



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: GARIKINA APARNA

Name of the College: Mrs. AVN College

Registration Number: 719130805353

Period of CSP: From: 19/9/22 To: 29/10/22

Name & Address of the Community/Habitation: Food habits &

peddha jalasripeta, Chungal xoo pata, Andhra medical college
gate, near Mrs. A. V. N. College, Visakhapatnam - 530001

Instructions to Students for Community Service Project

Please read the detailed Guidelines on Community Service Project hosted on the website of AP State Council of Higher Education <https://apsche.ap.gov.in>

Link:

<https://apsche.ap.gov.in/Pdf/Guidelines%20for%20the%20OJT%20Internship%20Community%20Service%20Project.pdf>

1. It is mandatory for all the students to complete 2 months (180 hours) of Community Service Project as a part of the 10 month mandatory internship/on the job training.
2. Consider yourself as a committed volunteer in the community, you work with.
3. Every student should identify the village/community/habitation for Community Service Project (CSP) in consultation with the College Principal/the authorized person nominated by the Principal.
4. Report to the community/habitation as per the schedule given by the College. You must make your own arrangements of transportation to reach the community/habitation.
5. You will be assigned with a Faculty Guide from your College. He/She will be creating a WhatsApp group with your fellow volunteers. Post your daily activity done and/or any difficulty you encounter during the programme.
6. You should maintain punctuality in attending the CSP. Daily attendance is compulsory.
7. You are expected to learn about the community/habitation and their problems.
8. Know the leaders and the officials of the community/habitation.
9. While in project, always wear your College Identity Card.
10. If your College has a prescribed dress as uniform, wear the uniform daily.
11. Identify at least five learning objectives in consultation with your Faculty Guide. These learning objectives can address:
 - Information about the community, including the realities and problems of the society.
 - Need for creating awareness on socially relevant aspects/programs.
 - Acquiring specific Life Skills.
 - Learning areas of application of knowledge and technologies related to your discipline.
 - Identifying developmental needs of the community/habitation.

12. Practice professional communication skills with team members, and with the leaders and officials of the community. This includes expressing thoughts and ideas effectively through oral, written, and non-verbal communication, and utilizing listening skills.
13. **Be regular in filling up your Program Book. It shall be filled up in your own handwriting. Add additional sheets wherever necessary.**
14. At the end of Community Service Project, you shall be evaluated by the person in-charge of the community/habitation to whom you report to.
15. There shall also be evaluation at the end of the community service by the Faculty Guide and the Principal.
16. Do not indulge in any political activities.
17. Ensure that you do not cause any disturbance to the inhabitants or households during your interaction or collection of data.
18. Be cordial but not too intimate with the persons you come across during your service activities.
19. You should understand that during this activity, you are the ambassador of your College, and your behavior during the community service programme is of utmost importance.
20. If you are involved in any discipline related issues, you will be withdrawn from the programme immediately and disciplinary action shall be initiated.
21. Do not forget to keep up your family pride and prestige of your College.
22. Remember that you are rendering valuable service to the society and your role in the community development will become part of the history of the community.

Community Service Project Report

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

Name of the College: **Ms. AVN College**

Department: **Bsc [MEC's]**

Name of the Faculty Guide: **Miss Radha Rani**

Duration of the CSP: From **19/9/22** To **29/1/22**

Name of the Student: **GARIKINA APARNA**

Programme of Study **Food habits**

Year of Study: **2020-2023**

Register Number: **719130805353**

Date of Submission:

Student's Declaration

I, G. Aparna, a student of Community Service Program, Reg. No. 719130805353 of the Department of Electronic's, Mrs. A.V.N College do hereby declare that I have completed the mandatory community service from 19/02 to 29/10/22 in Food habits. (Name of the Community/Habitation) under the Faculty Guideship of Mrs. Padma Rani (Name of the Faculty Guide), Department of Electronic's & Computer Science in M.S.: A.V.N. College..... College

(Signature and Date)

Endorsements

[Signature]
Faculty Guide

[Signature]
Head of the Department Department
Department of Mathematics & Statistics
Mrs. A.V.N. College, Visakhapatnam

Principal [Signature]
PRINCIPAL
Mrs. A.V.N. COLLEGE
VISAKHAPATNAM

Certificate from Official of the Community

This is to certify that GARIKINA APARNA (Name of the Community Service Volunteer) Reg. No. 71120895353 of Mrs. AVN College (Name of the College) underwent community service in Food habits (Name of the Community) from 17/8/22 to 31/11/22.

The overall performance of the Community Service Volunteer during his/her community service is found to be Satisfactory (Satisfactory/Good).

Authorized Signatory with Date and Seal

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 Radha Rani madam, Lecturer in Computer Science, Mrs. AVN College, Visakhapatnam for her Simulating and inspiring guidance and encouragement throughout the progress of this project work.

It is my gratitude to Express my thanks to Mr. D. Senthosh Kumar, Head of Computer Science, Electronics and physics department. and I would also like to Express Gratitude to Miss Radha Rani. I would like to Express my Gratitude to Mr. Sankar Narayana 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 faculty and staff of the Institute, family members and my dear friends and 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 opportunity to 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 of TD investigate how many people have basic desired knowledge about "Food habits".

I have done my survey in two sectors where people in this sector are highly qualified they answered very well for my questions and their suggestions and answers are greatly helpful for a persons who are in inappropriate menu in following their daily life activities in Now-a-days while doing this survey. It is observed that people are following a very good time table in consuming of healthy food. when compared with youngage people and some other people are not being. Add here the data is related to the "food habits" whether which type are healthy and not healthy

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, Andhra Pradesh, India. The area falls under the local administrative limits of greater Visakhapatnam municipal corporation.

Also one town (old town). This place has more than 300 years of history in British era. The business of whole city was located here including administration of Visakhapatnam District.

Mosque street area town from Turner Chetty to end of Visakhapatnam port. It has many historical educational institutions. There are so many middle class students are learning education here.

This 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.

Now-a-Days, food habits becomes a growing problem around the world that effects 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 per view on now-a-days all we are eating the food doesn't. Makes a person healthy just gives energy. fast foods and junk food makes a person more unhealthy. oil foods sweets imbalance a person health and not maintaining proper time keeps a persons unhealthy.

Methodology: -

For the present study the researches. Concentrated on socio-economical background, health problems in relation to quality of foods and quantum of usage of consumer products with harmful chemical, by the people in study area scientific fails behind community need :- food is one of the most diverse ecosystem

while some of these items are two basic and are a part of our regular meals, other may have low mind-blowing quantities -

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 food habits with the help of text books used mobile phones and after that we have prepared a questionnaire about food habits.		<u>P. Lakshmi</u>
Day - 2	with the help of questionnaires we conduct a survey in the field / area we have chosen to complete community service project.		<u>N. Sangatha</u>
Day - 3	with the help of questionnaires we conduct a survey in the field / area we have chosen to do community service project.		<u>P. Dhana Ravi</u>
Day - 4	with the help of questionnaires we conduct a survey in the field; area we have chosen to do community service project.		<u>Ch. Padma</u>
Day - 5	with the help of questionnaires we conduct a survey in the field / area we have chosen to do community service project.		<u>K. Nookamani</u>
Day - 6	With the help of questionnaires we conduct a survey in the field / area we have chosen to do community service project.		<u>N. Ponnambal</u>

WEEKLY REPORT

WEEK - 1 (From Dt. 19/09/2022 to Dt. 24/09/22)

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from our community (mosque street, jagadamba junction, visakhapatnam)

In this report I was noticed that here people are not following a healthy diet which will help them ~~knowing~~ very much. Some of the families which were remaining in the community were following an healthy diet and eating an healthy nutrition food. Now-a-days people are not eating healthy and nutrition food that which damages their health and leads to get some problem in their body. The community which was surveyed in that most of families were eating an healthy and nutrition food where as the remaining people were eating outside junk food and oil food

which will damage their healthy life in that community most of the patients were diabetics and sugar patients

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 questionnaire we conduct a survey in the field/area as we choose to doing community survey project		<u>B. devika</u> SA
Day - 2	With the help of questionnaires we conduct a survey in the field/area as we choose to doing community service project.		<u>B. yellow</u>
Day - 3	With the help of questionnaire we conduct a survey in the field area as we choose to doing community service project		<u>Ch. Syathi</u>
Day - 4	With the help of questionnaire we conduct a survey in the field area as we choose to doing community service project		<u>M. Pranya</u>
Day - 5	With the help of questionnaire we conduct a survey in the field area as we choose to doing community service project		<u>K. priya</u>
Day - 6	With the help of questionnaire we conduct a survey in the field area as we choose to doing community service project.		<u>Ch. pydama</u>

WEEKLY REPORT

WEEK - 2 (From Dt. 29/09/2022 to Dt. 05/10/2022)

Objective of the Activity Done:

Detailed Report:

I have got this information from our community (Masque street, Jagadamba Junctions, Vsp).

In this two community residency half of the families ~~were~~ were following a healthy and eating nutritious food which are rich in vitamins and proteins. Some families were not having any healthy plans for the day and they not even pleased eat those healthy food. Every day eating outside food and oil food which will cause cholesterol and body imbalances (obesity) in the people who are eating unhealthy foods they were given a suggestion to all the families or people or public to eat healthy nutritious food for better health and for a better well being and to not to become a patient unless ever one eats any kind of Junk or oily food, sweets within limit is okay but if one crosses that limit then he or she will become unhealthy and face several problems.

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 questionnaire we conduct a survey in the field area we have chosen to doing community service project		<u>A. Lathi</u>
Day - 2	With the help of questionnaire we conduct a survey in the field area as we choose to doing community service project.		<u>S. Grewal</u>
Day - 3	With the help of questionnaire we conduct a survey in the field area as we choose to doing community service project		<u>P. Arora</u>
Day - 4	With the help of questionnaire we conduct a survey in the field area as we choose to doing community service project		<u>H. Arora</u>
Day - 5	With the help of questionnaire we conduct a survey in the field area as we choose to doing community service project		<u>K. Jagdeep</u>
Day - 6	With the help of questionnaire we conduct a survey in the field area as we choose to doing community service project.		<u>G. Rana</u>

WEEKLY REPORT

WEEK - 2 (From Dt. 30/01/22 to Dt. 06/02/22)

Objective of the Activity Done:

Detailed Report:

In this week, I was went to the another residency in our community (Katha Road). In that 50% of the family members were having diet issues that are mostly (sugar/diabetes) and some other common issues. The remaining families who are living in that residency were following an healthy food diet which were rich in nutrients and vitamins. which will help the body to get energy, & much good nutrition. that helps body to get energy and muscle memory also the health issues families are following now - a - healthy foods and are people & public, & families in that community were maintaining an healthy diet. they will help them to maintain of body strong and good they are having water also like 2 to 4 liters in a day which helps them for digestion and hydration mainly in that residency the younger people are addicted to only food, junk food which will give them a dopamine but not energy and healthy life. even oldest people are following the & eating the healthy food.

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 conduct a survey in the field/area we have chosen to doing community service project.		<u>P. Lakshmi</u>
Day - 2	With the help of questionnaire we conduct a survey in the field/area we have chosen to doing community service project.		<u>K. Raj Lakshmi</u>
Day - 3	With the help of questionnaire we conduct a survey in the field/area we have chosen to doing community service project.		<u>T. Krishna</u>
Day - 4	With the help of questionnaire we conduct a survey in the field/area as we have chosen to doing community service project.		<u>R. Revathi</u>
Day - 5	With the help of questionnaire we conduct a survey in the field/area we have chosen to doing community service project.		<u>K. Rama</u>
Day - 6	With the help of questionnaire we conduct a survey in the field/area we have chosen to doing community service project.		<u>N. Siri</u>

WEEKLY REPORT

WEEK - 3 (From Dt. 10/10/22 to Dt. 15/10/22)

Objective of the Activity Done:

Detailed Report:

In this week, I was went to the another residency in our community (Kotha road) In that 50% of the family members were having health issues that are mostly (sugar/diabetics) and some other common issues. The remaining families who are living in that residency were following an healthy food diet which are in the body very much in good condition. That helps the body to get energy and muscle memory. Also the health issues families are following now a healthy food and all peoples & families in that community were maintaining of healthy diet. They will help them for maintain of body strong and good they are having water also like 3 to 4 liters in a day which help them for digestion and hydration mainly in that residency the younger people are addicted to oily food, junk food which will give them a dopamine but not energy and healthy life. Even oldest people are following the & eating the healthy food.

ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	With the help of questionnaire we conduct a survey in the field area we have chosen to doing community survey project.		<u>H. Lokesh</u>
Day - 2	With the help of questionnaire we conduct a survey in the field area we have chosen to doing community service project.		<u>D. Tarun</u>
Day - 3	With the help of questionnaire we conduct a survey in the field area we conduct to doing community service project.		<u>P. Mani</u>
Day - 4	With the help of questionnaire we conduct a survey in the field area we conduct to doing community service project.		<u>G. Anna</u>
Day - 5	With the help of questionnaire we conduct a survey in the field area we have to come to doing community service project.		<u>N. Venu</u>
Day - 6	With the help of questionnaire we conduct a survey in the field area we have chosen to doing community service project.		<u>B. Chander</u>

WEEKLY REPORT

WEEK - 4 (From Dt. 22/10/22 to Dt. 22/10/22)

Objective of the Activity Done:

Detailed Report:

In this week-4, that I have prepared a questionnaire on the healthy diet or food habits such as the number of times the person eats meals in a day.

So after my completion of asking the questions to the each person of the family, then it asked about the healthy food they said that healthy food will help over life being healthy and the food which are we are taking is the only main thing for over body condition and health.

The people nutrition foods gives a healthy life and in some families younger persons are eating of oily and junk food daily which will ^{damage} their ~~the~~ healthy life.

In some houses the people are not drinking enough water which will make them hydrate and gives while blood cells and the water improper digestive system.

This time there is less-sugar patients and all the families were following a rich healthy diet.

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 conduct a survey in the field/area as we choose to doing community service project.		<u>V. Praveen</u>
Day - 2	With the help of questionnaire we conduct a survey in the field/area as we choose to doing community service project.		<u>G. Navya</u>
Day - 3	With the help of questionnaire we conduct a survey in the field/area as we choose to doing community service project.		<u>H. Keerthi</u>
Day - 4	With the help of questionnaire we conduct a survey in the field/area as we choose to doing community service project.		<u>CH. Manjula</u>
Day - 5	we analyze's data on the survey		<u>K. Sathya</u>
Day - 6	After analyze the data on the survey, we have make a report and conduct awareness program in our community.		<u>V. Yamuna</u>

WEEKLY REPORT

WEEK - 5 (From Dt. 11/11/22 to Dt. 17/11/22)

Objective of the Activity Done:

Detailed Report:

In this week-5 I had some more questions on food habits on our daily basic eating this was the last question of community project survey this week-5 I was added another residency for survey is that most of the younger and older persons also not having a healthy diet and eating junk foods, sweets, chocolates, oily foods which will brings unhealthy life to them.

And in that community some people who are also maintaining healthy diet and eating nutritious food. I asked them about nutrition and healthy food which includes proteins and vitamins they said eating a lot of vegetables, fruits gives us vitamins and proteins and I asked all people about how many meals they take in a day; mostly they answered 2 meals a day.

And some of the people were not drinking enough water. And I suggested them eating a healthy food and drinking enough water in a day will make your healthy life good & better.

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 (Mosque Street, Jagadamba junction and Kotha road/Kap) the survey was done on each and every house for the project purpose. In that area some peoples are very lower in their earnings and some are too-riched and well-solded and some are middle class families.

And some families are not having ~~any~~ ^{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 every questions of community service project and some of the following families answered by questions.

They responded very well to my every question.

They also gave suggestions to be healthy with concerning a healthy food in our daily life.

These are the details I noticed in my area

Describe the problems you have identified in the community

The problems I was identified in our community is they are sugar and obesity patients who are under age of upto 70 years and in the community some families were not eating a healthy food they are eating the food which gives them an unhealthy life style. Sugar food was consuming by them and they getting healthy problems like mostly sugar, obesity, cholesterol.

In my community areas to know the ^{illness} problems in my community areas people they were ^{finding} facing and I too faced many problems because many of the people in our community areas were not answering to my questions meeting with all individuals that too personally made my to face lot of troubles in my area.

They were not keeping money for the food which gives them nutrition. They are all eating of junk food, oily foods, lot of sweets etc. which harm their healthy lifestyle.

In some families they not even drinking enough water. They were only drinking 1 to 2 liters of water in a day.

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:-

- ⇒ 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.
- ⇒ Everybody they should be drink atleast 2 to 3 liters of water for better digestive system.
- ⇒ They 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.
- ⇒ closing of outside junk food for a week or a month continuously then they will eat healthy food which includes, vegetables, fruits, etc.

LONG-TERM ACTION PLAN:-

- ⇒ There should be know 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 progress of Community service project conducted by the college management

I learned to give proper explanation on particular topic to others

I learned the way of interacting with others and communicating and get to know the problems which they are facing. And I learned the way of presentation & demonstration on the problems of people. I learned to be stay with patience when others are not answering to my community service project questions. I learned to speak straight-forward and facing with other people.

The main problem of community is to be maintain a health diet plan. They are all not having our healthy diet.

If they eat unhealthy food they will get unhealthy

through this program all are noticed that consuming & taking of healthy food gives us healthy life. And this program is each every one 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 6 pages.

FOOD HABITS

Community program 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 project are to investigate how many people have basic and desired knowledge about food habits.

Now,

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 eating way organ of the body and this makes healthy eating very important. So, food is the most important single factor for health and fitness.

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. Food supplies energy enables growth and repairs of tissues and organs. It also protects the body from disease and regulates body functions.

⇒ 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. While this summarizes the physiological dimensions, nutrition has special psychological and economic dimensions too.

⇒ 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 to maintain positive health. Physical health is probably the most easily understood aspect.

BALANCED DIET :-

A balanced diet is one which includes a variety of foods in adequate amounts and correct proportions to meet the daily 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 or reserve of nutrients to with stand short durations of deprivation when they are not supplied by the diet. The safety margin takes care of the days we fast, or the short-term deficiency of certain nutrients in the daily diet. If the balanced diet the Recommended Dietary Allowances (RDAs) for an individual, then the safety margin is already included since RDA are formulated keeping extra allowances in mind.

Recommended Dietary Allowances =

Requirements + Margin of Safety

A balanced diet takes care of the following aspects?

- ⇒ Includes a variety of food items
- ⇒ Meets the RDA for all nutrients
- ⇒ Includes nutrients in exact proportions
- ⇒ Provides a safety margin for nutrients
- ⇒ Promotes and preserves good health
- ⇒ Maintains acceptable body weight for height

* Dieting :-

obesity is becoming a serious problem among adolescents. Intervention is needed to maintain ideal body weight among the entire population. If this is not maintained, 80 per cent of them will stay overweight as adults. This can put them at risk for many medical problems, including diabetes, high blood pressure, high cholesterol and sleep apnea.

* Nutritional limitation 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 milkshake is added.

* 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 avg size each day. plus two nutritious shakes one must try not to skip meals

Snacks:-

Snacks should be limited to two each day and they can include low calories foods, such as raw fruits or vegetables. Avoid using high calories or high fat foods for snacks, especially potato chips, biscuits and fried foods. Of course favorite snacks can be consumed once in a while but this should not be made a habit.

* Drinking water :- Drinking four 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 avoid drinking soft drinks and fruit juices too frequently as they are high in energy (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 watching television playing video games and exercising. Recording body weight each week is good practice.

Factors influencing eating behaviour :-

By the time a person reaches adolescence the influences on eating habits are numerous and the formation of these habits is extremely complex as shown in figure. 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 lifestyle to build up healthy immune system and to avoid disease

— X —

Student Self-Evaluation for the Community Service Project


Student Name: **GARIKINA APARNA**
Registration No: **719130805353**
Period of CSP: From: **19/10/22** To: **29/10/22**
Date of Evaluation: **19/10/22**
Name of the Person in-charge: **P. Radha Devi**
Address with mobile number: **Mrs. AVN College,**

Please rate your performance in the following areas:

Rating Scale: 1 is lowest and 5 is highest rank

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: **29/10/22**


Signature of the Student

Evaluation by the Person in-charge in the Community/Habitation

Student Name: GARIKINA APARNA

Registration No: 719130805353

Period of CSP: From: 19/10/22 To: 29/11/22

Date of Evaluation: 19/10/22

Name of the Person in-charge: P. Ratha Ravi

Address with mobile number: Mrs. A.V.N College,

Please rate the student's performance in the following areas:

Please note that your evaluation shall be done independent of the Student's self-evaluation

Rating Scale: 5 1 is lowest and 5 is highest rank

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

Date:


 Signature of the Supervisor





Visakhapatnam, Andhra Pradesh, India
P82A+V4J, Pundarikopeta, Visakhapatnam, Andhra Pradesh 530001, India
Lat: 17.70452°
Long: 83.305626°
23/08/22 10:54 AM



Visakhapatnam, Andhra Pradesh, India
P82A+V4J, Pundarikopeta, Visakhapatnam, Andhra Pradesh 530001, India
Lat: 17.704549°
Long: 83.305594°
23/08/22 10:53 AM



Visakhapatnam, Andhra Pradesh, India
P843+3W6, Mahaveer Park, Visakhapatnam, Andhra Pradesh 530002, India
Lat: 17.705427°
Long: 83.304804°
23/08/22 11:04 AM



Visakhapatnam, Andhra Pradesh, India
P82A+VCG, Jagadamba Junction, Visakhapatnam, Andhra Pradesh 530002, India
Lat: 17.705048°
Long: 83.305739°
23/08/22 11:03 AM



GPS Map Camera

Visakhapatnam, Andhra Pradesh, India

Dno:26-12-1, Pandupulla Sandhu, Purnia Market, Jagadamba Junction, Visakhapatnam, Andhra Pradesh 530001, India

Lat 17.706695°

Long 83.297491°

20/01/23 02:30 PM GMT +05:30



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