



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/139

Aizawl, the 25th June, 2026

19th - 24th June, 2026

No. of OPD: 367
Cumulative for 2026-27: 3935

No. of IPD: 22
Cumulative for 2026-27: 656

Outreach

Free Clinic cum Awareness: 7
Cumulative for 2026-27: 69

No. of Beneficiaries: 400
Cumulative for 2026-27: 4309

No. of OPD/IPD
(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	134	2018
Lunglei	21	542
Siaha	18	555
Champhai	94	1002
Kolasib	66	272
Serchhip	9	107
Lawngtlai	17	211
Mamit	30	267

No. of Phone Call Attended

1. **TeleMANAS:102**
Cumulative for 2026-27: 1823

TeleMANAS
Mizoram: 14416 (Toll Free)

MAIN STAKEHOLDER
ARSI Mizoram Chapter
7005983633/9366191341

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

SLEEP HYGIENE

- DMHP, Lawngtlai

‘Sleep hygiene’ tih hi mut dan tha leh mumal sawina a ni a. Kan nunphung leh kan chhehvel a thilthleng avangin tunlai khawvelah mut lama harsatna nei kan tam em em a, hemi avang hian mutdan tha leh mumal kan neih theih nan heng a hnuaia points kan tarlan te hi kan zawm a ngai a ni.

Mut dan tha leh mumal neih dan

- 1) Mut hun leh thawh hunbi neih hi a pawimawh em em a, hei hian kan taksain ngaiha alo nei thin a, hunbi mumal neih hi a pawimawh hmasa ber a ni.
- 2) Kan mutchhuah hunah chauh mut tum thin tur ni, a chhan chu mutzal mai mai kan chin chuan kan mut hunbi a ti mumal lova, a hun taka mut kan harsat phah thin.
- 3) Mut hnua minute 20 hnu pawha kan la mutthilh theih loh chuan thawha min ti mutchhuak thei tu tur e.g Leikhabu chhiar emaw Music ngaihlak tur. Min tiharhvang thei thil lampang tih loh tur.
- 4) Kan mut hma darker 4-6 ah hian caffeine (coffee, thingpui, cold drinks, chocolate) emaw nicotine (cigarettes) te tih loh tur. Hei hian kan mutdan a tibuai thei.
- 5) Zu in loh hi taksa tan a tha ber a, mi tamtakin zu hian mut a titui emaw kan ti thin a, amaherawhchu zu hian mutthilh a ti harsa zawk a, in lova kan awm theilo anih pawhin mut hma darker 4-6 chhung hian in loh tur a ni.
- 6) Khum hi mut nan chauha hman tur a ni a, Tv en nan te, thil ei nan tea khum kan hman thin chuan mut hunah mutthilh a harsat phah thin.
- 7) Chhun mut chin loh tur, hei hian mut hun a tibuai phah thin.
- 8) Mut hmaa mut dan phung, thil tih dan phung (rituals) neih a tha. E.g breathing exercise emaw Pathian pawlna hun. Etc.
- 9) Mut hma hma darker 1-2 ah hian tuiluma inbual a tha. Heihian kan taksa temperature a tisang a, a hnua kan temperature a rawn tlakhniam kan mutthilh a tichhuak thin.
- 10) Hunbi neia nitin kan insawizawi hian min ti harhvang a, heihian a hun taka mutthilh a ti awlsam thin.

Heng a chungka kan sawi bakah hian kan mutna hmun nuam leh hahdamthlakte a pawimawh a, mut lama harsatna nei tam takte hi mutdan tha leh mumal kan zawm peih loh vang a ni tlangpui. Chuvangin, mut dan tha leh mumal kan zawm hi a pawimawh em em a, vawilekhata inthlak danglam maitheih ni lo mahse hunbi kan ngaih pawimawh a kan vawn that chuan zawi zawiin a inthlak thei a ni.

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 annei thin a. Tunkar chhungin Aizawl, Lunglei, Serchhip, Lawngtlai leh Mamit District ten Awareness leh Free Clinic annei a, TeleMANAS chungchang inhrihhriatna 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 AIZAWL



DMHP LUNGLEI



DMHP SERCHHIP



DMHP LAWNGTLAI



DMHP MAMIT

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

Thurawn pek emaw hriatbelh duh nei
chuan a hnuiaia 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