



Koneru Lakshmaiah Education Foundation

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

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National Service Scheme (NSS)

Mobile Addiction Health Issues & Nutrition Awareness

KL

Break Free
Break Your

DATE:08-01-2026
PLAE:Kolanukonda

SPECIAL CAMP

राष्ट्रीय सेवा योजना
NATIONAL SERVICE SCHEME

/klfnss

Event : Mobile Addiction Health Issues & Nutrition Awareness
Date : 08-01-2026
Place : Kolanukonda

Objective:

The objective of the Mobile Addiction Health Issues and Nutrition Awareness programme on the occasion of the Special Camp is to educate people about the harmful effects of excessive mobile phone usage. It aims to create awareness on physical and mental health problems such as eye strain, sleep disorders, stress, and reduced concentration. The programme emphasizes the importance of balanced and nutritious food for healthy living. It encourages the adoption of healthy lifestyle habits, including limited screen time and regular physical activity. Awareness on proper diet helps prevent lifestyle-related diseases and improves overall well-being. Overall, the programme seeks to promote a healthy, balanced, and mindful way of life.

Description:

As per the guidelines of the Ministry of Youth Affairs and Sports, National Service Scheme (NSS), the Regional Directorate, and State NSS, the NSS Unit-12 of the College of Pharmacy, KL University organized an awareness programme on “Mobile Addiction Health Issues & Nutrition Awareness” as part of a Special Camp on Thursday, 8th January 2026, at Kolanukonda village under the Tadepalli-Mangalagiri Municipal Corporation limits, said Dr. G. Chakravarthi, Principal, College of Pharmacy, KL University. He stated that the programme was successfully conducted to create awareness about the growing health problems caused by excessive mobile phone usage, especially among youth. NSS Programme Officer Dr. R. Supriya explained that overuse of mobile phones can lead to eye strain, sleep disorders, neck and back pain, mental stress, and lack of concentration. She also highlighted how excessive mobile usage negatively affects eating habits, leading to increased junk food consumption and nutritional deficiencies.

Dean of Student Affairs Dr. K. R. S. Prasad emphasized the importance of maintaining a balanced and nutritious diet. He explained the need for timely meals, increased intake of fruits and vegetables, and adequate water consumption to maintain good physical and mental health. Through this programme, the objectives of promoting a healthy lifestyle, controlling mobile phone usage, and safeguarding physical and mental well-being among youth, students, and villagers were reinforced. NSS Programme Coordinator P. Srikanth Reddy stated that such awareness programmes contribute significantly to building a healthier future for society.

NSS Field Coordinator P. Suresh informed that the volunteers were divided into groups and conducted door-to-door awareness campaigns in the village. He also coordinated the programme. The efforts of the volunteers were appreciated by Vice-Chancellor Dr. G. Parthasarathi Varma, Pro Vice-Chancellors Dr. A. V. S. Prasad, Dr. N.

Venkataram, and Dr. K. Rajashekhara Rao, Dean Advisors Dr. Habibullah Khan, Registrar Dr. K. Subbarao, Principal Dr. V. Rajesh, Associate Dean Dr. Shanta Sri, NSS Programme Coordinator P. Srikanth Reddy, and other dignitaries.

Outcome:

The awareness programme helped participants understand the health risks associated with excessive mobile phone usage. People became aware of physical and mental issues such as eye strain, sleep problems, stress, and poor concentration. The programme highlighted the link between mobile addiction and unhealthy eating habits. Participants learned the importance of balanced nutrition and timely meals. Door-to-door awareness improved community participation and understanding. Overall, the event promoted healthier lifestyle choices and mindful use of mobile phones.

Impact on Society:

The programme created a positive social impact by promoting awareness of mobile addiction and its health consequences. It encouraged people, especially youth, to reduce screen time and adopt healthier daily routines. Increased awareness on nutrition helped improve dietary habits within the community. The initiative contributed to better physical and mental well-being among participants. Community engagement strengthened responsibility towards healthy living. In the long run, such programmes support the development of a healthier and more balanced society.

Details of the Event:

Name of the Event : Mobile Addiction Health Issues and Nutrition Awareness

Place of the Event : Kolanukonda

Date of the event : 08-01-2026

No. of Hours : 10:00 am to 05:00 pm

No. of Participants : Students: 50, Faculty: 02

No. of Beneficiary's : 1371

Event Photos:





