



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/123

Aizawl, the 6th March, 2026

1st – 5th March, 2026

No. of OPD : 237
Cumulative for 2025-26: 13013

No. of IPD : 61
Cumulative for 2025-26: 2520

Outreach

Free Clinic cum Awareness : 3
Cumulative for 2025-26: 718

No. of Beneficiaries : 210
Cumulative for 2025-26: 21897

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

District	No. of Patients	Cum FY 2025-26
Aizawl	139	6457
Lunglei	23	1576
Siaha	12	1073
Champhai	71	2182
Kolasib	11	645
Serchhip	6	1347
Lawngtlai	16	1339
Mamit	20	911

No. of Phone Call Attended

1. **TeleMANAS** : 178
Cumulative for 2025-26: 6333

2. **Targetted Intervention**
under NMHP, Mizoram: 7
Cumulative for 2025-26: 386

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

DECISION MAKING SKILLS (THUTLUKNA SIAM THIAMNA)

DMHP, Mamit

Decision making skills chu eng nge ni?

Duh thlan tur chi hnih emaw a aia tam awmnaah, nghawng tha nei thei tura thutlukna hun rei lo te chhunga siam thiamna tih a ni. Zing kan thawh hlim atanga zan kan mut thlengin thutlukna siam tur hlin min hual vel a. Ka tan, chhungkaw tan, thiante tan leh pawl puite tan thutlukna kan kuta a awm hun a awm fo thin. Kan thutlukna siam chuan kan ni khat, kar khat, thla khat emaw kum tam tak a nghawng thin a, fimkhur taka thutlukna kan siam thin a ngai a ni.

Thutlukna siamna kawnga kan hriat turte

Intuition – Nangmaha hriatna automatic-a lo awm. Mahni pianpui hriat theihna riau leh ngaihtuah buai lutuk ngai lova rilrua awm thin kha a ni.

Reasoning – Hei hi chu kan ngaihtuahna a chhia leh tha hriat theihna, thutlukna kan siam dawna ka tana tha leh thalo buk tawn theihna rilru neihna ang kha a ni

Combination of both – Hetah hi chuan a pahniha (intuition+reasoning) hman kawp thiamna a ni. A pahniha hman kawp theih hi a tha ber a ni.

Decision making process

Identify the problem – A hmasa berah chuan thutlukna i siam hmain i thutlukna chuan eng nge a nghawng dawn i hre hmasa tur a ni. I thutlukna siam hmain i tun dinhmun kha hre Chiang hle ang che. I thutlukna chuan eng nge a nghawng dawna, eng nge tangkai dawn tih leh eng hmanruate nge pawimawh ang tih hre hmasa phawt ang che.

Do some digging – A dawtah chuan i hun kal tawha i hmuh leh hriatte, i chheh vela thil thlengte kha ngaihtuah chhuak la chu chuan thutlukna dikah a hruai lut thei che a ni. (thil lo tawn tawh thlir letna)

Make the decision – A dawt lehah chuan thutlukna siam tawh rawh le. A hmaa duhthlan tur awmte atang khan a tha ber tur i khakhin kual fe hnua, a tha ber tur hmang khan thutlukna i siam ang. I thutlukna siamin a nghawng turte kha theihnghilh hauh suh ang che.

Act on your decision – A dawt lehah chuan i thutlukna siam chu a tak ngeiin bawhzui ang che. Hetah hian irilrua i lo suangtuahna zawng zawng kha a taka chet chhuahpuina hun chiah a ni. A harsa emaw, awlsamemaw, a lian emaw, a te emawah buai suh i thutlukna kha bawhzui chat ang che. Hetah hian midangtanpuina pawh i mamawh dan a zirin a sawm theih.

Look back – A tawp berah chuan i thutlukna i siam i bawhzuina kha thlir let la, i duh ang leh i beisei angin akal em, i duh angin rah a rawn chhuak tha em, a nghawng a tha em tihte kha thlir let la; i beisei anga tha raha neih chuan i thutlukna siamah khan i lawmin i lungawi hle dawn a, phurna tharte pawh i neih belh zel ang.

Thutlukna siamna kawngah hian harsatna hrang hrang kan tawk thei a, mi thiam zawk leh min tanpui thei ngeitura kan ngaihte tanpuina ngen hreh loh tur a ni. Tin, i hmaah thutlukna han siam mai ngaihna i hriat loh pawhintanpuitu zawn mai kha a fin thlak hle ang. Tanpuitu chu i rin ngam, mi rin tlak leh mi thiam an ni tur 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, 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 LUNGLEI



DMHP SERCHHIP



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 harsatnaneilehriatbelh duh
neikanawmchuan
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