

Report on the Two-Day Free Volunteer Training Program

Organized by: Mukti Foundation
Venue: Food Preservation Unit
Duration: Two Days
Date: June 10-11, 2025
Time: 12 noon to 3.30 pm
Registered Volunteers: 12
Program Officer: DR. Arvinda Shaw
Location: Mukti - Domkol Unit, South 24 Pgs

The Mukti Foundation successfully conducted a two-day free training program for volunteers at its Food Preservation Unit. 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.

The first day of the training covered the introduction to food preservation, emphasizing its importance in reducing hunger and preventing spoilage. Sessions included demonstrations on drying, pickling, safe storage methods, and hygiene practices.

On the second day, the training focused on packaging techniques, labeling of preserved food items, and best practices for distribution. 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.

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.



