



**INDIGENOUS  
PARTNERSHIP  
FOR AGROBIODIVERSITY  
AND FOOD SOVEREIGNTY**



# NO ONE SHALL BE LEFT BEHIND INITIATIVE

Biodiversity for Food, Nutrition and Energy Security  
for 3000 Households in Meghalaya and Nagaland, North East India

## JULY 2020 UPDATES



# SUMMARY

In the month of July 2020 the main focus was on training and workshops for the Community Facilitators (CF) on the different subject areas of the project components. These exercises were conducted via online zoom conferences and telephonic calls because of movement restrictions caused by COVID-19. The activities were then executed by the CFs in their own communities.

Nutritional campaign at Pynthor Langtein on July 10, 2020  
Photo by SURE



Awareness on COVID 19 at Musiaw, July 29, 2020  
Photo by SURE



Awareness on COVID 19 at Tyrchang, July 2020  
Photo by SURE

## COVID-19 SAFETY AWARENESS

1. Mask distribution
2. Do's and Dont's
3. Guidelines provided by the Government
4. Immunity boosting foods
5. Health and Hygiene
6. Cleanliness sanitation

# PRODUCTION

## BERKELEY COMPOSTING



Community led 'Berkeley compost training' held at Umsawwar on July 31, 2020  
Photo by Drasing Suting, CF of Umsawwar

### Objectives:

1. Reduce dependence on external inputs like chemical fertilizers
2. Introduce a simple and quick composting method by using local resources
3. Improving soil health

## KITCHEN GARDENS

Communities realise the importance of kitchen gardens, especially post the outbreak where dependency on markets eventually declined. We have seen an increase in the number of kitchen gardens started by the community members at the household level. Many youths in the communities have also activated community kitchen gardens in their villages.

Kitchen garden of Kong Bidalin Mawlong, Laitumiong community, July 23, 2020  
Photo by Wanrila Khongngaiñ, CF Laitumiong



## SEED SAVING

Initiative for reviving and promoting traditional seeds for food security and food sovereignty.

### Key areas:

1. Preservation of local seeds
2. Seed-keeping methods
3. Individual/household seed-keeping
4. Community seed banks

Seed-keeping at Cham Cham, July 2020  
Photo by: SURE



# CONSUMPTION

## WASH CAMPAIGN

*CLEANLINESS IS NOT AN ACT BUT A HABIT.*

**Prior to CFs executing the campaigns in their own communities, they received training (telephonic) by NESFAS.**

- Improve access to water and sanitation services particularly for the poor and marginalized.
- Inculcate the habit of hand-washing regularly with soap.
- Facilitate the concept of WASH, safe drinking water and waste segregation

WASH Campaign at Umwang Nongbah, July 23, 2020

Photo by NESFAS



The Youth and Senglongkmie (Women's Association) of Nohron community (East Khasi Hills) organized a session on WASH campaign by cleaning the river and water source where they use to wash clothes.

They have prepared a pit as a public dustbin.  
July 28, 2020, Photo by Jimson Lyting, CF Nohron

Toilet maintenance/inspection and WASH campaigns at Nohron Community (East Khasi Hills) leading to results-driven action and impacts. July 30, 2020, Photo Jimon Lyting, CF Nohron



## NUTRITION CAMPAIGN

Telephonic Training with CF and Resource Person on initiating Nutritional Campaign for Children (6-15 years)

**Key areas:**

1. 10 Food Groups
2. Dietary Diversity Score exercise
3. Functions and portions of food
4. Nutrition, food habits and children
5. Safety precaution to ensure that Children maintain safety norms.
6. Action plan to promote the deductive learning approach in nutrition, the activities proposed were ABD walks, action songs, games and replays and cooking classes.

Nutrition Campaign at Thetsumi, July 17, 2020

Photo by NEN



# CONSUMPTION

## YOUTH FOR INDIGENOUS FOOD SYSTEM (IFS)

Empowering youth to defend, promote and preserve the Indigenous Food System, with intergenerational knowledge exchange dialogues and awareness.

### KEY AREAS OF THE CAMPAIGN:

1. Agroecology Learning Circle
2. Food Sovereignty
3. Indigenous Food Community Alliance

Youth campaign at Nohron, July 25, 2020  
Photo by Jimson Lyting, CF Nohron



## CAMPAIGN WITH ANGANWADIS & HOME VISITS

Awareness and training on the following issues were covered with the Anganwadi workers and also during home visits:

1. WASH
2. Nutrition
3. Kitchen gardens
4. Children's health and nutrition
5. COVID-19 safety protocols
6. 1000 Days campaign



(Top) Home visit at Pynthor Langtein July 2020  
Photo by SURE



Campaign at Anganwadi centre in Mawiong July 25, 2020  
Photo by SSC

## 1000 DAYS CAMPAIGN

For improving the nutritional status of both mother and child during the first 1000 Days of a child, with special focus on Pregnant and Lactating Mothers (PGLT)

### KEY AREAS:

1. Nutrition during pregnancy
2. Breastfeeding
3. Nutrition during infancy
4. Effects of improper feeding
5. Weaning food
6. Food recipes

Home visits at Sumi, July 19, 2020  
Photo by NEN



# LIVELIHOOD



**ERI SILK MASK:** Global Caution, Local Action!

**COVID-19: Safety with Style**



Hand Crafted



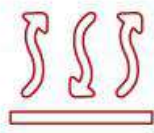
Eco Friendly



Wash and Reuse



Soft on Skin



Easy to Breathe



Light Weight



3 Layers

₹ 180/-

These three-layered hand-woven masks are here to ensure global caution mashed with local action.

**Officially launched on July 25, 2020**

# FARM ON WHEELS

"#COVID-19 crisis an opportunity for innovation". Mawhiang community inaugurated the "Farm On Wheels" initiative on July 31, 2020.

This is a collaborative effort between NESFAS and four Participatory Guarantee System (PGS) farmers group by creating a direct link between consumers and producers. This initiative will also give the farmer groups access to diverse markets and the consumers access to clean healthy produce.



Farm on wheels of Mawhiang PGS group July 31, 2020, Photo by Aiolian Kharsyntiew, PGS Member

# BAMBOO SCHOOL INITIATIVE

Bamboo craft workshops at Ingjal-A, Ri-Bhoi, Phek and Pathso Nokeng Nagaland.

1st Picture: Bamboo craft workshop at Nongtraw, July 15, 2020, Photo by Riteilang Khongrangjem, NESFAS

2nd Picture: Bamboo and other crafts display during the workshop, Pathso Nokeng, July 15, 2020, Photo by NEN



# INNOVATION

## DISTRIBUTION OF MICRO PA SYSTEMS

The speakers contributed to the communities are based for two purposes:

- 1) To enable spread of messaging across the communities using portable unit with clarity and audibility of message for sessions and campaigns.
- 2) In times of COVID-19 to facilitate online meetings.

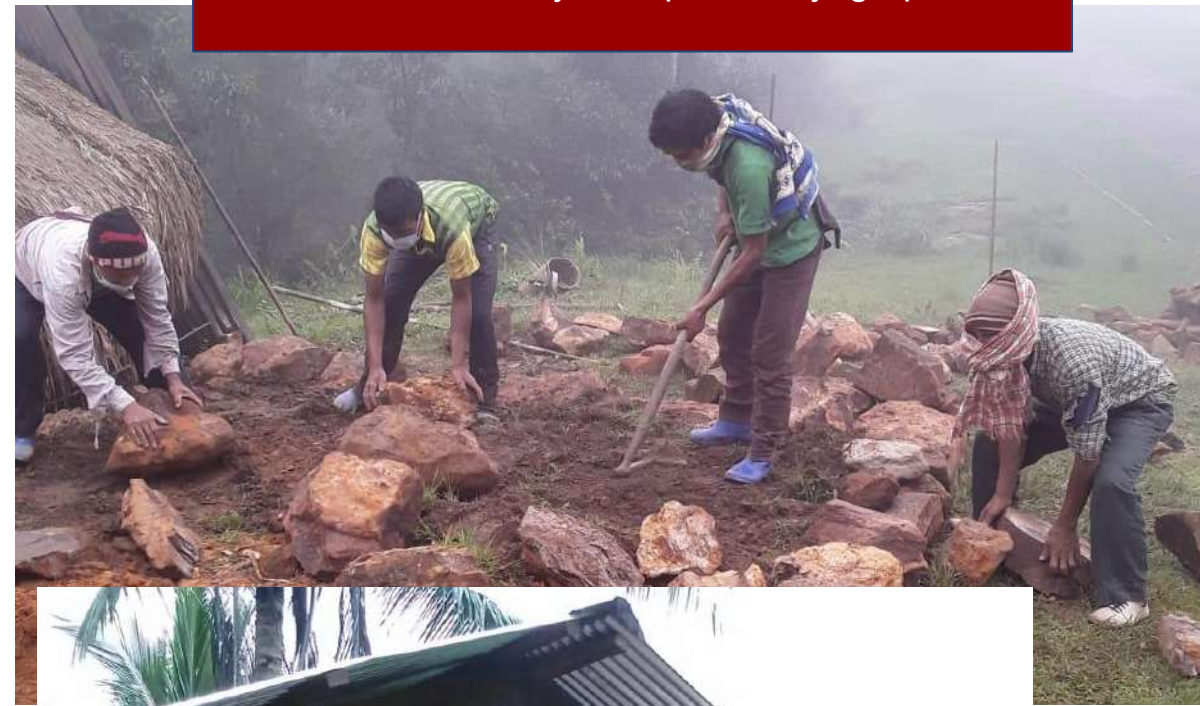
Preparation of community meeting at Mawpynthymmai, July 25, 2020, Photo by LadeP Pura Pyngrope



## ELDERLY PROJECT

On July 24, 2020, with an arrangement of village Dorbar, Mawpynthymmai community came together to collect the stones for making the safety houses of the vulnerable elderly people.

Community members at Mawpynthymmai, July 24, 2020, Photo by LadeP Pura Pyngrope



Elderly safety home under construction at Plasha, July 30, 2020  
Photo by Wallambok Kharshiing

## TRAINING ON NESFAS NUTRI APP



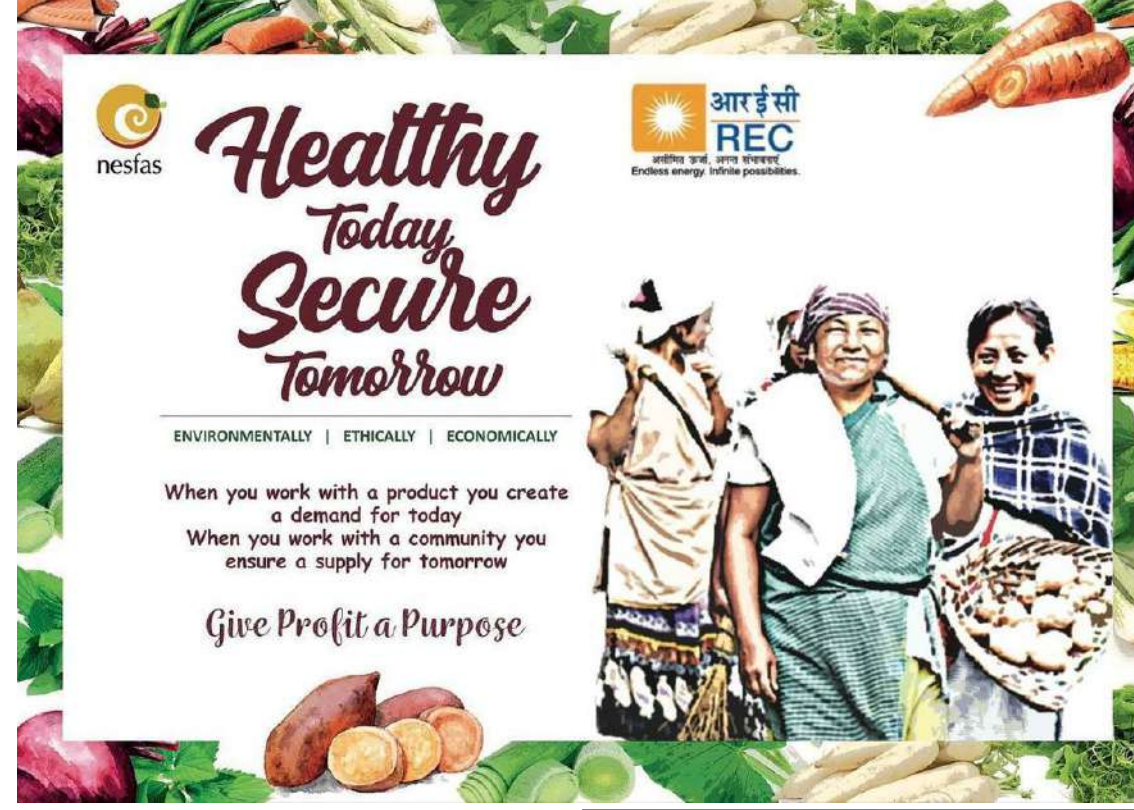
Training community members to enter information on the app for monitoring the progress of Dietary Diversity Score.

# COMMUNICATIONS

Stories from the Ground

1. Food Sovereignty: The Way Forward for Agriculture in Meghalaya Post Covid-19
2. Nongprut youths pave way for a fresher future
3. Darechikgre brings back superfoods into their backyards
4. Community members value the importance of WASH campaign during pandemic
5. Dewlieh Community: Revival of Millet Cultivation
6. Safety with Style: Indigenous Eri Silk Masks from Khweng

READ MORE AT [www.nesfas.in](http://www.nesfas.in)



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A PURPOSE  
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