

Model Program Book  
**COMMUNITY  
SERVICE  
PROJECT**



Designed & Developed by



**ANDHRA PRADESH  
STATE COUNCIL OF HIGHER EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

## Student's Declaration

I, am ch. Jyothsna, a student of Community Service Program,  
Reg. No. 720130805176 of the Department of Statistics  
Mrs. A.V.N College do hereby declare that I have completed  
the mandatory community service from September to November in  
(Name of the Community/Habitation) under the Faculty  
Guideship of Mr. Sharukh streek, (Name of the Faculty Guide), Department  
of Statistics in Mrs. A.V.N College

ch. Jyothsna  
(Signature and Date)  
08/03/23

### Endorsements

Sharukh  
Faculty Guide

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

[Signature]  
Principal  
PRINCIPAL  
Mrs. A.V.N. COLLEGE  
VISAKHAPATNAM

## Acknowledgements

I would like to convey my heartfelt gratitude to APSCH for giving this wonderful opportunity to us and I'm also thankful to the Andhra University.

I would also like to thank our college principal and all the faculty members who guided us in the completion of this project and also thankful for providing me with this wonderful opportunity to work on a project with the topic study of food habits. The completion of the project would not have been possible without their help & insights.

Secondly, I would also like to thank all of the community of "B" "MOSQUE street" for giving the proper responses.



I am extremely grateful to the people of my neighbourhood sectors responded with high level of valuable suggestions and guidance for completion of my project. This cooperation and healthy criticism came handy and useful with them.

finally, I would like to thank my parents who helped me a lot in gathering different information, collecting this project, despite of their busy schedules, they gave me different ideas in making this project unique.

Thanking you.

ch. Jyothsna

B.sc [M.S.CS]

Reg no :- 720130805176

## CHAPTER 4 EXECUTIVE SUMMARY

The community service report shall have only a one-page executive summary. It shall include a brief description of the Community and summary of all the activities done by the student in CSP and five or more learning objectives and outcomes.

Community 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 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 this sector are highly qualified they answered very well for my questions and their suggestions and answers are greatly helpful for a person who are in inappropriate manner in following their daily life activities in now-a-days while doing

This Survey It is observed that people are following a very good time table in consuming of healthy food, when compared with youngage people and some other people are not being. And here the data is related to the food habits whether which type are healthy and not unhealthy.

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## 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.

MOSQUE street, Tagadamba junction 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 area the business of whole city was located here including the administration of visakhapatnam District.

MOSQUE street area from jumer choultry to end of visakhapatnam port. It has many historical Educational institutions.

There are so many middle class students  
are learning Education 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 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 their daily needs based on ration card.

As per view on now-a-days all are eating the food does not make a person healthy just gives energy. Fast foods and Junk food makes a person more unhealthy, Oil foods, Sweets, imbalance a person health and not maintaining proper time keeps a person unhealthy.

## Methodology :-

for the present study the researcher concentrated on Socio-Economical background health problems in relation to quality of foods and quantum of usage of consumer products with harmful chemicals by the people in study area. Scientific facts behind Community need :- food is one of the most diverse Ecosystem.

while some of these items are too basic and are a part of our regular meals, others may have some mind-blowing qualities.

## 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 (MOSQUE street, jagadamba junction, and Kotha road visakhapatnam). The Survey was done on each and every house for the project purpose. In that area some people are very lower in their earnings and some are too-riched and 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 sufficient money for the healthy nutrition food to eat like others.

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

And some of the families answered my questions they responds very well to my every questions. 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.



## Questionnaire :-

### Personal details :-

Name of the person :

Gender :

Age :

Occupation :

Address :

### Survey Questions :-

- 1) What is healthy food habits ?
- a) Vegetables
  - b) 1 time a day to eat fruits
  - c) a & b is correct
  - d) fast food.
- 2) How many times do you eat fruits, vegetables and fruit Juices ?
- a)  $\frac{1}{2}$  times a day
  - b) 1 time a day
  - c) 3 times a day
  - d) Never

3) Do you Eat non-veg Every day ?

- a) yes                      b) No

4) what type of milk do you use most often ?

- a) None                      b) full fat  
c) Soya                      d) Other

5) How often do you eat fried food ?

- a) Daily                      b) 1-3 times a week  
c) Sometimes              d) Never

6) How often do you eat fruits and vegetables ?

- a) Daily                      b) 2/3 times a day  
c) Sometimes              d) Never

7) what do you eat for breakfast most days ?

- a) Tiffins                      b) bread  
c) Eggs and milk              d) other

8) Do you usually take sugar in ?

a) Tea

b) coffee

c) Do not drink coffee / Tea.

9) what type of meal or meals do you prepare most often ?

a) fry

b) boil

c) bake

d) grill

10) Do you eat breakfast every morning ?

a) yes

b) No

c) Sometimes



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 45 years. And in the Community some families were not eating any healthy food they were eating the food which gives them an unhealthy life. Cilly, sugar foods was consuming by them and they getting health problems like mostly sugar, obesity, cholesterol. In my Community areas, to know the accurate problems in my Community areas people they were facing and I too faced many problems because many of the people in Our Community areas were not answering to my questions.

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

In some families they not even drinking enough water. They were Only drinking 1 to 2 liters 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.
- \* Everybody they should be drink atleast 2 to 3 liters of water for better digestic system.
- \* They were many of people who didn't consume healthy food so, we have to suggest them and make them realize about the healthy food which will make their life healthy.

### LONG - TERM ACTION PLAN :-

- \* There should be know which food is healthy to our body.
- \* There should be a separate course on food habits.
- \* Every family should be get a Scientific knowledge about food to eat.



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

I learned to many classes in the programs of Community Service Conducted by the College management.

I learned to give proper Explanation on Particular topic to other.

I learned the way of interacting with Others and Communicating and get to know the problems which they are facing. And I learned the way of preparation of documentation on the problems of people.

I learned to be stay with patience when Others are not answering to my Community Survey project question.

I learned to speak straight - forward and facing with Other people.

The main problem of the Community is to be maintain a health diet plan. They are all not having an healthy diet.

If they eat unhealthy food they will get unhealthy.

Through this program all are noticed that Consuming / Eating of healthy food gives us healthy life. And this 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 8-10 pages.

### ∴ Food HABITS :-

Community program 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 into 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 the 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 is the basic necessity of life. Food supplies energy enables growth and repair of tissues and organs. 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 ingestion, digestion, absorption, metabolism and excretion. While this summarizes the physiological dimensions, nutrition has social, psychological and economic dimensions too.

→ Health and fitness :-

All of us want to maintain positive health i.e., a perfect blend of physical, social and mental. Taking adequate amounts of essential nutrients in our diet is necessary to maintain positive health. 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 fiber. Such a diet helps to promote and preserve good health and also provides a safety margin or reserve of nutrients to withstand short durations of deprivation when they are not supplied by the diet. The safety margin takes care of the days we fast, or the short term deficiency of certain nutrients in the daily diet. 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 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.
- \* Maintains acceptable body weight for height.

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, 50 percent of them will stay overweight as adults. This can put them at risk for many medical problems, including diabetes, high blood pressure, 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 milkshake is ordered.

### folic acid, fibre :-

These are few fast food sources of these key factors. fat: The percentage of energy from fat is high in many meal combinations.

### Sodium :-

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

### Healthy eating habits :-

Eat three balanced meals of average size each day, plus two nutritional snacks. One must try not to skip meals.



## Snacks :-

Snacks should be limited to two each day and they can include low calories foods, such as raw fruits or vegetables. Avoid using high calories or high fat foods for snacks, especially potato chips, biscuits and fried foods. Of course favourite 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, especially before meals is a good habit. Water has no calories and it will create a feeling of fullness. Avoid drinking soft drinks and fruit juices too frequently as they are high in energy (150 - 170 calories per serving).

## Diet Journal :-

It helps to keep a weekly Journal of food and beverage intake and also of the amount of time that is spent in watching television, playing video games and exercising. 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 is extremely complex, as the growing independence of adolescents, increased participation in social life and a generally busy schedule of activities have a definite impact 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.







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