



ANDHRA PRADESH STATE COUNCIL OF HIGHER EDUCATION

(A Statutory Body of the Government of Andhra Pradesh)

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Model Program Book
**COMMUNITY
SERVICE
PROJECT**



Designed & Developed by



**ANDHRA PRADESH
STATE COUNCIL OF HIGHER EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

A COMMUNITY SERVICE PROJECT REPORT

ON

**PROJECT TITLE
FOOD HABITS**

**community service project report submitted
in partial fulfillment of the requirements for the award of the Degree of**

BACHELOR OF SCIENCE

By

STUDENT NAME

L.JOGA RAO

(Reg. No: 720130805145)

Under the guidance of

K. SWETHA

DEPARTMENT NAME

PHYSICS



Estd: 1860

Mrs. A.V.N College

(Affiliated to Andhra University)

Visakhapatnam-530001

2020-2023

Program Book for Community Service Project

Name of the Student: Lenka . Jaya Rao.

Name of the College: Mrs. A.V.N College.

Registration Number: 720130805148

Period of CSP: From: 19/08/2022 To: 22/12/2022

Name & Address of the Community/Habitation:

Madhura wada , Srinivasa nagar , Vishakhapatnam.

Community Service Project Report

Submitted in accordance with the requirement for the degree of.....

Name of the College: Mrs. A.V.N.I college.

Department: B.Sc MPE (Maths, Physics, Electronics)

Name of the Faculty Guide: K Swetha

Duration of the CSP: From...19.8.2022...To.22.12.2022

Name of the Student: Lenka. Joga Rao.

Programme of Study Community Service Project

Year of Study: final year

Register Number: 720130805145

Date of Submission:

Student's Declaration

I, L. Joga Rao, a student of CSP Program, Reg. No. 720130805150 of the Department of Physics, Mrs. A.V.N. College do hereby declare that I have completed the mandatory community service from..... to in Madhavaram (Name of the Community/Habitation) under the Faculty Guideship of....., (Name of the Faculty Guide), Department of Physics in Mrs. A.V.N. College College

L. Joga Rao
(Signature and Date)

Endorsements

Faculty Guide

D. Senthil
Head of the ~~Department~~ Dept.
Dept. of Physics, Electronics and Computer Science
Mrs. A.V.N. COLLEGE
VISAKHAPATNAM

[Signature]
Principal
PRINCIPAL
Mrs. A.V.N. COLLEGE
VISAKHAPATNAM



Mrs. A.V.N. College
(NAAC Accredited 'A' Grade Institution)
(Affiliated to Andhra University)



Date:

CERTIFICATE

This is to certify that L Joga Rao Regd.No 720130805145
of Mrs. A.V.N College underwent Community Service Project in
Food Habits with special reference to Madhurawada
Visakhapatnam, Andhra Pradesh under the guidance of
K Swetha from 19.08.2022 to 22.12.2022.

The overall performance of the community service volunteer
during her / his community service is found Good



G. N. Suresh
(incharge Admin)

Authorized Signatory

Estd: 1860

ACKNOWLEDGEMENTS

I would like to convey my heartfelt gratitude to APSCHE for giving this wonderful opportunity to us and I'm also thankful to the Andhra University.

I would also like to thank our college principle and all the faculty members, who guided us in the completion of this project and also thankful for providing me with the topic Study of food habits. The completion of the project would not have been possible without their help &

Secondly, I would also like to thank all of the members of "Madhuraavada" for giving the proper responses.

I am extremely grateful to the people of my neighbourhood who responded with high level of valuable suggestions and guidance for completion of my project. This cooperation and healthy criticism came freely to me.

Finally, I would like to thank my parents who helped me a lot in gathering different information, collecting this project, despite of their busy schedules, they gave me different ideas in making this project very unique.

Thank you,

Renka. Joga Rao.

B.Sc MPE

Reg. No.

CHAPTER 1: EXECUTIVE SUMMARY

The community service report shall have only a one-page executive summary. It shall include a brief description of the Community and summary of all the activities done by the student in CSP and five or more learning objectives and outcomes.

① Madhurauxada is located at Visakhapatnam district.

It is an neighbourhood in the indian city of Visakhapatnam. The area with population of more than 55,000. The area is very clean. I have done my Survey in madhurauxada. Where the people in this area are highly qualified they answered very well for my questions and their suggestion and answers are greatly helpful for a person who are in inappropriate manner in following their daily life activity in now-a-days while doing the Survey. It is observed that people are following a very good time table in consuming of healthy food, when compared with youngerage people and some other people are not being. and here the date is related to the food habits. whether which type are healthy and unhealthy.

CHAPTER 2: OVERVIEW OF THE COMMUNITY

- About the Community/Village/Habitation including historical profile of the community/habitation, community diversity, traditions, ethics and values.
- Brief note on Socio-Economic conditions of the Community/Habitation.

Number of houses visible :

- Average number of household members in a family:

Number of houses in which more than 4 members present:

Number of houses in which more than 3 members present:

Number of houses in which more than 2 members present:

Number of people living in own houses:

Number of people living in ^{Rented} houses:-

Number of people taking healthy food and unhealthy food.

How many families are consuming healthy food: 50%.

- How many families are consuming unhealthy food: 50%.

How many people are healthy: 75%.

How many people are unhealthy: 25%.

Status of health: 75% of people are with normal

where remaining 25% of people are seem to be unhealthy.

→ Common problems are reported by community participatory.

1. Diabetes 2. Sugar 3. B.P 4. Obesity.

Common problems observed by Surin:

1. Mostly old age people are with sugar and diabetes.

2. Even I have seen that many people are with obesity and malnutrition etc.

CHAPTER 3: COMMUNITY SERVICE PART

Description of the Activities undertaken in the Community during the Community Service Project. This part could end by reflecting on what kind of values, life skills, and technical skills the student acquired.

Now-a-days, food habits, become a growing problem around the world that affects not only the health.

Food is a basic need for every human being many gov. schemes are implemented on the distribution of food to everyone for their daily needs based on ration card. As per view on now-a-days all we are eating the food does not makes a person healthy just gives energy. Fast-foods and junk food makes a person not healthy. Oil foods, sweets imbalance a person health and not maintaining proper time keeps a person unhealthy.

Methodology: - For the present study the research conducted on Socio-Economical background, health problem in relation to quality of foods and quantum of usage of consumer products with harmful chemicals by the people in study area.

Scientific facts behind community need: Food is one of the most diverse ecosystem. It was an enormous range of fruits, vegetables, seeds, dishes etc.

While some of these items are too basic and are a part of our regular meals, they may have same mind-blowing qualities.

ACTIVITY LOG FOR THE FIRST WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	P. Narayana Rao Age: 35 Topic: Food habits Add: Srinivas nagan, Madhuvada, Visakhapatnam.	Eating a healthy food overall the day.	
Day - 2	N. Ram babu Age: 40 Topic: Food habits. Add: Srinivas nagan, madhuvada, Visakhapatnam.	Their family in eating an healthy food and keeping them with hydration.	
Day - 3	N. Sai Kumar Age: 21 Topic: Food habits Add: Tailors, Colony, madhuvada, Visakhapatnam.	Eating a healthy food overall the day.	
Day - 4	K. Pavans Rathan. Age: 25 Topic: Food habits. Add: Tailor, Colony, madhuvada, Visakhapatnam.	In a day they were taking 3 to 4 meals & 3 litre of water.	
Day - 5	R. Jagan Age: 32 Topic: Food habits. Add: Doriati Colony madhuvada, Visakhapatnam.	They are an eating of unhealthy food which is made by oil.	
Day - 6	S. Sai Kumar. Age: 44 Topic: Food habits Add: Doriati Colony madhuvada, Visakhapatnam.	Eating an healthy food.	

WEEKLY REPORT

WEEK - 1 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

I have observed this information from our community (Madherawada, Usakhapada). In this report I was noticed that here people are not following a health diet which will help them very much. Some of the families which were living in the community were following an unhealthy diet and eating an unhealthy and rich in maintenance food. Now-a-days people are not eating health and maintenance food that will damage their health and leads to get some problems in their body. The community which was surveyed in that most of families were eating an healthy and nutritious food where the remaining people were eating outside junk food and oily foods which will damage their healthy life. In that community most the patients were diabetes and sugar.

ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	P. Eswar Rao Age: 29 Topic: Food habits. Add: DC Colony madhurauda, Visakhapatnam.	Having a healthy diet. and eating nutrition food.	
Day - 2	G. Mohan Rao Age: 33 Topic: food habits. Add: madhurauda, Visakha - patnam.	Eating 3 meals a day with fruits.	
Day - 3	S. Venkatesh age: 45 Topic: Food habits. Add: madhurauda, Visakhapatnam.	Eating an healthy food.	
Day - 4	M. Venkatesh age: - 40 Topic: food habits. Add: madhurauda, Visakhapatnam.	Eating Junk food weekly twice.	
Day - 5	G. Ganesh age: 38 Topic: Food habits Add: madhurauda, V.s.p.	Eating unhealthy food and suffering from sugar.	
Day - 6	P. Revathi Kanny age: 37 Topic: Food habits. Add: madhurauda, Visakhapatnam.	Eating healthy food.	

WEEKLY REPORT

WEEK - 2 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

I have got this information from our Community (Madhurauda, Virakhapattanam). In this Community Residency half of the families were following an healthy and eating nutrition food which are rich in Vitamin and protein. Some families were not have any healthy plans for the days and they not even plans and eat those healthy foods. Everyday eating of outside foods and oily foods. Everyday eating of foods which will cause and body imbalance.

The people which are eating healthy foods they were gave a suggestions to the all families (a) people (b) public to eat healthy nutrition food for better health and not become an patient. When the people are eat the any kind of junk food (a) oily foods and sweets with in a limit. If they cross the limit then the healthy will gone to shed.

THIRD
ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	R. Shekar age: 50 Topic: Food habits add: madhuraawada, Visakhapatnam.	Sugar patient but wanting healthy food.	
Day - 2	P. Sathish age: 43 Topic: Food habits add: madhuraawada, Visakhapatnam.	Eating healthy food every day.	
Day - 3	K. Sandhya age: 32 Topic: Food habits. add: madhuraawada Visakhapatnam.	She is a Yoga teacher she takes healthy food.	
Day - 4	P. Chandhu age: 36 Topic: Food habits. add: madhuraawada, Visakhapatnam.	Eating healthy food daily.	
Day - 5	S. Meena. age: 29 Topic: food habits. add: madhuraawada, Visakhapatnam.	Eating unhealthy food.	
Day - 6	K. Rani age: 30 Topic: food habits add: madhuraawada, Visakhapatnam.	Eating healthy food.	

WEEKLY REPORT

WEEK - 3 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

In this week, I was went to the another residency in our community (Madhuvaramide Viasapatham). In that 50% of the families are were having health issues that are mostly (Sugar/diabetes) and some other common issue. The remaining families who are living in that residency were following a healthy food diet which are rich in nutrition and vitamins which will help the body to get energy. Also the health issues families are following: how healthy food. And all people (all) families how is that community were maintaining an' health diet. They will help them for having water also like 3 to 4 liter in a day which help them for digestion and hydration. Mainly in that residency the young people are addicted to oily food, junk food which will give them a dopamine but energy and healthy life. Even oldest people are following the (all) eating the healthy food.

ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	-A. Appala Raju age:- 57 Topic: Food habits Add:- Kormnathi, madhuvada, Visakhapatnam	He was suffering from sugar but taking healthy food.	
Day - 2	K. Rama Rao age- 47 Topic: -food habits Add: Kormnathi, madhuvada, Visakhapatnam	Eating healthy food daily.	
Day - 3	P. Lakshmi age: 35 Topic: food habits Add: Kormnathi, madhuvada, Visakhapatnam.	Eating healthy food and eating fruits also.	
Day - 4	R. Naresh age:- 30 Topic: food habits Add: Kormnathi, madhuvada, Visakhapatnam.	He was young but facing healthy problem	
Day - 5	N. Bhavani age:- 33 Topic: food habits Add: Kormnathi, madhuvada, Visakhapatnam.	She was eating daily fruits and healthy food.	
Day - 6	P. Sravani age:- 40 Topic: food habits Add: Kormnathi, madhuvada, Visakhapatnam.	eating healthy food.	

WEEKLY REPORT

WEEK - 4 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

In this week, I have visited
Kommadhi here by madhuraconda.

I have prepared a few questions on the
healthy diet on food habits. Such as the
number of times the person eats meal
in a day.

So after my completion of asking
the questions to the each person of the
family. Then I asked about the healthy
food they said that healthy food will
help over life being. is the only main
thing for over body condition, and health
the people nutrition foods gives a healthy
life. And, in some families young person
are eatings of oily and junk food daily
which will damage the healthy life.

This time there is less sugar packets and
all the families were followings a rich
healthy diet.

ACTIVITY LOG FOR THE FIFTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	K. Raghava age: 50 Topic: food habits add: madhuraawada, Visakhapatnam.	Eating unhealthy food.	
Day - 2	Ch. Damayanthi age: 36 Topic: food habits. add: madhuraawada, Visakhapatnam.	Eating daily fruits and healthy food.	
Day - 3	P. Mahesh age: - 38 Topic: food habits. add: madhuraawada, Visakhapatnam.	Eating meals 3 to 4 times for a day	
Day - 4	P. madhu Kumar age: 23 Topic: food habits add: madhuraawada, Visakhapatnam.	Eating healthy food and drinking milk also	
Day - 5	K. Nazesh. age: 50 Topic: Food habits add: madhuraawada, Visakhapatnam.	Eating healthy food	
Day - 6	N. Naga babu. age: 30 Topic: Food habits add: madhuraawada, Visakhapatnam.	Eating healthy food.	

WEEKLY REPORT

WEEK - 5 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

In this week-5, I had created some more questions on food habits on our daily basic eating. This are the last, question of Community project survey.

This week-5, I was added another residency for the young and oldage persons also having healthy diet and eating junk foods, sweets, chocolates, oily foods which will bring unhealthy life to them.

That Community some people who are also maintaining healthy diet and eating nutrition food. I asked them about nutrition and healthy food which protein and vitamin they. Said eating a lot of vegetables, fruits gives us vitamin and protein and I asked all people about how many meals they take in a day? mostly they answer 3 meals in a day.

CHAPTER 5: OUTCOMES DESCRIPTION

Details of the Socio-Economic Survey of the Village/Habitation. Attach the questionnaire prepared for the survey.

My Survey was done in location of madhuravada and Kommodhi, Viakbapalnam. The Survey was done on each and every house for the project purpose. In that area some people are very lower in their and some are too-riched and well settled and some are middle-class families. And some families are not having money to buy proper food to eat. They are not having sufficient money for the healthy nutrition food to eat like other.

So these kind of families ^{were} ~~some~~ didn't answered any questions for community service project.

And some of the families answered my questions they respond very well to my every questions they also gave suggestions to be healthy with consuming a healthy food in our daily life. They are the details I noticed in my area.

Describe the problems you have identified in the community

The problem I was identified in our community is they are sugar and obesity. people who are under age of 40 to 55 years. And in the community some families were not eating an healthy food they was eating the food which gives them an unhealthy life. Fried, oily, sugar foods was consuming by them and they getting health problems like mostly: sugars, obesity, cholesterol. In my community areas, people they were facing and I too faced many problem because many of the people in our community were not answering to my questions.

Meeting with all individuals that too personally, made me to face lot of problem in my area.

They were most keeping money for the food, which gives them nutrition. They are all eating junk foods, oily foods, lot of sweets etc which then their healthy lifestyle.

Description of the Community awareness programme/s conducted w.r.t the problems and their outcomes.

I learned to many classes in the program of community service conducted by the management.

I learned to give proper separation on particular topic to other.

I learned the way of interacting with other and communicating and get to know the problems which they are facing. And I learned the way of preparation of document on the problem of people. I learned to be study with patience when others are not answering to my community service project questions.

I learned to speak straight forward and facing with other people.

The main problem of the community is to be maintain a health diet.

If they eat unhealthy food then they will get unhealthy.

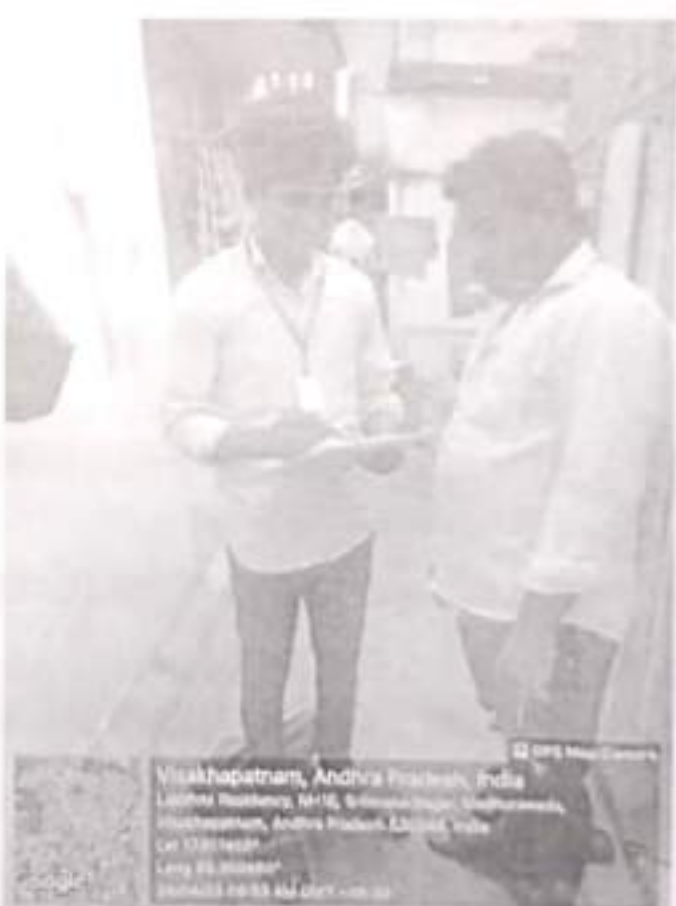
Short-term and long term action plan for possible solutions for the problems identified and that could be recommended to the concerned authorities for implementation.

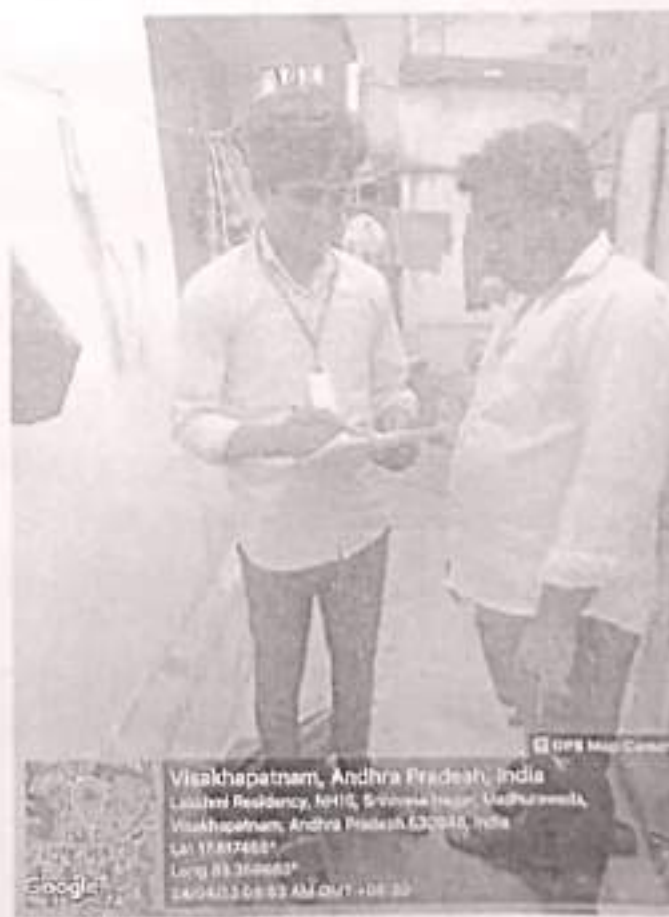
SHORT-TERM ACTION PLAN:-

1. Every family should be provided answers on benefits of healthy foods.
2. Every family should change their ideologies and behaviour on the food they consuming daily.
3. Everyday they should be drink atleast 2 to 3 times of water for better digestive system.
4. There were many of people who didn't consume healthy food so, we have to suggest them and make them realize about the healthy food which will make their life healthy.
5. closing of outside junk food for a week (or) a month continuously then they will eat healthy food which vegetables, fruits ect.

LONG-TERM ACTION PLAN:

1. There should be know which food is healthy to our body.
2. There should be a separate course on food habits.
3. Every family should be get a scientific knowledge about food to eat.





Student Self-Evaluation for the Community Service Project

Student Name: *Lenka. Joga Rao.*

Registration No: *20130 80 5145*

Period of CSP: From: *19.8.2021* To: *29.12.2021*

Date of Evaluation:

Name of the Person in-charge:

Address with mobile number:

Please rate your performance in the following areas:

Rating Scale: 1 is lowest and 5 is highest rank

1) Oral communication	1	2	3	4 ✓	5
2) Written communication	1	2	3	4 ✓	5
3) Proactiveness	1	2	3	4 ✓	5
4) Interaction ability with community	1	2	3	4 ✓	5
5) Positive Attitude	1	2	3	4 ✓	5
6) Self-confidence	1	2	3	4 ✓	5
7) Ability to learn	1	2	3	4 ✓	5
8) Work Plan and organization	1	2	3	4 ✓	5
9) Professionalism	1	2	3	4 ✓	5
10) Creativity	1	2	3	4 ✓	5
11) Quality of work done	1	2	3	4 ✓	5
12) Time Management	1	2	3	4 ✓	5
13) Understanding the Community	1	2	3	4 ✓	5
14) Achievement of Desired Outcomes	1	2	3	4 ✓	5
15) OVERALL PERFORMANCE	1	2	3	4 ✓	5

Date:

L. Joga Rao
Signature of the Student

Evaluation by the Person in-charge in the Community/Habitation

Student Name: Kenka, Joga Rao

Registration No: 220130805145

Period of CSP: From: 19.8.2022 To: 29.12.2022

Date of Evaluation:

Name of the Person in-charge:

Address with mobile number:

Please rate the student's performance in the following areas:

Please note that your evaluation shall be done independent of the Student's self-evaluation

Rating Scale: 1 is lowest and 5 is highest rank

	1	2	3	4	5
1) Oral communication				✓	
2) Written communication					✓
3) Proactiveness				✓	✓
4) Interaction ability with community				✓	
5) Positive Attitude					✓
6) Self-confidence					✓
7) Ability to learn				✓	
8) Work Plan and organization					✓
9) Professionalism				✓	
10) Creativity					✓
11) Quality of work done				✓	
12) Time Management				✓	
13) Understanding the Community				✓	
14) Achievement of Desired Outcomes					✓
15) OVERALL PERFORMANCE				✓	

Date:

Signature of the Supervisor

Report of the mini-project work done in the related subject w.r.t the habitation/village.

A mini-project work in the related subject w.r.t the habitation/village. (For ex., a student of Botany may do a project on Organic Farming or Horticulture or usage of biofertilizers or biopesticides or effect of the inorganic pesticides, etc. A student of Zoology may do a project on Aquaculture practices or animal husbandry or poultry or health and hygiene or Blood group analysis or survey on the Hypertension or survey on the prevalence of diabetes, etc.

The Report shall be limited to 6 pages.