



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/126

Aizawl, the 27th March, 2026

6th – 12th March, 2026

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

No. of OPD : 252
Cumulative for 2025-26: 13543

No. of IPD : 51
Cumulative for 2025-26: 2623

Outreach

Free Clinic cum Awareness : 8
Cumulative for 2025-26: 733

No. of Beneficiaries : 366
Cumulative for 2025-26: 22610

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

District	No. of Patients	Cum FY 2025-26
Aizawl	158	6772
Lunglei	33	1639
Siaha	15	1101
Champhai	63	2306
Kolasib	3	668
Serchhip	2	1356
Lawngtlai	17	1381
Mamit	12	940

No. of Phone Call Attended

1. TeleMANAS : 123
Cumulative for 2025-26: 6565

2. Targetted Intervention
under NMHP, Mizoram: 8
Cumulative for 2025-26: 397

ARDSI Mizoram Chapter
7005983633 /9366191341

CHILDHOOD MENTAL HEALTH DISORDERS

DMHP Aizawl

Naupang leh tleirawl zingah hian rilru lama harsatna chi hrang hrang a awm ve thei a. Hengte hi a hun taka enkawlina peka nih chuan tih dam theih emaw, tih ziaawm theih emaw, a zual zel tur a ven theih a. Chuvangin puitlingte leh nu leh pa ten kan fate awm dan chik fo a tul thin a ni. Heng natna zinga a langsar zualte lo tarlang ila:

1. Hyperkinetic Disorder:

- Thil an ngaihtuah rei thei lo.
- Awmngaiin an awm hle hle thei lo a. An che sek zel.
- Thil an chik thei lo a, an zirlai pawh ho te te an tisual fo thin.
- Ngaihtuahna hman ngai thil tih leh zirlai pehhel an tum hram hram thin.
- An bul vela thil thlengin an ngaihtuahna a la peng zung zungthin.
- Zawnha sawizawh hma in an chhang zung zung thin.
- Thil an nghak thei lo.
- Midangin fiam emaw in biak lai emaw in an lo in rawlh ve zung zung thin.

2. Conduct disorder:

- Midang bungrua an duh reng vangin an tihchhiatsak fo.
- Midang chungah an nunrawng.
- Midang tihnat nan hriamhrei hlauhawm an hmang. Eg., chemte, lung, silai, tiang, etc
- Bungrua emaw in emaw an hal duhmai thin.
- Mipat hmeichhiatna lam hawiin midang an tilui.
- Mi in emaw motor emaw luh ruk.
- Sikul an tlanbo fo.
- A neitute hriatloh a thil lak.
- In atangin a chhan tha tawk awmlovin an tlanbo fo.

3. Separation Anxiety Disorder:

- Nu emaw pa emaw in, an thih san emaw an tlanbo san emaw hlah ngawih ngawih na an nei.
- Sikul hrehawm tih vang nilovin sikul kal an hreh em em.
- Mahniin an muhil thei lo/mu duh lo.
- Zannah nu emaw pain emaw a kalsan em tih endik turin a tho fo.
- Mahniin an awm duh lo.
- Nu leh pa hnen aṭanga then hrang chungchang mangchhia an mang fo.
- School kal hun emaw in chhuahsan ṭul hunah pumna, luak, l una, luhai an nei ṭhin.

4. Social Anxiety Disorder:

Mipui leh hmelhriatloh zinga awm duh lohna.

5. Sibling Rivalry Disorder:

Naupangin chhang a neih aṭanga thlaruk chhungin hetiang hi an nei thei. A chhang chiah chu a haw em em a, nu leh pa lakah an pangchang thar a. Muttheih lohnate, nawrhte an ching ṭhin.

6. Generalized Anxiety Disorder:

Naupang leh tleirawl zingah hlahna leh manganna (anxiety disorder) nei an awm ve ṭhin a. Hetiang natna nei ho chu an hlauthawng hma em em a, hahdam takin an awm theilova, an chau hma em em a, thil an ngaihtuah chik thei lova, an thin chhe em em a, an muhil mumal lo ṭhin bawk.

7. Elective Mutism:

Inah emaw anmahni nelzawng bulah an ṭawng duh laiin mi zingah emaw, sikulah emaw an biak ṭawng zawh mangloh.

8. Autism:

- Mi mitah an en duh lova, biak pawhin an kun tlat ṭhin.
- Mi zinga an awm pawhin mahni a awm ang main an khawsa a. Midang an awm ve tih hre lo ang maiin an khawsa a. Anmahni khawvelah an cheng a, midang nuih ruala nuihte, midang thiltih reng reng an bengkhawn duh lova.

TRAINING ON UDID ASSESSMENT & CERTIFICATION FOR SPECIALIST DOCTORS AND CORRESPONDING SUPPORT STAFF

Health & Family Welfare Department leh Social Welfare Department tang kawpin an buatsaih **Training On UDID Assessment & Certification For Specialist Doctors And Corresponding Support Staff** chu ni 24-25.3.2026 chhung khan Nightingale's Hall, MNC. MINECO ah neih a ni a. Hemi hunah hian Mizoram chhunga Specialist Doctor leh Support Staff 60 an kalkhawm a ni.

He training ah hian Sawrkar Laipui in rualbanlote endikna leh tehfung hrang hrang a siam thar zir ho a. UDID certificate neih theih dante sawiho leh zirho a ni bawk. Training ah hian Trainer hrang hrang awmin department hrang hrangah inthen niin rualbanlote endikna leh tehfungte kawng hrang hranga zirho a ni a. Hemi huna tel ten thu tam zirin an hlawkpui hle a ni.



PANEL DISCUSSION FOR LAW ENFORCERS ON MENTAL HEALTH

Ni. 27.3.2026 khan **Panel Discussion for Law Enforcers on Mental Health** chu Nightingale's Hall, MNC. MINECO ah neih a ni a. Hemi hian Law Enforcing Agencies atangin mi 41 an tel a ni.

He Discussion ah hi Dr. Robert.L.Khawl hring, SNO, Mental Health in a kaihruaia a. Session – I ah **Mental Stressors & Coping Skills** sawiho niin Panellist Pi, Lalsangpuii, Inspector, Lalchhanhima Sailo, Clinical Psychologist, C. Lalhruaitluangi, Counsellor, H. Lalrindiki, Psychiatric Nurse leh L.C. Beihneipaki, Psychiatric Nurse te hnen atangin Stress chungchang leh enkawl dan ngaihngawm tak ngaihthlak a ni.

Session – II ah Pu J. Lalthafamkima, IPS Director ACB, Dr. Ruth Lalmuanpuii. JD, DHME, Lalchhanhima Sailo, Clinical Psychologist, Saidingliani Sailo, Psychiatric Nurse leh Lalsangpuii, Psychiatric Social Worker te hnen atangin **Substance Use Disorder** chungchang kalkhawmte hriat tur pawimawh tak tak ngaihthla leh a ni a. Kalkhawmte hnen atangin sawihona hun tha tak neih niin hun hlawk tak hman 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, Siaha, Champhai leh Serchhip 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 hman 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 CHAMPHAI



DMHP SIAHA



DMHP AIZAWL



DMHP SERCHHIP

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

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