



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/102

Aizawl, the 10th October, 2025

3rd – 9th Oct, 2025

No. of OPD : 256

No. of IPD : 52

Outreach

Free Clinic cum

Awareness : 6

No. of

Beneficiaries : 395

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 147

Lunglei : 38

Siaha : 15

Champhai : 18

Kolasib : 9

Serchhip : 8

Lawngtlai : 49

Mamit : 24

No. of Phone Call Attended

1. **TeleMANAS** : 128

2. **Targetted Intervention**
under NMHP, Mizoram : 6

ARDSI Mizoram Chapter
7005983633 / 9366191341

"Midangte mamawh laia tanpuitu nih hi a hlu"

ORGANIC MENTAL DISORDER

Organic mental disorder tih hian rilru lam natna avanga lo awm ni lo, rilru hnathawh tlahniam tihna a ni. A châng chuan he thumal hi organic brain syndrome (OBS) emaw chronic organic brain syndrome emaw nena inthlak danglamin hman a ni a, mahse tunah chuan neurocognitive disorder tia sawi a ni tlangpui

Organic mental disorder (OMD) hi taksa emaw taksa lama hliam vangin rilru hnathawhna a tichhe thei a ni. Organic brain syndrome tia hriat a ni baw. Organic mental disorders hi nungchang lama harsatna emaw rilru lam harsatna emaw a ni a, chu chu thluak hnathawh that loh hun rei lote chung emaw hun rei tak chung awh thei a ni a. Heng natnate hian Chiang taka lang leh finfiah theih cerebral disease emaw disorder emaw a awm thei a ni.

Organic mental disorders hi a chhan awm thei tam tak a awm a. Chumi zingah chuan thluak chhianatna emaw hliam emaw atanga lo chhuak te pawh a tel. A awm theih chhan larsar zualte chu:

- Cancer
- Chemical emaw hormone emaw inthlahna
- Degenerative condition hrang hrang Alzheimer natna, Huntington's, Parkinson's, leh Cruetzfeldt-Jakob natna te a ni
- Lead leh pesticides ang chi toxins nena inzawmna
- Infection
- Oxygen tlakchham (anoxic injury)
- Metabolic natna (Metabolic syndrome) a ni
- Taksa lama harsatna, concussion emaw lu hliam dang emaw ang chi
- Vitamin tlakchhamna a awm
- Lu natna (lu trauma) a ni
- Endocrine lama harsatna awm thei
- Ei leh in lama tlakchhamna
- Substance –a kaihnhawih natna.

Organic mental disorder nei chuan hun rei tak chung ngaihtuahna seng a harsat thei a, hna pangngai a thawh hian a buai thei baw. Inlaichinna leh midang thawhpuite, thiante leh chhungle nêna thawhhona emaw, inbiakpawhna ah te buaina leh harsatna a awm thei baw. Organic mental disorder emaw neurocognitive disorder emaw lanchhuah dan dangte chu:

- Agitation
- Delirium
- Dementia

WORLD MENTAL HEALTH DAY HMAN A NI

Vawiin ni 10.10.2025 (Zirtawpni) chawhma dar 11 khan DHME Auditorium, MINECO ah World Mental Health Day hman a ni a. Kumin 2025 World Mental Health Day thupui chu *'Access to services – Mental Health in Catastrophes and Emergencies'* a ni a. He hun hi Dr. Robert L. Khawlhing SNO, Mental Health in a kaihruai a. Panel Discussion huna hman a niin Session I ah *'Access to services – Mental Health in Catastrophes and Emergencies'* tih thupui hi Dr. Ruth Lalmuanpuii, Psychiatrist, JD(P) DHME, Lalchhanhima Sailo, Clinical Psychologist NMHP leh Pu R. Lalremruata, State Consultant NTCP ten an sawi a. Kalkhawmte hnen atang sawihona hun hlawk tak hman a ni.

Sesion II ah *'Mental Health awareness levels amongst the general public'* tih thupui sawiho leh niin: Pu C. Lalrambuatsaiha, President, MJA , Pi Mina Zoliani, Jt. Director I&PR leh PuVanneihtluanga, President ARDSI te hnen atangin thusawi ngaihnaawm leh pawimawh tak tak ngaihthla a ni leh a. Kalkhawmte hnen atang sawihona tha tak tak leh hlawk tak hman 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 Siaha, Champhai, Serchhip leh Lawngtlai 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 SIAHA



DMHP CHAMPHAI



DMHP LAWNGTLAI



DMHP SERCHHIP

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
14416, 180008914416