



Program Book

Community Service Project

AP STATE COUNCIL OF HIGHER
EDUCATION

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

**Program Book
for
Community Service Project**

Name of the Student: M. Harish
Name of the College: Mrs. Ann - college.
Registration Number: 720130805193

Period of CSP: **From:** **To:**

Name & Address of the Community/Habitation: Kothuru, Cheralappada,
Bheemunipatnam (M),
Visakhapatnam (Dt)

Student's Declaration

I, ~~M. Harish~~ a student of B.S.C. Program, Reg. No. 72013029593 of the Department of ~~Statist.~~ ^{STATISTICS & MATHEMATICS} Mrs. A.V.N. College do hereby declare that I have completed the mandatory community service from..... toin Kothuru... (Name of the Community/Habitation) under the Faculty Guideship of ~~Ch. Mallika~~ (Name of the Faculty Guide), Department of ~~Statistics~~ in ~~Mrs. A.V.N.~~..... College & Mathematics.

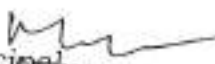


(Signature and Date)

Endorsements

Faculty Guide *Ch. Mallika*


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


Principal
PRINCIPAL
Mrs. A.V.N. COLLEGE
VISA KHAPATNAM

ACKNOWLEDGEMENTS

It is really a matter of pleasure for me to get an opportunity to thank all the person to contributed directly (or) Indirectly for the successful completion of the Project Report, "A Study on Health and Hygiene in the community" with special reference to Kothuru, Chitalupada, Visakhapatnam (Dt) of Andhra Pradesh.

I wish to express my gratitude to all the members of Kothuru for giving the proper responses, which has been instrumental in completion of this project.

I am thankful to our principal —
of Mrs. AVM college and my mentor Ch. Mallika (M-Phil) (Phd) Lecturer in Mathematics Visakhapatnam for their support and encouragement throughout the tenure of the project. Also I am very grateful to S. Sharuk, Department of Mathematics and P. Gandhi, _____ HOD in Department of Mathematics & Statistics. And other faculty members for being a source of support during this project period.

Name :- M. HARISH
Regd. No :- 720130805193
B.Sc. Statistics.

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 projects help in building interests and talents of students. It builds approaches to learning skills. It provides a more low stakes "practice" of skills and organization to prepare for the required personal project to determine areas for programme improvement. And also this community projects 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 to create an awareness on health and hygiene to people. And to know about how many people are leading a healthy life.

I conducted a survey in the community to know how many people know what the good health is. And to know about their problems facing on their health issues, cleanliness in their area, what kind of food they are eating to be healthy. And these questions are prepared from various topics.

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.

Through This community Service part, I had a positive impact on my academic learning, improved my ability to apply what I have learned in the real world. I had positive impact on academic outcomes such as demonstrated complexity of understanding problem analysis, problem solving, critical thinking and cognitive development.

Due to this project, I had greater sense of personal development and personal efficiency, personal identity, spiritual growth and moral development. Particularly the ability to work well with others and build leadership and communication skills, reduced stereotypes and greater inter cultural understanding.

It improved social responsibility and citizenship skills, greater involvement in community service after graduation and greater academic learning leadership skills and personal efficiency can lead to greater opportunity.

This community service part brought an effective thought in different aspects in an particular community.

ACTIVITY LOG FOR THE FIRST WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	We learned about The health and hygiene with The help of some books and internet. we gathered some information regarding our topic.	We come to know about how health and hygiene plays a crucial role in our human life.	
Day - 2	We prepared a questionnaire about health and hygiene. And we selected a Particular Area for survey.	Based on gathered information we came to know what type of questions should be asked.	
Day - 3	With The help of question -naire. we conducted a Survey in The field/area we have choosen for project	from The question -ire we came to know what are The problems in a	
Day - 4	with The help of questionnaire we conducted a Survey in The field / area where we have choosen for The com -pletion of our project.	from The Prepared Questionary we came to know their availabilities in Their area	
Day - 5	With The help of question -naire we conducted a Survey in The field/area where we have choosen for our project.	we understand Some of the issues about their health of people in the area.	
Day - 6	With The help of question -naire. we conducted a Survey in The field/area where we have choosen for The completion of our project	we told some of The measures and precautions for Their health issues	

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have abstracted This information from The community (Kothuru, Cheralappada, Visakhapatnam). In This Report I was noticed That here people are having so many health issues and not maintaining a healthy diet They are not aware of Nutritious food. In That community we conducted survey for specified people like old aged people one day in that survey we came to know That They all are having healthy diet and taking prescribed Medicines for Their health condition. As well as we observed Their health condition. As well as for Their daily needs. By using the questionnaire which was prepared by The gathered information we went to The houses and asked questions to The individuals of The house. which gave us an overview on health issues which They are facing. And also about The no. of Availabilities in the community which makes Their life little better.

ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	with The help of question -aire we conducted a Survey in The field area as we choosen for our project.	we came to know what are the problems in the area.	
Day - 2	With The help of question -aire we conducted a survey in the area where we have choosen for The completion for our project	from The surley we came to know Their availabilities in their area.	
Day - 3	with The help of question -ary we conducted a Survey in The area where we have choosen for The C.S.P	we understand some of The issues about Their health of The people in the area	
Day - 4	with The help of question -airy we conducted a Survey in the area where we have choosen for The C.S.P.	we came to know about their availabilities in Their area.	
Day - 5	with The help of question -airy we conducted Survey in The area where we have choosen for The community Service Project	we came to Under Stand some of The issues about Their health of People	
Day - 6	with The help of questionnaire we conducted a survey in The field/area where we have choosen for the C.S.P	we told some of Precautions and measures for Their health issues	

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

We have gathered so much information from the selected community (Rathur, Chopalupada). From the survey we noticed that the people in the community are facing so many problems. Health plays a crucial role in everyone's life. In that community we conducted a survey for specified people like children from 8-15 years aged. We gave some information to them. And the children told that they are having their mid-day meal in their schools. That which is one part which is provided in the mid-day meal program gives vitamins, minerals and fats to the children's body. But also they are having so many health problems like fever, cold, allergies. Due to their surroundings lack of cleanliness leads to the health issues of the children. We created an awareness on children's health problems to their parents to take care of their food and medicines. We also provided some pamphlet about healthy life. And medicines for some daily routine medicines.

ACTIVITY LOG FOR THE THIRD WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	with the help of questionnaire we conducted a survey in the field/area as we chosen for our project	from the survey we came to know what are the problems in area.	
Day - 2	with the help of questionnaire we conducted a survey in the field/area we chosen for our project	from the survey, we came to know their availabilities in their area.	
Day - 3	with the help of questionnaire we conducted a survey in the area as we chosen for our project.	we understand and some of the issues about their health of people in the area.	
Day - 4	with the help of questionnaire we conducted a survey in the area as we chosen for our project	we came to know about their availabilities in their area.	
Day - 5	with the help of questionnaire we conducted a survey in the area as we chosen for our project	We came to understand some of the issues about their health of people.	
Day - 6	with the help of questionnaire we conducted a survey in the field/area as we chosen for our project	we told some of precautions and measures for their health issues.	

WEEKLY REPORT

WEEK - 3 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

We have acquired their information from the selected community (Kothuru, Chitalappada). In this report I was noticed that here people are having health issues and not leading healthy life. We prepared a questionnaire to identify the problems. We conducted survey for middle aged people in that area. We asked them so many questions about their health, and food habits of their daily life. And also the hygiene ways they follow to lead a clean and good life. We conducted an awareness campaign with effective plus cards with attractive drawing and slogans. And we gave suggestions to their all health problems. And we told them to maintain proper diet to be healthy. Therefore you will not get sick and do their work without any issues completely. We gave some hand written papers with personal measures and rules as well as diet measures to the rules for the middle aged people. They were very happy after listening all their and praised us for taking part of this community projects.

ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	After conducting 3-weeks of survey we gathered all the outcomes of the people.	we came to know the outcomes of the survey.	
Day - 2	According to the outcomes we conducted and prepared pluck-cards on health and hygiene.	we came to create some awareness.	
Day - 3	on the third day we conducted a campaign with those pluck-cards to aware people.	we came to aware people by using diagrams.	
Day - 4	Next day also we covered some other areas campaign and created awareness.	we came to aware those people with the slogans.	
Day - 5	with all our team members of our project participated in the campaign program and took pictures.	we came to create some awareness in the area.	
Day - 6	After the campaign we conducted awareness program in that area addressing some problems.	we finally created the solutions of the problems.	

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In week-4 we all team members of community project conducted an awareness campaign. We started preparing pluck cards using cardboard and sketches. Our idea is to create awareness in people in an effective way. So we gathered all the pluck-cards and went to the community and started campaigning there with different slogans. Our campaign will influence people by encouraging them to adopt simple healthy habits that can prevent diseases. Our India ~~clean~~ and green govt has also launched an programme called "Swachh Bharat" to keep our India clean and green. which helps to lead good and peaceful life.

And we took a particular topic dedicating an entire day to health issue and helps raise greater and potential treatments available. And we went to each house to aware about all things which they are facing. we discussed about the problems about their surroundings and also we suggested them to what to do to clear their small surrounding issues. They took an initiative on the day we felt very happy.

ACTIVITY LOG FOR THE FIFTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	on The first day of 5th week we conducted an awareness Campaign on some of the problems	we came to know that so many people all got awared.	
Day - 2	we created an overview about what to do and not to do to lead healthy life.	we came to know that the overall thing about the topic	
Day - 3	we conducted awareness program to clear all the doubts what they have about health.	we came to know about the clear picture of health & hygiene.	
Day - 4	we conducted awareness program about children health and their growth.	we created an awareness about the topic.	
Day - 5	we prepared an ppt about health & hygiene to create much awareness visually.	we created an visual pictures about the respective topic	
Day - 6	on the last day, we presented the ppt on behalf of the people in the area.	we finally had created an full-pledged matters over the topic.	

WEEKLY REPORT

WEEK - 5 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

Awareness raising is a process that seeks to inform and educate people about a topic (or) issue with the intention of influencing their attitudes, behaviours and beliefs towards the achievement of a defined purpose (or) goal. It can mobilize the power of public opinion in support of an issue. In that awareness campaign we used audio-visual material such as PPT Video, and small video screen for an effective awareness on the people. And we conducted discussions with ward members of the community and also along with the community members. We gave them some newspapers, and articles which have important information about health and hygiene. The people in the area are got excited after watching the PPT video which was done by our students to be an crucial part of improving their locality. We also discussed with the higher officials of the respective problem facing ~~area~~ ~~in~~ the area. We requested them to take care of the problem and try to solve as early as possible. They responding very quickly and promised us that they will solve problems.

CHAPTER 5: OUTCOMES DESCRIPTION

Details of the Socio-Economic Survey of the Village/Habitation. Attach the questionnaire prepared for the survey.

QUESTIONNAIRE	
Personal Details :-	
Name of The Person :-	:
Gender :-	:
Age :-	:
Occupation :-	:
Address :-	:
Survey Questions :-	
(1) What does hygiene mean?	
(a) Keep your body clean (b) keep your house clean	
(2) How do you feel that the cleanliness in your local environment?	
(a) Good (b) OK (c) bad.	
(3) How many times in a week the street dust bins are cleaned?	
(a) Daily (b) Twice a week (c) Alternate days	
(4) How many members are living in your house?	
(a) 2 (b) 3 (c) 4 (d) More Than 4	
(6) What kind of Toilets do you use in the home?	
(a) personal Toilet (b) Sharing Toilet (c) open Toilets	

6) Where do you get drinking water for your house?

(a) Municipal tap (b) borewell (c) well.

7) What form of drinking water are you using?

(a) boiled water (b) original form (c) R.O Treated

8) How many times would you wash your hands in a day.

(a) 2 times (b) Before eating (c) when needed

9) What type of vegetables do you take in your meal?

(a) balanced diet (b) Very low diet (c) Imbalanced diet

10) How often do you get a health checkup?

(a) once in 3 months (b) once in 6 months
(c) only whenever needed.

11) How many times do you eat food in a day?

(a) 3 times (b) 5 times (c) 2 times

12) How many days do you store vegetables and fruits?

(a) one week (b) 2-weeks (c) 5-days

13) Would you spray any mosquito killing chemicals in drainage and surrounding places?

(a) Yes (b) some times (c) No.

14) What do you say about your overall health?

(a) Good (b) OK (c) bad.

15) Do you have any hereditary diseases?

Describe the problems you have identified in the community

from the survey in the community I observed so many problems, which they are facing among many days. In the area first thing I observed is health care problems. And there is a shortage of water because there are no proper water pipelines in the community. In particular place in the area I identified open drainage there which causes so many health issues to the people in the locality. And also they are facing mosquitoes problem in the evening time leads to dengue, malaria fever which is very harmful and decreases the platelet count in the body. Near the community there are small factory type godowns which releases waste gases. All the people are using lots of plastic materials. No one is aware of what will happen with the over usage of plastic, because most of plastic materials people in the locality are illiterates they all are daily labourers. They are leading a below middle class life there. In that area I also identified what the roads are also not good, there are some holes on the roads which causes so many accidents, but they are not taking any initiative for the development of their surroundings.

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.

By using the gathered information from the survey there are many problems they are facing in their daily life. For the problems there are some short term solutions are in the hands of the individual person. For water shortage the solution is construct dams near the area, water conservation and drums for daily usage. Another major issue is mosquitoes in the evening time and the solution for this problem is using screens on windows and doors, repairing the drainage holes and also by stopping mosquitoes from laying eggs in or near water, by these solutions we can reduce spreadable diseases like malaria, dengue, etc. The most important problem is using of plastic which leads to dangerous health issues. And the measures for control of using plastic by replacing plastic tupperware for glass (or) steel containers, by avoiding using of plastic bags and straws. By the above short-term solutions all the problems can be controlled temporarily means for some of the days or months.

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

Along with survey in the area, we also conducted so many awareness programmes. Firstly we concentrated on children health issues on that topic we explained all the parents how to maintain a proper diet for their children we told them to avoid junk food and fatty meals for their children. As a part of awareness campaign we went to schools and suggested the head of the school to improve healthy food options in school as well as physical education and physical activity opportunities in school which makes the children strong & healthy. And also we conducted an awareness program on the health measures which has to be followed necessarily. And the water shortage problem in their area and solutions to reduce the water scarcity in coming future.

The most important issue is hygiene. There is no one who knows what is hygiene so, we created an awareness by explaining and also showing some of the virtual images and videos about hygiene, what are the types of hygiene and what are the measures to maintain good health. Finally we created an overview about their problems they are facing in their 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.

ABSTRACT :-

Introduction :-

According to The world health organization, health is defined as "a state of complete physical social and mental well-being and not merely the absence of disease or infirmity".

And "hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases."

Good health is more important than being free from disease. Healthy people are more efficient productive and live longer than unfit people. Important factors that contribute to good health and hygiene are Balanced diet personal hygiene.

Every day, we eat a variety of meals. Food is

required by all living creatures. plants and animals both require nourishment in order to flourish.

plants produce their own food, whereas animals rely on the substance of others. we all start the day with a healthy breakfast and then eat at least two additional large meals - lunch and dinner.

The food components are at five categories are carbohydrates, fats, vitamins, proteins, minerals. As like health, hygiene is also a very much important factor which keeps us healthy person. There are many types of hygiene, home hygiene, respiratory hygiene, laundry hygiene, medical hygiene, at home sleep hygiene, food hygiene. Some factors affecting health are due to individual choices, such as whether to engage in a high risk behaviour, while others are due to structural causes, such as whether the society is arranged in a way that makes it easier or harder for people to get necessary health care services. Still, other factors are beyond both individual and group choices, such as genetic disorders.

AIM :- The Aim and objective was to study the health status of school going children and to establish the relationship of education, hygiene and sanitation with the general health. Awareness about health and hygiene of people.

MATERIALS AND METHODS :-

The present observational study was carried out in Vishakhapatnam district of Kothuru, Cheraluppada, Andhrapradesh. To record the health status of local people from randomly selected area. The collected numerical data was statistically analysed in the form of pie charts and bar diagrams.

RESULTS :- The present survey was carried out during year 2022 in Kothuru, Cheraluppada Vishakhapatnam district. Covering 120 people to understand about health and hygiene. The majority of people don't know about health and hygiene. They don't know that what type of food should be taken for healthy body. Some of the people follow healthy diet and maintaining regular exercise proper health.

* Conclusion :- The present study yielded information basically on health across the population and also about the hygiene how it will be helpful to lead a good and healthy life.

History :-

In 1948, in a radical departure from previous definitions, the World Health Organization (WHO) proposed a definition that aimed higher, linking health to well-being, in terms of "physical, mental and social well-being and not merely the absence of disease and infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities.

Hippocrates is considered to be the father of modern medicine because in his books, which are more than 70, he described in a scientific manner, many diseases and their treatment after detailed observation. He lived about 2400 years ago.

The first modern, pharmaceutical medicine was morphine, which was invented in 1804 by Friedrich Sertürner, a German scientist. He extracted the

Main active chemical from opium in his laboratory and named it Morphine, after The greek god of Sleep.

The American Social Hygiene Association partnered with the government during world war I. The American Social Hygiene Association provided social hygiene health and sexual health information to the soldiers in hopes that this education would help take fewer soldiers out of action from Venereal diseases. Systematic activities to prevent or cure health problems and promote good health in humans are undertaken by health care providers.

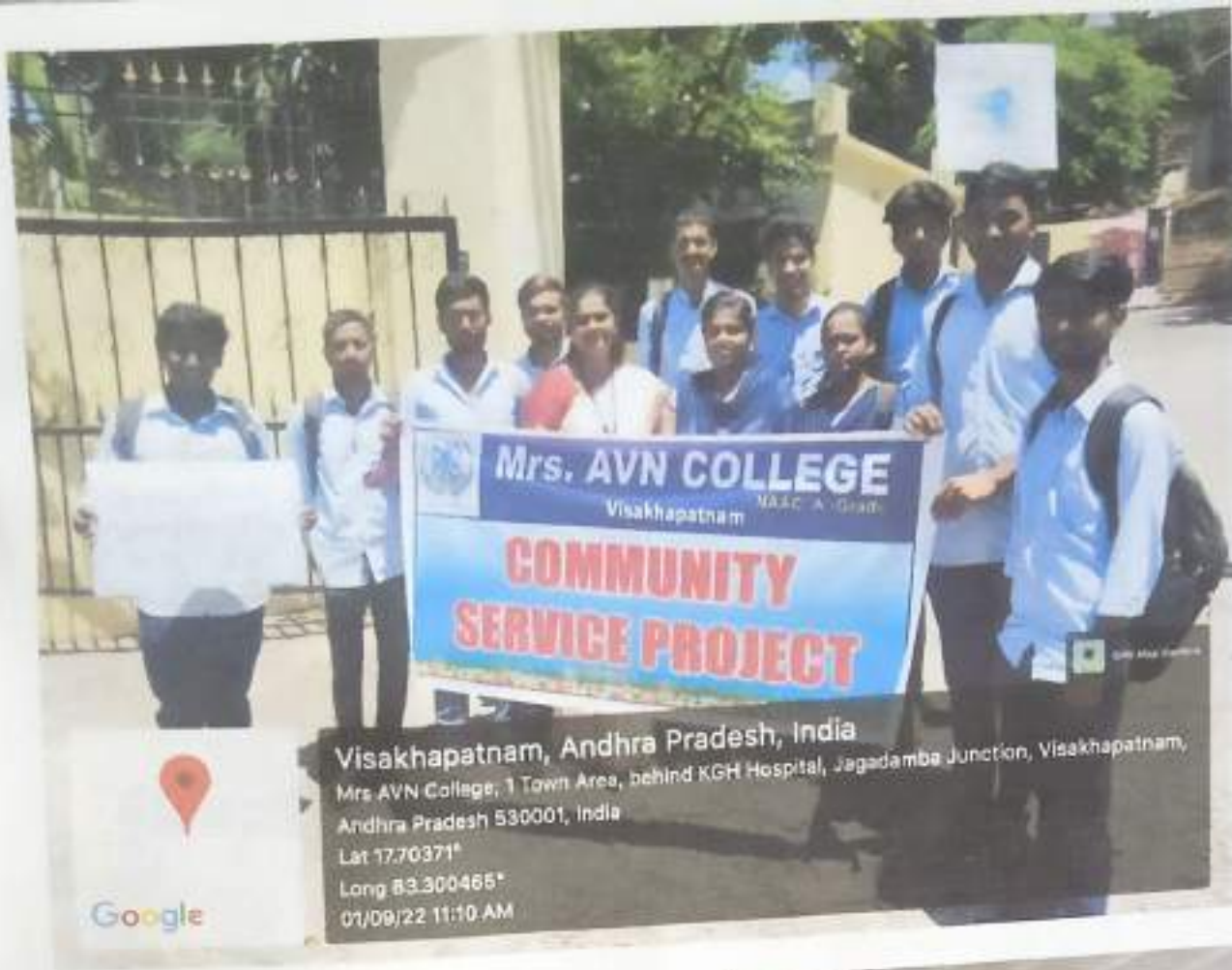
In The first decade of the 21st century, The Conceptualization of health as an availability opened The door for self-assessments to become the main indicators to Judge the performance of efforts aimed at improving human health. It also created The opportunity for every person to feel healthy, even in the presence of Multiple Chronic diseases or a terminal condition and for The re-examination of determinants of health.

Some of The health issues are cancer, diabetes, tuberculosis, Malaria. Infections, Chronic diseases, bone fractures, burns, Malnutrition, AIDS etc. . . .

CHAPTER 6: RECOMMENDATIONS AND CONCLUSIONS OF THE MINI PROJECT

Cleanliness is not be the responsibility of only one person however; it is the responsibility of each and every person living in the home, city and country. Good health and good personal hygiene is one of the best ways to protect yourself from getting illness such as gastroenteritis and common cold. And it is important for maintaining both physical and mental health.

from this project we create an awareness about health and hygiene in people in different sectors. In the study participants were aware about personal cleanliness and healthy food will keep them healthy and strong. If the children maintain a good diet then they maintain regular attendance in school. Maintaining good personal hygiene will also help prevent you from diseases to other people. on the basis of obtained results not much people are caring about their health, and not taking any precautions, not leading a clean and healthy life. finally some people got awareness on their health issues and cleanliness.



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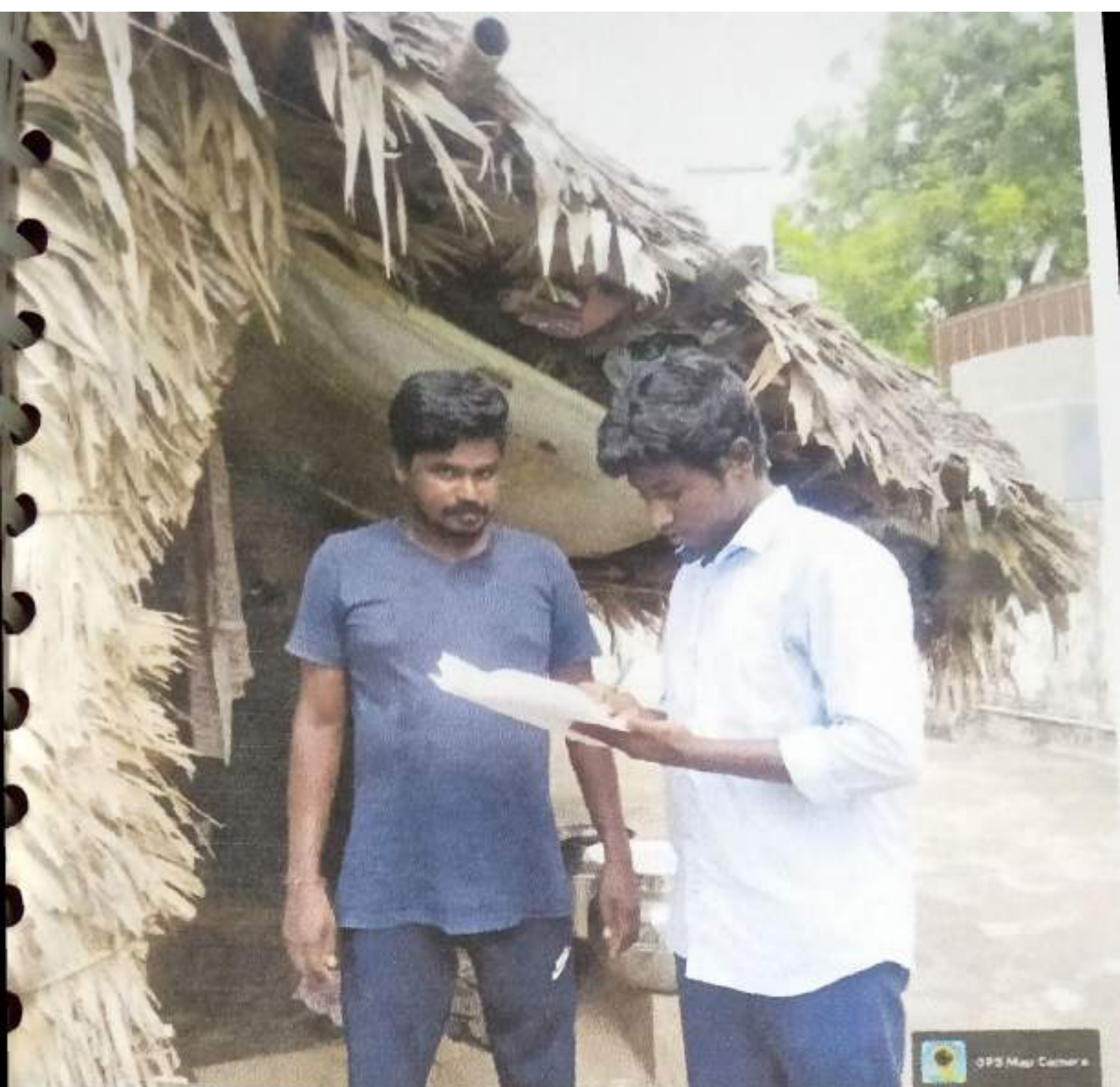
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