



**Annai Hajira Women's College**

**Melapalayam, Tirunelveli - 05**

(A Unit of As-Sathiq Educational Society)

(Affiliated to Manonmaniam Sundaranar University)

# **Incubation Centre Reports**

## **2022 - 2023**



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### Workshop for Mushroom Cultivation

The Department of Commerce conducted a workshop dated 6<sup>th</sup> February 2023 focusing on mushroom cultivation, recognizing mushrooms as a rich source of vitamins and minerals. Dr. A. Jayashree, the Head of the Department, highlighted the positive impact of edible mushrooms on human health and the enhancement of overall well-being. She urged students to explore the culinary possibilities by preparing a variety of dishes using mushrooms, proposing a healthier alternative by substituting high-calorie ingredients like maida with mushroom-infused butter for a delicious and creamy taste. Mr. Aravind provided comprehensive insights into the steps and techniques involved in mushroom cultivation, elucidating the process and encouraging students to consider entrepreneurial ventures in the field.





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Department of Commerce & E Cell

International Millet Year Celebration



Department of  
Commerce

In March 2021, the United Nations General Assembly declared 2023 as the International Year of Millets (IYM 2023). With the goal of promoting awareness about the health benefits associated with millets, the Department of Commerce is actively involved in this initiative on 20<sup>th</sup> October 2022. Millets serve as an excellent source of protein, fiber, minerals, and vitamins. Dr. A. Jayashree, Head of the Department, recommended that students incorporate millets into their daily meals, emphasizing their significance for maintaining healthy skin and supporting organ functions. She also encouraged students to experience the traditional flavors of millet-based sweets. The event concluded with a commitment from the students to "Embrace millets for a healthier lifestyle."







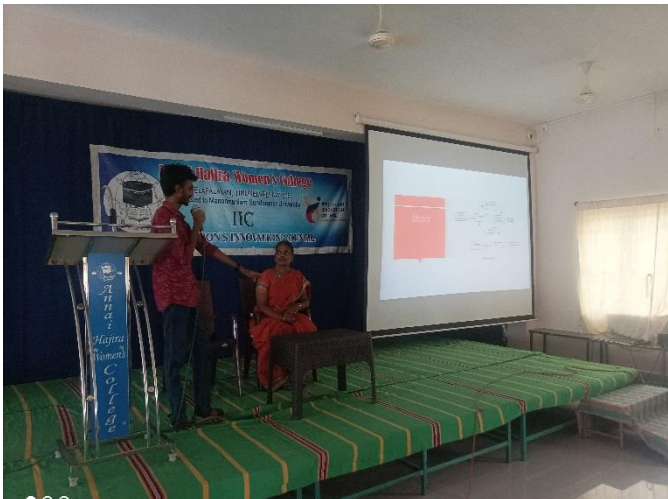
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## Inauguration of Incubation Centre

The Innovation and Research Cell at Annai Hajira Women's College inaugurated its Incubation Centre on September 1, 2022, dedicated to fostering entrepreneurial spirit among students. Functioning with the objective of transforming students into creators of opportunities, the center operates as a nurturing ground for budding entrepreneurs, comparable to the care a mother provides to her child. With a mission to shift the focus from job-seeking to job-creating, the Incubation Centre actively engages students, connecting them with the real-world entrepreneurial landscape.





*Lajal Kalthi*

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