

Koneru Lakshmaiah Education Foundation (Category -1, Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

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Ref: KLEF/SA/CEA/Events 2022–23

Date: 19-10-2022

### Orders of the Vice Chancellor dt.19-10-2022 CIRCULAR

Sub: Conduction of Plastic 3Rule & Nutrition Awareness on 20-09-2022 at Peda Konduru Village – Reg.

Ref: 1. Letter dt. 18-10-2022 from Dr. P. Gopi Krishna, Prof.Incharge, Centre for Extension Activities (CEA) and forwarded by Dean (Student Affairs)

This is to inform that the Centre for Extension Activities (CEA) of KLEF will be organizing the

Plastic 3Rule & Nutrition Awareness on 20-10-2022 at Peda Konduru Village.

Event	: Plastic 3Rule & Nutrition Awareness
Dates:	: 20-10-2022
Timings	: 01:30 pm to 04:00 pm
Venue	: Peda Konduru Village

Interested Students can participate in the event.

Buses start from the Stadium.

For further information regarding this event contact Dr. P. Gopi Krishna (Mobile No. 9963696066), Prof.Incharge, (CEA) and Dr.S. Venkateswarlu, CEA- Coordinator, (Mobile No. 9052359906)





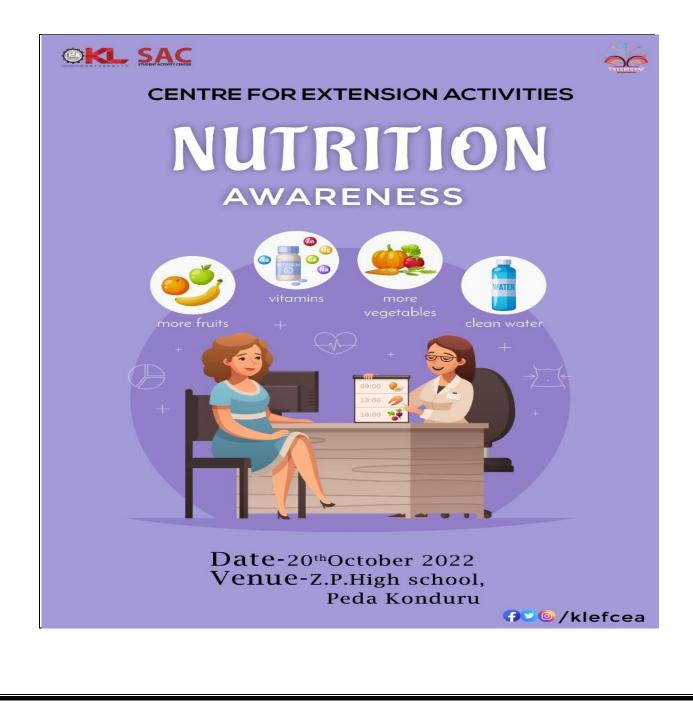
REGISTRAR Koneru Lakshmalah Education Foundation (Deemed to be University) Green Fields, VADDESWARAM-522 30?. Guntur District, Andhra Pradesh.



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# <u>A report on Awareness among students Nutrition</u> <u>values "Nutrition Awareness" on 20/10/2022 at</u> <u>PedaKonduru Village.</u>



### Objective

A campaign was organized by Centre of Extension Activity (CEA) club of KL University, Vijayawada to create awareness among students regarding nutritional values of food.

#### Description

To lead a healthy lifestyle, it is important to have sufficient knowledge on nutrition its importance in our daily lives. It is also essential to have this awareness at a younger age so that healthy eating becomes a habit and eventually a lifestyle. To have a clear understanding of what the food we eat contains or the nutrients present in them, it is essential to give nutritional awareness in foods in relation to their performance in the maintaining the body with stamina, help in growth and repair of worn out tissues and also to improve the body's immunity.

The event is the one which is very useful for students & their families to improve their Health & Immunity. By this event the children are will to build a good diet plan of menu with sufficient Nutrients with the help of team CEA. So that, they can solve their problem which are facing in the NUTRITION.

#### Outcome

- > By the event we educated the school student about NUTRITION AWARENESS.
- > By the event we educated how to create a good health and immunity.
- > By this event we educated how to solve their problem in NUTRITION.

#### **Details of the Event**

Name of the Event	:	Nutrition Awareness
Date of the Event	:	20/10/2022
Time	:	1:50 pm to 4:00pm
Venue	:	Z P High School,Peda Konduru Village
No. of Participants	:	Students: 93, Faculty & Staff: 02
No. of Beneficiaries	:	250

# Event Photos:



The KLEF\_CEA team conducted an awareness program on the nutrition to the students and explained about the importance of nutrition to the students.

## Participated Volunteers List:

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