



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

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



Youth Red Cross

NATIONAL NUTRITIONAL AWARENESS MONTH

18-03-2026

09:30 am to 4:00 pm

VENUE: NUTAKKI

Details of the Event:

Name of the Event : National Nutritional Awareness Month

Date of event : 18-03-2026

Venue of the Event : Nutakki

No. of Hours : 09:30 am to 4:00 pm

No. of Participants : Students:24 Faculty:01



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Ref: KLEF/SA/YRC/Events/2025-26

Date: 16.03.2026

Orders of the Hon'ble Vice-Chancellor dt. 16-03-2026

CIRCULAR

Sub: Organizing “ National Nutrition Awareness Month” by Youth Red Cross (YRC)
on 18/03/2026- Reg

Ref: Letter dated 16-03-2026 from Dr.K.R.S. Prasad, I/c.Dean (SA).

This is to inform all Faculty, Staff and Students of KLEF that Youth Red Cross (YRC) is organizing “National Nutrition Awareness Month” as per the details given below.


Date : 18/03/2026

Time : 09:30 AM onwards

Venue : Nutakki.

For any queries regarding this event contact - **Dr. R. Supriya, YRC Professor In charge, Assistant Professor, College of Pharmacy, KLEF (Mobile No. 8367541364, E-mail: nandanasupriya@kluniversity.in).**

HoDs/Functionaries are directed to bring this information to the notice of all the Faculty members, staff and students of their respective departments.


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



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Objective:

To raise awareness among the rural population of Nutakki village about the importance of balanced nutrition and healthy eating habits as part of National Nutrition Awareness Month. The initiative organized by the KLEF Youth Red Cross (YRC) aimed to educate community members about the role of proper nutrition in maintaining overall health, preventing malnutrition and lifestyle-related diseases, and encouraging the consumption of nutritious, locally available foods through awareness sessions and community interaction.

Description:

On the occasion of **National Nutrition Awareness Month**, the **Youth Red Cross (YRC) unit of Koneru Lakshmaiah Education Foundation (KLEF)** organized a nutrition awareness program in **Nutakki village on 18-03-2026** to educate villagers about the significance of healthy dietary practices.

The program included interactive awareness sessions conducted by YRC student volunteers and faculty members. The sessions focused on topics such as the importance of balanced diets, essential nutrients required for good health, common nutritional deficiencies, and the benefits of consuming locally available and seasonal foods. Villagers were also informed about the importance of maintaining proper hygiene and healthy lifestyle habits.

Basic health assessments, including **BMI measurement and nutritional counselling**, were provided to villagers, with special attention given to women and children who are more vulnerable to nutritional deficiencies. Educational pamphlets in the local language were distributed to ensure that the information could be easily understood and remembered.

The event was warmly received by the community and helped bridge the gap between scientific nutritional knowledge and traditional food practices. It also encouraged students to actively participate in community service and rural health promotion.

Procedure of the Event:

1. Planning and Preparation:

The KLEF YRC team planned the awareness program by selecting Nutakki village, preparing educational materials, organizing volunteers, and coordinating with local authorities for the smooth conduct of the event.

2. Awareness Sessions:

Volunteers delivered informative talks on balanced nutrition, the importance of vitamins and minerals, prevention of malnutrition, and the role of healthy dietary habits in maintaining overall well-being.

Outcome of the event:

1. Increased Nutritional Awareness:

Villagers gained better knowledge about the importance of balanced diets, essential nutrients, and healthy eating practices necessary for maintaining good health.

2. Improved Community Participation:

The awareness program encouraged active participation from villagers, creating an environment for open discussions on nutrition and healthy lifestyles.

3. Identification of Nutritional Issues:

The health check-up and BMI assessment helped identify individuals with potential nutritional concerns, enabling them to receive basic counselling on dietary improvements.

4. Skill Development for Volunteers:

Student volunteers developed leadership, teamwork, and communication skills while engaging directly with the rural community and promoting public health awareness.

Event Photos:



Name of the Event: National Nutrition Awareness Date: 18/03/2026

Place: Nutakki

S.No	ID.No	Name	Branch	Blood Group	M/F	Phone Number	Signature
1.	2501570005	M. Reehmasi	Pharm D	B+ve	F	994924566	[Signature]
2.	2501570018	Jlannah Grace	Pharm-D	O+ve	F	8121132100	[Signature]
3.	2501570016	SK Arman Basha	Pharm-D	A+ve	M	6302843755	[Signature]
4.	2501570022	L. Sai Ganesh	Pharm-D	O+ve	M	9830819294	[Signature]
5.	2501570002	SK. Yamin	Pharm-D	B+ve	F	9490545878	[Signature]
6	2501570010	M. Bindu Lakshmi	Pharm-D	O+ve	F	7670999065	[Signature]
7.	2501570021	T. Krishna Hanika	Pharm-D	O+ve	F	833895330	[Signature]
8.	2501570026	P. Yamini Devi	Pharm-D	A-ve	F	8008960811	[Signature]
9.	2501570030	M. Sarvani	Pharm-D	A+ve	F	9581718999	[Signature]
10	2501570010	G. Purna	Pharm-D	O+ve	F	9444444444	[Signature]
11	2501570011	Amulya T	Pharm-D	B+ve	F	8341522552	[Signature]
12	2501570014	K. V. Komali Kanya	Pharm-D	B+ve	F	2635587460	[Signature]
13	2501570008	J. Sneha	Pharm-D	O+ve	F	7671876376	[Signature]
14	2501570004	J. Ananya	Pharm-D	O+ve	F	9106642652	[Signature]
15	2501570006	Avani	Pharm-D	O+ve	F	6300241950	[Signature]
16.	2501570028	A. Aishwarya	Pharm-D	B+ve	F	8121338922	[Signature]
17	2501570023	D. Keshav Jai	Pharm-D	A+ve	M	9398393100	[Signature]
18.	2501570029	Kaleshwari A Rao	Pharm-D	O+ve	M	7933055549	[Signature]
19	2501570003	L. Dhanshujee Devi	Pharm-D	O+ve	F	9381960497	[Signature]
20	2501570001	Nikhila	Pharm-D	A+ve	F	9444019747	[Signature]
21	2501570013	Pavan	Pharm-D	A+ve	M	6302846752	[Signature]
22	2501570012	Siya	Pharm-D	A+ve	F	812841246	[Signature]
23	2501570019	Sowmya	Pharm-D	B+ve	F	8121338922	[Signature]
24.	2501570005	M. Sai Siddhartha	Pharm-D	A+ve	M	9841105106	[Signature]

KRSPeeresg
 Dean (Student Affairs)
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