

A COMMUNITY SERVICE PROJECT REPORT

On FOOD HABITS

Community Service Project report submitted
in partial fulfillment of the requirements for the award of the Degree of
BACHELOR OF SCIENCES

BANKURI SREERAMI
(Reg. No: T20130800004)

Under the guidance of

H. SNEHA
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 B. SRERAMU, Regd.No 220130805094
 of Mrs. A.V.N College underwent Community Service Project in
Food Habits with special reference to Jagananna Anna Bhanjanam
 Visakhapatnam, Andhra Pradesh under the guidance of
K SWETHA from 26/9/22 to 5/11/22

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


 (Principal, Mrs. A.V.N. College)
 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: Pragathi Suresh Babu

Name of the College: A. V. M. College

Registration Number: 17010200000000000000

Period of CSP: from 20/02/22 to 27/02/22

Name & Address of Service: Medical Aid - Kayalpet, Jayalpet
Tiruchirappalli, Villupattanam,
Tamil Nadu

Andhra University

University

YEAR

Community Service Project Report

Submitted in accordance with the requirement for the degree of _____

Name of the College: Mae A.V.N college

Department: B.Sc (MPCS)

Name of the Faculty Guide: K. Swetha

Duration of the CIP: From 20/2/23 To 5/4/23

Name of the Student: BANKURU SREERAMU

Programme of Study: Community Service project - Food Habits

Year of Study: 2022 - 2023

Register Number: 720130805074

Date of Submission:

Student's Declaration

I, B. Sankararamu a student of C.S.P Program,
Reg. No. 220130505014 of the Department of physics
M.A.V.N. College College do hereby declare that I have completed
the mandatory community service from 24/1/2022 to 5/1/22 in
Jagadamba Junction (Name of the Community/Institution) under the Faculty
Guidance of K. Sankartha (Name of the Faculty Guide), Department of
physics M.A.V.N. College

B. Sankararamu
(Signature and Date)

Endorsements

K. Sankartha

Faculty Guide

[Signature]
Head of the Department

[Signature]
Principal

PRINCIPAL
M.A.V.N. COLLEGE
VISACHAPATHAN

Certificate from Official of the Community

This is to certify that IS SREERAMU (Name of the Community
Service Volunteer) Reg. No. 52050505014 of MRS AVN College (Name of
the College) underwent community service at
Jogadanda Junction (Name of the Community) from 25/9/22 to
21/10/22. The overall performance of the Community Service Volunteer during
his/her community service is found to be Good (Satisfactory/Good).


P. Srinivas
(National Secretary of the National S.S.)

Acknowledgements

I would like to convey my heart felt gratitude to APSCHE for giving this wonderful opportunity to us and I'm also thankful to the mother university.

I would also like to thank our college principal and all the faculty members, who guide us in the completion of this project and also providing thankful for providing me with this wonderful opportunity to work on a project with the topic study of foot habits. The completion of the project would not have been possible without their help & insights.

Secondly I would also like to thank all of the community

of "Jyadanta Junction" - 181 giving the proper responses. I am extremely grateful to the people of my neighbors road sectors occupied with high level of valuable suggestions & guidance for completions of my project. This co-operation and health care came handy & useful with them.

finally, I would like to thank my people who helped me a lot in getting necessary document in formation, collecting this project despite of their busy schedule. They gave me different ideas in making this project unique.

Thanking you

Bankura Sweetener

B.Sc (MPCS)

Reg. No:-

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CHAPTER 1: EXECUTIVE SUMMARY

The community service report shall have only a one-page executive summary. It shall include a brief description of the Community and summary of all the activities done by the student in CNS and how or how learning objectives and outcomes.

Tyulindia Junction is located at Visakhapatnam district. It is an urban neighbour hood in the Indian city of Visakhapatnam. The area with population of more than 5000. 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 very questions and their suggestions and answers are greatly helpful for a person who are in appropriate manner in following their daily life activities in now-a-days while doing this survey it is observed that people are following a very good food table in consuming of healthy food. Where compared with young age people. And some other people are not being. And here the data is related to the food habits. Whether which type are healthy and un healthy.

CHAPTER 2: OVERVIEW OF THE COMMUNITY

About the Community/Village/Habitat including: general profile of the community/habitat, community structure, traditions, ethics and values
Brief note on Socio-Economic conditions of the Community/Habitat.

No. of houses visited: 20

Average no. of house hold members in a family: 4.

No. of houses in which more than 4 members present: 8

No. of houses in which more than 3 members present: 12.

No. of houses in which more than 2 members present: 20

No. of people living in our 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 are remaining 25% of people are susceptible on healthy

⇒ common problems are reported by community participants

1) Diabetes 2) sugar 3) BP 4) obesity.

⇒ common problems observed by surveyor.

- 1) Mostly obese people are with sugar & 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 behavioral skills the student acquired.







Now a days, food habits becomes a growing problems around the world that effects not only the health food is basic need for every human being. Thus Government for their daily needs based on needs and its position on now a days all we can eating the food items not makes a person healthy just gives every fast food & junk-foods makes a person with more unhealthy. & foods, sweets, imbalance a person health & not waiting proper time keeps a person unhealthy.

metabolology :- for the present study the research concentrated on socio-chemical background, health relations problems in relation to quality of food & quantum of usage of consumer with harmful chemicals by the people in the study area.

scientific facts behind community need:-

Food is one of the most diverse ecosystem it covers a enormous range of fruits, vegetables, herbs, seeds, etc. etc. while some of these items are too basic & cover 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. Mairika Age: 42 years - food habits Address: Pambasan 2nd Jupitanda Junction, VSP-5000	Eating a healthy food over all the day	
Day - 2	S. Sugandha Age: 40 years - food habits Address: Pambasan 2nd Jupitanda Junction, VSP-5000	Learn how to eat in a healthy food & keep them with hydration	
Day - 3	N. Indira prasad Age: 51 Address: Pambasan 2nd Jupitanda Junction, VSP-5000	one day - they were talking about meals & about of water	
Day - 4	R. Malathi Age: 45 years - food habits Address: Pambasan 2nd Jupitanda Junction, VSP-5000	They are eating unhealthy food while is made up of oil	
Day - 5	B. Suresha Age: 58 years - food habits Address: Pambasan 2nd Jupitanda Junction, VSP-5000	They are eating an unhealthy food which is made by oil & body is in danger	
Day - 6	G. Govathi Age: 30 years - food habits Address: Pambasan 2nd Jupitanda Junction, VSP-5000	Eating an healthy food	

WEEKLY REPORT



WEEK - 1 (From 18/01/2022 to 19/01/2022)

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from our community / Barasat in the Teguhinca Junction neighborhood. In this report, I was raised that two people are not following a healthy diet which will help them very much. Some of the families which were located in the community were following an healthy diet and getting an healthy and rich in nutrition food now-a-days people are not getting health and nutrition food that will damage their health & leads to get some problems in their body. The community which was surveyed is that most of families were eating an healthy & nutrition food where the remaining people were eating out side junk food and oily food, which will damage their healthy life in that community. Most the patients were diabetes and sugar.

ACTIVITY LOG FOR THE SECOND WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person in Charge Signature
Day - 1	W. Bala 31/12 Age: 50, 10yrs - food habits Address: Pannasani school Dugubanda Junction, VSP-5000	Eating an healthy food & eating the nutrition food	
Day - 2	P. Maheswari Age: 28, 10yrs - food habits Address: Pannasani school Dugubanda Junction, VSP-5000	Eating a meals with fruits per day	
Day - 3	A. Sureshtha Age: 26, 10yrs - food habits Address: Pannasani school Dugubanda Junction, VSP-5000	Eating an unhealthy food in a day	
Day - 4	E. Ramesh Babu Age: 70, 10yrs - food habits Address: Pannasani school Dugubanda Junction, VSP-5000	Eating a healthy food healthy Sugary	
Day - 5	N. Vasa Lakshmi Age: 45, 10yrs - food habits Address: Pannasani school Dugubanda Junction, VSP-5000	All the families members in her family was eating healthy food	
Day - 6	S. Ananth Age: 40, 10yrs - food habits Address: Pannasani school Dugubanda Junction, VSP-5000	Her house an healthy diet plan and eating more oily foods	

WEEKLY REPORT
DATE: 12/01/2023

Objective of the Activity Done:

Expected Output:

I have got this information from our community members. Some symptoms in the children in this community. Respiratory tract. The families are following an healthy and nutritious diet which are rich in vitamins and protein. Some children are not have any healthy plan for the day and they not care plan and eat those healthy foods every day. They are not take balanced diet. They are with some delay bed and early wake up (activity). The people which are eating healthy foods they were given suggestion to all the families (people) public to eat healthy nutrition food for better health and not become a patient when the people are eat the any kind of junk food (sweets) only food and sweets with no limit. If they cover the limit when then the healthy will grow & get's hospitalized.

ACTIVITY LOG FOR THE THIRD WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person in-Charge Signature
Day - 1	M. Lalitha Age: 61, Topic: food habits Address: Gayathri plaza Dugadamba Junction, VSP - 50002	Diabetic patient But maintaining healthy food	M. Lalitha
Day - 2	S. Praveen Age: 52, Topic: food habits Address: Gayathri plaza Dugadamba Junction, VSP - 50002	She is a diabetic patient	S. Praveen
Day - 3	P. Anand Age: 29, Topic: food habits Address: Gayathri plaza Dugadamba Junction, VSP - 50002	Every strict food he is consuming	P. Anand
Day - 4	Sh. Sheshu Age: 48, Topic: food habits Address: Gayathri plaza, VSP Dugadamba Junction - 50002	Diabetic patient Eating lot of snacks	Sh. Sheshu
Day - 5	K. Jagadeesh Age: 52, Topic: food habits Address: Gayathri plaza, VSP Dugadamba Junction - 50002	Eating healthy food daily.	K. Jagadeesh
Day - 6	G. Rajesh Age: 47, Topic: food habits Address: Gayathri plaza, VSP Dugadamba Junction - 50002	Sugar patient but not maintaining healthy food.	G. Rajesh

WEEKLY REPORT

WEEK - 3 (From 01/11/2022 to 07/11/2022)

Objective of the Activity Done:

Detailed Report:

In this week, I went to the another residency in our community (Gayatri Residency Jagdish Junction) in that Res. 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 residency were following a healthy food diet which are rich in nutrition & vitamins which will help the body to get in good condition that helps body to get energy and muscle memory also the health issue families are following had a healthy food. And all people (a) families in that community were maintaining an healthy diet. They will help them for maintain a body strong & Good. They are having water also like one liter a day which help them for digestion & hydration mainly. In that residency that young people are addicted to oily foods, junk food which will give them a dopamine instead energy & healthy life. Even oldest people are following the (b) eating the healthy food.

ACTIVITY LOG FOR THE FOURTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcomes	Person in Charge Signature
Day - 1	P. Cerealia Age: 24; topic: food habits Address: Hospital para, VSP Topic: Nutrition - 5 marks	Eating healthy food	
Day - 2	K. Radhika Age: 18; topic: food habits Address: Hospital para, VSP Topic: Nutrition - 5 marks	Not having a prepacked	
Day - 3	T. Venkat Lakshmi Age: 20; topic: food habits Address: Hospital para, VSP Topic: Nutrition - 5 marks	Eating healthy food & drinking enough green water	
Day - 4	P. Prerna Age: 22; topic: food habits Address: Hospital para, VSP Topic: Nutrition - 5 marks	Eating unhealthy food	
Day - 5	K. Anushka Age: 25; topic: food habits Address: Hospital para, VSP Topic: Nutrition - 5 marks	Eating healthy food	
Day - 6	B. Sathya Age: 20; topic: food habits Address: Hospital para, VSP Topic: Nutrition - 5 marks	Eating unhealthy food & healthy food	

WEEKLY REPORT

WEEK - 4 (From 01/10/22 to 07/10/22)

Objective of the Activity Done:







Detailed Report: In week 4 this week I have prepared a few questions on the healthy diet and habits such as the number of times the person eats meal in a day.

So after my completion of asking the questions to the each person of the family. I've asked about the healthy diet food they said that healthy food will help even life being healthy and the food which one was taking is the only main thing for our body condition and health. The proper nutrition food gives a healthy life. And in some families, young person are taking a lot of junk food daily which will change the healthy life.

In some houses the people are not drinking enough water which will make them dehydrated and which affect cells and the water improves their digestive system.

This time there is no sugar patients and all the families are 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. Rajasekhar Age: 40, Topic: food habits Address: Gopurthi plot, VSP Diploma Junction - 530002	Eating healthy food & sugar packet	
Day - 2	M. Ramesh Age: 20, Topic: food habits Address: Gopurthi plot, VSP Diploma Junction - 530002	Eating an healthy food & not checking enough water	
Day - 3	P. Srinith Age: 15, Topic: food habits Address: Rudra Residency Diploma Junction, VSP - 530002	Eating lot of junk foods & having food	
Day - 4	M. Varada Age: 18, Topic: food habits Address: Rudra Residency Diploma Junction - 530002	Eating an healthy foods (lots of sweets & chocolates)	
Day - 5	P. Sushama Age: 22, Topic: food habits Address: Rudra Residency Diploma Junction, VSP - 530002	Eating healthy & unhealthy food	
Day - 6	A. Adgesh Age: 41, Topic: food habits Address: Rudra Residency Diploma Junction, VSP - 530002	Not eating - food online & unhealthy diet	

WEEKLY REPORT

WEEK - 1 (From 01/01/2022 to 07/01/2022)

Objective of the Activity Done:







Detailed Report:

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

This week 5, I was added another residency, Rukta Residency, Jagadamba Junction-83 Suruli. In that it consists of young & older person also not having an healthy diet and eating junk food, sweets, chocolates, oily foods which will bring unhealthy life to them.

And in that surrounding community some people who also maintaining healthy food diet & eating nutrition 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 good & better. I asked them about nutrition and healthy food which includes proteins & vitamins. They said eating a lot of vegetables, fruits gives us vitamins & proteins. The all the peoples majority said that they will take 3 meals a days in a routine.

ACTIVITY LOG FOR THE SIXTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	J. Sampathka Age: 21, Topic: food habits Address: Andhra Pradesh, USA Dagubanda Junction, VSKP-530002	In a day they are taking 8 to 10 meals & 3 liters of water	
Day - 2	A. Sameer Age: 25, Topic: food habits Address: Andhra Pradesh Dagubanda Junction, VSKP-530002	Eating an unhealthy food in a day	
Day - 3	P. Anitha Age: 27, Topic: food habits Address: Andhra Pradesh Dagubanda Junction, VSKP-530002	Every day eating good & bad food	
Day - 4	T. Kanchana Age: 50, Topic: food habits Address: Andhra Pradesh Dagubanda Junction, VSKP-530002	Eating healthy food & drinking 3 liters of water and diabetic patient	
Day - 5	P. Surendra Age: 15, Topic: food habits Address: Andhra Pradesh Dagubanda Junction, VSKP-530002	Eating lot of junk food & having fat	
Day - 6	K. James Age: 41, Topic: food habits Address: Andhra Pradesh Dagubanda Junction, VSKP-530002	Eating healthy food	

WEEKLY REPORT

WEEK - 6 (from 01/01/22 to 01/5/22)

Objective of the Activity Done:

Detailed Report:

In this week 6, I had created some own more questions on food habits on our daily life eating. This are the last questions of community service project survey.

This week 6, I used to be (Public Health and Hygiene Inspection) in this 50% of the family members were having healthy food & remaining some on healthy food. Now a day people not eating healthy & nutritious food. This will damage their healthy & leads to get some health related issues in their body. The young people & youth some are mostly addicted to street food mostly eating junk & oily foods. They were getting diabetes & some heart problems at very young age based on their diet. Every few people young starts following healthy diet & getting health conscious. People eating stay make a day but they are not considering that which we should take for which food we get which uses a vitamins & proteins. Major it people can'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 Durgam Cheru Junction and ANH College down Road, Vashohapadram. The survey was done on each and every house for the project purpose. In that area some people are very lower in their earnings and some are too rich & well settled & some are middle class families. And some families are not having money to buy proper food to eat they are too poor and can't eat like everyone. They are not having the sufficient money for the healthy nutrition food to eat like others.

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

And some of the families answered my questions they respond very well to my every questions. They also gave suggestions to be healthy with consuming a healthy food in an daily life. These are the details I noticed in his area.

Describe the problems you have identified in the community

The problems I was identified in an community is they are buying obesity people who are under age of 18 to 70 years. And in the community some people/families come not eating an healthy food they are eating food which gives them an unhealthy life. Fried oily, sugar foods was consuming by them & they getting healthy problems like mostly sugar, obesity, diabetes. In my community area people they were facing & too faced many problems because many of the people in an community were not answering to any questions.

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

They were not keeping worries for the food which gives them Nutrition. They are all eating of Junk foods, oily foods, lots of sweets etc. which worsen their healthy life style.

In some families they are not even drinking enough water. They are only drinking 1 to 2 liters of water in a day.

Short-term and long-term action plan for possible solutions for the problems identified and that could be recommended to the concerned authorities for implementation.

SHORT - TERM Action plan:-

- 1) Every family should be provide awareness on benefits of healthy food.
- 2) Every family should change their biology & behaviour on the food they consuming daily.
- 3) Every day they should be drink atleast 2-3 liters of water for better digestive system.
- 4) They were many of people who didn't consume healthy food so we have to suggest them & make them realise about the healthy food which will make their life healthy.
- 5) closing of out side junk food for a week (or) a month continuously then they will eat healthy food which is dandis, 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 programme conducted was the problems and their solutions.

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 other and communicating & get to know the problems which they are facing. And

I learned the way of preparation of documentation on the problems of people. I learned to be shy with patience when other are not answering my community service project questions.

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

If they eat an un healthy food then they will get un-healthy.

through this programme all are noticed that community/ going of healthy food gives us healthy life. And this program that teach one to be healthy.

Report of the mini-project work done in the related subject w.r.t the habitation/village.

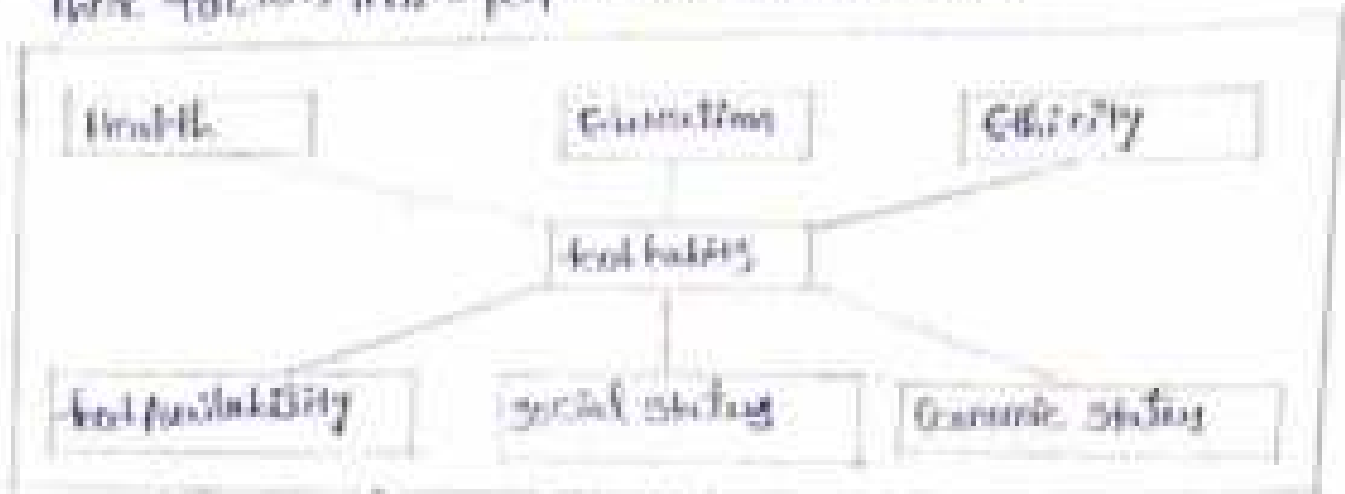
A mini-project work in the related subject w.r.t the habitation/village. For ex., a student of Botany may do a project on Organic Farming or Horticulture or usage of Biofertilizers or Biopesticides or effect of the inorganic pesticides, etc. A student of Zoology may do a project on Aquaculture practices or animal husbandry or poultry or health and hygiene or blood group analysis or survey on the Hypertension or survey on the prevalence of diabetes, etc.

The Report shall be limited to 8-10 pages.

Food refers to any thing that is eaten to provide energy and keep the body healthy. Food habit refers to why & how people eat which foods they eat, and with whom they eat, as well as the ways people obtain, store, use & discard food.

Nutrition Education is very important in the life of every human being. Nutrition Education would help you to make wise decisions about food. For example what type to eat, when to eat, how many times, you would eat a day & what combinations of food. provide a healthy diet. Education also gives you consumer information which would help you to buy food wisely from the market place. In short Education helps you to make informed food choices which will provide the necessary nutrients for a healthy body at a minimum cost. Education helps you to form certain food habits & change others. For example Education can make you decide to eat fruits at every meal because you have learnt about its nutritional benefits. Education can also make you decide not to eat certain food because of their harmful effect on your body.

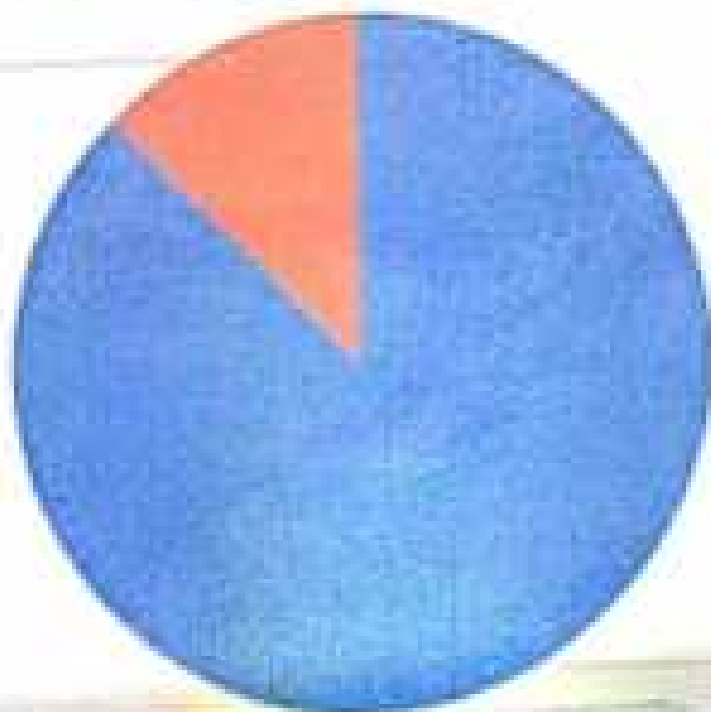
Three factors make people from food habits.



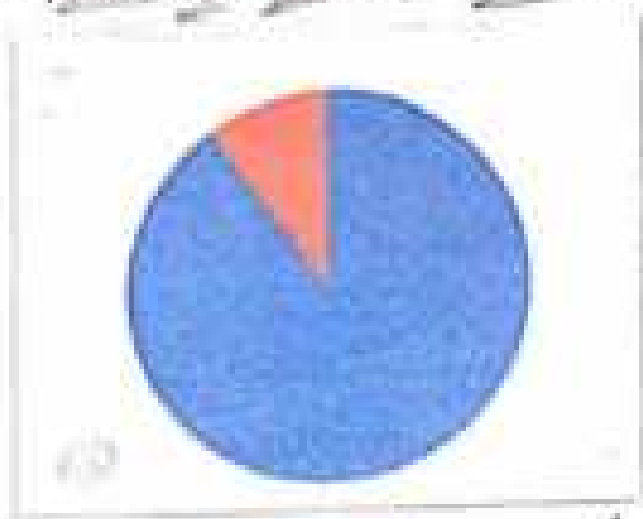
- The following factors that influence our food choices:
- Biological determinants such as hunger, appetite & taste
 - Economic determinants such as cost, income, availability
 - Physical determinants such as access, education, skills (eg cooking) and time
 - Socio-cultural determinants such as culture, family size & meal pattern

Analysis of data:

- Breakfast & Lunch: most of the people wanting protein rich rice as
- Breakfast & Lunch: some are taking rice & vegetable curry, indicates that 90% are taking rice & vegetable curry. 10% of the respondents reported that they are taking rice & dal.

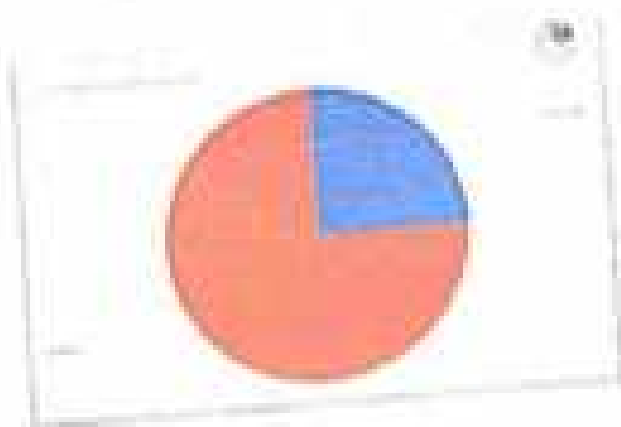


* Consumption of curd in meal:



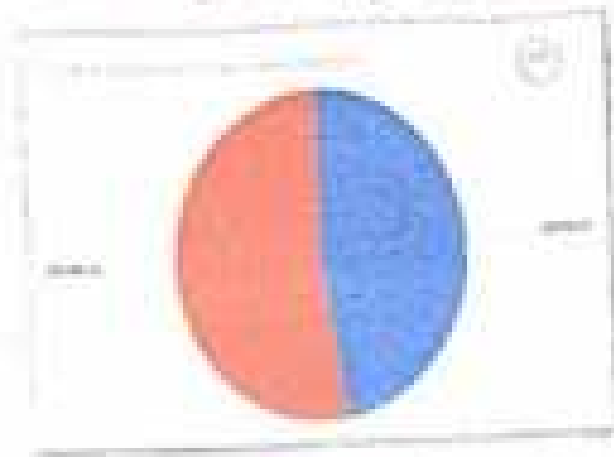
In which 10% of the people are eating curd 90% of the people are not eating either curd (E) buttermilk due to how to come.

* Consumption of different types of pulses:



Among the pulses used green gram & Bengal gram most of the people (75%) are using red gram (chana) and 25% of the people are using green gram (mung). no one is consuming Bengal gram (urad).

* Consumption of leafy vegetables:



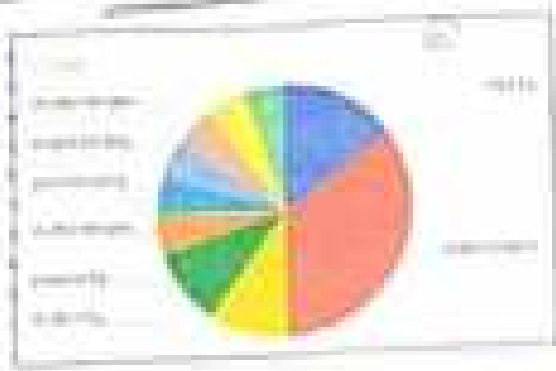
Based on the figure 50-50% of people are eating Gungora (Hibiscus Sabdariffa) because of nice Ability & Remaining 49-50% people are eating -Kothkara (Amaranthus viridis)

* Consumption of different kinds of fruits:-



45% people are consuming banana. Mango is consumed by 25%.
people guava is consumed by 17-5%. people -Orange is consumed
by 9-0%. people Apple is consumed by 7-5%. people custard
custard apple is 6-0%. of people Grapes is consumed by 5-0%. people
mango is consumed by 12-5%. of people pine-apple is 4-5%. most
people consuming apple

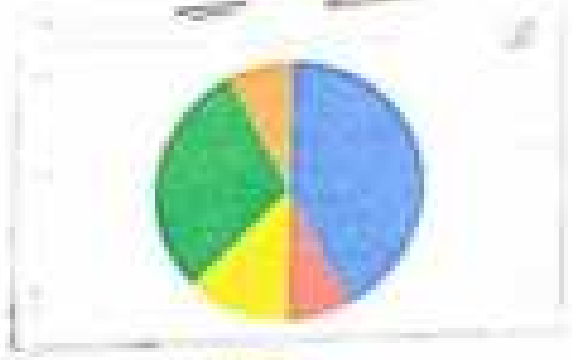
* Favorite food/dish?



Based on the above figure continuation is listed on the next favorite food of respondents 15% numbers like chicken, 10% of people likes mutton, 7% people likes non-veg, 7% people likes vegetables, 5% of people likes prawns, 5% of people likes fish, 5% people likes fish, 5% people likes fish.

* Consumption of non-veg.

1% of non-veg taken weekly fish/meat chicken



Based on figure U2.57.

Based on figure U2.57, people are taking chicken, fish is taken by 12.5% people and meat by 7.5% people and egg is taken by 7.5% people, prawns taken by 7.5% people, most of the people taken chicken due to available and low cost compared with fish, meat, prawns, dinner; all most all the people respondents reported that they are taking some vegetables every as dinner.

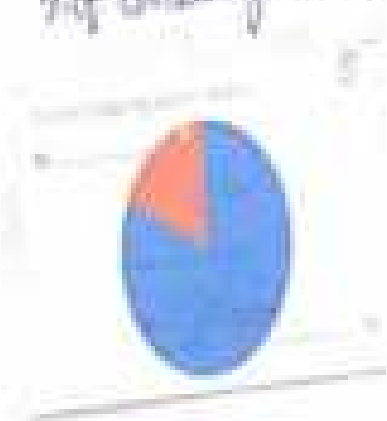
* eye sight problem



Among all the children in the world only 5% children are affected by eye problem. The reason is that they are not consuming vitamin which fruits like carrot, papaya.

* Consuming of Alcohol

7% consuming alcohol



consumption of alcohol reason the figure 93% of people are not consuming alcohol and 7% of people are consuming alcohol.

* % of consuming of alcohol regularly (R) occasionally:



According to the figure 7.51. 8% of people consuming alcohol regularly because they are addicted to alcohol and 10% of people are consuming alcohol occasionally are remaining 82% of people are not consuming alcohol.

CHAPTER 6: RECOMMENDATIONS AND CONCLUSIONS OF THE MINI PROJECT

Recommendations:-

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

Low fruits & vegetable is linked to several cancers, cardiovascular disease & stroke, fibers, grains, nuts, seeds, low-fat leads to micronutrients linked to diabetes, cardiovascular disease & stroke & some cancers.

Alcohol is important for malnutrition in family members. Because mostly income is spent on alcohol instead spend it on healthy diet. Taking alcohol occasionally does not affect family health. Education & well being but regular intake effects it leads to the development of chronic diseases & other autoimmune problems including high blood pressure heart disease, stroke, liver disease, digestive problems & cancer. It is highly recommended to give counselling to alcohol addicted people. If means, they should be taken to do addiction centers.

It is highly recommended to promote the concept of healthy eating plate through Nutritional Education by village volunteer @ cyber millets consumption & Sprouts of Green gram (masurapharu).

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

some of the children are suffering from eye sight
problems. Eye eye exams must be conducted during the
vacation period. Free health the camps for identifying the
health problems like blood pressure and diabetes should
be conducted would ease by polyclinics. One or two
evening day as most of the people will not be available during
working days.

Conclusion: A healthy diet is a diet that maintains or
improves overall health. A healthy diet provides the body with
essential nutrition - fluid macromolecules such as protein,
micromolecules such as vitamins, and a biquate fiber & fat
energy. As per the healthy eating plate concept everyone should
eat vegetables, fruits, whole grains, protein rich foods. At the
same time the production should be increased, should be
available at affordable cost to make a regular eating habit of
healthy foods instead of consuming instant every thing
processed foods. Most of the drinks and unhealthy instant
making foods are being advertised on television. Now it is the
need of the hour to advise and to avoid cost of healthy
foods in a attractive manner to reach its nutritional value
and health benefits each and every one one.

Student Self-Evaluation for the Community Service Project

Student Name: YARINUS SARI PRATIWI

Registration No. 212010020014

Period of CSP Form: from 24/11/22 to 6/11/2022

Date of Evaluation:

Please rate your performance in the following areas:

Rating Scale: Letter grade of CIPA calculation to be provided

1	Oral communication	1	2	3	4	5
2	Written communication	1	2	3	4	5
3	Preparation	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 Planned Outcomes	1	2	3	4	5
15	OVERALL PERFORMANCE	1	2	3	4	5

Date:


 Signature of the Student

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

Student Name: **MVP BANKURU SREERAMU**

Registration No: **20150805094**

Period of CSP: From To **26/9/2022 to 5/11/2022**

Date of Evaluation:

Name of the Person in-charge: **K. Suctha**

Address with mobile number: **2643744277, Madhupalem, KAMALAM, Eluru**

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

PHOTOS & VIDEO LINKS






ICPC Map Contest


Venkateswaram, Andhra Pradesh, India
 15th ICPC Regional Contest (2019-2020), Hyderabad, India
 Date: 15th Dec 2019
 Time: 10:00 AM - 12:00 PM
 Venue: IIT Hyderabad, Hyderabad, India



ICPC Map Contest


Venkateswaram, Andhra Pradesh, India
 15th ICPC Regional Contest (2019-2020), Hyderabad, India
 Date: 15th Dec 2019
 Time: 10:00 AM - 12:00 PM
 Venue: IIT Hyderabad, Hyderabad, India

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:

a. Activity Log	20 marks
b. Community Service Project Implementation	30 marks
c. Mini 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, 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: B. Sreedharan
Programme of Study: C.S.P (Food habits)
Year of Study: 2022-2023
Group: B.Sc (MPC)
Register No./R.T. No: 220130305074
Name of the College: M.A.N. College
University: Andhra University

Sl.No	Evaluation Criteria:	Maximum Marks	Marks Awarded
1.	Activity Log	20	
2.	Community Service Project Implementation	30	
3.	Mini Project Work	25	
4.	Oral Presentation	25	
	GRAND TOTAL	100	

Date:


Signature of the Faculty Guide

Certified by

Date:

Seal:


Signature of the Head of the Department/Principal

PRINCIPAL
M.A.N. COLLEGE
VISHAKHAPATNAM



ANDHRA PRADESH STATE COUNCIL OF HIGHER EDUCATION

(A Statutory Body of the Government of Andhra Pradesh)

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