



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/112

Aizawl, the 19th December, 2025

12th – 18th Dec, 2025

No. of OPD : 260
Cumulative for 2025-26: 10523

No. of IPD : 44
Cumulative for 2025-26: 2046

Outreach

Free Clinic cum Awareness : 2
Cumulative for 2025-26: 684

No. of Beneficiaries : 80
Cumulative for 2025-26: 20490

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

District	No. of Patients	Cum FY 2025-26
Aizawl	134	5172
Lunglei	37	1357
Siaha	13	907
Champhai	59	1436
Kolasib	7	552
Serchhip	8	1288
Lawngtlai	32	1110
Mamit	14	719

No. of Phone Call Attended

1. **TeleMANAS** : 110
Cumulative for 2025-26: 5506

2. **Targetted Intervention**
under NMHP, Mizoram: 11
Cumulative for 2025-26: 333

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilruhriselna hi taksahriselna ang bawkin a pawimawh a ni

EXPRESSED EMOTIONS

Penini Syhly

Psychiatric Nurse

District Mental Health Programme, Lawngtlai

Mental Disorder kan tih chuan rilru lam harsatna/buaina tihna a ni a, hei hian a huam zau em em a ni. Mi pangngai (*Normal person*) in an ngaihtuah dan, an chetzia, an nunphung leh midang nena, an in kungkaih dan lo ang deuh hlek a, an awm hian *Mental Disorder* kan tih chuan a huam vek a ni. Tun tumah chuan hetiang rilru lama harsatna / buaina neite enkawl dan tur kan sawi dawn a ni.

A tlangpuiin rilru lama harsatna nei kan enkawl hian a hahthlak leh ninawm, hnawksak anga ngaih hun tam tak pawh a awm thei thin a ni. *Expressed emotions* kan tih chuan, rilru lama harsatna nei enkawltu/chenpui ten anmahni laka kan rilru put hmang kan lanchhuah tir dan hi a ni.

Expressed Emotions pawimawhna:

- Rilru leh taksa a, natna lo awm hi, chenpui ten an rilru, hmuh dan leh enkawl dan a zir a lo awm/thleng thei ni a ngaih a ni.
- Kan chenpuite zinga rilru lam harsatna/buaina nei an awmin, a tha lo lam zawnga, an laka rilru kan put a, kan tihlan fo chuan, an natna chhawk zangkhai ai mah in, zual lam an pan thei zawk a ni.

Expressed Emotions hi chi hnih ah a then theih a, a tha lam leh thalo lam a ni.

1. Negative Expressed Emotions (A tha lo lam)

- a) *Critical comments*: Damlote an awmdan/nunphung, a lawmawm loh leh hriat nuam lo zawng a sawi thin/ngaihdan siam.
- b) *Hostility*: An nihphung/nunphung kan nin lutuk avangin, an lakah thinurna leh ngaihsak duh loh/ peih lohna hial rilru kan put a, kan lantirna hi a ni.
- c) *Emotional Over-involvement*: Hemi ah thung chuan, uchuak takin kan ngaihsak leh thung. Na tak leh damlo em em angin kan enkawl a, an tih theih ve reng pawh tih tir lovin kan tih sak zung zung thin thung.

2. Positive Expressed Emotions (A tha lam)

- a) *Warmth*: An laka kan rilru puthmang, kan ngaihsakna leh an hma khua zel tur atana tanpuina kan pek thiam hi a ni.
- b) *Positive regard*: An theih nate, an thiamna leh a tha lam zawnga an thil tih reng reng, fak sak a, kan hriatsak ani tih kan lantirna a ni.

A diklo zawnga kan rilru puthmang thlak danglam dan tur:

- Kan chenna hmun nuam leh hahdam thlak taka siam tur.
- Kan theih tawkin kan chhawmdawlin kan fuih thin tur a ni.
- An tih theih ang tawh tih tir hram hram a, an theih ang tawh bak tih luih tir loh tur.
- An tih theih ang tawh an tih in, kan hriatsak a ni tih lantir hram hram thin tur.
- In chhungkhurah in biak pawhna tha neih tum hram hram tur.

A tawp berah chuan in chhungkhur a chenpuite hian inenkawl dan kawngah harsatna leh buaina hrang hrang a awm thei, an laka kan rilru puthmang a zirin an natna kan tizual phah theih laiin, an natna pawhin ziaawm lam a pan theih phah zawh thin fo a ni. Chuvangin, Kan enkawl lai kan chhungte, kan thian tha ten, tun aia hma an lo sawn theih zawhna turin kan *negative emotion* paih thla in, *positive emotion* hmangin I enkawl hram hram ang u.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuaia District hrang hrangte chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic an nei thin a. Tunkar chhungin Lunglei leh Mamit District ten Awareness leh Free Clinic an nei a, TeleMANAS chungchang inhrihhriatna hun neiin Mental Health chungchang zirtiina hun an hmang 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 inzawmnate leh duhthlanna hrisel kan neih theih nan heng hun hi hlawk taka hman thin a ni.



DMHP LUNGLEI



DMHP MAMIT

NPPCD chungchanglehbeng lama
harsatnaneia, hrechiang duh tan District
Hospital, ENT Dept OPD ah
zawhfiahtheihreng a ni

Thurawnpekemawhriatbelh duh neichuan
a hnuaia mail ah hian dah nise
mizmentalhp@gmail.com

Rilru lama harsatnaneilehhriatbelh duh
neikanawmchuan
Telemanas Call theihna
14416, 180008914416

Published by
National Mental Health Programme
Govt. of Mizoram