



# National Mental Health Programme, Mizoram

## Weekly Bulletin



NMHP-Mz/2026/152

Aizawl, the 25<sup>th</sup> September, 2026

18<sup>th</sup> – 24<sup>th</sup> September, 2026

No. of OPD : 293  
Cumulative for 202-27: 7031

No. of IPD : 30  
Cumulative for 2026-27: 1152

### Outreach

Free Clinic cum Awareness : 5  
Cumulative for 2025-26: 173

No. of Beneficiaries : 378  
Cumulative for 2025-26: 12917

No. of OPD/IPD  
(Including Psychiatry Dept.)

| District  | No. of Patients | Cum FY 2025-26 |
|-----------|-----------------|----------------|
| Aizawl    | 118             | 3326           |
| Lunglei   | 24              | 867            |
| Siaha     | 18              | 835            |
| Champhai  | 79              | 1584           |
| Kolasib   | 33              | 508            |
| Serchhip  | 14              | 204            |
| Lawngtlai | 20              | 403            |
| Mamit     | 17              | 412            |

No. of Phone Call Attended

TeleMANAS : 162  
Cumulative for 2025-26: 3671

TeleMANAS Mizoram:  
14416 (Toll Free)

MAIN STAKEHOLDER  
ARDSI Mizoram Chapter  
7005983633 / 9366191341

*Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni*

## DEMENTIA

- DMHP Kolasib

Dementia hi natna hriatrengna leh ngaihtuahna tlahniam leh a hnu zel nitin nuna a harsatna lo lang chhuak sawi nan a hman a ni a.

Dementia lan chhuah hmasak dan tlanglawn ber te chu:-

- Hriatrengna hloh emaw tlahniam (memory loss)
- Thil tih thanah harsatna nei thar
- Hun (time), ni (date), hmun (place) leh mi (people) hai
- Ruahmanna tlahniam emaw tlachham
- Tawng harsat
- Thil hrang hrang ngaihtuah harsat emaw thriatthiam loh hmun ni lova thil dah
- Khawsa zia leh rilru puthmang inthlak
- Zia, nihphung, nungchang inthlak
- Tha tho lo

Dementia natna huam chhungah hian natna hming hriat hlawh tak a awm a, chu chu Alzheimer's natna hi a ni. Alzheimers natna hi natna muang tak a ni a, thluak a timur leh tha zam te a tihchhiat avangin hriatrengna, tawng, ngaihtuahna leh thutlukna siamah harsatna a awm tir a. Kum 60 hnu lamah intan berin kum lo upat zelin veina chance a sang zel a ni. He natna hi muangchangina intan a, a tirah chuan haihawt, thil hriatreng theih loh, thil naran leh nitina hman thin hming hriat fuh mai theih loh leh rilru puthmang inthlak in a intan. Alzheimer's natna lo lanchhuah dan hi a muan avangin hriat chhuah a tlai fo thin a, kum lo upat zelin a ken tel ngei a ni lo tih chu hriat a tha awm e.

Khawvel pumah mi maktaduai 22 velin Alzheimer's natna hi an vei mek angin mithiamte chuan an chhut a. India ramah hian mi maktaduai 3 velin vei anga chhut a ni bawk. Alzheimer's natna hi natna khirhkhan tak a ni a, tun thlengin a lo awm chhan ber hi hriat a la nil ova, a tihdamna pawh hmuhchhuah a la ni lo. He natna thlentü ber hi hriatchhuah la ni lo mahse, a vei theihna thlen theitu thenkhatte han tarlang ila:

- i) **Kum:** Kum a lo upat zel hian veina chance a sang zel a, kum 65 hnu lamah chuan kum 5 dan zelah vei theihna chance a sang zel a ni.
- ii) **Inthlahchhawn:** Early Onset Familial Alzheimer's Disease an tih hi kum 30 atanga 60 inkara awm thin a ni a, hei hi inthlahchhawn theih ni a hriat a ni bawk. Alzheimer's natna tlanglawn zawk, kum upat lama awm chi hi chu late onset tih a ni a, inthlahchhawn theih a nihna hmuhchhuah a la ni lo a ni.
- iii) **Thluak hliam tuar:** Nikhawhrelö khawpa lu a hliam tuar tawh ten Alzheimer's natna an neih theihna a sang ni a hriat a ni.
- iv) **Down's Syndrome nei te:** Down's Syndrome neite hian chromosomal defect an neih avangin Alzheimer's natna an neih theihna chance a sang hle nia hriat a ni.

Dementia natna nei te nena khawsak ho leh enkawl dan:

1. Zahawmna chhawmdawl
2. Hunbi neia thil tih thin leh thil lo ruahman lawk hian thil a ti awlsam bakah damlo tan a tha em em a ni.
3. Mahni inrintawkna nei tura tanpui
4. Inhauhna leh intihbuaina awm lo tura tan lak
5. Awlsam leh mawl thei ang bera thil tih
6. Intihnat emaw inhliam palh theihna laka venhim
7. Awm mai mai tir lova tih tur (activity) hrang hrang tih tir
8. In pawhna tha neih
9. An thil hriat sa an hriat reng zel theihna tura tan lakpui

Alzheimer's natna hian kan thluak hi zawi muangin a tichhia a, kan hriatrengna te, kan ngaihtuahna te, thil zir te leh thil tihfel lamah nasa takin nghawng a nei thei a. Dementia natna a hriat hlawh ber a ni a, kum 65 hnu lamah a langchhuak tlangpui thin bawk. He natna hi a lo awm chhan te leh a tihdamna tur damdawi te hmuhchhuah la ni lo mahse an natna tiziaawm turin a enkawl na tur damdawi a awm a. Damlo te enkawl a pawimawh rual rualin damlo enkawltu leh chenpuitu berte hian a natna an hriatchian a pawimawh a, Alzheimer's natna veite hi enkawl na kawnga puih an ngaih nasat avangin a enkawltute pawh in zahna leh hriatthiamna, hmangaihna nena enkawl a ngai a ni.

## AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuiaia District hrang hrangte chuan NGO pawl hrang hrang, Kohhran, School leh sorkar department hrang hrangah Awareness leh Free Clinic an nei thin a. Tunkar chhungin Siaha, Champhai, Serchhip 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 thiltih dana 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 CHAMPHAI**



**DMHP SERCHHIP**



**DMHP MAMIT**

NPPCD chungchang leh beng lama harsatna nei a, 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](mailto:mizmentalhp@gmail.com)

Rilru lama harsatna nei leh hriatbelh duh nei kan awm chuan  
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