



Annual Report 2022-2023

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Reflections

It is with immense delight that I share the Annual Report of 2022-23 which, I believe, truly highlights our resilience as a bootstrapped organization, and how we have seized opportunities to grow despite being swamped by a worldwide humanitarian crisis like we have never seen before.

Started with donated second-hand furniture and bare minimum equipment, and with no ready source of funding, the volunteerism-dependent Nest which came into being five years ago has indeed come a long way. With a handful of paid staffs now, Nest has gone through numerous volatile, uncertain, complex and often ambiguous times - the extremely disruptive COVID being one of them - and not only did we survived, but we thrived.

At the core of Nest's initiatives lie the value of doing good, helping people and we implemented that value with enthusiasm and commitment. Our work in the field of mental health has slowly gained recognition, and activities with mental health practitioners has become more robust and effective thanks to our more efficient network built over the years. The Lamka Suicide Survey, a self-funded initiative of Nest that covers nearly a decade of information, continues to be a source of relevant data for mental health practitioners and researches in the space.

The year also saw Nest partnering with organizations like National Foundation for India (NFI), National Bank for Agricultural and Rural Development (NABARD), Centre for Community Initiatives (CCI), Manipur State Power Distribution Corporation Limited (MPSDCL) and Vision Lamka. With funding and expertise from various organizations, the year has been filled with programs and activities which ultimately contributed to building a stronger, more competent and significantly more resourceful team.

During the year, Nest also organized the first Lamka Youth Summit, a two-day event focused on engaging the youth of Lamka and beyond with various developmental issues and opportunities with the objective of sustainable development at its core. The Summit was organized with NFI, the European Union and more than 30 youth-focused organizations and institutions as event partners and local collaborators.

In addition to scaling up of existing initiatives and transforming the team in the process, this year saw a demonstration of Nest strengthening its fundamentals which will surely lead to improved outcomes and more meaningful impacts in the days to come.

As we look ahead, we realized that the last year was a turning point for us in terms of reach. Nest now looks forward to continue the enhanced outreach and be able to take our programs and initiatives to a larger audience and impact more lives.



Sang Lethil
Nangmuansang Lethil
Chairman
NEST

The Early Years

With a firm belief that Lamka has the potential in its youth to contribute, participate and influence the process of their own development and shape their own future, a youth group was founded on October 11, 2017 to create space for youths to come together, share, explore and inspire youth-led initiatives towards addressing the developmental needs of the community.

Nest was started with a lone Computer CPU, with everything else ranging from Computer Monitor, office furniture and equipment mostly donated by its members. Nest started its operations for the first three years purely on a voluntary basis to man the day-to-day operations of the organisation; its members always volunteered and supported any activity with the sole intention of doing their bit for the society.

As a youth group, a project titled: “Rendezvous North East” was executed with the support of the National Foundation for India with Centre for Community Initiative providing the necessary conduit. Through this project, activities such as Dialogue-Talk on Suicide, Workshop on Storytelling, Community Outreach Programs, Movie Screening, Formation of Youth Groups and participation at Futsal Championships, Vision Lamka Presentation Competition among School Children were organised.

After a year of operations, the youth group was formally registered on 13th March, 2019 under the Manipur Societies Registration Act 1989 with 23 members. An Administrative Office was inaugurated on 21st April 2019 at JC Park Bungmual, Lamka which remains the Nest Office till today.

The Founding Members of Nest and the first Office Bearers

K. Thangliansang CHAIRMAN
Gousonlian Samte VICE CHAIRMAN
V. Jamkhanpau SECRETARY
Jamminlian Vualnam ASSISTANT SECRETARY
H. Nangsuanmung FINANCE SECRETARY
Chingngaihchiin TREASURER
David Lallianmang Tangpua MEMBER
Mangkhanlal Gualnam MEMBER
Nangmuansang Lethil MEMBER

The Essence of Nest

Nest aims to develop a healthy space where each individual can hone their skills, nurture their dreams and pursue their aspirations while playing their part in building resilient and sustainable communities.

Vision

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

Mission

To promote development through youth-driven initiatives and work towards empowering individuals and communities. Provide an enabling platform for young people to rise to the best of their potentials.



Nest Personnel & Employees

V. Jamkhanpau
DIRECTOR

Zenggaih lun
PROGRAM MANAGER

David Lallianmang Tangpua
ACCOUNTS MANAGER

Election & Reorganisation

After successfully completing the first three-year term, the first election for new office bearers and review of the organisational structure was held on 24th April 2021. Today, Nest operates in a three-tier system where the General Body holds the highest position and elects a Governing Board of six members. An inherent right to membership at the Governing Board is granted to the 9 Founding Members who also enjoy a lifetime advisory role as the organisation's Advisory Board of Founding Members.

Governing Board 2021-2024

Nangmuansang Lethil
CHAIRMAN

K. Thangliansang
VICE CHAIRMAN

Jamthianlal Hangzo
SECRETARY

Gousonlian Samte
ASSISTANT SECRETARY

Chingngaih lun
FINANCE SECRETARY

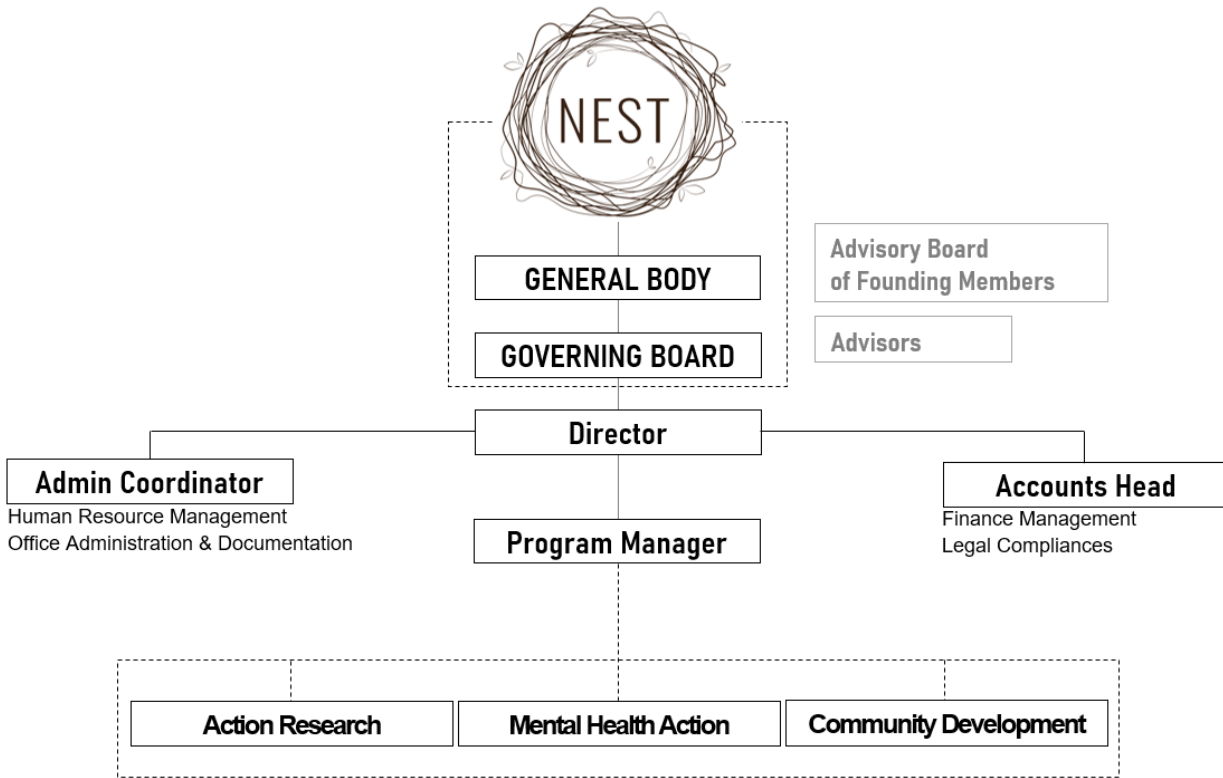
Thongliankhum Kullai
TREASURER

All founding members
MEMBER

Nest Enterprise Liaisons

Nangsuanmung Hangzo
Thongliankhum Kullai

Nest: The Organization



The Year That Was

The Year at a Glance

Governing Board Meetings

11

General Body Meetings

9

Office Staff Meetings

12

No. of Office Days

267

Field Visit Days

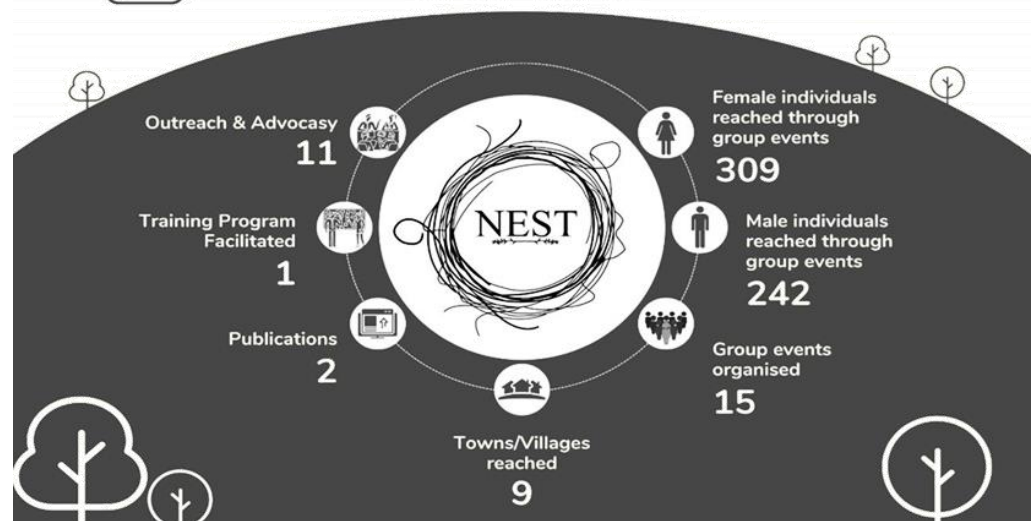
30

Training Days

8



NEST IMPACT in its 5th year



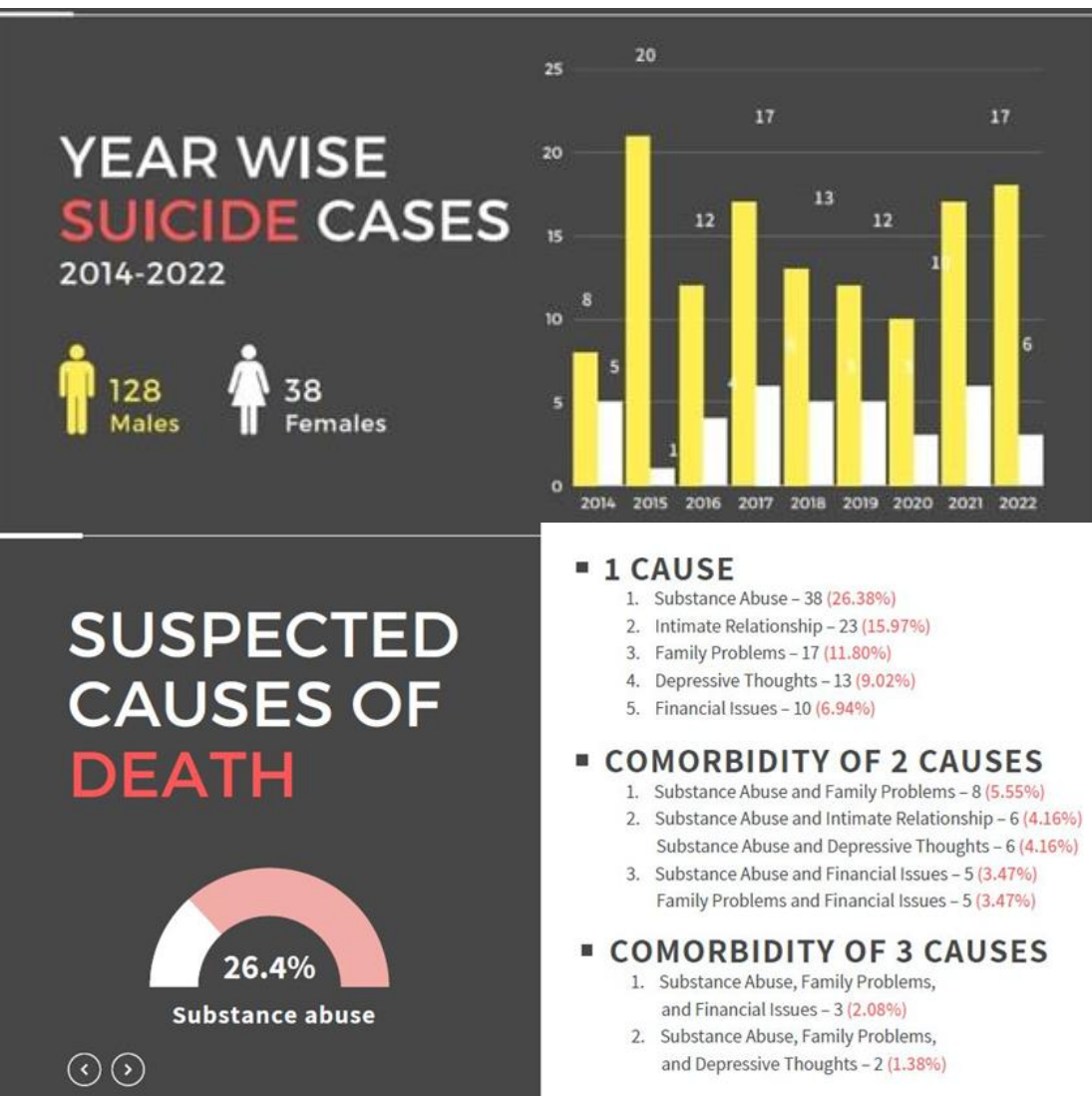
Nest Lamka Suicide Survey

Lamka, in spite of it being a small town shockingly has extremely high cases of suicide, resembling similar trends observed in developed countries like the US or Japan. Since 2014, Lamka witnessed 1.5 suicide cases every month on an average, or 3 suicide deaths in every 2 months.

Despite this alarming trend, official reports often tend to miss this data as most government reports are based on data submitted to certain designated offices which this town is yet to get accustomed to.

Nest has therefore stepped in since 2017 to excavate and put together community-generated data on suicide with the objective of producing empirical data to help Mental Health Professionals and the community gain better insight into this alarming trend of suicide in Lamka.

As per the 9-Year Data of the Survey Report, the leading cause of suicide death is substance abuse, which accounts for 26.38 per cent of all the cases.



Nest Mental Health Action

As an “action” to our Research on Mental Health-Suicide, an independent, self-funded program on Mental Health Action was initiated by Nest focusing on three main target areas:

1. Mental Health First-Aid Services for Suicide Survivors

Nest responds to survivors of suicide attempts by linking them with care givers and supports them with essential requirements to help them get through their difficult times.

2. A Friendly Gesture to the Needy

Christmas can be a lonely time for those with mental illness. Keeping that as a priority, Nest organized a crowd funding initiative within the Nest family and provided small humanitarian support to families it has associated with in its Mental Health Action program. Daily essential items were delivered/gifted to five such families on December 25, 2022 (Christmas Day).

As an action research-oriented organisation, Nest initiated **Mental Health Action** programs on a voluntary basis, self-supporting the resource requirements in its own capacity. Acknowledging the good work, a generous donation was received from the Enchante Institute of Foreign Languages (EIFL) to support Nest in its Mental Health Action initiatives.



3. Secret Buddy

As a youth-based organisation, the need for providing human warmth and company to fellow youth who are going through tough times was felt imperative. As such, the Nest family brainstormed on how it could intervene in helping such people in need. Based on the discussion, the “Secret Buddy” program was initiated as an independent program under Nest where people undergoing phases of depression, challenges and difficulties are identified and anonymously given encouraging and supportive messages and gifts which are customised and handmade to maintain anonymity while meeting the individual needs of each beneficiary.



World Mental Health Day

In observance of the World Mental Health Day 2022, a Thank You Card and Chocolate was gifted to all Mental Health Care Practitioners in Lamka town. A total of 25 counsellors within Lamka town were reached out through this activity.

Observation of World Mental Health Day 2022 was held in an attempt to boost the morale and energy of Counsellors who have often been underappreciated but remain a catalyst in addressing mental health within the District.



Youth Conference, Thanlon

Nest was invited to speak on Mental Health issues at the Evangelical Baptist Convention's Thanlon Division Youth Conference held between 10th-12th March, 2023. John L. Hauzel, counsellor of the Lamka Rehabilitation and Research Centre (LRRC) was requested to speak on our behalf.

At the Youth Conference, a booklet about the negative psychological as well as societal impacts of uncontrolled smartphone usage among youths written by Nest Chairman Nangmuansang Lethil was distributed.

Partnership with National Foundation for India

The National Foundation for India (NFI) is currently working in three North Eastern States - Manipur, Assam and Nagaland - on a project funded by the European Union titled "Leaving No One Behind: Building Pathways for Peace in the North East via Engagement of Civil Society and Youth Leaders" under Grant Support Agreement through which various local organisations are partnering and hosting the programs. In Manipur, Nest has also hosted various programs as a local organisation.



Mental Health Awareness is a key area for Nest in its Action Program for Lamka Suicide Survey. Nest has attempted to bridge this dire need through programs and observation of important days related to Mental Health, and in doing so, has collaborated with stakeholder groups and institutions.

As an effort to popularise and strengthen the United Nations Sustainable Development Goals (SDG), **Goal 3: Good Health and Wellbeing** has been used as the main focus theme in our campaign for Mental Health awareness.



The Programs and Activities organized in partnership with NFI include:

1. Seminar on Strengthening Youth's Role in SDG 3- Good Health and Wellbeing

A seminar titled "Strengthening Youth's Role in SDG 3-Good Health and Wellbeing" was organised on the May 13, 2022 in collaboration with Reboot Lamka. Ms Sangmuanching, MA in Psychology was engaged as the Resource Person. The program took place at Pethuel EBCC Sunday School Hall, New Lamka.



2. Observation of World Suicide Prevention Day 2022

The District Health Society and National Health Mission, Churachandpur organised a Suicide Awareness Program in Observation of World Suicide Prevention Day 2022 at Pathway School. The Director V. Jamkhanpau (Benjamin) was invited as the Resource person where he spoke about Mental Health signs and symptoms, mental health first aid and peer support. He also introduced the Sustainable Development Goals and particularly *Goal 3: Good Health and Wellbeing*.

3. Mental Health Care Practitioners' Retreat

Counsellors are often caught up in their work and are in need of space to vent out and release their stress. No such platform has however been considered nor made available in the past.

To bridge this gap, Nest arranged a special retreat program for Mental Health Care Practitioners under the title, "Linking our Mental Healthcare Services to the SDGs: Building our own Indicators; and, discussion on Challenges and Experiences as a Counsellor, Action Plan towards building a healthy community."

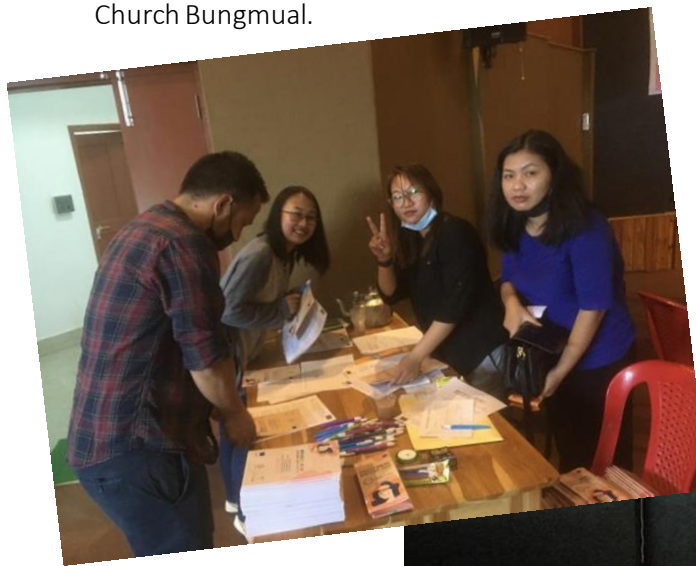
The event took place on December 9, 2022 at Aichin Park, Mata Village where Thangkhansiam Naulak, Counsellor moderated the brainstorming and discussion session. As an outcome of the Mental Health Care Practitioners Retreat Program, a Whatsapp Group to link all the counsellors together was created; the same is monitored by Nest as the coordinating organisation.



4. District Youth Outreach & Consultation On SDGs

A District Level Youth Outreach and Consultation on SDG was hosted by Nest in partnership with the National Foundation for India on March 26, 2022. The event took place at the Gospel Centenary Hall, Mini-Auditorium where the Chief Medical Officer (CMO) Dr. Kimngaihching Simte graced the event as Chief Guest.

A directory of Mental Health Practitioners compiled by Nest was also launched by the CMO Dr. Kimngaihching Simte and dedicated by Pastor L. Khaikhansong, Local Pastor, EBC Church Bungmual.



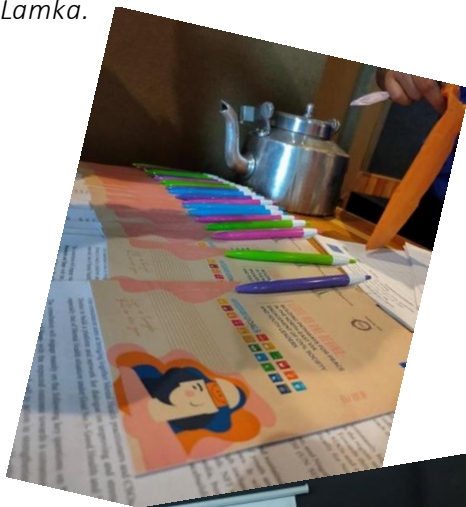
Key individuals present at the event were:

1. Dr. Kimngaihching, CMO, Lamka;
2. Rev. L. Khaikhansong, Local Pastor, EBCC Bungmual;
3. Mr. Pauzagin Tonsing, Director, Centre for Community Initiative (CCI);
4. Mr. Ginneikhual Tungnung, Executive (SIPCDC), Hope, a UN Agency;
5. Mr Dennis Lallienzuol, UN Young Peace-builder;
6. Rachel Chingnunhoih, Research Partner, Nest.



The **District Youth Outreach & Consultation On SDGs** event was attended by youth groups from academia, mental health professionals, CSOs and NGOs. The event saw a lively discussion on strengthening Mental Health Care in Lamka. Snippets of the points discussed during the session were:

1. *Disparity in expectation and approach between mental health practitioners and help seekers/community.*
2. *Social media as a medium of creating awareness and reaching out to youths.*
3. *Need of mental health counsellors at schools in Lamka.*



4. *Establishing common grounds and complementary work environment between faith-based and secular mental health practices.*
5. *Strengthening of family care as a cornerstone in mental health.*
6. *Timely intervention- Prevention is better than cure*
7. *Addressing stereotype against people accessing psychiatric services.*
8. *Establishing safe spaces for mental health practitioners and clients.*



5. The 2nd State Level Multi Stakeholder Consultation on SDG and SDG Implementation Gap in Manipur

The *State Level Multi Stakeholder Consultation on Sustainable Development Goals and SDG Implementation Gap in Manipur* was organised by National Foundation for India (NFI) with funding from the European Union. Three consultations took place at the following places - Imphal, Saikul in Kangpokpi District and Lamka. The consultation in Lamka was hosted by Nest on May 21, 2022.



The event's participants come from different fields such as Civil Society Organisations, Government, Academia, Media, Business and Private sectors. Sector-wise participant breakup can be presented as blow:

- Academia: 4
- Government: 9
- Business/Private: 4
- CSOs: 32
- Media: 6





The topics and panelists of the **2nd State Level Multi Stakeholder Consultation on SDG and SDG Implementation Gap in Manipur** organized by NFI and hosted by Nest include the following:

RESOURCE PERSON	TOPIC
N. Kulkarani Devi Director, Planning Department, Government of Manipur	Highlights of Manipur State SDG Vision 2030 and its current status on ground.
Babloo Loitongbam Executive Director, Human Rights Alert	Developing Local Capacities to accelerate SDG Localisation: Challenges and way forward.
Denis Lallienzuol UN Peacebuilder	Engaging Youth for Building SDG Awareness
Rev B. Chinkhengoupau Child Co-ordinator, Evangelical Baptist Convention	Peace, Justice and Strong Institutions (Goal 16): Role of CSOs and Faith Based Organisations
Mary Beth Sanate Secretary, Rural Women Upliftment Society	Improving Gender Equality (Goal 5, 10) in Patriarchal Society
Thokchom Surjit Singh Project Director, Towards an Alternative Vision of Education, SSTS	Challenges and Opportunities for Implementing NEP at local level in light of SDG



6. Trainings organized by NFI

Training on Citizen Action

Program was organised by the NFI at Dimapur, Nagaland on September 9-10, 2022. Two members from Nest, V. Jamkhanpau and Nangsuanmung Hangzo took part in the training which went on for three days at Hotel Acacia, Dimapur.

The training was led by **We the People Abhiyan** who introduced and localised the relevance and importance of the Indian Constitution. The training aimed at helping young people towards getting a deeper sense of understanding the Constitution of India.



A two-day in-house *Training on Sustainable Development Goals* was organised by the NFI at IDSSS, Mantripukhri, Imphal on November 6-7, 2022. The training was facilitated by Babloo Loitongbam who introduced the history and evolution of Sustainable Development as an imperative parameter for Development.

Partner NGOs of NFI from different states across the North East took part in the training at Imphal.

The training was attended by Benjamin V. Jamkhanpau, Zengaihlan, Jessica Hoihmuansiam and Nangsuanmung Hangzo from Nest.

7. Lamka Youth Summit 2023



The event was organised with the Nehru Yuva Kendra as a collaborating partner who brought in the District Level Youth Parliament at the summit. 31 other local organisations, start-ups, institutions, clubs and platforms were also partnered with as collaborators in executing the Summit.

The event also saw the Paite translation of the SDG book launched by Pu Vumlunmang Vualnam, IAS, Addl. Chief Secretary, Government of Manipur.

The Lamka Youth Summit was organised for the first time in Lamka on March 24-25, 2023 at Lalpuithluaii Foundation School, Bungmual and EBC's Gospel Centenary Hall, Hebron Veng, New Lamka.

The event was organized by NFI and the European Union with Nest as the local host organisation.





The Lamka Youth Summit 2023 also facilitated the following **Masterclass Sessions** for youths to help them sharpen their career and skills.

1. **“Entrepreneurship: From Planning to Execution of Business Ideas”**
Resource Person - Nangmuansang Lethil
2. **“Youth and Media: Using Media for Development”**
Resource Person - Ninglun Hanghal
3. **“Leadership & Organisational Development”**
Resource Person - Dr. Lalminthang, Author, Academic Dean, SIBBC
4. **“Personality Development and Multiple Intelligence Theory for Career”**
Resource Person - Dr. Achan Mungleng, Independent Consultant, Researcher and Trainer



Always bustling with activity, the venue saw participants binging on the native snacks sold at the traditional food stalls run by a local women group, and buying the locally-produced, handmade and artisanal products on display at the various stalls run by the House of Hestia, VDVK-Lamka, and the like. The participants were also treated with a mesmerizing display of tribal art produced by the Zomi Art Community and Zamminlun Singson Art Studio at both the venues.

The Summit also has something for the town’s booklovers - a book fair where you can leisurely browse through the numerous books on display. Visitors to the book fair can also stop by for a game of chess organized by the Lamka Chess Club, all within the spacious stall itself. The two venues always bore a vibrant atmosphere bustling with activities.



30 youth-led and youth-focused groups and establishments based in Lamka also took an active role in organizing the **Lamka Youth Summit** as Event Collaborators -

RESEARCH FORUMS

Footnotes, Paite Academia Forum, Vaiphei Research Forum, The Zampi Review, Zo Academia

NGOS & YOUTH-FOCUSED SOCIAL INITIATIVES

Arise Lamka, Centre for Community Initiative (CCI), Coffee with Sang, Community Development Service (CDS), Goals 5 United, Good Samaritan Foundation, Goodwill Foundation, Highland Group, Pallai FC, Rural Aid Service (RAS), Sports Outreach.

YOUTH-LED & YOUTH-FOCUSED ENTERPRISES

Baan Solutions, Infinity Unisex Salon and Training Institute, Paperplanes Bookstore, Soso’s Café, Tekh Writers, VePSA Taxi and Vehicle Rentals

CREATIVE ARTS INITIATIVES

Zamminlun Singson Art Studio, Zomi Art Community (ZAC)

COACHING CENTRES

Accelerate Coaching, Ascend Coaching, Saubuuk, Smart Tutorials, Ultimate Coaching Institute

Partnership with NABARD

Nest initiated partnership with the National Bank for Agriculture and Rural Development (NABARD) during the year with two projects.



1. Besam Puahsiam Skills Training

A skill development program on hair Dressing titled “Besam Puahsiam Skill Development Program" under NABSKILL, NABARD was conducted in collaboration with the Infinity Unisex Salon and Institute. The training launched on April 8, 2022 lasted three months and concluded on July 11, 2022. The objective of the training was to provide economic independence to rural youth, with special focus on women.



A total of 15 youths (12 Female and 3 Male) from the minority and economically backward groups were trained and certified as Hairdressing Professionals at the end of the training.

The trainees are now employed in different parts of the country and some of them are engaged as freelance consultants or running their own small businesses.



2. Village Level Program

NABARD organises Village Level Programs as a community outreach where NABARD programs and village farmers are brought together. This year, Nest had the privilege of hosting four such Village Level Programs at Gelzang, Lamzang, Phuaizang and B Kaljang villages where community-based interactive sessions were organised.

The District Development Manager (DDM), NABARD, Lamka was engaged as the main Resource Person who introduced the programs and initiatives of NABARD to the village communities.

At Gelzang and Lamzang villages, the programs were organised in collaboration with Dr. Roluahpuia, Assistant Professor, Indian Institute of Technology, Roorkee who engaged with the village community on the pattern of agricultural and livelihood transformation in the highlands of Manipur.



3. Sensitization of Bankers and SHG Leaders-Financial Literacy

A One-day Sensitization Meet of Bankers and SHG Leaders was organized at EBC's Gospel Centenary Hall on 29th September 2022 with the support of NABARD. The event was attended by 132 SHG members from the District who were mostly formed under the Manipur State Rural Livelihood Mission (MSRLM).



The following are the topics covered during the Meet:

“NABARD Sanctions for SHG Loans: Status of Churachandpur District”

RESOURCE PERSON - Gopal Singh, Lead Development Manager, State Bank of India, Churachandpur Branch

“Status, Scope and Opportunities for SHG Credit Linkage with Banks”

RESOURCE PERSON - Khupsuanlal Hangal, Deputy Branch Manager, State Bank of India, Churachandpur Branch

“Presentation of Challenges and Opportunities of SHGs in Manipur”

RESOURCE PERSON - Rajeev Ningthoujam Singh, Block Mission Manager, MSRLM

“Sustainable Development Goals and the role of SHGs”

RESOURCE PERSON - Zote Gangte, Research Scholar



4. Springshed-based Watershed Development Project

As Nest's first big project under NABARD, Springshed-based Watershed Development Project was initiated at Phuaizang, Hangsum and Pangmual villages under Singngat and Suangdoh sub-divisions of Churachandpur District, Manipur.

Pre-Project Implementation

Phase (PIIP): A Community Water Storage Tank that was constructed as an Entry Point Activity (EPA) for the Springshed-based Watershed Development Program at Phuaizang Village. An Entry Point Activity was organised to ensure that the community and Project Facilitating Agency (PFA) can work together.

The EPA chosen by the village community was sourcing of clean water and construction of Water Storage Tank for the village which had no clean water source. Clean water was sourced from Galkap Lui (River) which is 1.7 kilometers away from the village. A water Tank was also constructed and inaugurated by Samuel Paubiakmang, DDM NABARD on January 11, 2023 in the presence of the villagers and the PFA.

Community Capacity Building: As a part of the PPIP, Community Capacity Building Activity was organised at Phuaizang Village March 29, 2023 where Jugindro Singh, Agricultural Engineer, Watershed Management was engaged as a Resource Person.

He meticulously went through the project nature and technical requirements, and oriented the village community with the objectives and scope of the project. He also led a brief field visit where the spring sources of the Project Village were identified and examined.

It can be said that the community gained clarity and understanding on the nature of the project that was about to be implemented in their village.



5. NABARD Partners Meet

Nest was invited to the Partners Meet organised by DDM NABARD on January 28, 2023 at Hope Café, Mata Muallam village. Nest Office Staffs and members attended the meet and a fruitful session on networking and ice-breaking was held with various working partners of NABARD.

Programs and Partnerships with Other Organizations

Nest also is involved in various programs and partnerships with other organizations from time to time. One such organization is the Centre for Community Initiative (CCI).



The following activities are carried out in collaboration and partnership with CCI.

1. Critical Review on NEP

A Seminar on *Education in India* was organised in collaboration with Centre for Community Initiative at Malsawm Ability and Research Centre, Pearsonmun on May 20, 2022. The key speaker was a critical education expert and thinker Mr. Surjit S. Thokchom, Founder and Director of Synroplang for Social Transformation (SST) from Meghalaya.

The main participants of the seminar were members of the Churachandpur District Private Schools Association (CDPSA), educationist, scholars and researchers in the field of education.

2. LFA Training & M&E Training

Tools of development such as Logical Framework Analysis (LFA), Monitoring and Evaluation (M&E) etc. are essential for sustainable growth and development of organisations. With a firm belief that the training and utilization of these tools in the development initiatives of the development organisations in Lamka would go a long way in strengthening local organisations, a training on LFA and M&E was organised by Nest and CCI at CCI Admin Office, Nehru Marg, Lamka on May 22, 2022.

Organisations that took part in the training included Nest, CCI, Lainat Ministry and Rural Aid Services. MK Lal Gualnam was the resource person who engaged the trainees on the concept and techniques of developing LFA and M&E.

3. Workshop on Strategic Communication and M&E Training

A workshop on Strategic Communication and Monitoring and Evaluation (M&E) Training was co-organised by Nest and CCI. The training was facilitated by SK Ngaihte and Parij Borgohain from Frame Impacts, a startup consultancy firm based in Shillong, Meghalaya, who did the training pro-bono provided logistical arrangements being sponsored by Nest and CCI.



Participants of the training included Nest, CCI, Community Development Society, Rural Aid Services, Rural Women Upliftment Society, Oasis India RPCNEI, Goodwill Foundation, Lainat Ministry and Indian Enterprise.

Collaboration with MSPDCL

Nest was invited by Manipur State Power Distribution Corporation Limited (MSPDCL), Churachandpur Division, to present a *nukkad natak* (skit) on Village Electrification on the occasion of Bijli Diwas- Ujjwala Bharat, Ujjawala Bhavishya celebrated across the country.

Nest took this as an opportunity and developed a skit on Village Electrification in partnership with Pallai Football Club and Sara SHG. The *nukkad natak* (skit) was displayed at two different events - Vungbuk Village, Henglep Sub-division, Churachandpur District on July 26, 2022 and the District Grand Finale Event at Mini Secretariat, Multipurpose Hall, Tuibuang on July 30, 2022.



RPCNEI's Disaster Management Program

Nest took part at the state-level program on *4RSD Project Recovery and Resilience towards Risk Reduction and Sustainable Development*. The event was organized by Reformed Presbyterian Church North East India (RPCNEI) at Hotel Imphal on June 1, 2022. Two representatives from Nest - Zengaihulun and Rachel Chingnunhoih - took part at the event.



North East Leaders' Connect

Nest was invited to the “North East Leaders Connect” where youth leaders from across the North Eastern states of India came together at City Convention Centre, Imphal. Three representatives from Nest, namely V. Jamkhanpau, Jamthianlal Hangzo and Nangsuanmung Hangzo took part in the conference.



Vision Lamka

The Vision Lamka organisation conducts seminars and programs with the vision of making Lamka the best place in the world. Nest is an active partner of the Organization and helps with logistical support.

On January 29, 2023, Vision Lamka organised a seminar on Public Health and Sanitation where Nest helped them with logistical arrangements, program invitation, event management and physical support. Nest was presented with a water boiler as a token of gratitude from Vision Lamka.



Self Help Groups

With an aim to promote women led institutions, Nest has partnered with the Sarah Self Help Group (SHG) in various developmental and skill building activities. Nest has also facilitates in formation of Moms SHG and link them with the Manipur State Rural Livelihood Mission (MSRLM).



Winter Conference ZO ACADEMIA

An academic conference under the banner of Winter Conference “Revisiting Zo Academic Discourse in the 21st Century” was organized in collaboration with Zo Academia at Angels’ Place, Bungmual on February 25, 2023. The conference was organised in hybrid mode where participants joined both physically as well as online.

The main objective of the conference was to create a platform for young scholars to share and discuss the issues and challenges of development as tribes and indigenous communities in the hills.

The conference was also used to highlight and introduce the Sustainable Development Goals (SDG) among the upcoming scholars who were entreated to the importance of Sustainable Development Goals and provide cross linkages of their academic interest with SDGs.

Localising the SDGs

An outreach program on localising the Sustainable Development Goals was held on August 19, 2022 at Phuaizang Village which is under Suangdoh sub-division, Churachandpur District, Manipur.

The program was hosted by Nest in partnership with NABARD and NFI where NABARD’s DDM, Samuel Paubiakmang took part and spoke on the opportunities and programs under NABARD.



Linking SDGs with Grassroot Organisations

The Sustainable Development Goals (SDGs) are the global development language which has been largely unknown in the development sector in Lamka.

Seeing it as an imperative for sustainable growth of the development sector, Nest has taken the initiative of campaigning for the popularisation of the SDGs in Lamka by introducing it to local Grassroots Organisations and linking them with their work.

1. Focused Group Discussion

As a part of this campaign, Nest organised a Focus Group Discussion with various local groups and organisations on linking their work with the SDGs. This is an ongoing activity which Nest has taken the responsibility of initiating with the aim of strengthening the concept of SDGs in Lamka's development sector.

Through this activity, grassroot organisations are found to highlight and link their work with SDGs which is found to help them project and reach out to much wider clientele.

2. Slogan Writing Competition

Taking the SDG Campaign to students, a "Slogan Writing Competition" was organised at Lalpuithluaii Foundation School on January 27, 2023. This campaign involved introduction of the SDGs to the students and organising a slogan writing competition for students on the Sustainable Development Goals.

The Campaign was also incorporated with a Mental Health Awareness Program where John L. Hauzel, Counsellor, Lamka Rehabilitation and Research Centre (LRRCC) was engaged as a Resource Person to introduce the concept of Mental Health Awareness to the students.

The four selected winners of the **Slogan Writing Competition** were awarded with a Book Grant each worth Rs.3000, Rs.2000, Rs.1000 and Rs.700 respectively which they redeemed at Paperplanes Book Store.



3. Goal 5 United

As a campaign for Gender Equality in all walks of life, a Futgal Team of young girls was formed under the name **Goal 5 United**, taken from the Goal No. 5: Gender Equality of the Sustainable Development Goals.

The Goal 5 United comprises of like-minded young girls from Lamka who are interested and passionate about sports, especially football. These young girls were mobilised and formed as a youth group of girls and were given awareness about Gender Issues and Women Empowerment.

Nest sponsored Goal 5 United's participation at the 1st Muoltinchan Trophy, a Futgal tournament organized by the Good Samaritan Foundation held on March 6-8, 2023 on the occasion of International Women's Day.

4. Gender Empowerment

A seminar on Gender Equality and Women Empowerment was also organized on March 5, 2023 at Nest Admin Office with Ms. Chingngaihsiam Thangsing, Social Worker as the Resource Person.



5. Futgal Friendly

A Friendly Futgal Match and NFI Partners' Meet between Nest and Inside NE from Saikul in Kangpokpi District was organized at Play 7 Football Turf, Kwakeithel, Imphal on February 3, 2023. The event was organized as an outreach and networking program under Goal 5: Gender Equality of Sustainable Development Goals. The event was also used for networking between the two organisations and topics on Gender Equality and Women Empowerment under SDG Goal 5 were discussed.



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