

Day 13 – Greenest Challenge | Project Green Challenge 2025

Name: JUBAYER IBNE OMAR

PGC Username : jubayeribneomar

School: Jahangirnagar University

Instagram Post Link : https://www.instagram.com/p/DPyMtWhEcGi/?img_index=1

What is TEK (Traditional Ecological Knowledge)?

Traditional Ecological Knowledge (TEK) is the understanding that Indigenous peoples have developed over generations about living in harmony with nature. 🌿

It includes knowledge, beliefs, and practices about the relationships between people, animals, plants, and the environment.

TEK is passed down through stories, rituals, and daily life — guiding how communities farm, fish, manage forests, and care for water. It's based on observation, respect, and balance with natural cycles.

In short, “TEK teaches us how to live sustainably with the Earth, not apart from It.” 🌍

From the video:

we learn how an Indigenous farmer is addressing food insecurity in their community through Traditional Ecological Knowledge (TEK). The farmer focuses on sustainable agriculture — saving traditional seeds, using organic compost, and growing diverse local crops that can survive changing weather.

How Indigenous Farmers Often Address Food Insecurity

1. Seed saving & crop diversity:

- They preserve and cultivate traditional seeds that are well adapted to local climate, pests, and soils.
- Growing many different crops reduces the risk of total crop failure.

2. Agroecology / traditional sustainable agriculture

- Use natural fertilizers (e.g. compost, manure) instead of chemical ones.
- Employ intercropping, crop rotation, agroforestry — integrating trees, shrubs, and perennial plants to protect soil and improve fertility.

3. Water management & soil conservation

- Harvesting rainwater, building small ponds or terraces to prevent erosion.
- Using techniques that retain moisture, like mulching, cover crops, shade trees.

4. Community-based food systems

- Sharing food among community members, especially during hard times.
- Maintaining communal gardens or forests for gathering wild foods, medicinal plants, etc.

5. Local knowledge & ecological observation

- Observing climate patterns, weather, animal behavior; adjusting planting/harvesting accordingly.
- Integrating Indigenous belief systems that stress balance, respect, reciprocity with nature.

6. Resilience through mixed livelihoods

- Not only farming but also gathering, hunting, crafting, so that if one food source fails, others help.

I chose: The **Chakma people** from **Bangladesh**

TEK Practice: *Community Forest Management* 🌳

1. Who they are:

The Chakma are one of the largest Indigenous communities in the Chittagong Hill Tracts of Bangladesh. They have lived closely with nature for centuries, depending on forests for food, medicine, and shelter.



Chakma people from **Bangladesh**

2. TEK Practice – Forest Management:

The Chakma people follow a traditional system of **community forest management**, where forest use is based on respect, sharing, and sustainability.

- They protect forest areas collectively and only harvest what is needed.
- They plant bamboo, medicinal plants, and fruit trees to maintain biodiversity.
- Forest use decisions are guided by elders who understand local ecology.

3. What it teaches us:

- The **Chakma people's** forest management teaches us that sustainability is a way of life, not just a modern idea. Their collective care for forests — planting bamboo, herbs, and fruit trees while taking only what is needed — shows a deep understanding of harmony. 
- Their practice shows how human life and forest health can thrive together when guided by care and balance rather than exploitation. 
- It reminds us that protecting nature is also protecting culture, identity, and community spirit. Their relationship with the forest is built on respect and gratitude — values the world urgently needs to rediscover. 

4. How it can inform modern climate solutions:

- The Chakma model of community-led conservation offers lessons for today's climate challenges.
- Empowering local communities to manage their own natural resources can restore degraded lands, increase biodiversity, and strengthen resilience against floods or droughts. 
- If governments and cities followed this Indigenous approach — combining traditional wisdom with modern science — we could build a future where development and nature thrive together, not in conflict.

5. Credit:

Chakma Indigenous Community,
Chittagong Hill Tracts, **Bangladesh**

(**Resource** : link-1: <https://www.britannica.com/topic/Chakma>
link-2: <https://en.banglapedia.org/index.php/Chakmas, The>)

“Visual: Living in Balance with the Earth — Chakma Forest Wisdom” 

Living in Balance with the Earth

The **Chakma** People
of Bangladesh &
Their Forest Wisdom

#PGC2025.



“GUARDIANS OF
NATURE,
TEACHING US TO
CARE FOR THE
LAND AND
OURSELVES.”





Chakma People of Bangladesh



- For generations, they have protected forests, nurtured life, and shared their knowledge to sustain both people and planet. 🌿”
 - A story of care, respect, and harmony — showing us how humans can thrive with nature, not against it.”
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WHAT IS TEK?

“TEK IS INDIGENOUS WISDOM PASSED THROUGH GENERATIONS, SHOWING HOW HUMANS CAN LIVE IN HARMONY WITH NATURE. 🌿

IT’S OBSERVATION, RESPECT, AND BALANCE — UNDERSTANDING THAT EVERY PLANT, TREE, AND RIVER MATTERS.”



Chakma People’s Practice



COMMUNITY FOREST MANAGEMENT & TEK



- “The Chakma use Traditional Ecological Knowledge (TEK) to protect and restore forests together. 🌳
 - Through generations of observation and wisdom, they plant bamboo, herbs, and fruit trees, harvest only what is needed, and preserve biodiversity for the future.
 - Their TEK ensures the forest thrives while supporting the community’s needs in harmony with nature.”
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What It Teaches Us

HARMONY BETWEEN PEOPLE & NATURE

- Sustainability is a way of life, not a trend. ❤️
- By respecting the forest, the Chakma show that caring for nature is caring for community, culture, and life itself.
- Forests are not just resources — they are life, culture, and community.
- Caring for the land ensures food, medicine, and well-being for future generations. >>
- Human survival and nature's health are deeply connected; protecting one means protecting the other.
- Simple, thoughtful actions — like planting only what is needed and preserving biodiversity — can create lasting harmony. 🌱



Modern Climate Lesson

Wisdom for the Future

“When communities lead with care,
the planet heals. 🌍

The **Chakma** approach inspires
modern climate solutions — restoring
land, protecting biodiversity, and
nurturing a balanced world.”



Honoring the Chakma Indigenous
Community of the Chittagong Hill
Tracts, **Bangladesh** — Guardians of the
Forest and Keepers of Traditional
Ecological Knowledge. 🌿

Instagram Post screenshot :

