



## 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: 17-03-2026

### Orders of the Hon'ble Vice Chancellor dt.17-03-2026

#### CIRCULAR

Sub: Conduction of Anemia Awareness and Healthy Nutrition Program on 17-03-2026 at ZPHS, Vaddeswaram– 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).

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This is to inform you that the National Service Scheme (NSS) of KLEF will be organizing Anemia Awareness and Healthy Nutrition Program on 17-03-2026 at ZPHS, Vaddeswaram.

**Event** : Anemia Awareness and Healthy Nutrition Program.  
**Date** : 17-03-2026  
**Place** : ZPHS, Vaddeswaram.  
**Timings** : 9:30 am to 12:30 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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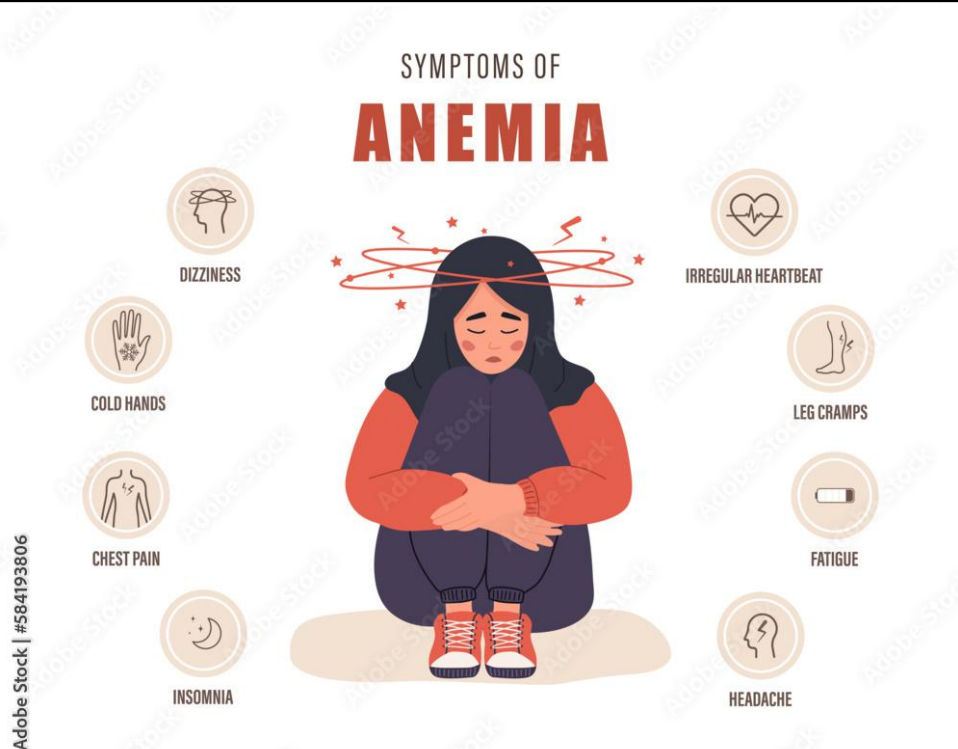
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### National Service Scheme (NSS)

## Anemia Awareness and Healthy Nutrition Program



**Event : Anemia Awareness and Healthy Nutrition Program**  
**Date : 17 -03-2026**  
**Place : ZPHS, VADDESWAREM.**

#### **Objective:**

The objective of the *Anemia Awareness and Healthy Nutrition Program* conducted on 17-03-2026 at ZPHS, Vaddeswaram was to create awareness among school students about anemia, its causes, symptoms, and preventive measures. The program aimed to educate students on the importance of maintaining proper nutrition, especially the intake of iron-rich foods, vitamins, and a balanced diet. It also focused on encouraging early identification of anemia and promoting healthy lifestyle habits among adolescents. Additionally, the initiative intended to motivate students to spread awareness about nutritional health within their families and community.

### **Description:**

As part of the outreach activity, the ***Anemia Awareness and Healthy Nutrition Program*** was organized on 17-03-2026 at ZPHS, Vaddeswaram to educate school students about anemia and the significance of healthy nutrition in daily life. The session began with a basic introduction to anemia, explaining it as a condition caused due to low haemoglobin levels in the blood, which leads to reduced oxygen supply to the body. The volunteers clearly explained the major causes of anemia such as iron deficiency, poor dietary habits, lack of essential nutrients, and improper lifestyle.

The symptoms of anemia, including fatigue, weakness, dizziness, pale skin, and reduced concentration, were discussed in a simple and understandable manner. The session highlighted the importance of consuming iron-rich foods such as green leafy vegetables, pulses, fruits, jaggery, and properly balanced meals. Students were also informed about the role of vitamin C in improving iron absorption.

To make the session more engaging, charts and visual aids were used, and real-life examples were given. The program was conducted in an interactive way where students actively participated, asked questions, and clarified their doubts. The volunteers emphasized the importance of regular eating habits, personal health care, and early prevention to avoid long-term health issues.

### **Outcome:**

The program successfully enhanced students' understanding of anemia and the importance of proper nutrition. Students gained clear knowledge about the causes, symptoms, and preventive measures of anemia. They developed awareness about healthy eating habits and the importance of including iron-rich foods in their daily diet. The session also encouraged students to be more conscious about their health and to take preventive steps to avoid anemia. Moreover, it helped in building their confidence to openly discuss health-related topics and clear misconceptions.

### **Impact on Society:**

The awareness program had a positive impact on society by educating young students about anemia and the importance of nutrition at an early stage. This knowledge can be shared with their families, thereby spreading awareness in the community. The initiative contributes to reducing the prevalence of anemia, especially among adolescents, by promoting preventive healthcare practices. It also helps in improving public health literacy, encouraging healthier dietary habits, and building a more informed and health-conscious society. In the long term, such programs play a vital role in improving the overall well-being and productivity of the community.

## Details of the Event:

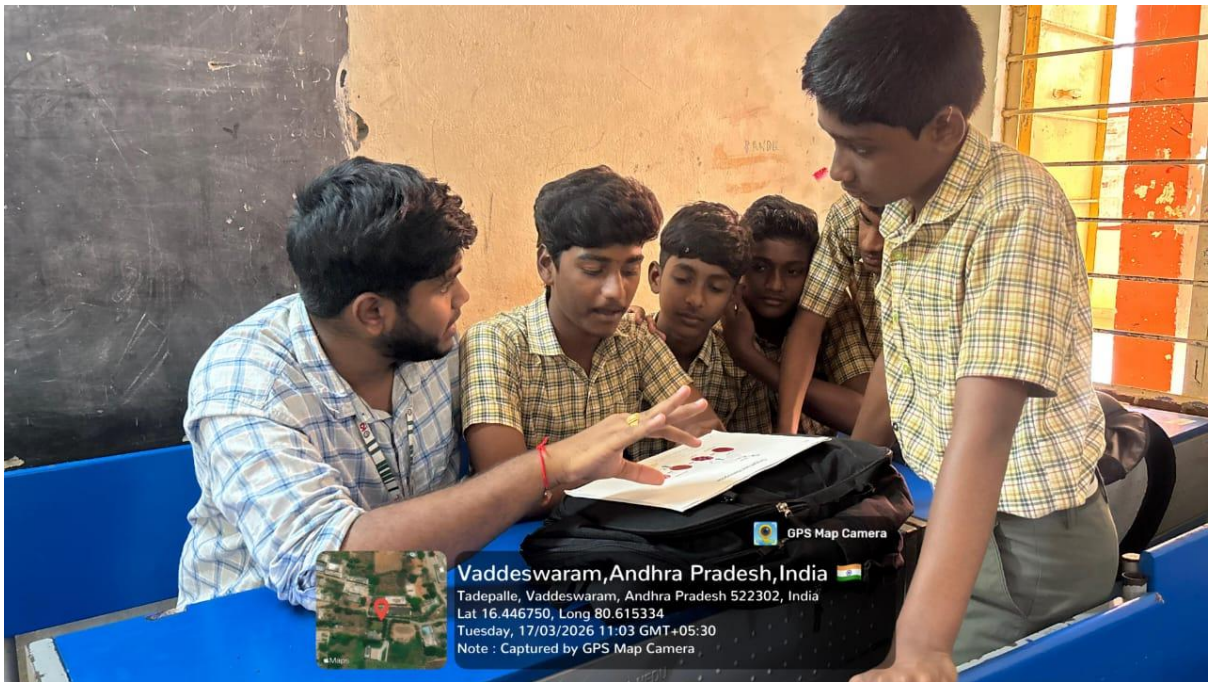
Name of the Event : **Anemia Awareness and Healthy Nutrition Program**  
Place of the Event : **ZPHS, VADDESWARAM.**  
Date of the event : 17 -03-2026  
No. of Hours : 09:30 am to 12:30 pm  
No. of Participants : Students: 34, Faculty: 01  
Faculty Name : Dr. Hemalatha – DoBT

## Event Photos:





Vaddeswaram, Andhra Pradesh, India  
Tadepalle, Vaddeswaram, Andhra Pradesh 522302, India  
Lat 16.447077, Long 80.615604  
Tuesday, 17/03/2026 11:31 GMT+05:30  
Note : Captured by GPS Map Camera



Vaddeswaram, Andhra Pradesh, India  
Tadepalle, Vaddeswaram, Andhra Pradesh 522302, India  
Lat 16.446750, Long 80.615334  
Tuesday, 17/03/2026 11:03 GMT+05:30  
Note : Captured by GPS Map Camera



GPS Map Camera

Vaddeswaram, Andhra Pradesh, India

Tadepalle, Vaddeswaram, Andhra Pradesh 522302, India

Lat 16.446957, Long 80.615861

Tuesday, 17/03/2026 10:44 AM GMT+05:30

Note : Captured by GPS Map Camera



GPS Map Camera

Kolanukonda, Andhra Pradesh, India

Cjx8+65x, Vaddeswaram, Kolanukonda, Andhra Pradesh 522302, India

Lat 16.448079° Long 80.615516°

Tuesday, 17/03/2026 10:51 AM GMT +05:30

Google



**Participated Volunteers list:**

<b>S.No</b>	<b>Name</b>	<b>ID Number</b>	<b>Residence</b>	<b>Gender</b>
1	Manish K	2300010057	Day Scholar	M
2	Sarath	2300010047	Day Scholar	M
3	Suchithra	2300010012	Day Scholar	F
4	A. Damani Sai	2300010119	Day Scholar	F
5	Hasini A	2300010117	Hosteller	F
6	Nandini	2300010010	Day Scholar	F
7	Prazwal	2300010110	Day Scholar	M
8	Surya	2300010013	Hosteller	M
9	A. Hyndhavi Sai	2400031978	Hosteller	F
10	P. Srija	2400032269	Hosteller	F
11	Harinadh	2300010008	Hosteller	M
12	N. Vivek	2500080066	Day Scholar	M
13	D. Navadeep	2500080071	Day Scholar	M
14	Adithya V	2400031995	Day Scholar	M
15	Sk. Mujeef	2400032348	Day Scholar	M
16	Jyothirmai V	2300010020	Day Scholar	F
17	P. Hasinee	2300010021	Day Scholar	F
18	Nani	2300010065	Day Scholar	M
19	Srilekha	2300010058	Day Scholar	F
20	Pasha	2300010089	Day Scholar	M
21	Aasritha	2300010080	Day Scholar	F
22	Aarathi	2300010076	Day Scholar	F
23	Siddhartha	2300010044	Day Scholar	M
24	Jagdish	2300010070	Day Scholar	M
25	Samuel	2400030578	Day Scholar	M
26	P. Gopichand	2400032968	Day Scholar	M
27	S. Rathna Babu	2400079009	Day Scholar	M
28	K. Veda Vaishnavi	2500080066	Hosteller	F
29	Abdul	2300010040	Day Scholar	M
30	Chanikya	2300010042	Day Scholar	M
31	Neha	2300010038	Day Scholar	F
32	Likhith	2200010051	Day Scholar	M
33	Jahna	2300010072	Day Scholar	F
34	Haneela	2300010060	Hosteller	F