

What is Spirulina?

Spirulina is a tiny blue-green algae in the shape of a perfect spiral coil. Biologically speaking, it is one of the oldest inhabitants of the planet. Appearing 3.6 billion years ago, it provided an evolutionary bridge between bacteria and green plants. This water plant has renewed itself for billions of years and has nourished many cultures throughout history, in Africa, in the Middle East and in the Americas. Spirulina grows naturally in mineral-rich alkaline lakes which can be found on every continent, often near volcanoes. The largest concentrations of spirulina today can be found at Lake Texcoco in Mexico, around Lake Chad in Central Africa and along the Great Rift Valley in East Africa.

Spirulina is called a 'super food' because its nutrient content is more potent than any other food. Many of the essential nutrients needed by our bodies are concentrated in spirulina. It is comprised of at least 60% all-vegetable protein, essential vitamins and phytonutrients such as the rare essential fatty acid GLA, sulfolipids, glycolipids and polysaccharides.

Spirulina is a low-fat, low-calorie, cholesterol-free source of easily-digestible vegetable protein containing all the essential amino acids that cannot be produced by the body but are needed to synthesize the non-essential amino acids. Spirulina has no cellulose in its cell walls and is therefore easily digested and assimilated.

Spirulina Workshop/Training Programs



The objective of this workshop is to promote and develop capacity building/training programs for SHGs, change agents and entrepreneurs for enabling the growth of Spirulina as a micronutrient food supplement, in urban poor and/or village-based communities:

What makes Spirulina even more attractive for slum/urban development and holistic rural development is the fact that **Spirulina can be produced locally with very little investment.**

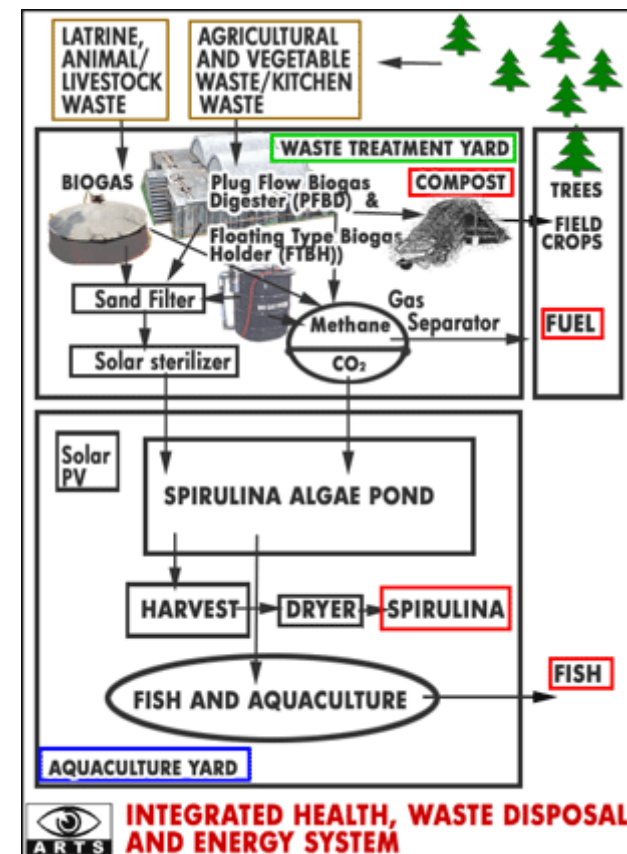
With proper:

- training and capacity building;
- funding mechanisms and
- decentralized production, processing and distribution—

Spirulina can be organized as a **small business for women**, who can be involved in feeding programs and become sustainable 'barefoot nutritionists'. Women who produce, process and sell Spirulina can become agents of awareness creation and nutrition education.

A truly sustainable solution will emerge if women can be profitably involved in the eradication of malnutrition and, in the process, make a living out of it.

Integrated health and energy system



We will review and discuss a sustainable and integrated village-based health, waste disposal and energy generation system, which can:

- produce methane fuel from biomethanation of agricultural, livestock and domestic waste;
- produce spirulina and fish through appropriate aquaculture practices, by utilizing the large amounts of CO₂ present in biogas, as shown in the figure above.



Objectives of the Training Program:

- To help change agents to better understand the relevance of Spirulina as a major food supplement;
- To impart technical and managerial skills on various practical aspects of spirulina growth, monitoring and management;
- To enable participants to start a spirulina project as an SHG, an entrepreneur, or as a change agent.

Attach extra sheet for more information/names.
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NOMINATION FORM for Two-Day Spirulina Training Program

Date: _____ Venue: _____

Participant Name: _____

e-mail: _____

Age: ____ Sex: M/F Tel: _____

Employed / Self -Employed / Entrepreneur

Organization: _____

Address: _____

Previous experience in Spirulina: _____

What are your expectations from the program:

Fee enclosed: Rs. _____

Date: _____ Signature: _____

Make check/DD payable to: "Society for Appropriate Rural Technology for Sustainability"

Training Program Contents:

1. Introduction to Spirulina.
2. Health and societal benefits.
3. Production processes:
 - a. Conditions for growth;
 - b. Laboratory essentials;
 - c. Harvesting;
 - d. Drying, packaging & processing.
4. Study and review of 'Integrated System' for sanitary and energy systems in an urban slum/rural environment.
5. Project planning and report preparation.
6. Visit to production site:
 - a. Hands-on training exercises;
 - b. Culture preparation.

Pedagogy:

The following techniques would be used to conduct the training program.

- Lectures/interactive sessions;
- Visits to spirulina production site;
- Case studies/group exercises;
- Training support materials/handouts
- Power-point presentations/videos
- Guest lectures.

Send completed form with payment to:

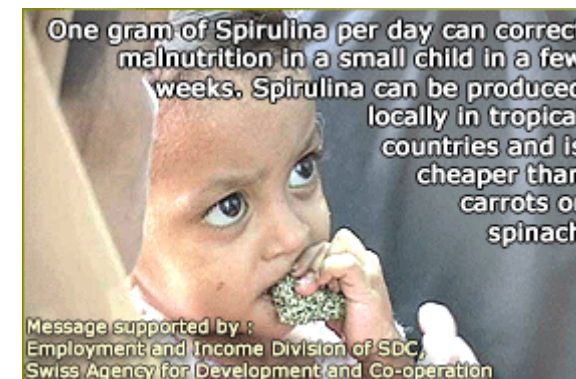
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Website: [www.sankalpacmfs.org]

SPIRULINA Workshop for SHGs



For the benefit of urban poor & village-based communities

Date & Time:

Venue:

Duration: Two days

Fees: INR 5,000 per participant

Workshop conducted by:

Society for Appropriate Rural Technology for Sustainability



Regd. Address: P6 Cluster 2, Purbachal, Salt Lake Kolkata 700 097, INDIA.

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URL: <http://www.sankalpacmfs.org/src/01liv/01liv.html#8>