



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

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National Service Scheme (NSS)

"Awareness Program on Lifestyle Diseases"

The poster is for the National Service Scheme (NSS) Awareness Program on Lifestyle Diseases. It features the KL Koneru Lakshmaiah Education Foundation logo and the NSS logo. The title "Awareness Program on Lifestyle Diseases" is prominently displayed in a large, stylized font. Below the title, it says "Knowledge Today, Healthy Life Tomorrow". The poster includes two photographs: one showing three men looking at a chart, and another showing a group of people sitting on the floor in a room. Below these photos are two columns of icons representing common lifestyle diseases and major risk factors. At the bottom, there are icons for adopting healthy habits and a date/location box.

KONERU LAKSHMAIAH EDUCATION FOUNDATION
(KL DEEMED TO BE UNIVERSITY)

NATIONAL SERVICE SCHEME (NSS)
Responsibility and Community Service Programme

Awareness Program on Lifestyle Diseases

Knowledge Today, Healthy Life Tomorrow

Creating Awareness in the Community

Awareness Session for School Students

COMMON LIFESTYLE DISEASES

- HEART DISEASE
- DIABETES
- HYPERTENSION
- OBESITY
- RESPIRATORY DISEASES

MAJOR RISK FACTORS

- UNHEALTHY DIET
- PHYSICAL INACTIVITY
- TOBACCO USE
- ALCOHOL CONSUMPTION
- STRESS

ADOPT HEALTHY HABITS

- EAT HEALTHY
- STAY ACTIVE
- MANAGE STRESS
- MAINTAIN HEALTHY WEIGHT
- AVOID TOBACCO & ALCOHOL
- REGULAR HEALTH CHECKUPS
- GET ENOUGH SLEEP
- DRINK ENOUGH WATER

Small Changes Today, Big Difference Tomorrow

DATE : 30-07-2026

PLACE : MANGALAGIRI

Event : Awareness Program on Lifestyle Diseases
Date : 30-07-2026
Place : Mangalagiri

Objective:

The objective of the Awareness Program on Lifestyle Diseases is to educate the community about common conditions such as diabetes, hypertension, obesity, and heart disease. It aims to promote healthy habits, including balanced nutrition, regular physical activity, adequate sleep, and stress management. The programme encourages people to avoid tobacco, excessive alcohol consumption, and other unhealthy lifestyle practices. It also emphasizes regular health checkups and early detection to prevent complications and promote a healthier community.

Description:

As per the directives of the National Service Scheme (NSS) under the Ministry of Youth Affairs and Sports, Government of India, and in accordance with the guidelines of the Regional Directorate of NSS, Hyderabad, and the Andhra Pradesh State NSS authorities, an “Awareness Program on Lifestyle Diseases” was organized on Thursday, 30 July 2026, at a high school premises in Mangalagiri, Guntur District, under the aegis of the KL University NSS Cell and the Department of Biotechnology as part of the Social Responsibility and Community Service Programme.

Speaking on the occasion, Dr. K. R. S. Prasad, Dean – Student Affairs, KL University, stated that awareness was created among school students and local residents about various lifestyle-related diseases such as diabetes, hypertension, cardiovascular diseases, obesity, and other non-communicable diseases. He emphasized the importance of adopting healthy habits from an early age to prevent lifestyle-related health problems. Dr. P. Sreekanth Reddy, NSS Program Coordinator, explained that unhealthy dietary practices, lack of physical activity, excessive stress, inadequate sleep, and sedentary lifestyles are major contributing factors to lifestyle diseases. He advised students and villagers to include fresh vegetables, fruits, pulses, whole grains, and other nutritious foods in their daily diet. He also suggested reducing the consumption of foods high in oil, salt, and sugar, along with junk food and carbonated beverages.

He further encouraged everyone to engage in at least 30 minutes of walking, exercise, or other physical activities every day and advised students and community members to stay away from harmful habits such as tobacco consumption and alcohol use. Dr. V. Praveen Kumar, Head of the Department of Biotechnology, highlighted the importance of getting adequate sleep, maintaining mental well-being, managing stress effectively, and undergoing regular health check-ups for the early detection and prevention of lifestyle-related diseases.

Mr. P. Suresh, NSS Field Coordinator, coordinated the programme and ensured its successful conduct. The University authorities appreciated the NSS volunteers for their active participation and acknowledged the services rendered by the medical professionals from Sibar Institute of Dental Sciences, namely BNS. Jahnavi, CH. Deepika, D. Srivaishnavi, and B. Jeevanajyothi. The participating volunteers and medical team were appreciated by Dr. G. Parthasarathi Varma, Vice-Chancellor, KL University; Dr. N. Venkatram, Pro Vice-Chancellor; Dr. K. Rajasekhar Rao, Pro Vice-Chancellor; Dr. Habibullah Khan, Dean's Advisor; Dr. K. Subbarao, Registrar; Dr. T. K. Ramakrishna Rao, Principal, and other university officials for their valuable contribution towards promoting health awareness and community well-being.

Outcome:

The programme successfully created awareness among students and villagers about lifestyle-related diseases such as diabetes, hypertension, obesity, and cardiovascular diseases. Participants gained knowledge about the importance of a balanced diet, regular physical activity, adequate sleep, stress management, and regular health check-ups. The awareness session encouraged them to avoid unhealthy food habits, tobacco, alcohol, and sedentary lifestyles. Overall, the programme motivated the community to adopt healthier lifestyle practices and take preventive measures for better long-term health.

Impact on Society:

The programme had a positive impact on society by increasing awareness among students and villagers about the prevention and management of lifestyle-related diseases. It encouraged community members to adopt healthy dietary habits, regular physical activity, adequate sleep, and stress management practices. The programme also motivated people to avoid tobacco, alcohol, junk food, and other unhealthy lifestyle habits. Overall, it contributed to building a healthier, more health-conscious and responsible community.

Details of the Event:

Name of the Event : Awareness Program on Lifestyle Diseases

Place of the Event : Mangalagiri

Date of the event : 30-07-2026

No. of Hours : 10:00 am to 01:00 pm

No. of Participants : Students: 86, Faculty: 02

No. of Beneficiary's : 278

Event Photos:





సాక్షి

జంక్‌ఫుడ్‌తో అనారోగ్య సమస్యలు

మంగళగిరి రూరల్: పౌష్టికాహారాన్ని విస్మరించి జంక్‌ఫుడ్ తీసుకోవడం వల్ల ఊబకాయం, మధుమేహం, రక్తపోటు వంటి జీవనశైలి వ్యాధులు పెరుగుతున్నాయని కేఎల్ యూనివర్సిటీ కాలేజ్ ఆఫ్ ఫార్మసీ ప్రొఫెసర్ డాక్టర్ ఆర్.సుభాకార రాజు తెలిపారు. కేఎల్ యూనివర్సిటీ బయోటెక్నాలజీ ఎన్ఎస్ఎస్ ఆధ్వర్యంలో గురువారం మంగళగిరిలోని బాపూజీ విద్యాలయంలో నిర్వహించిన అవగాహన కార్యక్రమంలో ఆయన విద్యార్థులను ఉద్దేశించి మాట్లాడారు. ఆరోగ్యకరమైన జీవనశైలి, పౌష్టికాహారం, వ్యక్తిగత పరిశుభ్రత, పరిసరాల పరిశుభ్రతను అలవర్చుకోవాలని డీన్ స్టూడెంట్ అఫైర్స్ డాక్టర్ కె.ఆర్.ఎస్. ప్రసాద్ సూచించారు. కార్యక్రమంలో ఎన్ఎస్ఎస్ ఫీల్డ్ కోఆర్డినేటర్ పి.సురేష్, ప్రోగ్రామ్ ఆఫీసర్ డాక్టర్ ఎం.సుధామణి తదితరులు పాల్గొన్నారు.

జీవనశైలిలో మార్పులతో అనారోగ్యం

మంగళగిరి గ్రామీణం, న్యూస్టుడే: కేఎల్ యూనివర్సిటీ బయోటెక్నాలజీ ఎన్ఎస్ఎస్ ఆధ్వర్యంలో గురువారం మంగళగిరిలోని బాపూజీ విద్యాలయం విద్యార్థులకు జీవనశైలి మార్పులతో వచ్చే అనారోగ్య సమస్యల గురించి అవగాహన కల్పించారు. కార్యక్రమంలో ప్రొఫెసర్ డాక్టర్ సుధాకరరాజు, డాక్టర్ కేఆర్ఎస్ ప్రసాద్, ఎన్ఎస్ఎస్ ప్రోగ్రాం ఆఫీసర్ సుధామణి పాల్గొన్నారు.

Date : 31/07/2026 EditionName :
ANDHRA PRADESH(AMARAVATI
GUNTUR) PageNo :

Press Clippings Translation:

Sakshi E-Paper

Health Problems Caused by Junk Food

Mangalagiri Rural: Excessive consumption of junk food while neglecting nutritious food is contributing to an increase in lifestyle-related diseases such as obesity, diabetes, and hypertension, said Dr. R. Subhakara Raju, Professor, KLEF College of Pharmacy. He was addressing students at an awareness programme organized on Thursday at Bapuji Vidyalayam, Mangalagiri, under the aegis of KLU Biotechnology NSS. Dr. K. R. S. Prasad, Dean – Student Affairs, advised students to adopt a healthy lifestyle, consume nutritious food, maintain personal hygiene, and keep their surroundings clean. NSS Field Coordinator Mr. P. Suresh, Programme Officer Dr. M. Sudhamani, and others participated in the programme.

Eeandu E-Paper

Health Problems Caused by Lifestyle Changes

Mangalagiri Rural, News Today: An awareness programme on health problems caused by unhealthy lifestyle changes was organized for the students of Bapuji Vidyalayam, Mangalagiri, on Thursday under the aegis of KL University Biotechnology NSS. During the programme, students were educated about various health problems associated with unhealthy lifestyle practices and the importance of adopting healthy habits. Professor Dr. Sudhakara Raju, Dr. K. R. S. Prasad, and NSS Programme Officer Dr. Sudhamani participated in the programme.