



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/129

Aizawl, the 17th April, 2026

10th – 16th April, 2026

No. of OPD : 264
Cumulative for 2026-27: 761

No. of IPD : 37
Cumulative for 2026-27: 176

Outreach

Free Clinic cum Awareness : 3
Cumulative for 2026-27: 9

No. of Beneficiaries : 172
Cumulative for 2026-27: 498

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

District	No. of Patients	Cum FY 2026-27
Aizawl	138	425
Lunglei	50	108
Siaha	13	30
Champhai	51	171
Kolasib	17	38
Serchhip	7	28
Lawngtlai	13	44
Mamit	12	73

No. of Phone Call Attended

1. TeleMANAS : 156
Cumulative for 2026-27: 531

2. Targetted Intervention
under NMHP, Mizoram: 7
Cumulative for 2026-27: 21

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

SOMATOFORM DISORDERS

-DMHP AIZAWL

Heng harsatna neite chuan taksa na chi hrang hrang-kawng na te, lu na te, chhip sa te, kut leh ke hik te, pum na te, kum hnih kum thum an nei thin.

Doctor hrang hrang inentirin investigation hrang hrang an tih hnuah pawh a natna an hmuchhuak thei lo va, an na pawh a dam thei lo. Tin, a then chuan natna eng emaw tak (cancer, AIDS) vei tlatin an inhria a, na an neih apiangte pawh heng natna rawn thlenah an ngai vek thin.

Types of Somatoform Disorder:

1. Somatization Disorder
2. Hypochondriacal Disorder
3. Somatoform Autonomic Dysfunction
4. Persistent somatoform Pain Disorder
5. Somatoform Autonomic Dysfunction

SOMATIZATION DISORDER

- An taksa ah in sawisel neuh neuh na chi hrang hrang an nei.
- Doctor leh mithiamten that lohna a neilo tih sawi pawh an pawm duh lo.
- Kum hnih tal heti hian an awm angai.
- Hei hian an chungkua, khawtlang ah leh hnaah te harsatna a thlen thin a ni.

Common symptoms include-

- Gastrointestinal- pum na, luak chhuak, irh.
- Abnormal skin sensations- mu churh churh, soreness, thak, sa huam huam, za.
- Sexual and menstrual complaints- thi neih tam lutuk/ neih tlem lutuk, sex hman laia na lutuk.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuiaia 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, 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 LAWNGTLAI



DMHP MAMIT

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

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