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No. SRU/ NSS/Events/2022

Date: 28-02-2022

**CIRCULAR**

**Sub:** Conduction of Awareness on the III- effects of soft drinks event on 03-03-2022 at Arya Boys Govt. High School, Fort Warangal.

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This is to inform that the National Service Scheme (NSS) will be organizing the "Awareness on the III-Effects of Soft Drinks"

**Event** : Awareness on the III-Effects of Soft Drinks  
**Place** : Arya Boys Govt. High School, Fort Warangal  
**Date** : 03-03-2022  
**Timings** : 11:00 AM to 1:00 PM

All the NSS Unit-1 students are required to participate in the event. For further details, Mr.K.Ravindar, NSS Program Coordinator, may be contacted.

  
**REGISTRAR**  
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**SR UNIVERSITY**  
(V) Ananthasagar, (M) Hasanparthy  
Dt: Warangal - 506371, T.S.





### Awareness on the III-Effects of Soft Drinks

#### Details of the Event:

**Date of the Event** : 03-03-2022  
**Name of the Event** : Awareness on the III-Effects of Soft Drinks  
**Venue** : Arya Boys Govt. High School, Fort Warangal

#### Objective:

The program was to educate government school students about the harmful effects of regular soft drink consumption. The program will focus on increasing students' knowledge of the unhealthy ingredients in soft drinks, such as high sugar content, artificial Flavours, and preservatives, and their potential health risks, including obesity, diabetes, and dental problems.

#### Description:

National Service Scheme (NSS) Unit-1, organized a program on Awareness on the III-Effects of Soft Drinks. The NSS volunteers conducted an impactful soft drinks awareness program at a government school in Warangal, focusing on educating students about the health risks associated with soft drink consumption. The program began with interactive sessions where students learned about the harmful ingredients commonly found in soft drinks, such as high levels of sugar, caffeine, and artificial additives.

#### Outcomes:

The soft drinks awareness program conducted by NSS volunteers at the government school in Warangal yielded several positive outcomes:

1. **Increased Knowledge:** Students demonstrated a significant improvement in understanding the harmful effects of soft drinks. Pre- and post-program surveys showed that most students could now identify the high sugar content, artificial additives, and potential health risks associated with regular soft drink consumption.
2. **Behavioural Change:** There was a noticeable shift in students' beverage choices. Many reported reducing their intake of soft drinks and opting for healthier alternatives such as water, milk, and natural fruit juices. This change was also supported by teachers and parents who noticed students making more health-conscious decisions.

#### Impact on Society:

The positive feedback from the surveys and the observable changes in students' behaviour and attitudes indicated the program's success. The data collected will help improve future awareness programs and tailor them to better meet the needs of the students.

Overall, the program effectively educated students, encouraged healthier habits, and fostered a community-wide commitment to reducing the consumption of soft drinks.





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Event Poster:



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Event Photos:



"Think before you drink! Soft drinks may quench your thirst, but they can harm your health.  
Choose water for a healthier, happier you!"





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**Volunteers List:**

Sl.No.	Name of the student	Programme name	Signature
1	EARLA MAANASS SUDHESH ISTHAARTH	B.Tech (ECE)	
2	CHAGANTI SRIRAM	B.Tech (ECE)	
3	DOMMATI PAVAN KUMAR	B.Tech (ECE)	
4	GOPU SHYLAJA	B.Tech (ECE)	
5	GUNDA MANISHA	B.Tech (ECE)	
6	JARUPULA PRIYANKA BAI	B.Tech (ECE)	
7	JARUPULA SAI KIRAN	B.Tech (ECE)	
8	KAMPA GAYATHRI CHALSIA	B.Tech (ECE)	
9	KATARI ABHISHEK	B.Tech (ECE)	
10	SADINENI PAVAN KUMAR	MBA	
11	SANDUPATLA SAI DEEPTHI	MBA	
12	SAYABOINA SIRISHA	MBA	
13	SINGAPURAM VENNELA	MBA	
14	EDULAPALLY POOJITHA	B.Sc (Hons.) Agriculture	
15	K SAHITHI	B.Sc (Hons.) Agriculture	
16	KESHAVENI PRANAY	B.Sc (Hons.) Agriculture	
17	KATTA HARIKA	B.Sc (Hons.) Agriculture	
18	BANOTHU ANUSHA	B.Sc (Hons.) Agriculture	
19	MEDIPELLY JEEVAN KUMAR GOUD	B.Tech (CSE)	
20	MOHAMMAD AFROZ	B.Tech (CSE)	
21	NAGABELLY SATHWIKA	B.Tech (CSE)	
22	PERAMASANI KARTHEEK	B.Tech (CSE)	
23	PITTA ROHINI	B.Tech (CSE)	
24	POLOJU VEDAVYAS	B.Tech (CSE)	

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NSS PROGRAM  
COORDINATOR  
NSS COORDINATOR  
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