



ANNUAL REPORT  
2021-2022

## FORWARDING

Greetings!

First of all, I thank the Almighty God for extending his care and love to Nest through these years. While the world has been faced with the Covid 19 Pandemic, causing countless sufferings and death, it is clearly a second chance that has been bestowed upon us as a human society, to retrospect, change and correct our mistakes.

I am greatly pleased to be able to write this forwarding after a series of hardships that mankind has endured. The role and importance of community led institutions and initiatives such as Nest has clearly become even more important, and we as responsible citizens and human beings have to keep fighting for the causes we strive for.

I thank each and every individual, community, institution and organisation that has helped and supported Nest through these trying times. It is my sincere belief that with sheer courage and determination, Nest will strive ahead, touching more lives as it moves ahead.

Thank you.

Nangmuansang Lethil  
**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.

Nest was founded on the 11<sup>th</sup> of October of 2017 and formally registered under the Manipur Societies Registration Act 1989. The registration details of the organisation are presented below:

<b>Registration Number</b>	:	Registration No 15 of 2019 under Manipur Societies Registration Act 1989.
<b>Registered Office</b>	:	Address: JC Park Bungmual, Lamka 795006, Churachandpur District, Manipur.
<b>Darpan Unique ID</b>	:	MN(2019)0235578
<b>PAN Card</b>	:	AAFAN0439A
<b>12 A</b>	:	AAFAN0439AF20221
<b>80G</b>	:	Applied For
<b>FCRA</b>	:	NA
<b>Bank Account</b>		SBI CHURACHANDPUR
<b>Account Name</b>	:	NEST
<b>Account No.</b>	:	38553919716
<b>IFSC</b>	:	SBIN0006182
<b>Contact Details</b>		
<b>Email</b>	:	nestlamka@gmail.com
<b>Phone</b>	:	+91 8794347947
<b>Website</b>	:	<a href="http://www.nestlamka.org">www.nestlamka.org</a>

## **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.

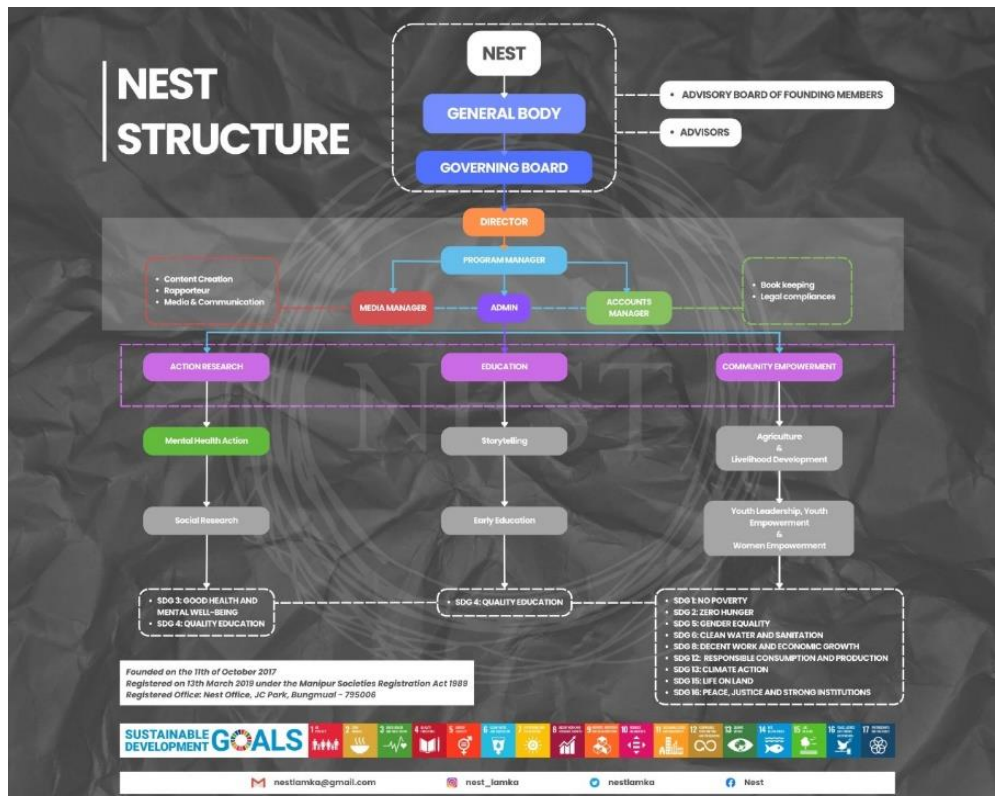
## NEST VERTICALS

**General Body Election:** The governing body and structure of Nest was formally restructured and re-elected following the completion of its first term as a formal organisation. The Governing Board Election was held on 1<sup>st</sup> May 2021 under the supervision of Sir Lianzapau Samte, Adviser, Nest.

The newly elected Governing Board Members for the term 2021-2024 are as under:

Chairman	Nangmuansang Lethil
Vice Chairman	K. Thangliansang
Secretary	Jamthianlal Hangzo
Assistant Secretary	Gousonlian Samte
Finance Secretary	Chingngaihlu Samte
Treasurer	Thangliankhum Kullai

As per the new structure, Nest focuses on three main verticals; (i) Action Research, (ii) Education and (iii) Community Development.





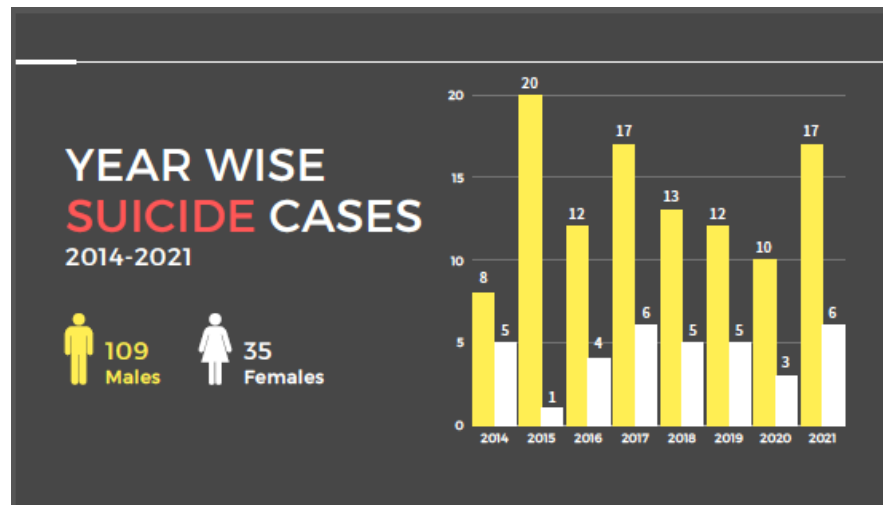
Nest members celebrating its completion of 3 years as a registered body in its Rising Day 11<sup>th</sup> October 2021

## NEST ACTIVITIES 2021-2022

## ACTION RESEARCH

## 1. Mental Health - Lamka Suicide Survey Report

Since 2017, Nest has engaged in Suicide Survey of Lamka Town, Churachandpur District, Manipur, through which, it has collected data on incidences of suicide deaths in the town, and partly covering Churachandpur District since 2014.



The suicide data collected as of today spans across eight years, a total of 144 cases of suicides have been found within the study population of roughly 1 Lacs. In the year 2021, a total of 23 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 at 1.91 cases per month in 2021, and 1.5 per month in the past 8 years (2014-2021).

The year wise data can be presented as below:

	YEAR	MALE	FEMALE	TOTAL CASES
1	2014	8	5	13
2	2015	20	1	21
3	2016	12	4	16
4	2017	17	6	23
5	2018	13	5	18

6	2019	12	5	17
7	2020	10	3	13
8	2021	17	6	23
	TOTAL	109	35	144

As per the data, it can be seen that the rate of suicide has remained above ten cases every year in a population of roughly 1 lakh. 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.

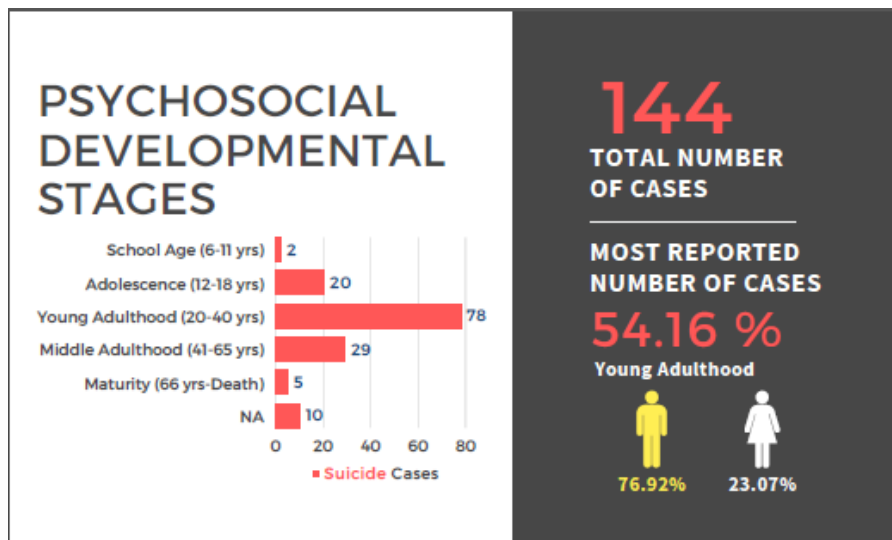
As an Action Research, the following Action oriented activities have been carried out;

**(a) Nest Mental Health Action**

In an attempt to help reduce the number of Suicide rates within the District, Nest has initiated Mental Health Action Plan. Under this project, Nest arranged Counselling sessions for identified suicide survivors as they are prone to attempting it again in the future. As of March 2022, Counselling sessions have been arranged for 1 survivor at individual and family level.

**(b) Mental Health Practitioners Network**

A network of Mental Health Practitioners from the District was set to be formed in 2023.

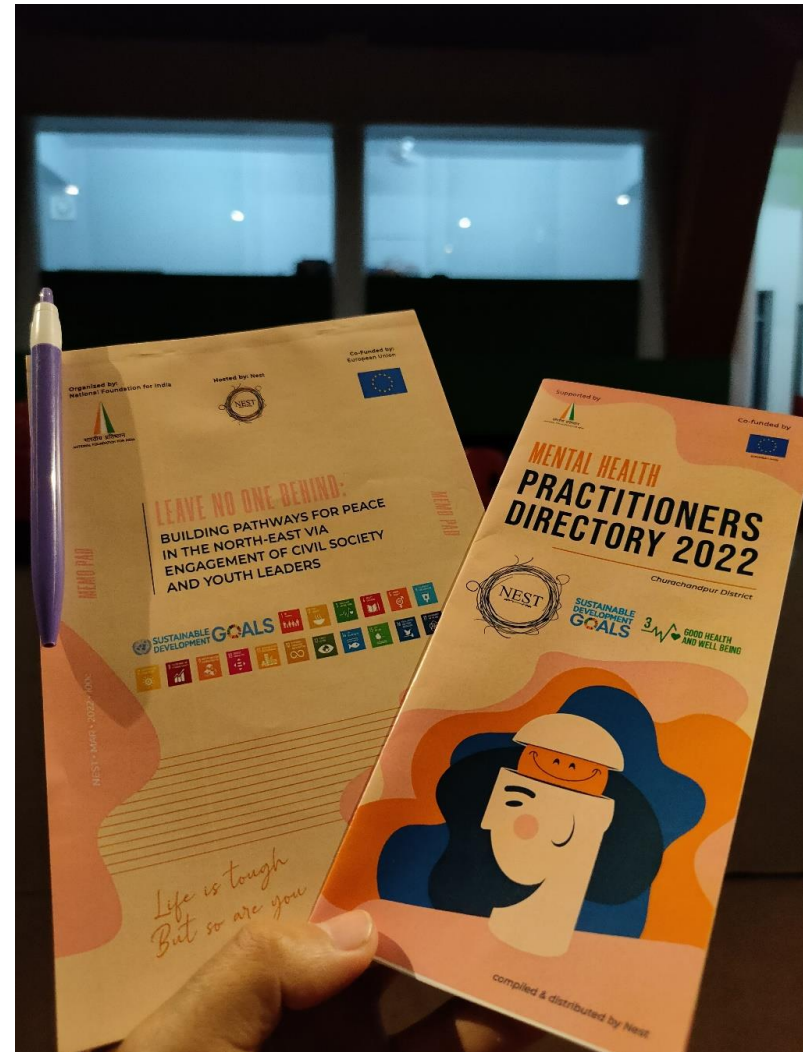




This network will help take effective actions in a more efficient and timely manner.

**(c) Mental Health Practitioners Directory**

A Directory that comprised of the names of practicing Counsellors, their services and the ways and means to connect with them was published and launched by Dr. Kim Simte, CMO Churachandpur during the District Youth Outreach and Consultation on SDG Program on 26<sup>th</sup> March 2022. A total of 22 Counsellors including Organisations providing Counselling services in the District were included in the Directory. The objective of this publication is to make help accessible and break stigmas and normalize help seeking among the public and in turn result in lesser suicide rate in the District.



### Other Research Projects:

1. A Research Project titled “Mental State and Readiness to change among the inmates of LRRC” that aims to study the Mental State and the Readiness to change among drug users in Lamka was carried out at Lamka Rehabilitation and Research Centre (LRRC). Nest interns from Martin Luther Christian University, Shillong, namely Victor Kammuonlal, Cliff Ngurthanlien, Aryan R Marak and Kedocavi Meyase helped in data collection and report writing. The overall compilation and analysis was done by Nest Research Partner Miss Rachel Chingnunhoih. The Research Report was published and presented on February 7, 2022 at LRRC.

### 2. IIT-R Research Project

Nest is currently engaged in a Research Project under Dr. Roluahpuia, Assistant Professor, Indian Institute of Technology, Roorke. The Project

titled “Economic Transformation and Upland Livelihood in Eastern Himalayas” tries to understand the changing pattern, the causes and challenges of the agricultural system in Eastern Himalayas particularly in the states of Manipur and Mizoram.

Handling the Manipur field, Nest has carried out research field work in Lamzang and Geljang villages of Churachandpur sub-division, Churachandpur District of Manipur, where commercial farming, development projects and transformation of livelihood has widely taken place.

3. A Market Research was conducted on the Status on Entrepreneurship in Lamka under the Taima Opportunity Foundation. Under the project, 100 Lamka based entrepreneurs were interviewed for this project.

## NEST COMMUNITY DEVELOPMENT INITIATIVES

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### SDG CAMPAIGNS

Nest has had the opportunity to partner with the National Foundation for India (NFI) in working towards strengthening and localising the United Nations Sustainable Development Goals under the project “Leaving No One Behind: Building Pathways for Peace”, a project funded by the European Union.

Through this project, popularisation and awareness on the United Nations Sustainable Development Goals (SDG) has been carried out through awareness campaigns, Focus Group Discussions, District Level and State Level Consultative meeting on SDGs -

SUSTAINABLE  
DEVELOPMENT GOALS

## GOAL 3 GOOD HEALTH AND WELL-BEING



ENSURE HEALTHY LIVES  
AND PROMOTE WELL-BEING FOR ALL  
AT ALL AGES.

### TARGET 3.4

REDUCE MORTALITY FROM  
NON-COMMUNICABLE  
DISEASES AND PROMOTE  
MENTAL HEALTH

By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.

INDICATOR-  
*Number of suicide deaths reported per  
1,00,000 population*



1. FGD on SDG 8 & 16

A Focus Group Discussion (FGD) on SDG No. 8 (Decent Work and Economic Growth) and SDG No. 16 (Peace, Justice and Strong Institutions) was conducted on 30<sup>th</sup> September 2021 at SososCafé, Elimveng, New Lamka, Churachandpur.



In the event, NFI Field Coordinator for Churachandpur District Mr. V Jamkhanpau introduced the Project to the gathering attendees and Resource Person Mr. T Gouminlal talked about the Sustainable Development Goals with special reference to SDG No. 8 and SDG No. 16. Also Resource Person Mr. NangmuansangLethil discussedFinancial Investment scope and opportunities with a group of youths to deliberate on the importance of proper economic planning for economic sustainability.

The gathering attendees also brainstormed on possible activities that could be carried out in the future to strengthen the SDG in the District.

Gender wise break-up of the participants:

Male	Female	Total
22	1	23



## 2. Observance of World Mental Health Day 2021

Observation of World Mental Health Day was organised at Mata Mualtam Village on 10<sup>th</sup> October 2021 following a recent suicide case in the village. The event was organised in collaboration with the Zomi Youth Association Mata Mualtam Village Unit and Mental Health Awareness was campaigned through Mental Health Counsellors - Miss Nemy Tombing Counsellor Rayburn High and Miss Biakhoih spoke as resource persons at the event.



Gender wise break-up of the participants:

Male	Female	Total
26	27	53

## 3. Interaction on Mental Health Awareness and Challenges with Lamka Rehabilitation and Research Centre (LRRC)

An outreach program was organised at a rehab centre called the Lamka Rehabilitation and Research Centre (LRRC) on 30<sup>th</sup> November 2021. The program facilitated by Resource Persons Miss Rachel Chinghoih and Miss Sophia Goumawi was engaged in an interactive manner where issues surrounding Mental Health and substance abuse. Student interns of Nest from Martin Luther Christian University, Shillong also presented a report of their study on the relation of Mental Health a substance abuse.

Gender wise break-up of the participants:

Male	Female	Total
13	7	20

#### 4. Youth Outreach Program- Theme: Mental Health Awareness Goal 3

A youth outreach program was jointly organised by the Field Coordinator, NFI Churachandpur in collaboration with the Nghathal Baptist Youth Fellowship, Evangelical Baptist Convention Church and Nest on 27<sup>th</sup> February 2022 at Peniel Hall, Muolvaiphei, Churachandpur, Manipur.

The program was a combination of a church outreach fellowship and mental health awareness delivered by the National Foundation for India.

Resource Persons Miss Rachel Chinghoih and Miss Sophia Goumawi talked about the importance of Mental Well-being and presented the different types of Mental Illness that are prevalent in the District. They also discussed on how to identify Mental Illness and how to take actions when needed.

#### Gender wise break-up of the participants:

Male	Female	Total
16	28	44



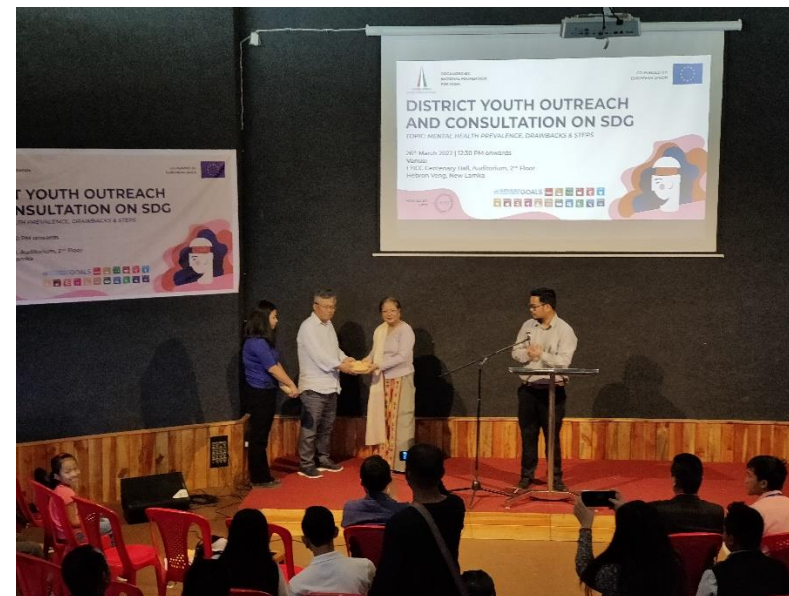
## 5. District Youth Outreach and Consultation on SDG: Theme- Mental Health Prevalence, Drawbacks and Steps



A district level youth outreach and consultation was organised at Churachandpur on 26<sup>th</sup> March 2022 at Central Mini Auditorium Hebron Veng, New Lamka Churachandpur Manipur. The event was focused on building awareness around the SDGs with special focus on Goal 3: Good Health and Wellbeing. A

network of Mental Health Caregivers was launched by Dr. Kim Simte, Chief Medical Officer (CMO), Churachandpur District, through a directory of Mental Health Practitioners from Churachandpur district compiled by Nest.

The event was divided into two sessions. The first session saw the launch of Mental Health Practitioners Directory and knowledge sharing on





the Sustainable Development Goals with special reference to Churachandpur District and SDG No. 3 Good Health and well-being from Resource Persons Mr. Pauzagin Director CCI and Mr. KhualpuTungnung. A presentation on “An overview of Lamka Suicide Survey” was also presented by Miss Rachel Chinghoih. The Second Session was organised in an interactive manner where the Participants mainly Mental Healthcare givers discussed on Mental Health-Prevalence, challenges and Drawbacks. The discussion was facilitated by Miss Chingbiakhoih.

Gender wise break-up of the participants

Male	Female	Total
25	14	39

## 6. Pupa Laam Tual Sai



Nest in partnership with the Lamka Young Leaders Forum organised a cultural meet on younger and older generations. The event took place on the 20<sup>th</sup> of December 2021 at Zawlvuuk, SRE Road, Vengnuam South, New Lamka, Churachandpur District, Manipur. The objective of the event was to revisit and pass-on traditional and cultural



knowledge and heritage to the younger generations.

Traditional folk songs and dances were performed by the older generations at the event.

## 7. Clean India Campaign

On 12 October 2021, Nest participated in the Nation Wide Clean India jointly organised by Vision Lamka, District Administration, ADC Churachandpur, 113 Bn BSF, NYK which started at 7:00 AM from Bus Station till Nute Bazar, Central Lamka, Lamka town, Churachandpur District, Manipur.

The market area was newly opened after a long closure due to Covid 19, and the cleanliness drive was initiated to ensure clean and safe market place for Lamka.



## NEST EDUCATION INITIATIVE

Nest believes that education is the key foundation to sustainable development. For a community to be sustainable and developed, it is crucially important to inculcate the right values, ethics and morals amongst the younger generations.

To achieve these goals, education is the most fundamental tool and it is of utmost importance to strengthen the delivery of Quality Education amongst all sections of the society.

The cost of education has been constantly increasing over the years, and the question of affordability and accessibility has become a growing concern. With this, the role of free and affordable education has become even more critical. As such, Nest has found it imperative to initiate an intervention in the field of education, focussing on the most marginalised sections of the society.

An early education project has been conceptualised with special focus on “Students” attending Government run Institutions. This education project is currently at concept level, and preparation is focussed for execution in the next financial year 2023–2024.

The project is currently focussed on three activity based intervention.

- i. Psycho-social support through joyful learning activities, arts and crafts,
- ii. Science and Maths practical learning sessions through joyful learning.
- iii. Communication and Leadership building through Storytelling, personality development and joyful learning activities.



## NOTE OF GRATITUDE

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

Thank You!