

## ACKNOWLEDGEMENTS

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## 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 MEASURED TO 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 Phones.
- 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 type of people using the mobiles frequently
- Different age people are using mobiles mostly
- The main Purpose is determine the impact of the increase 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 us 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.

ITI Junction is a centrally located residential area

Sub to Calities in ITI Junction :-

Bowdha ring road

ORVASHI

Educational Institutions In ITI Junction

- i) Government ITI college where Industrial is provided
- ii) Kendriya Vidyalaya school (CBSE)

→ There are many small Temples in ITI Junction

→ People often worship there

Health centers in ITI Junction

- i) Gaadam dental hospital
- ii) Durga hospital
- iii) Saritha hospital

Common Problems

- i) Pollution
- 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 Projects.

1. Survey on Socio - Economic
2. Household Survey
3. Report writing
4. Awareness Created
5. Awareness Programme
6. Submit the Projects
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 they again confident for trying new things

## 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) Educational Qualification and profession
- 5) Age
- 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 smart phones?
- 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 distracting device that creates a distraction between your work. It is seen 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 Problem:- 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 hour for usage of mobile.
- 2) Turn off notification of social media.
- 3) Offer yourself reward for less time spent on your phone.
- 4) Take a cell phone holiday.

### Long term solution:-

- 1) Don't charge your phone near your bed.
- 2) meditation, yoga, exercise and other mind fullness activities reducing the craving from the dopamine which 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.



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 "reboot" and start using it again.

2) Full storage space:

Solution: try to delete those files and apps that you do not use any more. you can also delete old calls and text messages and clear 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 fasting and then try to connect it again.

4) Slow phone:-

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

5) Bad battery life:

Solution: Enable the battery saving mode and see if your battery last 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 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 of the most commonly used gadgets in today's world.

They comes in use for communicating through voice, message and mails. we can also surf that 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 makes the mode of communication easier and cheap.

## \* Advantages and disadvantages.

### 1. Advantages of cell phone:

- \* Keeps us connected
- \* Day to day communicating
- \* Entertainment for all
- \* Managing office work
- \* Mobile banking

### 2. Disadvantages of cell phone:

- \* Wasting time
- \* Making us non-communicable
- \* Loss of privacy
- \* Money wastage



# COMMUNITY SERVICE PROJECT

## USES - OF - MOBILES

### \* Scope:

- \* To study the attitude of teenagers and age groups 15-20 years to towards cellu-lar phones
- \* Enumerate the usage patterns and arrive at peculiarities, gender-wise or age-wise if any.
- \* Examine the way young people relate to the functionality of mobile phones as well as assess observable phenomena
- \* Detail and document their triggers for purchase and influencers at the time of purchase
- \* Identify the different associations with cellular phones.
- \* Investigate their awareness with regards to the recent launches of mobile handsets in the market.
- \* understand their perceptions for issues like medical side effects and privacy implications.

## \* uses of mobile phones objectives :-

Mobile phones have transformed many business cultures because they allow employees to communicate rapidly facilitating many business processes from project management to sales. Business-oriented mobile phones aim to provide an easy and intuitive interface along with quick access to email and other digital forms of communication.

### 1. ACCESSIBILITY :-

- \* The primary objective of mobile phones in business environments is to increase the accessibility of business information.
- \* No longer does it matter if an employee is in the office or not.
- \* When out on business travel or business lunches out on business travel or field calls and check voice-mail messages, just as if they were at their desk in the office.
- \* This type of accessibility gives some businesses objectives.



## 2. Internet Access :-

- \* while laptops have been commonly used to access the Internet when employees are in transit mobile phones are quickly replacing them.
- \* Mobile phones can also be used to provide an Internet connections to other internet capable devices. the connection provided by the cell phone network.

## 3. Instant Communication :-

Mobile phones can also provide quick access to alternative communication channels, such as Twitter and Facebook, which are increasingly becoming more popular as ways for businesses to reach customers and employees alike for hobbies.

## 4. Contact storage :-

- \* In the not-so-distant past, many business people relied on Rolodexes or physical address books to store their contacts.
- \* Mobile phones in business have replaced these physical means of contact storage book at their office.

## \* Mobile phones of features and functions

The features of mobile phones are the set of capabilities, services and applications that they offer to their users. mobile phones are often referred to as feature phones and offer basic telephony. Handsets with more advanced computing ability through the use of native code try to differentiate their own products by implementing additional functions to make them more attractive to consumers. This has led to great innovation in mobile phone development over the past 20 years.

- \* A number of metal-oxide-semiconductor (MOS) integrated circuit (IC) chips
- \* A battery (typically a lithium-ion battery) providing the power source for the phone functions
- \* An input mechanism to allow the user to interact with the phone. The most common input mechanism is a keypad but touch screens are also found in smart phones



- \* Basic mobile phone services to allow users to make calls and send text messages
- \* All GSM phones use a sim card to allow an account to be swapped among devices some CDMA devices also have a similar card called a R-UIM
- \* roaming which permits the same phone to be used in multiple countries, providing that the operators of both countries have a roaming agreement.
- \* applications like a clock, alarm, calendar, contacts, and calculator and a few games
- \* sending and receiving pictures and videos (by without internet) through MMS, and for short distances with e.g. Bluetooth.
- \* In multimedia phones Bluetooth is commonly but important feature
- \* GPS receivers integrated or connected (i.e. using Bluetooth) to cell phones, primarily to aid in dispatching emergency responders and road tow truck services. This feature is generally referred to as E911

## Limitations :-

- \* The study seeks to provide a helicopter view of the field reality and hence inferences drawn do not provide conclusive evidence to any social characteristics in particular albeit they aid us in spotting an underlying trend
- \* The findings are based entirely upon the research conducted in Mumbai and hence may not be applicable directly to other metropolitan areas on counts of socio-cultural diversity and contextual factors
- \* with a larger sample size spread across other metropolitan cities in India one might arrive at results with highest confidence levels and also at trends for urban India in particular.
- \* such a survey needs to be undertaken periodically to gauge the exact consumer perceptions that they keep changing with time
- \* Due to constraints of time, certain topics have not been touched upon at all during the course of the study An in-depth analysis may be further taken up in covered.









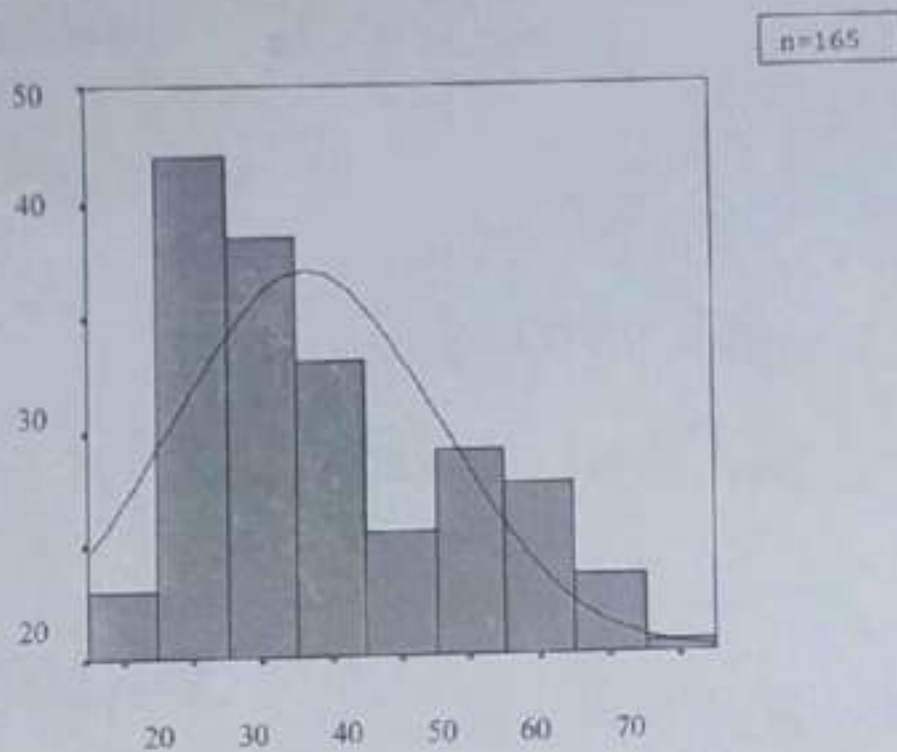


These figures are an indicator of the growing nature of the market and also a pointer to the fact that there lies a big opportunity for all the telecom players, large or small.

### Focus on Youth Market

Companies have practically created a youth market by launching in items like cool ring tones, games, screensavers and e-mail alerts. As a result, more and more people in the under 30-age group are using wireless applications for organizing their lives better. On the other hand, older

Fig. (3.): Age-Distribution



### AGE DISTRIBUTION

The bi-modal distribution of age reflects that there is a slight skew towards the 15-19 year old age bracket.



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

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

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 everywhere. 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. ---

## Conclusion

A cell phone could both be positive and positive and negative depending on how a user uses it. As mobile have become a part of our life so we should use it in a proper way carefully for a better hassle-free life rather using it and improperly and making it a virus life.