



# **Program Book**

## **Community Service Project**



**AP STATE COUNCIL OF HIGHER  
EDUCATION**

**(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)**

**STUDY ON FOOD HABITS IN THE ONE TOWN AREA,  
VISA KHAPATNAM DISTRICT, ANDHRA PRADESH.**



COMMUNITY SERVICE PROJECT

SUBMITTED IN PARTIAL FULFILMENT FOR B. SC DEGREE

SUBMITTED BY

NAME : PEESA SAI

REG.NO : 720130805160 2nd B.sc MPS

UNDER THE GUIDANCE OF FACULTY MY MENTOR

MS. G. NAVYA

Lecturer in Mathematics



Estd : 1860

MRS AVN DEGREE COLLEGE , VISA KHAPATNAM

**Program Book  
for  
Community Service Project**

**Name of the Student:** PEESA SAZI

**Name of the College:** MRS. A.V.N COLLEGE

**Registration Number:** 720130805160

**Period of CSP:**            **From:**            **To:**

**Name & Address of the Community/Habitation:**

# Community Service Project Report

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

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

Department: BSC (maths physical statistics)

Name of the Faculty Guide: MS. G. Navya

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

Name of the Student: PEESE SAI

Programme of Study

Year of Study:

Register Number: 720130805760

Date of Submission:

### Student's Declaration

I, M. Sai, a student of <sup>community</sup> Sorail Program, Reg. No. 720130805760 of the Department of statistics, MRS. 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 Ms. G. Navya, (Name of the Faculty Guide), Department of statistical in MRS. A.V.N. College

(Signature and Date)

### Endorsements

Faculty Guide G. Navya

D. Suresh  
Head of the Department

Head of the Dept.  
Dept. of Physics, Electronics and Computer Science  
Mrs. A.V.N. COLLEGE  
VISA KHAPATNAM  
Principal

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

**Certificate from Official of the Community**

This is to certify that P. Sai (Name of the Community Service Volunteer) Reg. No 720130805160 of M.S. A.V. N. 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 Solo Efforts of an Individual the present study has been carried out with the cooperation 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 Mrs. Navya Madam, Lecturer in Mathematics, Mrs. AVN College, Visakhapatnam 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. Gandhi. Head of Mathematics and Statistical 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 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 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 are highly qualified. They answered 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 convincing 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.

→ Paindorapeta · Talasi Peta 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.

→ Paindora Peta 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 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 glaring 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 make 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-economical background health problems in relation to quality of food's 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 good habits with the help of Textbook and Mobile phone about that we have prepared a questionnaire about food habits		
Day - 2	with the help of questions we conduct a survey in the field area we have chosen to complete community project		
Day - 3	with the help of questionnaires we conduct a survey in the field/area we have chosen to do community survey project		
Day - 4	with the help of questionnaires we conduct a survey in the field area we have chosen to do community survey project		
Day - 5	with the help of questionnaires we conduct a survey in the field/area we have chosen to do community survey project		
Day - 6	with the help of questionnaires we conduct a survey in the field/area we have chosen to do community survey project		

## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from our community (Painderapeta, Talakurpeta, Visakhapatnam) in this survey I was noticed that here people are not following a health diet which will help them very much some of the families which were living in the community were following an healthy diet not eating on healthy nutrition 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 an healthy and nutrition food that food have eating outside junk shop food and oily foods

which will damage their healthy life. In that community most the patients were diabetics and sugar

## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have got this information from our community (Paingorapeta, Visakhapatnam) in this two community Residency half of the families were following an healthy and eating nutrition food which are so rich in vitamin and protein some families were not have any healthy plan for the day and they not even plan and eat those 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 not become an patient.

They cross the limit then the healthy with you.

## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have got this information from our community (Paindara peta, visapha palnam) in this two community residency day of the families were following ~~on~~ healthy and eating nutrition food which are rich in vitamin and protein plan for the day and they not even plan and eat those healthy foods.

The people which are eating heavy foods they were gave a suggestions to all families (or) people (or) public to eat healthy nutrition food for better health and not become a patient.

in If they cross the limit than the healthy will gone.

## 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 (Kohagohoa). 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 an healthy food diet which are in rich in nutrition condition that And vitamins which will help the body very much in good nutrition condition that keeps body to get energy and muscle memory also the 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 younger people are addicted to oily food, junk food which will give them a But not energy and healthy life.

## 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 on food habits such as the number of times the person eats meals in a day.

So after my completion of asking the questions to each person of the family. Then I asked about the Healthy food. They said that Healthy food will help over life. Being Healthy and good which are less taking is only main thing for over body condition and Health.

The people nutrition foods gives a Healthy life. In some families younger person are saving of city and junk food diets.

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

This time less sugar patients and all the families were following a rich Healthy diet.



## 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 dialy community survey project.

→ This week-5 I was asked another residency for survey in that cross of younger and older persons also not having a healthy diet and eating junk food's sweet chocolates oily foods which will bring an unhealthy life to them and in the community some people who are also maintaining healthy diet and eating nutritious 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 suggested them eating a healthy food and drinking enough water in a day will make you healthy life good of 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 locality (Paindo xipeta, Talaxipeta, 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-rich and well settled and some are middle class families and some are middle class families are not having money to buy proper food to eat they are not having sufficient money for the healthy nutritious food meat like others

So, these kind of families were didn't answered any questions for community service project.

They also gave suggestions to be healthy with consuming a healthy food in our daily life. These are the details & not read in my area.

## Describe the problems you have identified in the community

The problems I was identified in our community is they are sugar and obesity people who are under age of 40 to 70 yrs and to 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 problems like mostly sugar, obesity in my community areas, so I know the accurate problems in my community areas people they were facing and I too faced many problems.

Meeting with all individuals that too personally made we to take too of peoples to my area.

They were not keeping money for the food which given them nutrition.

In some families they not even drinking enough water. They were not 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.

\* Every family should be provided awareness on Bengali to Healthy foods.

\* Every family should change their Ideology and Behaviour on the food they consuming daily

\* Every body them should be drink atleast 2 to 3 weeks of water for Better digestive system

\* Closing of outside Junk food for a week (or) a month continuously then they will eat Healthy food which Includes vegetables, fruits etc

\* They should be know which food is Healthy so 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 so 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 to speak straight-forward and facing with other people

by 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 are 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 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 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 foods nutrients and other substances they contain and of their actions within the body including digestion, absorption, metabolism and excretion.

⇒ Health and fitness :- All of us want to maintain positive health, i.e., a perfect blend of physical, social and mental. 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 day's requirements of all essential nutrients such as proteins, carbohydrates, fats, vitamins, minerals, water and preserve good health and also provides a safety margin.

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 =

Requirements + margin of safety



A Balanced diet Paper cover 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.

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, 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

Calcium, riboflavin, Vitamin A:-

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

folic acid, fibre:

There are few best food sources of these key factors, but: The percentage of energy from fat is high in many meal combinations

Sodium:-

The sodium content of best food meals is high which is not desirable.

Healthy eating Habits:-

→ eat these balanced meals of average size each day, plus two nutrition 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 or vegetables. however snacks can be consumed once in a while but this should not be made a habit

## Drinking water :-

→ Drinking four to six glasses of water each day. 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 & Beverage Intake and also of the amount of time that is spent in watching television playing video games - recording Body weight each week is good practice.

## Factors Influencing Eating Behaviour :-

→ By the time a person reaches adolescence the influences on eating habits are numerous and the formation of those habits and a generally busy schedule of activities have a definite input on what they eat.

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

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.



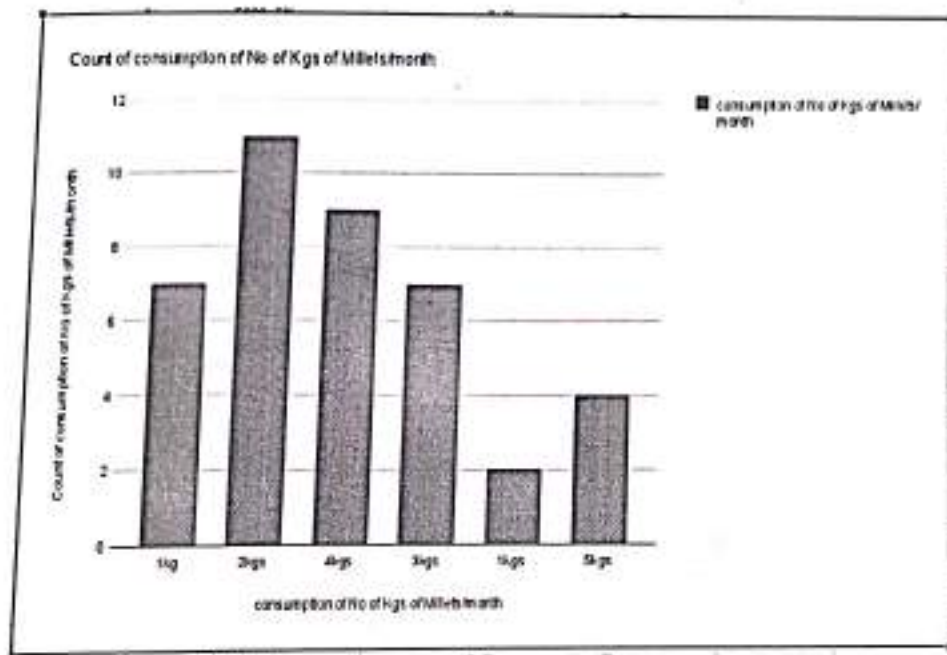
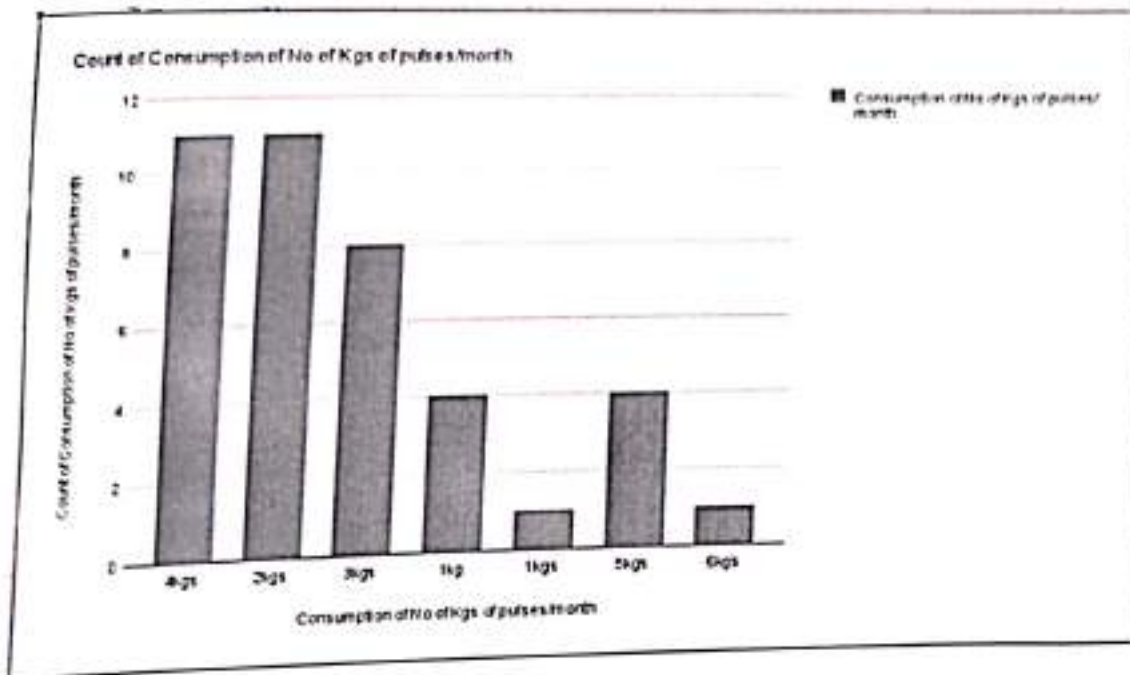


Fig. 8 representing consumption of millets per month per family

Based on the above fig 8. Most of the people are consumption of millets is 2kgs and 4kgs per month. Some of people are taken less amount of millets due low income. Fig(8)



**Fig. 9 Representing consumption of pulses in kgs per month per family**

Based on the above figure.9 most of the people are consuming pulses, 4kgs and 2kgs per month. Some of the people are taken less amount of pulses due to low income and lack of knowledge.

### Problems identified

1. Not conscious about health, hygiene and food habits.
2. They are not eating immunity boosters like lemon, A vitamin rich food carrot and calcium rich food curd due to low income
3. Most of the people are using LPG to cook food. Using fuel wood is very problem during winter and rainy season to get it fire immediately



Mrs AVN college

Students community internship

( Food habits )

Name of the student : P. SAI

Group : MPS

Roll number : 720130805160 Date of the survey :

Tick (✓) in the appropriate box of column.

1.) Name of the Head of the Household : N. PYDAMMA

Postal Address : P. Indrayapeta District : VISAKHAPATNAM

2.) Religion : a.) Hindu ✓ b.) Muslim c.) Christian d.) Others.

3.) Household size : Adults 02 children 03.

4.) Houstype : a.) Pucca ✓ b.) Semi pucca c.) Homeless .



a.) Very well b.) Fairlywell c.) Not well d.) Never heard of it .

## REPORT 2 :



MrsAVNcollege

Studentscommunityinternship

(Foodhabits)

Nameofthestudent: Group: P. SAI (MPS)

Rollnumber: Dateofthesurvey: 720130805160

Tick(✓)intheappropriateboxofcolumn.

1.) NameoftheHeadoftheHousehold: CH. YELAMMA .



**..Conclusion:** A healthy diet is a diet that maintains or improves overall health. A healthy diet provides the body with essential nutrition: fluid, macronutrients such as protein, micronutrients such as vitamins, and adequate fiber and food energy. As per the healthy eating plate concept everyone should eat vegetables, fruits, whole grains and protein rich foods. At the same time the production should be increased, should be available at affordable cost to make a regular eating habit of healthy foods instead of consuming instant energy giving processed foods. Most of the drinks and unhealthy instant making foods are being advertised on televisions. Now it is the need of the hour to advertise and broadcast about all healthy foods in an attractive manner to reach its nutritional value and health benefit to each and everyone.

## Student Self-Evaluation for the Community Service Project

Student Name: PEE SA SHI

Registration No: 720130805160

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:

*P. Sai*  
Signature of the Student

## Evaluation by the Person in-charge in the Community/Habitation

Student Name: PEESA SHI

Registration No: 720130805160

Period of CSP: 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) 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