



Daffodil
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Internship Report

On

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

Submitted To

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Date of Submission: 04-06-2021

LETTER OF TRANSMITTAL

04-06-2021

Dr. Sheikh Mahatabuddin

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Subject: Submission of internship report.

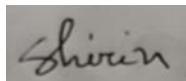
Dear Sir,

I would like to take this opportunity to thank you for the guidance and support you have provided me during the course of this report. Without your help, this report would have been impossible to complete.

To prepare the report I collected what I believe to be most relevant information to make my report as analytical and reliable as possible. I have concentrated my best effort to achieve the objectives of the report and hope that my endeavour will serve the purpose. The practical knowledge and experience gathered during report preparation will immeasurably help in my future professional life. I request you to excuse me for any mistake that may occur in the report despite of my best effort.

I would really appreciate if you enlighten me with your thoughts and views regarding the report. In addition, if you wish to enquire about an aspect of my report, I would gladly answer your queries. Thank you again for your support and patience.

Yours Sincerely,



Shirin Ahmed

ID: 171-34-599

LETTER OF AUTHORIZATION

04-06- 2021

Dr. Sheikh Mahatabuddin

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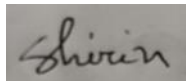
Subject: Declaration regarding the validity of the Internship Report.

Dear Sir,

This is my truthful declaration that the “Internship Report” I have prepared is not a copy of any Internship Report previously made by any other students.

I also express my honest confirmation in support to the fact that the said Internship report has neither been used before to fulfil my other course related nor it will be submitted to any other person in future.

Yours Sincerely,



Shirin Ahmed

ID: 171-34-599

APPROVAL CERTIFICATION

This is to certify that Shirin Ahmed bearing ID: 171-34-599, Program B.Sc. in Nutrition and Food Engineering is a regular student department of Nutrition & food Engineering Faculty of Allied Health Science, Daffodil international University. She has successfully completed her Internship program of two weeks in 'Pushtikor' Pustibid private Limited in Iqbal road, Mohammadpur Dhaka-1207, and We ensure that her report is a worth of fulfilling the partial requirements of NFE programme.



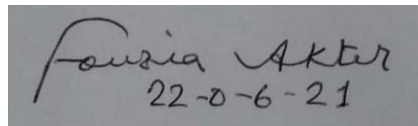
28/06/2021

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APPROVAL CERTIFICATION

This is to certify that the dissertation of **Pushtibid private limited**. Submitted by Shirin Ahmed a regular student of B.Sc. in Nutrition and food engineering, Faculty Allied Health Science, Daffodil International University, student ID: 171-34-599 successfully carried out her internship work program two month under my direct supervision and guidance in Pushtibid private limited, Dhaka.

I have the confidence regarding the originality of this data and I express that the dissertation is up to my satisfaction.



.....

Muhammad Abu Bakr Siddique

Chief Advisor, Pustibid Private Limited

Acknowledgment

All praises and gratitude to the almighty of Allah for the good health and wellbeing that were needed to complete this internship work. I would like to thank honorable teacher **Dr. Sheikh Mahatabuddin**, Associate Professor and Head of the Department of Nutrition and Food Engineering, also would like to thank honorable teacher **Ms. Fouzia Akter**, Supervisor, Assistant professor, Department of Nutrition and Food Engineering, for her excellent guidance and patience and for being supportive throughout the period of this internship work.

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I am very thankful to all my teachers of the Department of Nutrition and Food Engineering, Daffodil International University for their help encouragement during the study.

I am extremely grateful to my family members, my friends, for their enthusiastic support.

____ Shirin Ahmed

Summary

“Pushtikor” Pushtibid Private Limited is one of the most newly invented company in our country. This is mainly a online based company. They have an office which is located at Iqbal in Dhaka city. I got the opportunity to do my internship in this company. This company are mainly divided into two section. One is processing section and the other is packaging sector. I got the opportunity to work in their packaging sector where I had learned a lots of things which are very new to me. They provide some special facilities for internship students.

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Chapter-1

Introduction



1.1 Company description

“Pushtikor”Pustibid Private Limited is recently invented online based company. Its establishing period is too short. It was established in 2018. 2020 is the year when they registered as business company in joint stock and also got the trademark. They also have an office and counselling centre at Iqbal road, Mohammadpur in Dhaka. The founder of this company are named Abu Bakr Siddique and A.K Obidul Huque. They have four directors and they are – Fatima Zaman, Benzir Shams, Farzana Zia, Jannat Ara. They also have some employees. The employees are very honest and attentive to their works. This office is also used for product processing, tests are done to check their quality, packaging etc. There office space is also used a warehouse where the products are kept until it reaches to the customer. In their office space there is also a counselling sector where the patient gets the opportunity to counsel themselves according to their health issues through the experienced dietitian. The dietitian consults the patient and also suggested them some food chart according to their health issues. Their working space are divided into different sectors such as

production space, lab, packaging space etc. They provide people with some fresh foods like cold pressed oil, ready to cook fish etc. They also provide some supplementary foods like moringa tea, immune etc. Their services are made people's life more easy. They mainly promote a healthy lifestyle.

Geographical coverage

Pustibid Private Limited is located at 9/11, Iqbal road, Mohammadpur, Dhaka-1207. This is headquarter. This branch is mainly used for packaging, processing, product storing, quality checking etc.

They have another branch near their headquarter which is located at 10/13 Iqbal road, Mohammadpur, Dhaka-1207. In this branch they give nutritional and medical services. They also give training there.

Sells

They mainly sell their product through online. Their monthly income is one and half lakh taka. They also provide health services.

1.2 Objectives of the company

Pustibid Private Limited is an online based shop or company which provides people nutritious and diet products to make healthy choice for an improved lifestyle. This shop or company owner are experienced nutritionist and dietitians offers sound medical nutrition therapy and products to address patient's personal goals as they related to all stages of life and various medical conditions. Their aims to develop or create awareness of nutrition, health and wellness of the country by providing simple, realistic and science based products and solution. At the same time, it will work to establish nutrition and wellness product or service business in the country. They will also create a new field for the nutritionist and dietitian service of Bangladesh.

1.3 Products of the company:

Immuno
Nutralif
Nutrigella
Nutrigreen
Frozen fish
Moringa leaf powder
Cold pressed oil
Vitamin C powder

1.4 New invented product:

Cold pressed oil

1.5 Purpose of this internship programme

This programme is mainly done to gathered practical knowledge
To give the field experience
To learn about how to works in a company
To experience a job environment

1.6 Significance of the report

This report will be helpful for the students who wanted to do their internship in this company. The authenticity of the paper is highly maintained as this report is full of information about this company.

Chapter-2

Product Description

They provide nutritious and healthy foods and beverages as well as they also provide dietetic service like Weight Management, Nutrition Counselling, Diet Chart Planning, Nutritional Support for Children, Pregnant and Lactating Mother, Nutritional Support for Diabetes, Heart Disease, Hypertension and Constipation.

Their products are –

2.1 Immuno Tea

This is the first project or product of this company. Immuno is a one kind of a fusion tea which is made up of a various type of herbs. This tea is also containing a high amount of vitamin c and it also works as a vitamin c supplement. One tea bag contains 60 mg of vitamin c. This immuno tea is mainly used to or drink to boost up the immunity of the human body. In this present situation busting tea is very beneficial for our health. It boosts our immunity level which helps to prevent covid.



Immuno boosting tea

Ingredients:

Vitamin C powder
Green tea
Lemon
Amla
Ginger
Nigella seeds
Cloves
Cinnamon seeds
Holy basil leaves
Horseradish leaves
Liquorice etc.

Clove

We are widely known clove as a spices but is traditionally used as a medicine. It mainly contains minerals, fibers, vitamins etc. It also rich in anti-oxidants. It helps to prevent cancer as it contains the chemical compounds that reduces the cancer cell growth. It is beneficial for oral health as it

kills the harmful bacteria. It also protects the liver, maintain blood pressure, increases bone density etc. ^[1]

Lemon

We all know that lemon is rich in vitamin c and antioxidants. It also contains fiber and other beneficial compounds. It is beneficial for weight loss, digestive health, lower cholesterol, prevent kidney stone etc. ^[1]

Horseradish leaves

Horseradish leaves contain a huge amount of minerals and nutrients. It contains a high amount of vitamin c, magnesium, calcium, potassium, manganese, folate etc. It also said that horseradish leaves can protect us from cancer as it contains bioactive compounds like Sinigrin that fight against cancer. ^[2]

Amla

Amla is a one kind of fruit which is rich in vitamin c. It is widely used in Ayurveda medicine. It has lots of healing properties like antiviral, anti-inflammatory, antibacterial properties. It also beneficial for skin and hair. ^[3]

Ginger

Ginger is widely used in our cooking. Ginger is mainly a root. It has been used for medical purposes from many years ago. It contains anti-inflammatory agent that can reduces pain, prevent gastric ulcer. It also reduces the menstrual pain. It helps to reduces nausea, decreases cholesterol etc. ^[4]

Cinnamon

Cinnamon is used in cooking for the addition of aroma and flavour. It is traditionally used as a medicine from many years ago. It has antioxidants and anti-inflammatory properties which helps to reduces diseases. It also reduces the risk of heart diseases, decreases the level of blood sugar, it may prevent cancer, fight against HIV-1 virus etc. ^[5]

Nigella seeds

It also called cumin seeds. It contains vitamin A, vitamin D, vitamin C, calcium, magnesium, cobalamin, iron etc. It is called anti-carcinogenic as it lubricates our joint. Nigella seeds keeps our heart healthy, decreases breathing problems. This oil is beneficial to check on diabetes, helps to reduces excess weight, control blood pressure etc. ^[6]

Liquorice

It's an herbal remedy. Its root is mainly used for medical treatment. It has anti-cancer properties. It prevents cavities, prevent gastric ulcer, improve respiratory condition etc. ^[7]

Vitamin C

Vitamin C is used as a powder form in immune tea. Vitamin c plays a very important role in our health. Vitamin C is full of antioxidant. It boost up our immunity. It improves iron absorption. It reduces the risk of health diseases, reduces uric acid level, helps to prevent cold and flues. Vitamin C is very effective in Covid treatment. ^[8]

Basil

Basil contains or full of vitamin k. Basil is mainly use to add aroma and flavour. It has also some health benefits. It reduces inflammation, lower sugar level, prevent cancer etc. ^[9]

Green tea

Green tea is a one kind of organic tea. This is a beverage which is full of health beneficial substance. It contains antioxidants which helps to fat burn, decreases the chance of cardiopathy, prevent cancer, develop our brain functions etc. It is not only refreshes our body but also our mind. ^[10]

Health Benefits

Immuno tea contains a high amount of antioxidants which gives the body refreshment. It also refreshes our mind.

Immuno tea contains a high amount of vitamin C which is very helpful for cold and flue. So it prevents or protect us from cold. Due to vitamin C containing it also effective in covid treatment.

It makes the body strong cause daily drinking of Immuno tea increases our immunity of the body.

BCSIR test of Immuno:

One cup of Immuno fusion tea contain 69 mg of vitamin C or a tea bag contain 69.10 mg vitamin C. Their result also said that this tea has no toxic effect.

2.2 Ready to Cook Frozen Fish

This is the second product or project of this company. The buyers of this product do not need to cut it, wash it or marinate it. Small fish, some big fish, prone, hilsha fish etc. are under this project. This fishes are found in a beautiful packet. These products are found in a very reasonable prices. 250 mg of fishes are at only 300 tk. This product made our life easy it reduces the time of cooking process and also save our time. It makes the cooking easy to people.



Ready to cook frozen fish

Following fishes are included to this project:

- Hilsa fish
- Gusha fish
- Small fish
- Pabda fish
- Shrimp and kochu loti
- Shrimp
- Dopeyaja of shoal fish

Ingredients:

- Spices
- Fish

Benefits

Easy to cook:

There is no hassle of cutting washing cause these things are done by the company.

Easy to store:

This product are come with an healthy and small packaging which is easy to store in the refrigerator. Due to good packaging there is no chance of rotten the fish.

Easy to handle:

As the packaging are done in a small size so that it can easily carry home.

It reduces time:

As we know all the processes are done by them so there is a no need of cutting, washing, marination etc. which takes a lots of time to do. So there is no need of doing all these things. It saves our valuable time.

2.3 Nutrileaf

Nutrileaf is a one kind of capsule which is made from moringa leaf. In this capsule, the nutrition of the leaf is remaining as same as the tree leaf. This capsule contains multi vitamins and multi minerals. This capsule is works as inflammatory agent. It mainly uses to decrease the injury pain or infection. It protects us from the infection creating diseases like cancer, arthritis, rheumatoid arthritis etc.



Nutrileaf

Ingredients:

Moringa leaf

Health benefits**Weight loss:**

Nutrileaf helps to reduce weight as it contains chlorogenic acid and this acid works as a fat burner. It also contains high fiber.

Control diabetes:

It maintains the sugar level of the body. As nutrileaf contain moringa which contain a protein and this protein helps to lower the sugar from blood.

Prevent infection:

Nutrileaf contains anti-inflammatory agent which helps to reduces pain, redness of the skin. It also contains antioxidant which makes our body strong.

2.4 Nutrigella

Nutrigella is also a one kind of capsule which is made from nigella or cumin seeds which contain vitamin A, vitamin D, vitamin C, calcium, magnesium, cobalamin, iron etc. This capsule works as a supplement. Nigella contain thymoquinone which helps to maintain the normal level of glucose. It is helpful for both type-1 and type – 2 diabetes patient. Daily taking of this supplement can prevent the causes of diabetes.



Nutrigeria

Ingredients:

Ground nigella

Health Benefits

Reduces fat:

Nutrigeria helps to reduce excess fat from the body. As its main ingredient is nigella, which contains thymoquinone that works as anti-obesity. It affects waist circumference and BMI to reduce excess fat.

Protect from diseases:

Nutrigeria contains a high amount of antioxidants which makes our body strong and helps to prevent diseases.

Maintain sugar level:

It also helps reduce sugar level from the blood.

Helps in breastfeeding:

As nutrigella contains nigella which increases the milk secretion of the mother. Nigella contains some organic compounds which increases the milk of the mother. Mother can easily take this nutrigella capsule cause this capsule has no side effect. It will not affect the mother or babay's health.

2.5 Nutrigreen

Nutrigreen is a one kind of capsule which contain spirulina. Each capsule contains 250mg of spirulina and for getting the desire result should take 2 capsule within 12 hours. Spirulina contains vitamin B complex, vitamin D, vitamin K etc. Spirulina is very useful in high blood pressure treatment. Prevention of high blood pressure is very important as high blood pressure causes various types of diseases like heart attack, stroke, heart failure, kidney failure, vision loss, peripheral artery diseases etc. Daily consumption of spirulina helps to prevent all this life threatening diseases as it controls high blood pressure.



Nutrigreen

Ingredients:

Spirulina

Health Benefits**Rich in nutrient:**

As nutrigen is formed with spirulina which is full of different types of nutrient like protein, vitamin B complex, copper, iron etc. These things are very important for our body.

Prevent cancer:

As spirulina can reduce the tumor size and cancer occurrence. It's mainly effective in oral cancer.

Reduces the risk of stroke:

Regular taking of spirulina supplement can increase the size of aorta surface. Which is able to prevent atherosclerosis and stroke by keeping blood circulation normal. ^[11]

2.6 Moringa Leaf Powder

Moringa contains variety of compounds with health-promoting effects, including quercetin and beta-sitosterol. It also has anti-inflammatory compounds and should protect against health issues linked to oxidative stress and chronic inflammation, including cardiopathy and certain cancers.

It's going to help treat and/or prevent several chronic conditions, like diabetes, high cholesterol, arthritis, asthma, and high pressure. ^[12]

2.7 Cold Pressed Oil

This oil is one kind of mustered oil. This oil is mainly a wooden pressed oil. They process this oil from mustard seeds. This oil is very helpful for our health. They don't use any machines or any metallic things. They produce this oil through the wooden machine which is called 'Ghani'.

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Cold pressed oil

Ingredients:

Mustard seeds

Health Benefits**Reduces cancer cell growth:**

From different types of studies shows that mustard oil is effective or slower the growth of the cells which spread cancer.

Keeps heart well:

Mustard oil contains high amount of monounsaturated fatty acids which helps to lower sugar level of blood and control high blood pressure. It reduces the risk of heart diseases.

Reduces inflammation:

Mustard oil contains omega-3 fatty acid which helps to reduces pain and inflammation.

Provide healthy skin and hair:

Mustard is works as a beautifying agent. It increases the growth of the hair. It also prevents the skin from wrinkles, fine lines, makes the skin brighter etc. ^[13]

2.8 Vitamin C powder

Vitamin c powder is a combination of PPL and Synergy nutrition. It helps to get enough amount of vitamin C. One spoon of vitamin C powder contain 70 mg of vitamin C. Vitamin C plays a very important role in our body. Our body can't store the vitamin C so it is important to take vitamin c in regular basis. Otherwise we will suffer from vitamin C deficiency.



Vitamin C powder

Health Benefits

Prevent chronic diseases:

Vitamin C contains high amount of antioxidant which makes our body strong. It also boost up our immunity that body can fight against diseases.

Keeps eye well:

The antioxidants in vitamin c helps keep the eyes healthy through normal blood circulation.

Prevent gout:

Gout attacks are mainly happens due to high uric acid level in blood but vitamin C reduces the level uric acid.

Prevent iron deficiency:

Iron is very important for our body. Iron transport the oxygen to the body and helps in making of red blood cell. Vitamin C helps to absorb iron. ^[7]

Chapter-3

Packaging

Packaging is the sector where I had done my work as internship. They do paper packaging for their product and they do this through an appealing manner. Paper packaging keeps the product safe to eat. On the other hand, plastic packaging creates various types of reaction with the food which makes the food unhealthy. Plastic packaging is also dangerous for the nature because it is not disposable and it also creates CO gas on the nature when it burns. They also use paper boxes to supply their product. Ecothole natural packaging is also approved by BCSIR in 2020.



Benefits of paper packaging:

Paper packaging is eco-friendly.

It has no bad effect on the nature.

Paper is disposable.

It remains food safe.

It is also re-useable.

Chapter-4

Related Terms

4.1 Nutrient

Nutrient is a substance used by an organism to survive, grow and reproduce. Mainly Nutrients are chemical compounds in food that are used by the body to function properly and maintain health. Essential nutrients are compounds that the body can't make on its own or in enough quantity. These nutrients must come from food and they play a vital role in our body. They help to maintain the body function properly. ^[14]

There are two types of nutrient. They are –

Micronutrient:

Micronutrient are needed in small quantities in our body.

Examples:

Various types of minerals and vitamins. Like iron, zinc, molybdenum etc.

Macronutrients:

Macronutrients are needed in large quantities in our body which provide us energy.

Examples:

Fat, Protein, Carbohydrate etc. ^[15]

4.2 Nutrition:

Nutrition is regarded as the process of taking food and using it for metabolism, growth, development, repair and reproduction. Nutrition is mainly creating a relationship between food substance and nutrient. Nutrition also includes ingestion, biosynthesis, excretion, absorption, catabolism, assimilation etc. Balanced diet is very important to lead a healthy life. Adequate and well balanced diet along with regular physical activity is a cornerstone of satisfactory healthy life.

Types of Nutrition: There are mainly two types of nutrition.

They are –

Auto trophic mode:

In auto trophic mode organism can prepared its own food.

Hetero trophic mode:

In hetero trophic mode organism needs others help to prepared food.^[16]

4.3 Dietary Supplement:

Dietary supplement is a one kind of manufactured product. It is taken by a person instated of regular food. It is taken as a pill, capsule, tablet, powder or in a liquid form. It provides nutrient through the extraction of the food source or synthesization. We can get supplements from both animal source and plant source.^[17]

4.4 Food:

Food is very important for our life. Food is a substance which contains nutrients. Food fills our body with various types of nutrient such as carbohydrates protein, fats, vitamins and minerals. Food gives our body nutritional support. Food gives us energy, maintain our life, increases our body and mental growth or development. It boosts up our immunity and protect our body from various types of diseases. Good food is the key to good health on the other hand bad food habit leads to unhealthy life.^[18]

Chapter-5

Conclusion

In this internship program I had learn a lots of things and also gathered a lots of knowledge. Through this programme I had learned about their products. Also learned about this products benefits and also learned how to apply them in our life. The experienced which I gathered from their company or work space I can apply them in future for a long run. Through this report which I made against this company will help people to about this company and also help to know about their product. Through this programme I also experienced a many practical things. As I worked in their packaging sector so I had learned pros and corns about packaging which are unknown to me.

Overall, I can say that this internship programme will be very effective or helpful for my future career.

Chapter-6

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