

NO.SRU/NSS/Events/2025

Date: 27-02-2025

## CIRCULAR

Sub: Conduction of Food Nutrition Awareness Program on 01-03-2025 at SR University - Reg.

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This is to inform that, National Service Scheme (NSS) of SR University will be organizing the "Food Nutrition Awareness Program".

**Event** : Food Nutrition Awareness Program  
**Place** : Sthambampalli  
**Date** : 01-03-2025  
**Timings** : 11:00 am – 01:00 pm

All the NSS unit Volunteers are required to participate in the event. For further details, Dr. K. Ravindar, NSS Program Coordinator, may be contacted.



REGISTRAR

REGISTRAR

SR UNIVERSITY

(V) Ananthasagar, (M) Hanumantharthy,  
Dt: Hanamkonda-506 371, T.G.

## Food Nutrition Awareness Program

### Details of the Event:

|                            |                                    |
|----------------------------|------------------------------------|
| <b>Date of the Event</b>   | : 01-03-2025                       |
| <b>Name of the Event</b>   | : Food Nutrition Awareness Program |
| <b>Venue</b>               | : Sthambampalli                    |
| <b>Time</b>                | : 11:00 AM to 01:00 PM             |
| <b>No. of Participants</b> | : 28                               |

### **Objective:**

The objective of this program was to promote awareness about the importance of balanced nutrition and healthy eating habits among students and the local community. The initiative aimed to educate participants on the essential nutrients required for optimal growth, physical well-being, and mental development. By highlighting the benefits of a nutritious diet and the risks associated with poor eating practices, the program sought to encourage informed food choices, combat malnutrition, and instill lifelong habits that support a healthy lifestyle.

### **Description:**

On 1st March 2025, a Food Nutrition Awareness Program was conducted at Sthambampalli from 11:00 AM to 01:00 PM. The event saw the active participation of 28 students who engaged in sessions focused on promoting balanced nutrition and healthy eating habits. Nutrition experts and health educators delivered informative talks on the essential nutrients needed for growth, immunity, and mental wellness. Interactive demonstrations and visual aids were used to explain the benefits of a balanced diet and the dangers of malnutrition and poor dietary choices. The program aimed to empower students with knowledge to make informed food choices and to spread awareness about nutritional well-being in their communities.

### **Outcome:**

The Food Nutrition Awareness Program successfully educated students about the importance of maintaining a balanced diet for optimal health and well-being. Participants gained valuable insights into the role of different nutrients in maintaining physical and mental health, and the significance of proper eating habits. Many students expressed a strong interest in adopting healthier lifestyles and sharing nutritional knowledge within their families and communities. The program empowered participants to make informed food choices, ultimately contributing to a community more conscious of their nutritional needs and health.

### **Impact on Society:**

The Food Nutrition Awareness Program made a significant contribution to enhancing public knowledge about nutrition and healthy eating habits. By involving students in learning about the importance of balanced diets, the program encouraged positive lifestyle changes and empowered participants to take responsibility for their health. The initiative is expected to lead to long-term improvements in dietary choices, reduce health risks associated with poor nutrition, and foster a more health-conscious community. Students are likely to share this knowledge within their families and communities, contributing to broader public health improvements.



**EVENT POSTER:**



**EVENT PHOTOS:**



**Caption:** Building a Healthier Future – Food Nutrition Awareness Program at Sthambampalli promotes balanced diets and empowers students to make informed food choices for a healthier lifestyle.

## VOLUNTEERS LIST:

| Sl.No | Name of the student        | Programme Name | Signature      |
|-------|----------------------------|----------------|----------------|
| 1     | LANJAPALLY ROHITHA         | ECE            | Rohitha        |
| 2     | ARELLI UTTEJ               | ECE            | Uttej          |
| 3     | BOMMAGANI CHANDANA         | ECE            | Chandana       |
| 4     | KANDUKURI SREEJA           | ECE            | Sreeja         |
| 5     | KOTHURI PAVAN SAI          | ECE            | Pavan Sai      |
| 6     | ABBANAPURAM ARUN           | ECE            | Arun           |
| 7     | PALLAM KUMAR RAJ           | ECE            | Kumar Raj      |
| 8     | PONNABOINA CHARAN SAI      | ECE            | Charan Sai     |
| 9     | KOKKU SATHWIK              | ECE            | Sathwik        |
| 10    | KAPARABOINA BHAVANI PRASAD | ECE            | Bhavani Prasad |
| 11    | SAMALA DEVI SRI PRASAD     | ECE            | Sri Prasad     |
| 12    | RISHITHA                   | CSE            | Rishitha       |
| 13    | K.MOUNIKA                  | CSE            | Mounika        |
| 14    | A.SRIRAM                   | CSE            | Sriram         |
| 15    | K.AKSHAY                   | CSE            | Akshaya        |
| 16    | B.SIDDU                    | CSE            | Siddu          |
| 17    | D.SAI VARSHITH             | CSE            | Varshith       |
| 18    | R.PRANAY                   | CSE            | Pranay         |
| 19    | G.PRAJITH                  | CSE            | Prajith        |
| 20    | B.SUJAN SIDDARTH           | CSE            | Sujan Siddarth |
| 21    | B.ANVESH REDDY             | CSE            | Anvesh         |
| 22    | D. KARTHIK                 | BSC-AGRI       | Karthik        |
| 23    | A. PRANITHA                | BSC-AGRI       | Pranitha       |
| 24    | G. NIHAL                   | MECH           | Nihal          |
| 25    | S. SAI KIRAN               | MECH           | Sai Kiran      |
| 26    | G. NANDHINI                | BSC-AGRI       | Nandhini       |
| 27    | Y. KRUTHIK REDDY           | CSE-IEP        | Kruthik Reddy  |
| 28    | B. SAI YASHWANTH REDDY     | MECH           | Yashwanth      |

  
**NSS Program Coordinator**  
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**SR UNIVERSITY**

**(V) Ananthasagar, (M) Hasanparthy,**  
**Dt: Hanamkonda-506 371, T.G.**

  
**Registrar**  
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