



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/125

Aizawl, the 20th March, 2026

13th – 19th March, 2026

No. of OPD : 278
Cumulative for 2025-26: 13569

No. of IPD: 36
Cumulative for 2025-26: 2608

Outreach

Free Clinic cum Awareness : 6
Cumulative for 2025-26: 731

No. of Beneficiaries : 241
Cumulative for 2025-26: 22485

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

District	No. of Patients	Cum FY 2025-26
Aizawl	138	6752
Lunglei	28	1634
Siaha	13	1819
Champhai	83	2326
Kolasib	13	678
Serchhip	8	1362
Lawngtlai	14	1378
Mamit	17	945

No. of Phone Call Attended

1. **TeleMANAS** : 117
Cumulative for 2025-26: 6559

2. **Targetted Intervention**
under NMHP, Mizoram: 6
Cumulative for 2025-26: 395

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

EMOTIONAL INTELLIGENCE

- DMHP Kolasib

Emotional Intelligence chu kan thil tawn ten keimahni a nghawng a neih dan kan hriatthiam a, midangte a nghawng dan kan hriatthiam pui a, eng thil pawh tawk ila kan dawnawn thiamna hi a ni. Mihring kan nih angin kan inthlak danglam ve reng a, chuvang chuan kan Emotional Intelligence pawh hian hma a sawn ve zel thei a, kan inzir thiam ve zel a ngai a ni.

Key components of Emotional Intelligence:

3. **MOTIVATION:** Motivation kan tih chu kan thil tum te tihhlawhtlin kan tumna leh tih puitlin kan tumna hi a ni. Motivation chu mahni in kan tum tlatna te, kan inpekna te, bul kan tanna te, a eng zawnga kan thlir thiamna te leh kan beih hram hramna te nen hian a inzawm tlat a ni. Emotional Intelligence nei tha chuan mi in an fakna ringawt a duhtawk lovin, chhungril a lungawina leh hmasawn zel duhna an nei thin.

Motivation nei tur chuan heng a hnuaia tarlante hi a pawimawh:

- i) Personal drive : Chhungrila hmasawn leh hlawhtlin duhna
- ii) Commitment : Kan thiltum ti hlawhtling tura inpekna
- iii) Initiative : Hmalak duhna
- iv) Optimism : A eng zawnga thil thlir thiam
- v) Resilience : Harsatna kan tawk emaw, kan tisual palh a nih pawhin beih hram hram

Motivation kan neih that chuan inrintawkna min pe a, midangte nen kan inlaichinna kawngah pawh hma kan sawn phah a, kan nun hrim hrim ah hmasawna a thlen thei a ni.

4. **SELF REGULATION:** Self-regulation kan tih chu kan ngaihdan leh kan awmdan, kan emotions te kan control thiamna a ni a. Kan control thiamna mai kha tawk lovin, hriatthiamna pawh a huam tel bawk. Self-regulation kan neih that chuan eng dinhmuna pawh ding ila, thil inthlak danglam emaw harsatna awm thutah pawh hmachhawn dan kan thiam dawn a ni.

Self-regulation pawimawh chhante chu:

- ii) **Managing emotions & impulses:** Self-regulation kan neih that chuan thil kan sawi/tih hma in kan inngaihtuah hmasa phawt ang a, thutlukna tha tak kan siam thei ang.

- ii) *Social & behavioural choices*: Emotions nasa tak kan neih chang pawhin midang kan hmachhawn danah leh kan khawsazia ah hawihhawm takin kan awm thei ang.
- iii) Kan hnathawhna hmunah pawh midangte nena inbiakpawhna tha neih chungchangah leh midangte kaihruai turin min pui thei.

Self-regulation nei tha chuan eng dinhmunah pawh ding se a insiamrem zung zung thei a, harsatna a tawh pawhin tha takin a hmachhawn thei thin.

3. **EMPATHY**: Midangte dinhmun kan hriatthiampuina hi empathy chu a ni. Midangte nen inzawmna thuk neih bakah, an thil ngaihtuah leh tawn te hrethiam turin min pui thin. Hei hian midangte nen inlaichinna tha tak nei turin min pui thei baw. Midangte dinhmun tawmpui thiam chuan mi rin te an hlawh a, thawhpui an nuam a, midangte an chawh phur thiam a, midangte hlutna an hriatsak thin.
4. **SOCIAL SKILLS**: Midangte nena inlaichinna tha siam hi social skills chu a ni. Keimahni leh midangte emotions te kan hriatthiam a, inpawhna tha tak kan neih a, thawhhona tha tak kan neih hi social skills chuan a huam. Social skills chuan midangte nena inbiakpawhna tha tak kan neih te, thawhhona tha tak kan neih te, midangte rilru a tha zawnga her danglam thiamna te, harsatna sut kian thiamna te a huam baw. Social skills kan neih that chuan keimahni mimal thil tum mai bakah kan hna a kan thil tum te kan tihlawhtling thei dawn a, thawhhona nuam tak kan nei thei dawn a ni.
5. **SELF-AWARENESS**: Mahni kan inhriatchianna hi self-awareness chu a ni. Eng ang rilru pu mi nge kan nih? Eng ang mizia nge ka neih? Enge ka duh zawng? Enge ka duhloh zawng?.. etc.... Mahni kan inhriatchian chuan kan emotions te leh kan thil tawn te kan hmachhawn thiam ang a, “engatinge tiang emotions kha ka feel” tih te kan hrethiam thei dawn a ni. Mahni inhriatchianna chuan kan thiamna leh theihna te, kan phak tawh te leh kan chakna leh chaklohna te a huam tel a. Mahni kan inhriatchian chuan kan emotions ten keimahni leh midangah engtin nge nghawng a neih tih kan hrethiam thei ang. Midangte nena kan inlaichinna kawngah pawh mahni kan inhriatchian phawt chuan hma kan sawn thei dawn baw a ni.

Emotional Intelligence hian mihringten thil kan dawnsawn dan kawngah te, midangte nena kan inlaichinna tihmasawn kawngah te, kan rilru hriselnaa hma kan sawn theih nan leh kan eizawmna leh thil tihna kawng hrang hrangah hlawhtlinna kan hmuh theih nan a pawimawh hle a. Emotional Intelligence nei tha chuan midangte nena kan inkawmna kawngah te, harsatna sutkian kawngah te min pui thei a. Emotional Intelligence kan neih chuan kan emotions in min thunun lovin, kan emotions te kan thunun thiam zawk dawn 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, Kolasib, Serchhip 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 KOLASIB



DMHP SERCHHIP



DMHP MAMIT



DMHP LUNGLEI

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

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