

## A Report on Hands-On-Training on Mushroom Cultivation

Trainer: *Prof Sandeep Das, Bodoland University and Dr. Piyush Kr Mishra, B.N. College, Dhubri*

No. of trainee: 30

Venue: *Village Asharikandi*

Date: 24/11/2020

A Hands-on-training on Mushroom Cultivation has been organized by B.N. College, Dhubri in Collaboration with Technology Incubation Centre of Bodoland University, Kokrajhar at Asharikandi Village of Dhubri district under Unnat Bharat Abhiyan of Govt of India on 24<sup>th</sup> of November, 2020. All together around 40 villagers were present in the training programme which were from Asharikandi, Madaikhali and Matiabog, the adopted villages of the college under Unnat Bharat Abhiyan. The aim of the program is to train the villagers with necessary skill to make them self-reliant and move one step ahead towards a Atmanirbhar Bharat. Renowned Mushroom Expert Dr. Sandeep Das, Professor of Bodoland University, and Project Investigator, Technology Incubation Centre along with Dr. Piyush Kr Mishra, Professor of B.N. College, Dhubri trained the villagers. Dr. Das discussed about the importance of mushroom as new source of food and nutrition as well as an emerging food crop for commercial purpose.



*Photos from the training program*

He also mentioned that mushrooms can be grown even by landless people, that too on waste material and could be a source for proteineous food. In fact, in the modern time, it is being recognized that mushroom is not only rich in protein, but also contains vitamins and minerals, whereas, it has low calories and lacks cholesterol, and hence has high medicinal attributes like immunomodulation, antiviral, antioxidants properties etc. As the awareness for nutritive and

quality food is growing, the demand for nutritious food including mushrooms is also rising quickly and will rise continuously with increase in the global population. Dr. Das and his team also demonstrated the process and the steps involved in mushroom farming. In conclusion, the program was quite successful one.

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