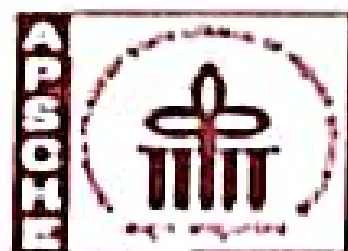


Model Program Book  
**COMMUNITY  
SERVICE  
PROJECT**



Designed & Developed by



**ANDHRA PRADESH  
STATE COUNCIL OF HIGHER EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

Name of the College: MYS. A.VIN College

Department: Bsc [Maths physics statistics]

Name of the Faculty Guide: Ms. G. Navya

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

Name of the Student: CHODIPILLI KODLAYYA

Programme of Study

Year of Study: 2020-23

Register Number: 20130805153

Date of Submission: March 9

## Student's Declaration

I, Ch. Korlayya student of Co.P. Program, Reg. No. 190130005/13 of the Department of B.Sc., MYS., A.V.N. 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 Mrs. G. Navya (Name of the Faculty Guide), Department of Statistics in MYS., A.V.N. College

Ch. Korlayya  
(Signature and Date)

## Endorsements

Faculty Guide G. Navya

[Signature]  
Head of the Department

[Signature]  
Principal

PRINCIPAL  
Mrs. A.V.N. COLLEGE  
VISA KHAPATNAM

# Program Book for Community Service Project

Name of the Student: CHODIPILLI KORLAYA

Name of the College: MV - AVN COLLEGE

Registration Number: 720130805153

Period of CSP: 1 month From: 19-09-2022 To: 10-10-2022

Name & Address of the Community/Habitation: Fishing arbor

## 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 project Director Ms. G. Nayya Madam, lecturer in mathematics, Mrs. A.V.N College, Virathapatnam for her stimulating and inspiring guidance and throughout the progress of this project work.

\* It is my duty to express my thanks to Mr. P. Gandhi, Head of Mathematics and Statistics department and I would also like to express gratitude to Mr. Sankar Narayan sir, Mrs. A.V.N College management for facilitating this project and providing 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 programme can expand the opportunities to youth to acquire personal and social assets and experience—the broad range of features of positive developmental settings.

\* The activities I preferred 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 the sector highly qualified They are very well for my questions and their suggestions and answers are grateful for a person who are in inappropriate manner in following their daily life

It is 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 bring and there 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.

→ pañdora peta, Jataupeta 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 300 years of history in British the whole business of city was located here including the administration of the visakhapatnam district.

→ pañdora peta area from However to End of visakhapatnam fishing harbours. It has many historical fishery units. There are many fishing families here.

The area is administrated 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 basic need for every human being many government schemes are implemented on the distribution of food to everyone for daily needs based on ration card. As per view on now-a-days all we are eating the food does not taken a person healthy just gives energy

→ Fast foods and junk foods makes a person more healthy.

#### Methodology:-

\* For the present study researches concentrated on Socio-Economical background. Health problems in relation to quality of foods and quantum of usage of consumer products with harmful chemicals by the people in study area. Scientific facts behind community need food is one of the most diverse ecosystem.



## 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 after that we have prepared a questionnaire about food habits.		M.N. Grace
Day - 2	with the help of observation we conduct a survey in field area we have chosen to completing community project		D. Lakshmi
Day - 3	with the help of questionnaire conduct a survey in the field/area we have chosen to doing community survey project.		Ch. Divya
Day - 4	with help of questionnaire we conduct a survey in the field area we have chosen to doing community survey project		A. Praveen
Day - 5	with the help of questionnaire we conduct a survey in the field/area we have chosen to doing community survey project		G. Prema
Day - 6	with the help of questionnaire we conduct a survey in the field/area we have chosen to doing community survey		Rishika

## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from our Community (Paludorapeta, Jalaripeta, Visakhapatnam). In this report I was noticed that here people are not following a healthy diet which will help them very much. Some of the families which were leaving in the Community were following on healthy diet and eating on healthy nutrition food. Now-a-days people are not eating healthy and nutrition food that will damage their healthy and leads to get some problem in their body. The Community which was surveyed in that most of families were eating on healthy and nutrition food have eating outside junk food and oily food.

which will change their healthy life in that Community most of the patients were diabetics 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 questionnaire we conduct a survey in the field area as we chosen to doing community survey project.		T. Radhawi
Day - 2	With the help of questionnaire we conduct a survey in the field/area as we chosen to doing community survey project.		K. Meera
Day - 3	With the help of questionnaire we conduct a survey in the field/area as we have chosen to doing community survey project.		S. S. S.
Day - 4	With the help of questionnaire we conduct a survey in the field/area so we have chosen to doing a community survey project.		M. Subramani
Day - 5	With the help of questionnaire we conduct a survey in the field/area as we have chosen to doing a community survey project.		S. S. S.
Day - 6	With the help of questionnaire we conduct a survey in the field/area so we have chosen to doing a community survey project.		M. S. S.

## WEEKLY REPORT

WEEK - 2 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

I have got this information from our community (Paindora-peta, Visakhapatnam) In this two community residency half of the families were focusing on healthy and eating nutrition food which are rich in vitamin and healthy plan for the day and they not even plan and eat these healthy foods.

The people which are eating healthy foods they were gave a suggestions to all families (or) people (or) public to eat healthy nutrition food for better health and become a patient.

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	we learned about the food habits with the help of teachers and mobile phone after that we have prepared a quest- <del>over</del> about food habits.		M.M. Jais
Day - 2	with the help of observation we conduct a survey in field area we have chosen to competing community project		R. Lakshmi
Day - 3	with the help of questionnaire we conduct a survey in the field/ area we have chosen to doing community survey project.		S. Divya
Day - 4	with help of questionnaire we conduct a survey in the field area we have chosen to doing community survey project		A. Praveen
Day - 5	with the help of questionnaire, we conduct a survey in the field/area we have chosen to doing community survey project-		G. Prema
Day - 6	with the help of questionnaire we conduct a survey in the field/ area we have chosen to doing community survey		B.S.



## 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 (Kothagraharam) In that 50% of the family members were having health issues that are mostly /sugar and some other common issues. The remaining families who are living in that residency were following on healthy food diet which are rich in nutrition and vitamins which will keep the body very much in good nutrition condition that helps body to get energy and muscle memory also the health issues families are following now a healthy foods and all peoples families in that community were maintaining a healthy diet.

Mainly in that residency the younger people are addicted to oily food, Junk food which will give them a But not Energy and healthy life.



ACTIVITY LOG FOR THE **Fourth** 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 after that we have prepared a questionnaire about food habits.		M.N. Grace
Day - 2	with the help of observation we conduct a survey in field area we have chosen to completing community project		D. Lakshmi
Day - 3	with the help of questionnaire conduct a survey in the field/area we have chosen to doing community survey project.		Ch. Divya
Day - 4	with help of questionnaire we conduct a survey in the field area we have chosen to doing community survey project		A. Praveen
Day - 5	with the help of questionnaire we conduct a survey in the field/area we have chosen to doing community survey project		G. Prema
Day - 6	with the help of questionnaire we conduct a survey in the field/area we have chosen to doing community survey		Rishika

## 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 questionnaire we conduct a survey in the field area as we chosen to doing community survey project.		T. Madhavi
Day - 2	With the help of questionnaire we conduct a survey in the field/area as we chosen to doing community survey project.		K. Meenu
Day - 3	With the help of questionnaire we conduct a survey in the field/area as we have chosen to doing community survey project.		S. S. S.
Day - 4	With the help of questionnaire we conduct a survey in the field/area so we have chosen to doing a community survey project.		M. Madhavi
Day - 5	With the help of questionnaire we conduct a survey in the field/area as we have chosen to doing a community survey project.		S. S. S.
Day - 6	With the help of questionnaire we conduct a survey in the field/area so we have chosen to doing a community survey project.		M. Madhavi

## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from our Community (Paludorapeta, Jalaripeta, Visakhapatnam). In this report I was noticed that here people are not following a healthy diet which will help them very much. Some of the families which were leaving in the Community were following on healthy diet and eating on healthy nutrition food. Now-a-days people are not eating healthy and nutrition food that will damages their healthy and leads to get some problem in their body. The Community which was surveyed in that most of families were eating on healthy and nutrition food have eating outside junk food and oily food.

which will change their healthy life in that Community most of the patients were diabetics and sugar.

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 questionnaire we conduct a survey in the field/area as we chosen to doing community survey project.		T. Madhavi
Day - 2	with the help of questionnaire we conduct a survey in the field/area as we chosen to doing community survey project.		K. Meenu
Day - 3	with the help of questionnaire we conduct a survey in the field/area as we have chosen to doing community survey project.		S. S.
Day - 4	with the help of questionnaire we conduct a survey in the field/area so we have chosen to doing a community survey project.		M. Madhavi
Day - 5	with the help of questionnaire we conduct a survey in the field/area as we have chosen to doing a community survey project.		S. S.
Day - 6	with the help of questionnaire we conduct a survey in the field/area so we have chosen to doing a community survey project.		M. Madhavi

## 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 based eating - this are the last, questions of Community Survey project

→ This week - 5, I was added another residency for survey in that most of younger and oldy persons are not having on 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 nutrition food.

They said eating a lot of vegetables fruits gives us vitamins and proteins

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 you healthy life good of better.



## CHAPTER 4: 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 programme can expand the opportunities to youth to acquire personal and social assets and experience—the broad range of features of positive developmental settings.

\* The activities I preferred 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 the sector highly qualified They are very well for my questions and their suggestions and answers are grateful for a person who are in inappropriate manner in following their daily life

It is 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 bring and there the data is related to the food habits, whether which type are healthy and unhealthy.



## 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 (paundak  
apeta, Jalavipeta, Visakhapatnam) - 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 riched and wellsettled  
and some are middle class families and some fami-  
lies are not having money to buy proper food  
to eat they are not having sufficient money  
for the hearty nutrition food meat like others.

So, these kind of families were didn't answer  
any questions for Community service project

They also gave suggestions to be hearty  
with consuming a hearty food in our daily life  
These are the details noted in my area.

Describe the problems you have identified in the community

The problems I was identified in my community is they are sugar and obesity people when we under age 18 to 20 years and in the community some families were not eating the food which gives them an unhealthy life style, super foods was consuming by them and they getting health problems like mostly sugar, obesity in the community to know the accurate problems in my community when people they were fasting and I had faced many problems

meeting with all individuals that too personally made us to face lot of troubles in my area

They were not keeping money for the food which gives them nutrition

In some families they not even drinking enough water, they were only drinking 1 to 2 litres of water in a day.

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

### SHORT - TERM ACTION PLAN :-

- \* Every family should be provided awareness on Benefits of Healthy foods.
- \* Every family should change their ideologies and behaviour on the food they consuming daily.
- \* Everybody they should be drink atleast 2 to 3 litres of water, for better digestive system.
- \* closing of outside junk food for a week for a month continuously then they will eat healthy food which includes vegetables, fruits etc.

### LONG - TERM ACTION PLAN :-

- \* they should be know which food is healthy to our body.
- \* They 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 programs 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 communicating and 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 speak straight-forward and facing with other people

If they eat unhealthy food they will get unhealthy

Though this program all are noticed that consuming of healthy food gives us healthy life and their 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 Commu-  
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 activity of hormones that affect every organ of the body and this makes healthy eating very important. So food is the most important. So food is the most important single factor for health and fitness.



Calcium, riboflavin, vitamin - A

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

follic acid, fibres

→ There are few fast food sources of these key factors. fat: 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 nutritious snacks. 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 & vegetables, favourite snacks can be consumed once in a while but this should not be made a habit.



## INTERNAL ASSESSMENT STATEMENT

Name Of the Student: ch. Korlayya  
Programme of Study: C.S.P (FOOD HABITS)  
Year of Study: 2020 - 2023  
Group: BSc (MPS)  
Register No/H.T. No: 720130805153  
Name of the College: MVI A.V.N Degree College  
University: Andhra 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

Signature of the Head of the Department/Principal

Date:

Seal: