



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/117

Aizawl, the 23rd January, 2026

16th – 22nd Jan, 2026

No. of OPD : 295
Cumulative for 2025-26: 11413

No. of IPD : 55
Cumulative for 2025-26: 2196

Outreach

Free Clinic cum Awareness : 3
Cumulative for 2025-26: 690

No. of Beneficiaries : 223
Cumulative for 2025-26: 20854

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

District	No. of Patients	Cum FY 2025-26
Aizawl	135	5631
Lunglei	27	1431
Siaha	17	997
Champhai	94	1672
Kolasib	17	579
Serchhip	7	1306
Lawngtlai	33	1196
Mamit	22	771

No. of Phone Call Attended

1. TeleMANAS : 71
Cumulative for 2025-26: 5728

2. Targetted Intervention
under NMHP, Mizoram: 8
Cumulative for 2025-26: 352

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilruhriselna hi taksahriselna ang bawkin a pawimawh a ni

PROBLEM SOLVING

DMHP team, Mamit

Problem solving chu eng nge ni?

- Problem solving chu kan thil tum kan tih hlawhtlinna kawnga min daltu leh min ti thuanawptu, hnawksak lak sawn/dah sawn hi a ni.
- Problem solving hi kawng hnih in a then theih a chungte chu – Simple Problem Solving (SPS) leh Complex Problem Solving (CPS) te an ni.
- Simple problem solving-ah chuan min ti thuanawptu leh daltu kha kawng khat chauh a nih theih laiin, complex problem solving-ah chuan kawng hrang hrang atangin harsatna a lo thleng thei thung a ni.
- Harsatna min thlentu hnawksak (problem) chu awlsam taka lak kian maitheih a ni vek kher lo thei.
- Problems solve tur chuan mahni chauh a tih theih a nih loh chang a awm thei.
- Kan hriatna leh thiamna in a tlin loh khawp a harsatna kan chungah a lo thleng thei, mi thiam emaw a hre zawkte pan hreh loh tur.
- Harsatna kan tawhte hi mihring a zirin kan tawrh dan a inang lo thei a, mi harsatna tawh a nep tih sak ngawt loh tur.
- Kan nuna harsatna lo thleng thenkhat chu hunin a liam pui mai turte leh lo tawrh ve tlawk tlawk a tawrh chhuah ngaite pawh a awm thei.

Six Steps for Problem Solving

Step 1: Identify and Define the problem –Hatsatna chu eng harsatna nge a nih a, eng ang tia nasa leh engtiang a hnawk leh buai nge a nih tithe kan zawng chhuak hmasa phawt ang.

Step 2: Generate possible solution –Hatsatna sut kian theih dan tur kawng hrang hrangte chu i chhinchhiah ang.

Step 3: Evaluate alternatives –Harsatna sut kian dan tur hrang hrang i siamah chuan khawi hi nge tha ber i khaikhin anga, a nghawng tha ber tur emaw kha i thlang ang.

Step 4: Decide on solution – A dawt leh ah chuan tih dan tur i duang anga, engtik hun a hman tan tur nge i ruahman nghal ang.

Step 5: Implement the solution – A dawt lehah chuan i ruahman ang khan hma i la ang.

Step 6: Evaluate the outcome – A tawp berah chuan i ruahmanna anga i kal takna kha i chhut let anga, a tangkai leh tangkai lohte, tih chhunzawm tlak a nih leh nih lohte nen.

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, Siaha leh Mami District ten Awareness leh Free Clinic an nei a, TeleMANAS chungchang inhrilhhriatna hun neiin Mental Health chungchang zirtirna hun an hman 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 SIAHA



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
neikanawmchuan
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