



Program Book

Community Service Project

N. SAIESWAR GANESH (BSCCHPCS)

720130105009

AP STATE COUNCIL OF HIGHER
EDUCATION
(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)



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



Date: _____

CERTIFICATE

This is to certify that N. Sai Swarnanesh. Regd.No 320130105009
of Mrs. A.V.N College underwent Community Service Project in
Food habits with special reference to Asipostreet +
Visakhapatnam, Andhra Pradesh under the guidance of
K. Swetha from 26/9/22 to 5/11/22.

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

Estd: 1960

P. B. N. Tharal
(Chief Administration Secretary)
Authorized Signatory

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

N. SAI ESWAR GANESH

(Reg. No: 720130105009)

Under the Guidance of

K.SWETHA

PHYSICAL SCIENCE



Mrs. A.V.N. College

(Affiliated to Andhra University)

Visakhapatnam-530001

2020-2023

**Program Book
for
Community Service Project**

Name of the Student: *M. Sureswarganesh*

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

Registration Number: *720130105009*

Period of CSP: ~~2 years~~ From: *26/9/22* To: *5/11/22*

Name & Address of the Community/Habitation: *Jagadamba junction
visakhapatnam 53002*

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 as 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 of transportation to reach the community/habitation.
5. You will be assigned with 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 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 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 persons 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: Mrs. A.V.N College

Department: Bsc (MPCS)

Name of the Faculty Guide: Mr.

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

Name of the Student: N. Saikrishna

Programme of Study

Year of Study:

Register Number: 720130105009

Date of Submission:

Student's Declaration

I, S. S. S. S. a student of Community Program, Reg. No. 72830105769 of the Department of English M.A. College do hereby declare that I have completed the mandatory community service from 26/9/22 to 5/10/22 in Disaster (Name of the Community/Habitation) under the Faculty Guidance of K. S. S. S. (Name of the Faculty Guide), Department of English M.A. AND College

N. S. S. S. S.
(Signature and Date)

Endorsements

S. S. S. S.

Faculty Guide

S. S. S. S.

Head of the Department

M. S. S. S.

Principal PRINCIPAL
M. S. S. S. COLLEGE
VISAKHAPATNAM

A successful project report is not the result of effort of an individual the present study has been carried with the co-operation and contribution of many.

It is my duty to express thanks to Mr. P. Gandhi Head of the Mathematics and Statistical department and I would also like to express gratitude to Mr. Sonkar Naayon sir, his guidance through out the duration of the project

I would also like to thank the faculty and staff of the institute, family members, and my dear friends for their support.

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.

community programs can expand the opportunities for youth to acquire personal and social assets and to experience the broad range of features of positive development settings.

The activities I performed in the community service are to investigate how many people have basic and desired knowledge about food habits.

When compared with young people and some other people are not being and here the data is related to the food habits whether which they are healthy and not unhealthy.

I have done my survey in two sectors, where the people in this sector are highly qualified they answered very well in following their daily life.

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.

Community programs can expand the opportunities to youth to acquire personal and social assets and to experience the broad range of features of positive development settings.

The activities I performed in the community service are to investigate how many people have basic and desired knowledge about food habits.

Mosque street area from further to end of viskhaptham post. It has many historical educational institutions there are so many middle class students are learning education here.

The area is administered by greater vskp municipal corporation.

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

Food is a basic need for every human being many govt schemes are implemented on the distribution of food to average of their daily needs based on ration card. as per view on now-a-days all we are eating the food does not make a person healthy just gives energy.

Methodology:-

For the present study the researches concentrated on socio-economical background.

Scientific faults behind community need Food is one of the most diverse ecosystem.

while some of these items are two basic and are a part of our regular meals, others may have some mind-blowing qualities.

ACTIVITY LOG FOR THE FIRST WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	we learned about the food habits with the help of text books and mobile phones and after that about food habit	eating healthy food over all day	Kavya
Day - 2	with the help of question are we conduct a survey in the field/area we have chosen to complete community project	their family's eating on healthy and keeps them hydration	SOG
Day - 3	with the help of question we conduct a survey in the field/area we have chosen to doing c.s.p	On a day their were taking stay meals & literally water	Prasanna
Day - 4	with the help of question are conduct a survey in the field/area we have chosen to doing c.s.p	They are eating of un healthy food which is made by oil	Padma
Day - 5	with the help of question are conduct a survey in the field/area we have chosen to doing c.s.p	They are an eating unhealthy food which made by oil	Devi
Day - 6	with the help of question are conduct a survey in the field/area we have chosen to doing c.s.p	eating a unhealthy food	Tharu

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from our community in this report I have noticed that these people are not following a health diet which will help them very much. Some of the families which were having in the community were following an healthy diet and eating an healthy nutrition food.

Now-a-days people are not eating healthy and nutrition food that will damages their health and leads to get some problems in their body.

which will damage their healthy life. In that community most the patients were diabetic and sugar.

ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	with the help of question we conduct a survey in the field/ area we chosen to doing c.s project	having an healthy diet an eating the nutritious food	Vashini
Day - 2	with the help of question we conduct a survey in the field/ area we chosen to doing c.s project	eating 3 meals a day with fruits	Maggalaxhmi
Day - 3	with the help of question we conduct a survey in the field/ area we chosen to doing c.s project	eating a un healthy food in a day	Seemiy
Day - 4	with the help of question we conduct a survey in the field/ area we chosen to doing c.s project	eating a un healthy food.	Sud
Day - 5	with the help of question we conduct a survey in the field/ area we chosen to doing c.s project	all the family members family was eating healthy food	maha
Day - 6	with the help of question we conduct a survey in the field/ area we chosen to doing c.s project	not having an healthy diet more only fruits	Devi

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have got this information from our community in this two community Residency half of the families were following an healthy and eating nutrition food which are in rich in vitamin and protein some families were not have any healthy plan for the day and they not even plan and eat those healthy foods.

The people which are eating healthy foods they were gave a suggestions to the all families (or) people (or) public to eat healthy nutrition food for better healths and not become an patient.

It they cross the limit then the healthy with gone.

ACTIVITY LOG FOR THE THIRD WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	with the help of question we conduct a survey in the field/area we have chosen to doing c.s.p	having un healthy diet	Sai
Day - 2	with the help of question we conduct a survey in the field/area we have chosen to doing c.s.p project	eating a meals a day	Ramu
Day - 3	with the help of question we conduct a survey in the field/area we have chosen to doing c.s.p	eating unhealthy food	Priya
Day - 4	with the help of question we conduct a survey in the field/area we have chosen to doing c.s.p	all the family member have healthy food	Laxmi
Day - 5	with the help of question we conduct a survey in the field/area we have chosen to doing c.s.p project	not having un healthy food	vasu
Day - 6	with the help of question we conduct a survey in the field/area we have chosen to doing c.s.p project	eating unhealth Food day	Devi

WEEKLY REPORT

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

Objective of the Activity Done:

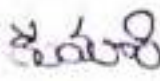
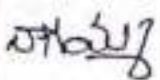
Detailed Report:

In this week I was went to another residency in our community in that 50% of the family member's were having health issues that are mostly (diabetes) and some other common issues.

And all people (w) families in that community were maintaining a healthy diet. they will help them for maintain of body strong and good they are having water also like 3 to 4 liters in a day which help them for digestion and hydration.

even oldest people are following the (w) eating the healthy food.

ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	with the help of question we conduct a survey in the field area we have chosen to doing n.s.p	Sugar patient but main high healthy food	
Day - 2	with the help of question we conduct a survey in the field area we have chosen to doing n.s.p	she is a diabets patient	Ameala
Day - 3	with the help of ques-tion we conduct a survey in the field area we have chosen to doing n.s.p	Everyday eating road side food	Gowri
Day - 4	with the help of question we conduct a survey in the field area we have chosen to doing n.s.p	Sugar patients eating lot of sweets	
Day - 5	with the help of question we conduct a survey in the field area we have chosen to doing n.s.p	eating healthy Food daily	maga
Day - 6	with the help of question we conduct a survey in the field area we have chosen to doing n.s.p	Sugar. but now maintains healthy food	Ross

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week-4 I have prepared a question on the healthy diet. On food habits such as the number of times the person eats meals in a day.

The people nutrition foods gives a healthy life, and in some families younger person are eating oil and junk food daily which will damage the healthy life.

In some houses the people are not drinking enough water which will make them hydrate and gives white blood cells and the water improves their digestive system.

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

ACTIVITY LOG FOR THE FIFTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	with the help of question we are conduct a survey in the field area we have chosen to doing c.s.p	eating healthy Food	Shikha
Day - 2	with the help of question we are conduct a survey in the field area we have chosen to doing c.s.p	not having a proper diet	Sandhya
Day - 3	with the help of question we are conduct a survey in the field area we have chosen to doing c.s.p	eating healthy Food and drinking of water	Dhara
Day - 4	with the help of question we are conduct a survey in the field area we have chosen doing c.s.p	eating unhealthy Food	Shyma
Day - 5	we analysis data on the survey	eating healthy FOOD	sumkutte
Day - 6	with the help of question we are conduct a we make a report and conduct awareness program in our community	eating unhealthy FOOD	Savana

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week-5 I had asked some more questions on food habits on our daily basic eating.

This week-5, I was asked another residency for survey in the west of the younger and older persons also not having a healthy diet and eating junk foods or healthy life to them.

I asked them about nutrition and healthy food which includes proteins and vitamins they said eating a lot of vegetables, fruits gives us vitamin and protein mostly they answer 3 meals in a day.

and some of the people were not drinking enough water and I suggested them eating a healthy food and drinking enough water in a day will make you healthy life good or better.

CHAPTER 5: OUTCOMES DESCRIPTION

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

My Survey was done in the location of
The survey was done on each and every
house for the project purpose.

and some families are not having
money to buy proper food to eat they
are not having sufficient money for the
healthy nutrition food to eat like
others.

So, these kind of families were
didn't answered any questions for
community service project and some of
the families answered my questions
they responds very well to my
every questions.

These are the details I noticed in
my area

Describe the problems you have identified in the community

The problems I was identified in our community is they are sugar and obesity people who are under age of 40 to 70 years.

In my community areas to know the problems in my community area people they were facing and I too faced many problems because many of the people in our community area were not answering to my questions.

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

In some families they not used drinking enough water. they were only drinking 1 to 2 liters 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

* every family should be provided awareness on benefits of healthy foods

* everybody they should be drink atleast 2 to 3 liters of water to better digestive system

* closing of outside junk food for a week or a month. continuously then they will eat healthy food which includes, vegetables, fruits etc.,

LONG-TERM ACTION PLAN!

* There should be know which is healthy to our body

* there should be a separate course on food habits

* every family should be get a scientific knowledge about food to eat

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

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

I learned to give proper explanation on particular topic other.

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

The main problem of the community is to be maintain a health diet plan. they are all not having on healthy diet.

If they eat unhealthy food they they will get unhealthy.

through this program all one noticed that consuming learning of healthy food give us healthy life. and this program to each every 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 6 pages.

FOOD HABITS

The activities I performed in the community service project are into investigate how many people have basic and desired knowledge about food habits.

INTRODUCTION:-

So food is the most important single factor for health and fitness. The onset of adolescence brings with it many profound changes the growth rate speeds up dramatically this growth spurt occurs due to the activity of hormones that affect every healthy eating very important.

Let us define and describe food, nutrition, health and fitness.

⇒ Food:- Food can be defined as anything solid or liquid which when swallowed, digested and assimilated in the body provides it with essential substances called nutrients and keeps it well.

⇒ Nutrition:- Nutrition is defined as the science of foods, nutrients and other substances they contain, and of their actions within the body including ingestion, digestion, absorption, metabolism and excretion.

⇒ Health and fitness:- All of us want to maintain positive health i.e. perfect blend of physical, social and mental. Physical health is probably the most easily understood aspect.

BALANCED DIET:

A balanced diet is one which includes a variety of foods in adequate amounts and correct proportions to meet the day's requirements of all essential nutrients such as proteins.

term deficiency of certain nutrients in the daily diet. If the balanced diet meets the recommended dietary allowances (RDAs) for an individual, then the safety margin is already included since RDAs are formulated keeping extra allowances in mind.

Recommended Dietary Allowances:

Requirements + margin of safety

A balanced diet takes care of the following aspects:-

- * includes a variety of food items
- * meets the RDA for all nutrients
- * provides a safety margin for nutrients
- * maintains acceptable body weight for height

Dieting:- this can put them at risk for many medical problems, including diabetes, high blood pressure, high cholesterol and sleep apnea.

Nutritional Limitations of fast foods:-

The following factors appear to be the major nutritional limitations of fast-food meals.

Calcium, riboflavin, vitamin A:- These essential nutrients are low under milk or a milk shake is ordered.

Folic acid fibre:- The percentage of energy from fat is high in many combination.

Sodium:- The sodium content of fast food meals is high which is not desirable.

Healthy eating habits:- eat three balanced meals of average size each day, plus two nutritious snacks. one must try not to skip meals.

Snacks:- of course favorite snacks can be consumed once in a while but this should not be made a habit.

Drinking water:- Drinking four to six glasses of water each day, especially before meals is a good habit.
avoid drinking soft drinks and fruit juices too frequently. as they are high in energy (160-170 calories per serving).

Diet Journals:- It helps to keep a weekly journal of food and beverage intake and also of the amount of time that is spent in watching television, playing video games and exercising.

Factors influencing eating behaviour:- The growing independence of adolescents, increased participation in social life and a generally busy schedule of activities have a definite impact on what they eat.

CHAPTER 6: RECOMMENDATIONS AND CONCLUSIONS OF THE MINI PROJECT

Good nutrition promotes not only better physical health and reduced susceptibility to disease, but has also been demonstrated to contribute to cognitive development and academic success.

We need a healthy life style to build up a healthy immune system and to avoid disease.

Student Self-Evaluation for the Community Service Project

Student Name: N. Saieswar Ganesh

Registration No: 720130105009

Period of CSP: From: To:

Date of Evaluation:

Name of the Person in-charge:

Address with mobile number:

Please rate your performance in the following areas:

Rating Scale: 1 is lowest and 5 is highest rank

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

Date:

N. Saieswar Ganesh
Signature of the Student

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

Student Name: M. Sai Swathagamesh
Registration No: 750120105009
Period of CSP: From: _____ To: _____
Date of Evaluation: _____
Name of the Person in-charge: _____
Address with mobile number: _____

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

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

Rating Scale: 1 is lowest and 5 is highest rank

1) 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: _____

M. Sai Swathagamesh
Signature of the Supervisor

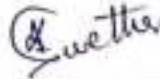


INTERNAL ASSESSMENT STATEMENT

Name Of the Student: N. Sai eswariprasath
Programme of Study: C.S.P
Year of Study: 2020-2023
Group: BSc Cmpcd
Register No/H.T. No: 720130105009
Name of the College: Mrs. A.V.N. College
University: Andhra University

Sl.No	Evaluation Criterion	Maximum Marks	Marks Awarded
1.	Activity Log	25	
2.	Internship Evaluation	50	
3.	Oral Presentation	25	
	GRAND TOTAL	100	

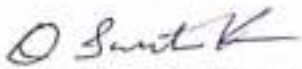

Date:


Signature of the Faculty Guide

Certified by

Date:

Seal:

 
Signature of the Head of the Department/Principal

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

PRINCIPAL
Mrs. A.V.N. COLLEGE
VISAKHAPATNAM