



## 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](http://www.klef.ac.in); [www.klef.edu.in](http://www.klef.edu.in); [www.kluniversity.in](http://www.kluniversity.in)

Admin Off: 29-36-38, Museum Road, Governorpet, Vijayawada - 520 002. Ph: +91 - 866 - 3500122, 2576129



Youth Red Cross

## National Cholesterol Day

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, Peddapalem

Date: 19-09-2025



### Details of the events:

**Event** : National Cholesterol Day

**Date** : 19-09-2025

**Venue** : Pedakonduru, Pedapalem

**Registration at** : Indoor Stadium 008

**No. of Participants** : 33



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Ref: KLEF/SA/YRC/Events/2025-256

Date: 16-09-2025

### Orders of the Vice Chancellor dt. 16-09-2025

#### CIRCULAR

Sub: Conduction of National Cholesterol Day on 19-09-2025 in Pedhakoduru, Peddhpalem, Guntur – Reg.

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

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To promote awareness about the importance of balanced nutrition, healthy eating habits for overall well-being and educate individuals on making informed food choices to prevent lifestyle-related diseases and enhance quality of life.

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

**Description:**

The Awareness Program on National Cholesterol Day is designed to educate people about the significance of maintaining healthy cholesterol levels for a healthy heart and overall well-being. The program will highlight the causes and consequences of high cholesterol, the importance of regular screening, and practical steps to manage it through balanced diet, physical activity, and lifestyle changes. Interactive sessions, expert talks, and health check-up opportunities will be included to empower participants with knowledge and motivate them to adopt heart-healthy habits.

**1. Educate on Cholesterol Basics**

- Raise awareness about what cholesterol is, the difference between LDL ("bad") and HDL ("good") cholesterol, and how cholesterol levels affect cardiovascular health.

**2. Promote Healthy Lifestyle Choices**

- Encourage people to adopt a heart-healthy lifestyle, including a balanced diet low in saturated fats and trans fats, regular physical activity, and avoiding smoking or excessive alcohol consumption.

**3. Encourage Regular Cholesterol Screening**

- Highlight the importance of getting cholesterol levels checked regularly, especially for people over 20 years of age, or those at higher risk of heart disease.

**4. Highlight Risk Factors**

- Educate the public about risk factors for high cholesterol, such as poor diet, lack of exercise, obesity, smoking, and family history of high cholesterol or heart disease.

**5. Provide Information on Managing High Cholesterol**

- Share practical tips on how to lower cholesterol levels, including medication options, dietary changes, and lifestyle modifications.

**6. Dispel Common Myths**

- Address and correct common misconceptions about cholesterol, such as the belief that all cholesterol is harmful or that only overweight individuals are at risk.

**7. Promote Cardiovascular Health**

- Broaden the discussion to include the overall impact of high cholesterol on cardiovascular health, including its role in increasing the risk of heart disease, heart attack, and stroke.

## **8. Encourage Community Involvement**

- Foster community activities like cholesterol screening drives, health fairs, fitness challenges, or workshops led by healthcare professionals.

## **9. Provide Resources for Further Support**

- Offer access to educational materials, websites, or local healthcare services where people can get more information or help in managing their cholesterol.

## **10. Support Policy Advocacy**

- Advocate for public health policies that promote heart health, including access to cholesterol-lowering medications, healthier food options, and public health campaigns for better lifestyle choices.

### **The procedure of the Event:**

1. The KLEF Pharma-D & B.Pharmacy students arrived to Pedakoduru, Pedhapalem, Guntur.
2. The team provided information leaflets to people to know about the problem
3. Then they advise the foods that improve the good health and some exercises that lower the cholesterol levels and also about the screen time
4. The students and participants actively engaged in awareness of the program and asked questions about foods to be taken and were asked to perform exercise that improves weight.
5. The event concluded with the students and participants gaining a better understanding of regular checkups of lipid profile and screening importance

### **Outcome:**

1. The event successfully raised awareness about cholesterol and screening importance among the participants.
2. The KLEF 4<sup>th</sup>&5<sup>th</sup> Pharma-D students effectively organized the program, ensuring that the main objective of creating awareness was achieved.
3. The volunteers demonstrated professionalism and friendliness throughout the event.
4. Promote regular checkups and screening.
5. Some people showed interest in asking questions and clarified their doubts.

Overall, the Awareness program on National Cholesterol Day conducted by the KLEF 4<sup>th</sup>&5<sup>th</sup> Pharma-D students went for door-to-door interaction at Pedakoduru, Pedhapalem, Guntur on September 19, 2025, successfully educated participants about the Cholesterol levels

## **Event Photos:**







Name of the Event: National Cholesterol Day

Date: 19/9/2023

Place: pedakonduru + pedapalem

S.No	ID. No	Name of the Student	Branch	Year	Male/ Female	Dayscholar/ Hostler	Signature
1	2101570028	B. Jyothi	Pharmacy	5th	F	Dayscholar	Jyothi
2	2101570022	K. Jyostna	Pharmacy	3th	F	Dayscholar	K. Jyostna
3	2501570002	SK Yasmin	pharmacy	1st	F	dayscholar	SK Yasmin
4	2101570015	P. LasyaLree	pharmacy	5th	F	Hosteler	P. LasyaLree
5	2101570021	Thammaye	pharmacy	5th	F	Dayscholar	Thammaye
6	2101570013	G. Namratha	Pharmacy	5th	F	Hosteler	G. Namratha
7	2101570010	Greenvally	Pharmacy	5th	F	Dayscholar	Greenvally
8	2501570011	Amulya T	Pharm.D	1st	F	Dayscholar	Amulya T
9	2101570012	G. Bhargavi	pharm.D	5th	F	Hosteler	G. Bhargavi
10	2101570026	K. Deshna	pharm.D	5th	F	Dayscholar	K. Deshna
11	2501570021	T. Krishna Lakshmi	pharm.D	1st	F	Dayscholar + Hosteler	T. Krishna Lakshmi
12	2101570008	K. Bharadwaj	pharm.D	5th	M	Dayscholar	K. Bharadwaj
13	2101570027	K. Varun	pharm.D	5th	M	Dayscholar	K. Varun
14	2101570023	G. Pranathi	pharm.D	5th	M	Dayscholar	G. Pranathi
15	2301670001	Kshan mulch	pharm.D	3rd	M	Dayscholar	Kshan mulch
16	2101570018	A. Komaleena	Pharmacy	5th	F	Dayscholar	A. Komaleena
17	240053002	K. pranathi	B.Pharm	2nd	F	Hosteler	K. pranathi
18	2400530018	Budha.	B.Pharm	2nd	F	Dayscholar	Budha.
19	2400530027	Bhanu	B.Pharm	2nd	F	Dayscholar	Bhanu
20	2400530015	Pravalika.	B.Pharm	2nd	F	Hosteler	Pravalika.
21	2400530031	Keerthana	B.Pharm	2nd	F	Hosteler	Keerthana
22	2400530011	Harshini	B.Pharm	2nd	F	Dayscholar	Harshini
23	2400530024	Hema	B.Pharm	2nd	F	Dayscholar	Hema
24	2400530029	Suma	B.Pharm	2nd	F	Dayscholar	Suma
25	2400530035	Pranav	B.Pharm	2nd	F	Dayscholar	Pranav
26	2400530020	Yasmin	B.Pharm	2nd	M	Dayscholar	Yasmin
27	2501570023	Rekha	pharm.D	1st	F	Hosteler	Rekha
28	2501570010	F. Padma Lakshmi	pharm.D	1st	F	Dayscholar	F. Padma Lakshmi
29	2501570025	Dhruvija dasi	pharm.D	1st	F	Dayscholar	Dhruvija dasi

P.T.O

30	2501570018	Hannah Grace	Pharm.D	1st Year	F	Dayscholar Grace
31	2501570004	A. Bhupesh	Pharm.D	1st Year	F	Dayscholar Bhupesh
32	2501570019	Samya	Pharm.D	1st Year	F	Dayscholar Samya
33	2501570020	Prem	Pharm.D	1st Year	F	Dayscholar Prem
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19/9/25

Dean (Student Welfare),  
Kongar Lakshmi Education Foundation  
(Deemed to be University),  
Gigenpally, VADDESWARA P-522302,  
Guntur Dist, Andhra Pradesh.