



## 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: 29-38-38, Museum Road, Govenorpet, Vijayawada - 520 002. Ph: +91 - 866 - 3500122, 2578129

Ref: KLEF/RO/Women's Forum/2023-24

14/09/2023

### Orders of the Hon'ble Vice-Chancellor

#### CIRCULAR

**Sub:** "Health and Wellness Seminar on PCOD, Diabetes, and Obesity for students, faculty and staff" for girls' students and teaching staff of Vaddeswaram Campus of KLEF - Communication - Reg.

**Ref:** Letter dt. 14/09/2023 from Dr. Ruth Ramya Kalangi, Associate Dean (Student Affairs) & Convener Women Development Cell.

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This is to inform that the Women Development Cell (WDC) Women's forum, will be organizing a: "Health and Wellness Seminar on PCOD, Diabetes, and Obesity for students, faculty and staff" for girls' students and teaching staff of Vaddeswaram Campus of on 15/09/2023 (Friday)

**Date** : 15/09/2023 (Friday)

**Timings** : From 10:00 AM

**Venue** : KLEF

**Faculty coordinator:** Dr K Ruth Ramya /Dr K Sony

**Participation link:** <https://forms.gle/Q1vNTcW84gLjUy6A7>

**Resource person:** Wellness Coach, Mrs Vindhya Bapatata

**Category of the event:** Health – Well Being

All the Deans, Principals, HoDs and Functionaries concerned of KLEF-Vaddeswaram Campus are requested to ensure participation of your staff.



  
**REGISTRAR**  
Koneru Lakshmaiah Education Foundation  
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Green Fields, VADDESARAM-522 302,  
Guntur District, Andhra Pradesh.



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### **HEALTH AND WELLNESS SEMINAR ON PCOD, DIABETES, AND OBESITY FOR STUDENTS, FACULTY AND STAFF”**

**DATE: 15/09/2023**

**TIME: 10:00 AM**

**VENUE: KLEF**

#### **OBJECTIVES:**

The "Health and Wellness Seminar on PCOD, Diabetes, and Obesity," held on September 15, 2023, for KLEF faculty, staff, and students, and organized by Dr. K. Ruth Ramya and Dr. K. Sony, aimed to educate participants about the prevention and management of PCOD (Polycystic Ovarian Disease), Diabetes, and Obesity. The objectives of the seminar were to raise awareness about the causes and symptoms of these health conditions, provide information on healthy lifestyle choices and dietary habits that can mitigate their risks, and empower attendees with practical strategies for maintaining overall health and wellness. Mrs. Vindhya Bapatala, serving as the wellness coach, delivered informative sessions and practical advice to equip participants with the knowledge and tools necessary for improving their health outcomes.

#### **DESCRIPTION:**

Mrs. Vindhya Bapatala, serving as the wellness coach and resource person, led the event, which aimed to provide comprehensive information on preventing and managing PCOD, Diabetes, and Obesity. Participants benefited from informative presentations that addressed the causes, symptoms, and lifestyle factors contributing to these health conditions. Practical strategies for adopting healthier habits and making informed dietary choices were also discussed, empowering attendees to take proactive steps towards improving their overall health and wellness. The seminar encouraged dialogue and engagement among participants, fostering a supportive environment focused on promoting healthier lifestyles within the university community.

#### **OUTCOMES:**

Mrs. Vindhya Bapatala, as the wellness coach and resource person, effectively educated participants on the prevention and management strategies for PCOD, Diabetes, and Obesity. Attendees gained a deeper understanding of the health risks associated with these conditions and received practical advice on adopting healthy lifestyle choices. The seminar promoted awareness about the importance of regular exercise, balanced nutrition, and stress management in maintaining overall wellness.

Participants were motivated to implement changes in their daily routines to improve their health outcomes, fostering a community-wide commitment to healthier living practices at KLEF.

**PHOTOS:**



**Wellness Coach, Mrs Vindhya Bapatla addressing the students, staff on Health and Wellness Seminar on PCOD, Diabetes, and Obesity on 14.09.2023**



**Students are gathered at New Seminar for Seminar on 14.09.2023**

**Participated students list:**

1.	2001530003	PENDYALA DINESH SAI RAGHAVENDRA
2.	2001530004	GORLE NAGA DURGA
3.	2001520001	SHAIK MAHAMMAD RAFI
4.	2001520002	BETHAMCHARLA ANIL
5.	2001520003	BOGGARAPU DHANA DINESH
6.	2001520004	MIRIYALA SUDHAKAR
7.	2001520005	ANNAPAREDDY GAYATRI
8.	2001520006	MEGHANA N
9.	2001520007	VALLELA SIVA REDDY
10.	2001540001	GOTTIPATI DEDEEPPYA
11.	2001540002	ALUGOLU HEERA DURGA PRAKASH
12.	2001010001	PUTHA DEEPIKA SAI LAKSHMI
13.	2001010004	VEMPARALA RENUKA
14.	2001010005	KOTIKALAPUDI SREERAMACHANDRA KARTHIK
15.	2001010006	ADAPALA MONICA
16.	2001010007	BHANU RAJARAJESWARI KAPAVARAP
17.	2001010009	AGGARAPU CHANDANA
18.	2001010011	SREEJA NANNAPANENI
19.	2001010013	MOHAMMAD ALKASHA
20.	2001070001	BUDDIRAJU PRAVALLIKA
21.	2001070002	B N V VISHNU PRIYA CHIMAKURTHI
22.	2001070011	EMMANUEL MURAGIJIMANA
23.	2001070013	SHAIK REHNA SULTHANA
24.	2001050002	KALYAN CHAKRAVARTHY NARAYANA
25.	2001050003	BANDARUPALLI PUJITHA
26.	2001050008	IDUPULAPAATI ANOOJA
27.	2001050010	BANDI SRILEKHA
28.	2001050011	GUNTI REEMA
29.	2001050012	SOMU BAVYA SAI MANASA
30.	2001050014	DEVINENI POOJA SRI
31.	2001050017	THOTA AKHILA
32.	2001050018	KADIYALA SWATHI
33.	2001050021	GULAB SHA SK
34.	2001050022	VENKUMAHANTI CHANDRAHAAS
35.	2001030001	BOMMISSETTY SRIKANTH
36.	2001030002	SHAIK MOHAMMAD ARIFULLAH
37.	2001030003	KAJA SAI PRANEETH
38.	2001030004	BEERAM SREEJA
39.	2001030007	SYED AMEEN
40.	2001030009	MADHU VASIPALLI
41.	2001030014	MACHERLA SHRAVAN KUMAR
42.	2001030015	PUSULURI SAI SRAVANI
43.	2001030016	IHEZAGIRE ALAIN DANIEL
44.	2001040001	TUDUMU VIVEKA
45.	2001040002	VADDESWARAM ARUNDHATHI
46.	2001040003	RHUGWASANYE MIRINDI CHRISTIAN



47.	2001130003	AREMANDA PRADEEP SAI SIVA
48.	2001130006	GOLLA SIVAJI RAJA
49.	2001130007	MIRIYALA SUSHANTH
50.	2001130008	OMMI SHIRDI SAI BABA
51.	2001060001	VALLURI GAYATRI
52.	2001060002	THOTA RISHITHA
53.	2001060006	MYNENI UHASRE
54.	2001060008	GUMMADI DIVYA SREE

  
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