

Report on the Two-Day Free Volunteer Training Programme at Food Preservation Unit (MUKTI)

Venue: Food Preservation Units of Mukti – Canning Unit at Canning (day-1) and Domkol Unit at Domkol, South 24 Pgs (day-2)

Duration: Two Days

Date: 10th and 13th May, 2025

Time: 12 noon to 3.30 pm

Registered Volunteers: 12

Program Officer: Dr. Arvinda Shaw, NSS Unit-1

Introduction:

Food Preservation encompasses various techniques used to prevent or slow down food spoilage, ensuring it remains edible and safe for consumption for a longer duration. The methods aim to inhibit microbial growth, enzymatic reactions and other factors that cause food to deteriorate. Common methods include sun drying, drying, refrigeration, freezing, canning, pasteurization, fermentation etc. The Raidighi College NSS Unit-1 volunteers attended a two-day free training program at the Food Preservation Unit of Mukti. The training aimed to raise awareness about food preservation, reduce food wastage, and equip volunteers with basic techniques to support community-based food security initiatives.

Participants from diverse backgrounds including students, homemakers, and social workers — attended the training. Their enthusiasm and active participation reflected a strong commitment to community service and sustainable practices.

Program component:

The day-1 of the training covered the introduction to food preservation, emphasizing its importance in reducing hunger and preventing spoilage. Sessions included demonstrations on:

- ❖ Sun-Drying-bori and papad making,
- ❖ Pickling- sweet and sour mango pickles were prepared,
- ❖ Sugaring- mix-fruit jam and jelly were taught ,
- ❖ Squash - litchi and lemon
- ❖ Safe storage methods, and hygiene practices.

Importance of the training:

The volunteers got hand-on training at the food preservation centres run under MUKTI flagship. The volunteers learnt the importance of food preservation:

- Extends the shelf life of food, reduces wastage, makes food available for future uses.

- Prevention of foodborne illnesses by inhibiting microbial growth, preventing food poisoning and other illnesses.
- Helps to maintain nutritional value of the food by retaining its natural nutritional profile.
- Reduces food wastage as surplus food produce can be stored for later use.
- Importance of sterilization and disinfection to keep the preservation products in good condition.
- Through this training they learnt about common preservation techniques like salting, sugaring, pickling, fermentation etc.
- Practical sessions backed by theoretical knowledge were provided by the instructors of Mukti centre.

On day-2, the training focused on

- ❖ packaging techniques, bottling etc.
- ❖ labeling of preserved food items, and
- ❖ best practices for distribution.
- ❖ Entrepreneurship skills-small scale business ideas were shared by trainers.
- ❖ Volunteers were also guided on how to assist in community outreach programs and food-sharing drives.

The sessions were interactive and led by experienced trainers from the Mukti Foundation. They got hands-on training to prepare different types of pickles, bari, papad etc. The volunteers were very happy after tasting the items which were prepared by them under able supervision of Mukti Team.

Feedback:

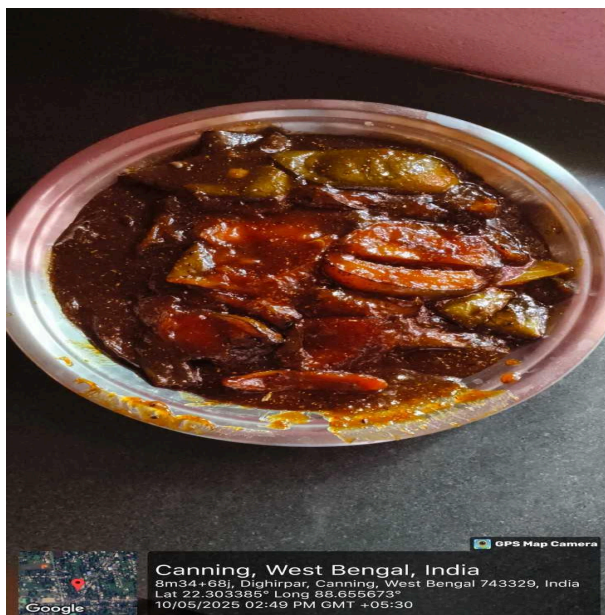
The volunteers gained in depth knowledge regarding different commonly used preservation techniques which they can very easily apply to prepared delicious and nutritious food preserves instead of buying them from local markets. They can also turn their knowledge into home based small business which can help them to earn and be independent while doing their studies. The volunteers really enjoyed the training and showed eagerness to attend many such training sessions in future.

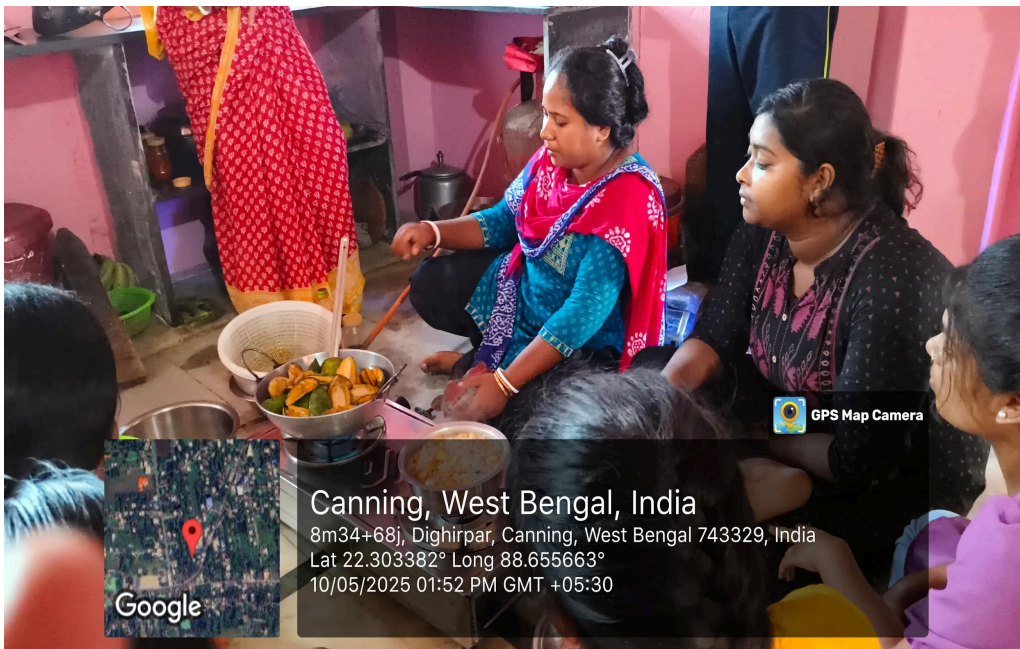
Conclusion:

At the end of the program, all participants received certificates of completion, acknowledging their dedication and learning. The event concluded on a positive note, with volunteers expressing interest in continuing their involvement in future initiatives of the foundation. Overall, the training was impactful and achieved its objectives. It strengthened the foundation's network of committed volunteers and took a step forward in building a more food-secure community.

Acknowledgement:

Raidighi College and NSS Unit-1 extend heartfelt thanks to **Shri Sankar Halder**, Founder and President of MUKTI Foundation and the programme coordinator **Mr Ajoy Naskar** for providing this opportunity to the students and volunteers of our college.









TRAINING AT FOOD PRESERVATION UNIT
in collab. w/ MUKTI. 10-5-25

Venue: MUKTI, Canning Unit, Raibhagine
Time: 12 - 4 pm.
Speaker - Smt. Rikta Naskar (9732523258)

Sr.	NAME OF VOLUNTEER	CASTE	SEM	CONTACT NO.	SIGNATURE
1.	Ruskan Jaisa	SC	2nd	7601812183	Ruskan Jaisa
2.	Ananya Mondal	GI	2nd	8695824146	Ananya Mondal
3.	Suchismita Gayen	SC	2nd	8509892909	Suchismita Gayen
4.	Purnima Dhal	SC	2nd	7063413501	Purnima Dhal
5.	Susmita Ghoshal	GI	2nd	8768993066	Susmita Ghoshal
6.	Debashni Roy	GI	2nd	9832301685	Debashni Roy
7.	Sumana Sanyal	SC	2nd	9647279565	Sumana Sanyal
8.	Sayan Halder	GI	2nd	9883542606	Sayan Halder
9.	Madhumita Kaya			Ab	
10.	Manani Shaw			Ab	
11.	Jay Halder			Ab	

Arumida Shaw
10/5/2025

DAY- TWO : 18-05-2025 Venue: DAMKAL, Raidighi

Attendance sheet of participants.