



Koneru Lakshmaiah Education Foundation

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

Accredited by NAAC as 'A++' ♦ Approved by AICTE ♦ ISO 21001:2018 Certified

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

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Ref: KLEF/SA/CEA/Events 2023-24

Date: 15-03-2024

Orders of the Vice Chancellor dt.15-03-2024

CIRCULAR

Sub: Conduction of Junk Food Effect on 16-03-2024 at Pedavadlapudi Village – Reg.

Ref: Letter dt. 13-03-2024 received from Dr. M. Subramanyam, 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 Junk Food Effect on 16-03-2024 at Pedavadlapudi Village.

Event : Junk Food Effect
Dates: : 16-03-2024
Timings : 01:30 pm to 04:30 pm
Venue : Pedavadlapudi Village

Interested Students can participate in the event.

Buses start from the Stadium.

For further information regarding this event contact Dr. M. Subramanyam (Mobile No. 9440446088), Prof.Incharge, (CEA) and Dr.S. Venkateswarlu, CEA- Coordinator, (Mobile No. 9052359906)



REGISTRAR

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Guntur District, Andhra Pradesh.



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A report on “Junk Food effects” 16/03/2024 at Pedavadlapudi Village



SAC | CENTER FOR EXTENSION ACTIVITIES



JUNK FOOD EFFECT

DATE:-
16. 03.2024

VENUE:-
PEDAVADLAPUDI

 /klefcea

Details of the Event:

Date of the Event	:	16-03-2024
Name of the Event	:	Junk Food Effect
No. of Hours	:	01:30 PM To 04: 30 PM
Venue of the Event	:	Pedavadlapudi Village
No. of Participants	:	Students: 83, Faculty: 02
No. of Beneficiaries	:	1328

Description of the event:

The event on "Junk Food Effects," held on March 16th, 2024, at Pedavadlapudi Village, aimed to raise awareness about the detrimental impacts of consuming junk food on individual health and well-being. Attendees were presented with comprehensive information regarding the nutritional content of various junk food items, highlighting their high levels of unhealthy fats, sugars, and additives. Through interactive workshops and educational sessions led by nutritionists and health experts, participants gained insights into the long-term consequences of excessive junk food consumption, including obesity, diabetes, cardiovascular diseases, and other lifestyle-related health issues.

Moreover, the event served as a platform for promoting healthier dietary choices and lifestyle habits within the Pedavadlapudi community. Attendees were equipped with practical tips and strategies for making nutritious food choices and incorporating more whole foods into their diets. Additionally, discussions and activities focused on empowering individuals to resist the temptation of junk food and advocate for healthier food options in their local environment. By fostering a culture of health-consciousness and promoting collective action against the harmful effects of junk food, the event aimed to contribute to the overall well-being and vitality of Pedavadlapudi Village.

Objectives:

The objectives of the "Junk Food Effects" event at Pedavadlapudi Village likely include:

1. **Raise Awareness:** Increase awareness among community members about the negative health effects of consuming junk food regularly. This involves educating attendees about the high levels of unhealthy fats, sugars, and additives found in many processed and fast food items.
2. **Promote Healthier Eating Habits:** Encourage individuals to make healthier dietary choices by providing information about the benefits of consuming nutritious whole foods and the importance of balanced diets. The event may offer practical tips and

strategies for incorporating more fruits, vegetables, lean proteins, and whole grains into daily meals.

3. **Educate on Long-Term Consequences:** Inform participants about the long-term consequences of excessive junk food consumption, such as obesity, diabetes, cardiovascular diseases, and other chronic health conditions. By highlighting these risks, the event aims to motivate individuals to prioritize their health and make more informed food choices.
4. **Empowerment:** Empower attendees with the knowledge and resources needed to resist the allure of junk food and make healthier food choices for themselves and their families. This may involve teaching individuals how to read food labels, plan nutritious meals, and prepare healthy snacks at home.
5. **Community Engagement:** Foster community engagement and involvement in promoting healthier eating habits within Pedavadlapudi Village. The event may provide opportunities for residents to share their experiences, concerns, and ideas for creating a healthier food environment in their community.
6. **Advocacy:** Encourage advocacy efforts aimed at promoting access to healthier food options and reducing the availability and marketing of junk food in local stores, schools, and other community settings. This could involve collaborating with local policymakers, businesses, and organizations to implement policies and initiatives that support healthier food environments.

Overall, the "Junk Food Effects" event seeks to empower individuals with the knowledge and tools needed to make healthier food choices, promote community-wide awareness and engagement in addressing the negative impacts of junk food, and advocate for a healthier food environment in Pedavadlapudi Village.

Outcome:

The "Junk Food Effects" event in Pedavadlapudi Village resulted in a significant shift towards healthier eating habits and increased awareness of the detrimental impacts of junk food consumption within the community. Attendees left the event equipped with valuable

knowledge about the nutritional content of junk food and its long-term health consequences, empowering them to make more informed dietary choices for themselves and their families. Moreover, the event fostered a sense of community engagement and advocacy, with participants actively discussing strategies to promote healthier food environments and advocating for increased access to nutritious options. As a result, the event has had a lasting impact on the overall health and well-being of Pedavadlapudi Village, inspiring positive changes in eating behaviors and promoting a culture of health-consciousness among residents.

Impact of the Society:

The Society's initiative on "Junk Food Effects" has had a profound impact on the health and well-being of Pedavadlapudi Village, catalyzing positive changes in dietary habits and fostering a culture of health-consciousness within the community. By organizing this event, the Society not only raised awareness about the harmful effects of junk food consumption but also empowered individuals with the knowledge and resources needed to make healthier food choices. This initiative has sparked community-wide discussions and advocacy efforts aimed at promoting access to nutritious foods and reducing the prevalence of junk food in local settings, ultimately contributing to improved health outcomes and a higher quality of life for residents of Pedavadlapudi Village.

Event Photos:



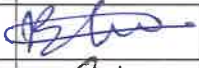
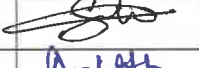
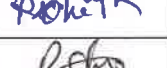

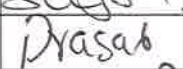
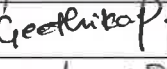
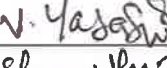
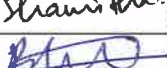
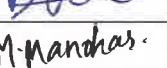
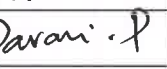
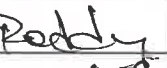
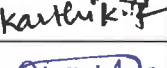

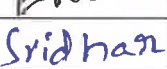




Place: Pedavallapudi Village


Date: 16-03-2024

Name of the Event: Junk Food Eats

S.No	ID. No	Name of the Student	Branch	Signature
1	2200040053	V. Indra Venkata Durga Varma	ECE	N. Lakshmi
2	2200040203	Lakshmi Narayana Manike	ECE	M. Narayana
3	2200040204	Reshwanth Maddaili	ECE	Reshwanth
4	2200040205	Sonti Dimpul Sai Teja	ECE	Sai Teja
5	2200040206	Siga Srija	ECE	Srija
6	2200040220	Aaryan Kulkarni	ECE	K. Aaryan
7	2200040202	Mannava Nandeesh	ECE	Mannava
8	2200040209	B. Greeshma Sai Naga Madhavi	ECE	G. Greeshma
9	2200040210	Kommuru Amarnath	ECE	K. Amarnath
10	2200040211	Maraka Chandra Vamsi Krishna	ECE	M. Vamsi
11	2300040250	Saripella Naga Surya Narayana Raju	ECE	S. Raju
12	2300040258	Sagili Venkata Sumanth Reddy	ECE	S. Sumanth
13	2300040356	Choppakatla Amrutha	ECE	C. Amrutha
14	2300040367	Jeevan Sai Baswa	ECE	Sai Jeevan
15	2300040383	Arshiya Shaik	ECE	S. Arshiya
16	2300040380	Rokkam . Bhargav	ECE	R. Bhargav
17	2200040214	Bakarapu Vivek	ECE	V. Vivek
18	2200040215	Maduraboyina Maneesh Chandra	ECE	M. Maneesh
19	2200040216	Bethanaboyana Manaswini	ECE	B. Manaswini
20	2200040217	Uppuluri Charan	ECE	U. Charan
21	2200040219	Puchakayaala Deekshitha Reddy	ECE	P. Deekshitha
22	2200040220	Aaryan Kulkarni	ECE	A. Aaryan
23	2300040371	Anagani Ravi Teja	ECE	A. Ravi Teja
24	2300040137	Gattupalli Hari Sanjay Kumar	ECE	G. Sanjay
25	2300040019	Palli Devi	ECE	P. Devi
26	2300040308	Maram Poojitha	ECE	M. Poojitha
27	2300040311	Yagati Pavan	ECE	Y. Pavan
28	2300040321	Nainala Siva Durga Prasad	ECE	N. Prasad
29	2300040334	Duvvuri Soma Sai Karthik	ECE	D. Sai
30	2300040339	Medarametta Meghana Sri	ECE	M. Meghana
31	2200040212	Durgaraju Kanaka Harshita	ECE	D. Harshita

S.No	ID. No	Name of the Student	Branch	Signature
32	2200040213	Buddavarapu Hema Sai Prasanna	ECE	<i>Hema</i>
33	2200040218	Samarth Satwar	ECE	<i>Satwar</i>
34	2200040221	Duriseti Aravind Kumar	ECE	<i>Aravind</i>
35	2200040222	Koochipudi Sai Haripriya	ECE	<i>Sai Haripriya</i>
36	2200040223	Anumala Harsha Vardhan	ECE	<i>Anumala</i>
37	2200040224	Inturi Sivani	ECE	<i>Sivani</i>
38	2200040225	Kandula Suma Sri	ECE	<i>Suma Sri</i>
39	2200040231	Vadlamudi Rohith	ECE	<i>Rohith</i>
40	2200040233	Ravinuthala Hema Balaji	ECE	<i>Hema</i>
41	2200040234	A.V. Valli Deva Subrahmanya Sai	ECE	<i>A.V. Valli</i>
42	2200040235	Korimilli Manikantesh Gokul	ECE	<i>Manikantesh</i>
43	2200040236	Lingineni Janaki Ram	ECE	<i>Janaki Ram</i>
44	2200040237	Karre Arjun	ECE	<i>Arjun</i>
45	2200040238	Duddekunta Bhanu Prakash Reddy	ECE	<i>Bhanu</i>
46	2200040180	Busireddy Pramuna	ECE	<i>Pramuna</i>
47	2200040181	Seelam Siva Naga Lakshmi	ECE	<i>Siva</i>
48	2200040226	Banne Pravallika	ECE	<i>Pravallika</i>
49	2200040227	Yellepeddy Sai Charan	ECE	<i>Sai Charan</i>
50	2200040228	Dova John Wesley	ECE	<i>John Wesley</i>
51	2300040143	Kedarapu Dhanush	ECE	<i>Dhanush</i>
52	2300040163	Pajjuru Manideep	ECE	<i>Manideep</i>
53	2300040179	Jonnalagadda Gayathri Wagdevi	ECE	<i>Gayathri</i>
54	2300040208	Shaik Nageena Bee	ECE	<i>Nageena</i>
55	2300040242	Karumanchi Vamsi	ECE	<i>Vamsi</i>
56	2300040014	Kona Pragna Praneeth	ECE	<i>Pragna</i>
57	2300040217	Shaik Tippu Sulthan	ECE	<i>Tippu</i>
58	2300040434	L S Rithwika Imandi	ECE	<i>Rithwika</i>
59	2300040023	Ponamala Gayathri	ECE	<i>Gayathri</i>
60	2300040082	D. S L Nrusimha Chandra Sekhar	ECE	<i>Chandra Sekhar</i>
61	2100040108	Maratibabu Charan Teja	ECE	<i>Charan Teja</i>
62	2100040109	Katepally Veera Bhadhra Vijay	ECE	<i>Veera Vijay</i>
63	2100040110	Jalla Varun	ECE	<i>Varun</i>
64	2100040119	Nakkala Adam Raj	ECE	<i>Adam Raj</i>
65	2100040093	Tenela Jithendhera Naidu	ECE	<i>Jithendhera</i>

S.No	ID. No	Name of the Student	Branch	Signature
66	2100040094	Battula Kesava Srinivas	ECE	
67	2100040095	Chinnala Sai Kiran	ECE	
68	2100040083	Gurrula Rohit Sai	ECE	
69	2300040099	Swamy Sethu Shruthi	ECE	
70	2300040072	Samalam Sujitha	ECE	
71	2300040124	Bolla Keerthi	ECE	
72	2300040132	Puli Geethika	ECE	
73	2300040134	Vangapandu Yasasvi	ECE	
74	2100040129	Potnuri . Sharmitha	ECE	
75	2100040130	Kovelamudi Charan Teja	ECE	
76	2100040131	Mamidala Manohar	ECE	
77	2100040132	P. Pavan Venkata N Saimanikanta	ECE	
78	2100040133	Mettu Srinivasa Reddy	ECE	
79	2100040134	Reddy Krishna Sri Karthik Chowdary	ECE	
80	2100040111	Lingala Sainadh	ECE	
81	2100040112	Kavuri Vineeth	ECE	
82	2100040113	Kalla Sridhar	ECE	
83	2100040114	Sheik Tanweer Ahmed	ECE	


 Dean (Student Affairs,
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