











## NO ONE SHALL BE LEFT BEHIND INITIATIVE

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

### SEPTEMBER 2020 UPDATES







### **SUMMARY**

In September, our main focus was on Nutrition and its importance especially in tackling the ongoing COVID-19 pandemic. Awareness campaigns were held across several communities to help community members learn more about the importance to boost their immune systems by eating local healthy foods. Chenxiang R Marak represented NESFAS at an international E-Conference of Rashtriya Poshan Maah 2020 and talked about 'Promotion of indigenous foods with a focus on dietary diversity. To reach more digital audiences, the Mei-Ramew Podcast was launched on Anchor and Spotify under the tagline LOCAL VOICES FOR A GLOBAL AUDIENCE. To enhance local livelihoods, farm diaries were distributed to farmers for all book keeping purposes. Also, towards the end of the month, the Participatory Video training concluded with all five community youths attending a 10-day hands-on training in Shillong for grassroots story documentation.



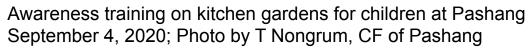
# Commemorating Nutrition Month: Rastriya Poshan Maah September 2020

To enhance the consumption component of the project, many communities focused their activities on nutrition programmes through awareness creation on health, food and nutrition, and kitchen gardens, especially among children.



#### **COMPOSTING FOR SOIL HEALTH**

#### **KITCHEN GARDENS**



#### **SEED SAVING**



#### **SCHOOL GARDEN**



### AGROECOLOGY LEARNING CIRCLE

September 10, 2020; Photo by C Nongpluh, CF of Mustem

Composting training at Mustem





#### **NUTRITION CAMPAIGN**

Celebration of Nutrition Day at Mawiong September 4, 2020 Photo by A Lyngdoh, SSC





#### **WASH CAMPAIGN**





#### AGROBIODIVERSITY WALK



#### 1000 DAYS CAMPAIGN



1000 Days campaign for pregnant women & lactating mothers at Pashang September 4, 2020; Photo by T Nongrum, CF of Pashang

#### **PGS-FARM DIARIES**

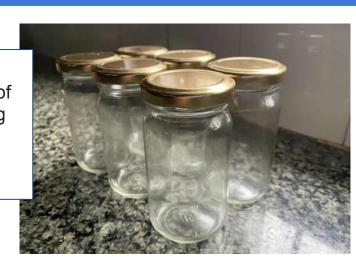




Distribution of Farm Diaries at Plasha September 7, 2020; Photo by: B Ingti, CF of Plasha

#### SUPPORT TO FOOD PROCESSING

Sourcing and distribution of glass bottles for packaging of local pickles by the Mawlum SHG group



#### **MEI-RAMEW WEAVES**



#### **BAMBOO INITIATIVE**



#### **FARM ON WHEELS**



September 24, 2020; Photos by: H Lyngdoh, SURE

Farm on Wheels initiative by farmers of Umsawwar September 12, 2020; Photos by: D Suting,

CF of Umsawwar



#### **MARKET LINKAGES**



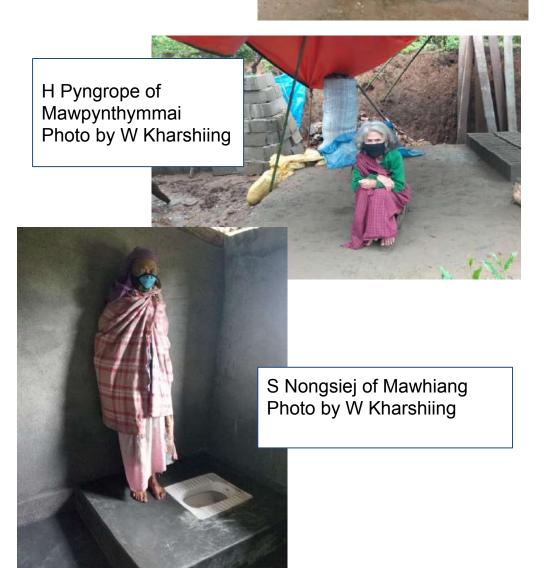
Market linkage activation for supply of millets from PGS groups to Samanbha Bakery Shillong.

#### **ELDERLY PROJECT**

Creating safety rooms for traditional knowledge holders

Work in progress

S Khriam, elderly from Mawpynthymmai community



## BEAUTIFICATION OF COMMUNITY HALLS

Work in progress
Assessment by Architects is ongoing
Filling up of observation report is ongoing



Assessment meeting at Mustem September 5, 2020 Photo by W Shadap, Mustem

#### TRAINING ON NESFAS NUTRI APP

# Trainings and data analysis: ongoing



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

### COMMUNICATIONS Stories from the Ground

- Agrobiodiversity Walk helps youths learn about nature's richness
- **Can Meghalaya feed itself?**
- PGS members conduct Berkeley compositing training in Mawkma
- Reviving an old lost indigenous seed in Garo Hills
- **Sustainable Endeavours: NEN Field Coordinator helps start Bamboo School in Nagaland**
- **NESFAS** associate represents organization at international e-conference
- 7. Five community youths learn film-making to document grassroots stories
- Pandemic induces importance of seed exchange at communities
- Farm on wheels in Laskein C&RD Block Jaintia Hills
- **Building environmentally sustainable schools**
- **Home Gardens: Pathway to Food Security, Economic Viability and Ecological Sustainability**
- Fuel to instigate future infrastructure: NESFAS workshop on Partner Think-tank for COVID-19 safety housing for elderly







We are honoured and proud to have been mentioned on Transforming food systems for social equity' article

medium.com



#### Mei-Ramew Podcasts

Launched on: September 24, 2020

#### **LOCAL VOICES FOR A GLOBAL AUDIENCE**



#### **CONNECT WITH US**













**READ MORE AT** 



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