



Program Book

Community Service Project



**AP STATE COUNCIL OF HIGHER
EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

**COMMUNITY SERVICE PROJECT
ON**

**A STUDY ON
USAGE OF CELL PHONES**

Submitted By

BEJAVADA BALAYESU

ID NO : 120130803018

Under the Supervision Of

Sri.B. PATRICK. PRADEEP KUMAR

Lecturer in COMMERCE



DEPARTMENT OF COMMERCE

MRS . A . V . N . COLLEGE, VISAKHAPATNAM

Program Book for Community Service Project

Name of the Student: BEJAVADA BALAYESU

Name of the College: MRS. -AVN COLLEGE

Registration Number: 120130203018

Period of CSP: 2 months From: 1-10-2022 To: 31-11-2022

Name & Address of the Community/Habitation: Panjajur Junction, Talampeta.
Post Area, Visakhapatnam (District)
Pincode: 530001

Community Service Project Report

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

Name of the College: MYS -AVM COLLEGE

Department: COMMERCE

Name of the Faculty Guide: B.P. PRADEP KUMAR

Duration of the CSP: From 1.10.22 To 31.12.22

Name of the Student: BEHAVANA BHAYESH

Programme of Study COMMUNITY SERVICE ON PROJECT USAGE OF CELL PHONES

Year of Study: 2022-2023

Register Number: 120130203010

Date of Submission:


Student's Declaration

I, B. BALAJESU student ofProgram, Reg. No. 120130503018 of the Department of B.COM M.S. A.V.N College do hereby declare that I have completed the mandatory community service from 17.11.22 to 31.11.22 in KURUPAMAKET (Name of the Community/Habitation) under the Faculty Guideship of B.P. POOLEE KUNGI (Name of the Faculty Guide), Department of COMMERCE in M.S. A.V.N College

B. Balajesu
(Signature and Date)

Endorsements


Faculty Guide


Head of the Department


Principal

PRINCIPAL
M/S: A.V.N. COLLEGE
VISAKHAPATNAM

Certificate from Official of the Community

This is to certify that R.: BALA YESU... (Name of the Community Service Volunteer) Reg. No 120130803018 of M.S.S.A.V.N. Name of the College) underwent community service in Kuzupamarket.... (Name of the Community) from Kuzupamarket to old post office

The overall performance of the Community Service Volunteer during his/her community service is found to be Good..... (Satisfactory/Good).

B.D. Prasad
Authorized Signatory with Date and Seal

(voluntary)

ACKNOWLEDGEMENTS

I Take the opportunity to express my deepest gratitude for motivation and guidance with infinite patience and friendly encouragement both in academic and personal matters given by the principle: SRI.M. SETHADRI NAIDU Principal of MDS ANU COLLEGE throughout my project work

I am very much thankful to authorities of Andhra university and department of Commerce and management Andhra university visakhapatnam for provide necessary facility to me throughout my project work.

place :-

Date :-

B. Babu Reddy

H.T.NO: 120130803018

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.

OBJECTIVES OF THE STUDY

- To measure the proper usage of mobile phones among academic work.
- To study the impact of mobile phone usage.
- To identify the various factors influencing the students use mobile phone.
- To examine Advantage of using mobile phone.
- To identify the functions of mobile phone.
- The aim is to find the negative and positive effects of mobiles.
- Also which types of people using the mobiles frequently.
- Different Age people are using mobiles mostly.
- The main purpose is determine the impact of the increased use of mobile phones on youth's health.
- measure the awareness and responsiveness about the increased use of mobile phones and its harmful effects among the people.
- many of are dependent on our mobile phones.
- It is not only supports communication but also provides a means of communication.

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.

IT Junction is a centrally located residential area

Sub localities in ITI Junction:-

Boudra singh road

URVASHI

Educational Institutions in ITI Junction

i) Government ITI College where Industrial Training is provided

ii) Kumdriya vidyalaya school (CBSE)

→ There are many small temples in IT Junction

→ People after worship there

Health Centers in ITI Junction

i) Braadam dental hospital

ii) Durga hospital

iii) Saritha hospital

Common problems reported by community participants

i) Pollution

iii) Inadequate drinking water facilities

ii) Traffic

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.







The Activities undertaken in the Community during the Community Service Project:

1. Survey on Socio - Economic.
2. Household survey
3. Report writing
4. Awareness created.
5. Awareness programme
6. Submit the project
7. Report the project

values, life skills and Technical skills:-

1. Team work and Problem Solving skills.
2. The ability to communicate effectively with others
3. The Collaborative nature of project also reinforces the social and emotional learning programs.
4. People in learning environments have a wider and more diverse social circle.
5. When people learn they gain confidence from trying new things.

ACTIVITY LOG FOR THE FIRST WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	<u>Socio-Economic Survey</u> Survey conducted on Socio-economic condition	→ Environmental conditions of survey findings are identified	
Day - 2	<u>Socio-Economic Survey</u> To know the conditions of the habitation	→ Problem that are reported in community like worsened roads etc	
Day - 3	<u>Socio-Economic Survey</u> A Survey from based on the type of habitation	→ Poor sanitation pollution etc. are identified	
Day - 4	<u>Socio-Economic Survey</u> Interaction & questioning the people to know various conditions	→ Identified the problems prevailing in community like Drinking water etc.	
Day - 5	<u>Socio-Economic Survey</u> A Survey to know Economic condition	→ People here generally belongs to lower and upper middle class	
Day - 6	<u>Socio-Economic Survey</u> Survey conducted to know health issues	→ People here often fell sick and fever to mosquitoes etc.	

WEEKLY REPORT

WEEK - 1 (From Dt. 1-10-22 to Dt. 6-10-22...)

Objective of the Activity Done:

To know Socio-Economic Condition

Detailed Report:

I have conducted a Survey in "ITI Junction" to know Socio-economic Conditions of the habitation. People here belongs to lower and upper middle class. The environmental conditions are not too good the roads are unclean, worsened roads and pollution, and poor sanitation.

Although People get water facilities but the water is contaminated with chemicals. Due to poor sanitation and mosquitoes with people here suffer with mosquito-borne diseases and fever.

There is government health center and they provide free medicines to control mosquitoes weekly once mosquito spray is sprayed in all the areas by govt-municipal authorities. Municipal authorities

are trying their best to improve drainage and sanitation issues.

ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Introduce yourself use of mobile phones	usage of mobile phones are very highly increased	
Day - 2	usage of cell-phones	I observed that many people are using cell phones so oftenly	
Day - 3	cell phones are compared to landline phones	mobile phones are very upgraded compared to land line phones	
Day - 4	usage of the mobile network	There is very high usage of mobile network in now - a days	
Day - 5	Productivity	some mobile are in good condition and some are in bad condition	
Day - 6	kinds of mobile phones	I learned there are different kinds of mobile phones	

WEEKLY REPORT

WEEK - 2 (From Dt. 21/10/22.... to Dt. 19/10/22....)

Objective of the Activity Done:

Detailed Report:

I conducted this survey was very complimentary was gathering outcomes about the mobile usage

on the basis of obtained results it can be said that majority of the college students are using the smartphones and there are not

gender wise distribution in use of mobile phone. Also most of the students use internet, for internet surfing, making call and SMS and all these there gender differences were not found. Also use of mobile is more at night as compared to morning. It was also found most people prefer 4G and 5G phones to use. Android operating system is the most popular among everyone. The present study will be useful to the educators to find out the mobile addiction and accordingly measures can be taken. The influenced by the mobile phone users the mobile phones are also used to overcome the feeling of loneliness. Some people are using the mobile phones are also used to overcome the feeling of loneliness. Some people are using the mobile phones so excessively that it assumes the form of addiction.

ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	evolution of mobile phones	mobiles started in TBC	
Day - 2	Expenses of mobile phones	Cost of the mobile productivity	
Day - 3	mobile Inventory	exploring of mobile	
Day - 4	mobile exploring of the Country	Inventory of mobile on Ancient days	
Day - 5	observation and competitions of Brands	Competitions between Parties	
Day - 6	executory of mobile Sales managers of mobile Company Ex: onit, Redmi etc	Branding of country	

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I conducted this survey (was very complimentary) was gathering outcomes about the mobile usage.

There has been tremendous use growth of the mobile phones in India. It is reported that the India's telecommunication market is the second largest in the world. The mobile phones are available to the people right from the age of 12 years. The mobile phone technology has brought the world closer. It provided great convenience in communication among people by way of either calling or texting.

The first handheld cellular mobile phone was demonstrated by John F. Mitchell and Martin Cooper of Motorola. In 1973, over the years starting from 1973, cell phones have changed drastically from simple to multi-line. One can say that a cell phone is fundamentally essential to present-day life. This advanced innovation is the most rapid change our daily life has ever seen. We are now able to read, watch and listen to anything from anywhere in the world. This is called the smartphone revolution. Mobile phone, the considered as an important human invention.

ACTIVITY LOG FOR THE THIRD WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Evaluation of mobile phones	Mobiles started in BC to Sparrow bird letters to contact	
Day - 2	Expenses of mobile phones	Cost of the mobile productivity	
Day - 3	mobile Inventory	Exploring of mobile	
Day - 4	mobile exploring of the country	Inventory of mobiles on Amelents days	
Day - 5	observation and compilations of Brands	Compilations between parties	
Day - 6	Executive of mobile Sales manager of mobile Company Ex: onit . hedmi etc.	Branding of country	

WEEKLY REPORT

WEEK - 3 (From Dt. 12/01/22 to Dt. 25/01/22...)

Objective of the Activity Done:

Detailed Report:

I conducted this survey was very complimentary - was gathering outcomes about the mobile usage

There has been tremendous use growth the mobile phones in India. It is reported that the India's telecommunication market is the second largest in the world. The mobile phones are available to the people right from the age of 12 years. The mobile phone technology has brought the world closer. It provided great convenience in communication among people by way of either calling or texting.

The first handheld cellular mobile phone was demonstrated John F. Mitchell and Martin Cooper of Motorola. In 1973. Over the years starting from 1973 cell phones have changed drastically from simple to smart one. One can say that a cell phone is fundamentally essential to present-day life. This advanced invention is the most rapid change our daily life has ever seen. We are now able to read, watch and listen to anything from anywhere in the world. This is called the smartphone revolution. Mobile phones are considered as an important human invention.

ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	mobile usage is evaluated of the necessary	use of mobile phones is necessary	
Day - 2	Expanding their brands	exploring	
Day - 3	Branding of mobiles	One plus, Redmi, I Phone, oppo, vivo	
Day - 4	services of mobile repairs	Services located near areas	
Day - 5	manufacturing of the kind of Brands	manufacturing of mobiles in India, China,	
Day - 6	Branding logo	Branding logo one + [] ⁺ , oppo vivo	

WEEKLY REPORT

WEEK - 4 (From Dt. 24/10/23... to Dt. 30/10/23...)

Objective of the Activity Done:

Detailed Report:

I conducted this survey was very complimentary was gathering outcomes of our the mobile along mobile phones are powerful communication devices, mobile phones have become an integral part of everyone's lives there were more than seven billion users around world wide. the number of smartphone users is also rising rapidly over time. The mobile phone has turned from a technological tool to a Social tool. Telephone engineering has explained that the telephone was made from the business world. Nowadays mobile phones have become status symbol for students. mobile learning has emerged as a new technological achievement. with the use of mobile technological. ach the potential for effective teaching and learning is growing. This is due to the benefits of mobile learning, including the ability to share knowledge without any limits. the term "mobile learning" is still developing day by day and its exact meaning is still unclear. there some mobile phones have several applications that can be useful in teaching and learning process.

CHAPTER 5: OUTCOMES DESCRIPTION

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

Questionnaire for Socio-economic Survey:

1. Name of the respondent
2. Name of the locality
3. Gender:
4. age:
5. educational . qualifications and profession
6. what are the problems faced in society
7. Do you receive any Govt. schemes

Questionnaire for Community Service Project:-

1. How does the mobile phone working in your daily life?
2. How you use mobile phones in your leisure or free time?
3. What is the use of mobile phones for Teenagers ?
4. How many hours do you spend on your mobile phones?
5. are you addicted to smartphones ?
6. which Application (Apps) are used mostly ?
7. Any harmful effects of mobile phones ?

Describe the problems you have identified in the community

1. Digital Eye Strain: Eyes begin to burn and itch. Blurred vision and digital eye strain can cause headaches.
2. Sleep disturbances:- Cell-phone addiction has been linked to an increase in sleep disorders and fatigue in users.
3. Distraction:- mobile is a disturbing device that creates a distraction between your works. It is seen in students that are easily distracted from their studies.
4. Addiction to mobile phone:- using mobile phones too much makes a person addicted to them.
5. Health problems:- excessive use of mobile phones causes the health problems and mental disorders such as Anger, depression, anxiety, tension and others.

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.

Mobile Phone Addiction Solution:

Short term solution:-

1. fix daily limit of hours for usage of mobile.
2. turn off notifications of social media.
3. offer yourself rewards for less time spent on your phone.
4. Take a cell phone holiday.

5.

Long term solutions:-

1. Don't charge your phone near your bed.
2. meditation, yoga, exercise and other mindfulness activities reducing the craving from the dopamine rush that your phone provides.
3. Turn off all notifications unrelated to communication from real people.
4. Take distracting apps off your home screen.
5. change habit of excessive use of mobile.
6. turning cell phone conversation, reduce movement as little as possible.

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

1. Overheating phone

Solution:- give your phone some time to "refresh" and start using it again.

2. Full Storage Space

Solution: Try to delete those files and apps that you do not use anymore. you can also delete old calls and text messages and clean the cache data.

3. Connectivity Issues

Solution: enable the airplane mode for at least

1 minute. Then try to connect again occasionally you can turn OFF and ON the connection that is failing and then try to connect it again.

4. Slow phone

Solution: close / delete apps, files and clean the cache data

5. Bad battery life

Solution: enable the battery saving mode and see if your battery lasts longer. check your battery usage in your phone settings and see which apps are using more battery you can close or disable the ones that are draining more battery you can close battery if you usually do not need them.

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.

usage of cell phones

mobile phones are one of the most commonly used gadgets in today's world.

They come in use for communicating through voice messages, and texts. we can also surf the internet using a phone. most importantly, we can click photos and record videos through our mobile camera.

Advantages of mobile phones

- * easy communication - the main benefit of using the mobile phone is that they make the mode of communication easier and cheap
- * Education
- * social media
- * promoting business
- * Good for people's safety
- * Helpful in emergency situations

- * Earn money via mobile
- * Accessing the internet through mobile phones
- * Ease of information and knowledge: accessing the third best knowledge has to be the main advantage of smart phones
- * Staying connected: you can be connected to friends and family even when work takes a toll on personal life

* Disadvantages of mobile

There are so many disadvantages of using mobile phones

Constant distraction, social disruption, never ending workdays, ongoing expenses, cause of accidents, health problems, youth crimes, network issue, bank transaction error, hacking etc.

- work life balance:- you could eternally be stuck at work even after office hours or be constantly distracted by personal calls at work. either way it is disrupting balance

straining eyesight:- most people are staring at their screens before falling asleep in the dark of night. This can lead to partial blindness.

* Impact of mobiles

- studies show that people addicted to mobile phones often are linked to depression, anxiety, and other mental disorders
- waste of time: The average person checks his phone once every 12 minutes, leading to 80 times a day. Most of the time people just check their phones for no good reason
- The mobile phones are used at places like hospitals, judicial courts, petrol pumps where their use is banned
- The mobile phone use during driving is commonly observed which may increase the chances of involving in accidents.
- The use of mobile phone while driving can distract attention of the driver visually, physically and cognitively. Earlier studies have shown that various personality traits like neuroticism, extraversion, psychotism, etc. and mobile use have same relation to each other.
- The gender may also play some role in high mobile phone use
- The study will be done on explorative basis and there will not be any hypothesis.

most frequently used Application

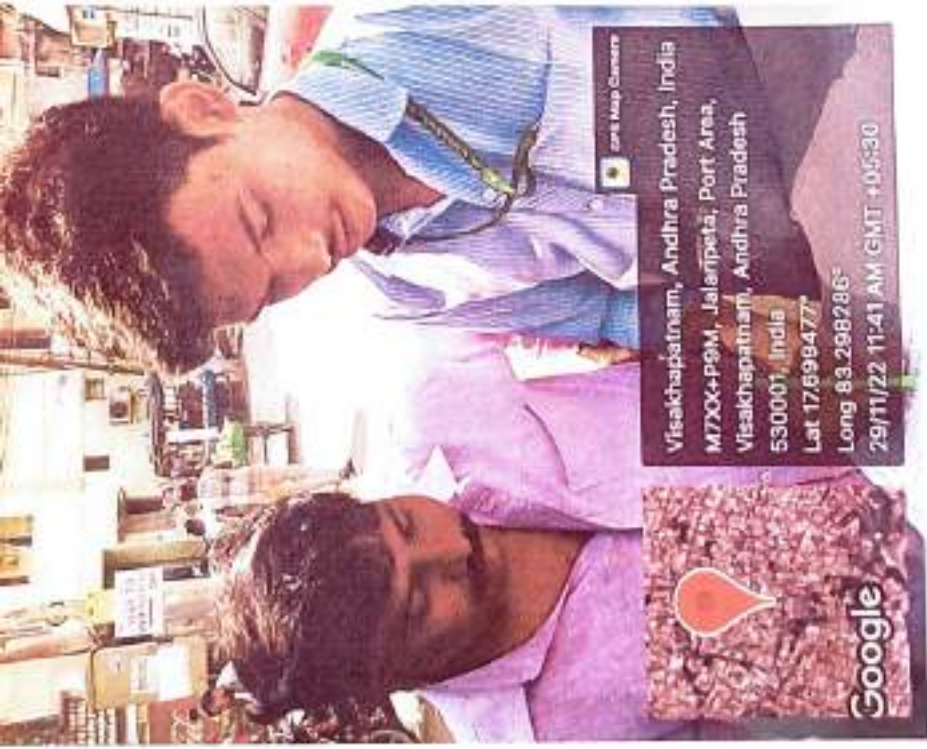
Netflix, Aha, Zee5, Google Chrome, Youtube, Google Play Games, Disney+, Amazon Prime Video, Youtube Vids, HBO Max, Twitch, Habstan, Pluto TV, Subway Surfers, Bridge Race, Garena Free Fire, Discord, Jain Clash, 8 Ball Pool, Ludo King, Candy Crush, Saga, MX Tama Tak, Instagram, Facebook, WhatsApp, Snapchat, Musico, Moj, Jabit, Phonpe, Jio TV, Google, Amazon, Shapling, Yono Jee SBI, Hi Pitart Battle Grounds, mobile India, Call of Duty, Myntre, Ajo, Telegram, Paytm, Bipay, etc.

Harmful Effects of mobile

over usage of mobile phones may cause psychological issues such as dry eyes, headache, eye irritations, computer vision syndrome, weariness of thumb and wrist, neck pain and rigidity, Anxiety increased frequency of Dequarain's tenosynovitis, tactile hallucinations, nomophobia, delirious insomnia, lower self-confidence, and mobile phone addiction caused behavioural alterations liver enzyme impairments, psychiatric nucleus. concluded that the mobile phone radiation may increase the radiation may increase the reactive oxygen species, which plays an important role in the development of metabolic and neurodegenerative diseases.

PHOTOS AND VIDEO LINKS









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Visakhapatnam, Andhra Pradesh, India
Punja Junction, P72X+CFF, Jalaripeta,
Port Area, Visakhapatnam, Andhra
Pradesh 530001, India

Lat 17.700993°

Long 83.298777°

20/11/22 11:35 AM GMT +05:30

Google

CHAPTER 6: RECOMMENDATIONS AND CONCLUSIONS OF THE MINI PROJECT

This survey is a unique examination of the modern phenomenon of mobile phone technology use of utility.

This study facilitated data collection of an evolving pattern of mobile phone usage.

Mobile phone technology has strongly integrated to aid academic work and disrupt their daily activities.

Despite the positive benefits of using a cell phone for people.

Cell phones have completely changed our world. People now use them for leisure time, business, school and so much more. Cell phones are not just cell phones anymore, people rely on them for video chatting for conference calls, searching the web for nearby restaurants, taking pictures of their travels, using a GPS tracking system, etc. The majority of people own cell phones nowadays and people rely on them more than ever.

Cell phones have become a part of everyday life and I could not imagine what would be like having to live without having a cell phone. Being away at school, I still am able to keep in contact with my parents and grandparents although I still value the human connection because people are able to have connections that the past decades never imagined. The cell phone is an incredible innovation that has altered our lives.

Student Self-Evaluation for the Community Service Project

Student Name: BEJAVADA BALAJESU

Registration No: 120130802018

Period of CSP: From: 1-10-22 To: 31-11-22

Date of Evaluation:

Name of the Person in-charge: 26-83-41/1, old post office

Address with mobile number: Visakhapatnam, 530001, 9349952217

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:

B. Balajesu
Signature of the Student

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

Student Name: BEJAVADA BALAJESU

Registration No: 120130303020

Period of CSP: From: 1-10-22 To: 31-11-2022

Date of Evaluation:

Name of the Person in-charge: 36-83-41, old post office

Address with mobile number: VISAKHAPATNAM, 530001, Ph: 9349 958 217

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) 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:

Signature of the Supervisor