

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

V.JAYA SURYA MANIKANTA

(Reg. No: 720130108013)

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 N.S.S. Koushanta, Regd.No:120130185013
of Mrs. A.V.N College underwent Community Service Project in
Job Habits with special reference to Sanitation
Visakhapatnam, Andhra Pradesh under the guidance of
R. Suresh from 26/9/22 to 5/11/22

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


P. S. Srinivas
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 student: *[Handwritten Name]*

Number of hours: *[Handwritten Number]*

Department: *[Handwritten Department]*

Project Title: *[Handwritten Title]*

Project Description: *[Handwritten Description]*

[Handwritten Name] University

Community Service Project Report

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

Name of the College: *M.T.S. A.V. College*

Department: *physical science B.Sc (Hons)*

Name of the Faculty Guide: *S. Suresh*

Duration of the CSP: *From 20/10/22 To 26/10/22*

Name of the Student: *V. Jaya Jaya Nairam*

Programme of Study: *Community service project - food habits*

Year of Study: *2020 - 2023*

Register Number: *710130105013*

Date of Submission:

Student's Declaration

I, V. Srinivas Kumar, a student of C.S.P Program,
Reg. No. 20012010013 of the Department of physics
V.S.V. College College do hereby declare that I have completed
the mandatory community service from 2012 to 2013 in
Devaraha Nagar (Name of the Community/Institution) under the Faculty
Guidance of A. Srinivas (Name of the Faculty Guide), Department
of physics, V.S.V. College V.S.V. College

V. Srinivas Kumar
(Signature and Date)

Endorsements



Faculty Guide



Head of the Department

Head of the Dept.
Dept. of Physics, Electrical and Computer Science
V.S.V. COLLEGE
PONDURU, NARAPATHUR



PRINCIPAL
V.S.V. COLLEGE
VISAKHAPATHUR

Certificate from Official of the Community

This is to certify that Walter Sney 1234567890 (Name of the Community
Service Volunteer) Reg. No. 123456789012 of ABC College (Name of
the College) underwent community service in
Quinta Mesa (Name of the Community) from 10/1/20 to
10/31/20. The overall performance of the Community Service Volunteer during
his/her community service is found to be Good (Satisfactory/Good).


P. B. Santos
Authorized Signatory with Date and Seal

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://apche.ap.gov.in>

Link:

<https://apche.ap.gov.in/TM/Guidelines%20for%20the%20IT%20Internship%20Community%20Service%20Project.pdf>

1. It is mandatory for all the students to complete 2 months (100 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.

Acknowledgements

I would like to convey my most heartfelt gratitude to those for giving such wonderful opportunity to us and am also thankful to the program authority. I would also like to thank one class member and all the faculty members who guided us in the completion of this project and also thankful for providing me with this wonderful opportunity to work on a project with such nice variety of food items. The completion of this project would not have been possible without their help & insights.

Further, I would also like to thank all of the members of "Caterers" for giving me proper response.

I am extremely grateful to the people of my neighbourhood who responded with high level

of valuable suggestions and guidance for completion
of my project. My cooperation and healthy
criticism came forward and helped with me.

Finally, I would like to thank my
parents who helped me a lot in gathering
different information, collecting this project,
details of various tasks related, giving
me different ideas in making this
project unique.

Thanking you

↓

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 CSF and five or more learning objectives and outcomes.

Dhagamand is located at Virachhapattem district. It is an urban neighbourhood in the Indian City of Virachhapattem. The area with population of more than 50,000. The area is divided into 10 wards. I have done my journey in 1000 hours, where the people in this school are highly qualified that answered every call for my question and their suggestions and answers are greatly helpful for a person who are in inappropriate manner in following their daily life activities in non-a-day while doing this survey. It is observed that people are following a way food time table in consuming of healthy food, when compared with younger 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. 1000

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 : 5

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 and 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 seem to be unhealthy

→ Common problems are reported by community participants.

1. Diabetes 2. Sugar 3. BP 4. Obesity

→ Common problems observed by surveyors:

1. mostly obese people are with sugar and diabetes.

2. even I 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.

row-a-day, fast habits, became a growing problem around the world that affects not only the health food is a 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 per view on row-a-day all are are eating the food that not makes a person healthy with given energy. fast food and junk food makes a person more unhealthy. oil food, sweet imbalance a person health and not maintaining proper time keep a person unhealthy.

nutrology :- for the present study the researcher concentrated on socio-economic background, health problems in relation to quality of food and quantity of usage of consumer products with harmful chemicals by the people in study area.

scientific facts behind Community need for
food is one of the most direct symptoms.
It covers an enormous range of fruits, vegetables,
herbs, seeds, dishes etc.

while some of these food 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	L. Lactobacillus Aug. - 23 Topic: Food Safety Access: Access to internet, Information Junction.	Cooking a healthy food over all four days.	<i>[Signature]</i>
Day - 2	M. Lactobacillus Aug. - 24 Topic: Food Safety Access: Access to internet, Information Junction.	Then focusing on cooking our healthy food and keeping them with lactobacillus.	<i>[Signature]</i>
Day - 3	N. Lactobacillus Aug. - 25 Topic: Food Safety Access: Access to internet, Information Junction.	In a day when we are taking them made of a kind of curd.	<i>[Signature]</i>
Day - 4	O. Lactobacillus Aug. - 26 Topic: Food Safety Access: Access to internet, Information Junction.	They are an eating of curd with long food which makes the oil.	<i>[Signature]</i>
Day - 5	P. Lactobacillus Aug. 27 Topic: Food Safety Access: Access to internet, Information Junction.	They are an eating of curd with long food which makes the oil.	<i>[Signature]</i>
Day - 6	Q. Lactobacillus Aug. - 28 Topic: Food Safety Access: Access to internet, Information Junction.	Cooking an healthy food.	<i>[Signature]</i>

WEEKLY REPORT

WEEK - 1 (From 01..... to 01.....)

Objective of the Activity Done:

Detailed Report: I have distributed this information from our community (Dussean vani medical, Phippa Street, Chagal for peto, vegetable garden, windpump, Aritha garden) in this report. I was noticed that some people are not following a healthy diet which will help them they must avoid of the junk food which were having in the community, were planning a healthy diet and eating an healthy and rich in nutrient food, convincing people are not eating healthy and nutrient food that will change their health and lead to get some problem in their body. The community which was brought in that most of junk food were eating an healthy and nutrient food since at the remaining people were eating outside junk food and other food which will change their healthy. If so that community most of the patients were diabetes and

Sign

ACTIVITY LOG FOR THE SECOND WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day-1	P. Chandras Aug: 24 Topic: Food habits Activities: Paper work, Independent function.	Having an healthy diet and eating the nutritious food	<i>[Signature]</i>
Day-2	P. Chandras Aug: 25 Topic: Food habits Activities: Paper work, Independent function.	Getting a meal a day with fruits.	<i>[Signature]</i>
Day-3	C. Chandras Aug: 26 Topic: Food habits Activities: Paper work, Independent function.	Getting an nutritious food in a diet.	<i>[Signature]</i>
Day-4	M. Chandras Aug: 27 Topic: Food habits Activities: Paper work, Independent function.	Eating a healthy food and having sugar.	<i>[Signature]</i>
Day-5	K. Chandras Aug: 28 Topic: Food habits Activities: Paper work, Independent function.	All the family members in their family are eating healthy with food.	<i>[Signature]</i>
Day-6	N. Chandras Aug: 29 Topic: Food habits Activities: Paper work, Independent function.	Not have an healthy diet plan and eating more eating food.	<i>[Signature]</i>

WEEKLY REPORT



WEEK - I (From CH..... to CH.....)

Objective of the Activity Done:

Detailed Report: I have got this information from our community (Luncheon and media, mirror stand, charged soap pots, regulars injection, vaccination, health promotion), In this two community residents half of the family were following an healthy and eating nutrition food which was in line in vitamin and protein. Some families were not have any healthy plan for the day and they not even plan and eat these healthy food everyday. eating of outside food and also food which will cause our body imbalance (obesity).

— The people which are eating healthy food they must have a suggestion to the all families for practice to eat healthy nutrition food for better health and not increase the weight, when the people are eat the any kind of junk food for stay healthy and smart. water in a limit. If they cross the limit then the healthy will gone to risk.

ACTIVITY LOG FOR THE THIRD WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day-1	1. Introduction Age: 60 Topic: food habits Address: Address sheet, Registration number.	Diagnose patient and maintaining healthy food.	
Day-2	2. Lesson Age: 50 Topic: food habits, Address: Address sheet, Registration number.	This is a diabetic patient.	
Day-3	3. Lesson Age: 55 Topic: food habits, Address: Address sheet, Registration number.	examined during medical diet food.	
Day-4	4. Lesson Age: 57 Topic: food habits, Address: Address sheet, Registration number.	Diagnose patients during lab of samples.	
Day-5	5. Lesson Age: 55 Topic: food habits, Address: Address sheet, Registration number.	During healthy food dieting.	
Day-6	6. Lesson Age: 55 Topic: food habits, Address: Address sheet, Registration number.	Diagnose patients and now make spring healthy food.	







WEEKLY REPORT

WEEK - 1 (From D1..... to D2.....)

Objective of the Activity Done:

Detailed Report: In this week, I went with my mother to the health center in our community (to get a health check-up). In that center, we found many people who were having health issues, such as diabetes and some other common issues. The remaining people who were living in that community were following a healthy diet which was rich in nutrients and vitamins which will help the body to get energy and recovery. Also, the health issues were familiar and following a healthy diet. And all people were familiar in that community were advised to take a lot of water in a day, which helps them for hydration and hydration. Finally, in that community, the young people are advised to take a healthy diet, such as fruits and vegetables, which will give them a vigorous but not energy and healthy life. Now, these people are following the healthy diet.

ACTIVITY LOG FOR THE FORTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person in-Charge Signature
Day-1	Co. midspings Apt: 72 Topic: food habits middle: nutrition chart, vegetables nutrition	Eating healthy food	
Day-2	Co. midspings Apt: 80 Topic: food habits middle: nutrition chart, vegetables nutrition	eat healthy a proper diet	
Day-3	Co. midspings Apt: 22 Topic: food habits middle: nutrition chart, vegetables nutrition	eating healthy food and drinking atleast 8 glasses of water	
Day-4	Co. midspings Apt: 24 Topic: food habits middle: nutrition chart, vegetables nutrition	eating unhealthy food.	
Day-5	Co. midspings Apt: 44 Topic: food habits middle: nutrition chart, vegetables nutrition	eating healthy food.	
Day-6	Co. midspings Apt: 58 Topic: food habits middle: nutrition chart, vegetables nutrition	eating unhealthy food and healthy food.	

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report: In this week, I have prepared a few questions on the healthy diet or food habits such as the number of times the person eat 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 they said that healthy diet will help our life being healthy and the diet which we are not taking it the only main thing for our body activities and health. The proper nutrition foods give a healthy life.

And in some families younger persons are eating of oily and junk food only which will damage the healthy life.

In some rural the people are not drinking enough water which will make them hydrated and given water about 8lit. and the water important for digestive system.

With this reason it has sugar patients and all the families were following a diet healthy diet.

ACTIVITY LOG FOR THE FIFTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day-1	B. Srinidhi Age: 142 Topic: food habits ADDRESS: Ashwini Street, Siddhartha Junction.	Eating healthy food and sugar patient	Surya
Day-2	A. Anurupa Age: 143 Topic: food habits ADDRESS: Ashwini Street, Siddhartha Junction.	Eating unhealthy food and not drinking enough water	Surya
Day-3	H. Anurupa Age: 20 Topic: food habits ADDRESS: Ashwini Street, Siddhartha Junction.	Eating out of season foods and having fat.	Surya
Day-4	P. Chaiti Age: 144 Topic: food habits ADDRESS: Ashwini Street, Siddhartha Junction.	Eating unhealthy food (lots of sweets & biscuits)	Chaiti
Day-5	G. Pooja Rao Age: 12 Topic: food habits ADDRESS: Ashwini Street, Siddhartha Junction.	Eating healthy and unhealthy food	Pooja
Day-6	S. Anurupa Age: 144 Topic: food habits ADDRESS: Ashwini Street, Siddhartha Junction.	Not eating food on time and unhealthy diet	Anurupa

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week, I had conducted some more questions on food habits on our basic eating this are the list questions of community project second. This week, I had asked another question for survey on that most of the younger and older people also not having an healthy diet and eating junk food sweets, chocolate, etc. junk diets will bring unhealthy life to them.

At a school community some people who are also maintaining healthy diet and eating instructions food I asked them about nutrients and nutrients food which includes proteins and vitamins. They said eating a lot of vegetables, fruit gives us vitamins and proteins and I asked all people about how many meals they take in a day? 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 your healthy life good better.

ACTIVITY LOG FOR THE SIXTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day-1	3. November Apr 148 Topic: food habits Address: All paper about, Sugarcane plantation.	In a day, many are drinking water mostly in a form of water	<u>Person</u>
Day-2	4. November Apr 150 Topic: food habits Address: All paper about, Sugarcane plantation.	Water is available food in a day	<u>Person</u>
Day-3	5. November Apr 148 Topic: food habits Address: All paper about, Sugarcane plantation.	Everyone eating good like food	<u>Person</u>
Day-4	6. November Apr 159 Topic: food habits Address: All paper about, Sugarcane plantation.	eating healthy food & drinking lots of water and sugarcane plantation	<u>Wife</u>
Day-5	7. November Apr 151 Topic: food habits Address: All paper about, Sugarcane plantation.	eating lot of good food is healthy fat.	<u>Sign</u>
Day-6	8. November Apr 158 Topic: food habits Sugarcane plantation	eating a healthy food	<u>Person</u>

WEEKLY REPORT

WEEK - 8 (From Dt. _____ to Dt. _____)

Objective of the Activity Done:

Detailed Report:

In this week, I had conducted some case questions on food habits on an industry basis. This one was left questions of community health project survey.

This week, I went to the (London residence) (graduate students). In this set of the family members were having really food & maintaining some interesting food sources. My people interesting issues & activities for this will during this building is hard to get some health on their body. The young people is such some and mother advised to breast feed babies. Going with regular food, many were getting benefited. So some health problems at many source of food. Most of them diet is very people young children. Following healthy diet is getting health conscious people eating even small a dose but they are not continuing that which we should take to which food we get which we.

CHAPTER 3 OUTCOMES DESCRIPTION

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

My Survey was done in the location of Dabogunda and 23000 street. Changel 100 note, 200000 location, Ukataptra, Indira park. The Survey was done on each and every house for the project purpose. In that area some people are very poor in their savings and some are well-off and well settled and 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. Some are not having sufficient money for the healthy nutritious food to eat like other. Some kind of families were didn't answered any question for community scale point.

And some of the families answered my question they respond very well to my survey question. They also give suggestion to be healthy with consuming a healthy food in our daily life. They are the details of notes in my book.

Describe the problems you have identified in the community

The problems I was identified in our community is that they are sugar and obesity people who are under age of 40 to 45 years. And in the community some families were not eating the food which gives them an unhealthy life. Not, oily, sugar foods and consuming less than and they getting health problems like mostly sugar, obesity, cholesterol. In my community area, to know the accident problems in my community area people many were finding and I too found many problems because many of the people in an community were not answering to my questions.

Working 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 such foods, oily foods, lot of sweets etc which harm their healthy lifestyle. In some families they not even drinking enough water. They were 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 food.
2. every family should change their ideology and behaviour on the food they consuming daily.
3. everyday they should be drink atleast 2 to 3 liter of water for better digestive system.
4. There were many of people who didn't consume healthy food so, we have to suggest them and make them realise about the healthy food which will make their life healthy.
5. choosing of outside junk food for a week (or) a month continuously then they will eat healthy food which include vegetables, fruits etc.

LONG - TERM ACTION PLAN: -

1. you should be know which food is healthy to an body.
2. there should be a separate course on food habits.
3. every family should be get a scientific knowledge about food to eat.

Description of the Community awareness programme conducted was the problems and their outcomes.

I learned to manage closer 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 ways of interacting with others and communicating and get to know the problem which they are facing. And learned the ways of presentation of information on the problem of people. I learned to be stay with patients when others are not answering to my community service project questions.

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

The main problem the community is to be maintain a health status. They are all not having a healthy diet. If you eat an unhealthy food then they will get unhealthy.

Through this program all are noticed that consuming portions of healthy food gives us healthy life. And this program teach 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.

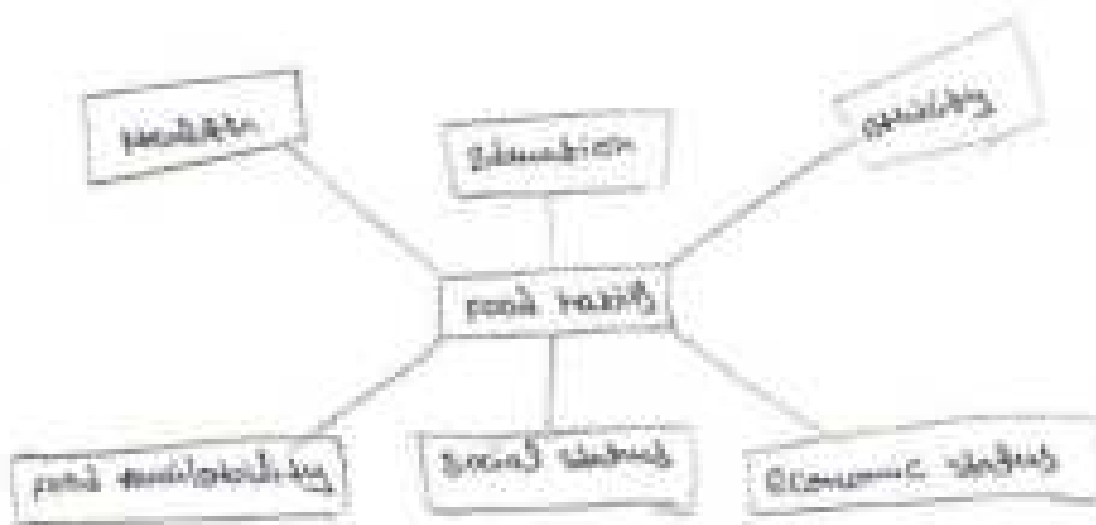
The Report shall be limited to 5-10 pages.

Food refers to anything that is eaten to provide energy and keep the body healthy. Food habit refers to what people eat which food they eat, and with whom they eat, at what of 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 health conscious 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 that education helps you to make informed food choice which will provide the necessary nutrients for a healthy body at a minimum cost. Education helps you to promotion which would food habits to change over for example identification.

make you decide to eat at every meal because you have
 know about its nutritional benefit. calculator can also
 make you decide not to eat certain food because of their
 harmful effect on your body

— these factors make people form food habits



— the following factors that influence our food choices

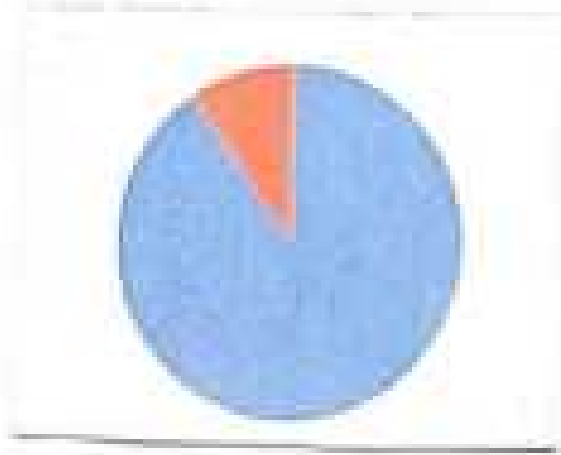
- biological determinants such as hunger, appetite & taste.
- economic determinants such as cost, income, availability
- physical determinants such as stress, education, skills (e.g. cooking) and time
- social determinants such as culture, family, peer & social patterns.

Analysis of data: →

* Breakfast lunch: most of the people are taking porridge
 rice at breakfast & lunch. some are taking rice & vegetable
 curry. another part opt. are taking rice & vegetable
 porridge

Among 10% of the respondents reported that they are taking care to eat.

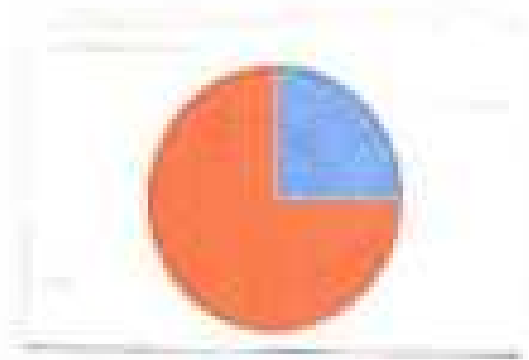
Consumption of food in meat:



In fact 90% of the people are eating and 10% of the people are not eating either meat or butter-milk due to low income.

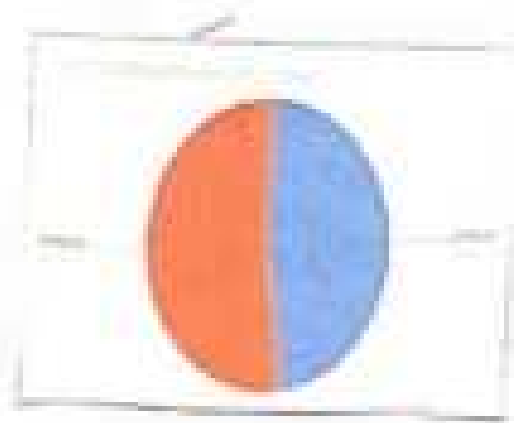
Consumption of different types of pulses:

— type of pulses used in green gram



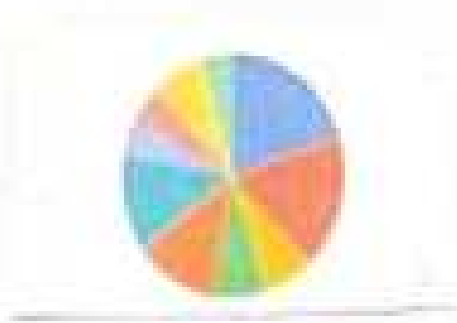
Among the pulses and grains, green gram is a legume
grown most of the people (70-80%) and using red gram
(lentil pulse) and 25% of the people are using green
gram (pigeon pulse) also one is consuming Bengal
gram (sorghum).

→ Consumption of leafy vegetables:



Based on the figure 62-57% of people are using
green gram (*Vicia sativa*) because of more availability
→ 25% remaining 17-57% people are using tholabam
(mucuna verticillata)

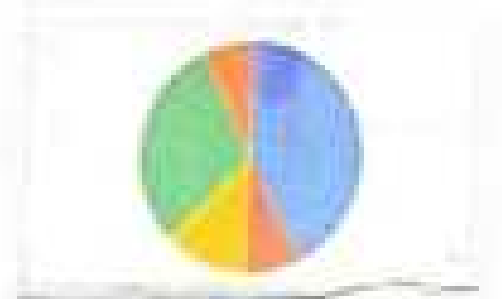
Consumption of different kinds of fruit



7.0% people are consuming banana, papaya is consumed
 by 2.5%. people consumption by 17.5%. people orange
 is consumed by 5.0%. people. papaya is consumed by
 7.5%. people and apple is 5.0% of people. grapes
 is consumed by 5.0%. people. mango is consumed by
 12.5% of people. pine apple is 7.5%. 20 rest people
 consuming Apple.
per person per dish



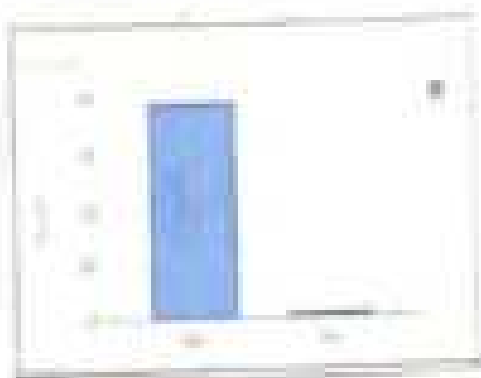
based on the above figure information included on
 the next page for of respondents 10% mention
 that chicken is popular 50% of people like mushrooms
 20% people that mention turkey, 20% people
 that mention sausage, 10% of people that mention any 10%
 of people like mushroom, 15% of people like fish - any
 * description of non - any -



chicken figure 42.5% people are taking chicken, fish
 is taken by 12.5% people, and meat by 7.5% people
 and egg taken by 20.5% people and sausage
 taken by 7.5% people. most of the people taken
 chicken due to available and but cost can
 pay with fish, meat, sausage.

^D Dinner: All most all the people respondents reported that they are taking well to vegetable eating at dinner.

* EYESIGHT problem:



Among all the children in the world only 0.1% children are affected by eye problem. The reason is that they are not consuming vitamin which helps like carrot, papaya.

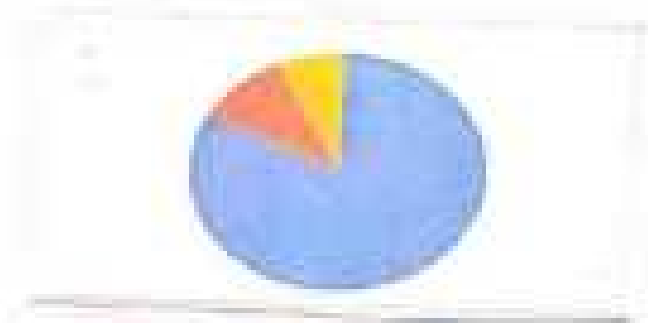
Consumption of Alcohol:

1. of consuming alcohol.



Consumption of alcohol increases — the figure 22.5% of people are not consuming alcohol and 17.5% of people are consuming alcohol

1. of consumers of alcohol regularly (75%) occasionally.



According to the figure 75% of people consuming alcohol regularly because of this are addicted to alcohol and 10% of people are consuming alcohol occasionally and remaining 15% of people are not consuming alcohol.

CHAPTER 6: RECOMMENDATIONS AND CONCLUSIONS OF THE MINI PROJECT

Recommendations ;

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

Low fruit & vegetable intake is linked to several Cancer, Cardio-vascular disease & stroke & fibrosis, gout, NAFLD, stroke. Low intake leads to micronutrient linked to diabetes, Cardiovascular diseases, stroke & some cancer.

Alcohol is important for nutrition in family members. Because mostly income is spent. Alcohol instead spend it on healthy diet. taking alcohol occasionally does not affect family health, education

Other serious problems including high blood pressure, heart disease, stroke, lung disease, diabetes, problems in cancer. It highly recommended to give counselling to alcohol addicted people. It necessary, stress should be taken to do addiction control.

Conclusion: - A healthy diet is a diet that maintains or improves overall health. A healthy diet provides the body with essential nutrients. First, recommended diet rich in protein, micronutrients such as vitamins, and a balance than in food energy. As per this healthy eating plan consist energy one 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 food instead of consuming instant energy giving processed foods. Most of the diets and unhealthy fast food are being advertised on television. Now it is the need of the hour to advise and broad about all healthy food in a attractive manner to maintain nutritional value healthy benefits both and energy one one.

Student Self-Evaluation for the Community Service Project

Student Name: Ujjwal Kumar Singh

Registration No: 13.013010 5013

Period of CSP: From Tu 26/11/22 to 31/12/22

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:

Ujjwal Kumar Singh
Signature of the Student

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

Student Name: Abhishek Kumar Singh

Registration No: 101120105012

Period of CIP: From: 26/01/22 To: 30/01/22

Date of Evaluation:

Name of the Person in-charge:

Address with mobile number: 7395121115, Dabhi, Ghazipur, Delhi

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:

Signature of the Supervisor

EVALUATION

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	30 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.
- d. Suggested Short-Term and Long-Term Action Plan.

MARKS STATEMENT
(To be used by the Examiners)

INTERNAL ASSESSMENT STATEMENT

Name Of the Student: *Vishwanath Raju Marthala*
Programme of Study: *Food Safety*
Year of Study: *2022-2023*
Group: *(19023) (B-64)*
Register No/ILT. No: *710150165017*
Name of the College: *Mrs. A.V.N. Degree College*
University: *Andhra University*

SLNo	Evaluation Criterion	Minimum Marks	Marks Awarded
1.	Activity Log	20	
2.	Community Service Project Implementation	20	
3.	Mini Project Work	25	
4.	Oral Presentation	25	
	GRAND TOTAL	100	



Date:

Signature of the Faculty Guide

Certified by



Date:

Signature of the Head of the Department/Principal

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)

2nd, 3rd, 4th and 5th Floors, Secretariat Towers, Sri Rama Nagar, 6th Battalion Road

Arundel (V) Palamphayal (M) Canton, Andhra Pradesh, Pin - 522 501

www.apche.ac.in