



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/106

Aizawl, the 7th November, 2025

31st Oct – 6th Nov, 2025

No. of OPD : 275

No. of IPD : 29

Outreach

Free Clinic cum

Awareness : 8

No. of

Beneficiaries : 167

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

Aizawl : 123

Lunglei : 38

Siaha : 15

Champhai : 31

Kolasib : 10

Serchhip : 7

Lawngtlai : 61

Mamit : 19

No. of Phone Call Attended

1. TeleMANAS : 125

2. Targetted Intervention
under NMHP, Mizoram: 2

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

Hriselnaah: Motivation vs Discipline

Motivation chu engemaw hlenchhuak tura phurna leh chona kan neih hi a ni a, discipline chu mahni inthunun chung a chawl miahlova kan chhunzawm zelna hi a ni. Long term goals te hlen chhuak tur chuan inthlahdul lova mahni in thununna (self-control) hi a pawimawh ber zawk a, motivation chuan goal min neih tir a, min chet chhuah tirtu pawh a ni. Goal hlen chhuahna atan motivation nge discipline pawimawh tih ah chuan an pawimawh ve ve a ni. Nun dan hrisel zawk neih na atan motivation chuan chona min pe a, discipline chuan hlenchhuak ngei turin healthy habits te min chhawm nun tir thin a ni.

Motivation: Motivation chu kan thil tawn emaw, kan chhehvel a mi ten chona thar min pek avanga keimahnia phurna lo awma min nawr kaltu a ni a. Psychologist te chuan chi 2 ah an then a: Extrinsic motivation leh intrinsic motivation.

Extrinsic motivation chu thil hlawn duh vang leh hremna pumpelh duh avanga lo awm a ni. Nuam kan tih leh phur em em vang nilova thil kan tih ve reng ang hi a ni. Entirnan, Target kan khum chuan bonus kan dawn dawn avanga thiltihte, kan hotute hauh kan duh loh avanga tlai lo tura tan kan lak te hi a ni.

Intrinsic motivation chu kan thiltihin keimahni ah lungawina a thlen avanga phur taka thil kan tih hi a ni. Lawmman duh vang pawh ni ber chuangoava keimahni performance in phurna, mahni inrintawka min pek zel avang leh mahni ro roah a hma aia tha zawk nih tum na a ni. Entirnan, zing I thawhmmaa work-out te, eitur hrisel leh tui bawk si I siamte khan nuam tihna a pe che. Mithiamten an zir chian naah chuan nun inthlak hlawn khawpa healthy habits nei ta te hi 'Intrinsically motivated' te an ni thin.

Discipline: Extrinsic motivation nei a phur hluaina hi a chang chuan a reh zui veleh mai thin a, chutah tak chuan discipline a pawimawh ta thin a ni. Mihlawhtling tam berte hian intrinsic motivation bakah discipline tha tak an nei kawp thin. Mihringte hi kan thiltih thante (habit) hian kan nun a khalh kal em em a, a then te chu discipline ngai em em lo pawhin kan taksa in ngaiah a neih mai thin, entirnan ha nawh. Habit chin thar entir nan gym kal angte pawh a tir ah chuan discipline a ngai hle a ni. Mithiamte chuan kan habit chin tharte ngaia nei tur in ni 18 atang ni 264 a ngai thin an ti a ni.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuiaia 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 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 MAMIT



DMHP LAWNGTLAI



DMHP SERCHHIP



DMHP KOLASIB

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

Thurawn pek emaw hriat belh duh nei chuan a hnuiaia 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**