



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/101

Aizawl, the 26th September, 2025

19th - 25th Sept, 2025

No. of OPD : 278

No. of IPD : 40

Outreach

Free Clinic cum

Awareness : 18

No. of

Beneficiaries : 1589

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 128

Lunglei : 68

Siaha : 12

Champhai : 34

Kolasib : 13

Serchhip : 11

Lawngtlai : 36

Mamit : 16

No. of Phone Call Attended

1. **TeleMANAS** : 117

2. **Targetted Intervention**
under NMHP, Mizoram : 8

ARDSI Mizoram Chapter
7005983633 / 9366191341

"Midangte mamawh laia tanpuitu nih hi a hlu"

DEPRESSION

-DMHP AIZAWL

Depression hi mood disorder te zinga pakhat a ni. Hun rei vaklo atana lungngaih, rilru hah, hlim theilo satliah nen a in ang lo. Depressed mood hi mitin in an nei thei a, rilru hlim lo, ngui, thildanga tuina neilo etc. Hun rei tak a awhin emaw ziaawm lam a pan loh chuan illness (Depression) ah a chang thei a ni.

Depression kan nei tih engtin nge kan hriat ang?

A hnuai ami te zinga pahnih (2) emaw a aia tam emaw, nitin deuhthaw, kar hnih chhunga a awm in:

1. Ngui ngawih ngawih (depressed mood).
2. Engmah tih tuilo, a hmaa nuam tih thin (hobby) te pawh tui pui tawhlo.
3. Mu theilo, mu tlem lutuk emaw mu nasa leh lutuk.
4. Rihna tlahniam emaw pung vak emaw.
5. Awm hle hle theilo a che sek, phi ruai emaw che mang lo a awm.
6. Chau ngawih ngawih emaw thahrui neilo.
7. Hlu lo em em a inhria emaw mahni inthiamlohna hlir a khat.
8. Ding taka in ngaihtuah theilo emaw thutlukna siam ngai ah pawh siam hleitheilo.
9. Hma lam hun ngaihtuah theilo leh beisei tur awmlo a ngaihna.
10. Thih emaw mahni nunna lak emaw mahni intih nat chungchang ngaihtuah thin.
11. A ngainat thin a thiante emaw chhungte hnen atanga hla riau leh inla hrang.

A chung a mi te khian a mimal nun, midangte nena an inlaichinna, a hna leh thildang te pawh a nghawng buai thin.

A enkawl theih em?

- ▶ Depression hi enkawl a tih ziaawm a, tihtdam theih a ni.
- ▶ Damdawi te, therapy te mahni tum na hmang te tih ziaawm theih a ni.
- ▶ Mahni a tuar tawp lovin mithiamrawn ngei ngei tur a ni.

Enge a awm theih chhan?

- Biological factors: Thluak ah chemical in balance lo a awm avangin a awm thei
- Genetic factors: Chhungkaw inthlahchhawanna atangin
- Psychosocial factors
 - Nunin thil hrang hrang leh harsatna hrang hrang a tawn atangin.
 - Stress neih nasat avang te, damlohna hrang hrang leh damdawi ei vang ten a awm thei. Ruihhlo khawih vang in a neih theih baw.
 - Thi hul dawn (Menopause) emaw nau neih zawh ah te neih theih a ni
 - Personality factors - Mihring nguai chi, mahni in hmu hniam chi, mahni in khawngaih nasa chi ang mizia neih ten
 - Kan chenna, kan chhehvel (environment) sukthlek avang ten a neih theih

Chhan pakhat chauh vangin a awm kherlo thei a, chhan hrang hrang tlingkhawm vangin a awm thei.

Naupang leh tleirawl ah te engtinng a lan chhuah?

- Sikul kal hreh leh lutuk te, nu leh pa emaw anmahni hnaih tu lakah an pangchang leh lutuk. Huaibak, thinchhia, tahbelh, nguai ngawih ngawih te in a langchhuak.
- Zirna ah an tichhia, ruihhlo lo khawih, khawtlang pawm loh zawng leh midang tana hnawksak (anti-social) nungchang an nei, mipat hmeichhiat lamah an tlan, sikul tlanbo emaw kalloh hrat

Mahni in tanpui (self-help) dan tips:

- **Che tam rawh:** Exercise hautak i theilo anih pawhin i mood ti danglam thei tur in chet tam tum rawh.
- **Midang pawl:** Mahni a awm a rilru kawm chet chet hi depression tan a hriselloh avangin midang bulah - Chhungte, thiante, thenawm khawveng etc. te bula titi ve thin a tha.
- **Routine in siam:** Ei in leh mut bi te, exercise hunbi te insiam sak a pawimawh.
- **Tanpui tu pan hreh loh:** Mitin hian tanpui ngaih chang kan nei vek a, chung hunah chuan min tanpui thei tu tur professionals te, tawngtaisak thei tu te pan hreh loh tur a ni.
- **Rilru insawrbing pumpel:** Rilru insawr binga in ngaihtuah ngut ngut na tur laka inven ve a, thildang ngaihtuah na lapeng tur ngaihtuah tur.
- **A tha zawng thilir:** A tha zawng thil thilir hi practice theih a ni a, a sawt baw. Harsa chung chung pawhin han ti tan teh.
- **Habit tha chin thar:** Huan siam, pangpar chin, ei siam dan thar zir, kea a kal te, kut themthiamna, bible leh lehkhaw chhiar etc. chin thar. Hobby tha tak neih te hian mi a chhawk thei a ni.

OBSERVATION OF WORLD ALZHEIMER'S DAY

Ni 23 September, 2025 (Thawhlelni) khan ARDSI Mizoram Chapter, NMHP (DMHP Aizawl) leh TeleMANAS Mizoram te buatsaihin Chanmari Y.M.A Hall ah ***'World Alzheimer's Day'*** hman a ni a. He hunah hian Pi Lalrinpuii, Hon'ble Minister, H&FW chu khualzahawm niin Alzheimer's natna chungchang sawiin a natna veite enkawl danah chhungkua, thenawm khawvengte leh khawtlang hraitthiamna, enkawl thiamna leh intawiawm tawn a kan tan ho a pawimawh thu sawiin Alzheimer's natna in a tihbuaite hrethiamtu leh tanpuitu ni vek turin min chah a ni. Tin, 'Day' pualin Slogan/Poster making competition buatsaih a ni a, hemi ni vek hian lawmman semna hun hman a ni. Dr. Daniel Chianghnuna, Secretary, Alzheimer's Related Disorder Society of India: Mizoram Chapter-in kalkhawmte hnenah lawmthu sawiin hun a khar a ni.



AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuia 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, Champhai Kolasib 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 MAMIT



DMHP KOLASIB



DMHP CHAMPHAI



DMHP LUNGLEI



DMHP SIAHA

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 14416, 180008914416