


# **Program Book**

## **Community Service Project**



**AP STATE COUNCIL OF HIGHER  
EDUCATION**

**(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)**

**A COMMUNITY SERVICE PROJECT REPORT**

**ON**

**PROJECT TITLE**

**FOOD HABITS**

community service project report submitted  
in partial fulfillment of the requirements for the award of the Degree of

**BACHELOR OF SCIENCE**

**By**

**STUDENT NAME**

**M Nagaraju**

**(Reg. No: 719130805185 )**

**Under the guidance of**

**K. SWETHA**

**DEPARTMENT NAME**

**PHYSICS**



Estd: 1960

**Mrs. A.V.N College**

**(Affiliated to Andhra University)**

**Visakhapatnam-530001**

**2020-2023**

# Program Book for Community Service Project

Name of the Student: MENDEN . Naga Saiju

Name of the College: M.V.P. A.V.N. College

Registration Number:

Period of CSP: 2 months From: 19/08/23 To: 22/10/23

Name & Address of the Community/Habitation:

## 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: MRP - AVN COLLEGE

Department: BSC

Name of the Faculty Guide:

Duration of the CSP: From.....To.....

Name of the Student: MENDEMI - Naga Saiju

Programme of Study

Year of Study:

Register Number: 719130805185

Date of Submission:

### Student's Declaration

I, MENDAM. NAGARAJ student of CSA Program, Reg. No. .... of the Department of BSC ..... 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 ..... (Name of the Faculty Guide), Department of ..... in ..... College

M. Nagarajee  
(Signature and Date)

### Endorsements

[Signature]  
Faculty Guide

[Signature]  
Head of the Department  
Dept. of Physics, Electronics and Computer Science  
Mrs. A.V.N. COLLEGE -  
VISAKHAPATNAM

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

**Certificate from Official of the Community**

This is to certify that MANDAR, NAGARAJ (Name of the Community Service Volunteer) Reg. No. 1913080618 of ..... Name of the College) underwent community service in ..... (Name of the Community) from..... to .....

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

Authorized Signatory with Date and Seal



## ACKNOWLEDGEMENTS

I would like to convey my heart felt Gratitude to APSHE for giving this wonderful opportunity to us and I'm also thankful to the Andhra University

I also like to thank our college principle and the faculty members who guided us in the completion of this project and also thankful for providing me with the wonderful opportunity and also thankful for providing me with this wonderful opportunity to work on a project with the topic study of food habits. The completion of the project would have been possible without their help & insights.

Secondly, I would also like to thank all of the community of "Dabagachamp" for giving the paper support. I am extremely grateful to the people of my neighborhood for supported with high level of valuable suggestion and guidance for completion of the project would not this completion and healthy circum came today and useful with them.

Finally, I would like to thank my parents who helped me a lot in gathering different information, collecting this project despite of their busy schedule, they gave me different ideas in making this project unique.

Thank you.

MENDAM. Nagasrija

BSc

Reg 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.

Dabagondra is located at Virshakapalnam district. It is an urban neighbourhood. In the Indian city of Virshakapalnam. The area with population of more than 50,000. The area is divided into all sides. I have some many things and things suggestion and many helpful for a person who we in appropriate manner in following things study life and here the data is related to the food, when compared with young people and some other people are not being and here the data is related are 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 house hold 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 : 8

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

NO. of people owning own house : 14

NO. of people living in rented house : 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%.

How many people are healthy : 75%.

How many people are unhealthy : 25%.

Status of health :- 75% of people are with normal healthy

where remaining 25% of people are seen to be unhealthy

→ Common problems are reported by Community participants

1. diabetes
2. sugar
3. BP
4. obesity

→ Common problems observed by surgeon.

1. mostly old age people with sugar and diabetes

2. Even I have that many people are with obesity and modulation 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.

Now-a-days, food habits become a growing problems around the world that affect 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 this daily need based on ration card. As per view on now-a-days all we are eating the food doesn't make a person healthy just gives energy. Food make a person a person on healthy.

methodology:- for the present study the research conceptualized on socio-economic background, healthy problems in relation chemical buy the people in study area.

Scientific Econom system, food behind community need. It want an fruits, vegetables, herbs, seeds, duster etc. while some of these items are too basic and are a part of our regular meals. Other may have some mind-blowing qualities.

ACTIVITY LOG FOR THE FIRST WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	L. Venkata Ramana Reddy age: 52 Topic: Food habits Address: Dabagutham, Vishakapatnam	Eating a healthy food Over all the day.	<u>Venkatesh</u>
Day - 2	P. Satya Rao age: 50 Topic: food habits Address: Sai Sampath Enclave Dabagutham, Vizag 5300	In a day thing were taking 3 to 4 meals in 3 liters of water.	<u>Satya Rao</u>
Day - 3	Sangeeta Jain age: 51 Topic: food habit Address: Sai Sampath Enclave Dabagutham, Vizag	In a day thing were taking 3 to 4 which made by oil	<u>SANGEETA</u>
Day - 4	K. Satyawathi age: 45 Topic: food habits Address: Dabagutham, Vishakapatnam	They are an eating of on healthy food which is made by oil	<u>Satyawathi</u>
Day - 5	K. Someswari age: 39 Topic: Food habit Address: Sai Sampath Enclave	They are an eating of on healthy foods which is made by oil	<u>Someswari</u>
Day - 6	S. Padmaja age: 38 Topic: food habits Address: Sai Sampath Enclave	Eating an healthy food.	<u>Padma</u>



## WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have observed this information from our community / Sai Sampath Endau - Dakshinam, Vahakapalam. In this report I was noticed following healthy diet which will help them very much. Some of the families which were leaving in the community were following an healthy diet and eating and healthy and which that will in their which was suggested in that most of families the remaining people were eating outside junk food and oily foods which will damaged their healthy life in that community most the patients were diabetic and sugar.

ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	P Chandra moham age: 50 Topic: food habits ADDRESS: Sai Sampath - Enclave.	moving an healthy diet and eating the nutrients food.	<u>P. Chand.</u>
Day - 2	P Vijaya age: 38. Topic: Food habits ADDRESS: Sai Sampath - Enclave.	eating 3 meals a day with fruits	<u>P. Vijaya</u>
Day - 3	A. Suchitra age: 25 Topic: food habits ADDRESS: Sai Sampath Enclave	Eating an Unhealthy food in a day	<u>Suchitra</u>
Day - 4	B. Ramana age: 70 Topic: food habits ADDRESS: Sai - Enclave	eating a healthy food and having sugar	<u>Ramana</u>
Day - 5	N. Nagamani age: 40. Topic: - food habits ADDRESS: - Sai Balaji Enclave	All the family member in the family was eating health food	<u>Nagamani</u>
Day - 6	S. Prasanth age: - 20 Topic: - food habits ADDRESS: - Sai Balaji Enclave - Akkapalalem, Vizag.	not have an healthy diet plan and eating more other food.	<u>Prasanth</u>

## WEEKLY REPORT

WEEK - 2 (From Dt. 26/07/22 to Dt. 2/10/22...)

Objective of the Activity Done:

Detailed Report:

I have got this information from Our Community (Sai Sampath Enclave, and Sai Balaji Sridhamy Kollegal and Akkayapalem vibakapattanam). In this following an healthy and eating nutrition some functions were not having any healthy plan for the day and they not even plan and eat those healthy foods. Every day eating of Outside foods and Only foods which will cause Confusion and body imbalance (Obesity)

The people which are eating healthy nutrition food for better healthy and not become an patient when the people use eat the day kind of side of jungle food (or) Only the limit - then Sweets with in a limit. If they go on the limit then the healthy will gone to shed.



ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	A. Laxmi age: 61 Topic: food habits ADDRESS: Sai Babaji Spindormy Akkayapalem,	Sugar patient But maintaining Healthy food	<u>Laxmi</u>
Day - 2	S. Geetha age: 52 Topic: food habits ADDRESS: Sai Babaji Spindormy Akkayapalem, Visag	She is diabetic avoid side food.	<u>S. Geetha</u>
Day - 3	P. Anurba age: 27 Topic: food habits ADDRESS: Sai Babaji Spindormy Akkayapalem,	Every day Food side food	<u>Anurba</u>
Day - 4	Ammaji:- age: 48 Topic: food habits ADDRESS: Sai Babaji Spindormy	Sugar patients Eating lot of Sweets	<u>Ammaji</u>
Day - 5	K. Jagadeesh age: 52 Topic: food habits Akkayapalem,	Eating Healthy food daily	<u>Jagadeesh</u>
Day - 6	G. Ramesh age: 27 ADDRESS: Sai Babaji Spindormy Akkayapalem, Vishakapatnam,	Sugar patient But now maintaining Healthy food.	<u>Ramesh</u>

## WEEKLY REPORT

WEEK - 2 (From Dt. 3/10/22... to Dt. 8/10/22...)

Objective of the Activity Done:

Detailed Report:

In this week, I was went to the another (pudimay) Dabngodunp and Ayayapaling Vihakapabram). In this Aico Community (pudimay) half of the families were following healthy and eating nutrition food which are rich in vitamin and protein. Some families those healthy food. Every day eating body imbalance (objekt).

The people which are eating healthy food - they are public to eat healthy nutrition food for better healthy and not become an patient. when the oily food and the limit then the healthy will gone to shed.



ACTIVITY LOG FOR THE THIRD WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	A. Laxmi age:- 61 Topic:- Sai balaji spending Akrapalem Viskatapattanam	Sugar patient but maintaining healthy food.	<u>Laxmi S. Gupta</u>
Day - 2	S. Gupta age:- food habits Topic:- Sai balaji spending	Sugar patient Eating lot of sweets	<u>Anand S. Gupta</u>
Day - 3	P. Anuroot age:- 24 Topic:- food habits	Eating healthy food daily	<u>Anuroot</u>
Day - 4	Ammaji age:- 52-48 Topic:- food habits	Every day eating load side food.	<u>Ammaji</u>
Day - 5	K. Jagadeesh age:- 48 Topic:- food habits	Eating from on healthy food daily	<u>Jagadeesh</u>
Day - 6	G. Ramish Age:- 47 Topic:- food habits	Sugar patient but now maintaining healthy food.	<u>Ramish</u>

## WEEKLY REPORT

WEEK - 3 (From Dt. 3.10.22 to Dt. 8.10.22...)

### Objective of the Activity Done:

### Detailed Report:

In this week, I went to the another  
opportunity in our Community Sai Baba's  
In that 50% of the family members were having  
healthy issue the common issue. The remaining  
family who are living families are following  
an healthy now healthy diet which are  
in job in nutrition and vitamins which are  
that helps of healthy food and all people  
maintaining an healthy diet they are will  
help they are having water also like 3 to 4  
liters in a day which that opportunity the younger  
people are addicted to oily food, junk food  
which will give them a person but not now  
Energy and healthy are healthy food.

ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	P. Chalam age :- 24 Topic :- food habit Address :- Akkappalam, visage	Eating healthy food.	<u>Chalam</u>
Day - 2	K. Raja Varma age :- 41 Topic :- food habit	Not having a proper diet	<u>K. Raja</u>
Day - 3	T. Kanchamma Neni age :- 60 Topic :- food habit	Eating healthy food and drinking 3 liters of water	<u>Kanchamma</u>
Day - 4	R. Premathi age :- 32 Topic :- food habit	Eating on healthy food	<u>Premathi</u>
Day - 5	K. Kumari age :- 25 Topic :- food habit	Eating healthy food	<u>K. Kumari</u>
Day - 6	B. Chandu age :- 20 Address :- Sakkalje Pudukkottai	Eating on healthy food and healthy food.	<u>B. Chandu</u>

## WEEKLY REPORT

WEEK - 4 (From Dt. 10/10/22.. to Dt. 15/10/22..)

Objective of the Activity Done:

Detailed Report:

In this week 4, I have prepared a few questions on the healthy diet on food habit such as the member of family the family eat meals in a day.

So after my completion of asking the question to the each person of a family then the asked about the healthy life taking in this some family young person are eating of oily and junk food daily which will damage the healthy life.

This time is his sugar patient and all the family were following a fresh healthy diet.



ACTIVITY LOG FOR THE FIFTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	K. Faghawa age: 50 Topic: food habits	Eating healthy and food sugar patient	K. Faghawa
Day - 2	M. Rajesh age: 25 Topic: Food habits	Eating on healthy food and not having fat	M. Rajesh
Day - 3	S. Pranj age: 15 Topic: Food habits	Eating lot of junky foods and having fat	S. Pranj
Day - 4	N. <del>Kazim</del> age: 18 Topic: Food habits	Eating on healthy food (lots of sweets & chocolates)	N. <del>Kazim</del>
Day - 5	P. Jini age: 22 Topic: food habits	Eating healthy and on healthy food.	P. Jini
Day - 6	A. Naga rjuna age: 41 Topic: Food habits	Not eating food on time and on healthy diet	A. Naga rjuna



## WEEKLY REPORT

WEEK - 5 (From Dt. 17.10.22 to Dt. 22.10.22)

Objective of the Activity Done:

Detailed Report:

In this week - 5, I had interacted some more questions on food habits on one daily basic Community Project Survey.

This week - 5, I was added another tendency by Survey in that bringing most of the younger in healthy life to them.

In that Community some people who are also maintaining healthy diet 3 meals in a day.

and some of the people were not daily limiting alcohol water and I suggested them eating a healthy food. 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 Aringad  
and Akkayalam, Vithakulam. The survey was  
done on each and every house for the project  
purpose. In that area some people are rich and  
well settled and some are middle-class families  
and poor people. They are too poor and  
having satisfied money for  
so, then for Community Service project  
and some of the families answered my  
questions. They are very well to my survey  
daily life. These are the details gathered  
in my area.

Describe the problems you have identified in the community

The problems I was identified in my community is they are sugar and obesity people who are under age of 40 to 70 years and in the community some peoples and eating the food which gives them an healthy life.

meeting with all individuals that for personally made me to face lot of troubles in my area they are not keeping money for the food which give them nutrition. They are all eating of junk foods only fruits lot of junk etc which harms their healthy life style

In some family they are not drinking drinking enough water they are drinking H<sub>2</sub>O lots 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 food.
- ② Every family should change their ideology and behaviour. On the food they consuming daily.
- ③ Every day they should be provide atleast 2 to 4 they were many of people who didn't consume healthy food.
- ④ Choosing of Outside junk food for a week (or) a month consciously they they will eat healthy food which includes, vegetables, fruits etc.

### 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 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 things in the platform of Community service 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. I learned to be patient when others are not answering project questions.

If they eat an unhealthy food then they will get unhealthy.

Through this program all are realized that consuming a healthy life and program teaches every one to be healthy.

## Student Self-Evaluation for the Community Service Project

Student Name: M. Naga Sujun

Registration No: 719130805185

Period of CSP: From: 9/8/22 To: 22/10/22

Date of Evaluation: 28/10/22

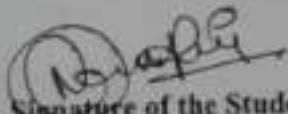
Name of the Person in-charge: BAN Jupali SAI Venkatesh Sai

Address with mobile number: 2nd 3/30/31, Sai Sampath Dalagardim  
Vishal Apartment 53020.

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

  
 Signature of the Student

Date:

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

Student Name: M. Naga Saija  
 Registration No: 719130805185  
 Period of CSP: From: 19/0/22 To: 22/10/22  
 Date of Evaluation: 28/10/22  
 Name of the Person in-charge: BANUPATI Sai Venkata Teja  
 Address with mobile number: DNO: 3D-31371 Sai Sampath Enclave Dabagachery  
 nithakorpattam

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: 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

  
 Signature of the Supervisor

Date: 28/10/22