



Program Book

Community Service Project

**AP STATE COUNCIL OF HIGHER
EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

Student's Declaration

I, D. Pragna, a student of Community Service Program, Reg. No. 20130805171 of the Department of Statistics Mrs. A.V.N. College do hereby declare that I have completed the mandatory community service from August to September in Mosque Street. (Name of the Community/Habitation) under the Faculty Guideship of Mr. Sharukh Sheikh (Name of the Faculty Guide), Department of Statistics in Mrs. A.V.N. College

D. Pragna
(Signature and Date)

3/03/23

Endorsements

Sharukh
Faculty Guide

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

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

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 Sharukh sir, Lecturer in Mathematics, Mrs. AVN college, Visakhapatnam, for his 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 the Mathematics and Statistical department and I would also like to express gratitude to Mr. Sarakar Narayan sir, Mrs. AVN college management for facilitating this project and providing his guidance throughout the duration of his the project.

I would also like to thank the faculty and staff of the institute, family members, and my deep 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 opportunity for youth to acquire personal and social skills and to experience the broad range of features of positive developmental settings.

The activity I performed in the Community Service was to investigate how many people have basic and desired knowledge about food habits.

I have done my survey in two sectors. Why the people in this sector are highly qualified they answered very well for my questions and their suggestions and answer are greatly helpful for a person who are in inappropriate manner in following their daily life activity in non-a days while doing this survey I 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 here the data is related to the food habits whether which type are healthy and not 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.

MOSQUE street - Jagadamba junction in Visakhapatnam city, India. The area falls under the local administrative limits of Greater Visakhapatnam Municipal Corporation.

Also one town (old town) there places are having more 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 Turkey Choultry to end of Visakhapatnam port. It has many historical educational institutions. There are so many middle class students are having 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 become a growing problem around the world that affect not the healthy 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 we are eating the food does not than a person healthy just give energies. Fast foods and junk food make a person more unhealthy. Oil foods, sweets, in fact a person health and not maintaining proper time keeps a person unhealthy.

Methodology :- for the present study the research is concentrated on socio economic background, health problem in relation to quality of food and quantum of wage of consumer products with harmful chemical by the people in study are. scientific facts behind community needs food is one of the most diverse ecosystems while some of these times are two basic and a part of our regular meals, other may have some nice blowing quality.

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 leather 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 rich and well settled and some are middle class family. And some families are not having money to buy proper food to eat. They are not having sufficient money for the healthy nutrition food in fact like others.

So, these kind of families were directly answered my questions for community service project.

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

They also give suggestions to be healthy with community & 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

c) a & b is correct

b) 1 time a day to eat fruits

d) fast food.

2) How many times

do you eat fruit vegetables

and fruit Juices :

a) 1/2 time a day

c) 3 times a day

b) 1 time 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

c) Soy-

b) full fat

d) other

5) How often do you eat fried food?

a) Daily

c) Sometimes

b) 1-3 times a week

d) Never

6) How often do you eat fruits and vegetables?

a) Daily

c) Some-times

b) 2/3 time a day

d) Never

7) What do you eat for breakfast most days?

a) Tiffin

c) Eggs and milk

b) bread

d) other

8) Do you usually take sugar in?

a) Tea

c) Do not drink coffee/tea.

b) coffee

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

a) fry

c) bake

b) boil

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 problem I was identified in my community is they are sugar and obesity people who are under age of 60 to 70 years. And in the community some families were not eating an healthy food they were eating the food which give them an unhealthy life, oily sugar food was consuming by them and they getting health problems like mostly sugar obesity cholesterol in my community area. To know the all write problems in my community area people they were lowering and I too faced many problem because many of the people in my community area were not answering to my questions.

meeting with all individuals that too personally made me to face lot of troubles in my age

They were not keeping money for the food which give them nutrition. They are all eating of junk food, oily food, fast food etc. which harm their healthy lifestyle.

In some families they not were drinking enough water. They were only drinking 1 to 2 liter 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 ideology and behaviour on the food they consuming daily.
- * Everybody they should be drink atleast 2-to 3 liter of water for better digestive system.
- * If they were many of people who didn't consume healthy food so, we have to suggest them and make them the realistic about the healthy food which will make their life healthy.
- * Chring of outside junk food for a week can a lose continuously then they will eat healthy food which includes vegetables, fruits etc.

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 program 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 problem 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 service project questions. 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 they will get unhealthy.

Through this program all are noticed that consuming / eating of healthy food give us healthy life. And the program to reach 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 program can expand the opportunity for youth to acquire personal and social aspects and to experience the broad range of facilities of positive developmental settings.

The activities performed in the Community Service project are in to investigate how many people have basic and desired knowledge about FOOD HABITS.

INTRODUCTION

The onset of adolescence brings with it many profound changes. The growth rate speeds up dramatically. This growth spurt occurs due to the activities 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 function.

⇒ Nutrition: Nutrition is defined as the science of food nutrients and other substances they contain, and of their actions within the body including ingestion, digestion, absorption, metabolism and excretion. While this summarises the physiological dimension, 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 essential 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 amount and correct-proportions to meet the day's requirements of all essential nutrients such as proteins, carbohydrates, fats, vitamins, minerals, water, and fibre. 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 Recommendation, then the Allowance (RDAs) for an individual, then the safety margin is already included since RDAs are formulated keeping extra allowance 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 proportion
- * 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, 30% of them will spy 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 added.

Folic acid fibre

— There 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. pay two nutritious snacks. one must try not to skip meals

Snacks

Snacks should be limited to two each day and they can include low caloric foods, such as low fruits or vegetables. Avoid using high caloric or high fat foods for snacks, especially potato chips, biscuits and fried food, of course favorite snacks can be consumed once in a while but they should not be made a habit.

Drinking water Drinking 8 to 10 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 influence 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

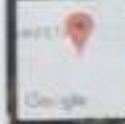
Good nutrition promotes not only better physical health and reduced susceptibility to disease, but has also been demonstrated to contribute to cognitive development and academic success.

We need a healthy lifestyle to build up a healthy immune system and to avoid disease.




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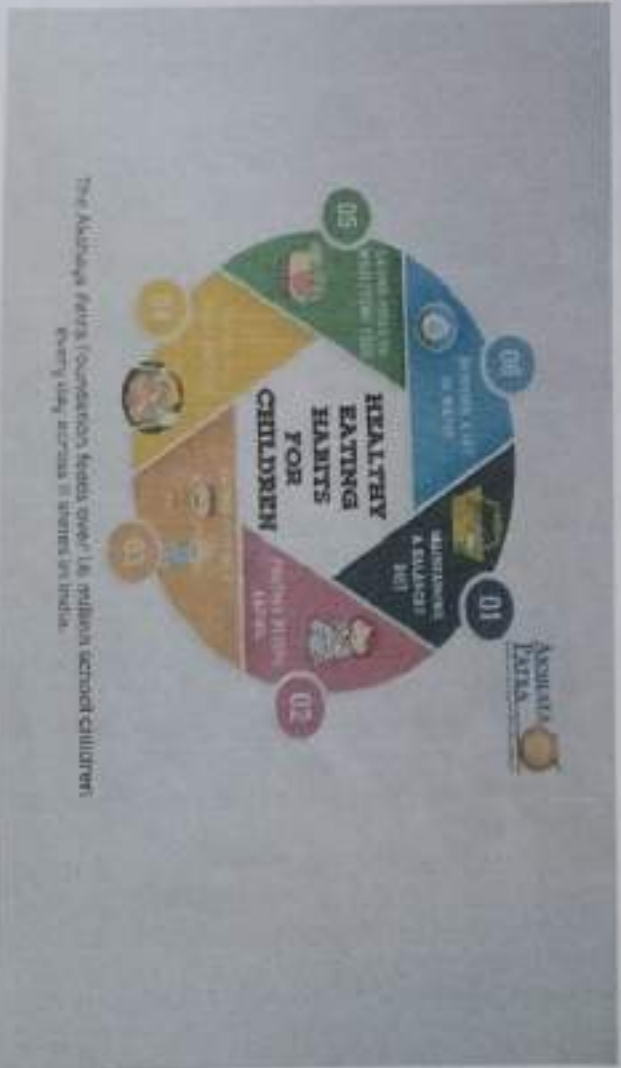

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Have plenty of
vegetables and fruits

Eat protein foods



Make water
your drink
of choice

Choose
whole grain