



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.

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/CEA/Events 2024-25

Date: 14-08-2024

Orders of the Vice Chancellor dt.14-08-2024

CIRCULAR

Sub: Conduction of Nutrition Awareness on 16-08-2024 at Gundemeda Village – Reg.

Ref: Letter dt. 13-08-2024 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 Nutrition awareness on 16-08-2024 at Gundemeda Village.

Event : Nutrition awareness
Dates: : 16-08-2024
Timings : 01:30 pm to 04:00 pm
Venue : Gundemeda Village

Interested Students can participate in the event.

Buses start from the Stadium.

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



REGISTRAR

Koneru Lakshmaiah Education Foundation
(Deemed to be University)
Green Fields, VADDESWARAM-522 302.
Guntur District, Andhra Pradesh.



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A report on “Nutrition Awareness” 16/08/2024 at Gundemeda Village

KL
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CEA
CENTRE FOR EXTENSION ACTIVITIES

CENTRE FOR EXTENSION ACTIVITIES

**NUTRITION
AWARENESS**

Venue: pedapalem
Date: 20-09-2024
Time: 1:30

/klefcea

Details of the Event:

Date of the Event	:	16-08-2024
Name of the Event	:	Nutrition Awareness
No. of Hours	:	09:30 AM To 12: 30 PM
Venue of the Event	:	Gundemeda Village
No. of Participants	:	Students: 85, Faculty: 02
No. of Beneficiaries	:	984

Description of the Event:

On August 16, 2024, KLEF-CEA conducted a "Nutrition Awareness" event at Gundemeda Village, focusing on educating residents about the importance of balanced diets and proper nutrition for overall health. The event featured informative sessions led by nutrition experts who discussed essential nutrients, healthy eating habits, and the benefits of incorporating local foods into daily diets. Interactive workshops allowed participants to engage in hands-on activities, such as meal planning and understanding food labels. Additionally, the event included demonstrations on preparing simple, nutritious meals using affordable ingredients. By fostering an open dialogue about nutrition, KLEF-CEA aimed to empower community members to make informed dietary choices, ultimately improving their health and well-being.

Objectives:

1. **Increase Knowledge of Nutritional Needs:** Educate community members about essential nutrients, their benefits, and how to identify their nutritional requirements based on age, gender, and lifestyle.
2. **Encourage Healthy Food Choices:** Promote the importance of incorporating a variety of fruits, vegetables, whole grains, and proteins into daily meals while reducing the intake of processed foods and sugars.
3. **Foster Practical Cooking Skills:** Provide hands-on workshops that teach participants how to prepare healthy, balanced meals using affordable ingredients, emphasizing meal planning and preparation techniques.

Outcome:

The Nutrition Awareness program resulted in significant positive outcomes for the community, leading to a greater understanding of healthy eating habits and nutritional needs among participants. Attendees reported increased knowledge about essential nutrients and their roles in promoting overall health, which translated into more informed food choices in their daily lives. Many families began incorporating a wider variety of fruits, vegetables, and whole grains into their meals, while reducing their reliance on processed

foods. Additionally, the hands-on cooking workshops empowered individuals with practical skills to prepare nutritious meals, fostering confidence in their ability to maintain a balanced diet. Overall, the initiative successfully enhanced community health and well-being by promoting a culture of nutrition awareness and healthy living.

Impact of the Society:

The impact of the Nutrition Awareness program on society has been transformative, fostering a collective shift toward healthier lifestyles and improved dietary practices within the community. As individuals embraced the knowledge gained from the program, there was a noticeable decrease in the prevalence of diet-related health issues, such as obesity and malnutrition. Families began prioritizing nutrition in their daily routines, leading to increased consumption of fresh produce and balanced meals, which positively affected overall community health. Furthermore, the program encouraged collaboration among local organizations and health professionals, strengthening community ties and promoting ongoing discussions about nutrition and wellness. This newfound emphasis on healthy eating not only enhanced individual well-being but also contributed to a more informed and health-conscious society, paving the way for long-term improvements in public health and quality of life.

Event Photos:





Place: Gundemeda

Date: 16-08-2024

Name of the Event: Nutrition Awareness

S.No	ID. No	Name of the Student	Branch	Signature
1	2300070033	Mohamed Eltayeb Ibrahim Eltayeb	Mech	Mohamed Eltayeb
2	2300070034	Jawad Alzaher	Mech	Jawad Alzaher
3	2300070003	Medam Eshitha Reddy	Mech	Eshitha
4	2300070011	Nagulapalli Sai Ananth	Mech	Ananth
5	2300070012	Jonnakuti Sravan Kumar	Mech	Kumar
6	2300070010	Pasala Abhiram Chowdary	Mech	Chowdary
7	2300070018	Gedala Johnny Babu	Mech	Babu
8	2300070002	Malipeddi Sai Siva Lalith	Mech	Siva
9	2300070013	Mandava Sai Nagendhar	Mech	Nagendhar
10	2300070004	Pasalapudi Venkata Ravi Kishore	Mech	Kishore
11	2300070005	Banda Harsha Vardhana Srivathsa	Mech	Srivathsa
12	2300070009	Pepakayala Revanth Swaroop	Mech	Revanth
13	2300070014	Shaik Faysal Hussain	Mech	Swaroop
14	2300070017	Mugal Araham Altaf	Mech	Altaf
15	2300070019	Saladi Kumarganesh	Mech	Ganesh
16	2300070022	Shaik Intiyaz	Mech	Shaik Intiyaz
17	2300070021	Mahankali Rohith	Mech	Rohith
18	2300070001	Donga Kalyan Venkat	Mech	Venkat
19	2300070020	Pathan Ameen Khan	Mech	Ameen Khan
20	2300070025	Puvvada Baal Ram Charan Tej	Mech	Charan Tej
21	2300070026	Kotari Gowrav Hruthik	Mech	Hruthik
22	2300070027	Janjanam Shyam Prasad	Mech	Prasad
23	2300070028	Gavin Singh Punia	Mech	Punia
24	2300070016	Bethamsetty Jaideep	Mech	Jaideep
25	2300070023	Sadhupati Gowtham	Mech	Gowtham
26	2300070029	Muhammed Zayan	Mech	Muhammed Zayan
27	2300070031	Kona Venkat Sai Siva Kushmit	Mech	Kushmit
28	2300070024	Botta Satya Durga Prasad	Mech	Prasad
29	2300070008	Penupothula Veera Manikanta	Mech	Manikanta
30	2300070030	Shaik Mahammad Rayan	Mech	Rayan
31	2300070006	Sayani Venkata Sri Sai Akhil	Mech	Akhil

S.No	ID. No	Name of the Student	Branch	Signature
32	2200079027	Thippavarthi Venkata Aditya	Mech	Aditya
33	2200079014	Neyyila Guruprasad Varma	Mech	Guru
34	2200079043	Akula Kamal Deep	Mech	Deep
35	2200079033	Korrapati Prahlad Raj	Mech	Raj
36	2200079016	Bala Durga Vara Prasad Karri	Mech	Vara.
37	2200079020	Thota Nagendra Sri Sai Krishna	Mech	Krishna
38	2200070020	Dhiraj Kumar Sahu	Mech	Hiraj
39	2200070003	Mohammad Abdul Aleem	Mech	Abdul.
40	2200070004	Yaikuntam Dhanush Chowdary	Mech	Dhanush
41	2200070006	Bondili Harshith Singh	Mech	Harshith
42	2200070008	Kondapaneni Lakshmi Pratap	Mech	Lakshmi
43	2200070009	Borru Bharath Sai	Mech	Bharath
44	2200070010	Bhattu Kesava Sai	Mech	Sai
45	2200070011	Kalva Pramod Kumar	Mech	Pramod
46	2200070012	Ayush Avuri	Mech	Ayush
47	2200070013	Lanke Pawan Kumar	Mech	Pawan
48	2200070015	Atmakuri Satya Sampath Kumar	Mech	Sampath
49	2200070017	Yadla Devesh	Mech	Devesh
50	2200070019	Pinakana Jagadeeshkumar	Mech	Jagadeesh
51	2200070022	Hareeswar Chitikina	Mech	Chitikina
52	2200070024	Srinidhi Babu Bagadi	Mech	Bagadi
53	2200079037	Sathvik Velagapudi	Mech	Sathvik
54	2200079039	Druva Vasistha Talpur	Mech	Talpur
55	2200070026	Isack Alfred Gayo	Mech	Gayo
56	2300070015	Dasari Joseph Jakwes	Mech	Jakwes
57	2300079001	Ravulapalli Ravi Durga Pratap	Mech	Durga
58	2300079002	L Ajay Kumar	Mech	Ajay
59	2300079003	Ambati Uma Venkata Satyanarayana	Mech	Uma
60	2300079004	Alapati Vamsi Krishna Pavan Sai	Mech	Pavan Sai
61	2300079005	P Balaji	Mech	Balaji
62	2300079006	Asadi Arun Kumar	Mech	Arun
63	2300079008	Eluri Veera Venkat	Mech	Venkat.

S.No	ID. No	Name of the Student	Branch	Signature
64	2300079009	Bandlamudi Pavan Sai	Mech	Pavan Sai
65	2300079010	Mohammad Jansher Ahmed	Mech	Ahmed
66	2300079012	Sangavar Sai Praneeth	Mech	Praneeth
67	2300079013	Gorava Ramalinga	Mech	Gorava
68	2300079014	Lam Aarush Prince	Mech	Aarush Prince
69	2300079017	Medandravu Naga Sai Lokesh	Mech	Lokesh
70	2300079018	Kodali Eesha	Mech	Eesha
71	2300079019	Lingolu Mohan Sai Simhadri	Mech	Simhadri
72	2300079021	Chatharajupalli Aravind	Mech	Aravind
73	2300079022	Boya Dharma Teja	Mech	Dharma Teja
74	2300079023	Tulluru Srinivas Gowtham	Mech	
75	2300079024	Kunapareddy Naga Anish	Mech	
76	2200070025	Lohith Chinta	Mech	Chinta
77	2200070002	Bora Sai Gowtham Reddy	Mech	Sai Gowtham
78	2200070018	Dasari Nissi Josphin	Mech	Josphin
79	2200079004	Mandadi Prasanth Kumar	Mech	Kumar
80	2200079005	Sarnala Durga Deneswar	Mech	Deneswar
81	2200079006	Balla Suresh	Mech	Suresh
82	2200079007	Niddana Chandu Naidu	Mech	Chandu
83	2200079008	Vishnumolakala Syam Naga Sai	Mech	
84	2200079009	Vasireddy Dinakar Sri Satya Pavan	Mech	Satya Pavan
85	2200079010	Kokkiligadda Narendra Sai Kumar	Mech	N Sai

KRSP/CS/Ed
 16/8/24
 Dean (Student Affairs)
 Koneru Lakshmaiah Education Foundation
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 GreenFields, VADDESWARAM-522502,
 Guntur Dist, Andhra Pradesh.