



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/92

Aizawl, the 25th July, 2025

18th – 24th July 2025

No. of OPD : 403

No. of IPD : 54

Outreach

Free Clinic cum

Awareness : 14

No. of

Beneficiaries : 400

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 151

Lunglei : 28

Siaha : 21

Champhai : 44

Kolasib : 8

Serchhip : 151

Lawngtlai : 31

Mamit : 23

No. of Phone Call Attended

1. **TeleMANAS** : 227

2. **Targetted Intervention**
under NMHP, Mizoram : 15

ARDSI Mizoram Chapter
7005983633 / 9366191341

"Midangte mamawh laia tanpuitu nih hi a hlu"

AUTISM SPECTRUM DISORDER

Autism Spectrum Disorder hi Neuro-developmental disorder (thluak lama harsatna) naupan laia langchhuak thin a ni a. Thluak a than tura anga a than loh avang naupangin an thil thiamsa (a bikin tawng lama) an hloh (regression) thin a. Hemi natna nei naupangte hian an than len chhoh zelna (Developmental stage) ah ze danglam tak an nei thin a, mi nawlpui aiin an chetziaah te (behavioural), midang an biak danah te (communication), midang nen an inkawm danah te (interaction) leh an thil zirna leh ngaihtuahna (cognitive) kawngah te danglam deuh bikna an nei thin. He natna hi a tuartu a zirin an danglam ve thei a, Autism nei naupang thenkhatten tha taka mi an biak theih laiin, thenkhat erawh chuan tawngkam hmang miah loin, kut zaizir emaw, hmel siam danglamte in midang an be thiam zawk tlat thin a, thenkhat in an nitin nunah puitu leh enkawltu an mamawh em em lain thenkhat erawh chuan an mamawh miah lo thung.

Autism Spectrum Disorder lo lan chhuah leh hriat theih dan tlangpuite:

1. Midang nena inbiak laiin mi mita en emaw melh kawngah harsatna an neih thin avangin biak pawhin ngaihsak miah lo angin an awm fo thin
2. An chhehvela thil thleng engmah an bengkhawn lova, an beng leh mitte pawh a tha lo emaw tih mai turin an ngaihsak lo thin
3. Tawng lama harsatna an neih thin avangin an tui zawng leh nuam tih zawng pawh an sawi chhuak thiam lo fo thin a. Biak pawhin chhan vat nachang an hre lo thin.
4. An thil vei zawng an ti nawn tluk tluk thin. Entirnan sawi ngai sawi nawn fo, tih ngai tih tluk tluk, awmzia nei lova awrawl chhuah fo thin etc.
5. Hlimna, lungngaihna leh hrehawmna an hrethiam lo fo thin (inappropriate emotions).
6. Mi sawi lo sawi chhawn ve zel, robot ang maia tawng te, chhumbung tak taka tawng te an ching thin
7. Midangte chetzia, awm dan leh ngaihdante an hrethiam lo fo thin
8. An nitin nun hman danah danglam na a lo awm in, an in siamrem (adapt) zung zung thiam lo thin.
9. Mi nawlpui ina an tawrh theih bak (bengchheng, eng, sik leh sa, adt.) an tawrh theih laiin, thil dangah erawh chu midang aiin an tuar a zuau deuh thin.

(chhonzawm tur)

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuiaia District hrang hrang te chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic an nei thin a. Tunkar chhungin Lunglei, Siaha, Champhai, Kolasib, Serchhip leh Mamit District ten Awareness leh Free Clinic an nei a, TeleMANAS chungchang inhrilh hriatna hun neiin Mental Health chungchang zirtirna hun an nei thin a ni. Rilru hriselna hian kan rilru leh khawtlang nun a huam a, kan ngaihtuahna, kan rilru put hmang leh kan thiltih dana nghawng a neih dan te, mi dangte nena kan inzawmna te leh duhthlanna hrisel kan neih theih nan heng hun hi hlawk taka hman thin a ni.



DMHP MAMIT



DMHP CHAMPHAI



DMHP KOLASIB



DMHP SERCHHIP



DMHP SIAHA



DMHP LUNGLEI

NPPCD chungchang leh beng lama harsatna nei a, hrechiang duh tan District Hospital, ENT Dept OPD ah zawhfiah theih reng a ni

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

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