

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
B. KAMESH KUMAR GUPTA

(Reg. No. 20200000000000000000)

Under the Guidance of

KSWETHA

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 R. KAMESH KUMAR Regd. No 720180605096
 of Mrs. A.V.N College underwent Community Service Project in
Indal habits with special reference to class garden
 Visakhapatnam, Andhra Pradesh under the guidance of
P. Swetha from 22/10/22 to 8/11/22.

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



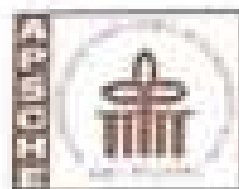
G. N. ...
 (Incharge Admin)

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 Board/Committee: Board of Education

Name of the College: St. Xavier's College

Registration Number: 1234567890

Period of CIP: From 1st July to 31st July

Name & Address of the Institution/Institutions: St. Xavier's College,
123 Main Street,
Mumbai, Maharashtra,
India

2023-2024 University
YEAR

Community Service Project Report

Submitted in accordance with the requirement for the degree of _____

Name of the College: MYS. AVN DEGREE COLLEGE

Department: physics

Name of the Faculty Guide: K. Swetha

Duration of the CSP: From 28/9/22 To 5/11/2022

Name of the Student: B. Kamesh Kumar gupta.

Programme of Study: B.A. POLITICAL SCIENCE

Year of Study: 2020-2023

Register Number: 72030805096

Date of Submission:

Student's Declaration

I, R. Anurag Kumar Gupta, a student of CSP Program
Reg. No. 20200505006 of the Department of Physics,
Mt. A.V.M. College. I hereby declare that I have completed
the mandatory community service from 28/1/24 to 27/2/24 at
Changanassery (Name of the Community/Institution) under the Faculty
Guidance of R. Suresh (Name of the Faculty Guide), Department
of English, Mt. A.V.M. College.

B. K. K. K.
Signature and Date

Endorsement

R. Suresh
Faculty Guide

[Signature]
Head of the Department
Head of the Dept.
Dep. of Physics, Chemistry and Computer Science
MT. A.V.M. COLLEGE
VIZIANAGARAM
Principal

[Signature]
PRINCIPAL
MT. A.V.M. COLLEGE
VIZIANAGARAM

Certificate from Official of the Community

This is to certify that S. Kamesh Kumar (Name of the Community Service Volunteer Reg. No. 72010205076 of MS - AIAL College, Name of the College) underwent community service in dubogardin (Name of the Community) from 28/9/22 to 21/12. The overall performance of the Community Service Volunteer during his/her community service is found to be good (Satisfactory/Good).


S. K. Kumar
(Signy. Author)
Authorized Signatory with Seal and Card

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 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 Family 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 AISC for giving this wonderful opportunity to us and I'm also thankful to Andrapradesh University

I would also like to thank our college principal and all the faculty members who helped in the completion of this project and also thankful for providing me with this wonderful opportunity to work as 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 the members of "Dabur - club" for giving the proper responses.

I am extremely grateful to the people of my neighborhood who responded with high level of valuable suggestions.

and grateful for completion of my
project. The cooperation and healthy
criticism from faculty and staff with
them.

Finally, I would like to thank my parents
who helped me a lot in gathering
different information, collecting this
project. Despite of their busy schedule,
they gave me different ideas to make
this project unique.

Thanking you

Kamlesh Kumar Gupta

B.Sc (MPC)

Reg. No. 720/4080

CHAPTER I EXECUTIVE SUMMARY

The community survey report shall have only a one page executive summary. It shall include a brief description of the community and necessity of all the activities done for the student in a school and their or more learning objectives and outcomes.

Dabirgarden is located at Villanapatal district It is an urban neighbourhood in the Indian city of Vishanapuram. The area with population of more than 50000. The area is divided into all Sectors. I have done my Survey in two Sectors. Since the people in this Sectors are highly qualified they answered very well for many questions. and their suggestions and answers are gratefully helpful for a person who are in inappropriate 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 time table in consuming of healthy food, when compared with youngage people

and some other people on not being
 and young people and some other
 people on not being afraid here. The
 data is related to the forest lands,
 whether which type are healthy or
 unhealthy.

CHAPTER 2 OVERVIEW OF THE COMMUNITY

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

Number of houses visited: 130

Average no. of household members in a family:

no. of houses in which more than 4 members

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: 9

no. of people living in rented houses: 5

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 really able
How many people are actually able

Spillover health care of people are with physical
health outcomes. ^{accumulating} ^{of} ^{people}
are seems to be interesting

→ Common patients are reported by community
participate

1. Distill Dr. Singer a lot of studies

→ Common patients observed by researchers
usually change people are with Singer
and associates

2. Even if have seen with many people
are with healthy and individual etc

CHAPTER 3: COMMUNITY SERVICE PART

Description of the Activities undertaken in the Community during the Community Service Project. This part could end by reflecting on what kind of values, life skills, and technical skills the student acquired.

slow or days, fast habits because a growing problem around the world that affect not only the health food is a basic need for every human being many governments should be implemented on the distribution of food to everyone of their daily needs based on ration card as per what an slow or days all we are eating the food actual makes a person more just given energy full food and just food makes a person more unhealthy - oil foods, sweets tobacco a person health and not maintaining proper time keeps a person unhealthy

Methodology for the present study the researcher concentrated on socio-economic background, health problems in relation

→ to quality of foods and duration of use
of consumer products with harmful
chemicals by the people in study area.
Scientific foods behind community health

→ Food is one of the most diverse groups
of items. It covers an enormous range of
fruits, vegetables, herbs, seeds, oils, etc.

While some of their uses are
for taste and are a part of our
regular meals, others may have some mind-
blowing qualities.

ACTIVITY LOG FOR THE FIRST WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person in Charge Signature
Day-1	1. Classroom visitation Apr 1:30 Topic - Food habits Address - Mr. J. S. ...	Introducing healthy diet and making the children eat fruit	<i>[Signature]</i>
Day-2	1. Village Apr 2:30 Topic - Food habits Address - Mr. J. S. ...	Feeding children with fruit	<i>[Signature]</i>
Day-3	1. Village Apr 3:30 Topic - Food habits Address - Mr. J. S. ...	Feeding on healthy fruit	<i>[Signature]</i>
Day-4	1. Village Apr 4:30 Topic - Food habits Address - Mr. J. S. ...	Feeding a healthy food and giving healthy sugar	<i>[Signature]</i>
Day-5	1. Village Apr 5:30 Topic - Food habits Address - Mr. J. S. ...	All the families encouraged to eat fruit	<i>[Signature]</i>
Day-6	1. Village Apr 6:30 Topic - Food habits Address - Mr. J. S. ...	All have an healthy diet plan and eating more fruits	<i>[Signature]</i>

WEEKLY REPORT

WEEK - 1 (19/02/22 - 25/02/22)

Objective of the Activity Done:

Detailed Report: I have assisted - the informant for our Community (Dr. Sampath, etc.). In your next stage or by continuing in this report, I will noticed - that how people are not following a health diet which will help - them very much. Some of the families which were leaving in the Community, were following an healthy diet and eating an healthy and rich in nutrition food. Now-a-days people are mostly eating junk and nutrition food - that will change - their health and leads to get some problems in their body. The Community which was served in - that most of families are eating an healthy and nutrition food whereas the remaining people were eating outside junk food and oily food. Junk food which will change their healthy life. In that Community most the patients are diabetes and sugar.

ACTIVITY LOG FOR THE SECOND WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Parent In Charge Signature
Day - 1	1. Kater pup Age: 30 Type: feet visible Abilities: chattering	Identifying on hearing sound & seeing the Abi's in front	<u>[Signature]</u>
Day - 2	2. Juvoni Age: 2 Type: feet visible Abilities: chattering	Eating on its own with fruit & feeding	<u>[Signature]</u>
Day - 3	A - Small type Age: 25 Type: feet visible Abilities: chattering	Eating on its own but in a day	<u>[Signature]</u>
Day - 4	B - Pango Age: 10 Type: feet visible Abilities: chattering	Eating on its own but & having sugar	<u>[Signature]</u>
Day - 5	At stage Larva Age: 10 Type: feet visible Abilities: chattering	All the fully moulted but family not eating both heard foot	<u>[Signature]</u>
Day - 6	C - Small Age: 20 Type: feet visible Abilities: chattering	At home on hearing with plain food & trying some dry food	<u>[Signature]</u>

WEEKLY REPORT
DATE: 20/01/2024

Objective of the Activity Done:

Detailed Report:

I have got this information from our Community Call Centre and Satish Kulkarni, doctor and Akshay Kumar (NLP). In this low community, children eat of the junk food and eating unhealthy and eating nutrition food which are in their vitamin and protein. Some parents are not have any healthy plan for the day and they not own plan and eat those healthy food. Every day eating outside food and they not even plan and eat those healthy food and city food which will cause cholesterol and body metabolism.

The people don't eat healthy food - they were give a suggestion to the all families (to) people (to) public to eat healthy nutrition food for better health and not become on patient.

ACTIVITY LOG FOR THE THIRD WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day-1	D. Javari Age: 21 Topic: Food Habits Address: Sal. Lalit Biding Address: Vsp	Sugar patient but maintaining healthy food	Javari
Day-2	S. Sathya Age: 52 Topic: Food Habits Address: Ar. Kap. Lalit Vsp	She is a diabetic patient	Sathya
Day-3	P. Anuritha Age: 27 Topic: Food Habits Address: Ar. Kap. Lalit Vsp	Everyday eating healthy food	Anuritha
Day-4	D. Anuritha Age: 44 Topic: Food Habits Address: Ar. Kap. Lalit Vsp	Sugar patients eating lot of sweets	Anuritha
Day-5	K. Jagadeesh Age: 52 Topic: Food Habits Address: Ar. Kap. Lalit Vsp	Eating healthy food daily	Jagadeesh
Day-6	G. Gayathri Age: 53 Topic: Food Habits Address: Ar. Kap. Lalit Vsp	Sugar patient but now maintaining healthy food	Gayathri

WEEKLY REPORT

WEEK - 3 (From 19.11/2022 to 25/11/2022)

Objective of the Activity Done

Detailed Report In this week, I went to the another residency in our Community (Bilal, Palestine - Abu yusuf) In that 60% of the family members were having health issues that are mainly (Diabetes) and some other common issues.

The remaining families who are living in that Residency were following an which healthy food diet with are in rich in potassium and vitamins which will help the body very much in good

Condition that helps body to get Energy and most energy. Also the health health issue families are following

more a healthy food. And all people (or) families in that Community were maintaining an healthy diet. They will

help them for maintain of body strong and good. There are having water

3 or 4 liter in a day which help her for digestion and hydration.

Report

ACTIVITY LOG FOR THE TEACHERS

Day & Date	Brief description of the daily activity	Learning Outcome	Process for Change Signature
Day 1	1. Introduction Age 1-10 First lesson School Management 2. Paper lesson	Setting up the book	[Signature]
Day 2	Age 11-15 1. Paper lesson 2. Paper lesson 3. Paper lesson	1. Paper lesson 2. Paper lesson	[Signature]
Day 3	Age 16-20 1. Paper lesson 2. Paper lesson 3. Paper lesson	Setting up the book 1. Paper lesson 2. Paper lesson	[Signature]
Day 4	E. 1. Paper lesson Age 21-25 1. Paper lesson 2. Paper lesson	Setting up leather book	[Signature]
Day 5	E. 2. Paper lesson Age 26-30 1. Paper lesson 2. Paper lesson	Setting up book	[Signature]
Day 6	E. 3. Paper lesson Age 31-35 1. Paper lesson 2. Paper lesson	Setting up book and leather book	[Signature]

WEEKLY REPORT

WEEK - 4 FROM 10/07/22 TO 14/07/22

Objective of the Activity Done:

Detailed Report For this week, I have prepared for questions on the healthy diet and food habits. Such as the number of times the person eat meal in a day.

So after my completion of writing the question to the each person of the family. then I asked about the healthy food they said that healthy food will help our life being healthy and the first which we are being is the only main thing for our body condition and health. the paper which is food gives a healthy life and in some families young or power are eating of oily and junk food daily which will damage the healthy life.

In some houses the people are not drinking enough water which will cause the rickets and given white blood cells. and the water impurities that will give skin diseases. that is why some people are not following a healthy diet.

ACTIVITY LOG FOR THE FIFTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person in Charge Signature
Day - 1	1. P. Pagan Age: 40 Topic: Food habits Add: Atm. palem, vsp	Eating healthy food and sugar patient	<u>Pagan</u>
Day - 2	Ms. Rajesh Age: 36 Topic: Food habits Add: Atm. palem, vsp	Eating unhealthy food and not drinking enough water	<u>Rajesh</u>
Day - 3	P. Suresh Age: 15 Topic: Food habits Add: Atm. palem, vsp	Eating lot of junk food, not having life	<u>Suresh</u>
Day - 4	M. Vasanthi Age: 40 Topic: Food habits Add: Atm. palem, vsp	Eating unhealthy food, lot of heat and (sweets)	<u>Vasanthi</u>
Day - 5	P. Suresh Age: 20 Topic: Food habits Add: general public, vsp	Eating healthy and carbonated food	<u>Suresh</u>
Day - 6	A. Nagaraju Age: 40 Topic: Food habits Add: Green palem, vsp	Not eating food on time and quantity	<u>Nagaraju</u>

WEEKLY REPORT

WEEK - 5 (From 19/10/22 to 25/10/22)

Objective of the Activity Done

Detailed Report

In this week-5, I had pointed some more questions on food habits among daily basic eating. These are the last questions of Community project Survey. This week-5, I was added another responsibility for Survey in that most of the younger and older persons also not having a healthy diet and eating junk food, some of them eat oily food, which will bring eventually ill of them.

A Community base people who are also maintaining healthy diet and eating nutrition food. I asked them about nutrient and eating food when I collect pictures and videos. They said eating a lot of vegetable, fruits gives us vitamins and protein and I asked all people about how many meals they take in a day? mostly they answer 3 meals in a day.

ACTIVITY LOG FOR THE SIXTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person in-Charge Signature
Day-1	J. Laxman Age: 12 Topic: Food habits Address: Changanassery	In a day they are taking 3 or 4 meals & 8 litres of water.	<i>Laxman</i>
Day-2	H. Suresh Babu Age: 15 Topic: Food habits Address: Changanassery	Eating an unhealthy food in a day.	<i>Suresh</i>
Day-3	P. Anjali Age: 23 Topic: Food habits Address: Changanassery	Everyday eating food rich food.	<i>Anjali</i>
Day-4	T. Raju Age: 10 Topic: Food habits Address: Changanassery	Eating healthy food & drinking 1 litre of water.	<i>Raju</i>
Day-5	P. Suresh Babu Age: 15 Topic: Food habits Address: Changanassery	Eating lot of junk food &	<i>Suresh</i>
Day-6	K. Jijo Age: 11 Topic: Food habits Address: Changanassery	Eating a healthy food.	<i>Jijo</i>

WEEKLY REPORT
WEEK - 4 (From 10.10.2021 to 16.10.21)

Objective of the Activity Done:

Detailed Report:

In this week 6, I had created some more questions on food habits on your daily basic eating habits on the cost of the community service project survey.

This week 6, I went to the

In this 50% of the family members are having healthy food & remaining some laboratory food now a day people are eating healthy & nutritious food that will damage their healthy & leads to get some weight loss in their body.

The young people & youth are mostly addicted to street food mainly eating 100% oily food. They are getting health & some health problems at very young age based on their diet & very young people you after following healthy diet & getting health condition.

CHAPTER 5 - OUTCOMES DESCRIPTION

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

my Survey was done in the location of Chabagarden and Arayapalem, Visampatnam. The Survey was done in each and have for the project people. In that area every house for the the project people are very lower in their earnings and some are too-riched and well. Some are middle-class families and some families are not having money to buy proper food also eat. They are too poor and don't eat like every one. They are not having sufficient money for the healthy nutrition food to eat like other. So, these kind of families are didn't answer of any questions for Community Service project.

And some of the families answered by 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. They also the details I noticed in my area.

Describe the problem you have identified in the community

The problem I was identified in our community is that they are eating a lot of sugar and salty people who are under age of 40-45 years and in the community some families were not eating a healthy food they were eating the food which gives them an unhealthy life. By eating sugar foods was causing by them and they getting health problems like mostly sugar, high cholesterol. In my community areas to know the actual problem in my community areas people they were eating and I too found most problem because many of the in our community were not answering too my questions personally - made me to give lot of trouble in my own.

They were not keeping away from the food which gives them nutrition. They are all eating of some fatty foods, like of Sausages etc. which harm their healthy life too. In some families they not even drinking enough water. They were only drinking for 1 liter 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 Actions Plan

- 1) Every family should be provided ^{with} ^{nutritional} ^{guidance} as benefits of healthy foods.
2. Every family should change their ^{biological} ^{behaviour} ^{concerning} daily and behaviour as the food they consume.
3. Everyday they should be drink at least 2-3 litres of water for better digestive system.
4. They are many of people who didn't consume healthy food. So, we have to suggest them and make them realise about the healthy food which will make their life healthy.
5. Choosing of outside junk food for a week (or) a month continuously - then they will eat healthy food which include, vegetables, fruits etc.

Long-Term action plan

- 1) - There should be know which food is healthy to our body.
- 2) - There should be a separate course on food habits.
- 3) Every family should be get a scientific knowledge about food to eat.

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

I learned - to many others in the programme of Community Service conducted by the college management.

I learned - to give proper explanation on particular topic to others.

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

I learned the way of preparation of documents on the problems of people.

I learned - to be stay with patients when other are not consulting to my community service project on their.

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

- The men people in general the community in to be maintain a healthy diet plan. They are all not having an healthy diet. They get - they eat an healthy food - they will get unhealthy.

- through this program all are notice - that community's eating of health food given as healthy life. and - this program - teach every one to be health.

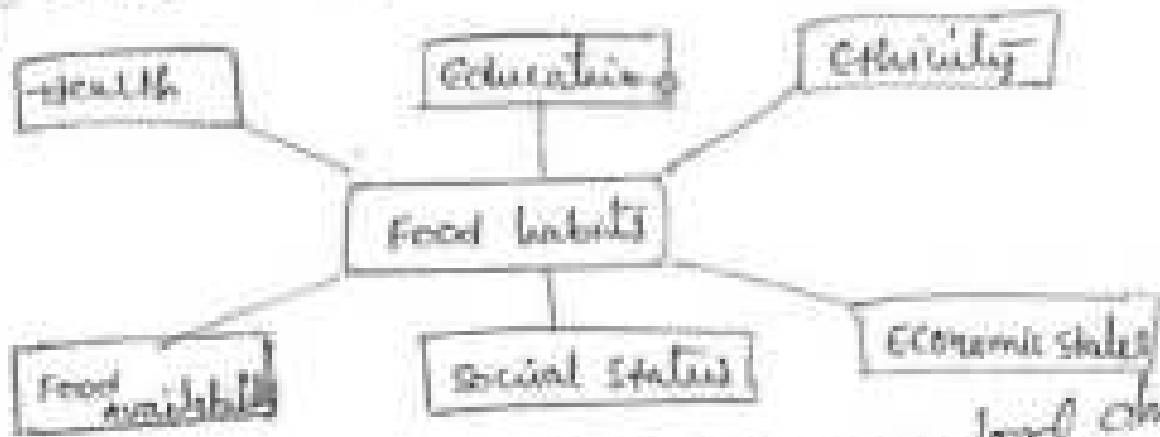
Report of the mini-project work done in the related subject w.r.t the habitation/village.

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

The Report shall be limited to 5-10 pages.

Food refers to anything 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 make wise decision about food. For example, what type to eat, colour to eat, how many times you would eat a day & what combinations of food provide a healthy diet. Education also gives you general information which would you to buy food wisely from the market place. In short Education helps you to make informed food choice which will

Provide the necessary nutrients for a healthy body at a minimum cost. Education helps you to form and maintain good habits & change others to. Example Education when 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.



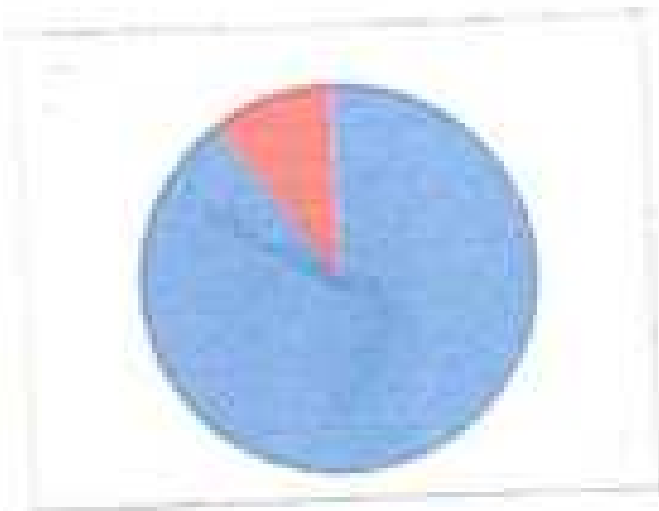
The many factors that influence our food choices

- Biological determinants such as hunger, appetite & taste
- Economic determinants such as cost, income, availability
- Physical determinants such as occy. situation, skills and time
- Social determinants such as culture, family pers & meal pattern.

Analysis of diet

→ Breakfast & Lunch: most of the people are taking porridge Rice, Breakfast & Lunch. Some are taking rice & vegetable Curry. It indicates that 90% are taking rice and vegetable Curry, 10% of the Respondents Reported that they are taking rice & dal.

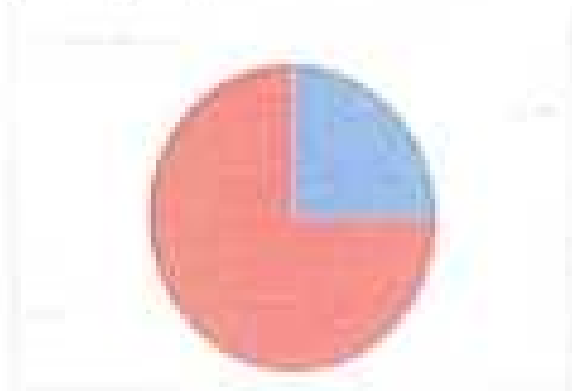
* Consumption of curd in meal



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

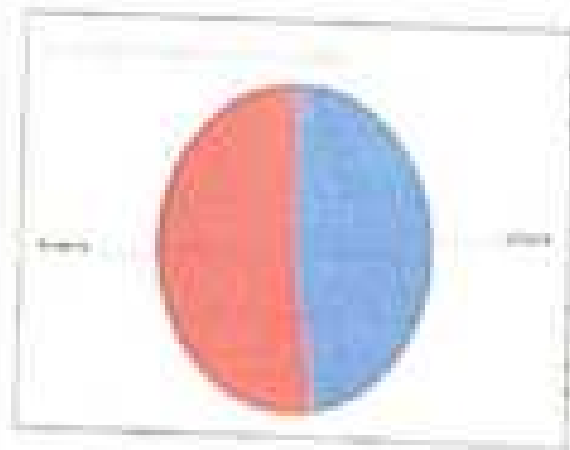
* Consumption of different types of pulses:

Type of pulses used Red gram / green gram



Among the pulse Red gram, green gram & black gram most of the people (75%) are using green gram (and 25% of the people are using green gram. No one is consuming green gram.

* Consumption of vegetables:



Rated as the top source of people as
gagasa because of availability & proximity.
people are going there too.

-> Consumption of different kind of fruits



75% people are consuming banana & papaya is
consumed by 25% people. guava by 15% people
orange is consumed by 10% people. Sapota
is consumed by 7.5% people. Cooled apple 11.5%.

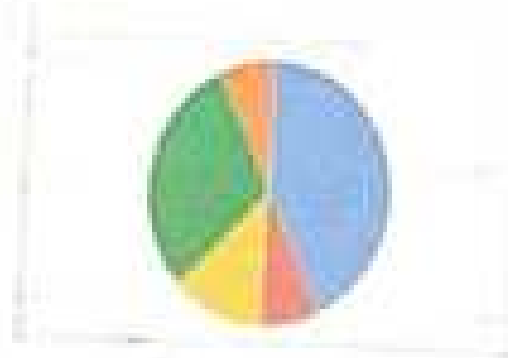
* favourite food/dish



Based on the above figure information is collected on the most favourite food of respondents. 40% mutton biryani, 5.0% of people likes mutton Biryani, 5.0% people like paneer, 5.0% people like roast chicken, 10% of people, likes paneer fry, 10% of people like mutton fry, 15.0% people like fish fry.

* Consumption of non-veg

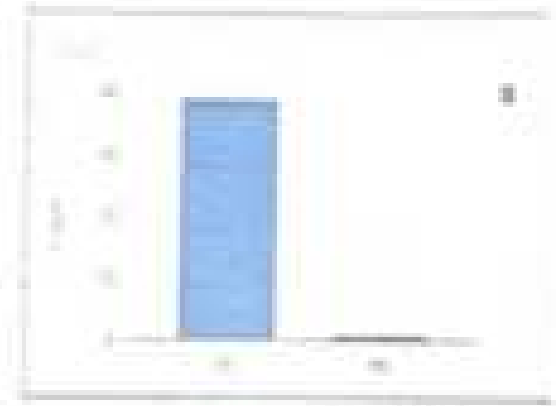
% of non-veg taken fish/Meat/Chicken.



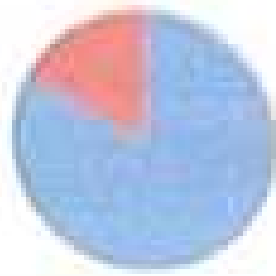
Based - April 1972

Based on food 16-17 people are getting
 chicken, fish, rice by 15-17 people and
 meat by 7-8 people and egg taken by
 30-40 people and produce taken 7-8 people.
 most of the people take chicken due to
 available and less cost compared with
 fish, meat, produce.

Under all most all the people respondents reported
 that they are taking 2-3 vegetable
 every 5 days.

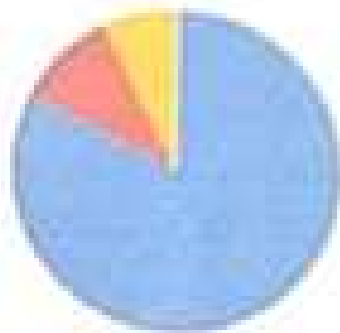


Among all the people in the world
 only 20% of the population are affected by
 Scurvy problem - the reason is that they
 are not consuming vitamin C when from
 the fruit, vegetable.



Consumption of alcohol is about 20% of people are not consuming alcohol and 80% of people are consuming alcohol.

% of consuming alcohol regularly and occasionally



According to the figure 10% of people consuming alcohol regularly and 10% are occasional to alcohol and 80% of people are consuming alcohol occasionally or remaining 80% 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 includes undernutrition, over weight and obesity, and other diet-related NCDs like type 2 diabetes, cardiovascular diseases and Stroke & Some Cancer.

Low salt & vegetable intake is linked to several cancer, cardiovascular disease & stroke & fibrils, grains, nuts, seeds, low intake leads to micronutrient intake to diabetes, cardiovascular diseases & Stroke & Some Cancer

Alcohol is important for malnutrition in family members. Stroke notably pneumonia is preventable, Alcohol instead spend it on healthy diet, taking alcohol occasionally does not affect family health, education

Other significant problems including high blood pressure, heart disease, stroke, liver disease, digestion problems & Cancer. It is highly recommended to give counselling to alcohol addicted people. If necessary they should be taken to de-addiction centers.

Conclusion - A healthy diet is a diet that maintains or improves overall health. A healthy diet provides the body with essential nutrients - third, macromolecules such as protein, micronutrients such as multivitamins, and a balance of fiber & food energy. As per the healthy eating plate concept energy as per the healthy eating plate concept energy one should eat vegetable, fruits, whole grains & protein rich foods. At the same time the production should be sustainable, should be available at affordable cost to make a regular eating habit of healthy processed foods. Most of the diets and unhealthy junk food making foods are being advertised in advertisements.

Student Self-Evaluation for the Community Service Project

Student Name: E. Koushik Roll No: 20160100016

Registration No: 20160100016

Period of CDP From To: 20/11/20 to 8/12/20

Date of Evaluation:

Please rate your performance in the following areas:

Rating Scale: Letter grade of CCPA evaluation to be provided

1	Oral communication	1	2	3	4	5
2	Written communication	1	2	3	4	5
3	Teamwork	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:

E. Koushik
Signature of the Student

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

Student Name: B. Komesh Kumar Gupta

Registration No: 710150295096

Period of CSR From To: 28/01/22 to 5/11/22

Date of Evaluation:

Name of the Person in-charge:

Address with mobile number: G 50925 5734, ONI TOWN

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

INTERNAL ASSESSMENT STATEMENT

Name Of the Student: *TC Alexander Jeyaraj*
Programme of Study: *BAEd (Hons)*
Year of Study: *2022-2023*
Group: *m 215 (P0)*
Register No/IELL No: *22017102096*
Name of the College: *East West College*
University: *Anglia University*

SLNo	Evaluation Criterion	Maximum Marks	Marks Awarded
1.	Activity Log	20	
2.	Community Service Project Implementation	40	
3.	Mini Project Work	25	
4.	Oral Presentation	25	
	GRAND TOTAL	110	

Date:

Signature of the Faculty Guide

Certified by

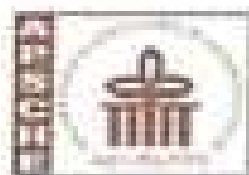
Date:

and

Signature of the Head of the Department/Principal

Head of the Dept
Dept of Physical Education and Sports Science
Mrs. A. V. N. COLLEGE
WISAKHAPURAM





ANDHRA PRADESH STATE COUNCIL OF HIGHER EDUCATION

(An Advisory Body of the Government of Andhra Pradesh)

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