



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: 30-07-2026

Orders of the Hon'ble Vice Chancellor dt.30-07-2026

CIRCULAR

Sub: Conduction of Awareness on lifestyle diseases on 30-07-2026 at Bapuji Vidyalayam, Mangalagiri – 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 Awareness on lifestyle diseases on 30-07-2026 at Bapuji Vidyalayam, Mangalagiri.

Event	: Awareness on lifestyle diseases
Date	: 30-07-2026
Place	: Bapuji Vidyalayam, Mangalagiri.
Timings	: 1:30 pm to 4:30 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



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

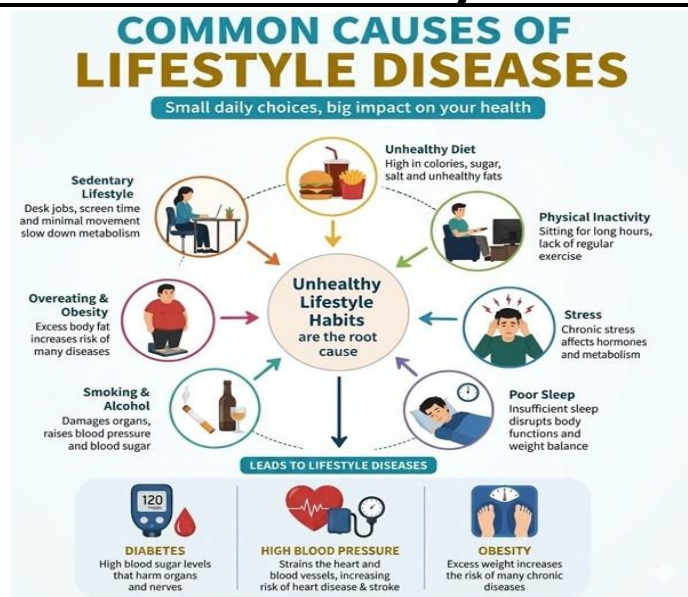
Campus: Green Fields, Vaddeswaram - 522 302, Guntur District, Andhra Pradesh, INDIA.

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

National Service Scheme (NSS)

Awareness on Lifestyle Diseases



Event : Awareness on Lifestyle Diseases

Date : 30-07-2026

Place : Bapuji Vidyalyayam, Mangalagiri.

Objective:

The objective of the Awareness on Lifestyle Diseases program conducted on 30-07-2026 at Bapuji Vidyalyayam, Mangalagiri was to educate students about the increasing prevalence of lifestyle-related diseases and the importance of adopting healthy habits from an early age. The program aimed to create awareness about the causes, symptoms, risk factors, and preventive measures of common lifestyle diseases. It also encouraged students to maintain a balanced diet, engage in regular physical activity, manage stress effectively, and avoid unhealthy habits to lead a healthy and disease-free life.

Description:

As part of the outreach activity, the **Awareness on Lifestyle Diseases** program was conducted on **30-07-2026** at **Bapuji Vidyalyayam, Mangalagiri** to educate school students about the importance of maintaining a healthy lifestyle.

The session began with an introduction to lifestyle diseases and explained how unhealthy eating habits, physical inactivity, stress, lack of sleep, and other poor lifestyle choices can increase the risk of diseases such as obesity, diabetes, hypertension, cardiovascular diseases, and certain types of cancer.

The students were informed about the common symptoms and long-term health complications associated with these diseases. Special emphasis was placed on preventive measures, including consuming a balanced and nutritious diet, exercising regularly, maintaining a healthy body weight, getting adequate sleep, staying hydrated, reducing screen time, and avoiding tobacco, alcohol, and other harmful substances.

The awareness session was made interactive through simple explanations, real-life examples, and discussions. Students actively participated by asking questions and sharing their views on healthy habits. The session helped them understand the importance of making positive lifestyle choices from a young age.

Outcome:

The program successfully increased awareness among the students regarding lifestyle diseases and their prevention. The participants gained a better understanding of how daily habits influence overall health and learned practical ways to prevent lifestyle-related illnesses. Students showed enthusiasm in adopting healthier eating habits, participating in regular physical activity, and maintaining good personal health practices. The session motivated them to share the knowledge with their families and friends, thereby extending the impact of the awareness program.

Impact on Society:

The awareness program contributed positively to society by promoting health education among school students, who can act as future ambassadors of healthy living. By encouraging healthy lifestyle practices at a young age, the program helps reduce the future burden of lifestyle-related diseases. The knowledge gained can influence families and communities, leading to healthier habits, improved quality of life, reduced healthcare costs, and a more health-conscious society. Such initiatives play an important role in building a healthier and more responsible generation.

Details of the Event:

Name of the Event : **Awareness on Lifestyle Diseases.**
Place of the Event : **Bapuji Vidyalayam, Mangalagiri.**
Date of the event : 30-07-2026
No. of Hours : 01:30 pm to 4:30 pm
No. of Participants : Students: 26, Faculty: 02
Faculty Name : Dr. R. Sudhakar Raju (Id no- 2898),
P. Suresh (Id no- 4099)

Event Photos:







Participated Volunteers list:

S.No	Name	ID Number	Residence	B/G
1	K. Srilekha	2300010058	D	G
2	U. Chanikya	2300010042	D	B
3	T. Nani	2300010065	D	B
4	S. Prazwal	2300010140	D	B
5	Sarat. V	2300010047	D	B
6	K. Neha	2300010038	D	G
7	M. Jahna	2300010072	D	G
8	B. Haneela	2300010060	D	G
9	Nandini	2300010010	D	G
10	Jagadeesh	2300010070	D	B
11	Abhishek M.	2400010076	D	B
12	Nicky D.	2400010048	D	B
13	B.S.V. Varma	2400010082	D	B
14	P. Siril	2400010005	H	B
15	T. Durga	2400010068	D	G
16	B. Maneesha	2400010066	H	G
17	B. Geethika	2400010057	H	G
18	N. Amrutha	2400010074	H	G
19	B. Greeshma	2400010058	H	G
20	K. Manish	2300010057	H	B
21	P. Abhinay	2400010113	H	B
22	B. Mahendra	2500040377	H	B
23	Harinath	2300010008	D	B
24	Surya	2300010013	D	B
25	Siddhartha	2300010044	D	B
26	Nandan	2400010014	D	B