

Model Program Book
**COMMUNITY
SERVICE
PROJECT**



Designed & Developed by



**ANDHRA PRADESH
STATE COUNCIL OF HIGHER EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

Community Service Project Report

Submitted in accordance with the requirement for the degree of.....

Name of the College: MAs AVN COLLEGE

Department: B.sc STATISTICS

Name of the Faculty Guide: Mrs CH Mallika

Duration of the CSP: From. 13/08/22 To 03/09/22

Name of the Student: SUVVADA PRADEEP

Programme of Study: Community Service Project

Year of Study: 2020 to 2023

Register Number: 720130805207

Date of Submission: 03/03/2023

Student's Declaration

I, S. Pradeep, a student of Community Service Program,
Reg. No. 72030805207 of the Department of Statistics
Mrs. A.V.N. College do hereby declare that I have completed
the mandatory community service from _____ to _____ in
_____ (Name of the Community/Habitation) under the Faculty
Guideship of Mrs. Ch. Mallika, (Name of the Faculty Guide), Department
of Statistics in Mrs. A.V.N. College

S. Pradeep

(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
Mrs. A.V.N. College, Visakhapatnam

Principal

PRINCIPAL
Mrs. A.V.N. COLLEGE
VISAKHAPATNAM

Certificate from Official of the Community

This is to certify that S. Bradeep (Name of the Community Service Volunteer) Reg. No 720130805207 of Mrs AVN College (Name of the College) underwent community service in Pura Market (Name of the Community) from Pura Market to Velampeta. The overall performance of the Community Service Volunteer during his/her community service is found to be Good (Satisfactory/Good).

Authorized Signatory with Date and Seal

Acknowledgements

I wish to express my gratitude to those who extended their valuable co-operation and contribution towards the project.

I would like to thank my project mentor Ms. Malika Madam for her valuable time and continued assistance for the successful completion of the project.

I would also like to express my gratitude to Mr. Shankar Narayan Sir, Mrs. AVN College management for facilitating this project and providing his 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 to successful completion of the project.

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.

In Each Executive Summary the Term "member's" refers to individuals Enrolled in the Sooner Care program sooner care improves the health of qualified necessary benefits and service are available Quality include certain low-income children, Senior's individuals who are disabled those being treated for breast or cervical cancer and those being treated seeking family planning services.

The data provided in these reports may be conservative due to use of claims data members are only identified as having the select chronic condition if they sought care and had at least two or more paid claims that included a diagnosis code for the select chronic condition.

Child

members who are 21 years old or younger at the end of the state fiscal year.

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.

Chronic diseases are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both. Chronic diseases such as heart diseases, cancer and diabetes are the leading causes of death and disabilities in the United States. They are also leading drivers of the nation's trillion in annual health care costs.

Any chronic diseases are caused by a short list of risk behaviors.

- Tobacco use and exposure to secondhand smoke.
- Poor nutrition including diets low in fruits and vegetables and high in sodium and saturated fats.

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.

The World Health Organisation defines chronic diseases as diseases of long duration and generally slow progression.

"Common them found in other definitions state that chronic diseases.

- Have many causes but often share common risk factors.
- Usually begin slowly and develop gradually over time.
- Can occur at any age although they become more common in later life.
- Chronic diseases impact the health of the population as well as the sustainability of the health care system - over half of New Zealand and Canadian residents aged 12 years and older have at least one chronic disease.

WEEKLY REPORT

WEEK - 1 (From Dt. 13/08/22 to Dt. 19/08/22.)

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from our Community Velampeta, puznammet, Visakhapatnam. In this Report - I was noticed that here people are not following a health process and health care tips and also that even as not be good and totally air pollution and which will help them very much. Some of the families which were leaving in the Community were following an healthy diet and taking an rich in food, that will damages their health and leads to get some problem in their body. The Community which was surveyed in the most of families.

Community most the patients were diabetic and sugar etc.

ACTIVITY LOG FOR THE FIRST WEEK

Day & Date	Brief description of the dally activity	Learning Outcome	Person In-Charge Signature
Day -1	T. Gowthami -Age: 28 Topic: chronic disease Address: Velampeta, Dabagardens, Visakhapatnam 530020	There are an eating of unhealthy food which is made by oil.	
Day -2	A. Sarathesh Age: 38 Topic: Chronic disease Address: Velampeta, Dabagardens, Visakhapatnam 530020	Eating a healthy food.	
Day -3	G. Pragathi Age: 32 Topic: Asthma Address: Velampeta, Dabagardens, Visakhapatnam 530020	Eating a healthy food.	
Day -4	V. Venkatesh Age: 32 Topic: chronic disease Address: Velampeta, Poona market, Visakhapatnam, 530020	The surrounding area was fully polluted. & It effects to her Body.	
Day -5	G. Siva Kesav Age: 30 Topic: chronic disease Address: Velampeta, Poona market, Visakhapatnam	The surrounding area was fully polluted & It effects to her Body.	
Day -6	CH. Sridhar Age: 35 Topic: chronic disease Address: Poona market, Visakhapatnam, 530020	Eating a healthy food.	

WEEKLY REPORT

WEEK - 2 (From Dt. 19/02/22 to Dt. 24/02/22..)

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from our community Velampeta pernamarket Visakhapatnam. In this report it was noticed that how people are not following a health process and health are tips and also that area is not be good and totally air pollution and which will help them very much. Some of the families which were living in the community were following an healthy diet and eating as such in mention food that will damage their health and leads to get some problem in their body.

The community which was survey in the most of families where were taking many medicines for the chronic diseases.

Community most of the patients were diabetes and Sugar and Asthma etc.

ACTIVITY LOG FOR THE SECOND WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day -1	V. Kishore Kumar Age: 35 Topic: Skin disease Address: Velampeta, Poona market Visakhapatnam, 530020	Drinking water is not good.	
Day -2	P. Pawarshwan Age: 55 Topic: Heart attack Address: Poona market, Visakhapatnam, 530020	Lots of tension in surrounding area.	
Day -3	K. Krishna Age: 55 Topic: Chronic disease Address: Velampeta, Poona market, Visakhapatnam, 530020	Eating 3 meals a day with fruits	
Day -4	K. Apparao Age: 45 Topic: chronic disease Address: Poona market Visakhapatnam, 530020	Habituated addicted to Alcohol. From the survey we come to know what are the problems in area.	
Day -5	CH. Srinivas Rao Age: 21 Topic: Chronic disease Address: Velampeta, Poona market Visakhapatnam, 530020	Every Time checking health condition in hospital	
Day -6	CH. P. Vani Age: 19 Topic: Chronic disease Address: Poona market Visakhapatnam, 530020	taking medicine in correct finding.	

WEEKLY REPORT

WEEK - 3 (From Dt. 29/08/22 to Dt. 30/09/22)

Objective of the Activity Done:

Detailed Report:

Many Health Conditions are so many people stay in bad health condition and they are stuck many problems. I have distasted this information from our community /- Velampeta Visakhapatnam. In this report it was noticed them, these here people are not following a health process and health care tips and also that are as not be good. The families which were living in that community were following on healthy diet and eating and rich in food. That will damages their health and leads to get in their health and leads to get which was survey in the most of families.

Community most the patients were diabetes and sugar and Asthma and Heart attacks and Cancer conditions etc

ACTIVITY LOG FOR THE THIRD WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day -1	CH. Dhakani Age: 19 Topic: Chronic disease Address: Velampeta, Palnamarket Visakhapatnam, 530020	habited addition to Alcohol and drug from the survey, we come to know what are the problem	
Day -2	C. Hashini Age: 29 Topic: chronic disease Address: Velampeta, palnamarket Visakhapatnam, 530020	To Need a Medicine with health food.	
Day -3	K. Jayalakshmi Age: 39 Topic: chronic disease Address: Velampeta. Visakhapatnam, 530020	Every Time checking health condition in Hospital	
Day -4	K. Sahtosh Age: 38 Topic: chronic disease Address: Velampeta Visakhapatnam.	Eating Healthy food. From the survey we come to know	
Day -5	B. Rama Rao Age: 48 Topic: chronic disease Address: Velampeta Visakhapatnam 530020	Taking a medicine in a correct finding	
Day -6	A. Rama Devi Age: 42 Topic: chronic disease Address: Velampeta Visakhapatnam, 530020	Take a food in correct Time and Health food.	

WEEKLY REPORT

WEEK - 4 (From Dt. 30/08/22 to Dt. 04/09/22)

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from our Community Velampeta, Purna market, Visakhapatnam. In this reported I was noticed that here people were not following the hygienic process like they were not using Bleaching powder nearest their dump and the surrounding location also not gooding look. Some of the families are leaving in The Community were following a healthy diet. Community most the patients were diabetes and Sugar.

ACTIVITY LOG FOR THE FORTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day -1	CH. SRINU Age: 39 Topic: chronic Disease Address: Velampeta, podinamarket Visakhapatnam, 530020	There are an Eating of an healthy food	
Day -2	D. Dhairani Age: 32 Topic: chronic Disease Address: velampeta, podinamarket Visakhapatnam, 530020	They are not Taking a medicine.	
Day -3	G. Eyangadharam Age: 42 Topic: chronic Disease Address: Velampeta, Dabogardens Visakhapatnam, 530020	They are addition to drug and alcoholic	
Day -4	B. Raja Sekhar Age: 45 Topic: Chronic disease Address: Velampeta, Dabogardens, Visakhapatnam, 530020	Not Eating healthy food and oily food	
Day -5	B. Egaratzi Devi Age: 39 Topic: chronic disease Address: velampeta, Dabogardens Visakhapatnam, 530020	Eating health food. from the survey we can to know what are the problems in area.	
Day -6	B. Sanjay Age: 35 Topic: chronic disease Address: Velampeta, Dabogardens, Visakhapatnam, 530020	Having to Not body Excessives and yoga	

WEEKLY REPORT

WEEK - 5 (From Dt. 24/02/22 to Dt. 02/03/22)

Objective of the Activity Done:

Detailed Report:

I have observed many health conditions abstracted this information from our Community Velampeta, Ponnampet Visakhapatnam. In this report I noticed that the local people are not following the health process and health tips and the area is also not looking good. In that community some of the people's were following the so hygienic precautions. Community most the patients were diabetes and sugar, Cancer, Asthma etc.

ACTIVITY LOG FOR THE FIFTH 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 come to know what are the problems in area	
Day -2	With the help of questionnaire we conducted a survey in the field/area as we chosen for our project	from the survey, we come to know what are the problems in area.	
Day -3	With the help of Questionnaire we conducted a survey in the field/area as we chosen for our project	from the survey, we come to know what are the problems in area.	
Day -4	With the help of Questionnaire we conducted a survey in the field/area as we chosen for our project	from the survey, we come to know what are the problems in area.	
Day -5	With the help of Questionnaire we conducted a survey in the field/area as we chosen for our project	from the survey, we come to know what are the problems in area.	
Day -6	With the help of questionnaire we conducted a survey in the field/area as we chosen for our project.	from the survey, we come to know what are the problems in area.	

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 Dakagaidens, Velampeta Aziramarpet, Visakhapatnam. The Survey was done Each and Every House for the project purpose. In that area some people are Very lower in their Earning 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. One are they are not too poor and can't eat like Every one. They are not having sufficient money for the healthy nutritious food to eat like other.

So, These kind of families were didn't answered any Questions any Community Service Project.

And Some of the families answered my Questions they responses Very well to my Every Questions. They also give Suggestion to be healthy with Consuming a healthy food in Our daily. They are the details I noticed in my area.

Describe the problems you have identified in the community

The problem I was identified in our community is they are sugar and obese people who are under age of 40 to 70 years. And in the community some families were not eating community in healthy food they were eating the food which gives them an unhealthy life. oily, sugar foods was consuming by them and they getting health problem like mostly sugar, obesity.

The accurate problem. So many people not weekly or monthly health checking they not used checking their health and they family members taking alcohol. So many people were suffering by sugar, cancer and asthma or diabetes etc.

This type of issue they are facing meeting. I too faced many problems were because many of the people in our community were not answering to my questions.

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

They were not keeping money for the food which gives them nutrition they are all eating a oily food lot of sweets etc.

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

1. Choosing of Outside junk food for a week (or) a month continuously then they will eat healthy food which includes, vegetables, fruits etc.
2. Every family should be provided awareness on benefits of healthy food.
3. Every family should change their ideologies and behaviour on the food they consuming daily.
4. Every they should be drink atleast 2 to 3 litres of water for better digestive system.
5. There were many of people who did not consume healthy food so we have to suggested them and make realize about the healthy food which will make their life healthy.

LONG - TERM ACTION PLAN

1. There should be know which food is healthy to our body.
2. There should be separate course on food habits.
3. Every families 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 speak straight-forward and being with other people.

I learned to give proper explanation on particular topic to other.

I learned the way of interacting with other 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 service project questions.

The main problem of the community is to be maintains a healthy diet plan - They are all not having an healthy diet.

If they eat on healthy food then they will get unhealthy.

Through this program all are noticed that consuming eating a healthy food given us healthy life. This program teach every on 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.

Abstract:

As non-Communicable or chronic disease are a growing threat to human health and Economic growth, political sketch holders are Economic Growth aiming to identify options from improved response to the non-communicable disease. The paper is intended to contribute ideas on personalized chronic disease management which are based on experience with one major chronic disease, namely diabetes Mellitus.

Diabetes provides a pertinent case of chronic disease management with a particular focus on patient self-management.

Personalizing the management of diabetes according to the patient's individual profile can help in improving therapy adherence and treatment outcomes. This paper suggests using a six-step cycle for personalized diabetes self-management and collaborative use of structured blood glucose data. Ehealth solution can be used to improve process efficiencies and allow remote access. Decision support tools and algorithm can help doctors in making therapeutic decisions based on individual's patient profiles. Available evidence about the effectiveness of the cycle's constituting elements.

Justifies Expectations that the diabetes management cycle as a whole can generate.

Medical and Economic benefit chronic non-transmissible disease represent a major problem in the world, being the main cause of death today diabetes mellitus is one of the most worrying chronic.

Introduction:

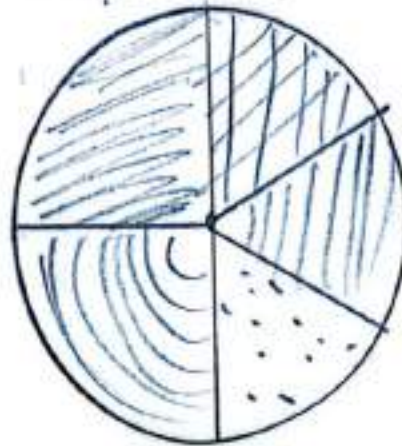
The concept of stigma was initially introduced as a relationship between an attribute between an attribute and a stereotype and its a reference to negative attributes weakness or disadvantages. In other words, the stigmatized person is considered as possessing a different characteristic & different from those who are accepted in office society and is treated differently by the community, which may have misinterpretations and inaccurate beliefs about the stigmatized person.

Over the years, the word stigma became related to degradation and unrelated to degradation and in general use, stigma refers to a brand or mark that turns a person into a different one because of its negative connotation. Some suggested a causal correlation between epilepsy and inadequate feeling and behaviors such as hostility treated differently by the community which may have stigmatized person.

MY SURVEY REPORTS

AGE GROUP

As per my observation, in my village 3 members are 20-30 age group, 5 members are 30-40 age group, 10 members are 40-50 age group, 7 members are 50-60 age group, 3 members are 60-70 age group, 2 members are 70-80 age group, and 1 member only at age of 80-90 age group. At all the major age group is 40-50 and the minor age group are 70-80 and 80-90.



Above pie chart indicates that in 30 households that in 30 households they secure 35% of 40-50 age group 17.5% of 30-40 and 50-60 age group 10% of 20-30 and 60-70 age group 5% of 70-80 and 80-90 age group.



GENDER:

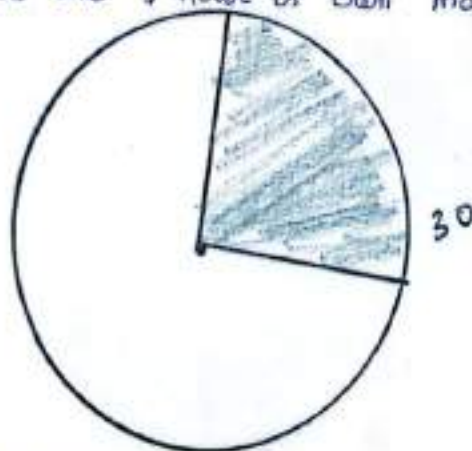
As per my observation, in 30 households 3 members are male and 27 members are female.



According to pie chart, 25% of male candidates and 75% of female candidates.

LIFE STYLE

As per my observation in 30 houses, 29 houses are rented and 1 house is own majority people have rented houses.



According to pie chart, in 40 households 90% of own houses, 7.5% of rented houses and 2.5% of others.

Survey of living with chronic disease there your chronic medical condition are Diabetics, heart attacks, cancer, Asthma others.

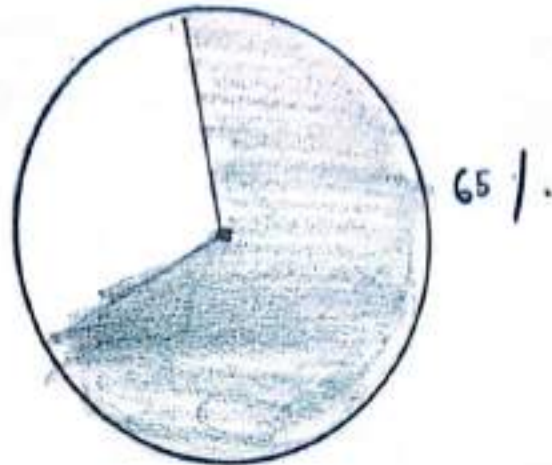
The Medicines are there are taking for your condition more than and 6 or none right now. Many doctors do you consulted to manage your condition one my primary care physician and L.B

including my primary and one or two specialists more than three it's complicated. they have only habituated to drug and alcohol only do you currently suffer from any chronic disease yes.

family member give you unsolicited advice about managing your condition you are employed. what are issues at work that challenging unsympathetic co-workers not enough paid sick leave I feel I need to hide my symptoms is I am having a hard day inflexible schedule Having good physical health several day.

HEALTH DISEASES:

As per my survey in 30 House Holds 23 families health condition good, families condition good, families are suffering from blood.



According to pie chart in 40 house holds 65% of often do you have trouble taking medicines the way you have been told to take them. Some times I take as prescribed any I do not have to take medicine. I seldom take them as prescribed totally physically impaired then until severely physically impaired. In general how do you say your health is good. If you often do you get a health check-up once a year take medication for your long term illness, disabilities & medical conditions.

CHAPTER 6: RECOMMENDATIONS AND CONCLUSIONS OF THE MINI PROJECT

Diabetes is a slow killer with no known curable treatment. However, its complications can be reduced through proper awareness and timely treatment. Three major complications are related to blindness, kidney damage and heart attack. It is important to keep the blood glucose level of patient under strict control for avoiding the complications. One of the difficulties with tight control of glucose level in the blood is that such attempts may lead to hypoglycemia that creates much serious complications than an increased level of blood glucose. Researchers now look for alternative method for diabetes treatment. The goal of this paper is to give a general idea of the current status of diabetes research. The author believes that diabetes is one of the highly demanding research topic of the new century and wants to encourage new researchers to take up they.

Survey on Living with Chronic Diseases:

1. What is your chronic Medical Condition?

- A. Diabetes
- B. Heart Attacks
- C. Cancer
- D. Asthma
- E. Others

2. How Many Medicines are you taking for your condition?

- A. 1-3
- B. 4-6
- C. More than 6
- D. None Right Now

3. Please provide your age, Gender and location in the World

- A. Under
- B. 25-35
- C. 36-50
- D. over - 50
- E. Female
- F. Male

4. How Many doctors do you consulted to Manage your Condition?

- A. One - my primary care physician
- B. 1-3 including my primary and one or Two specialists
- C. More than three. It's complicated.

5. Are you Habituated to Drugs and Alcohol?

- A. yes to Both
- B. Only to Drugs
- C. Only to Alcohol
- D. I am not habituated to either.

6. Do you currently suffer from any chronic diseases?

- A. yes
- B. No

7. Do your Family Members give you unsolicited Advice about Managing your conditions?

A. Yes

B. No

8. In General how do you say your healths?

A. Good

B. Average

C. poor

9. How often do you get a health check-up?

A. Once in 3 Months

B. Once in 6 Months

C. once a year

D. only when needed

E. Never get it done

F. Others

10. In your opinion, at what Capacity can you perform Everyday Activities?

A. Excellent Capacity

B. Good Capacity

C. Moderate Capacity

D. Severely impaired capacity

E. Completely impaired capacity

F.

Student Self-Evaluation for the Community Service Project

Student Name: SUVVADA PRADEEP

Registration No: 720130805209

Period of CSP: From: To: 13/08/2022 - 03/09/2022

Date of Evaluation:

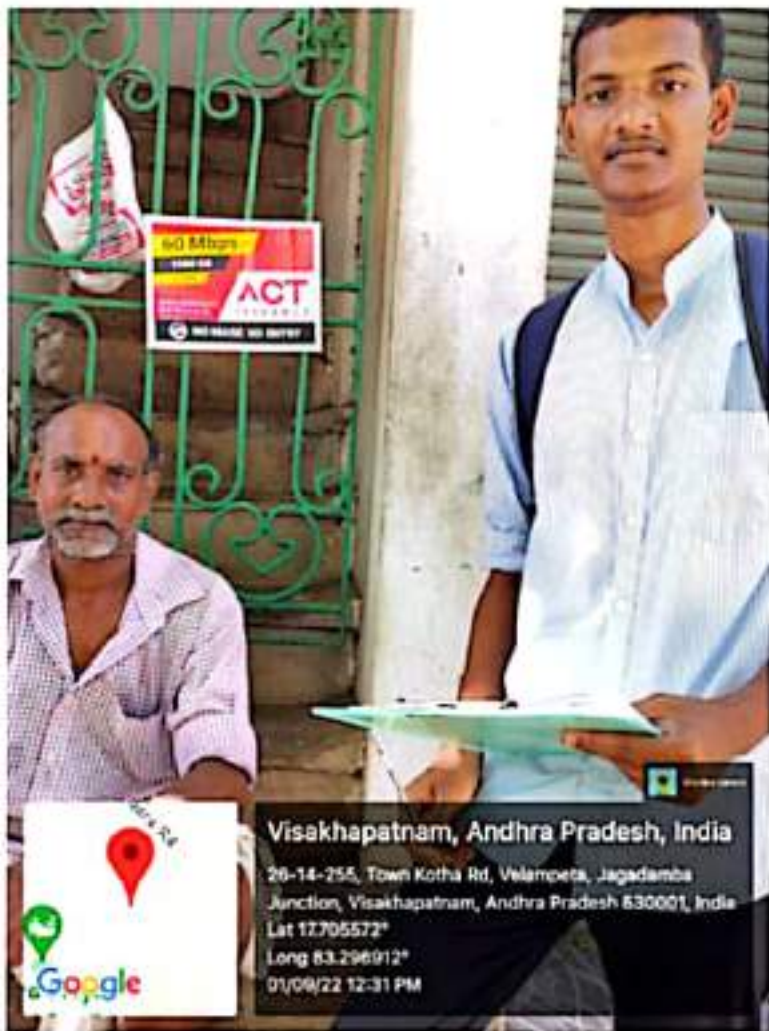
Please rate your performance in the following areas:

Rating Scale: Letter grade of CGPA calculation to be provided

1	Oral communication	1	2	3	4	5
2	Written communication	1	2	3	4	5
3	Proactiveness	1	2	3	4	5
4	Interaction ability with community	1	2	3	4	5
5	Positive Attitude	1	2	3	4	5
6	Self-confidence	1	2	3	4	5
7	Ability to learn	1	2	3	4	5
8	Work Plan and organization	1	2	3	4	5
9	Professionalism	1	2	3	4	5
10	Creativity	1	2	3	4	5
11	Quality of work done	1	2	3	4	5
12	Time Management	1	2	3	4	5
13	Understanding the Community	1	2	3	4	5
14	Achievement of Desired Outcomes	1	2	3	4	5
15	OVERALL PERFORMANCE	1	2	3	4	5

Date:

S. Braadeep
Signature of the Student



Visakhapatnam, Andhra Pradesh, India

26-14-255, Town Kotha Rd, Velampeta, Jagadamba Junction, Visakhapatnam, Andhra Pradesh 530001, India
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 Long 83.296912°
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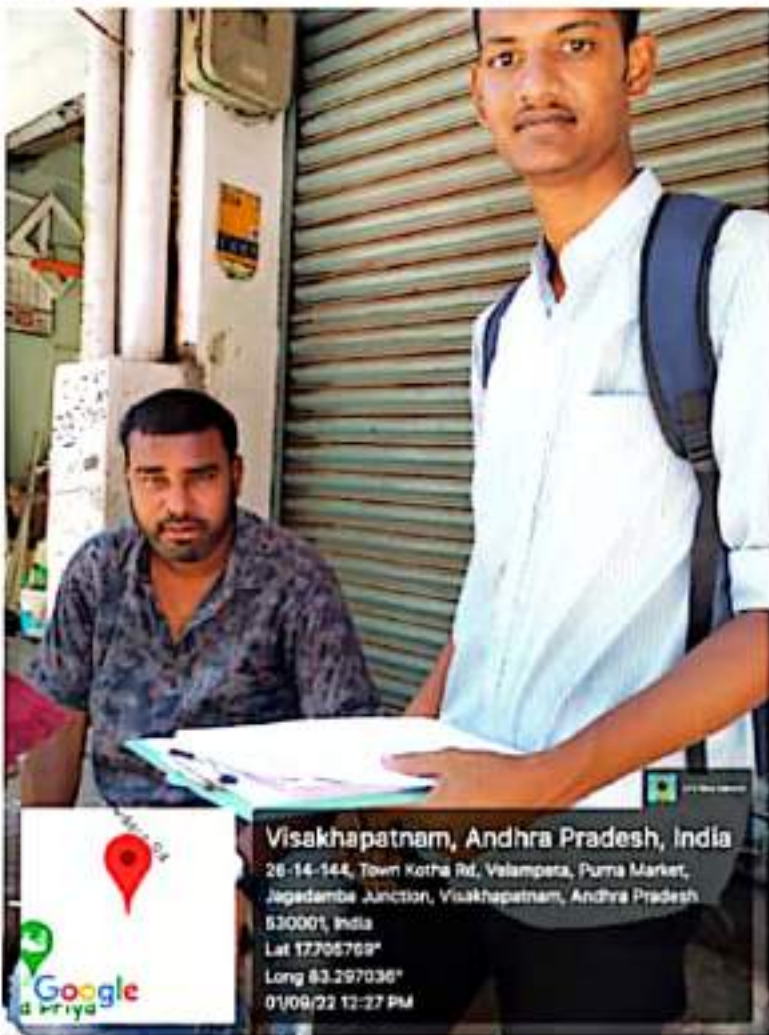
Visakhapatnam, Andhra Pradesh, India

Post: 041, Jagadamba Junction, Visakhapatnam, Andhra Pradesh 530002, India

Lat 17.703713°

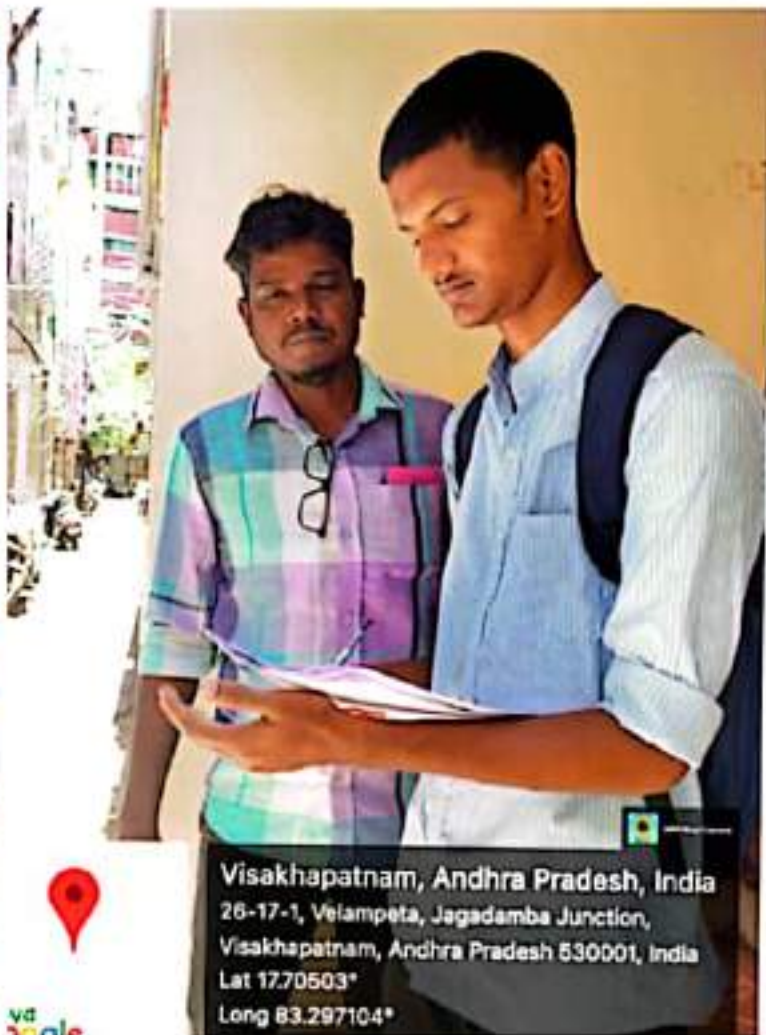
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Visakhapatnam, Andhra Pradesh, India

26-14-144, Town Kotha Rd, Velampeta, Purna Market, Jagadamba Junction, Visakhapatnam, Andhra Pradesh 530001, India
 Lat 17.705769°
 Long 83.297036°
 01/09/22 12:27 PM



Visakhapatnam, Andhra Pradesh, India

26-17-1, Velampeta, Jagadamba Junction, Visakhapatnam, Andhra Pradesh 530001, India
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 Long 83.297104°



ANDHRA PRADESH STATE COUNCIL OF HIGHER EDUCATION

(A Statutory Body of the Government of Andhra Pradesh)

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