



# NTFP Centre of Excellence, Tripura Forest Department

## Training Report

On

## The Production of Moringa Leaf Powder

Date: 24<sup>th</sup> January 2024



*Prepared and Submitted By*  
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<b>Title of Training:</b>	Training on Moringa Leaf Powder
<b>Date of Training:</b>	25 <sup>th</sup> January 2024
<b>Duration of Training:</b>	One day
<b>Venue of Training:</b>	Pekua Bari ICDS Center, B.C Para JFMC under Subalsing Range West Tripura
<b>No.of Participants:</b>	10
<b>Profile of participants:</b>	SHG members of Lngma SHG
<b>Name of the Trainers</b>	Mr. Prasenjit Choudhury Research Offiecr, NCE
<b>Name of Staff from NCE:</b>	<ul style="list-style-type: none"> <li>• Subhankar Saha, Training &amp; Capacity Building Officer</li> <li>• Prasenjit Choudhury, Research Officer</li> </ul>

## Introduction:

The skill development training on the Production of Moringa Leaf Powder was held on **25<sup>th</sup> January 2024 at Pekua Bari ICDS center, B.C Para JFMC under Subalsing range, west Tripura**. The Master Trainer was Mr. Prasenjit Choudhury, Research Officer of NCE. The main reason behind the training was to enhance and help the forest dwellers utilize the local NTFP resources to generate their livelihood and to promote entrepreneurs.

The training of Moringa leaf Powder is a huge demand in the market. This type of training will enable the SHG members to market the products without any difficulty by getting help from NCE. Thus by considering all the above factors, it can be concluded that there is a high scope for Moringa Powder to be sold on online and offline throughout India and abroad as well.

**Background:** Moringa has a rich history of traditional use in various cultures for its healing and nutritional benefits. Every part of the Moringa tree, from its leaves and seeds to its roots, is utilized for different purposes. Among these, Moringa Leaf Powder stands out as a concentrated source of essential nutrients.

**Nutritional Composition:** The leaves of the Moringa tree are a powerhouse of nutrients, containing a significant amount of vitamins, minerals, and antioxidants. Moringa Leaf Powder is renowned for its high content of vitamin C, beta-carotene, iron, potassium, and protein. Additionally, it is a rich source of essential amino acids, making it a valuable supplement for combating malnutrition.

**Processing and Production:** The production of Moringa Leaf Powder involves a meticulous process to retain its nutritional integrity. After harvesting the fresh leaves, they are carefully cleaned, dried, and ground into a fine powder. This process ensures the preservation of the potent bioactive compounds present in the leaves.



Collection of Moringa Leaf



Sun Dry Moringa Leaf



Grinding the Moringa Leaf

**Health Benefits:** Moringa Leaf Powder is celebrated for its various health benefits. Its anti-inflammatory, antioxidant, and antimicrobial properties contribute to its potential in promoting overall well-being. The powder has been associated with boosting immune function, supporting cardiovascular health, and aiding in digestion. Its versatility allows it to be easily incorporated into various dietary practices.

**Culinary and Medicinal Uses:** The mild, earthy flavor of Moringa Leaf Powder makes it a versatile ingredient in the culinary world. It can be added to smoothies, soups, sauces, and baked goods, providing a nutrient boost to daily meals. Beyond its culinary applications, Moringa Leaf Powder is used in traditional medicine for its healing properties, addressing conditions ranging from anemia to skin issues.

**Sustainable and Accessible:** One of the remarkable aspects of Moringa Leaf Powder is its adaptability to different climates and soils, making it a sustainable crop in diverse regions. Its rapid growth and ability to thrive in arid conditions contribute to its accessibility for communities facing food insecurity.

In conclusion, Moringa Leaf Powder is a valuable dietary supplement, offering a concentrated source of essential nutrients with numerous health benefits. Its production and utilization contribute to sustainable agriculture and have the potential to address nutritional challenges globally.

## Conclusion:

The conclusion of a training program on Moringa leaf powder for Self-Help Groups (SHGs) can highlight several key points:

- **Nutritional Benefits:** Participants learned about the rich nutritional profile of Moringa leaves, including vitamins, minerals, and antioxidants that can enhance health and well-being.
- **Economic Opportunities:** The training emphasized how producing and selling Moringa leaf powder can create income-generating opportunities for SHG members, promoting entrepreneurship and economic empowerment.
- **Sustainable Practices:** Emphasis was placed on sustainable agricultural practices for cultivating Moringa, ensuring that members can grow the crop in an environmentally friendly manner.
- **Community Health Improvement:** The use of Moringa powder as a dietary supplement can improve community health outcomes, particularly in addressing malnutrition.
- **Skill Development:** Participants gained practical skills in processing and marketing Moringa leaf powder, equipping them to start or enhance their small businesses.
- **Collaboration and Networking:** The training fostered connections among SHG members, encouraging collaboration and support networks that can enhance their collective success.

In summary, the training empowered SHG members with knowledge and skills to utilize Moringa leaf powder effectively, promoting health, economic development, and sustainable practices within their communities.