

# Program Book

Community Service Project



AP STATE COUNCIL OF HIGHER  
EDUCATION

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

## Student's Declaration

I, P. Archana, a student of B.Sc Program, Reg. No. 720130805197 of the Department of Statistics & Mathematics, Mrs. AVN College do hereby declare that I have completed the mandatory community service from Sep to Nov - Dec in Sundar Nagar (Name of the Community/Habitation) under the Faculty Guidship of Ch. Mallika (Name of the Faculty Guide), Department of Statistics in Mrs. AVN College & Mathematics

P. Archana

(Signature and Date)

## Endorsements

Faculty Guide

Ch. Mallika

Head of the Department

P. GANDHI, M.Sc, M.Phil  
Head of the Department  
Department of Mathematics  
Mrs. AVN College, Visakhapatnam

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 persons who 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 old dairy farms -40, Visakhapatnam District of Andhra Pradesh.

I wish to express my gratitude to all the members of old dairy farm for giving the proper responses, which has been instrumental in completion of this project. I am thankful to our principal M. Simbadri Naidu of Mrs. Avni College and my mentor Ch. Mallika M.Sc 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, M.Phil. Phd HOD in Department of mathematics & statistics. And other faculty members for being a source of support during this project period.

NAME : P. ARCHANA

Regd no : 720130805197

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. Coordinators can use data from the community 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 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 surroundings. Survey covered almost all the questions like about their health issues, cleanliness in their area, what kind of food they are eating to be healthy. And those questions are prepared from various topics.

## 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.

Ravindranagar is a neighborhood situated on the northern part of Visakhapatnam city, India. The area, which falls under the local administrative limits of Greater Visakhapatnam Municipal Corporation, is about 7km from the Dwaraka Nagar which is city centre. Sundarnagar is located near to Ailova and surrounded by Kambalakonda wildlife Sanctuary. In old days from Visakhapatnam Sundarnagar is well connected with one town. Sundarnagar / Ravindranagar is well connected to most locations of the city by the state-owned bus service, APSRTC. As Bus Rapid Transit System roads. Sundarnagar is directly connected to Simhachalam, Jagadamba Centre, MVP colony. The Ravindranagar area runs from Ravindranagar last stop and ends at old head post office. This area is a mainly middle-class hub. Sundarnagar area is near to the health city of Ailova. There are many hospitals are being built in around in Sundarnagar like Kavya Hospital VIMS etc...

### 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 efficiency, personal identity, spiritual growth and moral development, greater personal 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.

## 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) 5 or more than 5.

(5) What kind of toilets do you use in the home?

a) personal toilet b) sharing-toilets 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 when ever 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) 1 week b) 2 weeks c) 5 days
- (13) Would you spray any mosquito killing chemicals in drainage and surrounding places.  
a) yes b) Sometimes 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 pipe lines in the community. In particular place in the area / field 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 platelets in the body. Near the community there are some small factory type godowns which release 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 the 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 that 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 so many problems they are facing in their daily life. For the problems there are some short-term as well as long-term action plans. The short/longterm solutions are in the hands of the individual person. For water shortage the solution is constructs dams near the area, water conservation and reuse. And also storing of water in cans 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/longterm 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 and healthy. And also we conducted an awareness program on the health measures which has to 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 showing some of the virtual images and videos about hygiene, what are 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:

Balanced diet, personal hygiene.

-Everyday, 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 sustenance 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 of five categories are Carbohydrates, fats, vitamins, proteins, minerals.

As like health, hygiene is also an very much important factor which keeps us healthy person. There are so many types 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 visakhapatnam district of old dairy farm region of Andhra pradesh, India. 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 the year 2022 in old dairy farm, visakhapatnam district, covering 120 people to understand about health and hygiene. The majority of people don't know about hygiene and good health. They don't know what type of food should be taken for healthy body. Some of the people follow healthy diet and maintaining regular exercise for 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 were 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 was invented in 1804 by Friedrich Serturmer, 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 21<sup>st</sup> century, the conceptualization of health as an ability 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...



Hygiene is a series of practices performed to preserve health. According to the 'WHO', hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases. The word hygiene comes from the French word. In the manufacturing of food, pharmaceutical, cosmetic and other products, good hygiene is a critical component of quality assurance. Bathing culture in Chinese literature can be traced back to the Shang dynasty (1600-1046 BCE), where oracle bone inscriptions describe people washing their hair and body in a bath, suggesting people paid attention to personal hygiene.

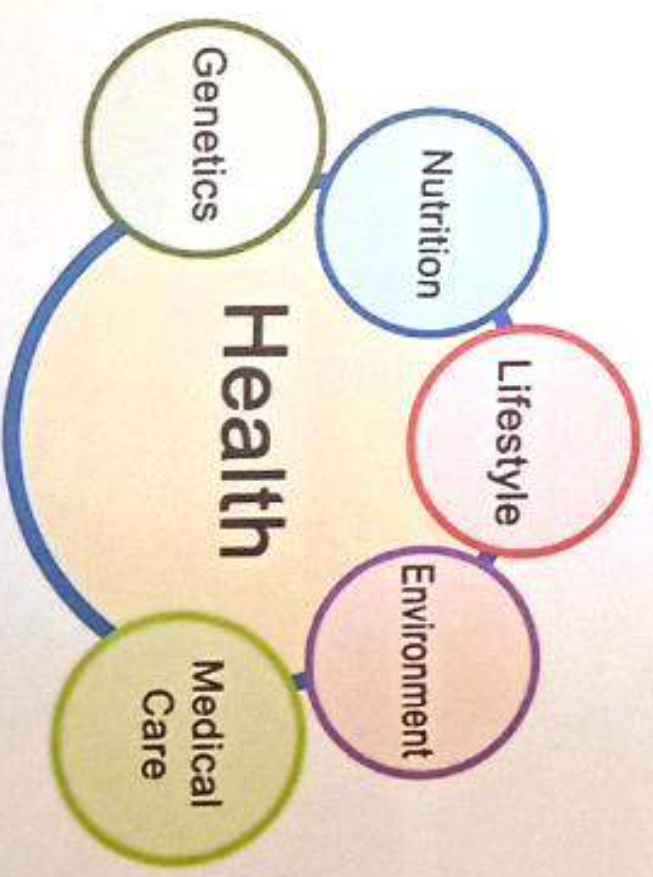
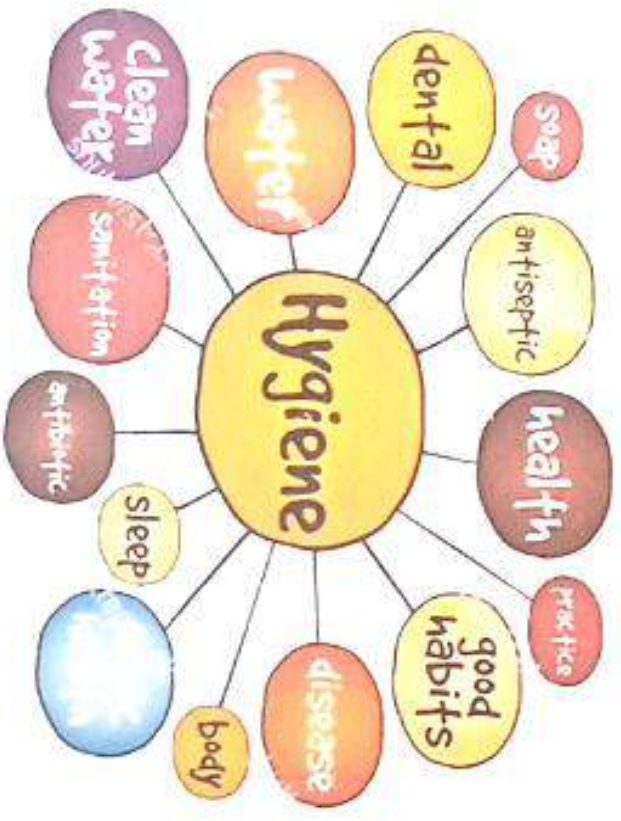
The earliest written account of elaborate codes of hygiene can be found in several Hindu texts, such as the Manusmriti and the Vishnu Purana. Contemporary Ayurveda stresses a Sattvic diet and good digestion and excretion. Hygiene measures include oil pulling, and tongue scraping. Detoxification also plays an important role.

Hygiene activities can be grouped into the following: Home and everyday hygiene, personal hygiene, medical hygiene, sleep hygiene and food hygiene. Hygiene practices vary from one culture to another.

## CHAPTER 6: RECOMMENDATIONS AND CONCLUSIONS OF THE MINI PROJECT

Cleanliness is not 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 good healthy life. Finally some people got awareness on their health issues and cleanliness.





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4-108, Sunder Nagar, Visakhapatnam,  
Andhra Pradesh 530040, India  
Lat 17.764492°  
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530040, India  
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4-102, Sundar Nagar, Visakhapatnam,  
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4-206, Sundar Nagar, Visakhapatnam,  
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530040, India  
Lat 17.764827°  
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Andhra Pradesh 530040, India  
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2007, Sundar Nagar, Visakhapatnam,  
Andhra Pradesh 530040, India  
Lat 17.765239°  
Long 83.327797°  
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Visakhapatnam NAAC 'A'-Grade  
**COMMUNITY SERVICE PROJECT**

Visakhapatnam, Andhra Pradesh, India

P832+G4F, Jagadamba Junction, Visakhapatnam, Andhra Pradesh 530002, India

Lat 17.703713°

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