



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, 2576129

Ref: KLEF/SA/YRC/Events/2024-25

Date: 27-09-2024

Orders of the Vice Chancellor dt. 27-09-2024

CIRCULAR

Sub: Conduction of National Cholesterol Day on 28-09-2024 in Narakoduru, Guntur – Reg.

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

This is to inform you that the KLEF Youth Red Cross (YRC) will conduct National Cholesterol Day on 28 September 2024.

Event : National Cholesterol Day
Date : 28-09-2024
Venue : Narakoduru, Guntur
Registration at : Indoor Stadium 008

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



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Awareness Program on National Cholesterol Day

Objective:

The objectives of a **National Cholesterol Day** can include:

1. Educate the people about the control of cholesterol levels.
2. Raise awareness about common high level cholesterol problems.
3. Encouraging the regular cholesterol screening.
4. Promote Healthy lifestyle changes.

Description:

Is an essential initiative aimed at educating communities about the importance of proper healthy diet. It focuses on promoting habits that protect prevent potential cholesterol related problems at an early stage. Here's an outline of such a program:

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 II Pharma-D students arrived to Narakoduru, Guntur.
2. The team provided information leaflets to people to know about the problem
3. Then they advise the foods that improves 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 that to be taken and asked to perform exercise that improves the 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 II 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 II Pharma-D students at Zilla parishad school Narakoduru, Guntur on September 28, 2024, successfully educated participants about the Cholesterol levels.

Details of the Event:

Date of the Event: 28-09-2024

Name of the Event: National Cholesterol Day

No. of Hours: 11:00AM To 03: 30 pm

Venue of the Event: Narakoduru, Guntur

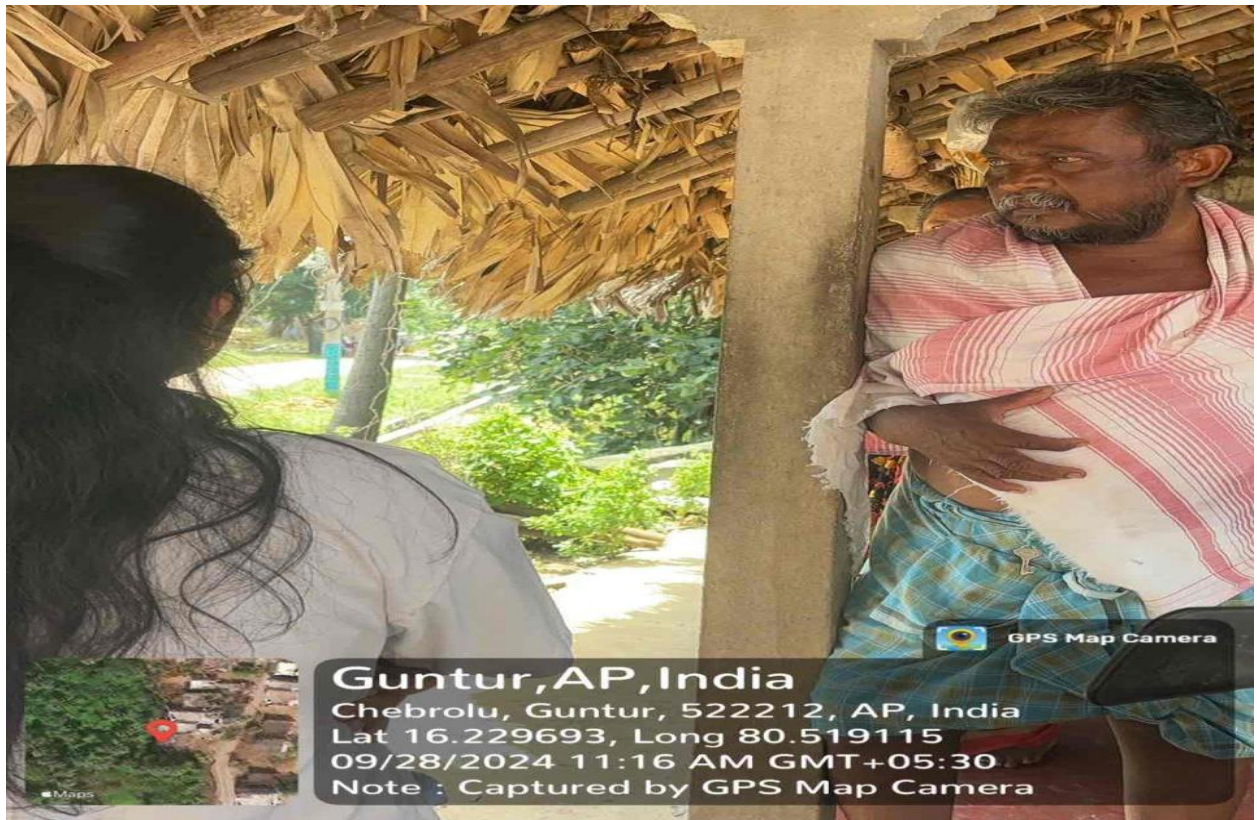
No. of Participants : Students:25, Faculty: 02

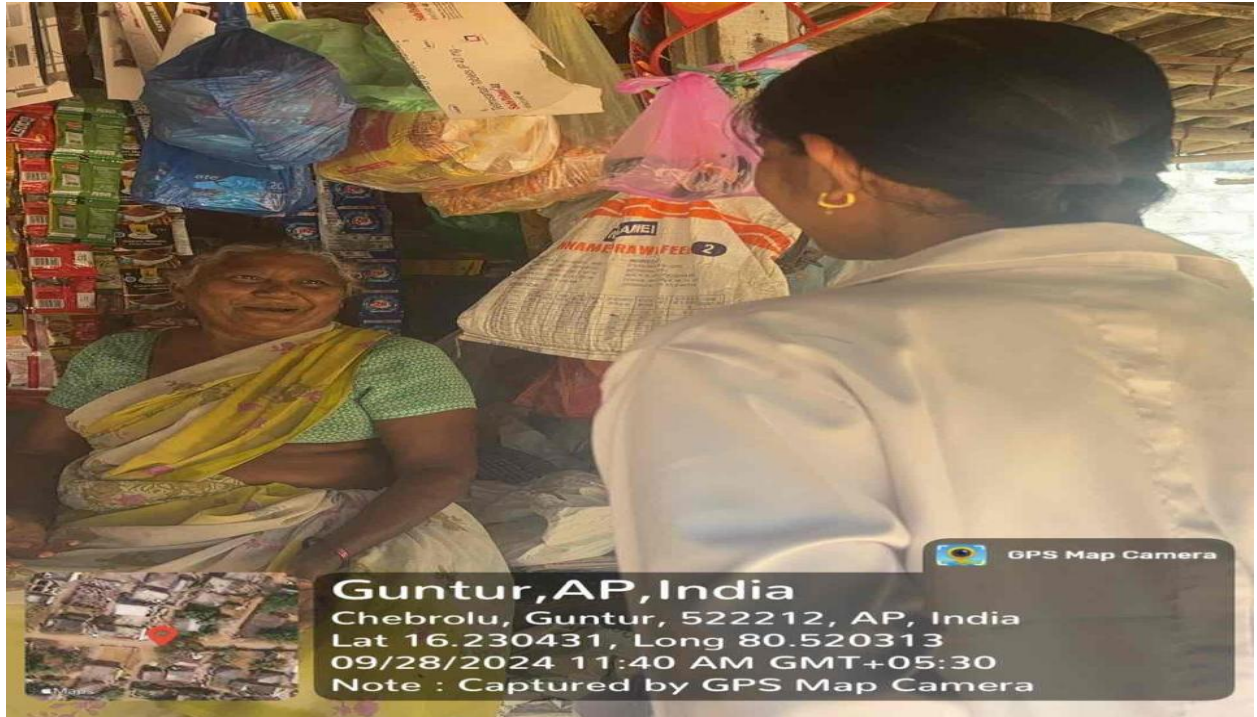
Name of the Faculty Participated: Dr. Sravani and Dr. N. Sushma

No. of Beneficiaries: 150

Event Photos:









Google

Guntur, Andhra Pradesh, India
6GJ9+5RR, Guntur, Andhra Pradesh 522213, India
Lat 16.23046°
Long 80.51994°
28/09/24 11:18 AM GMT +05:30

GPS Map Camera

Name of the Event : National cholesterol Day

Date : 28/9/2024

Place : Alarakoduru, Guntur

S.No	ID.NO	Name of the Student	Branch	Year	M/F	Signature
1	2101570003	AYUSH ROBERTSON	Pharmacy	4th	M	Ayush Robert
2	2101570004	KEERTHI VARDHAN REDDY G	Pharmacy	4th	M	Keerthi
3	2101570006	CH.V.S.S.LAKSHMI SARAYU	Pharmacy	4th	F	Ch.V.S.S.
4	2101570007	SIMON MWANGI	Pharmacy	4th	M	Simon
		KAKUMANU LAKSHMI				
5	2101570008	SATYA SAI BHARADWAJ	Pharmacy	4th	M	Satya Sai
6	2101570009	PERALA NANDU	Pharmacy	4th	M	Nandu
7	2101570010	KANTAM SETTY SREEVALLY	Pharmacy	4th	F	Kantam
		SATTI VAMSI VENKATA				
8	2101570011	SRINIVASA REDDY	Pharmacy	4th	M	Srinivasa
9	2101570012	GADDI BHARGAVI	Pharmacy	4th	F	Gaddi
10	2101570013	GANDURI NAMRATHA	Pharmacy	4th	F	Ganduri
		RUDRAPAKA PAVAN SRI				
11	2101570014	VISWANADH	Pharmacy	4th	M	Pavan
12	2101570015	PONNA REDDY LASYA SREE	Pharmacy	4th	F	Ponna
13	2101570016	BANDELA PIYUSH	Pharmacy	4th	M	Piyush
14	2101570017	KALVA HEMANTH KUMAR	Pharmacy	4th	M	Hemant
15	2101570018	APPARI KOMALEENA	Pharmacy	4th	F	Komaleena
16	2101570019	SHAIK MOHAMMAD NOOR	Pharmacy	4th	M	Sh. Noor
17	2101570020	MERUVA VENKATA NAGA EE	Pharmacy	4th	F	Meruva
18	2101570021	UPPALAPATI SAI THANMAYE	Pharmacy	4th	F	Thanmaye
19	2101570022	K JYOSHNA BHAVANI	Pharmacy	4th	F	Jyoshna
20	2101570023	GUMMALLA VARA PRASANTI	Pharmacy	4th	M	Gummalla
21	2101570024	THOTA ASMITHA	Pharmacy	4th	F	Asmita
22	2101570026	KAVURI DESHNA	Pharmacy	4th	F	Deshna
23	2101570027	KURRA VARUN	Pharmacy	4th	M	Varun
		BOMMAREDDY DEVI ARUNA				
24	2101570028	JYOTHI	Pharmacy	4th	F	Jyothi
25	2101570030	JONNADA DINESH SAHITHI	Pharmacy	4th	F	Sahithi

KRSP Resd
28/9/24
Dean (Student Affairs),
Koneru Lakshmaiah Education Foundation
(Deemed to be University)
Green Fields, VAODESWARAM-522502,
Guntur Dist, Andhra Pradesh.