

## Mushroom Cultivation Workshop 2019

The mushroom cultivation workshop was conducted on 01.10.2019 by department of Microbiology, Karpagam Academy of Higher Education to develop the technical skill of the students to become a Bio entrepreneur. Around 26 students participated in the workshop and benefitted. Mushrooms, their health properties and benefits, their cultivation, processing and how to run a mushroom production farm. The whole process of mushroom cultivation, various types of cultivation according to the various types of mushrooms, and the processing and transformation of cultivated mushrooms. Training is divided into two parts: a theoretical understanding and practical "hands-on" experience. A detailed description of the various tasks involved in mushroom cultivation.

Mushroom cultivation can directly improve livelihoods through economic, nutritional and medicinal contributions. However, it is essential to note that some mushrooms are poisonous and may even be lethal, thus the need for extra caution in identifying those species that can be consumed as food. Mushrooms both add flavor to bland staple foods and are a valuable food in their own right: they are often considered to provide a fair substitute for meat, with at least a comparable nutritional value to many vegetables. The consumption of mushrooms can make a valuable addition to the often unbalanced diets of people in developing countries. Fresh mushrooms have high water content, around 90 percent, so drying them is an effective way to both prolonge their shelf-life and preserve their flavour and nutrients.

