

BI-MONTHLY NEWSLETTER



*Let's dive into what's
been happening at
InSIDE-North East*

Two months may seem like a short span of time, but on the ground, every day brings a new story- a women taking her first step towards entrepreneurship, a young person discovering a new skills, a child finding hope through learning and fellowship, a farmer embracing a more sustainable way of life- and a community leadership to achieving greater heights at the national and international platform.

Upcoming Events



TALK THE READ MEET
cum
LITERARY FEST



Field visit to NaRMaC Farms
and Women-led
Enterprises



GRADUATION
for vocational skill
training

"Growing from our Roots, Reaching for more"



THANGSANGLEN KIPGEN

What makes the past two months even more special is the celebration of three remarkable young achievers whose journey began close to home, through the opportunities and platforms created by InSIDE-North East.



LALKHOMANG KIPGEN

He was once a "**LIFE BOAT CLUB**" leader in his village, Pangjang, growing through Life Skill sessions on leadership, teamwork, communication and sports. Today, he is shining on the international stage - earning the title of "**MOST VALUABLE PLAYER**" at Gothia Cup in Sweden, 2026 and emerging as a "**TOP SCORER**" at the Helsinki Cup in Finland, 2026.

He once raced with determination in a "**KUT MARATHON**" organized by InSIDE-North East and emerged as the **Champion**. Today, the same spirit of perseverance has taken him to a new path of service and discipline- as a proud member of **Agniveer** in the **Indian Army**.



TRAILBLAZER

STRONG

BRAVE



*MEET OUR "KICK
BOXING
CHAMPION"*

MANGMINNGAM SAMUEL MISAO

Once a "**LIFE BOAT CLUB**" members of Shom Inn Academy to becoming "**GOLD MEDALIST**" in 56.7 kg Weight Category at the DFL (Dojang Fight League) North-East KICKBOXING CHAMPIONSHIP, held on 8th and 9th August 2026 at Long Acres, Guwahati.



HIS WIN IS OUR WIN.



Their achievements strengthen our commitment to shaping young minds, nurturing their dreams and preparing them for a brighter future.



SEEDS OF CHANGE

Promoting Organic Farming



Director of InSIDE-North East visited the NaRMaC Seed Bank and Nursery Greenhouse at Ichaigojang Village, Saikul, where he interacted with NaRMaC leaders and provided guidance on strengthening the management and sustainability of the seed bank.

GUIDES

He emphasized on the importance of maintaining a well-organized, attractive, and functional greenhouse and seed bank to effectively serve the community and contribute to long term agricultural development.

NaRMaC Rules

- Promote organic and sustainable farming
- Maintain Soil Health
- Avoid chemical inputs
- Conserve and share seeds
- Use locally appropriate and sustainable resources



“Bringing you fresh, organic goodness straight from the farms of **Saikot NaRMaC** Members, Lamka”

*Harvested with care, from fields to your
table.*



NaRMaC's Organic Farming initiatives aims to encourage local farmers to adopt healthy, sustainable, and environmentally responsible farming practices while creating reliable livelihood opportunities.

At it's core, the efforts support farmers in making a meaningful transition from poppy cultivation to organic farming, enabling them to generate sustainable income while contributing to healthier communities and greener future.



FROM THE FARMER'S HANDS TO YOUR TABLE

*“Support local farmers, because every meal carries the sweat
of those who grow our food”.*

NaRMaC Members

EXPOSURE VISIT TO GREEN HILLS

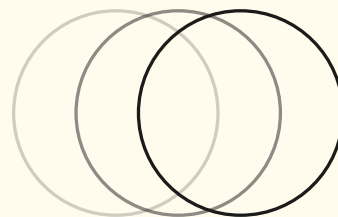
Bringing New Ideas
back to the
community



The Exposure visit was organised to provide NaRMaC members with practical exposure to successful agricultural practices. This enables them to learn directly from experienced farmers, observe innovative farming and value-addition techniques, and understand effective approaches to production, farm management and marketing.

The knowledge and experiences gained during the visit are expected to be adapted to their local context and share with fellow farmers !





Orientation helped staff develop a common understanding of child- and youth-centred approaches and equipped them to respond appropriately to the challenges faced by young people.

Why is STAFF ORIENTATION Important?

Working with children and youth requires more than technical knowledge – it requires an understanding of their needs, rights, behaviour, safety, and the environment in which they grow.



LEARN-RELEARN-
UNLEARN



VOLLEYBALL TOURNAMENT

SAIKUL AREA RELIEF CAMPS

For few hours, the worries of displacement, uncertainty and difficult days gave way to something different- laughter, cheers, teamwork and the simple joy of playing together. The inspirational sports 2026 Relief Camp Men's and Women's Volleyball Tournament was more than a sporting event.

It was a space where young people could pause from the realities surrounding them and rediscover the strenght that comes from being part of a team.



For participants from the relief camp, the volleyball court became more than a playing field - it became a place to belong, express, connect and heal.

BEYOND THE SCORE,
WE PLAYED FOR
PEACE, FOR HEALING.

TOGETHER, WE RISE!

WOMEN ENTREPRENEURSHIP SUPPORT

JUJU PIGGERY FARM



THEIR STORY RUN'S DEEP-

When conflict shattered the rhythm of their once-normal life, this young couple lost not only their livelihood but also the security of their home.

Determined to rebuild their lives and create a more secure future for their family, they choose to rise again.

With a strong vision and unwavering commitment to achieving financial stability, they took a courageous step forward and started a piggery farm on the outskirts of Lamka district.



1.

2.



3.



FINANCIAL LITERACY

Workshop on Financial Literacy with an objective "To empower participants with the knowledge and skills to make informed financial decisions today that will help them build the secure and fulfilling future they envision for their post-retirement years" was facilitated by financial literacy expert Hatneichan Haokip, CBO, Crisil Foundation, Manipur. The resource person highlighted the importance of planning for life beyond retirement through the Atal Pension Yojana (APY).



She outlined that childhood is spent in play, youth is often devoted to fulfilling aspirations and responsibilities, and old age arrives when one's physical ability to earn gradually declines. Without proper financial planning during the productive years, many people face financial insecurity in later life.

The session encouraged young people to begin saving and investing early to ensure a secure and dignified retirement.



UNDERSTANDING PUBERTY

WITH PARENTS AND CAREGIVERS

The resource person Nemboihing Haokip, Nursing Superintendent, L & S Compassionate Health Care, Saikul, explained the stages of puberty and the physical, emotional, and psychological changes that girls experience during adolescence. She discussed the importance of menstrual hygiene management, personal hygiene, balanced nutrition, and self-care during this stage of life. Common myths and misconceptions surrounding puberty and menstruation were addressed with scientifically accurate information, helping participants distinguish facts from false beliefs.



AN INTERACTIVE QUESTION-AND-ANSWER SESSION PROVIDED A SAFE AND SUPPORTIVE ENVIRONMENT FOR PARTICIPANTS TO OPENLY DISCUSS THEIR CONCERNS AND GAIN CLARITY ON SENSITIVE TOPICS ON THE ROLE OF PARENTS AND CAREGIVERS IN SUPPORTING ADOLESCENTS. MOREOVER, EFFECTIVE PARENT-CHILD COMMUNICATION: HOW TO START SENSITIVE CONVERSATIONS WITH EMPATHY AND WITHOUT JUDGMENT WERE ADDRESSED.



LIFE SKILL ACTIVITIES WITH CHILDREN



Through engaging activities and interactive sessions, children are encouraged to understand themselves, express their thoughts and emotions, solve problems together, make informed decisions, and build positive relationship.

THIS SESSION PROVIDES CHILDREN WITH PRACTICAL SKILLS TO NAVIGATE EVERYDAY CHALLENGES WITH GREATER CONFIDENCE, RESILIENCE AND AWARENESS AMONG THEM.

CONFIDENCE LEADERSHIP
COMMUNICATION
SELF-ESTEEM TEAM-WORK
SPORTS



WHY SHOULD BOYS HAVE ALL THE FUN?



Adolescent girls are at a critical stage of life, where they can easily become vulnerable to misinformation, harassment, and abuse. Bringing them together on the turf ground to play created a simple yet meaningful way to connect with them.



Through sports, we can reach, guide, and support them while promoting their physical and mental well-being.

A guide to CRITICAL THINKING



DECIDE

QUESTION

THINK



T. GAMNOM
VILLAGE

MOMENTS LIKE THESE PROVIDE A SPACE FOR PARTICIPANTS TO MOMENTARILY FORGET THEIR WORRIES, STRENGTHEN THEIR BONDS, AND EXPERIENCE PERSONAL GROWTH AND POSITIVITY TOGETHER

A workshop on Critical Thinking and Problem Solving was conducted for 61 women. Participants were divided into five groups and introduced to the concepts of critical thinking, problem solving, and how they are inter-connected. Each group analysed a given scenario, discussed possible solutions, and presented their findings. Boicy Tuboi, Project Co-ordinator, facilitate the sessions.



HUMANITARIAN SUPPORT!

We are grateful for the opportunity to collaborate with like-minded individuals and organizations whose shared commitment has strengthened our efforts to provide meaningful relief and support to communities in need.





-ANOTHER FEATHER ADDED TO THE CAP-

Yet Again, a proud moment as our Director, Hejang Misao, receives a recognition of his dedicated service rendered for the welfare and development of the community from the District Administration, Kangpokpi District, Manipur, on Independence Day.

WITH GRATITUDE, WE LOOK FORWARD TO REACHING GREATER HEIGHTS TOGETHER. ✨

INDEPENDENCE DAY - 15th August



80th INDEPENDENCE DAY was celebrated with HIGH JOSH and the spirit of being the citizens of India runs deep in each participant, audience and dignitaries present.

The Program was organised by KSO (Kuki student's Organization) Saikul and InSIDE-North East) at Saikul Public Ground.

HOW SEEDS OF SUPPORT ARE TAKING ROOT



SEEDS



SOIL



GROWTH

Like a seed needs care, knowledge, and the right conditions to grow, livelihood support needs guidance and thoughtful investment to create lasting impact.

An interaction with the Tuibong NaRMaC members at KIC (Kuki Inpi Churachandpur) explored how the micro-support provided to them is being nurtured into meaningful livelihood activities.

The discussion brought together experiences, challenges, and ideas around organic farming, encouraging members to turn small beginnings into sustainable source of income. Through continued learning, and responsible use of resources, these small seeds of support can take root, and eventually yield a harvest of self-reliance and sustainable livelihood.

WHAT VARIETY NARMAC FARMERS GROW THIS SEASON

YUM

LADIES FINGER

GREEN CHILLY

MAIZE



**GROUND
REPORT**



The recent floods in Lamka, Manipur, destroyed nearly half of the crops, washed away fertile topsoil and new seedlings



MICRO-SUPPORT- on the Street of Lamka

A LITTLE SUPPORT CAN GO A LONG WAY.

ORGANIC SUGARCANE

With the support of a micro-grant, she has started a small sugarcane juice business, turning modest financial support into an opportunity for sustainable income.



Determined to stand on her own, her story has inspired many.

CUTTING STITCHING LEARNING

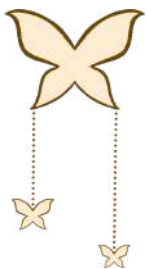


The lively buzz at the
tailoring centre



HERE ARE SOME OF THEIR FINISHED PRODUCTS.

In just two months, their learning, confidence, and growth
have exceeded expectations.



When young people are given the right space
to grow, their potential has no limits.

READY TO LEARN?

**ENROL
NOW!**

**THREE MONTHS
TAILORING
TRAINING**

**20 Seats
only**

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Course content

- ✓ T.Shirts
- ✓ Ladies Tops
- ✓ Trouser
- ✓ Dress
- ✓ Vest Coord Set

**Deadline for Applying
September 7, 2026**

**Shom-Inn Campus,
Thangkanphai**

FOR MORE INFO **9233986531 / 9233904440**

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North East

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only**

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**DEADLINE for Applying
September 7, 2026**

For more Info
8798969978 / 9233986531

THOM-INN SCHOOL CAMPUS, THANGKANPHAI

Vocational skill training now open for interested individuals. Take the first step towards building your skills and shaping your future.

CONTACT DETAILS ARE MENTIONED ON THE ADS!

**WITH GRATITUDE, FROM OUR
TEAM TO YOURS!**



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Thank you so much!

