



National Mental Health Programme, Mizoram Weekly Bulletin



NMHP-Mz/2025/111

Aizawl, the 12th December, 2025

5th Nov – 11th Dec, 2025

No. of OPD : 400
Cumulative for 2025-26: 10263

No. of IPD : 69
Cumulative for 2025-26: 2002

Outreach

Free Clinic cum Awareness : 12
Cumulative for 2025-26: 682

No. of Beneficiaries : 693
Cumulative for 2025-26: 20410

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

District	No. of Patients	Cum FY 2025-26
Aizawl	155	5038
Lunglei	27	1320
Siaha	172	894
Champhai	57	1377
Kolasib	9	545
Serchhip	7	1280
Lawngtlai	23	1078
Mamit	19	705

No. of Phone Call Attended

1. **TeleMANAS** : 104
Cumulative for 2025-26: 5396

2. **Targetted Intervention**
under NMHP, Mizoram: 12
Cumulative for 2025-26: 322

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilruhriselna hi taksahriselna ang bawkin a pawimawh a ni

Contd. from previous week

CHILDHOOD LEH ADOLESCENT MENTAL HEALTH

DMHP, Siaha

8. Tic:

Hmai emaw taksa khawi lai emaw duh reng vang ni lovin a che zawk zawk a. Then khatah chuan ri emaw aw (vocal) nen emaw a tel thin a ni.

9. Enuresis:

Kum 5 chung lamah taksa a natna vang ni si lova zun cheh fo, kaih vangin a awm theih bawk avangin naupang awm dan chik a tha hle.

10. Epilepsy (Kaih):

Khawsik vang ni lem lova kaih a awm thei a, a lanchhuah dan nasa leh nasa vak lo a awm thei bawk a. Chik a tha hle.

12. Autism:

Mi mitah an en duh lova, biak pawhin an kun tlat thin a ni. Mi zinga an awm pawhin mahnia awm ang maiin an khawsa a, midang an awm ve tih hre lo ang maiin an awm a. Midang nuih rual a nuihte, midang thiltih reng reng an bengkhawn duh lova, anmahni khawvel ah an cheng thin a ni.

A chung a kan tarlan tawh angin a bikin tunlai naupang leh tleirawlte hi an no bik emaw tih mai tur hian stress (rim tawngna hian tuar thei lo em em a, tuarchhelna an tlakchham bakah harsatna eng emaw hlek awm se nikhaw hre lovin an tlu nghal chawt thin a. A chhan nia lang ta chu, kan awm awl lutuk vang te, Social media kan hman tir nasat lutuk vang te leh nu leh pa ten kan fate kan duat lutuk vangte niin a lang a. Chuvang in nu leh pa ten kan fate kan enkawl dan hi kan in enchian a, kan fate nunphung leh miziate uluk leh chik zawk a zirchiang a, inthlak danglam leh siam that ngai lai te siam tha a kan enkawl hi angai tawh takzet a ni.

RILRU HRISELNA CHUNGCHANGA AWARENESS NEIHNA TURIN AGREEMENT SIGN A NI

Ni. 12.12.2025 (Zirtawpni) DHME Coference Room, MINECO ah Rilru Hriselna chawisan leh mipuite rilru hrisel kan neih a tulzia hmalak dan tur sawihona hun hman a ni a. He hun hi Dr. Robert L. Khawlhling, SNO Mental Health in a kaihruaiin DMHP, TeleMANAS staff te leh Social media platform hrang hranga influencers te he hunah hian an tel a ni.

Hemi hunah hian Rilru Hriselna chungchunga mipui ten kan hriat tur pawimawh tak tak te, a enkawl dan leh enkawlna hmun hrang hrang zau zawka thehdarh leh hrilhriat a nih theihna turin Social media platform hrang hranga influencers **AGREEMENT** ziah a ni a.

Rilru lama damloh na hrang hrang endawngna leh thin hrikna tih bo te, rilru natna chungchunga mipui hriatna dik leh tha siam te, inbiakna zau zawk nei theihna siam leh rilru hriselna nei thei tura enkawlna leh puihna hrang hrang mipui an hriat a. Rilru Hriselna lama harsatna nei ten pan tur dik tak kan pan theih dan te, enkawlna dik leh tha a hun taka an dawn theihna tur a nih beiseiin he agreement hi ziah a ni.



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 Aizawl, Lunglei, Siaha, Serchhip, Lawngtlai leh Mamit District ten Awareness leh Free Clinic an nei a, TeleMANAS chungchang inhrilhhriatna hun neiin Mental Health chungchang zirtirna 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 AIZAWL



DMHP LUNGLEI



DMHP SIAHA



DMHP SERCHHIP



DMHP LAWNGTLAI



DMHP MAMIT

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

Thurawnpekemawhriatbelh duh neichuan
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Rilru lama harsatnaneilehhriatbelh duh
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