

Community Service Project Report

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

Name of the College: *MYS AVN collage*

Department:

Name of the Faculty Guide: *Radha Ravi*

Duration of the CSP: From *2022* To *2023*

Name of the Student: *A. Naga Sakuntala*

Programme of Study

Year of Study: *2020 - 2023*

Register Number: *72013080 5273*

Date of Submission:

ACKNOWLEDGEMENTS

The work presented in this project is all possible by the virtue of the support extended by many people.

I take this opportunity to extend my sincere gratitude to everyone for their support.

I express my sincere to Dr. Naidu sri, principal of Mrs. AVN Degree College,

D. Senthosh Kumar head of the department of science. P. Radharani Computer Science Lecturer of AVN College Visakhapatnam, for permitting me to do the project work successfully.

finally, I thank my other faculty members, My friends and my family members who supported me to complete my project work successfully.

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.

Jalanipeta is located at Visakhapatnam district. It is an urban neighborhood in the Indian City of Visakhapatnam. The area with population of more than 50,000.

The area with population divided into all sectors. I have done my survey in two sectors. Hence the people in this sectors are highly qualified they answered very well for my questions and their suggestions and answers are greatly helpful for a person who is in appropriate manner in following their daily life activities in Now-a-days while doing survey. It is observed that people are following a healthy and un-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.

No. of houses visited : 20

Average No. of household members in a family : 4

No. of houses in which more than 4 members present : 8

No. of houses in which more than 3 members present : 12

No. of houses in which more than 2 members present :- 20

No. of people living in own houses : 14

No. of people living in Rented houses :- 6

No. of people taking healthy food and unhealthy food.

How many families are Consuming healthy food : 50%.

How many families are Consuming unhealthy food :- 50%.

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

I learned to many classes in the programs of Community Service Conducted by the College management

I learned to give proper explanation on particular topic to others. I was learned the way of interacting with others and communicating and get to know these problems which they are facing and I learned the way of presentation 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.

through this program all are the noticed that consuming / eating of healthy food gives us healthy life and this program teach every one to healthy.

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have got this information from our Community (Kotha jalani pole Near golla vedhi Visakhapatnam). In this two Community residing half of the families were following an healthy and eating nutrition food which are rich in vitamin and protein. Some families were not have any healthy plan for the day and they not even plan and eat those healthy food.

everyday eating of outside foods and oily foods imbalance (obesity) the people which are eating healthy foods they were give a suggestion to all families (or) people (or) public to eat healthy nutrition food for better healthy and not become an patient when the people eat in a limit the healthy will gone to sheld.

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week, I was about to the another residency in our Community (Kunichamamb) Temple near Sulliveedhi Vsp in that 50% of the family members were having health issues that are mostly / Sugar/ diabetes) and some other common issues. The remaining families who are living in that residency were following a healthy food diet which are rich in nutrition and vitamins which will help the body stay much in good condition they are having water like 3 to 4 liter in a day which help them for digestion and hydration mainly in that residence.

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have obstructed this information pass over Community / Kolha jalasipeta Near galla Veedhi, Visakha. To this report I was noticed that these people are not following a health diet which will help them very much some of the families which were hearing in the Community where following an healthy in the Community please health and such in nutrition food.

Now-a-days people are not eating 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 nutritious food whereas the remaining people were eating outside.

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week - 5, I had created some more questions on food habits more on our daily basic eating. This was the last question of community by project survey. This week - 5, I was added another residency for survey in that most of the youngsters and older persons not having an healthy diet and eating, junk foods, sweets, oily foods, chocolates, laluch will beings un-healthy life to them.

And some of the people were not drinking enough water.

And I suggested them eating a healthy food and drinking enough food and drinking enough water.

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 Jalaripeta near Golla Vadhi, Visakhapatnam. The survey was done on each and every house for the project purpose. In that area some people are very poor in their earning and some are middle class families. And some families are not having money to buy proper food to eat they are too poor they can't eat like every one they are not having sufficient money for the healthy nutritious food to eat like others. So these kind of families were didn't answered any question for CSP.

Describe the problems you have identified in the community

The problems I have identified in our community is they are Sugar and obesity people who are under age of 40 years.

And in the community, some families were not eating unhealthy food they were eating the food which gives them an unhealthy life.

fried, oily, sugar foods were consuming by them and they getting health problems like mostly sugar, obesity,

In my community area, to know the reasons in my problems to the areas of community there were facing the nutrients in the food items and junk foods which have their healthy life style.

There were only drinking 1-2 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:-

1. Every family should be provided awareness on benefits of healthy foods.
2. every family should change their ideology and behaviour on the food they consuming daily.
3. every day they should be drink atleast 3-litres of water.
4. there were many people who don't consume 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 a separate course on food habits.
3. Every family should to get a scientific knowledge about food to eat.

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this 4 week, I have prepared a few questions on the healthy diet and good habits,

Such as the number of times the persons take meal in a day

So after my completion of asking the question to the each person of the family.

They I asked about the healthy food they said that healthy food will help over life being healthy and the food which are was taking is the food which are was taking is the only main thing for over body condition and health for healthy the proper.

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 affects 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 does not makes a person health just gives energy. fast foods and junk food makes a person more unhealthy.

oil foods, sweets in balance a person health and not maintaining proper time keeps a person unhealthy.

PHOTOS AND VIDEO LINKS



Student's Declaration

A.N. Sakuntala
I, a student of Program, Reg. No. *720130805293* of the
Department of *Physics* College do hereby declare that I have
completed the mandatory community service from *2022* to *2023* in
food habits (Name of the Community/Habitation) under the Faculty
Guideship of *Radhika Rani* (Name of the Faculty Guide), Department
of *Physics* in *A.V.N.* College

(Signature and Date)

Endorsements

A. wetter
Faculty Guide

S. Sankar
Head of the Department
Head of the Dept.
Dept. of Physics, Electronics and Computer Sci.
Mrs. A.V.N. COLLEGE -
VISAKHAPATNAM

Principal