

Learn
Explore
Practise
Grow
Make a Difference! ❤️

Additional Vocations

Handwritten Notes

"New Skills for a Sustainable Tomorrow"

Practical Skills
Healthy Living
Sustainable Future
Brighter Tomorrow!

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Plan Well
Use Resources Wisely
Work Smart
Create a Greener Tomorrow!

Skills Today
Sustainable Tomorrows!



Additional Vocations



"Skills for a Greener and Brighter Future"



Additional vocations are income-generating activities that help individuals develop practical skills, become self-reliant and contribute to a healthy and sustainable environment.

Vocations Covered in this Chapter

- Mushroom Cultivation
- Aquaponics
- Pisciculture
- Backyard Poultry
- Non-Timber Forest Produce (NTFP)

Learn
New Skills
Create Opportunities
Support a
Sustainable Future!



1. Mushroom Cultivation

- Mushroom cultivation is the process of growing edible mushrooms in a controlled environment using agricultural waste as a growing medium.



Popular Edible Mushrooms



Button
Mushroom



Oyster
Mushroom



Milky
Mushroom

Key Benefits

- ✓ Nutritious food
- ✓ Low investment
- ✓ Uses farm waste
- ✓ Quick income
- ✓ Can be grown in small spaces



Small Steps in Skill Development can lead to Big Changes



1.1 Materials Required (Mushroom Cultivation)



Crop waste
(straw, husk)



Mushroom
spawn



Water
sprayer



Polythene bags
or trays



Thermometer
(for monitoring)

Main Steps

- ① Prepare and clean the growing medium.
- ② Fill in bags or trays and sterilise.
- ③ Inoculate with spawn.
- ④ Keep under suitable temperature and humidity.
- ⑤ Harvest, clean and pack.

Ideal Conditions



Temperature
20 – 28°C



Humidity
70 – 85%



Proper
ventilation

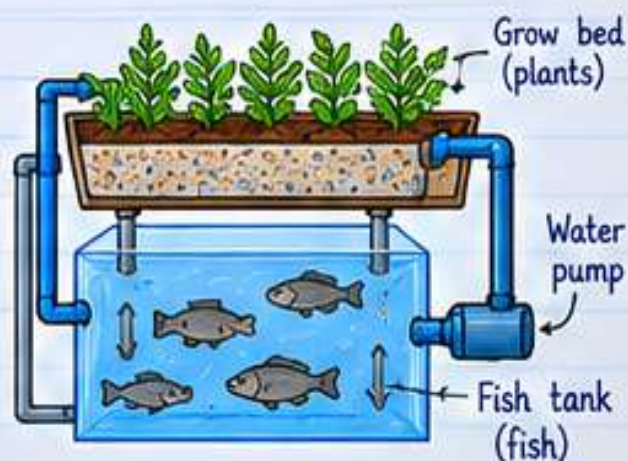
Maintain cleanliness to get
healthy and good quality mushrooms.



2. Aquaponics

- Aquaponics is a combination of fish farming (pisciculture) and plant cultivation (hydroponics) where fish waste provides nutrients for plants and plants help in cleaning the water.

Fish + Plants
= A Sustainable
Ecosystem!



2.1 Key Components of an Aquaponics System



Fish tank



Water pump



Grow bed



Growing media (e.g., clay pellets)



Pipes and fittings

Benefits

- ✓ Produces fish and vegetables together
- ✓ Efficient use of water
- ✓ Organic and chemical-free produce
- ✓ Suitable for small spaces

Common Fish and Plants



Tilapia
(common fish)



Lettuce, spinach,
basil (common plants)

3. Pisciculture

- Pisciculture is the rearing, breeding and harvesting of fish in a controlled water body such as ponds or tanks for food and income.

Steps in Fish Farming

- ① Select a suitable site and prepare the pond.
- ② Stock fish fingerlings.
- ③ Provide proper feed and water quality.
- ④ Monitor growth and health.
- ⑤ Harvest, clean and store.

Commonly Reared Fish



Rohu



Mrigal



Catla



Tilapia



Healthy Water → Healthy Fish → Healthier People!



4. Backyard Poultry

- Backyard poultry involves rearing chickens on a small scale at home or in the community for eggs and meat.



Advantages

- ✓ Provides nutritious eggs and meat
- ✓ Low investment and easy to manage
- ✓ Suitable for rural and urban areas
- ✓ Helps in waste management
- ✓ Good source of income

Basic Requirements



Shelter (coop)



Feed and water



Healthy chicks
(broilers or layers)

Keep the area clean, provide fresh water and ensure proper vaccination.

5. Non-Timber Forest Produce (NTFP)

- Non-Timber Forest Produce (NTFP) refers to useful products obtained from forests other than timber, such as fruits, seeds, leaves, gums, resins, medicinal plants, etc.



Examples



Honey



Amla
(fruit)



Lac
(resin)



Medicinal
plants (leaves)

Benefits

- ✓ Supports livelihoods
- ✓ Conserves forests
- ✓ High market value
- ✓ Widely used in food, medicine and handicrafts
- ✓ Promotes sustainable living



Use Nature's Gifts Wisely – Conserve Today for Tomorrow!

