MACFAST

SCHOOL OF BIOSCIENCES

Training program in Chocolate Making

for prospective entrepreneurs

DATE 31 AUG 2016 to 01 SEP

Programme Coordinator

PINCHU ELIZABATH THOMAS
Phone: 9446401391

For registration details contact

BIJU DHARMAPALAN
Phone: 9447121716

School of Biosciences, MACFAST Tiruvalla

Report on the workshop

"Chocolate making for prospective entrepreneurs"

02 September 2016

Crafting fine chocolate is a true art that takes mastery of candy making to another level. With skills in chocolate making, you can create treats that your customers will purchase at a small shop or seek out for online delivery. As a home run business, you will be involved in packaging and marketing your sweets, along with you main line activities. One can also make it a main line activity, if one desires so.

MACFAST has created a training programme to cater to the needs of the demands for chocolate making from 31st August to 01 September 2016. The objective of the training programme was to impart the training of making, packaging and marketing chocolates. This will lead to ways of income generation through starting small business by making and selling Homemade Chocolates.

Who Can Attend:- Students, Businessmen Housewives, Entrepreneurs, Retired Persons, For anyone with a passion in chocolate making.

Course Methodology:- Classroom Lectures, Practical Sessions, Individual and Group Practice, designing in cakes etc.

The coordinator and the main resource person of the program was Mrs. Pinchu Elizabeth Thomas. The registration was handed by Mr. Biju Dharmapalan, School of Biosciences. A total of 7 participants attended the training programme to start chocolate making as a business venture.

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

School of Bio Sciences
MACFAST
Tiruvalla-689 101
Mar Athanasios College

Beena 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, 26th -27th 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 Feb2005
- 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 Elizabath 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 Elizabath 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 Elizabath 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 Elizabath Thomas**, Journal of Science, Technology and Management, December 2018
- "Isolation of Oleoresin from *Capsicum frutescens* and its Value Addition," **Pinchu Elizabath 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 Elizabath 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 Elizabath 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 Elizabath Thomas**, Balagopalan C, APM-2011: International Conference on "Advancements in Polymeric Materials," CIPET, Chennai
- "Strategic Solutions for Food Security" **Pinchu Elizabath 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 Elizabath 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 Elizabath 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 Elizabath 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	:	16th 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.

August 31 & September - 2016

Student participation List.

Name of student	Course	Signature
Dhanu S. Lakshmi	FTQA	
Ansu Mary John	"	
Renu John	"	Absent
Mercy Jose	"	

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Dean, School of Biosciences