



National Mental Health Programme, Mizoram Weekly Bulletin



NMHP-Mz/2026/130

Aizawl, the 24th April, 2026

17th – 23rd April, 2026

No. of OPD: 247
Cumulative for 2026-27:1008

No. of IPD: 55
Cumulative for 2026-27:231

Outreach

Free Clinic cum Awareness: 5
Cumulative for 2026-27:14

No. of Beneficiaries: 379
Cumulative for 2026-27:877

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

District	No. of Patients	Cum FY 2026-27
Aizawl	143	568
Lunglei	27	135
Siaha	19	49
Champhai	59	230
Kolasib	17	93
Serchhip	7	35
Lawngtlai	12	56
Mamit	18	91

No. of Phone Call Attended

1. TeleMANAS: 170
Cumulative for 2026-27:531

2. Targetted Intervention
under NMHP, Mizoram: 8
Cumulative for 2026-27:29

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

SCHIZOPHRENIA LEH A KAIHHNAWIH NATNA TE

- DMHP, Siaha

Natna lanchhuah dan tlangpui

1. Thil an dawnsawn dan adik lova, midangte an hriat ve loh awte an hria a, mi hmuh ve thei loh thilte an hmu a, mi hriat ve theih loh rimte an hria a, an vun a thil vak ang te in an hre bawk thin.
2. A then te chuan: Thil ni lo ni tlata hriatna/rinna nghet tak an nei a, miin an rel nia rinna te, thah an tum nia rinna tlatna an nei a, mi ropui leh thiltithe tak nia in hriatna te, midangin an nun thunun tlat anga in hriatna te, chhan leh vang awm lova an kawppuite rinhlel tlat na te, ataka thleng thei loh tur thil mak tak takte thleng tur anga rin tlatna te annei bawk ani.
3. An rilru a an ngaihtuahna te midangin hre ve thei vek anga ngaihna te, midangin an ngaihtuahna te anmahni ah thunsak emaw, an mahni tanga la chhuak anga hriatna te an nei bakah, an ngaihtuah ang apiang an beng a ri chhuak zel anga hriat tlatna te an nei thin.
4. An ngaihtuahna kal laite a chang chuan atawp thut a, tin, thildang daih te an ngaihtuahna kal laiah arawn inzep a. Heng avang hian mumal lo leh awmze nei lo deuhin an tawngchhuak thut thin. A chang chuan thulmal hriat ngai loh tawngkam ah an hmang a, a awmzia an duh duhin an pe mai thin.
5. A dang leh chu Catatonic Behaviour an ti a, Hetianga an awm chuan an biak tawng thei lova, chaw an ei duh bawk lova, che miah lo tein an awm bawk thin. An ruh chuktuahte a khawng tlat thin a, achang chuan an bula mite chetzia ang an la a, an tawng dan angtein an lo tawng ve thin.
6. A then chu an tawng tlem em em a, thil engmah tih an phur lova, thenrual an kawm peih lo va. Mahni takngial pawh an inenkawl peih lo va, an rilru puthmang phur leh phur loh pawh an hmelah engmah a lang ngai lo.
7. A chung a kan han sawi takte avang hian a tlangpuiin an nunchang leh chetzia a buaiin an hna leh zirna ten a tuar a; tin, midang nena nun ho naah harsatna an neih phah thin.

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 Lawngtlai 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 LUNGLEI



DMHP SERCHHIP



DMHP LAWNGTLAI

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

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