

# **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

**Kinthada sandhya rani**

(Reg. No: 720130805155)

Under the Guidance of

**Ms.G.navya**

DEPARTMENT NAME



**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**

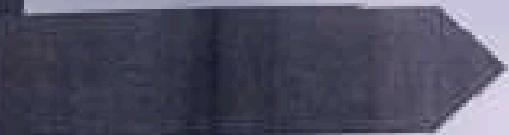
This is to certify that Ms. Anuradha K., Regd. No. 720130805155  
 of Mrs. A.V.N College underwent Community Service Project in  
Food Drives with special reference to Talapatla  
 Visakhapatnam, Andhra Pradesh under the guidance of

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




**Estd: 1860**

Authorized Signatory



# **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: Kintada Sandhyaani

Name of the College: MRS. ANN College

Registration Number: 120130805155

Period of CSP: From: 29/8/22 To: 10/10/22

Name & Address of the Community/Habitation: one town Area, VSP

## 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://apscche.ap.gov.in>

Link:

<https://apscche.ap.gov.in/Pdf/Guidelines%20for%20the%20OJT%20Internship%20Community%20Service%20Project.pdf>

1. It is mandatory for all the students to complete 2 months (180 hours) of Community Service Project as a part of the 10 month mandatory internship/on the job training.
2. Consider yourself as 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 of transportation to reach the community/habitation.
5. You will be assigned with 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 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 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 persons 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.

# Community Service Project Report

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

Name of the College: MRS. Ann College

Department: BSC (Maths, Physics, Statistics)

Name of the Faculty Guide: Ms. G. Navya

Duration of the CSP: From August To October

Name of the Student: Kntada Saranya Rani

Programme of Study: CSP

Year of Study: 2020-2023

Register Number: 201301805155

Date of Submission:

## Student's Declaration

I, Sandhya student of <sup>Community</sup> SCUB Program, Reg. No. 72030805155 of the Department of Maths, M.S. AVN College do hereby declare that I have completed the mandatory community service from Pratho Jalasoph in food habits (Name of the Community/Habitation) under the Faculty Guideship of M.S. G. NAYYU (Name of the Faculty Guide), Department of Statistics in M.S. AVN College

Sandhya  
Signature and Date

### Endorsements

Faculty Guide G. Nayy

P. Gandhi  
P. GANDHI, M.Sc, M.Phil  
Head of the Department  
Department of Mathematics & Statistics  
M.S. AVN College, Visakhapatnam

M. M. M.  
Principal  
PRINCIPAL  
M.S. AVN. COLLEGE  
VISAKHAPATNAM



## Certificate from Official of the Community

This is to certify that ~~Kishore Sandhu~~ (Name of the Community Service Volunteer) Reg. No. ~~20250255~~ of ~~MSU AWC/1011~~ (Name of the College) underwent community service in Food habits (Name of the Community) from August to October.

The overall performance of the Community Service Volunteer during his/her community service is found to be Good (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 ms nayya  
ms. An college vishakhapatnam for her stimulating and inspiring guidance and encouragement throughout the progress of this Project work.
- \* It is my duty to express my thanks to mr. P. Ganti Head of mathematics and Statistical department and I would also like to express gratitude to ms Sankarashayam Sir. Mrs An college management for permitting this project and providing
- \* I would also like to thank to remember to 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 to 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 detailed knowledge about food habits.

I have done my survey in two sectors where the people in the sectors are highly qualified they answered very well for my questions and their suggestions and answers are grateful for a person who are in an appropriate 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 being and these are the data's related to the food habits whether

## 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.

Paindosaipeta, Jabotspeta in Visakhapatnam City India the area falls under the local administrative limits of greatest Visakhapatnam municipal corporation.

Also one town (old town) these places are has more than 300 years of history in British time. whole business of city was located here. including the administration of the Visakhapatnam district.

Paindosaipeta area from harbour to end of Visakhapatnam fishing harbour. It has many historical fishery units there are many fishing families here.

The area is administered by Greatest 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 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 unhealthy

#### methodology:-

- \* For the present study the researcher concentrated on socio-economic background health problems in relation to quality of food and quantum of usage of consumer products with harmful chemicals by the people in study area.

# ACTIVITY LOG FOR THE FIRST WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	N. Vasishini Age: 25 Topic: Food habits Add: Panchsara, Jalasruti	Having an healthy diet and eating the nutritious food	
Day - 2	A. Naga Lakshmi Age: 33 Topic: Food habits Add: Panchsara, Jalasruti	eating 3 meals a day with fruits	
Day - 3	K. Swarna Age: 41 Topic: food habits Add: Panchsara, Jalasruti	eating an healthy food in a day	
Day - 4	Md. Tanu Age: 29 Topic: food habits Add: Panchsara, Jalasruti	All the family members in his family are eating healthy food	
Day - 5	S. Gowri Age: 20 Topic: food habits Add: Panchsara, Jalasruti	not having an healthy diet and eating more only food	
Day - 6	Gr. Sud Dev Age: 42 Topic: food habits Add: Panchsara, Jalasruti	eating un healthy food in a day.	

## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from our community (Paindhanpeta, Jalasepeta, Visakhapatnam). In this report I was noticed that here people are not following a health diet which will help them very much. Some of the families which were leading in the community were following a healthy diet and eating a healthy nutrition food. Now-a-days food 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 an unhealthy and nutrition food have eating outside junk food and oily food.

which will damage their healthy life in that community. Most the patients were diabetes and sugar.

ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	P. Devuduamma Age: 55 Topic: food habits Add: Poindevarapeta, Jalapeta	eating healthy food and Sugar Patient	
Day - 2	ammaji Age: 48 Topic: food habits Add: Poindevarapeta, Jalapeta	eating in healthy food and not drink big quantity	
Day - 3	komali Age: 42 Topic: food habits Add: Poindevarapeta, Jalapeta	eating lot of junk food and having food	
Day - 4	Vangya Age: 43 Topic: food habits Add: Poindevarapeta, Jalapeta	eating in healthy food, lot of sweets & chocolate	
Day - 5	Blagya Age: 26 Topic: food habits Add: Poindevarapeta, Jalapeta	eating healthy and in healthy food	
Day - 6	Saiamma Age: 50 Topic: food habits Add: Poindevarapeta, Jalapeta	not eating good medicine and in healthy food	



## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have got this information from our community (Paindarpeta, USA Khapatnam) in this two community residency half of the families were following an healthy and eating nutrition food which are in vitamin and protein. Some families were not even plan and eat those healthy food.

The people which are eating healthy food were gave a suggestions to all families (our) Peoples (our) Public to eat healthy nutrition food for better health and not become an patient.

If they cross the limit then the healthy with gone.

## ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	B. Damya Age: 53 Topic: food habits Add: Panchsara Pata, Jalara Pata	Sugar patients But mostly healthy food	
Day - 2	Ameena Age: 45 Topic: food habits Add: Panchsara Pata, Jalara Pata	She is a diabetic patient	
Day - 3	Geowar Age: 42 Topic: food habits Add: Panchsara Pata, Jalara Pata	Every eating of rice and side food	
Day - 4	Kanganna Age: 60 Topic: food habits Add: Panchsara Pata	Sugar patients Loving lot of sweets	
Day - 5	manga Age: 55 Topic: food habits Add: Panchsara Pata	Eating healthy food daily	
Day - 6	Roshni Age: 44 Topic: food habits Add: Panchsara Pata	Sugar patients But now maintain healthy food	

# WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have got this information from our community (Painchikapeta, Vissakhapatnam) In this two community residency half of the families were following an healthy and eating nutrition some families were not even plan and eat those healthy foods

The Peoples which are eating healthy foods were gave a suggestions to all families (our) Peoples (all) public to eat healthy nutrition food for better health and not becomes and Patient

If they cross the limit then healthy will be gone.

## ACTIVITY LOG FOR THE THIRD WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Sri Devi Age: 25 Topic: food habits Add: Pandava Peta	eating healthy food	
Day - 2	Kumari Age: 25 Topic: food habits Add: Pandava Peta	not having a proper diet	
Day - 3	Sanyala Age: 25 Topic: food habits Add: Pandava Peta	eating healthy food and drinking 3 litres of water.	
Day - 4	Dhana Age: 29 Add: Pandava Peta Topic: food habits	eating unhealthy food	
Day - 5	Sumalata Age: 25 Topic: food habits Add: Pandava Peta	eating unhealthy food	
Day - 6	Savana Age: 26 Topic: food habits Add: Pandava Peta	eating unhealthy food and healthy food	

## 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 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 a healthy food diet which are rich in nutrition and vitamins which will help the body very much in good nutrition condition that helps body to get energy and muscle memory also a health issue families are following now a healthy foods and all people families in that community were maintaining a healthy diet.

mainly in that residency the young people are addicted to oily food junk food which will give them a fat 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	P. Devudamma. Age: 55 Topic: food habits Add: Pandua Peta.	eating healthy food and sugar. Patient	
Day - 2	Anmaji Age 48 Topic: food habits Add: Pandua Peta	eating in healthy food.	
Day - 3	K. Kamali Age 40 Topic: food habits Add: Pandua Peta.	eating lot of fruit food.	
Day - 4	Veena. Age 28 Topic: food habits Add: Pandua Peta.	eating in healthy foods	
Day - 5	Blawai Age: 29 Topic: food habits Add: Pandua Peta.	eating healthy food.	
Day - 6	T. Laxmi Age 40 Topic: food habits Add: Pandua Peta.	not eating food on-time.	

Objective of the Activity Done:

Detailed Report:

In this week 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 about the healthy food they said that healthy food will help over life being healthy and food which one wears taking is only main thing for over body condition and health.

The people nutrition food gives a healthy life in some families youngest person are eating of oily and junk daily.

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

## ACTIVITY LOG FOR THE FIFTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Varshini Age: 25 Topic: food habits Add: Pindasapota	Having on healthy diet	
Day - 2	ruga Age: 41 Topic: food habits Add: Pindasapota	eating 3 meals in a day	
Day - 3	Lalitha Age: 50 Topic: food habits Add: Pindasapota	eating an healthy food.	
Day - 4	Sopana Age: 41 Topic: food habits Add: Pindasapota	All the family members in her family eat	
Day - 5	Maha Age: 47 Topic: food habits Add: Pindasapota	not having an healthy diet.	
Day - 6	Devi Age: 30 Topic: food habits Add: Pindasapota	eating an healthy food	



# 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 over daily based eating this one for last. Questions of community Survey Project

This week I was asked another question for survey in that most of youngsters and older people also not having an healthy diet and eating junk foods, biscuits, chocolates, oily foods which will bring an unhealthy life to them and in that community some people who are also maintaining healthy diet and eating nutrient food

they said eating a lot of vegetables, fruits gives us vitamin and protein. and some of the people were not drinking enough water and I suggested them eating a healthy food and drinking enough water.

In - a days will make you healthy life good of better.

\* let us define and describe 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 substances called nutrients and keeps it well. It also protects the body from disease and regulates body functions.

\* Nutrition:-

Nutrition is defined as the science of food nutrients and other substance they contain and of their actions with in the body including digestion absorption metabolism and excretion.

\* Health and fitness:-

All of us want to maintain positive health is a perfect blend of physical, social and mental. Physical health is probably the most easily understood aspect.

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

\* I learned to many classes 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 Preparation of documentation on the Problems of people

I learned to speak straight forward and facing with others peoples

If they eat un healthy food they will get unhealthy

though this Program all are noticed that consumption of healthy food gives healthy life and better food gives us Program to each Every one to be healthy

## Calcium riboflavin vitamin A :-

These essential nutrients are low unless milk or a milk stake is included

## Folic acid, fat :-

There 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 these balanced meals of average size each day plus two nutritious snacks try not skip meals

## Snacks

Snacks should be limited to two each day and they can include low calorie foods such as raw fruits & vegetables, popcorn. Snacks can be consumed once in a while but this should not be made a habit

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

### Diets 3-

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 this can put them at risk for many medical problems including diabetes high cholesterol and sleep apnea.

### Nutritional limitations of fast foods-

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

## CHAPTER 6: RECOMMENDATIONS AND CONCLUSIONS OF THE MINI PROJEC

Good nutrition Promotes not only be 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 life style - to Buildup a healthy immune system and to avoid disease.

## Student Self-Evaluation for the Community Service Project

Student Name: Kinthaada Sanchayawani

Registration No: 720130805155

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) 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 Student \_\_\_\_\_

PHOTOS AND VIDEO LINKS



Vizakhapatnam, Andhra Pradesh, India  
 15°07'28.82"N 83°12'58.82"E  
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Madhavapally, Andhra Pradesh, India  
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