



Income Generation Activity
Mushroom Cultivation
BY
SHAKTI – SELF HELP GROUP PARALI



SHAKTI -Self Help Group VFDS Jai Kali Mata Parali

SHG/ Name	::	Shakti
VFDS Name	::	Jai Kali Mata Vfds Parali
FTU/Range	::	Jubbal
DMU/Division	::	Rohru

Prepared under:-

Project for Improvement of Himachal Pradesh Forest
Ecosystems Management & Livelihoods (JICA Assisted)

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1. Introduction

Himachal Pradesh is a State in the Northern part of the India and is situated in the western Himalayas. It is characterized by an extreme landscape featuring several peaks and extensive river system. Himachal Pradesh is known as “Land of God “and is also known for its scenic beauty. Himachal Pradesh is rich in flora and fauna.

The state has diverse ecosystem, Rivers, and valleys, and has a population of 7.5 million and covers 55,673 sq.km ranging from foothills of Shivalik to the mid hills (300 - 6816 mts. above MSL), high hills and cold dry zones of the upper Himalayas. It is spread across valleys with many perennial rivers flowing through them. Almost 90% of the state’s population lives in rural areas. Agriculture, horticulture, hydropower, and tourism are important constituents of the state's economy.

The Himachal state has 12 districts and Shimla is one of the Twelve Administrative District of the State. The district Headquarter is located at Shimla.

The former summer capital of the British India, and the present capital of Himachal Pradesh, Shimla has been blessed with all the natural bounties which one can think of. The spectacular cool hills accompanied by the structures made during the colonial era creates an aura which is very different from other hill. Bulging at its seams with unprecedented expansion, Shimla retains its colonial heritage, The Shimla back to the 19th century when it was founded by the British in the year 1819 after the Gorkha war. During that period, it was most popular for the temple of Hindu Goddess Shyamala Devi. In 1822, the first British summer home was constructed by Scottish civil servant Charles Pratt Kennedy.

When it comes down to rugged mountainous views, free-spirited nature and an overall enchanting and wild trip, the Himalayan village of Khara Pathar takes the cake. The small village may not seem often be chosen in favour of its famous neighbour, Shimla and due to the extremely off track road that leads to Kharapathar, but the place's charm is never dimmed. Kharapathar is located at the height of 8770 feet above sea level, making it the highest point on the Shimla route. The staggering height of the village makes the view here a thing of the legends, especially at night when all the scattered houses on the hill are lit up like specks.

Location of VFDS Area: -

The three wards fall under Parali Gram Panchayat in Jubbal Block of Shimla District. The selected VFDS areas are in Kharapathar Beat of Jubbal Range which is under the administrative control of Shimla forest Division (Division Management Unit (DMU) at Rohru.

Boundary: - The boundary of selected VFDS

North - Sheelghat

South - Giri Ganga

East - Jubbal

West - Deori Ghat

BACKGROUND :-

Mushroom farming is one of the most profitable agri-business that you can start with a low investment and space. Mushroom cultivation in India is growing gradually as an alternative source of income for many people. Worldwide, China, US, Italy and Netherlands are the leading producers of mushrooms. In India, Uttar Pradesh is the top producer of mushrooms followed by Tripura & Kerala.

There are different types of mushroom grown around the world. They are as follows;

Button mushroom, oyster mushroom & paddy straw mushrooms are the three major types of used for cultivation in India. Paddy straw mushrooms can grow in temperatures ranging from 35 – 40 Degree Celcius. Oyster mushrooms on the other hand are grown in the northern plains while button mushrooms grow during the winter season. All these mushrooms of commercial importance are grown by different methods and techniques. Mushrooms are grown in special beds known as compost beds.

How to Grow Button Mushroom :-

Check step by step method to grow button mushrooms

Making Compost

The first step to grow mushrooms is composting that is done in the open. Compost yard for button mushroom farming is prepared on clean, raised platforms made of concrete. They should be raised so that the excess water does not get collected at the heap. Though the composting is done in the open, they should be covered to protect from rain water. Compost prepared is of 2 types - natural & synthetic compost. The compost is made in trays of different dimensions.

Natural Compost

Here the ingredients required are horse dung, poultry manure, wheat straw and gypsum. Wheat straw must be sliced finely. Horse dung should not be mixed with that of other animals. It must be freshly collected & not exposed to rain. After the ingredients are mixed, they are uniformly spread on the composting yard. Water is sprayed on the surface to wet the straws. It is heaped & turned like that for synthetic manure. Due to fermentation, the temperature of the heap goes up and it gives a smell because of ammonia escaping. This is a sign that the compost has opened. The heap is turned every three days and sprinkled with water.

Filling the Compost in Trays

The prepared compost is dark brown in color. When you fill the compost into trays, it should be neither too wet nor too dry. If the compost is dry then spray a few drops of water. If too damp, then let some water evaporate. The size of the trays for spreading the compost could be as per your convenience. But, it must be 15 to 18 cm deep. Also, make sure that the trays are made of softwood. The trays must be filled with compost to the edge and leveled on the surface.

Spawning

Spawning is basically the process of sowing the mushroom mycelium into the beds. The spawns can be obtained from certified national laboratories at nominal price. Spawning can be done in 2 ways - by scattering the compost on the bed surface in the tray or else mixing the grain spawn with compost before filling the trays. After spawning cover the trays with old newspapers. The sheet is then sprinkled with little water to maintain moisture & humidity. There must be a headspace of at least 1 meter between the top tray and the ceiling.

Casing

Casing soil is made by mixing finely crushed and sieved, rotten cow dung with the garden soil. The pH should be on the alkaline side. Once ready, the casing soil has to be sterilized to kill the pests, nematodes, insects & other molds. Sterilization can be done by treating it with formalin solution or by steaming. After the casing soil is spread on the compost the temperature is maintained at 25°C for 72 hours & then lowered to 18°C. Remember that casing stage requires a lot of fresh air. Therefore the room must have sufficient ventilation facilities during the casing stage.

Cropping

After 15 to 20 days of the casing, the pinheads start becoming noticeable. White-colored, small-sized buttons start developing within 5 to 6 days of this stage. Mushrooms are ready for harvesting when the caps are placed tight on the short stem.

Harvesting

During harvesting, the cap should be twisted off gently. For this, you need to hold it gently with the forefingers, press against the soil & then twist off. The base of the stalk in which mycelial threads & soil particles cling should be chopped off.

2. Description of SHG/CIG

SHG/CIG Name	::	Shakti
VFDS	::	Jai Kali Mata vfds Parali
Range	::	Jubbal
Division	::	Rohru
Village	::	Kharapathar
Block	::	Kharapathar
District	::	Shimla
Total No. of Members in SHG	::	13
Date of formation	::	07-06-2022
Bank A/c No.	::	41229703996 IFSC: SBIN0005578
Bank Details	::	SBI Kharapathar

SHG/CIG Monthly Saving	::	100/-
Total saving	::	5100/-
Total inter-loaning		-----
Cash Credit Limit		-----
Repayment Status		-----

3. Beneficiaries Detail:

Sl. No	Name	Father/HusbName	Age	Category	Income Source	Address
1	Nisha Bakhirta	Sh. Devinder Bakhirta	53	Gen.	Agriculture	Kharapathar
2	Deepa Bakhirta	Lt. Sh. Hari S Bakhirta	50	Gen.	Agriculture	Kharapathar
3	Ela Chauhan	Sh. Mohan Singh	58	Gen.	Agriculture	Kharapathar
4	Chandrakanta	Sh. Gulat Ram	64	Gen.	Agriculture	Kharapathar
5	Veena Chauhan	Sh. Ranveer Chauhan	38	Gen.	Agriculture	Kharapathar
6	Poonam Manjta	Sh. Anil Manjta	37	Gen.	Agriculture	Kharapathar
7	Reeta Sharma	Sh. Ravi Sharma	50	Gen.	Agriculture	Kharapathar
8	Kala Manjta	Sh. Kailash Manjta	52	Gen.	Agriculture	Kharapathar
9	Monika Manjta	Sh. Vijay Manjta	36	Gen.	Agriculture	Kharapathar
10	Sangeeta Mehta	Sh. Kushal Singh	50	Gen.	Agriculture	Kharapathar
11	Susheela Chauhan	Sh. Bhim S Chauhan	51	Gen.	Agriculture	Kharapathar
12	Manisha Bakhirta	Sh. Gopal Bakhirta	42	Gen.	Agriculture	Kharapathar
13	Laleeta Bakhirta	Sh. Bhim S Bakhirta	37	Gen.	Agriculture	Kharapathar

4. Geographical details of the Village

1	Distance from the District HQ	::	80 km
2	Distance from Main Road	::	1km
3	Name of local market & distance	::	Kharapathar & 1 km
4	Name of main market & distance	::	Jubbal & 15 km
5	Name of main cities & distance	::	Rohru & 40km
6	Name of main markets where product will be sold/ marketed	::	Kharapathar , Jubbal , Rohru

5. Description of product related to Income Generating Activity

1	Name of the Product	::	The Group will be involved in production of Button Mushrooms in controlled environment.
2	Method of Product Identification	::	Though the entire group member grows high value cashcrops. As their land holding is small, so they are not able to meet out their financial requirements' therefore, it has been decided by the group member that Mushroom cultivation will enhance their income. Further they usually go to sell their cash crops in kharapathar , jubbal & Rohru. Market linkages are already in place. They do not have to spend extra time and money for marketing mushrooms.
3	Consent of SHG/ CIG/Cluster	::	Consent is attached as an Annexure.

6. Production Processes:-

The training of Mushroom cultivation will be arranged by JICA project. The full cost of training will be borne by the JICA Project.

The Group decided initially to start with Button Mushroom Production. 300 Compost spawn added bags will be purchased and fixed in hired/ rented room.

Three tier wooden /Bamboo racks fitting, along with two Exhaust fans one for fresh air and other at the bottom to expel out the inner air will be installed. One ceiling Fan to lower the room temperature and other (heat blower) to increase the room temperatures, one dry and wet thermometers will be installed in the hall to maintain the required room temperature. The room will be washed and sanitized with formalin (5ml/liter) twice to thrice before loading the Bags.

Following the technical input during the training, the business plan with three crops of Button Mushrooms (70 to 75 days cycle foreach). (August to April are best months for Button Mushroom) has been prepared after having thorough discussions with the group.

The group members will work 1hrs daily, half an hour in the morning and half an hour in the evening.

7. Description of Production Planning:

5.1	Production Cycle (75 days)	::	<p>In Shimla district Button Mushroom can be grown from August to April. After adding spawn in the compost bag, mushroom takes 30 to 40 days to pin up. Thereafter three flushes can be taken. In total 75 days are required to take the three flushes of mushroom crop. The production cycle of one crop will be 75 days. In a year four cycles of crop will be repeated as per detail below: -</p> <p>1st crop of Button Mushroom (May to end of July =75 days) 2nd crop of Button Mushroom (August to October =75 days) 3rd crop of Button Mushroom, (November to January =75 days) 4th crop of Button Mushroom (February to April = 75days)</p>
5.2	Manpower required (No)	::	<p>Initially whole group will work together to install/ construct the racks, clean the room, and carry compost bags from the road to production sites. Thereafter for first 30 days 2 persons for 1 hours (1/2 Hour Morning and 1/2-hour evening) on rotation bases will work for cleaning, moistening, temperature regulation etc. For next 31 to 75 days 4-person 3hours for harvesting, caging soil, cleaning, weighing, and packing. Marketing hours are not included as one of the members will sell mushrooms along with vegetables in the market regularly. Compost making 4 persons will work for 2hours for 2days.</p> <p>Labor work will be for total 704hrs, if we divide it by 8(hours) it will be 88days and multiply it by wages rate of Rs 375/day then the cost of labor comes out to be Rs. 33,000/-</p>
5.3	Source of raw material	::	Horticulture Department, Solan district of Himachal Pradesh. However, the raw material can be purchased from rohru .
5.4	Source of other Resources	::	-do-

8. Description of Marketing /Sale

1	Potential Market Places	::	Rohru , Jubbal , kharapathar and local villages.
2	Distance from unit	::	Rohru - 40 Km, Jubbal -15 Km & kharapathar - 1Km
3	Demand of the Product in Market		Mushrooms are always in demand throughout the year.
4	Process of Identification of Market	::	All the above three places are well established for vegetable selling.
5	Impact of seasonality on Market.	::	Mushrooms are all weather delicacy and are in high demand throughout the year. However, during summer, due to Tourist and marriage ceremonies demand is more.
6	Potential buyers of the Product.	::	Potential Market Buyers are Hospitals, Hotels, Hostels, Shops, Residents, Marriage, and other ceremonial occasions etc.
7	Potential consumers in the area.	::	All Health-conscious citizens/ Households and hotels and dhabas.
8	Marketing mechanism of the Product.	::	Daily supply of the Mushrooms to the Market on Demand Basis and group will also sell these in open market of kharapathar , jubbal sheelghat and local village markets.
9	Marketing strategy of the Product.	::	Initially group will contact all the vegetable retail sellers in various townships, thereafter on increase of production, the retail sellers of Shimla & kotkhai market will also be contacted to sell their product.
10	Product Branding.	::	“Shakti ”.
11	Product Slogan	::	“Grow More Mushrooms and Live Healthy.”

9. Description of Management among the Members

All Members will take training and divide themselves for daily work operations, Marketing, Linkages with department and with VFDS. All the members will contribute towards the strengthening of the group as per their capacity and wisdom.

10. SWOT Analysis

Sr.No.	Detail/Items	:	Description
1.	Strength	::	All Group members are like minded, well adapted to local and social environment. Production cost is less, Produce is of high quality and growing cycles are short, production will be throughout the year. Readymade Compost bag are available in the open market. For SHG Financial support Trainings and exposures will be organized by JICA Forestry Project as per the norms and instructions.
2.	Weakness	::	New Self-help Group, lack of experience in Mushroom production/cultivation.
3.	Opportunity	::	Demand is high and return is high.
4.	Threats	::	Internal Conflict in Group, lack of Transparency, and lack high Risk bearing capacity are anticipated and are negotiable with the group.

11. Description of Potential risks and measures to mitigate them.

Sr.No	Potential risks	:	Measures to mitigate them.
1.	1. At times harmful infection can destroy the crop. 2. Temperature maintenance and Regulations 3. Market Saturation	:	First of all, cleanness is to be maintained by washing hands and feet with soap and dip in formalin solution before entering into the room. Only 2 to 3 persons will enter the room with full kit (cap, gloves, apron etc.). Regular sprays to avoid fungal attack. With the help of thermometers, the required temperatures will be maintained with given devices. To do Value addition or dry mushrooms for making Mushroom Pickles, soups and other products etc in the later years of production.
2.	Internal Conflict in Group, Transparency	:	Conflicts to be dealt with in the initial stage to eradicate the cause. Equal exposure to all Group members, equal benefit sharing needed Give Respect, and honour to every member.
3.	Market	:	Market is always fluctuating; Demand and supply are always at variance. So, members to keep on searching new markets and buyers.
4.	Production	:	Production will be increased slowly as per the market demand and members 'experience.

12. Financial projections 1st cycle

S. No	PROJECT COST	Amount in Rs.
A	CAPTIAL COST	
A.1	Construction of three tire wooden /Bamboo racks fitting	22000
A	Ceiling Fan (1 No)	1800
B	Exhaust fans (2)	3000
C	Room heat/ blower/ (heat pillar)	3000
D	Dry and wet thermometer (1 set)	1000
E	Medium spray pumps (1no) (knapsack)	3200
F	Set of sharp knives no (1 set)	400
G	Scissor, (2no)	600
H	Trays/Basket (6 no)	1500
I	Crate (6no)	2800
J	Water tanks 1000 liter 1 no including carriage	8000
K	Water and electricity fitting material & Charges	8200
L	Vegetable Dehydrator	47000
M	Miscellaneous expenditure	5000
	Total Capital Cost	1,07,500
B.	RECURRING COST of First Cycle (75 days)	
B.1	Cost of Rented room 1 Hall (mushroom growing Unit) @ Rs 1800/Month. (3 month) =	5400
B.2	Formalin	600
B.3	Labour wages 88 day = (@ Rs 375/ day) = Rs 33,000	33,000
B.4	Button mushroom Compost Bags 300 no @ Rs 90 per bag and other raw material including carriage	27000
B.5	Packaging (packaging material etc.)	3200
B.6	Transportation	1800
B.7	Electricity and water usage charges @ Rs 1000 per month	3000
B.8	Miscellaneous expenditure (stationery, Bill book, receipt etc.)	2000
	Recurring Cost of one cycle = B1+B2+B3 + B4 +B5 + B6+B7+B8	76,000
	Total Project cost (A+B) = 1,07,500 +76,000 =	1,83,500

Cost Benefit Analysis First Cycle: -

Sr no	Particular	Unit	Quantity/no	Rate	Amount
A	Depreciation 10% on Capital Cost	Month	3	10%	2688
B	Recurring Cost for 3 Months				

1.	Cost of Rented room 1 Hall(mushroom growing Unit)@ Rs 1800/Month. (3 month)	Month	3	1800	5400
2.	Formalin containing 250 in each Bottle.	No	2 bottles	300	600
3.	Labour wages 88 days = (@ Rs 375/day)= Rs 33,000	Days	88	375	33,000
4.	Button mushroom Compost Bags 300 no @ Rs 90perbag and other raw material including carriage	No	300	90	27,000
5.	Packaging (packaging material etc.)	Kg	5	200	1000
6.	Transportation Charges	-	-	-	1800
7.	Electricity and water usage charges @ Rs1000 per month	Month	3	1000	3000
8.	Miscellaneous expenditure (stationery, Bill book, receipt etc.)		L/S	-	2000
	Total				76,488
9.	Total Production in Kg.	Button mushroom Compost			750 kg 750 kg
10.	Total sale (Kg)	Button mushroom 750 kg @ Rs 150			1,12,500

		Compost 750kg@Rs10	7500
			1,20,000
11.	Total Benefit	1,20,000-76488 = 43,512	43,512
12.	The net profit of Rs. 43,512 will be kept as emergency reserve for future contingency		

Cost Benefit Analysis Second Cycle

Sr no	Particular	Unit	Quantity/no	Rate	Amount in (Rs)
A	Depreciation 10% on Capital Cost	Month	3	10%	2688
B	Recurring Cost for 3 Months				
1.	Cost of Rented room 1 Hall (mushroom growing Unit) @ Rs 1800/Month. (3 month)	Month	3	1800	5400
2.	Formalin containing 250 in each Bottle.	No	2 bottles	300	600
3.	Labour wages 88 days = (@ Rs 375/day)=Rs 33,000	Days	88	375	33,000
4.	Button Mushroom Compost Bags 300 no @ Rs 90 per bag and other raw Material including carriage	No	300	90	27,000
5.	Packaging (packaging material etc.)	Kg	5	200	1000
6.	Transportation Charges	-	-	-	1800
7.	Electricity and water usage charges @ Rs1000 per month	Month	3	1000	3000
8.	Miscellaneous expenditure (stationery, Bill book, receipt etc.)		L/S	-	500
	Total				74,988
9.	Total Production in Kg.	Button Mushroom			750kg
		Compost			750 kg
10.	Total sale (Kg)	750kg @ Rs 150			1,12,500
		Compost 750 kg @ Rs 10			7500
				Total	1,20,000
11.	Total Profit	120000 -74988			45,012
The total profit of Rs. 45,012 after 2nd cycle is available to be distributed amongst the SHG members					

Cost Benefit Analysis Third Cycle

Sr No	Particular	Unit	Quantity/no	Rate	Amount in (Rs)
A	Depreciation 10% on Capital Cost	Month	3	10%	2688
B	Recurring Cost for 3 Months				
1.	Cost of Rented room 1 Hall (mushroom growing Unit) @ Rs 1800/Month. (3 month)	Month	3	1800	5400
2.	Formalin containing 250 in each Bottle.	No	2 bottles	300	600
3.	Labour wages 88 days = (@ Rs 375/day)=Rs 33,000	Days	88	375	33,000
4.	Button Mushroom Compost Bags 300 no @ Rs 90 per bag and other raw material including carriage	No	300	90	27000
5.	Packaging (packaging material etc.)	Kg	5	200	1000
6.	Transportation Charges	-	-	-	1800
7.	Electricity and water usage charges @ Rs1000 per month	Month	3	1000	3000
8.	Miscellaneous expenditure (stationery, Bill book, receipt etc.)		L/S	-	500
	Total				74,988
9.	Total Production in Kg.	Button Mushroom			750kg
		Compost			750 kg
10.	Sale of Production in Kg.	750kg @ Rs 150			1,12,500
		Compost 750 kg @ Rs 10			7500
		Total			1,20,000
11.	Total Profit	1,20,000 –74,988			45,012
Total profit of Rs. 45,012 after 3rd cycle is available to be distributed amongst the SHG members					

Cost Benefit Analysis Fourth Cycle

Sr No	Particular	Unit	Quantity/no	Rate	Amount in (Rs)
A	Depreciation 10% on Capital Cost	Month	3	10%	2688
B	Recurring Cost for 3 Months				
1.	Cost of Rented room 1 Hall (mushroom growing Unit) @ Rs 1800/Month. (3 month) =5400	Month	3	1800	5400
2.	Formalin containing 250 in each Bottle.	No	2 bottles	300	600
3.	Labour wages 88 days = (@ Rs 375/day)=Rs 33,000	Days	88	375	33,000
4.	Button Mushroom Compost Bags 300 no @ Rs 90 per bag and other raw material including carriage	No	300	90	27000
5.	Packaging (packaging material etc.)	Kg	5	200	1000
6.	Transportation Charges	-	-	-	1800
7.	Electricity and water usage charges @ Rs1000 per month	Month	3	1000	3000
8.	Miscellaneous expenditure (stationery, Bill book, receipt etc.)		L/S	-	500
	Total				74,988
9.	Total Production in Kg.	Button Mushroom			750kg
		Compost			750 kg
10.	Sale of Production in Kg.	750kg @ Rs 150			1,12,500
		Compost 750 kg @ Rs 10			7500
		Total			1,20,00
11.	Total Profit	120000 -74988			45,012
Total profit of Rs. 45,012 after 4th cycle is available to be distributed amongst the SHG members					

13 . Summary of Economics

(a) Cost of Production in FourCircle

Drano	Particular	Amount in Rs.
1	Total Recurring Cost	
	(i) FirstCycle Button Mushroom	76,488
	(ii) Second Cycle Button Mushroom	74,988
	(iii) Third Cycle Button Mushroom	74,988
	(iv) Fourth Cycle Button Mushroom	74,988
		74,988
	Total	3,01,452
2	Total Income	
	(v) FirstCycle Button Mushroom	1,20,000
	(vi) Second Cycle Button Mushroom	1,20,000
	(vii) Third Cycle Button Mushroom	1,20,000
	(viii) Fourth Cycle Button Mushroom	1,20,000
	Total	4,80,000
3.	Net income	1,78,548

14. Benefit Cost Analysis(Yearly)

Sr. No	Particulars	Amount (Rs)
1	10% depreciation on capital cost (a)	10750
2	Recurring cost (b)	
2.1	Room Rent	21,600
2.2	Labour	1,32,000
2.3	Cost of compost bag	1,08,000
2.4	Formalin	2,400
2.5	Packaging (packaging material etc.)	4,000
2.6	Transportation Charges	7,200
2.7	Electricity and water usage	12,000
2.8	Miscellaneous expenditure (stationery, Bill book, receipt etc.)	3,500
	Total	2,90,700
3	Total Production of Button Mushroom	3000
4	Sale value of Button Mushroom	480000
5	Sale value of compost	30000
	Total	510000
6	Total Profit= Sale value-(Capital cost + Recurring cost)= 510000-290700	2,19,300

15. Fund flow in the group:

Sr.No.	Particulars	Total Amount (Rs)	Project contribution	SHG contribution
1	Total capital cost	1,07,500	80,625	26,875
2	Total Recurring Cost	2,90,700	-	2,90,700
3	Trainings/capacity building/Skill up-gradation	75,000	75,000	0
	Total outlay	4,73,200	1,55,625	3,17,575

Note-

- Capital Cost** - 75% of the total capital cost will be borne by the Project
- Recurring Cost** –The entire cost will be borne by the SHG/CIG.
- Trainings/capacity building/skill up-gradation** –Total cost to be borne by the Project

16. Sources of funds and procurement:

Project support;	<ul style="list-style-type: none">• 75% of capital cost will be utilized for purchase of machineries including equipments.• Up to Rs. 1 lakh will be parked in the SHG bank account as a revolving fund.• Trainings/capacity building/skill up-gradation cost.	Procurement of machines/equipments will be done by respective DMU/FCCU after following all codal formalities.
SHG contribution	<ul style="list-style-type: none">• 25% of capital cost to be borne by SHG.• Recurring cost to be borne by SHG	

17. Remarks:

The forth coming vision of the Group is to enhance their income by value addition in the form of Pickles, readymade soups, dried mushrooms; etc.

7 Surprising Mushroom Health Benefits for Your Skin, Brain, and Bones

"They contain many minerals, like selenium, potassium, copper, iron and phosphorus that are not often found in plant-derived foods."

1. Mushrooms may help keep you young.
2. Mushrooms can protect your brain as you age.
3. Mushrooms may boost your memory.
4. Mushrooms can help your heart health.
5. Mushrooms can assist in strengthening your bones.
6. Mushrooms will help give you energy.
7. Mushrooms help in fighting many diseases specially CANCER.

18. INDIVIDUAL PHOTO OF MEMBERS :-



Deepa Bakhirta



Nisha Bakhirta



Ela Chauhan



Manisha Bakhirta



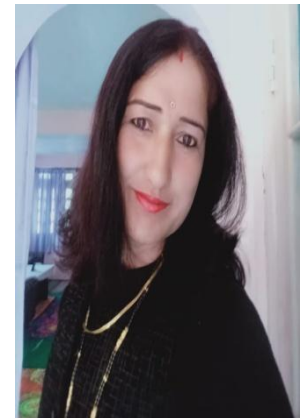
Lalita Bahirta



Chandrakanta



Poonam Manjta



Veena Chauhan



Monika Manjta



Kala Manjta



Sushila Chauhan



Reeta Sharma

Group Photo Of Members:-



BUSINESS PLAN APPROVED BY VFDS

SHAKTI Self help group will undertake the *Mushroom cultivation* as livelihood Income Generation Activity under the project for Improvement of Himachal Pradesh Forest Ecosystems Management & Livelihoods (JICA Assisted). In this regard Business Plan of amount (Rs) *4,73,200/-* has been submitted by this group on dated *23-Sep-2022* and this business plan has been approved by *Jai Kali Mata VFDS Parali*.

Business Plan with SHG resolution is being submitted to DMU through FTU for further action, please.

Thank you



Signature Of VFDS President




Signature Of VFDS Secretary

RESOLUTION-CUM-GROUP CONSENSUS

It is decided in the General House Meeting of the group *Shakti SHG* held on *9th Sep-*
2022 at *Kharapathare* that our group will undertake the *Mushroom cultivation*
Livelihood Income Generation Activity under the Project for Improvement of Himachal Pradesh Forest
Ecosystems Management & Livelihoods (JICA Assisted).






प्रधान सचिव
शक्ति सेल्फ हेल्प ग्रुप पराली

Signature of Group President


प्रधान सचिव
शक्ति सेल्फ हेल्प ग्रुप पराली

Signature of Group Secretary

NAME & SIGNATURE OF AUTHORIZED SIGNATORIES

S.No.	NAME	DESIGNATION	SIGNATURE
1.	Dilip kumar	Vfds president	
2.	Dinesh kumar	Vfds Secretary	
3.	Nisha Bakhirela	Shg president	
4.	Deepa Bakhirela	Shg secretary	


 President
 Jai Kali Mata
 Village Forest Development
 Society Parali
 C.P. Parali teh. Jubbal
 Distt. Shimla (H.P.)



 Jai Kali Mata
 Village Forest Development
 Society Parali
 C.P. Parali teh. Jubbal
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 प्रधान
 शक्ति सैल्फ - हेल्फ ग्रुप पराली


 प्रधान
 शक्ति सैल्फ - हेल्फ ग्रुप पराली


 Range Forest Officer
 Jubbal Forest Range

Name & Signature of FTU Officer



Name & Signature of FTU Co-ordinator

Approved


 Divisional Forest Officer
 Rohru Forest Division
 Name & Signature Of DMU Officer


 Dr. S. Sharma