



## Training Report

# Women Self-Help Group – 10-Day Training Report

---

Dates: 19th March 2025 to 28th March 2025

Organized by: Horticulture Department

Trainer: Mr. Arvind Kumar (Resource Person)

Time: 3:30 PM – 5:00 PM daily

## Day 1

On the first day, all women participants were introduced to the training module. Mr. Arvind Kumar, the resource person from the Horticulture Department, provided an overview of the 10-day program focusing on fruit preservation and value addition. The participants were taught how to prepare Amla (Indian gooseberry) candy / ladoos. The trainer explained the health benefits of Amla and its commercial value. The session included a live demonstration of candy-making, followed by a hands-on exercise for the participants.

## Day 2

The second day focused on learning how to make Amla Pickle and digestive powder. The trainer discussed hygienic practices in food processing and the use of proper proportions in spices and preservatives. Participants individually prepared small batches of Amla pickle and shared feedback with one another. This session helped improve their confidence in processing food items with minimal wastage.

## Day 3

On Day 3, Mr. Arvind taught the participants how to extract and prepare fresh orange juice and how to convert it into squash, a marketable beverage product. He explained the differences between fresh juices, squash, and concentrate. The women were shown the correct method of preserving juice for a longer shelf life using basic kitchen equipment.

## Day 4

The fourth day's topic was lemon squash and syrup. The trainer discussed the commercial potential of citrus-based beverages and their demand in the local market, especially during the summer months. Participants learned to prepare lemon syrup using both hot and cold

methods. Senior women in the group took the lead and helped others during the hands-on preparation session.

### **Day 5**

On the fifth day, the participants were guided through the process of making Amla chutney and Amla murabba (sweet preserve). These products, rich in vitamin C, are widely consumed for their medicinal benefits. The session highlighted sugar-coating methods and techniques to ensure preservation without compromising on taste and nutrition. The trainer also explained how these products can be sold in the market after proper packaging.

### **Day 6**

The sixth day introduced the women to guava jelly preparation. Mr. Arvind explained that guava jelly has a long shelf life and is in demand in both urban and rural markets. The trainer emphasized the importance of temperature control and pectin use in jelly making. The participants were enthusiastic and successfully made guava jelly under supervision.

### **Day 7**

Day seven was dedicated to preparing tomato sauce. The trainer discussed the process of selecting ripe tomatoes, boiling, straining, and seasoning to make high-quality sauce. The group compared the homemade version with market samples to understand the benefits of using fresh, preservative-free ingredients.

### **Day 8**

The eighth day focused on the preparation of Buransh (Rhododendron) juice, a traditional and medicinal beverage made from local Himalayan flowers. Mr. Arvind discussed the health benefits of Buransh, especially for heart and diabetic patients. The group learned how to process and bottle the juice for commercial sale. The product was found to be highly beneficial and unique in its appeal.

### **Day 9**

On the ninth day, the training centered around making peach squash. The session involved learning about the peach fruit's nutritional value, its seasonal availability, and how to process it into squash. Participants actively engaged in preparing squash, and the recipe was thoroughly explained in a written and practical format.

### **Day 10**

The final day of the training featured two products – mango jam and green chili pickle. Mr. Arvind provided step-by-step instructions on making jam from ripe mangoes and how to

safely preserve green chilies in brine and spices. Certificates of participation were distributed to all women at the end of the session. The workshop concluded with feedback from participants and words of encouragement from the trainer.

## **Key Learnings and Benefits of the Workshop**

### **1. Knowledge Gained:**

Participants learned various preservation techniques and gained confidence in making food products that are nutritious and can be stored for long durations.

### **2. Economic Opportunity:**

The workshop opened up potential income-generating avenues by teaching the participants how to produce value-added goods using locally available fruits.

### **3. Capacity Building:**

The women can now train others in their community or group, thereby multiplying the impact of this workshop.

### **4. Sustainability:**

With basic tools and minimal investment, the women can begin small-scale food processing units at home, thus contributing to their household income.

## **List of Participants**

1. Bhavana Gaur
2. Shilpa Rawat
3. Kanchan Gouniyal
4. Kanchan Pokhriyal
5. Neeti Baunthiyal
6. Meenakshi Negi
7. Archana Rawat
8. Neelam Rawat
9. Swati Bhardwaj
10. Reena Gusain
11. Radha Agarwal
12. Shanti Bidaliya
13. Soumya Kukreti
14. Sushma Dhyani
15. Seashwari Devi

## **Workshop Schedule Summary**

Duration: 10 days

Timing: 3:30 PM to 5:00 PM daily

Structure: 30 minutes theory + 1-hour hands-on practical session each day

Methodology: Demonstration-based learning with active group participation



