

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

Thatikonda madhavi

(Reg. No: 720130805167)

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 THA KANTA MADHU Regd. No. 120130106167
 of Mrs. A.V.N. College underwent Community Service Project in
food banks with special reference to jalarama
 Visakhapatnam, Andhra Pradesh, under the guidance of
NAVYA MADHU Regd. No. 120130106167

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



Estd: 1860

Authorized Signatory

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2023/03/18 13:53

Student's Declaration

I, T. Madhusai student of community Program, Reg. No. 7201907096 of the Department of MS.C.T. M.S.A.V.N. College do hereby declare that I have completed the mandatory community service from Andhra Jalandhar (Name of the Community/Habitation) under the Faculty Guideship of MS.C.T. MS.A.V.N. Name of the Faculty Guide, Department of MS.C.T. in MS.A.V.N. College

(Signature and Date)

Endorsements

Faculty Guide G. Nanya

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

[Signature]
Principal
PRINCIPAL
M.S. A.V.N. COLLEGE
VISAKHAPATNAM

narzo

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2023/03/18 13:56

Certificate from Official of the Community

This is to certify that T. Madhavi (Name of the Community Service Volunteer) Reg. No 72013080516 of MYS. AN. Nello (Name of the College) underwent community service in M. S. 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

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2023/03/18 11:57

ACKNOWLEDGEMENTS

- * A success full project report is not the result of sole effect 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. navya.
- * Mrs - A.V.N college uisachapatnam for her simulating 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 Mrs sankaranarayan sir, Mrs. A.V.N college management for facilitating this project and providing.
- * I would and also like to thank 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 development 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 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 there the death 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.

Paindoraipeta, Jalariipeta in Visakhapatnam City India the area falls under the local administrative limits of greater Visakhapatnam municipal corporation.

also one town (old town) these place are has more than 300 years of history in which the whole business of city was located here. including the administration of the Visakhapatnam district

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

these are 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 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 un-healthy.

methodology:-

* for the present study the researcher concentrated on socio-economic 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

ACTIVITY LOG FOR THE FIRST WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Rama Age: 87 Topic: food habits Add: paindora petta, jaloripeta	eating a healthy food overall the day	Rama
Day - 2	K. Mani Age: 42 Topic: food habits Add: paindora petta, jaloripeta	eating unhealthy food and not drinking enough water	
Day - 3	Komali Age: 42 Topic: food habits Add: paindora petta, jaloripeta	eating lot of junk foods and having food	
Day - 4	Vanaja Age: 43 Topic: food habits Add: paindora petta, jaloripeta	eating unhealthy foods. lots of sweets & chocolates	
Day - 5	Bhagya Age: 26 Topic: food habits Add: paindora petta, jaloripeta	eating healthy and unhealthy food	
Day - 6	Saiamma Age: 50 Topic: food habits Add: paindora petta, jaloripeta	not eating food on time and unhealthy	



WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from our community (pandolapeta, jalasipeta, urvala apakam), 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 leaving in the community were following on healthy diet and eating on healthy nutrition food now-a-days 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 to eating outside junk food and oily foods.

which will damage their healthy life in that community want 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	N. Varshini Age :- 25 Topic :- food habits Add :- paindoraputa, jaloriputa	having unhealthy diet an eating the nutritious food	
Day - 2	A. Naga Lalshmi Age :- 33 Topic :- food habits Add :- paindoraputa, jaloriputa	eating 2 meals a day with fruits	
Day - 3	K. Suparna Age :- 41 Topic :- food habits Add :- paindoraputa, jaloriputa	eating unhealthy food in a day	
Day - 4	Md. Tanu Age :- 29 Topic :- food habits Add :- paindoraputa, jaloriputa	All the family members in the family was eating healthy food	
Day - 5	S. Gowri Age :- 30 Topic :- food habits Add :- paindoraputa, jaloriputa	not having an healthy diet and eating more only foods	
Day - 6	G. Sri Aani Age :- 42 Topic :- food habits Add :- paindoraputa, jaloriputa	eating unhealthy food in a day	



WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have got this information from our community (palandarapeta, visakhapatnam) in this true 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 foods.

The people which are eating healthy foods were gave a suggestions to all families (in) peoples (in) public to eat healthy nutrition food for better healths and not become 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	B. Ramya Age: 53 topic: food habits Add: paindarapeta, jakupeta	sugar patient but maintaining healthy food	
Day - 2	Ameena Age: 48 topic: food habits Add: paindarapeta, jakupeta	she is a diabetes patient	
Day - 3	Rosau Age: 42 topic: food habits Add: paindarapeta, jakupeta	every day eating read. side food	
Day - 4	Naganamma Age: 50 topic: food habits Add: paindarapeta	sugar patients eating lot of sweets	
Day - 5	Manga Age: 65 topic: food habits Add: paindarapeta	eating healthy food daily	
Day - 6	Rosie Age: 42 topic: food habits Add: paindarapeta	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 (paundrapeta, virabhadrapeta) 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 (or) peoples (or) public to eat healthy nutrition food for better health and not becomes and patient

if they cross the limit then 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	Soni Anvi Age: 25 topic: food habits Add: paindara peta	eating healthy food	
Day - 2	Kumari Age: 35 topic: food habits Add: paindara peta	not having a proper diet	
Day - 3	Syamala Age: 35 topic: food habits Add: paindara peta	eating healthy food and drinking 3 liters of water	
Day - 4	Shana Age: 29 Add: paindara peta topic: food habits	eating unhealthy food	
Day - 5	Sumalatha Age: 25 topic: food habits Add: paindara peta	eating unhealthy food	
Day - 6	Savana Age: 36 topic: food habits Add: paindara 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 the 50% of the family member were having health issues that are mostly sugar and some other comon issues the remaining families who are living in that residency were following an healthy food diet which are rich in

nutrition and vitamins which will help the body way much in good nutrition condition that helps 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.



ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	P. pseudamma Age: 55 topic: food habits Add: pandorapita	eating healthy food and sugar patient	
Day - 2	ammaji Age: 48 topic: food habits Add: pandara peta	eating unhealthy food	
Day - 3	K. Kamali Age: 40 topic: food habits Add: pandara peta	eating lot of junk food	
Day - 4	vesra Age: 28 topic: food habits Add: pandara peta	eating healthy food	
Day - 5	Bhavanthi Age: 29 topic: food habits Add: pandara peta	eating healthy food	
Day - 6	T. Laxmi Age: 40 topic: food habits Add: pandara peta	not eating food on time	



WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week - 4 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 we 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 houses 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 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 : paindrapeta	having on healthy diet	
Day - 2	Naga Age : 41 topic : food habits Add : paindrapeta	eating sweets in a day	
Day - 3	Lakshmi Age : 50 topic : food habits Add : paindrapeta	eating a unhealthy food	
Day - 4	Sujana Age : 41 topic : food habits Add : paindrapeta	all the family members in her family was at	
Day - 5	Maha Age : 47 topic : food habits Add : paindrapeta	not having an healthy diet	
Day - 6	Devi Age : 30 topic : food habits Add : paindrapeta	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 our daily based eating 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 nutrient 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 days 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 location of painchripeta, jalasripeta wira kharpaknam. The survey was done on each and every house for the project purpose in that area. Some people are very lower in their earning and some are two-riched 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 money for the healthy nutrition food meal like others.

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

They also gave suggestions to be taken with concerning 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 problems I was identified in our community is they are sugar and obesity people when are under age of 40 to 70 years and in the community some families were not eating our 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 know 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 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 behaviours on the food they consuming daily
- * every body they should be drink atleast 2 to 3 liters of water for better digestive system.
- * closing of outside junk food for a week or 1 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 may classes in the programs of community service conducted by the college management

I learned to give proper explanation on particular topic to other

I learned the way of preparation of documentation on the problems of people

I learned to speak straight forward and facing with other peoples

If they eat un-healthy food they will get unhealthy

through this program all are noticed that consuming of healthy food gives

healthy life and their food gives is 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 may profound changes the growth rate speeds up dramatically this growth spout occur due to activity of hormones



* 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 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



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 helps 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 \approx

Requirements 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.

obesity:-

obesity is becoming a social 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 fiber :-

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
may not skip meals

snacks :-

snacks should be limited to two each day and they can include low calorie food such as some 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 and avoid drinking soft drinks and fruit juices so frequently as they are high in energy (160-170) calories per serving

Diet Journals

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 behaviours:

by the time a person reaches adolescence the influence on eating habits are numerous and the formation of these habits.



Student Self-Evaluation for the Community Service Project

Student Name: T. madlavi
 Registration No: 720130205164
 Period of CSP: From: Augst To: Oct
 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) 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 Student

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

Student Name: THATIKONDA MADHAVI
 Registration No: 720180805167
 Period of CSP: From: Augst To: 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) 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

PHOTOS AND VIDEO LINKS



INTERNAL ASSESSMENT STATEMENT

Name Of the Student: THATIKONDA . MADHAVI
Programme of Study: C.S.P (Food Habits)
Year of Study: 2020-2023
Group: B.SC (MPS)
Register No/LLT. No: 720130209167
Name of the College: M.O.S. H.V.N College
University: Andhra university

Sl.No	Evaluation Criteria	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

Date:
Seal:

Signature of the Head of the Department/Principal