



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

National Nutritional Awareness Month



Youth Red Cross

National nutritional awareness month

The food you eat can be either the safest and most powerful form of medicine, or the slowest form of poison



Time: 10:00 Am To 4:00 Pm

Venue: Pedakonduru

Date: 13-03-2025



Details of the Event:

Name of the Event : National Nutritional Awareness Month

Date of event : 13-03-2025

Venue of the Event : Pedakonduru

No. of Hours : 10:00 am to 4:00 pm

No. of Participants : Students:25 Faculty:01



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Ref: KLEF/SA/YRC/2024-25

Dt. 11-03-2025

Orders of the Hon'ble Vice-Chancellor dt. 11-03-2025 CIRCULAR

Sub: Conduction of National Nutritional awareness month on 13-03-2025 – Communication – Reg.

Ref: Letter from Dr. K R S Prasad, In-charge Dean (Student Affairs)

This is to inform all Faculty members, Staff and Students of KLEF that Youth Red Cross (YRC), KLEF is organizing a “National Nutritional Awareness Month” on 13/03/2025, which aims to provide free information about nutrition and a balanced diet.

Details of the National Nutritional Awareness Month:

- **Date:** 13/03/2025
- **Time:** 10.00 am- 4:00 pm
- **Venue:** Pedakonduru

Event Co-Ordinator: Dr. R. Supriya, Assistant Professor, KL College of Pharmacy, E-mail ID: nandanaspriya@kluniversity.in, Mobile No. 8367541364.

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

Objective:

To educate and empower the rural community of Pedakonduru on the significance of balanced nutrition and healthy dietary practices as part of National Nutritional Awareness Month. This initiative, led by the KLEF Youth Red Cross (YRC), aims to promote awareness about the impact of nutrition on overall health, prevent malnutrition-related conditions, and encourage the adoption of sustainable and locally available nutritious food habits through interactive sessions, demonstrations, and community engagement activities.

Description:

As part of National Nutritional Awareness Month, the Youth Red Cross (YRC) unit of KLEF organized a community outreach program in the village of Pedakonduru to spread awareness about the importance of nutrition and its role in maintaining a healthy lifestyle.

The event featured interactive awareness sessions led by student volunteers and faculty, focusing on topics such as balanced diets, common nutritional deficiencies, the importance of micronutrients, and the benefits of consuming locally available, seasonal foods. Practical demonstrations were conducted on preparing nutritious meals using affordable, everyday ingredients.

Health check-ups, including BMI assessment and nutritional counselling, were offered to the villagers, especially women and children, to help them understand their dietary needs. Educational materials in the local language were distributed to ensure long-term impact and understanding.

The event was well-received by the local community and served as a platform for bridging the knowledge gap between scientific nutritional guidance and traditional food practices. It also encouraged students to take an active role in social responsibility and rural health development.

Procedure of the Event:

1. Planning and Preparation:

The KLEF YRC team selected Pedakonduru village, prepared awareness materials, assigned volunteer roles, and coordinated logistics.

2. Venue Setup and Registration:

Upon arrival, the team set up the venue with registration desks, health check-up stations, seating arrangements, and display materials.

3. Awareness Sessions:

Informative talks were delivered on balanced nutrition, common deficiencies, hygiene, and the importance of local, seasonal foods.

4. Demonstrations and Activities:

Volunteers showcased healthy recipes, used food models and charts, and engaged villagers through interactive Q&A sessions.

Outcome of the event:

1. Increased Nutritional Awareness:

Villagers, especially women and children, gained a better understanding of balanced diets, essential nutrients, and healthy food habits.

2. Community Engagement:

Active participation from the local residents created an encouraging environment for open discussion on health and nutrition.

3. Health Insights:

The health check-up camp provided valuable insights into the nutritional status of the community, helping identify cases of undernutrition and poor dietary practices.

4. Empowered Volunteers:

Student volunteers enhanced their communication, leadership, and public service skills by directly engaging with the community.

Event Photos:



Participated Volunteers List:

Name of the event: National nutritional Awareness

Date: 13/3/25

Place: pedakonduru

S.No	ID.NO	Name of the Student	Branch	Year	M/F	Day scholar/Hosteller	Signature
1.	2101570008	Ayush Robertson	Pharm.D	4th	M	Day scholar	Ayush
2.	2101570001	Keerthi Vardhan	Pharm.D	4th	M	Day scholar	Keerthi
3.	2101570006	Ch. V. S. Lakshmi Saranya	Pharm.D	4th	F	Day scholar	Saranya
4.	2101570007	SIMON MWANGI	Pharm.D	4th	M	Hosteler	Simon
5.	2101570008	Lakshmi Satya	Pharm.D	4th	F	Day scholar	Satya
6.	2101570009	PERLA NANDU	Pharm.D	4th	M	Day scholar	Nandu
7.	2101570010	Sriralli	Pharm.D.	4th	F	Hosteler	Sriralli
8.	2101570011	Vamshi Venkata	Pharm-D	4th	M	Day-scholar	Vamshi
9.	2101570012	G. Bhargavi	Pharm-D	4th	F	Hosteler	Bhargavi
10.	2101570013	G. Namratha	Pharm-D	4th	F	Hosteler	Namratha
11.	2101570015	P. Lasya Sri	Pharm.D	4th	F	Hosteler	Lasya Sri
12.	2101570016	B. Piyush	Pharm.D	4th	M	DS	Piyush
13.	2101570016	R. Pavani Sai Viswanath	Pharm.D	4th	M	DS	Pavani
14.	2101570017	R. Hemant Kumar	Pharm.D	4th	M	Hosteler	Hemant
15.	2101570018	A. Komaleena	Pharm.D	IV	F	DS	Komaleena
16.	2101570019	SR. Mahanand Noor	Pharm.D	IV	M	Day scholar	Noor
17.	2101570020	H. Naga Eesta	Pharm.D	IV	F	Day scholar	Eesta
18.	2101570021	U. Sai thanmaya	Pharm.D	IV	F	Day scholar	U. Sai
19.	2101570022	K. Ishwara Bhardwaj	Pharm.D	IV	F	DS	Ishwara
20.	2101570023	G. Vaia Raghav	Pharm.D	4th	M	DS	Vaia
21.	2101570024	T. ASmitha	Pharm.D	IV	F	DS	ASmitha
22.	2101570026	K. Dostina	Pharm.D	4th	F	Day scholar	Dostina
23.	2101570027	K. Vasum	Pharm.D	4th	M	DS	Vasum
24.	2101570028	S. Devi Ajwina	Pharm.D	4th	MF	DS	Devi Ajwina
25.	2101570012	Jugadeesh	Pharm.D	4th	M	Day sch	Jugadeesh

KRSPLCsed

Dean (Student Affairs)
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