

Marathwada Mitra Mandal’s Institute of Technology

S.N. 35, Vadgaon Shinde Road, Lohgaon, Pune - 411047

Accredited with “A” grade by NAAC

PROGRAMME REPORT

Date: -21/10/2023

Alumni cell, Dept of Mechanical Engineering, Marathwada Mitra Mandal’s Institute of Technology (MMIT), Lohgaon, Pune has organized a seminar on “Employee Health Assessment and Awareness Program” for all staff.

Details are as follows:

Time: 10:30 PM

Date: 21st October 2023 (Saturday)

Venue: Seminar Hall, MMIT, Lohgaon, Pune,

Speaker: Aniket Tambe, Pune

Nowadays all staff are going through a rough lifestyle and burden of NAAC work which affects staff’s health and work performance. Thus the speaker gave Crucial Health Information to improve institute staff’s Health, Performance & Productivity under a Health Awareness Program Total Duration of session: 4 hrs.

Total Faculty Participants: 50

Faculty Coordinator: Mr. D.P.Yesane

D.P.Yesane

Faculty Coordinator



Poster of Program:



Poster for the Employee Health Assessment & Awareness Program. The background is dark blue with a grid pattern. The title 'EMPLOYEE HEALTH ASSESSMENT & AWARENESS PROGRAM' is in white, bold, uppercase letters. Below the title, the date '21 OCTOBER 2023' and time '10 AM - 1 PM' are listed. A circular inset shows a man in a grey suit standing in front of a colorful floral backdrop. To the right of the title, there are four white circles. Below the date and time, a white rounded rectangle contains the text 'FACULTY COORDINATOR'. Below this, the names 'Mr. D.P.Yesane', 'Dr. M.Yashwante', and 'Mrs. L. Shinde' are listed.

EMPLOYEE HEALTH
ASSESSMENT &
AWARENESS PROGRAM

21 OCTOBER 2023
10 AM - 1 PM

**FACULTY
COORDINATOR**

Mr. D.P.Yesane
Dr. M.Yashwante
Mrs. L. Shinde

Glimpses of the Seminar



A photograph of a seminar in progress. A man in a white shirt and brown trousers is standing on a stage, gesturing towards a large projection screen. The screen displays a 'PRESENTATION AGENDA' with a list of topics: 'Diabetes - 18 Minutes', 'Current Market Scenario', 'Importance of Nutrition', 'Human Body Parameters', and 'Our Results'. To the left of the speaker, three women are seated on a stage. The audience is visible in the foreground, seated in rows of chairs. A 'GPS Map Camera' watermark is visible in the bottom right corner. A Google Maps inset is in the bottom left corner, showing the location in Pune, Maharashtra, India. The text 'Pune, Maharashtra, India' and 'JW6R+RM9, Lohegaon, Pune, Maharashtra 411047, India' is overlaid on the image. The date and time '21/10/23 11:25 AM GMT +05:30' are also displayed.

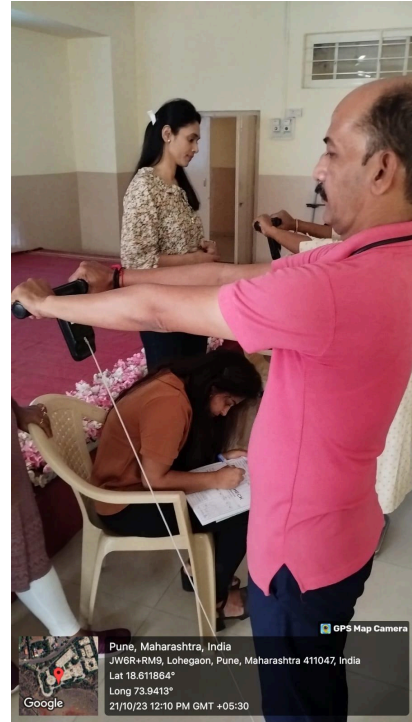
PRESENTATION AGENDA

- Diabetes - 18 Minutes
- Current Market Scenario
- Importance of Nutrition
- Human Body Parameters
- Our Results

Pune, Maharashtra, India
JW6R+RM9, Lohegaon, Pune, Maharashtra 411047, India
Lat 18.611862°
Long 73.941302°
21/10/23 11:25 AM GMT +05:30

GPS Map Camera

Google



HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 75.26 Kgs.

EXTRA / LESS Weight... 25-20 Kgs

Date : _____ Invited By : _____ Sl. No. _____

NAME : Gayanand Age : 39

Ht	Wt	B-Fat%	VF	BMR (RM)	BMI	B-Age	TSF	MM
CMS								
<u>175</u>	<u>101.6</u>	<u>36</u>	<u>20.5</u>	<u>2019</u>	<u>33.2</u>	<u>64</u>	<u>25.5</u>	<u>26.8</u>

BMI	Malnutrition	Health Risks
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue, Stress, Anxiety, Reproductive/Hormonal Disfunction
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, vitality, Resistance to illness, good physical condition etc.
23.1 - 25.0	Overweight	Fatigue, digestive problems, Circulation problems, varicose veins etc.
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in knees, Spine etc.
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, premature death.

	NORMAL	HIGH	RISK
Visceral Fat (VF)	2-8	9-14	15+
Trunk Fat (TSF)	<15	16-18	18+
B - Fat %	M : 10-20 W : 20-30	21-25 31-35	25+ 35+
Muscle Mass (MM)	M:33-36% W:30-33%	BMR M : 2000Kcal W : 1800Kcal	

Staff attendance:

20.10.2023

Sr.No.	Name	Designation	Department	Sign
1	Dr. Bhortake Rupesh Vasudeo	Principal	.Admin .	
2	Ms. Agrawal Rucha Abhishek	Asstt Prof	.AIDS	
3	Mr. Bhise Ashish Kishor	Asstt Prof	AIDS	
4	Mr. Shaikh Nisar Salim	Asstt Prof	AIDS	
5	Mr. Swapnil Machindra Gagare	Asstt Prof	AIDS	
6	Dr. Khatri Atul Prakashchandra	Asso Prof	Civil	
7	Ms. Kokate Punam Bhimrao	Asstt Prof	Civil	
8	Mr. Sawant Vaibhav Dinkar	Asstt Prof	Civil	
9	Ms. Shinde Prajka Dhananjay	Asstt Prof	Civil	
10	Ms. Fegade Reshma Shantaram	Asstt Prof	Civil	
11	Mr. Raut Rajendra Madhav	Asstt Prof	Civil	
12	Mrs. Deshmukh Leena Abhijit	Asstt Prof	Civil	
13	Ms. Bhise Manisha Devidas	Asstt Prof	Civil	
14	Mr. Narendra Ramesh Kalbhor	Asstt Prof	Civil	
15	Mr. Mayur R. Gandhile	Asstt Prof	Civil	
16	Dr. Jyoti Yogesh Deshmukh	Asso Prof	Comp	
17	Mr. Agrawal Sanjay Anil	Asstt Prof	Comp	
18	Ms. Uma Bhimashankar Karanje	Asstt Prof	Comp	
19	Ms. Jagtap Mrunal Sanjay	Asstt Prof	Comp	
20	Mr. Suhas Ramdas Kothavale	Asstt Prof	Comp	
21	Mr. Bhosale Chaitanya Sitaram	Asstt Prof	Comp	
22	Mr. Chavan Vikas Vishwanath	Asstt Prof	Comp	
23	Dr. Mangesh Dilip Salunke	Asso Prof	Comp	
24	Ms. Mahale Rohini Dhananjay	Asstt Prof	Comp	
25	Mr. Dongare Yogesh Bhagwat	Asstt Prof	Comp	
26	Mrs. Deshmukh Pranjali Vilasrao	Asstt Prof	Comp	
27	Mr. Rewaskar Vaibhav Dilip	Asstt Prof	Comp	
28	Dr. Rathod Subhash Gulabrao	Asso Prof	Comp	
29	Mr. Satre Dinesh Baburao	Asstt Prof	Comp	
30	Mrs. Patil Shwetal Kishor	Asstt Prof	Comp	
31	Mrs. Bonde Devyani Jitendra	Asstt Prof	Comp	
32	Mr. Chaudhari Swapnil Santosh	Asstt Prof	Comp	
33	Ms. Bhoje Tejaswini Sunil	Asstt Prof	Comp	
34	Dr. Yogendra Vana Patil	Asstt Prof	Comp	
35	Mrs. Shalaka Ameya Kshirsagar	Asstt Prof	Comp	

Sr.No.	Name	Designation	Department	Sign
36	Mr. Khambre Pankaj Dilipsingh	Asstt Prof	Comp	
37	Ms. Varsha Machindra Sarnikar	Asstt Prof	Comp	
38	Dr. Megha Vishal Kadam	Asso Prof	Comp	<i>MDesai</i>
39	Ms. Yamini Pitambar Warke	Asstt Prof	Comp	
40	Mrs. Nadkarni Vidya Mangesh	Asstt Prof	Engg Sci	
41	Mr. Sharma Mukesh Mamraj	Asstt Prof	Engg Sci	
42	Mr. Darekar Anil Gorakh	Asstt Prof	Engg Sci	<i>ASD</i>
43	Dr. Pratibha Sachin Desai	Asstt Prof	Engg Sci	<i>PSDesai</i>
44	Mr. Harshal Dattatray Vaidya	Asstt Prof	Engg Sci	
45	Mr. Ganesh Hiranman Patil	Asstt Prof	Engg Sci	
46	Dr Moharil Umesh Pradip	Asso Prof	Engg Sci	
47	Dr. Pal Amita Gokulchand	Asstt Prof	Engg Sci	
48	Dr. Yashwante Meghna Ranjit	Asso Prof	Engg Sci	
49	Mr. Vishal Sanjay Shinde	Asstt Prof	Engg Sci	<i>Shinde</i>
50	Dr. Praful Kumar Ganti	Asstt Prof	Engg Sci	
51	Mr. Yogesh Govindrao Diggikar	Asstt Prof	Engg Sci	<i>DAY</i>
52	Ms. Manjula A. Alloli	Asstt Prof	Engg Sci	<i>Alloli</i>
53	Ms. Kokane Reena Ram	Librarian	Lib	
54	Dr. Patil Bhuvaneshwar Dnyandeo	Asstt Prof	Mech	<i>Patil</i>
55	Mr. Kulkarni Vishal Vishwas	Asstt Prof	Mech	
56	Dr. Mutalikdesai Sachin Vyasrao	Asstt Prof	Mech	
57	Mr. More Sudhir Sarjerao	Asstt Prof	Mech	
58	Dr. Allampallewar Girish Laxmikant	Asso Prof	Mech	<i>GM</i>
59	Mr. Yesane Dayanand Pandurang	Asstt Prof	Mech	
60	Mr. Kurhe Eknath Dnyandeo	Asstt Prof	Mech	
61	Mr. Bhanage Amol Sadashiv	Asstt Prof	Mech	
62	Mr. Dhamane Naresh Bharateshwar	Asstt Prof	Mech	
63	Mr. Bhoge Dhananjay Manohar	Asstt Prof	Mech	
64	Mr. Polas Rohit Purushottam	Asstt Prof	Mech	
65	Mr. Dharmale Rajesh Pundalikrao	W/S Superintendent	Mech	
66	Ms. Patil Sonali Shrikant	Asstt Prof	Mech	
67	Dr. Joshi Anjali Jitendra	Asso Prof	Mech	
68	Ms. Ulhe Apurva Rajiv	Asstt Prof	Mechx	
69	Mr. Shashikant Vasant Golande	Asstt Prof	Mechx	
70	Dr. Mukesh Gitaram Ghogare	Asso Prof	Mechx	
71	Dr. Gargi Sanjeev Yadav	Asstt Prof	Mechx.	

Sr.No.	Name	Designation	Department	Sign
36	Mr. Khambre Pankaj Dilipsingh	Asstt Prof	Comp	
37	Ms. Varsha Machindra Sarnikar	Asstt Prof	Comp	
38	Dr. Megha Vishal Kadam	Asso Prof	Comp	<i>mdesai</i>
39	Ms. Yamini Pitambar Warke	Asstt Prof	Comp	
40	Mrs. Nadkarni Vidya Mangesh	Asstt Prof	Engg Sci	
41	Mr. Sharma Mukesh Mamraj	Asstt Prof	Engg Sci	
42	Mr. Darekar Anil Gorakh	Asstt Prof	Engg Sci	<i>AD</i>
43	Dr. Pratibha Sachin Desai	Asstt Prof	Engg Sci	<i>PSDesai</i>
44	Mr. Harshal Dattatray Vaidya	Asstt Prof	Engg Sci	
45	Mr. Ganesh Hiranman Patil	Asstt Prof	Engg Sci	
46	Dr Moharil Umesh Pradip	Asso Prof	Engg Sci	
47	Dr. Pal Amita Gokulchand	Asstt Prof	Engg Sci	
48	Dr. Yashwante Meghna Ranjit	Asso Prof	Engg Sci	
49	Mr. Vishal Sanjay Shinde	Asstt Prof	Engg Sci	<i>Shinde</i>
50	Dr. Praful Kumar Ganti	Asstt Prof	Engg Sci	
51	Mr. Yogesh Govindrao Diggikar	Asstt Prof	Engg Sci	<i>DAY</i>
52	Mr. Manjula A. Alloli	Asstt Prof	Engg Sci	<i>Alloli</i>
53	Ms. Kokane Reena Ram	Librarian	Lib	
54	Dr. Patil Bhuvaneshwar Dnyandeo	Asstt Prof	Mech	<i>bp</i>
55	Mr. Kulkarni Vishal Vishwas	Asstt Prof	Mech	
56	Dr. Mutalikdesai Sachin Vyasrao	Asstt Prof	Mech	
57	Mr. More Sudhir Sarjerao	Asstt Prof	Mech	
58	Dr. Allampallewar Girish Laxmikant	Asso Prof	Mech	<i>gm</i>
59	Mr. Yesane Dayanand Pandurang	Asstt Prof	Mech	
60	Mr. Kurhe Eknath Dnyandeo	Asstt Prof	Mech	
61	Mr. Bhanage Amol Sadashiv	Asstt Prof	Mech	
62	Mr. Dhamane Naresh Bharateshwar	Asstt Prof	Mech	
63	Mr. Bhoge Dhananjay Manohar	Asstt Prof	Mech	
64	Mr. Polas Rohit Purushottam	Asstt Prof	Mech	
65	Mr. Dharmale Rajesh Pundalikrao	W/S Superintendent	Mech	
66	Ms. Patil Sonali Shrikant	Asstt Prof	Mech	
67	Dr. Joshi Anjali Jitendra	Asso Prof	Mech	
68	Ms. Ulhe Apurva Rajiv	Asstt Prof	Mechx	
69	Mr. Shashikant Vasant Golande	Asstt Prof	Mechx	
70	Dr. Mukesh Gitaram Ghogare	Asso Prof	Mechx	
71	Dr. Gargi Sanjeev Yadav	Asstt Prof	Mechx.	

Sr.No.	Name	Designation	Department	Sign
72	Ms. Pawar Aishwarya Dattatray	Director, Physical Education & Sports	Physical Education & Sports	
1	Mr Wankhede Uday Ramakant	AO	Admin	
2	Mr. Kale Kishor Changdeo	Accountant	Admin	<i>[Signature]</i>
3	Mr. Gund Santosh Laxman	Office Superintendent	Admin	<i>[Signature]</i>
4	Mr. Gadakh Kishor Namdeo	UDC	Admin	<i>[Signature]</i>
5	Mr. Londhe Prashant Vasant	Accountant	Admin	<i>[Signature]</i>
6	Mr. Patil Sachin Angadrao	Jr. Clerk	Admin	
7	Mr. Nikam Kishor Ashok	Jr. Clerk	Admin	
8	Mr. Mohite Laxman Kisanrao	Attendent	Admin	
9	Mr. Lakade Ganesh Abarao	Driver	Admin	
10	Mr. Pawase Anil Kisanrao	Director (Boys Host)	Admin	
11	Mr. Pradip P. Kadam	Electrician	Admin	Joined on 10.04.2023
12	Mrs. Shinde Laxmi Pravin	Demonstrator	Engg Sci	
13	Mr. Jadhav Abhaysinh Shivajirao	Tech Asstt	Engg Sci	<i>[Signature]</i>
14	Mr. Ganesh Dattu Shinde	Network Administra	Comp.	Joined on 14.08.2023 <i>[Signature]</i>
15	Ms. Kulkarni Gayatri Shridhar	Lab. Asstt.	Engg Sci	Joined on 01.06.2023 <i>[Signature]</i>
16	Mrs. Paralkar Rupali Ravindra	Library Asstt.	Lib	
17	Smt.Sonawane Jayashri Somnath	Unskilled Labor	Lib	
18	Mr. Thombare Pankaj Shivajirao	Tech Asstt	Mech	<i>[Signature]</i>
19	Mr. Adsure Sandeep Laxman	Tech Asstt	Mech	<i>[Signature]</i>
20	Mr. Walunj Keshav Baban	Foreman	WS	
21	Mr. Tapkir Rahul Dnyaneshwar	Instructor	WS	
22	Mr. Madure Ganesh Bhimashankar	Instructor	WS	
23	Mr. Khavale Babasaheb Bhagwan	Instructor	WS	