

A COMMUNITY SERVICE PROJECT REPORT

On

PROJECT TITLE

Community Service Project report submitted
in partial fulfillment of the requirements for the award of the Degree of

BACHELOR OF SCIENCES

By

G.JAGADISH KUMAR

(Reg. No: 720130105004)

Under the Guidance of

K.SWETHA

PHYSICAL SCIENCE



Mrs. A.V.N. College

(Affiliated to Andhra University)

Visakhapatnam-530001

2020-2023



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



Date:

CERTIFICATE

This is to certify that G. JAGADISH KUMAR, Regd.No 720130105004 of Mrs. A.V.N College underwent Community Service Project in Food Habits with special reference to Jagadamba Junction Visakhapatnam, Andhra Pradesh under the guidance of K. SWEHA from 26/9/22 to 5/11/22.

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

PBN Thirath
(World Administrative Society)
Authorized Signatory

Model Program Book
**COMMUNITY
SERVICE
PROJECT**



Designed & Developed by



**ANDHRA PRADESH
STATE COUNCIL OF HIGHER EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

PROGRAM BOOK FOR COMMUNITY SERVICE PROJECT

Name of the Student: CHANDRANIL S. SURESH

Name of the College: PRINCE OF BISHOP COLLEGE

Registration Number: 20010100000000000000

Period of CSP: From: 24/07/20 To: 24/08/20

Name & Address of the Community / Habitation : ST. MARY'S CHURCH, THIRUVANANTHAPURAM
THIRUVANANTHAPURAM
KERALA

ALDHRA UNIVERSITY University

YEAR

Instructions to Students for Community Service Project

Please read the detailed Guidelines on Community Service Project hosted on the website of AP State Council of Higher Education <https://apsche.ap.gov.in>

Link:

<https://apsche.ap.gov.in/Pdf/Guidelines%20for%20the%20OJT%20Internship%20Community%20Service%20Project.pdf>

1. It is mandatory for all the students to complete 2 months (180 hours) of Community Service Project as a part of the 10-month mandatory internship/on the job training.
2. Consider yourself a committed volunteer in the community, you work with.
3. Every student should identify the village/community/habitation for Community Service Project (CSP) in consultation with the College Principal/the authorized person nominated by the Principal.
4. Report to the community/habitation as per the schedule given by the College. You must make your own arrangements for transportation to reach the community/habitation.
5. You will be assigned a Faculty Guide from your College. He/She will be creating a WhatsApp group with your fellow volunteers. Post your daily activity done and/or any difficulty you encounter during the programme.
6. You should maintain punctuality in attending the CSP. Daily attendance is compulsory.
7. You are expected to learn about the community/habitation and their problems.
8. Know the leaders and the officials of the community/habitation.
9. While in the project, always wear your College Identity Card.
10. If your College has a prescribed dress as uniform, wear the uniform daily.
11. Identify at least five learning objectives in consultation with your Faculty Guide. These learning objectives can address:
 - Information about the community, including the realities and

problems of the society.

- Need for creating awareness on socially relevant aspects/ programs
 - Acquiring specific Life Skills
 - Learning areas of application of knowledge and technologies related to your discipline
 - Identifying developmental needs of the community/habitation
12. Practice professional communication skills with team members, and with the leaders and officials of the community. This includes expressing thoughts and ideas effectively through oral, written, and non-verbal communication, and utilizing listening skills.
 13. **Be regular in filling up your Program Book. It shall be filled up in your own handwriting. Add additional sheets wherever necessary.**
 14. At the end of Community Service Project, you shall be evaluated by the person in-charge of the community/habitation to whom you report to.
 15. There shall also be an evaluation at the end of the community service by the Faculty Guide and the Principal.
 16. Do not indulge in any political activities.
 17. Ensure that you do not cause any disturbance to the inhabitants or households during your interaction or collection of data.
 18. Be cordial but not too intimate with the people you come across during your service activities.
 19. You should understand that during this activity, you are the ambassador of your College, and your behavior during the community service programme is of utmost importance.
 20. If you are involved in any discipline related issues, you will be withdrawn from the programme immediately and disciplinary action shall be initiated.
 21. Do not forget to keep up your family pride and prestige of your College.
 22. Remember that you are rendering valuable service to the society and your role in the community development will become part of the history of the community.

Community Service Project Report

Submitted in accordance with the requirement for the degree of

Name of the College: MYS - A.V.N. COLLEGE

Department: B.Sc (HPCs)

Name of the Faculty Guide: K. SWETHA

Duration of the CSP: From 26/11/22 To 5/12/22

Name of the Student: GURUGOBELLU JAGADEESH KUMAR

Programme of Study: Community Service project, Food Habits

Year of Study: 2020 - 2023

Register Number: 72030105004

Date of Submission:

Student's Declaration

I, Mr. JAGADISH KUMAR, a student of C.S.P Program,
Reg. No. 720130105004 of the Department of BSc (MPES)
Mrs. A.V.N. DEHRAE COLLEGE College do hereby declare that I have completed
the mandatory community service from 26/9/22 to 5/10/22 in
Jagadamba Junction (Name of the Community/Habitation) under the Faculty
Guideship of K. SWETHA (Name of the Faculty Guide), Department
of Physics in College

G. Jagadish Kumar
(Signature and Date)

Endorsements

K. Swetha

Faculty Guide

K. Swetha

Head of the Department

Head of the Dept.

Dept. of Physics, Electronics and Computer Science

Mrs. A.V.N. COLLEGE

PRINCIPAL
VISAKHAPATNAM

[Signature]
PRINCIPAL
MRS. A.V.N. COLLEGE
VISAKHAPATNAM

Certificate from Official of the Community

This is to certify that GI JAGADISH KUMAR (Name of the Community
Service Volunteer) Reg. No 72030105006 of MYS ADW COLLEGE (Name of
the College) underwent community service in
Jaydamba Junction (Name of the Community) from 26/9/22 to
5/11/22. The overall performance of the Community Service Volunteer during
his/her community service is found to be Good (Satisfactory/Good)

P. N. Shan
(Head, Administrative Group)
Authorized Signatory with Date and Seal



Acknowledgements

I would like to convey my heart felt gratitude to APSCHE for giving this wonderful opportunity to us and I am also thankful to the Andhra university

I would also like to thank our college principal and all the faculty members, who guide us in the completion of this project and also providing thankful for providing me with this wonder opportunity to work on a project with the topic study of food habits. The completion of the project would not have been possible without their help & insights.

Secondly I would also like to thank all of the community of "Jagadamba junction" for giving the proper responses. I am extremely grateful to the people and my neighbour hood sectors responded with high level of valuable suggestions & guidance for completion of my project. This cooperation and health come proudly & useful with them.

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

Thanking you

GURUGUBELLI JAGADISH KUMAR

B.Sc (H.P.S)

Eng. No. 1

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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.

Jogachamba Junction is located at Ustakopam - 1 ram district. It is an urban neighbourhood in the Indian city of Ustakopam. The area with population of more than 60,000. The area is divided into all sectors. I have done my survey in two sectors where the people in this sector are highly qualified they answered very well for very questions and their suggestions and answers are greatly helpful for a person who are in appropriate manner in following their daily life activities in now-a-days while doing this survey it is observed that people are following a very good time table in conserving of healthy food. when compared with young age people and some other people are not being and here the data is related to the food habits whether which type are healthy and unhealthy.

CHAPTER 2: OVERVIEW OF THE COMMUNITY

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

No. of houses visited :- 20

Average no. of household members in a family : 4

No. of houses in which more than 4 members present : 8

No. of houses in which more than 3 members present : 12

No. of houses in which more than 2 members present : 20

No. of people living in own houses : 14

No. of people living in Rented house : 6

No. of people taking healthy food & 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 health

where as remaining 25% of people are seen to be unhealthy

→ common problems are reported by community participants

(1) Diabetes (2) sugar (3) B.P (4) obesity.

→ common problems observed by survey

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 became a growing problem around the world that affects not only the health.

Food is basic need for every human being many government schemes are implemented on the distribution of food to everyone for their daily needs based on ration card. As priviledge on now-a-days as we are eating the food does not makes a person with more unhealthy of foods, sweets imbalances a person's health & not maintaining proper time keeps a person unhealthy.

Methodology: For the present study the research concentrated on socio-economical background, health relations problems in relation to quality food & quantum of usage of consumer product with harmful chemicals by the people in the study area.

Scientific facts behind community need:

Food is one of the most diverse ecosystem. It covers a enormous range of fruits, vegetables, herbs, seeds etc while some of these items are two basic & are a part of our regular meals. other may have some mind-blowing quantities.

ACTIVITY LOG FOR THE FIRST WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	M. Naidu Age: 52. Topic: food habits Address: Rameswari Sadan Tapedamba June, USKP 530002	Eating a healthy food all the day	<i>M. Naidu</i>
Day - 2	S. Yagandhar Age: 50 Topic: food habits Address: Rameswari Sadan Tapedamba June USKP 530002	Their family is eating on healthy foods keeping them with hydration	<i>S. Yagandhar</i>
Day - 3	N. Kalyan Prasad Age: 61 Topic: food habits Address: Rameswari Sadan Tapedamba June USKP 530002	In a day they were taking 3 to 4 glasses 3 liters of water	<i>N. Kalyan Prasad</i>
Day - 4	R. Malathi Age: 45 Topic: food habits Address: Rameswari Sadan Tapedamba June USKP 530002	They are eating unhealthy food which is made up of oil	<i>R. Malathi</i>
Day - 5	B. Sureshitha Age: 39. Topic: food habits Address: Rameswari Sadan Tapedamba June USKP 530002	They are eating on unhealthy foods which is made by oil & body is imbalance	<i>B. Sureshitha</i>
Day - 6	G. Gayatri Age: 32. Topic: food habits Address: Rameswari Sadan Tapedamba June USKP 530002	Eating on healthy food.	<i>G. Gayatri</i>

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have abstracted their information from an community / Rameswari Sabar Jagadamba Je Visk. In this report I was noticed that here people are not following a healthy diet which will keep them very much. Some of the families which were leaving in the community were following an healthy diet and eating an healthy and rich in nutrition food now-a-days people are not eating health and nutrition food that will damage their health & leads to get some problems in their body the community which was surveyed is that most of families were eating an healthy & nutrition 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 Sugars.

ACTIVITY LOG FOR THE SECOND WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	W. Balu Raju Age: 60 Topic: food habits Address: Rameswari Sadan Jagadamba Jc (530002)	taking an healthy food & eating the nutrition food	W. Balu Raju
Day - 2	P. Malleswari Age: 38 Topic: food habits Address: Jagadamba Jc 530002	Eating 3 meals with fruits per day	P. Malleswari
Day - 3	A. Santhitha Age: 25 Topic: food habits Address: Rameswari Sadan Jagadamba Jc : 530002	Eating an un healthy food in a day.	A. Santhitha
Day - 4	B. Ranga Rao Age: 70 Topic: food habits Address: Rameswari Sadan Jagadamba Jc : 530002	Eating a healthy food & having Sugars.	B. Ranga Rao
Day - 5	N. Ranga Lakshmi Age: 40 Topic: food habits Address: Rameswari Sadan Jagadamba Jc : 530002	All the family members in her family was eating	N. Ranga Lakshmi
Day - 6	S. Parvath Age: 20 Topic: food habits Address: Rameswari Sadan Jagadamba Jc : 530002	Not have an healthy diet plan and eating more oily food.	S. Parvath

WEEKLY REPORT

WEEK - 2 (From Dt. to Dt.)

Objective of the Activity Done:

Detailed Report:

I have got this information from our community Rameswari sadan, Igandamba Junction, VSKP. In this community Residency half of the families were following and healthy and eating nutrition food which are rich in vitamin and protein some families are not have any healthy plan for the day and they not even plan and eat those healthy. Every day eating of outside foods and oily foods which will cause cholesterol and body imbalance. The people which are eating healthy food they were give a suggestion to all the families public to eat healthy nutrition food for better health & not become a patient, when the people are eat any kind of junk food (or) oily food and sweets with in a limit. If they cross the limit when then the healthy will gone.

E₁ gets hospitality

ACTIVITY LOG FOR THE THIRD WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	H. Latha Age: 61 Topic: food habits Address: Gayatri plaza Togbamba TC, 530002	Diabetic patient but maintaining healthy food	Latha
Day - 2	S. prarthi Age: 52 Topic: food habits Address: Gayatri plaza Togbamba TC, 530002	She is a diabetic patient	prarthi
Day - 3	P. Aman Age: 27 Topic: food habits Address: Gayatri plaza Togbamba TC, 530002	He is consuming every street food	Aman
Day - 4	SK. shirin Age: 48 Topic: food habits Address: Gayatri plaza Togbamba TC: 530002	Diabetic patient eating lots of sweets	shirin
Day - 5	K. Jagadeesh Age: 52 Topic: food habits Address: Gayatri plaza Togbamba TC: 530002	Eating healthy food daily.	Jagadeesh
Day - 6	G. Rajesh Age: 47 Topic: food habits Address: Gayatri plaza Togbamba TC: 530002	Eating healthy food	Rajesh

WEEKLY REPORT

WEEK - 3 (From 14 _____ to 16 _____)

Objective of the Activity Done:

Detailed Report:

In this week, I went to the another residency in our community. In that 50% of the family members were having health issues that are mostly diabetes and some other common issues. The remaining families who are living in that residency were following an health food diet which are rich in nutrition & vitamins which will help the body very much in good condition that helps body to get energy and muscle recovery over the health issues. Families are following now a healthy food and all the people and families in that community were maintaining a healthy food. They are having water also 1000 to 4 liters in a day which help them for digestion & hydration training in that Residency that younger people are addicted to oily food, junk food which will give them a dopamine but not energy & healthy life.

ACTIVITY LOG FOR THE FORTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	P. Gowtham Age: 24 Topic: food habits Address: Gayatri plaza, VSKP Jagadamba JC: 530002	Eating healthy food	<i>[Signature]</i>
Day - 2	K. Ravi Varma Age: 41 Topic: food habits Address: Gayatri plaza VSKP Jagadamba JC: 530002	not having a proper diet	<i>Ravi</i>
Day - 3	T. Venkat Lakshmi Age: 60 Topic: food habits Address: Gayatri plaza VSKP Jagadamba JC: 530002	Eating healthy food & drink enough Remove water	<i>Venkat</i>
Day - 4	R. Ramya Age: 32 Topic: food habits Address: Gayatri plaza VSKP Jagadamba JC: 530002	Eating unhealthy food.	<i>Ramya</i>
Day - 5	K. Venkatesh Age: 26 Topic: food habits Address: Gayatri plaza VSKP Jagadamba JC: 530002	Eating healthy food	<i>Venkatesh</i>
Day - 6	B. Shethan Age: 20 Topic: food habits Address: Gayatri plaza Jagadamba JC: 530002	Eating unhealthy food & healthy food	<i>Shethan</i>

WEEKLY REPORT

WEEK - 4 (From Dt. to Dt.)

Objective of the Activity Done:

Detailed Report:


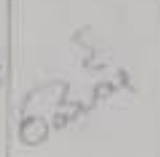

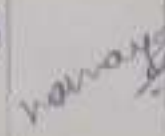

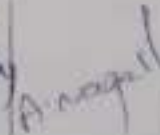
In week 4 this week I have prepared a few questions on the healthy diet on food habits. Such as the number of times the person eats meal in a day.

So after my completion of asking the question to the each person of the family then I asked about the healthy diet food they said that healthy food will help over life being healthy and the food which one was taking in the only main thing for over body conditions and health.

The proper nutrition food gives a healthy life and in some families young person are eating of oily & junk food daily which will damage the healthy life.

This time there is less sugar patients and all the families were following a rich and 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. Ravindra Age: 60 Topic: food habits Address: Gaupatri plaza Jagdalamba TC 530002	Eating healthy food and sugar patients	
Day - 2	M. Ramash Age: 26 Topic: food habits Address: Gaupatri plaza Jagdalamba TC 530002	Eating unhealthy food and not drink enough water	
Day - 3	P. Suresh Age: 45 Topic: food habits Address: Gaupatri plaza Jagdalamba TC 530002	Eating lot of Junk food & having fat	
Day - 4	N. Varada Age: 18 Topic: food habits Address: Gaupatri plaza Jagdalamba TC 530002	Eating unhealthy food.	
Day - 5	P. Sudhakar Age: 22 Topic: food habits Address: Gaupatri plaza Jagdalamba TC 530002	Eating healthy and unhealthy food.	
Day - 6	A. Nagesh Age: 41 Topic: food habits Address: Rudra Residency Jagdalamba TC 530002	not eating food on time & unhealthy diet	

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week 5 I had created some more question on food habits on our daily basic eating.

This week 5 I had added another Residence Rudra Residence, Jagadamba for survey in that it consists of younger & older person almost having on healthy diet and eating junk food sweets, chocolates oily foods while will bring unhealthy life to them.

And in that surrounding community some people who also maintaining healthy food diet & eating nutrition food and some people who are not drinking enough water and is suggested that eating a healthy food and drinking enough water.

And all the peoples uniquely said that they will take 3 meals a day in a Routine.

ACTIVITY LOG FOR THE SIXTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	J. Sanyal Age: 31 Topic: food habits Address: Radio Residency Jagdishpur Jc - 530002	In a day they are taking 2000 ml water & 8 litres of water	J. Sanyal
Day - 2	A. Kumar Age: 25 Topic: food habits Address: Radio Residency Jagdishpur Jc - 530002	Eating an unbal they had in a day.	A. Kumar
Day - 3	P. Ajith Age: 27 Topic: food habits Address: Radio Residency Jagdishpur Jc - 530002	Every day eating roadside food	P. Ajith
Day - 4	T. Karthika Age: 50 Topic: food habits Address: Radio Residency Jagdishpur Jc - 530002	Eating healthy food & drinking 3 litres of water and diabetic patient	T. Karthika
Day - 5	P. Suresh Age: 15 Topic: food habits Address: Radio Residency Jagdishpur Jc - 530002	Eating lot of Junk food & having food	P. Suresh
Day - 6	K. Jagan Age: 41 Topic: food habits Address: Radio Residency Jagdishpur Jc - 530002	Eating a healthy food	K. Jagan

WEEKLY REPORT

WEEK - 6 (From Dt. to Dt.)

Objective of the Activity Done:

Detailed Report:

In this week 6, I had created some more questions on food habits on our daily basic eating. This are the last questions of community service project survey.

This week 6, I went to the (Rudra Residency). In this 50% of the family members were having healthy food & Remaining some unhealthy food, now-a-days people not eating healthy & nutrition food this will damage their healthy & leads to get some health related issues in their body. The young people & youth some are mostly addicted to street food mostly eating junk food they were getting diabetes & some heart problems at very young age.

CHAPTER 5: OUTCOMES DESCRIPTION

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

My survey work done in the location of Jagadamba Jr and AUN college down Road, Vistakapatram. The survey was done on each and every house for the project purpose.

In that area some people are very lower in their earnings and some are too rich & well selected & some are middle class families and some families are not having money to buy proper food to eat they are too poor and can't eat take everyone. They are not having the sufficient money for the healthy nutrition food to eat like others.

So, these kind of families were answered any questions for community service project.

And some of the families answered my questions they respond very well to my questions. They also give suggestions to be healthy with consuming a healthy food in our daily life.

Describe the problems you have identified in the community

The problems I was identified in our community is they are sugar & obesity people who are under age of 40 to 70 years and in the community some people / families were not eating on healthy food they are eating food which gives them an unhealthy life. fried, oily, sugar foods was consuming buy them & they getting healthy problems like mostly sugar obesity, cholesterol. In my community areas people they was facing & I too faced many problems because many of the people in an community were not answering to my questions.

meeting with all individuals that too personally made me to face lot of troubles in my area.

They were not keeping money for the food which gives them nutrition. They are all eating of Junk food oily foods, lots of sweets etc which harms their healthy life style.

In some families they are not even drinking enough water. They are only drinking 1 to 2 litres of water in a day.

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 awareness on benefits of healthy foods
- 2) Every family should change their ideology & behaviour on the food they consuming daily.
- 3) Everyday they should be drink atleast 2 to 3 liters of water for better digestive system.
- 4) There were many of people who didn't consume healthy food so we have to suggest them & 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 etc.

long term action plan:

- 1) There should be known which food is healthy to our body.
- 2) There should be separate course on food habit

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

I learned many classes in the program of Community Service conducted by the college management.

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

I learned the way of initiating with other and communicating & get to know the problems which they are facing and I learned the way of preparation of documentation on the problems of people. I learned to be stay with patients when others are not answered to my community service project questions.

I learned to speak straight forward & fair with other people. The main problem of the community to be maintain a healthy diet plan. They are all not having a healthy diet.

If they eat an unhealthy food & then they will get unhealthy. Through this program we are realized that consuming eating of healthy food gives us healthy life and this program that teach one to be healthy.

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

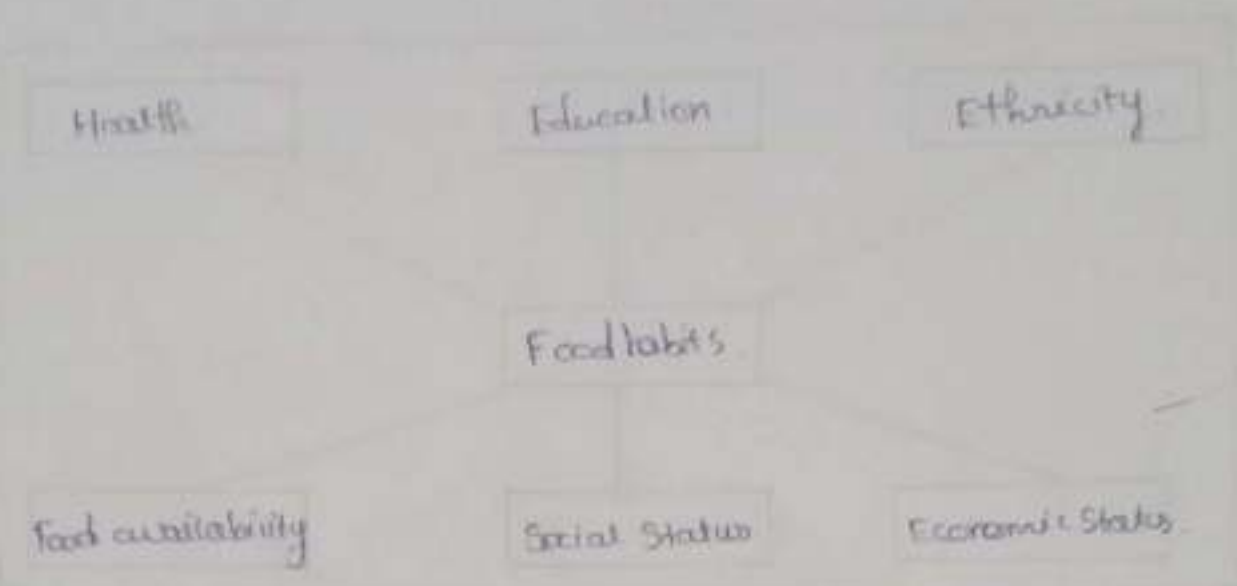
A mini-project work in the related subject w.r.t the habitation/village. (For ex., a student of Botany may do a project on Organic Farming or Horticulture or usage of biofertilizers or biopesticides or effect of the inorganic pesticides, etc. A student of Zoology may do a project on Aquaculture practices 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.

Food refers to anything that is eaten to provide energy and keep the body healthy. Food habit refers to why & how people eat which food they eat and with whom they eat as well as the way people obtain, store, use & discard food.

Nutrition education is very important in the life of every human being. Nutrition education would help you to make wise decisions about food for example what type to eat when to eat. how many times you would eat a day & what combinations of food provide a healthy diet. education also gives you consumer information which would help you to buy food wisely from the market place. In short education helps you to make informed food choices which will provide the necessary nutrients for a healthy body at a minimum cost. Education helps you to form certain food habits & change others for example education can make you decide to eat fruits at every meal because you have learned about its nutritional benefits.

These factors makes people form food habits



The following factors that influence our food choices.

- Biological determinants such as hunger, appetite & taste.
- economic determinants such as cost, income, availability
- physical determinants such as access, education, skills and time.
- social determinants such as family.

Analysis of data:

- Breakfast & lunch: Most of the people are taking porridge rice as Breakfast & lunch. Some are taking rice & vegetable curry. Indicated that 90% are taking rice & vegetable curry. 10% of the respondents reported that they are taking rice & dal.

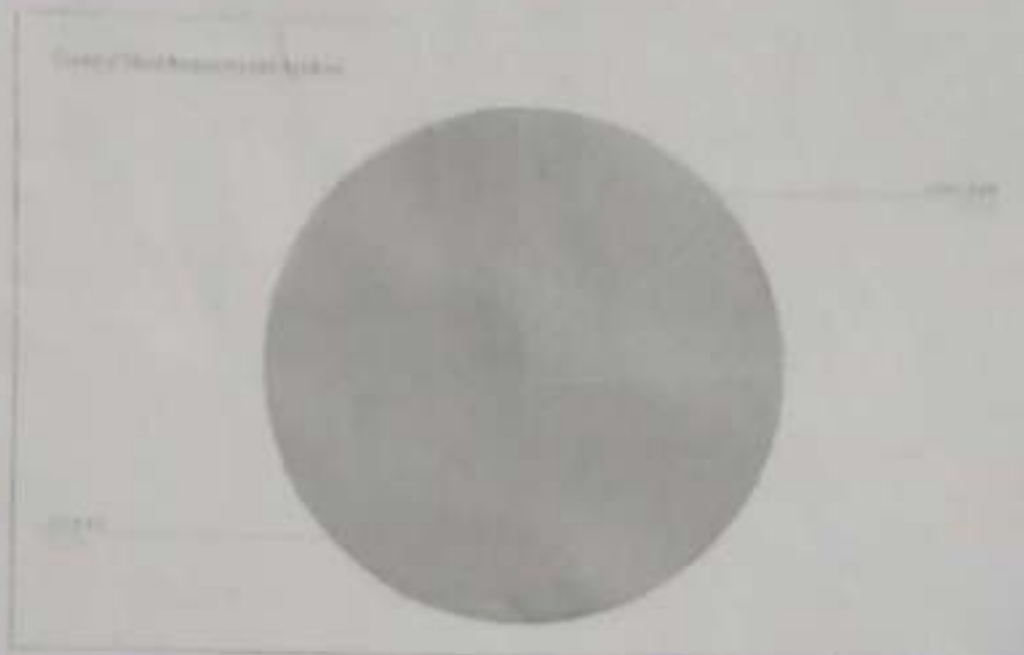
→ Consumption of curd in meal:



In lunch 90% of the people are eating curd. 10% of the people are not eating curd due to low income.

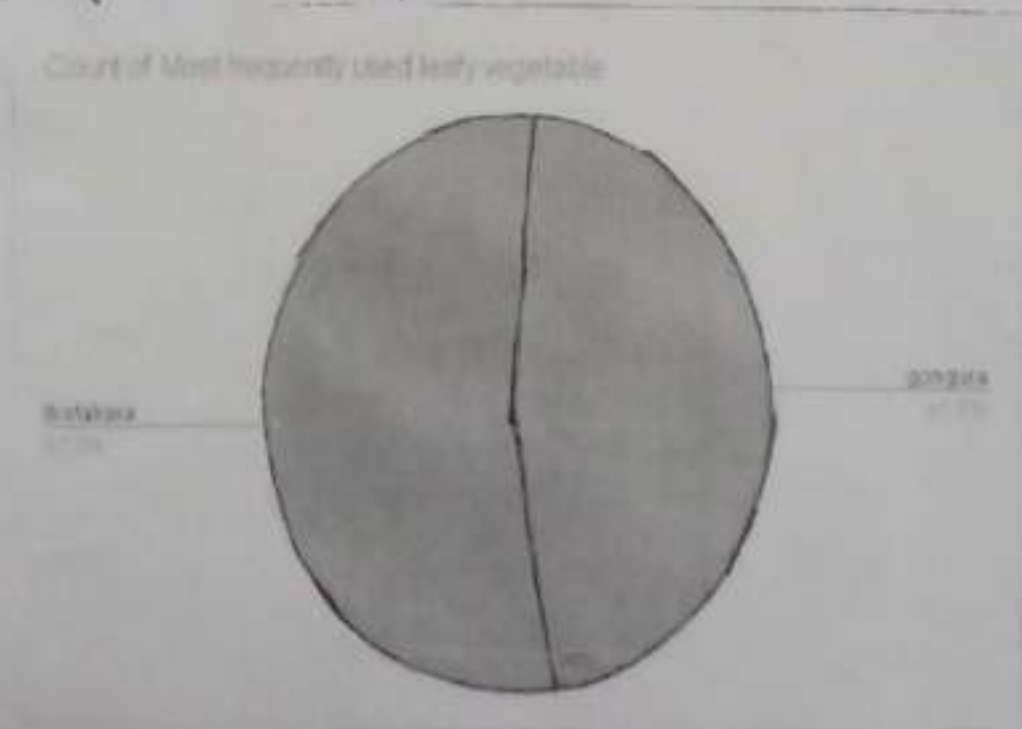
* Consumption of different types of pulses :-

Types of pulses used Red gram / green Gram

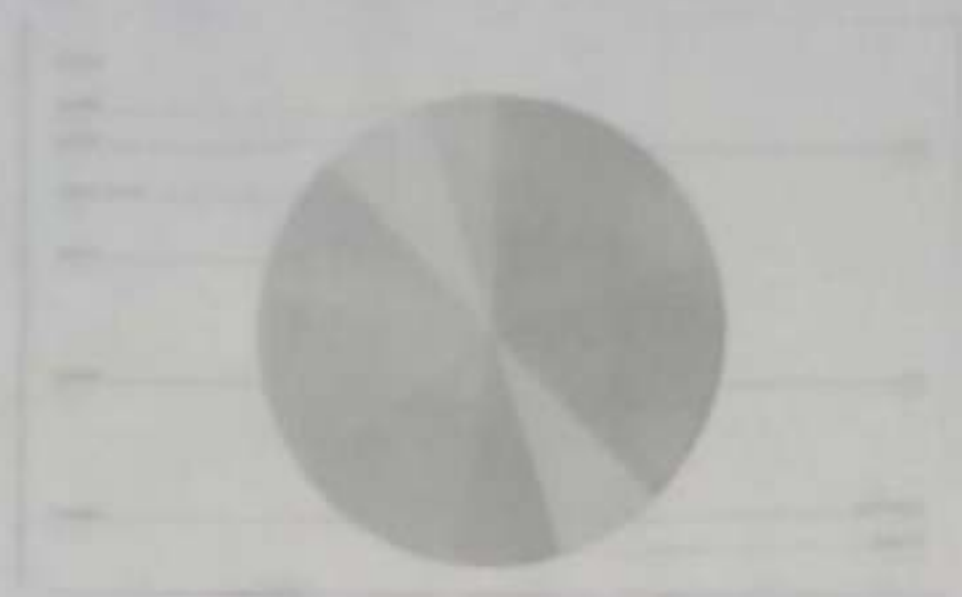


Among the pulses red gram, green gram & bengal gram most of the people (75.0%) are using red gram and 25% are green gram.

* Consumption of leafy vegetables :-

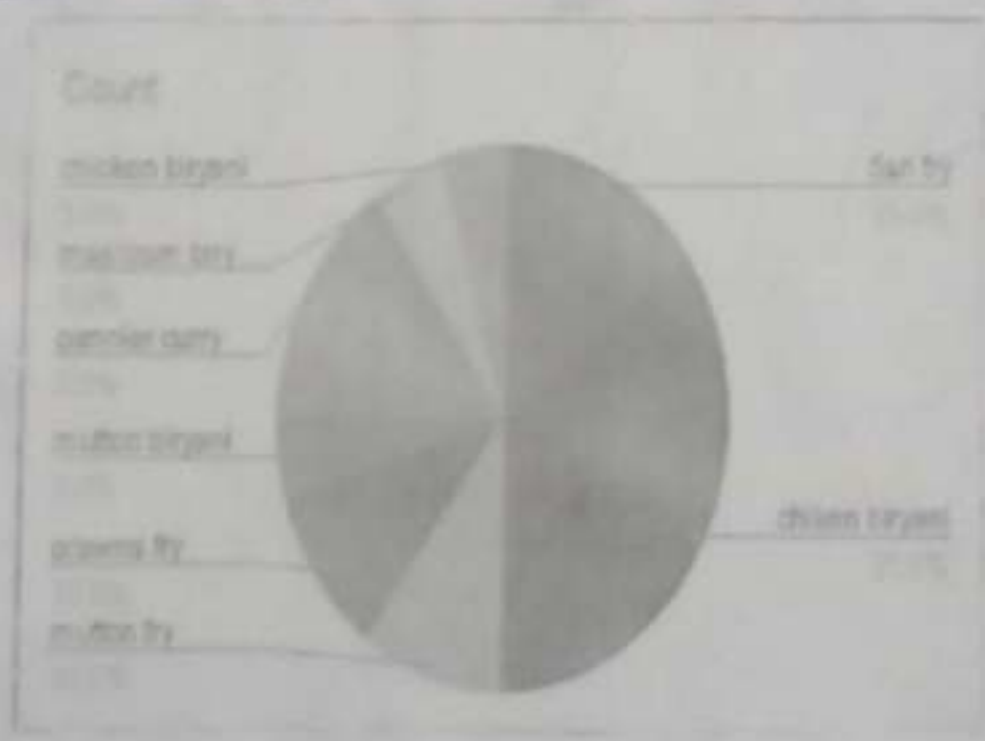


* Consumption of different kinds of fruits?



28% people are consuming banana, papaya is consumed by 2.5%, people grapes consumed by 17.5%, people orange is consumed by 5.0%, people sapota is consumed by 7.5%, people custard apple is 5.0% of people.

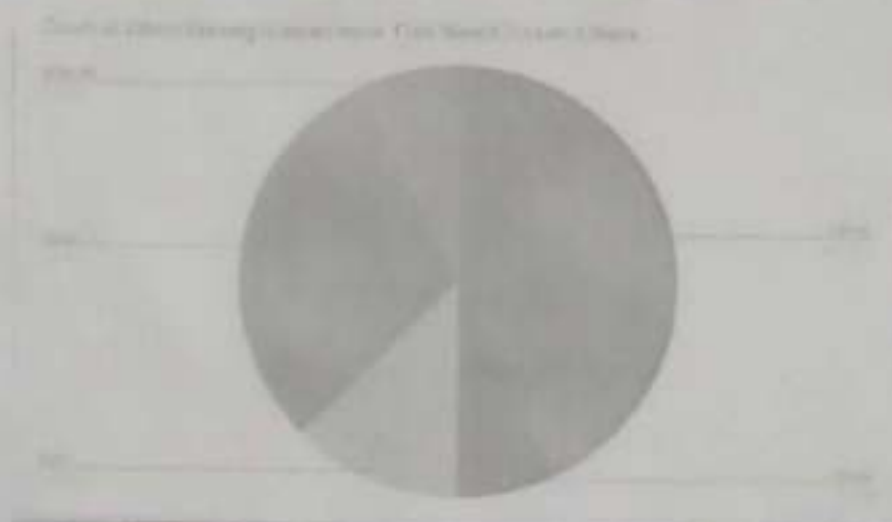
* Favorite food (dish)?



Based on the above figure information is collected on the most favourite food of respondent wr. numbers likes chicken biryani 50% of peoples likes mushroom Biryani. 50% people likes paneer curry, 50% people likes mutton biryani.

* Consumption of Non-Veg's

% of Non-veg taken weekly fish/meat.

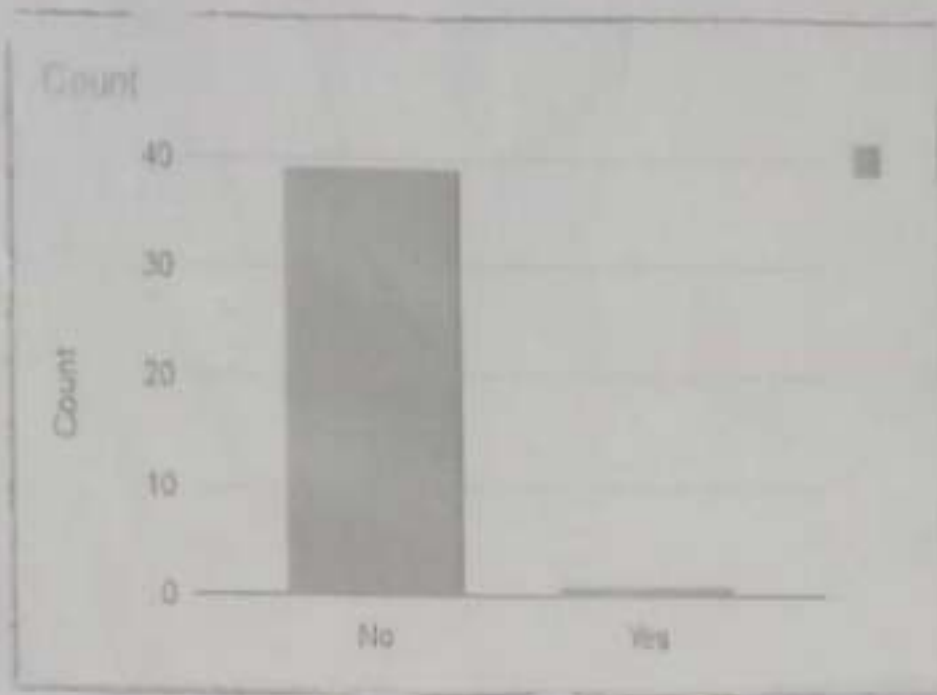


Based on figure 42.5% people are taking chicken, fish is taken by 12.5% people. And meat by 7.2% people and egg taken by 30% people and pressure taken by 7.5% people.

Dinner:

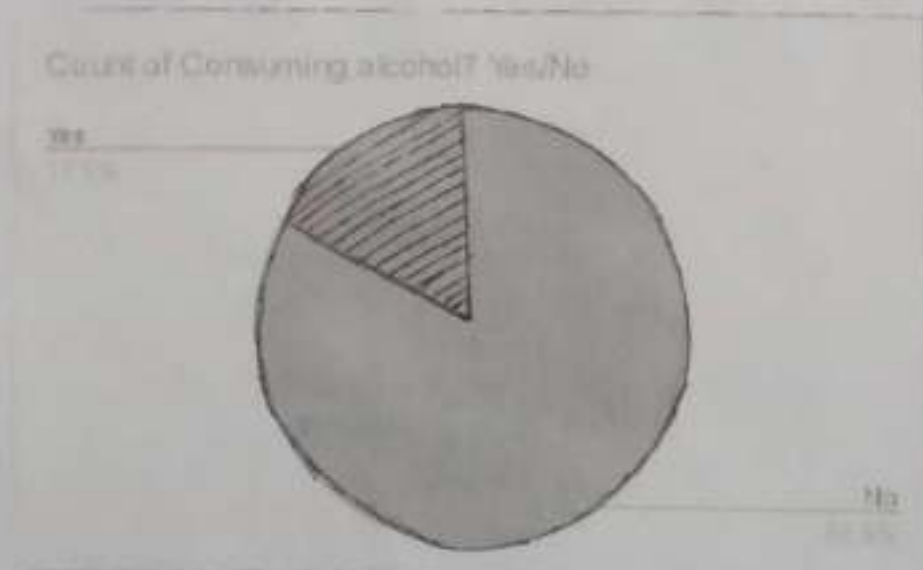
All most all the people respondents reported that they are taking rice & vegetable curry as dinner.

* Eye Sight problem?



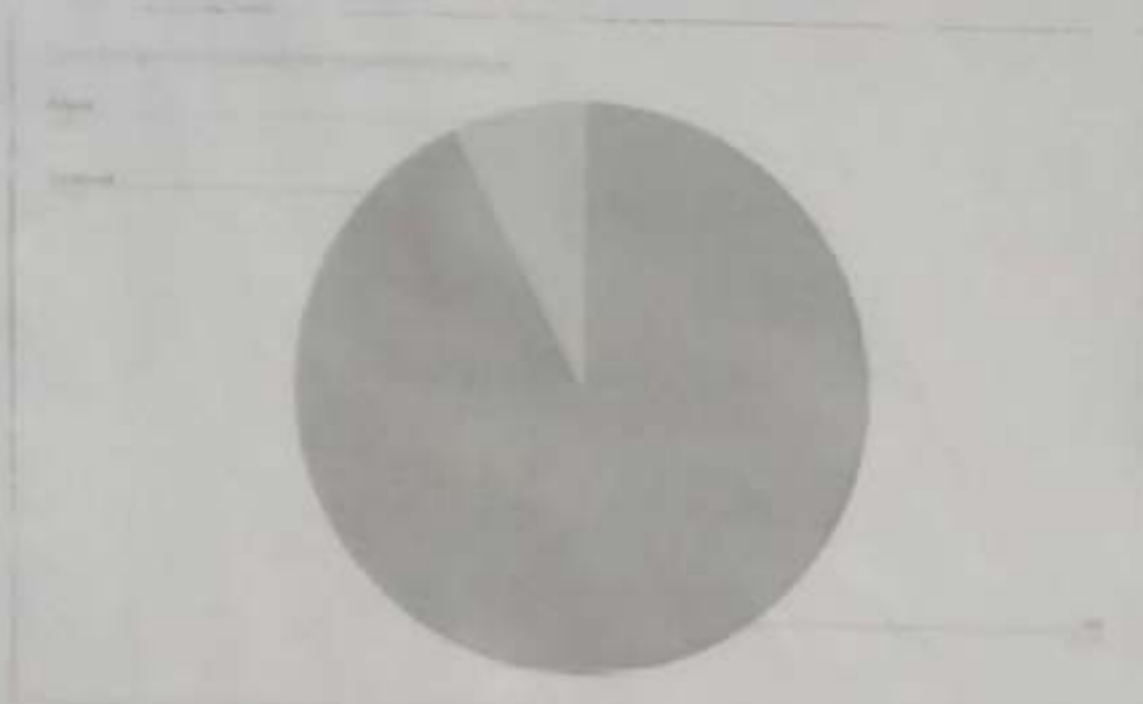
Among all the children in the ward only 2% of children are affected by sight problem. The reason is that they are not consuming vitamin rich foods like carrot, papaya.

* Consumption of alcohol?



consumption of alcohol based on the 2.5% of people are not consuming alcohol.

% of alcohol consuming regularly (or) occasionally:-



According to the figure 7.5% of people consuming alcohol regularly because if they are addicted to alcohol. and 10% of people are consuming alcohol occasionally. are remaining 82.5% of people are not consuming.

CHAPTER 6: RECOMMENDATIONS AND CONCLUSIONS OF THE MINI PROJECT

Recommendations:

Unhealthy diets and the resulting malnutrition are major causes of non-communicable diseases (NCD's). Malnutrition includes undernutrition, over weight and obesity and other diet-related NCD's like type 2 diabetes, Cardiovascular diseases and stroke & some cancer.

Low fruit & vegetables is linked to several cancers, cardio-vascular diseases & stroke & fibres, grains, nuts. Seeds low intake leads to micronutrients linked to diabetes stroke & some cancers.

Alcohol is important for malnutrition in family members. Because mostly income is spent on Alcohol. Instead spend it on healthy diet. Taking alcohol occasionally does not affect family health, education & well being but regular intake affects it leads to the development of chronic diseases & other serious problems including high blood pressures, head disease, stroke, liver disease, digestive problems & cancer. It is highly recommended to give counselling to alcohol addicted people. If necessary, they should be taken to addiction centers.

It is highly recommended to promote the concept of healthy eating plate through nutritional education by village volunteer (or) urban millers consumption & sprouts of green gram Egg as protein source counselling to alcohol consuming people for their family well being.

Conclusion:

A healthy diet is a diet that maintains or improves overall health. A healthy diet provides the body with essential nutrition. Such as protein, micro nutrients. Such as vitamins, and a balance fiber & food energy. As per the healthy eating plate concept everyone should eat vegetables, fruits, whole grains & protein rich food. At the same time the production should be increased, should be available at affordable cost to make a regular eating habit of healthy foods. Instead of consuming instead energy giving processed food. Most of the drinks and unhealthy instant making foods are being advised on television. Now it is the need of the hour to advertise and broadcast about all healthy foods in a attractive manner to reach its nutritional value and healthy benefits each and every one.

Student Self-Evaluation for the Community Service Project

Student Name: G. JAGADISH KOPAR

Registration No: 720130109004

Period of CSP: From: To: 26/9/17 to 5/11/22

Date of Evaluation:

Please rate your performance in the following areas:

Rating Scale: Letter grade of CGPA calculation to be provided

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 Student

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

Student Name: G. JAGADISH KUMAR

Registration No: 720130105006

Period of CSP: From: To: 26/9/22 to 5/11/22

Date of Evaluation:

Name of the Person in-charge: K SWETHA

Address with mobile number: 3106062520, Ram nagan, Vithalapuram, 530002

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
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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

EVALUATION

Page No.

Internal Evaluation for the Community Service Project

Objectives:

- To facilitate an understanding of the issues that confront the vulnerable / marginalized sections of society.
- To initiate team processes with the student groups for societal change.
- To provide students an opportunity to familiarize themselves with the urban / rural community they live in.
- To enable students to engage in the development of the community.
- To plan activities based on the focused groups.
- To know the ways of transforming society through systematic programme implementation.

Assessment Model:

- There shall only be internal evaluation.
- The Faculty Guide assigned in-charge of the learning activities of the students and for the comprehensive and continuous assessment of the students.
- The assessment is to be conducted for 100 marks.
- The number of credits assigned is 4. Later the marks shall be converted into grades and grade points to include finally in the SGPA and CGPA.
- The weightings shall be:

○ Activity Log	20 marks
○ Community Service Project Implementation	30 marks
○ Mini Project Work	25 marks
○ Oral Presentation	25 marks
- Activity Log is the record of the day-to-day activities. The Activity Log is assessed on an individual basis, thus allowing for individual members within groups to be assessed this way. The assessment will take into consideration the individual student's involvement in the assigned work.
- While evaluating the student's Activity Log, the following shall be considered -
 - a. The individual student's effort and commitment.
 - b. The originality and quality of the work produced by the individual student.
 - c. The student's integration and co-operation with the work assigned.
 - d. The completeness of the Activity Log.
- The assessment for the Community Service Project implementation shall include the following components and based on Weekly Reports and

Outcomes Description

- a. Details of the Socio-Economic Survey of the village/habitation.
- b. Problems identified.
- c. Community Awareness Programs organized.
- e. Suggested Short-Term and Long-Term Action Plan.

MARKS STATEMENT
(To be used by the Examiners)

INTERNAL ASSESSMENT STATEMENT

Name Of the Student: GAYATHRI K
Programme of Study: TECHNICAL ASSISTANT
Year of Study: 2022-2023
Group: BSC (HPS)
Register No/HT. No: 23015105004
Name of the College: MRS. RAJESH DEWEE COLLEGE
University: ANANDRAJ COLLEGE

Sl.No	Evaluation Criterion	Maximum Marks	Marks Awarded
1	Activity Log	20	
2	Community Service Project Implementation	30	
3	Mini Project Work	25	
4	Oral Presentation	25	
	GRAND TOTAL	100	

Signature of the Faculty Guide

Date:

Certified by

Signature of the Head of the Department/Principal

Date:

Seal:

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



ANDHRA PRADESH STATE COUNCIL OF HIGHER EDUCATION

(A Statutory Body of the Government of Andhra Pradesh)

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