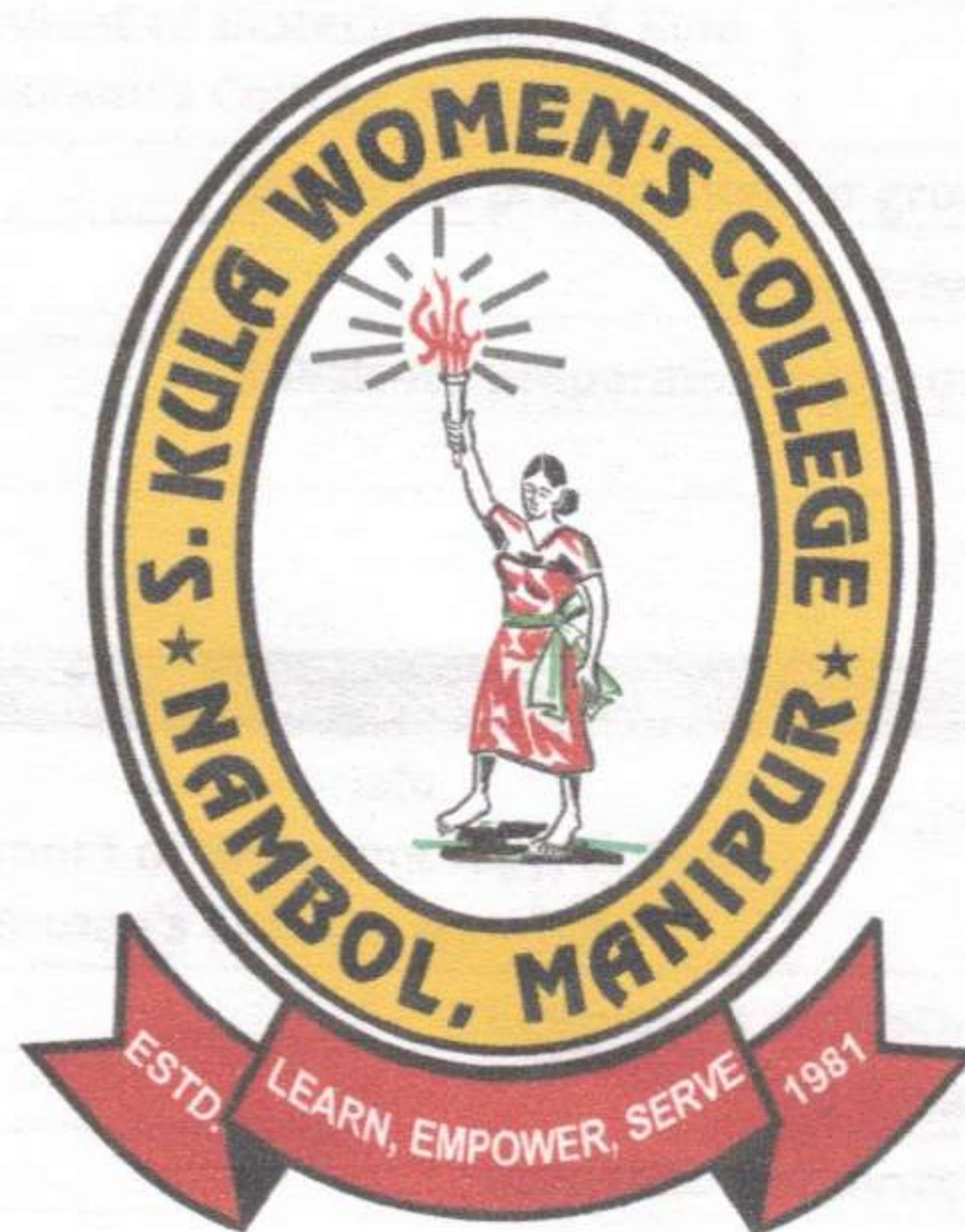


**ACTIVITY REPORT**  
**ON**  
**6-DAYS TRAINING PROGRAMME ON MUSHROOM**  
**CULTIVATION AND FOOD PROCESSING**  
**24<sup>TH</sup> – 31<sup>ST</sup> JANUARY 2022**



**JOINTLY ORGANIZED BY**  
**DEPARTMENT OF BIOTECHNOLOGY**  
**&**  
**DEPARTMENT OF FOOD TECHNOLOGY**



**Programme**  
**6-Day Training Program on Mushroom Cultivation & Food Processing**  
**jointly organized by**  
**Department of Biotechnology and Department of Food Technology**

**24<sup>th</sup>-31<sup>st</sup> January 2022**

**Day – 1 (24<sup>th</sup> January 2022)**  
**Inaugural session – 10:30-12:00 am**

<b>Day 1 - Oyster Mushroom cultivation</b>		
<b>Time</b>	<b>Name of the speaker</b>	<b>Topic</b>
12:15-12:45 am	Dr. Romesh Sagolsemcha Department of Biotechnology, S.Kula Women's College, Nambol	Aseptic techniques in mushroom cultivation and preparation of substrate
12:45-2:00 pm	Substrate preparation for growing oyster mushroom	
2:00-2:30 pm	Tea Break	
2:30-4:00 pm	Substrate preparation for growing oyster mushroom	
<b>Day 2 - Oyster Mushroom cultivation</b>		
<b>Time</b>	<b>Name of the speaker</b>	<b>Topic</b>
10:30-11:00am	M.Geetmala Department of Biotechnology, S. Kula Women's College, Nambol	Cultivation technology of growing Oyster mushroom
11:00am-1:00pm	Cultivation of oyster mushroom	
1:00 pm-1:30 pm	Tea break	
1:30-4:00 pm	Cultivation of oyster mushroom	
<b>Day 3 - Oyster Mushroom cultivation</b>		
<b>Time</b>	<b>Name of the speaker</b>	<b>Topic</b>
10:30-11:00am	S. Meenakshi Devi Department of Biotechnology, S. Kula Women's College, Nambol	Economic importance and health benefits of Oyster mushroom
11:00-11:30am	Binapani Chingtham Department of Biotechnology, S.Kula Women's College, Nambol	Mushroom cultivation- A way towards encouraging students to become self-reliant
11:30-12:00 am	Cultivation of oyster mushroom	
1:00-1:30 pm	Tea break	
1:30-4:00 pm	Cultivation of oyster mushroom	



**Day 4 - Preparation of sweet-sour amla pickle**

Time	Name of the speaker	Topic
10:30-11:00am	K. Sanajaoba Department of Food Technology, S. Kula Women's College, Nambol	Sweet and Sour amla
11:00am-1:00 pm	Preparation of sweet amla	
1:00 pm-1:30 pm	Tea break	
1:30-4:00 pm	Preparation of sour amla	

**Day 5- Preparation of Vanilla Cake**

Time	Name of the speaker	Topic
10:30-11:00am	N. Sonia Devi Department of Food Technology, S. Kula Women's College, Nambol	Vanilla Cake Preparation
11:00 am -1:00 pm	Preparation of vanilla cake	
1:00 pm-1:30 pm	Tea break	
1:30-4:00 pm	Preparation of vanilla cake	

**Day 6- Preparation of U-morok (king Chilly) + Ngari Pickle**

Time	Name of the speaker	Topic
10:30-11:00am	Dr. Thongam Chanu Anel Department of Food Technology, S. Kula Women's College, Nambol	U- morok -ngari achar Preparation
11:00 am -1:00 pm	Preparation U- morok =ngari achar	
1:00 pm-1:30 pm	Tea break	
1:30-4:00 pm	Preparation U- morok -ngari achar	



## **6-Day training programme on Mushroom Cultivation and Food Processing**

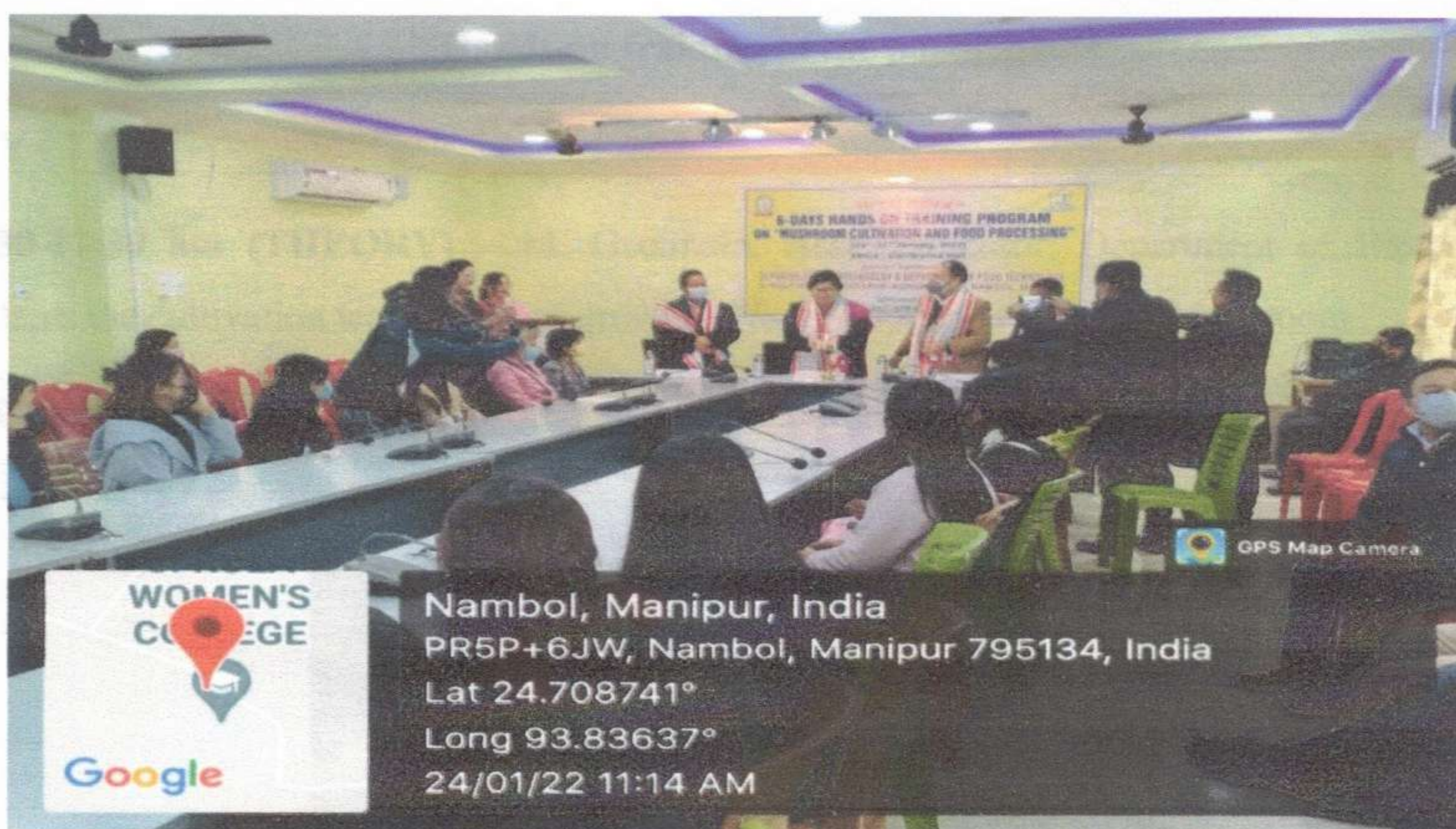
The 6-days long training program commenced with a short inaugural function with Hanjabam Shubrah Devi, Proprietor, S. Meira Foods, as the Chief Guest and Shri S. Chandrakumar Singh, HOD, Department of Chemistry, Dr. L. Muhindro, HOD, Department of Human Rights and project Coordinator UGC STRIDE C1 and Dr. W. Robindro Singh as the Guest of Honor and President respectively. In the Chief Guest address, H. Subrah Devi encourage students to be well prepared and become self-reliant and also talks on various ways and means to process certain seasonal food products that will not only increase the shelf life of the food but also can be exported to other countries which will ultimately lead to the overall economic development of the state and of India at large.

**Participants** – Students of S. Kula Women's College

**Number of participants** – 50 students

**Venue** – Day 1-3: - Department of Biotechnology (Mushroom Cultivation)

Day 4-6: - Department of Food Technology (Food Processing)



### **Objectives:**

- To impart hands on training on mushroom cultivation and food processing
- To give greater knowledge and understanding on the technology of mushroom cultivation and food processing
- To inculcate entrepreneurship among students so that they start their own venture and become self-reliant.



## DAY – 1

**12:15-12:45 pm (THEORY)**– Dr. Romesh Sagolsemcha, Asst. Professor, Department of Biotechnology talks on the various aseptic techniques to be carried out during mushroom cultivation and the process for the preparation of substrate for growing mushroom.

**12:45-4:00 pm (PRACTICAL)** – Demonstration on the substrate preparation of growing *Pleurotus florida* and Elm mushroom.



### Hands-on training to the participants

## DAY - 2

**10:30-11:30 am (THEORY)** – M. Geetmala, Asst. Professor, Department of Biotechnology explains the cultivation technology of growing *Pleurotus florida* and Elm Mushroom.

**11:00 am- 4:00 pm (PRACTICAL)** – Demonstration on *Pleurotus florida* and elm mushroom cultivation.



### Hands-on training to the participants



## DAY - 3

**10:30-11:00 am (THEORY)** – S. Meenakshi Devi, Asst. Professor, Department of Biotechnology throw light on the economic importance and various health benefits of mushroom with special reference to Elm mushroom.

**11:30 am – 4:00 pm (PRACTICAL)** - Demonstration on *Pleurotus florida* and elm mushroom cultivation.



### Constraints

- Non-availability of suitable raw material.
- Spawn production is highly scientific and requires more investment
- Environmental fluctuations create problems in successful cultivation of mushroom
- The shelf life of mushroom is short as it is highly perishable

## DAY 4: Preparation of sweet-sour Amla pickle

Speaker/Trainer- K Sanajaoba, Assistant Professor, Department of Food Technology

Day 4, 10:30 am to 11:00 am (conference hall.) .K Sanajaoba explained in detail the procedure of the preparation of sweet-sour Amla Pickle and also the nutritive value of Amla. 11:00 am to 4:00 pm (Food processing Lab) - The students/ participant were divided into five groups with ten students in each group. Each group were provide the same ingredient and sweet-sour Amla pickle were prepared under the guidance of K. Sanajaoba and other staff of Food Technology department.





**Preparation of sweet-sour Amla pickle**

**DAY 5: Preparation of Vanilla Cake**

Speaker/ Trainer – N. Sonia Devi, Assistant Professor, Department of Food Technology. S. Kula Women’s College, Nambol

Day 5, 10:30 am to 11:00 am (conference hall.) - N. Sonia Devi explained step by step - the ingredient, the procedure of vanilla cake preparation, and the nutritive value of the vanilla cake. After giving detailed knowledge on how to prepare the vanilla cake, all participants headed to the food processing lab for practical training. With great enthusiasm, they prepared the vanilla cake under the supervision of N. Sonia and other staff members of the Food Technology Department.





### Preparation of Vanilla Cake

#### **DAY 6: Preparation of U-Morok (king Chilly) ngari Achar**

Speaker/ Trainer –Dr. Thongam Chanu Anel, Assistant Professor, Department of Food Technology. S. Kula Women's College, Nambol.

Day 6, 10:30 am to 11:00 am (conference hall.) - Dr. Thongam Chanu Anel began the training session by giving lecture on U- Morok (king Chilly) and Ngari (Fermented fish) – its nutritive value and preservation methods. She explains in details the procedure for preparation of U-Morok Ngari Achar.



11:00 am to 4:00 pm (Food processing Lab). Under the supervision of Dr. Thongam Chanu Anel and other staff members of the Food Technology Department, the participant prepared U-Morok Ngari Achar.



**Preparation of U-Morok (king Chilly) ngari Achar**





Valedictory Function



Certificate distribution



Feedback by participant



(Dr. L. Sumobala Devi)  
HOD, Department of Food Technology,  
S. Kula Women's College,  
Nambol, Manipur

(Dr. L. Ishwori)  
HOD, Department of Biotechnology,  
S. Kula Women's College,  
Nambol, Manipur