

# CONNECT



## OFFICIAL NEWSLETTER OF MISSION FOUNDATION MOVEMENT



### Youth Wellness Campaign at Ramhlun Venthlar and Zemabawk South

Mission Foundation Movement (MFM), in collaboration with local YMA Branches, continues to promote youth mental and emotional well-being through its ongoing Youth Wellness Campaign.

The second phase of the campaign was organised at the Ramhlun Vengthar YMA Hall in partnership with the Ramhlun Vengthar Branch YMA. The event was chaired by Mr. Vanlalhruaia Khiangte, President of the Branch YMA. The resource person, Mr. H.L. Rinawma, spoke on the importance of mental, physical, and spiritual well-being among youths and adolescents. He also led an awareness session addressing key issues such as anxiety, stress, and depression, which are increasingly common among young people today. An interactive session followed, during which participants shared their experiences and reflections. A total of 72 participants, including youths, adolescents, and young adults from the locality, took part in the programme.

Continuing the initiative, the third phase of the Youth Wellness Campaign was held on 4th October at the Zemabawk South Presbyterian Church Hall, jointly organised by MFM and the Zemabawk South Branch YMA. The session was chaired by Mr. B. Lalhmingthana, President of the Branch YMA. The resource person, Mr. Lalhchandama, led an interactive discussion on the significance of maintaining mental, physical, and spiritual health, while also addressing challenges such as anxiety, stress, and depression. The programme concluded with an interactive sharing session, attended by 67 participants comprising youths, adolescents, and young adults from the locality.



## International Day of Older Persons Observed

In observance of the International Day of Older Persons (IDOP), two separate programmes were organised today in Aizawl by the Regional Resource Training Centre (RRTC) for Senior Citizens under the MFM, in collaboration with different Mizoram Upa Pawl (MUP) units.

A Health and Wellness Camp was held at the Synod Conference Hall, Mission Veng, jointly organised by RRTC and MFM on 3rd October. The event was graced by Pu Lalbiakzama, Speaker of the Mizoram Legislative Assembly, as the Chief Guest. In his address, the Speaker described senior citizens as a valuable asset to both the state and the nation. He emphasised the importance of establishing proper community spaces where the elderly can gather, interact, and share companionship, noting that such facilities remain limited. He also expressed his willingness to help set up such a centre and encouraged senior citizens to maintain good health and active engagement in community life.

The programme was chaired by Ms. Esther Lalthachawii, RRTC Coordinator, and Mr. Lalramchuanzela, Executive Director of MFM, presented a report on the various initiatives carried out under RRTC. Mr. K. Lalbiakzuala, Fitness Trainer, conducted a practical session on physical fitness, teaching simple exercises suitable for senior citizens to continue at home. A session on the National Helpline for Senior Citizens was also held, where participants were informed about government schemes for the welfare and protection of the elderly. A free medical clinic followed in the afternoon, where two doctors provided health check-ups and distributed essential medicines. Altogether, 280 members from various MUP (Mizoram Upa Pawl) units across Aizawl attended the programme.

At Durtlang Leitan, the International Day of Older Persons was jointly observed by Mizoram Upa Pawl (MUP) Durtlang Leitan Branch and RRTC-MFM at the MUP Hall (MUP Run) on 1st of October. The programme was chaired by Pu C. Ramliana, President of MUP Leitan Branch.





## Free Dental Clinic organized with ISPRP

The Indian Society of Prosthodontics Restorative Periodontics (ISPRP), Health & Family Welfare Department of Mizoram, Mission Foundation Movement, and the Seventh-day Adventist Church jointly organised a two-day free dental clinic on October 6 and 7 at Civil Hospital, Aizawl.

From Dubai, Professor Lovely Muthiah Annamma, Dr. Kapagavalli Shanmugasundaram, and two other specialists participated in the camp. Free services such as consultation, filling, scaling, extraction, and denture making were provided.



## "Support for Marginalized Individuals for Livelihood and Enterprise (SMILE)" Launched by Minister

Support for Marginalized Individuals for Livelihood and Enterprise (SMILE) – Beggary Project was launched on 9th October 2025 at the Administrative Training Institute (ATI) Auditorium, Secretariat Complex, Aizawl.

Pu Lalhriatpuia, Deputy Commissioner of Aizawl delivered a welcome speech and Pu Lalramchuanzela, Executive Director, Mission Foundation Movement (MFM) gave a detailed project report. A special song by One in Christ preceded the official inauguration by the Chief Guest, Pi Lalrinpuii, Honourable Minister of the Social Welfare Department, who highlighted the project's importance in uplifting marginalized individuals. The programme concluded with a Vote of Thanks from Pu Zoramsiama Hmar, Additional Deputy Commissioner, Aizawl.

The SMILE scheme, initiated by the Ministry of Social Justice and Empowerment, Government of India, aims to create a "Begging-Free India" through rehabilitation, counselling, education, healthcare, and livelihood support. In Mizoram, the Aizawl District Administration has appointed MFM as the implementing agency to coordinate the project with government departments, local councils, and NGOs for effective rehabilitation and social reintegration of individuals engaged in begging.