



ZEAL EDUCATION SOCIETY'S

**ZEAL INSTITUTE OF MANAGEMENT AND COMPUTER
APPLICATION (ZIMCA)**

NARHE | PUNE | INDIA



PUN CODE: IMMP015570

DTE CODE: MB6195

AISHE CODE: C-50909

A

REPORT

On

Blanket Donation Drive

Date: 14/02/2023

Report Prepared by: Prof. Sachin Wadekar

Report Verified By: Prof. Vikrant Nangare



1. EVENT DETAILS

Event Category:	Social Help
Event Name	Blanket Donation Drive
Event Type	Social Responsibility
Description	Activity for Needy People
Participant	All the teaching and non-teaching staff, MBA students of Zeal Institute
Venue & Date,	14 th February 2023

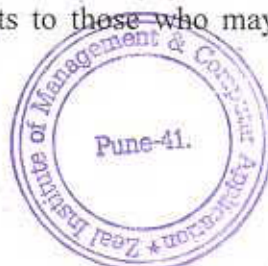
2. CONCEPTION OF THE PROGRAMME

Organizing a blanket donation camp is a wonderful initiative that can make a significant impact on the lives of those in need, especially during colder seasons or in different area. Zeal Institute has organized blanket donation camp under which more than 600 blankets were collected & distributed to needy people.

3. OBJECTIVES

The objectives of a blanket donation camp was based on the specific context and needs of the community in pune city. Our some common objectives for organizing a blanket donation camp:

- 1)Provide Warmth and Comfort:** Ensure that individuals and families in need have access to warm blankets, especially during colder seasons or in regions with harsh weather conditions.
- 2)Support Vulnerable Populations:** Target specific vulnerable populations such as the homeless, low-income families, refugees, or individuals affected by natural disasters.
- 3)Promote Health and Well-being:** Help prevent health issues related to exposure to cold weather by providing blankets to those who may not have the means to acquire them.



4)Raise Awareness: Increase community awareness about the challenges faced by those without adequate shelter and the importance of collective action in addressing these issues.

4. PARTICIPANTS

About 170+ students & 50+ faculty members from ZEAL INSTITUTE have participated in this event.

5. EXECUTIVE SUMMARY

170+ Students of Zeal have distributed 600 blankets to various ashrams & to needy people who are living on road. This activity was conducted across Pune city. Students came to various angles of social work through this activity.

Various Ashram Visits Detail:-

We had visited total 4 Aashrams.

- 1) Matoshree Old Age Home, Karvenagar
- 2) Aapla Ghar, Donje
- 3) Sri Sai Andhashala, Nanded Phata
- 4) Mentally retarded Vidyalaya, Hingane Khu

6. OUT COME OF THE PROGRAM.

Through these activities, the students actually went to old age homes, orphanages for mentally retarded children. It was extraordinary learning experience for them.



7. POSTER OF EVENT



**ZEAL GROUP OF
MANAGEMENT INSTITUTES**
ZIBACAR | ZIMCA | ZCOER MBA



BLANKET DONATION DRIVE

**COME THIS WINTER
BE A HERO!!
BE A
"WINTER SOLDIER"!**

**--- Organizers ---
Zeal Social Responsibility Club**

WORK FOR NATION...LIVE FOR NATION...DIE FOR NATION...!!!



8.Photo of the Event



पुण्य नगरी

‘झील’च्या विद्यार्थ्यांनी आश्रमांत साजरा केला ‘व्हॅलेंटाइन डे’

। धायरी : प्रतिनिधी

सिंहगड रस्त्यालगतच्या मन्हेतील झील एज्युकेशन सोसायटीच्या झील ग्रुप ऑफ मॅनेजमेंट इन्स्टिट्यूटच्या १०० विद्यार्थ्यांनी व्हॅलेंटाइन डेच्या निमित्ताने अनोखा उपक्रम राबविला. झील सोशल रिसर्पॉन्सिबिलिटी क्लबच्या अंतर्गत थंडीमध्ये गरजूंना आधार मिळावा म्हणून ३०० ब्लॅकट जमा करण्यात आले. सदर ब्लॅकट पुण्यातील ४ विविध आश्रमात भेट देऊन २०० ब्लॅकट त्यांना सुपूर्द केले तथा रस्त्यावरील गरजूंना १०० ब्लॅकट वाटले.

१४ फेब्रुवारीच्या सकाळी २५ विद्यार्थ्यांचे ४ गट विविध आश्रमात पोहोचले ज्या अंतर्गत मातोश्री वृद्धाश्रम- सिंहगड रोड, आपलं



घर अनाथालय-डोणजे, साई बाबा अंध वृद्धाश्रम- नांदेड सिटी व श्री छत्रपती प्रतिष्ठान निवासी मतिमंद आश्रम यांना भेट दिली. सकाळी विद्यार्थी या सर्वांसाठी विविध भेटवस्तू, गुलाबाचे फूल व २०० ब्लॅकट घेऊन गेले. सामाजिक बांधीलकी जपत व्हॅलेंटाइन डे वेगळ्या पद्धतीने साजरा करताना

आनंदाने विद्यार्थ्यांचे डोळे विविध आश्रमातून निघताना सार्वकाळी पाणावले होते.

सदर उपक्रमासाठी प्रा. सचिन वाडेकर यांनी विद्यार्थ्यांना मार्गदर्शन केले, तर संस्थेचे अध्यक्ष एस. एम. काटकर, संस्थेचे सचिव डॉ. जयेश काटकर, झील एज्युकेशन सोसायटीचे शैक्षणिक, ॲडमिशन

आणि प्रशासन संचालक उद्भव शिंदे, झील ग्रुप ऑफ मॅनेजमेंट इन्स्टिट्यूटसचे हेड प्रा. डॉ. कृष्णेश काकांडीकर, झील पॉलिटेक्निकचे प्राचार्य प्रा. अयूब तांबेळी, झील आयटीआयचे प्राचार्य प्रा. नीलेश मगर, झील ज्यु. कॉलेजचे प्राचार्य प्रा. विजय शिंदे यांनी प्रोत्साहन दिले.

Smart Pune Edition
Feb 16, 2023 Page No. 02
Powered by : eReleGo.com

Prof. Sachin Wadekar
Event Coordinator

Prof. Sanjay Mahadik
Director





ZEAL EDUCATION SOCIETY'S

**ZEAL INSTITUTE OF MANAGEMENT AND COMPUTER
APPLICATION (ZIMCA)**

NARHE | PUNE | INDIA



PUN CODE: IMMP015570

DTE CODE: MB6195

AISHE CODE: C-50909

**A
REPORT
ON
CLEANLINESS DRIVE AT BANESHWAR ON WORLD
ENVIRONMENT DAY**

Date: 5th JUNE 2023

Report Prepared by:

Prof. Sayli Wankhade

Report Verified By:

Prof. Sanjay Mahadik





ZEAL EDUCATION SOCIETY'S
**ZEAL INSTITUTE OF MANAGEMENT AND COMPUTER
APPLICATION (ZIMCA)**
NARHE | PUNE | INDIA



PUN CODE: IMMP015570

DTE CODE: MB6195

AISHE CODE: C-50909

Event Category:	Institutional Level
Event Name	Cleanliness Drive on World Environment Day, 5th June 2023
Event Type & Mode	Extra-Curricular Activity
Description	To motivate students to take part in environment protection, cleanliness of forest and green area.
Participant	All the students along with staff of ZIMCA.
Venue & Date,	Baneshwar Forest, Nasrapur, Ta. Bhor

1. CONCEPTION OF THE PROGRAMME

MBA department of Zeal Institute of Management and Computer Application (ZIMCA) organized a cleanliness drive at Baneshwar Forest, Nasrapur Taluka Bhor, and District Pune on the occasion world environment day on 6th June 2023.

The initiatives were taken to involve students towards the preservation of green resources. Baneshwar forest is preserved green area by the government which is having a lush green area of thousands of huge trees including fruit plants. Due to visitors spreading and leaving plastic waste in the forest the area was losing its attractiveness. MBA 1st year students of ZIMCA visited the forest and

Cleanliness Drive at Baneshwar Forest on World Environment Day, 5th June 2023



cleaned the area by picking up plastic water bottles, plastic wrappers of chips and snacks packets etc.

2. OBJECTIVES

- Create awareness among students regarding clean and green environment.
- Motivating students to preserve the natural green resources.
- Inculcate good values among students regarding the trees, forests and green area.

3. PARTICIPANTS

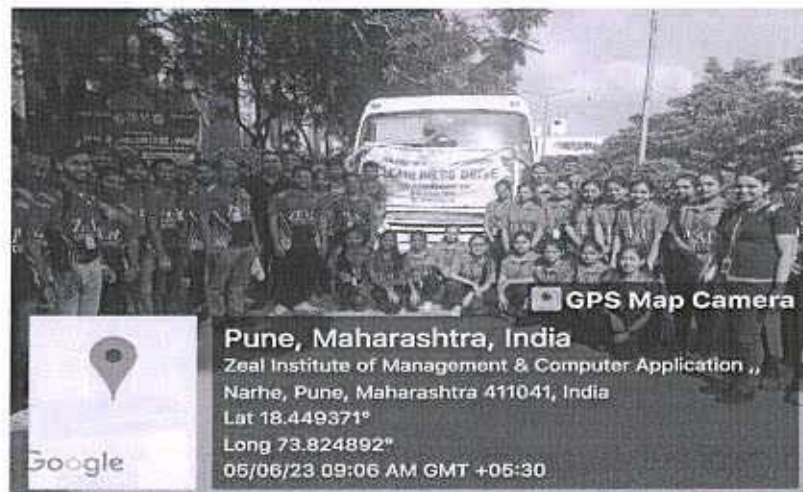
43 students and 3 teaching staff of ZIMCA participated in this program enthusiastically.

4. EXECUTIVE SUMMARY

MBA department of Zeal Institute of Management and Computer Application (ZIMCA) organized a cleanliness drive at Baneshwar Forest, Nasrapur Taluka Bhor, and District Pune on the occasion world environment day on 6th June 2023. Students visited the Baneshwar forest; along with the help of forest staff they cleaned the entire forest. Students reached the forest in the morning at 10.00 am and left the same at 3.00pm in the afternoon. Students enjoyed the stay at lush green forest and gave a good feedback.



5. PHOTOGRAPHS



Cleanliness Drive at Baneshwar Forest on World Environment Day, 5th June 2023



ZEAL EDUCATION SOCIETY'S
**ZEAL INSTITUTE OF MANAGEMENT AND COMPUTER
APPLICATION (ZIMCA)**

NARHE | PUNE | INDIA



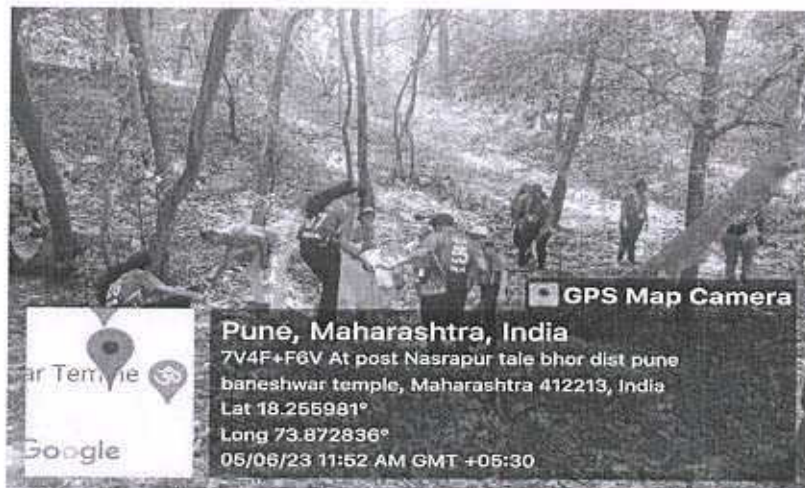
PUN CODE: IMMP015570

DTE CODE: MB6195

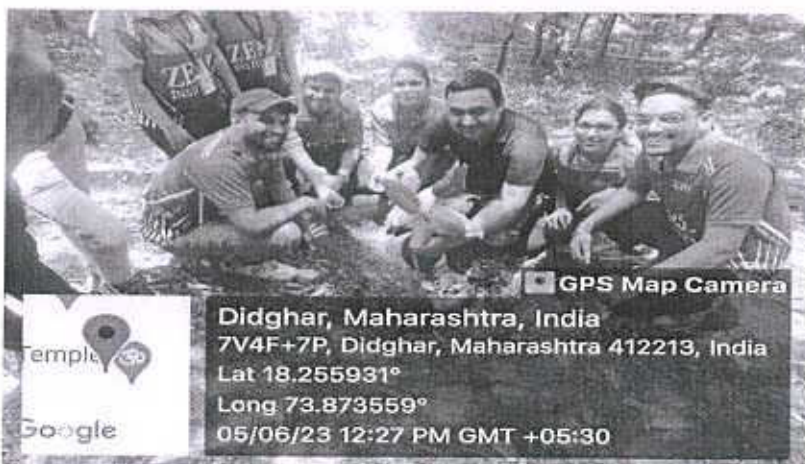
AISHE CODE: C-50909



Pune, Maharashtra, India
7V4F+F6V At post Nasrapur tale bhor dist pune
baneshwar temple, Maharashtra 412213, India
Lat 18.256558°
Long 73.873747°
05/06/23 11:16 AM GMT +05:30



Pune, Maharashtra, India
7V4F+F6V At post Nasrapur tale bhor dist pune
baneshwar temple, Maharashtra 412213, India
Lat 18.256981°
Long 73.872836°
05/06/23 11:52 AM GMT +05:30



Didghar, Maharashtra, India
7V4F+7P, Didghar, Maharashtra 412213, India
Lat 18.255931°
Long 73.873559°
05/06/23 12:27 PM GMT +05:30

Cleanliness Drive at Baneshwar Forest on World Environment Day, 5th June 2023



ACADEMIC YEAR 2022-23

CLUB NAME: Wellness & Sports club

1. EVENT DETAILS

Day and Date	31 st May 2023 1:30 to 3:00 pm
Event Level	Institute Level
Event Category	Guest session of eminent Speaker Mrs. Avanti Damle (Sports Nutritionist & Wellness consultant)
Event type	Co-curricular
Event Name	Guest session of eminent Speaker Wellness and mindful eating
Event mode	Offline
Venue	CSM Auditorium Hall
No. of Participants	Girls:33 Boys:41 Total: 74

2. EXECUTIVE SUMMARY

Zeal institute of management and computer application, Narhe, Zeal institute of management and computer application, Narhe Recently, as people have worked to enhance their general well-being and create healthier lifestyles, wellness and mindful eating have attracted a lot of attention. Session expert give inputs to students the idea of mindful eating and how it affects wellbeing, emphasizing the advantages, tactics, and doable ways to include mindful eating into daily routines. Stressing the relevance of mindful eating as a useful technique for improving general wellbeing is crucial as the value of wellness and healthy lives increases. Students have a compelling chance to adopt healthy habits and support environmental preservation by learning about mindful eating and sustainability. This study focuses on the connection between sustainability and mindful eating.



3. OUTCOME

- This guest sessions often aim to provide valuable information and insights about nutrition, healthy eating habits, and lifestyle changes.
- Participants gain a deeper understanding of the impact of their food choices on their overall health and well-being.
- They might become more aware of portion sizes, nutrient composition, and the importance of balanced meals.
- Guest speaker invited to the session inspired participants by sharing success stories, practical tips, and strategies for maintaining a healthy diet.

4. PHOTOGRAPHS



Guest session of eminent Speaker Mrs. Avanti Damle



ZEAL EDUCATION SOCIETY'S
**ZEAL INSTITUTE OF MANAGEMENT AND COMPUTER
APPLICATION (ZIMCA)**

NARHE | PUNE | INDIA





PUN CODE: IMMP015570

DTE CODE: MB6195

AISHE CODE: C-50909




**ZEAL**
INSTITUTES
www.zealeducation.com
NARHE | PUNE | INDIA



ZEAL GROUP OF MANAGEMENT INSTITUTES
ZIBACAR | ZIMCA | ZCOER

Sports and Wellness Club Activity 2023
Guest Session On
WELLNESS
MINDFUL EATING AND
SUSTAINABLE
LIFESTYLE

Date : 31/5/2023
Venue: CSM Auditorium
Time: 1.30 to 3.00 pm



Guest Speaker
MRS. AVANTI DAMLE
(Sports Nutritionist & Wellness consultant)

Name of Students coordinator(s)

Kamal Shinde

Dhiraj Choudhari

Club Chairman

SSAB Coordinator

Director







ZEAL EDUCATION SOCIETY'S
**ZEAL INSTITUTE OF MANAGEMENT AND COMPUTER
APPLICATION (ZIMCA)**

NARHE | PUNE | INDIA

PUN CODE: IMMP015570

DTE CODE: MB6195

AISHE CODE: C-50909



Ref : Sport and wellness club /05/23

Date :31/05/2023

Notice

Guest Session On Mindful eating and sustainable lifestyle

All the students are here by informed that college is arranging for the Guest Lecture of eminent Speaker Mrs. Avanti Damle (Sports Nutritionist & Wellness consultant) , on 31th May 2023 at 1:30 to 3:00 pm. at CSM Auditorium Hall..

All the MBA students, faculty are requested to join the guest session.

Attendance is mandatory to all the students.

Date: 31/05/2023

Day: Wednesday

Time: 1:30 to 3:00 pm.

Venue: CSM Auditorium Hall

Event Coordinator
(ZIMCA)


Director
(ZIMCA)





ZEAL EDUCATION SOCIETY'S
ZEAL GROUP OF MANAGEMENT INSTITUTES
ZIBACAR | ZIMCA | ZCOER MBA



NARHE | PUNE | INDIA

Reference No: Sports and Wellness club /05/23

Date: 29/05/2023

APPROVAL NOTE

Subject: Budget for Guest Lecture on 31th May 2023

Respected Sir/Ma'am,

We are organizing Guest Lecture of Mrs. Avanti Damle (Sports Nutritionist & Wellness consultant) , on 31th May 2023 at 1:30 to 3:00 pm. at CSM Auditorium Hall.

BUDGET

Sr. No.	Particulars	Quantity	Amount
1	Honorarium for Guest	1	2000.00
2	Refreshment	2	500.00
3	Bouquet& Flowers	1	100.00
		Total	2600.00

I request you to kindly sanction for the same.

Thanking you.

Event Coordinator
Prof. Rupali Gawande

Prof. Pandurang Patil
Head of Management Program

29/5/23

Recommended/Not Recommended

Prof. Uddhav Shid
Academic, Admission & Admin Director, ZES



About Avanti Damle



Avanti Damle, a Sports Nutritionist & Wellness consultant known as Celebrity nutritionist with over 16 years of experience in clinical Nutrition and Sports Nutrition. She holds Post Graduate Diploma in Sports Nutrition, Fellowship in Sports Science. She has completed MEd in alternative medicine. She was associated as consultant for Gold's Gym and was also associated with ABS Fitness and Endurance Gym as Head Nutritionist. She undertakes dietary assessments of PCOD, Infertility, Obese, Diabetic, Hypertensive patients. Her forte is to prepare tailor made nutrition plans and regular follow up. Due to wide variety in nutrition plans designed by her help patients to maintain healthy modified lifestyle

She has lectured in Nutrition and Health Studies at the Symbiosis college, Suryadatta College of Hotel Management. She has conducted the talk shows on ABP Maza, ZEE24 and Radio city FM channel. Also worked at various NGO like Pathway, Cybage, Umed as a nutritionist where she was responsible for developing and implementing national nutritional guidelines for slum area people.

Prior to this, she has worked as Clinical Nutritionist at Jahangir Hospital. She writes Nutrition related articles in various newspaper editions like Sakal, Times of India, and DNA. She was also associated with Puneri Paltan Kabaddi team based in Pune. She is working as consultant in different Weight loss clinics. She is a celebrity nutritionist had given dietary advice to Bollywood celebrities

Awards -

She won narishakti award 2019
Superwoman award 2020

Contact me

C304, Venkatesh Serenity,
Near DSK Vikshwa,
Dhayan Pune, 411041
Mobile: +91 9822017817
Email: avantee_nutri@yahoo.com



Avantee's 3N clinic

Natural

Nutrition

Nurturing



THE COMPLETE SOLUTION FOR NUTRITION

Nutrition is science which deals with all nutrients, its resources and utilization. In this clinic we try to resolve all nutrition related issues by counseling & education clients as per their needs.

Due to change in climatic conditions, stress, lifestyle, eating habits and modernization we all are unknowingly heading towards ill health.

Healthy person should be physically and mentally fit. To maintain good health we need to equilibrium between exercise and nutrition. In 3N clinic we are going to nurture well being of humans by natural food products.

Workshops & Seminars

We conduct nutrition related workshops and seminars in various organizations, corporates and schools.

Counseling to maintain good health

- Obesity Management
- Diabetic Management
- Cardiac Disease Management
- PCOD Management
- Pre/Post Menstrual Health



Menu Planning

Menu planning is a great way to make sure you're eating a balanced diet and meeting your nutritional needs.

Avantee's 3N clinic will help you to decide the right choice of food for your good health. We are doing menu planning for corporates, caterers, schools and colleges.



ZIMCA - B



ZEAL EDUCATION SOCIETY'S
ZEAL INSTITUTE OF MANAGEMENT AND COMPUTER
APPLICATION (ZIMCA)

NARHE | PUNE | INDIA

PUN CODE: IMMP015570

DTE CODE: MB6195

AISHE CODE: C-50909



Attendance

Guest Session On Mindful eating and sustainable lifestyle

31st May 2023 at 1:30 to 3:00 pm, at CSM Auditorium Hall

Sr.No	Name of Student	Sign
1)	Shubham S. Naik	<u>Shubham</u>
2)	Khushti Nath	<u>Khushti</u>
3)	Shardul S. Padalkar	<u>Shardul</u>
4)	Sushant Monkar	<u>Sushant</u>
5)	Shyam T More	<u>S.T. More</u>
6)	Prathmesh M. Patil	<u>P.M. Patil</u>
7)	Kamod P. Shinde	<u>Kamod</u>
8)	Sanket Bandu Binage	<u>Sanket</u>
9)	Tumbe Varsha Masuti	<u>Varsha</u>
10)	Soundarya P. Shivlad	<u>Shivlad</u>
11)	Kajal Yadav	<u>Kajal</u>
12)	Ankita A. Shinde	<u>A.A. Shinde</u>
13)	Nash S. Rane	<u>Nash</u>
14)	Nikita P. Padav	<u>Padav</u>
15)	Avisha V. Pawar	<u>Avisha</u>
16)	Shravan V. Tumdeam	<u>Shravan</u>
17)	Ruchika V. Raut	<u>Ruchika</u>
18)	Somase Balika	<u>Balika</u>
19)	Sanjeevani Babasaheb Bhandwale	<u>Sanjeevani</u>
20)	Narayan B. Sunvase	<u>Narayan</u>
21)	Praviral Vithekar	<u>Praviral</u>
22)	Rushikesh Raskar	<u>Raskar</u>
23)	Shivani Mishra	<u>Shivani</u>



ZEAL INSTITUTE OF MANAGEMENT AND COMPUTER APPLICATION (ZIMCA), A



AISHE CODE: C-50909

31th May 2023 at 1:30 to 3:00 pm, at CSM Auditorium Hall

[illegible]

