



"hatching ideas"

ANNUAL REPORT
2020-2021

FORWARDING

Greetings!

I am highly pleased to be able to write this forwarding amidst the global pandemic. We are no stranger to the hardships and difficulties posed by the notorious virus which has crippled life and its norms as we used to know it.

Despite the mounting challenges, I am highly grateful to the Almighty for guiding us through these difficult times and thus far leading us to the completion of our fourth year of operation.

I can see that we are in the right track and are on our way to building this organisation one step at a time. As the saying goes, “Slow and Steady wins the race”, I am sure that our steady progress will one day lead us to our goals. Until that day, we must stay together and keep working towards our goal.

I congratulate the team and the staffs and urge them to keep up the spirit despite the challenges.

Long live Nest!

Thank you!



K. Thangliansang

Chairman

Nest

ABOUT NEST

NEST represents a youth collective which aims to foster positive growth and develop a healthy space where each individual can nurture and pursue their dreams and aspirations. It specialises in the area of storytelling, community empowerment, research and documentation.

The organisation was founded on the 11th of October of 2017 as a youth group, and has since partnered with the National Foundation for India (NFI) with whose support, Project Rendezvous NE, a one year project on Youth Development was executed in conduit with Centre for Community Initiative (CCI).

After a year of operation as a youth group, the organisation was restructured and formally registered under the Manipur Societies Registration Act 1989. The registration details of the organisation are presented below:

Registration Number	: Registration No 15 of 2019 under Manipur Societies Registration Act 1989.
Registered Office	: Address: JC Park Bungmual, Lamka 795006, Churachandpur District, Manipur.
Darpan Unique ID	: MN(2019)0235578
PAN Card	: AAFAN0439A
Bank Account	SBI CHURACHANDPUR
Acc Name	: NEST
Account No.	: 38553919716
Contact Details	
Email	: nestlamka@gmail.com
Phone	: +91 8794347947
Website	: www.nestlamka.org

VISION

NEST is committed to the vision of initiating positive social transformation/peace through innovative interventions and facilitating the development of an environ where each individual gets to live life to its fullest in a peaceful, harmonious, equal opportunity setting.

MISSION

To promote peace through youth driven initiatives and work towards empowering individuals and communities using visual story telling techniques and provide an enabling platform for young people to rise to the best of their potentials.

AREA OF WORK

Nest primarily works under the thematic areas of Research and Documentation, Storytelling and Community Development. From 2020, Nest has made entry in a new thematic area i.e. Livelihood. Under these broad themes, Nest conceptualises and targets its activities based on collective contribution of ideas and concepts which are brainstormed and developed into workable projects.

As a budding NGO, Nest is self-dependent in allocation of resources and therefore functions independently on a self-support basis. It sustains on the voluntary contribution and participation of its members and well-wishers. It also sustains through the generous contributions of Nest Enterprise.

Nest Enterprise is a Social Enterprise which provides specialised services in the field of visual documentation, concept and project development, soft skills and event management. It also runs rental services of equipment' s such as Projector, Screen and portable Sound System.

Though it is a humble initiative, Nest Enterprise has been the backbone of the organisation, helping sustain the organisation throughout the year.

RESEARCH AND DOCUMENTATION

1. Mental Health - Lamka Suicide Survey Report

Nest continues to update and maintain proper records of Suicide Cases within Churachandpur District. The survey data has been collected since 2018 covering suicide incidences in Lamka town and Churachandpur District from 2014. as such, the financial year 2020-2021 will be the third year of its engagement in collecting suicide data and the seventh year of records it has maintained so far.

Within the span of these seven years, a total of 116 cases of suicides have been found within the study population of roughly 1 Lacs. In the year 2020, a total of 12 suicide cases have occurred in Lamka town and parts of Churachandpur District. As per the data collected by Nest, the year wise frequency of suicide can be presented as below:

	YEAR	TOTAL CASES	MALE	FEMALE
1	2014	13	8	5
2	2015	21	20	1
3	2016	15	11	4
4	2017	22	16	6
5	2018	17	13	4
6	2019	16	12	4
7	2020	12	9	3
	TOTAL	116	89	27

As per the data, it can be seen that the rate of suicide has remained above ten cases every year. The year 2020 has by far been the lowest with 12 cases on record. It may be noted that Mental Health and especially the case

of suicide is still considered a taboo in the Lamka community. As such, there are cases which are concealed from the public.

These cases and observations only indicate the dire need for more mental health awareness and action. It is high time to

1.1. Presentation of updated Suicide Survey Report on World Suicide Prevention Day 2020

At the event of World Suicide Prevention Day 2020 observation organised by the District Mental Health Program, National Health Mission, Churachandpur, Manipur, Nest was invited to present a Short Speech on the topic of Mental Health.

Benjamin V. Jamkhanpau, Secretary Nest participated at the event and presented the updated report of the Lamka Suicide Survey. (Copy annexed to this report)

2. Policy Paper on Covid 19 Mitigation and Prevention for Churachandpur

In response to the Covid-19 Pandemic, Nest has explored ways to contribute to the fight against the notorious virus. Observing the massive impact of the pandemic in Lamka town, the unequivocal lack of preparedness and chaos in all sectors was overwhelming. As such, Nest has found it important to work on a guiding principle under which, an overarching framework can be developed for all stakeholders under the pandemic.

To address this dire need, Nest has prepared a Policy Paper on Covid 19 Mitigation and a Work Plan for its intervention. The paper was highlighted in different platforms among various stakeholders. The idea and framework was also highlighted at a District Level Consultation Meeting organised by the Chief Medical Officer (CMO), Churachandpur

District. As an outcome, Nest was appointed to draft a Policy paper for addressing the Pandemic in Churachandpur District.

The Vice Chairman of Nest Mr. Gousonlian Samte spearheaded the responsibility and drafted the policy paper titled Covid 19 Mitigation and Prevention Model for Churachandpur District and presented it at the District Level Consultation Meeting on Covid 19, organised by the CMO on the 7th of May 2020. The policy was highly appreciated by the CMO and stakeholders and was accepted as the district model for fighting Covid 19. (A copy of the paper is Annexed to this report)

3. Agri-Research Project

With our new entry into the field of Livelihood, Nest has conceptualised a Research model to study the situation of Agriculture in the Hills of Churachandpur District, Manipur. The paper attempts to explore the level of dependency and reliability of agriculture among the hill populace.

It seeks to explore the socio-economic dependency level of agriculture among the hill dwellers of today and explore the contemporary challenges faced by today's agri based communities.

It has been observed that huge quantities of rice and food products are imported into the hills where vast resources are available for farming amongst a community which is fully occupied by farmers. This practice is found to be unusual and rather reversed from the traditional norm of rural areas supplying food crops to urban areas.

The research therefore attempts to explore the livelihood sources of these villages and understand the ground reality of rural livelihood and its sources in Churachandpur District.

The research is currently in progress and a report is expected to be compiled in the next financial year.

STORY TELLING

Story Telling is an integral part of NEST. Primarily focussed on Visual Story Telling, it believes that story telling can be an effective tool to promote peace and humanity while also enhancing the potential skills of local youths and help pitch their exposure to larger platforms.

This is Lamka Photo Documentation and Exhibition Project was executed with the support of Heritage Grant, British Council, Kolkata. The project was conceptualised and led by Golan Naulak and was executed in partnership with The Highland Group and The Zogam Tribal Museum.

The project was managed by Golan Naulak under which, Dennis Hrangchal was engaged as the Project Manager. Five interns were engaged in the project who collected old photographs of Lamka Town. The photos will be exhibited for public display and will also be published in a website created under the project.

1. Covid 19 Awareness Video

Covid 19 Awareness is crucial and reaching the local communities is even more significant. As such, nest has produced Awareness Videos on the Do's and Don'ts under Covid 19 in local dialect. The animated awareness video was prepared on a voluntary basis.

Nest was also engaged by the District Administration and Centre for Community Initiative (CCI) to produce awareness videos including videos in sign language for inclusive awareness.

2. Observation of World Environment Day 2020

Nest was privileged to partner with the District Forest Officer (DFO) and The Highland Group in observing the World Environment Day 2020 on the 5th of June 2020. The event was organised at Mini-Secretariat, Tuibong, Churachandpur, Manipur in the presence of the Deputy Commissioner (DC) Churachandpur.

Nest played an important role in the event by mobilising youths to participate in plantation of trees. Nest was represented by David Lallianmang, Tuanmuanlian and Lallian Valte.

1. Partnership with Sarah SHG

Nest has partnered with an existing Self Help Group called Sarah SHG which has been in existence for six years. Sarah SHG was founded by homemakers based in Pethuel, Vengnuam South in 2014 and has functioned independently since.

The SHG has shown interest in partnership with Nest and a formal meeting was held with the SHG in October 2020. As per the verbal agreement of the meeting, a formal partnership between Sarah SHG and Nest was consolidated. The two bodies have agreed to work together though, at this point, no formal programs have been conceptualised so far. However, livelihood activities such as skill development and animal husbandry and linkage with dunging organisations and banks such as NABARD is planned for the next financial year as soon as lockdown situations under Covid 19 is cleared and new opportunities are made available.

2. Organic Farming

Nest has made entry into organic farming through partnership with Mr. Gouminlal PhD Scholar cum Agri-preneur who has started organic farming at Phuaizang village which is located in Singngat Sub-division of Churachandpur district. The village is a newly setup agriculture village holding about 10 households in the village which is a walking distance from Behiang village, the upcoming trade centre bordering with Myanmar.

His initiative in introducing the concept of organic farming is found to be of great importance considering the future sustainability and reliability of livelihood based in agriculture in the hills of Churachandpur district.

Based on a mutual interest, Nest has partnered with him to enhance the implementation of organic and scientific farming practices among the agrarian communities in replacement of traditional farming methods. The role of Nest in this partnership is to provide linkage opportunities for technical and financial support in the promotion of livelihood and sustainable agriculture practices.

1. Covid 19 Mental Health Support

Responding to the alarming apprehension for Mental Health breakdown under Covid-19 lockdown situation in Lamka town, Nest has taken the initiative of providing Mental Health support by developing mechanisms to connect the community with Mental Health practitioners and Church leaders.

A technical mechanism was designed which could help connect and give access to counselling services. However, due to lack of resources, the facility could not be launched in large scale.

Offline Mental Health support mechanisms were however provided. Nest also joined a Social Media based Mental Health support group called “Let’ s Talk Mental Health” which is a Helpline bearing No.844-844-9428 created by Mental Health Professionals and volunteers across India.

2. Changelooms Fellowship

This year, Nest has been able to join its first fellowship program with Changelooms Lifelong Leadership Journey, a fellowship for start-up entrepreneurs. The fellowship is a yearlong and Nest has been represented by Benjamin V. Jamkhanpau and Thongliankhum Kullai as Changelooms fellows.

To be inducted into this fellowship, we have been introduced to the program by MK Lal Gualnam from National Foundation for India and Jenpu Rongmei from Can Youth Nagaland. We convey our sincere gratitude to them. Also, we also thank these wonderful human beings who agreed to be our referees for the fellowship application:

1. Deep Joyti : Farm 2 Food
2. Pauzagin Tonsing: Centre for Community Initiative
3. Jenpu Rongmei : Can Youth
4. MK Lal Gualnam : National Foundation for India

The fellowship has been slightly impacted by the Covid 19 Pandemic which has made it mandatory to take up online sessions in place of meetings in person. However, due to the efficiency and hard work of the Pravah team, the fellowship has been moving on perfectly.

The fellowship will be completed in the month of October 2021. The experience and exposure gained in this fellowship so far has been overwhelming and insightful. It has helped shape the thinking processes and designing skills of the fellows to a great extent. We have also gained exposure to a lot of similar and likeminded youths which was really energising. We are extremely grateful to be able to join this fellowship and hope that many more youths get to benefit from this wonderful program.

3. European Peace Project

Nest has been invited to be collaborate with Foundation for Social Transformation (FST, Assam) and National Foundation for India (NFI) for the implementation of a Peace project titled “Leaving No One Behind: Building Pathways for Peace” in the North East via engagement of Civil Society and Youth Leaders, under the framework of Sustainable Development Goals funded by European Union and hosted by the National Foundaton for India (NFI).

The objective of the project is, “to contribute to the promotion of peace and security in North east India through inclusive, sustainable development by the participation of CSOs and by expanding spaces for engagement of civil society, the marginalised and youth leaders, media, academia in local development in three states in North East- Assam, Manipur and Nagaland.”

The project has been initiated in a limited capacity at this point due to Covid 19 Pandemic. So far, Online training sessions on the topic of Conflict Resolution and Gender Sensitization has been organised.

4. IDeA Mentoring Support

Nest has been privileged to be a member of the flagship program of Institute of Development Action (IDeA) mentoring program for young organisations in North East India. The program is the first of its kind to be executed in an online platform and hosts about 6 start-up organisations across different states in the north east.

The program mainly engages in capacity building and mentoring support to the various challenges and concerns facing young organisations. So far, workshops on the topic of Good Governance and Legal Compliances have been covered along with one to one mentoring support. The program is expected to go on for a period of eight months' .

We feel highly privileged to be part of this program and we hope to really address our organisational concerns in the most sustainable and professional way through this mentorship program.

5. Running Club

Nest has partnered with the Eimi UK and FC Pallai to start a Running Club to promote Running as a fitness habit in Lamka. The Running Club was launched in 7th March 2020 at JC Park, Bungmual. The Club is headed by Pautansang from FC Pallai and it organises a running event on every Saturday of the week.

Due to Covid 19 Pandemic, the Running club had to halt during the lockdown period and got revived again once the lockdown got lifted. It currently has an active membership of 9 members and is expected to grow with larger numbers in the days to come.

NOTE OF GRATITUDE

A special note of gratitude is conveyed to all groups, organisations and individuals who have helped and supported Nest through the Pandemic.

Thank You!

-Nest



Vice Chairman, Nest presenting the Covid 19 Prevention and Mitigation Protocol, Churachandpur (CMPC) at District Level Consultation District Level Consultation Meeting on Covid 19, Churachandpur at GNM Training Hall.



CMO Churachandpur at District Level Consultation District Level Consultation Meeting on Covid 19, Churachandpur at GNM Training Hall



World Environment Day
2020

BIODIVERSITY

Our solutions are in nature
CALL FOR ENTRIES

DRAWING COMPETITION | CLASS IV-VII
Topic: My Dream Forest

PAINTING COMPETITION | CLASS VIII - X
Topic: Biodiversity and my community

ESSAY WRITING COMPETITION | CLASS XI-BA
| OPEN TO ALL
Topic: Biodiversity and our future (Word limit: 1200 words)

Email your entries to
dfo.crc-mn@gov.in

Best 3 entries in each category
will receive cash prize+certificate

LAST DATE: 4th June 2020

Towards a greener Churachandpur

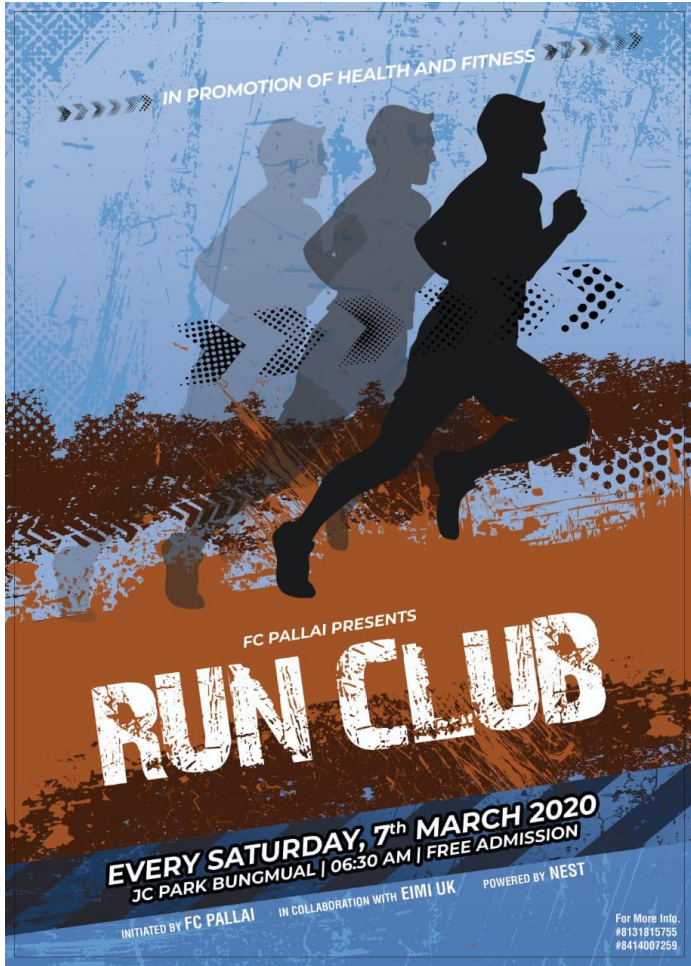


Observation of World Environment Day at Mini Secretariat

 <h2 style="margin: 0;">INVITATION</h2> <p style="margin: 0;">DISTRICT MENTAL HEALTH PROGRAMME DISTRICT HEALTH SOCIETY NHM CHURACHANDPUR</p> <p style="margin: 0;">Cordially requests your kind presence and participation at the</p> <p style="margin: 0;">Observance Programme of WORLD SUICIDE PREVENTION DAY- 2020</p> <p style="margin: 0;">Theme : "Working Together to Prevent Suicide"</p> <p style="margin: 0;">On 10th September 2020 at 11:00 AM At the GNM Training Hall, Churachandpur</p> <p style="margin: 0;">Ms Amrita Sinha, IPS Superintendent of Police Churachandpur District</p> <p style="margin: 0;">Dr. Vamchinpau Tonsing CMO, Churachandpur District</p> <p style="margin: 0;">Dr Vanlalkangli Medical Superintendent, DH Churachandpur & Dr Paulunmang Vaiphei District Family Welfare Officer Churachandpur</p> <p style="margin: 0;">Have kindly consented to grace the Function as Chief Guest, Functional President & Guest of Honours respectively</p>	 <h2 style="margin: 0;">PROGRAMME</h2> <p style="margin: 0;">Thursday, the 10th September 2020 at 11:00 AM</p> <hr/> <p style="margin: 0;">Comperere : Diana Chingliankim,</p> <p style="margin: 0;">Assemble of Invitees</p> <p style="margin: 0;">Arrival of Chief Guest, Functional President and Guest of Honours</p> <p style="margin: 0;">Presentation of Bouquets</p> <p style="margin: 0;">Lighting of Lamp to mark inauguration of the Function</p> <p style="margin: 0;">Welcome Address : Dr. Zamlienmang Gange, DNO (DMHP)</p> <p style="margin: 0;">Keynote Address : Dr Chinggouman Guite Psychiatrist, DH Churachandpur</p> <p style="margin: 0;">One Minute Silence in remembrance victims of Suicide</p> <p style="margin: 0;">Short speeches : 1. Mr V Jamkhanpau, Secy NEST 2. Media Fraternity</p> <p style="margin: 0;">Speech(s) : Dr Vanlalkungi, MS DH CCPur : Dr Paulunmang Vaiphei, DFWO</p> <p style="margin: 0;">Speech from : Functional President</p> <p style="margin: 0;">Speech from : Chief Guest</p> <p style="margin: 0;">Vote of Thanks : K. Lamsanglian DPM</p> <p style="margin: 0;">== Light Refreshment ==</p>
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Secretary, Nest presenting updated report of Lamka Suicide Survey 2020 at observance of World Suicide Prevention Day 2020 at GNM Training Hall on 10th September 2020.



Running Club in Action!