

## Report on Training-cum-Demonstration Programme on Mushroom Cultivation at Ama Tsokspa, Diskit Village

Nubra, March 10, 2026: A one-day training-cum-demonstration programme on mushroom cultivation practices was successfully organized for the members of Ama Tsokspa at Diskit village. The programme aimed to build awareness and provide practical knowledge to farmers, particularly women participants, about scientific mushroom cultivation as an additional source of income and nutritional security.

The training programme was conducted by Chimet Lhamo, Agriculture Extension Officer, along with Rigzin Dolma, Junior Agricultural Extension Officer, and Tsering Dorjay, Field Assistant. During the session, Chimet Lhamo delivered a comprehensive training on mushroom cultivation and demonstrated each step of the cultivation process among the participants farmers.

The practical demonstration covered the entire procedure of mushroom cultivation starting from substrate preparation using wheat straw, sterilization of the substrate through high-temperature boiling, proper drying and bag filling, and finally the casing of mushroom seeds. Each step was carried out in front of the farmers so that the participants could clearly understand the process and adopt the practice at their household level. The participants actively engaged in the demonstration and gained hands-on experience in the preparation and management of mushroom cultivation units.

During the programme, Zahoor Hussain, Sub-Divisional Extension Officer, also addressed the participants and provided brief information about various departmental schemes and support programmes available for farmers. He encouraged the participants to take advantage of these schemes to enhance their agricultural activities and improve their livelihoods.

Furthermore, Stanzin Gonbo, Subject Matter Specialist, delivered an informative session on the importance of soil health management and Integrated Pest Management (IPM) practices. He emphasized the need for maintaining healthy soil and adopting eco-friendly pest management techniques to ensure sustainable agricultural production.

The programme concluded with an interactive session where farmers raised their queries regarding mushroom cultivation and other agricultural practices. Overall, the training-cum-demonstration programme proved to be highly beneficial for the participants, enhancing their knowledge and encouraging them to adopt mushroom cultivation as a viable and sustainable farming activity in Diskit village.



