For latest COVID-19 related informations in Mizoram, please click the following links:

- [https://twitter.com/dipr_mizoram?s=09](https://twitter.com/dipr_mizoram?s=09)
- [https://instagram.com/dipr_mizoram?igshid=1akqtv09bst7c](https://instagram.com/dipr_mizoram?igshid=1akqtv09bst7c)

**Issue No : 70**

**Time : 23rd June, 2020 @ 7:00 PM**

1. **June 30, 2020** thlenga lockdown kalpui dan tur kaihhruaina
   

2. **June ni 23, 2020** tlai dar 5:30 a Khawvel COVID-19 dinhmun (source: World Health Organization)

   Confirmed cases - 89,74,795
   Confirmed deaths - 4,69,159
   Countries/Territories - 213

**COVID-19 natna vei hmuhchhuah tamna ram te**

- USA – 22,68,753
- Brazil – 10,85,038
- Russia -5,92,280
- India – 4,40,216
- United Kingdom – 3,04,335
- Peru – 2,54,936
- Chile – 2,46,963
- Spain – 2,46,272
- Italy – 2,38,499
- Iran – 2,07,525
- Germany – 1,90,359
- Turkey – 1,87,685

**COVID-19 natna thihpui tamna ram te**

- USA – 1,19,761
- Brazil – 50,617
- United Kingdom– 42,632
- Italy – 34,634
- France – 29,571
- Spain – 28,323
- Mexico – 21,825
- India – 14,011
- Iran – 9,742
- Belgium – 9,696
- Germany – 8,885
- Canada – 8,430

**Darkar 24 chhunga COVID-19 natna hmuhchhuah tam zualna ram te**

- USA – 27,575
- Brazil – 17,459
- India – 14,933
- Russia – 7,600
- Mexico – 5,343
- Chile – 4,608
- South Africa – 4,288
- Pakistan – 3,946
- Peru – 3,598
- Bangladesh – 3,480
- Saudi Arabia – 3,393
- Colombia – 3,019

**WHO in region a then dan a COVID-19 vei zat**

- Americas – 44,37,946
- Europe – 25,43,778
- Eastern Mediterranean – 9,33,052
- South-East Asia – 6,20,115
- Africa – 2,32,215
- Western Pacific – 2,06,948

- Darkar 24 chhungin positive thar 1,52,323 an awm a; 4,025 in an thihpui.
3. June ni 23, 2020 zing dar 8:00 a India ram COVID-19 dinhmun (source : MoHFW, GOI)

<table>
<thead>
<tr>
<th>Sl.</th>
<th>State/UT</th>
<th>Positive hmuichhuah zat</th>
<th>Damchhu ak</th>
<th>Thizat</th>
<th>Sl.</th>
<th>State/UT</th>
<th>Positive hmuichhuah zat</th>
<th>Damchhu ak</th>
<th>Thizat</th>
</tr>
</thead>
<tbody>
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<td>1</td>
<td>Andaman &amp; Nicobar Islands</td>
<td>48</td>
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<td>9215</td>
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<td>4495</td>
<td>111</td>
<td>20</td>
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<td>135796</td>
<td>67706</td>
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<td>21</td>
<td>Manipur</td>
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<td>250</td>
<td>0</td>
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<td>4</td>
<td>Assam</td>
<td>5586</td>
<td>3521</td>
<td>9</td>
<td>22</td>
<td>Meghalaya</td>
<td>44</td>
<td>37</td>
<td>1</td>
</tr>
<tr>
<td>5</td>
<td>Bihar</td>
<td>7825</td>
<td>5781</td>
<td>55</td>
<td>23</td>
<td>Mizoram</td>
<td>142</td>
<td>12</td>
<td>0</td>
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<tr>
<td>6</td>
<td>Chandigarh</td>
<td>411</td>
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<td>Nagaland</td>
<td>280</td>
<td>141</td>
<td>0</td>
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<td>7</td>
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<td>2303</td>
<td>1513</td>
<td>12</td>
<td>25</td>
<td>Odisha</td>
<td>5303</td>
<td>3863</td>
<td>15</td>
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<tr>
<td>8</td>
<td>Dadra Nagar Haveli, Daman &amp; Diu</td>
<td>91</td>
<td>27</td>
<td>0</td>
<td>26</td>
<td>Puducherry</td>
<td>383</td>
<td>149</td>
<td>8</td>
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<tr>
<td>9</td>
<td>Delhi</td>
<td>62655</td>
<td>36602</td>
<td>2233</td>
<td>27</td>
<td>Punjab</td>
<td>4235</td>
<td>2825</td>
<td>101</td>
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<td>10</td>
<td>Goa</td>
<td>864</td>
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<td>1</td>
<td>28</td>
<td>Rajasthan</td>
<td>15232</td>
<td>11910</td>
<td>356</td>
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<td>11</td>
<td>Gujarat</td>
<td>27825</td>
<td>19909</td>
<td>1684</td>
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<td>Sikkim</td>
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<td>29</td>
<td>0</td>
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<td>12</td>
<td>Haryana</td>
<td>11025</td>
<td>5916</td>
<td>169</td>
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<td>Tamil Nadu</td>
<td>62087</td>
<td>34112</td>
<td>794</td>
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<td>13</td>
<td>Himachal Pradesh</td>
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<td>8</td>
<td>31</td>
<td>Telangana</td>
<td>8674</td>
<td>4005</td>
<td>217</td>
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<td>14</td>
<td>Jammu &amp; Kashmir</td>
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<td>3531</td>
<td>85</td>
<td>32</td>
<td>Tripura</td>
<td>1237</td>
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<td>15</td>
<td>Jharkhand</td>
<td>2137</td>
<td>1469</td>
<td>11</td>
<td>33</td>
<td>Uttarakhand</td>
<td>2402</td>
<td>1521</td>
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<tr>
<td>16</td>
<td>Karnataka</td>
<td>9399</td>
<td>5730</td>
<td>142</td>
<td>34</td>
<td>Uttar Pradesh</td>
<td>18322</td>
<td>11601</td>
<td>569</td>
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<td>17</td>
<td>Kerala</td>
<td>3310</td>
<td>1749</td>
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<td>35</td>
<td>West Bengal</td>
<td>14358</td>
<td>8687</td>
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<td>18</td>
<td>Ladakh</td>
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<td>TOTAL</td>
<td>440216</td>
<td>248193</td>
<td>14011</td>
</tr>
</tbody>
</table>

* Darkar 24 chhungin sample 1,87,223 test niin positive case thar 14,933 hmuh a ni a, mi 10,994 dam (cured) a puan niin 312 in an thihpui a ni.

* ICMR chhinchhiah dan chuan India rama sample test tawh zawng zawng zat hi 71,37,716 a ni.

(Mizorama positive case thar hmuh zat hi MoHFW hian an la update lo nachungin table ah hian update tel a ni)
4. COVID-19 positive thar awmlo

Nimin 22.6.2020 a ZMC-a sample endik zingah ah COVID-19 positive hmuh belh a awm rih lo. Sample 804 process atangin 583 a negative a, 221 result nghah mek a ni.

Lungleia COVID-19 damlo enkawl mek 2 sample ennawn (retest) niin 1 a negative a, 1 result erawh nghah mek zingah a tel.

District tin test dan (June 22, 2020) :
Aizawl - 277 (Mipa - 113, Hmeichhia -164)
Lunglei -28 (Mipa - 8, Hmeichhia - 20)
Siaha -468 (Mipa - 241, Hmeichhia - 227)
Mamit -13 (Mipa - 6, Hmeichhia - 7)
ZMC a damlo enkawl mek - 18 ( Mipa - 8, Hmeichhia - 10)
Total - 804 ( Mipa - 376, Hmeichhia - 428)

Vawiin chawhnu khan ZMC atangin COVID-19 vei enkawl damleh 7 chhuah tir (discharged) an ni a, tun thlengin Mizorama COVID-19 vei enkawl dam tawh (discharged) zat chu 19 a ni.

Covid-19 vei, an sample retest leh hnu a negative ta, an dinhmun thlithlai a ngaih rih avanga damdawi in la chhuahsan lo engemawzat an awm bawk.

COVID-19 positive te sample test nawn a nih a an negative hian "an vei tawh lo a, an dam tawh e" ti a puanzar nghal theih a ni lova, uluk taka uluk taka vil chhunzawm rih an ngai a, kalphung awmsa anga tihthur tul ang te an teihfel zawh hnu a damdawi in (Covid Care Centre/ Dedicated Covid Health Centre/Designated Covid Hospital/After Care Centre) atanga anmahni enkawl tuten an chhuah tir (discharge) hma chuan damfel tawh (cured/recovered) tiin puan theih an nilo.

5. Civil Hospital Lunglei COVID-19 test result update (23/06/2020 - Tuesday)

6. Covid-19 dona turin mimal, pawl, kohhra, sawrkar hnathawk, MLA leh mi hrang hrangin Chief Minister's Relief Fund (CMRF)-ah sum an chhung lut zel a. Dt. 22.06.2020 (Thawhtanni) thlenga sum lut zawng zawng chhinchhiah (record) hi Rs. 17,21,19,570/- a ni a. Hei bakah hian hming tarlan duh lo/hming thup CMRF Account-a 'online'-a chhun luh (deposit) hi Rs. 26,55,370/- a awm bawk a ni... 
For details: https://dipr.mizoram.gov.in/post/chief-ministers-relief-fund-a-sum-lut-zat-leh-hman-dan

7. COVID-19 hripui leng dona tur puihna mi thahnemngai tak takte atangin Chief Minister's Relief Fund ah nitin sum chhunluh a ni thin a. Vawiina tlai dar 5:00 thlenga sum hmuhte chu a hnuai a mi ang hi a ni:
For details: https://dipr.mizoram.gov.in/post/cm-relief-fund-for-covid-19-a-sum-lut-zat-23062020-500-pm

8. Standard Operating Procedure for Social Distancing
For details: https://dipr.mizoram.gov.in/post/standard-operating-procedure-for-social-distancing1592742386

9. Health & Family Welfare Department in Quarantine chungchanga hriattur pawimawh a chhuah...


15. Dr. Lalzirmawia Chhangte, IAS, Deputy Commissioner, Serchhip District chuan COVID-19 hri darh zel tur venna atana lockdown kalpui zel dan tur thupek a chhuah… For details: https://dipr.mizoram.gov.in/post/lockdown-kalpui-zel-dan-tur-serchhip-district-bawrhsap-thupek1592912507


For details:  https://dipr.mizoram.gov.in/post/task-group-on-quarantine-facilities-report1592897628


- Task Group hnena Mizorama rawn haw tur in register zawng zawng zat – 13,114 (an rawn haw tak hma a chhinchhiah zat an ni)
- Rawn haw tak chhinchhiah tawh zat (Mizoram rawnthlengzat ) – 11,964
- Kawnga rawn thang mek – 7
- Rawn la haw tur chhinchhiah zat – 1155
- Rawn haw tawh Quarantine Facility a awm mek chhinchhiah zat – 6559
- Rawn haw tawh zinga Quarantine facility chhuahsan zat – 5405

23. Report (Covid-19) on Law & Order and Facilitation of Essential Goods & Services...


25. Construction Works HnaThawkut Migrant Workers Chhawr/Chhawrtu Online Report-na...
For details:  https://dipr.mizoram.gov.in/post/construction-works-hna-thawktu-migrant-workers-chhawrchhawrtu-online-report-na

27. Status of Mizoram Surveillance of COVID-19 (Time: 22.6.2020 5:00pm – 23.6.2020 5:00 pm) – input from IDSP, H&FW department

<table>
<thead>
<tr>
<th>S.No</th>
<th>Category</th>
<th>A. than Date: 23.6.2020</th>
<th>Belhhkawm Date: 23.6.2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Endik tawh zawng zat</td>
<td>616</td>
<td>117394</td>
</tr>
<tr>
<td>2</td>
<td>Rapid Anti Body Test of India(RATI) nei h zat</td>
<td>127</td>
<td>16140</td>
</tr>
<tr>
<td>3</td>
<td>COVID-19 Sample test nei h dan</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>NICED - KOLKATA</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Guwahati Medical College</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Silchar Medical College</td>
<td>41</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lungle Civil Hospital (Truenat – PCR)</td>
<td>25</td>
<td>132</td>
</tr>
<tr>
<td></td>
<td>Zoram Medical College(ZMC)</td>
<td>582</td>
<td>9650</td>
</tr>
<tr>
<td></td>
<td>COVID-19 samples test tawh zawng zat</td>
<td>607</td>
<td>9840</td>
</tr>
<tr>
<td>4</td>
<td>Rinhleh Damdawin-a dah zat</td>
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<td>237</td>
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<tr>
<td>5</td>
<td>Damlo DCHC a dah zat</td>
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<tr>
<td>6</td>
<td>Damlo CCC a dah zat</td>
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<td></td>
</tr>
<tr>
<td>7</td>
<td>COVID-19 Confirmed cases nei h zat</td>
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</tr>
<tr>
<td>8</td>
<td>COVID-19 positive damdawlin-a dah zat</td>
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<td>9</td>
<td>COVID-19 vei tawh dam leh zat</td>
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<td>19</td>
</tr>
<tr>
<td>10</td>
<td>COVID-19 positive nei mek zat</td>
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</table>


28. District hrang hrang Covid Care Centre (CCC) leh Dedicated Covid Health Centre (DCHC) a COVID-19 vei enkawl mek zat. –23rd June, 2020 (input from IDSP, H&FW department)

<table>
<thead>
<tr>
<th>NAME OF DISTRICT</th>
<th>DEDICATED COVID HEALTH CENTER(DCHC)</th>
<th>COVID CARE CENTER(CCC)</th>
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</thead>
<tbody>
<tr>
<td>Aizawl</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Lunglei</td>
<td>4</td>
<td>44</td>
</tr>
<tr>
<td>Siaha</td>
<td>10</td>
<td>0</td>
</tr>
<tr>
<td>Champhai</td>
<td>0</td>
<td>8</td>
</tr>
<tr>
<td>Kolasib</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Serchhip</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Lawngtlai</td>
<td>0</td>
<td>12</td>
</tr>
<tr>
<td>Mamit</td>
<td>1</td>
<td>20</td>
</tr>
<tr>
<td>Sahtual</td>
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<td>0</td>
</tr>
<tr>
<td>Khawzawl</td>
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<td>0</td>
</tr>
<tr>
<td>Hnahthial</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>21</strong></td>
<td><strong>93</strong></td>
</tr>
</tbody>
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29. Existing number of inmates at all designated Quarantine Facilities in Mizoram on June 23, 2020

For details: https://dipr.mizoram.gov.in/post/existing-number-of-inmates-at-quarantine-facilities-as-on-23-06-2020-time-400pm

1. Insawiselna nei ZMC-a admit tur chuan Screening room 9436743459-ah phone hmasak a, Referral Form nen ngei pan theih hram nise.
2. Insawiselna (symptom) neilo, positive contact vang emaw chhan dang engemaw vanga test ngai te erawh chu an quarantine-na hmun theuhvah sample la tura IDSP team phone tur a ni.
3. Quarantine Facility-a naupai awm zawng zawng chu emergency a sample test nghal vek tur a ni.
(Source: ZMC bulletin)


31. Daily Report on Status at Isolation Facilities in various Districts on June 23, 2020

For details: https://dipr.mizoram.gov.in/post/district-daily-report-on-status-at-isolation-facilities-as-on-23-06-2020-time-400pm

32. Champhai District Quarantine Facility hrang hranga khung hran awm zat (as on 23rd June, 2020 5:00 pm)
For details: https://dipr.mizoram.gov.in/post/champhai-district-quarantine-facilities-status-as-on-23-6-2020-500-pm

33. Daily Report on Status at Community Quarantine Facilities in various Districts on June 23, 2020

For details: https://dipr.mizoram.gov.in/post/district-daily-report-on-status-at-community-quarantine-facilities-as-on-23-06-2020-time-400pm
34. Daily Report on Status of Home Quarantine in various Districts on June 23, 2020


35. Daily Report on Status at Hotel/Paid Quarantine Facilities in various Districts on June 23, 2020


36. Kolasib District Quarantine Facility hrang hrang dinhmun (as on 22nd June, 2020 @ 2:00 PM)
For details: [https://dipr.mizoram.gov.in/post/kolasib-daily-report-on-quarantine-facility-date-22062020-200pm](https://dipr.mizoram.gov.in/post/kolasib-daily-report-on-quarantine-facility-date-22062020-200pm)

37. Kolasib District Isolation Facility hrang hrang dinhmun (as on 22nd June, 2020 @ 2:00 PM)
For details: [https://dipr.mizoram.gov.in/post/kolasib-daily-report-on-status-at-isolation-facility-date-22062020](https://dipr.mizoram.gov.in/post/kolasib-daily-report-on-status-at-isolation-facility-date-22062020)

38. Lawngtlai District Quarantine Facility hrang hrang dinhmun (as on 23rd June, 2020 6:00 pm)
39. Khawzawl District Quarantine Facility hrang hrang dinhmun (as on 23rd June, 2020)

40. Vawiin hian ZMC, Falkawn-a Covid-19 laboratory-ah test neih leh mek a ni a, result hi naktuk lamah chhuak tura beisei a ni. Nimin lama sample test 804-a result hriat tawh zingah 583 an negative a, result dang hi la nghah mek a ni. Nimin lama test-te hi ZMC, Aizawl, Lunglei, Siaha leh Mamit atanga sample dawnte an ni.
Vawiin khan Falkawn damdawiinah Covid 19 rinhlelh 1 admit thar a ni a, nimin lama admit-te sample nen test mek niin, result hi zan lamahchhuak tura beisei a ni. Vawiin khan ZMC-a Covid19 damlo enkwai dam tawh 7-te discharged fel an ni. Damlo enkawl mekte zingah harsatna nei an awm lo a ni. (source : ZMC bulletin)

41. District hrang hrang a Rapid Antibody Test report (23rd June, 2020) (input from IDSP, H&FW dept)


**Food Corporation of India (FCI), District Office, Aizawl report (22nd June, 2020)**

*(Mizoram chhunga FCI Godown hrang hranga buhfai awm zat)*

<table>
<thead>
<tr>
<th>District</th>
<th>Rice Raw Grade A</th>
<th>Rice Common</th>
<th>Wheat</th>
<th>Belhkhawm</th>
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<tbody>
<tr>
<td>Food Supply Depot AIZAWL</td>
<td>2292.0262400MT</td>
<td>0.000</td>
<td>0.000</td>
<td>2292.0262400MT</td>
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<tr>
<td>Food Supply Depot KOLASIB</td>
<td>1971.9288600MT</td>
<td>0.000</td>
<td>202.444425MT</td>
<td>2174.3732900MT</td>
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<td>0.000</td>
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<tr>
<td>Food Supply Depot BAIRABI</td>
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<tr>
<td>Food Supply Depot LAWNGTLAI</td>
<td>3318.8488850MT</td>
<td>0.000</td>
<td>0.000</td>
<td>3318.8488850MT</td>
</tr>
</tbody>
</table>
44. Mental Health Professionals (Mizoram) ten Helpline Call an dawn zat (22nd June, 2020 @ 9:00 PM)


45. Dt. 22.6.20 Dar 7:00 PM atanga 23.6.20 dar 6:00 PM thlenga Supply Check Gate, Vairengte paltlanga Essential Commodity bungrua lo luh dan.

<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Items</th>
<th>Quantity</th>
</tr>
</thead>
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<td>Atta</td>
<td>115 bags</td>
</tr>
<tr>
<td>2</td>
<td>Sugar</td>
<td>10 bags</td>
</tr>
<tr>
<td>3</td>
<td>Alu</td>
<td>210 bags</td>
</tr>
<tr>
<td>4</td>
<td>Purun</td>
<td>53 bags</td>
</tr>
<tr>
<td>5</td>
<td>Dal</td>
<td>60 bags</td>
</tr>
<tr>
<td>6</td>
<td>Rice (bazar)</td>
<td>400 bags</td>
</tr>
<tr>
<td>7</td>
<td>Tel</td>
<td>10 cases</td>
</tr>
<tr>
<td>8</td>
<td>Artui</td>
<td>80 cases</td>
</tr>
<tr>
<td>9</td>
<td>Tomato</td>
<td>NIL</td>
</tr>
<tr>
<td>10</td>
<td>Amul</td>
<td>925 cases</td>
</tr>
<tr>
<td>11</td>
<td>Hmarcha</td>
<td>NIL</td>
</tr>
<tr>
<td>12</td>
<td>Chi</td>
<td>90 bags</td>
</tr>
<tr>
<td>13</td>
<td>Maida</td>
<td>160 bags</td>
</tr>
<tr>
<td>14</td>
<td>POL</td>
<td>22 Trucks</td>
</tr>
<tr>
<td>15</td>
<td>LPG</td>
<td>15 Trucks</td>
</tr>
<tr>
<td>16</td>
<td>MIZOFED Rice</td>
<td>NIL</td>
</tr>
<tr>
<td>17</td>
<td>ZIDCO Rice</td>
<td>NIL</td>
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</table>
46. Lawngtlai District Magistrate-in COVID-19 hri leng vanga inkharkhip chungchang District mipuite zawm tur thupek a chhuah...

47. Khawzawl District Level Task Force (DLTF) in thilpek a dawng zel...

48. Lawngtlaiah UD&PA-in LADC sanitation worker-te tan PPE bungrawn hrang hrang an hlan...

49. Vawiin khon Mualcheng Farming Co-operative Society Ltd. bul tuma an khaw mipuite thlai thar thawkhawm chi hrang hrang te chu district chhunga quarantine centre hrang hlanga awm mekte tan DLTF kutan an hlan...
For details: https://dipr.mizoram.gov.in/post/mualcheng-khuain-serchhip-leh-bawngkawn-thilpek-hlan

50. Vawiin chawhma khon Siaha RD Block hnuia No-aotla I & II huam chhunga MzSRLM-SHG 25 te chuan Siaha khawpui chhunga Quarantine Centre hrang hlang a mi te tan thlaiahnh chawhmeh tam tham tak Siaha District Level Task Force hnenan an pe...

51. Mizoram College Teachers’ Association chuan an hlawhpui (basic pay) atanga 5% theuh thawkhkhawmin, COVID-19 dona atan Chief Minister’s Relief Fund-ah Rs 41,22,270 an chhung lut. Hingher & Technical Education Minister Dr. R. Lalthangliana hovin Chief Minister Pu Zoramthanga hnenan an hlan.

Vawiina an chhun bakah a hma khan College 13 a thawkutte chuan an nikhat hlawn thawkhawm Rs. 23,14,522 chu CM Relief Fund-ah an lo chhung lut tawh a ni. Heng College 13 te bakah hian College dang te pawhin an nikhat hlawn atangin tualchhung leh ramria Local Task Force duty te hnenah ei tur leh mamawh tul dang cheng nuai 24 chuang man hu an lo pe tawh bawk.
➢ Ramri venga duty, Village Level Task Force leh Border Safety Monitoring Team hnaia Reserved Volunteer Force-te hman turin Kolasib Volunteer Group-te hian Dr H Lalthangliana, Deputy Commissioner, Kolasib hnenah vawiin khan rain coat 65 an hlan. Rain coat thuina tur hmanrua hi DC Office lamin tumin, a thui hna hi Volunteer ten an tum thung a ni.

➢ Mizo Photographers' Society chuan vawiin khan ZMC Covid-19 Laboratory tan, a ṭul ṭula hman turin memberte thawh khawm Rs. 50000/- leh Walkie Talkie 1 set (2 piece) an pe

➢ Vawiin khan Neihdawn Branch KTP te chuan an Branch Diamond Jubilee pualin CM Relief Fund ah ₹10,000/- an chhunglut. Sawrkar aiawhin Addl DC Pu Mark Lalthanliana'n a lo dawng a ni.
COVID-19 Ambulance biakpawhna tur

COVID-19 chungchanga mipui leh damlo ambulance mamawhtute awlsam zawk nan, a hnuai phone number tarlanah te hian biak pawh theih a ni:
1. Emergency/Casualty, Civil Hospital, Aizawl chu engtiiklai pawhin landline no 0389-2322318/2313000 ah biak pawh theih an ni.
2. Dr. Lalawmpuia Chhangte, SMO Emergency, Civil Hospital, Aizawl -9436150122

- CHIEF MINISTER'S RELIEF FUND PEK THEIHNATE

○ State Bank of India
  Account No.: 39278398200
  IFSC: SBIN0004809
  SWIFT: SBININBB447
  UPI: cmrfmizoram@sbi

HDFC:
  Account No.: 181414500000025
  IFSC: HDFC0001814
  UPI: cmrfmizoram@hdfcbank
  Branch: Aizawl
Branch: Dawrpui
Branch Code: 004809

Branch Code: 001814

Let’s Fight Against
CORONAVIRUS?

CHHUNGTE NIH LEH HMELHRIAT
THA NIH HI COVID-19 HIAN
A THLIAH HRANGLQ.
I TAN AN HLAUH AWM TING MAI.
CHUVANGIN, MI ZAWNG ZAWNG
LAHAKH INVENG FIMKHUR ANG
CHE AW...

COVID-19 KIAN HMA CHUAN.
CHHUNGTE VA TLAWH HRIH
SUH, AN HLAUH ANG CHE.
TAWM HRAM HRAM RAWH.
A REI TAWH LO ANG.

COMMITTEE ON COVID-19
PSYCHOLOGICAL AND SOCIAL GUIDANCE, GOM

Issued by
Covid-19 Committee on
Psychological and Social Guidance,
Govt of Mizoram

Ventilator vuah aiin hmai khuh
a nuam zawk e

Mamawh zualpui leh
Nunna atana pawimawh
chauh lei ang aw

Thing leh thlai i phun ang aw...
Malsawmn dawn nan
What is Social Distancing?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:

- Avoiding non-essential trips in the community
- Limiting, postponing, or cancelling gatherings
- Working from home, where possible
- Conducting meetings virtually
- Keeping kids away from group settings
- Avoiding visits to long-term care homes and other care settings
### MENTAL HELPLINE:
**VOLUNTEERS from MIZORAM. As on 31st March 2020**
**H&FW Govt. of Mizoram**

#### I. PSYCHIATRIST

<table>
<thead>
<tr>
<th>Sl no</th>
<th>Name</th>
<th>Language preferred</th>
<th>Phone number</th>
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<tbody>
<tr>
<td>1</td>
<td>Dr Zonummawii Pachuau</td>
<td>Mizo and English</td>
<td>9615330920</td>
</tr>
<tr>
<td>2</td>
<td>Dr C Lalhrekima</td>
<td>Mizo and English</td>
<td>8730978315</td>
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<td>3</td>
<td>Dr Ruth Lalmuanpui</td>
<td>Mizo and English</td>
<td>9774403474</td>
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<td>4</td>
<td>Dr Vanlaldiki Ralte</td>
<td>English and Mizo</td>
<td>9436151179</td>
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<td>5</td>
<td>Dr Lalduhawmi Chawngthu</td>
<td>Mizo and English</td>
<td>9436352159</td>
</tr>
<tr>
<td>6</td>
<td>Dr Robert L. Khawlhring</td>
<td>English and Mizo</td>
<td>9436151430</td>
</tr>
<tr>
<td>7</td>
<td>Dr Rajesh Rongpi</td>
<td>English and Hindi</td>
<td>9854040320</td>
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<tr>
<td>8</td>
<td>Dr Lalhriatpuiia</td>
<td>Mizo and English</td>
<td>8014642500</td>
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#### II. CLINICAL PSYCHOLOGISTS

<table>
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<tr>
<td>1</td>
<td>Dr Lalengmawii</td>
<td>Mizo and English</td>
<td>8415930864</td>
</tr>
<tr>
<td>2</td>
<td>Biakhluizuali</td>
<td>Mizo and English</td>
<td>9436140550</td>
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<tr>
<td>3</td>
<td>Jane Lalduhchhungi Vanchhawng</td>
<td>Mizo and English</td>
<td>8256940543</td>
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<tr>
<td>4</td>
<td>Jane Zodimgiani Lailung</td>
<td>Mizo and English</td>
<td>8794924490</td>
</tr>
<tr>
<td>5</td>
<td>Jacob Challiandinga</td>
<td>Mizo</td>
<td>9862361740</td>
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<td>6</td>
<td>Lalawmpuii</td>
<td>English, Mizo and Mara</td>
<td>8132833419</td>
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<tr>
<td>7</td>
<td>Helen Lalmunmawii Sailo</td>
<td>Mizo</td>
<td>8131068695</td>
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<td>Vanlalzari</td>
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<td>Vanlalmauni</td>
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#### III. PSYCHIATRIC SOCIAL WORKERS

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<tr>
<td>1</td>
<td>Dr Elizabeth Niang Tawi Mang</td>
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<td>9612602990</td>
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<td>2</td>
<td>K. Lalmuanpui</td>
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<td>9436352914</td>
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<td>Vanlalpary</td>
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<td>4</td>
<td>Ango Chhachhai</td>
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<td>Lalmuanpui Hauhmar</td>
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<td>Ngaiahwmi Khenglawt</td>
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<td>9</td>
<td>ZD Lalthuangzhuali</td>
<td>Mizo</td>
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