

# **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

**A. SANKAR**

(Reg. No: 720130805092)

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 A. SANKAR Regd.No 220230105092  
of Mrs. A.V.N College underwent Community Service Project in  
food habits with special reference to \_\_\_\_\_  
Visakhapatnam, Andhra Pradesh under the guidance of  
K. Swetha from 20/1/22 to 10/1/22

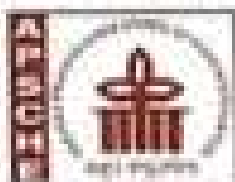
The overall performance of the community service volunteer  
during her / his community service is found Good

  
(P. S. Sankar)  
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: ASHI SANKAR

Name of the college: MAHARAJA COLLEGE

Registration Number: 120160405042

Period of ISP: From 24/05/2022 to 10/06/22

Name & Address of the Community Affiliates: Disability  
Welfare department, Government Hospital,  
Dombivli, India.

LANDMARK University

YEAR

## Community Service Project Report

Submitted in accordance with the requirement for the degree of \_\_\_\_\_

Name of the College: Mrs. AVN College

Department: Physical Science BSc (M.P.Sc)

Name of the Faculty Guide: K. Suresha

Duration of the CSP: From 4/11/2022 To 5/11/2022

Name of the Student: Asi. Sankarj

Programme of Study: Community Service project - food habits

Year of Study: 2020 - 2023

Register Number: 190130805092

Date of Submission:

## Student's Declaration

I, A. Sankar, a student of C.S.P. Program,  
Reg. No. 150138505093, of the Department of physics  
Mrs. A.N. College College do hereby declare that I have completed  
the mandatory community service from 26/7/22 to 5/10/22 in  
Duombanayam (Name of the Community/Institution) under the Faculty  
Guideship of K. Suresh (Name of the Faculty Guide, Department  
of physics in Mrs. A.N. College

A. Sankar  
(Signature and Date)

### Endorsements

Suresh  
Faculty Guide

S. Suresh  
Head of the Department


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

[Signature]

PRINCIPAL  
Mrs. A.N. COLLEGE  
VISHNUPATNAM

## Certificate from Official of the Community

This is to certify that A. Sorkar (Name of the Community  
Service Volunteer) Reg. No. 12000805092 of Dr. Amal College (Name of  
the College) undertook community service in  
Dwarabargur (Name of the Community) from 26/9/22 to  
5/10/22. The overall performance of the Community Service Volunteer during  
his/her community service is found to be \_\_\_\_\_ (Satisfactory/Good).

  
(Signature)  
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://apsche.ap.gov.in>

Link:

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

1. It is mandatory for all the students to complete 3 months (180 hours) of Community Service Project as a part of the 18-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 an awareness on socially relevant aspects/ programs;
  - Acquiring specific Life Skills;
  - Finding 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 whenever 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 heart felt gratitude to OPSCUE for giving this wonderful opportunity to us and I'm also thankful to the Institute's authority.

I would also like to thank our college principals and all the faculty members who guide us to the completion of the project and also providing thankful for providing us with this wonderful opportunity to work on a project with the topic study of food habits.

Secondly, I would also like to thank all of the Community of "Jagadamba Junction" for giving the responses. I'm extremely grateful to the people of my neighbourhood sectors respond with high level of valuable suggestions & guidance for completion of my project. This cooperation and health criticism came handy & useful with them.

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

Thanking you

Asi. Santan

Bsc (mpes)

Regd no:- 720180805092

## CHAPTER 1: EXECUTIVE SUMMARY

The community action report shall have 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 CAP and list of some learning objectives and outcomes.

Jagadamba junction is located at Vidyalaya district. it is an urban neighbourhood in the Indian city of Visakhapatnam. the area with population of more than 50,000. the area is divided into all sectors. I have done my survey in two sectors. where the people in this sector are highly qualified they answered very well for my questions and their suggestions and answers are greatly helpful for a person who are in appropriate manners in following their daily life activities food. when compared with young age people and some other people are not being and here the data is related to the food habits. whether which types are healthy and or healthy.

## CHAPTER 2: OVERVIEW OF THE COMMUNITY

About the Community/Village/Habitat including historical profile of the community /habitation, 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 : 3

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%

Status 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) Diabetes 2) Sugar 3) BP 4) obesity

→ Common problems observed by surveyor

↳ mostly elderly people are with sugar & diabetes  
↳ 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 behavioral skills the student acquired.

Now a days food habits becomes a growing problem around the world the effects not only the health.

Food is basic need for Every human being many govt. schemes are implemented on the distribution of food to everyone for their daily needs Ood on ration card. A spoon view 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 health & not maintaining proper time keeps a person unhealth.

Methodology: for the present study the research concern treated on Socio-economical background, health problems in relation to quality of foods & quantities of usage of consumer product with normal chemicals by the people in the study area.

Scientific facts behind community need:-

Food is one of the most diverse ecosystem it covers various range of milk, vegetable, fish, fruits, starches while some of these items are too basic

Some 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 Sahan Jagadamba Junction, Vijayawada	eating unhealthy food over all a day	[Signature]
Day-2	S. Yagandhar Age: 50, Topic: food habits Address: Ramaswami Sahan Jagadamba Junction, Vijayawada	This family is eating an healthy food at breakfast with vegetables	[Signature]
Day-3	H. Kalyan prasad Age: 51, Topic: food habits Address: Ramaswami Sahan Jagadamba Junction, Vijayawada	In a day they were facing 3-4 meals of stilling water	[Signature]
Day-4	R. Malathi Age: 45 Topic: food habits Address: Ramaswami Sahan Jagadamba Junction, Vijayawada	They are eating unhealthy food while in most of all	[Signature]
Day-5	B. Suresha Age: 39, Topic: food habits Address: Ramaswami Sahan Jagadamba Junction, Vijayawada	They are eating an unhealthy food which is made by body's vitamins	[Signature]
Day-6	G. Gayatri Age: 32, Topic: food habits Address: Ramaswami Sahan Jagadamba Junction, Vijayawada	eating an healthy food	[Signature]

## WEEKLY REPORT

WEEK - 1 (From 11/11/2020 to 18/11/2020)

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from the community / Anwarul Uddin Jadhav's partnership. In this report I was noted that some 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 nutrients food. Some people are not eating health and nutrient food that will change their health & leads to get some problems in their body. The community which was surveyed is that most of families were eating a healthy & nutrient food where the remaining people were eating outside junk food and oily foods which will change their healthy life in that community mostly the patients were diabetic and hyper.

ACTIVITY LOG FOR THE SECOND WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	W. Sankaraj Age: 50, Topic: food habit Address: Ramaswami Suddan Jagadamba Junction, city - 560001	Not eating an healthy food eating the habit of food	<i>Sankaraj</i>
Day - 2	F. Maheshwari Age: 55, Topic: food habit Address: Ramaswami Suddan Jagadamba Junction, city - 560001	eating a meal with fruits for a day	<i>Maheshwari</i>
Day - 3	A. Sankaraj Age: 55, Topic: food habit Address: Ramaswami Suddan Jagadamba Junction, city - 560001	eating an unhealthy food in a day	<i>Sankaraj</i>
Day - 4	B. Rangamma Age: 70, Topic: food habit Address: Ramaswami Suddan Jagadamba Junction, city - 560001	eating a healthy food & having Sweets	<i>Rangamma</i>
Day - 5	M. Rajagopal Age: 40, Topic: food habit Address: Ramaswami Suddan Jagadamba Junction, city - 560001	all the family members in her family was eating healthy based food	<i>Rajagopal</i>
Day - 6	S. Purushoth Age: 20, Topic: food habit Address: Ramaswami Suddan Jagadamba Junction, city - 560001	Not have an healthy diet plan and eating more oily food	<i>Purushoth</i>

## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have got this information from our community pharmacist Susha Jagadamba Junction, Chikmagalur. In this community residency half of the families were following an healthy and eating nutrition food which are rich in vitamin and protein. Some families were not have any healthy plan for the day and they not even plan and eat those healthy foods. Every day eating of outside foods and oily foods which will cause body imbalances (obesity). The people which are eating healthy foods they were give a suggestion to all the families for 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 hour. If they over the limit when then the healthy will go & 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: 67 Topic: food habit Address: gayatri place Jagadamba Junction, vijaya	Diabetic patient But maintaining healthy food	Lalitha
Day - 2	S. prasanthi Age: 52 Topic: food habit Address: gayatri place, Jag adamba Junction, Vijaya	She is a diabetic patient	S prasanthi
Day - 3	P. Anant Age: 59 Topic: food habit Address: Gayatri place, Jagadamba Junction Vijaya	every street food he is consuming	Anant
Day - 4	Sh. Sharan Age: 48 Topic: food habit Address: gayatri place, Jag adamba Junction, Vijaya	Diabetic patient eating lot of sweets	Sharan
Day - 5	K. Jagadeesh Age: 23, Topic: food habit Address: gayatri place, Jag adamba Junction, Vijaya	eating healthy food daily	Jagadeesh
Day - 6	G. Rajesh Age: 47, Topic: food habit Address: gayatri place, Jag adamba Junction, Vijaya	Sugar patient but not maintaini -ing healthy food	Rajesh

## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

Earlier week, I went to the another meeting in our community (Gangotri place stretching Jagdamba Junction) in that 50% of the family members were having health issues that are mostly diabetes and some other common issues. The remaining families who are living in that region were following an healthy food diet, which is rich in nutrients vitamins, that helps body to get energy and recall memory. Also the health issues families are following more healthy food and all people in that community were maintaining an healthy diet. Junk food which will give them a dopamine but not energy's healthy life. Even oldest people are following the healthy food.

ACTIVITY LOG FOR THE FORTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	P. Geetham Age: 24, Topic - food habit Address: gopald place, vsp Jagadamba Junction - Sec 13	eating healthy food	geetha
Day - 2	K. Divya Age: 41, Topic - food habit Address: gopald place, vsp Jagadamba Junction - Sec 13	Not having a proper diet	divya
Day - 3	T. Venkata Kumar Age: 60, Topic - food habit Address: gopald place, vsp Jagadamba Junction - Sec 13	eating healthy food & drinking enough water	venkat
Day - 4	R. Ranya Age: 22, Topic - food habit Address: gopald place, vsp Jagadamba Junction - Sec 13	eating healthy food	ranya
Day - 5	K. Venkatesh Age: 25, Topic - food habit Address: gopald place, vsp Jagadamba Junction - Sec 13	eating healthy food	venkat
Day - 6	P. Subha Age: 28, Topic - food habit Address: gopald place, vsp Jagadamba Junction - Sec 13	eating unhealthy food & healthy food.	subha

## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report: In week-4 of this week, I have prepared a few questions on the healthy diet or food habits such as the number of times of person eats meal in a day. So after my completion of asking the questions to each person of the family, then I asked about the healthy diet and they said that healthy food will help our life being healthy and the food which we are taking in the only contributing for our body conditions and health. The proper nutritious food gives a healthy life. And in some families young person are eating only junk food daily which will change the healthy life.

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



ACTIVITY LOG FOR THE FIFTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	K. Rajendra Age - 20. Topic - food habits Address - Mysore railway, rly Jagadamba Junction - 570002	eating healthy food & sugar patient	K. Raj
Day - 2	M. Anandh Age - 26. Topic - food habits Address - Mysore railway, rly Jagadamba Junction - 570002	eating less healthy food & not drinking enough water	M. Anand
Day - 3	P. Anant Age - 25. Topic - food habits Address - Mysore railway, rly Jagadamba Junction - 570002	eat lot of junk food & having fat	P. Anant
Day - 4	N. Varun Age - 18. Topic - food habits Address - Mysore railway, rly Jagadamba Junction - 570002	eating less healthy food (lots of sweets & chocolate)	N. Varun
Day - 5	P. Siddharth Age - 22. Topic - food habits Address - Mysore railway, rly Jagadamba Junction - 570002	eating healthy & unhealthy food.	Siddharth
Day - 6	A. Nagesh Age - 41. Topic - food habits Address - Mysore railway, rly Jagadamba Junction - 570002	Not eating food or some or low cal diet	A. Nagesh

## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

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

This week I found some more studies on my school. Ratchany, Jagadamba Junction for example. In that it consists of young people who are not having a healthy diet and eating just fast foods, chocolate, only foods which will bring unhealthy life to them.

And in that surrounding community some people who are eating healthy food diets 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 you healthy life goals. Water is what I have about Nutrition and healthy food which includes proteins & vitamins. They eat eating a lot of vegetables, fruits gives us vitamins & proteins. So all the peoples majority said that they will take I make a diary for a feature.

ACTIVITY LOG FOR THE SIXTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	J. Sanyal Age: 31 - Topic - food habit Address - Bhubaneswar Jagadamba Junction - Sec-1	In a day they are eating 3 to 4 meals of 2.5 liter of water	Sanyal
Day - 2	A. Somari Age - 36, Topic - food habit Address - Bhubaneswar Jagadamba Junction - Sec-1	eating more on healthy food 3 a day	Somari
Day - 3	P. Singh Age - 29, Topic - food habit Address - Bhubaneswar Jagadamba Junction - Sec-1	everyday eating road side food	Singh
Day - 4	T. Khandaka Age - 50, Topic - food habit Address - Bhubaneswar Jagadamba Junction - Sec-1	eating healthy food drinking 5 liter of water diabetic patient	Khandaka
Day - 5	P. Suresh Age - 5 Topic - food habit Address - Bhubaneswar Jagadamba Junction - Sec-1	eating lot of junk food & heavy fat	Suresh
Day - 6	K. Jena Age - 61, Topic - food habit Address - Bhubaneswar Jagadamba Junction - Sec-1	eating a healthy food	Jena

## WEEKLY REPORT

WEEK - 6 (From 18 \_\_\_\_\_ to 19 \_\_\_\_\_)

Objective of the Activity Done

Detailed Report:

In this week I had created some more questions on food habits or our daily life calling this are the last questions of community service project survey.

This week I visited to the (Dabra railway junction - Dabra junction). In this 50% of the family members were having healthy food & consuming some healthy food a day people not eating healthy & nutritious food this will change their healthy & leads to get some health related issues in their body like young people & youth some are mostly started to start eat mostly eating junk & oily foods they were getting diabetes & some heart problem at very young age based on their diet & very few people were getting healthy diet & getting health conscious people eating 2-3 meals a day but they are not considering that which should be a 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 Ingachimba junction and AN College Jams road, Vidhikapatnam. Here was done one each and every house for the project purpose.

In that area some people are very poor in their earning 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 buy proper food to eat they are too poor and can't eat like everyone they are not having the sufficient money for the healthy nutrition food to eat like others.

So these kind of families we didn't answered any questions for community service project.

And some of the family answered my questions they respond very well to my every questions they also give suggestion 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 an Community is they are sugar & obesity people who are under age of upto 70 years. And in the community some people/families were not eating an healthy food they are eating food which gives them an unhealthy life. food, oily, sugar foods was consuming by them & they getting healthy problems like mostly sugar obesity, diabetes. In my community area people they were feeling to & too faced many problems because many of the people in our community were not answering too my questions. meeting with all individuals that too personally, made me to face lot of troubles in my area.

They were not keeping ~~uncommon~~ for the food which gives them nutrition they are eating of junk foods, oily foods, lots of sweets etc. which harms their healthy life.

Some families they are not even drinking enough water. they are ~~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) Every day they should be drink atleast 8 to 9 litres of water for better digestive system.
- 4) There were many of people who don't consume healthy food so we have to suggest them & make them realise 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 habits.
- 3) Every family should be get a scientific knowledge about food to eat.

Description of the Community awareness program conducted in all the patients and their outcomes.

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

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

I learned the way of interacting with others and connected to get to know the problems which they are facing.

I learned the way of preparation of documentation on the problems of people. I learned to be story with patients when others are not attending to my community service project smoothly.

I learned to speak straight-forward jobs with all people. The main problem of the community to be maintain a healthy diet plan they are all not having an healthy diet.

If they eat an healthy food & less they will get obese.

Through this program all are notified the consuming eating of healthy food gives us healthy life. And this program that each 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 Apiculture 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.)

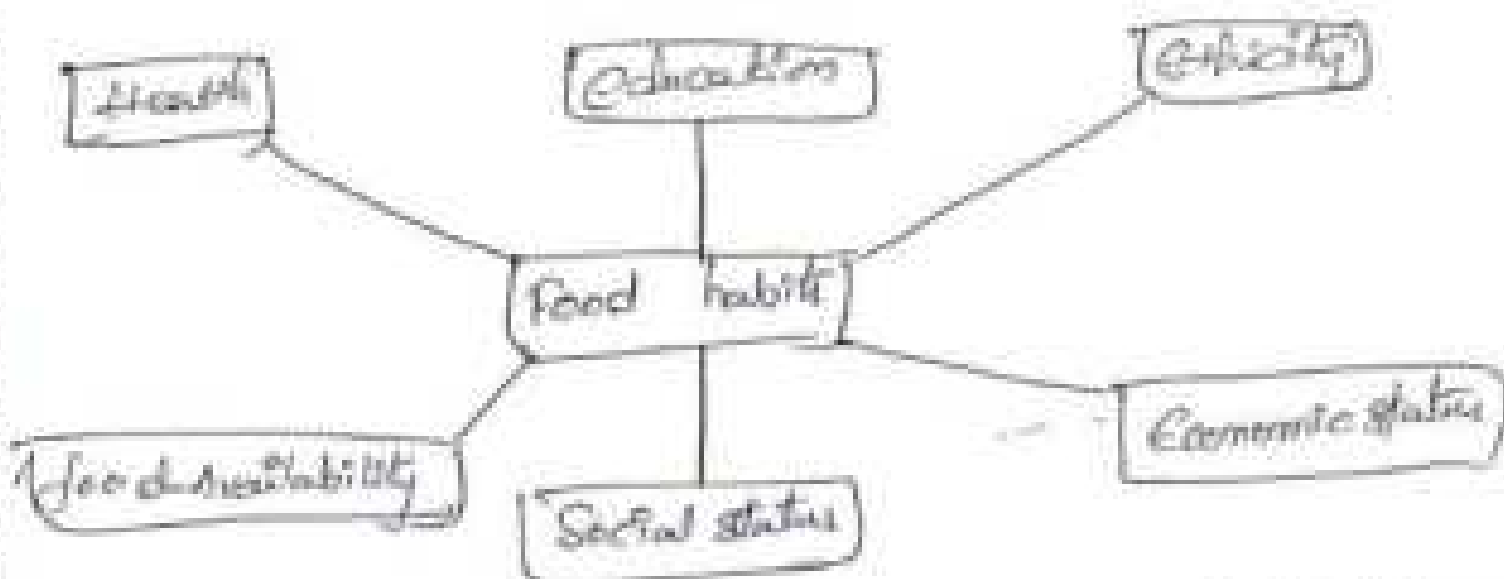
The Report shall be limited to 3-10 pages.

Food refers to anything that is eaten to provide energy and keep the body healthy. Food habit refers to why, how people eat which food, they eat, and with whom they eat, as well as the ways people obtain, store, use a dish, 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, 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 the nutritional benefits. Education 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

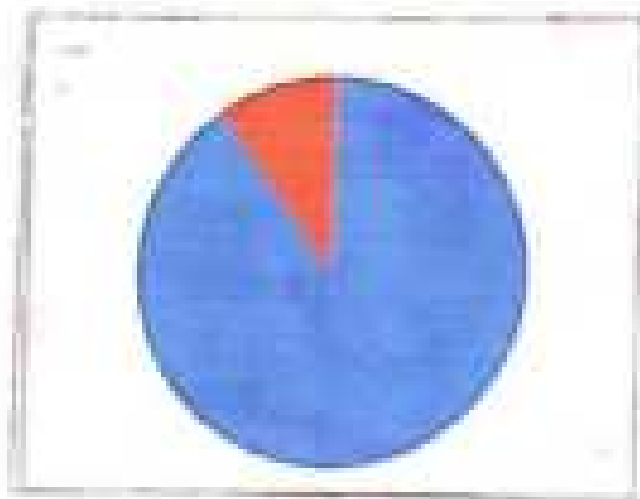
- Biological determinants such as hunger, appetite & taste.
- Economic determinants such as cost, income, availability.
- physical determinants such as access, education, skills (eg cooking) and time.
- social determinants such as culture, family peers & meal patterns

Analysis of data:

→ Breakfast & lunch: most of the people are taking porridge rice as Breakfast & lunch. Some are taking rice & vegetable. Survey indicates that 90% are taking rice & vegetable every 10% of the respondents reported that they are taking rice & dal.



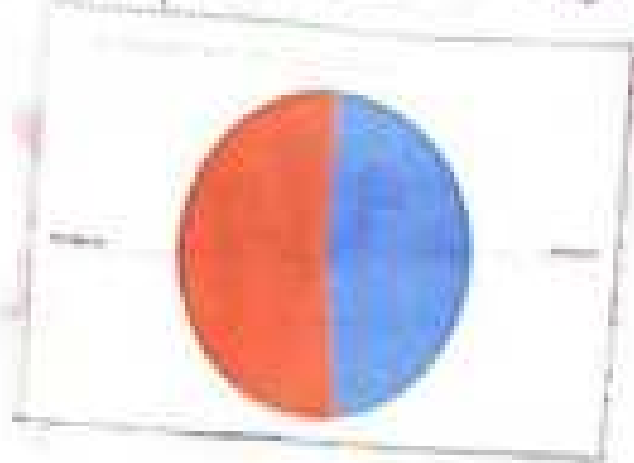
→ Consumption of curd in meals



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

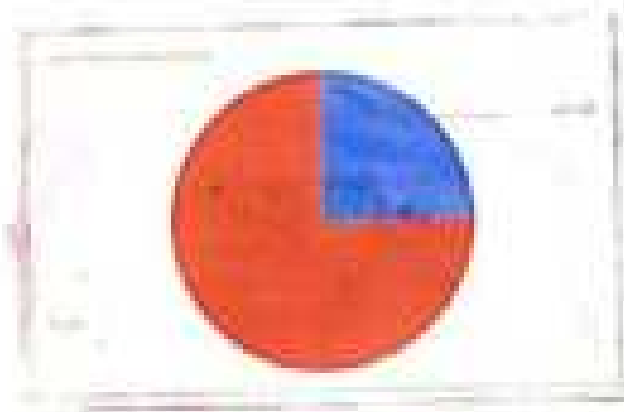
## Consumption of different types of pulses:-

Types of pulses and Red gram / Green gram



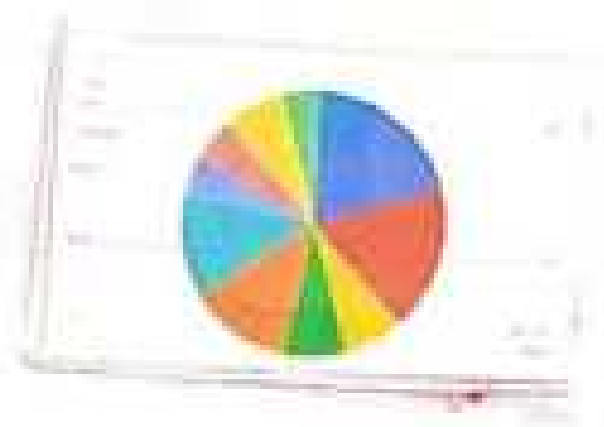
Among the pulses red gram Green gram & Bengal gram most of the people (50%) are using Red gram (Kandi pappu) and some of the people are using green (Pesaripappu) and are consuming Bengal gram (Samsapappu)

## Consumption of leafy vegetables:-



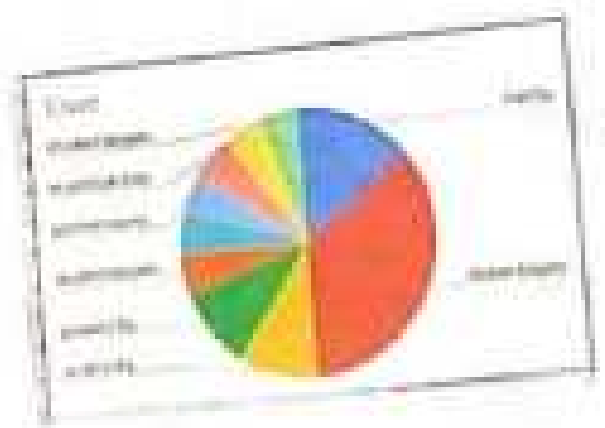
Based on this figure 12.5% of people are eating Gajar (Carrot) because of more availability & remaining 47.5% people are eating thatana (A round vegetable)

\* Consumption of different kinds of fruits \*



75% people are consuming banana. papaya is consumed by 8.5% people. guava is consumed by 17.5% people. orange is consumed by 5.0% people. apple is consumed by 7.5% people. carrot and apple is 5.0% of people. grapes is consumed by 5.0% people. mango is consumed by 12.5% of people. pineapple is 9.5%. most people consuming apple.

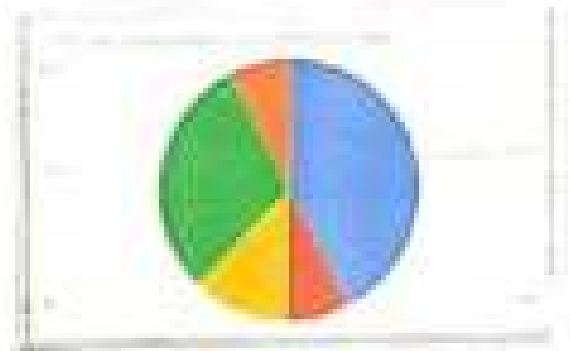
\* favourite food/dish \*



Based on the above figure information is collected on the most favorite food of respondents i.e. 100% respondents like chicken biryani 50% of people like mutton biryani 50% people like paneer curry, 50% like mutton biryani 10% of people like paneer fry, 10% of people like mutton fry, 15% people like fish fry.

↳ Consumption of non-veg:-

% of non-veg eaten weekly fish/meat chicken

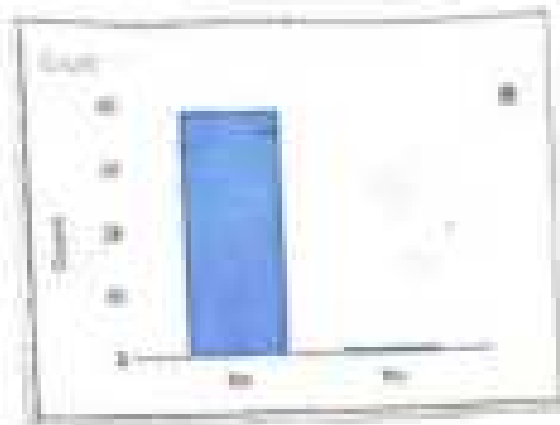


Based on figure 42.5%.

Based on figure 42.5% people are taking chicken, fish is taken by 12.5% people and meat by 7.5% people and egg eaten by 20% people and paneer eaten by 7.5% people. Most of the people take chicken due to available and low cost compare with fish, meat, paneer.

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

## \* eye - sight problem:



Among all the children in the world only 27% of children are affected by sight problem. The reason is that they are not consuming vitamin which foods like carrot, papaya,

## \* Consumption of alcohol:

% of consuming alcohol



Consumption of alcohol. As per the figure 25.5% of people are not consuming alcohol and 10.5% of people are consuming alcohol.

% of consuming of alcohol Regularly (80%) occasionally



According to the figure 80% of people consuming alcohol regularly because of they are addicted to alcohol and 10.5% of people are consuming alcohol occasionally and remaining 9.5% of people are not consuming alcohol.



## CHAPTER 6 RECOMMENDATIONS AND CONCLUSIONS OF THE MDS PROJECT

### Recommendations:

Unhealthy diets and the resulting malnutrition are major drivers of non-communicable diseases (NCDs). NCDs often included undernutrition, overweight and obesity, and other diet related NCDs like type 2 diabetes, cardiovascular disease and still 4 some cancer.

Low fruit & vegetable is linked to several common cardiovascular disease & stroke risk factors, grains, seeds nuts and 4 micronutrients linked to diabetes cardiovascular diseases & stroke & some cancers.

It is highly recommended to give counselling to alcohol addicted people. If necessary, they should be taken to de-addiction centres.

It is highly recommended to promote the concept of healthy eating plate through nutritional education by village volunteers, urban markets consumption & sports of green zone (pannappu).

Egg as protein source counselling to alcohol consumption people for family well being.

Some of the children are suffering from eye sight problems focus eye must be conducted during the vacation period for health checkup for identifying the health problems like blood pressure and diabetes should be conducted and also by proper utilization of time on non-working day as most of the physicians not be available during working days.

Conclusion: A healthy diet is a diet that contributes to improve overall health. A healthy diet provides the body with essential nutrients, and a healthy fiber & food energy. So per the healthy eating plate concept everyone should eat vegetables, fruits, whole grains, protein rich foods & the same time the production should be increased, should be available at affordable cost to make regular eating 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 junk and unhealthy instant making foods are being advertised on televisions. Now it is the need of the hour to utilize 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: ASI SANKAR

Registration No: 72030305092

Period of CSP: From: To: 04/9/22 to 5/11/22

Date of Evaluation:

Please rate your performance in the following areas:

Rating Scale: Letter grade of CGPA calculation to be provided:

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

Date:

A Sankar  
Signature of the Student

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

Student Name: AGE CANVAR

Registration No: 70030896092

Period of CSP: From To: 24/1/22 to 5/1/22

Date of Evaluation:

Name of the Person in-charge: K. S. Jadhav

Address with mobile number: 591915384, Dhanuvasar

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

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

Rating Scale: 1 is lowest and 5 is highest rank

1	Oral communication	1	2	3	4	5
2	Written communication	1	2	3	4	5
3	Proactiveness	1	2	3	4	5
4	Interaction ability with community	1	2	3	4	5
5	Positive Attitude	1	2	3	4	5
6	Self-confidence	1	2	3	4	5
7	Ability to learn	1	2	3	4	5
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13	Understanding the Community	1	2	3	4	5
14	Achievement of Desired Outcome	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:

o Activity Log	20 marks
o Community Service Project Implementation	50 marks
o Mini Project Work	25 marks
o 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/hamlet/area.
- 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: AJAY KANWAR

Programme of Study: food habits

Year of Study: 2022-2023

Group: MD (BCC)

Register No/RLT. No: TR0130501092

Name of the College: M.A. College

University: Amity University

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

Date:

  
Signature of the Faculty Guide

Certified by

Date:

and

  
Signature of the Head of the Department/Principal

Head of the Dept.  
Dept. of Phys. Inorganic and Analytical Chem.  
Mrs. A.P.M. COLLEGE -  
VISHALNAGAR



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Visakhapatnam, Andhra Pradesh, India  
13-4-44, Ramnagar Rd, Ramnagar, Ram Nagar,  
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Lat 13.771887  
Long 83.270017  
13.771887 83.270017 PHE DMF -48020



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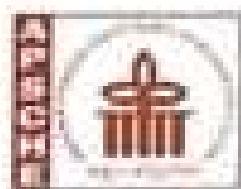


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STATE COUNCIL OF HIGHER EDUCATION**

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