



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/133

Aizawl, the 15th May, 2026

8th – 14th May, 2026

No. of OPD: 418
Cumulative for 2026-27:1757

No. of IPD: 73
Cumulative for 2026-27:363

Outreach

Free Clinic cum Awareness: 6
Cumulative for 2026-27: 31

No. of Beneficiaries: 319
Cumulative for 2026-27:1626

No. of OPD/IPD
(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	158	984
Lunglei	64	313
Siaha	93	173
Champhai	112	508
Kolasib	14	130
Serchhip	9	55
Lawngtlai	28	108
Mamit	13	142

No. of Phone Call Attended

1. **TeleMANAS:911**
Cumulative for 2026-27:742

2. **Targetted Intervention**
under NMHP, Mizoram:9
Cumulative for 2026-27:53

ARDSI Mizoram Chapter
7005983633/9366191341

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

STRESS MANAGEMENT

DMHP Serchhip

‘Stress’ tih hi Mizo tawng a hrilhfiah dawn chuan ‘Rimtawngna avanga manganna/hahna’ kan ti thei awm e.

Stress kan tih chuan rilru emaw/leh taksa, a thil hmachhawn tur atana a lo inbuatsaihna a ni mai awm e. Engmah lova a awm theih loh, mihringin emaw, chona lian tak a tawh hnua a rilru leh taksa in a lo hmachhawn dan a ni.

Engtin nge Stress chu kan hmachhawn ang? Point tlem han tarlang ila:-

1. **Inbuatsaihna:** Rilru leh taksa, rualkhai taka kal turin kan buatsaih thiam a ngai. Rilru fim tak pu chung a thutlukna siam pahin, kan taksain a tlin em tih kan ngaihtuah fo a ngai. Chutiang bawkin, kan taksain a theih reng pawh kan rilruin a ngam loh chuan kan nih tur ang kan ni lo fo thin. Chu chuan hnualna leh rilru natna a tawpah min thlen thin a ni. A vpawimawh apiang tih hmasak a, thiltih zawh sen loh erawh hnawl thiam te pawh a pawimawh.

2. **Mahni inrintawkna:** Pt no.1-a kan tarlan ang khian kan taksa in a theih chin kan hriat chian a ngai. Rilru paukhauh tak nei chung a kan taksa vawn hrisel a, kan taksain a theih chin kan hriat chian hi a pawimawh hle. Chu chuan kan thil tihah inrintawkna min pe anga, rilru hahna thleng thei lakah min veng ang.

3. **Tumruhna:** Mi hlawhtling takte hi lungngaihna nei lo an ni bik lo. Mahse, tumruhna hian kan rilru sukhlek leh nakin zel a kan taksa leh rilru hriselna a hril in a vawng thui takzet a ni. Mi tumruh tak chu hlawnchhamnain a tihnuai mai lo. Mittui nen a indawn kun reng a tum lova, a aia tha zawka inchher hriam zel a tum thin. Chu chu mi rilru hrisel zia a ni. Rilru hrisel te hian manganna hi tumruhna nen an hmachhawn a, an hneh mai thin zawk a ni.

4. **Exercise/taksa sawizawi:** Kan taksa in a zawh taw exercise kan lak that hian, kan taksa in stress hnehtu endorphin a siam chhuak thin.

5. **Ei leh in (diet):** Tui in tam, chawtha leh hrisel chauh ei. Caffeine leh sugar control, thlai hring leh thei ei tam te.

6. **Mut that:** taksain a mamawh ang tawka mut hmaa thawh hma te.

7. **Mahni inenkawl (self-care):**

- Nuam kan tih zawng (hobbies) tih nan hun ineam
- Thiantha/chhungte nena hun hman
- Mawi tih zawng music ngaihthlak

AWARENESSLEHFREECLINIC

National Mental Health Programmehnuiaia District hrang hrangte chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic annei thin a. Tunkar chhungin Siaha, Champhai, Serchhip leh Mamit District ten Awareness leh Free Clinic annei 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 nen a kan inzawmna te leh duhthlanna hrisel kan neih theih nan heng hun hi hlawk taka hman thin a ni.



DMHP SIAHA



DMHP CHAMPHAI



DMHP SERCHHIP



DMHP MAMIT

NPPCD chungchanglehbeng lama
harsatna nei ,hrechiangduhtanDistrict
Hospital, ENT Dept OPD ah
zawhfiahtheihreng a ni

Thurawnpekemawhriatbelhduhneichuan
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Rilrulamaharsatnaneilehhriatbelhduh
neikanawmchuan
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