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Igniting wisdom since 2001

**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES  
TIRUVALA (MACFAST)  
Thiruvalla - 689101**

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**Entrepreneurship promoting Programmes**

**School of Biosciences**

**Mar Athanasios College For Advanced Studies Tiruvalla**

**(MACFAST)**

**Entrepreneurship Promoting Programmes**  
**School of Biosciences**

Entrepreneurship opens up new opportunities to explore innovative ideas and to encourage collaboration and teamwork. It will also create new job opportunities. To promote entrepreneurship among women and youth MACFAST, constantly organize different workshops and training programmes in many relevant topics.

**1. Entrepreneurship development programme for cake and chocolate making:**

To exploit the huge opportunities in the field of cake and chocolate making, the School of Biosciences organizes a hands- on training programme on cake and chocolate making. In 2016-2017 tenure, four training sections were conducted for chocolate making with a total of 64 participants. A two-day training programme on cake making was also conducted with 7 participants. During 2017-2018, two sets of training programmes related to chocolate making were conducted, and the no of. participants were 16. A two-day training programme on cake making with a total of 8 participants was also organized during this tenure. In 2018-19 a total of 5 participants attended the training programme organized at MACFAST. All the programmes were handled by Ms. Pinchu Elizabeth. Details regarding the date of conduct and no of participants in each session are listed below:

**Table: Details of events organized in Chocolate making for prospective entrepreneurs**

Sl.No	Date	No of participants
<b>2016-2017</b>		
1	19th -20th Jul 2016.	44
2	31st Aug-01st Sep 2016.	7
3	8th -9th Nov 2016	7
4	10th -11th Feb 2017	6
<b>2017-2018</b>		
5	10th -11th Nov 2017	6
6	7th-8th March 2018	10
<b>2018-2019</b>		
7	12th and 13th of July 2018	5



**Table: Details of events organized in cake making for prospective entrepreneurs**

Sl.No	Date	No of participants
<b>2016-17</b>		
1	15 <sup>th</sup> and 16 <sup>th</sup> of December, 2016	7
<b>2017-18</b>		
2	07 <sup>th</sup> and 08 <sup>th</sup> of December, 2017	8

**2. Development of value-added food products & conduct of food fest:**

Sustainability of a nation primarily depends on the agricultural field. The development of value added food products using cheap and locally available raw food materials promotes the growth of the food industry. The School of Bioscience gives an opportunity to the student to develop and standardize value-added food products from indigenous food materials such as Jackfruit, Mango, and Papaya. The students can also display and market these food products through conducting food fests. The fest aims to give awareness to the public on the possible opportunities to explore and customize these food products and also give an idea on how to set up micro, small and medium scale industries utilizing these raw materials.

**Table: Details of food fest conducted by the School of Biosciences**

SI No.	Name of Food fest	Date	Venue	Collaboration agencies
1	Jackfruit - Mango - Papaya Fest	9 <sup>th</sup> May to 14 <sup>th</sup> May 2017	YMCA Hall, Tiruvalla	YMCA Thiruvalla
2	Jackfruit - Mango-fest	23 <sup>rd</sup> to 28 <sup>th</sup> May, 2018	YMCA Hall, Tiruvalla	YMCA Thiruvalla Bodhana Thiruvalla
3	Jackfruit - Mango fest	May 28 <sup>th</sup> to 5 <sup>th</sup> June 2019	YMCA Hall, Tiruvalla.	YMCA, Tiruvalla.

**3. Training programme in plant tissue culture**

The well-established plant tissue culture lab facility was exploited in conducting a hands-on training programme on plant tissue culture techniques and applications. The expected outcome for the programme was to inculcate the spirit of entrepreneurship for the initiation of a plant tissue culture facility on a commercial basis. These programmes were open to the general public.

**Table: Details of hands-on training programme on plant tissue culture**

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SI No.	Name of the programme	Date	Collaboration agency
1	Hands-on training on plant tissue culture techniques and applications	02nd to 12th August 2017	Kerala Biotechnology Commissions
2	Hands-on training on plant tissue culture techniques and applications	16th to 25th January 2019	NA

**4. Invited talk on entrepreneurship by successful entrepreneurs**

MACFAST college always provides opportunities to interact with successful entrepreneurs. With the aim to help our students and young entrepreneur to achieve their entrepreneurial goals, the School of Biosciences continuously organizes seminars series and inspiring talks led by successful eminent personalities. They often shared their success stories, challenges they faced, and also gave guidance on how to overcome those hurdles based on their experience. The talks were often motivational and eye-openers for the young budding entrepreneurs.

Table: List of seminars organized by School of Biosciences on entrepreneurship

SI No	Title of the programme	Speaker	Date
1	Meet The Entrepreneur: How to start a startup company	Dr. C. N. Ramchand, CEO, Saksin Lifesciences Pvt. Ltd, Chennai, Tamilnadu	20/9/2017
2	A Day with an Entrepreneur	Dr. Majeed Founder & MD, SAMI's lab, Bangalore	30/10/2017
3	Meet the Entrepreneur	Dr. C. N. Ramchand, CEO, Saksin Lifesciences Pvt. Ltd, Chennai, Tamilnadu	9/5/2019
4	Life sciences and Career	Dr. Smitha Jain Executive Director, India Bioscience, NCBS	5/7/2019
5.	Attracting and Retaining Youth in Agriculture	Dr. Rincy K. Abraham, Dr. Sency Mathew and Dr. Shana Harshan, ICAR-KVK	29/11/2021

*Jenny Jacob*



*Fr. Dr. Cherman J Kottayil*

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



## Report on the Workshops conducted on “Chocolate making for prospective entrepreneurs”

2016-17

MACFAST always extended a helping hand to promote entrepreneurship in the small-scale food industry. With this motive, the School of Biosciences has been organizing different hands-on training programs related to cake baking and chocolate making under the coordination of Mr. Biju Dharmaplan. The training sessions were handled by Mrs. Pinchu Elizabeth Thomas. The programs are mainly aimed at students, businessmen, housewives, entrepreneurs, retired persons, and anyone with a passion for food making and baking. Our students were also a part of this program and assisted the coordinator and resource person right from program organization to volunteering and helping the participants. In 2016-2017, four training sections were conducted and the date of conduct and no of participants in each session are listed below.

Sl.No	Date	No of participants	No of student Volunteers
1	19 <sup>th</sup> -20 <sup>th</sup> Jul 2016.	44	10
2	31 <sup>st</sup> Aug-01 <sup>st</sup> Sep 2016.	7	3
3	8 <sup>th</sup> -9 <sup>th</sup> Nov 2016	7	3
4	10 <sup>th</sup> -11 <sup>th</sup> Feb 2017	6	2

*Beene Cherian*

Beene Cherian  
Dean, School of Biosciences





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## Workshop on “Cake making for prospective entrepreneurs”

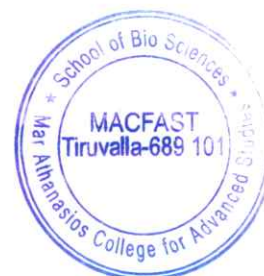
15-16 of December, 2016

The cake business in India has witnessed massive growth over the last few years due to the increased demand from consumers, the burgeoning cafe-culture and of course, social media. Home-based baking, in particular, has been taken up by a huge number of women entrepreneurs thanks to these reasons. There are many initiatives which are also being taken by the Government of India, which has further encouraged them to pursue their baking dreams. Not just women, quite a few men are also taking up home baking as a profession.

MACFAST has successfully conducted training programmes on Cake making in this regard. A two-day training program on cake making, for prospective entrepreneurs was conducted on 15 and 16th of December, 2016. The coordinator of the program was Mrs. Pinchu Elizabeth Thomas and the main sessions were handled by her. The registration was handled by Mr. Biju Dharmapalan, School of Biosciences and 2 students of the department functioned as the programme volunteers. A total of 7 participants attended the training programme.

*Beene Cherian*

Beene Cherian  
Dean, School of Biosciences





## Workshop on “Cake making for prospective entrepreneurs”

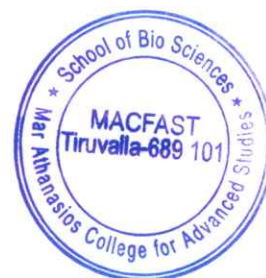
7-8 December, 2017

While you may be wondering how to start a cake business from home, there are many other home bakers who have already converted their passion into a successful business and have started selling cakes from home. This industry is rapidly growing and there's heavy competition. According to another research study, the Indian cake market is projected to grow at a steady rate. From the past few years, there's a high demand for customized and artisanal cakes as well. Factors like product innovations in terms of new flavours, rise in disposable income and changing consumer tastes and preferences are the key drivers of the segment. This is where home bakers have a role to play and a business space to explore.

MACFAST has catered to these demands by arranging a training programme on Cake making in this regard. A two day training program on cake making, for prospective entrepreneurs was conducted on 07th and 08th of December, 2017. The coordinator and the main resource person of the program was Mrs. Pinchu Elizabeth Thomas. A total of 8 participants attended the training programme to start cake making as a business. 3 students from School of Biosciences were present as volunteer helpers for the programme.

*Beene Cherian*

Beene Cherian  
Dean, School of Biosciences





## Workshop on “Chocolate making for prospective entrepreneurs”

2017-18

Small-scale entrepreneurship in the food industry can open up new job opportunities for women and young talents and will also help in national development. With the idea of encouraging people in this field, the School of Biosciences, MACFAST has organized hands-on training in chocolate making. The two sets of training programs conducted in 2017-2018 were coordinated by Mr. Biju Dharmapalan and the technical section was handled by Mrs. Pinchu Elizabeth Thomas. The date of conduct and no. of participants in each session are enlisted below.

Sl.No	Date	No of participants	No of student Volunteers
1	10 <sup>th</sup> -11 <sup>th</sup> Nov 2017	6	2
2	7 <sup>th</sup> -8 <sup>th</sup> March 2018	10	3

*Beena Cherian*  
Beena Cherian  
Dean, School of  
Biosciences







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## Workshop on “Chocolate making for prospective entrepreneurs”

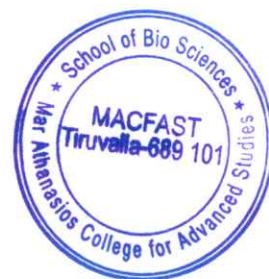
12 - 13 of July 2019

MACFAST has conducted a training programme on Chocolate making on 12th and 13th of July 2019 for aspiring entrepreneurs. The biggest advantage of chocolate making business is that it does not require a large space for the business or even several equipment and can be started from home too using the basic utensils available, thus making it a feasible and ideal business option for women entrepreneurs as well as for those who want to initially start small and not invest much in to the business.

In this program, the knowledge and skills to make amazing chocolates were delivered by hands on training session. The program was useful for those who are interested in chocolate as a hobby or starting a new business, our expert instructors can help you achieve your goals. The participants could learn the chemistry and recipe of chocolate development plus fundamental chocolate skills such as tempering, moulding, dipping and decorating. This program has enabled participants to develop products of their desire with their choice of flavours. The coordinator and the main resource person of the program was Mrs. Pinchu Elizabeth Thomas with 2 students as volunteers. The registration was handled by Mr. Biju Dharmapalan, School of Biosciences. A total of 5 participants attended the training programme to start chocolate making as a business venture.

*Beena Cherian*

Beena Cherian  
Dean, School of Biosciences



**Mar Athanasios College For Advanced Studies Tiruvalla  
(MACFAST)**

**DEPARTMENT OF FOOD SCIENCE & TECHNOLOGY**

**Entrepreneur Development Programme**



*This is to certify that Mr./Ms. .... has undergone  
the Entrepreneur Development Programme in.....  
conducted at the Food Science & Technology Department, MACFAST from.....  
to.....*

Head  
Dept. of Food Science & Technology

Principal



## Report on the YMCA Jackfruit - Mango - Papaya Festival - 2017

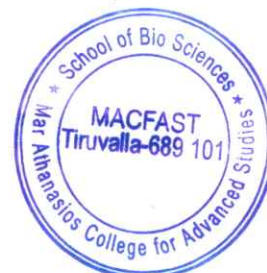
9<sup>th</sup> -14<sup>th</sup> May 2017

Mar Athanasios College for Advanced Studies Tiruvalla in association with YMCA Thiruvalla organized a Jackfruit - Mango - Papaya Festival at YMCA Hall in Tiruvalla from 9<sup>th</sup> May to 14<sup>th</sup> May 2017. The event was inaugurated by the Most Rev Dr Philipose Mar Chrysostom, Bishop of Marthoma Church. The fest gave an opportunity for the current batch of students to develop value-added food products from cheap and locally available food materials such as Jackfruit, Mango and Papaya. The food materials were prepared by the students at the department and then later transported to the festival ground by them. At the festival, the food materials were exhibited at a food stall arranged by the students. More than 18 edible items were developed from these raw materials for the festival. 62 students from the School of Biosciences were actively involved in this programme.

List of value-added products developed from jackfruit, papaya and mango.

- |   |                                 |
|---|---------------------------------|
| 1. Jelly                                | 10. Pudding                     |
| 2. Jam                                  | 11. Cutlet                      |
| 3. Squash                               | 12. Halwa                       |
| 4. Cool drinks from mango and jackfruit | 13. Jackfruit Biriyani          |
| 5. Pickle                               | 14. Payasam                     |
| 6. Dried jackfruit bulb                 | 15. Jackfruit seed avalosu podi |
| 7. Jackfruit flour                      | 16. Dry Mix Snack               |
| 8. Dried Jackfruit seed                 | 17. Chips                       |
| 9. Chakka Nirav                         | 18. Pakoda                      |

*Beena Cherian*  
Beena Cherian  
Dean, School of Biosciences





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Glimpses from the inauguration of Mango-Jackfruit-Papaya Fest



Students in preparation of the value-added products from Jackfruit



Products developed from Jackfruit





# Report on the YMCA Jackfruit - Mango Festival - 2018

23<sup>th</sup> May - 28<sup>th</sup> May, 2018

Mar Athanasios College for Advanced Studies Tiruvalla in association with YMCA Tiruvalla organized a Jackfruit – Mango fest at YMCA Hall in Tiruvalla from 23 to 28 May, 2018. 69 students from the School of Biosciences actively participated in this programme. The festival gives an opportunity for the students to develop value-added food products from cheap and locally available raw materials such as Jackfruit, and Mango. In this exhibition, a stall was arranged by our students. 23 value added products such as Mango Jam, Jackfruit payasam, Jackfruit cutlets, Jackfruit samosa, Jackfruit mixture, Jackfruit seed burfi etc. were displayed and sold in the fest. As part of this programme, Mrs. Beena Cherian was the resource person for conducting a seminar on the topic ‘Value added products from Jackfruit and Mango’ on 26<sup>th</sup> May, 2018. The seminar was inaugurated by the Shri Mathew T Thomas, Minister of Water Resources. In addition to this, students were also actively involved in giving awareness to start a household industry by using underutilized raw materials.

**Y.M.C.A** തിരുവല്ല് വൈ.എം.സി.എ.യും  
 ബോധനയും, മാക്ഫാസ്റ്റ് കോളേജും ചേർന്നൊരുക്കുന്ന സംയുക്ത സംരംഭം

**ചക്ക - മാങ്ങ ഫെസ്റ്റിവൽ 2018**

മെയ് 23 മുതൽ 28 വരെ, വൈ.എം.സി.എ.ഹാളിൽ

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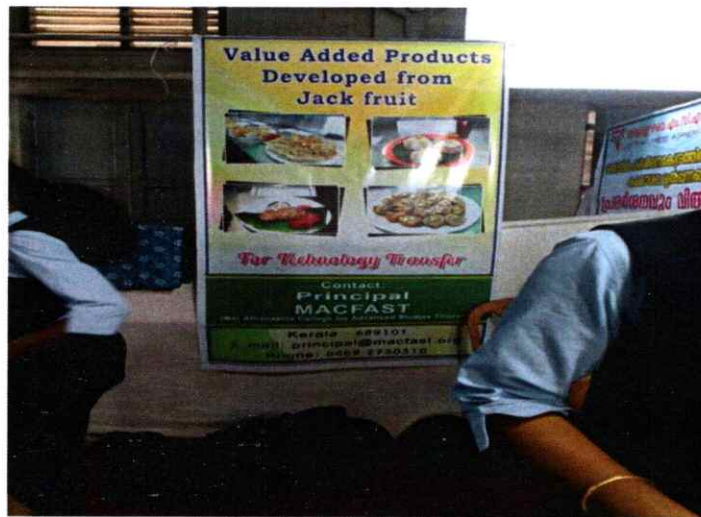
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Students in preparation of Jackfruit

Food product from Jackfruit seed peel



Banner at Fest Ground

*Beeve Cherian*  
Beeve Cherian  
Dean, School of  
Biosciences





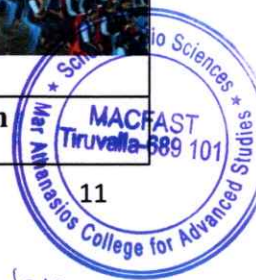
## Exhibition of Value-added Products from Jackfruit at St. Joseph's Central School Mundakayam

Date : 5<sup>th</sup> June 2018

In connection with 'World Environmental Day', the School of Bioscience has organized a Jackfruit exhibition at St Joseph Central School Mundakayam on 5<sup>th</sup> June 2018. During this programme, more than 20 value-added products from Jackfruit such as Jackfruit halwa, Jackfruit seed pappad, Jackfruit bulb Pappad, Jackfruit mixture, Jackfruit Jaggery, Jackfruit pickle and herbal toothpaste etc. developed by students of School of Biosciences were displayed. A special lecture on the topic "Value-added Products from Jackfruit" was also conducted on the same day. More than 2000 students attended the session and Mrs Beena Cherian, Dean, School of Biosciences was the resource person. 10 students from the School of Biosciences were selected as volunteers to attend this programme and 20 students were selected to prepare the products.



Figure: Jackfruit exhibition at St Joseph Central School Mundakayam



*Beena Cherian*  
Beena Cherian  
Dean, School of Biosciences



## Report on the Jackfruit - Mango Fest 2019

28<sup>th</sup> May-5<sup>th</sup> June, 2019

The School of Bioscience, Mar Athanasios College for Advanced Studies Tiruvalla in association with YMCA Thiruvalla and Bodhana organized a six days Jackfruit –Mango-fest at YMCA Hall in Tiruvalla from May 28th to 5th June 2019. This programme aims to give an opportunity for the students to develop value-added food products from cheap and locally available food materials. In this exhibition, a stall was arranged by our students. 79 students from the School of Bioscience actively participated in this programme. More than 20 value-added products from jackfruit and mango were displayed and sold in the fest. In addition to this, students were also actively involved in giving an awareness to the public on how to set up micro, small and medium scale industries utilizing these raw materials.

### List of value-added products developed from jackfruit & mango

- |                         |  |
|-------------------------|--|
| 1. Dried jackfruit bulb | 13. Cake                                 |
| 2. Jackfruit flour      | 14. Cool drinks from mango and jackfruit |
| 3. Dried Jackfruit seed | 15. Halwa                                |
| 4. Mango Candy          | 16. Pakoda                               |
| 5. Jackfruit Preserve   | 17. Payasam                              |
| 6. Jackfruit Mixture    | 18. Cupcake                              |
| 7. Chips                | 19. Chocolates                           |
| 8. Leather              | 20. Chakka Nirav                         |
| 9. Jelly                | 21. Jackfruit seed avalosu podi          |
| 10. Pickle              | 22. Jam                                  |
| 11. Cutlet              | 23. Squash                               |
| 12. Pudding             |  |





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Inaugural Ceremony of the Jackfruit-Mango fest



Dehydrated Jackfruit seed



Entrance to the fest ground



Bioscience Students at the food counter



*Beena Chulan*  
Beena Chulan  
Dean, School of Biosciences