

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

P. DIMPU RAGHU RAM REDDY

(Reg. No: 720130105010)

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 P. Divya Raghavani Reddy Regd.No 720130105010
of Mrs. A.V.N College underwent Community Service Project in
Food habits with special reference to Jagananna Junction
Visakhapatnam, Andhra Pradesh under the guidance of
K. Swetha from 26/11/22 to 5/11/22.

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

Estd: 1860

P.B.N.Thanki
(Word Administration Secretary)
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: *Pala Dimpu Raghu Pam Reddy*

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

Registration Number: *20130105010*

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

Name & Address of the Community / Habitation : *Gaganee plaza, Jagulaba
Junction, Westkapothan 53002*

Andhra 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/Tdf/Guidelines%20for%20the%20OFT%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: Mrs. A.V.N College

Department: B.Sc (HPCs)

Name of the Faculty Guide: K. Swetha

Duration of the CSP: 21 months From 22/9/22 To 5/11/22

Name of the Student: Palo Dimpu Raghav Ram Reddy

Programme of Study: Community Service project, Food habits

Year of Study: 2020-2022

Register Number: 420130105010

Date of Submission:

Student's Declaration

I, P. Vinaya Reddy Pam Reddy a student of CSP Program,
Reg. No. 220132105D10 of the Department of BSC(Hepe),
Mrs. A.V.H. Degree College College do hereby declare that I have completed
the mandatory community service from 5/1/22 to 5/11/22 in
Jogadamba Junction (Name of the Community/Habitation) under the Faculty
Guideship of K. Swetha (Name of the Faculty Guide), Department
of Physics in College

P. Vinaya Reddy
(Signature and Date)

Endorsements

K. Swetha

Faculty Guide

[Signature]

Head of the Department

[Signature]

Principal

PRINCIPAL
Mrs. A.V.H. COLLEGE
VISAKHAPATNAM

Certificate from Official of the Community

This is to certify that P. Dimpu Bhuwan Bhandari (Name of the Community Service Volunteer) Reg. No 420130/05010 of MR. ANJ Degree College (Name of the College) underwent community service in Jaganamba Junction (Name of the Community) from 20/9/22 to 25/11/22. The overall performance of the Community Service Volunteer during his/her community service is found to be Good (Satisfactory/Good).


(Head Administrator)
Authorized Signatory with Title and Seal



Acknowledgements

I would like to convey my heart full gratitude to APSHE for giving this wonderful opportunity to us and I'm also thankful to the Anudhra 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 wonderful 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 of my neighbour hood sectors responded with a high level of valuable suggestions & guidance for completion of my project. Their cooperation and health criticism came handy & useful without 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

Pala Dimpu Rajee Ram Reddy

B.Sc (Hpc)

Reg. No:-

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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.

Jagadamba Junction is located at Vishakapatnam district. It is an urban neighbourhood in the Indian city of Vishakhapatnam. The area with population of more than 50,000. The area is divided into all sectors. There done my Survey in two Sectors. Where the people in this Sector are highly satisfied they answered very well for my Questions and their suggestions and answers are gratefully 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 food table in consuming 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 habit, whether which type are healthy and unhealthy.

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.

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 houses : 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%

States of health : 75% of people are with normal health

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

→ common problems are reported by community participants

1) Diabetics 2) Sugar 3) B.P 4) obesity.

→ common problems observed by Surveyor.

↳ Mostly obese people are with Sugar Diabetes

↳ I even have seen that many people are with obesity and Malnutrition etc.

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 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. A person on now-a-days all we are eating the food does not makes a person healthy just gives Energy fast foods & junk foods makes a person with more unhealthy. Alcohol, sweets imbalance a person health & not maintaining proportion keeps a person unhealthy

Methodology :- For the present study the research concentrated on Socio-Economical background, health related problems in relation to quality of foods & quantity 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 too basic & are a part of our regular meals, other 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	M. Naidu Age: 52, Topic: food habits Address: Ramaswami Sathan Jagadamba Junction, Vskp-530002	Eating a healthy food once in the day	M
Day - 2	S. Yugandhar Age: 50, Topic: food habits Address: Ramaswami Sathan Jagadamba Junction, Vskp-530002	Their family is eating an healthy food & keeping them with hydration	S
Day - 3	N. Kalpana Prasad Age: 51 Topic: Food habits Address: Ramaswami Sathan, Jagadamba Junction, Vskp-530002	In a day they were taking 3 to 4 meals & 3 litres of water	K
Day - 4	R. Malathi Age: 45 Topic: Food habits Address: Ramaswami Sathan Jagadamba Junction, Vskp-530002	They are eating unhealthy food which is made up of oil	R
Day - 5	B. Smitra Age: 39, Topic: Food habits Address: Ramaswami Sathan Jagadamba Junction, Vskp-530002	They are eating an unhealthy foods which is made by oil. Everybody is inimitable	B
Day - 6	G. Gayatri Age: 52, Topic: Food habits Address: Ramaswami Sathan Jagadamba Junction, Vskp-530002	Eating an healthy food	G

WEEKLY REPORT
WEEK - 1 (From Dt. 27/1/24 to Dt. 3/2/24)

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from the Community / Ramenwani Sabu Jagdamba Junction, Visakhapatnam. In this report I was noticed that here people are not following a healthy diet which will help them very much. Some of the families which were living in the Community were following a healthy diet and eating a healthy and rich in nutrition food. However, day people are not eating healthy and nutrition food that will damage their health & leads to get some problems in their body. The community which was surveyed in that most of families were eating a 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 diabetics and Sugar.

ACTIVITY LOG FOR THE SECOND WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	W. Bala Raju Age: 50. Topic: Food habits Address: Ramenwani Sadau, Jagadamba Junction - Vskp-520002	Eating an unhealthy food & eating the nutritious food	<u>WBR</u>
Day - 2	P. Maheswani Age: 38. Topic: Food habits Address: Ramenwani Sadau, Jagadamba Junction - Vskp-520002	Eating a 3 Meals with 4 units per day	<u>M Maheswani</u>
Day - 3	A. Sambetha Age: 25. Topic: Food habits Address: Ramenwani Sadau, Jagadamba Junction - Vskp-520002	Eating an unhealthy food in a day	<u>A Sambetha</u>
Day - 4	B. Ranga Rao Age: 40. Topic: Food habits Address: Ramenwani Sadau, Jagadamba Junction - Vskp-520002	Eating a healthy food & having Sugars	<u>Ranga Rao</u>
Day - 5	N. Naga Lakshmi Age: 40. Topic: Food habits Address: Ramenwani Sadau, Jagadamba Junction - Vskp-520002	All the family members in her family was eating healthy food	<u>N Naga Lakshmi</u>
Day - 6	S. Puneetha Age: 20. Topic: Food habits Address: Ramenwani Sadau, Jagadamba Junction - Vskp-520002	Not have an healthy diet plan and eating more oily foods	<u>Puneetha</u>

WEEKLY REPORT

WEEK - 2 (From Dt. 5/9/22 to Dt. 11/9/22)

Objective of the Activity Done:

Detailed Report:

I have got this information from our Community Rameswari Sadan Jagadamba Junction Vidyalapokhram. In this ~~the~~ Community Residency half of the families were following an healthy and eating nutrition food which are in rich in vitamins and protein. Some families were not have any healthy plan for the day and they not even plan and eat these healthy foods. Everyday eating of outside foods and oily foods which will cause cholesterol and body imbalance (obesity). The people which are eating healthy foods they were gave a suggestion to all the families (or people or) public to eat healthy nutrition food for better health & not become a patient. When the people are eat the 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 & get hospitalized.

ACTIVITY LOG FOR THE THIRD WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	M. Lalitha Age: 61 Topic: Food habits Address: Gayatri plaza, Jagadamba Junction, Vskp-530002	Diabetic patient But maintaining healthy food	Lalitha
Day - 2	S. Preeti Age: 52 Topic: Food habits Address: Gayatri plaza, Jagadamba Junction - Vskp - 530002	She is a diabetic patient	S. Preeti
Day - 3	P. Anwar Age: 25 Topic: food habits; Address: Vskp Gayatri plaza, Jagadamba Junction, 530002	Every street food he is consuming	Anwar
Day - 4	Sk. Sherin Age: 48; Topic: Food habits Address: Gayatri plaza, Vskp Jagadamba Junction - 530002	Diabetic patient Eating lot of Sweets.	Sherin
Day - 5	K. Jagadeesh Age: 57, Topic: Food habits Address: Gayatri plaza, Vskp Jagadamba Junction, 530002	Eating healthy food daily.	Jagadeesh
Day - 6	G. Rajesh Age: 47, Topic: food habits Address: Gayatri plaza, Vskp Jagadamba Junction (530002)	Sugar patient but not maintaining healthy food	Rajesh

WEEKLY REPORT

WEEK - 3 (From Dt. 10/12/21 to Dt. 16/12/21)

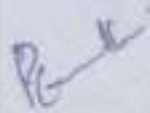
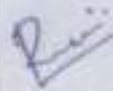
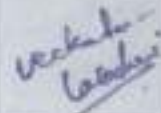

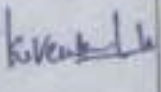
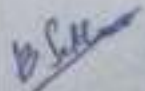
Objective of the Activity Done:

Detailed Report:

In this week, I went to the another residency in our community (Gayatri playsa residency Jagadamba Junction). In that 50% of the family members were having health issues that are mostly related and some other common issues. The remaining families who are living in that residency were following a healthy 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 memory also the health issue families are following now a healthy food. And all people (or) families in that community were maintaining our healthy diet. They will help them for maintain of body strong & good. They are having water also like 3 to 4 liters in a day which help them for digestion & hydration mainly in that residency that younger people are addicted to oily foods, junk food which will give them a dopamine but not Energy & healthy life. Even oldest people are following the (or) taking the healthy food.

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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 Junction - 530002	Eating healthy food	
Day - 2	K. Pami varma Age: 41, Topic: Food habits Address: Gayatri plaza, vskp Jagadamba Junction - 530002	Not having a Propanidit	
Day - 3	T. Venkat lakshmi Age: - 60, Topic: Food habits Address: - Gayatri plaza, vskp Jagadamba Junction - 530002	Eating health food Et drinking Enough Enough water	
Day - 4	R. Panya Age: 32, Topic: Food habits Address: - Gayatri plaza, vskp Jagadamba Junction - 530002	Eating unhealthy food	
Day - 5	K. Venkatesh Age: 25, Topic: Food habits Address: Gayatri plaza, vskp Jagadamba Junction - 530002	Eating healthy food	
Day - 6	B. Setkar Age: - 20, Topic: Food habits Address: Gayatri plaza, vskp Jagadamba Junction - 530002	Eating unhealthy food Et healthy food	

WEEKLY REPORT

WEEK - 4 (From Dt. 17/10/2... to Dt. 23/10/2...)

Objective of the Activity Done:

Detailed Report:


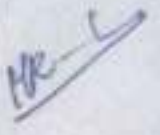
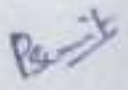
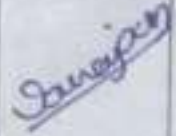
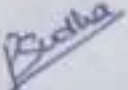
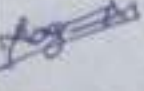
In week - 4 this week, I have prepared a few questions on the healthy diet or food habits. Such as the number of times the person eats meal in a day.

So after my completion of asking the questions 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 are bad taking in the only main thing for over body conditions and health. The proper nutrition food gives a healthy life. But in some families young person are eating of oily & junk food daily which will damage the healthy life.

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

This time there is less sugar patient and all the families were following a such 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. Rajendra Age: 50, Topic: Food habits Address: Gayatri plaza, Vskp Jagadamba Junction - 530002	Eating healthy food & Sugar patient	
Day - 2	M. Ramesh Age: 26, Topic: Food habits Address: Gayatri plaza, Vskp Jagadamba Junction - 530002	Eating unhealthy food & Not drinking enough water	
Day - 3	P. Sunit Age: 15, Topic: Food habits Address: Rudra Residency, Vskp Jagadamba Junction - 530002	Eating lot of junk foods & having fast	
Day - 4	N. Vanaja Age: 18, Topic: Food habits Address: Rudra Residency, Vskp Jagadamba Junction - 530002	Eating unhealthy foods (lots of sweets & chocolates)	
Day - 5	P. Sudhakar Age: 22, Topic: Food habits Address: Rudra Residency, Vskp Jagadamba Junction - 530002	Eating healthy & unhealthy food	
Day - 6	A. Nagesh Age: 41, Topic: Food habits Address: Rudra Residency, Vskp Jagadamba Junction - 530002	Not eating food on time & unhealth- y diet	

WEEKLY REPORT

WEEK - 5 (From Dt. 24/10/22 to Dt. 30/10/22)

Objective of the Activity Done:

Detailed Report:

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

This week-5, I was asked another Residence Picta Residence, Jagadamba Junction for survey. In that it consists of younger & older persons also not having an healthy diet and eating junk food, sweets, chocolates, oily foods which will bring unhealthy life to them

And in that surrounding community some people who also maintaining healthy food diet & eating nutritious food. And some people who are not drinking enough water and I suggested that eating a healthy food and drinking enough water in a day will make your healthy life good & better. I asked them about nutrition and healthy food which includes proteins & vitamins. They said eating a lot of vegetables, fruits gives us vitamins & proteins. The all the people majority said that they will take 3 meals a days 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. Sampath Age: 21, Topic: Food habits Address: Rudra Residency, vskp Jagadamba Junction - 530002	In a day they are taking 2 to 4 meals & 3 liters of water	<u>Sampath</u>
Day - 2	A. Sameer Age: 25, Topic: Food habits Address: Rudra Residency, vskp Jagadamba Junction - 530002	Eating an unhealthy food in a day	<u>Sameer</u>
Day - 3	P. Ajith Age: 24, Topic: Food habits Address: Rudra Residency, vskp Jagadamba Junction - 530002	Everyday eating roadside food	<u>Ajith</u>
Day - 4	T. Kaulika Age: 50, Topic: Food habits Address: Rudra Residency, vskp Jagadamba Junction - 530002	Eating healthy food & drinking 3 liters of water and diabetic patient	<u>Kaulika</u>
Day - 5	P. Sureshwa Age: 15 Topic: Food habits Address: Rudra Residency, vskp Jagadamba Junction - 530002	Eating lot of junk food & having fat.	<u>Suresh</u>
Day - 6	K. James Age: 41, Topic: Food habits Address: Rudra Residency, vskp Jagadamba Junction - 530002	Eating a healthy food	<u>James</u>

WEEKLY REPORT

WEEK - 6 (From Dt. 21/12/22 to Dt. 27/12/22)

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. These are the last questions of Community Service project survey.

This week - 6, I went to the (Rudra Residency Jagadamba Junction). In this 50% of the family members were having healthy food & remaining some unhealthy food. Now a day 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 & oily foods. They were getting diabetes & some heart problems at very young age based on their diet. Every year people youngsters following healthy diet & getting health conscious. People eating 3 to 4 meals a day but they are not considering that which we should take for which food we get which uses & vitamins & proteins. Major people don't know how to make a diet to keep their body in healthy condition.

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 Jagadamba Junction and ANI College down Road, Vishakhapatnam. 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 settled & 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 like every one. They are not having the 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 respond very well to my every questions. They also gave suggestions to be healthy with consuming a healthy food in our daily life. 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 & obesity people who are under age of 40 to 70 years old in the community. Some people / families were not eating a healthy food they are eating food which gives them an unhealthy life. Fried, oily, sugar foods were consuming by them & they getting healthy problems like mostly sugar obesity, cholesterol. In my community also people they were facing a lot of problems because many of the people in our 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 houses for the food which gives them nutrition. They are all eating of junk foods, oily foods, lots of sweets etc which harms their healthy lifestyle.

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 litres of water for better digestive system.
- 4) They 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 includes, vegetables, fruits etc.

Long-term -Action plan:-

- 1) There should be know which food is healthy to our body
- 2) There should be separate course on food habit.
- 3) 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 many things 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 interacting with other and communicating. I got 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 patience when others are not answering 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 all are noticed 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.

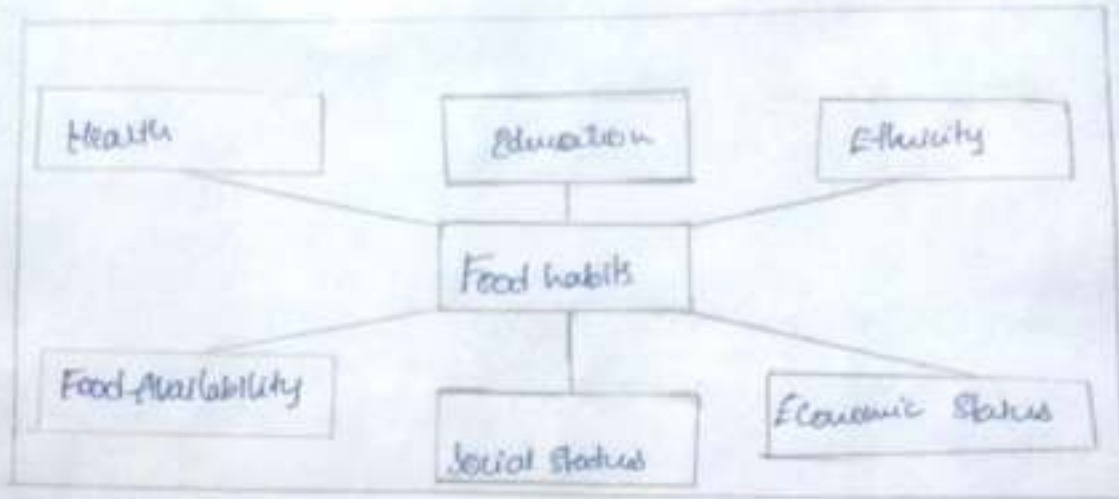
The Report shall be limited to 8-10 pages.

Food refers to anything that is eaten to provide Energy and keep the body healthy. Food habit refers to why & how people eat which foods they eat, and with whom they eat, as well as the ways 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 learnt about its nutritional benefits. Education can also make you decide not to eat certain food because of their harmful effect.

on your body

These factors were people from food habits.

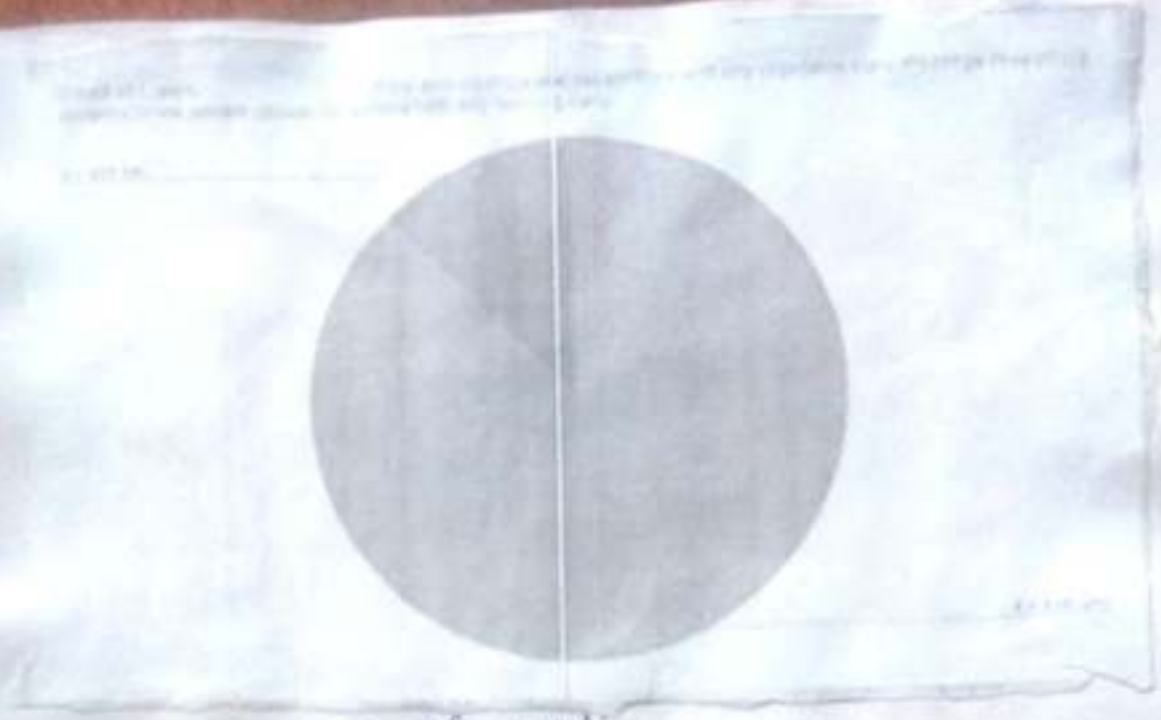


The following factors that influence our food choices

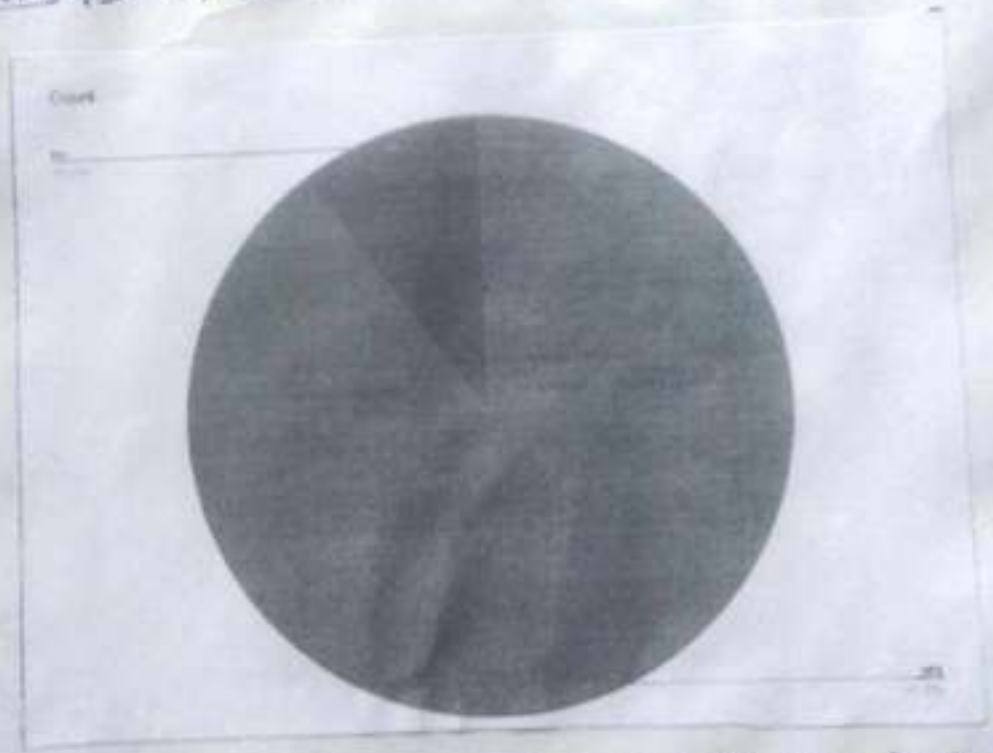
- Biological determinants such as hunger, appetite & taste.
- Economic determinants such as cost, income, availability
- physical determinants such as access, education, skills (e.g. cooking) and time
- Social determinants such as culture, family patterns & usual patterns.

Analysis of data:

#7 Breakfast & Lunch: Most of the people are taking porridge rice as breakfast & lunch. Some are taking rice & vegetable curry. Indicates that 90% are taking rice & vegetable curry. 10% of the respondents reported that they are taking rice & dal.



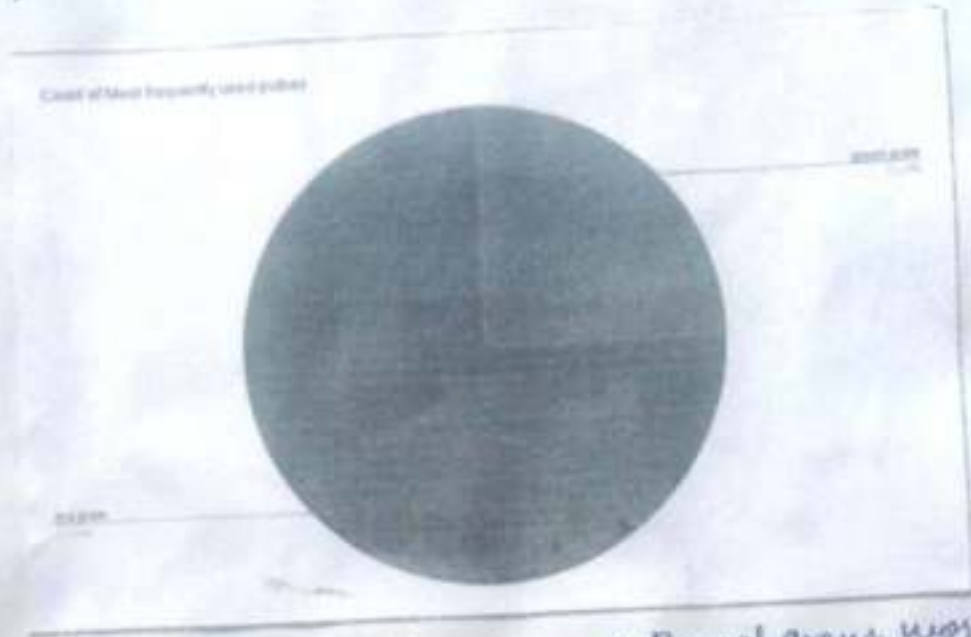
* Consumption of Curd in meal:



In which 20% of the people are eating curd and 10% of the people are not eating either and (or) buttermilk due to low income.

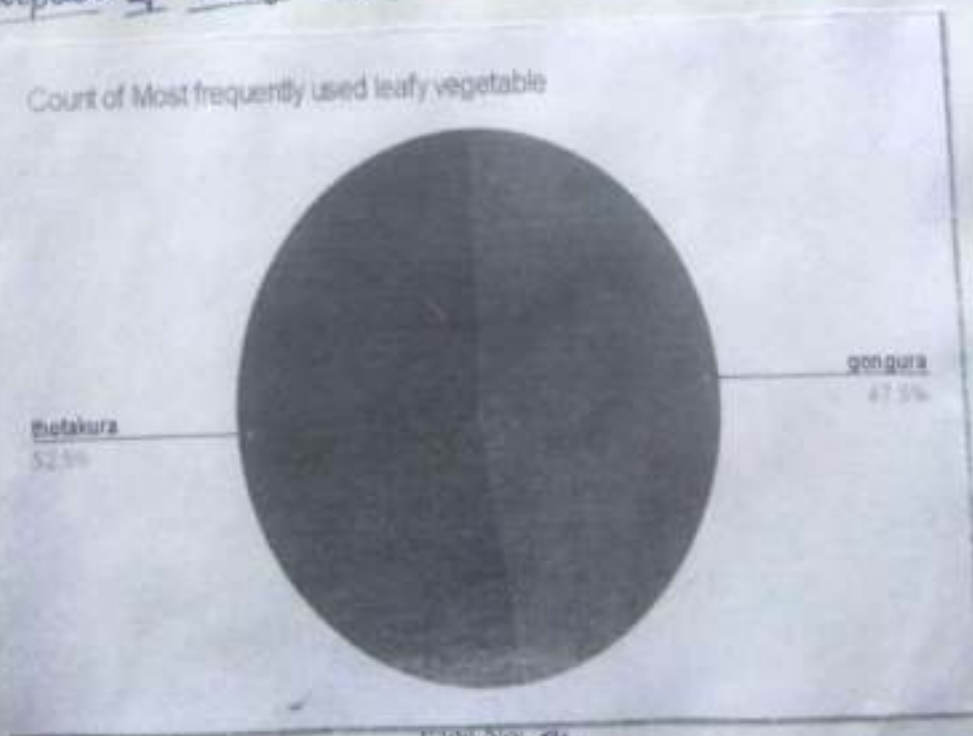
* Consumptions of different types of pulses:

Types of pulses used Red Gram/Green Gram



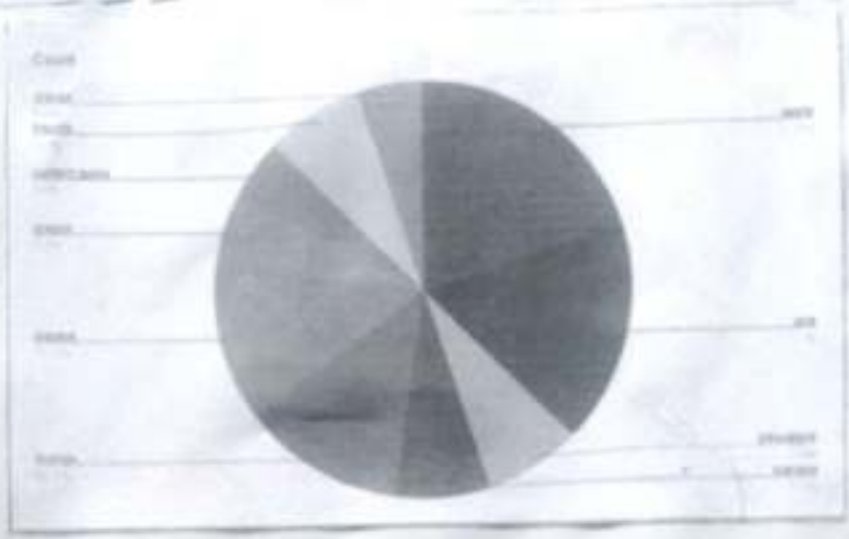
Among the pulses red gram, Green gram & Bengal gram most of the people (75.0%) are using Red gram (Kandi pappu) and 25% of the people are using Green gram (Pisara pappu). No one is consuming Bengal gram (Sengopappu)

* Consumption of leafy vegetables:



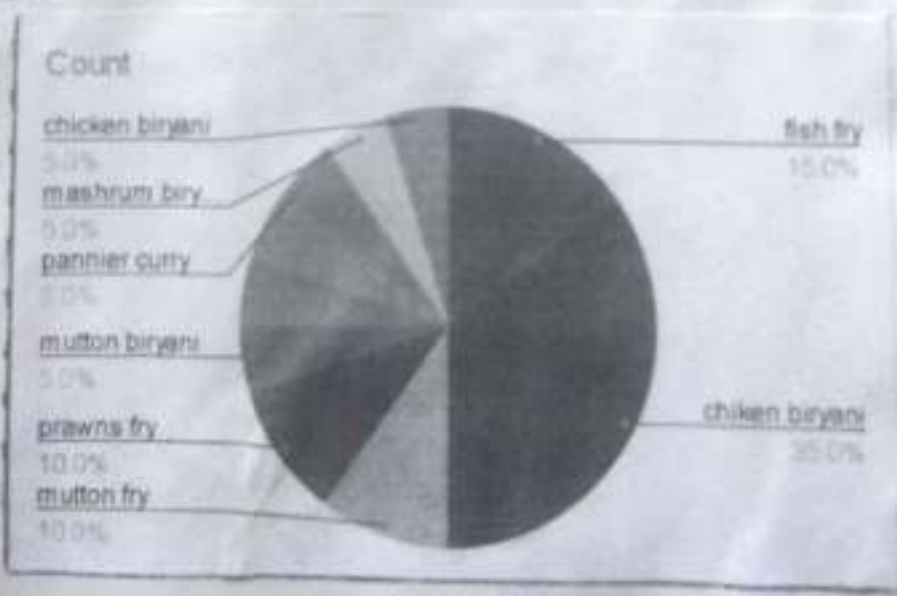
Based on the figure 52.5% of people are using Ganga (Hibiscus sabdariffa) because of more availability & Remaining 47.5% people are using thotakua (-Amoranthus viridis)

* Consumption of different kinds of fruit



7.5% people are consuming banana. Papaya is consumed by 2.5% people. guava consumed by 17.5% people. Orange is consumed by 5.0% people. Sapota is consumed by 4.5% people. custard apple is 5.0% of people. Grapes is consumed by 5.0% people. Mango is consumed by 12.5% of people. pineapple is 2.5% & most people consuming Apple.

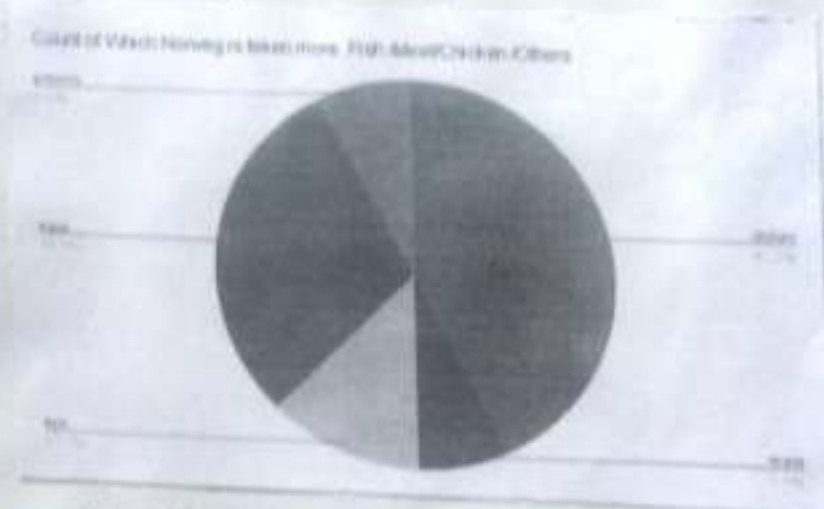
* Favourite food / dish :



Based on the above figure Information collected on the most favourite food of respondents 40% members like chicken biryani 5.0% of people like mushroom biryani, 5.0% people like Paneer Curry, 5.0% people like Mutton Biryani, 10% of people like prawns fry, 10% of people like mutton fry, 15.0% people like fish fry.

* Consumption of Non-Veg -

% of Non-Veg taken weekly Fish / Meat chicken -

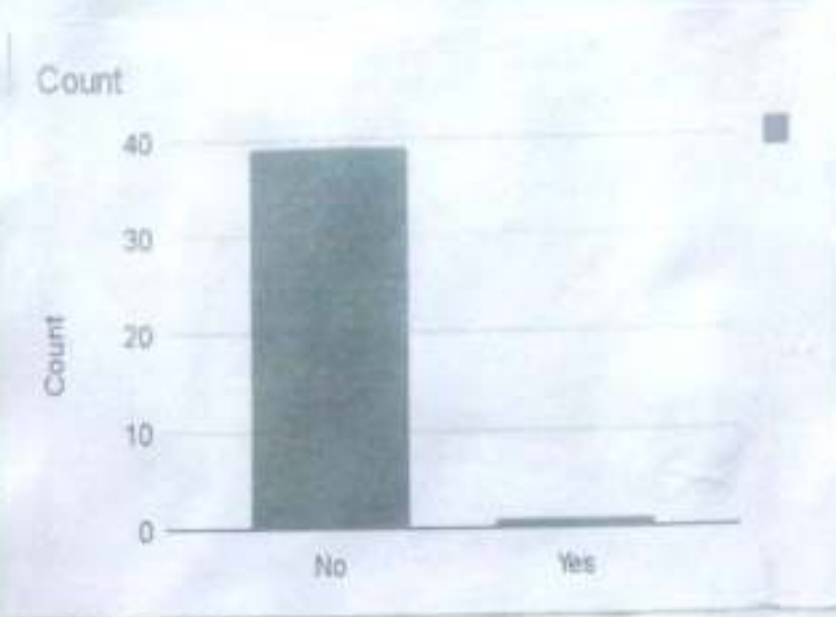


Based on figure 42.5%.

Based on figure 42.5% people are taking chicken, fish is taken by 12.5% people. And meat by 30.0% people. And prawns taken by 7.5 people. Most of the people taken chicken due to available and low cost compared with fish, meat, prawns.

Dinner: All most all the people respondents reported that they are taking rice & Vegetable Curry as dinner.

* Eyesight Problem:



Among all the children in the school only 0.7% of children are affected by eyesight problem. The reason is that they are not consuming vitamin rich foods like Carrot, Papaya.

* Consumption of Alcohol:-

% of consuming alcohol



Consumption of alcohol Based on the figure 82.5% of people are not consuming alcohol and 17.5% of people are consuming alcohol

% of consuming of alcohol Regularly (or) occasionally



According to the figure 7.5% of people consuming alcohol Regularly because they are addicted to alcohol - And 10.0% of people are consuming alcohol occasionally are remaining 82.5% of people are not consuming alcohol.

CHAPTER 6: RECOMMENDATIONS AND CONCLUSIONS OF THE MINI PROJECT

Recommendations:

Unhealthy diets and the resulting malnutrition are major drivers of non-communicable diseases (NCDs). Malnutrition includes undernutrition, overweight and obesity, and other diet-related NCDs like type 2 diabetes, cardiovascular diseases and stroke & some cancer.

Low fruit & veg intake is linked to several cancers, Cardiovascular disease & stroke & fibres (grains, nuts, seeds) low intake leads to micronutrients linked to diabetes, Cardiovascular diseases & stroke & some cancer.

Alcohol is important response for malnutrition in family members because mostly income is spent on alcohol instead of 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 pressure (heart 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 do addiction centers.

It is highly recommended to promote the concept of healthy eating plate through nutritional education by village volunteers (urban millet consumption & sprouts & green gram (pesarapappu).

Egg as protein source counselling to alcohol consuming people for their family wellbeing

Some of the children are suffering from eye sight problems. Free Eye Camps must be conducted during the vacation period. Free health camps for identifying the health problems like blood pressure and diabetes should be conducted ward wise by prior intimation of line on non-working day as most of the people will not be available during working days.

Conclusion: A healthy diet is a diet that maintains or improves overall health. A healthy diet provides the body with Essential Nutrition: fluid, macronutrients such as protein, micronutrients such as vitamins, and adequate fiber & food energy. As per the healthy eating plate concept everyone should eat vegetables, fruits, whole grains & protein rich foods. 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 instant energy giving processed foods. Most of the drinks and unhealthy instant making foods are being advertised on televisions. 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 health benefits each and every one.

Student Self-Evaluation for the Community Service Project

Student Name: P. Dimpu Rajul Ram Reddy

Registration No: 42013D10SD10

Period of CSP: From: To: 2 Months 26/9/22 - 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: P-Dimpu Raju Ram Reddy
 Registration No: 520130105010
 Period of CSP: From: 24 Oct 22 - To: 26/11/22
 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:

P. B. N. Thakur
 (Word Administrator)
 Signature of the Supervisor

PHOTOS & VIDEO LINKS



Visakhapatnam, Andhra Pradesh, India
21-7-41 ARI College Drive, Jagadamba Junction,
Visakhapatnam, Andhra Pradesh 530001, India
Lat 17.704362°
Long 83.294778°
03/06/22 02:08 PM



Visakhapatnam, Andhra Pradesh, India
Mrs ARI College, 7/Tham Area, Jagadamba Junction,
Visakhapatnam, Andhra Pradesh
530001, India
Lat 17.70332°
Long 83.306441°
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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 is 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)

Page No: 45

INTERNAL ASSESSMENT STATEMENT

Name Of the Student: P. Dimpu Raghav Ram Reddy

Programme of Study:

Year of Study: 2020-2023

Group: B.Sc (HPCD)

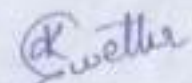
Register No/H.T. No: 420130105010

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

University: Andhra University


SLNo	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	

Date:


Signature of the Faculty Guide

Certified by

Date:
Seal:


Signature of the Head of the Department/Principal

PRINCIPAL
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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Atmakur (V)Mangalagiri (M), Guntur, Andhra Pradesh, Pin - 522 503
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