

NATIONAL URBAN HEALTH MISSION (NUHM)

Achievements and Activities under NUHM Fy 2025-2026

The National Urban Health Mission (NUHM) was launched in Mizoram on February 14, 2014. Initially, 8 Urban Primary Health Centers (UPHCs) were approved: 6 in Aizawl City and 2 in Lunglei Town. In 2019-2020, one UPHC was approved for Champhai District. For the ROP 2024-25, one UPHC was approved for Kolasib District and currently functional.

Objectives: To provide integrated and sustainable primary health care to improve the health status of urban poor communities and low-income neighborhoods, especially those living on the outskirts of cities and towns, including vulnerable groups.

Mahila Arogya Samiti (MAS):- MAS is a Women's Health Committee that promotes community participation in health activities under NUHM. Currently, 93 MAS members are approved and active.

Accredited Social Health Activist (ASHA): ASHAs are female community health workers who play a vital role in NUHM by providing health education, promoting healthy behaviors, and connecting individuals to healthcare services. Ninety-three (93) Urban ASHAs have been recruited, with an average of 25 household visits per month.

Convergence:

1. Collaboration between Health & Family Welfare, Urban Development & Poverty Alleviation, MCON, RIPANS, Synod College of Nursing, AMC, Apollo School of Nursing, BCON, Blessino School of Nursing, Laithangpuii College of Pharmacy, ZMC, College of Pharmacy.
2. Coordination with the State NCD cell.
3. Annual screening and health check-ups for sanitation workers have been conducted since 2018.

Outreach: Eighty outreach camps were approved for 10 UPHCs, achieving 100% of the target. Out of 80 approved outreach sessions, 80 camps were conducted.

Urban Health Nutrition Day (UHND): UHND provides preventive, promotive, and basic curative services monthly at Anganwadi Centres or other community spaces. A total of 372 UHND sessions per month are approved for 10 UPHCs, with 4464 sessions conducted during FY 2026 - 26.

Specialist Services: As approved by GOI, specialist services are available in all UPHCs. Three UPHCs (Zemabawk, Chawlhmun, and Lawipu) have been designated as Polyclinics, with three specialists visiting weekly and 10 specialty services provided.

Immunization: Routine immunization sessions are held on Saturdays, except the second Saturday of each month.

UPHC Performance 2025 -2026:

Outpatient Department (OPD): 95324

Inpatient Department (IPD): 303

Deliveries: 36

Laboratory Tests: 83715

Immunization given at UPHC: 2350

NQAS Certification: 6 UPHC has certified National quality assurance Certificate i.e 60% facilities out of 10 facilities.

Good Practices:

1. Strong collaboration with local NGOs has resulted in valuable donations to UPHCs.
2. A local NGO donated land for Kolasib UPHC construction. NGOs also renovated the community hall and provided items such as carpets, benches, electric water filters, wall clocks, and a 2000-litre SINTEX water tank. Local carpenters contributed social work for the renovation.

Support from Partners: SELCO Foundation has installed solar panels, which are now functioning in all facilities.

Additional Convergence Efforts: Coordination with Health & Family Welfare, Urban Development & Poverty Alleviation, AMC, RIPANS, Apollo School of Nursing, MCON, Laithangpuii College of Pharmacy, ZMC, and MSACS. - Integration with all NHM programs, with UPHC performance reported monthly in NUHM reports. - Annual health screenings for sanitation workers continue since 2018.

Construction: Construction of lawipu UPHC is ongoing and 98% completed, Hrangchalkawn UPHC extension of labour room and office completed and functional. Champhai UPHC has been approved and is currently in progress.

Construction of Champhai UPHC



Ongoing construction of Champhai UPHC



Extension and renovation of Specialist rooms, immunization, store room waiting area and Labour room of Lawipu UPHC



Extension of Labour Room and office at Hrangchalkawn UPHC

