

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

BASHOK

(Reg. No: 720130005095)

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 B. ASHOK, Regd.No 22A13A285095
of Mrs. A.V.N College underwent Community Service Project in
Good habits with special reference to Good habits
Visakhapatnam, Andhra Pradesh under the guidance of
H. Suresh from 26/7/22 to 5/8/22.

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


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

Faculty Advisor: Dr. [Name]

Student: [Name]

Department: [Name]

Project Title: [Name]

Project Location: [Name]
[Address]
[City, State]

Andhra University

[Text]

Community Service Project Report

Submitted in accordance with the requirement for the degree of _____

Name of the College: Amn Al-Um Al-Qadima

Department: Physical Science BSc (Hons)

Name of the Faculty Guide: K. SUDHAN

Duration of the CSP: From 26/02/21 to 11/02/22

Name of the Student: B. Ashok

Programme of Study: Community Service Project (Food habits)

Year of Study: 2020-2021

Register Number: 710130302045

Date of Submission:

Student's Declaration

I, B. Ashok, a student of C.S.P. Program,
Reg. No. 31515040104 of the Department of Physics,
Mrs. Asha College College do hereby declare that I have completed
the mandatory community service from 26/12/22 to 2/1/23 in
Dharwad (Name of the Community/Habitat) under the Faculty
Guidance of K. Suresh (Name of the Faculty Guide), Department
of Physics in College.

B. Ashok
(Signature and Date)

Endorsements

K. Suresh

Faculty Guide

D. Suresh

Head of the Department

10/10/2022

Department of Physics, Mrs. Asha College

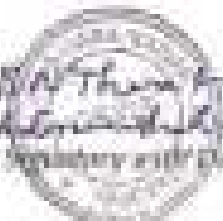
M.S. & S.R. COLLEGE

DHARWAD

[Signature]

Certificate from Official of the Community

This is to certify that B. Achale (Name of the Community Service Volunteer) Reg. No. FL0102010005 of FOU-AMU College (Name of the College) underwent community service in Dharwad (Name of the Community) from 26/11/22 to 30/11/22. The overall performance of the Community Service Volunteer during his/her community service is found to be Good (Satisfactory/Good).


(Sanjay K. Thakur)
(Sanjay K. Thakur)
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/TMS/Guidelines%20for%20the%20CIP%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 awareness on socially relevant aspects/programs.
 - Acquiring specific Life Skills.
 - Learning areas of application of knowledge and technologies related to your discipline.
 - Identifying developmental needs of the community/habitation.
12. Practice professional communication skills with team members, and with the leaders and officials of the community. This includes expressing thoughts and ideas effectively through oral, written, and non-verbal communication, and utilizing listening skills.
 13. Be regular in filling up your Program Book. It shall be filled up in your own handwriting. Add additional sheets wherever necessary.
 14. At the end of Community Service Project, you shall be evaluated by the person in-charge of the community/habitation to whom you report to.
 15. There shall also be an evaluation at the end of the community service by the Faculty Guide and the Principal.
 16. Do not indulge in any political activities.
 17. Ensure that you do not cause any disturbance to the inhabitants or households during your interaction or collection of data.
 18. Be cordial but not too intimate with the people you come across during your service activities.
 19. You should understand that during this activity, you are the ambassador of your College, and your behavior during the community service programme is of utmost importance.
 20. If you are involved in any discipline related issues, you will be withdrawn from the programme immediately and disciplinary action shall be initiated.
 21. Do not forget to keep up your family pride and prestige of your College.
 22. Remember that you are rendering valuable service to the society and your role in the community development will become part of the history of the community.

Acknowledgements

I would like to convey my heart felt gratitude to APSCHE for giving this wonderful opportunity to us and I am also thankful to the Andhra 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 financial for providing me with this wonder opportunity to work on a project with the topic Study of Food habits. The completion of the Project would not have been possible without their help & insights.

Secondly I would also like to thank all of you in the community of "Jagadhamba Junction" for giving these ideas and I am extremely grateful to the people and my neighbours and Sellers. This co-operation and health come proudly & useful with them.

Finally, I would like to thank my people who helped me a lot in gathering different information, collection this project despite of busy busy schedule they gave me different ideas in making this project unique.

Thanking You

BATINA ASMOK

Bsc (mpcc)

Reg. No: - 720130802995

CHAPTER 1: EXECUTIVE SUMMARY

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

Jagadamba Junction is located at Ushahatupetnam district. It is in urban neighbourhood in the Indian city of Ushahatupetnam. The area with population of more than 5000. The area is divided into six sectors. I have done my survey in two sectors. Where the people in two sectors are highly qualified. They answered very well for every question and their suggestions and answers are greatly helpful. Who are in appropriate manner in following their daily life observed that people are following a very good time table in consuming of healthy food. When compared with young age people and some other people are not being and how the data is related to the food habits, whether which type are healthy and unhealthy.

CHAPTER 2: OVERVIEW OF THE COMMUNITY

About the Community/Village/Population including historical profile of the community/villages, community diversity, traditions, values and culture.
Brief note on Socio-Economic conditions of the Community/village.

No. of houses visited = 20

Average no. of household members in a family = 4

no. of houses in which more than 4 members present = 8

no. of houses in which more than 3 members present = 12

no. of house in which more than 2 members present = 20

No. of people living in own houses = 14

No. of people living in Tenanted house = 6

No. of people taking healthy food and unhealthy food:

How many families are consuming healthy food = 50%

How many families are consuming unhealthy food = 50%

How many people are healthy = 75%

How many people are unhealthy = 25%

Status of health, 75% of people are with normal health whereas
as remaining 25% of people are some to be unhealthy.

→ Common problems are reported by community health center.

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

→ common problem observed by survey
people

- ① mostly Oldage People are with sugars, 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 Period. 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 that affects not only the health

Food is a basic need for every human being. Many government schemes are implemented on the distribution of food to everyone for their daily needs based on ration card. As per view on now-a-days all we are eating the food does not makes a person healthy just given energy. Fast food and junk food makes a person more unhealthy. Oil foods, sweets imbalance a person healthy not maintaining proper time table a person unhealthy.

Methodology:- For the present study the researcher concentrated on socio-economical background, health problems in relation to quality of foods and quantity of usage of consumer products with harmful chemicals.

ACTIVITY LOG FOR THE FIRST WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	B. Sandhya Age - 29 Topic - Food habits Add - Arjun Street, Siddhanta Junction	Eating is healthy food over all the day	<i>Sandhya</i>
Day - 2	L. Anshika Age - 28 Topic - Food habits Add - Arjun Street	Whole family is eating on healthy food and having them with hygiene.	<i>Anshika</i>
Day - 3	G. Sangeeta Age - 27 Topic - Food habits Add - Arjun Street	In a day there were having 3 big meals of 30 liters of water.	<i>Sangeeta</i>
Day - 4	P. Sahyashree Age - 30 Topic - Food habits Add - Arjun Street	There are an eating of unhealthy food which make bad.	<i>Sahyashree</i>
Day - 5	S. Anshika Age - 29 Topic - Food habits Add - Arjun Street	They are an eating of unhealthy food which is bad.	<i>S. Anshika</i>
Day - 6	M. Aksha Age - 28 Topic - Food habits Add - Arjun Street	Eating on healthy food	<i>M. Aksha</i>

WEEKLY REPORT

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

Objective of the Activity Done

Detailed Report: I have observed this information from our community (Draupadi nagri, Madhwa Street, Changan Vada, Jayadamba Junction, Vitthalpetham, Andhra Pradesh) in this report I was noticed that people are not following a healthy diet which can help them very much. Some of the families which were living in the community were following a healthy diet and eating an healthy and rich in nutrition food. Some days people are not eating healthy and nutrition food that will damage their health and leads to get some problems in their body. The community which was surveyed in that most of the families were as the remaining people were eating outside junk food and oily foods 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	P. Chandan Age - 54 Topic - Food habits Add - Arunachal Street Vard	Having an healthy diet and eating less milk based food.	Chandan
Day-2	P. Vijaya Age - 34 Topic - Food habits Add - Arunachal Street Vard.	Eating 3 meals a day with fruits.	Vijaya
Day-3	C. Siva Age - 23 Topic - Food habits Add - Arunachal Street Vard	Eating an unhealthy food in a day.	Siva
Day-4	H. Rama Age - 70 Topic - Food habits Add - Arunachal Street Vard	Eating a healthy food and having sugar.	Rama
Day-5	A. Rajamani Devi Age - 42 Topic - Food habits Add - Arunachal Street Vard	All the family member in her family was eating healthy based food.	Rajamani
Day-6	M. Jeyamma Age - 67 Topic - Food habits Add - Arunachal Street Vard	Not have an healthy diet plan and eating more oily foods.	Jeyamma

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have got this information from our community Paramanji Sudan Jagadamba Junction, USA. In this community, residing half of the families were following and healthy and eating nutrition food which are rich in vitamins and protein. Some families are not having any healthy diet. The day everyday eating of outside food and oily food which will cause cholesterol and body imbalance. The people which are eating healthy food they were given suggestion to all the families. To eat healthy nutrition food for better health & not become a patient. When the people are eat any kind of junk food (a) oily food and sweet with in a limit. If they cross the limit when their healthy will gone & gets hospitalized.

ACTIVITY LOG FOR THE THIRD WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day-1	M. Viji Mala Age: 62 Topic: Food habits Address: Gungah Puzha Jegudankal Jm. 530001	Diabetic patient but maintaining healthy food	<i>Viji</i>
Day-2	S. Preethi Age: 32 Topic: Food habits Address: Gungah Puzha Jegudankal Jm. 530001	She is a diabetic patient	<i>Preethi</i>
Day-3	P. Anand Age: 37 Topic: Food habits Address: Gungah Puzha Jegudankal Jm. 530001	He is consuming junk food	<i>Anand</i>
Day-4	K. Jagadeesh Age: 52 Topic: Food habits Address: Gungah Puzha Jegudankal Jm. 530001	Eating healthy food daily	<i>Jagadeesh</i>
Day-5	Sa. Shreya Age: 42 Topic: Food habits Address: Gungah Puzha Jegudankal Jm. 530001	Diabetic patient eating table & sweets	<i>Shreya</i>
Day-6	G. Rajesh Age: 42 Topic: Food habits Address: Gungah Puzha Jegudankal Jm. 530001		<i>Rajesh</i>

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week I went to the Anantapur Residency in our community in that 50% of the family member were having health issue that are mostly diabetes and some other common issues. The remaining families who are living in that Residency were following an healthy food diet which are rich in nutrition & vitamins which will keep up the body very much in good condition that helps body to get energy and muscle strength also the people and families in that community were consuming a healthy food they are having water also like 3 to 4 liters in a day which helps them for digestion & hydration mainly in that Residency that younger people are addicted to daily food Junk food while will give them a dopamine but not energy & healthy life.

ACTIVITY LOG FOR THE FORTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day-1	K. Vimal Kumar Age: 47 Topic: Food habits Add: Ganga Plaza Vesp Jagadamba In - 53002	Not having a Proper diet	<i>[Signature]</i>
Day-2	D. Gautham Age: 24 Topic: Food habits Add: Ganga Plaza Vesp Jagadamba In - 53002	Eating healthy Food.	<i>[Signature]</i>
Day-3	T. Venkatesh Babu Age: 50 Topic: Food habits Add: Ganga Plaza Vesp Jagadamba In - 53002	Eating healthy Food & drinking Enough & water water	<i>[Signature]</i>
Day-4	R. Ranga Age: 22 Topic: Food habits Add: Ganga Plaza Vesp Jagadamba In - 53002	Eating unhealthy Food	<i>[Signature]</i>
Day-5	K. Venkatesh Age: 22 Topic: Food habits Add: Ganga Plaza Vesp Jagadamba In - 53002	Eating healthy Food	<i>[Signature]</i>
Day-6	B. Sreekanth Age: 20 Topic: Food habits Add: Ganga Plaza Vesp Jagadamba In - 53002	Eating unhealthy Food & healthy Food.	<i>[Signature]</i>

WEEKLY REPORT

WEEK - 4 (From 11/11/2023 to 17/11/2023)

Objective of the Activity Done:

Detailed Report:

In week 4 this week I have prepared a few questions on the healthy diet and food habits such as the number of times the person eats in a day. So after my completion of asking the question to the cash drawer of the family then I asked about the healthy diet food they said that healthy food will help over life being healthy and the many get over body conditions and healthy life and in some families young person are eating of daily & junk food daily which will damage the healthy life.

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

ACTIVITY LOG FOR THE FIFTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person in Charge Signature
Day-1	A. David's Age: 20 Topic: Food habits Add: Ganga Tr. Plaza Jagadamba In: 20000	Eating healthy food and sugar Dietary	
Day-2	A. Sumit Age: 25 Topic: Food habits Add: Ganga Tr. Plaza Jagadamba In: 50000	Eating unhealthy food and eating Drinks water	
Day-3	P. Sumit Age: 42 Topic: Food habits Add: Ganga Tr. Plaza	Eating lots of junk food & eating fat	
Day-4	A. Varun Age: 18 Topic: Food habits Add: Ganga Tr. Plaza Jagadamba In: 20000	Eating unhealthy food	
Day-5	P. Sudhakar Age: 42 Topic: Food habits Add: Ganga Tr. Plaza Jagadamba In: 50000	Eating healthy and unhealthy food	
Day-6	A. Abhishek Age: 41 Topic: Food habits Add: Ganga Tr. Plaza Jagadamba In: 50000	not eating food on time & unhealthy diet	

WEEKLY REPORT

WEEK - 3 (From 19 _____ to 20 _____)

Objective of the Activity Done

Detailed Report







In this week I had created some case questions on food habits on our daily basis.

This week I was added another interesting Rasta Personality Jagadamba Sanyal in that it consists of younger & older than almost having an healthy diet and eating junk food sweet, chocolates, salty food while still being unhealthy life to them.

And in that surrounding commonly some people who also maintaining healthy food & eating restriction food and some people who are not drinking enough water and it suggested that taking a healthy food and drinking enough water.

The all the people university said that they will take 3 meals a day 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 - Sureshtha Age: 21 Topic: food habits Add: - Bangalore, Panna Jagadamba In-35002	In a day they are taking 2 to 3 meals & 1 to 1.5 litres of water	
Day - 2	A - Sameer Age: 25 Topic: Food habits Add: - Padra Residency Jagadamba In-35002	Eating an unhealthy food in a day	
Day - 3	B - Rajin Age: 23 Topic: Food habits Add: - Padra Residency Jagadamba In-35002	Everyday eating roadside food	
Day - 4	T - Kanchan Age: 20 Topic: Food habits Add: - Padra Residency Jagadamba In-35002	Eating healthy food & drinking 3 litres of water and diabetic patient	
Day - 5	P - Surendra Age: 18 Topic: Food habits Add: - Padra Residency Jagadamba In-35002	Eating lot of Junk food & having food	
Day - 6	K - James Age: 41 Topic: Food habits Address: - Padra Residency Jagadamba In-35002	Eating a healthy food.	

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week 6, I had created some more questions on food habits on our daily basic eating. This was the last question of Community Street Project survey.

This week 6, I went to the (Austria Residence) In this 50% of the family members were having healthy food & Remaining some are unhealthy & nutrition food this will damage their healthy & leads to get some healthy related issues in their body - like young people & youth some are mostly addicted to Street food mostly eating junk food they were getting diabetes & some heart problems at very young age.

CHAPTER 5 - OUTCOMES DESCRIPTION

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

My Survey was done in the location of Tabagidres and Astapa Street, Chengal Tuo Teta, Jagadamba district, Visakhapatnam, Andhra Pradesh. The survey was done on 10th and every house for the project purpose in that area. Some people are very lower in their earnings and some are too-riched and well settled and some are middle class families. And some families are not having money to buy more food to eat they are low tier and can't eat like every one they are not having sufficient money for the healthy nutritious 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 suggestion to be healthy with consuming a healthy food in our daily life. There are details of attached in file.

Describe the problems you have identified in the community

The problems I was identified in our community is they are sugar and obesity people who are under age of 40 to 70 years. And in the community some families were not eating the food which given them an unhealthy life. And, eating sugar foods was consuming buy them and they getting health problem like mostly sugar, obesity, cholesterol. In my community also people they were fasting and 3 hr food many problem because many of the people and the way my house can survey the people.

meeting with all individual that has personally, made me to face lot of troubles in my area.

They were not keeping money for the food which given them nutrition, they are all eating & junk food. In some families they not even drinking enough water, they were only drinking 1 to 2 litres of water in a day.

1/2/20

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

SHORT - TERM ACTION PLAN :-

1. Every family should be provided awareness on benefits of healthy food.
2. Every family should change their ideologies and behaviour on the food they consuming daily.
3. Every day they should be drink about 2 to 3 litres of water for better digestive system.
4. There were many of who didn't consume healthy food so we have to suggest them & make them realize about the healthy food which will make their life healthy.
5. Closing of outside junk food from work (or) around continuously from. They will eat healthy food which vegetables.

Long term action plan :-

- 1) There should be known which food is healthy our body.
- 2) There should be separate laws on food habit.

Description of the Community service programs conducted over the
period 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 institutions,
their structure.

I learned the way of making worksheets 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
strong with patience when others are not interested
in my community service project activities.

If they eat an unhealthy food & then they will
get unhealthy though they program all are riched
but consuming healthy & healthy food gives us healthy
life and they program that work and 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 Biology may do a project on Organic Farming or Horticulture or usage of fertilizers or insecticides or effect of the inorganic pesticides, etc. A student of Zoology may do a project on Aquaculture practices or animal husbandry or poultry or health and hygiene or Blood group analysis or survey on the Hypertension or survey on the prevalence of diabetes, etc.

The Report shall be limited to 5-10 pages.

Food refers to anything that is eat to provide energy and keep the body healthy. Food habit refers to why & 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 make decisions about food for example, what type to eat, when to eat, how, many times you would eat a day & what combination of food provide a healthy diet. Education also gives you consumer information which would you to buy food choiced which will provide you to make informed food choiced which will be healthy food at a minimum cost. Education helps you to formation which would food habit & change others.

For Example Education make you to eat at every meal because you have learnt about etc motivational benefits. Education can also make you decide not to eat certain food because of their harmful effect on your body. The factors make people from food habits



- The following factors that influence our food habits
- Biological determination such as hunger, appetite, & taste.
- Economic determination such that cost, income, availability.
- Physical determination such as access, education, skills (eg cooking) and time.
- Social determination such as the facilities, prices, meals pattern.

Analysis of data:
 a survey that looked at most of the people taking primary
 Dishes most had 5 lunch, some are taking side & regular
 every individual that are are taking side & regular
 every 10% of the response reported that are taking
 side & del
 a consumption of food is used



In lunch 90% of the people are eating food 10% of the
 people are not eating either and (0) because
 due to low income.

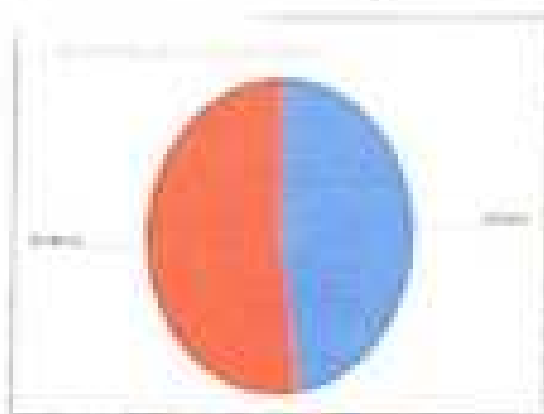
→ Consumption of different types of pulses:

Type of Pulse used Red gram / green gram



Among the pulses red gram, green gram and Bengal gram most of the people (75%) use red gram and 25% of the people are using green gram and none is consuming Bengal gram.

→ Consumption of leafy vegetables

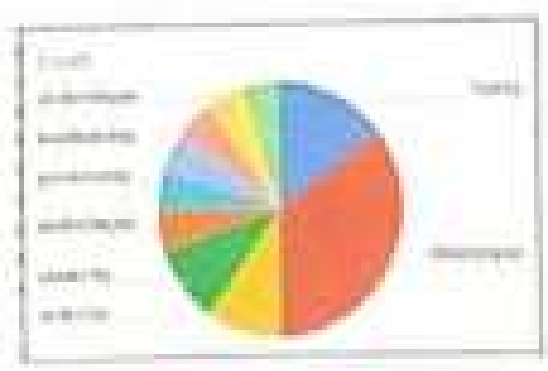


Based on the fig 52.5% of the people are using gajar because of more availability & remaining 47.5% people are using thotalova.

Consumption of different kinds of fruits

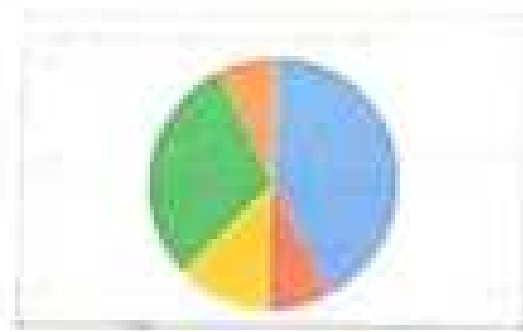


7.5% people are consuming banana, papaya, is consumed
 by 25% people gooslawmed by 17.5% people orange
 is consumed by 5.0% people. Sapota is consumed
 by 7.5% people Custard apple is 5.0% of people. grape
 is consumed by 5.0% people mango is consumed by
 12.5% of people. Pineapple is 7.5% of most people
 consuming apple.
 or Favorite food/drink



Based on the above figure information recorded
 The most favored food of respondents 40% members
 like Chicken biryani, 5% of people like mutton
 Biryani, 5% people like Dahi Curry, 5% people
 like Biryani, 5% mutton 10% people like Dahi Curry
 10% of people like mutton 15% people like Dahi
 Curry.

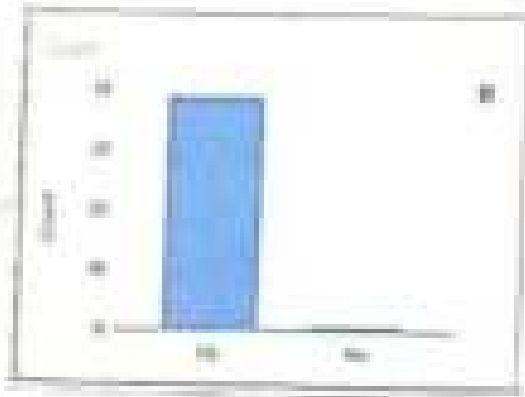
* Consumption of Non-veg



Based on 42.5% people are taking chicken, fish
 is taken by 12.5% people and mutton by 7.5% people
 and Egg is taken by 30% people and Prawns fish
 by 7.5% people. Most of the people taking chicken
 is available and low cost. Some purchase like fish, mutton
 and prawns.

Dinner :- All most all the people vendors and people that they are taking juice & vegetables every as dinner

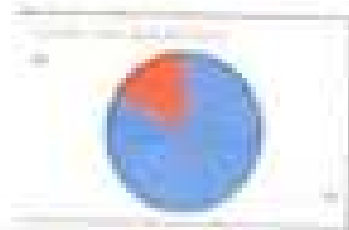
* Eye Sight Problem :-



Among all the children in the ward only 8 of children are affected by sight problems. The

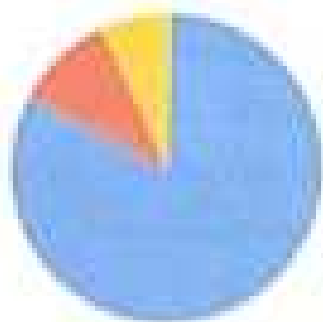
reason is that they are not consuming vitamin which is that they are not consuming vitamin food like carrot and papaya

* consuming alcohol :-



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

% of consuming of alcohol regularly
(75) occasionally



According to the figure 75% of people
consuming alcohol regularly of the total
addition of alcohol and 10% of people are
consuming alcohol occasionally are necessary
of 82.5% of people are not consuming
alcohol.

CHAPTER 6 RECOMMENDATIONS AND CONCLUSIONS OF THE NEST PROJECT

Recommendations:-

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

Low E unit & vegetable is linked to stroke & some cancers. Cardiovascular disease & stroke & diabetes. High salt, low leads to micro nutrients linked to diabetes. Cardiovascular disease & stroke & some cancers.

Alcohol is important for malnutrition in family members. Below mostly income is poor. Alcohol intake more than healthy diet having alcohol occasionally does not affect family health, education & well being regular intake effects.

It leads to the development of the various chronic diseases
Several conditions, including high blood pressure, heart
disease, stroke, liver disease, digestive problems, & cancer
It is highly recommended to give controlling diets to the
collected people, if necessary, they should be taken
to do additional reviews.

Conclusion:- A healthy diet is a diet that maintains
an proper overall health. A healthy diet provides
the body with essential nutrients. This includes
Such as protein, carbohydrates, such as vitamins,
and a healthy fiber & food energy. A diet for
healthy eating. More concept energy, one should eat
vegetables, fruits, whole grains & proteins, rich foods.
At the same time production should be increased,
should be available at affordable cost & more a
regular eating habit of healthy foods instead of
consuming constant energy giving processed food.
Most of the drinks and unhealthy instant making
food are being advertised and following about in
all healthy food is a effective manner to reach its
nutritional value and health benefits. Each and Every
One one.

Student Self-Evaluation for the Community Service Project

Student Name: AYLA PULAN

Registration No: 1491302405094

Period of CSP from To 26/6/24 to 5/7/24

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:

B. Nish
Signature of the Student

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

Student Name: <u>Devin Arora</u>
Registration No: <u>721154802445</u>
Period of CSP: From: <u>To: 26/11/22 to 5/12/22</u>
Date of Evaluation:
Name of the Person in-charge: <u>M. Sagar Meena</u>
Address with mobile number: <u>7985914885 Durgam Cheruvu, VSVP</u>

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 mark.

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

Date:

Signature of the Supervisor

EVALUATION

Internal Evaluation for the Community Service Project

Objectives

- To facilitate an understanding of the issues that confront the vulnerable / marginalized sections of society.
- To initiate team processes with the student groups for societal change.
- To provide students an opportunity to familiarize themselves with the urban / rural community they live in.
- To enable students to engage in the development of the community.
- To plan activities based on the focused groups.
- To learn the ways of transforming society through systematic programmatic 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 SCPA and CGPA.
- The weightings shall be:

o Activity Log	20 marks
o Community Service Project Implementation	30 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/habitat
- 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: *Debraj Das*

Programme of Study: *Food Safety*

Year of Study: *2022-2023*

Group: *APCS (B.Sc.)*

Register No/ICT. No: *22012005095*

Name of the College: *Maya Devi Tatyasa College*

University: *Anglia University*

SLNo	Evaluation Criterion	Maximum Marks	Marks Awarded
1.	Activity Log	20	
2.	Community Service Project Implementation	30	
3.	Mini Project Work	25	
4.	Oral Presentation	25	
	GRAND TOTAL	100	

Date:


Signature of the Faculty Guide

Certified by

Date:

Seal:


Signature of the Head of the Department/Principal

Head of the Dept.
Dept. of Food, Nutrition and Computer Science
Mrs. A.Y.N. COLLEGE
VIDYANAGAR



GPS Map Camera
Vissakhapatnam, Andhra Pradesh, India
W-2-15, New Road No. 15, Jagan Nagar New Nagar,
Vissakhapatnam, Andhra Pradesh 530002, India
Lat 17.70887°
Long 83.29007°
©2022 Google



GPS Map Camera
Vissakhapatnam, Andhra Pradesh, India
W-2-15, New Road No. 15, Jagan Nagar New Nagar,
Vissakhapatnam, Andhra Pradesh 530002, India
Lat 17.708°
Long 83.29007°
©2022 Google



GPS Map Camera
Gopalapuram, Andhra Pradesh, India
Unnamed Road, Gopalapuram, Andhra
Pradesh 532148, India
Lat 18.44288°
Long 83.63882°
©2022 Google



GPS Map Camera
Gopalapuram, Andhra Pradesh, India
Unnamed Road, Gopalapuram, Andhra
Pradesh 532148, India
Lat 18.44288°
Long 83.63882°
©2022 Google



📍 CITO Multi Camera

Vineethayathran, Aranya Theerthi, Jayalal
2024-11-15 10:30 AM to 11:00 AM, Kollam
Kollam, Kerala, India
Lat: 11.258607
Long: 81.960077
15/11/2024 10:34 PM GMT+05:30



**ANDHRA PRADESH
STATE COUNCIL OF HIGHER EDUCATION**

an advisory body of the Government of Andhra Pradesh

2102, 2nd, 3rd and 5th floors, Narayana Towers, N.T. Rama Rao, 4th Rankin Road

Attacher V (Mangalagiri) (M), Guntur, Andhra Pradesh, Pin - 522 001

www.scheap.ap.gov.in