



National Mental Health Programme

Mizoram

Weekly Bulletin



NMHP-Mz/2026/148

Aizawl, the 28th August, 2026

21st-27th August , 2026

No. of OPD: 285

Cumulative for 2026-27: 6725

No. of IPD: 28

Cumulative for 2026-27: 1089

Outreach

Free Clinic cum Awareness: 9

Cumulative for 2026-27: 134

No. of Beneficiaries: 1074

Cumulative for 2026-27: 8822

No. of OPD/IPD

(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	146	3208
Lunglei	37	843
Siaha	19	817
Champhai	56	1505
Kolasib	18	475
Serchhip	12	190
Lawngtlai	14	383
Mamit	11	395

No. of Phone Call Attended

1. **TeleMANAS: 156**

Cumulative for 2026-27: 3223

2. **ARDSI Mizoram Chapter: 7**

Cumulative for 2026-27: 135

TeleMANAS

Mizoram: 14416 (Toll Free)

MAIN STAKEHOLDER

ARDSI Mizoram Chapter

7005983633/9366191341

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

NUNDAN HRISEL LEH RILRU HRISELNA

-DMHP LUNGLEI

Hriselna hi kan taksa leh kan rilru vawng hriseltu hmanrua pawimawh tak a ni. Nitina kan thil ei, kan taksa sawizawi leh kan muthilh hunte hian kan rilru hriselna, ngaihtuahna hman thiamna leh rilru chakna te a hruai thui hle a ni. Hemi atan hian nitin kan nundan tura ruahmanna tha kan siam hian, zing atanga zan thlengin rilru muanna min siamsak thei a ni.

Taksa Leh Rilru Inzawmna

Kan taksa hriselna kan enkawl hian kan thluak thlengin min pui a ni. Thlai hnah hring, thei hrisel, leh sa tuihnai kan ei hian kan thluak tana mamawh chakna thlarau min pe a, rilru chhia leh ngaihtuahna tibuai thei lakah min chhandam thin. Kan pumpui leh kan thluak hi an inbe pawh reng a; chaw tha leh hrisel kan ei hian rilru tihlimtu 'serotonin' a siam hnem a ni. Chutih laiin, thil thlum leh thil thur lutuk kan ei hian thluak a tichak lo thei a ni.

Exercise Hi Natna Chhawkna A Ni

Taksa sawizawi reng hian rilru tawt a tizia awm a. Kea kal te, yoga tih te, leh bicycle khalth te hian thluak chhungah hlimna petu 'endorphin' a siam hnem a, chu chuan rilru hahna leh lungngaihna a tizawm thin. Gym pui pui pan a ngai kher lo; nitina minit 20 chhung lek taksa sawizawi pawh hian rilru a tihlim thei em em a ni.

Mut Ṭhat Rilru Tana Thlamuanna

Nitin darkar 7 atanga darkar 9 chhung muthilh that hian rilru hliam leh chau te a ti hahdam thin. Kan muthilh hlan hian kan thluak a in siamtha leh thin a ni. Mut ṭha kan neih hian rilru hah a tiziawm a, dawhtheihna min pe thar bawh thin.

Rilru Tawt Tihzia awm Leh Thian Rintlak Neih

Rilru hriselna atan hian boruak thar hip leh thian hnai neih a pawimawh hle. Thaw han lak vang vang te, ngaihtuahna tihfim te, leh pawn boruak thianghlim hip te hian thluak a tichak thin. Tin, chhungte leh thianṭha bula awm hian lungngaihna lakah min veng a, min hnem thin a ni.

Zing Routine: Rilru Tihmuan

Zing i thawh hlim darkar khat chhung hi a pawimawh ber lai a ni. Thawh hlim ruala phone khawih nghal loh tur, chu chuan rilru a tibuai nghal thei. Chu ai chuan tui no khat in la, taksa tihrawl te ti mar in ti zawi la, thaw la kawh kawh zawh rawh. Zing ni eng hmuh hian taksa chhung che vel a tichak a, zan mut a ti awlsam thin.

Tlai/Zan Routine: Mut Dawna Inbuatsaih

Hnathawh hah hnua mut dawn hian inbuatsaih lawk a ngai. Mut hma darkar khat velah phone leh TV dah bo la, chu chuan muthilh harsatna thlentu 'blue light' lakah min veng ang. Lehkhabu chhiar te, thil thleng chhinchhiah te, leh hla ngaihthlak te ti thin ang u. Light tihthim deuh hian thluak hnenah mut a hun tawh a ni tih a hriattir thin.

A tawp berah chuan, tlin lohna neih hi a pawl lo a, kan nitin routine kan zawm theilo a nih pek in lunghnur mai lo in, a aia ṭha zawkin ka zawm leh thei dawn a ni tih rilru pu ila. Fel famkim tumah kan awmlo tih kan hriat thar zel angai a ni. Nitina kea kal zeuh te, tui in hnem te, leh chawlh hlek te uar ila, hei hian hun engemaw chen hnuah rilru hrisel leh hlimawm min pe dawn a ni.

AWARENESS LEH FREE CLINIC

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 Aizawl, Lunglei, Champhai, Kolasib, Serchhip, Lawangtlai leh Mamit District ten Awareness leh Free Clinic an nei a, TeleMANAS chungchang inhrilhriatna hun neiin Mental Health chungchang zirtirna hun an hman thin a ni. Rilru hriselna hian kan rilru leh khawtlang nun a huam a, kan ngaihtuahna, kan rilru put hman leh kan thil tih dan a 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 CHAMPHAI



DMHP KOLASIB



DMHP SERCHHIP



DMHP LAWNGTLAI



DMHP MAMIT

NPPCD chungchang leh beng lama harsatna nei, hrechiang duh tan District Hospital, ENT Dept OPD ah zawhfhah 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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