



Koneru Lakshmaiah Education Foundation

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

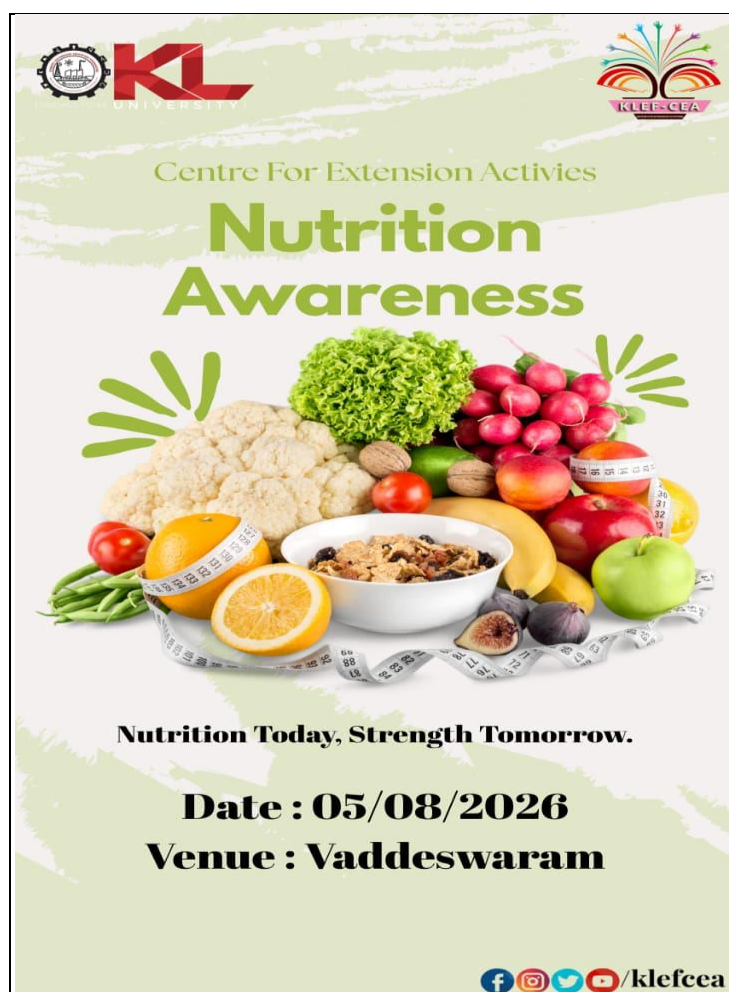
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Campus: Green Fields, Vaddeswaram - 522 302, Guntur District, Andhra Pradesh, INDIA.

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

Admin Off: 29-36-38, Museum Road, Governorpet, Vijayawada - 520 002. Ph: +91 - 866 - 3500122, 2577715, 2576129

A report on “NUTRITION AWARENESS”05/08/2026 at Z.P. High School, Vaddeswaram Village



Details of the Event:

Date of the Event	:	05-08-2026
Name of the Event	:	Nutrition Awareness
No. of Hours	:	01:30 PM To 04: 30 PM
Venue of the Event	:	Vaddeswaram Village
No. of Participants	:	Students: 65, Faculty: 02
No. of Beneficiaries	:	289

Description of the Event:

KLEF-CEA organized a "Nutrition Awareness Programme" on 05/08/2026 at Tadepalli Z.P. High School. The programme aimed to create awareness among students about the importance of a balanced diet and healthy eating habits. The session highlighted the benefits of proper nutrition, personal hygiene, and a healthy lifestyle for overall well-being. Students actively participated in the awareness programme through interactive discussions and activities. They learned about the importance of consuming nutritious food, avoiding junk food, and maintaining healthy daily habits. The programme encouraged students to adopt healthy dietary practices and spread awareness about good nutrition among their families and communities.

Objectives:

- ❖ To create awareness among students about the importance of balanced nutrition and healthy eating habits.
- ❖ To educate students on the role of essential nutrients in maintaining good health and overall well-being.
- ❖ To encourage the consumption of nutritious foods and reduce the intake of junk and processed foods.
- ❖ To promote healthy lifestyle practices, including proper hygiene and regular physical activity.
- ❖ To help students understand the importance of preventing nutritional deficiencies through a balanced diet.
- ❖ To motivate students to adopt healthy food choices and spread nutrition awareness among their families and communities.

Outcome:

The Nutrition Awareness Programme successfully achieved its objectives by improving students' understanding of the importance of balanced nutrition and healthy lifestyle practices. The awareness session enabled students to recognize the role of essential nutrients, proper hygiene, and regular physical activity in maintaining good

health and preventing nutritional deficiencies. Students actively participated in the programme and showed enthusiasm in learning about healthy food choices and the harmful effects of excessive consumption of junk food. The programme motivated them to adopt healthier dietary habits, make informed food choices, and practice a balanced lifestyle. It also encouraged students to share the knowledge gained with their families and peers, thereby promoting nutrition awareness and contributing to the development of a healthier community.

Impact of the Society:

The "Nutrition Awareness Programme" created a positive impact on society by promoting awareness about the importance of balanced nutrition, healthy eating habits, and a healthy lifestyle among students. The programme helped students understand the value of consuming nutritious food, maintaining proper hygiene, and preventing health issues caused by poor dietary practices. The knowledge gained through the awareness activities was shared with their families and the local community, encouraging better food choices and healthier living practices. As a result, the programme contributed to developing health-conscious individuals who are motivated to promote nutrition awareness and support the well-being of society.

Event Photos:



