

## **Training Program on Mushroom Cultivation**

Department of Agriculture, Integral Institute of Agricultural Science and Technology (IIAST) organized a 'Training Program' on Mushroom Cultivation for Female Farmers on the occasion of International Women's Day i.e. on 08/03/2022.

Mushroom is the fleshy, spore bearing fruiting body of a fungus. Mushrooms are vital food in a country like India moreover to overcome malnutrition and to tackle food insecurity. FAO has recommended mushrooms as a food item contributing to protein nutrition in developing countries. There are around 40 types of oyster mushroom including *Pleurotus ostreatus* commonly known as American oyster mushroom. Oyster mushrooms are loaded with fiber, vitamins, minerals and other important nutrients. They are also low in carbohydrate, so they are a good choice for following the low carb dietary patterns. Oyster mushroom provides antioxidants which are substances that help reduce cellular damage in your body. Cultivation of the oyster mushroom has various advantages as it converts complex organic ligno-cellulosic compounds into nutritious food, aids recycling of agro-waste, contributes to pollution control, does not compete with agricultural land and provides avenues to self-employment. Taking this into consideration, this training program was conducted to sensitize female farmers in order to enable them to become self-reliant.

### **Objectives**

- To educate female farmers regarding mushroom cultivation technology
- To impart hands on training in Oyster Mushroom Cultivation
- To empower female farmers for their livelihood support

The program began with the address of Dr. Saba Siddiqui, Head, Department of Agriculture, IIAST. The faculty coordinator Dr. Khalid Habib and Dr. Mohammad Hasnain imparted training to the group of female farmers along with the student coordinators.

Around 75 female farmers attended the training program. The attendees were from Anwari, Alipur, Basha, Paigramau, Gudamba and Chetanpurwa. The faculty coordinators elaborated on various aspects of Oyster mushroom cultivation. They gave training on preparation of mushroom beds, preparation of bags, harvesting of mushrooms and how to save the mushrooms from fungal infection. It was a very informative training session which emphasized on the

creation of employment from locally available resources which are at the same time environment friendly.

### Glimpse of the Program

