



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2025-26

Name of Activity	Workshop on Mushroom Cultivation for the Villagers of Ucassaim
Date/Duration	Thursday 07/05/2026 at 3.30 pm.
Venue	V.P. Hall in the Village Panchayat Ucassaim, Paliem, Punola.
Name of organizing Department/Cell	St. Xavier's College
In collaboration with	Mrs. Riya Mayekar (Sarpanch), Village Panchayat Ucassaim, Paliem, Punola
Name/s of Faculty Coordinator	Mrs. Vilma M.T. Fernandes
Stratum of Event	
Name & details of Resource Person/s If any	Ms. Sabina M. Sales e Dias, Associate Professor of St. Xavier's College, Mapusa-Goa
Report	<p>Report on Mushroom Cultivation Workshop Conducted for Villagers</p> <p>A workshop on mushroom cultivation for villagers was successfully organized by St. Xavier's College in collaboration with Mrs. Riya Mayekar (Sarpanch), Village Panchayat Ucassaim-Paliem-Punola, Bardez-Goa. The workshop took place on Thursday, 7th of May 2026 at 3:30 p.m. at the Village Panchayat Hall, Ucassaim-Paliem-Punola. The programme was conducted following a public notice issued by the Village Panchayat on 5th May 2026 to encourage local villagers to participate and gain knowledge about mushroom cultivation as a beneficial agricultural activity.</p> <p>The workshop aimed to educate villagers on the cultivation of oyster mushrooms and to promote self-employment and sustainable farming practices in rural areas. A large number of villagers attended the programme with enthusiasm and interest. The session was conducted by Ms. Sabina M. Sales e Dias, Associate Professor of St. Xavier's College, Mapusa-Goa, who shared valuable information regarding the cultivation process and benefits of</p>

	<p>mushroom farming.</p> <p>The resource person began the workshop by explaining the nutritional and medicinal importance of mushrooms. She informed the participants that oyster mushrooms are rich in high-quality protein, vitamins such as Vitamin C and Vitamin B complex, and minerals essential for good health. Mushrooms are also low in calories and fat, with no cholesterol or starch, making them suitable for people suffering from obesity, diabetes, and hypertension. In addition, the high fibre content of mushrooms helps improve digestion and reduces problems such as constipation and hyperacidity. Participants were encouraged to include mushrooms in their daily diet due to their health benefits.</p> <p>During the practical demonstration, villagers learned about the materials required for mushroom cultivation, including paddy straw, mushroom spawn, buckets, hot and cold water, polythene bags, thread, disinfectants such as phenyl or dettol, and a clean place for cultivation. The speaker emphasized the importance of hygiene and proper handling during the cultivation process to prevent contamination. Participants were advised to wash their hands thoroughly and clean surfaces before handling mushroom materials.</p> <p>The procedure of mushroom cultivation was explained step by step. Villagers learned how fresh and dry paddy straw should be cut into small pieces and soaked in water for several hours before sterilization. The sterilized straw is then layered alternately with mushroom spawn in polythene bags, tied properly, and holes are made for aeration. Instructions regarding moisture maintenance, indirect sunlight, and care during the pinhead stage were also discussed. The participants were informed that mushrooms could be harvested three to four times over a period of fifteen to twenty days and later used as compost once production ends. Storage techniques and mushroom-based dishes were also introduced.</p> <p>Overall, the workshop proved to be highly informative, practical, and beneficial for the villagers. It increased awareness about mushroom cultivation as a nutritious food source and a possible source of additional income. The initiative taken by the Village Panchayat and St. Xavier's College was appreciated by the villagers, who expressed interest in adopting mushroom cultivation at home.</p>
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/05/poster-of-Workshop-on-Mushroom-Cultivation-for-the-Villagers-of-Ucassaim.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/05/Photos-of-Workshop-on-Mushroom-Cultivation-for-the-Villagers-of-Ucassaim.pdf
List of participants With signatures	20 participants
Certificate	NA