

Detailed Report on 5-Days Technical Training on Olive Soap and Cosmetics Making by Master Trainers of PODA Olive Value Addition Center to the 26 female students of University of Chakwal

Date: 13-05-2024, Monday to 20-05-2024, Monday.

Venue: Zoology Department, University of Chakwal

Time: 11:00am to 1:00pm

Trainers: Maryam Fatima, Amna Arshad, Bushra Ibrar, Mehmoona Saher

Introduction:

From 13-05-2024 to 20-05-2024, PODA (Pakistan Organization for Development and Advocacy) conducted 5-days technical training program on Olive Soap and Cosmetics Making for 26 female students of the Sociology Department at the University of Chakwal. This report provides a detailed account of each day's activities and outcomes.

Day 1: Theoretical Training by Master Trainers:

First day of training started at 11:45am. Training started with the name of Allah Almighty. Moreover, registration of students started for record. Then, Miss Naheeda Abbassi, spokesperson of training from PODA, explained the objective of this training. She explained that the objective of this is to empower the young girls with the hand on art that can help them to make their future better and providing the pathway for the small and sustainable business. We divided the students into 2 groups of 13 and 13 students for better understanding.

Then, Maryam Fatima, master trainer of Olive Soap making started the training and introduced the participants with the advantages of Olive in our life. Then, participants were introduced to the fundamentals of olive soap making, including the basic principles, ingredients, difference between organic and commercial soaps and equipment required for the process. Key topics such as the properties of different oils, fragrance blending techniques, what is lye, specific temperature range, quality checking through pH paper, process of saponification and safety precautions were covered extensively. After that, trainers including Maryam Fatima and Amna Arshad gave the hand on training to students for olive soap making to respective groups. Also provided the students with the ingredients list and manual of training. Interactive discussions allowed students to ask questions and clarify their understanding of the concepts presented. Training ended at 1:00pm.



Day 2: Hands-on Practice by Students:

Second day of training started at 11:15am. First of all, students filled the registration form. Then, master trainer, Maryam Fatima, revised the previous information and answered the questions of students. Moreover, she also told them about organic alternatives for colors in the soap, storing, curing and packaging of soap. Then, molded out the soaps which were made on yesterday.

On the second day, participants transitioned to hands-on practice sessions, taking on an active role in the soap making process. Guided by the knowledge gained from the theoretical training on the first day, students worked in groups to formulate and produce olive soap including Charcoal soap and Multani Mitti soap under the supervision of master trainers. They applied their understanding of ingredient proportions, mixing techniques, and quality control measures to create batches of soap. Practical exercises allowed students to refine their skills, troubleshoot challenges, and gain valuable and new experience of learning a new technique. The training ended at 1:00pm.

Conclusion:

The 2-day technical training on Olive Soap Making provided participants with a comprehensive learning experience, combining theoretical knowledge with practical application. Through the guidance of master trainers from PODA, students gained a solid foundation in the art and science of soap making, empowering them to pursue further opportunities in the field. Students really enjoyed learning the new art and appreciated the PODA for providing such skill which can be useful in their daily lives.



Day 3: Moisturizer and Hair Growth Oil Making:

The third day of the training program started at 11:30am with the presentation on knowledge gain about soap making by students. Students showed their best output and gives the satisfactory outcomes to the trainers. Day 3 focused on the formulation of Olive cosmetics including olive moisturizers and olive hair growth oils. As usual, students filled the registration forms. Master Trainer, Maryam Fatima gave them information about Olive cosmetics that why there is need for organic cosmetics because they are more beneficial and do not harm the skin. Then again, divided the students into 2 groups and master trainer Bushra Ibrar and Mehmoona Saher gave the hand on training on Olive moisturizer and Olive Hair growth oil making respectively. They also provided the manual for olive moisturizer and olive hair growth oil making.

Moisturizer Making:

Master trainer, Bushra Ibrar led a comprehensive session to one group on moisturizer making, covering key concepts such as ingredient selection, formulation techniques, and quality control measures. Participants learned to create nourishing and hydrating moisturizer formulations using olive oil and other natural ingredients. Practical demonstrations allowed participants to observe the blending, shelf life of product and emulsification process. Then students performed the practical training on moisturizer making and alternation of groups occurred to learn other item.

Hair Growth Oil Making:

The session on hair growth oil making provided the detail on the benefits of using olive oil and herbal extracts to stimulate hair growth and improve scalp health. Master trainer, Mehmoona Saher guided participants through the process of selecting and blending oils and essential oils known for their hair-nourishing properties and shelf life of product. Participants actively engaged in hands-on exercises, learning to create hair growth oil formulations.



Day 4: Lip Balm and Face Serum Making:

4th day of training started at 11:30am. On the fourth day of the training program, participants learnt about the formulation of lip balms and face serum. Then, at the end of training Maam Naheeda Abbassi briefed the students about different projects of PODA like Early Age Marriages, providing legal aid and empowerment of women. This day ended at 1:30pm.

Lip Balm Making: The session on lip balm making focused on creating soothing and moisturizing lip balms using olive oil and natural bees wax. Master trainers demonstrated the melting, blending, and pouring techniques involved in lip balm production. Then, participants did hand on training on lip balm making.

Face Serum Making: The final session of the training program centered on the formulation of face serums enriched with olive oil and other natural oils. Practical demonstrations allowed participants to gain hands-on experience in formulating and bottling face serums, ensuring product safety and quality.

Conclusion:

The 2-day technical training on Olive Cosmetics Making provided participants with valuable insights and practical skills in formulating a range of cosmetic products. Through interactive sessions led by master trainers from PODA, participants gained confidence in creating high-quality moisturizers, lip balms, face serums, and hair growth oils using olive-based ingredients.



Day 5: Certificate Distribution and Closing Ceremony:

The final of training on 20-05-2024, started at about 11:00 am. Executive Director PODA, Ms. Sameena Nazir, Vice Chancellor Dr. Bilal Khan, Director Olive Project at BARI institute Dr. Ramzan and Mr. Shahid Hanif from SAWCRI participated in this ceremony. Vice Chancellor, Dr. Bilal and Head of Department of Sociology Dr. Sohail really appreciated PODA's effort for providing this skillful training and highlighting the importance of Olive in every field. They also announced an incubation center of PODA at University of Chakwal and further collaboration with PODA for different trainings in future.

Olive Project at BARI institute Dr. Ramzan and Mr. Shahid Hanif from SAWCRI also spoke and appreciated PODA's effort for empowering women. Ms. Sameena Nazir said knowledge needs practice and repetition leads to expertise. She thanked the University of Chakwal and Olive Culture for providing this opportunity.

After that certificate distribution ceremony started and Ms. Sameena Nazir and Dr. Bilal distributed completion certificates among 25 female students who participated in this training. Further, the distributed certificates among trainers including Maryam Fatima, Amna Arshad, Mehmoona Saher, Bushra Ibrar, focal person from PODA (Miss Naheeda) and from University of Chakwal (Dr. Sohail and Miss Aiman) and for technical assistant to Mr. Wajid from PODA.

Vice Chancellor of University of Chakwal, Dr. Bilal Khan, gifted the pencil sketch picture made a student to Miss Sameena Nazir. Keeping in mind, the cut off plastic from Chakwal City from 5 June, 2024, PODA distributed 50 cloth bags among students and faculty.

Conclusion:

The 5-day technical training on Olive Soap and Cosmetics Making provided participants with valuable insights and practical skills essential for entering the soap and cosmetics industry. Through a combination of theoretical knowledge and hands-on experience, students gained confidence in formulating and producing high-quality products. The collaborative effort between PODA and the University of Chakwal demonstrated a commitment to fostering entrepreneurship and skill development among the youth.

