



# Program Book

Community Service Project

AP STATE COUNCIL OF HIGHER  
EDUCATION

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

Program Book  
for  
Community Service Project

Name of the Student: VANUMU JAHNAVI

Name of the College: Mrs. A.V.N College

Registration Number: 720130805312

Period of CSP: From: To:

Name & Address of the Community/Habitation:

DNo: 3-188, Vada colony, Coorshed, Visakhapatnam  
- 530021

Chengal Roopeta, Andhra Medical College, near.

Mrs. AVN college, Visakhapatnam - 530001

## Community Service Project Report

*Submitted in accordance with the requirement for the degree of .....*

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

Department: B.Sc [MECS]

Name of the Faculty Guide: Mr.

Duration of the CSP: From.....To.....

Name of the Student: VANUMU JAHNAVI

Programme of Study

Year of Study:

Register Number: 720130805312

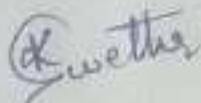
Date of Submission:

**Student's Declaration**

I, Jan V. Jathani a student of Community Service Program, Reg. No. 720130205312 of the Department of Electronics, Mrs. AVN College do hereby declare that I have completed the mandatory community service from..... to .....in ..... (Name of the Community/Habitation) under the Faculty Guideship of Sarthak Kumar (Name of the Faculty Guide), Department of Computer Science in Mrs. A.V.N. College

(Signature and Date)

**Endorsements**



Faculty Guide

P. GANDHI, M.Sc, M.Phil

Head of the Department

Department of Mathematics & Statistics

Mrs. AVN College, Visakhapatnam

Head of the Department



Principal

**PRINCIPAL**

**Mrs. A.V.N. COLLEGE**

**VISAKHAPATNAM**

**Certificate from Official of the Community**

This is to certify that V. Jahnvi (Name of the Community Service Volunteer) Reg. No. 7201308053R1 Mrs. AVN College (Name of the College) underwent community service in ..... (Name of the Community) from ..... to .....

The overall performance of the Community Service Volunteer during his/her community service is found to be ..... (Satisfactory/Good).

Authorized Signatory with Date and Seal

## ACKNOWLEDGEMENTS

A successful project report is not the result of sole effort of an individual the present study has been carried out with the co-operation and contribution of many. To whom I very much grateful.

Firstly I acknowledge with a deep sense of gratitude, the inspiration guidance and help I received from my project director & - Lecturer in  
• Mrs. AVN college, Visakhapatnam, for his simulating and inspiring guidance and encouragement throughout the progress of this project work.

It is my duty to express my thanks to Mr. D. Santhosh Kumar, Head of the physics and computer science department and I would also like to express gratitude to Mr. Sankar Narayan & Mrs. AVN college management for facilitating this project and providing his guidance throughout the duration of the project

I would also like to thank the faculty and staff of the institute, family members, and my dear friends for their support.

## 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.

Community programs can expand the opportunities for youth to acquire personal and social assets and to experience the broad range of features of positive developmental settings.

The activities I performed in the community service are to investigate how many people have basic and desired knowledge about food habits.

I have done my survey in two sectors. Where the people in this sector are highly qualified they answered very well for my questions and their suggestions and answers are greatly helpful for a person who are in 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 timetable in consuming of healthy food, when compared with young age people and some other people are not being. And here the data is related to the food habits whether which type are healthy and unhealthy.

## CHAPTER 2: OVERVIEW OF THE COMMUNITY

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

MOSQUE street, Jagadamba junction in Visakhapatnam city, India. The area falls under the local administrative limits of Greater Visakhapatnam municipal corporation.

Also one Town (old town) these places are has more than 800 years of history in British area the business of whole city was located here including the administration of Visakhapatnam District.

MOSQUE street area from tower choultry to end of visakhapatnam port. It has many historical educational institutions there are so many middle class students are learning education here the area is Administred by Greater Visakhapatnam municipal corporation.



### 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.

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 make a person healthy just gives energy. Fast foods and junk food makes a person more unhealthy - oil foods, sweets - imbalance a person health and not maintaining proper time keeps a person unhealthy.

#### Methodology:

For the present study the researcher concentrated on socio-economical background, health problems in relation to quality of foods and quantum of usage of some products with harmful chemicals by the people in study area. Scientific facts behind community need food is one of the most diverse ecosystem.

While some of these items are too basic 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	We learned about the food habits with the help of textbooks and mobile phones and after that we have prepared a questionnaire about food habits		
Day - 2	with the help of questionnaire we conduct a survey in the field/area we have chosen to complete community project		
Day - 3	with the help of questionnaire we conduct a survey in the field/area we have chosen to doing community survey project		
Day - 4	with the help of questionnaire we conduct a survey in the field/area we have chosen to doing community survey project		
Day - 5	with the help of questionnaire we conduct a survey in the field/area we have chosen to doing community survey project		
Day - 6	with the help of questionnaire we conduct a survey in the field/area we have chosen to doing community survey project		

## WEEKLY REPORT

WEEK - 1 (From Dt. 19/09/22 to Dt. 24/09/22)

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from our community (MOSQUE street, jagadamba junction, Rishikapur). In this report I was noticed that here people are not following a health diet with will help them very much. Some of the families which were leaving in the community were following an healthy diet and eating an healthy nutrition food. Now-a-days people are not eating healthy and nutrition food that will damages their health and leads to get some problem in their body. The community which were conveyed in that most of families was eating an healthy and nutritious food where as the remaining people were eating outside junk food and oily foods.

Which will damage their healthy life. In that community most the patient were diabetis and sugar.

ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	With the help of question naire we conduct a survey in the field area as we choosen to doing community survey project		
Day - 2	With the help of question naire we conduct a survey in the field area as we choosen to doing community survey project		
Day - 3	With the help of question naire we conduct a survey in the field area as we choosen to doing community survey project		
Day - 4	With the help of question naire we conduct a survey in the field area as we choosen to doing community survey project.		
Day - 5	With the help of question naire we conduct a survey in the field area as we choosen to doing community survey project		
Day - 6	With the help of questionnaire we conduct a survey in the field area as we choosen to doing community survey project		

## WEEKLY REPORT

WEEK - 2 (From Dt. 26/09/22 to Dt. 2/10/22...)

Objective of the Activity Done:

Detailed Report:

I have got this information from our Community (MOVADE street, jagadamba junction, vitathapattam). In this two community residency half of the families were following an healthy and eating nutrition food which are rich in vitamins and protein. Some families were not have any healthy plan for the day and they not even plan and eat those healthy foods. Every day eating of outside foods and oily foods which will causes cholesterol and body imbalance (obesity).

The people which are eating healthy foods they were gave a suggestion to the all families (or) people (or) public to eat healthy nutrition food for better health and not becomes an patient. When the people are eats the any kind of junk food (or) oily foods and sweets with in a limit. If they cross the limit then the healthy with gone.

ACTIVITY LOG FOR THE THIRD WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	with the help of questionnaire we conduct a survey in the field/area we have chosen to doing community survey project.		
Day - 2	with the help of questionnaire we conduct a survey in the field/area we have chosen to doing community survey project.		
Day - 3	with the help of questionnaire we conduct a survey in the field/area we have chosen to doing community survey project.		
Day - 4	with the help of questionnaire we conduct a survey in the field/area we have chosen to doing community survey project.		
Day - 5	with the help of questionnaire we conduct a survey in the field/area we have chosen to doing community survey project.		
Day - 6	with the help of questionnaire we conduct a survey in the field/area we have chosen to doing community survey project.		

## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week, I was went to the another residency in our community (Kotba Road). In that 50% of the family members were having health issues that are mostly (Sugar / diabetes) and some other common issues. The remaining were following who are living in that residency families were following an healthy diet which will help the body very much in good condition that helps body to get energy and muscle memory. Also the healthy foods health issue families are following now a healthy foods. And all people (.) families in that community were maintaining an healthy diet. They will help them for maintaining an healthy diet them for maintain of body strong and good they are having water also like 8 to 4 liter in a day which help them for digestion and hydration mainly in that residency the younger people are addicted to oily road junk food which will give them a dopamine but not energy and healthy life even oldest people are following the (.) eating the healthy food.

ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	with the help of questionnaires we conduct a survey in the field area we have chosen to doing community survey project		
Day - 2	with the help of questionnaires we conduct a survey in the field area we have chosen to doing community survey project		
Day - 3	with the help of questionnaires we conduct a survey in the field area we have chosen to doing community survey project		
Day - 4	with the help of questionnaires we conduct a survey in the field area we have chosen to doing community survey project		
Day - 5	with the help of questionnaires we conduct a survey in the field area we have chosen to doing community survey project		
Day - 6	with the help of questionnaires we conduct a survey in the field area we have chosen to doing community survey project		



## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week-4, I have prepared a questionnaire on the healthy diet or food habits such as the number of times the person eats meals in a day.

So after my completion of asking the questions to the each person of the family then I asked to the each about the healthy food they said that healthy food will help over life being healthy and the food which are was taking is the only main thing for over body condition and health.

The people nutrition foods gives a healthy life and in some families younger person are eating of oily and junk food daily which will damage the healthy life.

In some house the people are not drinking enough water which will make them hydrate and gives white blood cells and the water improves their digestive system.

This times this is less sugar patients and all the families were following a rich healthy diet.

ACTIVITY LOG FOR THE FIFTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	With the help of question naïre we conduct a survey in the field/area as we chosen to doing community survey project		
Day - 2	With the help of question naïre we conduct a survey in the field/area as we chosen to doing community survey project		
Day - 3	With the help of question naïre we conduct a survey in the field/area as we chosen to doing community survey project		
Day - 4	With the help of question naïre we be conduct a survey in the fieldly area as we chosen to doing community survey project		
Day - 5	We Analysis Data on the survey		
Day - 6	After Analyze the data on the survey we make a report and conduct awareness proper in our community		

## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week-5, I had asked some more questions on food habits on our daily basis eating this was the last question of community project survey.

This week-5, I was asked another residency for survey in that host of the younger and older person also not having a healthy diet and eating junk food, sweets, chocolates, oily foods which will bring unhealthy life to them.

And in that community some people who are also maintaining healthy diet and eating nutritious food. I asked them about nutrition and healthy food which includes proteins and vitamins they said eating a lot of vegetables, fruits, gives us vitamin and protein and I asked all people about how many meals they take in a day mostly they answer 3 meals in a day.

And some of the people were not drinking enough water. And I suggested them eating a healthy food and drinking enough water in a day will make your health life good or better.

## 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 (MARPANE street; Jagadamba junction and kotha road via thapotrani). 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 and well settled and some are middle class families. And some families are not having money to buy proper food to eat they are not having sufficient money for the healthy nutrition food to eat like others. So, these kind of families were didn't answered any question for community service project. And some of the family answered my questions - they responds very well to my every question - they respond very well to my every question with healthy consuming a healthy food in our daily life. These are the details I noticed in my area.

Describe the problems you have identified in the community

The problem 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 an healthy food they were eating the food which gives them an unhealthy life oily, sugar foods was consuming by them and they getting health problem like worthy sugar, obesity cholesterol. In my community areas to know the accurate problems in my community areas people they were facing and I too faced many problem became many of the people in our community area were not answering too my question?

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

They were not keeping money for the food which gives them nutrition they are all eating of junk foods, oily foods, lot of sweets etc which harm their healthy lifestyle.

In some families they not use drinking enough water they were 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 :

- \* Every family should be provided awareness on benefits of healthy foods
- \* every family should change their ideologies and behaviours on the food they consuming daily
- \* everybody they should be drink atleast 2 to 3 litres of water for better digestic system.
- \* They were many of people who didn't consumer healthy food so, we have to suggest them and make them realite about the healthy food which will make their life healthy
- \* closing of outside junk food ~~for~~ a week can a month continuously then they will eat healthy food which includes, vegetables, fruits etc.

### LONG-TERM ACTION PLAN :

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

Description of the Community awareness programme/s conducted w.r.t the problems and their outcomes.

I learned to many classes in the progress of community service conducted by the collage management.

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

I learned the way of interacting with others and communicating and get to know the problems which they are facing and I learned the way of preparation of documentation on the problem if people I learned to be stay with patience when other are not answering to my community services project questions.

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

The main problem of the community is to be maintain a health diet plan they are not having an healthy diet.

If they eat unhealthy food they they will get unhealthy.

Through this program all are noticed that consuming eating of healthy food gives us healthy life and this program to each every 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 6 pages.

### FOOD HABITS

Community programs can expand the opportunities for youth to acquire personal and social assets and to experience the broad range of features of positive developmental settings.

The activities I performed in the Community service project are in to investigate how many people have basic and desired knowledge about FOOD HABITS.

Now,

### INTRODUCTION

The onset of adolescence brings with it many profound changes the growth rate speeds up dramatically this growth spurt occurs due to the activity of hormones that affect every organ of the body and this makes healthy eating



Very important so food is the most important single factor for health and fitness.

Let us define and describe food, nutrition, health and fitness.

Food! Food can be defined as anything solid or liquid which when swallowed, digested and assimilated in the body provides it with essential substance called nutrition and keeps it well. It is the basic necessity of life. Food supplies energy, enables growth and repair of tissues and organs. It also protects the body from disease and regulates body functions.

Nutrition: Nutrition is defined as the science of foods, nutrients and other substances they contain and of their actions within the body including ingestion, digestion, absorption, metabolism and excretion. While this summarizes the physiological dimensions, nutrition has social, psychological and economic dimensions too.

Health and Fitness: All of us want to maintain positive health, a perfect blend of physical, social and mental. Taking adequate amounts of essential nutrients in our diet is necessary to maintain positive health. Physical health is probably the most easily understood aspect.

## BALANCED DIET:

A balanced diet is one which includes a variety of foods in adequate amounts and correct proportions to meet the daily requirement of all essential nutrients such as proteins, carbohydrates, fats, vitamins, minerals, water, and fiber. Such a diet helps to promote and preserve good health and also provides a safety margin or reserve of nutrients to withstand short duration of deprivation when they are not supplied by the diet. The safety margin taken care of the days we fast, or the short term deficiency of certain nutrients in the daily diet. If the balanced diet meets the recommended dietary allowances (RDAs) for an individual then the safety margin is already included since RDAs are formulated keeping extra allowances in mind.

Recommended Dietary Allowances =

Requirement + margin of safety.

A balanced diet takes care of the following aspects :-

- \* Includes a variety of food items
- \* meets the RDA for all nutrients
- \* Includes nutrients in correct proportions
- \* provides a safety margin for nutrients
- \* promotes and preserves good health
- \* maintains acceptable body weight for height.

### Dieting :

Obesity is becoming a crucial problem among adolescents. Intervention is needed to maintain ideal body weight among the entire population. If this is not maintained 80 percent of them will stay over weight as adult. This can put them at risk for many medical problems, including diabetes, high blood pressure, high cholesterol and sleep apnea.

### Nutritional limitations of fast foods :

The following factors appear to be the major nutritional limitations of fast-food meals.

### Calcium, riboflavin, vitamin A :-

These essential nutrients are low unless milk or a milkshake is added.

### Folic acid, fibre :

These are few fast food sources of these key factors but the percentage of energy from fat is high in many meal combinations.

Sodium : - the sodium content of fast food meals is high which is not desirable.

### Healthy eating habits :

Eat three balanced meals of average size each day, plus two nutrition snacks or most try not to skip meals.

Snacks : Snacks should be limited to two each day and they can include low calorie foods, such as raw fruits or vegetables. Avoid using high calories or high fat foods for snacks, especially potato chips, biscuits and fried foods, of course favourite snacks can be consumed once in a while but this should not be made a habit.

Drinking water: Drinking two to six glasses of water each day especially before meals is a good habit. Water has no calories and it will create a feeling of fullness. Avoid drinking soft drinks and fruit juices too frequently as they are high in energy (160-170 calories per serving).

### Diet Journal:

It helps to keep a weekly journal of food and beverage intake and also of the amount of time that is spent in watching television, playing video games and exercising. Recording body weight each week is good practice.

### Factors Influencing eating behaviour

By this time a person reaches adolescence the influences on eating habits are numerous and the formation of those habits is already complex as shown in figure the growing independence of adolescents increased participation in social life and a generally busy schedule or activities have a definite input on what they eat.

Good nutrition promotes not only better physical health and reduced susceptibility to disease, but has also been demonstrated to contribute to cognitive development and academic success.

We need a healthy lifestyle to build up a healthy immune system and to avoid disease.

## Student Self-Evaluation for the Community Service Project

Student Name: **VANATHU JAHNAVI**

Registration No. **770130805317**

Period of CSP From: \_\_\_\_\_ To: \_\_\_\_\_

Date of Evaluation: \_\_\_\_\_

Name of the Person in charge  
Address with mobile number: \_\_\_\_\_

Please rate your performance in the following areas:

Rating Scale: 1 is lowest and 5 is highest rank

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

*V. Jahnavi*  
Signature of the Student

Date: \_\_\_\_\_

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

Student Name: VANUVA JAHNAVI

Registration No: 92030805312

Period of CNP From: To:

Date of Evaluation:

Name of the Person in-charge:

Address with mobile number:

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) Productiveness	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







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Whole Grain & Beans  
**VEG SERVINGS**

Lean, Fat-free &  
 Low-sodium Meats  
**2-3 SERVINGS**

Vegetables & Fruits  
**3-4 SERVINGS**



FAA  
 C  
 G

Lean Meats, Fish, Low-fat Dairy  
 Eggs & Soybeans  
**2-3 SERVINGS**

Fruit & Veg  
**3-4 SERVINGS**

Oils, Nuts,  
 Seeds & Soy  
**5-7 SERVINGS**