



Program Book

Community Service Project



**AP STATE COUNCIL OF HIGHER
EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

Student's Declaration


I, Govind S. S. S. S., a student of Community Sciences Program, Reg. No. 920120080.5.179. of the Department of Statistics, Mrs. A.V.N. College do hereby declare that I have completed the mandatory community service from August to 06.10.2023 in one Town... (Name of the Community/Habitation) under the Faculty Guideship of Mrs. Sharmila (Name of the Faculty Guide), Department of Statistics in Mrs. A.V.N. College

G. S. S.
(Signature and Date)
04-03-2023

Endorsements


Faculty Guide


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


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 Shreekrishna Sir, faculty 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. Sankar Narayan Sir, Mrs. AVN College Management for facilitating this project And providing this 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 for youth to acquire personal and social assets and to experience the broad range of features of positive development 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 serving 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 new-u-days.

It is observed that people are following a very good time table in consuming of healthy food, when compared with gangage people and some other people are not being.

And how 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 less more than 30 years of history. In British era the business of whole city was created here including the administration of Visakhapatnam District.

Mosque Street are from turning Chaitanya to End of Visakhapatnam port. It has many historical Educational Institutions. There are. Researching 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.

New-age Diets, food habits. become a growing problem around the world that affect 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 previous one new age diets all are are creating the food Decision makes a person healthy just gives Energy.

Methodology:

For the present study the researcher concentrated on Socio-Economical background, health problems in relation to Quality of usage of Consumer products with harmful Chemicals by the people in study area.

While some of these items are too basic and are a part of our regular meals, others may harm. Some mind-blowing chemicals.

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 C mosque Street, jayadamba junction, and katha road v.s.p.

The Survey was Done on Each and Every house for the project purpose. In that area some people are very poor in their earnings and some are too rich 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.

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 10 to 70 years.

And in the Community Some families were not eating a healthy food they were eating the food which gives them an unhealthy life. They were consuming a lot of sugar foods and they were getting health problems.

Like mostly sugar, obesity, cholesterol. In my Community were people they were facing and I had faced many problems because many of the people in our Community were not answering for my question.

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

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 plans:

- * 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.
- * There 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 plans:

- * There should be now 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 other and Community and get to know the problems which they are facing. And I learned the way of preparation of Documentation on the problems of 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.

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 opportunities young youth to receive personal and social aids and to experience the broad range of features of positive developmental settings.

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.

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.

→ 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.

→ 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 for positive health.

Questionnaire:

Personal Details:

Name of the person:

Gender :

Age :

Occupation :

Address :

Survey Questions:

- 1) What is healthy food habit? []
- 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) 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.

ii) 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 fruits and vegetables?
[]

- a) Vegetables Daily b) 2/3 times a day.
c) Some times d) never.

7) What Do you Eat your 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.

BALANCED DIET.

A balanced diet is one which includes a variety of foods in adequate amounts and correct proportions. to meet the body'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 of reserve of nutrients to withstand short durations of deprivation.

Recommended Dietary Allowances =
Requirements + Margin of Safety.

A balanced diet takes care of the following aspects:

- * Includes a variety of food items;
- * Meet 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.

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, 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 few nutritional snacks.

Snacks:

Snacks should be limited to two each day and they can include low calories foods, such as stew fruits or vegetable. Avoid using high calories or high fat foods for snacks,

Drinking water:

Drinking five 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.

(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,

Factors influencing Eating behaviour:

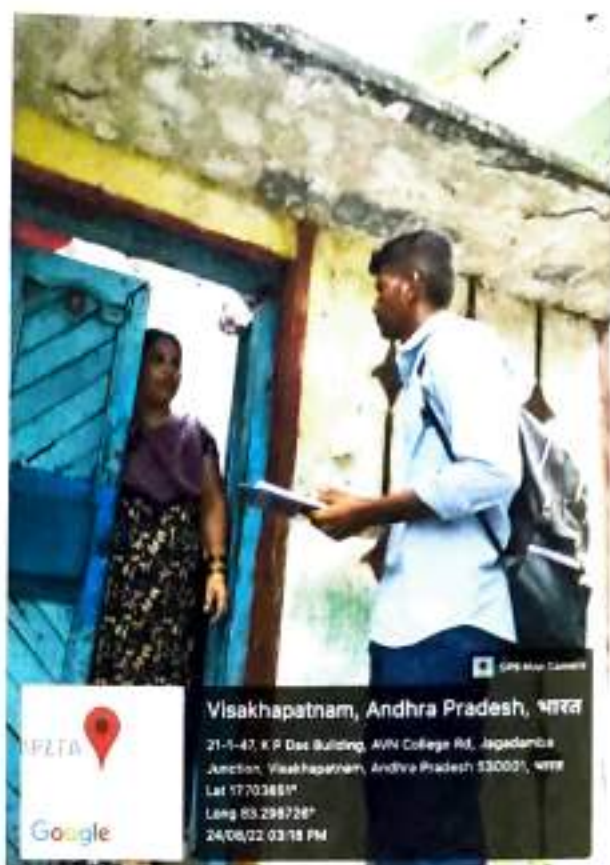
By the time a person reaches adolescence the influences on eating habits are numerous and the formation of those habits is extremely complex, as the growing independence of adolescents, increased participation in social life and a generally busy schedule of activities have a definite impact on what they 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 life style to build up a healthy immune System And to avoid Disease:



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