

Mindful Program Book

COMMUNITY SERVICE PROJECT



Designed & Developed by



**ANDHRA PRADESH
STATE COUNCIL OF HIGHER EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

**SURVEY ON HEALTH & HYGIENE USED BY PEOPLE AT I TOWN
AREA**

BY

THIRKADA PRAVEEN KUMAR

REGD. NO: P210000078



Year: 1950

**PROJECT WORK SUBMITTED TO MRS. A.V.N COLLEGE,
AFFILIATED TO ANDHRA UNIVERSITY, VISAKHAPATNAM
FOR
THE PARTIAL FULFILMENT OF DEGREE OF
BACHELOR OF SCIENCE
2020 - 2023**

DECLARATION

THIRKADA PRAYEEN KUMAR, Student of BSc-
M.P.C, Mrs. A.V.N College, affiliated to Andhra University
here by declared that this project entitled " Survey on
Screening report of HEALTH AND HYGIENE I TOWN area"
is a genuine work carried out by me under the guidance of
NSS.S.VEENITHA lecturer in Chemistry, Mrs A.V.N College,
Vizakhapatnam, Andhra Pradesh. Furthermore, this project
work was not submitted to any other institution or University
for awarding any Degree.]

DATE: 21-03-23

PLACE: Vizakhapatnam

T. Prayeen Kumar
Name & Signature of the student

MRS. A.P.N COLLEGE



Est'd 1950 THIRUVANANTHAPURAM - 1999

AYYAPPA PRADESH

CERTIFICATE

This is to certify that project entitled as "Survey of screening report on HEALTH AND HYGIENE AT TOWN AREA" is Bonfide work done by **THIRUKKADA PRAVEEN KUMAR** (Regd.no/T20130800078), BSc-M.P.C student under my guidance. I certify that the project work done by him/her is original and has not been submitted to any other information.




PRINCIPAL
M. Srinivasan
THIRUVANANTHAPURAM

PRINCIPAL


(B.Venitha)
MENTOR

**PROGRAM BOOK
FOR
COMMUNITY SERVICE PROJECT**

Name of the Student: ANUSKA TEJASWINI ANNA

Name of the College: ANUSKA

Registration Number: ANUSKA

Period of C&P: From 12/1/2024 to 12/31/2024

Name & Address of the Community / Habitat: 1234 N. 1st St.

ANUSKA University
YEAR

Instructions to Students for Community Service Project

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

Links

<http://apche.ap.gov.in/Fds/Uploads/other/2016/2017/2017Community%20Service%20Project%20Guid.pdf>

1. It is mandatory for all the students to complete 2 credits (96 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/volunteer for Community Service Project (CSP) in consultation with the College Principal/the authorized person nominated by the Principal.
4. Report to the community/volunteer as per the schedule given by the College. You must make your own arrangements for transportation to reach the community/volunteer.
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/volunteer and their problems.
8. Know the leaders and the officials of the community/volunteer.
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 projects/programs.
- Acquiring specific life skills.
- Learning areas of application of knowledge and technologies related to your discipline.
- Identifying developmental needs of the community/habitat.

12. Practice professional communication skills with your 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 whenever necessary.

14. At the end of Community Service Project, you shall be evaluated by the person in-charge of the community/habitat to which 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 B.Sc.

Name of the College: HAJI ABU COLLEGE

Department: CHEMISTRY

Name of the Faculty Guide: P. KRISHNA KUMARI

Duration of the CSP: From 14/3/2023 To 14/4/2023

Name of the Student: THEERASA BRAHMANI RAJAN

Programme of Study: HEALTH AND HYGIENE

Year of Study: 1ST - 2023

Register Number: 110150205098

Date of Submission:

Student's Declaration

I, Dr. Praveen Kumar, a student of B.A. Program
Reg. No. 190101010101 of the Department of Education
Kannada College, Dharwad. College do hereby declare that I have completed
the mandatory community service from 18/1/2022 to 18/1/2022 in
Pravara (Name of the Community/Institution) under the Faculty
Guidance of Dr. Praveen Kumar (Name of the Faculty Guide, Department
of Education) College

I hereby declare
(Signature and Date)

Endorsements


Faculty Guide


Head of the Department


Principal
K. V. S. COLLEGE
DARWAD

Certificate from Official of the Community

This is to certify that _____ E. J. [unclear] _____ (Name of the Community
Service Volunteer Reg. No. 1111111111) of _____ [unclear] _____ (Name of
the College) _____ (Address) _____ (City) _____ (State) _____ (Zip)
_____ [unclear] _____ (Name of the Community) over _____ 11/1/1968 to
_____ 11/1/1968 _____ (Date of the Community Service Volunteer during
his/her community service is listed to be _____ (Community/Club).

Authorized Signature with Date and Seal

Acknowledgements

Behind every successful achievement lies great contribution by some great people. To them although words of gratitude are insufficient for their valiant contribution. I take this opportunity to convey my thanks to all of them who supported me in completing this project well.

I express my special thanks to my _____ parents of this project and our principal Mr. Sudhakar & Mrs. Mrs. Devesh for providing guidelines, encouragement, advice to monitoring before starting this project.

Last but not least we would thank and dedicate this project well to our family who have "dedicated" their time in helping me achieve my present and future goals and when we would have the opportunity to complete this project.

Page No.

P. Praveen Kumar

Roll No: 2004939486.

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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 LSP and the various learning objectives and outcomes.

Community Service is undertaken by a person or group of people that accepts others. It is done near the area where it lives. It can be community benefits of our work. It do not paid to people community service, though Government paid and small fee to labor poverty people.

Community Service can help any group of people in need like children, senior citizen, disabled persons and animals to those don't have shelter and it can be used to provide places for them.

Community Service that a important benefit to student with the opportunity to become active member of their community. Active input on society at large. Community Service & volunteerism enables students to acquire life skills and knowledge. It will also provide a service to who need it most. These are some of the main benefits of participating in community service program.

Community service increase the self satisfaction feel good about yourself because your helping others. and creates special bonds with the population being served and increases social awareness and responsibility.

CHAPTER 2 OVERVIEW OF THE COMMUNITY

Identify the Community Organization including internal profile of the community, behavior, community diversity, resources, stress and values. Analyze the Socio-economic conditions of the Community/Individuals.

Overview of the community	3 Towns Sector
<u>Wards</u>	- Vengalpetnam (Urban)
<u>Ward</u>	- Vengalpetnam
<u>State</u>	- Andhra Pradesh
<u>Pincode</u>	- 520001
<u>Population</u>	- 2,352,000 (based on internet)
<u>nearest place</u>	- Debagondam
<u>Area</u>	- 2,200 ² (assumption)

Population of 3 Towns Area (based on internet)
& assumption

particulars	total	male	female
total population	2352000	59%	41%
Urban population	200%	57.25%	36.25%
Rural population	200%	55%	45%

Transportation:

Type	Status
Public Bus service	go every 10 minutes (200 and half kilometer distance)
Public railway service	go every 30 minutes (three kilometers nearby)

Under the 1 Town area: 1) guruvu street, 2) AM college dam

- 3) Chingaluru peta 4) Surje peta 5) Lavakshi village
6) Town Kotha road 7) Pina market.

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/ knowledge acquired.

Health - According to the World Health Organization, being healthy is a "state of complete physical, mental and social well-being and not merely the absence of disease", it means proper functioning of the body and the mind.

Hygiene - To keep ourselves free from diseases and maintain good health we need to practice proper hygiene. The various practices that help in maintaining health contribute hygiene. The word hygiene comes from a Greek word hygieia that means "goddess of health". Adopting hygienic practices and promoting hygiene in the community, school and workplace prevent spread of many infectious diseases. Hygiene deals with both personal health as well as community health.

How can we keep our environment clean.

"To keep the environment clean we need to:

1. Keep our home clean.
2. Keep our neighbourhood clean.

As we grow older, we have a tendency to accumulate excess weight, leading to a variety of health problems. This is often due to a combination of factors, including a sedentary lifestyle, poor diet, and hormonal changes. To maintain a healthy weight, it is important to focus on a balanced diet, regular exercise, and stress management. Additionally, staying hydrated and getting enough sleep are also crucial for overall health.

Maintaining a positive attitude is also important for overall health. It can help reduce stress and improve your immune system. Engaging in activities you enjoy, such as hobbies or sports, can also help you stay active and healthy. Remember, a healthy lifestyle is a journey, not a destination. Be patient and consistent, and you will see the benefits over time.

Balanced diet

A balanced diet is one that contains all the essential nutrients your body needs to function properly. It includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. A balanced diet can help you maintain a healthy weight, reduce your risk of chronic diseases, and improve your overall health. It is important to eat a variety of foods and to avoid processed foods, sugary drinks, and excessive alcohol consumption.

Prevention

- increased awareness of the reasons for lifestyle related disorders.
- Regular exercise, yoga, meditation.
- avoiding Junk food, and increasing intake of vegetables and water.
- induce stress and positive attitude.

ACTIVITY LOG FOR THE FIRST WEEK

Day & Date	Brief description of the field activity	Learning Outcomes	Points to Change/Reflection
Day-1	We met my classmates and shared our initial thoughts about the topic that had to be visited.	I have learned how to select a topic that has to be discussed.	
Day-2	We visited the place, talked with village dwellers about their views on the problem that has to be visited.	I have learned how to select the problem of the area that is visited.	
Day-3	We visited a place near Mangalore and talked about the people and their problems of the area that is visited.	I have learned how to select the area that is visited.	
Day-4	We visited a place in Mangalore and discussed with people about their problems in their area.	I have learned how to discuss with people about problems in their area.	
Day-5	We visited the hospital and talked with the staff about the village with most number of problems.	I have learned how to discuss with hospital staff about the problem.	
Day-6	We discussed about the most number of problems in Mangalore, Karnataka, and selected the topic that has to be discussed in health and hygiene.	I have learned how to select the topic that has to be discussed in the place.	

FIELD'S REPORT

DATE: _____

Statement of the Activity Done:

Detailed Report In the first week of the Survey we have mainly on the Selection of topic and areas that has to be surveyed. For that we listed out list of the nearby areas. Topic, we decided to visit the area called gannam street and visited some peoples we visited the place around our college. Some interested with the village and noticed that there were no major issues that had to be surveyed. we visited Chergultrao peta, approach some peoples and discussed with them they notice that there were few problems like Drainage and water facilities. we visited Durgpetta and discussed with the people they said that there are few minor problems. we visited Sankhori taluker to Tamra kotta road and discussed with Sankhori and discussed about the problems that are facing by the people of entire 3 town areas. By the overall discussion between us and my friend we finally conclude that to perform a community service project on Health and Hygiene topic to be surveyed. In the first week of the Survey we have mainly on the Selection of topic and the areas has to be surveyed.

ACTIVITY LOG FOR THE SECOND WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Patron In-Charge Signature
Day - 1	We have visited people from that place and estimated the size of the 1 room house.	Learned how to measure and calculate the perim of the area.	
Day - 2	we are divided, we take the soil and see to be fine and figured out what happens the house.	Learned how to divide the soil in and estimated the circumference of house.	
Day - 3	I met the villagers of the market, talked and some other moral and other and current situation about the problems of the people.	Learned how to speak with villagers about the problems of the village.	
Day - 4	met with other people and discussed the major diseases regarding health and other facilities.	Learned how to interact with people and how to discuss about problems of the village health.	
Day - 5	visited the people of house also and interact with the people working and helping their job in the village.	Learning how to meet and interact with people and discuss about the problems with helping their jobs.	
Day - 6	as it was urgent, decided to visit with organized school, observed services, paid hygiene fund that will providing by organized staff to children.	learned how to check the food what is provided in the organized school is hygienic & not.	

WEEKLY REPORT

WEEK - 2 (From 19 _____ to 20 _____)

Objective of the Activity (Date)

Detailed Report: An area 2 by friend surveyed the area individually and prepared to survey mainly in the government offices that are providing the houses to people of that area with. we have listed the total population of that place and estimated the area of that place. He and my friend started the work that has to be done and figured out while sampling survey. we saw the collection of garbage, debris and some better road and discussed the current situation. He explained the problems of the village with the help of the map included with the office in municipal office and discussed the major problems regarding health and other facilities. as it was wanted, I decided to visit the Anganwadi. School, good hygienic food that was provided by the Anganwadi Staff to the children.

ACTIVITY LOG FOR THE THIRD WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Parent In-Charge Signature
Day - 1	Have decided to check the drainage system and sanitation facilities that had been provided by the government.	Learned how to check drainage system and sanitation facilities that had been provided by the government.	
Day - 2	As there was no proper plan we decided to visit a hospital which had used by the people in our area and analyzed the drainage & facilities that had been provided by the government.	Learned what was the thing were being utilized in the hospital and around the premises.	
Day - 3	Have visited a waste dump where waste materials that were being to decompose in a place that was threatened for the health.	Learned how to decompose the waste and make them in a proper way.	
Day - 4	visited water tank which were located at the village of the place. The water supply in night time is village. The village water tank is situated at the top of the village.	Learned how to supply the clean water to the people of the place.	
Day - 5	Have decided to visit the waste dumping site of the village. as there is no health facilities in waste dumping the people get the water and facilities to the place.	Learned the way of maintaining the dumping site of the village.	
Day - 6	Have decided to check the drainage facilities that are being used by the people. The drainage is with full of the water and there is a lot of rain water around the house of village.	Learned how to check whether the drainage system is working or not.	

TECHNICAL REPORT

DATE - 12/01/2023

Signature of the Surveyor/Client

Project Report

In order to be decided to about the facilities that are lacking the citizens to the people in 1999, we have decided to check the place of drainage system and sanitation facilities that has been provided by the town municipal. At there we are hospital facilities we decided to visit the old hospital which had been used by the people in 1999 and we had to be improved by the compound. At there we are visited the water tank which was located at the entrance of the place where people lived. At hospital we said that it is the only tank which supplies the water to the whole area. The utility of the water tank is very poor which may collapse at any time. We have decided to check the drainage facilities that are being used by the citizens of that place. The drainage is with full of flow and there is some not much stagnated water around the houses of the village.

AN INTERVIEW WITH THE STUDENT WORK

Day	Brief description of the daily activity	Learning Outcomes	Person for Change Signature
Day-1	In the first week I decided to select sample houses of village and conduct survey to find out the problem of the village and pollution.	I learned how to select the number houses of village and conduct survey to find out the problem of the village and pollution.	
Day-2	I visited houses of Mangalore which is located at the middle of the area and discuss with the people about the problem of the village and pollution.	I learned that Mangalore is located at the middle of the area and discuss with the people about the problem of the village and pollution.	
Day-3	I had visited the house of Mangalore and discuss with the people about the problem of the village and pollution.	I learned that the house of Mangalore is located at the middle of the area and discuss with the people about the problem of the village and pollution.	
Day-4	I had visited the house of Mangalore and discuss with the people about the problem of the village and pollution.	I learned that the house of Mangalore is located at the middle of the area and discuss with the people about the problem of the village and pollution.	
Day-5	I visited the house of Mangalore and discuss with the people about the problem of the village and pollution.	I learned that the house of Mangalore is located at the middle of the area and discuss with the people about the problem of the village and pollution.	
Day-6	I had visited the house of Mangalore and discuss with the people about the problem of the village and pollution.	I learned that the house of Mangalore is located at the middle of the area and discuss with the people about the problem of the village and pollution.	

WEEKLY REPORT

DATE: 12 June 19 _____

Statement of the activity done:

Detailed Report:

On the fourth week of the Community Service project, I decided to interact with some of the people and discuss about the problems that are being faced by the people of 2 villages (people). I decided to visit random houses of village and interact with the villagers about the problem of the health issues and take their blood. I visited house of Sanguine and it is located at the middle of village and discussed with problems that were being faced by the children they said that they were really tired up with unpurified water that were being taken by the people and their children were felt under them. I had visited Vikas aged 50 and he is a farmer had discussed about the atmospheric condition and diseases that visited to the house of Sanguine. I also visited a daily wage worker, discussed about the medical facilities of 2 villages. About the Medical facilities of 1 village. I had visited to Rajwant house located at the end of area aged 25. discussed about the problems that were being faced by her. our had visited the doctor at most people of village visit regularly and asked to make a health Campaign at the village.

ACTIVITY LOG FOR THE FIFTEEN DAYS

Day & Date	Short description of the daily activity	Learning Outcome	Parent In-Charge Signature
Day - 1	I had decided to visit the health center and give them the instructions on good food and health in my health and surrounding class. They stated that they had a plan to do so but they were busy with their work.	Learned that they have a good health and that they are planning to do so.	
Day - 2	I had visited the health center to give them instructions about the health family.	Learned that they have a good health and that they are planning to do so.	
Day - 3	I had visited the health center to give them instructions about the health family.	Learned that they have a good health and that they are planning to do so.	
Day - 4	I had visited the health center to give them instructions about the health family.	Learned that they have a good health and that they are planning to do so.	
Day - 5	I had visited the health center to give them instructions about the health family.	Learned that they have a good health and that they are planning to do so.	
Day - 6	I had visited the health center to give them instructions about the health family.	Learned that they have a good health and that they are planning to do so.	

WEEKLY REPORT

DATE: _____

Summary of the Activity Done:

Worked Hours: In the past week, I decided to select few random houses of the village & try to interact with the people to know their daily habits. I wanted to check their the good and bad habits to make their life to live healthy. I visited to narayana aged 22 give him instructions about the health of being healthy. I visited to Sanyasirao aged 22 and give him instructions of being healthy. I visited to Vinay aged 22, who is engineering graduate, followed all the instructions and kept his surrounding healthy and clean. I visited to house of Anitha aged 22 who is graduate, but doesn't follow the instructions for past few years but he changed his daily life style after he got with cancer. And he inspires and motivates some of the people. I decided to visit to Shankar and decided to give the announcement of instructions of health and hygiene to all the citizens of this place though the rate is people which reaches all the houses in the village & town area.

ACTIVITY LOG FOR THE WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Teacher's/Observer's Signature
Day - 1	Learned my friend had decided to start a medical campaign in the school and I was the chairman of the advisory board.	Learned how to start a medical camp and what is the procedure to run a medical camp successfully.	
Day - 2	We had decided to start the campaign from the school playground and distribute the program to all the people in the school.	Learned how to give advice to people regarding the health camp and to all the people in the school.	
Day - 3	We had decided to start the campaign from the school playground and distribute the program to all the people in the school.	Learned how to give advice to people regarding the health camp and to all the people in the school.	
Day - 4	We had decided to start the campaign from the school playground and distribute the program to all the people in the school.	Learned how to give advice to people regarding the health camp and to all the people in the school.	
Day - 5	We had decided to start the campaign from the school playground and distribute the program to all the people in the school.	Learned how to give advice to people regarding the health camp and to all the people in the school.	
Day - 6	We had decided to start the campaign from the school playground and distribute the program to all the people in the school.	Learned how to give advice to people regarding the health camp and to all the people in the school.	

CHAPTER 6. ENVIRONMENTAL DESCRIPTION

Details of the socio-economic factors of the Village/Community about the questionnaire prepared for the study.

QUESTIONNAIRE:

This study is carried with the help of following questionnaires:

1. Name of the person?
2. Age of person (in years)
3. Gender of a person
4. Occupation of a person
5. Have you experienced any illness related to health before?
6. Do you have any habit of smoking & drinking or drug intake?
7. Do you use any medicine if not what do they get?
8. Are you satisfied with your health care services?
9. Did you get work?
10. Have you completed the advice of vaccination?
11. Do you exercise daily?
12. Are you getting adequate water?
13. Where do you get drinking water at your house?
14. Is the municipality collecting your garbage regularly?
15. Do you have a proper drainage system for discharging of waste water?
16. Are you satisfied with the sanitation of your local environment?
17. Are you facing any nutritional deficiency disease?
18. In a typical day, how many times do you wash your hands with soap?

Describe the problems you have identified in the community

1. Health assessment problem this may be identified as when
of lack of access of resources, money, materials &
facilities necessary to solve health problems.
2. There are existing conditions that are considered to be
the main & cause that jeopardizes the health of the
people living in a community.
3. There are problems with leakage of drainage system
and dumping waste materials into gutters.
4. People are suffering with drinking water system.
5. By the presence of above, the people are affecting
their present and individual of health.
6. Even though medical facilities are available.

These are the major problems I have identified in the
selected community.

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.

In all the visits to P.O. N. Nagalok, Nagaland, Nagaland, underpriced, primary health centre and also in districts about the problems identified like the, some more low priority people a lot of hospital emergency also identified. in case of emergency there is no known transportation like vehicles they said medical health supply service is the solution for the problem, as requested to reach the area by the systematic time period, the village hospital also agreed with the period. medical health supply service is a health centre centre for citizens of underpriced the aim to reduce the cost health of public before the medical health service supply time is great, the solution was the people were so intimate to the people the doubts cleared all the officers and gave the medicine to them, and also explained about how to keep an environment clean, clean water and food, maintaining healthy diet, first aid and prevention.

Principles of the Community program progressively developed with the
problems and their solutions.

How do we keep our environment clean?

- 1. keep the environment clean we need to 1-
 - 2. keep our house clean.
 - 3. keep our neighborhood clean.
 - 4. an effective drainage system is essential at congested areas
to avoid breeding of mosquitoes.
- Have you heard of garbage bins with labels such as
"biodegradable waste", "paper waste", "non-degradable plastic waste"
and "non-degradable waste"? Some of the common garbage
items generated at our houses are: waste paper, plastic
waste bags, vegetable peels, used batteries, date food items,
metal pins, old clothes, and broken glass (a) identify the
garbage items you will put in each of these dust bins shown
below (b) if possible name the community centre & area where
such practice is being adopted.

Balanced diet is a balanced diet is one containing carbohydrates,
proteins, fats, vitamins, minerals and fibres in correct proportions to
meet the nutritional requirement of a person at a certain age
and doing a certain amount of physical work.

The energy requirement for moderately active adolescent boy is
about 2500 to 3000 calories where as for adolescent girls it
is 2000 calories. ~~the for~~

Report of the mini-project work done in the related subject is in the
habitation/village.

A assignment work in the related subject is in the habitation/village. For ex. a
student of Botany may do a project on Organic Farming or Horticulture or Inorganic
Fertilizers or Irrigation or effect of the nitrogen, potassium, etc. A student of
Zoology may do a project on Reproductive system or animal husbandry or poultry
or health and hygiene or Blood group analysis or survey on the Hygiene of
water in the prevalence of diseases etc.

The Report shall be limited to 5-10 pages.

As per the objectives framed to initiate the community
service chain related community work, I have listed one of
the study areas listed by the government to aware the
people of the community on health and hygiene practices.
From the preliminary observation and survey, I came to know
that the people living in that community belong to the below
category class. All the people are daily wage labour and most
of them are illiterate.

Most of the residents are not having proper awareness
on personal and environment hygiene practices. In the said
rural area residents of the community were badly affected
due to the lack of proper awareness on health and hygiene
practices. By thinking all the above, I have decided to
educate the people of the community on health and hygiene
practices.

Concluded survey:

Anthropology is said to be a procedure & a way in
which the project work has been done in this project. The

Methodology consists of following steps:

1. data collection
2. sample design
3. analysis data collection
4. data collection methodology can be broadly classified as primary data and secondary data

Primary data - primary data are those that are originally generated and are collected or fresh. All the primary data is the information collected for the first time. There are several methods in which the data is collected. I have selected the questionnaire method to conduct my survey. Questionnaire is a structured set of questions which are arranged to collect the information useful for the proposed study. The questionnaire is structured containing a limited number of questions, which are easy to understand in the single phase sampling method for study. The sample method is a plan in the procedure & way in which sampling has been done. As no project can be done taking data consideration the whole of the population the concept of sampling is used as per the concept of sampling only some samples is taken from the universe in order to find out the result. Convenience method is taken as the sampling method.

Sample Size

Size refers to the number of items to be selected from the universe. The sample size for the study is 10 as per the methodology. I have initiated my survey with a

questionnaire as a guide for the selected community with the help of local volunteers. I was directly interested with the people of the community by following the social needs and regulations throughout the survey. I have been asked the questions related to water availability, garbage disposal, hygiene of the women and usage and disposal of the menstrual waste etc. asked about the disposal of the wet waste and dry waste and also to know that they were disposing of the whole kitchen waste and dry waste all in a single bin. And the bins were collected once in every 1 day by the municipality workers.

Coming to the personal hygiene, I asked about the usage of toothbrushes, hand sanitizer, bathing. By this we came to know that they were not completely aware of the personal hygiene. But few of them were following some practices like using of hand wash after handling and exploring of new toothbrush once in every one month. Now to that I have asked about the water availability and mode of drinking water supply. I came to know that they have a ground water facility with the help of hand pump. They were not frustrated with the chlorination water supplement. This was the major issue they are facing.

AWARENESS CREATED

educated the area residents by showing charts on the walls with some information about nutritional food value and also provided them with some personal counselling about

the diet hygiene, standards of surroundings and as well as personal hygiene and also explained to them the value of education which help them to improve their lifestyle. I have also shown them some pictures and tried to make them aware about the need of good health and hygiene practices. I have also developed two school reporting projects paid due to the lack of hygiene - as a part of implementation of program as per my knowledge. I have practiced which may help to lead a healthy life. I had also made them aware by communicating with them with simple language which they can easily understand.

Personal and Community Health:

Both personal and community health are important for the well being of an individual as well as the community. Health may be affected by the environment, availability of quality food and other necessities, pollution of local and government departments become essential in promoting community health. Taking care of oneself to remain healthy and free from disease contribute personal health.

Community health is the practice of preventing disease and promoting health of a population through the organized efforts of society, public and private organizations, communities and individuals.

Some are various activities and programmes undertaken by the government and local organizations to maintain health of the people and keep them free from disease. Some of these activities and programmes are listed below:

- maintain standard of the village, roads, water and buildings through proper garbage disposal.
- ensure that prescribed standards in food, water and other areas are strictly followed.
- provide health promotion and disease prevention including educational programmes for infants and children.
- increase the national health programme that is being run by the government.
- various prominent programmes have been undertaken against the spread of diseases of national concern like malaria, AIDS, HIV, typhoid, tuberculosis and hepatitis.
- the national malaria eradication programme is an example of such health programme.

- provide midday meals in schools to provide adequate nourishment to growing children.
- set up hospitals and dispensaries to provide medical facilities to the general public either free of cost or at highly subsidised rates.

Personal Hygiene:

- following are some necessary hygiene habits:
 - regular toilet habit: regular bowel movement helps in free of waste generated within the body.
 - washing hands before eating: our hands may carry many disease causing germs and therefore we must wash them with soap & water before eating food.
 - bathing regularly and wearing clean clothes: bathing regularly keeps our body free of dirt, body lice and germs.

→ cleaning the teeth: when we eat, some food particles may remain stuck to our teeth. These particles attract plaque which later on grows and casts, and cause bad breath. Brushing with tooth brushing and flossing helps in their removal.

→ washing hair, cleaning eyes, nose and mouth: regular washing and brushing of hair, and looking eye with clean water helps to keep the pores away with of with strands. Should be clipped regularly. and being it unhygienic and must be avoided.

Personal Hygiene:

→ use dust and mop air filter to keep them clean and free from dust, germs and pollen. disposal of garbage in the allowed bins ensure clean surroundings and prevents breeding of disease carrying organisms. used sanitary napkins need to be wrapped and put in the garbage bins.

Clean food and water:

→ fruits they are consumed, fruits and vegetables should be washed thoroughly in clean water to remove them from free from germs.

Cooking with care:

- food should be prepared in a clean kitchen.
- while cooking food, it is important to heat it to a high temperature to kill germs.
- cooked food should be taken fresh & covered and stored in a cool and clean place. if stored, food should be kept at a low temperature using either conventional methods & in a refrigerator.

exercise regular walking, yoga and physical exercises and
which helps stop the heart and circulatory system in good
condition. walking stops the joints healthy. Regular sleep and
exercise is necessary for good health. Abstaining from tobacco -
playing machines but at smoking - chewing of betel nut,
poor, tobacco and drinking alcohol, these are addictive and
also harmful as damages the liver, kidney, heart, lungs
and teeth.

We may have noticed that smoking is quite common
among people who smoke betel nut, pipes and tobacco. We must
try away from such habits and try to convince others to do
the same. Community health is the practice of promoting
disease and promoting health of a population through the
organized efforts of society, public and private organizations,
institutions and individuals.

There are various activities and programmes undertaken
by the government and local organizations to maintain the
health of the people and try to prevent disease.

Some of these activities and programmes are listed below:

- 1) maintain cleanliness of the villages, towns, cities and localities
through proper garbage disposal.
- 2) ensure that prescribed standards in food, water, meat and
milk outlets are strictly followed.
- 3) immunisation programmes for infants and children, for
disease the national pulse polio programme that is being run
by the government.

various awareness programmes have been undertaken against the spread of diseases of national health importance, such as polio, hepatitis, tuberculosis and leprosy. The national malaria eradication programme is an example of one such programme. What happens if the proper hygienic conditions are not followed & a condition that interferes with the normal functioning of the body is called a disease.

(11/11/2021)

While playing, working & otherwise, one could meet with an accident. You may get hurt & hurt to feel ~~some~~ but suddenly, timely intervention and immediate care can prevent further deterioration of the victim and even save a life. You can be of great help in such situations if you have the basic knowledge of first aid.

The immediate care given to the victims of an accident or sudden illness before medical help arrives is called first aid. However, medical help should be sought after first aid.

1. Shock: when a person is hurt, a person experiences 'shock' and looks pale and cold. The following first aid can help someone in shock.
 - * Lay down the victim and raise the leg.
 - * loosen the clothes.
 - * calm down the patient.
 - * If mouth feels dry, give a clean, wet cloth to suck.
 - * call the doctor immediately.
2. Severe bleeding - the following first aid is useful _{Page No.}

• in case bleeding is not controlled, dressing it clean
bandaging and press directly on the wound when the
blood flows.

• when the injury is from and elevate the bleeding part
to minimize flow of blood.

• call the doctor.

• First Aid Bleeding:

• when the victim is up and place a cold compress over the
wound.

• about a ductile if bleeding doesn't stop.

Goal of Community Health:

Community health helps to develop the community,
develop healthy lifestyles, empower, reduce poverty and
economic opportunities. It takes place in particular geographic
area, focusing on identifying their needs, issues and
strategies. It can also be concentrated on a particular area in
identifying the problems of human being.

Objectives:

- selection of area.
- to study the health and hygiene and conditions of the
selected area.
- to study the factors affecting the community health and
hygiene conditions.
- to create awareness on health and hygiene practices.

CHAPTER 2: RECOMMENDATIONS AND CONCLUSIONS OF THE STUDY
PROJECT

We visited the 17 main health centres and people's hospitals and people in the village but most of the problems like transportation, health, water facilities etc. - we had suggested in "Rural Health Services in 1970s". Government is not in the hospital village has a old hospital, but there is no government health centre hospital, only one is a small health camp is conducting in the village and is completely outside the people has to go to other hospital which is at least 10 km. far. But water connection is being provided by the parichayat. Drinking water is not good, people are not aware of diseases and their causes. Most of the people are migrating from the village due to bad facilities, hospital, transportation etc. and the village is empty from the city.

Most of all people requested the government to develop the old hospital in their village. They need clean sanitation and clean water facilities from the government. Perhaps collecting & clearing should be done regularly. Health centre program's must be done by the government in order to help people to live a better life. These are the main problems that has been notified to provide a better life.

Student Self-Evaluation for the Community Service Project

Student Name: T. Praveen Kumar
 Registration No: W201001000000
 Period of CSR: From To
 Date of Evaluation:

Please rate your performance in the following areas:

Rating Scale: Same grade of CSR evaluations to be provided

1	Oral communication	1	2	3	4	5
2	Written communication	1	2	3	4	5
3	Presentations	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	Performance	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: 21-03-2023

T. Praveen Kumar
Signature of the Student

Evaluation by the Person in Charge in the Community/ Habilitation

Student Name: Y. prashant Babbar

Registration No: 42032100018

Period of CAP from To:

Date of Evaluation:

Name of the Person in Charge:

Address with mobile number: 1144917460, Tirth Anand Road, Gurgaon, Haryana

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	Goal orientation	1	2	3	4	5
2	Written communication	1	2	3	4	5
3	Productivity	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: 27-03-2023

Signature of the Supervisor

PHOTOS & VIDEO LINKS



EVALUATION

Internal Evaluation for the Community Service Project

Objectives:

- To increase 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 facilitate 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 formed groups.
- To know the ways of transferring society through systematic programme implementation.

Assessment Model:

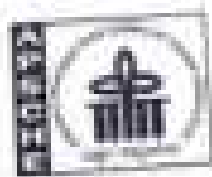
- There shall only be internal evaluation.
- The Faculty Guide assigned in-charge of the learning activities of the students and for the comprehensive and continuous assessment of the students.
- The assessment is to be conducted for 100 marks.
- The number of credits assigned is 4. Later the marks shall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

a. Activity Log	20 marks
b. Community Service Project Implementation	30 marks
c. Max Project Work	25 marks
d. Oral Presentation	25 marks
- Activity Log is the record of the day-to-day activities. The Activity Log is assessed on an individual basis, then 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

Customer Description:

- a. Details of the basic economic history of the village/colony.
- b. Problems identified.
- c. Community Assessment Program proposed.
- d. Suggested Short-Term and Long-Term Action Plan.

MARKS STATEMENT
(To be used by the Examiners)



ANDHRA PRADESH STATE COUNCIL OF HIGHER EDUCATION

(A Statutory Body of the Government of Andhra Pradesh)
2nd, 3rd, 4th and 5th floors, Heritage Towers, 5th Cross Street, 10th Sector, IT Park, Hyderabad
Minister (V) Manu Prasad (M), Government, Andhra Pradesh, Tel: + 91 22 2551
www.sche.ap.gov.in