

Best Practices

Introducing the steps and ingredients for making Joynagar

Moa

DIET South 24 pgs has taken initiative in influencing their trainee teachers to execute a vocational project that will help them in future to earn their livelihood.

Objectives:

1. To acquaint themselves with the various food materials, available locally.
2. To investigate the cause of being famous of this particular sweet, moa
3. To gather firsthand experience of making moa.
4. To get the concept of how to be self supporting through marketing this Joynagar's Moa.

Highlights of the Initiatives

The faculty members of the DIET divided the trainee teachers into some groups and discussed among them about some projects. Impact of Joynagarer Moa on their lives and livelihood is one of those. One of the groups got interested to this project and the group decided to complete their project within three days. Because of this the DIET faculty members arranged a meeting with the group where it was discussed when and how the group will visit some famous shops and practical field of the surrounding. They also decided what questions will be asked to the workers of the shop. They decided that they will visit the field and various shops on the month of January.

Activities

According to the planning on the first day the group of 8 trainee teachers visited some Moa's shops and gathered some information's regarding the technique of processing moa. They learnt that some of the major ingredients of making Joynagor moa are popped rice or khoi, jaggery, nuts, kheer, sugar, butter, water, raisin, cherry etc. The speciality of the khoi is that it is made from Kanakchur rice grains. From the confectioners they learnt that this particular khoi may be found at the market of Tussighata.



DIET, Trainee Teachers

Next the trainee teachers made conversations with the workers who supply the jaggery to the sweet makers of Moa. There they learnt that the special jaggery is made from particular Date palm plants near the Bairagirchak. Besides this the other materials like sugar, Butter, kheer etc. are gathered from the nearby market.



Kanakchur Rice grains Khoi at the Market of Tussighata

Thereafter from the confectioners they knew the process of making moas. At first a quantity of milk should be heat over low flame till it is dried up. Then more milk have to be added to it and be boiled for next 5 to 7 minutes over low flame. Now date palm jaggery must be added to the boiled milk and should be stirred continuously. Then a handful of crushed dry fruits and khoi are mixed and the mixture is stirred till it absorbs milk and jaggery mixture. Now small balls are made with pistachios and cashew pieces.



Special Jaggery from Bairagirchak

The next day a workshop was done with the group of trainee teachers and the faculty members of DIET, along with the workers confectioners of Joynagar moa. There it was discussed how the quality of moa can be enhanced and how economic profit can be achieved through proper marketing. In the discussion the trainee teachers also come to know about the various problems of making moa. Jaynagar moa is very famous through all over the state and because of this it can be a good option of livelihood for the local trainee teachers.



Famous Joynagar Moa

The third day a meeting was held among the trainee teachers and the faculty members of DIET South24 Pargana and the opinions of each participant were noted down. Each of the 8 trainee teachers of the group shared their experience and the project came to an end experience.

Thus the three days programme was made successful and it left a great impact on the trainee teachers.

