

# **SGK GOVERNMENT DEGREE COLLEGE**

**VINUKONDA, PALNADU DISTRICT-522647.**



**Health Awareness Programme on Lifestyle Diseases**

**(World Stroke Day)**

**DATE: 29-10-2025**

**TIME: 11.00 AM – 01.00 PM**

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**CONDUCTED**

**BY**

**Health Center & Department of Zoology**

# Activity Report

S. No	Content	Name
1	<b>Name of the Programme</b>	Health Awareness Programme on Lifestyle Diseases (World Stroke Day)
2	<b>Date &amp; Time</b>	29.10.2025 & 11.00 AM– 01.00 PM
3	<b>Conducted by</b>	Health Center & Department of Zoology
4	<b>No. of Students attended</b>	65
5	<b>Chief Guests</b>	Sri. Ch. Hari Babu garu Vice-Principal
6	<b>Convener</b>	Sri BRK Kishore Convener of Health Center & HOD of the Dept. of Zoology

A **Health Awareness Programme on Lifestyle Diseases** was organized on **29-10-2025** at **SGK Government Degree College, Vinukonda** on the occasion of **World Stroke Day**. The programme was conducted by the **Health Club** in collaboration with the **Department of Zoology** to create awareness among students about the risks of lifestyle-related diseases and the importance of maintaining healthy habits.

## Programme Objectives

1. To create awareness among students about lifestyle diseases such as diabetes, hypertension, and obesity.
2. To educate students about the risk factors and preventive measures for these diseases.
3. To encourage students to adopt healthy habits including balanced diet and regular exercise.
4. To promote awareness about stroke prevention and overall health care.

The theme of the programme was “**Preventing the 40s in Your 20s**”, focusing on the prevention of major lifestyle diseases such as **Diabetes, Hypertension, and Obesity**. The programme aimed to educate students about adopting healthy lifestyles at a young age to prevent serious health problems later in life.

**Vice-Principal Sri. Ch. Hari Babu garu** addressed the students and emphasized the importance of maintaining good health through proper diet, regular physical activity, and stress management. He

advised students to develop healthy habits during their youth to prevent lifestyle diseases in the future.

**IQAC Coordinator Dr. K.V.S. Koteswara Rao garu** spoke about the growing prevalence of lifestyle diseases among young people due to sedentary habits and unhealthy food practices. He encouraged students to follow balanced diets and engage in regular exercise to maintain physical and mental well-being.

**NSS Coordinator Sri D. Siva Phanindra garu** highlighted the role of youth in promoting health awareness in society. He encouraged students to take responsibility for their health and to motivate others to adopt healthy lifestyles.

**Sri B.R.K. Kishore garu, Health Club Convener and Lecturer in Zoology**, spoke in detail about the theme of the programme. He explained the causes, symptoms, and preventive measures of lifestyle diseases such as diabetes, hypertension, and obesity. He stressed the importance of regular health check-ups, balanced nutrition, physical activity, and avoiding unhealthy habits.

Students actively participated in the programme and gained valuable knowledge about the importance of maintaining a healthy lifestyle to prevent serious diseases.

### **Programme Outcomes**

1. Students gained awareness about the causes and prevention of lifestyle diseases.
2. The programme encouraged students to adopt healthier lifestyles and avoid harmful habits.
3. Students understood the importance of regular exercise, balanced nutrition, and stress management.
4. The programme helped promote health consciousness among students and staff.

### **Conclusion**

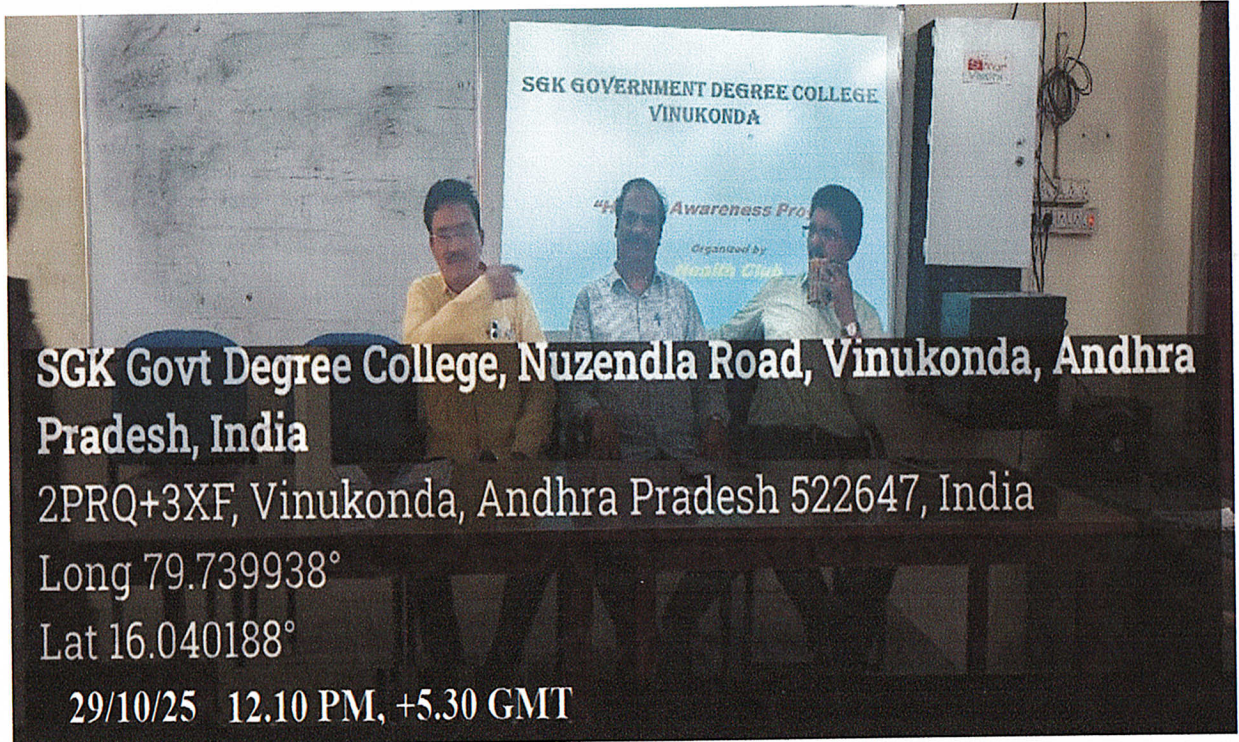
The **Health Awareness Programme on Lifestyle Diseases** conducted on the occasion of **World Stroke Day** was successfully organized at SGK Government Degree College, Vinukonda. The programme helped students understand the importance of maintaining a healthy lifestyle and preventing diseases at an early age. Such awareness programmes play a vital role in promoting health education and encouraging young people to lead healthy and responsible lives.

  
CONVENER  
**HEALTH CENTER**  
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VINUKONDA - 522647, Palnadu Dt., A.P.

  
IQAC COORDINATOR  
SGK GOVERNMENT DEGREE COLLEGE  
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PRINCIPAL  
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**GALLERY**



  
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