


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, MENDEN 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 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.

Dabagoundam is located at Virudhachalam district. It is an urban neighbourhood. In the Indian city of Virudhachalam. The area with population of more than 50,000. The area is divided into all sides. I have some many things are specially 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 living in 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 approach 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 two 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: Dabagurtham, 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 Dabagurtham, 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 Dabagurtham, 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: Dabagurtham, 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 unhealthy diet and eating the nutrients food. | <u>P. Chandra</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 this family was eating healthy food | <u>Nagamani</u> |
| Day - 6 | S. Prasanth age: 20 Topic: food habits ADDRESS: Sai Balaji Enclave - Akkayalapuram, 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 Conitals 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 Suresh 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 Spindromay Akkrayapalem, | Sugar patient But maintaining Healthy food | <u>Laxmi</u> |
| Day - 2 | S. Geetha age: 52 Topic: food habits ADDRESS: Sai Babaji Spindromay Akkrayapalem, visag | She is diabetic avoid side food. | <u>S. Geetha</u> |
| Day - 3 | P. Anurha age: 27 Topic: food habits ADDRESS: Sai Babaji Spindromay Akkrayapalem, | Every day Food side food | <u>Anurha</u> |
| Day - 4 | Ammaji:- age: 48 Topic: food habits ADDRESS: Sai Babaji Spindromay | Sugar patients Eating lot of Sweets | <u>Ammaji</u> |
| Day - 5 | K. Jagadeesh age: 52 Topic: food habits Akkrayapalem, | Eating Healthy food daily | <u>Jagadeesh</u> |
| Day - 6 | G. Ramesh age: 27 ADDRESS: Sai Babaji Spindromay Akkraya palem, 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) Dabngodun and Ayayapaling (Vihakapabun). 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 (instabance Objecty).

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:- 27 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 food 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 habits Address :- Akkappalam, visage | Eating healthy food. | <u>Chalam</u> |
| Day - 2 | K. Raja Varma age :- 41 Topic :- food habits | Not having a proper diet | <u>K. Raja</u> |
| Day - 3 | T. Kanchamma Neni age :- 60 Topic :- food habits | Eating healthy food and drinking 3 liters of water | <u>Kanchamma</u> |
| Day - 4 | R. Premathie age :- 32 Topic :- food habits | Eating on healthy food | <u>Premathie</u> |
| Day - 5 | K. Kumish age :- 25 Topic :- food habits | Eating healthy food | <u>K. Kumish</u> |
| Day - 6 | B. Chandee age :- 20 Address :- Sakkalaje Pudukkottai | Eating on healthy food and healthy food. | <u>B. Chandee</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. Kazim age: 18 Topic: Food habits | Eating on healthy food (lots of sweets & chocolates) | N. Kazim |
| 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 responsibility by Surveying 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 D Betty.

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 H₂O 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. On the problems of people I learned to be stay with patience 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 / eating of healthy food gives us healthy life and program asks every one to be healthy.

Student Self-Evaluation for the Community Service Project

Student Name: M. Naga Sujou

Registration No: 719130805185

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

Date of Evaluation: 28/10/22

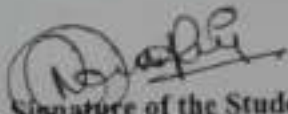
Name of the Person in-charge: BAN Jupali SAI Venkatesh Sai

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 Nehrukorpam |

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