



# Integral Institute of Agricultural Science & Technology (IIAST) Integral University, Lucknow

## Brief Report on “Training on mushroom cultivation”

### (मशरूम उत्पादन प्रशिक्षण कार्यक्रम)

The 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<sup>th</sup> march, 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 mushrooms, including *Pleurotus ostreatus*, commonly known as the American oyster mushroom. Oyster mushrooms are loaded with fiber, vitamins, minerals, and other important nutrients. They are also low in carbohydrates, so they are a good choice for following low-carb dietary patterns. Oyster mushrooms provide antioxidants, which are substances that help reduce cellular damage in your body. The 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 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 the 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 that emphasized the creation of employment from locally available resources that are at the same time environmentally friendly.

#### Glimpse of the Program



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