



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, 2578129

Ref: KLEF/SA/NSS/Events/2020-21

Date: 29-09-2020

Orders of the Vice-Chancellor dt. 29-09-2020

CIRCULAR

Sub: Conduction of online event Prevention of Heart Stroke on 30-09-2020 – Reg.

Ref: Letter dt. 28-09-2020 from Mr. P.Srikanth Reddy, Program Coordinator, KLEF NSS Cell and forwarded by Dean (Student Affairs).

This is to inform that, National Service Scheme (NSS) of KLEF will be conducting an online event Prevention of Heart Stroke on 30-09-2020.

Event : Prevention of Heart Stroke
Place : Online mode
Date : 30-09-2020
Timings : 9:30 am to 01:30 pm

All the NSS Unit- 7 students should participate in the event, Buses start from NSS Cell Indoor Stadium.

For Further information regarding the event contact Mr. P.Srikanth Reddy, KLEF NSS Programme Coordinator, Mobile No: 8466011222, or Mr. P.Suresh, Coordinator, NSS, Mobile No: 9493171719.

REGISTRAR

REGISTRAR

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





Koneru Lakshmaiah Education Foundation

(Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

Accredited by NAAC as 'A++' Grade University ❖ Approved by AICTE ❖ ISO 9001-2015 Certified

Campus: Green Fields, Vaddeswaram - 522 502, Guntur District, Andhra Pradesh, INDIA.

Phone No. 0863 - 2399999; 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 -2577715, Fax: +91-866-2577717.

Date: 30-09-2020

A Report on Prevention of Heart Attack & Stroke Conducted on 30-09-2020

KL Deemed to be University (Koneru Lakshmaiah Education Foundation) Computer Science Engineering (CSE) Unit – 07 National Service Scheme (NSS) has conducted an “**Awareness program on Prevention of Heart Attack & Stroke**” on 30th September 2020 on the eve of “**World Heart Day**”. As 29th September is “World Heart Day”, it’s a reminder to take care of your heart so that you live a better, longer and more heart-healthy life. Do what it takes to start, to have a healthy heart. The one organ in our body which gives us the real meaning of being alive is our heart.

Date of the Event: 30-09-2020

Name of the Event: Prevention of Heart Attack & Stroke

Venue: Online

No. of Participants: Students- 100, Faculty-09

**Awareness program on
Prevention of heart attack & stroke**

Dr. Murali Babu Rao,
Senior Cardiologist,
Guntur Government General Hospital

30-09-2020
(Wednesday) 11 AM To 12 PM

Webinar link
<http://bit.ly/KLEFNSSWEBINAR>

Contact for more details:
nss@kluniversity.in

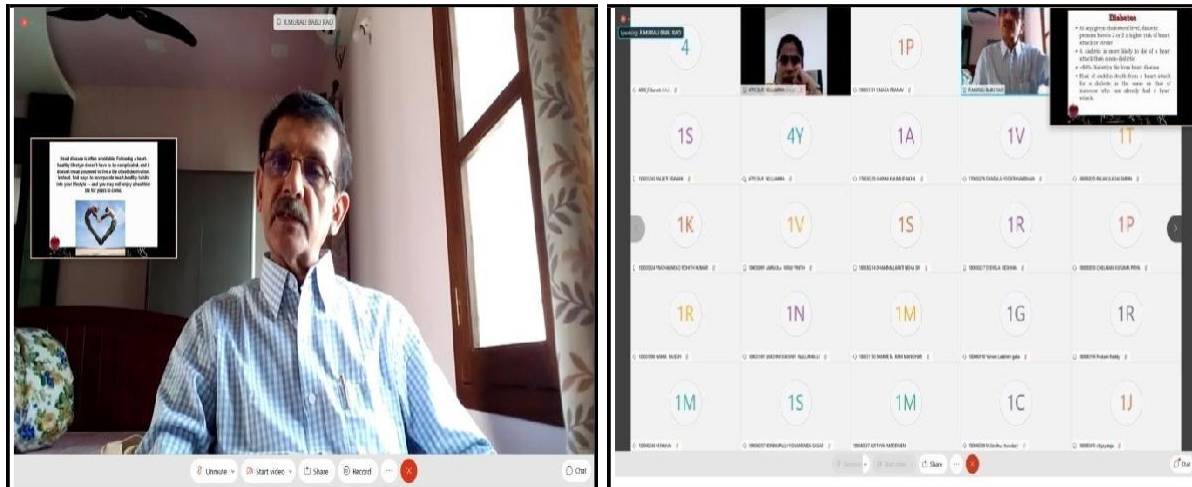
World Heart Day
SEPTEMBER 29TH

The **HEART** begins beating at four weeks
after conception and does not
stop until dead

/KLEFNSS

Dr. Murali Babu Rao, Senior Cardiologist from Guntur Government General Hospital is the speaker of the webinar. Unit Program Officer Dr P. Yellamma, other unit

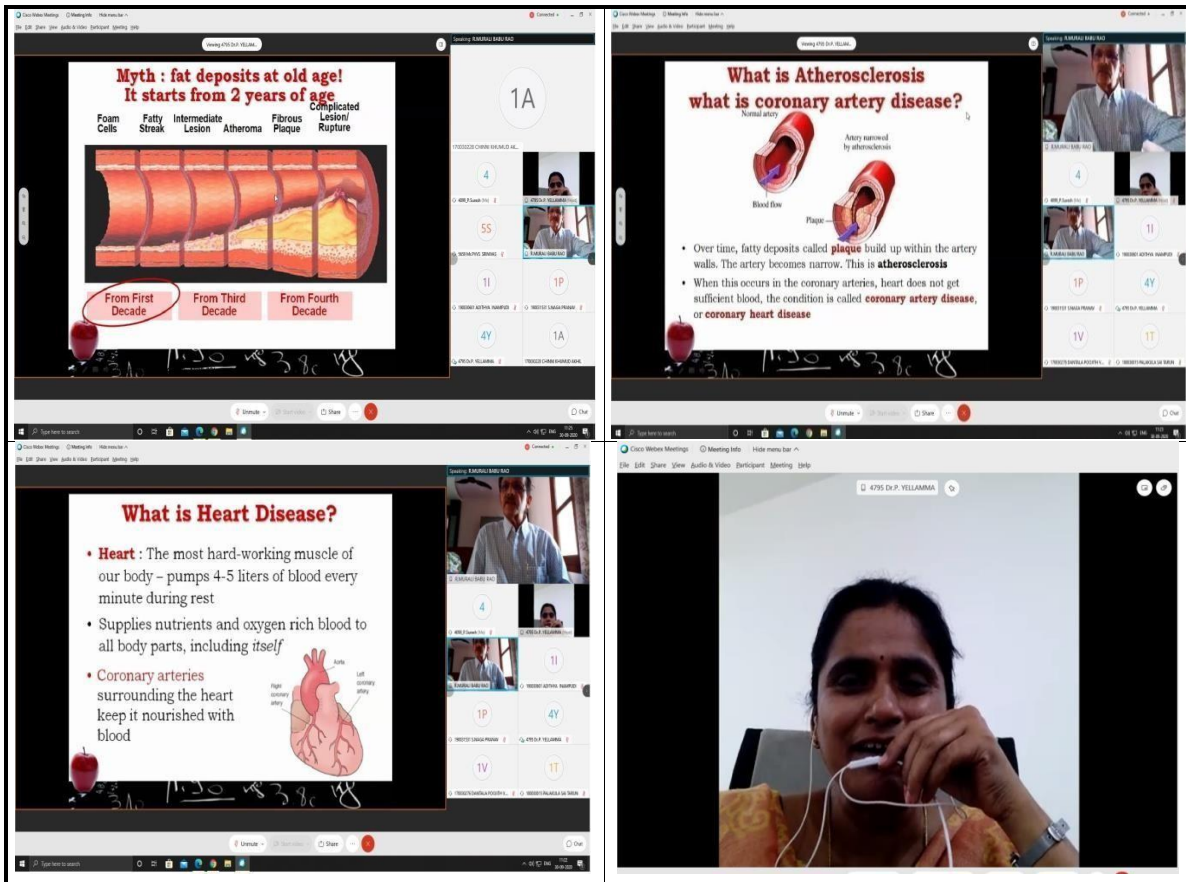
PO's and NSS volunteers joined the webinar and gained knowledge regarding heart diseases. The Doctor had discussed many topics related to heart, prevention of heart diseases, symptoms, risks, diet to be taken and things to follow daily to be healthy etc...



Dr. Murali Babu Rao, Senior Cardiologist, Guntur, Government General Hospital session

Topics Discussed:

- What is Heart Disease?
- What is Atherosclerosis?
- What is Coronary Artery Disease?
- Are other organs affected?
- Symptoms of Heart Disease?
- What Increases the risk?
- Good vs. Bad Cholesterol?
- Obesity?
- Various reasons that causes heart diseases? (Smoking, physical inactivity, Alcohol, Diabetes)
- Preventing Steps to protect Heart.
- Dietary Guidelines
- Exercise
- Stop Smoking and Alcohol Consumption
- Controlling Blood Pressure
- Controlling Blood Sugar
- Reducing Cholesterol



☐ Finally the Doctor has clarified all the doubts and myths of the participants.

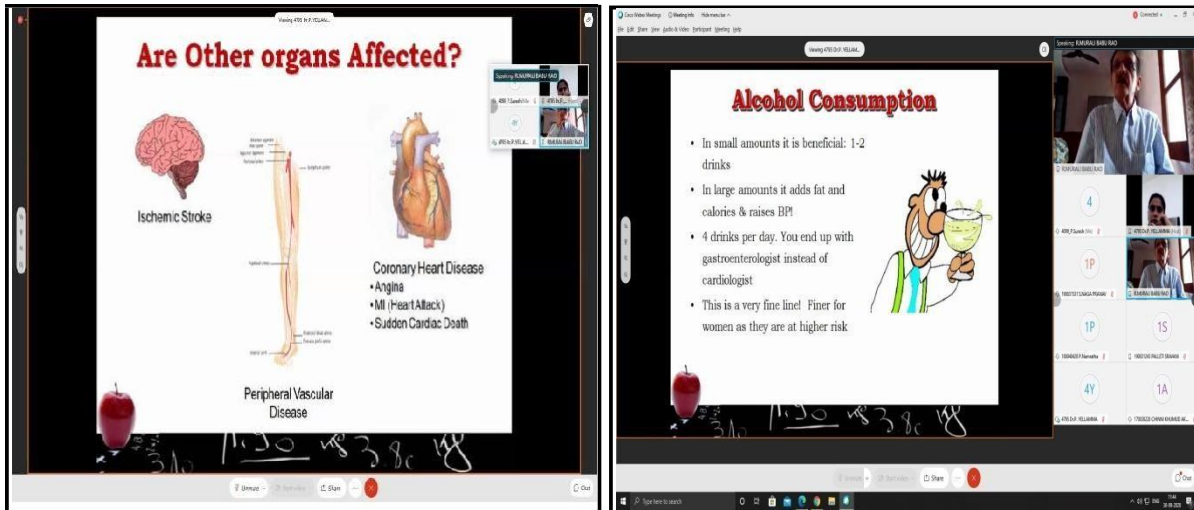
from 190031455 SHRI HARRSHA SAMALA to everyone: 12:04 PM
 sir daily 1hour is sufficient to do exercise
 from 190031253 Gyan Sai Kumar to everyone: 12:08 PM
 Sir is fatty milk is completely harmful sir?
 from 190030601 ADITHYA INAMPUDI to everyone: 12:09 PM
 how to control Blood Pressure
 from 4099_P.Suresh to everyone: 12:09 PM
 How many hours sleep in a day
 from Dr.P.V.Chalapathi ME-5869 to everyone: 12:09 PM
 how to differentiate heart stroke and brain stroke looking at a patient?

 from 190031243 PALLETI SRAVANI to everyone: 12:11 PM
 sir my father consulted doctor sir doctor said that 50% block in supplying of blood sir and also sweat sir .can you suggest any precautions to been taken sir

 from 180040194 Prakash Reddy to everyone: 12:11 PM
 what is first aid to be taken before taking to hospital when there is a cardiac arrest?

Doubts by the participants and their family members

from 190031440_Sai Kiran Reddy to everyone: 12:13 PM
 Sir Can U suggest the what type of food diet to prevent the heart attack..
 to 4795 Dr.P. YELLAMMA (privately): 12:13 PM
 k mam
 from 190031455 SHRI HARRSHA SAMALA to everyone: 12:15 PM
 what weight should be maintained with age ?
 from 190031243 PALLETI SRAVANI to everyone: 12:20 PM
 should we use medication for blood block life long sir
 from 190031243 PALLETI SRAVANI to everyone: 12:21 PM
 if the lifestyle is balanced also sir
 from 180031090 NAMA RAJESH to everyone: 12:21 PM
 how corona virus is affecting human heart



from 180031090 NAMA RAJESH to everyone: 12:23 PM
 having less blood in body effects heart sir?
 from 190031243 PALLETI SRAVANI to everyone: 12:25 PM
 sometimes if we have pain near heart and chest is it related to heart attack sir
 from 180040428 P.Namratha to everyone: 12:25 PM
 water content we need to intake per day sir?
 from 190031580 Tangaturu chandana to everyone: 12:26 PM
 can we prevent genetic diabetes

Queries or myths asked by participants

Heart disease is often avoidable. Following a heart-healthy lifestyle doesn't have to be complicated, and it doesn't mean you need to live a life of self deprivation. Instead, find ways to incorporate heart-healthy habits into your lifestyle and you may well enjoy a healthier life for years to come.

Photo Description:

In the photo, a student is depicted in a clean and well-organized home environment. The student is actively engaged in cleaning and tidying up a room, symbolizing their commitment to promoting a clean and hygienic living space. They are wearing practical and comfortable clothing suitable for cleaning tasks, such as a t-shirt and jeans, with their hair tied back to keep it away from their face. The photo captures the essence of the student's dedication to raising awareness about heart attack and stroke prevention. It serves as a powerful visual representation of the importance of educating the community about these critical health issues and motivating individuals to adopt healthier lifestyles to reduce their risk.


List of Volunteers:


S.N	Unit No	Name of the Volunteer	Univ ID	Dept
1	7	D.S.V.S.U.S.S. Narayana Sarma	190030384	CSE
2	7	Leenasai Rajendra	190031884	CSE
3	7	V Srikanth	190031866	CSE
4	7	Denuvakonda Leena Thanmai	190030382	CSE
5	7	Kadavakollu Sravani	190030677	CSE
6	7	A.Akshita	190030086	CSE
7	7	Lasya Anitha.R	190031381	CSE
8	7	Pujala Jahnvi	190031353	CSE
9	7	Kilaru Balasankar	190030790	CSE
10	7	Yenumula Pranava Akanksha	190031809	CSE
11	7	Abhuri Roshini Kranthi	190030010	CSE
12	7	G.Jahnvi	190030470	CSE
13	7	Shaik Neehal Khaja Baba	190031500	CSE
14	7	Sk.Fareed Ali	190031490	CSE
15	7	B. Naga Sesha Sai Kiran	190030180	CSE
16	7	Boddu Sairamakrishna	190030176	CSE
17	7	Sirisha Puvvala	190031371	CSE
18	7	Deepthi Sree Gummalla	190030564	CSE
19	7	Syed Asifa Khathun	190031559	CSE
20	7	B.K.K.Pranathi	190030226	CSE
21	7	Akshitha P	190031278	CSE
22	7	A Sampat Kumar	190030005	CSE
23	7	Perabathini Teja Sai Krishan	190032089	CSE
24	7	Kare Jai Sai Chaitanya	190030745	CSE
25	7	Satya Ambika. Tamiri	190031574	CSE
26	7	Velaga Valentina L	190031720	CSE
27	7	Pavan Teja	190030603	CSE
28	7	Krishna Vamsi	190031084	CSE
29	7	Dharani Chalichama	190030391	CSE
30	7	Vyshnavi Chalichama	190031771	CSE
31	7	Pallem Chaturya Akhila	190031241	CSE
32	7	M.Rama Chandra Murthy	190031924	CSE
33	7	G.L.Harshitha	190030476	CSE

34	7	Somayajula Naga Pranav	190031531	CSE
35	7	Sathwik.P	190031311	CSE
36	7	Mungi Sri Jahnavi	190031106	CSE
37	7	Kanuri Sai Manish	190030738	CSE
38	7	Gundebommu Prabhakar	190030568	CSE
39	7	Achanta Sri Valli	190030015	CSE
40	7	B. Mahindra Reddie	190031907	CSE
41	7	M.Deepak	190031899	CSE
42	7	Amyuktha Gummadi	190031953	CSE
43	7	Reethu Ananthaneni	190030069	CSE
44	7	Dhaniseti Bhavya	190030390	CSE
45	7	C.V. Sudharshan Reddy	190030319	CSE
46	7	Gujjula Shanmukhareddy	190030559	CSE
47	7	Adithya	190030601	CSE
48	7	N N D L Prabha	190031194	CSE
49	7	V Siri Nandini	190031763	CSE
50	7	Ch. Nanda Kishore Reddy	190030236	CSE
51	7	Varsha Chowdary Kadimi	190030678	CSE
52	7	Movva.Vineeth Sai	190031082	CSE
53	7	K. Deekshitha Lakshmi	190030695	CSE
54	7	Gundabathula Mahesh	190030567	CSE
55	7	K Yashovardhan	190030751	CSE
56	7	P.Kedar	190031313	CSE
57	7	Vattikuti Pujitha	190031709	CSE
58	7	Karanam Sai Jayanth	190030743	CSE
59	7	Naveen Thangella	190031606	CSE
60	7	K. Tejaswini	190030762	CSE
61	7	G.Jahnavi	190030542	CSE
62	7	Anasuri Manoj	190030072	CSE
63	7	Bandi Aruna Priya	190030129	CSE
64	7	B.S. Chandra Ramsai	190030131	CSE
65	7	Shaik.Vahid Bhasha	190031513	CSE
66	7	Peram Jayanth Reddy	190031301	CSE
67	7	T.Saisivajyothi	190031631	CSE
68	7	K.Harsha	190030715	CSE
69	7	Chandana	190031480	CSE
70	7	Chitta Bhavya Gayathri	190030331	CSE
71	7	P.Lakshmi Sowmya	190031359	CSE
72	7	Tanuja Lingutla	190031583	CSE
73	7	Palleti Sravani	190031243	CSE
74	7	Machupally Varun	190030954	CSE
75	7	D.U.V.N Kowshik	190030386	CSE
76	7	Gogireddy Jhansilakshmi	190030512	CSE
77	7	J. Sai Hitheswar Reddy	190030626	CSE
78	7	P.Bhanusri	190031352	CSE
79	7	Musku Sidhartha	190031120	CSE

81	7	Tangaturu Chandana	190031580	CSE
82	7	J Lakshmi Navya	190031888	CSE
83	7	Pakalapati Mahidhar	190031226	CSE
84	7	B Chaithanya	190032098	CSE
85	7	Penki.Ram Prasad	190031838	CSE
86	7	D.Bhanu Prakash Reddy	190030418	CSE
87	7	Eedala Vamsi Krishna	190030438	CSE
88	7	Chandrashekar Kanagala	190030713	CSE
89	7	P.Joshiaka Sri	190031281	CSE
90	7	Devireddy Venkata Satish	190030388	CSE
91	7	Nagumothu Manvitha	190031144	CSE
92	7	N.Hethu Sri	180031430	CSE
93	7	Srijachowdary	180031443	CSE
94	7	MOLAKAMUDI.LAHARI	180031444	CSE
95	7	JAMAPNA SAI SURYA NARAYANA RAJU	180031457	CSE
96	7	P.R.Vishnu	180031463	CSE
97	7	Mvk Charan Jashwanth	180031469	CSE
98	7	Tata Rajesh	180040080	CSE
99	7	Saivishal C tirumala	180040649	CSE
100	7	Garnedi pura venkata varshitha	190030487	CSE

P. Yellamma
Programme Officer
KLEF NSS Cell.


P. SRIKANTH REDDY
Programme Co-ordinator
National Service Scheme
Koneru Lakshmaiah Education Foundation
Vaddeswaram, 522503


Dean (Student Affairs)
Koneru Lakshmaiah Education Foundation
(Deemed to be University)
Green Fields, VADDESWAREM-522502,
Guntur Dist, Andhra Pradesh.