

Tuiphul Puahna ding Vaiguan

Springshed Development Initiative in Paite



**SUSTAINABLE
DEVELOPMENT**  **GOALS**



NATIONAL BANK FOR
AGRICULTURE AND RURAL
DEVELOPMENT

NABARD

Nest

JC PARK, BUNGMUAL
LAMKA - 795006

Laibuta sung a lim omte:

Hiai laibuta sung a limlak om a tamzawte **Zogam Tourism Facebook** page apan kilasawn ahi.

Lim gelhthohte leh limlak khenkhat, *Internet* apan teisawn ahi a, tua bang limte' nuai ah a lakna mute kigelh chiat hi.

Thutuunte

Thukhah	3
Pulakna	5
I tulai dinmun	6
Hunluite leh tulai	7
Tuiphul puahna	8
Khohun kipumkhek	9
Tuiphul kipatna	10
Tui paikualhdan	11
Tuiphul apan tui pawtkhiate khansaktheih ahi diam?	12
Tuiphul piantheihdan chituamtuamte	14
Tuiphul puahphat dingdan	16
Leitang zatdan pansan a leikawm tui kikholkhamwna puahna	17
Tuiphul puahna vaiguante zattheihlouna khuate	18
Tuiphulte puahna di'a kalbi 8te	19
Tuiphul puahna di'a nasep tangpите	20

Thukhah

Message from NABARD



Paubiakmang Ngaihte
DDM Churachandpur, NABARD,
Churachandpur, Pherzawl, Tengenoupal

MESSAGE FROM DDM, NABARD
I am happy to write this forwarding on the Book titled “Tuiphul Puahphat nading Vaiguan: Springshed Development Initiative in Paite” compiled and published by Nest. The project has been funded by NABARD under Springshed based Watershed Development Programme. This translation is intended to educate the community about the fragile environmental conditions and the roles we have to play, in sustaining the environmental ecology that provides life.

The Sustainable Development Goals 2030 is deeply focussed on the targets and indicators to achieve a sustainable world, and

Hiai laibu, “Tuiphul Puahphat nading Vaiguan: Springshed Development Initiative in Paite” kichi, Nest in a kaihkhop leh a suahkhiak, a thumapi gelhthei ding a ka om man in kipahhuai ka sa. Hiai project ahih leh NABARD in Watershed Development Programme kichi nuai a Tuinaak te suk-hing nadiing a fund/kith-uahpihna a piak ahi. Hinna pia kim-le-kiangte detdousakna ding a mohpuakna i neihte uh leh i kim-le-kiang dinmun dengdel ahihdan minautangte lak ah sinsakna ding a hong kiletkhia ahi.

A detdou leitung piansakna ding in Khantouhna Detdousak Tup-le-Ngimte 2030 in ngim leh

it is the role of each individual to take responsibility and ownership in realising these goals.

The main objective of the Springshed Based Watershed Development Project is to revive our dying spring waters in the hills, so that the environment and its dependents can sustain life in this beautiful world. As the saying goes, “wasting today is stealing from tomorrow”, I guess, we can also say, “destruction today is killing the future”.

I would therefore like to request all the readers of this book to think about the future and the people in it so that our actions today won't hamper our tomorrow.

Thank you.

kawkmuh a neihte naktak a enzui a, hiai tup-le-ngimte pichinsakna di'a neitu hihna leh mohpuakna laak pen michih a di'a a tanvou uh ahi.

Springshed Based Watershed Development Project in a tup pipen bel, I tenna taang gam a tuiphul kang diing a kisate puahtak a, tuate tungtawn a kiim leh kiangte leh tuate tung ah kinga teng in hiai leitung kilawmtak ah detdou tak a a khosaktheih ding uh ahi. Thupil in, “Tuni a a mawkna a pailiamsak pen i zingchiang ding apan guukkhiakna ahi,” ana chi a, tua toh kiton in, “tuni i resource te uh kep louh ziak a siatna in I tunung mailam ah le siatna tuntu hi ahi,” chih theih hi.

Tua ahihman in, hiai laibuta simkha teng in i maban ding uh leh I gam a mihingte ngaihtuah a nei a, tuni a i kalsuannate'n i zingchiang ding uh a buaisaklounha ding in i resource te uh kem bit in michin in panla diin i kingen hi.

Lungdam.



Pulakna

I gam a tuinakte, i tuiphul manpha taktakte uh Zodawn a i mi-le-sa tamzawte' kingakna ahih phawk kawm in, bang chi leh tuate a kiningching zawsem a puahphat a omthei ding ahi uh hiam, chihte lungtang a vei a nei in, NABARD apan huhna toh hiai laibuta bawlkhiaak ahi.

A sung a thu tamzawte *Rural Management and Development Department, Government of Sikkim in United Nations Development Program* apan huhna toh a bawlkhiaak, '*DHARA VIKAS HANDBOOK: A User Manual for Springshed Development to Revive Himalayan Springs*' kichi laibu apan ei gam toh kituakte teisawn leh letkhiaak ahi.

A simkha khempeuh in phattuumna banghiam a muh ding uh duhthusam ahi.

Nangmuansang Lethil

Chairman, Nest
January 21, 2023

I tulai dinmun



Mihingte' gamtatna ziak a khohun
kipumkhekte'n i gam ah tuinek ding
kiningchingtak a ngah gige i chih duhtusam
gen toh hong kibangsak lel ding ahihdan hon
mukholsak hi. Nidang in i Zodawn a khua
tampite' kingakna tuiphulte kang hun chih
taktak neilou a kichiamtehte bang zong tu
hun in kang thei mawkta a, akum-akum in
hiaibang tuiphulte a kan hun bang uh sawt
hiaihiai ua theih hita hi.

Tua kia hilou in, i gam a i tuinek lakna di'a
kingakna a i neih luipi-luitate'n zong kang
hun bang neita mawk uhi.

Nek ding leh zattawm ding tui kiningching a
omlough Chiang in, mihingte' niteng hinkhua
peibuai zou mahmah hi; tui zat ding deih
bang a a kidaihlouh na ah, innsung a nek-le-
dawn bawlte leh innsung vaisaite a ding in
nawngkaina thupitak tun hi.

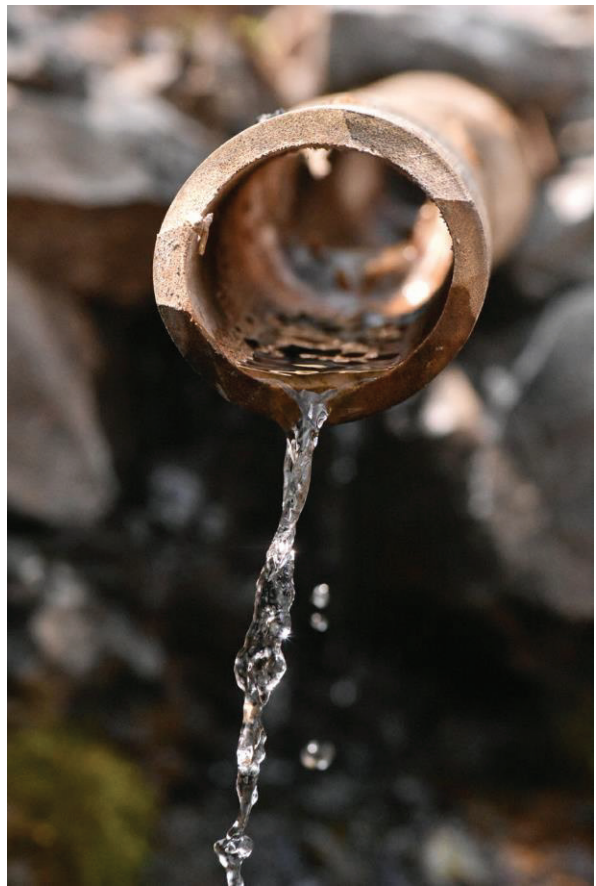
Tuiphulte a hong kan a, luituite ahong luan nawnlouh a, i tuitawina mun a
tuizeute ahong kan Chiang in, nek ding leh zattawm ding tui tawi a gamla
pipi kuankhiak hong ngai hi. Tuabang hunte ah amual-atangte kan a tui
tawi a kuankhiak bang aloutheilou hong hi a, aneu-alian tui tawi a
laksuankhiak bang hong ngai hi. Tua in i niteng hun zatdan hon kaibuai zou
mahmah a, i nasep khiak zoh ding zah kikhiam zou mahmah hi.

Hunluite leh tulai

Nidang in i gam ah i nekkhop ding kikhokhia a, i kham ding buh-le-bal i neih nakleh kilungkim mahmah hi. Lampi hoihlouh ziak mah a kikawmtuahna haksa ahihman in, i khosakna mun chiat uah kiningchingtak a om ding pen ngaihpoimoh in kinei a, midang leh khodang sawkbuai sese lou in, i poimoh teng mah khokhia leh musuah in kikhosa chiat hi. Ipu- ipate uapan thugousiahte pansan a chiindan i neihte uh zang in i na khosa uh a, tua hunlai in i gam in zong ei khamkhop chiat ding nek-le-tak, leh i zatkhop chiat ding uh tui kiningchingtak in hon pe zeel hi.

Himahleh, tulai hun in tuabang hinawnlou in, i khamkhop ding i kaihkhop zoh chiang in a tamzaw kideihbeh in, kikawmtuahna hoihzaw omta ahihna toh, i gam a piangte sum suah mengmeng ding pen kithupingaih mahmah hi.

Tuabang a i lunggulhte uh sepsuahna leh maban ding khualna tellou a gamtatnate in i gam keusak a, nidang a piang zah i gam a piang zou nawnlou a, tui nek ding kiningching ngahzoh zong thubaih hi nawnlou hi.



Tuiphul puahna



I gam ah khokhal hun chiang in tuiphulte leh tampite kingakna tuinakte kang nak uhi. Hiai in mi tampite hunkhua ah haksatna tun a, tua hun chiang in tuitawi pen nnapi khat, hun tampi luutna khat hong suak thei zeel hi.

Nidang in khosung khat in a tunek ding a lakna munte ah mihing leh ganta a va gamtat ding kham in om a, tui dawnding siang leh khomite a di'a kidaih ngah zeel uhi. Himahleh tu chiang in hiaibang a kikhamna pen kia hong phatuam nawnlou hi.

Tuate ziak mah in tulai in i gam Solkal in tuiphul omna leh a kim-le-kiang a gamte kepbit a, puahphat nadi'n pan la a, '*Springshed Development*' chi in tuiphulte apan tui a tamthei lam a hong luankhiaktheih nading in pawl tuamtuamte toh pangkhawm in nna sem hi.

Khohun kipumkhek

Mihingte gamtatna leh leitung kikhengte ziak in leitung apan huihkua, leh huihkua apan leitung ah tui leh tuihu paikualhdante kikhenglamdang gawp in khohun kipumkhekna hon tun hi. Tua in vuahtui kiak hun sung leh vuahtui tamdan tanpha khek gawp in, phalbi hunte ah khua keusak deuhdeuh a, tuktui luan hunte tomsak semsem hi. Vuah a zuk chiang in zong thakhat thu a tampipi zu in, vuahtui ana mantang a, awl a leikawm a ana lutsakthei ding sing-le-loute lah chihtham om nawnlou ahihna ah, vuahtui leikawm ah lutsuak manlou in hawktui in luang mang zeel hi.

Tua bang a vuahtui kiate hawktui a a luanmang vek chiang in, leikawm a tui kikholding omlou a, tua in tuiphulte a tui luangkhe ding omsak zoulou a, kan lam manohsak hi. Hiai ziak mah in, nidang a tuiphul kang ngeilou a i theihte tu chiang in kan hun neita uhi.



Springshed Development in a ngim tak bel, khokhal hun a tuiphulte apan tui a tamthei lam ahong luankhiattheih ding, chih ahi. Khokhun kipumkhek toh kituak a khotate ah tui taksapna omlouh nadi'a panlakna ahi.

Tuiphul kipatna



Tuktui luan hun chiang in tuiphulte apan tui tampipi hong pawt zeel a, himahleh khua a hong keu deuh chiang in hong kiam hiam, ahikhe'h hong kang hithet thei zeel hi. Bang ziak pentak hidi'n na gingta a?

Tuiphul apan tui hong pawtkhiate vuahtui a kinga ahi.

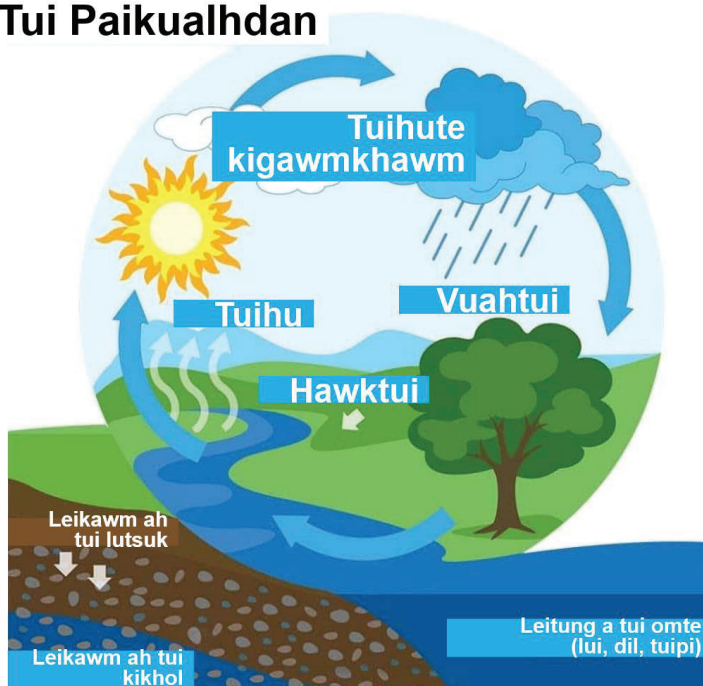
Vuahtui tamzawte hawktui in luangmang zeel mahleh, vuahtui bangzahhiamte leikawm ah lutsuk in, suang hawmte leh suang kikalte ah lut in, leikawm ah ana kikholkhawm hi. A kikholkhawm a tam zoh peuhleh tuiphul pen a kan hun tom ding, chihna himai hi. Sing-le-lou piching leh tampitak a omna munte ah vuahtuite hawktui in luangmang mawk lou a, tua ziak in leikawm ah tampi kikholthei zeel hi. Hiai sing-le-loute'n a tui kikholte zong siangthousak hi.

Singkungte phuk a, lampi bawl na ding a mualte nawtkhia leh metmai a a om chiang in, tuiphul kipatna ding a tuite kikholkhawmna buaizaksak a, hiai in leikawm a tui kikholkhawmthei ding zah kiamsak mahmah hi. Tua in khokhal hun ah tuiphulte kangsak zeel hi.

Tui paikualhdan

Leitang tung, leinuai leh huihkhua ah tawIngalou in tui leh tuihu paikual den hi. Huihkhua ah tuite tuihu bang in om a, leitang tung ah vuk, hawktui, luitui leh tuipituite bang in om hi. Leitang nuai ah suang leh lei kikalte ah lutsuk in, suang vang leh leihawmte ah tuiphul leh tuinakte in hong pawtkhia hi. Leitung a tui omna - tuipi, luituite, dilte - apan huihkhua ah tuihu in lengtou a, Leitung ah tua tuihute vuk leh vuahtui a kia in, tuate dilte, luite leh tuipite ah kik nawn zeel a, tuate mah tuihu in lengtou kik leuleu zeel uhi.

Tui Paikualhdan



Teisawna: www.noaa.gov

Tuiphul apan tui pawtkhiate khansaktheih ahi diam?



Hitham e! Tuiphul apan tui pawtkhiate tamsaktheih lua ahi. Himahleh tua ding in a poimoh masa om a, tua bel, tua tuiphul kiim a tui kikholkhawmtheihna mun teng zonkhiak masak a, tua tui kikholkhawmna teng ah vuahtui a tamthei lam a lutsuktheih nading a panlak ding ahi. Hiai in khokhal hun ah leng tuiphul apan tui omsak thei ding hi.

Tua bang ahih kawmkawm in, a tuiphul omdan ah zong kinga mahmah hi.

HUNBI NEI A TUI TAMLOULOU A PHULKHIA

Hiaibang tuiphulte, a tui kikholkhawmna lianlou chihna ahihman in, tui tamzaw kholna di'a panlakna in khokhal hun ah kikhekna theihtham tun tuanlou ding hi.

TUIPHUL KANG NGEILOU, A PHULKHE ZAH BEL KIKHENGTHEI ZEEL

Hiaibang tuiphulte, ei gam ah zong tampi om a, tuk Chiang in tampipi phulkhia in, khokhal Chiang in naktak in kiamthei zeel hi. Leinuai a tui kikholkhawmna lian huntawk, chihna ahi; himahleh hiaibang tuiphulte ah khokhal hun a tui phulkhiate in tawm lam manoh hiaihiai a theih ahihman in, a tui kholkhawmna munte ah tuktui luan hun ah tui kikholkhawm zou taktak lou, chihna ahi. Gam leitang zatdan leh vuahtui kiakdan dungzui in hiaibang tuiphulte'n kan hun neithe uhi. Hiai tuiphulte' tui kikholkhawmna munte ah tui tamzaw a luanluttheih nadi'a panlakna in khokhal hun ah tui phulkhe ding zah hon hetkha mahmah ding hi.

KAN HUN NEILOU A TAMLOULOU A PHULKHE DEN

Hiaibang tuiphulte leikawm a tui kholkhawmna lianpi apan kipan ahi a, a tui kholkhawmna apan tuiphul omna mun kigamla huntawk chihna ahi. Tui tamsem phulkhiaksaktheih nading a tui kikholkhawmna ah tui tampi lutsak nadi'a panlak in omzia nei taktaklou ding hi.

KUMTAWN A TUI TAMPI PHULKHE DEN

Hiaibang tuiphulte'n tuktui luan hun Chiang in tui tampipi phulkhesak a, khokhal hun ah zong a hunkhop ding luangsak zou in, khotate a di'a tuinak poimohtak hi tangpi uhi. A tui kikholkhawmna zong lian mahmah chihna ahi a, tui tampitak hiai a kikholkhawmna a lutsuaksak in khokhal hun ah zong tui kiningching phulkhesak zou ding hi.

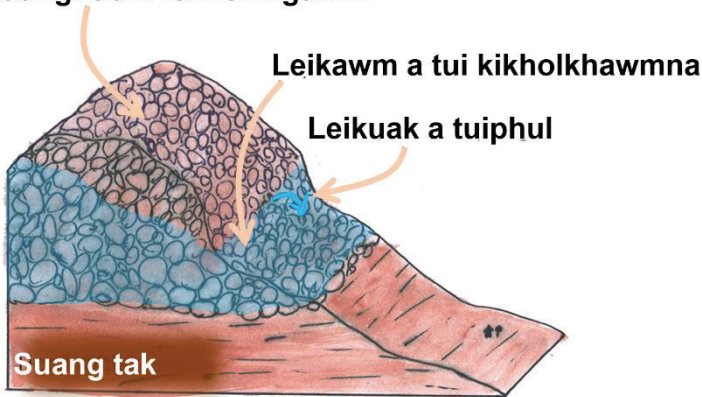
Tuiphul piantheihdante

Ei gam ah tuiphul chi tuamtuum omtheite lak ah 3 ensuk ni.

1. LEIKUAK OMNA A TUIPHUL (*Depression Spring*)

Gam ken leh kikhokhiakna munte ah hiaibang tuiphulte om ut mahmah hi. Tui kikhokhawnna mun pen a tuiphul omna sak chin a lei a kikhokhiakna mun hipah ding hi.

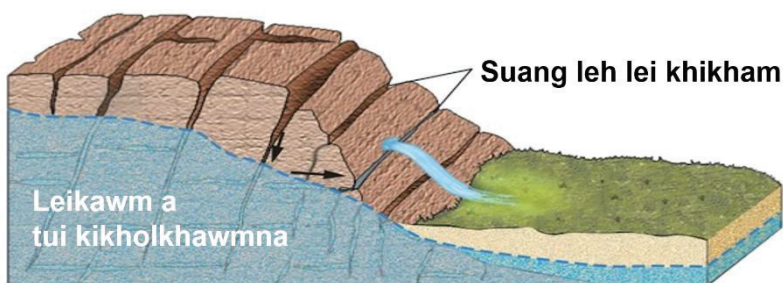
Suanghuum leh lei kigawm



Lem Teisawna: *Vikaspedia*, <https://vikaspedia.in/energy/environment/known-your-environment/water/types-of-springs>

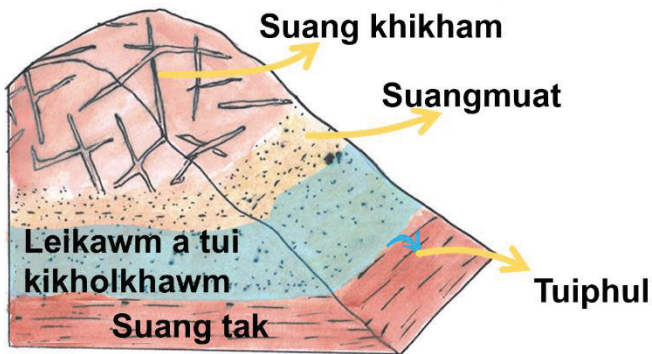
2. LEI KHIKHAM APAN TUIPHUL (*Fracture Spring*)

Leikawm a tui kikhokhawnna munte ah lei khikham a omleh, tua munte apan tuiphul omthei hi. A tui kikhokhawnna mun tak bel tua a khitkhapna kim a mun sangzaw lak khawng hiding hi.



3. SUANG TEPTUAH KAL A TUIPHUL (*Contact Spring*)

Suangpek chi nih kibuptuahna mun ah tuiphul omthei hi. Tui in a lettheihlough suang chi khat tung ah tui in a lettheih suang chiding khat a om khak a, tua kikal ah tui kikholkhawm a omkhaknate ah hiaibang tuiphulte omthei hi. Tui kikholkhawmna pen a tuiphul omna zawn tunglam ah om hi.

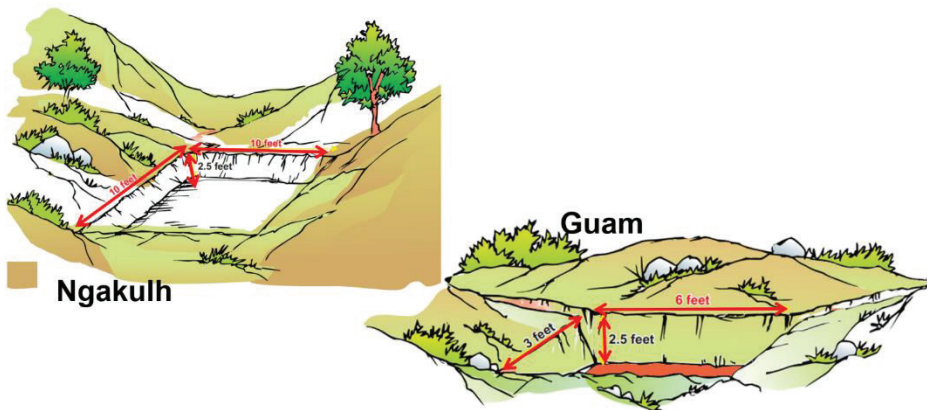


Lem Teisawna: *Vikaspedia*, <https://vikaspedia.in/energy/environment/known-your-environment/water/types-of-springs>

Tuiphul puahphat dingdan

Tuiphul i chih leikawm a tui kikholkhawmte apan tui hong pawtkhia ahi. Leikawm a tui kikholkhawm, i chih nawn chiang in, vuahtui kia, leikawm a tumsukte ana kikholkhawm ahi. Tuiphul puahphat nading in huai tuiphul a di'a tui kikholkhawmna mun ah tui a tamthei lam luanlutsak ding ahi. Hiai bel, tuktui luan hun a hawktuite luangmangsak mai lou a, leikawm a tumlutsak ding, chihna ahi.

Guam tohkuakte leh ngakulh/tuikulhte'n hawktui taimang mai ding veng baan mahmah a, tua in leikawm a tui tumlut ding panpih mahmah hi. Himahleh guam leh ngakulh tohkuak i chih chiang in, a gam keendan, haichi chiina lei ahi hiam, mualtung a gammang lak ahi hiam, chihte ngentel tak a veelchet masak kul ding hi.



Lem Teisawna: *DHARA VIKAS HANDBOOK: A User Manual for Springshed Development to Revive Himalayan Springs*

Leitang zatdan pansan a tuiphul puahna



Leitang i zatdante pansan in tuiphul kipatkhiakna leikawm a tui kikholkhawmnate puahphat theih hi. Ei gam ah tua bang leitang omte hiaite ahi:

1. ZANGLOU LEH MUN KEN A TUILOU KIBAWLTE

Gam ken leh mun zang a tuiloute'n hawktui luangmang mai dingte dal in, leikawm a tui kikholkhawmnate ah tui lutsuaksak thei uhi.

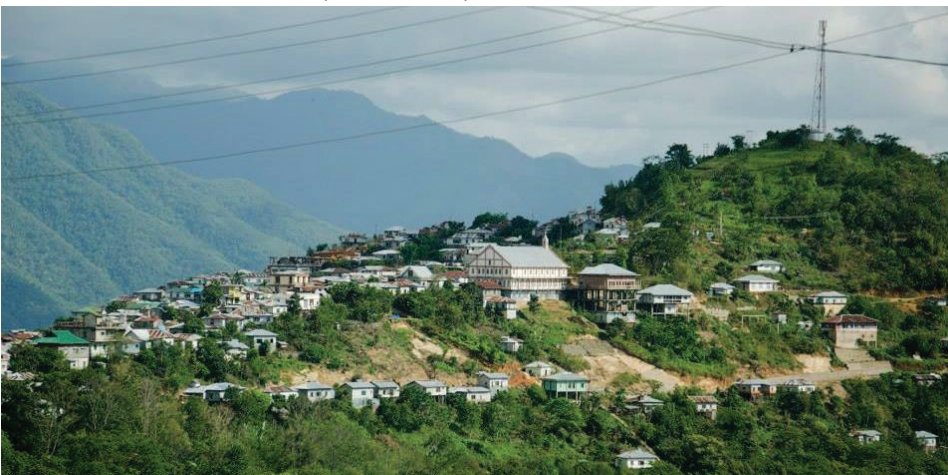
2. LEI HAWM

Lei hawmte ah hawktuite luanglut in, tuate apan leikawm a tui kikholkhawmnate ah luanglut thei uhi.

Tuiphul puahna vaiguante zatheihlouna khuate

Tuiphul puahna a lohchin nading in a khua omna, a tuiphul omzia, leh a tuiphul a di'a tui kikholkhawmna gam omdan ah kinga hi. Tuiphul puahna vaiguante hiai anuai a khuate ah lunggulh bang a lohching taktak theilou ding uhi:

1. Mualvum tung a khua om a, a khokhung ah gammang om nawn tuanloute ah khosung a tuiphul omte puah nadi'a vaiguante lohching taktak theilou hi.
2. Khokhung a gam omte loubawl nadi'a kizang a, tua loubawl na gamte khung ah gammang om nawn tuanlou khuate ah zong khosung a tuiphul omte puah nadi'a vaiguante lohching taktak theilou hi.
3. Khokhung lam ken leh suang tam mahmah munte ah khosung a tuiphul omte puahtheih ding dinmun in omlou hi.
4. Vuahtui tamna gam a menchim omna munte ah zong khosung a tuiphul omte puahtheih taktakloun uhi.



Tuiphulte puahna di'a kalbi 8te

A gam leitang omdan pansan a tuiphul omte puahna di'a panlaktheihna kalbi 8te hiaite ahi.

Kalbi 1na Khosung a tui omte - tuiphulte, luitate, dil leh ngakulhte, a omna munte uh, a kim-le-kiang a gam omte a kizatdan, tua munte ah tui kizatdan, tui kikholdante, tui luankhiakdante, leh adangdangte ngenteltak a gamlim bawl a sut ding.

Kalbi 2na Tuiphulte bulsutna neih ding, tua ah tui a phulkhe zahte teh a, a leitang in tui a paidante thesiam a, bang chibang tuiphul ahi hiam, chih theician a, a gam kizatdan, tua tuiphulte a di'a tui kikholkhawmna munte, leh adangdangte sut ding.

Kalbi 3na Tuiphul, tua tuiphul a di'a tui kikholkhawmna munte, *Google Map*, leh adangdante kichiantak a a tuanna Tuiphul Puahphat nading Vaiguan (*Springshed Development Plan*) bawl ding.

Kalbi 4na Mualtung a dil omte puahphat nading vaiguan bawl ding.

Kalbi 5na Khokhung a gammang omte pansan a tuiphul a di'a tui kikholkhawmna om pen puahphat nadi'a vaiguan bawl ding.

Kalbi 6na Sepsuah nadi'a poimohte geel a, tuate pansan a sum poimoh dingte khakhkiak.

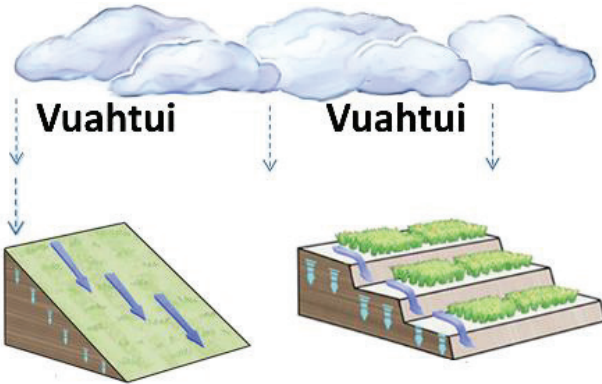
Kalbi 7na A sepsuah nadi'a paidan hoihpente zui a gamtat.

Kalbi 8na Etkaina leh etkhiakna.

Tuiphul Puahna di'a nasep tangpite

Ei gam leitang omdan toh kituak a NABARD in tuiphul puahna ding a kalsuanna a neihte ah a zuih tangpite hiai anuai ah i taklang ding.

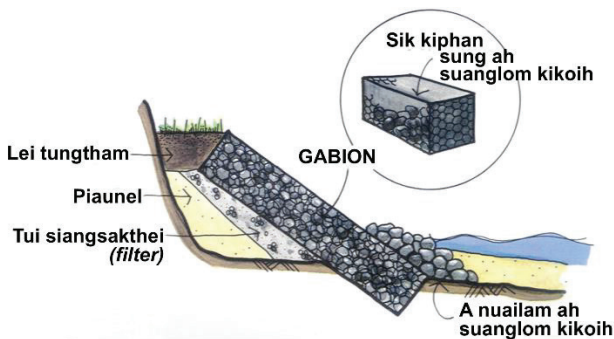
1. TANGKUANGTE PUAHPHATNA [*Strengthening of bench terraces*]



Mun ken ah tangkuang a kibawl Chiang in, vuahtui kete leh hawktui luangte a mawkna in luangmang pahpah lou uh a, leikawm lam ah kikhoh in, tuiphul puahna ah phatuam mahmah thei uhi.

Lim teisawna: https://ars.els-cdn.com/content/image/1-s2.0-S0048969718330067-ga1_lrg.jpg

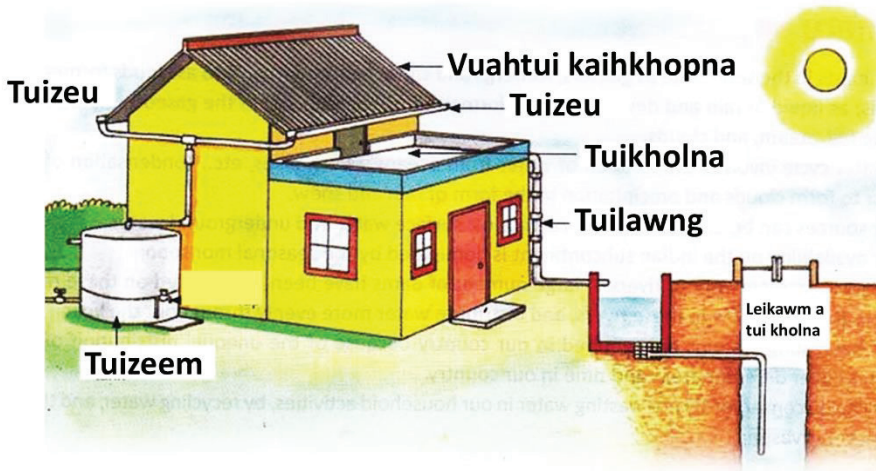
2. LUITA PANGTE NAWTMANG A OMLOUHNA DI'A PANLAKNA [*Control of stream bank erosion*]



Gabion Method zang a luita piaute keppit a, tuate tungtawn a leikawm a tui kikholkhawmte khansak ding NABARD in tuiphul puahna di'a kalsuanna a neihte lak a khat ahi.

Lim teisawna: https://www.researchgate.net/figure/Examples-of-gabions-and-stone-filled-mattresses_fig3_294891948

3. VUAHTUI DOH [*Rainwater harvesting in Syntax/cement structures*]



Lim teisawna: <https://dreamcivil.com/rainwater-harvesting-2/>

4. DAMDAWI PANGLOU A LOUBAWLNA [*Organic farming including vermicompost production*]

Loubawlna ah damdawi a kizat chang in, lou apan a tui luangte'n i tuinekte uh ninsak a, nek tak nawnlough suah hi. Huai ziak in damdawi panglou a, lei hoih zang a lou lou bawl mah chiindan hoih leh detdou hi toutou hi.

5. SINGNOU SUANNA [*Afforestation*]

Singnou tamthei lam suan a, gammang bawlna in leikawm a tui kikholkhawmte khangsak a, tuiphul puahna ah mun poimoh mahmah luah hi.

6. THEI HUAN BAWLNA [*Orchard development*]

Thei huan bawlna in zong singnou suan bang in leikawm a tui kikholkhawmte khangsak hi.

7. TUI KHOLNA DI'A SUANG LEPKHOP [*Loose boulder checks*]



Lim teisawna: <https://thewotrblog.wordpress.com/2020/06/16/importance-of-loose-boulder-structures-in-watershed-development/>

8. GABION BAANG [*Gabion structures*]

Gabion Method i gensate toh kibang ahi a, luita pangte kia hilou in, mun ken lak khawng a hawktui in leihoih leh lei tungthamte a taihkhiaklouna di'a kizang ahi.

9. TUICHINNA [*Check dams*]

A leitang omzia pansan in tuichinna zong bawltheih gige a, tua in a kiim a tuiphulte puahphatna ah panpih mahmah a theih ahi.

10. TUILUANG PIKAWINA DI'A THILBAWL [*Construction of water diversion structures for smooth handling of runoff*]

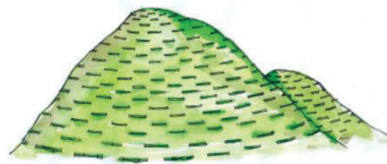
Hawktuite nawngkaina omlou di'a luankhiaksakna ding a thil kibawlte genna ahi a, hiai hawktuite lungmangsak mai lou a, leikawm a tui kikholkhawmna ah a luanlut ding pen duhthusam hi gige hi.

11. TUIPHUL PUAHNA DI'A GUAM TOHKUAK [*Construction of staggered or continuous trenches for recharge of springs*]

Tuiphulte puahna ding a guam tohkuakdan chi nih in khentheih hi - a kizom a guam tohkuak leh a laklak ah tohkuak. Hiaite tungtawn in vuahtui leh hawktuite leikawm a tui kikholna ah luanglutthei uhi.



A kizom a guam tohkuak



A laklak ah guam tohkuak

Lim teisawna: <https://e-saksham.nic.in/wp-content/uploads/2018/07/Watershed-development-for-rainfed-areas-under-MGNREGS-A-resource-booklet-for-MGNREGS-functionaries-GIZ.pdf>

12. LOULAI AH TUIKULH BAWL [*Digging Farm ponds for recharge of springs*]

Tuiphulte puahphatna ding in loulai ah tuikulh/ngakulh bawl ding zong NABARD in a tangkoupah leh kalsuanpihte lak a khat ahi.

13. NEKZONNA DANGTE PATKHIK [*Alternate livelihood enterprises*]

Hiai kalsuanna tungtawn mah in NABARD in nekzonna dang tuamtuanme patkhiakna ding zong kawkmuh in, kithuahpihthei hi. Tua nekzonna dang khenkhatte hiaite ahi - bawng khoina, nga khoina, ak khoina, vok khoina, kel leh belam khoina, chihte ahi.

14. LOUBAWLNA TOH KISAI KHALOU NEKZONNA [*Off farm livelihood enterprises*]

Lou a gankhoina kia hilou in, gua apan van tuamtuam bawlina, munphiah bawlina, *pickle* bawlina, chihte apan nekzonna piansaktheihna zong NABARD in tuiphul puahna toh kisai a a kalsuannate ah enkai kha hi.

15. PAWL TUAMTUAMTE PUAHPHATNA [Promotion of SHGs/JLGs/FPOs]

NABARD in tua tuiphul puahna di'a a nasepna khuate uah Self-Help Group-te, Joint Liability Group-te leh Farmers Producers Organization-te puahphatna zong etkai in nei hi.

16. MICHIH BANK TOH ZOPNA [*Financial inclusion*]

NABARD in tuiphul puahna di'a kalsuanna a neihna khuate ah a hamphatpih tengteng a di'n bank toh kizopna a neihna ding ua pan lak ding zong ngaihkhawk mahmah in nei hi.

NEST TOH KISAI THU TAMLOU

NEST kichi, a khang a sim kinak-kiselna, hiamgamna leh khamtheih zatkhelhnate in a tuamkhum gam a khosa tuailai kipunkhawmte'n, pangkhawm in, kalsuankhawm peuh le hang khotang leh gam leitang a di'a phatuam ding semkhethei ding i hi uh, chih upna leh lunggulhna lianpi toh hong kipankhia ahi.

Lamka Khopi sung a veng tuamtuam apan tuailai 23 kipawlkhawmte'n neitu hihna la in, gamsung leh khotang a tuailaite leh minautangte'n thuhaksa pipi a maituahte uh theihshiamna toh kalsuanpih a, houlim a, a detdou leh khantouthei pen ding a saikhiak ahihtheih nadi'a pan la a nasem ahi. Tualsuak pilna-siamnate zang a lunggeelna leh lungtupte tangtun ding tup a nei a, khotang a kituahna leh khantouhna lungput chi tuh ding ngim in nei hi.

NEST in khantouhna leh masawanna di'a inn bubit, vasa bu ensak a, khangthakte a di'a lametna, lemna leh kiningchinna tuntheih nading, michih in khanpha-kanhoih a khang a, masawn nading hunlemtangte mu a, galmuang leh bittak a hinkhua a zattheih nading ensak hi.

NEST OFFICE, JC PARK, BUNGMUAL, LAMKA - 795006
nestlamka@gmail.com