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OFFICIAL NEWSLETTER OF MISSION FOUNDATION MOVEMENT



One-Day Workshop on Elderly Issues Held at Vaivakawn

One-Day Workshop on Elderly Issues was organised at Vaivakawn Cultural Centre cum Auditorium on 16th December, 2025. A total of 170 members of the Mizoram Upa Pawl (MUP) from various localities of Aizawl West participated in the programme.

The programme was chaired by Ms Esther Lalthachawii, Project Manager, and the opening prayer was offered by Upa K. Lalnghinglova. Pu Lalramchuanzelan, Executive Director of MFM, presented a report on the various initiatives undertaken by the RRTC for Senior Citizens.

Ms Lalremtluangi, Tutor at the MFM School of Nursing, delivered a session on common health issues among the elderly and their management. Mr C. Lalremsiama, Fitness Trainer, conducted a practical session on physical exercise, demonstrating simple routines that senior citizens can continue regularly at home. Pu Lalbiaksanga, Team Leader of the National Helpline for Senior Citizens, spoke on the legal rights and entitlements of the elderly and the protections provided by the government under existing laws, as well as important issues that senior citizens should be aware of. Mr K.D. Lalthiamsama, Lecturer at Laithangpuii College of Pharmacy, also gave a session on appropriate medicines and proper dietary practices for senior citizens.

The programme concluded with closing remarks by Pu R. Vanlalzauva, Director of Mission Foundation Movement.



GDA students under NABARD Scheme receive certificates from GM

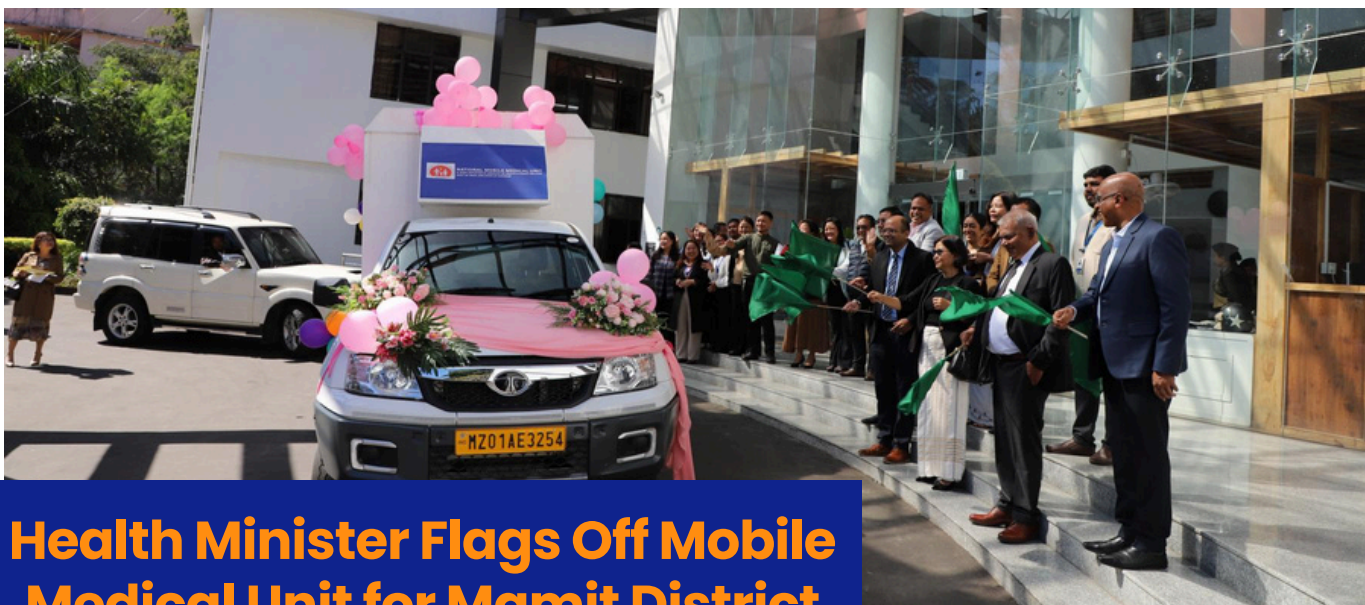


The programme was presided over by Mr Lalramchuanzela, Executive Director of MFM, who presented a brief report on the training. Addressing the gathering, Ms Pankaja Borah expressed her appreciation for the trainees' dedication and perseverance in completing the course. She commended their discipline and commitment, describing nursing as a noble profession and a service to humanity. She further noted that the skills acquired through the training would create employment opportunities not only within India but also abroad, and encouraged the trainees to continue striving for excellence while broadening their global outlook.

Mr T. Lalrokunga, Deputy General Manager (DGM), also addressed the trainees, highlighting the strong potential of Mizo youth in the healthcare sector. He pointed out that the increasing shortage of healthcare professionals in countries such as Japan, several European nations, and other developed regions has opened up significant opportunities for trained caregivers.

The GDA training programme is of three months' duration and included participants from various parts of Mizoram. Under its Rural Entrepreneurship and Skill Development Programme, NABARD regularly conducts skill-oriented trainings to enable rural youth to secure sustainable livelihoods. This particular GDA training was conducted at the Mission Foundation Movement (MFM) Training Centre, Durtlang.





Health Minister Flags Off Mobile Medical Unit for Mamit District

Mobile Medical Unit (MMU) designated for Mamit—an Aspirational District—was officially flagged off by the Health & Family Welfare Minister, Pi Lalrinpuui, today from her Office Chamber at MINECO on 18th November, 2025. The MMU was funded through the CSR initiative of TATA AIG General Insurance Company Ltd., in collaboration with Swasti – The Health Catalyst with Mission Foundation Movement (MFM) serving as the Implementing Agency.

The event was attended by Pu Lalengmawia, IAS, Commissioner & Secretary of the Health & Family Welfare Department, and Dr. Lily Chhakchhuak, Mission Director of the National Health Mission (NHM). Representatives from Swasti and Tata AIG were also present, including Joseph Julian K.G, Senior Director. Devang Pandya, Vice President & Lead, CSR & Sustainability, Tata AIG; and Madhukar Sinha, President, Government & Rural Business, Tata AIG represented TATA and MFM was represented by its Executive Director, Pu Lalramchuanzela, along with office staff.



The Mobile Medical Unit will serve remote villages across Mamit District where access to doctors and healthcare services is limited. With a dedicated team comprising a doctor, nurse, and medical staff, the MMU will travel to these villages to provide medical consultations and also create awareness on various central government social protection and health insurance schemes.

The unit is built on a Tata Yodha pickup, costing around ₹12 lakh, and fitted with a fully equipped medical examination cabin. It is stocked with an X-ray machine and various testing equipment worth over ₹26 lakh, and includes essential support staff.





Tribute to a Valued Colleague, Mr. K. Vanrammawia , our Office Assistant

We are deeply saddened by the passing of our beloved colleague, Mr. K. Vanrammawia, who departed for his heavenly abode on 30th November, 2025. Fondly known among colleagues as Pu Tete-a, he joined Mission Foundation Movement (MFM) in February 2024 as an Office Assistant and later served with dedication as an Accountant at the MFM School of Nursing.



Throughout his time with us, he proved to be a committed and dependable professional whose kindness, humility, and integrity left a lasting impression on everyone who had the privilege of working alongside him. He was a valued member of our team, widely respected for his strong work ethic, sense of responsibility, and willingness to support others whenever needed.

Beyond his professional contributions, Pu Tete-a will be remembered for his warm and gentle nature, positive spirit, and the respect he showed to colleagues and friends alike. His presence brought quiet strength and encouragement to the workplace, and his loss is deeply felt across our organisation.

Our thoughts and prayers are with his family and loved ones during this time of profound grief. He will be greatly missed and lovingly remembered for the life he lived and the legacy he leaves behind.