

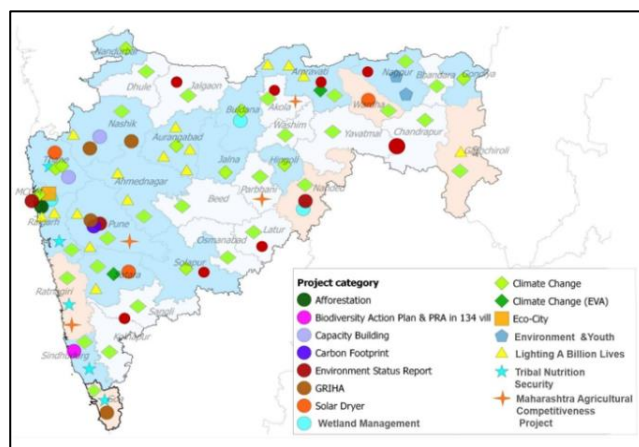
Nutrition Security, Western Regional Centre

About TERI

The Energy and Resources Institute (TERI) established in 1974, is a dynamic and flexible organization with a global vision and local focus. An independent, multi-dimensional organization, with capabilities in research, policy, consultancy and implementation, TERI is an innovator and agent of change and best described as a not-for-profit research institute focused on issues relating to energy, environment, and sustainable development and devoted to efficient and sustainable use of natural resources. TERI has grown and evolved from a documentation and information dissemination center to carry out research, training and demonstration projects. The institute has developed expertise in the area of environment, energy, policy, governance, biotechnology and renewable resources (for more information, please refer to <https://www.teriin.org/>). Headquartered in New Delhi, the institute has a national presence with regional offices in Mumbai, Goa, Bangalore and Guwahati.

About TERI's Western Regional Centre (WRC)

Since its inception in 2006, TERI's Western Regional Centre (WRC) in Mumbai has been dedicatedly working to provide pertinent, independent and objectively oriented research in the broad fields of nutrition, energy, climate change, environment, bio-prospecting, sustainable communities, and livelihood. The Nutrition Security Division based at WRC has also implemented several initiatives that directly and indirectly affect the nutritional security of households in both urban and rural communities such as water access, energy access, and livelihood security and so on.



TERI WRC presence in the state of Maharashtra

Nutrition security

The Nutrition Security Division based in the WRC has been working on mitigating malnutrition through several initiatives that directly and indirectly affect the nutritional security of households. Several projects having been successfully conceptualized and implemented by the WRC team in the fields of nutrition, energy, climate change, environment, bio-prospecting, sustainable communities, and livelihood, with both urban and rural communities as stakeholders. (for more information, please refer to <https://www.teriin.org/projects/nutrition-security/>).



The urban sector

the Division has implemented an extensive campaign to promote healthy and nutritious food habits among adolescents and youth, in order to prevent the onset of lifestyle disorders such as diabetes. The very well received initiative named 'Canteen for Teens', was successfully implemented under the Eco-city project, in collaboration with several Educational Institutions.

The rural sector

The Division has had a presence in Maharashtra's Palghar district for over 7 years, with interventions designed to mitigate factors that directly or indirectly have a negative impact on nutrition security. Activities were implemented under the following thematic areas-



The approach implemented has been capacity building of stakeholders, especially tribal women and their empowerment through Self Help Group (SHG) formation and promotion of innovative activities such as nutrient fortification and processing of food products such as ragi cookies and spirulina chocolates (Picture 1) for income generation along with providing support and market linkages to promote their products.



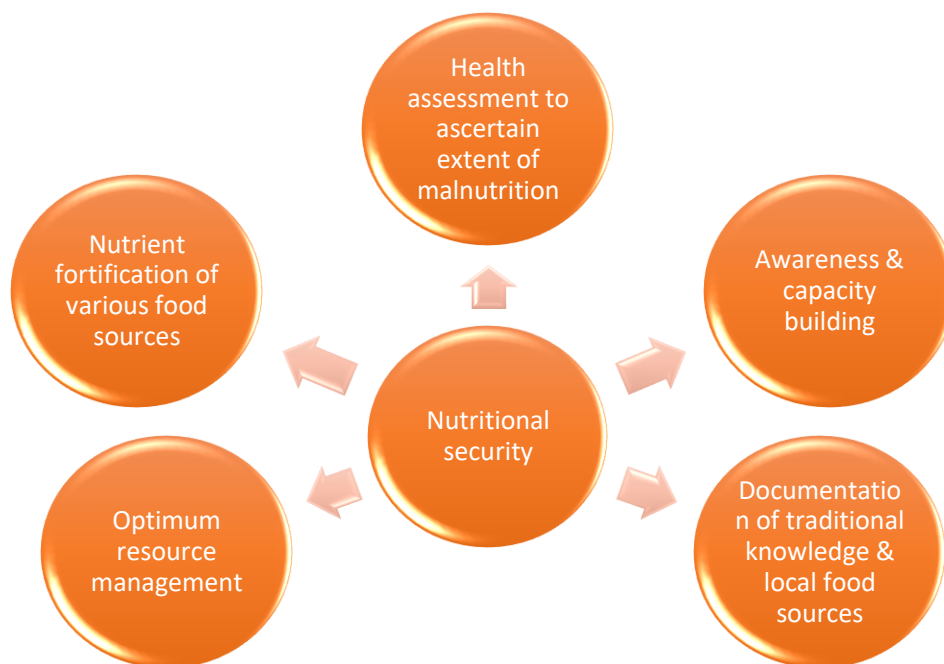
Ragi fortified cookies



Spirulina (algal super food) fortified chocolates

Picture 1: Nutrient fortified food items

Approach adopted for the Rural Area Projects-



Major Projects carried out-

- **PROTEIN- Program to Revitalize Overall health of Tribals by Ensuring Intake of Nutritious products**

Project period: 2013-2017

Sponsor: Indian Oil Corporation Limited, Mumbai

Training, capacity building of tribal women to prepare spinach & mushroom fortified khakra (traditional crispy snack) for nutritional security & livelihood purposes along with other interventions to mitigate micro-nutrient deficiencies (<https://www.teriin.org/projects/nutrition-security/iocl-protein.php>)

- **Developing Biodiversity Action Plan for the Malvan and Devgad blocks, Sindhudurg District, Maharashtra**

Project period: 2013-2015

Sponsor: United Nations Development Programme (UNDP)

Study to determine the impact of activities in coastal villages on marine biodiversity and assess the issues pertaining to rural development, undertaken in Sindhudurg district of Maharashtra and focusing on understanding the livelihood options of the local communities and factors affecting the same. (<https://www.teriin.org/projects/nutrition-security/files/Biodiversity-Action-Plan-Final-Report.pdf>)

- **Bio prospecting of the local wild edible plant varieties in Palghar district**

Project period: 2014-2016

Sponsor: JSW Steel Ltd.

Interventions against malnutrition through promotion of local wild edibles and documentation of their availability & significance

<https://www.teriin.org/projects/nutrition-security/JSW-bio.php>

- **Pathardi- towards a sustainable village**

Project period: 2015- 2017

Sponsor: GKN Sinter Metals Pvt. Ltd

Interventions to increase water access, sustainable energy access and utilization, establishment of nutrigardens, energy and fruit plantations in Pathardi village of Mokhada block, Palghar district

<https://www.teriin.org/projects/nutrition-security/GKN-health-energy.php>

- **Developing a mushroom Germplasm bank for western coast of India**

Project period: 2016-2018

Sponsor: Department of Biotechnology, GoI

Documentation of the various mushroom species available, in the western coastal region

<https://www.teriin.org/projects/nutrition-security/DBT.php>

- **Model village- Livelihood support and Nutritional Security**

Project period: 2017- 2018

Sponsor: GKN Sinter Metals Pvt. Ltd

Sustainable off-farm livelihood interventions like goat rearing, poultry, bamboo cultivation promoted, Seed funding made available to women SHG members for purchase of goats

<https://www.teriin.org/projects/nutrition-security/livelihood-initiative.php>

- **Setting up a food processing and fortification unit in a tribal village, Pathardi**

Project period: 2018-2019

Sponsor: GKN Sinter Metals Pvt. Ltd

Training conducted for tribal women of Pathardi village in Palghar district for nutrient fortification of novel items like cookies and chocolates and traditional snacks like chakli and market linkages explored for improving nutrition security and also creating a revenue generation source

<https://www.teriin.org/projects/nutrition-security/food-fortification.php>

- **Partial restoration of Village pond & promotion of aquaculture**

Project period: 2019-20

Sponsor: GKN Sinter Metals Pvt. Ltd

Interventions carried out to increase the water retention and water holding capacity of the village pond for several months in the year leading to an increased availability of water for the village. Villagers were encouraged to utilize the available water for livelihood purposes such as aquaculture.



Current Key Projects under Nutrition Security-

1. Nutritional security & immunity for Tribal women & their households in Palghar district

- Supported by National Projects Construction Corporation Limited (NPCC) aims to achieve:

Building the immunity of tribal households through nutritious food and remedies based on traditional knowledge

Capacity building of tribal stakeholders

Implementing immunity & nutrition interventions reliant on local resources

- Booklets for tribal women of Palghar district in the vernacular language under themes- Traditional remedies to boost immunity, Mushroom cultivation & consumption, Inexpensive ways to increase protein consumption in daily diets, Nutrient fortification in everyday diets
- E-messages on tips to improve nutrition security & immunity, in the form of audio & video clips, that could be easily circulated over WhatsApp & other digital means

2. Setting up Biofloc Technology in Pathardi to provide a livelihood opportunity for the Tribal Community

Supported by GKN Sinter Metals Pvt. Ltd., planned to promote a livelihood avenue that would also make a protein source easily available in Pathardi village of Palghar's Mokhada block

The project aims to:

Promote optimum utilization of water resources for livelihood purposes

Promote high yielding intensive fish farming in small area using BFT

Encourage and motivate tribal women, unemployed youth to take up aquaculture through BFT

Make promote stakeholder ship among the target beneficiaries

Document the impact of BFT aquaculture in the village

Our Esteemed Partners & Sponsors



Palghar Zilla Parishad



Maharashtra State Rural Livelihoods Mission



ICAR- Central Institute of Fisheries Education



GKN Sinter Metals Pvt.
Ltd



National Projects
Construction Corp. Ltd.



Indian Oil Corporation Limited



JSW Steel Ltd.

For more information, please refer to:

TERI's website- <https://www.teriin.org/>

Webpage for Nutrition Security- <https://www.teriin.org/projects/nutrition-security/>

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