



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/114

Aizawl, the 2nd January, 2026

26th Dec, 2025 – 1st Jan, 2026

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	No. of Patients	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

Rilruhriselna hi taksahriselna ang bawkin a pawimawh a ni

STRESS MANAGEMENT

- DMHP Serchhip

‘Stress’ tih hi Mizo tawng hrilhfhiah dawn chuan ‘Rimtawngna avanga manganna/hahna’ kan ti thei awm e.

Stress kan tih chuan rilru emaw/taksa, a thil hmachhawn tura tana a lo inbuatsaihna a nimai awm e. Eng mah lova a awm theihloh, mihringin emaw, chona lian tak a tawh hnua a rilru leh taksa in a lo hmachhawn dan a ni.

Engtingge Stress chu kan hmachhawn ang? Point tlem han tarlang ila:-

- 4. Inbuatsaihna:** Rilru leh taksa, rualkhai taka kal turin kan buatsaih thiam a ngai. Rilru fim tak pu chung a thutlukna siam pahin, kan taksa in a tlin em tih kan ngaihtuah fo a ngai. Chutiang bawkin, kan taksa in a theih reng pawh kan rilru in a ngam loh chuan kan nih tur ang kan ni lo fo thin. Chu chuan hnualna leh rilru natna a tawpah min thlen thin a ni. A pawimawh apiang tih hmasak a, thiltih zawh senloh erawh hnawl thiamte pawh a pawimawh.
- 5. Mahni inrintawkna:** Pt no.1-a kan tarlan ang khian kan taksa in a theih chin kan hriatchian a ngai. Rilru paukhauh tak nei chung a kan taksa vawn hrisel a, kan taksain a theih chin kan hriatchian hi a pawimawh hle. Chu chuan kan thiltih ah inrintawkna min pe a nga, rilru hahna thleng thei lakah min veng ang.
- 6. Tumruhna:** Mihlawhtling takte hi lungngaihna nei lo an ni bik lo. Mahse, tumruhna hian kan rilru suktlek leh nakin zel a kan taksa leh rilru hriselna a hril in a vawng thui takzet a ni. Mi tumruh tak chu hlawhchhamnain a tihnual mai lo. Mittui nena indawm kun reng a tum lova, a aia tha zawka inchherhriam zel a tum thin. Chu chu mi rilru hrisel zia a ni. Rilru hrisel te hian manganna hi tumruhna nen an hmachhawn a, an hneh mai thin zawk a ni.

4. **Exercise/taksa sawizawi:** Kantaksa in a zawh tawh exercise kan lak that hian, kan taksa in stress hnehtu endorphin a siam chhuak thin.
5. **Eileh in (diet):** Tui in tam, chaw tha leh hrisel chauh ei. Caffeine leh sugar control, thali hring leh thei ei tam te.
6. **Mut that:** taksain a mamawh ang tawka mut hma a thawh hma te.
7. **Mahni inenkawl (self-care):**
 - Nuam kan tih zawng (hobbies) tih nan hun in siam
 - Thiantha/chhungte nen a hun hman
 - Mawi tih zawng music ngaihthlak.

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, 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.



24.04.2025



12.12.2025



12.09.2025

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

Thurawnpekemawhriatbelh duh neichuan
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Published by
National Mental Health Programme
Govt. of Mizoram