



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/131

Aizawl, the 30th April, 2026

24th– 30th 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: 2
Cumulative for 2026-27: 16

No. of Beneficiaries: 115
Cumulative for 2026-27: 992

No. of OPD/IPD
(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	86	654
Lunglei	42	177
Siaha	10	59
Champhai	72	302
Kolasib	15	108
Serchhip	6	41
Lawngtlai	13	69
Mamit	21	112

No. of Phone Call Attended

1. **TeleMANAS:** 101
Cumulative for 2026-27: 623

2. **Targetted Intervention**
under NMHP, Mizoram:10
Cumulative for 2026-27: 39

ARDSI Mizoram Chapter
7005983633/9366191341

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

OBSESSIVE-COMPULSIVE DISORDER (OCD)

DMHP Lunglei

OCD chu eng nge ni?

OCD hi rilru lam harsatna (mental health condition) chikhat a ni a, thil vawi tam tak tih nawn sek emaw, ngaihtuahna hman tlak loh vei tlatna a ni. He harsatna hian mihring nunphung a tibuai hle thin a, a tawp mai thei lo. A landan tlangpui (Symptoms)

OCD nei tute hian thil chi hnih an nei tlangpui thin:

1. Obsessions (Rilrua vei tlatna): Ngaihtuahna duh loh deuh deuh rilruah a lo lut nawn sek thin. Entirnan, kut khur tura inngaihna, thil eng emaw vanga chhiahna thleng tura hlauhna, emaw thil awm dan tur dik thlap a awm tura duh (symmetry) vei tlatna te a ni.

2. Compulsions (Tih nawn sekna): Rilrua hlauhna leh nuam lo tihna tihreh nan thil vawi tam tak tih nawn thin a ni. Entirnan, kut sil nawn sek, light/ gas check nawn fo, kawngkhar emaw turkverh emaw kalh leh kalh loh en nawn sek, emaw thil chhiar nawn sek te a ni.

Enkaw dan:

OCD hi enkawl dam theih leh ziawm thei a ni a, hengte hi enkawl na tlangpui chu an ni:

1. Cognitive Behavioral Therapy (CBT): Hei hi rilru leh chetzia thlak tura mahni leh thiamna nei te nena inbiakna a ni. □ 'Exposure and Response Prevention' (ERP) hi a bik takin an hmang nasa hle.

2. Damdawi (Medication): Doctor thiam te rawnin rilru ti ziawm thei damdawi (antidepressants), selective serotonin re-uptake inhibitors te prescription hmanga pek thin an ni.

3. Mahni inenkawl na (Self-care): Tui taka mut (adequate sleep), taksa sawizawi, leh rilru tih thawveng (mindfulness meditation) te hian nasa takin a pui thei.

OCD nei tak takte hian an ngaihtuahna leh an thil tih thinte chu awmze awm lo a ni tih an hre ve tho thin a, nuam an tih vanga ti nawn tlut tlut ni lovin, an ngaihtuahna leh thil tihte thunun an harsat vang a ni zawk. OCD hi mipa aiin hmeichhia ah a hluar zawk niin a lang bawk.

AWARENESSLEHFREECLINIC

National Mental Health Programme hnuai 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 Siaha leh Mamit 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 thil tih dan a 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 SIAHA



DMHP MAMIT

NPPCD chungchang leh beng lama harsatna nei ,hrechiang duh tan District Hospital, ENT Dept OPD ah zawh fiah theih reng a ni

Thurawn pek emaw hriat belh duh nei chuan a hnuai mail ah hian dah nise
mizmentalhp@gmail.com

Rilru lama harsatna nei leh hriat belh duh nei kan awm chuan
TeleMANAS Call theihna
14416,180008914416

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