

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

Sirigidi ramesh

(Reg. No-720130805164)

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 Sriqirishma Regd No 20192016 of Mrs. A.V.N. College underwent Community Service Project in Footloists with special reference to Jakeshola Visakhapatnam, Andhra Pradesh under the guidance of Dr. Jyoti from 29/08/21 to 10/10/21.


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


P.B.N. Thakur
(Head Administrative Function)
Authorized Signatory



Program Book

Community Service Project



**AP STATE COUNCIL OF HIGHER
EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

Student's Declaration

I, S. Ramesh, a student of C.S.P Program, Reg. No. 128/30900/14 of the Department of Stat. (MS. AVN) College do hereby declare that I have completed the mandatory community service from 10/10/2014 to 10/10/2014 in pothabti (Name of the Community/Habitation) under the Faculty Guideship of Ms. Sanyal (Name of the Faculty Guide), Department of Statistics in MS. AVN Degree College.

Ramesh
(Signature and Date)

Endorsements

Faculty Guide G. Nayana

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

Principal

Mrs. A.V.N. College
PRINCIPAL
Mrs. A.V.N. COLLEGE
VISAKHAPATNAM

Program Book for Community Service Project

Name of the Student: SIRIGIDI . RAMESH

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

Registration Number: 720130805164

Period of CSP: From: Aug To: Oct

Name & Address of the Community/Habitation:

Certificate from Official of the Community

This is to certify that S. RAMESH (Name of the Community Service Volunteer) Reg. No 720130705104 (Name of the College) MRS. A.V. NALLA underwent community service in Mosque Street (Name of the Community) from August to September

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

Community Service Project Report

Submitted in accordance with the requirement for the degree of -----

Name of the College: MAS AVN Degree College.

Department: BSC (maths, Physics, Statistics)

Name of the Faculty Guide: ms. Navya

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

Name of the Student: Srividya Ramesh.

Programme of Study: CSP

Year of Study: 2020 - 2023

Register Number: 202020205104.

Date of Submission: 19-04-2023.

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 development settings.

The activities I prepared in the community center 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 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 people and some other people are not being and there the data is 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.

paindōapeta, jabōripeta in virakhatnam city india the area falls under the local administrative limits of greater virakhatnam municipal corporation.

also one town (old town) there place are has more than 500 years of history in British the whole business of city was located here including the administration of the virakhatnam district

paindōapeta area form harbour to end of virakhatnam fishing harbour it has many historical fishery units there are many fishing families here.

there are is administered by greater virakhatnam 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 station 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 un healthy
- methodology:-
- * for the present study the researcher concentrated on socio-economic back ground health problems in relation to quality of foods and quantum of usage of consumer products with harmful chemicals by the people in study area.

WEEKLY REPORT

WEEK - 1 (From Dt _____ to Dt _____)

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from our community (paiddapeta, jaluripeta, visakhapatnam). In this report it was noticed that these 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 day that will damage their healthy and leads to get some problem in their body. The community which was surveyed is that most of families were eating an healthy and nutrition food but eating outside junk food and oily foods

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

ACTIVITY LOG FOR THE FIRST WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Rama Age : 37 topic : food habits Add : paindarapeta	eating a healthy food overall the day	
Day - 2	K. mani Age : 42 topic : food habits Add : paindarapeta	eating unhealthy food and not drinking enough	
Day - 3	Komalini Age : 41 topic : food habits Add : paindarapeta	eating lot of junk foods and having food	
Day - 4	Vanaja Age : 43 topic : food habits Add : paindarapeta .	eating unhealthy food : lots of sweets & chocolates	
Day - 5	Shagya Age : 26 topic : food habits Add : paindarapeta	eating healthy and unhealthy food	
Day - 6	Sai amma Age : 50 topic : food habits Add : paindarapeta	not eating food on time and unhealthy	

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have got this information from our community (paindarapeta, usathapalnam) 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 (a) peoples (b) public to eat healthy nutrition food for better health and not becomes and 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	N. Varshini Age: 25 Topic: food habits Add: paundraputa	having unhealthy diet on eating the nutritious food	
Day - 2	A. Naga Lakshmi Age: 33 Topic: food habits Add: paundraputa, Jabripu	eating 2 meals a day with fruits	
Day - 3	K. Sulpana Age: 41 Topic: food habits Add: paundraputa, Jabripu	eating unhealthy food in a day	
Day - 4	S. Geetha Age: 30 Topic: food habits Add: paundraputa, Jabripu	All the family members in her family was eating healthy food	
Day - 5	Md. Tanu Age: 29 Topic: food habits Add: paundraputa, Jabripu	not having an healthy diet and eating more only foods	
Day - 6	G. Sri Devi Age: 42 Topic: food habits Add: paundraputa, Jabripu	eating unhealthy food in a day	

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 the 80% of the family member 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 such in

nutrition and vitamins which will help the body very much in food nutrition condition that helps body to get energy and muscle. Hence 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 hot energy and healthy life.

ACTIVITY LOG FOR THE THIRD WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
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Day - 1	Soni Anni Age: 25 Topic: food habits Add: paindarapeta	eating healthy food	
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Day - 2	Kumari Age: 35 Topic: food habits Add: paindarapeta	not having a proper diet	
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Day - 3	Syamala Age: 35 Topic: food habits Add: paindarapeta	eating healthy food and drinking 3 litres of water	
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Day - 4	Dhana Age: 29 Topic: food habits Add: paindarapeta	eating unhealthy food	
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Day - 5	Sumalatha Age: 25 Topic: food habits Add: paindarapeta	eating unhealthy food	
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Day - 6	Savana Age: 36 Topic: food habits Add: paindarapeta	eating unhealthy food and healthy food	
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WEEKLY REPORT

WEEK - 4 (From Dt _____ to Dt _____)

Objective of the Activity Done:

Detailed Report:

In this week - I have prepared a questionaire 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 the each person of the family then I asked about the healthy food they said that healthy food will help our life being healthy and food which are taking is only main thing for our body condition and health.

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

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

ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	P. puundamma Age: 55 topic: food habits Add: paindoraputa	eating healthy food and sugar patient	
Day - 2	ammaji Age: 48 topic: food habits Add: paindoraputa	eating unhealthy food	
Day - 3	eamala Age: 40 topic: food habits Add: paindoraputa	eating lot of junk food	
Day - 4	wusa Age: 28 topic: food habits Add: paindoraputa	eating healthy food	
Day - 5	chavani Age: 29 topic: food habits Add: paindoraputa	eating healthy food	
Day - 6	T. beemi Age: 40 topic: food habits Add: paindoraputa	not eating food on time	

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 board asking this are the last questions of community survey project.

This week I was added another residency for survey in that most of younger and older person also not having an healthy diet and eating junk foods, sweets chocolates oil foods which will bring unhealthy life to them and in that community some people who are also maintaining healthy diet and eating nutritious food.

They said eating a lot of vegetables fruits gives us vitamins 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

ACTIVITY LOG FOR THE FIFTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	worshini Age: 25 Topic: food habits Add: paiderapeta	having on healthy diet	
Day - 2	naga Age: 41 Topic: food habits Add: paiderapeta	eating meals in a day	
Day - 3	lakshmi Age: 50 Topic: food habits Add: paiderapeta	eating a unhealthy food	
Day - 4	sushana Age: 41 Topic: food habits Add: paiderapeta	All the family members in her family was eat	
Day - 5	maha Age: 47 Topic: food habits Add: paiderapeta	not having an healthy diet	
Day - 6	dewi Age: 30 Topic: food habits Add: paider	eating an healthy food	

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 years and in the community some families were not eating an healthy food they are eating the food which gives them an un healthy life oily sugar foods was consuming by them and they getting health problems like mostly sugar, obesity in my community area to know the accurate problems like mostly accurate problems in my community area people they were facing and I too faced many problems

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

they were not keeping mainly for the food which gives them nutrition

In some families they not even drinking enough water they were only drinking enough 1 to 2 liters of waters in a day

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 pāindōrapita, pālaripita vīsthapatnam. The survey was done on each and every house for the project purpose in that area some peoples are very lower in their saving and some are two-sicked and will getted and some are middle-class families and some families are not having money to buy proper food to eat they are not having money for the healthy nutrition 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 I noticed in my area.

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 may performed changes in growth & sexual occur due to activity of hormones

Balanced diet:

* A balanced diet is one which includes a variety of foods in a adequate amounts and correct proportions to meet the daily requirements of all essential nutrients such as proteins carbohydrates fats, vitamins minerals water and fiber. Such a diet help to promote and preserve good health and also provides a safety.

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

• 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 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

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.
- * every body they should be drink atleast 2 to 3 liters of water of 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.

long term action plan :-

they should be know which food is healthy to our body.

they should be a special course on food habits

every family should be get a scientific knowledge about food to eat.

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.

Dieting:-

Obesity is becoming a critical 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 shake is ordered

folic acid fibres?

there are few fast food source 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 skip meals

snacks?

snacks should be limited to two each
day and they can include low caloric food
such as raw fruits or vegetables, favorite
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 fruits Juices too frequently as they are high in energy (16-170) calories per serving

Diet Journal:

It helps to keep a weekly journal of food & because in take 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 influence on eating habits are numerous and the information of these habits

PHOTOS AND VIDEO LINKS



Student Self-Evaluation for the Community Service Project

Student Name: S. Parvathy
 Registration No: 720130808164
 Period of CSP: from August - October
 Date of Evaluation: _____
 Name of the Person in-charge: _____
 Address with mobile number: _____

Describe your performance in the following areas:

Rating Scale: 1 is lowest and 5 is highest rank.

	1	2	3	4	5
I) Oral communication					
2) Written communication					
3) Progression					
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					

Date: _____

Signature of the Student _____

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

Teacher Name: S. RAMESH
Registration No: 720130805164
Period of CSP: From Aug 1-Oct
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) Punctuality	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