



Internship Report On

Processing and Packaging of the Immune Tea with health benefits of others products at the Pushtibid Private Limited.

Submitted To

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Supervised By

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Submitted By

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Date of Submission: 11-06-2021

LETTER OF TRANSMITTAL

11th June 2021

Dr. Sheikh Mahatabuddin

Associate Professor and Head,

Department of Nutrition and Food Engineering

Faculty of Allied Health Science (FAHS)

Daffodil International University, Dhaka.

Subject: Submission of internship report.

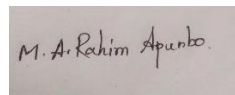
Dear Sir,

It is a wonderful honor and privilege for me to be able to submit my internship report to Pustibid Private Limited.

Basically, this report is based on Pustibid Private Limited internship. I have collected the most important material to compile the report. My best efforts have been focused on achieving the report's targets. During the report preparation, the practical information and experience gained will benefit me much in my professional life. With the direction of Fouzia Akter (Assistant professor), I've been able to work at your University.

As a result, I respectfully request and anticipate that you will honor me with any type of advice or valuable idea, and that you will promptly accept my report for your consideration.

Sincerely Yours,




M. A. Rahim Apurbo

171-34-596

APPROVAL CERTIFICATION

This certifies that M. A. Rahim Apurbo, a regular student of B.Sc. in Nutrition and Food Engineering, Faculty of Allied Health Science, International University, student ID: 171-34-596, carried out their intern work programs two months in success under Pushtibid Private Limited.

Then on December 2020, under my leadership, he concluded his report writing on the basis of his data. We know that our teacher saw M. A. Rahim Apurbo completing his Intern report. Furthermore, we make sure his report meets the partial criteria of the NFE programme.



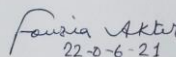
18/07/2021

Dr. Sheikh Mahatabuddin

Associate Professor and Head

Department of Nutrition and Food
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22-0-6-21

Ms. Fouzia Akter

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Daffodil International University, Dhaka.

Acknowledgements

All praise and gratitude to Allah the Almighty for the great health and well-being needed to complete this project assignment. I would like to express my gratitude to honorable teacher **Dr. Sheikh Mahatabuddin**, Associate Professor and Head of the Department of Nutrition and Food Engineering, as well as honorable teacher **Ms. Fouzia Akter**, Supervisor, Assistant Professor, Department of Nutrition and Food Engineering, for her excellent guidance and patience, as well as her support throughout the duration of this project work. Without their assistance, it would be difficult to execute this endeavor. Throughout the study period, their encouragement was a driving force, and their enormous knowledge greatly contributed to the project's success. I'm also thankful to everyone who assisted with the research that laid the groundwork for this project, as well as everyone who contributed in various ways to its completion. I'd want to use this opportunity to express my gratitude and respect to everyone who helped me finish my report. In the situation of report submission, the author actually recalls all of them.

I am grateful to all of my teachers at Daffodil International University's Department of Nutrition and Food Engineering for their support and advice during my studies. I am grateful to my family and friends for their unwavering support.

___ M. A. Rahim Apurbo

LETTER OF AUTHORIZATION

12th June 2021

Dr. Sheikh Mahatabuddin
Associate Professor and Head,
Department of Nutrition and Food Engineering
Faculty of Allied Health Science (FAHS)
Daffodil International University, Dhaka.

Subject: Announcement regarding the validity of the Internship Report.

This is my sincere statement that "Internship Report" which I have completed is not a copy of any student's internship report.

I also express my immediate affirmation that the Intern Report was not utilized before, or will be sent to any other individual in the future, to meet my other courses.

Faithfully yours,

M. A. Rahim Apurbo

ID: 171-34-596

Approval Certification

This is certifying that internship report on the process of immune tea packaging at (Pustikor) Pustibid Private Limited" submitted by Inum Maria (ID: 171-34-603), a regular student of B.Sc. in Nutrition and Food Engineering, Faculty of Allied Health Science, Daffodil International University, has successfully carried out her report work program within two months under my direct supervision and guidance.

I have the confidence about the originality of this data and I am declaring that, work is up to my satisfaction.



.....

Muhammad Abu Bakr Siddique

Chief Advisor, Pustibid Private Limited.

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Summery

Pushtibid Pvt Ltd is a profitable online based company that sells their product internationally and concerns with nutrition and passing a strong immunity system genetically from our generation to the next generation and so on. Basically it follows the way of a normal online based company's business policy. For example they enlighten people and/or their consumers about the importance of nutrition and immunity systems. They believe that the immunity system we got has come from our previous generation and it is our duty that the immunity system we will pass to our next generation must be the same or even more strong as our ancestors. It is their vision that people should be cautious enough about nutrition and immunity growth. To fulfill their vision, they get involved and run some campaigns that spread cautiousness about it. Pushtibid Pvt Ltd inspires and motivates people to stay fit, exercise and consume food with a proper diet and they suggest their product accordingly to their consumers. The products they make or sell are made from organic sources from nature such as Nutrileaf from Moringa leaf and Nutrigella from Black Cumin etc. They both are so healthy and full of nutrition. Most importantly they grow your immunity.

1.1 Introduction

Pustibid Private Limited is a profitable offline & online based Food & Beverage company.

It should be registered as a joint venture. In 2020, "Pustikor" began his trip.

The Ministry of Industry approved "Pustikor" as a brand in 2020. They try to promote nutrition around the world and people may know about nutrition. That actually their mission and vision. They have total Three -sector, 1. Pustikor Brand 2. Integrated Nutrition and Health Research Center and 3. "Pora mati".

Integrated Nutrition and Health Research Center: They provide nutrition and health services by co-ordinating doctors, nutritionists, physiotherapists and food experts.

1.2 Geographical Coverage

In general, they offer their service online most of the time. Pustibid private limited head office in Bangladesh's 9/A Iqbal Road, Mohammadpur, Dhaka.

1.3 Directors

In this corporation there are four directors: 1. Fatema Zaman, 2. Benajir Shams, 3. Farzana Zia, 4. Jinnat Ara.

2.1 Job Description

We are six Daffodil University students who finished our internship at Pustibid Private Ltd. in less than two months. The chance to work there has been provided by Ms. Fouzia Akter (assistant Professor in the department of nutrition and food engineering of the Allied Health Sciences Faculty of the Daffodil International University). We worked Pustibid Private Ltd. as interns for two months at the head office of that company. That was located at 9/A Iqbal Road, Mohammadpur, Dhaka, Bangladesh. Our principal job was with IMMUNO: Immune Boosting Fusion Tea Packaging, but we also attended meetings and learned from the expertise of many Experts.

3.1 Products of Pustikor

Pustibid private limited has 8 products.

1. IMMUNO: Immune boosting fusion tea,
2. Vitamin C Powder
3. Ready to Cook Frozen Fish
4. Nutrileaf
5. Moringa Leaf powder
6. Nutrigella capsule
7. Mustard oil
8. Nutrigreen

4.1 IMMUNO: Immune boosting fusion tea



Immuno is a sort of fusion tea that is made up of many sorts of herbs. Vitamin C added helps improve the product's immunity. This tea uses all herbs that have antiviral and anti-inflammatory effects. It can also be used as a vitamin C supplement. 'Immuno Tea' contains amalki, basil, greens, horseradish leaves, ginger, cloves, black cumin, cinnamon, licorice honey, chamomile. It will boost the immunity system, feel fresh, get treatment of the cold cough issue.

4.2 BCSIR Test Results Of Immune Boosting Tea

69 Mg of vitamin C per cup of tea stays intact after extraction in boiling water. Experiments on mice have revealed that this tea is absolutely harmless and has no toxicity.

4.3 Ingredients Of Immune Boosting Tea



Ingredients: Amalaki, Basil, green tea, Horseradish leaves, Ginger, Clove, Black Cumin, Cinnamon, Lemon, Licorice, Chamomile, and vitamin c powder.

Amalaki: Amalaki has long been utilized in Ayurveda for a natural cure.

The following health issues are believed to be aided by Amalaki in the treatment:

- Atherosclerosis
- High cholesterol
- Diarrhea
- High blood pressure
- Obesity
- Joint pain
- Obesity

According to a 2007 research by the British Nutrition Journal, amalaki can be helpful in preventing hyperlipidemia (a disorder with an excessively high cholesterol levels and other blood lipids). In rat experiments, the authors of the study revealed that Amalaki can be used by lowering oxidative stress to help combat hyperlipidemia. [1]

Basil:

In basil are contained several vitamins and minerals, as well as antioxidants such as lutein, zeaxanthin, beta-carotene, and beta-cryptoxanthin. It also acts as a natural preventative for diabetes.[2]

Green tea

It's often regarded as one of the world's healthiest beverages. It's high in antioxidants, which have a huge health benefits, such as: enhanced mental performance, slimming down, cancer protection.[3]

Horseradish Leaves

1. It includes beneficial organic compounds, lipids, and enzymes like as glucosinolates, which are believed to help protect against cancer.
2. Its main work to lowering the cancer risk
3. Keeping a Healthy Heart

Ginger

The component in recettes is horribly prevalent. It is occasionally added to the food processed.

It may help with:

- Rheumatoid arthritis
- Muscle and joint pain
- Headache

Cloves

Beta Carotene is high in cloves. Carotene pigments can be transformed to the eye health vitamin A. The family are powerful antioxidants and provitamins. It reduced:

- toothache,
- indigestion,
- cough,
- asthma,
- headache, and

- stress.

Black Cumin:

This diet is abundant in antioxidants to prevent radical and damaged cells from being released from your body.

It also works for:

- Headaches
- Sinus Pain
- Migraines
- Menstrual Cramps
- Muscle Spasms
- Toothaches
- Arthritic Pain
- Gout Attacks
- Sprains
- Joint and Muscle Pain

5.1 Vitamin C Powder

The image is a promotional graphic for Vitamin C powder. It features a bright yellow background with a grid of white dots and lines forming a globe-like structure. At the top left, the word "VITAMIN" is written in white, followed by a large white "C" inside a white circle. Below this, there are four bullet points, each with a white checkmark inside a circle. To the right of the text is a black cylindrical container with a white cap. The container has the text "SYNERGY NUTRITION" in red and white, and "EXPLORE" in white. At the bottom of the container, there is a small white box with the text "www.facebook.com/synergynutrition".

VITAMIN C

- ✓ Immunity against Viruses and infections
- ✓ Highly Effective Antioxidant
- ✓ Long Term Cell Protection
- ✓ Promote Healthy Immune Resistance

www.facebook.com/synergynutrition

This product is manufactured by Pushtibid private Limited and Synergy Nutrition co - operation. It gain Immunity level against viruses and infections. It's a highly effective antioxidant. It also helps to protect the cell and promote healthy Immune resistance.

If you are going to obtain the same spoon as our package, then with 1 teaspoon powder you will get 1.5 grams vitamin C. Research has showed that vitamin C can help prevent certain cancers by preventing oxidative stress and nitrite neutralization. The length and the symptoms of common cold can also be reduced with supplementary vitamin C, aid delay and maintain good immune function[4].

6.1 Ready to Cook Frozen Fish



The available fish have PPL:

1. Pabda fish
2. Gulsha / Tangra fish
3. Dopeyaja of shoal fish
4. Shrimp (medium size)
5. Hilsa fish head (mustard hilsa)
6. Shrimp and kachu looti
7. Hilsa fish belly and pile (mustard hilsa)
8. Small fish

The time for cooking is minimal. Don't have to go to inspect and purchase fish at the market. Don't have to worry about cutting fish. You don't have to worry about washing fish.

7.1 Nutrileaf



Sajan leaves are also known to function as an antioxidant, named "chlorogenic acid" as a natural fatty burner. “Nutrileaf” add to your diet routine and lose excess weight. Cause it has large quantity of fiber and it takes much time for hungry. It also control blood sugar level. Multiple vitamins and minerals are present in this capsule.

Moringa oleifera is a plant that is often called the drumstick tree, the miracle tree, the ben oil tree, or the horseradish tree etc and in Bangladesh it is commonly known as “সজিনা” (Sojina). There is a good reason behind why it has so many good alternate names. The leaves, fruit, sap, oil, roots, bark, seeds, pod, flowers and all other parts of the tree have medicinal properties. All the products from the tree have many uses. Even it is also known as the ‘drumstick tree’. It is found mostly in Asian, African, and South American countries. Among all the parts of a moringa tree the leaves have so many uses in Indian cuisine as they are versatile and can be incorporated in the diet in many ways [6]. When consumed in their natural form, the moringa leaves have no side effects and has so many benefits, such as

- Rich in Vitamins and Minerals
- Rich in Amino Acids
- Fight Inflammation
- Rich in Antioxidants
- Lower Blood Sugar Levels
- Lowers Cholesterol
- Protects the Liver
- Protects Against Arsenic Toxicity
- Good for the Stomach
- Improves Bone health [6]

8.1 Moringa Leaf powder



Iron is vital to reduce weariness and exhaustion in the body and vitamin A helps iron metabolism and improves its absorption. It also reduction tiredness and fatigue. Vitamin A is critical in protecting the cells from oxidative damage, which helps combat indications of aging, in healthy bright skin and vitamin E. [5]

The super-immune-increasing abilities is one of the biggest advantages. To assist our bodies prevent infections and diseases, maintaining a strong immune system is vital. Moringa is a vitamin A source that makes the vision normal (18.9 percent NRV per serving). Moringa powder helps to alleviate sadness or changes in the mood. [5]

9.1 Nutrigella' capsule



The popular term for *Nigella sativa* plant seeds is black seed. In the form of capsules named 'Nutrigella,' Pustikor presented the dark cumin to the client that can simply be placed on the daily meal list without any problems. Black seed is a good source of: Calcium, Iron, Zinc, Copper, Thiamin, Niacin, Phosphorous, Folic Acid. [7]

Recent studies have shown that its usage as an addition may lower body weight and BMI, although more study is necessary. Initial studies have revealed that black seeds in healthy persons may help decrease blood pressure. It reduces cholesterol as well. Females who have paired low calorie black seed supplements decreased cholesterol over females who have taken not. Those who take diabetes in black seed supplements have shown lower levels of blood sugar, making them less prone to future problems with diabetes.[7]

10.1 Paper Packaging



Paper packaging is a packaging product made of paper material and it is quite popular on the market today. This type of packaging is used to pack, store and transport goods, helping to store and protect the product inside due to the impact of transportation and to save the product [9].

Manufacturers have widely used paper packaging as it provides users with convenient storage and functional packaging that is appealing and easy to bear. Additionally, manufactured in all shapes and sizes using recycled materials, this type of packaging is exceptionally safe for the environment and is catching the eyes of many well established manufacturers. There are reasons why paper-based packaging is more widely used and accepted than plastic containers. It is due to its benefits to not only the end-user or consumers but also the environment [10]. And the benefits are,

- Biodegradable Materials
- Multi Usage
- Paper is More Attractive
- Top-Shelf Solution
- High Durability
- Environment Friendly
- Light weight
- Foldable
- Harmless

- Environment Friendly and pollution-free. [10]

Conclusion

Pushtibid Private Limited is an eco friendly company. Main purpose is to meet the nutritional needs of people of all walks of life. They have 7 products which are made by them and 5 to 10 product which is collected from different country. They constantly aim to work with organic and natural ingredients. Their objective is to make our immune system more healthy and better by increasing our organic herbal system. The tea includes: Amalaki, Basil, Green Tea, Horse Leaves, Ginger, Clove, Black Cumin, Cinamon. They also learnt about these goods and how to utilize them throughout our lives. I had learned a lot and also collected heaps of expertise in this internship programme. I discovered about their items through this program. I also got a lot of practical experience with this workout. As I have been working in their sector, I have found pros and cons regarding packaging that are foreign to me.

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