

thecollectivetrust.care

Annual Report 2025

THE COLLECTIVE TRUST

*The Collective Trust
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ABOUT US



At The Collective Trust, we hold a fundamental belief: mental health is a right, not a privilege. We are a Manipur-based network of mental health professionals, advocates, and community builders working at the intersection of care, equity, and lived experience. In a region shaped by armed conflict, ethnic diversity, and deep-rooted social marginalization, we recognize that healing cannot happen in isolation, it must be accessible, inclusive, and rooted in community. Through free counselling, safe spaces for honest dialogue, and partnerships that span sectors and identities, we work to dismantle the barriers that keep individuals and communities from the care they deserve. We meet people where they are in relief camps, on the streets, in listening circles, and online because we believe no one should have to face their struggles alone. The Collective Trust is not just an organization. We are a movement of people committed to making mental well-being a lived reality for everyone in Manipur, leaving no one behind.



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Opening hours : Mon – Sat, 9 am – 5 pm

Executive Summary



2025 was a year of profound growth, resilience, and community building for The Collective Trust. Despite ongoing challenges in Manipur, we remained steadfast in our commitment to creating accessible, non-judgmental spaces for mental wellness. From our flagship Wakhong listening circles to specialized programs for marginalized communities, we reached hundreds of individuals across the state.

This year marked significant expansion: we launched Wakhong chapters in multiple locations, introduced the Mindfulness in Recovery (MIR) program, created Open Circle dialogues on critical topics, and established ourselves as a Queer Affirmative counseling practice. Our team contributed to academic discourse, trained professionals in Psychological First Aid, and partnered with diverse organizations across Manipur and beyond.

This report documents our journey through 2025, the programs we ran, the lives we touched, the partnerships we built, and the hope we continue to nurture for mental wellness in Manipur.

2025 AT A GLANCE-

- 24+ Wakhong listening circles held across multiple locations
- 5 Wakhong chapters established (Men's Mental Health, MATAI, Maria Montessori School, Lamdeng, Wangjing-Thoubal)
- Launched Mindfulness in Recovery (MIR) program under TALÁ
- 3 Open Circle public dialogues on critical mental health topics
- Certified as Queer Affirmative Counselling Practice by Varta Trust
- Psychological First Aid training & internship program conducted
- Multiple academic presentations and conference participations
- Radio and television sessions on mental health awareness
- Partnerships with police, CRPF, schools, relief camps, and NGOs

Website: thecollectivetrust.care

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WAKHONG

Wakhong (bamboo grove)

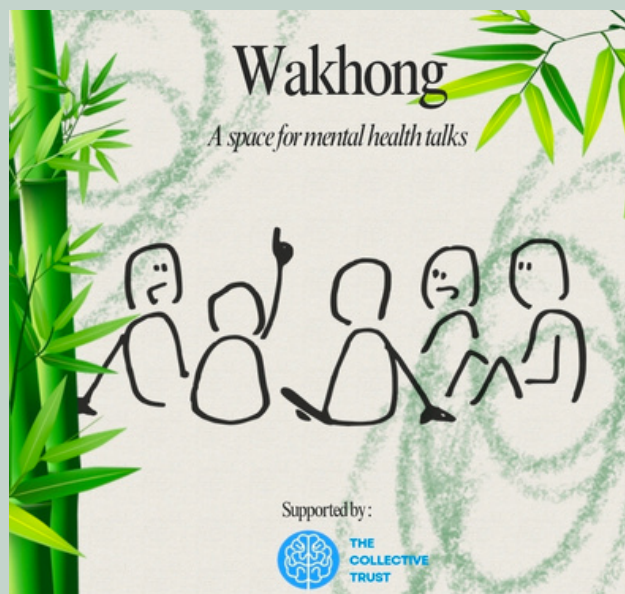
Wakhong remained our cornerstone program in 2025. These listening circles create non-judgemental, inclusive spaces where participants share experiences, offer mutual support, and practice collective healing. The circles operate on principles of deep listening, empathy and presence.

On September 2024, it moved into the public sphere with a series of pop-up sessions in Imphal, at Kangla Nongpok Torban and Khuman Lampak. This focused on creating safe, non-judgemental spaces for men to discuss emotional well-being and challenge the stigma around men's mental health. Despite a setback due to civil unrest and a curfew in mid-September, the initiative adapted and continued with renewed commitment.

By late September 2024, Wakhong formalised into a structured support group operating in three-month cycles, meeting on the second and fourth Sundays of each month. Its inaugural cohort ran from October to December 2024.

In 2025, Wakhong entered a new phase, opening its group to all genders and expanding geographically with a new chapter in Moirang, led by the Matai Society, serving internally displaced individuals and relief volunteers affected by the ongoing crisis.

From its first conversation to a growing multi-chapter movement, Wakhong exemplifies community-driven mental health care rooted in empathy, resilience, and inclusion.



Wakhong during crisis- June 15

We cancelled the previous Sunday's Wakhong due to unrest in the state. Despite the low turnout on June 15, we believe every single attendance matters. We were happy to continue with our circle, sharing and listening together.

This moment exemplified our commitment: showing up even when circumstances are difficult, holding space even when numbers are small, believing that healing continues even—especially—during crisis.

TALÁ

TALÁ is a community healing space located in Lamphel Sanakeithel, Imphal. Its name, drawn from an ancient Manipuri word for "tree," reflects its founding vision of strength, groundedness, and growth. The space is dedicated to supporting individuals in recovery through mindfulness, community connection, and evidence-based practices.



Its flagship offering, Recovering with Mindfulness, is an 8-week program launched on April 16, 2025. The program combines daily guided meditation, weekly group reflection sessions, and skill-building through the globally recognised Mindfulness in Recovery® (MIR) framework. It is inclusive of individuals at any stage of recovery and is available both in-person and online.

TALÁ is facilitated by Nganthoi Tongbram, certified in both MIR and Trauma Incident Reduction (TIR), bringing expertise in mindfulness-based and trauma-informed approaches to the community. The programs are designed as a complement to, not a replacement for, professional treatment or therapy. TALÁ represents a growing space where recovery, mindful living, and community care intersect, offering accessible, compassionate support to all who seek it.



OPEN CIRCLES

Public Dialogues

Open Circle is our initiative for facilitated public conversations on critical mental health topics, featuring expert guests and community participation.

Educational Environment (August 31, 2025)

Guest: Tangjakhombi Yambem, Clinical Psychologist and Educational Counselor
Focused on mental health in educational settings, student wellbeing, and creating supportive learning environments.



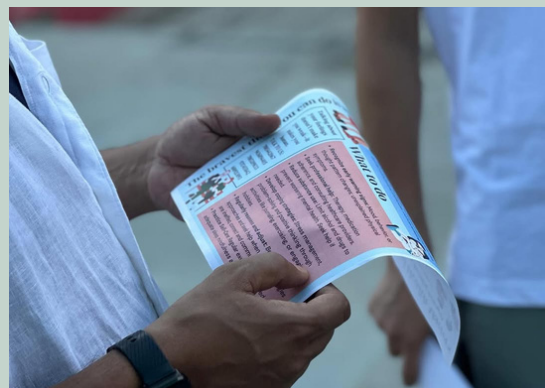
Care for Caregivers (November 2, 2025)

Guest: Dr. Jina Heigrujam
Inspired by World Mental Health Day 2025 theme: Access to Services - Mental Health in Catastrophes and Emergencies. This session addressed the mental health needs of those providing care in crisis situations.



Men's Health Awareness (November 23, 2025)

Facilitator: Nganthoi Tongbram
Centering dialogue on Men's Health Awareness Month, exploring masculinity, mental health, and breaking stigma around men seeking support.



QUEER AFFIRMATIVE COUNSELING & PROGRAMS

In 2025, The Collective Trust was officially enlisted by Varta Trust as a Queer Affirmative counseling practice, recognizing our commitment to providing inclusive, affirming mental health services to LGBTQ+ communities.

SPLGBTQ, Matai Society , Moirang (January 24, 2025)

Funded by Mariwala Health Initiative (MHI)

The SPLGBTQ Program is a one-year suicide prevention initiative serving marginalized communities in Manipur, with a particular focus on LGBTQIA+ individuals, conflict-affected populations, and relief camp residents.



Wakhong Moirang

launched on February 6, 2025, at
Kaidongpham, Moirang Lamkhai

Wakhong Moirang, launched on February 6, 2025, at Kaidongpham, Moirang Lamkhai, extended the Wakhong listening circle model to conflict-affected individuals, including survivors of gender-based violence, armed conflict, and sexual violence. The inaugural session brought together a diverse group of queer individuals, transgender participants, allies, relief workers, and camp residents. Discussions surfaced the intersecting realities of mental health, poverty, trauma, displacement, and the ongoing armed conflict. Participant responses reflected the profound impact of simply being heard. The session brought out unheard stories, emotions and expressions that cannot be entirely captured in the English translation.



SPLGBTQ, MATAI SOCIETY , MOIRANG

Key activities under the program include:

World Mental Health Day (Oct 10, 2024)

A public dialogue on mental health in the workplace, emphasizing the importance of sustained mental health conversations in evolving work environments.



Queer Leadership Workshop (October 17–19, 2024)

A three-day workshop equipping young LGBTQIA+ individuals with skills in self-care, solidarity, leadership, and an understanding of queer histories and rights.



Free Clinical Counselling

A three-day workshop equipping young LGBTQIA+ individuals with skills in self-care, solidarity, leadership, and an understanding of queer histories and rights.



PRIDE 2025 Participation (June 22, 2025)

Organized by: MATAI, Saathi, Manipur LGBTQ, Young Transgender Poanam Thoibi facilitated a session on affirmative mental health care and discussed allyship, emphasizing the importance of creating safe, inclusive therapeutic spaces.



Capacity Building & Training

In 2025, we invested significantly in building capacity both within our team and across partner organizations, institutions, and communities.



Psychological First Aid (PFA) Course & Internship (July 2025)

We conducted a comprehensive Psychological First Aid training program followed by structured internships. PFA equips individuals to provide immediate psychosocial support during crises, critical in Manipur's context of ongoing emergencies and disasters.

Program included sessions on July: 1st, 3rd, 7th, 9th, 13th, 15th, 16th, and 17th.



Lamphel Police Station - Mental Health Awareness (September 5)

Program: Strength Within

A Mental Health Awareness and Resilience session held in collaboration with Lamphel Police Station authorities, addressing occupational stress, trauma exposure, and self-care for police personnel.



Ramakrishna Mission School Exchange Program (February 24)

TCT facilitated an exchange program with teachers at Ramakrishna Mission School, Imphal, focusing on educator wellbeing, classroom mental health, and reflective teaching practices.



DSSS Reorientation Programme (September 15)

TCT conducted a Reorientation Programme with the team of Diocesan Social Service Society (DSSS) to strengthen their capacity in delivering humanitarian services to Internally Displaced Persons (IDPs), with emphasis on trauma-informed approaches and psychosocial support.

CRPF sessions

Multiple sessions with Central Reserve Police Force personnel:

- September 10: Suicide awareness session (Nidhibala)
 - October 10: Psychological First Aid training (Nidhibala)
-

MEDIA ENGAGEMENT & PUBLIC OUTREACH

Nongin Radio - Community Mental Health (April 2)

Guest: Nganthoi Tongbram

Nganthoi Tongbram represented TCT on Nongin Radio to discuss the importance of community mental health and why accessible, community-based care matters, particularly in Manipur's context.



MAMI TV Network — Psychotherapy (August 9)

Guest: Nganthoi Tongbram

Engaged in conversation about Psychotherapy, focusing on:

- Resemblances and differences between Psychotherapy and Counselling
- Myth-busting around therapy and mental health treatment
- Therapeutic implications of traditional healing practices

SKTV — Understanding Addiction (August 12)

Guest: Nganthoi Tongbram

Topic: Beyond Alcohol and Drugs: Understanding Addiction

Delivered a session expanding the conversation beyond substance abuse to include behavioural addictions, process addictions, and a comprehensive understanding of addictive patterns.



COMMUNITY PROGRAMS & SPECIAL INITIATIVES

In the Margins 0.1 - Relief Camp Program (March 15-17)

Organizer: MATAI Society

Location: Laishoi Village, Thanga, Manipur

Duration: 3-day community program

A community program dedicated to supporting relief camps in Manipur. Thoibi and Nganthoi; moderated the Stories of Displacement interaction panel on March 16. Participated in programming on March 17. This initiative centered voices of displaced persons, creating space for storytelling, healing, and community solidarity.



Mental Health Awareness for Adolescent Girls - Chandel (February 15)

Organizer: DPO ICDS Cell of Chandel

Program: Awareness Programme on Mental Health of Adolescent and Girls



TCT facilitated this awareness program, addressing mental health challenges specific to adolescent girls, including body image, social pressure, academic stress, and accessing support.

Loktak Literary and Art Festival 2025 (November 14-15)

TCT moderated two sessions at this cultural festival, bridging mental health conversations with arts, literature, and creative expression demonstrating how cultural spaces can also be healing spaces.



Academic Contributions & Professional Development

Our team actively contributed to academic discourse and pursued continuous professional development through conferences, research presentations, and specialized training programs.

Best Paper Award – 7th APSPA International Conference, Goa (March 9)

Presenter: Damini

Paper Title: Effectiveness of AI-Assisted Mindfulness-Based Therapy for Mental Health Care in Students

Damini received the Best Paper Award for her research presentation at the 7th APSPA (Asian Psychological Services and Professional Association) International Conference in Goa, demonstrating TCTs commitment to evidence-based innovation in mental health interventions.



Mental Health in Inclusive Schools (April 29)

Presenter: Poanam Thoibi

Event: 2-Day CRE Programme on Addressing Mental Health Issues in Inclusive Schools

Organizers: Rehabilitation Council of India (RCI) & Spastic Society of Manipur at SAI, NERC, Imphal
Poanam Thoibi presented a study examining the mental health landscape for teachers working in inclusive schools, addressing unique challenges and support needs.

International Conference on Substance Use Disorder (May 29-30)

Participant: Nganthoi Tongbram

Theme: Global Perspectives, Local Challenges, and Integrated Solutions

Organizer: Department of Clinical Psychology, School of Medical and Paramedical Sciences, Mizoram University



Faculty Development Programme — NILD Kolkata (March 24-28)

Venue: National Institute of Locomotor Disability, Kolkata

Duration: Five days

TCT team members attended this intensive faculty development program to enhance clinical skills and therapeutic approaches.



CRE Training on Assessment of Disabilities (July 8-10)

Venue: Manipur Technical University

Topic: Assessment of Disabilities as per Gazette 2024

Organizer: CRC-SRE Imphal

Neurodevelopmental Conditions & Disruptive Behaviour (November 3)

Event: 2-Day State Level CRE Programme

Topic: Identifying and Assessing Neurodevelopmental Conditions and Disruptive Behaviour

Organizer: Department of Clinical Psychology, RIMS, Imphal (under RCI aegis)



Cognitive Behavioral Therapy (CBT) Webinar (July 23)

Organizer: The Collective Trust

Facilitator: Damini

TCT organized and facilitated a webinar on Cognitive Behavioral Therapy, sharing evidence-based therapeutic techniques with mental health practitioners and interested community members. Positive feedback was received (see July 31st post).

Special Projects & Collaborations

MAHEI × iHEAR Project

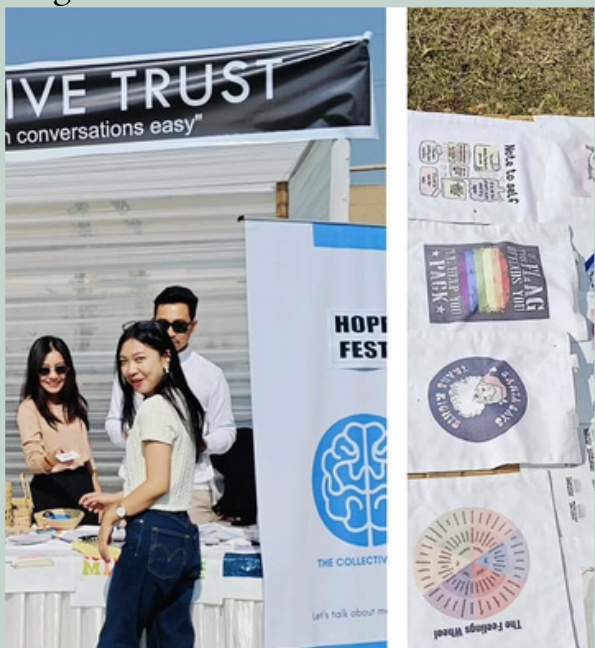
In January 2025, The Collective Trust co-facilitated a two-day mental health workshop (January 13–14) at Moirang under this collaborative project, focused on mapping existing mental health practices and addressing the specific well-being needs of the Mahei Centre's team.

Research Initiatives

The Collective Trust actively contributed to academic discourse through research presentations on AI-Assisted Mindfulness-Based Therapy, which received a Best Paper Award at the APSA conference, and on teacher mental health in inclusive schools, presented at the RCI/Spastic Society CRE program.

Suicide Prevention Program

In partnership with Matai Society and supported by the Mariwala Health Initiative (MHI), this ongoing one-year program (launched October 2024) addresses suicide prevention and postvention, with a particular emphasis on reshaping narratives around suicide in conflict-affected and marginalized communities.



Hope Fest: Celebrating Equality and Life

The Collective Trust played a central role in this two-day festival (December 27–28, 2024), organized by the All Manipur Nupi Maanbi Association (AMANA). Supported by the Astrea Lesbian Foundation for Justice, SAATHII, Empowering Trans Ability (ETA), and the All Trans Men Association (ATMA), Hope Fest brought together individuals; particularly from the transgender community in a spirit of unity, acceptance, and celebration of life in all its diversity.

Cross-Sector Partnerships

Recognizing that mental health cannot be addressed in isolation, The Collective Trust continued to collaborate with a wide network of organizations including Shared Grounds Foundation, Octave Foundation, Centre for Women and Girls (CWG), Ya-All, Matai Society, Trauma Response Centre, Young Transgender Collective, Tengbang Sintha Foundation (TSF), SAATHII, ATMA, Transgender Health and Wellness Centre, Shinleima Communications, EENOT, and legal services authorities on initiatives spanning gender equality, substance use, child rights, LGBTQIA+ support, and broader community development.



Making mental health conversations easier & services accessible.



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