



ਯਸ਼ਨੇ ਸ਼ਬੰਧਿ ਸ਼ੰਟੰਟ, ਯੰਨਏਸ਼
THAMBAL MARIK COLLEGE
OINAM



THREE□DAY □
AWARENESS CUM VOCATIONAL TRAINING
PROGRAMME ON □
MUSHROOM CULTIVATION

26th, 27th & 29th December, 2025□

Budget: 1,00,000/-

Organised by :

Department of Botany in collaboration with Internal Quality Assurance Cell (IQAC) Thambal Marik College, Oinam

Dr. Th. Noaba Singh
Programme Coordinator
PM-Usha

Dr. R.K. Romen Singh
College Nodal Officer (CNO)
PM-Usha

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GOVERNMENT OF MANIPUR
OFFICE OF THE PRINCIPAL
THAMBAL MARIK COLLEGE, OINAM

NOTICE

Oinam, the 24th December, 2025

No.1/1/2025-TMC(PM-USHA) : It is hereby informed to all the teaching, non-teaching staff and students that Thambal Marik College (Department of Botany & Internal Quality Assurance Cell) is organising '**Three-Day Awareness Cum Vocational Training Programme on Mushroom Cultivation**' with the participants from surrounding localities of the college on 26th, 27th to 29th December, 2025 in College Seminar Hall.

Intake capacity is limited to 100 participants only. So interested teaching, non-teaching staff and students are requested to contact Dr. R.K. Romen Singh, College Nodal Officer, PM-USHA for more information.

(Prof. Kh. Mohon Singh)
Principal
Thambal Marik College, Oinam

Principal
Thambal Marik College
Oinam

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1. Director, University & Higher Education, Govt. of Manipur
2. District Nodal Officer (DNO), PM-USHA
3. CNO, PM-USHA, Thambal Marik College, *for necessary action*
4. IQAC, Coordinator, TMC
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Report on ‘Three-Day Awareness-cum-Vocational Training Programme on Mushroom Cultivation’



Three-Day Awareness-cum-Vocational Training Programme on Mushroom Cultivation was jointly organised by Department of Botany in collaboration with IQAC of the college on 26th, 27th & 29th December, 2025. The programme was successfully conducted with the objective of creating awareness and imparting practical vocational skills in mushroom cultivation.

The programme was organised with the objective of promoting self-employment, income generation, and sustainable agricultural practices among rural youth, women, farmers, and aspiring entrepreneurs. Mushroom cultivation has emerged as a profitable agro-based enterprise that requires minimal land and investment while offering quick returns. Recognising its potential to enhance livelihoods and contribute to nutritional security, the programme was designed to provide participants with both theoretical knowledge and hands-on practical training. The training focused on scientific cultivation techniques, value addition, post-harvest management, and effective marketing strategies. The programme witnessed active participation from farmers, rural youth, women members of self-help groups, students, and unemployed individuals interested in taking up mushroom cultivation as a viable source of livelihood.

Day 1: Inauguration and Technical Sessions — Awareness and Theoretical Orientation

The first day of the programme focused on creating awareness and providing participants with a basic theoretical understanding of mushroom cultivation. The inaugural session began with a welcome address, followed by an introduction to the objectives and significance of the programme.

In the first technical session, **Prof. R. K. Tombisana Devi** delivered a lecture on the different types of mushrooms found in North-East India, their nutritional value, and medicinal importance. She highlighted the scope and opportunities for mushroom cultivation in both rural and urban areas. She also discussed the economic benefits of cultivating varieties such as **Oyster, Button, and Milky mushrooms**, along with their potential for generating employment and self-employment. The session further highlighted various government schemes, subsidies, and institutional support available to mushroom growers.

The second technical session was conducted by **Shri L. Ibohal Singh**, Mushroom Expert from Keinou, who provided practical guidance on the preparation of straw and mushroom cultivation sheds. Under his instruction, the participants learned how to prepare the straw by cutting it into suitable sizes and soaking it in medicated water for approximately 18 hours as part of the substrate preparation process.

Day 2: Technical Session — Practical Training and Demonstration

The second day was dedicated to hands-on practical training, which formed the core of the vocational programme. Participants were introduced to the complete production cycle of mushroom cultivation.

The technical session was conducted by **Shri Khwairakpam Subashchandra Singh, Proprietor, Loktak Food Industries, Ngaikhong Khullen**. He provided practical training on the selection of suitable mushroom varieties, preparation of substrates using agricultural wastes such as paddy straw, pasteurisation and sterilisation, spawning techniques, bag filling, incubation, and cropping methods.

Live demonstrations were conducted to familiarise participants with the various stages of mushroom production. The major steps demonstrated were:

1. Preparation and pasteurisation/sterilisation of the substrate.
2. Mixing of mushroom spawn with the prepared substrate.
3. Incubation under suitable conditions to facilitate mycelial growth.
4. Introduction of fresh air and maintenance of adequate humidity for fruiting.
5. Harvesting of mushrooms at the appropriate stage, depending on the species.

Participants actively engaged in substrate preparation and spawning under the guidance of the resource person. In addition, a session on pest and disease management was conducted, covering common problems encountered during mushroom cultivation and their preventive measures. The importance of maintaining cleanliness, proper hygiene, and quality control was strongly emphasised to ensure higher yield and better market acceptability.

Day 3: Hands-on Training, Value Addition, Marketing and Valedictory Programme

The third day focused on **harvesting, post-harvest management, value addition, and marketing strategies**, followed by the valedictory function and distribution of certificates to the participants. Participants were trained in proper harvesting techniques to ensure maximum yield and maintain product quality. The sessions covered the identification of the appropriate harvesting stage, post-harvest handling and storage methods, drying and processing of mushrooms, and preparation of value-added products such as **mushroom pickle, mushroom powder, and mushroom-based snacks**. The participants were also introduced to various marketing strategies, including local market linkages, direct selling, attractive packaging, branding, and appropriate pricing of mushroom products. The importance of developing value-added products and establishing reliable market channels was emphasised as a means of increasing profitability and ensuring the sustainability of mushroom-based enterprises. Participants were encouraged to form **Self-Help Groups (SHGs), cooperatives, or producer groups** to facilitate collective production, processing, packaging, and marketing. Such collective approaches were highlighted as effective mechanisms for improving bargaining power, reducing production and marketing costs, and creating sustainable livelihood opportunities.

The programme concluded with a **valedictory function**. During the valedictory function, **Prof. Kh. Mohon Singh, Principal, Thambal Marik College**, highly appreciated the Government's initiative in promoting such skill-based programmes. He emphasised that these programmes provide valuable opportunities for self-employment, income generation, and livelihood enhancement, particularly for the people residing in the surrounding localities. He encouraged the participants to utilise the knowledge and practical skills acquired during the training to develop mushroom cultivation as a sustainable source of livelihood.

The programme enabled participants to acquire comprehensive knowledge and practical skills in mushroom cultivation, while also increasing their awareness of mushroom farming as a

viable income-generating and self-employment opportunity. The hands-on training enhanced their confidence and motivation to establish small-scale mushroom cultivation units. The programme also promoted the **sustainable utilisation of agricultural waste**, particularly paddy straw, as a substrate for mushroom production. Special emphasis was placed on encouraging **women and youth entrepreneurship** by demonstrating the potential of mushroom cultivation as a low-investment and profitable livelihood option. Several participants expressed their intention to take up mushroom cultivation immediately after completing the training, either individually or through **Self-Help Groups, cooperatives, or other group-based initiatives**. The programme therefore contributed significantly to skill development, livelihood promotion, and the creation of sustainable self-employment opportunities among the participants. The **Three-Day Awareness-cum-Vocational Training Programme on Mushroom Cultivation** received a highly positive and encouraging response from the participants. They expressed great satisfaction with the overall organisation, content, and delivery of the programme. The balanced combination of theoretical knowledge and hands-on practical sessions helped participants develop a clear understanding of the complete process of mushroom cultivation.

The resource persons were highly appreciated for their expertise, clarity of explanation, and willingness to address individual queries. Participants particularly found the practical demonstrations on **substrate preparation, spawning, and maintenance of suitable environmental conditions** useful and confidence-building. Many participants reported that the training helped overcome their initial hesitation and apprehension about taking up mushroom cultivation as an income-generating activity. The sessions on **value addition, packaging, branding, and marketing** were also well received, as they provided practical insights into improving profitability and accessing local markets. Participants suggested that similar programmes should be organised regularly and extended for a longer duration to include advanced cultivation techniques, value-added product development, and exposure visits to successful mushroom farms. Overall, the training was rated as **informative, practical, skill-oriented, and motivating**. A significant number of participants expressed enthusiasm and willingness to adopt mushroom cultivation as a **full-time or part-time livelihood enterprise**, either individually or through group initiatives.





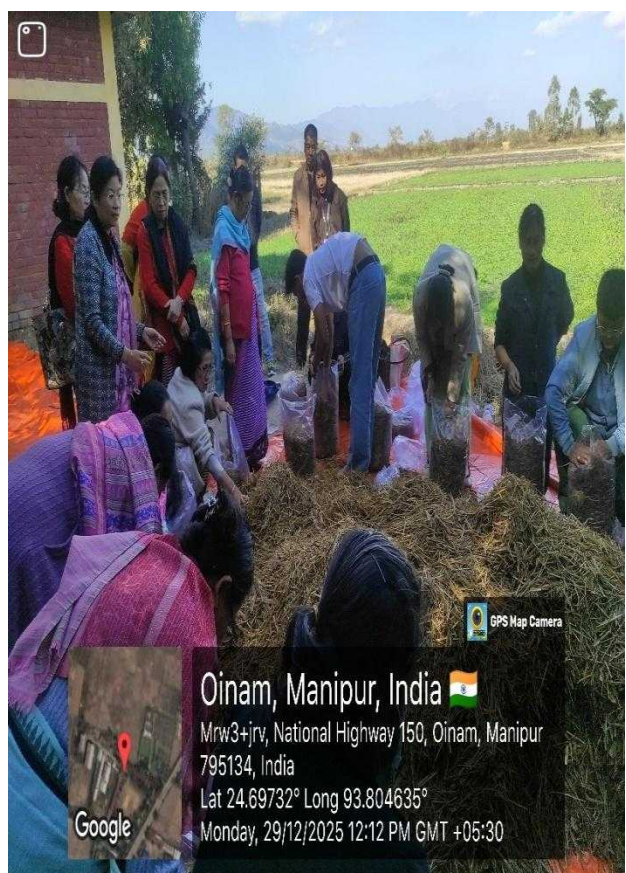


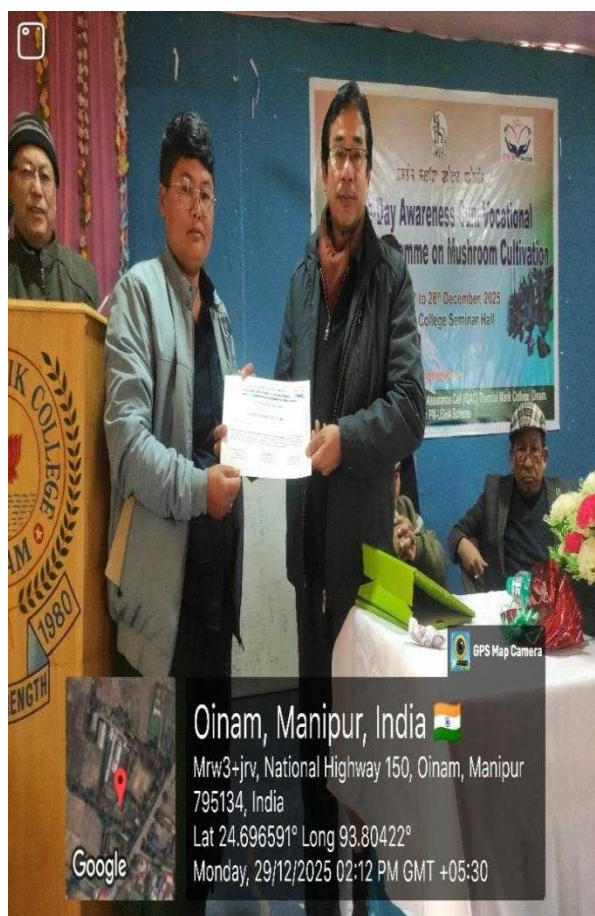
Resource Person : **Prof. R. K. Tombisana Devi**



Resource Person : **Shri Kh. Subashchandra Singh**, Proprietor, Loktak Food Industry, Ngaikhong Khullen.













ਯੁਜ਼ਨੇ ਕਲੀਥ ਯੁੱਟੰਟ, ਯੰਨਏਸ਼
THAMBAL MARIK COLLEGE
OINAM



THREE□DAY □
AWARENESS CUM VOCATIONAL TRAINING
PROGRAMME ON □
TAILORING□

9th, 10th & 11th February, 2026□

Budget: 50,000/-

Organised by :

**Department of Home Science in collaboration with Internal
 Quality Assurance Cell (IQAC) Thambal Marik College, Oinam**

Dr. Th. Noaba Singh
Programme Coordinator
PM-Usha

Dr. R.K. Romen Singh
College Nodal Officer (CNO)
PM-Usha

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GOVERNMENT OF MANIPUR
OFFICE OF THE PRINCIPAL
THAMBAL MARIK COLLEGE, OINAM

NOTICE

Oinam, the 6th February, 2026

No.2/1/2025-TMC(PM-USHA) : It is hereby informed to all the teaching, non-teaching staff and students that Thambal Marik College (Department of Home Science & Internal Quality Assurance Cell) is organising '**Three-Day Awareness Cum Vocational Training Programme on Tailoring**' as part of Soft Components Implementation under PM-USHA from 9th to 11th February, 2026 in the College Seminar Hall.

Intake capacity is limited to 100 participants only. So interested teaching, non-teaching staff and students are requested to contact Dr. R.K. Romen Singh, College Nodal Officer, PM-USHA for more information.



(Dr. M. Bhubaneshwari Devi)

Principal

Thambal Marik College, Oinam

Principal
Thambal Marik College
Oinam

Copy to:

1. Director, University & Higher Education, Govt. of Manipur
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Report on Three-Day Awareness-cum-Vocational Training Programme on Tailoring

‘Three-Day Awareness-cum-Vocational Training Programme on Tailoring’ was successfully organised by the Department of Home Science in collaboration with the Internal Quality Assurance Cell (IQAC) under PM-USHA from 9 to 11 February 2026. The programme was designed to promote vocational education, enhance practical tailoring skills, encourage self-employment, and create awareness about livelihood opportunities among the participants.

The programme focused on developing practical competencies in basic tailoring, garment construction, sewing-machine operation, measurement, fabric cutting, stitching, finishing, and quality control. It also aimed to promote self-reliance, women empowerment, economic independence, and an entrepreneurial mindset through skill-based education.

Day 1: 9th February 2026

Inauguration and Technical Session :

The inaugural function of the programme was held on **9 February 2026**, marking the formal commencement of the three-day training programme. The programme began with a welcome address by **Dr. R.K. Romen Singh, College Nodal Officer, PM-USHA**, who introduced the objectives and significance of the training programme.

During the inaugural session, **Dr. Sangeeta Maisnam, Resource Person**, highlighted the importance of vocational education and skill development in promoting self-reliance, women empowerment, and economic independence. The speakers emphasised the relevance of tailoring as a viable self-employment and income-generating opportunity and encouraged the participants to actively participate in all the training sessions.

Dr. M. Bhubaneshwari Devi, Principal of the College, addressed the participants and introduced the fundamentals of tailoring. The session covered basic stitching techniques, different types of fabrics, tailoring tools and sewing machines, and the importance of accuracy, creativity, and quality in garment construction. Participants were also briefed about the structure of the programme, training modules, and expected learning outcomes.

The inaugural function concluded with a vote of thanks delivered by **Dr. L. Baleshwor Singh**, who acknowledged the contributions of the organisers, resource persons, faculty members, and participants.

Technical Session :

The technical session on the first day focused on providing participants with foundational knowledge essential for tailoring. The resource person introduced basic tailoring concepts and explained the importance of using correct techniques to produce quality garments.

The session included an introduction to various tailoring tools and equipment, such as:

- Sewing machines
- Needles

- Threads
- Measuring tapes
- Scissors
- Fabric markers

Detailed explanations were provided regarding the functions, proper handling, and maintenance of each tool. The resource person demonstrated the basic operation of a sewing machine, including **threading, bobbin winding, stitch regulation, and safety precautions.**

Emphasis was placed on correct posture, machine control, stitching accuracy, and safe working practices. Participants were introduced to basic stitching techniques and simple seam formations through practical demonstrations.

The session was highly interactive, allowing participants to observe the demonstrations closely and clarify their doubts. The practical approach helped bridge the gap between theoretical knowledge and actual application. By the end of the first day, participants had developed greater technical awareness and confidence and were prepared for more intensive hands-on training during the subsequent sessions.

Day 2: 10th February 2026

Practical Training and Demonstration :

The second day focused primarily on **intensive hands-on skill development and the practical application of tailoring techniques.** The session was designed to strengthen the technical competence of participants through guided demonstrations and supervised practice.

Participants were trained in **accurate body measurement techniques** and were guided on proper fabric layout and cutting methods. Particular emphasis was placed on precision, correct alignment, appropriate measurements, and minimising fabric wastage. Demonstrations were conducted on basic stitching techniques, including:

- Straight stitching
- Seam formation
- Edge finishing
- Proper fabric handling
- Sewing-machine control

Participants practised these techniques individually using sewing machines under the close supervision of the resource person. Continuous guidance was provided to improve machine handling, stitch consistency, speed, and control.

The session was highly interactive, with participants actively engaging in practical exercises and seeking clarification regarding stitching errors, fabric handling, and machine operation. Individual attention was provided to help participants correct mistakes and improve their techniques. By the end of the second day, participants demonstrated noticeable improvement in their technical skills, confidence, accuracy, and machine-handling abilities. The session reinforced the importance of disciplined practice, safety awareness, quality consciousness, and a professional approach to tailoring.

The practical training successfully prepared participants for the garment-construction activities scheduled for the final day and encouraged them to approach tailoring as a potential vocational and self-employment opportunity.

Day 3: 11th February 2026

Hands-on Training, Valedictory Function and Distribution of Certificates :

The third day was dedicated to **hands-on training, simple garment construction, finishing techniques, quality control, and programme evaluation.**

The technical session began with a demonstration of simple garment-construction techniques. Participants were guided through the sequential process of assembling fabric pieces, stitching seams accurately, and ensuring proper fitting.

Special emphasis was placed on finishing techniques, including:

- Hemming
- Seam finishing
- Trimming
- Maintaining fabric alignment
- Achieving neat and durable finishing

Participants were encouraged to work independently on assigned tasks while the resource person provided individual guidance and corrective feedback. Particular attention was given to improving stitching consistency, maintaining proper fabric alignment, and achieving a neat and professional finish.

The session also highlighted the importance of **time management, quality control, and professional work practices** for tailoring as a vocation. Participants were briefed on the maintenance of tailoring equipment, handling minor machine-related issues, and following appropriate safety measures during continuous work.

The interactive nature of the session allowed participants to clarify their doubts and refine their techniques. Individual support from the resource person helped participants improve the quality of their work and gain confidence in performing tailoring activities independently.

By the end of the session, participants demonstrated improved technical proficiency, confidence, and practical understanding. The final technical session successfully reinforced the skills acquired during the previous two days and prepared participants to explore tailoring as a potential avenue for self-employment and income generation.

Valedictory Function and Distribution of Certificates :

The programme concluded with a valedictory session in which participants shared their experiences, feedback, and learning outcomes. Certificates were distributed to the participants in recognition of their active participation and successful completion of the training programme. The valedictory session also provided an opportunity to acknowledge the efforts of the organisers, resource persons, faculty members, and participants who contributed to the successful completion of the programme.

Outcomes of the Programme :

The **Three-Day Awareness-cum-Vocational Training Programme on Tailoring** successfully achieved its objectives by enhancing the participants' knowledge, practical skills, confidence, and awareness of vocational opportunities.

The major outcomes of the programme were:

1. Participants acquired practical knowledge of basic tailoring and sewing techniques.
2. They gained hands-on experience in operating sewing machines safely and effectively.
3. Participants learned accurate measurement-taking and fabric-cutting techniques.
4. They developed skills in stitching, seam formation, garment assembly, hemming, and finishing.
5. Participants gained greater awareness of quality control and professional work practices.
6. The programme improved participants' confidence, accuracy, creativity, and problem-solving abilities.
7. Participants developed awareness of tailoring as a potential self-employment and income-generating activity.
8. The training promoted self-reliance, vocational awareness, and an entrepreneurial mindset.
9. The programme contributed to women empowerment and community development through skill-based education.
10. Participants were motivated to continue practising and further develop their tailoring skills for future livelihood opportunities.

Participants' Feedback :

The feedback received from the participants was **highly positive and encouraging**. Participants expressed satisfaction with the organisation, structure, and content of the three-day training programme.

They particularly appreciated the effective balance between theoretical explanations and practical sessions, which enabled them to understand and apply tailoring techniques more effectively. The demonstrations and individual guidance provided by the resource person were considered especially useful in improving their confidence and technical skills.

Participants found the sessions interactive, informative, and relevant to their needs. Many expressed that the training had motivated them to consider tailoring as a potential self-employment and income-generating option. Participants also suggested that similar vocational training programmes could be organised in the future with a **longer duration**, allowing them to acquire more advanced tailoring and garment-construction skills.

The programme effectively combined theoretical orientation, technical demonstrations, supervised practical training, and individual guidance. Participants acquired essential skills in measurement, fabric cutting, sewing-machine operation, stitching, garment construction, finishing, and quality control. Beyond technical skill development, the programme created awareness about vocational education and self-employment opportunities and encouraged participants to view tailoring as a viable means of livelihood. It contributed to enhancing

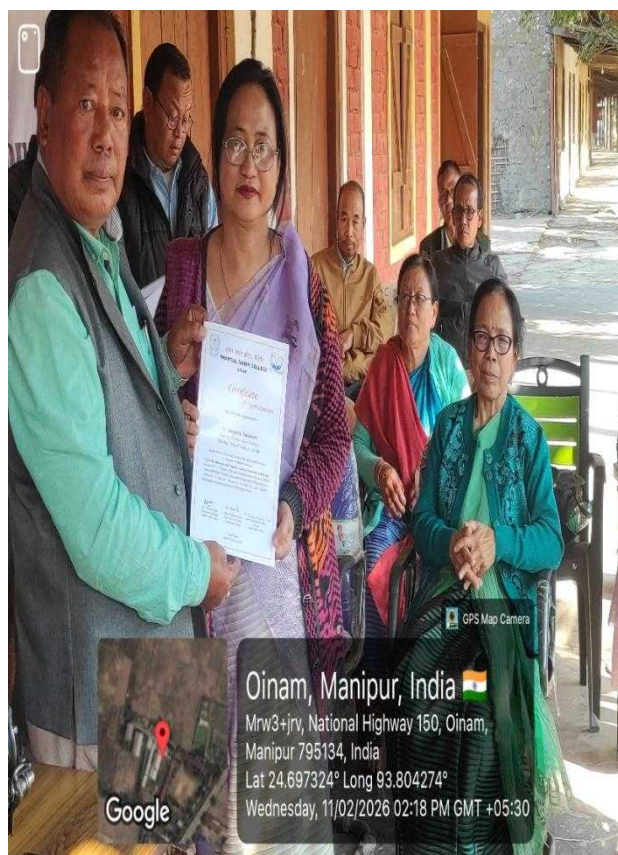
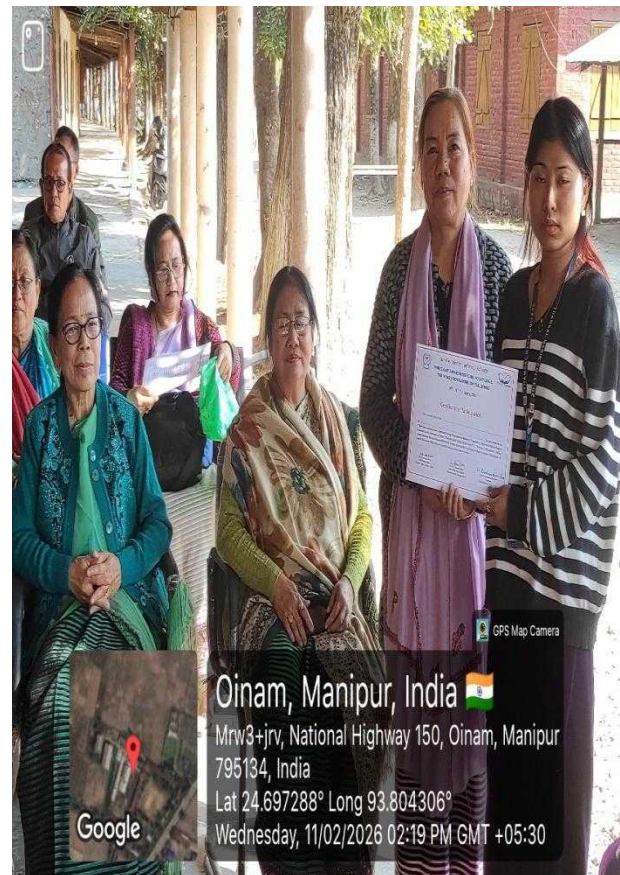
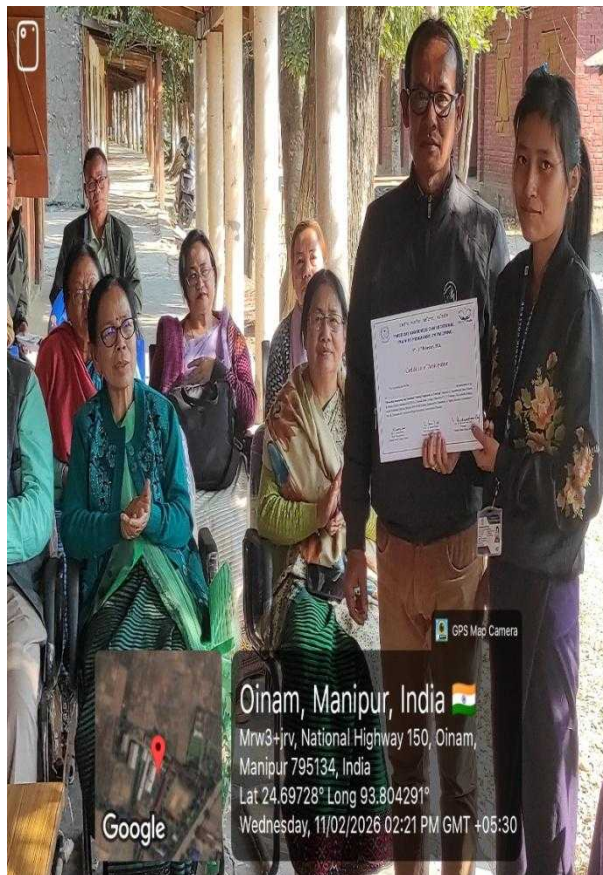
confidence, self-reliance, entrepreneurship, women empowerment, and community development.

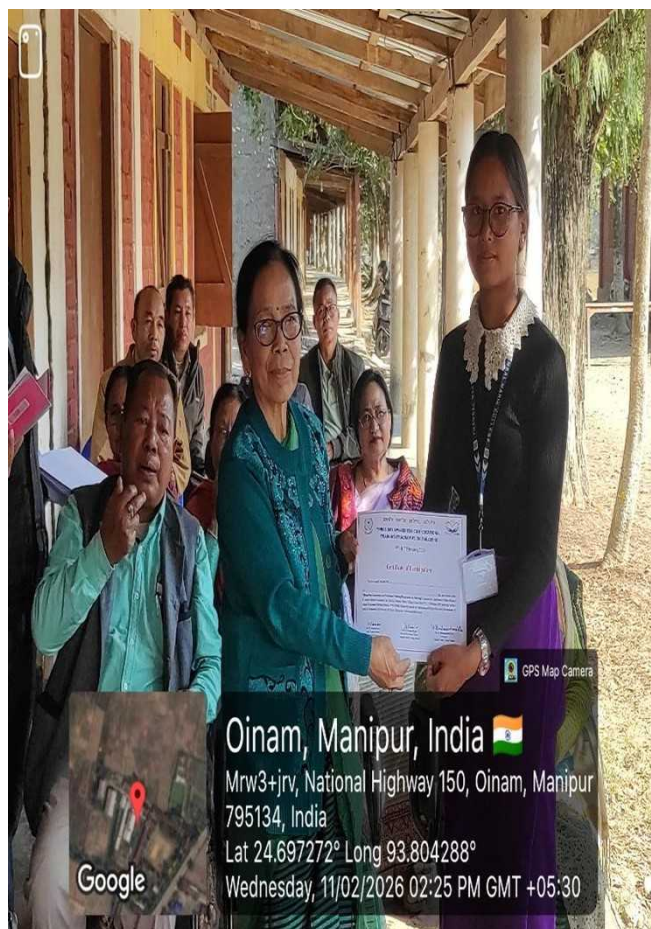
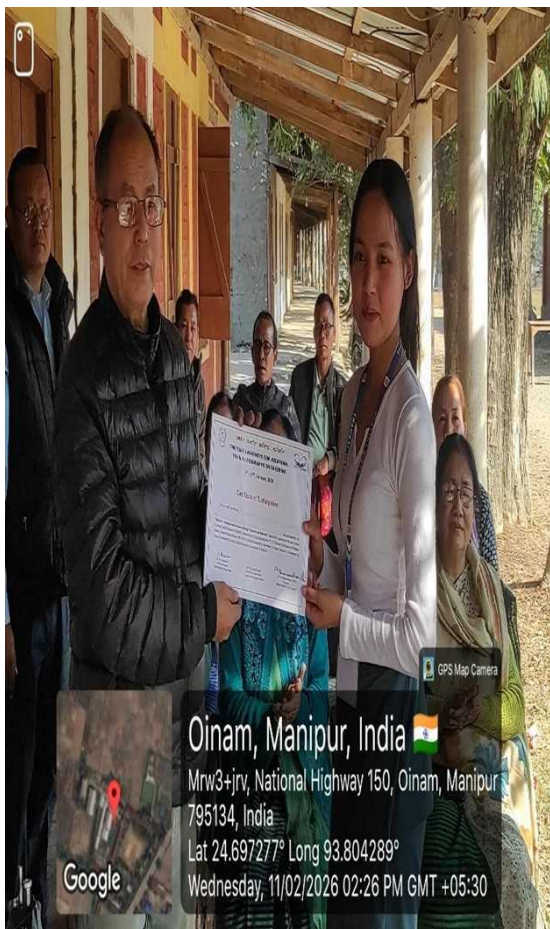
Overall, the programme was **relevant, practical, and beneficial**, and successfully reflected the institution's commitment to skill-based education, experiential learning, vocational empowerment, and quality enhancement.

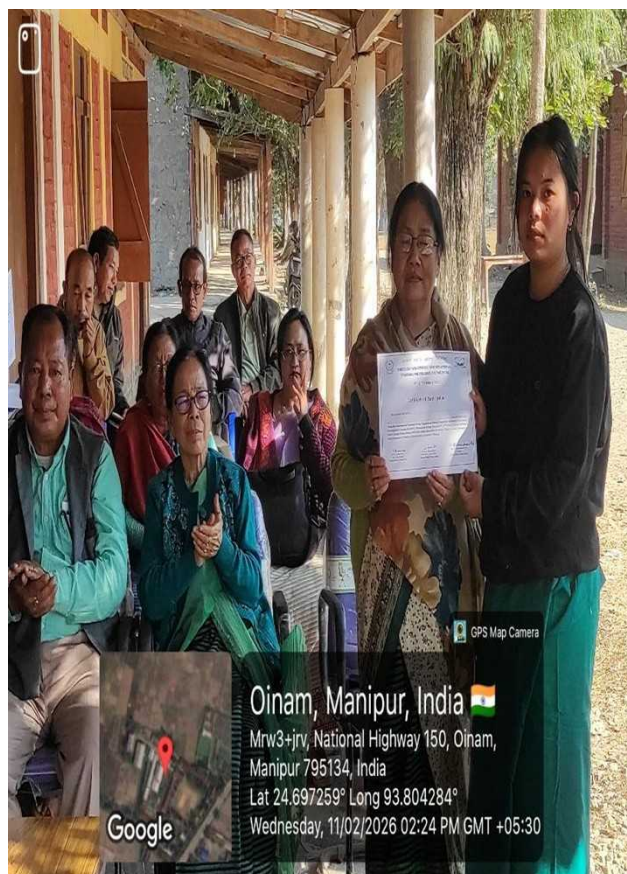
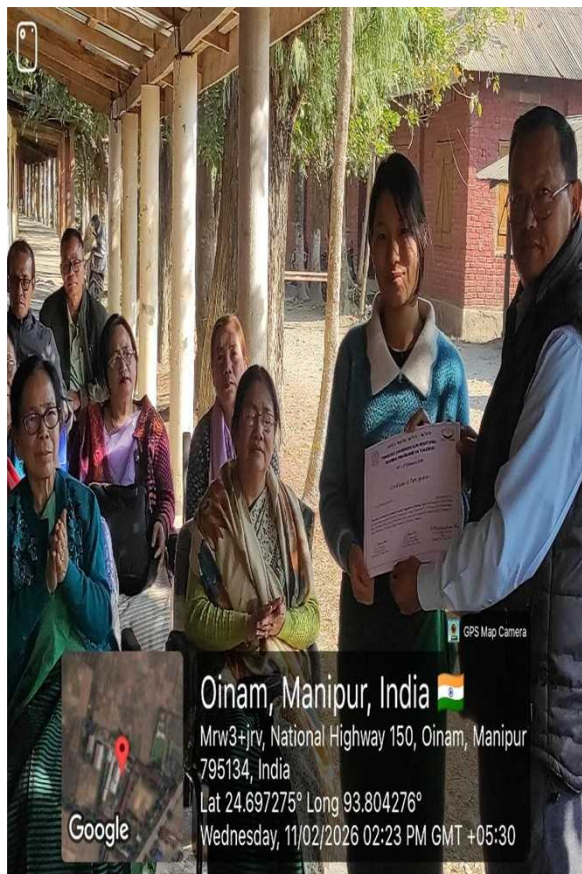


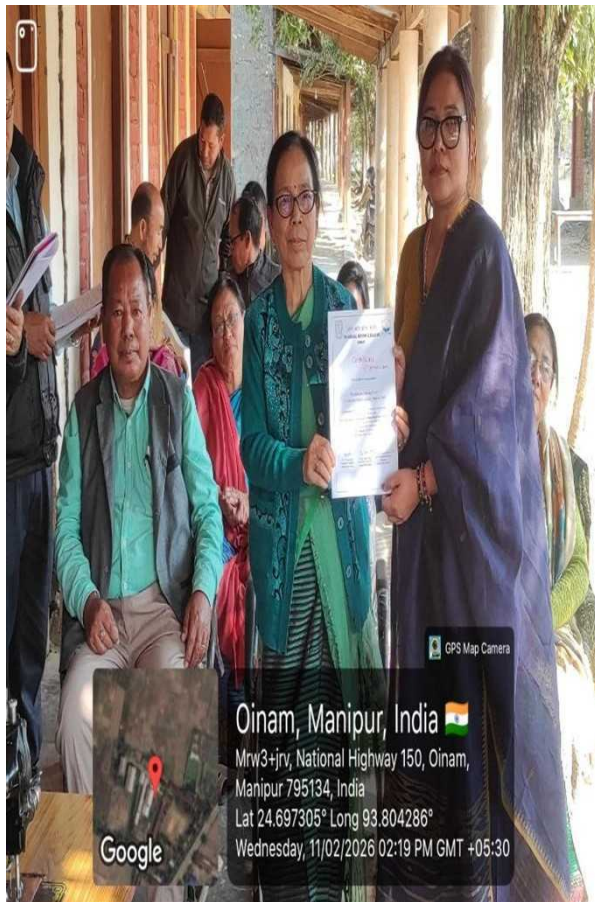














ਯੁਜ਼ਨੇ ਕਰੀਐ ਯੁੱਟੰਟ, ਯੰਨਏਸ਼
THAMBAL MARIK COLLEGE
OINAM



THREE DAY
AWARENESS CUM VOCATIONAL TRAINING
PROGRAMME ON
DOLL MAKING

16th, 17th & 18th February, 2026

Budget: 75,000/-

Organised by :

**Department of Home Science in collaboration with Internal
 Quality Assurance Cell (IQAC), Thambal Marik College, Oinam**

Dr. Th. Noaba Singh
Programme Coordinator
PM-Usha

Dr. R.K. Romen Singh
College Nodal Officer (CNO)
PM-Usha

GOVERNMENT OF MANIPUR
OFFICE OF THE PRINCIPAL
THAMBAL MARIK COLLEGE, OINAM

NOTICE

Oinam, the 11th February, 2026

No.3/1/2025-TMC(PM-USHA) : It is hereby informed to all the teaching, non-teaching staff and students that Thambal Marik College (Department of Home Science & Internal Quality Assurance Cell) is organising a '**Three-Day Awareness Cum Vocational Training Programme on Doll Making**' as part of Soft Components Implementation under PM-USHA from 16th to 18th February, 2026 at the Department of Home Science.

Intake capacity is limited to 100 participants only. So interested teaching, non-teaching staff and students are requested to contact Dr. R.K. Romen Singh, College Nodal Officer, **PM-USHA**, for further information and registration.



(Dr. M. Bhuvaneshwari Devi)

Principal

Thambal Marik College, Oinam

Principal
Thambal Marik College
Oinam

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3. CNO, PM-USHA, Thambal Marik College, *for necessary action*
4. IQAC, Coordinator, TMC
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7. Notice board
8. Guard file.

Report on Three-Day Awareness-cum-Vocational Training Programme on Doll Making

The Department of Home Science, in collaboration with the Internal Quality Assurance Cell (IQAC) of the College, successfully organised a **Three-Day Awareness-cum-Vocational Training Programme on Doll Making** from 16th to 18th February 2026. The programme was organised with the objectives of promoting self-employment, preserving traditional handicrafts, and enhancing creativity and practical skills among the participants.

The programme aimed to empower women, youth, and interested members of the community by equipping them with practical skills in handmade doll production, design innovation, and basic entrepreneurship. The training combined awareness sessions on the significance of handicrafts and livelihood opportunities with hands-on demonstrations and practical exercises. Expert resource persons in handicraft and doll making guided the participants throughout the programme, ensuring both conceptual understanding and skill-based learning.

Day 1: Inauguration and Technical Sessions (Awareness Session and Introduction to Doll Making)

The programme commenced with a formal inaugural ceremony. The event began with a welcome address by **Dr. R.K. Romen Singh, Programme Coordinator**, who outlined the objectives and significance of the training programme.

Dr. M. Bhubaneswari Devi, Principal of the College, highlighted the importance of skill development initiatives under schemes associated with the **Ministry of Skill Development and Entrepreneurship**. She emphasised the role of vocational education in promoting self-reliance, entrepreneurship, and financial independence. The inaugural session concluded with words of encouragement to the participants to actively engage in the training and make the best use of the opportunity.

The first technical session was conducted by **Doll Expert Asem Ranjana Devi**. The session focused on creating awareness about the role of handicrafts in income generation, livelihood promotion, and cultural preservation. The resource person discussed the historical and cultural significance of traditional crafts in India and referred to initiatives supported by organisations such as the **Khadi and Village Industries Commission (KVIC)** and the **National Skill Development Corporation (NSDC)** for promoting entrepreneurship and skill development.

Participants were encouraged to view doll making not merely as a recreational activity but also as a potential source of self-employment and income generation. Emphasis was placed on product quality, creativity, innovation, attractive presentation, and packaging to enhance the market value of handmade products.

In the second technical session, **Dr. Sangeeta Maisnam** introduced the participants to the basic concepts and techniques of doll making. The session covered:

- Different types of dolls, including cloth dolls, decorative dolls, and traditional dolls.
- Raw materials required, such as cloth, cotton, threads, beads, wool, glue, and paints.
- Basic tools and equipment used in doll making.
- Fundamental techniques of cutting, stitching, stuffing, shaping, and decoration.

A live demonstration was conducted to explain the step-by-step process of making a simple cloth doll. Participants practised cutting fabric patterns, stitching the different parts, stuffing and shaping the doll, and attaching facial features. Each participant was provided with a starter kit and was encouraged to begin making a basic doll independently.

By the end of the first day, the participants had successfully completed the basic structure of their first doll and gained an understanding of the fundamental techniques involved in doll making.

Day 2: Technical Sessions (Skill Development, Advanced Techniques and Design Innovation)

The second day was conducted by **Dr. L. Ipiton Devi** (Assistant Professor, Dept. of Home Science) and focused primarily on strengthening the technical skills of the participants and introducing creative and innovative design elements.

At the beginning of the session, participants shared their experiences and discussed the challenges they had encountered while stitching and shaping their dolls. Their doubts relating to stitching consistency, stuffing techniques, proportions, and finishing were addressed by the resource person.

The technical session introduced participants to several advanced techniques, including:

- Designing traditional attire for dolls.
- Making doll hair using wool and threads.
- Creating facial expressions through embroidery.
- Designing decorative accessories such as bangles, necklaces, and headgear.
- Developing culturally inspired and theme-based dolls.

The resource person demonstrated techniques for creating dolls representing regional traditions and cultural themes. Special emphasis was placed on precision, symmetry, proportion, neatness, and finishing. Hands-on practice continued throughout the session, with the resource person providing individual guidance and assistance to participants. Participants were encouraged to experiment with different colour combinations and develop theme-based dolls such as **festival dolls, bridal dolls, and folk dolls**. They were also encouraged to incorporate eco-friendly and recycled materials wherever possible, thereby promoting sustainable craft practices.

During the latter half of the day, a short awareness session on entrepreneurship was organised. The session introduced participants to essential aspects of establishing a small-scale craft-based enterprise, including:

- Estimation of production costs.
- Fixing appropriate selling prices.
- Calculation of profit.
- Basic marketing strategies.
- Packaging and product presentation.
- Opportunities through local exhibitions and craft fairs.
- Self-Help Groups (SHGs) and cooperative marketing.
- Online platforms such as Amazon and Flipkart for marketing handmade products.

The session helped participants understand that technical skills, when combined with basic business knowledge and effective marketing, can contribute significantly to sustainable self-employment.

Day 3: Hands-on Training, Quality Control, Exhibition and Valedictory Function :

The third day was dedicated to **production practice, quality assessment, product presentation, and programme evaluation**. Participants were given an opportunity to independently create a complete doll from beginning to end. The activity was designed to assess their understanding of the techniques introduced during the previous two days and their ability to apply the skills without continuous supervision. The participants displayed considerable confidence, enthusiasm, and creativity. Several participants experimented with unique costume designs, colour combinations, hairstyles, and decorative features, reflecting their individual creativity and understanding of the techniques taught during the programme.

A dedicated session on **quality control** was also conducted. Participants were guided on the importance of:

- Proper and secure stitching to prevent tearing.
- Balanced stuffing to maintain the desired shape.
- Secure attachment of accessories.
- Symmetry and proportion.
- Neat and clean finishing.
- Attractive and appropriate product presentation.

The resource person also introduced basic packaging techniques to improve the appeal and marketability of handmade dolls. Participants learned how simple packaging materials, such as transparent covers, ribbons, and labels, could enhance the overall presentation of their products. An exhibition was organised at the training venue to showcase the dolls created by the participants. Each participant displayed their finished product and explained the design concept, materials used, and creative features incorporated into the doll. The exhibition provided an opportunity for participants to appreciate one another's work and gain confidence in presenting their products.

Valedictory Function and Distribution of Certificates :

The valedictory function marked the successful conclusion of the three-day programme. The **Programme Coordinator** summarised the activities undertaken during the training and appreciated the active participation, enthusiasm, and commitment demonstrated by the trainees. Certificates were distributed to the participants in recognition of their successful completion of the training programme. **Dr. M. Bhubaneshwari Devi, Principal of the College**, congratulated the participants and encouraged them to continue practising the skills acquired during the training. She also motivated them to explore self-employment opportunities and government-supported skill development initiatives for further growth and livelihood generation.

Outcomes of the Programme :

The Three-Day Awareness-cum-Vocational Training Programme on Doll Making resulted in significant skill enhancement and increased entrepreneurial awareness among the participants. The major outcomes of the programme were:

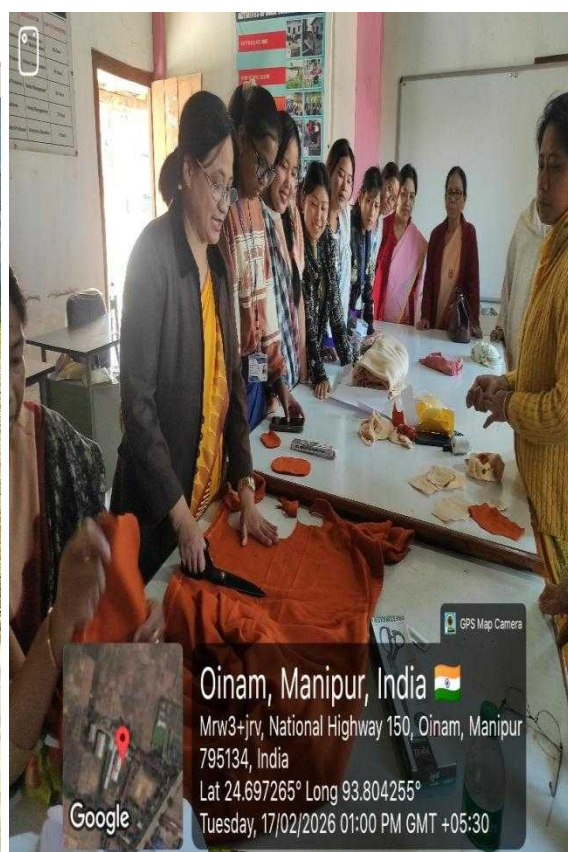
1. Participants acquired practical knowledge of doll designing, cutting, stitching, stuffing, decoration, finishing, and quality control.
2. Participants developed greater confidence in independently producing handmade dolls.
3. The training enhanced creativity, design skills, and the ability to experiment with different themes and materials.
4. Participants gained basic knowledge of costing, pricing, packaging, and marketing of handmade products.
5. The programme created awareness about self-employment and small-scale entrepreneurial opportunities.
6. Participants were introduced to opportunities through exhibitions, Self-Help Groups, cooperative marketing, and online platforms.
7. The programme encouraged the use of traditional and eco-friendly materials, thereby contributing to the preservation of handicrafts and sustainable craft practices.
8. Group activities and hands-on training strengthened participants' teamwork, communication, and problem-solving skills.
9. Several participants expressed their willingness to pursue doll making as a source of income or to explore the possibility of forming Self-Help Groups.

Participants' Feedback :

The participants expressed **high levels of satisfaction** with the overall organisation, content, and delivery of the training programme. They particularly appreciated the practical and hands-on nature of the sessions, as well as the clear demonstrations and individual guidance provided by the resource persons. The entrepreneurship session and information relating to marketing opportunities were considered especially useful for participants interested in starting small-scale businesses. Many participants reported that the programme had improved their confidence, creativity, stitching skills, and understanding of product finishing and presentation. The participants found the programme motivating and empowering and expressed interest in continuing to practise doll making as a potential sustainable income-generating activity. Overall, the programme was highly successful, encouraging, and relevant in the present context. It motivated participants to view traditional craft skills as a viable avenue for self-employment and sustainable livelihood opportunities.

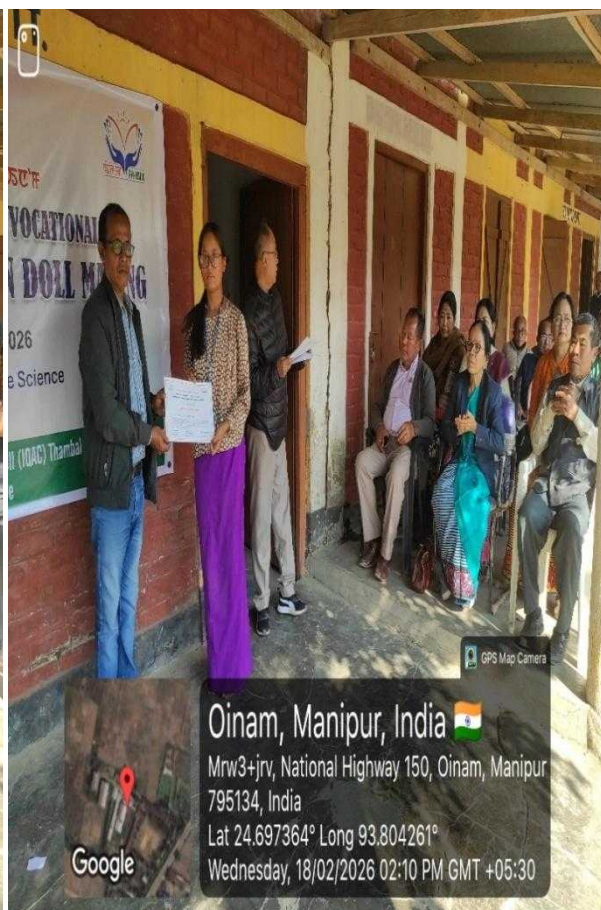
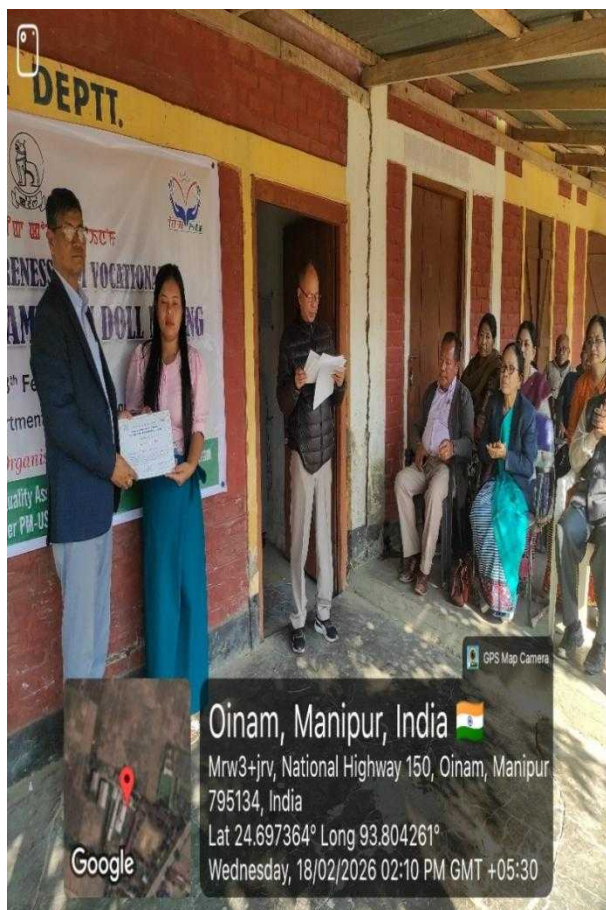
















ਯੁਜ਼ਨੇ ਕਰੀਐ ਯੁੱਟੰਟ, ਘੰਨਏਸ਼
THAMBAL MARIK COLLEGE
OINAM



THREE DAY
AWARENESS CUM VOCATIONAL TRAINING
PROGRAMME ON
CANDLE & INCENSE STICK PREPARATION

19th, 20th & 21st February, 2026

Budget: 75,000/-

Organised by :

**Department of Home Science in collaboration with Internal
 Quality Assurance Cell (IQAC) Thambal Marik College, Oinam**

Dr. Th. Noaba Singh
Programme Coordinator
PM-Usha

Dr. R.K. Romen Singh
College Nodal Officer (CNO)
PM-Usha



GOVERNMENT OF MANIPUR
OFFICE OF THE PRINCIPAL
THAMBAL MARIK COLLEGE, OINAM

NOTICE

Oinam, the 17th February, 2026

No.4/1/2025-TMC(PM-USHA) : It is hereby informed to all the teaching, non-teaching staff and students that Thambal Marik College (Department of Home Science & Internal Quality Assurance Cell) is organising a **‘Three-Day Awareness Cum Vocational Training Programme on Candle and Incense Stick Preparation’** as part of Soft Components Implementation under PM-USHA from 19th to 21th February, 2026 at the Department of Home Science.

Intake capacity is limited to 100 participants only. So interested students are requested to contact Dr. R.K. Romen Singh, College Nodal Officer, **PM-USHA**, for further information and registration.

(Dr. M. Bhubaneshwari Devi)

Principal

Thambal Marik College, Oinam

Principal
Thambal Marik College
Oinam

Copy to:

1. Director, University & Higher Education, Govt. of Manipur
2. District Nodal Officer (DNO), PM-USHA
3. CNO, PM-USHA, Thambal Marik College, *for necessary action*
4. IQAC, Coordinator, TMC
5. HoD, Home Science, TMC
6. Students' Union, TMC
7. Notice board
8. Guard file.



Report on Three-Day Awareness-cum-Vocational Training Programme on Candle and Incense Stick Preparation

‘Three-Day Awareness-cum-Vocational Training Programme on Candle and Incense Stick Preparation’ was successfully organised by the Department of Home Science in collaboration with the Internal Quality Assurance Cell (IQAC) of the College from 19 to 21 February 2026.

The programme was organised with the objectives of promoting skill-based education, encouraging entrepreneurship, and creating awareness about self-employment opportunities among students and community members. The initiative was aligned with the institution's commitment to experiential learning, women empowerment, skill development, and community development.

Vocational training plays an important role in equipping individuals with practical skills that can generate income and promote economic independence. Recognising the growing demand for decorative, scented, and designer candles, as well as incense sticks, in domestic and commercial markets, the Department of Home Science organised the training to provide participants with hands-on experience and knowledge of small-scale production techniques.

The programme received an enthusiastic response from students of the Department of Home Science and other interested participants. Faculty members actively coordinated the programme to ensure its smooth execution and effective learning outcomes.

Day 1: 19th February 2026

Inauguration and Basic Candle Making :

The programme commenced with an inaugural session. **Dr. R.K. Romen Singh, College Nodal Officer, PM-USHA**, welcomed the Principal of the College, **Dr. M. Bhubaneshwari Devi**, the resource person, faculty members, and participants.

In the opening address, the importance of vocational education in today's competitive world was highlighted. The objectives of the programme, particularly skill enhancement, income generation, self-employment, and entrepreneurial development, were also emphasised by the Principal. Participants were encouraged to actively participate in the practical sessions and make effective use of the skills acquired during the training.

The technical session was conducted by **W. Premjit Singh**, who introduced candle making as a potential small-scale enterprise. The session covered the history, scope, and market demand for candles in various sectors, including festivals, religious ceremonies, home décor, hospitality, and emergency lighting. The increasing popularity of decorative and scented candles and their potential commercial value were also discussed.

The participants were introduced to the raw materials and equipment required for candle making, including:

- Paraffin wax
- Sanchar
- Gel wax
- Scissors

- Yarns and wicks
- Fragrance oils
- Brighter powder
- Colour powder
- Moulds
- Containers

The importance of observing safety precautions while handling hot wax, heating equipment, and other materials was also explained.

Following the theoretical session, a live demonstration was conducted. The resource person demonstrated the **double-boiler method of melting wax, proper wick placement, colour mixing, fragrance addition, and mould-pouring techniques**. Participants carefully observed each step and noted the technical details.

The demonstration was followed by a hands-on practical session in which participants prepared simple mould candles under expert supervision. They were given opportunities to clarify their doubts regarding temperature control, finishing techniques, and the removal of air bubbles. The first day concluded with an interactive discussion and practical training session.

Day 2: 20th February 2026

Advanced Candle Designing, Entrepreneurship and Incense Stick Preparation :

The second day focused on advanced candle-making techniques, product design, value addition, and entrepreneurship. The session began with a brief review of the activities undertaken on the first day, followed by an introduction to decorative and designer candles.

W. Premjit Singh, the resource person, explained how creativity, innovation, and attractive presentation can significantly enhance the market value of candle products. Participants were introduced to several advanced techniques, including:

- Layered candles
- Multicoloured candles
- Gel candles
- Floating candles
- Scented candles

The resource person demonstrated the preparation of gel candles using transparent containers and decorative materials such as dried flowers and glitter. Emphasis was placed on aesthetic appeal, colour combinations, fragrance selection, finishing, and overall product presentation.

Participants actively engaged in the practical sessions and prepared decorative candles using different colour combinations and fragrance blends. They learned techniques for achieving smooth finishing and professional presentation. The hands-on activities helped participants develop confidence in handling materials and preparing products independently.

An entrepreneurship session was also conducted, covering **cost calculation, pricing strategies, packaging techniques, branding, and marketing opportunities**. Participants

were informed that demand for decorative candles generally increases during festivals, celebrations, special occasions, and other events. The resource person explained that candle making can be initiated with relatively low investment and has potential as a home-based enterprise, particularly for women and rural youth.

Participants expressed keen interest in exploring candle making as a potential source of self-employment and supplementary income.

The second technical session of the day was conducted by **W. Sunibala Devi, IDP**, who introduced participants to the preparation of incense sticks. The session provided an initial understanding of the materials, basic preparation process, and practical requirements involved in incense-stick production.

Day 3: 21st February 2026

Incense Stick Preparation, Quality Control and Valedictory Function :

The third day was dedicated primarily to **incense stick (agarbatti) preparation**, along with a practical review of candle-making skills. The session began with an overview of the incense-stick industry and its importance in religious, cultural, and domestic settings.

Dr. L. Ipiton Devi, Assistant Professor, Department of Home Science, Thambal Marik College, explained the widespread use of incense sticks in households, temples, spiritual centres, and other settings, thereby highlighting their consistent market potential.

Participants were introduced to the major raw materials used in incense-stick preparation, including:

- Charcoal powder
- Jigat powder
- Wood powder
- Bamboo sticks
- Fragrance oils

The correct proportions of the materials and appropriate binding techniques were explained to ensure suitable texture, consistency, and uniformity.

A step-by-step practical demonstration was conducted on preparing the incense paste and applying it evenly to bamboo sticks. Participants practised the rolling technique under supervision and learned how to maintain uniform thickness throughout the stick.

The resource person also demonstrated the **drying process and fragrance-dipping technique**. Participants were guided on quality-control measures, appropriate packaging, and storage methods to preserve fragrance, product quality, and durability.

The session also included a discussion on small-scale business opportunities, initial investment requirements, pricing, packaging, and potential markets for incense sticks. This helped participants understand how the skills acquired during the training could be converted into a small home-based enterprise.

Valedictory Function and Distribution of Certificates

The programme concluded with a valedictory session. Participants shared their experiences and expressed their satisfaction with the knowledge and practical skills gained during the three-day programme. They particularly appreciated the practical exposure, demonstrations, individual guidance, and entrepreneurship-related information provided during the training. Certificates of participation were distributed to all trainees as a token of appreciation and encouragement for their successful participation in the programme.

Outcomes of the Programme :

The training programme successfully enhanced the practical skills and entrepreneurial awareness of the participants. Through theoretical sessions, demonstrations, and hands-on practice, participants gained knowledge of the complete process of candle and incense-stick production. The major outcomes of the programme included:

1. Participants acquired practical knowledge of candle and incense-stick preparation.
2. Participants learned about the selection and proper handling of raw materials and equipment.
3. They gained experience in candle moulding, colouring, fragrance addition, designing, finishing, and packaging.
4. Participants learned the basic techniques of preparing and rolling incense sticks and applying fragrances.
5. The programme enhanced participants' creativity and design skills, particularly in decorative candle making.
6. Participants gained awareness of safety measures and quality-control practices.
7. The entrepreneurship sessions provided basic knowledge of cost calculation, pricing, packaging, branding, and marketing.
8. Participants became aware of the potential of candle and incense-stick production as low-investment, home-based enterprises.
9. The training encouraged self-employment, financial independence, and entrepreneurial thinking, particularly among women and youth.
10. Participants gained confidence in independently producing and presenting handmade products.

Participants' Feedback :

The feedback received from the participants was **highly positive and encouraging**. Participants appreciated the well-structured programme, practical demonstrations, and hands-on training sessions. They expressed that the resource persons explained each step clearly, making the techniques easy to understand and practise. Many participants reported that the training enhanced their confidence and motivated them to consider starting small-scale candle and incense-stick production from home. The entrepreneurship session, particularly the information relating to **cost calculation, pricing, packaging, and marketing strategies**, was considered especially useful. Participants also expressed their desire for more skill-based and vocational training programmes to be organised in the future. They conveyed their appreciation to the Principal, **Dr. M. Bhubaneshwari Devi**, and the Department of Home Science for providing them with an opportunity to acquire practical skills that could contribute to self-employment and livelihood generation. Overall, the programme was highly successful and meaningful in promoting **skill development, creativity, entrepreneurship,**

women empowerment, and economic self-reliance. The enthusiastic participation and positive feedback from the trainees demonstrated the relevance and effectiveness of such vocational training initiatives.











ਯਸ਼ਨੇ ਸ਼ਬੰਧਿ ਸ਼ੰਟੰਟ, ਯੰਨਏਸ਼
THAMBAL MARIK COLLEGE
OINAM



THREE□DAY □
AWARENESS CUM VOCATIONAL TRAINING
PROGRAMME ON □
FISH FERMENTATION TECHNOLOGY□

12th, 13th & 14th March, 2026□

Budget: 1,00,000/-

Organised by :

**Internal Quality Assurance Cell (IQAC) Thambal Marik
 College, Oinam**

Dr. Th. Noaba Singh
Programme Coordinator
PM-Usha

Dr. R.K. Romen Singh
College Nodal Officer (CNO)
PM-Usha

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GOVERNMENT OF MANIPUR
OFFICE OF THE PRINCIPAL
THAMBAL MARIK COLLEGE, OINAM

NOTICE

Oinam, the 9th March, 2026

No.5/1/2025-TMC(PM-USHA) : It is hereby informed to all the teaching, non-teaching staff and students that Thambal Marik College in collaboration with **M/s MIS Dry Fish Fermentaton**, Phoijing Chining is organising a ‘**Three-Day Awareness Cum Vocational Training Programme on Fish Fermentation Technology**’ as part of Soft Components Implementation under PM-USHA from 11th to 13th March, 2026 at Nambol Phoijing Chining,

Intake capacity is limited to 100 participants only. So interested students are requested to contact Dr. R.K. Romen Singh, College Nodal Officer, **PM-USHA**, for further information and registration.



(Dr. M. Bhubaneswari Devi)

Principal

Thambal Marik College, Oinam

Principal
Thambal Marik College
Oinam

Copy to:

1. Director, University & Higher Education, Govt. of Manipur
2. District Nodal Officer (DNO), PM-USHA
3. CNO, PM-USHA, Thambal Marik College, *for necessary action*
4. IQAC, Coordinator, TMC
5. Students' Union, TMC
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Report on Three-Day Awareness-cum-Vocational Training Programme on Fish Fermentation Technology

‘Three-Day Awareness-cum-Vocational Training Programme on Fish Fermentation Technology’ was successfully organised by the Internal Quality Assurance Cell (IQAC) of the College in collaboration with MIS Dry Fish Fermentation, Nambol Phojing, from 12 to 14 March, 2026.

The programme was conceptualised as part of the institution's commitment to academic extension, skill development, and community outreach, with particular emphasis on promoting indigenous knowledge systems alongside scientific innovation. The programme was organised under the **PM-USHA Soft Component**, sponsored by the **Department of Higher Education, Government of India, and DUHE, Government of Manipur**.

Fish fermentation is a traditional food-processing technique widely practised in many regions, particularly in North-East India, where it has considerable cultural, nutritional, and economic significance. Despite its importance, there remains a need to bridge the gap between traditional practices and scientific approaches to ensure improved quality, safety, preservation, and commercial potential. The training programme was therefore designed to provide participants with scientific knowledge, practical skills, and entrepreneurial guidance related to fish fermentation technology.

Day 1: 12th March 2026

Inauguration and Technical Session: Awareness and Theoretical Foundation ;

The first day of the programme commenced with a formal inaugural ceremony. The session began with a welcome address delivered by **Dr. R.K. Romen Singh, College Nodal Officer, PM-USHA**, who welcomed the dignitaries, resource persons, faculty members, and participants.

This was followed by an introductory address highlighting the objectives, relevance, and expected outcomes of the training programme. **Dr. M. Bhubaneshwari Devi, Principal of the College**, emphasised the importance of integrating traditional food-processing techniques with scientific knowledge and validation to ensure quality, safety, sustainability, and scalability. She also highlighted the role of vocational training in empowering youth and promoting skill-based education and livelihood opportunities.

The technical sessions of the day focused on the theoretical foundations of fish fermentation technology. **Y. Jilangamba Singh**, the resource person, delivered detailed lectures on the following topics:

- **History and Traditional Practices of Fish Fermentation:** An overview of indigenous fermentation methods practised in different regions, particularly in North-East India.
- **Scientific Principles of Fermentation:** An introduction to the biochemical and microbiological processes involved in fermentation and the role of beneficial microorganisms.

- **Nutritional Value and Health Benefits:** Discussion on the nutritional characteristics of fermented fish products, including protein content, digestibility, and potential probiotic benefits.
- **Socio-Economic Significance:** The importance of fish fermentation in supporting rural livelihoods, preserving cultural heritage, and contributing to local economies.

Practical Demonstration: Preparation of Fermentation Pot

As part of the hands-on training, the resource person demonstrated the preparation and conditioning of a traditional earthen fermentation pot. Participants were informed that a new earthen pot is traditionally conditioned by applying mustard oil approximately **thirteen times** to properly treat and seal its surface, whereas a previously used pot requires approximately **one application** of mustard oil.

The resource person further explained that the traditional fermentation pot is generally prepared from a mixture of approximately **70% clay (mud) and 30% sand**, which provides suitable strength, porosity, and structural characteristics for the fermentation process.

The practical demonstration enabled participants to understand the relationship between traditional materials, preparation methods, and the fermentation process.

Day 2: 13 March 2026

Technical Session: Practical Training, Demonstration and Skill Enhancement :

The second day was conducted by **L. Ibohah Singh, Resource Person**, and was devoted primarily to practical training and hands-on learning. The session aimed to equip participants with the technical skills required for the preparation and processing of fermented fish products.

The resource person conducted live demonstrations and explained each stage of the process in detail. The major components of the training included:

- **Selection and Handling of Raw Materials:** Identification of suitable fish species, cleaning procedures, and appropriate pre-processing methods.
- **Preparation and Processing Techniques:** Step-by-step demonstration of traditional and improved fermentation processes, including salting, layering, and setting up the fermentation process.
- **Control of Fermentation Conditions:** Importance of temperature, humidity, and fermentation duration in achieving desirable product quality.
- **Hygiene and Sanitation:** Importance of maintaining cleanliness and preventing contamination during processing.
- **Quality-Control Measures:** Identification of good-quality products, detection of spoilage, and maintenance of appropriate quality standards.
- **Preservation and Storage:** Techniques for extending shelf life and ensuring safe storage of fermented fish products.
- **Packaging and Labelling:** Introduction to suitable packaging materials and labelling practices for product presentation and marketing.

Participants were divided into groups and actively involved in the various practical activities. They were encouraged to perform each step under the supervision and guidance of the resource person.

The participatory approach significantly enhanced the participants' understanding and confidence. The hands-on component was particularly appreciated because it provided real-life exposure to the techniques and enabled participants to acquire practical knowledge that could be applied in household food processing as well as potential entrepreneurial ventures.

Day 3: 14 March 2026

Hands-on Training, Entrepreneurship Development, Valedictory Function and Distribution of Certificates :

The third and final day focused on translating the knowledge and technical skills acquired during the first two days into practical applications, particularly in the areas of **entrepreneurship, value addition, and income generation.**

The sessions covered a range of topics designed to encourage participants to explore business opportunities related to fish fermentation. These included:

- **Scope for Entrepreneurship:** Identification of opportunities for establishing small-scale and home-based enterprises.
- **Value Addition and Product Diversification:** Techniques for improving product appeal, quality, and market value through innovation.
- **Packaging, Branding and Marketing Strategies:** Importance of attractive packaging, appropriate labelling, branding, and effective marketing for reaching wider markets.
- **Economic Viability and Cost Analysis:** Basic concepts of investment, production costs, pricing, and profit margins.
- **Government Schemes and Financial Support:** Awareness of government initiatives, subsidies, and loan facilities that may support startups and small-scale enterprises.

Participants were encouraged to develop an entrepreneurial mindset and utilise the knowledge and skills gained through the programme for self-employment and livelihood generation.

A demonstration and presentation session was also organised, during which participants showcased their learning outcomes and shared their experiences. The activity provided an opportunity for participants to demonstrate their understanding of the techniques and discuss the practical challenges and opportunities associated with fish fermentation.

Valedictory Function and Distribution of Certificates :

The training programme concluded with a valedictory function. During the function, participants shared their experiences and expressed their appreciation for the systematic organisation, practical orientation, and informative content of the programme.

Dr. M. Bhubaneshwari Devi, Principal, Thambal Marik College, appreciated the government's initiative in promoting such skill-development programmes and highlighted their potential to create self-employment opportunities for people in the surrounding localities. Certificates were distributed to all participants in recognition of their active participation and successful completion of the training programme.

The organisers expressed their sincere gratitude to the resource persons for their valuable contributions and to all the participants for their enthusiastic involvement. The programme concluded on a positive note with a vote of thanks delivered by **Dr. Th. Naoba Singh, Programme Coordinator**.

Outcomes of the Programme :

The Three-Day Awareness-cum-Vocational Training Programme successfully enhanced participants' knowledge and practical understanding of fish fermentation technology by integrating theoretical concepts with hands-on training.

The major outcomes of the programme were:

1. Participants gained an understanding of traditional and scientific approaches to fish fermentation.
2. They acquired practical knowledge of raw-material selection, cleaning, preparation, salting, layering, and fermentation.
3. Participants learned about appropriate fermentation conditions and their influence on product quality.
4. The training enhanced awareness of hygiene, sanitation, food safety, preservation, and quality control.
5. Participants gained practical experience in the preparation and handling of fermented fish products.
6. The programme promoted awareness of the cultural and economic significance of indigenous fish-fermentation practices.
7. Participants were introduced to value addition, packaging, labelling, branding, and marketing strategies.
8. The entrepreneurship sessions encouraged participants to explore small-scale and home-based business opportunities.
9. Participants gained awareness of basic cost analysis, pricing, investment requirements, and potential profit margins.
10. The programme contributed to skill development, self-confidence, preservation of indigenous knowledge, and sustainable livelihood promotion.

Participants' Feedback :

The participants provided **highly positive and encouraging feedback** regarding the programme. They appreciated its systematic organisation, informative content, and practical orientation. Participants reported that the sessions were well planned, interactive, and easy to understand, including for those with limited prior knowledge of fish fermentation.

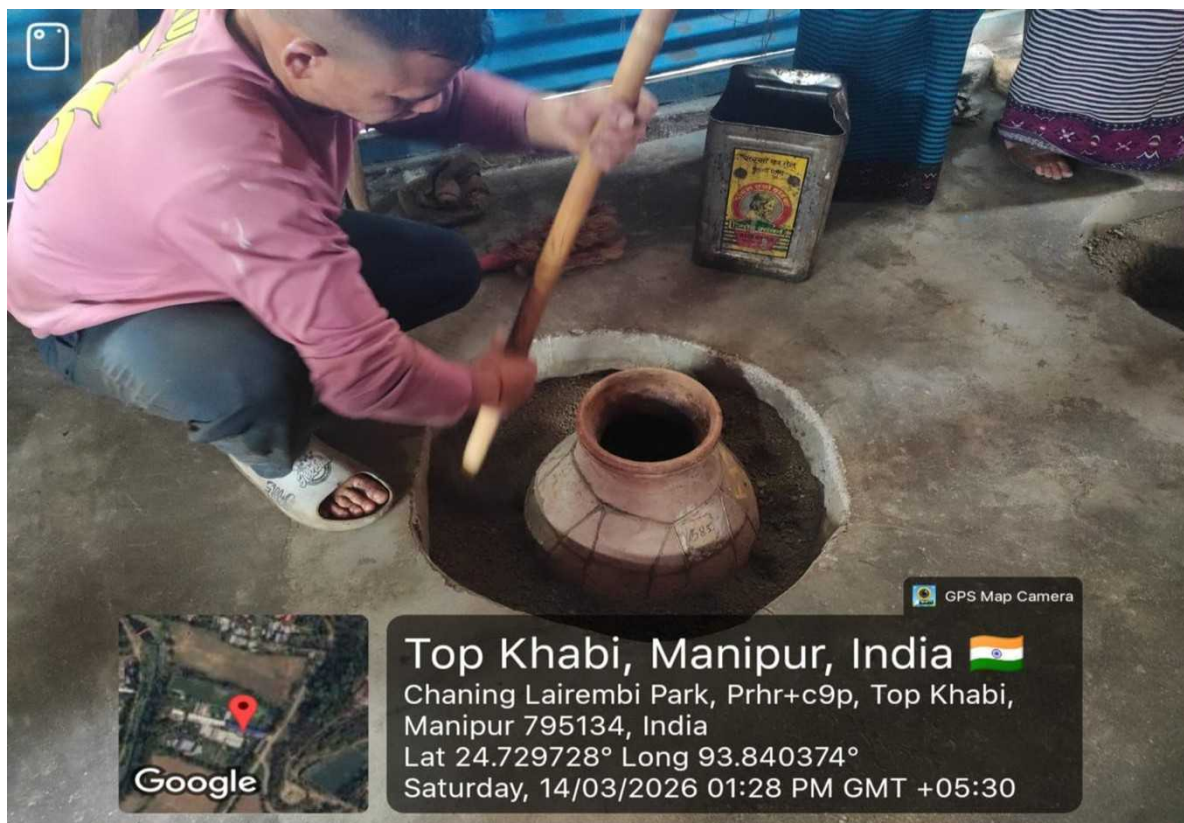
The resource persons were particularly appreciated for their clear explanations, practical approach, and willingness to address participants' queries in detail.

The **hands-on training component** was especially well received, as it provided participants with real-life exposure and increased their confidence in preparing fermented fish products independently. Participants also valued the emphasis placed on hygiene, quality control, preservation, and the integration of scientific methods with traditional practices.

The sessions on entrepreneurship, packaging, branding, and marketing were considered particularly motivating and useful for participants interested in exploring fish fermentation as a source of livelihood. Many participants suggested that similar programmes should be organised in the future with a **longer duration and more advanced modules** to enable them to develop further technical and entrepreneurial skills. Overall, the programme was **highly relevant, practical, and beneficial**, contributing significantly to community outreach, vocational empowerment, promotion of indigenous knowledge, and the development of sustainable income-generating opportunities.















ਯਸ਼ਨੇ ਸ਼ਬੰਧਿ ਸ਼ੰਟੰਟ, ਯੰਨਏਸ਼
THAMBAL MARIK COLLEGE
OINAM



THREE□DAY □
AWARENESS CUM VOCATIONAL TRAINING
PROGRAMME ON □
BAMBOO FERMENTATION TECHNOLOGY□

16th – 18th March, 2026□



Budget: 1,00,000/-

Organised by :

**Internal Quality Assurance Cell (IQAC) Thambal Marik
 College, Oinam**

Dr. Th. Noaba Singh
Programme Coordinator
PM-Usha

Dr. R.K. Romen Singh
College Nodal Officer (CNO)
PM-Usha

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GOVERNMENT OF MANIPUR
OFFICE OF THE PRINCIPAL
THAMBAL MARIK COLLEGE, OINAM

NOTICE

Oinam, the 14th March, 2026

No.7/1/2025-TMC(PM-USHA) : It is hereby informed to all the teaching, non-teaching staff and students that Internal Quality Assurance Cell (IQAC) of Thambal Marik College is organising a ‘**Three-Day Awareness Cum Vocational Training Programme on Bamboo Fermentation Technology**’ as part of Soft Components Implementation under PM-USHA from 16th to 18th March, 2026 at the residence of **P. Gunamani Singh** (Keinou), Asst. Professor (Geography), Thambal Marik College, Oinam

Intake capacity is limited to 100 participants only. So interested students are requested to contact Dr. R.K. Romen Singh, College Nodal Officer, **PM-USHA**, for further information and registration.

M. Bhubaneshwari Devi

(Dr. M. Bhubaneshwari Devi)

Principal

Thambal Marik College, Oinam

Principal
Thambal Marik College
Oinam

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2. District Nodal Officer (DNO), PM-USHA
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REPORT ON ‘THREE-DAY AWARENESS-CUM-VOCATIONAL TRAINING PROGRAMME ON BAMBOO FERMENTATION TECHNOLOGY’

The Internal Quality Assurance Cell (IQAC) of Thambal Marik College, Oinam, successfully organised a Three-Day Awareness-cum-Vocational Training Programme on Bamboo Fermentation Technology from 16 March 2026 to 18 March 2026 at Keinou Thongtak, at the residence of Pukhrambam Gunamani Singh, Assistant Professor, Department of Geography, Thambal Marik College, Oinam.

The programme was conceptualised and meticulously planned with the objective of integrating traditional knowledge systems with modern scientific innovation, with particular emphasis on the utilisation of bamboo as a sustainable, eco-friendly, and economically viable resource. Bamboo, often referred to as “**green gold**,” has immense potential to contribute to the socio-economic development of the region. Recognising this potential, the programme provided a platform for participants to explore both traditional practices and modern scientific approaches associated with bamboo fermentation technology.

The initiative was also aligned with the broader objectives of **sustainable development, environmental conservation, skill-based education, livelihood generation, and entrepreneurship development**. The programme was organised with the following major objectives:

1. To create awareness about the ecological, economic, and social importance of bamboo.
2. To highlight bamboo as a sustainable resource capable of supporting livelihood opportunities.
3. To introduce participants to the scientific principles and biochemical processes involved in fermentation technology.
4. To provide hands-on vocational training in bamboo fermentation techniques.
5. To enhance the practical skills and technical competence of participants.
6. To promote self-employment and entrepreneurship through bamboo-based products.
7. To encourage the sustainable utilisation of locally available resources.
8. To preserve and promote indigenous knowledge systems by integrating them with modern scientific practices.
9. To develop awareness regarding hygiene, quality control, preservation, packaging, and value addition.
10. To motivate participants to explore bamboo-based enterprises as potential livelihood opportunities.

Day 1: Inauguration and Technical Session (Awareness and Theoretical Orientation) :

The first day focused primarily on creating awareness and developing a basic theoretical understanding of bamboo fermentation technology. The day also marked the formal inauguration of the three-day programme.

The inaugural session began with a **welcome address by Dr. R.K. Romen Singh, College Nodal Officer (CNO), PM-USHA**, who highlighted the significance of organising awareness-cum-vocational training programmes under the **PM-USHA Soft Component**. He emphasised the importance of skill development, community engagement, and livelihood-oriented education. **Dr. M. Bhubaneshwari Devi, Principal, Thambal Marik College, and**

Resource Person, delivered the inaugural speech. She highlighted the immense potential of bamboo, particularly in the socio-economic context of the North-Eastern region of India. She described bamboo as “green gold” and discussed its versatility, rapid growth, renewable nature, and eco-friendly characteristics. The session also emphasised the importance of preserving traditional knowledge systems while integrating them with modern scientific methods to improve productivity, quality, and economic viability.

Fundamentals of Fermentation Technology

Participants were introduced to the fundamental principles of fermentation technology. The resource person explained different types of fermentation processes, including:

- Alcoholic fermentation
- Lactic acid fermentation
- Acetic acid fermentation
- Butyric acid fermentation
- Propionic acid fermentation
- Mixed acid fermentation
- Industrial fermentation, including submerged and solid-state fermentation

The discussion provided participants with a basic scientific understanding of fermentation and its relevance to food processing and value addition. The resource person further explained that, in the Manipuri (Meitei) context, bamboo used for fermentation, particularly in the preparation of fermented bamboo shoots locally known as *soibum*, includes several commonly used species. Their local Manipuri names were introduced as follows:

1. **Soibung** (ꯏꯪꯂꯩꯃ)
2. **Unan** (ꯏꯪꯂꯩꯃ)
3. **Khoungang** (ꯏꯪꯂꯩꯃ)
4. **Moubi** (ꯏꯪꯂꯩꯃ)

The discussion helped participants connect scientific knowledge with traditional food-processing practices prevalent in the region.

Day 2: Technical Sessions, Demonstration and Skill Development

The second day was devoted primarily to **hands-on practical training** and constituted the core vocational component of the programme. The day began with a technical lecture covering the following areas:

- Selection and processing of bamboo shoots
- Preparation techniques for fermentation
- Scientific parameters influencing fermentation quality
- Hygiene and food-safety measures
- Common challenges encountered during fermentation
- Troubleshooting techniques

Practical Demonstration :

The resource persons conducted live demonstrations of the bamboo fermentation process. Participants were shown the different stages involved, including:

- Selection and cleaning of bamboo shoots
- Cutting and preparation
- Appropriate processing methods
- Fermentation procedures
- Storage techniques
- Maintenance of hygienic conditions

Special emphasis was placed on cleanliness, proper handling, and maintenance of suitable environmental conditions to minimise contamination and ensure better fermentation quality. Following the demonstration, participants were divided into small working groups and provided with opportunities to undertake practical activities themselves. This group-based approach encouraged active participation and peer learning.

Preservation, Packaging and Value Addition :

The second session of the day focused on:

- Preservation and storage techniques
- Packaging methods
- Value addition
- Quality control
- Shelf-life management

The resource persons also discussed the market potential of bamboo-based products and emerging opportunities for small-scale industries and start-ups. The sessions encouraged participants to think beyond traditional consumption and explore ways of converting locally available bamboo resources into value-added products with greater economic potential. The day concluded with an interactive discussion in which participants shared their experiences, raised questions, and reflected on the knowledge and practical skills acquired during the training.

Day 3: Advanced Training and Entrepreneurship Orientation

The third and final day focused on consolidating the knowledge and practical skills acquired during the previous sessions and exploring their application beyond the training environment.

Advanced Practical Training :

Participants undertook advanced practical sessions in which they independently carried out bamboo fermentation procedures with minimal guidance from the resource persons. The exercise served as an assessment of their understanding and practical competence. The resource persons closely observed the activities and provided constructive feedback and suggestions for improvement. The practical exercise helped enhance the participants' confidence in independently applying the techniques learned during the programme.

Entrepreneurship Development Session :

A special session on **Entrepreneurship Development** was conducted as part of the final day's activities. The session was highly informative and motivating and focused on the potential of bamboo fermentation as a livelihood-generating activity. The major areas discussed included:

1. Scope and potential of bamboo-based industries
2. Business models for small-scale production
3. Cost-effective production techniques
4. Marketing strategies and branding
5. Government schemes and support mechanisms for start-ups

The session encouraged participants to consider bamboo fermentation technology as a viable option for self-employment, particularly in rural and semi-urban areas. Participants actively interacted with the resource persons and shared their views and experiences. They expressed appreciation for the practical orientation of the programme and highlighted the relevance of bamboo-based vocational skills in the present context of sustainable development and livelihood generation.

Valedictory Session and Distribution of Certificates :

The programme concluded with a formal **valedictory session**, during which certificates were distributed to the participants in recognition of their active participation and successful completion of the training programme.

In valedictory address, **Dr. M. Bhubaneshwari Devi, Principal, Thambal Marik College**, highly appreciated the Government's initiative in promoting programmes of this nature, particularly those that can contribute to **self-employment and livelihood generation in surrounding localities**. She emphasised the importance of developing practical skills and encouraging the sustainable utilisation of local resources. The organisers expressed their sincere gratitude to the resource persons, participants, supporting staff, and all those who contributed to the successful organisation of the programme.

Major Outcomes of the Programme :

The programme resulted in significant academic, practical, and vocational outcomes. The major outcomes included:

- Enhanced awareness of bamboo as a sustainable, renewable, and versatile resource.
- Improved understanding of the scientific principles of fermentation.
- Acquisition of practical skills in bamboo shoot preparation and fermentation.
- Exposure to appropriate preservation and storage techniques.
- Improved awareness of hygiene, food safety, and quality-control practices.
- Understanding of packaging, value addition, and shelf-life management.
- Increased awareness of the commercial potential of bamboo-based products.
- Encouragement towards self-employment and entrepreneurship.
- Exposure to basic marketing, branding, and small-scale business strategies.
- Promotion of environmentally sustainable practices.
- Strengthening of the connection between indigenous knowledge and scientific approaches.

- Enhancement of participants' confidence in applying the acquired skills independently.

Overall, the programme contributed to **skill development, knowledge enhancement, environmental awareness, livelihood orientation, and community empowerment**, in keeping with the objectives of sustainable development and vocational education.

Participants' Feedback :

The participants responded positively to the programme and appreciated its well-structured combination of theoretical knowledge and practical training.

The resource persons were particularly appreciated for their clear explanations, practical demonstrations, and interactive teaching methods, which helped participants understand technical concepts more effectively. The hands-on practical sessions were considered especially useful because they provided direct exposure to bamboo fermentation techniques and enhanced participants' confidence in applying the methods independently. Several participants expressed that the programme significantly increased their awareness of bamboo as a sustainable resource and encouraged them to explore its potential for livelihood generation and entrepreneurship. The sessions on value addition, packaging, marketing, and business opportunities were also considered highly relevant and useful. Participants suggested that similar programmes should be organised more frequently for the benefit of students, local communities, and aspiring entrepreneurs. By combining traditional knowledge with scientific understanding and practical vocational training, the programme demonstrated the potential of bamboo fermentation technology as an environmentally sustainable and economically viable avenue for livelihood generation. The programme also strengthened the institution's commitment to **community engagement, sustainable development, skill-based education, preservation of indigenous knowledge, and promotion of self-employment opportunities**.

The enthusiastic participation and positive feedback received from the participants reflected the relevance and effectiveness of the initiative. The programme may therefore be regarded as a meaningful institutional effort towards empowering students and local communities through knowledge, skills, sustainable resource utilisation, and entrepreneurship.



























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THAMBAL MARIK COLLEGE
OINAM



THREE DAY
AWARENESS CUM VOCATIONAL TRAINING
PROGRAMME ON
VERMICOMPOSTING

6th, 7th & 28th April, 2026



Budget: 75,000/-

Organised by :

Department of Zoology in collaboration with IQAC Thambal Marik College, Oinam

Dr. Th. Noaba Singh
Programme Coordinator
PM-Usha

Dr. R.K. Romen Singh
College Nodal Officer (CNO)
PM-Usha

Report on ‘Three-Day Awareness-cum-Vocational Training Programme on Vermicomposting’

The Department of Zoology in collaboration with the Internal Quality Assurance Cell (IQAC), Thambal Marik College, organised a ‘Three-Day Awareness-cum-Vocational Training Programme on Vermicomposting’ on 6th, 7th & 28th April, 2026, with the aim of promoting environmental awareness, sustainable waste management, and organic farming practices among students and participants. Vermicomposting is an eco-friendly method of converting biodegradable waste into nutrient-rich organic manure through the action of earthworms, which helps improve soil fertility and reduce environmental pollution.

The programme was organised to provide both theoretical knowledge and practical training on vermicompost preparation, maintenance of compost beds, and proper management of organic waste. It also aimed to create awareness about the harmful effects of excessive use of chemical fertilizers and the importance of sustainable agricultural practices. Through lectures, demonstrations, and hands-on activities, participants gained valuable vocational skills and practical experience that can be applied for household use, environmental conservation, and income-generating activities.

Day 1: Inauguration and Technical Session (Awareness and Theoretical Orientation)

The first day of the ‘**Three-Day Awareness-cum-Vocational Training Programme on Vermicomposting**’ began with an inaugural ceremony held at the Seminar Hall of Thambal Marik College. The programme was attended by faculty members, students, invited guests, and local participants keen interest in sustainable environmental practices. The event commenced with the registration of participants followed by the lighting of the ceremonial lamp as a mark of respect and auspicious beginning. The programme was formally opened with a welcome address delivered by **Dr. R.K. Romen Singh, College Nodal Officer (CNO) PM-USHA** who warmly welcomed the dignitaries, resource persons, faculty members, students and local participants.

Dr. M. Bhubaneshwari Devi, Principal of the College, delivered in her inaugural speech the significance of organising awareness and vocational training programmes on environmentally sustainable practices was highlighted. The principal emphasized that vermicomposting has emerged as an effective and eco-friendly method of converting biodegradable waste into nutrient-rich organic manure, thereby contributing to waste management and sustainable agriculture. Also stressed the importance of environmental conservation and encouraged students to adopt eco-friendly practices in their daily lives. It was further mentioned that such vocational training programmes not only create environmental awareness but also provide practical knowledge and self-employment opportunities for students and rural communities.

Dr. M. Shomorendra Singh, Coordinator of the Internal Quality Assurance Cell (IQAC) also addressed the gathering and spoke about the role of educational institutions in promoting community-oriented and skill-based learning activities. The coordinator highlighted that vermicomposting can play a significant role in reducing organic waste and improving soil fertility without causing harm to the environment. The participants were encouraged to

actively engage in the sessions and make effective use of the practical training opportunities provided during the programme.

The technical session of the day was conducted by the invited resource person, who delivered an insightful lecture on the concept and importance of vermicomposting. The speaker explained the meaning of vermicomposting as a biological process in which earthworms convert organic waste materials into highly nutritious compost. Detailed explanations were given on:

- Types and characteristics of earthworms used in vermicomposting
- Importance of organic manure in agriculture
- Environmental problems caused by chemical fertilizers
- Methods of biodegradable waste management
- Advantages of vermicompost in maintaining soil health and fertility
- Economic benefits and entrepreneurial opportunities related to vermicomposting

The resource person also discussed the growing importance of organic farming and sustainable agricultural practices in the present environmental context. Special emphasis was laid on how vermicomposting can help in reducing household and agricultural waste while simultaneously producing valuable organic fertilizer. To make the session more informative and interactive, audio-visual presentations and demonstration materials were used. Charts, photographs, and videos related to compost preparation, earthworm species, and composting methods helped participants understand the process more effectively. Participants showed great interest throughout the session and actively interacted with the resource person by asking questions regarding compost preparation, maintenance, and practical applications. The first day of the programme concluded with a summary of the day's proceedings and instructions regarding the practical sessions scheduled for the following days. A formal vote of thanks was delivered by a faculty member of the Department of Zoology, expressing gratitude to the Principal, IQAC, resource person, faculty members, and participants for their cooperation and active participation in making the inaugural day successful.

Day 2: Practical Training and Demonstration Session:

The second day of the '**Three-Day Awareness-cum-Vocational Training Programme on Vermicomposting**' was devoted entirely to practical training and hands-on demonstrations. The day aimed at providing participants with detailed technical knowledge and practical skills related to the preparation, maintenance, and management of vermicompost units. The session began with a brief recapitulation of the concepts discussed on the previous day. The resource person interacted with the participants and clarified doubts regarding the scientific principles and environmental importance of vermicomposting. Participants were encouraged to actively engage in the practical activities so that they could independently establish vermicompost units in their homes, institutions, or local communities.

The technical session commenced with an introduction to different species of earthworms commonly used in vermicomposting. The resource person explained the biological characteristics, feeding habits, reproduction, and adaptability of various composting earthworms. Special emphasis was given to species that are suitable for local climatic

conditions and effective in rapid decomposition of organic matter. Participants were informed about the importance of selecting healthy and active earthworms for efficient compost production. The resource person then demonstrated the step-by-step process involved in setting up a vermicomposting unit. Detailed practical explanations were provided on:

- Selection of suitable location for vermicomposting
- Construction of vermicompost pits and beds
- Use of locally available materials for low-cost vermicompost units
- Preparation and segregation of biodegradable organic waste
- Layering techniques using soil, dry leaves, cow dung, and kitchen waste
- Introduction and management of earthworms
- Maintenance of moisture, aeration, and temperature
- Protection of earthworms from predators and direct sunlight

The practical demonstration helped participants understand the scientific and technical aspects of compost preparation in a simple and effective manner. **L. Ibohal Singh**, the trainer, explained that proper moisture and aeration are essential for the survival and activity of earthworms. Participants also learned how excessive heat, waterlogging, and non-biodegradable materials can adversely affect the composting process.

The programme included a live demonstration of vermicompost bed preparation using biodegradable waste collected from nearby areas and college premises. Participants observed the process of arranging different organic materials layer by layer to create suitable conditions for decomposition. The resource person demonstrated how earthworms are introduced into the prepared bed and explained the time required for conversion of waste into nutrient-rich compost. The participants were then divided into groups and assigned practical tasks under the supervision of faculty members and trainers. Each group actively participated in:

- Collection and segregation of biodegradable waste
- Preparation of composting materials
- Construction of vermicompost beds
- Mixing and layering of organic materials
- Maintenance procedures for compost units

This group activity enabled the participants to gain direct practical experience and develop teamwork and problem-solving skills. Faculty members guided the participants throughout the process and encouraged them to apply scientific methods while preparing the compost beds. The resource person also discussed common challenges faced during vermicomposting such as foul smell, pest infestation, excessive moisture, and slow decomposition. Practical solutions and preventive measures were explained in detail. Participants were taught how to monitor the condition of the compost and identify signs of healthy decomposition.

An important highlight of the day was the discussion on the agricultural and economic significance of vermicompost. The participants learned how vermicompost improves soil texture, increases water retention capacity, enhances microbial activity, and promotes healthy plant growth. The resource person emphasized that vermicomposting can reduce dependence

on chemical fertilizers and contribute significantly to sustainable agriculture and environmental conservation. The session also focused on the entrepreneurial potential of vermicomposting. Participants were informed about how vermicompost production can be developed into a small-scale income-generating activity using minimal investment and locally available resources. The resource person encouraged students and rural youth to adopt vermicomposting as a sustainable livelihood option. The second day ended with a brief review of the activities conducted and preparation for the advanced discussions and valedictory programme scheduled for the final day.

Day 3: Advanced Techniques, Interaction Session, Valedictory Function and distribution of certificate.

On the third day, advanced aspects of vermicomposting and its entrepreneurial potential were discussed. The resource person elaborated on:

- Harvesting and storage of vermicompost
- Marketing opportunities
- Scope of vermicomposting as a small-scale enterprise
- Role of organic manure in sustainable agriculture

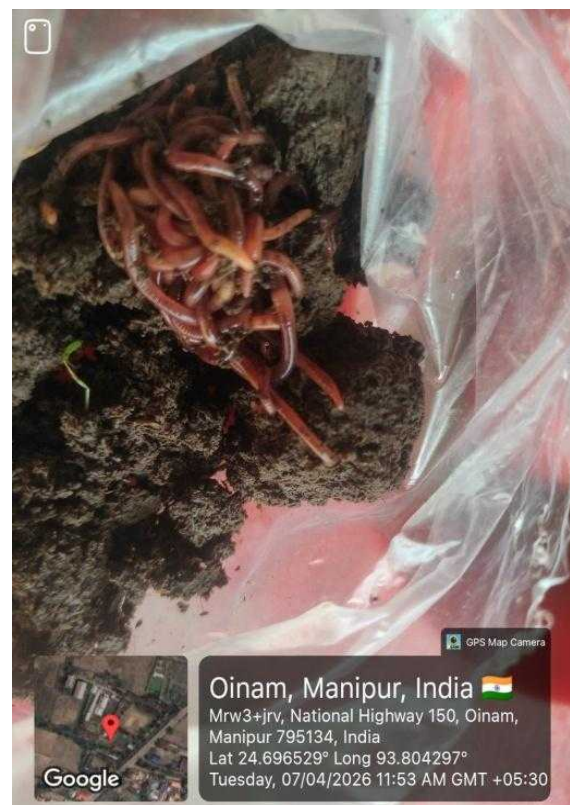
An interaction session was conducted where participants shared their experiences and clarified their doubts regarding the maintenance and commercial aspects of vermicomposting. The valedictory function was held in the afternoon. Selected participants shared feedback on the usefulness of the programme and expressed their appreciation for the practical knowledge gained during the training. Certificates were distributed to the participants by the Principal and IQAC Coordinator. The programme concluded successfully with a formal vote of thanks acknowledging the efforts of the organisers, resource persons, faculty members, and participants.

Outcome: The ‘Three-Day Awareness-cum-Vocational Training Programme on Vermicomposting’ successfully created awareness about environmental conservation and sustainable waste management among the participants. The programme provided both theoretical knowledge and practical training on vermicomposting, enabling participants to understand the importance of converting biodegradable waste into organic manure. Participants gained hands-on experience in preparing and maintaining vermicompost units, including waste segregation, compost bed preparation, and earthworm management. The training enhanced their practical skills and encouraged the adoption of eco-friendly agricultural practices. The programme also highlighted the economic and entrepreneurial potential of vermicomposting as a low-cost income-generating activity. Students and participants became more aware of the importance of organic farming and sustainable living. Overall, the programme effectively promoted environmental awareness, skill development, and vocational empowerment while encouraging participants to contribute positively towards sustainable agriculture and waste management practices.

Feedback: The participants expressed highly positive feedback regarding the ‘Three-Day Awareness-cum-Vocational Training Programme on Vermicomposting’ organised by the Department of Zoology and IQAC, Thambal Marik College. They appreciated the well-

organised sessions, informative lectures, and practical demonstrations conducted during the programme. Participants stated that the training enhanced their understanding of organic waste management, sustainable agriculture, and the importance of environmental conservation. The hands-on activities and interactive discussions helped them gain practical knowledge and confidence in preparing vermicompost independently. Many participants also expressed interest in adopting vermicomposting practices at home and using it as a potential income-generating activity.











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THAMBAL MARIK COLLEGE
OINAM



THREE DAY
AWARENESS CUM VOCATIONAL TRAINING
PROGRAMME ON
FOOD PROCESSING OF FRUITS & VEGETABLES

18th - 20th May, 2026

Budget: 1,00,000/-

Organised by :

**Departments of Home Science, Manipuri & Botany in
 collaboration with Internal Quality Assurance Cell (IQAC)
 Thambal Marik College, Oinam**

Dr. Th. Noaba Singh
Programme Coordinator
PM-Usha

Dr. R.K. Romen Singh
College Nodal Officer (CNO)
PM-Usha



GOVERNMENT OF MANIPUR
OFFICE OF THE PRINCIPAL
THAMBAL MARIK COLLEGE, OINAM

NOTICE

Oinam, the 4th May, 2026

No.18/1/2025-TMC(PM-USHA) : It is hereby informed to all the teaching, non-teaching staff, students and local participants that ‘**Three-Day Awareness Cum Vocational Training Programme on Food Processing of Fruits and Vegetables**’ under the Soft Components of PM-USHA which was earlier scheduled from 9th to 11th April, 2026 and subsequently postponed due to the prevailing situation in the State, has now been rescheduled to be held from 18th to 20th May, 2026 in the **College Seminar Hall**.

All concerned are requested to note the change in the schedule and make it convenient to attend the programme on the revised dates.

M. Bhuvaneshwari Devi

(Dr. M. Bhuvaneshwari Devi)

Principal

Thambal Marik College, Oinam

Principal
Thambal Marik College
Oinam

Copy to:

1. Director, University & Higher Education, Govt. of Manipur
2. State Nodal Officer (SNO), PM-USHA
3. District Nodal Officer (DNO), PM-USHA
4. CNO, PM-USHA, Thambal Marik College
5. HoD, Home Science, TMC
6. HoD, Manipuri, TMC
7. HoD, Botany, TMC
8. IQAC, Coordinator, TMC
9. Students' Union, TMC
10. Notice board
11. Guard file.

} *for necessary action*

Report on Three-Day Awareness-cum-Vocational Training Programme on Food Processing of Fruits and Vegetables

The Internal Quality Assurance Cell (IQAC), in collaboration with the Departments of Home Science, Manipuri, and Botany, successfully organised a Three-Day Awareness-cum-Vocational Training Programme on “Food Processing of Fruits and Vegetables” from 18th to 20th May, 2026. The programme aimed to create awareness about food preservation techniques, promote self-employment opportunities, and provide practical training on value-added food products prepared from locally available fruits and vegetables.

The programme witnessed active participation from students, faculty members, and local community members. Experts and resource persons shared valuable knowledge on food processing, preservation, packaging, and entrepreneurship development.

Day 1: Inauguration and Technical Session (Candy Making)

The first day of the ‘**Three-Day Awareness-cum-Vocational Training Programme on Food Processing of Fruits and Vegetables**’ began with an inaugural ceremony held at the Seminar Hall of Thambal Marik College. The programme was attended by faculty members, students, invited guests, and local participants keen interest in food processing and preservation of fruits and vegetables. The event commenced with the registration of participants followed by the lighting of the ceremonial lamp as a mark of respect and auspicious beginning. The programme was formally opened with a welcome address delivered by **Dr. R.K. Romen Singh, College Nodal Officer (CNO) PM-USHA** who warmly welcomed the dignitaries, resource persons, faculty members, students and local participants.

Dr. M. Bhubaneswari Devi, Principal of the College, in her inaugural speech highlighted the significance of organising awareness and vocational training programmes on food processing of fruits and vegetables. She emphasized that food processing and preservation have become essential in the present context for reducing post-harvest losses, ensuring food security, and promoting sustainable utilisation of locally available agricultural resources. The Principal stated that scientific methods of processing fruits and vegetables into value-added products such as candies, pickles, jams, jellies, sauces, and beverages can greatly enhance their shelf life, nutritional value, and market potential.

She further stressed that proper food processing techniques not only help in minimising wastage of perishable food items but also contribute towards improving the economic condition of rural households and small-scale entrepreneurs. Highlighting the importance of healthy and hygienic food practices, she encouraged students and participants to adopt safe food handling, preservation, and packaging methods in their daily lives.

Dr. Bhubaneswari Devi (Principal) also mentioned that such vocational training programmes play a vital role in creating awareness, developing practical skills, and encouraging self-reliance among students and local communities. She pointed out that training in food processing can open avenues for self-employment and small-scale entrepreneurship, particularly for women and rural youth. The Principal urged the participants to make effective use of the knowledge and hands-on experience gained during the programme for sustainable livelihood development and community welfare.

The first day of the programme concluded with a summary of the day's proceedings and instructions regarding the practical sessions scheduled for the following days. A formal vote of thanks was delivered by Dr. M. Shomendra Singh, Coordinator IQAC, expressing gratitude to the Principal, resource person, faculty members, and participants for their cooperation and active participation in making the inaugural day successful.

Technical Session and Hands-on Training : Candy Making

A hands-on training session on candy making was conducted by the teachers of the Department of Home Science as part of the Three-Day Awareness-cum-Vocational Training Programme on Food Processing of Fruits and Vegetables. The session aimed to provide practical knowledge and skill development in the preparation of value-added food products using locally available fruits and vegetables. During the training, participants were taught the preparation of different types of candies such as ginger candy, mango candy, beetroot candy, and amla candy.

The training began with the selection and cleaning of fresh raw materials to maintain hygiene and quality. In the preparation of ginger candy, fresh ginger rhizomes were washed, peeled, sliced, and boiled to reduce pungency. The boiled pieces were then cooked in concentrated sugar syrup until the syrup was absorbed. The ginger pieces were dried and coated with sugar to improve taste and shelf life.

For mango candy, ripe mango slices were washed, peeled, and cut into uniform pieces. The slices were soaked in sugar syrup for several hours and then gradually concentrated by heating. After proper absorption of syrup, the pieces were dried and packed hygienically.

In the preparation of beetroot candy, fresh beetroot was cleaned, peeled, sliced, and blanched before being cooked in sugar syrup. Similarly, amla candy was prepared by boiling and deseeding amla fruits, followed by soaking them in sugar syrup for successive days to ensure proper sweetness and preservation.

The participants actively took part in all the processes, including cutting, boiling, syrup preparation, drying, and packaging. The training enhanced their practical skills and encouraged them to explore small-scale entrepreneurial opportunities in food processing.

Day 2 (19th May): Technical Session and Hands-on Training :

Second Day hands-on training session on food processing and value addition was conducted by **Shri T. Sanajaoba, Proprietor of Modern Food**, and **Smt. P. Surbala Devi, Guest Faculty, Manipur University**. The session focused on the preparation of Mixed Vegetable Pickle, Bamboo Pickle, Fish Pickle, Soft Drink Preparation, Ginger-Garlic Paste, and Umorok Ngari Paste using locally available ingredients and scientific preservation techniques. The trainers explained the importance of hygiene, proper storage, and packaging methods to ensure quality and longer shelf life of processed food products.

During the preparation of Mixed Vegetable Pickle, participants were first instructed to wash and cut vegetables such as carrots, beans, cauliflower, and chillies into small pieces. The vegetables were then sun-dried slightly to remove excess moisture. Mustard oil was heated,

and spices including mustard seeds, fenugreek, turmeric, chilli powder, and salt were mixed thoroughly with the vegetables before storing the pickle in clean airtight containers.

For Bamboo Pickle preparation, tender bamboo shoots were cleaned, sliced, boiled, and dried before mixing with spices and mustard oil. The trainers emphasized fermentation and proper preservation techniques for better taste and shelf life.

The fish pickle preparation session provided hands-on training on the scientific method of preparing hygienic and flavourful fish pickle. Fresh fish was thoroughly cleaned, cut into pieces, and marinated with salt and turmeric before frying. Various spices, garlic, ginger, chilli, and mustard oil were then heated and mixed with the fried fish to prepare the pickle. Vinegar and preservatives were added in suitable quantities to enhance shelf life and flavour. Participants learned the importance of hygiene, proper cooking temperature, moisture control, and airtight packaging during pickle preparation. The session enhanced practical knowledge and encouraged small-scale entrepreneurial opportunities in food processing.

In the Soft Drink Preparation session, the resource persons provided detailed practical training on the preparation of nutritious and hygienic fruit-based soft drinks using locally available ingredients. Participants were first introduced to the importance of maintaining cleanliness and using fresh fruits and safe water during beverage preparation. The trainers demonstrated the step-by-step procedure involved in extracting juice or pulp

from fruits, followed by the preparation of sugar syrup in appropriate concentration to achieve the desired sweetness and consistency.

After the syrup preparation, fruit extracts were carefully mixed with the syrup along with measured quantities of citric acid, which acts as a preservative and flavour enhancer. Permitted food-grade flavouring and colouring agents were added in suitable proportions to improve the taste and appearance of the beverage. The trainers also explained the importance of balancing sweetness, acidity, and flavour for better quality and consumer acceptance.

The prepared drink was then filtered properly using clean cloth or strainers to remove impurities and ensure a smooth texture. Participants were trained in hygienic bottling techniques, sterilisation of bottles, sealing methods, and proper storage practices to maintain the quality and shelf life of the soft drinks. The session provided valuable practical knowledge on beverage preparation, packaging, and small-scale commercial production.

The preparation of Ginger-Garlic Paste involved cleaning, peeling, and grinding ginger and garlic in a balanced ratio with salt and oil as preservatives. Participants learned proper grinding, mixing, and storage techniques.

In the Umorok Ngari Paste preparation, Umorok chillies and fermented fish (Ngari) were cleaned and blended with garlic, salt, and other ingredients into a smooth paste. The trainers demonstrated hygienic processing and airtight packaging methods to maintain flavour and quality.

The practical training session greatly enhanced participants' knowledge and skills in food processing, preservation, and small-scale entrepreneurship opportunities.

Day 3 (20th May) : Hands-on Training Session, Valedictory Function and distribution of certificate.

The third day of the Three-Day Awareness-cum-Vocational Training Programme on “Food Processing of Fruits and Vegetables” featured an intensive hands-on training session conducted by **Shri T. Sanajaoba, Proprietor of Modern Food**, and **Smt. P. Surbala Devi, Guest Faculty, Manipur University**. The session focused on the preparation of jams, jellies, and soft drinks using locally available fruits. The trainers explained the importance of value addition, hygienic processing, and proper preservation methods for producing nutritious and marketable food products. The practical training began with the preparation of fruit jam. Participants were first taught the selection of ripe and good-quality fruits, followed by washing, peeling, and cutting procedures. The fruit pulp was then extracted and cooked with sugar under controlled heat while continuously stirring to obtain the required consistency. The trainers demonstrated the correct proportion of ingredients, use of preservatives, and testing methods for determining the setting point of jam. After preparation, the jam was poured into sterilised bottles and sealed properly. The programme witnessed active participation from students, faculty members, and local community members. Experts and resource persons shared valuable knowledge on food processing, preservation, packaging, and entrepreneurship development.

Outcome :

The Three-Day Awareness-cum-Vocational Training Programme on “Food Processing of Fruits and Vegetables” successfully achieved its objectives of creating awareness, enhancing vocational skills, and promoting self-employment opportunities among the participants. The programme provided both theoretical knowledge and practical hands-on training on various food processing techniques such as candy making, jam, jelly, squash, soft drink, pickle, and sauce preparation. Participants gained valuable knowledge regarding hygienic food handling, preservation methods, packaging, storage, and value addition of locally available fruits and vegetables. The training enhanced the participants' understanding of scientific food preservation techniques and encouraged them to utilise local resources for sustainable livelihood development. The practical demonstrations and interactive sessions increased their confidence in preparing marketable food products and motivated them to explore small-scale entrepreneurial opportunities in the food processing sector. Overall, the programme proved to be highly informative and beneficial in promoting skill development, self-reliance, and awareness about sustainable food processing practices among students and community members.

Feedback:

The participants expressed highly positive feedback regarding the Three-Day Awareness-cum-Vocational Training Programme on “Food Processing of Fruits and Vegetables.” They appreciated the efforts of the Internal Quality Assurance Cell (IQAC) and the collaborating departments for organising a practical and informative programme that combined both theoretical knowledge and hands-on training. Participants found the sessions on candy

making, jam, jelly, squash, soft drink, pickle, and sauce preparation extremely useful and relevant for skill development and self-employment opportunities. The resource persons and trainers were highly appreciated for their clear explanations, practical demonstrations, and interactive teaching methods. Participants stated that the programme enhanced their knowledge of food preservation, hygienic processing, packaging, and value addition techniques using locally available fruits and vegetables. Many participants expressed interest in applying the acquired skills for household use as well as small-scale entrepreneurial activities. Overall, the programme was considered highly beneficial, informative, and motivating for promoting sustainable food processing practices and vocational development.





