



Year of
‘REC’



nesfas

Annual Report
 2019-20

The lessons of Mother Nature are everywhere... to remember, to cherish, to benefit equally and to innovate



Cover photo- TIP'ANDRE FANTHOME
NESFAS

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NOTE FROM OUR CHAIRMAN



We always look back with pride and joy how we successfully brought representatives of 169 indigenous communities from 62 countries in Africa, the Americas, the Arctic, Asia, Europe, the Middle East and the Pacific to a first ever global gathering in Shillong – ITM 2015. It gave us the confidence that NESFAS can leverage change and transformation if only it has adequate resources and appropriate manpower to do so. The REC CSR 2018-2021 Grant for the NESFAS 'No One Shall Be Left Behind', initiative Project gave it the much-needed support. We took the maiden steps in 2018-19 to reach out to 3000 households in 130 villages of Meghalaya and Nagaland within a three-year period. During the second-year year (2019-2020), NESFAS was able to achieve scale and have an impact as this Annual Report demonstrates. We expanded our team at the field level and we gradually enhanced our effectiveness by monitoring our outputs and to some extent by evaluating the signs of outcomes using the log frame analysis approach. Our emphasis on a participatory and empowerment development approach also gave our staff immense learnings of how we can combine our 'professional' expertise with the traditional ecological and social knowledge of local communities. NESFAS learned from the ground up.

In 2019-2020, the NESFAS team was also tested with challenges and it had to hit the road running. For example, GIZ offered a Grant in SEP' 19 to support the establishment of Mid-Day Meal Kitchens in 5 villages by DEC' 19. The NESFAS Team took up to the challenge. It not only delivered efficient and healthier Mid-Day Meal Kitchens but also trained rural cooks on recipes, nutrition, production, hygiene and the importance of attractive plating. It also devoted time to help children to appreciate their local landscape, the source of their food and their eating habits. They also organized cooking competition which added some fun and flavour.

Another distinguishing feature of the NESFAS team is the willingness of its cadre of your women and men to listen to the advice of Elders, Advisors and Reviewers and their eagerness to provide feedback through their field impact stories which we are happy to share with you in this new avatar of the Annual Report. All of us in NESFAS are learners as we try to co-create new knowledge and new narrative for the future we want. We look up to you to give us your feedback on our reporting so that NESFAS can become a truly effective instrument for knowledge sharing that will resonate with our vision, key messages and broadcast lessons to our broader audience.

March 2020 brought home the unexpected fear and danger of the COVID-19 pandemic. It has definitely shaken our work and schedules with its country and worldwide lockdowns. But it's heartening to note that NESFAS and its partner communities have quickly improvised approaches to plan safety protocols that hopefully will leave no one behind.

Wishing you health and safety in this time of the known pandemic.

Phrang Roy

OUR BOARD MEMBERS



Dr. A. K. Nongkynrih
Vice-Chairman, NESFAS, Professor of Sociology, North East Hills University (NEHU), Shillong



Dr. Carl O. Rangad
Ph.D. Agriculture with specialisation in Mycology (mushrooms); (Retd) Director of Horticulture, Government of Meghalaya



Dr. Junie Pearl Lyngdoh
Scientist at the Bio-Resources Development Centre, Shillong. Promoter of the Indigenous System of Medicine and Traditional Healers of the State.



Dr. Gracedalyne Rose Shylla Passah
Assistant Professor, Dept of Allied Health Sciences, Martin Luther Christian University, Shillong



Mr. Gavin C Shullai
Programme Manager of the 1917 Integrated Technology Enabled Agri Management System (iTeams)



Mrs. Hamsniawpher Suching
Executive Member of the Dorbar Mulum, Jaintia Hills, secretary of the Village Organisation Mulum, Secretary of Iaraplang SHG and convener of Iaraplang Group (PGS) in Mulum



Dr. Amba Jamir
Development-consulting expert with over 28 years of multidisciplinary and multi-team experience policy formulation to project development and implementation



Ms. Bisikrin Marwein
Farmer, and Accredited social health activist (ASHA) worker at Mawlum Mawjahksew, West Khasi Hills.



Dr. Melari Shisha Nongrum
Executive Director, NESFAS

OUR TEAM MEMBERS



Melari Shisha Nongrum,
Executive Director



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Janak P Singh,
Sr. Associate, Livelihoods



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Derime R Marak,
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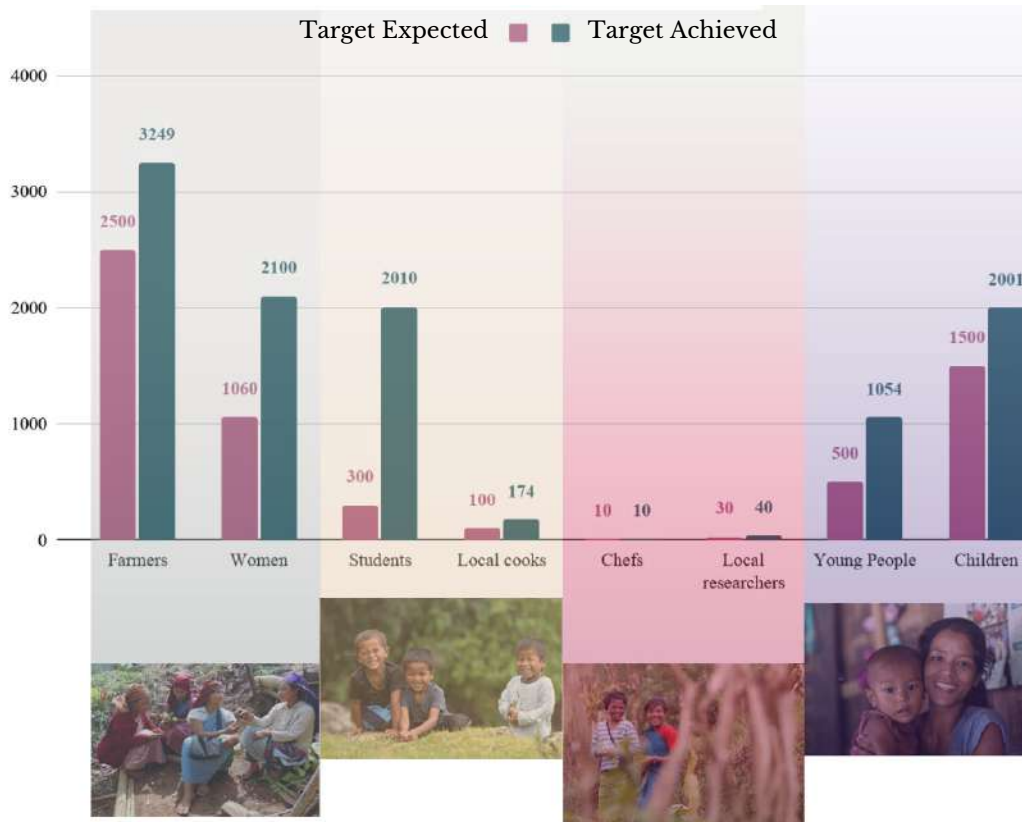


Ibandashisha Synrem
Trainer Value Addition Food Processing

PROJECT in FOCUS:
REC Funded PROJECT "No One Shall Be Left Behind"

The formative steps of the first year that envisioned Biodiversity for Food, Nutrition and Energy Security for 3000 Households in Meghalaya and Nagaland, North East India have enabled NESFAS and its partners to make significant progress during the second year of the Project where the emphasis was on various campaigns, community members exchange visits to share local experiments, development of community seed banks, cooking demonstrations, agrobiodiversity walks, innovation workshops and more. These activities were synchronized by the NESFAS team to meet the log frame outcomes that translated the vision of the project. While much progress was made in the first three components of Production, Consumption and Livelihoods, to step up on the fourth component the team accelerated work on various infrastructure and innovation activities proposed in the Project. Good progress was made until the COVID-19 pandemic struck the country which brought mainly infrastructural activities to a virtual halt as it was dependent on national and regional markets.

Number of Stakeholders reached by the Project till 2020



1 Increased Productivity and Production of nutrient rich and climate resilient species

NESFAS started facilitating communities to develop their respective Production Plans using the basis of the past years' work on mapping and identification of nutrient rich and climate resilient species. The increased awareness helped when the COVID-19 pandemic hit. It aligned with the campaigns where revitalized local food system is the best defense mechanism of all communities.

The work on Community Seed Banks and Local seed savings also progressed as there is an increasing demand for local seeds of different varieties. This has been supported by initiatives to improve the production of local food such as the Agroecology Learning Circles, Community Seed Banks and soil management. NESFAS was encouraged by some positive stories of the revival of hilly paddy and how 5 villages have requested for training in composting to improve the soils by reducing chemical fertilizers. Thanks to the technical support received from a TIP Entomologist Consultant Dr. Kevin Gallagher, the communities have been busy in pest management using traditional and modern approaches including the idea of an "Insect Zoo". NESFAS has recruited a qualified Agricultural Economist Consultant to make an independent scientific assessment of the possible yield increases as an impact of Project activities.



Outcome 1



Outcome 2



Villages	Total Average DDS	% of people reached 5 Food groups
Umwang Them	8.10	39.47
Khliehumstem	6.73	100.00
Madanrtiang	5.44	38.16
Khweng	4.95	57.89
Liansluid	4.81	60.53
Borgang Marngar	4.20	71.93
Umwang Nongbah	4.05	90.63

Increased Consumption of nutrient rich and climate resilient species

2

It was found that the nutrient rich species identified in the project, such as green leafy wild edibles, nuts, seeds, fruits including wild varieties, vitamin-A rich food plants and pulses, were largely missing from the diets of the People. To improve the consumption patterns the project has worked with young mothers, children, adolescents, youth and schools by enhancing awareness on Dietary Diversity in daily meals. The main instrument for promoting this is the work done through School Gardens and Kitchen Gardens. 66 School Gardens have been established so far with more than half of the school gardens' harvested food plants being included in the Midday meals for improved nutrition. With COVID-19 lockdown orders, while schools have remained closed the School Gardens were being maintained by the community and the harvest supported many households. Agrobiodiversity walks that linked to wild forest food are conducted along with nutritional campaigns.. Another campaign WASH encompasses three important components, water, sanitation and hygiene. During the period of reporting under NESFAS and its partners managed to organize WASH Campaigns despite the lockdown, which combined with the 1000 Days UNICEF Campaign on the life of a child from conception to the second birthday. These campaigns greatly helped the Governments of Meghalaya and Nagaland to successfully promote hand washing as a measure to control COVID-19 in the participating villages. The technology cap on the field work was the development of the NESFAS Ridhi **Nutri App**.

3 Increased income and livelihood opportunities through capacity building

NESFAS has also been very active in looking out for local opportunities for improving the livelihoods of community members. Its initiatives such as the Participatory Guarantee System (PGS), Farmers Markets, Farms on Wheels, Mei-Ramew cafes, Home delivery of food produce, food processing, bamboo schools initiative, sale of eri silk including eri silk masks and its many proposed infrastructure initiatives drive this ambition and have seen some success.



Outcome 3

2019-9-3 11:47



Outcome 4

Pilot initiatives of renewal energy for improved rural community well being

4

In the Innovation component, NESFAS has been able to set up 3 community libraries. The libraries are functioning with the help of school teachers who are from the village itself. In relation to Vertical Transportation, few companies have been identified and a tender will be called immediately. Identification and assessment of 50 community halls has been done. Recently the project has engaged 4 young professional architects and 2 engineers to help in designing and supervision of identified halls. The procurement of Himalayan Rocket Stove ECO-1 model is under process. Also proposed was a COVID-19 relief housing for the elderly as they are highly susceptible to the virus. 93 vulnerable elders from 17 different villages have been identified to support them for the retrofit rooms. So far three retrofit rooms have been completed.

GAME CHANGING WITH INDIGENOUS FOOD SYSTEMS

Every project is an opportunity to create impact and the GIZ project on “Enhancing nutritional diversity as a means of supplementing the mid-day meals of primary school children using local resources” was one such stepping stone for the cause of the indigenous food systems. This started with an intensive resource mapping exercise with the community members which included FGDs (Focused Group Discussion) covering priority local crops to be incorporated in the mid-day meal, mapping of the local, income-expenditure exercise and group activities to investigate the missing food groups in the mid-day meal. The Larger project took up multiple activities like, competitions, workshops, physical surveys and actually refurbishing the Mid-Day Meal (MDM) Kitchens of 5 villages to become bench marks under the call of “Nature Nurtures Nutrition for All” which became a demonstration for the project cycle.

1. In value adding to the nutrition of the mid day meal from the school garden and the ABD (Agrobiodiversity) walks conducted for the school children by the parents/ grand parents who are the knowledge holders. It lays emphasis on the agroecology value chain in the village environment as it looks at the traditional knowledge and offers it new avenues of exploration and employment in the MDM school kitchen.



As part of the Mid-Day Meal programme, the students get busy in helping to prepare the food.



mapping workshops in progress



Visits with Living Farms

2. Nothing like peer-to-peer exchange to learn and understand . NESFAS organised exchange visits with Living Farms where they visited Nongtraw and Khweng community <http://www.nesfas.in/living-farms-visit-khweng-ri-bhoi-on-their-first-day-in-meghalaya/>

3. An exposure trip was organized to Farm2Food Foundation, Jorhat, Assam on the 27th and 28th September 2019. For two days to learn and gather ideas in order to strengthen the initiatives on Mid-Day Meals (MDM), farmpreneur, school gardens, in their own communities. Among the representatives were farmers, mid-day meal cooks, Integrated Child Development Services (ICDS) cooks, schoolteachers, and youth.



Trip to FARM2FOOD foundation, ASSAM



Trip to FARM2FOOD foundation, ASSAM



Action in School Gardens

4. Mid-day Meals are served to school children to enhance enrolment and nutritional status as part of the government of India programme. NESFAS has worked with the schools to implement school gardens whereby the schools can get fresh vegetables to enhance the diets of the school meals. Earlier, the diversity of the mid day meals is only 3 to 4 food groups out of 10 food groups. Many a times, it is restricted to rice, dal and potato. <http://www.nesfas.in/increased-diversity-in-mid-day-meals/>

5. Chef Joel Basumatari held a 4-day capacity building workshop at Nongtraw, Dewlieh, Mawmihthied and Umdiengpoh for Mid day meal Cooks. Basumatari, a member of the Slow Foods Chefs' Alliance, holds a degree in Hospitality Management from Thames Valley University and also from the International Institute of Hotel Management (Kolkata). He has worked at the Crown Plaza London, Washington Mayfair and at the Oberoi Hotel in Mumbai. He said "Working with Indigenous Food System is to use local resources that are available in the villages."

<http://www.nefas.in/chef-joel-basumatari-holds-capacity-building-workshop-at-nongtraw-ekh/>
<http://www.nefas.in/working-with-indigenous-food-system-is-to-use-local-resources-that-are-available-in-the-villages-joel-basumatari/>

The training programs were part of the community feast and competitions for the MDM Cooks...a celebration of food, fun with innovative recipes.

<http://www.nefas.in/community-feast-a-celebration-of-food-with-innovative-recipes/>



Chef Joel Basumatari Workshop



Community Feast

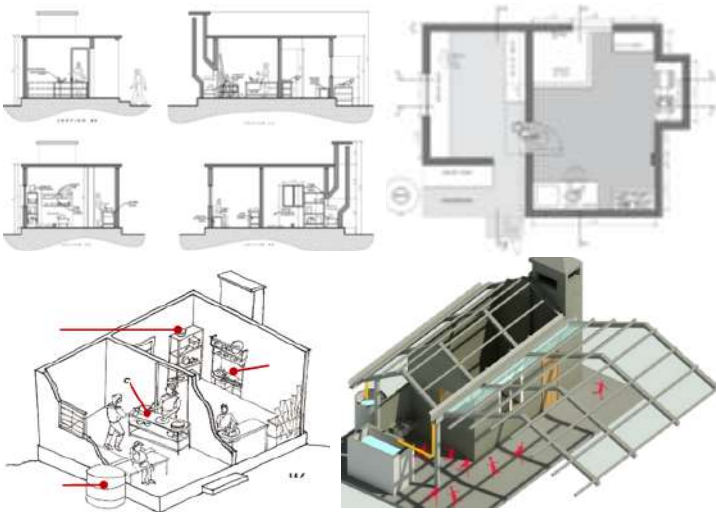


Healthy Cooking



The publications allow the lessons of the demonstrations to become a larger program in not just the Meghalaya village MDMs but to any rural indigenous food producing community.

6.



UMDIENGPPOH



LAITSOHPPLIAH

7. **Enhancing food and nutrition in Children's Homes through Traditional Food**

On March 18, 2020 the State Child Protection Society (ICPS) in collaboration with District Child Protection Unit organised a workshop on Swachhata Hi Seva (SHS) Campaign for Swachhata Pakhwada 2020 for all District Child Protection Units and Child Care Institutions on March 12, 2020 at KJPA Conference Hall, Shillong.

<http://www.nefas.in/enhancing-food-and-nutrition-in-childrens-homes-through-traditional-food/>



Mrs. Nongrum shared a presentation on "Enhancing food and nutrition in Children's Homes through Traditional Food".

CELEBRATING
AGROBIODIVERSITY:
Advocacy through community
collaboration.

In the partner communities of NESFAS while everyday is day for appreciating mother nature's bounties some days become significant as the energy of a larger activation makes it a benchmark event. NESFAS takes these global activators to establish its vision through sometimes small activities of in-house sensitisation and sometimes scaling up to the community.



World Earth day Celebration at NESFAS

For **World Earth Day 2019** on 22nd April, NESFAS team planted a bayberry sapling and organized a pot-luck lunch. An episode of 'Our Planet' was screened with an online burst of the campaign 'Save Mother Earth For A Secure Tomorrow'.

1.

<http://www.nesfas.in/world-earth-day-celebration-nesfas/>

2. On 22 May 2019, six communities came together to mark the Day for Biological Diversity with Custodian Farmers, Mei-Ramew Café entrepreneurs, Women Group members and Youths, academia from MLCU, Shillong coming together for a day session. This included an agrobiodiversity walk and a workshop on pest management with the members of the Agroecology Learning Circle (ALC) from Mawhiang, Liarsluid, Khweng, Umsawwar, Pyrda and Darichegre (Garo Hills).

<http://www.nesfas.in/celebrating-international-day-biologicaldiversity-6-communities/>



Day for Biological Diversity



Pest Management Workshop



ABD Walk



Laitsohpliah Seed Bank is inaugurated

Laitsohpliah village started a Community Seed Bank with Bah Phrang Roy, Chairman of NESFAS inaugurating it on 18th April 2019 with the words " This is the first step in reviving what has been lost."

3.

<http://www.nesfas.in/laitsohpliah-starts-community-seed-bank/>

4. Cooks alliance members catered lunch at the #GoVote event on 9th of April, 2019. When there is a celebration, NESFAS plants the thought that it should include mother earth. Kong Plantina Mujai and Dial Muktieh from Khweng and Kong Babika from Plasha collaborated to a lunch with indigenous ingredients to 1,500 participants and officials at the Lok Sabha Election Voter Awareness event

<http://www.nesfas.in/cooks-alliance-members-catered-lunch-govote-event/>



Cooks' alliance members catered lunch at the #GoVote Event



World Food Day Poster competition at Pynkya Presbyterian LP/UP School



Living Farms at Rapleng, East Khasi Hills || World Food Day



Poster competition at Nohron Presbyterian LP/UP School

5. On World Food Day, 16th October 2019, NESFAS team activated eight schools across eight communities by organizing a poster competition with the call for "Indigenous Food for Healthy Diets".

The winner's posters were uploaded in the FAO poster competition. This was synchronized with an exposure visit by members of Living Farms, who are in Meghalaya

<http://www.nesfas.in/world-food-day-indigenous-food-for-healthy-diets/>

6. On October 2, 2019 local groups receive Participatory Guarantee System (PGS) organic certification, an internationally applicable organic quality assurance system.

<http://www.nesfas.in/20-local-groups-receive-participatory-guarantee-system-pgs-organic-certification>



Participatory Guarantee System (PGS)

PARTNERSHIPS FOR
“GLOCAL” DIVERSITY:
Retreat to renew
impact

NESFAS has a tradition of periodic retreats where the team, advisors, mentors and special guests come together to learn, whet new ideas and review approach to projects. These are essential to the cycle of constant evolution and critical thinking. This along with partnerships with other organisations allows a healthy exchange and scaling up of ideas



three-day work retreat titled 'Briefing and Exchange of Ideas Sessions'

1. Renewal at SILOAM Retreat from May 27 to May 29 2019 where the NESFAS Team and partners Social Service Centre (SSC) and Society for Urban and Rural Empowerment (SURE) came together to share updates, ideas, local solutions and knowledge at the three-day retreat joined in by international friends who were touring the North East.

<http://www.nesfas.in/nesfas-renewal-siloam/>

2. NESFAS hosted TIP Fellows 2019 and their mentors as they were touring Shillong and becoming a part of a global change making movement who will be beacons of hope for indigenous youth and their communities.

<http://www.nesfas.in/nesfas-foster-glocal-partnership-hosting-tip-fellowship-programme-2019/>



TIP Fellowship Programme 2019



Fellows present their case studies

3. Two NESFAS Fellows who were selected for the TIP fellowship program presented their studies at Food and Agriculture Organisation of the UN's session-A new Generation from Matrifocal societies revitalizing their Indigenous Food Systems

<http://www.nesfas.in/5060-2/>



10th July, 2019, the Fellows visited the Food and Agriculture Organization (FAO) Headquarters in Rome

4. NESFAS collaborates with like-minded organizations to work on Food and Nutrition. It was organised by CDPO Mawkynew in collaboration with NESFAS, NRLM, NHM and World Vision on September 17, 2019, at Jongksha East Khasi Hills, in the Community Hall.

<http://www.nesfas.in/nesfas-collaborates-with-like-minded-organizations-to-work-on-food-and-nutrition/>



Workshop on Food and Nutrition by CDPO



Rice Festival at Mukhap Community



Rice grains on display at the festival

5. Several rice seeds displayed at Mukhap Rice Festival held by SURE (The Society for Urban and Rural Empowerment) in collaboration with NESFAS. Organised at the Madan Mukhap, West Jaintia Hills on January 25, 2020 where the community members displayed several varieties of traditional seeds, which are still consumed today. This was the first ever rice festival held at Jaintia Hills under the theme 'Kba toh u wa emysien' which mean Rice is Life.

<http://www.nesfas.in/several-rice-seeds-displayed-at-mukhap-rice-festival-held-by-sure/>

6. NESFAS focuses on Food Sovereignty at Tri Village Winter Fest in Ri-Bhoi: NESFAS on January 31, 2020 conducted an awareness programme to promote indigenous food system for the youth at Liarsluid community during the Tri Village Winter Festival. The event was organised by three Ri Bhoi communities — Liarsluid, Khweng and Madanrtiang.

<http://www.nesfas.in/5657-2/>



YouTuber Banker Kharkongor entertains the crowd



Children shows off their Food Sovereignty pamphlets

7. NESFAS staff attends Agro-ecology workshop in Karnataka:
Pius Rane, a senior associate at NESFAS, attended a five-day workshop — Agroecology Fund Global Learning Exchange — that was organized by the Agroecology Fund (AEF), a multi-donor fund supporting agroecological practices and policies. The workshop was held from February 3-7, 2020 in Karnataka, India and was the second learning exchange programme organized by AEF.

<http://www.nesfas.in/nesfas-staff-attends-alc-workshop-in-karnataka/>



Participants take part in farming activities at Amrita Bhoomi AE School, Karnataka



Members of Khweng Agroecology Learning Circles demonstrates Berkley composting method at Khweng LP/ UP School Garden

8. Agroecology Learning Circle (ALC): Exchange visit: Custodian farmers from Jongksha and Umkhoi (partner communities of Social Service Centre) took part in an exchange visit to Khweng, Ri-Bhoi ALC on February 20, 2020. Kong Ridian Syiem, Kong Rosilian Khymdeit and Bah Wosly Muktieh, members of the Khweng ALC, facilitated the exchange of knowledge.

<http://www.nesfas.in/agroecology-learning-circle-exchange-visit/>

9. The potential of Indigenous Food in tourism sector: Senior Associate at NESFAS, Janak P Singh, represented the organization on March 12, 2020 at the National Seminar on 'Sustainable Tourism and Environmental Conservation: A tool for Community Development' at Sankardev College Shillong. He shared NESFAS' works on Indigenous Food Systems with focus on Mei-Ramew Cafes' and the potential it has in promoting Sustainable Tourism and Environmental conservation.

<http://www.nesfas.in/the-potential-of-indigenous-food-in-tourism-sector/>



Janak P Singh, shared NESFAS' works on Indigenous Food Systems

**LIVELIHOOD AS AN
ADVOCACY:**

**Bridging urban need with rural
enterprise**

Building on the Mei-Ramew brand its name sake market, cafes and weaves have increasingly established the mother earth narrative. It created an awareness which has opened up avenues for the community farmers to respond to the city's demands and set up relationships

1 NESFAS hosted six Farmer's Market throughout the year in Shillong, which each time brought a different set of communities to share the platform to sell their chemical free produce. Some communities took the initiative to serve food which complemented the NESFAS Kitchen. At the same time, youths from the city working with traditional recipes to reinvent them in a contemporary model also became a talking point.



2 In one of the farmers markets, the TIP Fellows from the past (2017) and this cycle of 2019 were in Meghalaya and they became a star attraction bringing a new stall addition that served the indigenous foods from their communities from Thailand, Indonesia, Mexico and of course Khasi and Garo.



Farmer's Market



Farmer's Market Visitors

As the markets picked up pace the NESFAS communities added exciting activities for the visitors and the villagers, Phawar traditional couplets of jingles being recited, traditional games, music sessions. The numbers of visitors has been increasing systematically going up to 500 by the end of the year.

3

4 Mei-Ramew Farmers' store was inaugurated at Laitsohpliah to promote local products which is run by the community

<http://www.nesfas.in/farmers-store-inaugurated-at-laitsohpliah-to-promote-organic-products/>



Farmer's Store

5 Kong Dial Muktieh's Mei-Ramew Cafe was launched at Khweng, Ri-Bhoi. Kong Dial who is also a member of the Nangkyrsoi Self-Help Group that specialises in the value addition of fruits and vegetables was motivated to transform her food stall into a Mei-Ramew Café (which was to not just serve healthy and traditional fare but also start an enterprise.).

<http://www.nesfas.in/kong-dial-muktiehs-me-ramew-cafe-launched-at-khweng-ri-bhoi/>



Mei - Ramew Cafe



Capacity building exchange visit

6 Capacity building exchange visit was organised for NESFAS partners SURE (Society for Urban and Rural Empowerment) who identified potential Mei-Ramew Cafe owners: Kong Phawa from Cham-Cham, East Jaintia Hills and Kong Kyndait from Mawpyut, West Jaintia Hills. NESFAS in collaboration with SURE organised an exchange visit to the two Mei-Ramew Cafes in Ri-Bhoi District which belongs to Plantina Mujai and Dial Muktieh respectively on February 19, 2020 for a capacity building learning experience.

<http://www.nesfas.in/5742-2/>

7 Three new Editions of the Garo version of Mother Earth Farmers' Market- Aman A'Song were held in Tura and Darechikgre, Garo Hills. It not only brought different villages and farmer but also opened up the platform for the Bamboo School artisans to showcase their wares.

<http://www.nesfas.in/2nd-edition-aman-alsong-me-ramew-farmers-market-tura/>



Aman A'Song Farmer's Market



Mr. Ram Singh, Deputy Commissioner West Garo Hills attending Farmer's Market



Bamboo Handicrafts

CASE BUILDING
Research as a learning Tool

The NESFAS team's field actions were also correlated to progress seen on the learning and collection of data for evidence making. These were converted into review reports and editorial features in popular local publications and for sharing on the global academic platforms. The research team mapped this progress under the logframe heads of production, consumption, livelihoods and innovations but the holistic achievement was that it helped the casemaking for the larger agendas of agroecology, food sovereignty and the indigeneous food systems.



Agroecology learning Circle (ALC) experiments for Pest Management **1**

Participatory research was conducted in the three ALCs, viz., Bhoirymbong ALC and Mawhiang ALC on pest management and Umsawwar ALC on soil improvement. It was the local farmers who were members of the ALC who identified the problem, i.e., pest infestation and poor soil health and the solutions to be experimented upon. The experiments were a success (pests infestation declined and soil fertility improved) in all the three ALCs with Umsawwar ALC showing mixed results among some farmers but positive in others. Traditional indigenous knowledge hence holds solutions to problems facing the farming community.

2 Indigenous Communities are hotbeds of Agrobiodiversity

A report followed by an op-ed presented the results of participatory mapping with 32 communities from Meghalaya (28) and Nagaland (4). On an average, a village is found to have 200 food plants which included cultivated and wild food plants, including mushrooms, condiments and crop varieties. In general, the extent of agrobiodiversity can be considered very high among the local communities. The report also listed suggestions and learning for NESFAS to follow up.



Value Chain of Eri Silk Ryndia in Ri Bhoi District, Meghalaya **3**

Research was undertaken on value chain of eri silk including the rearers, spinners, dyers, weavers and traders from the villages of Khweng, Liarsluid, Umsawoldhi, Umwang and Plasha of Ri Bhoi district. Apart from the results on the existing value chain on eri silk, this report also lists the scope of intervention to improve the livelihood of those involved in the activity.

5 Securing our Seed Sovereignty

An op-ed which discussed the initiative of developing a new rice variety, kba jwain by an indigenous farmer, Bah Kolishon Barim, from Bhoi was released. The article highlights the ingenuity of indigenous farmers and the indigenous values of sharing and concern for the common good to stave off exploitation of those who are vulnerable.



ANALYSIS OF BARRIERS AFFECTING CHILDREN AND MOTHERS' NUTRITION AND HEALTH STATUS

BY

Suklinshisha Paliar and Bhogtoram Mawroh

Barriers affecting children and mothers' nutrition and health status **6**

A report was created that shares the research done on assessing the child care practises and barriers affecting pregnant women and children's nutritional intake and health. This study was conducted in the five districts of Meghalaya, viz., East Khasi Hills, West Khasi Hills, Ri Bhoi, West Garo Hills, and Jaintia Hills selecting 12 villages from them. This research work discussed the results of the survey, and helped propose a plan of action for NESFAS to improve nutritional outcome and health of pregnant women and children.

7 Difference in students' traditional knowledge with or without School garden

Results of a comparative study on local biodiversity knowledge between schools that do not have school garden (keen on school garden set up) and schools that have school garden allowed the understanding and its necessity as part of curriculum. Ten schools from the villages of Jathang, Nongtraw, Sohrarim, Laitsohpliah, Kukon, Lad Mawphlang, Subakalai, Pyrda, Mawmihthied, and Dewlieh took part in the study. Students still had a good deal of knowledge of the local biodiversity but its on the decline hence a report was created that gives recommendations on how to arrest the trend.



8 Piloting the Barrier Analysis for enhancing diverse diets derived from local foods

A barrier analysis done in Mynso B, a village in West Jaintia Hills indicated the main factors which prevent an individual from consuming a diverse diet, i.e., 5 or more food groups, were identified and key suggestions are discussed for overcoming them. This will make sure that the local community can adopt a more diversified diet which will improve the health outcomes. This was also supported by another report that represented the results of DDS survey done with 32 communities from Meghalaya (28) and Nagaland (4). The key findings from this survey showed that only 36% of the respondents are reaching a diverse diet. Therefore, the report recommended improving the dietary diversity of the poorest ones and also of adolescent girls who showed to have low dietary diversity. The food groups missing in the diets across the studied areas were identified, and this essential information will guide the project implementation to improve dietary diversity more precisely.



9 Assessing demand of organic food for PGS (Participatory Guarantee Scheme) groups

The results of a survey, which was conducted in eight major markets located in the districts of East Khasi Hills, West Khasi Hills, Garo Hills and Ri Bhoi district, indicated the need for availability of organic produce. The study interviewed both sellers and buyers who revealed that most of the vegetables sold in the market are non-organic. There exists a demand for organic vegetables among the customers who would be willing to pay a little extra for such vegetables. Supply is the only issue which built the case for the market potential for the organic products of the PGS groups formed by NESFAS.



participatory research done piloting of landscape resilience indicators with communities of Khweng and Umsawwar

10 Piloting Resilience indicators in Khweng and Umsawwar

This report shares the result of the participatory research done on piloting of landscape resilience indicators with communities of Khweng and Umsawwar. An FGD session was held with the community where they discussed on landscape resilience indicators viz., landscape diversity and ecosystem protection; biodiversity; knowledge and innovation; governance and social equity and livelihoods and well being. Existing strength and trends of the indicators were identified and those results are shared in the report. These results will help the local communities in creating a more resilient landscape.

11 Mei Ramew Cafe: A door to sustainable tourism

This report deals with investigation on the value chain of one of the Mei Ramew Cafe NESFAS helped establish, i.e., Dial Muktieh's Mei Ramew Cafe. The study revealed that the Cafe supported the livelihood of many from within the community as well as from outside through its backward linkages. The forward linkages helped the Cafe expand the operations beyond the local community diversifying the scope for enhancing its resilience capacity. Mei Ramew Cafe thus, has a very important role to play in improving livelihood and diversifying consumption in the community.



Stay Connected:
Information
Education
Communications

Scaling up change is about alignment of the communities with the ideas and also reaching the most marginalized in the village who are often the youth, women and children. NESFAS has always taken it as a challenge to constantly connect with its communities besides the mainstream social media for larger audiences through the website and reporting. The work of the communication team included a constant connect with development and activation of campaign activities. This extended from developing material along with energizing Phawar (couplet) competitions, role plays in schools and communities, street plays, home visits and community programs, radio and social media platforms were largely used to connect to the youth. Moreover, as part of WASH campaign, communities were encouraged to have active committees to initiate and monitor cleanliness of water sources and waste management.

1. The idea of Phawar saw a lot of success in the music rich states of the North East Part of the country. To activate communities, a Phawar competition among villages was announced on themes around Mei-Ramew-mother earth.



Phawar competition among villages

2. What are Festivals and Farmers Markets without an audience? An active promotional strategy and design development to attract a large number of people. Indigenous food festivals showcasing traditional cuisines not only attracted communities in rural areas but in urban areas also. Campaigns and related posters not only help as reminders but also become tools for activating the community engagement.



Campaigns and posters become activators of communities



**RECOGNITION
ON PLATFORMS**

What does the world see in us?

From the Government, to our partners to our team members who get rewards whenever we get recognition it means our work is keeping up to its promise. The year saw engagements where we were in the news for various good reasons.

1 NESFAS wins best stall award at Poshan Mela held during Farmer's Market. The focus areas of the Poshan Mela are on 1000 days, Anemia, Diarrhoea, Hand washing techniques and Optimal diet and nutrition diversity. There were nine stalls that were on display as part of the Mela including NESFAS. The event showcased a successful convergence for promoting nutrition through indigenous foods.
<http://www.nesfas.in/nesfas-wins-best-stall-award-at-poshan-mela-held-during-farmers-market/>



NESFAS wins best stall award at Poshan Mela



Chentei Khamniungan, former TIP-NESFAS intern

2 Former TIP-NESFAS intern at The Indigenous Partnership's Participatory Video workshop Chentei Khamniungan, won the technical excellence award in the Jai Chandiram Memorial 2nd National Community Media Film Festival 2019 in Telangana. The title of his film is, 'STRENGTH IN DIVERSITY, STRESS TOLERANT CROPS OF NAGALAND'
<http://www.nesfas.in/former-nesfas-intern-wins-award-at-tribal-film-competition/>

3 The State Chief Minister publicly acknowledged NESFAS' products at the Wangala Fest 2019. The Aman A-song Café and Darechikgre Women Self Help Groups, which are supported by the NESFAS Garo team, launched a pop out stall at the Festival where the CM saw and encouraged the work.
<http://www.nesfas.in/cm-praises-nesfas-products-at-the-wangala-fest-2019/>



NESFAS members at the Wangala Fest 2019



NESFAS Stall at the North East Food Show, 2019



4 At the North East Food Show on December 4, 2019, NESFAS was lauded by Meghalaya Chief Minister Conrad K Sangma for their ongoing exemplary work in all fields. The stall showcased indigenous food from across the state. Along with the raw products, value addition materials were also displayed and kept for tasting at the stall where several visitors got the chance to taste unique beverages, like roselle and Shiah krot tea.
<http://www.nesfas.in/nesfas-highlights-indigenous-food-at-the-north-east-food-show/>

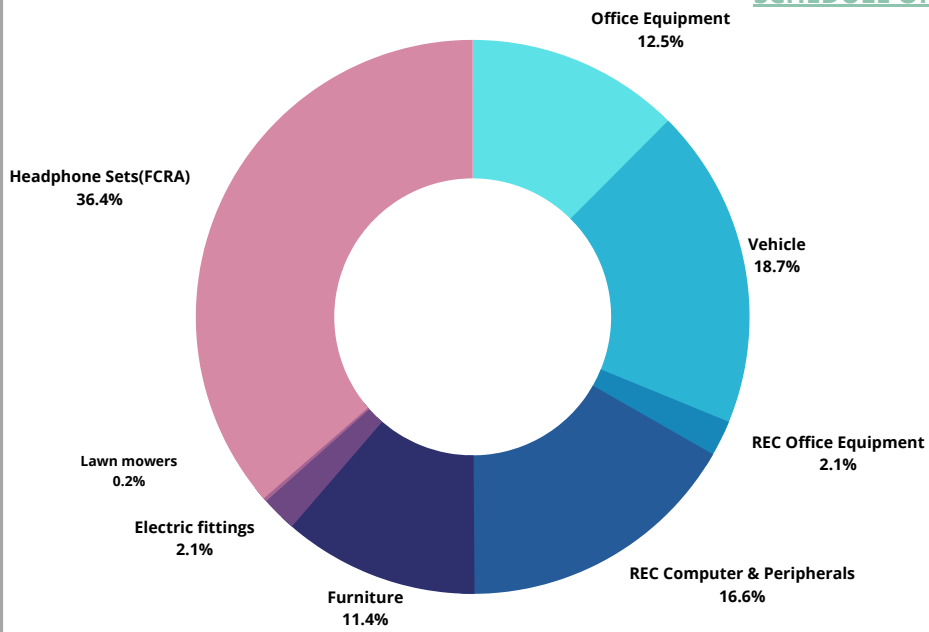
5 The 'Organic Bamboo School' initiated under the guidance of NESFAS (Garo Team) received Rs 1 lakh from Chief Minister Conrad K Sangma on January 21, 2020, as part of the Chief Minister's 'E Champion Challenge'. The Government of Meghalaya along with the Meghalaya Institute of Entrepreneurship introduced the programme in August 2019 for budding entrepreneurs to encourage eco-friendly businesses Chenxiang Rimchi N Marak, Associate at NESFAS and a Fellow of the TIP Youth Fellowship Programme, assisted the youth of Darechikgre to design the project plan –Organic Bamboo School– along with members; Benibirth B Marak, Serifer B Marak, Adriel B Marak, and Penam B Marak.
<http://www.nesfas.in/organic-bamboo-school-receives-rs-1-lakh-as-part-of-cms-entrepreneurial-programme/>



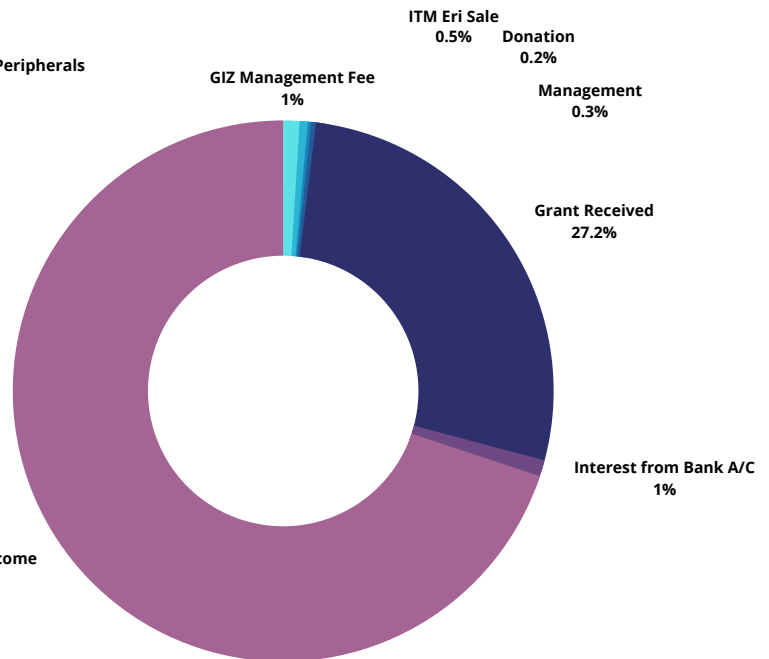
Members of Organic Bamboo School

FINANCIAL OVERVIEW
2019-2020

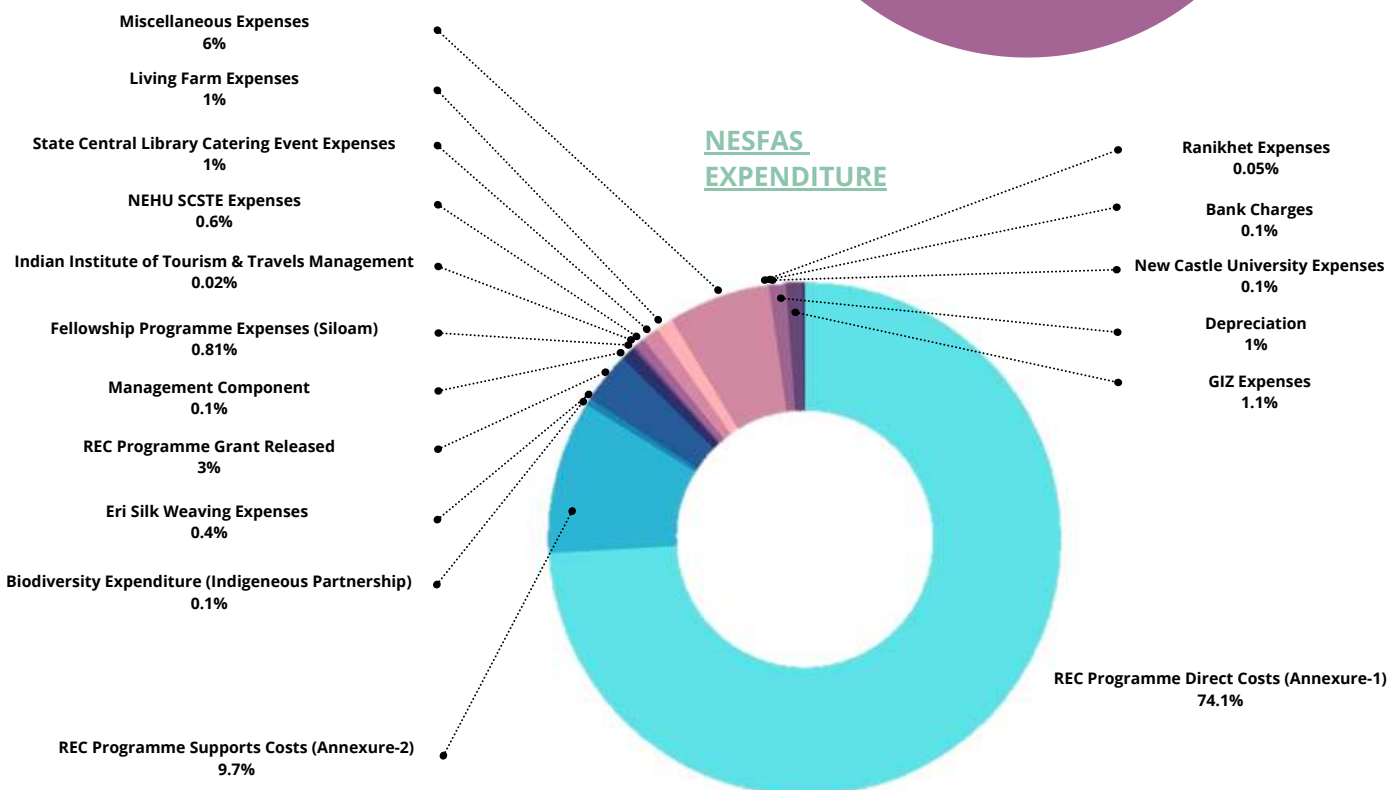
NESFAS
SCHEDULE OF FIXED ASSETS



NESFAS
INCOME



NESFAS
EXPENDITURE



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