



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHPMz/2024/13

Aizawl, the 19th Jan, 2024

No. of OPD : 145
No. of IPD : 15

Outreach

Free Clinic cum : 6
Awareness
No. of Beneficiaries : 333

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

Aizawl : 72
Lunglei : 22
Siaha : 10
Champhai : 5
Kolasib : 10
Serchhip : 10
Lawngtlai : 17
Mamit : 14

No. of Phone Call Received

DMHP : Nil
TeleMANAS : 75

Targetted Intervention

under NMHP, Mizoram : 4

ARDSI Mizoram Chapter

7005983633
9366191341

"Rilru lam natna reng reng hi enkawl theih vek a ni"

LIFE SKILLS

(Contd. from previous week)

Thil ngaihtuah thiam (critical thinking)

Buaina emaw, thu hriat emaw chu thil tum nei taka thlirletna a kawka ni. Critical thinker chuan thil chipchiar taka hriatthiam duhna a lantir a, chutianga a tih lai chuan, thu tharte chu assimilate leh evaluate-na kawngah open minded approach a neih avangin a bias-te chuan a nghawng lo va. Critical thinking hi nun thiamna pawimawh tak a ni a, a chhan chu thu hriatte chu thil tum nei taka leh thlirna zau zawka atanga teh duhna a tuh a ni.

Buaina chinfel dan leh thutlukna siam (Problem Solving & Decision Making)

Buaina chinfel leh thutlukna siam hi thiamna inzawm tlat a ni. Buaina a lo awm chuan buaina chu thil tum nei taka hriatthiam a ngai a, chu chuan buaina chu chiang taka sawifiah a huam a ni. Buaina chu sawifiah a nih hnuah, buaina chinfelna tur kawng dang awm thei hrang hrangte chu chhui chhuah a ngai a, chu chui chinfel theih zawng zawngte thatna leh that lohna ngaihtuah a ngai a ni. He zirchianna a\ang hian a solution tha ber chu thlan leh hman a ni. Solution pek tawh hman tura thutlukna siam a nih hnuah, solution chu solution hnuhng ber atana pawm emaw, hnawl emaw hman fair trial pek hmasak phawt tur a ni.

Mit tha lo tan tarmit vuah a zahthlak loh ang bawkin beng tha lo tan beng dar vuah a zahthlak loh

Rilru lama harsatna nei leh hriat belh duh nei kan awm chuan
Telemanas Call theihna
14416, 180008914416

Thurawn pek emaw hriat belh duh nei chuan a hnuai mail ah hian dah nise
mizmentalhp@gmail.com

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