



**Internship report on,**

**‘Processing and Packaging of the Immuno Tea with Health Benefits of other Products at the Pustibid Private Limited’**

*Submitted to,*

Dr. Sheikh Mahatabuddin

Associated Professor and Head

Department of Nutrition and Food Engineering

Faculty of Allied health Science (FAHS)

Daffodil International University ,Dhaka .

*Supervised By,*

Ms. Fouzia Akter

Department of Nutrition & Food Engineering

Faculty of Allied Health Sciences

Daffodil International University

*Submitted By,*

Israt Jahan Rimny

ID – 171-34-592

Department of Nutrition & Food Engineering

Daffodil International University, Dhaka.

Date of Submission : 04-06-2021

## Letter of Transmittal

4<sup>th</sup> May 2021

Dr. Sheikh Mahatabuddin

Associate Professor and Head ,

Department Of Food and Nutrition,

Faculty of Allied Health Science ,

Daffodil International University.

### **Subject: Submission of internship report.**

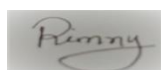
Dear Sir,

I might want to accept this open door to thank you for the guidance and backing you have given to this report. Without your assistance, it is difficult to finish this report.

To set up the report I gathered what I accept to be the most significant data to make my report as logical and solid as could really be expected. I have concentrated my best exertion to accomplish the targets of the report and expectation that my undertaking will fill the need. The commonsense information and experience accumulated during report planning will tremendously help in my future expert life. I demand you to pardon me for any misstep that may happen in the report notwithstanding my best exertion.

I would truly like if you illuminate me with your considerations and perspectives in regards to the report.

Sincerely yours,



Israt Jahan Rimny

ID: 171-34-592

## Letter of Authorization

4<sup>th</sup> May 2021

Dr. Sheikh Mahatabuddin

Associate Professor & Head

Department of Nutrition and Food Engineering ,

Faculty of Allied Health Science,

Daffodil International University .

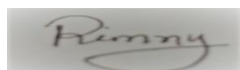
**Subject: An announcement regarding the validity of the internship report .**

Dear Sir,

This is my honest statement that the "Internship Report" that I have arranged isn't a duplicate of any temporary job report beforehand make by some other person ..

I additionally express my affirmation that the said Internship report has nor been utilized before to satisfy my different courses related nor it will be submitted to some other individual in future .

Faithfully Yours,



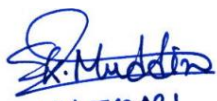
Israt Jahan Rimny .

ID : 171-34-592

## Approval Certification

This is to ensure that the dissertation named **‘Processing and Packaging of the Immuno Tea with Health Benefits of other Products at the Pustibid Private Limited’** put by Israt Jahan Rimny, a regular student of B.Sc. in Nutrition and Food Engineering, Faculty of Allied Health Science, Daffodil International University, understudy ID: 171-34-592 effectively did her temporary position program two months under Pustibid Private Limited, Muhammadpur-Dhaka.

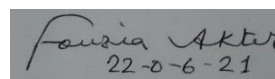
At that point she finished her report composing based on her temporary position insight in December 2020 under my heading. We know that Israt Jahan Rimny finished her report under the perception of our educator. What's more, we guarantee that her report is deserving of satisfying the fractional prerequisites of the NFE program.



18/07/2021

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Dr. Sheikh Mahatabbuddin  
Associate Professor and head,  
Department of Nutrition and Food Engineering,

Faculty of Allied Health Sciences ,  
Daffodil International University.



22-0-6-21

-----  
Ms. Fouzia Akter  
Assistant Professor ,  
Department of Nutrition and Food  
Engineering  
Faculty of Allied Health Science ,  
Daffodil International University, Dhaka .

## Approval Certification

This is affirming that the temporary job report on ‘**Processing and Packaging of the Immuno Tea with Health Benefits of other Products at the Pustibid Private Limited**’ put by Israt Jahan Rimny (ID: 171-34-592), a standard understudy of B.Sc. in Nutrition and Food Engineering, Faculty of Allied Health Science, Daffodil International University, has effectively done her report work program inside two months under my immediate management and direction.

I have the certainty about the inventiveness of this information and I am pronouncing that, work is up agreeable to me.



**Muhammad Abu Bakr Siddique**

Chief Advisor, Pustibid Private Limited.

## Acknowledgement

I want to give praises to the Almighty Allah , the most beneficial and most generous . And also my family for helping me from every side .And Ms.Fouzia Akter , Assistant Professor , Department of Nutrition And Food Engineering , she offered me the chance to attend the program.

In completing this dissertation , her love , advice , co-operation , generous scholastic direction . And the most heat felt love , affection and loyalty to Abu Bakar Siddique , Nutrition officer at UNICEF Bangladesh and owner of pustibid private limited . This work will allow me to develop a bright future career . It is a great pleasure to share my utter gratitude to you pustibid Mr. Abu Bakar Siddique . My emotions were great during this internship program and I enjoyed it very much . Only with the generous contribution of all workers in the nutrition department .My success during this program would undoubtedly help me in my professional work area .During these pandemic situation , it is a great pleasure for me that my teacher and varsity both help me to complete my internship within time . I will always stay thankful to my respected teacher for helping me whenever I need their help . First of all I won't able to understand any thing what will be good for me and what will be bad for me , but because of everyone's attention and help I able to understand clearly and then complete my work . Working with many nutritionist in pustibid , it gives me new experience to know more about nutrition . I found their some nutritionist who advice me what is good for my career and what is actually need to become a good successful nutritionist . It makes me really lucky that I able to attend my internship program under so many talented nutritionist .

## Executive Summery

We went to the ‘Pustibid private limited ‘ for about two month in the aim of completing our internship . We see different health concern product in this company. This is totally new company for producing different products like moringa capsules, Immuno tea , Nutrigella capsules ,Nutrigreen capsules , goli ( world’s first Apple cider vinegar Gummy ) etc . Their procedures are very systematic . We went there for learning the way they are using nutritious products in making good beneficial capsules . They are working hard to keep people healthy and disease free . They are making their product combined with BCSIR . They gather many brilliant nutritionists , who are working day and night thinking about the beneficial away of taking nutritious supplements . They all who are working in the Pustibid , are too much talented and experienced personality . They are working with tea . Tea has some benefits in our body system , it has many health benefits . 'Pushtikor', an online shop of nutritious and diet items assists individuals with settling on sound decisions for an improved way of life. At this retailer is an accomplished nutritionist and dietitian who offers sound clinical sustenance treatment and items to address patient's very own objectives as they identified with all phases of life and different ailments. 'Pushtikor' means to foster the attention to nourishment, wellbeing, and health of the nation by giving basic, reasonable, and science-based items and arrangements. Simultaneously, it will attempt to build up a nourishment and wellbeing item and administration business in the country and will make another field for the Nutritionist and Dietitian administration of Bangladesh .

Many critical disease like cancer ,heart diseases may cure from drinking tea . It also helps in maintaining weight loss and low cholesterol level in human body . Other items also contain different health benefits . So their all products are useful for us . Nutrigreen, nutrigella , all are good because of their raw materials , the raw materials used in making different capsules contain different nutritional health benefits .

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## Introduction:

The place “ Pustibid private limited “ where we went for about two month is a wonderful place where we able to come out from our text books and see the reality of working . We tired to link up with our text books or our class lectures . It is a joint stock company . It started journey in 2019 and start production of different product in 2020 -2021. They have total 4 director .Each project have 6 people working . Recently they also opened a research center . They will provide different training for dietetics activity in that center .They are running their project to make a healthy nation . The nation which will be disease free by taking nutritious products .

Pustibid Private Limited is a food and Beverage Company. It is to enlist in joint-stock. Pustikor began its excursion in 2020. In 2020 the Pustikor brand was enlisted as a brand name by the Ministry of Industry.

Likewise, they have two-area,

1. Incorporated Nutrition and Health Research Center and
2. "Pora mati"

Integrated Nutrition and Health Research Center: this is the first run through in Bangladesh drive of PPL to guarantee sustenance and wellbeing administrations through joint coordination of the specialist, nutritionists, physiotherapists, and food advisors. "Pora-mati": Today's kin are extravagant and wellbeing cognizant. They made container. The "poramati" began its excursion in 2020 remembering the wellbeing security and legacy.

The objective of "poramati" is to make us mindful of the protected utilization of stoneware items rather than plastics and melamine.

## Over view :

We were helped by an organization named ‘‘Pustibid Private Limited ‘‘

( Their mission is to keep people healthy with nutritious food ) .

It is an joint stock organization . They have total 4 director and 6 person is working together in a project . For oil project 3 person is working . They have also opened a research center . And there 6 person working . Their future plan for research center is to increase member about 50 + person . They already have 24 student in the research center . They sell their product in online page from 2019-2021 . Their monthly income is about 1-2 lakh taka from the online page ‘‘ Pustibid Private Limited ‘‘ .

## Geographical Coverage :

Essentially more often than not they offer their support on an online premise. The base camp of Pustibid private restricted is 9/A Iqbal Road, Mohammadpur, Dhaka, Bangladesh.

## Directors

There are four directors in this company they are: 1. Fatema Zaman, 2. Benajir Shams, 3. Farzana Zia, 4. Jinnat Ara.

## Sells

The organization offers items worth balanced and a half lakh taka a month. They give excellent items. Furthermore, they likewise give wellbeing tips and mindfulness.

## Mission

The mission of Pustibid Private restricted is they need to get an infection free life by utilizing characteristic items.

## Points

Pushtikor' plans to foster the attention to sustenance, wellbeing, and health of the nation by giving straightforward, reasonable, and science-based items and arrangements. Simultaneously, it will attempt to build up a nourishment and wellbeing item and administration business in the country and will make another field for the Nutritionist and Dietitian administration of Bangladesh. Because of the contamination around us, different hurtful substances are aggregating in our bodies each day. Spirulina is a phytonutrient that detoxifies these harmful substances collected in our bodies. Pustibid Pvt. Ltd., with the specialized help of BCSIR, has fostered a compelling detailing called NutriGreen with a blend of spirulina, ginger, dark cumin, garlic, and so on .

## Job description :

There are six of us and we have finished our entry level position with Pustibid private Ltd. inside two months of the time-frame. Ms. Fouzia Akter (Assistant Professor, Department of Nutrition and Food Engineering, Faculty of Allied Health Science, Daffodil International University) madam assisted us with getting this chance to work there. We filled in as an understudy for a very long time in Pustibid private Ltd. central command is 9/A Iqbal Road, Mohammadpur, Dhaka, Bangladesh. Our primary work was with the IMMUNO: Immune boosting combination tea bundling however we additionally took an interest with numerous instructors in their gatherings and got a chance to gain from their experience. I figure these encounters will help me in the following stages of my profession.

## Product Details

Prof. Obaidul Haque (Dhaka University INFS alumnus) and nutritionist AB Siddique (Dhaka University INFS alumnus) work through a combination of different herbs and nutrients having a tea formulation to get. [1]

There are some vital ingredients which present in tea leaves helps to treat disease it also strengthen our immune system which fights back the harmful bacteria and virus like the corona virus .

This tea uses all the herbs that have anti-inflammatory and anti-viral properties.

**They have 8 products they are ,**

- 1) Immune tea
- 2) Nutrileaf capule
- 3) Nutrigreen capsule
- 4) Nutrigella capsule
- 5) Mustard oil
- 6) Vitamin C
- 7) Ready to cook fish
- 8) Moringa leaf powder

## **Product no 1**

### **Immune tea :**

#### **Name of ingredients used :**

Amla , basil, moringa , ginger, clove, black cumin seeds,lemon, liquorice, cinnamon, chamomile and with the added vitamin C ·<sup>[1]</sup>

#### **Need to know about immune :**

Normally when we consume green tea , we found some bitter taste in that . But ‘Immuno ‘ has no bitter taste . It is one of the most flavourful green tea .

There I wrote some benefits of immune tea :

#### **How to drink ?**

First of all need ,

1 cup of warm water ,

Then one immune tea in that water ,

2-3 minutes wait for steeping, Ready to drink . Consumption of ½ tea bags will help to increase your immunity system .

## Product no 2

### Ready to cook fish

In ‘pustibid private limited ‘ In their ready to cook fish item , they used marinated fish from river , they are pabda, shrimp, chapila , and aulsha fish .

Now all trouble of going to fish market to buy fish , cutting the fish , washing the fish are over .

Because after doing all those things the fish item stay marinated in packet . These approach of fish from pustibid , will help people to eat delicious and nutritious fish of the river everyday whenever they want .<sup>[1]</sup>



**Figure : Ready to cook fish**

## Product No 3

### Nutrileaf capsule :

Because of anti-inflammatory quality of moringa leaf , it helps in the time of stomach ulcer , liver disease , kidney disease, infection , kidney stone constipation etc .

In this busy era , it is too much difficult to do step by step process to eat moringa leaf . So, keeping all these think in mind , they made a capsule named ‘Nutrileaf’ so that people can take this “ Nutrileaf “ as medicine whenever they want to take it .



Figure : Nutrileaf capsules



## Nutritive value of Moringa leafs :

### 1) **Plentiful in Vitamins and Minerals :**

Moringa leaves are plentiful in nutrients A, C, B1 (thiamin), B2 (riboflavin), B3 (niacin), B6 and Folate. They are likewise wealthy in magnesium, iron, calcium, phosphorus, and zinc. <sup>[2]</sup>

### 2) **Wealthy in Amino Acids :**

Moringa leaves are wealthy in amino acids, the structure squares of proteins. 18 kinds of amino acids are found in them and every one of them makes a significant commitment towards our prosperity <sup>[2]</sup>

### 3 ) **Battle Inflammation :**

Irritation is the way a body normally reacts to torment and injury. Moringa leaves are calming in nature because of the presence of isothiocyanates. Irritation is the main driver of numerous illnesses like malignancy, joint inflammation, rheumatoid joint inflammation, and numerous immune system sicknesses. At the point when we endure a physical issue or disease, the body endures expanded irritation<sup>[2]</sup>

### 4 ) **Lower Blood Sugar Levels**

Supported high glucose levels lead to the improvement of diabetes in people.

Diabetes, thus, can mess heart up and organ harm in the body. To stay away from this, it is nice to hold the glucose levels within proper limits. Moringa leaves are an ideal asset for that as they balance out the glucose levels because of the presence of isothiocyanates. <sup>[2]</sup>

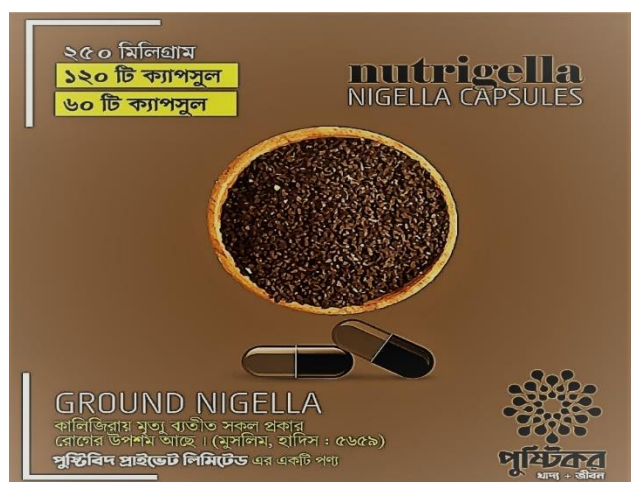
## Product no 4

### Nutrigella :

For type -1 and type-2 diabetes black cumin is essential . ‘Thymoquinone’ is active ingredient in black cumin which has a hypoglycemic nature . It also lowers blood glucose levels . Taking kalonji as a supplement with a regular diet is good for diabetes , this found after some studies .

The problem of low breast milk production is a common problem among breastfeeding mothers . There are several medications currently available on the market to increase breast milk ,these all have some unpleasant side effects for both mother and baby .

Their ‘ Nutrigella ‘is made in the form of a capsule so that mothers get the right amount of blackberries and other ingredients easily .<sup>[1]</sup>



### Nutritional value of black cumin :

1. Lots of Antioxidants found .
2. May Lower Cholesterol .
3. Work as Cancer-Fighting Properties .

## Product no 5

### Nutrigreen :

In immune support ‘spirulina’ help in many away . It increases the body’s immune cells, antibody ,infection-fighting protein etc . As a result , it helps to get rid of chronic illness and other infections like cancer . This anti-cancer effect is mainly due to the ‘chorophyll’ present in it .

Spirulina is among the world's most well known enhancements.

It is stacked with different supplements and cancer prevention agents that may profit your body and cerebrum. <sup>[1]</sup>



Figure : Nutrigreen capsules

### Nutritional value of Spirulina :

#### Spirulina Is Extremely High in Many Nutrients

Spirulina is a living being that fills in both new and salt water.

It is a sort of cyanobacteria, which is a group of single-celled organisms that are frequently alluded to as blue green growth. Very much like plants, cyanobacteria can create energy from daylight through an interaction called photosynthesis .<sup>[4]</sup>

## Product no 6

### Moringa leaf powder :



Figure : Moringa leaf powder

Those who have diabetics or diabetics patient in family , they know how important to keep awareness glucose and insulin level in body .

To overcome this tension Moringa leaf powder will help .From the International Journal of Food Science Technology, one research shows that Moringa leaf helps to keep control the glucose and insulin . It also works for prevention of diabetics . .<sup>[1]</sup>

## Results Of Moringa Leaf Powder ?

With everything taken into account the root ought to be stayed away from, on the grounds that the synthetic compounds present in it tends to be very nutritious and heathy .

In addition, it can likewise cause issues with richness and not to no end it has been utilized for keeping away from pregnancy.

Lastly said that ingesting too much with moringa powder supplements is conceivable and can be extremely harmful.<sup>[5]</sup>

## Product no 7

### Vitamin c :

There are too many health benefits of vitamin C . It helps to joint our bone . Collagen found in our bone about 90% .Collagen is mainly structural protine .Collagen helps to joint our bone . Vitamin C helps collagen in this act . Pustibid private limited create a new zone called Synergy Nutrition and there they work taking vitamin C . This vitamin C product helps to remove bone problem . There are many health benefits of vitamin C , <sup>[1]</sup>

- ✓ It creates immunity against viruses and infections .
- ✓ Highly effective antioxidant .
- ✓ Give long term cell protection .
- ✓ It promote healthy immune resistance .



## Coming products

### Mustard oil :

They invent new technology for making mustard oil in a new way , by grinding wood to make refined oil from mustard , the pustibid team made it and still working on it .There are some health benefits of mustard oil given below , <sup>[6]</sup>

- 1) It can block microbial production.
- 2) It can promote the health of the skin and hair.
- 3)It may relieve pain.
- 4)It can decelerate growth of cancer cells.
- 5)It may foster cardiac health.
- 6)Inflammation reduces.
- 7)It can help to relieve cold symptoms.

## Key activities :

I worked taking one of their products name ‘ Immuno Tea ‘

It has many important ingredients , all the ingredients full of nutrient and they all have some health benefits . We all went in the pustibid and work there in the packaging area and pack many tea packets . Each packet contain 30 tea bags of immune tea .

**After working with this tea product I end up with some of the health benefits of their Immuno tea ,**

### 1) Eliminate the body cells :

In this tea , because of the unique combination of special ingredients present, it unlocks the bad cells in body to help remove toxins . It also reset body metabolism eliminating the bad cells .

### 2) Develop a strong immune system:

Because of the ingredients used in immune tea, it develop a strong immune system in the body . Helps to increase body immunity system .

### 3) Boosts body energy:

The ingredients used in this tea boost up body energy , helps to escape from serious disease .

### 4) Perfect for skin, hair, and nails :

The nutritional material used in the tea helps to protect skin, hair , nails from damage . Helps the skin to glow . Hair to stop falling . give strength to the nails .

### 5) Detox effects happen in body :

Detox means help body to wash out unwanted toxins . After consuming the Immune tea , it start doing it's work slowly .<sup>[7]</sup>



## Conclusion

From my internship , I am able to work with expert nutritionists . Every one is very much talented . They help me giving many kind of nutritional knowledge which will help me in my future career . Their product immune tea , Nutrileaf , Nutrigeen , Nutrigella have many beneficial effect on health . They think how easily people will get the necessary nutrients through capsule, that's why they keep maximum product in capsule form . I think it is a very wise decision and they are doing their best for making a healthy nation. The internship was an experience for me . I have learned what my strengths and weaknesses are; I have developed new skills and knowledge and met many new people.

Here I able to meet many experience nutritionist and I took advice from them how I can plan my next destiny after my graduation in nutrition . I really became very benefited after having discussion with them . If I find any opportunity in future to work under such environments , I will definitely grab those opportunity to work under them .

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