



ANNUAL REPORT 2024-2025





NEST LAMKA

*Hatching Ideas, Nurturing Lives,
Sustainable Futures*



CHAIRMAN'S MESSAGE

In spite of the ongoing humanitarian crisis and ethnic conflict happening a mere 10 km away from our office, the year 2024-2025 was indeed an eventful one for Nest Lamka. The contribution and support we garnered from various well-wishers and partners from across the country was nothing short of a miracle.

Our firm commitment to mental health and wellbeing and our partnerships with various organizations like Social Work and Research center (SWRC) Barefoot College, Tilonia, Jindal Global University, Infant Jesus Church (Jogeshwari, Mumbai), Gemsons Precision Engineering, ECHO India, NABARD and State Bank of India have indeed enabled the Organization to be a significant contributor to the community we serve.

The inauguration of the Nest Lamka Youth Resource Center in April 2024 and the establishment of the Rural Electronic Workshop in March 2025 in partnership with Barefoot College, Tilonia and the training of 12 Barefoot Solar Mamas are indeed significant milestones.

Nest Lamka also became a recipient of the Siamsinpawlpi Honors Award in January 2025, which truly is a significant affirmation of the organization's contribution to the community.

The year also saw the Organization's research skills enhanced and strengthened through its collaboration with Jindal Global University in the XCEPT Research Project; this was evident in the Adolescent Substance Usage Survey Report and the ongoing Lamka Suicide Survey Report.

Through our new initiative Conversations@Nest, we have been in a position to engage in meaningful dialogues on burning issues impacting the region with various thought leaders.

As we envisage building a stronger, more resilient, and sustainable future, we must never forget that it is our collective efforts—the invaluable support of our well-wishers, partners, staff, members, and the community—that have made all these possible. We express our heartfelt gratitude to all of them while renewing our pledge to carry on with our mission to promote development through youth-driven initiatives and work towards empowering individuals and communities while providing an enabling platform for young people to rise to the best of their potential.

Sd/- Nangmuansang Lethil
CHAIRMAN
NEST LAMKA



NEST LAMKA

*Hatching Ideas, Nurturing Lives,
Sustainable Futures*

Nest Lamka is a community-owned non-profit initiative driven by the dedication to empower communities through efforts in community based action research, health, and community development. By fostering a safe space for partnership and collaboration, it aims to create opportunities for community participation and ownership in efforts toward development that is sustainable and locally viable.

Nest is driven with the spirit of volunteerism where community action through knowledge based practice is imbibed as a core value.

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

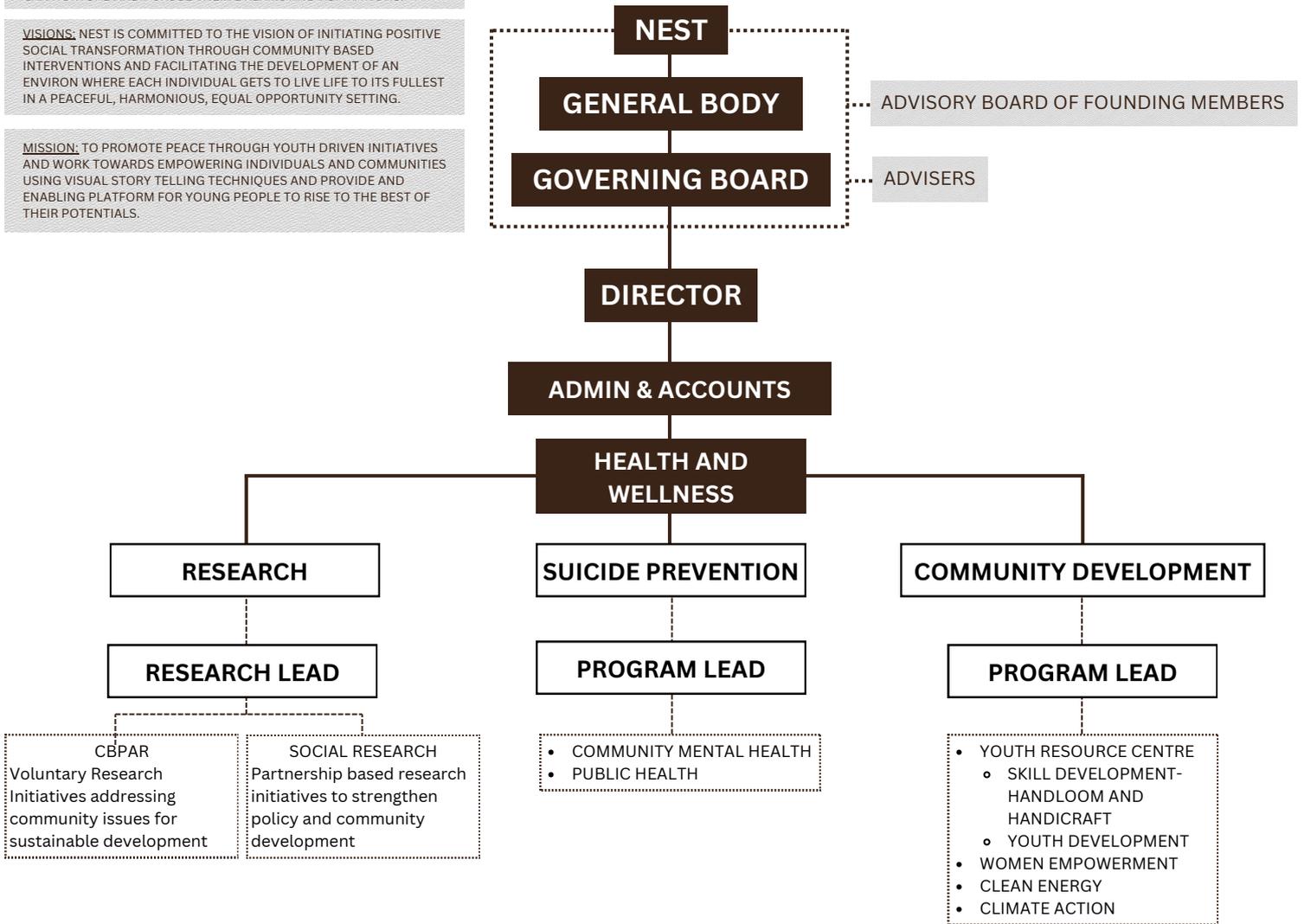
To promote peace through youth driven initiatives and work towards empowering individuals and communities using visual story telling techniques and provide an enabling platform for young people to rise to the best of their potentials.

NEST ORGANISATION STRUCTURE

NEST AIMS TO DEVELOP A HEALTHY SPACE WHERE EACH INDIVIDUAL CAN NURTURE AND PURSUE THEIR DREAMS AND ASPIRATIONS.

VISIONS: NEST IS COMMITTED TO THE VISION OF INITIATING POSITIVE SOCIAL TRANSFORMATION THROUGH COMMUNITY BASED 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 AND ENABLING PLATFORM FOR YOUNG PEOPLE TO RISE TO THE BEST OF THEIR POTENTIALS.



Founded on the 11th October 2017
 Registered on 13th March 2019 under the Manipur Registration Act 1989
 Registered Office: NEST Office, JC Park, Bungmual- 795006
 Email: nestlamka@gmail.com

OUR BOARD 2024-2027

CHAIRMAN NANGMUANSANG LETHIL
 VICE CHAIRMAN THUAMLALLIAN VALTE
 SECRETARY JAMTHIANLAL HANGZO
 ASSISTANT SECRETARY GOUSONLIAN SAMTE
 FINANCE SECRETARY THONGLIANKHUM KULLAI
 TREASURER CHINGNGAIHCHIIN

2024

Our Year At A Glance

BOARD
MEETINGS

9

WORKING DAYS
OF 2024

270

STAFF STRENGTH

9

INTERNS

5

PEOPLE REACHED

1224

PLACES REACHED

13 VILLAGES

111 RELIEF
CENTERS

DISTRICTS

2

AWARDS &
RECOGNITIONS

1

Community Based Participatory Action Research

Research is a core focus area for Nest Lamka. It believes that the most sustainable approach to development stems from the community and its understanding of its own strengths and weaknesses. Based on such empirical understanding, followed by community based action, there is ownership, initiative and sustainability in the rural grassroots development.

Nest Lamka is therefore committed to initiate and advocate for the practice of conducting such research based development models and is therefore dedicated to Community Based Participatory Action Research (CBPAR), under which, a dedicated research department has been developed to focus solely on research.

The Nest Lamka Suicide Survey is a flagship program which shaped the design and approach to CBPAR and its holistic approach and dedication towards Suicide Prevention.

Nest Lamka approaches research from two angles:

1. Yearly continuation of voluntary studies based on community support, addressing action oriented local developmental challenges.
2. Research Projects in partnership with researchers and institutions.



Lamka Suicide Survey 2012-2024

The Lamka Suicide Survey is an independent action research initiative conducted by NEST Lamka on a voluntary basis to examine the alarming rate of suicide deaths in Lamka town and its surrounding areas. The study aims to generate reliable, community-based evidence to inform culturally relevant mental health interventions and suicide prevention strategies tailored to the local context.

Key Findings

1. Suicide Incidence

In 2024 alone, Lamka town recorded 16 suicide cases. Over the ten-year period from 2014 to 2024, a total of 176 suicide cases were documented across the district, representing an average of approximately 17.6 cases per year, or nearly one suicide per month. These figures highlight the urgency of addressing mental health challenges within the community.

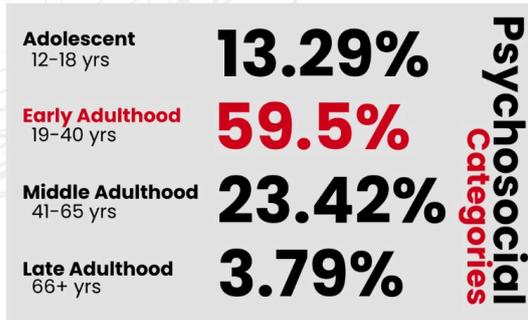
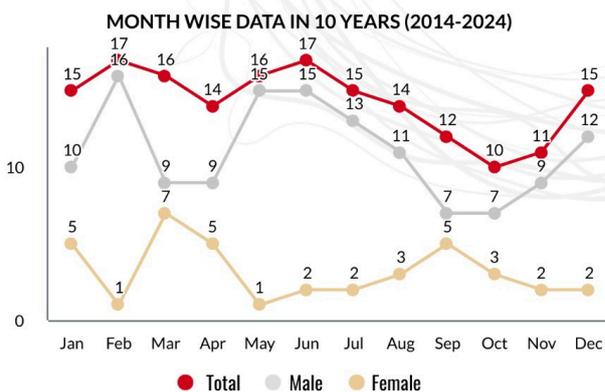
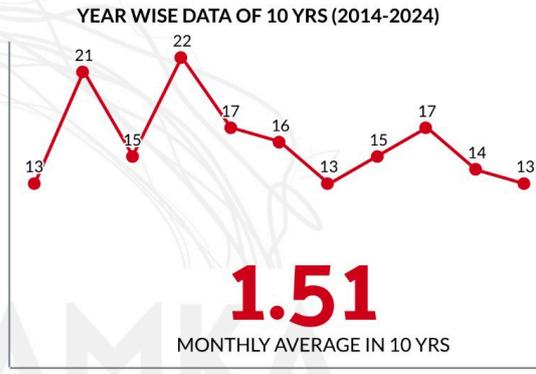
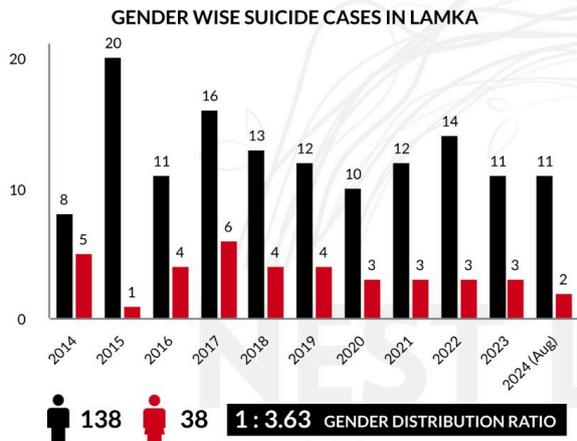
2. Demographic Profile

The data indicates a significant gender and age disparity among victims. Males accounted for the majority of cases (138 out of 176). Individuals aged 19 to 40 years constituted approximately 65.9% of the total cases, underscoring the vulnerability of the economically and socially active population. Since 2023, there has been a noticeable increase in cases involving individuals above 40 years of age, which may be linked to factors such as livelihood loss, substance use, and family-related conflicts.

3. Geographic Coverage and Methodology

The survey covered 33 cemeteries across more than 50 localities within Lamka town to ensure comprehensive data collection. Since 2017, the Nest Lamka research team has conducted yearly and ongoing surveys across each locality, tapping Cemetery Records, News Reports, Social Media updates and community stakeholders for data collection and documentation. In addition, in-depth interviews were conducted with families of the deceased to validate reported cases and to gain deeper insight into the circumstances surrounding each death. This approach strengthened the accuracy of the data and provided qualitative understanding of underlying social and psychological factors.

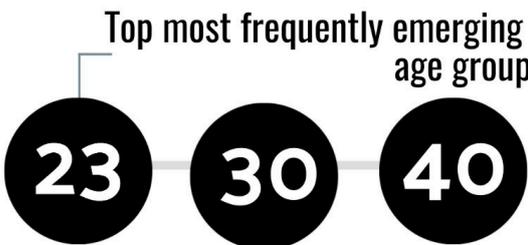
NEST LAMKA SUICIDE REPORT 2014-2024



SUSPECTED CAUSES

- CAUSE
 - Substance Abuse
 - Intimate Relationship
 - Family Problems
 - Depressive Thoughts
 - Financial Issues
- COMORBIDITY OF 2 CAUSES
 - Substance Abuse and Family Problems
- COMORBIDITY OF 3 CAUSES
 - Substance Abuse, Family Problems and Financial Issues

65.9%
of all suicide in Lamka are below 40 years of age.



KEY FEATURES

- Gender distribution of suicide cases are found to be slimmer among adolescents and late adulthood.
- The gender distribution of suicide cases can be estimated as 1 female:3.63 male cases. However, the eldest victim has been from the female category.
- Chronic illnesses and Psychiatric Disturbances are common symptoms among the elderly victims.
- The single highest suspected cause of suicide in Lamka is Addiction related problems, followed by family problems and socio-economic conditions.
- In the past 116 months (January 2014 to August 2024) the average suicide rate is 1.51 cases per month, which can be estimated at 3 cases every two months. This trend has been similar for the past 5 years in Lamka.
- The average age-group of suicide cases has been highest in 2023.



LAMKA SUICIDE REPORT
For more details, please contact:
nestlamka@gmail.com
nestlamka.org



- Cemetery (62.49%)
- Social Media (13.64%)
- Local Authority (6.82%)
- Local Sources (17.05%)



33 Cemeteries within Lamka Town and sources from Churachandpur District

Survey on Adolescent Substance Usage

A study on adolescent substance usage was conducted among 679 high school students (class VII to X) from six private schools in Lamka during April - August, 2023. The study, funded by Dr. Vumchinpau, aimed to assess the prevalence, patterns, and contributing factors of substance use among young people in the region by gathering data on commonly used substances, age of initiation, and socio-economic conditions. Through questionnaires, the survey provided valuable insights into the risk factors and support needs of adolescents.

OBJECTIVE OF THE STUDY:

- To study the prevalence of youth exposure to drugs before and after the conflict.
- To study the commonly used drugs before and after the conflict.
- To understand the leading influence of drug exposure before and after the conflict.
- To understand the perception, including the underlying issues and moral consciences with exposure to drugs.



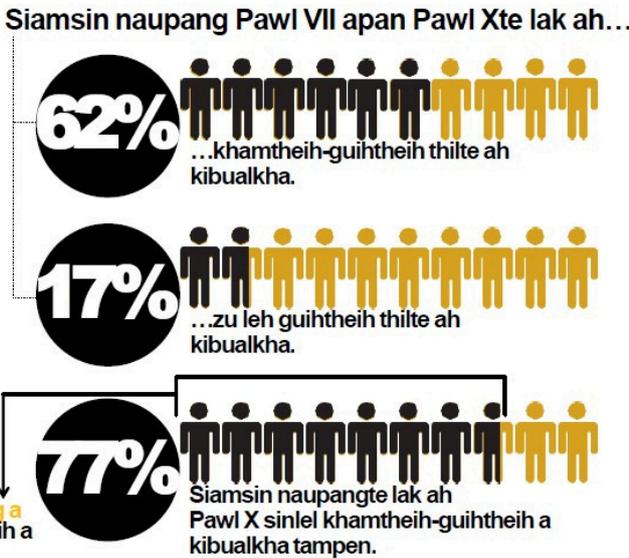
Based on retrospective reporting, the incidence of substance use among participants spans from 2012 to 2024, with the highest initiation reported in the year of ethnic conflict in Manipur (2023), during which 19.52 percent users - predominantly from class VII reported initiating substance use. Meanwhile, substance use prevalence was recorded at 61.85 percent, with class X students showing highest prevalence at 29 percent.

Notably, continued use was reported by 14 percent of the participants. While initial substance use was commonly influenced by Fun and Exposure related motives, and issues related to Relationship Issues and self-esteem, continued use of substance use was primarily influenced by psychological and self-esteem issues. In addition, Friends, Family, and Relatives were reported to be the major informants and introducers to substance use among the adolescents.

Khamtheih-guihtheih & a zangtute

Among substance users, the most commonly used substances were Tobacco products and Alcohol (also called common drugs), reported at 95.71 percent. Other substances or hard drugs were also reported - among which Brown sugar (5 percent) and Weed (2.6 percent) were common, followed by Oral drugs and Injected drugs.

Although the percentage reported for other or hard drug use is low, it is particularly alarming, because these are high school students, given the high risk and potential long-term effects.

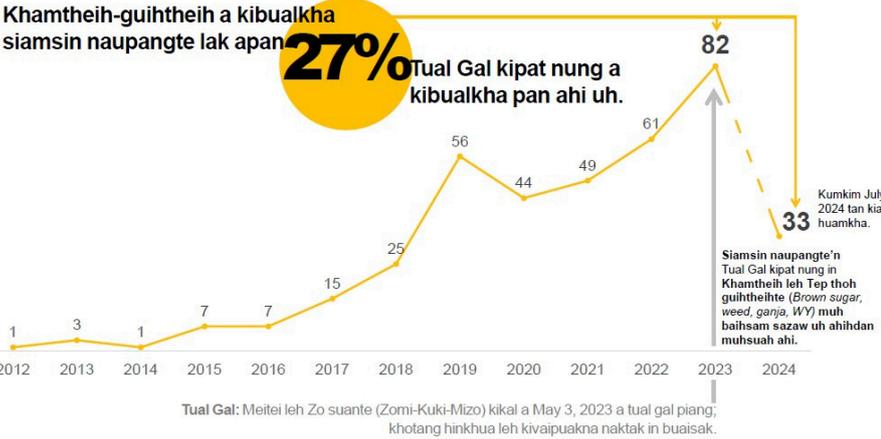


NEST LAMKA'S SURVEY RESEARCH SUMMARY REPORT ON SUBSTANCE USAGE AMONG ADOLESCENTS IN LAMKA

KEY OBSERVATIONS

- Initiation to substance use generally begins when individuals are in Classes 4 to 7
- For Classes 9 to 10, 2019 (Covid pandemic) has the most initiation to substance use.
- Findings in the study for Classes 9 to 10 supports other research which found that there was a higher recorded usage of alcohol, nicotine, and prescription drugs.
- Depression and psychotic symptoms were high after exposure to violence or post conflict.
- The study also found correlations between substances like alcohol, nicotine, and prescription drugs, and variables like depression, anxiety, and household disruption
 - The main reason for usage of nicotine and prescription drugs were due to its ease in hiding from their family when they were locked down together. (LaFee & Franklin, 2021)
- Loss of income or lower income of a family also led to higher substance use.
- Due to conflict or exposure to violence, substance use among adolescents has peaked in Lamka in 2023.

Khamtheih-guihtheih zat kipat hun



The chart indicates the year in which the survey participants started using substances.

XCEPT RESEARCH

IN PARTNERSHIP WITH JINDAL GLOBAL UNIVERSITY

UNSEEN AND UNRECORDED: THE IMPACT OF CONFLICT AND FORCED DISPLACEMENT ON ACCESS TO HEALTHCARE FOR WOMEN AND CHILDREN IN MANIPUR

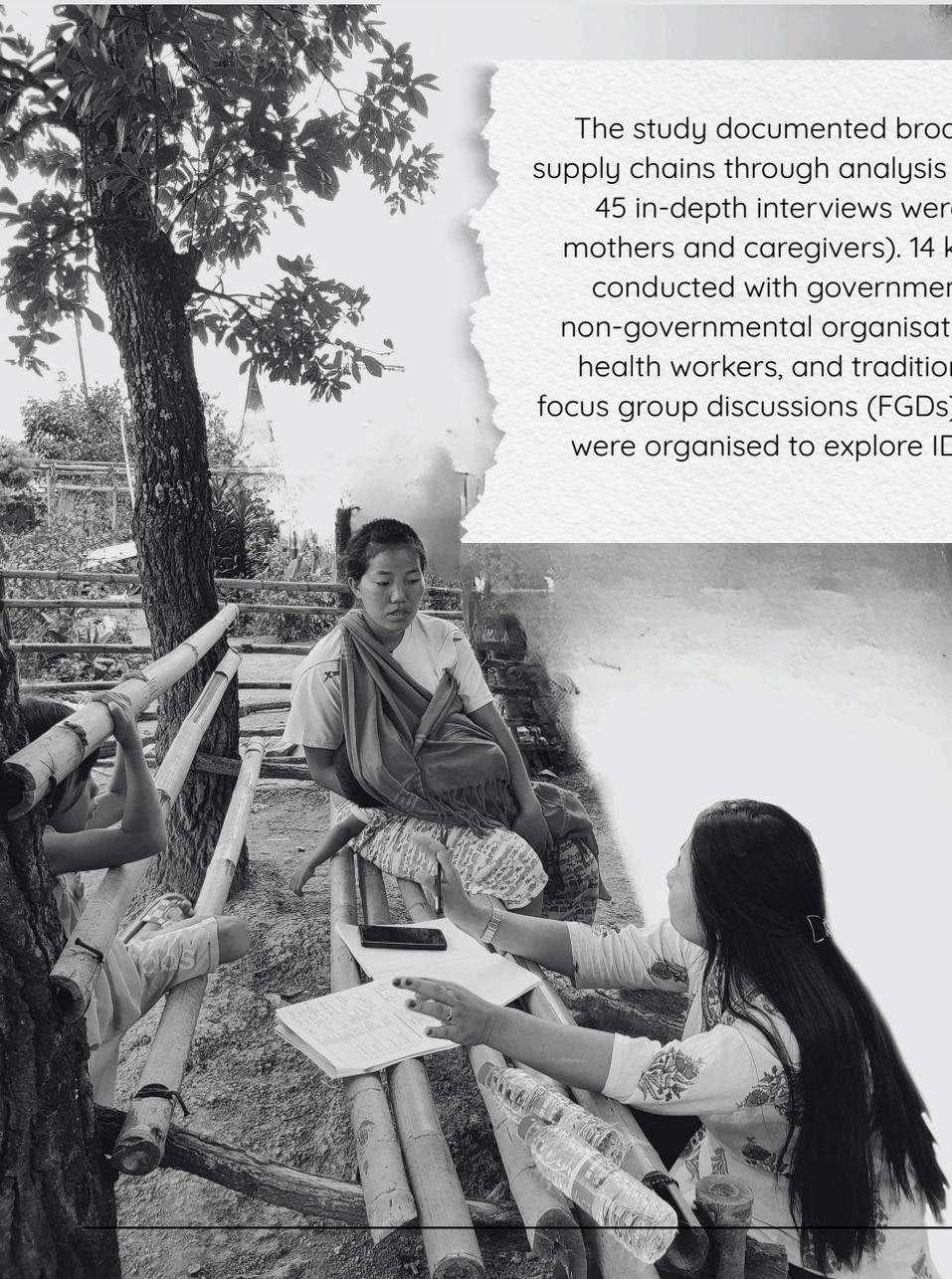
The XCEPT Research Project titled “**Unseen and unrecorded: The impact of conflict and forced displacement on access to healthcare for women and children in Manipur**” in collaboration with Jindal Global University (JGU) and NEST Lamka aimed to generate grounded insights into how local communities experience and respond to conflict, and examines barriers to healthcare access in conflict-affected areas, with a focus on forcibly displaced women and children in the context of Lamka, Churachandpur District. NEST Lamka played a crucial role in facilitating field research, community engagement, and contextual understanding, while JGU contributed academic expertise and analytical frameworks. The collaboration not only strengthened local research capacity but also supported the development of evidence-based strategies for addressing conflict and promoting social cohesion in the region.

METHODOLOGY

The study documented broader shifts in healthcare access and supply chains through analysis of primary and secondary sources.

45 in-depth interviews were conducted with women (primarily mothers and caregivers). 14 key informant interviews (KIIs) were conducted with government and private healthcare providers, non-governmental organisation (NGO) representatives, frontline health workers, and traditional/ spiritual healers. Additionally, 5 focus group discussions (FGDs) involving a total of 70 participants were organised to explore IDP camp living conditions, livelihood challenges, and mobility patterns.

Supplementary data was collected from small talks, group interviews, and extended field observations. .Altogether, the study reviewed 13 camp settings. Insights were also collected from secondary sources, such as hospital admission records, displacement data, and survey data from humanitarian service providers.



Key Findings:

Prior to the conflict, valley districts such as Imphal were key healthcare hubs, especially for emergency and maternal care. With access now cut off, displaced populations turned to alternative healthcare providers, including traditional healers and birth attendants.



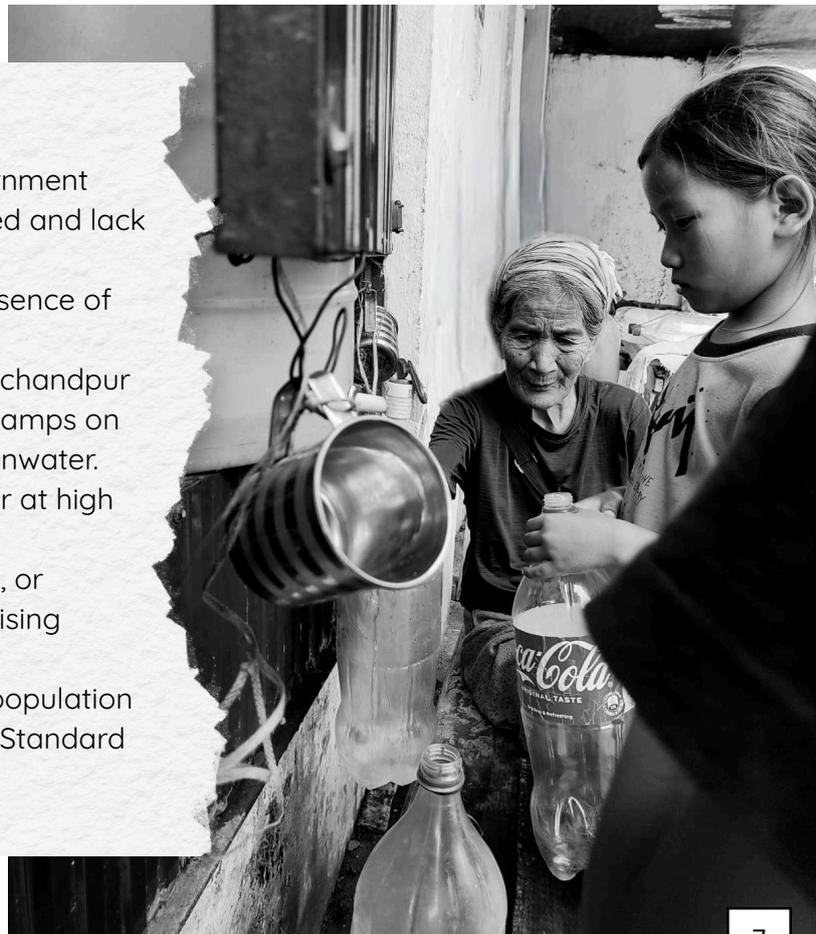
Maternal Healthcare

Traditional birth attendants (TBAs) played a significant role prior to and during the initial days of the conflict in terms of maternal care among the displaced women. Having relocated to Churachandpur, however, women are opting for institutional deliveries at government hospitals, with TBA-attended home deliveries now considered not feasible in the context of overcrowded relief camps. Normalization of pregnancy loss was common among IDPs: 28% had reportedly suffered at least one loss of pregnancy, while other women reported carrying out intentional abortions, attributed specifically to relief camp conditions, often without seeking healthcare assistance in the aftermath.

WASH (Water Sanitation Health)

The IDP (or 'relief) camps – set up in schools, government buildings, and community spaces – are overcrowded and lack basic infrastructure.

- Children are particularly affected due to the absence of safe, child-friendly areas for learning and play.
- Water scarcity is a major issue: camps in Churachandpur town rely on limited government supply, while camps on the outskirts depend on unsafe streams and rainwater. Many residents are forced to buy drinking water at high costs.
- Most of the Relief camps lack proper sanitation, or separate toilets for men and women, compromising privacy and hygiene.
- Sanitation is critically inadequate: the toilet-to-population ratio was 33:1, far short of the Sphere Minimum Standard of 20:1.



Health and Wellness

As an action towards the Nest Lamka Suicide Survey, intervention in Mental Health is an inevitable step towards suicide prevention.

Goal 16 of the Sustainable Development Goals: Peace, Justice and Strong Institutions is said to be the lynchpin, pulling together all the other goals as a foundation to sustainable development. However, Nest Lamka believes that there can not be growth without health and Mental Health is a cornerstone in the pursuit towards development.

The Lamka Suicide Survey and its adjoining studies in addiction, mental health care infrastructure mapping and socio-economic situations all point towards the need for a culture appropriate contextualised approach to address mental health care services in a community that is easing its way into accepting, understanding and prioritising Mental Health.

With this rationale, Nest Lamka has developed a dedicated department on Health and Wellness, addressing Public Health and Mental Health as an approach towards suicide prevention.



Suicide Prevention Counselling



As an outcome of the Lamka Suicide Survey, NEST Lamka initiated a voluntary Mental Health Action aimed at responding to the urgent need for accessible psychosocial support within the community. The findings of the study highlighted critical gaps in mental health awareness, early intervention, and professional support systems, particularly in light of the district's alarming suicide rates.

In response, NEST Lamka began providing free counseling services to individuals and families experiencing mental health challenges and suicidal tendencies. To date, 14 clients have received counseling support at no cost, underscoring the organization's commitment to ensuring that mental health care remains accessible to vulnerable and underserved populations.

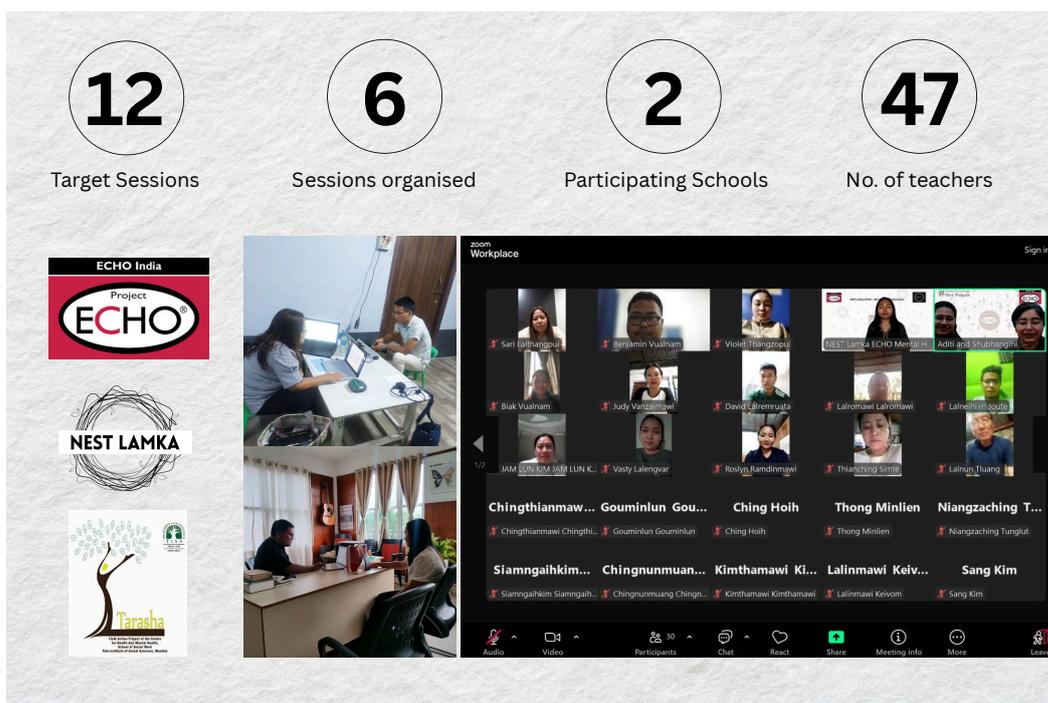
Clients Reached **14**

Both the suicide study and the subsequent counseling services have been undertaken through voluntary efforts, with no external funding support. During the reporting year, mental health counseling services were provided to 8 beneficiaries to support emotional well-being and address concerns such as stress, anxiety, and emotional difficulties, with suicidal tendencies. Counseling focused on providing emotional support, coping skills development, and stress management. Through the services, beneficiaries demonstrated improved emotional awareness and coping abilities. The services contributed positively to overall mental health and psychological resilience.

During this period, Sangmuanching, Counseling Psychologist, and John L Hauzel, Counselor, LRRC facilitated the services, providing guidance and contributed towards the beneficiaries' positive mental health outcomes.

Collaboration with ECHO India: Strengthening Mental Well-being in Schools

The partnership between ECHO India and NEST Lamka grew out of a shared concern for the mental well-being of children and educators in a community where mental health is often overlooked. Recognizing schools as critical spaces for early support and care, this collaboration focuses on empowering teachers with the understanding and confidence needed to recognize students who may be struggling emotionally, and to respond with care, empathy, and appropriate support. Equal emphasis is placed on the well-being of educators themselves, acknowledging the pressures they face in their daily roles.



Through this partnership, ECHO India brings its proven hub-and-spoke model of learning and virtual mentorship, while NEST Lamka contributes its close connection with the community and ongoing grassroots work in mental health awareness. Together, the organizations are helping to build a culture of openness, learning, and shared responsibility around mental well-being.

As part of this initiative, 60 teachers from two schools—Lalpuithuaii Foundation School and Young Learners’ School—participated in the programme, taking important steps toward creating safer, more supportive learning environments for their students and themselves.

Resource persons have been attached from various fields, mainly specialized in counseling, including members from Tarasha, a community-based mental health initiative under TISS, Mumbai.

12 sessions have been scheduled with various topics on mental health, identification and response, mental health in workplace, educator’s self-care, substance abuse, observing behavior, burnout and emotional coaching, etc.

HEALTH CAMPS: A HUMANITARIAN EFFORT

In collaboration with the local team of health care workers, five health camps was successfully conducted in a voluntary basis as a humanitarian effort with the objective to improve basic healthcare services for IDPs at relief centers. Through these camps, a total of 271 patients were reached out who received free health checkups.

In addition to this, the patients were also provided free of cost medications for their illnesses. The initiative enhanced health awareness, and ensured seamless healthcare services reached the underserved community.



List of camps conducted

15th May 2024: Sangai University. 90 patients
22nd May 2024: Youth Hostel. 70 patients
27th May 2024: Lhanchah Relief Center, Singngat. 70 patients
3rd October 2024: Lajangphai ECA Church RC. 11 patients
3rd October 2024: Vajing RC. 30 patients



Observation:

World Suicide Prevention Day

World Suicide Prevention Day is observed annually on September 10 to raise awareness about suicide, challenge stigma around mental health, and encourage collective action to prevent suicide. On this occasion, NEST Lamka commemorated the day through a dedicated program that created space for reflection, learning, and dialogue within the community.

As part of the program, the Research Department shared key findings from the Lamka Suicide Survey, along with insights on adolescent substance abuse and a slogan campaign aimed at promoting hope, awareness, and help-seeking behavior. The event served as an important platform to bring research findings closer to the community, strengthen understanding of local mental health challenges, and reinforce the message that suicide prevention is a shared responsibility.



Observation: World Mental Health Day

The World Mental Health Day 2024 was observed at our project village, Luihoihmuolcham of Sangaikot sub-division, Churachandpur District.

The program was taken to the grassroots to have a direct touch with the community. The event was organised with the local youth where an interactive session and personal reflection was held with the youth from Luihoihmuolcham village.



The sessions were led by two interns from Tata Institute of Social Sciences, Mumbai Mr. Dominion and Mr. Manish. The activities included conversation with elders, meditation and games on the topic of mental health and wellbeing. The resource persons also introduced the concept of mental health and wellbeing for building a successful career.

A total of 24 youths took part in the activity, after which, the participants split into teams and visited the elderly community in the village as an exercise for building mental health resilience and wellbeing between two generations in the community.

The event was the first ever Mental Health activity organised in the village and the first time in which the World Mental Health Day was observed.

Community Development



Community Development is a broad theme, however, the vision and mission of Nest Lamka also encompasses a broad array of grassroots community development.

The Lamka Suicide Survey has explored an intrinsic connection between social problems and suicide, ranging from socio-economic disparities to psycho-social instabilities. As such, the approach to suicide prevention in Lamka also need to cur across multiple sectors in order to make a holistic impact for sustainable development.

The community development department at Nest Lamka focusses on Skill Development, Women Empowerment, Livelihood, Climate and Sustainable Agriculture.

It aims to promote socio-economic upliftment to marginalised communities while building mental health resilience and empowerment of grassroots communities to address and engage their own developmental challenges and initiate change from within.



Pre-Project Implementation Phase: Springshed based Watershed Development Program

GEOGRAPHIC DETAILS

Project Location

District: Churachandpur District, Manipur

Sangaikot sub-division:

1. Luihoihmuolcham
2. S. Muolzawl
3. Tuitengjang

Saikot sub-division

4. Zalenphai (G. Jangnom)

Landscape: Characterized by rolling hills, lush vegetation, and numerous natural springs. The Tuiteng River flows through the area from south to north.

Accessibility: The villages are located 10 km from the District Headquarters and are accessible via the Churachandpur-Sugnu Road and Inter Village Roads.



Elevation: 780-1000 meters above sea level

Time: 06-11-2024 15:33
Note: tuitengjang

Powered by NoteCam



Training of Solar Mamas

Empower Her: Illuminating Lives and Livelihood in Manipur Hills

In Partnership with Social Work and Research Centre (SWRC) - Barefoot College, Tilonia, Rajasthan

Nest Lamka has been blessed to have the wonderful opportunity to partner with the world renowned Social Work and Research center (SWRC) which is famously known as The Barefoot College, Tilonia, Rajasthan.

The partnership was based on a project of SWRC titled “Empower Her: Illuminating Lives and Livelihoods in Manipur Hills” which was funded by the HDFC Parivartan for training of 30 rural women from six underserved districts of Manipur namely Ukhru, Tengnoupal, Noney, Tamenglong, Pherzawl and Churachandpur.



In this partnership, Nest Lamka acted as the ground partner for Churachandpur and Pherzawl Districts where 12 rural women from nine villages were mobilised and sent for a 12 week residential training at the Barefoot College, Tilonia, Rajasthan to train on Assembly, Installation and Maintenance of Solar Energy Systems.



The Solar Mamas from Lamka are:

1. Ningngaih lun, Mualpheng Village
2. Ngaisangching Simte, Pamjal Village
3. Hatngaih nem, Kaihlam Village
4. Mawithiannei, Mualkui Village
5. Ningsialching, Mualkui Village
6. Vanlalsiami, Parvachawm Village
7. Nenghoiching, Salvaphai
8. Lhingneithem Baite, Salvaphai
9. Nemdeiching, Nungsai Village
10. Mankhandim, Enpum Suangdoh
11. Kimmuanvung, Tallian
12. Tingfelkim, Enpum Suangdoh

Training of Solar Mamas

Empower Her: Illuminating Lives and Livelihood in Manipur Hills



The residential training at Tilonia started on the 28th of August 2024 and concluded on 30th of November 2024. Trainees from Manipur traveled to Barefoot College, Tilonia, to participate in a 12-week intensive residential program focused on solar assembly and repair.

The curriculum integrated technical modules—such as PCB soldering, battery testing, and torch and light assembly—with hands-on practical exposure, including real-time testing and troubleshooting. In addition, empowerment modules on confidence-building, basic bookkeeping, and entrepreneurship were delivered to strengthen personal and professional capacity. By the end of November, all 30 women were successfully assessed, certified, and formally recognized as Barefoot Solar Engineers.



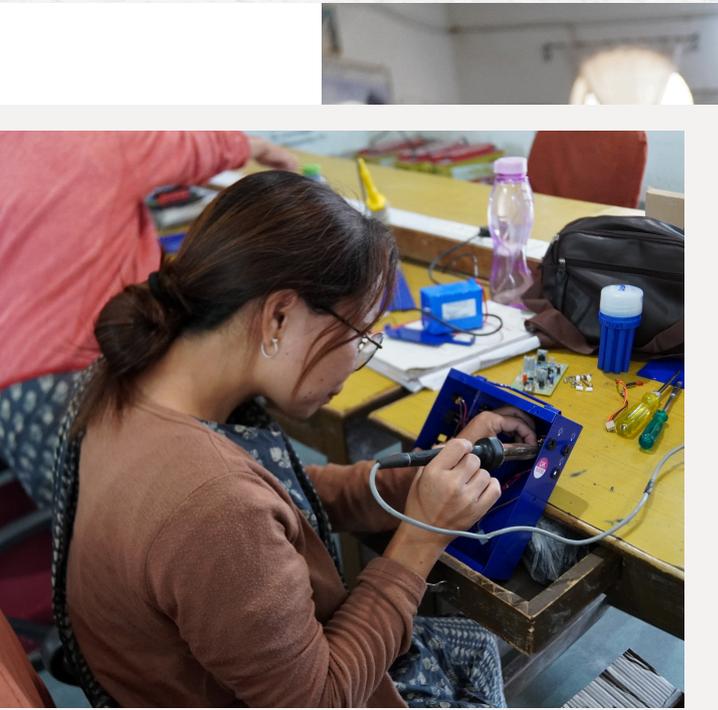
Training of Solar Mamas

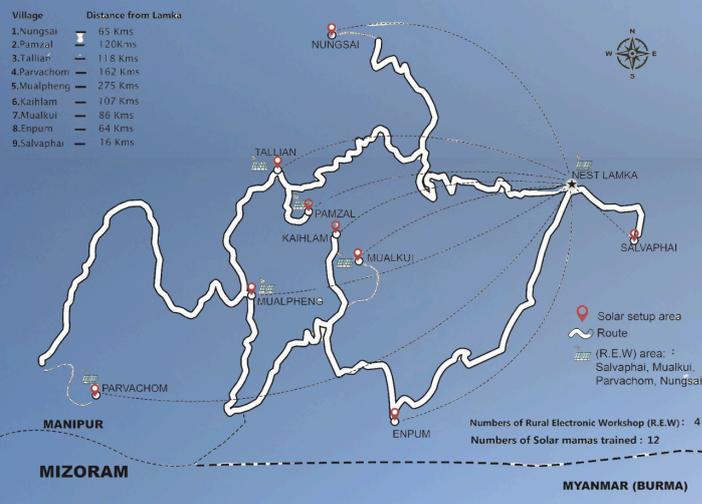
Empower Her: Illuminating Lives and Livelihood in Manipur Hills

The completion of training was followed by a Village Electrification and setup of Rural Electronic Workshop (REW) where 500 Home Lighting Systems developed by the trainees were distributed across 17 villages in Manipur.

The Village Electrification package includes

- 500 Solar Home Lighting Systems
- 50 Solar Street Lamps and
- 500 units of Solar Torches
- 4 Rural Electronic Workshops





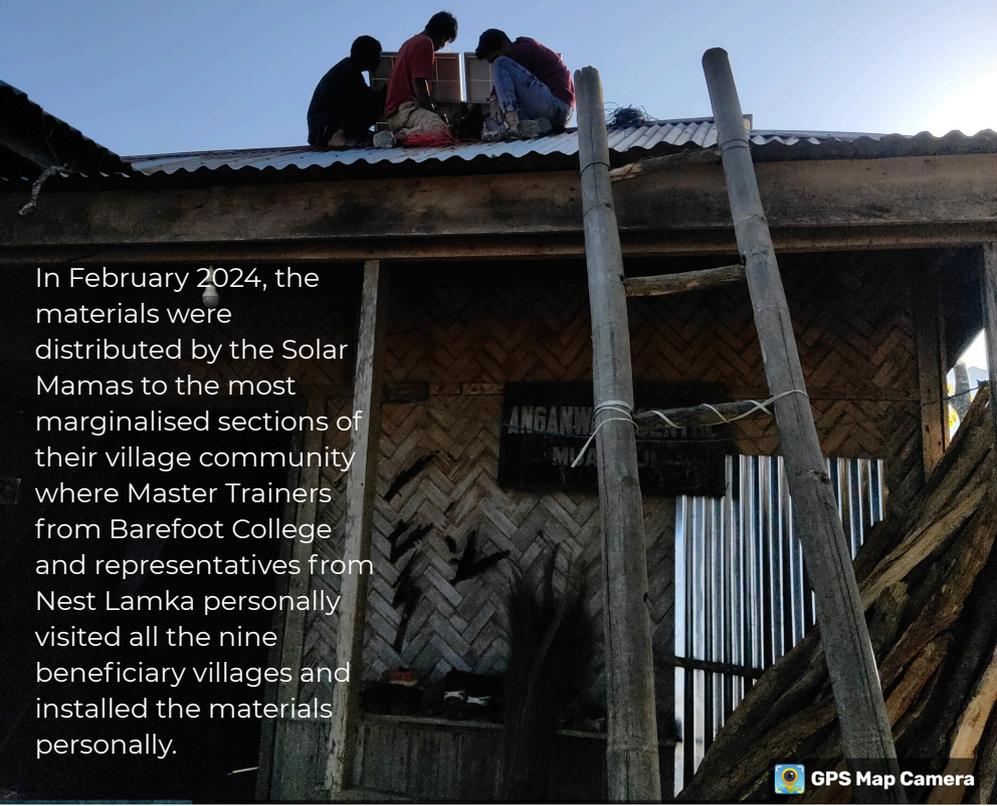
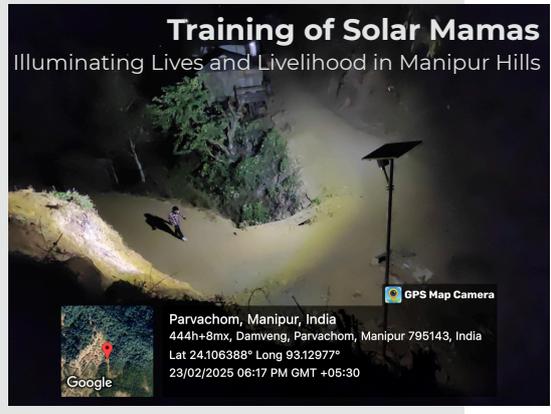
Empower H

BENEFICIARY VILLAGES	NO. OF BENEFICIARIES
1 Mualpheng Village	23
2 Pamjal Village	33
3 Kaihlam Village	13
4 Mualkui Village	19
5 Parvachawm Village	60
6 Salvaphai	13
7 Nungsai Village	9
8 Enpum Suangdoh	20
9 Tallian	10
TOTAL	200

MANIPUR
MIZORAM
MYANMAR (BURMA)

Solar setup area
Route
(R.E.W) area : Salvaphai, Mualkui, Parvachom, Nungsai

Numbers of Rural Electronic Workshop (R.E.W) : 4
Numbers of Solar mamas trained : 12



7 AFFORDABLE AND CLEAN ENERGY



Training of Solar Mamas

Empower Her: Illuminating Lives and Livelihood in Manipur Hills



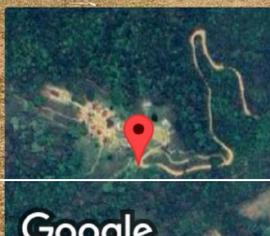
VILLAGE ELECTRIFICATION PHASE

9 VILLAGES
2 DISTRICTS
12 BAREFOOT
SOLAR MAMAS

200 BENEFICIARIES
4 RURAL ELECTRONIC
WORKSHOPS



 GPS Map Camera



Mualkui, Manipur, India

Mualkui, Manipur 795128, India, Mualkui, Manipur 795128, India

Lat 24.249865° Long 93.436942°

26/02/2025 08:14 AM GMT +05:30

Nest Youth Resource Centre

Free Training and Livelihood Support for Marginalised Women

Since its establishment in April 2024, the Resource Center has served as a vital platform dedicated to skill development, livelihood support, and community empowerment. With a focus on practical, sustainable solutions for rural and underprivileged populations, the center has actively conducted a range of programs aimed at capacity-building and economic resilience

Within the span of a year, the Resource Center successfully provided free training in a six-month Basic Tailoring course, alongwith a one-month Advanced Tailoring course conducted side by side. During the course, trainees also participated in self-development sessions covering key topics such as Child Development, Mental Health Awareness, and Financial Literacy. A total of 18 trainees successfully completed the program, and a graduation ceremony was held on 12th October 2024 to mark their achievement.



The Youth Resource center (YRC) was inaugurated on the 10th of April, 2024 with the support of Gemsons Precision Pvt. Ltd and Infant Jesus Church, Jogeshwari East, Mumbai and with the objective to create space for a holistic growth and development of young people through skills training and personality development.

The YRC was inaugurated by Ms Nicola Monteiro, a renowned social worker and was dedicated to the Lord by Father Daniel Fernandes from Infant Jesus Church, Jogeshwari East, Mumbai. The inauguration program was also graced by the DDM NABARD and the Governing Board of Nest Lamka.

The YRC is dedicated to be a space for knowledge production and dissemination, focussing on upskilling displaced communities, specially focussing on young people, marginalized women and conflict affected communities with the objective to empower and capacitate vulnerable groups while building a community and culture of peace and leadership.



Father Daniel Fernandes,
Infant Jesus Church,
Jogeshwari East, Mumbai



Ms Nicola Monteiro,
Social Worker



Father Daniel Fernandes dedicates his prayers to the youth resource center, seeking blessings and support.

AIMS AND OBJECTIVES

AIMS

- Create a safe space for displaced communities to revive and rebuild their hopes and aspirations.
- Empowering youth and women from marginalised communities through skill and personality development training.
- Develop a resource center accessible to the community for sustainable growth and development.



OBJECTIVES

- Empower and support youths in their personal, educational and professional development by providing a comprehensive range of resources, services and opportunities.
- Foster positive youth development and contribute to peace and well-being of the community.
- Promote social inclusion and equity by ensuring that youths irrespective of their background or circumstances have access to the support and opportunities they need to thrive.
- Create linkage and networking for training, sharing and producing knowledge in the grassroots.
- Open up scope and opportunities for youth and women led livelihood restoration and peace building in the community.

SUSTAINABLE DEVELOPMENT GOALS

SUPPORT RECEIVED AND UTILISATION



SPACE FOR YOUTH RESOURCE CENTER

A Training Hall has been rented for two years since 2024 through which the space for organising training and programs was acquired.

TAILORING MACHINE

16 Tailoring machines and 1 Overlock machine (a total of 14 sewing machines) has been procured for the Tailoring program.

TAILORING TRAINER

- A Master Trainer for the Tailoring program has been engaged since 2024 till today.
- A Trainers Assistant is being engaged on need basis.

FREE BASIC AND ADVANCED TAILORING TRAINING TO MARGINALISED WOMEN

3 Batches of Free Tailoring Trainings have been completed with 34 beneficiaries over the past two years since 2024.

PLASTIC STOOLS AND CARPET

14 Plastic Stools have been procured for the trainees and a carpet has been arranged to place the Sewing machines.

TRAINING KITS

The trainees were provided with all the necessary training materials including Paper, Cloth/Fabric, Scissors, Measuring Tapes, Sewing needles, Cotton Threads and so on.

LOIN LOOM (BACKSTRAP LOOM) WEAVING KITS AND YARN

Thirteen women have been identified for traditional Loin loom (Backstrap Loom) Weaving in the Relief centers. These women have been given traditional Backstrap Weaving Kits, and Yarn for the first shawl was handed over to the women.

IRONING MACHINE AND STAND

As an essential item needed for the tailoring program, an ironing machine and Iron Stand has been procured for the tailoring program.

Nest Youth Resource Centre

Free Training and Livelihood Support for Marginalised Women

Free Tailoring Training

The Women's Tailoring Program is a free tailoring training program for the conflict affected women. Two distinct courses i.e. Advanced Tailoring Course and Basic Tailoring Course are currently ongoing under the program free of cost.

The training program is not limited to tailoring alone. It has a broader aspect aimed at incorporating an overall human development aspect in multiple fields to be interjected within the training program itself. Some of the broad themes touched and planned ahead are presented below:

#	Curriculum	Trainer/Resource Person	Duration	Status
1.	Tailoring Basic Course	Mrs. Sangzeli	5 months	Ongoing
1.2.	Tailoring Advance Course	Mrs. Sangzeli	1 month	Completed
2.	Basic child psychology and early childhood education with the method of Montessori teaching	Mrs. Akhyolo, Loriah House of Children, Mata	6 hours	Completed
3.	Awareness on Financial Literacy	Mr. Khupsuanlal, ABM, State Bank of India, Ccpur	2 hours	Completed
4.	Awareness on Mental Health	Mr. John L Hauzel, Counselor, LRRC	6 hrs	Completed
5.	Talk on Gender Sensitization and Women Empowerment	Chingngaihiam Thangsing, Social Worker	6 hrs	Completed

Advanced Tailoring Course

The advanced tailoring course is a short-term program where five women with moderate tailoring skills were selected and trained on a one month course to help them sharpen their skills and confidence.

Basic Tailoring Course

The basic course is designed for fresh trainees who have no prior knowledge on tailoring or working with any sewing machine. The course is for six months during which they are trained with tailoring skills and other life skills for their overall personal development.

WEAVING PROGRAM FOR MARGINALISED WOMEN

A women's weaving program has been initiated for displaced women where traditional backstrap weaving materials have been distributed to selected women weavers in the relief centers in Lamka.

On the 5th of July 2024, 13 sets of Traditional Weaving materials were distributed to the above 13 displaced women in the relief centers of Lamka.

The looms were distributed to selected IDP beneficiaries based on a set of predefined terms and conditions, ensuring fair access and responsible use. Besides the distribution of the looms for livelihood support, the initiative aims not only to revive traditional weaving skills, but also to empower rural women through self-reliant income generation rooted in cultural heritage.



HUMANITARIAN SUPPORT

In response to the humanitarian crisis, Nest Lamka has been engaged in multiple humanitarian aids ranging from distribution of essential commodities to health camps. Women and Children have been at the core of our focus.

Some key humanitarian initiatives taken up during 2024-2025 are mentioned below:

Kitchen Garden

Pi Nemlhing, an IDP from the Ngoiphai RC was supported with a Kitchen Garden as a pilot project where a garden shed, fertile soil and seeds were provided.

The activity was set out as a concept for IDPs in the relief centers to support themselves by growing nutritious vegetables to put more color and nutrition to their repetitive yellow diet.

The garden was successful and it helped Pi Nemlhing generate income from the harvest of that small garden.

The garden was constructed with technical support from Green Basket.



Skill Training Support

Miss Martha Nengchoihoi is an IDP from DIET Relief Centre who has been very helpful in the humanitarian work of Nest Lamka.

She helped collect humanitarian data, initiate education programs among displaced children and helped build a strong rapport with the 100+ relief centers.

To help her realise her dream, Nest Lamka supported her undergo a hairdressing course at the Infinity Unisex Salon, Lamka.

Free Clothes for Children in Ngoiphai Relief center

The tailoring trainees at the Nest Lamka Youth Resource center prepared personalised clothes (Shirts and Pants) for displaced children at the Ngoiphai Relief center. The activity was a part of the tailoring training where clothes provided for training were used for sewing clothes for the children.

A total of 22 pair of clothes were prepared and distributed for free at the Ngoiphai Relief center in observance of the 78th Independence Day on August 15, 2024.



SUPPORT FROM KIM GUTE AND FRIENDS

Distribution of Christmas Meal to Relief Centers

With the support of our generous donor Kim Gute and Friends, a Christmas treat was delivered to seven relief centers on Christmas eve. A total of 98 families covering 436 IDPs were fed in that initiative. Christmas being a joyous occasion, the initiative was aimed at sharing the joy of Christmas with those in the relief centers. The activity was sponsored by Kim Gute and Friends where Nest Lamka provided the ground support.

The list of beneficiaries in this activity includes:

1. Thingkangphai RC
2. Gangpimual RC
3. Simte Inn
4. YPA Hall, New Lamka RC
5. Lamka College RC
6. Khominthang Sadbhavna Mandap RC



Distribution of Recreational items for Relief Centers

With the support of our Research Adviser Prof. Dr. Samrat Sinha and his family, recreational items such as Volley Ball, Net, Portable Bluetooth Speaker, Guitar and Football was provided for young people and children IDPs in the Relief Centers.

This activity comes as an outcome of the research study visits where the professor was touched by the resilience of the people and handed a helping hand. The Salvaphai Relief Center located 14 kilometers from Lamka town and the Old Gelmol Relief Center, located 5 kilometers away were beneficiaries to this noble gesture.



Hotel Management Training Program

(In Collaboration with Yuva Parivartan)

NEST Lamka, in partnership with Yuva Parivartan, conducted a Hotel Management Training Program at the Resource Center. A total of 23 trainees enrolled in the first batch, receiving practical training in Food & Beverage Services, Housekeeping, and Front Office Operations.

The program aimed to equip local youth with employable skills in the hospitality industry and connect them with real job opportunities.

The second batch of hotel management training commenced on September 2, 2024, with 14 new trainees enrolled, including 6 males and 8 females.

This initiative reflects NEST Lamka's ongoing commitment to youth empowerment, vocational training, and livelihood enhancement in the region.



SUPPORT TO STUDENTS

Cordinated support for further studies in the following Colleges

GNM at St. Joseph College of Nursing, Guntur, Andhra Pradesh	05
BA Literature at Jesus, Mary and Joseph College, Tenali, Andhra Pradesh	02
B.Sc Zoology at Jesus, Mary and Joseph College, Tenali, Andhra Pradesh	03
B.Sc Maths at Jesus, Mary and Joseph College, Tenali, Andhra Pradesh	01
GNM at St. John's Medical College, Bangalore	04
B.Sc Renal Dialysis Technology at St. Johns Medical College, Bangalore	01
Hospital Aide Training at St John's Medical College, Bangalore	15
ITI Diploma on "Electronic Mechanic" at Montfort Technical Institute, Chennai	09
OT Technician & Lab Technician at Navjeevan Institute of Allied Health Education, Darjeeling, West Bengal	09

number of students

Celebrating National Handloom Day 2024:

Embrace Tradition; Empower Artisans

On the occasion of National Handloom Day dated 7th August 2024, NEST Lamka, in collaboration with the National Bank for Agriculture and Rural Development (NABARD) and the District Industries Centre (DIC), Handloom and Handicrafts Department, Churachandpur District, organized a community-centered program to honor and support traditional weavers in the region. The event was part of NEST Lamka's ongoing livelihood initiatives aimed at strengthening indigenous skills while creating sustainable income opportunities, particularly for women artisans.



Celebrating National Handloom Day 2024:

Embrace Tradition; Empower Artisans

The program focused on raising awareness about the cultural, economic, and social significance of India's handloom heritage. With technical and institutional support from DIC and MSRLM, the initiative enabled resource assistance, awareness-building, and capacity-strengthening efforts for women weavers engaged under NEST Lamka's livelihood programs, reinforcing their contribution to sustainable rural development.

The celebration featured exhibitions of handloom products crafted by beneficiary weavers, live demonstrations of indigenous weaving techniques, and interactive sessions involving artisans, community members, and government stakeholders. These platforms provided weavers with opportunities to showcase their skills, exchange knowledge, and gain increased visibility and recognition for their work.



Beyond economic outcomes, the program highlighted the deeper meaning of handloom in the lives of weaving communities. For many women, weaving represents not only a source of livelihood but also a sense of identity, dignity, and cultural continuity passed down through generations. By bringing these stories to the forefront, the event emphasized the importance of preserving traditional knowledge while supporting artisans to adapt to evolving market opportunities.



SBI CSR TREE PLANTATION

78th Independence Day - Mata Village, August 15, 2024

In observance of the Independence Day Celebration 2024, Nest Lamka and the SBI-CSR collaborated in a Climate Action initiative (SDG Goal-13) where 1000 saplings have been planted in response to the rapid climate change and its adverse effects in Churachandpur District.

The event was also graced by all the Staffs and Branches of the State Bank of India within Churachandpur town. Nest Governing Board Members, Office Staffs and members of the Nest Youth Resource center also took part at the event.



#Plant4Mother

78th Independence Day Celebration

Sapling plantation drive as part of #Plant4Mother campaign under DFS Gol Initiative

Hosted By NEST LAMKA

Program Highlights

Date - 15th August 2024 | Time - 07:30 AM
Place - Mata Village

- Keynote Address :** Lalrammawi
Chief Manager, SBI CCPur Branch
- Flag Hoisting & Speech :** Lallunkam
Chief & Chairman, Mata Village Authority
- Vote of Thanks :** Ruata Kruptong
Deputy Manager, AMCC CCPur Branch



This initiative was carried out through a brief program organized in collaboration with the State Bank of India, Churachandpur Branch, and AMCC, Churachandpur Branch where the event was categorized into two sessions.

Session I: Observation of 78th independence Day 2024 where Keynote Address, Flag Hoisting and Vote of Thanks was conducted.

Session II: Plantation of 1000 saplings in Mata village.

A total of about 85 participants came together at the event including key stakeholders of Mata Village, Churachandpur District Manipur such as the Village Chief, Pu Lallunkam, Village Authority, Mata Youth Organisation, Zomi Youth Association, Mata Cemetery Board Committee and villagers took part at the event.



CSO RELIANCE GRANT:

PARTNERSHIP WITH NATIONAL FOUNDATION FOR INDIA

Nest Lamka has been selected as a grantee for the North East CSO Resilience Grant under which the following activities have been undertaken.



HEALTH VERTICAL

1. TD Vaccination Campaign in Lamka Town.
2. Community Mental Health Intervention
3. Mental Health Training
4. Suicide Prevention and Survivors support



CBPAR

1. Centre for Knowledge Production and Dissemination
2. Community Based Study on cases of death due to BP Stroke and High Blood Pressure
3. Lamka Suicide Study
4. Publication and Dissemination



ORGANISATION DEVELOPMENT

1. Formation of 3 verticals
2. Human Resource
3. Project Management Training
4. Finance Management Training
5. Legal Compliances Training
6. Utilisation of Tally for Accounting

ACTIVITIES

1. TD Vaccination Campaign in Lamka Town will be taken up in partnership with the District Family Welfare Office, Churachandpur District, Manipur for voluntary initiative in facilitating vaccination of Tetanus and Diphtheria vaccines to children in Lamka town.
2. 100 days of field based Community Mental Health Intervention will be initiated where counselling and awareness sessions will be delivered to the community.
3. Suicide prevention and suicide attempt survivors support.
4. Setting up of dedicated research department to focus on Community Based Participatory Action Research as an ongoing activity for Nest Lamka.
5. To initiate a study on BP Stroke from a community health perspective.
6. To organise staff capacity development trainings on Project Management, Finance Management and Legal Compliances.
7. Introduction of the use of Tally software for accounting and transparency.

CSO RELIANCE GRANT:

PARTNERSHIP WITH NATIONAL FOUNDATION FOR INDIA

A two-day financial management training was conducted on 1st and 2nd March 2025, to enhance staff capacity in handling budgeting, financial reporting, and accountability within projects. The session aimed to strengthen transparency and improve the overall financial efficiency of program implementation. The training covered key topics such as financial planning, expenditure tracking, compliance with donor requirements, and internal controls. Through practical exercises and case studies, participants gained a better understanding of financial procedures and tools needed for effective resource management.



Two of our staff members, Miss T. Chingmuanniang Paite and V. Sanglianmang attended the training as representatives from Nest Lamka.



PROBLEM TREE ANALYSIS and PROJECT DEVELOPMENT

A staff development session on Problem Tree Analysis and Project Development was conducted by Mr. SK Ngaihte, which focused on identifying core problems, their root causes, and effects to improve project planning. Through interactive group activities, participants learned how to break down complex issues, develop solution trees by turning problems into positive objectives, and link these to realistic project goals. The session provided practical tools for structured, evidence-based planning and encouraged teams to apply these methods to real-life challenges in their work.



CONVERSATIONS @ NEST

Community development involves improving the well-being of individuals within a community by empowering them to take charge of their own growth. This process includes various dimensions such as economic development, social cohesion, environmental sustainability, and cultural vitality. Sustainability refers to the capacity to maintain or improve the well-being of people, communities, and ecosystems over the long term. It involves meeting the needs of the present without compromising the ability of future generations to meet their own needs. The concept of Tuiphul, which signifies spring water, representing a product of a healthy and sustainable ecosystem that enriches and supports life in all its dimensions. The conversation series serves as a spring of new ideas, aiming to foster innovative thinking.

CONVERSATIONS@NEST - SPEAKER 1

Speaker: Dr. Sunil Kaul

Date: 14th June 2024

Time: 12:00PM

Place: Youth Resource center, J.C. Park, Lamlian Veng, Bungmual, Lamka, Manipur.

Theme: Building Resilience: the ant story



CONVERSATIONS@NEST - SPEAKER 2

Speaker: Jennifer Liang

Date: 15th June 2024

Time: 12:00PM

Place: Youth Resource center, J.C. Park, Lamlian Veng, Bungmual, Lamka, Manipur.

Theme: Promoting Gender Equity in Health



CONVERSATIONS@NEST

ORGANISED BY: NEST LAMKA



KNOWLEDGE PARTNERS:



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WORKING WITH THE PEOPLE

CONVERSATIONS@NEST - SPEAKER 3

Speaker: Samuel Paubiakmang Ngaihte,
(DDM, NABARD)
Date: 29th June 2024
Place: Youth Resource center
Mode: Physical
Theme: Monitoring and Evaluation in the
Development Sector.



CONVERSATIONS@NEST - SPEAKER 4

Speaker: Dr. Roluahpuia,
(Assistant Professor, IIT, Roorkee)
Date: 29th June 2024
Place: Youth Resource center
Mode: Physical
Theme: Research Methodologies.



CONVERSATIONS@NEST - SPEAKER 5

Speaker: Humanitarian and Conflict Response
Institute, University of Manchester.
Date: 8th July 2024
Time: 2:00 P.M. IST
Place: Youth Resource center
Mode: Online
Theme: Ethical concerns in social research.



The University of Manchester



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WORKING WITH THE PEOPLE



CONVERSATIONS@NEST - SPEAKER 6

Speaker: Humanitarian and Conflict Response
Institute, University of Manchester.
Date: 16th July 2024
Time: 2:00 P.M. IST
Place: Youth Resource center
Mode: Online
Theme: Synchronous History and the
Humanitarian Archive.



The University of Manchester



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WORKING WITH THE PEOPLE



OUR INTERNS



Dominion Basumatary

MA Social Work, Public Health
TISS, Mumbai

Duration of Internship:

16th Sept 2024 - 16th Oct 2024 (30 days)

My internship at NEST Lamka during the recovery period in Manipur was a deeply transformative experience that allowed me to engage meaningfully with the community and the health care workers. Alongside my colleague, I had the opportunity to conduct field visits to various relief camps, gaining a firsthand understanding of the complex living conditions and health challenges faced by internal displaced populations.

As part of internship we also got opportunity to have proper discussion with government officials, healthcare professionals, village chief and villagers which provided invaluable professional insight on understanding the healthcare system during the conflict, the coordination required for community betterment, the daily life of villagers and the structure of the villages. I am particularly grateful for the opportunity to serve as a resource person for a session on civic engagement, which allowed me to share my perspectives and empower others and also in addition living a week in rural village helped me to understand the challenges, needs and unity of the villagers. I am truly thankful for this opportunity to contribute my opinions and work toward a positive impact during such a critical time.

Thank you NEST and best wishes.

OUR INTERNS



Manish Lama

MA Social Work
TISS, Mumbai

Duration of Internship:

16th Sept 2024 - 16th Oct 2024 (30 days)

I am sincerely thankful for the opportunity to complete my one-month rural block fieldwork at NEST, Manipur. The experience helped me understand the realities of rural and conflict-affected communities through relief camp visits, health camps with Doctors For You (DFY), and interactions with community members and stakeholders. The guidance and support from the NEST team made this fieldwork a meaningful learning experience and contributed greatly to my personal and professional growth.

OUR INTERNS



Chingbiakdik

BA Sociology
Amity University, Noida

Duration of Internship:

14th May 2024 - 27th July 2024 (44days)

Interning at NEST Lamka was an impactful & enriching experience where I gained hands-on experience with community engagement and learned about the inner workings of grassroots nonprofits. Being part of a youth-led initiative in a conflict-affected area deepened my understanding of social realities within our communities, as well as the importance of empathy, collaboration, and flexibility in social services work.

I was given an environment of support at NEST, allowing me to grow through observation and participation. This experience has further solidified my passion for community development and complemented my academic learning in a meaningful way.

OUR INTERNS



Dr Evelyn Nianglianching

Masters of Public Health
OP Jindal Global University

Duration of Internship:

13th Dec 2024 - 10th Jan 2025 (28 days)

My internship at NEST Lamka was a deeply meaningful learning experience. The exposure to field-based humanitarian and public health work in a conflict-affected setting helped me better understand the realities of displacement, community resilience and health inequities in Churachandpur. Through field visits to relief camps, data collection, story mapping, report writing and participation in workshops, I gained practical insights into community-led responses, coordination with district health authorities and the challenges of service delivery during crises.

The opportunity to assist in documentation, profiling participants and contributing to an MoU with the district vaccination officer strengthened my research, communication, and analytical skills. I am grateful for the guidance, trust and supportive learning environment provided by the NEST team. This internship significantly shaped my understanding of health systems, humanitarian action and community engagement, and has strongly influenced my academic and professional trajectory in public health.

OUR INTERNS



Alex Goulian Simte

MA(Public Administration)
Kristu Jayanti College, Bangalore

Duration of Internship:

4th Dec 2024 - 4th Jan 2025 (32 days)

My one-month internship with NEST NGO in Churachandpur, significantly contributed to my personal growth, skill development, and understanding of real-world issues. A particularly memorable experience during my internship was my participation in a Christmas meal event organised for refugees during the winter season and share moments of joy and compassion with displaced families, especially during a time of hardship, it reinforced the spirit of hope and togetherness associated with Christmas.

During the internship, i also learned about organisations affiliated with NEST, including the Solar Mama Project, which focuses on sustainable development and women empowerment through renewable energy initiatives. Learning about this project helped me understand how innovative, community-led solutions can create long-term social impact. Overall, my internship at NEST NGO was a deeply enriching experience. It strengthened my professional skills, enhanced my social awareness and instilled in me a stronger sense of responsibility toward society. I am grateful to the NEST team for their guidance, support, and providing me with the opportunity to learn and contribute meaningfully.

OUR PARTNERS

