



# National Mental Health Programme, Mizoram

## Weekly Bulletin



NMHP-Mz/2026/115

Aizawl, the 9<sup>th</sup> January, 2026

3<sup>rd</sup> – 8<sup>th</sup> Jan, 2026

**No. of OPD** : 257  
**Cumulative for 2025-26:** 10780

**No. of IPD** : 21  
**Cumulative for 2025-26:** 2067

### Outreach

Free Clinic cum Awareness : 1  
**Cumulative for 2025-26:** 685

No. of Beneficiaries : 65  
**Cumulative for 2025-26:** 20555

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

| District  | No. of Patients | Cum FY 2025-26 |
|-----------|-----------------|----------------|
| Aizawl    | 147             | 5319           |
| Lunglei   | 12              | 1369           |
| Siaha     | 14              | 921            |
| Champhai  | 54              | 1490           |
| Kolasib   | 4               | 556            |
| Serchhip  | 3               | 1291           |
| Lawngtlai | 30              | 1140           |
| Mamit     | 14              | 733            |

**No. of Phone Call Attended**

1. **TeleMANAS** : 53  
**Cumulative for 2025-26:** 5559

2. **Targetted Intervention**  
under NMHP, Mizoram: 5  
**Cumulative for 2025-26:** 338

**ARDSI Mizoram Chapter**  
7005983633 /9366191341

*Rilruhriselna hi taksahriselna ang bawkin a pawimawh a ni*

## BODY IMAGE & MENTAL HEALTH

- DMHP Kolasib

“Body image” chu kan taksa kan hmuh dan leh kan ngaihndan a ni a, mahni theuh kan inhmuh dan hian kan nunah hian nghawng a nei nasa thei hle a. Hei hian kan rilru hriselna kawngah pawh nghawng tha emaw tha lo a nei thei a ni. Mahni kan inhmuh dan a lo that loh deuh hian rilru hrisel lohna kan nei tihna a ni kher lo thei; amaherawhchu, heng hi rilru hrisel lohna thlen theitu chi khat a ni. Mahni kan inhmuh hniam a, kan taksa kan thlir danah kan induh khawp loh chuan stress mai bakah eating disorder te a thlen thei bawh a ni.

Body image kan tih hian chi li (4) a awm thei a:

- Perceptual:** Hei hi kan taksa kan hmuh dan a ni a. Thil kan hmuh dan hi a tak tak a ni vek lova, kan hmuh ang hi midang hmuhdan a ni vek kher lo thin bawh.
- Affective:** Kan taksa kan dawnawng (feel) dan a ni a, kan taksa peng thenkhatah kan lungawi thei a, thenkhatah induh khawp lohna kan nei thei.
- Cognitive:** Hei hi kan taksa kan ngaihndan a ni a. Hei hian kan rilru a luah khat a, mahni inngaih hniamna a thlen thei.
- Behavioral:** Hei hi kan taksa landan avanga kan chezia danglam hi a ni. Taksa lan dana lungawi lo te chuan taksa sawizawite an uar a, ei leh in an insum nasabawh thin.

Mahni taksa pianphung a lungawi lohna hi hmeichhia ah tam zawk angin lang mah se, hei hian a hmei a pa ah nghawng a nei ve ve a. Kan chhungte leh thianten kan taksa landan chungchang an sawi thin dan avang te, social media a midang thlalak emaw video emaw mawi leh nalh tak tak kan hmuh thin avangte, chutiang an ve chakna kan neih thin avangte hian kan taksa leh landan avangin hnualna leh mahni inhmuh hniam nate kan neih phah thei a ni.

Rilru hrisel nei tur chuan lungawina kan neih hi a pawimawh hle a. Mahni taksalan dan avanga harsatna kan tawh a, midang atangin hmuhsitna kan tawh a nih chuan kan harsatnate kan mi rinzawngte hnenah kan thlen thin tur a ni a. Social media a kan thil en leh hmuh thin te thlitfima, mahni min inhmuh hniamtir theitu te en tam loh a tha. Midangte nen kan inkawm hona ah te pawh mi rilru ti na thei leh mi ti hnual lo turin kan tawngkam hman fimkhur a pawimawh hle. Kan lan danah lungawi a harsa pawh a ni thei e, mahse hei hi kan nihna a ni lo tih hriat a pawimawh. Hmeltha ber, vun rawng nalh ber, san zawng leh rih zawng dik ber a awm thei lo. Body image avanga harsatna kan nei a nih chuan rilru hriselna kawnga hma kan sawn theih nan mithiam te rawn a tha.

## 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 Siaha District ten Awareness leh Free Clinic an nei a, TeleMANAS chungchang inhrilhriatna 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 SIAHA**

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

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