



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/143

Aizawl, the 24th July, 2026

17th – 24th July, 2026

No. of OPD: 280
Cumulative for 2026-27: 514

No. of IPD: 44
Cumulative for 2026-27: 879

Outreach

Free Clinic cum Awareness: 17
Cumulative for 2026-27: 93

No. of Beneficiaries: 814
Cumulative for 2026-27: 5947

No. of OPD/IPD
(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	127	2437
Lunglei	41	637
Siaha	24	601
Champhai	75	1229
Kolasib	13	377
Serchhip	8	139
Lawngtlai	17	285
Mamit	19	330

No. of Phone Call Attended

1. **TeleMANAS: 185**
Cumulative for 2026-27: 2479

2. **ARDSI Mizoram Chapter: 5**
Cumulative for 2026-27: 1847

TeleMANAS
Mizoram: 14416 (Toll Free)

MAIN STAKEHOLDER
ARDSI Mizoram Chapter
7005983633/9366191341

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

DEFENCE MECHANISMS

-DMHP CHAMPHAI

Defence mechanisms chu harsatna, manganna, rilru hahna, mahni inthiamloha emaw kan inngaihhlutna tichhe thei laka mahni invenhim nana kan hman thin hi a ni. Heng hian kan chhunglama buaina kan neih te hmanchhawnpui nan min pui thin a ni. Amaherawhchu chintawh kan hriat loh chuan thil dik zawk kan hmu dik lo thei a, rilru puitlinna kawngah min daltu a ni thei bawh.

Defence mechanisms hrang hrang te -

1. Immature Defence Mechanism:

i) Denial - thudik pawm duh lo 'a' a thleng lo', 'a ni lo' tih tlatna.

Eg - Exam naah a fail a, a result a pawm duh lo, Doctor in a natna dik tak a hrih hnu pawhin a pawm duh lo

ii) Projection - Kan rilru puthmang dik lo emaw thinrimna emaw midanga kan puh letna

Eg - Mahni rinawm tawh loh avang a midang rinawm lo a puh let tum tlat.

iii) Acting out - Kan rilru hahna emaw lungawilohna emaw chetzia hmanga kan lantirna

Eg - Thinur avanga thil vawm chhiat.

iv) Regression - Buaina leh harsatna tawh changa naupang awmpung ang mai a awmna

Eg - Puitlinh tawh si naupang ang mai a tah hawm hawm, biak pawh theih loh a in khung ngat ngat mai.

v) Displacement - Kan lungawilohna chhan tak hnena lantir ngam lo a midang kan hlauh loh zawk te hnena kan in hrik thlakna.

Eg - Boss berin a hauh vanga nupui fanau te laka sual chhuah chian.

2. **Neurotic Defence Mechanism:**

i) Repression - Kan rilru natna te kan hriatrengna atanga kan hnawhbo daihna.

Eg - engemaw thil thleng(traumatic) theihnghilh tum daihna.

ii) Reaction formation - Kan rilru dik tak thup tum a,a letling hlir a lanchhuah tir. Eg - Kan huat leh ngei em em pawh duhsak ber anga hmaichhana fak chiam.

iii) Intellectualization - Kan ngaihtuahna leh logic eng eng emaw hmanga rilru hahna leh natna tuamhlawm tumna.

Eg - Miin rualbanlo fa a neihin, Medical term ah chuan chumi khami vang chu a ni e tiin a sawi thin.

iv) Rationalization - Kan thil tih dikloh emaw kan duh anga thil a kallohin,a chhan awm ang tak si,dawt hmangin kan siam chawp thin.

Eg - Inkhelhna an chak loh chhan ah,"Referee a bias lutuk a,min tan lo".

3. **Mature Defence Mechanism:**

i) Sublimation - Thinurna,lungawilohna te chu thil tha zawk,art emaw,infiamna lama her tir.

Eg -Ngaihzawng then lunglen in hnem nan gym kal te,journal ziah te.

ii) Humor - Harsatna leh lungngaihna fiamthu hmanga palzam a hmachhawn.

Eg - Thil sual chang pawh a experience alawm ti a ngaih theihna,buai em em karah pawh la nui hram hram thei.

iii) Altruism - Buaina leh harsatna tawh te midang puih nan a hman tangkai.

Eg - Nu 1 in a fa a hmangaih em em a chan a,a rilru natna chu midang fa chan ve te thlamuan nan a hmang.

iv) Suppression - Harsatna leh buaina chu hun dangah kan hmanchhawn dawn tih hriat avanga dah bo rihna.

Eg - tunah rih hi chuan ngaihtuah lo phawt ila,naktuk lamah rilru tharin ka ngaihtuah zawk ang.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuia 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, Kolasib, 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 KOLASIB



DMHP SERCHHIP



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 hnuia 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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