

School of Biosciences Organizes  
Training Programme on



# *Chocolate Making for Prospective Entrepreneurs*

**Resource Person** Ms. PINCHU ELIZABETH

**10<sup>th</sup> November 2017 - 11<sup>th</sup> November 2017**







MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALA  
(MACFAST)

Thiruvalla - 689101

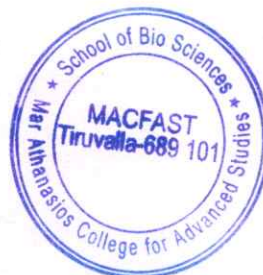
Workshop on "Chocolate making for prospective entrepreneurs"

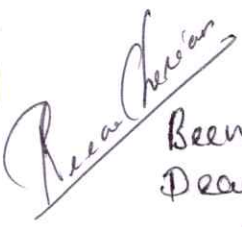
School of Biosciences

10<sup>th</sup> and 11<sup>th</sup> November 2017

As per the study reports of 2016, more than two hundred thousand tonnes of chocolate have been consumed in a year and highlights the possibility of exploiting this passion for chocolate into a rewarding business opportunity. The market value for chocolate opens up an ideal opportunity for women entrepreneurs and to those who wish to start a low-investment small-scale business. Taking this into account MACFAST has conducted a training program on chocolate making on the 10<sup>th</sup> and 11<sup>th</sup> of November 2017 to encourage and guide and inspire aspiring entrepreneurs for getting into the chocolate-making business. MACFAST has conducted a training program on Chocolate making on the 10<sup>th</sup> and 11<sup>th</sup> of November 2017. The hands-on training was coordinated by Mrs. Pinchu Elizabeth Thomas, School of Biosciences. Mr. Biju Dharmapalan gave a small introductory talk on the opportunity of using chocolate in business start-ups. Students from the department worked as volunteers during the workshop. A total of 6 participants attended the training program to start chocolate making as a business venture. At the end of the training program, a feedback form was circulated among the participants and we received positive feedback from all the participants.

  
Fr. Dr. CHERIAN J KOTTAYIL  
PRINCIPAL  
Mar Athanasios College For Advanced Studies  
Tiruvalla- 689101, Kerala



  
Beene Cherian  
Dean, School of  
Biosciences

## RESUME

### **PINCHU ELIZABATH THOMAS**

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Kerala, India

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### **CAREER OBJECTIVE**

To work in an organization that simultaneously enriches my professional knowledge, living and contributes towards achieving the goals of the employer.

### **AREAS OF INTEREST**

Teaching, Research and Product development, Bakery & confectionery, Quality Assurance and Process & Technology

### **PROFESSIONAL & ACADEMIC QUALIFICATIONS**

- **Diploma in Sugar Paste**, ICCA (International Center for Culinary Arts), Dubai, UAE, City & Guilds Accredited Certified Programme, 2018
- Qualified **National Eligibility Test (ICAR-NET) in Food Technology** for lectureship, 2016
- **Master of Science in Food Science & Technology**, 2005-2007, Mahatma Gandhi University, Kottayam, Kerala, India- Graduated with Distinction, **First Rank**
- **Bachelor of Science in Food Science & Quality Control**, 2002-2005, Mahatma Gandhi University, Kottayam, Kerala, India- Graduated with Distinction, **Second Rank**

### **PROFESSIONAL SKILLS**

- **Laboratory:** Physico- chemical, nutritional, microbial and sensory analysis of food
- **Engineering skills:** experience in handling food processing equipment
- **Quality Assurance:** Food safety, GMPs, SSOPs and HACCP prerequisites, auditing, documentation and ISO standards in food industries
- **Computer:** MS Word, MS Excel, MS Power Point
- **Baking technology-** new product development, baking, designing and decorating cakes, experienced in handling fondant and sugar paste.
- **Chocolate making-** experienced in manufacturing various homemade chocolates, tempering techniques, filling, enrobing and designing

### **PROFESSIONAL EXPERIENCE**

Assistant Professor



Associated with the School of Biosciences, MACFAST (Mar Athanasios College for Advanced Studies Tiruvalla), Mahatma Gandhi University, Kottayam, Kerala, India, January 2008- Till date.

**Duties and Responsibilities:**

- Curriculum in-charge of Food Science & Technology Post Graduate Programme, till 2019
- Faculty in-charge of Post Graduate Diploma in Food Technology, till 2015
- Additional, Chief and external examiner for various Food Science Courses under Mahatma Gandhi University, Kottayam, Calicut University and IGNOU, Delhi
- Visiting Faculty, Department of Food Science & Quality Control (Undergraduate Programme), BCM College, Kottayam, Mahatma Gandhi University, Kerala, India
- Guiding external student projects and small-scale entrepreneurs
- Member of the syllabus proposal and revision committee, Mahatma Gandhi University, Kottayam, Kerala
- Member of the Inspection commission, Mahatma Gandhi University, Kottayam, Kerala, 2014-2015
- Question paper setter for various university exams

**Facilitator**, Training programme in chocolate making and cake decoration for prospective entrepreneurs

**Chocolatier**

- Experienced in chocolate making, tempering, enrobing, molding and framing techniques
- Modern chocolate decorations using texture sheets, transfer sheets and pralines
- Experienced in manufacture of various chocolate products like truffles, rochers, barks, toffees, French bonbons, truffle shells, chocolate salami, lollipops and chocolate dessert cups
- Experience of decorating confectionery products and baked foods with chocolate materials
- Use of food colours in designing chocolates
- Storage and packaging of products
- Quality evaluation of chocolates

**Cake Baker, Designer & Decorator**

- Bake cakes in accordance with customer's specifications
- Decorate cakes using different types of icings and mixing of colors
- Designing novelty cakes based on customer's requirements
- Experienced in fondant and sugar paste techniques
- Assembling special occasion cakes
- Experienced in covering, crimping, and embossing
- Skilled in doing fabric effects, textured drapes, frills, ribbons, roses, bows and sugar embroidery
- Modeling Fun Figures, textures, inlay & applique & overlay

- Design and handling, presentation of multi-tiered cake (dowelling & stacking)
- Designing Celebration Cakes & Color Balance

### TRAINING EXPOSURE

- Training programme on "Role of HPLC in Food Analysis", CFTRI, Mysore, 26<sup>th</sup> -27<sup>th</sup> August 2019
- Training programme on Phytochemical techniques, FRI, Dehradun, April 2019
- Training programme in Safety of Food in Metal and Plastic Packaging, CFTRI (Central Food Technological Research Institute), Mysore, October 2018
- 10 days training experience in Food Technology R&D Division, Sami Labs Limited, Bangalore. December 2017
- Training Programme in "Chocolate for Entrepreneurs", De' Pastry School, Cochin, 2016
- Training Programme in "Cake designing", De' Pastry School, Cochin 2016
- Advanced Food Hygiene and Application of HACCP Based Food Safety Management System- Level 4 (ISO 22000), training curriculum developed by FAO, Food Safety Solutions International, Cochin, Kerala, November 2014
- Advanced Food Hygiene and Application of HACCP Based Food Safety Management System- Level 2 (training curriculum developed by FAO & CAC & RIPH UK, complies with the requirements of US FDA, EU COMMISSION and various other National and International Regulations) Food Safety Solutions International, Cochin, Kerala, May 2012
- Codex General Principles of Food Hygiene and Application of HACCP Based Food Safety System (FAO & CAC, complies with the requirements of US FDA, EU COMMISSION), Food Safety Solutions International, Cochin, Kerala, January 2005.
- Entrepreneurship Development Program on "Food Science & Technology" conducted by Field Testing Station, Changanacherry (Small Industries Development Organization, Ministry of SSI, Govt. India), Jan to Feb 2005
- Seafood Processing and Quality Control, The Integrated Fisheries Project, (Dept. of Animal Husbandry & Dairying, Govt. of India), Cochin, Oct to Nov 2003
- Milk and Milk Products Training, Dairy Training Centre, Kottayam (Kerala State Dairy Development Department), Dec 2002
- Processing of Pickles, Jams & Squashes, The Malabar Cost Products, Kerala, May- June 2003
- Training in the processing of Bakery and Confectionary Products Breads, Hot Breads, Kunjoos Fine Products, Kerala, February 2003

### RESEARCH EXPERIENCE

- Worked as **Senior Research Fellow**, in the project "**Integrated Technology for the Development of Reinforced Bioplastics with Celluloses of Plant Origin**" funded by Department of Biotechnology (DBT), Govt. of India, and has successfully developed value added products such as degradable, non-toxic packing material there by reducing the usage of LDPE, 2009-2012
- "**Value added Products from Cassava**," Mar Athanasios College for Advanced Studies Tiruvalla, Kerala, 2008



- “Studies on Naturally Fortified Pasta Products,” Defence Food Research Laboratory, Govt. of India, Mysore, 2007
- “A Study to Increase the Shelf-life of Raw Jack Fruit by Drying,” Mar Athanasios College for Advanced Studies Tiruvalla, Kerala, 2007

#### PROJECT COMPLETED

- “Database on Food Toxins,” Kerala State Council for Science, Technology & Environment (KSCSTE), Thiruvananthapuram, Kerala, 2014.

#### PROJECT ONGOING

- Co-PI of the project “Human Milk based Human Milk Fortifier for Preterm Infants” Department of Biotechnology, Delhi, 2021

#### PROFESSIONAL AND PERSONAL ACHIEVEMENTS

- Awarded First Rank by the M.G. University Kottayam for M.Sc., 2007
- Awarded Second Rank by the M.G. University Kottayam for B.Sc., 2005
- Award for best poster presentation in the International Symposium on “Advances in Food Biotechnology,” 2007
- Organizing Committee Member, **Treasurer** of International Symposium on “Second Green Revolution: Priorities, Programmes, Social and Ethical Issues,” Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram, India, 2009
- Recipient of the President of India Guide Award, 2000

#### PROFESSIONAL MEMBERSHIP

- Member, Association of Food Scientists & Technologists, India (AFSTI)
- Kerala Food Technologists Association (KEFTA)

#### PUBLICATIONS/ SCIENTIFIC PRESENTATIONS

- Value Added Products from Jackfruit (*Artocarpus heterophyllus*) Fruit, **Pinchu Elizabeth Thomas** and Biju Dharmapalan, *Acta Scientific Nutritional Health*, ISSN:2582-1423, 4.2 (2020): 105-110.
- Value added food products from *Flacourtia jangomas* (Lour.) Raeusch, **Pinchu Elizabeth Thomas** and Biju Dharmapalan, *Indian Food Industry Mag*, Vol 38 No 1, Jan- Feb 2019
- Physico-chemical and sensory properties of biscuits fortified with carrot powder, **Pinchu Elizabeth Thomas**, Litty Mary Abraham and Biju Dharmapalan, *International Journal of Food and fermentation Technology*. 8(2): 01-05, December 2018, ISSN No.2249-1570
- “Clovora- A New Herbal Mouth Wash for Oral Hygiene”, Amal P. K., Abu Anna Joy, Athira Thomas, Jessiya Jacob, Biju Bharmapalan and **Pinchu Elizabeth Thomas**, *Journal of Science, Technology and Management*, December 2018
- “Isolation of Oleoresin from *Capsicum frutescens* and its Value Addition,” **Pinchu Elizabeth Thomas**, and Betsy M. Baby, *International Symposium on Advances in Bioprocess Technology*, 2015
- “Functional Properties of Cellulose-Reinforced Bioplastics and their Potential Usage as Food Packaging Material” **Pinchu Elizabeth Thomas**, Rathish Rajan, Subin Damodaran and C. Balagopalan, *Journal of Science, Technology and Management*, January 2014

- "Rapport between Bioinformatics and Food Technology" Betsy M. Baby, **Pinchu Elizabeth Thomas**, International Symposium on Computational Biology and Drug Design, MACFAST, Thiruvalla, India, 2013
- "Utilization of Cotton Textile Waste as Reinforcement in Low Density Polyethylene Based Bioplastics" Rathish Rajan, **Pinchu Elizabeth Thomas**, Balagopalan C, APM-2011: International Conference on "Advancements in Polymeric Materials," CIPET, Chennai
- "Strategic Solutions for Food Security" **Pinchu Elizabeth Thomas**, Treesa Varghese and Betsy M. Baby, International Symposium on Second Green Revolution: Priorities, Programmes, Social and Ethical Issues, Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram, India, 2009
- "Biofortification: A Valuable Ingredient in High Quality Cereals Production" Treesa Varghese, **Pinchu Elizabeth Thomas**, and Betsy M. Baby, International Symposium on Second Green Revolution: Priorities, Programmes, Social and Ethical Issues, Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram, India, 2009
- "Computational Analysis of Putative Calmodulin Binding Protein SUN" Betsy M. Baby, Treesa Varghese and **Pinchu Elizabeth Thomas**, International Symposium on Second Green Revolution: Priorities, Programmes, Social and Ethical Issues, Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram, India, 2009
- "A Study to Increase the Shelf-life of Raw Jack Fruit by Drying" **Pinchu Elizabeth Thomas**, Indubala, Maya Raman, National Seminar on Advances in Food Biotechnology, Biospectrum 2007, Mar Athanasios College for Advanced Studies Thiruvalla, India

#### PERSONAL PROFILE

Date of Birth : 16<sup>th</sup> January 1985  
 Nationality : Indian  
 Gender : Female

#### DECLARATION

I hereby declare that the particulars furnished above are true and correct to the best of my knowledge and belief.

**PINCHU ELIZABATH THOMAS**

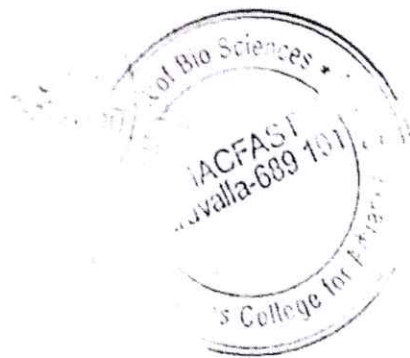


Training Programme in chocolate making

10<sup>th</sup> & 11<sup>th</sup> November 2017

Student participation

name of student	course	signature
Manija Madhu	FTQA	Manija
Marcy Jose	"	Marcy Jose



Pooja Chavan

Beena Chavan  
Dean, School of  
Biosciences