

Model Program Book
**COMMUNITY
SERVICE
PROJECT**



Designed & Developed by



**ANDHRA PRADESH
STATE COUNCIL OF HIGHER EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

Student's Declaration

LV-KISHOR KUMAR a student of Community Service program,
Reg No. 220130805214 of the Department of Statistics &
Mathematics MYS-AVN College do hereby declare that I have completed
the mandatory community service from 14-08-2022 to 19-09-2022 in
Sudavatoja (Name of the Community/Habitation) under the Faculty
Guideship of CH. HALLIKA (Name of the Faculty Guide), Department
of Statistics & Mathematics in MYS College

V. Kishor Kumar
(Signature and Date)

Endorsements

Faculty Guide Ch. Hallika
P. GANDHI, M.Sc, M.Phil
Head of the Department
Department of Mathematics & Statistics
Head of the Department MYS: AVN College, Visakhapatnam

[Signature]
Principal

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

Page No:

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 Gudivalasa, Anakapalli district of Andhra Pradesh.

I wish to express my gratitude to all the members of Gudivalasa for giving the most responses, which had been instrumental in completion of this project. I am thankful to our Principal of Mrs. AUN College and my mentor CH. Mallina. Msc. Mph. (Phd), Lecturer in Mathematics, Visakhapatnam for their support and encouragement throughout the tenure of the project. Also I am very grateful to S. Shakti, Department of Mathematics and P. Gandhi HOD in Department of Mathematics & Statistics. And other faculty member for being a source of support during this project period.

Name: V. Kishore Kumar

Regd no: 780130805214

B.Sc Statistics

Page No:

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 Activities help in building interests and talents of students. It builds approaches to leading goals. It provides a more low valued "practice" of skills and organization to operate 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 do know about their problems facing in 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 these questions are related from various topics.

Page No.:

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.

Sudivalasa is a neighborhood situated on the northern part of Anantapur / India. The area, which falls under the local administrative limits of Anantapur is about 25 km Anantapur which is city center. Sudivalasa is located near to M. Kotapadu and surrounded by Anantapur. In Sudivalasa, Anantapur is well connected with one town. M. Kotapadu is well connected to most locations of the city by the state-owned bus service, APSRTC. As Bus Rapid Transit system starts. Sudivalasa is directly connected Pendurthi. This area is a mainly middle-class and farmers hub of Sudivalasa is near to the M. Kotapadu. There are

Page No:

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.

Page No:

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.

Page No:

- 6) Where do you get drinking water for your house?
 a) Municipal 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 are 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 water pipe lines 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 platelets in the body. Near the community there are some small factories type godown which releases waste gases all the people are using lots of plastic materials, no one is aware of what will happen with the over used plastic. Because most of the people in the locality are illiterate all they 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 not good, there are some holes on the road not which causes so many accidents, but they initiated for the development of their surrounding.

Page No:

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 solutions are in the hands of the individual person. For water shortage the solution is constructing dams near the area, water conservation and reuse. And also storing of water in cans and drums for daily use. An another major issue is mosquitoes in the evening time and the solution for this problem is using screens on windows and doors, removing 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 tiffinware 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.

Page No:

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 there is no one who knows what is hygiene so, we created an awareness by explaining and showing some of the virtual images and as about hygiene, what are types of hygiene, and what are the measures to maintain good health.

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 :

Introduction :

According to the World Health Organization, health is defined as a state of complete physical, social and mental well-being and not the absence of disease or infirmity.

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

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.

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 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 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, Street 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 for people to get necessary health care services. Still, other factors are beyond both individual and group choices, such as genetic disorder.

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 Anaparthi district of N. Kotapadu from 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 Suvilasa, N. Kotapadu in Anaparthi 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 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 disorder or disabilities.

Hippocrates is considered to be the father of modern medicine because in his books, which are more than 50. The diseases are described in a scientific manner, many diseases and their treatment after detailed observation. He lived about 8400 years ago.

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 a good diet than 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.







GPS Map Camera



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