



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/121

Aizawl, the 19th February, 2026

13th – 18th, February, 2026

Rilruhriselna hi taksahriselna ang bawkin a pawimawh a ni

No. of OPD : 213
Cumulative for 2025-26: 12479

No. of IPD : 56
Cumulative for 2025-26: 2397

Outreach

Free Clinic cum Awareness : 7
Cumulative for 2025-26: 712

No. of Beneficiaries : 228
Cumulative for 2025-26: 21687

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

District	No. of Patients	Cum FY 2025-26
Aizawl	113	6170
Lunglei	21	1523
Siaha	12	1049
Champhai	71	2000
Kolasib	6	623
Serchhip	4	1333
Lawngtlai	22	1299
Mamit	20	858

No. of Phone Call Attended

1. **TeleMANAS** : 85
Cumulative for 2025-26: 6058

2. **Targetted Intervention**
under NMHP, Mizoram: 4
Cumulative for 2025-26: 379

ARDSI Mizoram Chapter
7005983633 /9366191341

ALZHEIMER'S DISEASE

Khawvêl changkang zêlah thiamna lo sang zêlin, kan hriatnate a lo pung ve zêl a. Tun hmaa natna kan hriat ngai lohte pawh mithiamte zarah leh digital technology atangtein kan lo hre chho ve zel bawk a. Kum upate natnaa kan sawi mai thin Alzheimer Disease hi kan hre theuh awm e. Kum 1906-ah khan Alois Alzheimer-in he natna hi hmuchhuakin, a hming chawiin 'Alzheimer' tih a lo phuah a. Alzheimer lo awm nachhan bera sawi chu Dementia (Rilru ngaihtuahna leh hriatna hloh, nungchanghlâk leh thu tlûkna siam thei lo) hi a ni.

Alzheimer hi Mizote chuan 'Thluak sâwn' tia kan lo hriat mai thin kha a ni a. Brain Disorder pakhat niin, hetiang nei chuan zâwi zâwiin hriatna an hloh a, tun hma angin an rilru ngaituahna an seng thiam ta lo telh telh a, tum dang anga ni tin nun khawsak kawngah pawh an tan chuan thil tih a lo harsa telh telh bawk thin. He natna hian nungchang leh miziate a tidanglam thin a. Alzheimer hi kan thluaka Amyloid plaques leh Tau tangles pangngâi lo taka lo insiam chho avânga lo awm a ni a. Hei hian brain cell-te ti thiin, chu mai ni lovin nutrients thluaka inpe kual tûr tibuai vekin nerve cell-te a that thin a ni.

SYMPTOMS : Alzheimer Diseases chu hetiang hian a lo lang chhuak thin : Hriatna hloh an hloh a, an kal tawhna hmunah pawh an bo ta tlat thin. Chhungte leh thiante hming pawh hre chhuak zo loin, an thil sawi zawh chiahte leh an thil dahnate hre chhuak zo loin, zawhna ngaite zawt rengin an thil sawi ngai an sawi reng a. Thuthlukna siam an harsat a, a hun leh hmun thliar thiam loin an awm fova, chumi avâng chuan an incheinaah pawh ruahman fel an siam thiam lo thin a, nuam ti taka an tih thin ti tûr pawhin phûrna an nei lem tawh lo. Chu bakah mi dang rinnate tlachham zêlin thiante leh chhungte bula awm pawh an chak lo thin a. Mahni intihfâi leh inchhungkhur chêtina lamah pawh puih leh vên zêl ngaiin an awm thin.

TREATMENT: He natna hi tihtam tawp theih chu ni lo mah se, doctor-te leh mithiamte'n lo en dikan, an thluaka chemical a regulate theihna'n damdawi hmanga enkawl an ngai thin a. Therapy chi hrang hrang: Cognitive Stimulation Therapy, Cognitive Rehabilitation, Reminiscence Therapy, Music Therapy, Art, Dance & Gardening, Pet Therapy hmangte'n an hmasawna tûr enkawl na thin an ni a. Chu bakah anmahni enkawltute tan pawh emotional support pek thin a ni.

Kum 2015 khân Alzheimer’s and Related Disorders Society of India (ARDSI) Mizoram chapter din niin, anni hian Alzheimer natna veite tan nasa takin an thawk a. Tin, kum tin 21st September-ah World Alzheimer’s Day hman thin niin, hetah hian ‘Memory Walk’ te an nei thin a. ARDSI mental health support for care givers tiin public campaigns, awareness te an kalpui thin bawk 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 Lunglei, Champhai, 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 LUNGLEI



DMHP CHAMPHAI



DMHP MAMIT



DMHP SERCHHIP



DMHP LAWNGTLAI

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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