

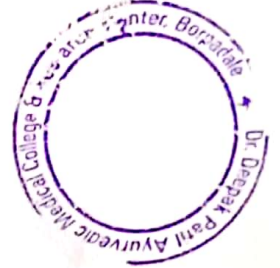


## DEPARTMENTAL ACTIVITY

### Diwali Gift Kit Preparation - Abhyanga Tail & Ubtan

**Title:**

Diwali Gift Kit Preparation - Abhyanga Massage Oil & Ubtan Powder



**Objective:**

To create a Diwali Gift Kit featuring traditional Ayurvedic products - Abhyanga Massage Oil and Ubtan Powder, prepared by second-year BAMS students.

**Overview:**

1. Planning Phase:

- Understanding the significance of Diwali and its association with traditional wellness practices in Ayurveda.
- Researching and selecting appropriate formulations for Abhyanga Massage Oil and Ubtan Powder aligned with Ayurvedic principles.
- Planning the production process, including sourcing ingredients, equipment required, and division of tasks among students.

2. Ingredient Selection and Preparation:

- Identifying and sourcing high-quality, authentic Ayurvedic ingredients such as herbs, oils, and base substances for the formulations.
- Cleaning, processing, and preparing the ingredients as per Ayurvedic guidelines.

3. Formulation Creation:

- Following traditional Ayurvedic recipes to craft the Abhyanga Massage Oil and Ubtan Powder with precision.
- Ensuring adherence to safety standards and proper mixing techniques.

#### 4. Packaging and Presentation:

- Designing appealing packaging for the Diwali Gift Kit, incorporating traditional motifs and information about the products' benefits.
- Assembling the Abhyanga Massage Oil and Ubtan Powder in attractive containers with appropriate labeling.

#### 5. Quality Control and Testing:

- Conducting quality checks and tests to ensure the efficacy, safety, and authenticity of the products.
- Seeking feedback from faculty or experts to validate the quality of the formulations.

#### 6. Documentation and Reflection:

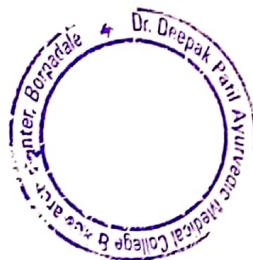
- Maintaining detailed records of the entire process, including ingredients used, methods employed, challenges faced, and solutions implemented.
- Reflecting on the experience, learnings, and improvements for future iterations.

**Conclusion:** The Diwali Gift Kit preparation project by second-year BAMS students involved comprehensive research, meticulous preparation, adherence to traditional practices, and creative presentation. This activity not only enriched their understanding of Ayurvedic formulations but also celebrated the cultural significance of Diwali through the promotion of holistic wellness.

#### **Courtesy:**

The entire event was successfully micro planned by HOD & Professor Dr. Satwashil Desai and Assistant Professor Dr. Kedar Todkar.

The event was carried out under the guidance and encouragement of President Dr. Deepak Patil, Secretary Dr. Swati Patil, Managing Director Dr. Smita Patil and Principal Dr. Nitin Tatpuje.



  
**Principal**

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