

Model Program Book  
**COMMUNITY  
SERVICE  
PROJECT**



Designed & Developed by



**ANDHRA PRADESH  
STATE COUNCIL OF HIGHER EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

## USES OF CELL PHONES

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Community service project submitted to the MRS.AVN Degree College

For the Award of the Degree of

**Bachelor of Commerce**

By

**R.NAGAM NAIDU**

2<sup>nd</sup> Year ,B.com (TM)

Project mentor

**M.BHANUMATHI**

Department of Hindi

MRS.AVN Degree College ,  
Visakhapatnam -530001, India

**PROGRAM BOOK  
FOR  
COMMUNITY SERVICE PROJECT**

Name of the Student: **RANGASINGI NAGAM NAIDU**

Name of the College: **Mrs. AYN**

Registration Number: **180130803154**

Period of CSP: **2 months** From: **01/10/22** To: **10/11/22**

Name & Address of the Community / Habitation :

**ANDRA**

**University**

YEAR

# Community Service Project Report

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

Name of the College: Mrs AVN COLLEGE

Department: COMMERCE

Name of the Faculty Guide: M BHANUMATHI

Duration of the CSP: From 21/09/2022 To 25/10/2022

Name of the Student: RANGASINGI NAGAM NAIDU

Programme of Study: (CSP) USES OF CELL PHONES [MOBILES]

Year of Study: 2020-23

Register Number: 120130803154

Date of Submission:

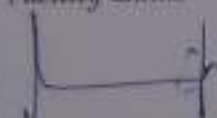
## Student's Declaration

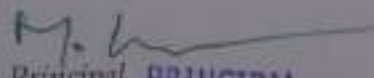
I, R. NAGAM NAIDU, a student of CSP Program,  
Reg. No. 120130803154 of the Department of B.com,  
MYS AVN College do hereby declare that I have completed  
the mandatory community service from 8/09/2022 to 25/10/2022 in  
USES OF MOBILES (Name of the Community/Habitation) under the Faculty  
Guideship of M. BHANUMATHI (Name of the Faculty Guide), Department  
of MYS AVN in College

*R. Nagam Naidu*  
(Signature and Date)

### Endorsements

  
Faculty Guide

  
Head of the Department

  
Principal PRINCIPAL  
Mrs. A.V.N. COLLEGE  
VISAKHAPATNAM

## Certificate from Official of the Community

This is to certify that R. NAGAM NAIDU (Name of the Community Service Volunteer) Reg. No. 120130203121 of MYS AVN (Name of the College) underwent community service in KURUPAD MARKET (Name of the Community) from SIVALAYAM (US-CH) 11/01/2020. The overall performance of the Community Service Volunteer during his/her community service is found to be Good (Satisfactory/Good).

*R. Nagam Naidu*  
Authorized Signatory with Date and Seal



## 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 TO THE STUDY

- \* TO measure OF proper uses OF mobiles (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 usage mobile phones
- \* TO identify the factors of mobile phone
- \* the aim is to find the negative and positive effects of mobiles
- \* also which type of people using the mobile frequency
- \* Different age people are using mobiles mostly
- \* the main purpose is determine the impact of the increased uses of mobile phones on your health.
- \* many of us are dependent on your mobile phone
- \* it is not only support communication but also provides a means of communication.

## ACKNOWLEDGEMENTS

The Satisfaction that accompanies the Successful Completion of any work would be incomplete without mentioning the people who made it possible and whose encouragement and guidance has been a source of inspiration throughout the course of the project.

We are thankful to the Sametum Mrs. AVN college, Visakhapatnam For giving us the opportunity to fulfill our aspiration.

We take the opportunity to express our heartfelt to our beloved principal Mr. M. SIMHADRI NAIDU For their kind support in doing this project.

We are privileged to express my sincere honorable gratitude to Mr. M. I. PRASANNA KUMAR, Head of the department, Dept. of Bachelors of Commerce For giving his continuous support and guidance in our endeavors.

We are privileged to express my sincere gratitude to Smt. M. BHANUMATHI mentor, Lecturer in Hindi & For giving his continuous support and guidance in our project.

We express our sincere thanks to faculty members, department of Commerce For driving us to be optimistic and constantly keeping us up throughout the course to implement innovative ideas regarding this project. Finally, we express our thanks to the Teaching and non-teaching staff, parents and also our friends For wishes and For their helping hand in successful completion of the project.

Reg no:-

120130803154

L. Nageswari Naidu



## 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 1-town port junction:-

Baudra ring road  
1-Town port area

\* Educational institutions in Vasavi Degree college Junction

\* (i) Private Vasavi degree college where industrial training is provided

\* (ii) Government Queen Mary's Girls High School (CBSE)

\* there are many temples in 1-town junction

\* people often worship there.

\* Health centers in 1-town junction:

\* Government Health hospital

\* Health Center

\* Global Hospital

\* Common problems reported by Community participants.

\* pollution

\* Traffic

\* improper drinking water facilities

## 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. House hold 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 the social and emotional learning programme.
4. People in learning environments have a wider and more diverse social circle
5. when people learn they gain confidence for 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>Social Economic Survey</u> Survey conducted on Socio-Economic condition	* Environmental conditions of surrounding are identified	<i>Naveed</i>
Day - 2	To know the conditions of the habitation	* problem that are reported in community infrastructural conditions	<i>noor</i>
Day - 3	A survey from based on the type of habitation	* poor sanitation pollution etc. are identified	<i>Affan</i>
Day - 4	interaction questioning the people to know various conditions	* identified the problem prevalently in community like drinking water	<i>Hamza</i>
Day - 5	A Survey to know Economic condition	* People here generally belongs to lower and upper middle class	<i>Chirra</i>
Day - 6	Survey conducted to know health issues	* People here often feel sick and fever due to mosquitoes etc.	<i>Farooq Khan</i>



## WEEKLY REPORT

WEEK - 1 (From Dt...1/12/22 to Dt. 8/10/22)

Objective of the Activity Done:

Detailed Report:

TO know - Economic conditions

I have conducted a survey in "Town Junction" to know Socio-Economic conditions of the habitation people here belongs to lower and upper middle class, the environmental conditions are not so good the roads are unplan, unsewered, sludge and pollution and poor Sanitation.

Although people get water facilities but the water is contaminated with chemical due to poor Sanitation and mosquitoes people here suffer with mosquitoes - have diarrhea and fever.

There is Government health center and they provide medicines to control mosquitoes weekly once mosquitoes spray is sprayed in all the

area by govt municipal authorities municipal authorities are doing 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 your self uses of mobile phones	usage of mobile phones are very highly increased	lotus
Day - 2	usage of cell phones	I observed that many people are using cell phones so oftenly	hindusri
Day - 3	cell phones are compared to land line phones	mobile phones are very upgraded compared to land line phones	Sumit
Day - 4	usage of the mobile network	there is very high usage of mobile network in now-a-days	Sanku
Day - 5	productivity	Some mobile are in good condition and some are in bad condition	Hari
Day - 6	kind of mobile phones	I learned there are different kind of mobile phones	Tagay



## WEEKLY REPORT

WEEK - 2 (From Dt. 9.10.23 to Dt. 16.10.23)

Objective of the Activity Done:

Detailed Report:

I conducted this survey was very complimentary was gathering but comes about the mobile usage.

In the basis of obtained results it can be said that majority of the college students are using the smart phones 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 those things gender difference 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. This phone was android operating system is the most popular among everyone the system study will be useful education to find out the mobile education and according measures can be taken.

The mobile phone work the feeling of landline. Some people are using the mobile phones so exclusively that it assumes the form of addiction.

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 checked in Br. to sponsor bird letters to contract	Pou
Day - 2	Expenses of mobile phones	*cost of the mobile phones productivity	Ramesh
Day - 3	mobile inventory	*Exploring of mobiles	Kirish
Day - 4	mobile Exploring of the Country	inventory of mobile on a/c days	Pallavi
Day - 5	observation and complete comparison of Brands	*Competition between partners	Sunitha
Day - 6	executive of mobile sales manager of mobile Company. Ex: Reliance - Reliance -	* Branding of Country.	Madhuri

## WEEKLY REPORT

WEEK - 3 (From Dt. 16.11.22 to Dt. 23.11.22)

Objective of the Activity Done:

Detailed Report:

I conducted this Survey was very complimentary was gathering out comes about the mobile usage

there has been tremendous use growth of the mobile phone's in India. it is reported that India's mobile communication market is the second largest in the world. the mobile phones are available to the people 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 mitchell and martin cooper of motorola in 1973 over the years starting from 1973, cell phones have changed drastically from simple to smart 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 speak, watch and listening to anything this mobile phones are considered as an important human invention.

ACTIVITY LOG FOR THE FORTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day -1	mobile usage & Evaluated of the necessary	* uses of mobile phone & network	Sanjiv Kumar
Day -2	expanding their brands	* Exploring	Tellawi
Day -3	Branding of mobiles	One+, redmi, Iphone, oppo vivo Samsung	Tejaswini
Day -4	Service of mobiles repair	* Service located near areas	Rajesh
Day -5	manufacturing of the kind of Brands	* manufacturing of mobiles in india, china	Prigya
Day -6	Branding logo	* Branding logo one+, oppo, vivo	Swathi



## WEEKLY REPORT

WEEK - 4 (From Dt. 23.10.22 to Dt. 29.10.22)

Objective of the Activity Done:

Detailed Report:

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

mobile phones are powerful communication devices. mobile phones have become integral part of every one lives than were more than seven billion used around worldwide. the number of smart phones used is also rising rapidly over time. the mobile phones has returned from a technological era to a social media telephone engineer has explained that the telephone engineer has made for the business world. Now a day mobile phones have become has emerged as a new technological achievement with the use of mobile technologies the potential for effective teaching and learning has is gaining the term "mobile learning" is still developing day by day and the exact meaning is still unclear. that can be useful in teaching and the 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
4. Educational qualification and profession
5. what are the problems faced the society
6. Do you receive any Govt. - Schemes.

### Questionnaire for Community Service project:-

1. How does the mobiles phones working in your daily life?
2. How you use mobile phone in your leisure for free time?
3. How many hours phone in you spend on your mobile phones?
4. what is the use of mobile phones for teenagers?
5. Are you addicted to Smart phone?
6. what 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 it is blurred vision and digital eye strain can cause head-ach.
2. Sleep disturbances :- Cell phone addiction has been linked to an increase in sleep disorder and fatigue in usage.
3. Distraction :- mobile is a disturbing device that creates 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. offers your self rewards for time spent on your phone.
4. Take a cell phone holiday.

### Long term solution:-

1. Don't charge your phone your head on
2. meditation yoga, exercise and other mindfulness activities reducing the craving from the dopamine rushes your phone provides
3. Take distracting apps off your home screen
4. Turn off all notification unrelated to communication from real people
5. Change cell phone conversation, speedup 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 "rest" 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 message and clear the cache data.

3. Connectivity issues :

Solution :- Enable the airplane mode for at least 1 minute then try to connect again, also, 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, update and clear 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. that are drawing 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 8-10 pages.

### \* Usage of Cell phones:

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

they come in use for communicating through voice, message and mails. 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 benefits of using the mobile phone is that make the modal of communication easier and cheap.

\* Education

+ Social media

\* Promoting business

\* good for people safety

\* Helped in Emergency situation.



- + Loan money via mobile
- + Accessing the internet through mobile phone first for knowledge has to be the most important advantage of smart phones.
- + Staying connected :- you can be connected to friends and family even when work is still on personal life.

### \* Disadvantages of mobiles :-

there are so many disadvantage of using mobile phone constant distraction, social distraction, never ending work days. increasing expenses cause of accidents, health problems youth crime network peer bank transaction errors 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.

stressing eyesight :- most people are staring at their screen before falling asleep in the dark of night this can lead to partial blindness.

staying connected you can be connected to friends and family even when work takes a toll on personal life.

## Impact of Mobiles :-

- \* Studies show that people addicted to mobiles 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 20 times one day most of the time people just check their phones for also good reason.
- \* the mobile phones are used of places like hospital, judicial court's petrol pumps where their use is banned.
- \* the mobile phone while driving is commonly observed which may increase the chance of involving accident.
- \* the use of mobile phone while driving can distract attention of the driver visually, physically and cognitively. Earlier studies have shown that various mobile use have some relation to each other.
- \* the gender may also play some in high mobile phone use.
- \* the study will be done on explorative basis and there phone use will not be any hypothesis.

## Most Frequently used Application:

Netflix:- Ahar, Zee5, Google Chrome, youtube, Google play  
Disney+, Amazon (prime video, youtube, kids, HBO max  
Twitch, Hotstar, Pluto TV, Subway Surfers, Budge race  
Garena free fire, discord, join Clash, 8 ball pool, ludo  
King, Instagram, Facebook, WhatsApp, Snapchat, Meeka  
Amegon, phonepay, Googlepay, Flipkart, yano life, Battle  
Grounds mobile India, call of duty, myntw, Asio  
telegram, play Gpay etc....

## Harmful effects of mobile:-

over usage of mobile phones may cause psychological  
illness such as dry eyes, headache, eye irritations  
Computer vision Syndrome, weakness of Thumbs and wrist  
Neck pain and rigidity, anxiety, increased frequency  
of DO questions, torignovities, tactile hallucinations,  
delusions, inammial hallucinations, lower self confidence  
and mobile phone addiction disorder in animals,  
chronic exposure to wifi radiation caused behaviour  
that the mobile phone radiation may increase the  
reaction oxygen species which plays an important  
role in the development and neurodegenerative  
diseases



## CHAPTER 6: RECOMMENDATIONS AND CONCLUSIONS OF THE MINI PROJECT

this Survey is a unique examination of the modern phone of mobile technology use of utility.

this Study facilitated data collection of Evaluating pattern of mobile phone usage

Mobile phone technology has strongly integrated to aid the 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 during time business. School and so much more. Cell phones are not just call phones. Any more. People rely mostly on them for video for near by restaurant taking picture of their travels, using a GPS tracking system etc. The majority of people own cell phone nowadays and people rely on them more than ever.

Cellphones have become a part of everyday life and could not imagine what it would be like having to live without having a cellphone. Being away at school I still am able to keep in contact with my parents and grand parents although I am far away from them, cellphones are vital sources in the human for connection. Because people ~~deserve~~ never imagined, the cell phone is an incredible invention that has altered our lives forever.



MRS.AVN DEGREE COLLEGE Visakhapatnam community service Reports

Usage of cell Phones GALLERY:-



