



Training of Youth under Hunar Se Rozgar Tak (HSRT)

Introduction:

East Garo Hills District is inundated with rich biodiversity hotspot, diverse indigenous cultural heritage. The rural communities are agrarian and practise slash and burn method of cultivation practices.

As per 2011, East Garo Hills population is 317,917, and average literacy rate of East Garo Hills in 2011 were 73.95 compared to 60.59 of 2001. If things are looked out at gender wise, male and female literacy were 77.72 and 70.05 respectively. For 2001 census, same figures stood at 66.12 and 54.84 in East Garo Hills District. Total literate in East Garo Hills District were 192,147 of which male and female were 102,513 and 89,634 respectively. In 2001, East Garo Hills District had 120,874 in its district.

Economic backwards is the leading problem due to which population is below the poverty line. Agriculture totally depend on the shoulder of the older generation whereas the younger generation are opting for work that can fetch fast finance either in the form of wages or salaried jobs.

Illiteracy and drop out from schools and colleagues due to series of reasons also leading to an unemployment scenario.

Integrated Basin Development and Livelihood Promotion Program, Basin Development Unit East Garo Hills District with the support of Meghalaya Institute of Entrepreneurship , Food Craft Institute-Tura and Tourism Department created a platform for youth under the Hunar Se Rojgar Tak Scheme (HSRT), Capacity Building for Service Provider of the Ministry of Tourism, Government of India particularly for Food Production.

25 (twenty five) youth partners participated in the capacity building training program on food production that commenced from 20th of July 2015 to 23rd September 2015 at Williamnagar Model Farm, Terracegittim. Tourism Department.

Objective:

The District is inundated with numerous biodiversity hotspot with immense potential for tourism. However, these places of tourism importance doesn't have a proper setup to provide comfort and wellness to any tourist that visit these places. Capacity building and mass awareness is lacking amongst the rural population.

Hence, under IBDLP- Tourism Mission, and with the support of Meghalaya Institute of Entrepreneurship, Food Craft Institute-Tura and Tourism Department under the Hunar Se Rojgar Tak Scheme (HSRT), Capacity Building for Service Provider of the Ministry of Tourism, Government of India, provided capacity building training for youth in Food Production for 25 (twenty five) youth from East Garo Hills District.

The residential training was organised for 48 days under the close supervision of the faculty members of the Food Craft Institute-Tura at Williamnagar Model Farm, Terracegittim.

The main objective of the training program:

- i. Build employable skills by building the capacity of youth in food production techniques.
- ii. Enable the trained youth to set up individual or group enterprises like eateries, restaurants, bed and breakfast program.
- iii. Provide financial linkages from Banks for setting up enterprises.
- iv. Promote both indigenous and continental food habits.
- v. Promote agro biodiversity through the use of food items available or grown by the local farmers.
- vi. Provide a better hygienic food court and pleasant stay with hospitality for the arriving tourist.
- vii. Promote tourism.

Course Curriculum:

During the 48 days training program, the trainees were being taught on IBDLP Mission and Vision., ***food production, food and beverage services, housekeeping, bakery and patisserie, financial linkages and modalities, formation of cooperatives etc.***

The topics covered are as follows:

IBDLP Mission and Vision.

Topic – Food & Beverage Service

- i. Pride in Nation
- ii. Tourism & You
- iii. Etiquettes Basic Conservation
- iv. Techniques and principals of cleaning
- v. Food Handling and hygiene



- vi. Safety and precautions
- vii. Food & Beverage Terminology

Topic - Housekeeping

- i. Types of Room
- ii. Types of cleaning agents and their use.
- iii. Cleaning Agents and their storage.
- iv. Stock taking

PRACTICAL COMPONENT

Topic – Food & Beverage Service

- i. Cleaning the restaurant
- ii. Setting up and preparing for service
- iii. Use of Tray
- iv. Care and maintenance (crookery, cutlery, hollowware and equipment)
- v. Laying of table
- vi. Laying of covers
- vii. Preparing sideboard for service
- viii. Napkin folding
- ix. Use of service cloth
- x. Receiving and seating guests
- xi. Types of menus
- xii. Taking an order
- xiii. Placing an order in the kitchen / in the bar
- xiv. Service of common beverages
- xv. Service of common food items
- xvi. Clearing and crumbing of table
- xvii. Presentation of Bill and settlement of payment
- xviii. Closing of restaurant

Topic - Housekeeping

- i. Cleaning of Guest Room
- ii. Cleaning of Bathroom
- iii. Bed making
- iv. Cleaning of surfaces (furniture, fixture and floor)
- v. Carpet cleaning and shampooing
- vi. Water and energy conservation
- vii. Waster disposal

KNOWLEDGE IMPARTED ON

- A. Understanding the Industry Hotels
 - i. Various types of catering establishments
 - ii. Different types of kitchens
 - iii. Kitchen organization
 - iv. Your place in kitchen.
- B. Personal Hygiene for Food handlers
 - i. Your appearance & uniform How to wash hands correctly
 - ii. How to develop a daily personal hygiene routine
 - iii. How to handle equipment and utensil
- C. Basic Hygiene
 - i. Ten main reasons for food poisoning
 - ii. To protect food from contamination
 - iii. General rules for food handlers
 - iv. Prevailing food standards in India, food adulteration as a public health hazard.
- D. Cleaning the Kitchen and equipment and preparing for work
 - i. Identification of kitchen equipments
 - ii. Various food pans & cooking equipments
 - iii. Cleaning Floors / Work surface / ventilators / Refrigerators and Deep Freezers
 - iv. Cleaning Dish Room
 - v. Pot / Container wash up
 - vi. Still Room
 - vii. Kitchen Rules



E. Knife Skills

- i. Peeling and paring with Knives
- ii. Vegetable cuts & Fruit cuts Use of Chopping boards / Cutting pads
- iii. Care of Knives.

F. Washing and Blanching Food Soaking food items

- i. Washing
- ii. Disinfecting
- iii. Blanching
- iv. Rinsing.

G. Vegetables and Spices

- i. Identification of Vegetables Standard quality of vegetables
- ii. Spices and herbs used in Indian cuisine.

H. Garbage Disposal

- i. Different methods
- ii. Advantage & disadvantages.
- iii. Handling Complaints
- iv. Facts on complaints
- v. Why do customers complain
- vi. Customers expectations in lodging a complaint
- vii. Complaints are sales opportunities.

I. Basic First -Aid

- i. Demonstration of first aid techniques
- ii. First of wounds, scars & minor injuries.

J. Egg

- i. Breakfast Egg Preparation
- ii. Egg fry (single / double)
- iii. Boiled egg
- iv. Omellette stuffed scrambled egg, bhurji.

K. Snacks

- i. Regional snacks including *samosa, pakora, idli, dosa, dhokla*, noodles etc.

L. Soup

- ii. preparation of tomato, vegetable, chicken & regional soups.

M. Salads and Sandwiches - Preparation of simple salads and sandwiches.

N. Preparation of Chutney, Raita & Indian Marinades.

O. Preparation of Rice and Pulses.

P. Vegetable Cookery

- ii. Different vegetables preparations
- iii. Effect of heat on different vegetables.

Q. Basic preparation of

- i. Meat, chicken and fish for Indian kitchen (cuts, joints, portion)
- ii. Poultry – Mutton – Fish Curry Basis preparation as per regional specialties.

R. Flour Kneading of flour preparation of

- i. Indian Bread Roti
- ii. Poories
- iii. Naan
- iv. Paranthas.

S. Indian Sweets Preparation of sweet dishes.

T. Beverages Preparation of Tea, Coffee, Lassi etc.

Course Materials:

Food Craft Institute provided dress materials and tools and equipments to be used during the practical session to the partners. Basin Development Unit with the support of Meghalaya Institute of Entrepreneurship provided food and lodging. Program Associates from Basin Development Unit were also engaged to support the initiative and facilitate the partners in enabling them to be successful entrepreneurs.



Outcome of the training program:

- i. Partners received knowledge about the importance of tourism as an employment generation opportunity.
- ii. Partners came to know about the importance of hospitality, hygiene, better food will enable the tourist to visit and spread the message of importance of the places of interest.
- iii. Partners also received knowledge on various methods and techniques to be adopted for setting up an enterprise related to food and beverage.
- iv. Partners also received knowledge on various food preparing and presenting techniques.
- v. The certificate availed after the training program will enable them to avail financial support from banks and can also further undertake regular courses in the relevant field.



Photo Gallery



Distribution of Training Kits

Inauguration and distribution of study materials during the Hunar Se Rojgar Tak Food Program by Shri. C.V.D. Diengdoh, IAS, Deputy Commissioner & Chairman, Basin Development Unit, East Garo Hills



Class Room Lecture



Learning with the Teacher



Food Preparation

Partners attending the Theory and Practical session during the training program.



Shri. C.V.D. Diengdoh, IAS Deputy
Commissioner & Chairman distributing
Certificate to partners



Shri. K.M. Momin, Joint Director Tourism
and Principal-Food Craft Institute-Tura
Distributing certificate to partners



Smt. D.G. Sangma, MCS, EAC & Nodal
Officer, BDU-EGH distributing certificate to
partners



Smt. B.S. Marak, District Tourist Officer, East
Garo Hills District distributing certificate to
partners



Shri. C.V.D. Diengdoh, IAS, Deputy Commissioner & Chairman, BDU-EGH, Smt. D.G. Sangma, MCS, EAC & Nodal Officer, BDU-EGH, Shri. K.M. Momin, Joint Director-Tourism & Principal- Food Craft Institute-Tura, Smt. B.S. Marak, District Tourist Officer, Williamnagar, faculty member of Food Craft Institute-Tura and trained partners