



“EMBRACE YOUR INNER RADIANCE”

# “OJAS 2023”

Workshop on Ayurvedic Cosmetics

WORKSHOP REPORT

NAME OF WORKSHOP: OJAS 2023 – Workshop on Ayurvedic Cosmetics

ORGANIZED BY: RASASHASTRA DEPT

DURATION OF EVENT: 17<sup>th</sup> to 19<sup>th</sup> October 2023

OBJECTIVE:

On the occasion of the festive season of Diwali, Dept. Of Rashashastra organized a workshop titled “OJAS 2023”. 10 different types of Ayurvedic cosmetics were to be produced. This aimed to enlighten students about methods of preparation & awareness about availability of raw material.

MENTOR NAMES:

- 1) Prof. Dr. Indira Ujagare
- 2) Prof. Dr. Vinaya Dixit
- 3) Prof. Dr. Yoginee Patil
- 4) Prof. Dr. Mandar Akkalkotkar
- 5) Prof. Dr. Ashwini Bodade

PG GUIDE NAMES:

- 1) Dr. Priyanka Jain
- 2) Dr. Bhagyashree Raut
- 3) Dr. Pooja Wankhede
- 4) Dr. Shubhi Mishra
- 5) Dr. Nisha Chavan

GROUP LEADER NAMES:

- 1) Aryan Deshpande & Ankita Bamane
- 2) Anchal Jain & Govind Rastogi
- 3) Komal Sonwane & Geetansh Korde
- 4) Shubangi Narsale & Akshada Navasare
- 5) Pooja Shinde & Vaishnavi Raut
- 6) Samruddhi Yadav & Pooja Thalkari

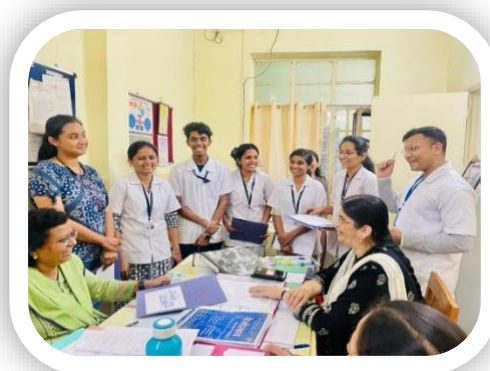
STUDENTS:

119 students from II Year (appearing 2021-22) were divided into 6 groups and group leaders were allotted. These group leaders reported to respective Guides and both were instructed by respective Mentors.

This event was carried out during college hours & attendance of students regarding overlapping lectures was provided through mutual agreement between respective departments.

PROCUREMENT OF FUNDS:

Students contributed Rs 150 each and products related to preparation, packaging and labelling were paid for through the cash pool. Additional payments were done through Department of Rasashastra.



Product File preparation



Preparation of Product Templates on Lab Computer under Guidance of mentors

### DOCUMENTS PREPARED BY STUDENTS:

- 1) "Cover Page" personalized to each product, displaying benefits, contents and instructions regarding application
- 2) "Template" consisting of a tabular arrangement including name, benefits, methods of preparation, references to texts and photos of various ingredients used.
- 3) "Labels" customized to each product to be attached on finished packet.
- 4) "Product File" consisting of
  - OJAS 2023 template
  - Product Template
  - Total Expenditure
  - List of ingredients and their required quantity
  - Comparative prices from various wholesalers in the city
  - Information about ingredients regarding benefits, uses, references, etc
  - Day-wise Report
  - Related bills regarding purchase of manufacturing, packing & printing materials
  - List of participating students
- 5) "Illustrative Charts" which were presented in front of professors.

### PRODUCTS PREPARED:

#### 1) UDVARTAN

Duration of Preparation – 14<sup>th</sup> to 19<sup>th</sup> October, 2023

Units produced – 308 packets of 40g each

#### 2) HERBAL FACEPACK

Day of Preparation – 13<sup>th</sup> to 19<sup>th</sup> October 2023

Units produced – 222 packets of 30g each

#### 3) ABHYANGA TAILA

Day of Preparation – 13<sup>th</sup> to 20<sup>th</sup> October 2023

Units produced – 150 bottles of 15ml each

#### 4) KESHYA TAILA

Duration of preparation – 16<sup>th</sup> to 20<sup>th</sup> October 2023

Units produced – 146 bottles of 15ml each

#### 5) HERBAL SHAMPOO

Day of preparation - 17<sup>th</sup> to 20<sup>th</sup> October 2023

Units produced – 200 bottles of 40ml each

Herbal Shampoo filling & packaging



Herbal Soap Display

6) HERBAL SOAP

Day of preparation – 13<sup>th</sup> to 18<sup>th</sup> October 2023

Units produced – 300 of 25g each

7) HERBAL LIPSTICK

Day of preparation – 16<sup>th</sup> to 18<sup>th</sup> October 2023

Units produced – 100 containers

8) HERBAL LIPBALM

Day of preparation – 16<sup>th</sup> to 19<sup>th</sup> October 2023

Units produced – 250 containers

9) KAJAL

Day of preparation – 15<sup>th</sup> to 18<sup>th</sup> October 2023

Units produced – 107 bottles

10) PAIN BALM

Duration of preparation – 18<sup>th</sup> to 19<sup>th</sup> October 2023

Units produced – 260 bottles of 3ml each



Pain Palm product arrangement

INAUGURATION:

On 18<sup>th</sup> October, Dr. Dilip Puranik, Secretary of Rashtriya Shikshan Mandal and Director of PG Studies, TAMV presided over the function. Finished products were neatly arranged & displayed along with printed Cover pages & Templates. Methods of preparation, benefits and overall information of each product was explained and presented with the help of Charts to the professors by Group Leaders and Guides. Questions regarding the product were asked by professors & were solved by students. A special video encompassing the processes included in OJAS 2023 was curated and played. Few of the participating students gave their own perspective on the workshop and reiterated in which many ways they got the chance to learn more through this experience such as leadership skills, steps of preparation and more. Essentially, a testament that the objective of this workshop was satisfactorily fulfilled was given by the students.

DISTRIBUTION OF PRODUCTS:

Sets including all 10 products were prepared & first given to the Department faculty & other professors. Remaining sets were distributed among participating students to be used in the then upcoming season of Diwali.

RELATED EVENTS:

Various competitions based on the workshop were taken. Presentations were made on each product & were evaluated. Prize distribution ceremony was held to encourage the students. At the same time, valuable advice was also given. A video-making competition was also held.

Prof.Dr.Tarannoom Patel from the Department of Physiology, TAMV was invited to evaluate these presentations & declare the winners. The winning group was announced & a token of appreciation was given to the evaluator. She expressed her review of the prepared presentations through words of advice. This helped the students better their presentation & presentation preparation skills.

#### WHAT DID THE STUDENTS LEARN?

- 1) Methods of preparation of various Kalpa Dravya.
- 2) Classical references in various medical texts.
- 3) Instrument Handling Skills.
- 4) Management of large-scale production of Kalpa Dravya
- 5) Awareness about availability of required raw material, packaging material and labelling material.
- 6) Tests and ways to confirm process of proper preparation
- 7) Costs regarding rates of various ingredients required.
- 8) Identification, judging quality & authenticity of raw materials
- 9) Team building & leadership skills
- 10) Effective inter-personal communications to work as a better unit
- 11) Familiarity with instruments available in Rasashastra Department Lab.
- 12) Tension-free discussions with professors & their guidance.
- 13) Fulfillment of selected objectives given under “Paribhasha”, “Kalpana Nirman 1”, “Kalpana Nirman 2” as stated in current year’s NCISM syllabus.

Overall, the objective of this workshop was more than enough, fulfilled. Students are very grateful to get such an opportunity.



## Arrangement of Cover Pages



## Herbal Lipstick Template

रसशास्त्र विभाग  
रा.शि.मं. चे टिळक आयुर्वेद महाविद्यालय, पुणे.  
ओजस आयुर्वेदीय सौंदर्य प्रसाधन कल्प निर्माण  
कार्यशाळा २०२३  
(१७-१९ ऑक्टोबर २०२३)

**हर्बल लिपस्टिक**

क्र.सं.	प्रकार	सामग्री	गुणधर्म
1.	सॉफ्ट लिप	Cocoa butter	दाढ्याला, त्विण्याला, गुळ्याला, आंघोळी
2.	सुशुभ्र	produced by honey	शिराजला
3.	सौम्य	Cocoa butter	शिराजला
4.	सौम्य	Shea butter	दाढ्याला
5.	सौम्य	Shea butter	दाढ्याला
6.	सौम्य	Shea butter	दाढ्याला

निर्माण विधी : सर्व घटकामध्ये एकत्रित करावी. गरजेनुसार रंग व फोड करून घ्यावे.

उपयोग : ओजस आयुर्वेदीय सौंदर्य प्रसाधन.

## Abhyanga Taila Chart



Student preparing  
Abhyanga Taila



Prof. Dr. Yoginee Patil with PG Scholars,  
group leaders and other students



Kajal Preparation



Prof. Dr. Saroj Patil & Prof. Dr. Indira  
Ujagare addressing the students on  
Inauguration Day



SM'S TILAK AYURVED MAHAVIDYALAYA  
PUNE

Ojas  
2023

*Empower your inner radiance*

**Workshop On Ayurvedic Cosmetics**  
17th-19th October 2023

**DEPARTMENT OF RASASHASTRA**

- Udvartan
- Abhyang Taila
- Herbal Soap
- Herbal Lipstick
- Kajal
- Herbal Facepack
- Keshya Taila
- Herbal Shampoo
- Herbal Lipbalm
- Pain balm

**ORGANISED BY:-**  
Prof Dr. Indira Ujagare (H.O.D)  
Prof Dr. Yoginee Patil Prof Dr. Vinaya Dixit  
Prof Dr. Mandar Akolkotkar Prof Dr. Ashwini Bodade

*For UG students, PG-Phd scholars & Faculty*

OJAS Workshop Banner



Prof. Dr. Dilip Puranik  
performing Dhanwantari Pooja







(From left to right) Prof.Dr.Yoginee Patil, Prof.Dr.Ashwini Bodade, Prof.Dr.Vinaya Dixit guiding & mentoring students given allotted products



II Year students in Rasashastra Lab with their products

