP LAWNGTLAI



DMHP MAMIT



DMHP LUNGLEI



DMHP KOLASIB



DMHP SIAHA



DMHP CHAMPHAI



DMHP SERCHHIP



DMHP AIZAWL

*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 hnuia 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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