



National Mental Health Programme, Mizoram Weekly Bulletin



NMHP-Mz/2025/113

Aizawl, the 26th December, 2025

19th – 25th Dec, 2025

Rilruhriselna hi taksahriselna ang bawkin a pawimawh a ni

No. of OPD
Cumulative for 2025-26: 10523

No. of IPD
Cumulative for 2025-26: 2046

Outreach

Free Clinic cum Awareness
Cumulative for 2025-26: 684

No. of Beneficiaries
Cumulative for 2025-26: 20490

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

District	Cum FY 2025-26
Aizawl	5172
Lunglei	1357
Siaha	907
Champhai	1436
Kolasib	552
Serchhip	1288
Lawngtlai	1110
Mamit	719

No. of Phone Call Attended

1. TeleMANAS
Cumulative for 2025-26: 5506

**2. Targetted Intervention
under NMHP, Mizoram:**
Cumulative for 2025-26: 333

ARDSI Mizoram Chapter
7005983633 /9366191341

TIC DISORDER

DMHP LUNGLEI

Tic emaw Tic disorder kan tih chuan inrin lawk na awm loa kan taksa peng che thut emaw thawm tum reng vang ni loa kan tihchhuah thut hi a ni. Tic chi hrang hrang a awm a, chung te chu – Tourette's Syndrome kan tih hi a nasa ber nia sawi a ni a, hemi ah hian mahni duh reng vang ni loa taksa che leh awri chhuah an kawp thin.

Heng hi mi hrang hranga a lan chhuah dan a inang lo thei a. Mi thenkhat chuan mit siai zawk zawk te, rum ri te leh hmai tih sawih te pawh in alang thei a. A thenah chuan kut thing emaw dar tih chet ang zawng te pawh in a lang thei a ni. Heng hi an duh reng vanga ti an ni lo a, eng emaw chang chuan titawp thei thin mahse an duh hun hunah an ti tawp thei lo a ni.

Tic hi puitling aiin naupang leh thalai lamah a let sawm in a nasa zawk a. Naupang za zela pali atanga sawm pahnihi te hian an than chho lain tic natna hi an vei a ni. A rawn lan chhuah tih hi kum li atanga kum ruk an nih lai a ni tlangpui a, a lan chhuah nasat ber lai erawh chu kum sawm atanga kum sawm pahnihi an nih lai vel hi a ni thung.

An tleirawl lai leh rawlthar an nih hnu hian he natna hian ziaawm lam a pan a. Hmun thuma thena hmun khat te phei chu an upat hnuah a lang chhuak tawh lem lo a ni. Mipa hian hmeichhia aiin a let thum atanga a let liin an vei nasa zawk a ni.

Tic lan chhuah dan:

Tic natna hi hmai ah leh nghawngah te a lang chhuak hmasa tlangpui a, a nasat hnu chuan taksa peng, nghawng a chin hnuai lam hi a khawih thla zel thin a ni. Tic in taksa peng hrang hrang a khawih dan dan hi a inang loa, tic natna hian a khawih nasat lai chu hmai, lu leh nghawng te hi a ni a, a dawtah ban ani a, taksa peng dang te leh ke te pawh eng emaw chenah a khawih ve bawk a ni.

Tic lan chhuah dan:

Tic natna hi hmai ah leh nghawngah te a lang chhuak hmasa tlangpui a, a nasat hnu chuan taksa peng, nghawng a chin hnuai lam hi a khawih thla zel thin a ni. Tic in taksa peng hrang hrang a khawih dan dan hi a inang loa, tic natna hian a khawih nasat lai chu hmai, lu leh nghawng te hi a ni a, a dawtah ban ani a, taksa peng dang te leh ke te pawh eng emaw chenah a khawih ve bawh a ni.

Tic neite hian midang thil ti lai emaw an tawng dan leh an thawm riva an hmuha leh ngaihthlak hian an tum reng vang ni hauh loa lo tih ve mai chang te an nei thin a, midang tan tilui anga ngaih mai thieh an ni. Tic nasat zawng hi mihring a zirin a inang lo thei hle a. Mi thenkhat nitin nunphung a tihbuai loh lain midang tan chuan nunphung pangngaia awm thei lo khawpa siamtu a nil leh lawi si a ni.

Tic natna nei te hian natna dang- Attention Deficit Hyperactive Disorder (ADHD) awm hle hle thei lo leh che reng natna, Obsessive Compulsive Disorder (OCD) mahni in thunun thei loh vanga thlamuan lohna leh hlauhna natna te an nei tel fo a. Heng bakah hian nitin nunphung tibuai khawpa nguina, thatho lohna, lungngaihna, beiseina neih loh te, a chhan sawi tur awm loha hlauhna neih te leh lehkhah zirna lama harsatna neih te hi a thleng thei a. Mahni intih nat duhna leh thinrim thut thut leh thinur vanga mi khawih ang chi te hi an nei tel duh hle a, chuvang chuan a enkawltute tan pawh fimkhur a ngai hle.

Tic awm chhan:

Tic loawmchhan tak hi hriat a ni lo na chungin genetic studies atang chuan inthlahchhawn niin alang a. Taksa peng tiche veltu thluakah danglamna a lo awm hian tic hi a awm phah thei nia sawi a ni bawh. Nu in nau a pai laia harsatna a neih vang te, upat hnua pa in fa an neih vang te, pian tirha rihna pangngai phak loh vang te leh rai laia nu in mei a zuk vang te hian tic hi naupangah hian a zual thei a ni.

Tic hi rilru hah chang, lawm lutuk chang leh chauh chang te hian a nasa a, hna thawka rilru sawrbing lai leh an hahdam lai te hian a ziaawm thin. Sikula tih tur an neih lai emaw in lam thil an tih lai te hian a nep thei. Thil hahthlak emaw lawmawm emaw entirnan test neih tum te leh eng emaw thil nuam deuh an tih lai te hian a rawn chhuak nasa zual thin a ni.

*NPPCD chungchanglehbeng lama
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zawhfiahtheihreng a ni*

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***Published by
National Mental Health Programme
Govt. of Mizoram***