



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/118

Aizawl, the 30th January, 2026

23rd – 29th Jan, 2026

No. of OPD : 271
Cumulative for 2025-26: 11684

No. of IPD : 40
Cumulative for 2025-26: 2236

Outreach

Free Clinic cum Awareness : 7
Cumulative for 2025-26: 697

No. of Beneficiaries : 190
Cumulative for 2025-26: 21044

No. of OPD/IPD
(Including Psychiatry Dept.)

District	No. of Patients	Cum FY 2025-26
Aizawl	121	5752
Lunglei	24	1455
Siaha	16	1013
Champhai	79	1751
Kolasib	19	598
Serchhip	8	1314
Lawngtlai	22	1218
Mamit	22	793

No. of Phone Call Attended

1. TeleMANAS : 103
Cumulative for 2025-26: 5831

2. Targetted Intervention
under NMHP, Mizoram: 11
Cumulative for 2025-26: 363

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilruhriselna hi taksahriselna ang bawkin a pawimawh a ni

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 laiin 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.
5. 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.
6. Hlimna, lungngaihna leh hrehawmna an hrethiam lo fo thin (inappropriate emotions).
7. Mi sawi lo sawi chhawn ve zel, robot ang maia tawng te, chhumbung tak taka tawng te an ching thin

8. Midangte chetzia, awm dan leh ngaihdante an hrethiam lo fo thin
9. An nitin nun hman danah danglam na a lo awm in, an in siamrem (adapt) zung zung thiam lo thin.
10. 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.

Autism Spectrum Disorder nei te hian harsatna tam tak nei mahse, mipui tlanglawn in harsa taka kan tih thenkhat te hi awlsam taka tih theih an nei thung, Entirnan:

1. An hriatrengna a tha hle a, an ngaihsak chi thil an hriat chuan an theihngihl tawh mai mai ngai lo
2. An hriatna hrang hrang (senses)a chak em em thin bawk a.
3. ASD nei thenkhatte hian Maths, Science, Music leh Art lamah thiam bik riauna an nei thin a ni.

He natna lo awm dan:

Mithiam tam tak in Autism Spectrum Disorder a awm chhan hi chiang taka sawi emaw puh tur an nei lo a, mahse he natna lo awm chhan ni thei awm a an sawi te chu:

1. Inthlahchhawn theih a ni (Genetic)
2. Nu leh pa kum upat lama fa neih
3. Nu in Nau a pai laia rilru lama hartsatna a neihin.
4. Nau pian laia harsatna chi hrang hrang vang te.
5. Naute pianhlma buk zang lutuk (low birth weight)

A chungka kan tarlan harsatna hrang hrang te avang hian Autism Spectrum Disorder an nei dawn tihna a ni kher lova, heng harsatna neite tan hian Autism spectrum disorder neih theihna a sang zawk tih mithiamten an sawi.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuaia District hrang hrangte chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic an nei thin a. Tunkar chhungin Lunglei, Siaha leh Mami District ten Awareness leh Free Clinic an nei a, TeleMANAS chungchang inhrilhhriatna hun neiin Mental Health chungchang zirtirna hun an hmang 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 inzawmnate leh duhthlanna hrisel kan neih theih nan heng hun hi hlawk taka hman thin a ni.



DMHP LAWNGTLAI



DMHP MAMIT



DMHP SERCHHIP



DMHP LUNGLEI

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harsatnaneia, hrechiang duh tan District
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