



Koneru Lakshmaiah Education Foundation

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

❖ Approved by AICTE ❖ ISO 21001:2018 Certified

Campus: Green Fields, Vaddeswaram - 522 302, Guntur District, Andhra Pradesh, INDIA.

Phone No. +91 8645 - 350 200; www.klef.ac.in; www.klef.edu.in; www.kluniversity.in

Admin Off: 29-36-38, Museum Road, Governorpet, Vijayawada - 520 002. Ph: +91 - 866 - 3500122, 2576129

Ref: KLEF/SA/NSS Cell/2025-26

Date: 07-08-2026

Orders of the Hon'ble Vice Chancellor dt.07-08-2026

CIRCULAR

Sub: Conduction of Active minds, Healthy bodies- The Nutrition Program on 07-08-2026 at Nirmala High School, Atmakur – Reg.

Ref: Letter received from Mr. P. Srikanth Reddy, Program Coordinator, KLEF NSS Cell and forwarded by Dr. K.R.S. Prasad, In-charge Dean (Student Affairs).

This is to inform you that the National Service Scheme (NSS) of KLEF will be organizing Active minds, Healthy bodies- The Nutrition Program on 07-08-2026 at Nirmala High School, Atmakur.

Event	: Active minds, Healthy bodies- The Nutrition Program
Date	: 07-08-2026
Place	: Nirmala High School, Atmakur.
Timings	: 12:30 pm to 2:30 pm

Interested students can participate in this event.

For further information regarding this event contact Mr. P. Srikanth Reddy (Mobile No. 8466011222), Program Coordinator, KLEF NSS Cell and Mr. P. Suresh, NSS Coordinator, (Mobile No. 9493171719)

REGISTRAR



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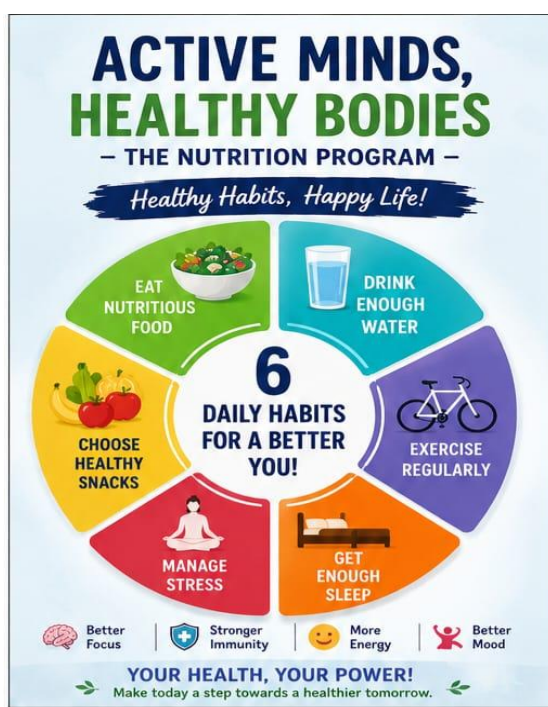
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National Service Scheme (NSS)

Active minds, Healthy bodies- The Nutrition Program



Event : Active minds, Healthy bodies- The Nutrition Program

Date : 07-08-2026

Place : Nirmala High School, Atmakur.

Objective:

The objective of the **Active Minds, Healthy Bodies – The Nutrition Program** conducted on **07-08-2026** at **Nirmala High School, Atmakur** was to create awareness among school students about the importance of proper nutrition and healthy eating habits. The program aimed to educate students on the benefits of consuming a balanced diet, maintaining good food hygiene, staying physically active, and making healthy lifestyle choices for their overall physical and mental well-being. It also encouraged students to avoid unhealthy food habits and understand the importance of nutrition for healthy growth and development.

Description:

As part of the community outreach initiative, the **Active Minds, Healthy Bodies – The Nutrition Program** was organized at **Nirmala High School, Atmakur** to spread awareness about the importance of proper nutrition among school students. The session began with an introduction to the concept of balanced nutrition and its role in maintaining good health throughout life. Students were educated about the major nutrients, including carbohydrates, proteins, fats, vitamins, minerals, fibre, and water, and how each of these nutrients supports normal body functions, growth, and development.

The awareness session highlighted the importance of consuming a balanced diet rich in fresh fruits, vegetables, whole grains, pulses, milk, eggs, and other nutritious foods while limiting the intake of junk food, sugary drinks, and highly processed snacks. The speakers also explained how poor dietary habits can lead to health problems such as obesity, malnutrition, anaemia, vitamin deficiencies, and lifestyle-related diseases in the future.

Special emphasis was placed on maintaining proper hydration, eating meals at regular intervals, practicing good food hygiene, and combining healthy eating with daily physical activity for overall fitness. The session was conducted in an interactive manner through simple explanations, real-life examples, discussions, and question-and-answer sessions. Students actively participated by sharing their food habits, asking questions, and learning practical ways to improve their daily diet. The program encouraged them to make informed food choices and adopt healthy habits that would benefit them throughout their lives.

Outcome:

The program successfully enhanced students' awareness of the importance of nutrition in maintaining a healthy body and an active mind. Participants gained a better understanding of balanced diets, healthy food choices, and the long-term benefits of proper nutrition. Students expressed enthusiasm to adopt healthier eating habits, reduce the consumption of junk food, and practice healthy lifestyle behaviors. The knowledge gained during the session is expected to be shared with their families and peers, thereby extending the impact of the program.

Impact on Society:

The nutrition awareness program contributed positively to society by encouraging healthy eating habits and improving nutritional knowledge among school students. By promoting balanced diets and healthy lifestyles at a young age, the initiative helps reduce the risk of malnutrition, obesity, and other nutrition-related health problems. The awareness created through the program can influence families and communities to make healthier food choices, ultimately contributing to improved public health, enhanced quality of life, and the development of a healthier and more informed society.

Details of the Event:

Name of the Event : Active minds, Healthy bodies- The Nutrition Program
Place of the Event : Nirmala High School, Atmakur.
Date of the event : 07-08-2026
No. of Hours : 12:30 pm to 2:30 pm
No. of Participants : Students:34, Faculty: 01
Faculty Name : P. Suresh (Id no- 4099)

Event Photos:









Participated Volunteers list:

.No	Name	ID No.	M/F	Residence
1	U. Chanikya	2300010042	M	D
2	T. Nani	2300010065	M	D
3	S. Prazwal	2300010140	M	D
4	K. Nandini	2300010010	F	D
5	K. Srilekha	2300010058	F	D
6	Sarath V.	2300010047	M	D
7	K. Harinath	2300010008	M	D
8	Surya M.	2300010013	M	D
9	Suchitra. K	2300010012	F	H
10	Y. Sri Lakshmi	2300030750	F	D
11	P. Saketh	2300030561	M	H
12	L. Siddhartha	2300010044	M	D
13	M. Siva Sai	2600070028	M	H
14	K. Dhanwanth	2600040211	M	H
15	G. Manoj	2500030745	M	H
16	S. Keerthana	2500010888	F	H
17	Mohammed Anjum	2500010076	F	H
18	K. Tanush	2400670012	M	H
19	T. Jagadeesh	2300010070	M	D
20	B. Haneela	2300010060	F	D
21	Jahna Sri Satya	2300010072	F	D
22	B. Ram Manohar	2400067040	M	D
23	T. Abhishek	2600032422	M	H
24	T. Viswa Sai	2600040420	M	H
25	P. Sasi	2600032423	M	H
26	K. Mohith	2600040493	M	H
27	V. Avinash	2600040435	M	H
28	M. Naga Sai	2600070054	M	H
29	Ch. Hari Charan	2400033279	M	D
30	M. Giri Charan	2400040428	M	D
31	K. Gourav	2400033356	M	H
32	K. Manish	2300010057	M	H
33	G. Manoj	2300031415	M	H
34	N. Santosh	2400031196	M	D