

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

CH.RAJASEKHAR

(Reg. No: 720130805139)

Under the guidance of

K. SWETHA

DEPARTMENT NAME

PHYSICS



Estd : 1860

Mrs. A.V.N College

(Affiliated to Andhra University)

Visakhapatnam-530001

2020-2023

**Program Book
for
Community Service Project**

Name of the Student: CHANDRAGIRI DATASEKARAN

Name of the College: MYL AVU COLLEGE

Registration Number: 320130305133

Period of CSP: From: 14/6/23 To: 21/8/23

Name & Address of the Community/Habitation: D.No: 3-23

Sri Sampath Enclave
Chagayanda, Vakkolapattanam, 530020

Community Service Project Report

Submitted in accordance with the requirement for the degree of _____

Name of the College: MIT AVN COLLEGE

Department: BSC (Electronics)

Name of the Faculty Guide:

Duration of the CSP: From 12/06/20 To 12/11/21

Name of the Student: Ch. Raju kumar

Programme of Study: Community Service Project

Year of Study: IIIrd year 8th semester (2020-2021)

Register Number: 120130105139

Date of Submission:

Student's Declaration


I, Ch. Sai Lakshmi, a student of CIP Program, Reg. No. 1303010938 of the Department of S.V., Mrs. A.V.N. College do hereby declare that I have completed the mandatory community service from..... toin Ma. K. S. Nagar (Name of the Community/Habitation) under the Faculty Guardianship of..... (Name of the Faculty Guide), Department of SCIENCE in Mrs. A.V.N. College..... College

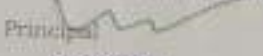
Ch. Sai Lakshmi

(Signature and Date)

Endorsements


Faculty Guide


Head of the Dept of the Dept
Dept. of Physic, Chemistry and Computer Science
Mrs. A.V.N. COLLEGE
VISA KHAPATNAM


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

Certificate from Official of the Community

This is to certify that Ch. Siva Kumar (Name of the Community Service Volunteer) Reg. No. 13010000139 of MV. SVU. College (Name of the College) underwent community service in Maddur Village (Name of the Community) from 20/06/2020 to 26/06/2020

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

Authorized Signatory with Date and Seal

ACKNOWLEDGEMENTS

I would like to convey my heartfelt gratitude to ANSOFC for giving this wonderful opportunity to us and I'm also thankful to the entire council.

I would also like to thank our college principal and all the faculty members who guided us during the completion of this project and also thankful for providing me with this wonderful opportunity to work on a project with the liberty to do good habits. The completion of the project could not have been possible without their help & suggestions.

Kindly, I would also like to thank all of the community of "maddhapalem" for giving the warm response. I am extremely grateful to the people of my neighborhood who extended with high level of valuable suggestions and guidance from completion of my project. Their cooperation and healthy criticism came to my credit with them.

Finally, I would like to thank you my parents who helped me a lot in gathering different information, collecting this project, details of their busy schedules. My you are determined about in making this project success.

Thanking you

Ch. Saijashwan

BJC (Electronics)

My no: 720730805139

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.

Maddur is located at Washburn district
it is an urban neighborhood in the indian city of Washburn
The area with population is more than 30,000. The area
is divided into all sectors. I have done my survey in
the sector where the people in this district are highly
educated. They provided long way for my activities and their
opinion they showed my way to my activities and their
and suggest are greatly helped in a person who are in
immediate manner in knowing the daily life activities in
now a days while doing this survey it is observed that
people are feeling a very good time while in learning of
healthy food when compared with average people and some other
people are not being and now the data is related to the
food habits. Whether which get are healthy and unhealthy.

CHAPTER 2: OVERVIEW OF THE COMMUNITY

- About the Community/Village/Habitat including historical profile of the community/habitat, community diversity, traditions, ethics and values.
- Brief note on Socio-Economic conditions of the Community/Habitat.

NO. of HOUSEHOLDS : 20

Average no. of household members in a family : 4

no. of houses in which more than 4 members present : 2

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 open houses : 4

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%

How many people are healthy : 75%

How many people are unhealthy : 25%

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

Issues remaining are reported by Community Practitioners

1. Diabetes : 2 types : 6-8 % * Obese

→ common problems observed by survey:

1. mostly old people are with high and diabetes

2. can't hear see that many people are with obesity and malnutrition 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 problem
most of the world has shifted out of health.

Food is a habit and in every human being. Every
government should be interested in the utilization of food to maintain
the daily needs based on ration card. At the time of
now-a-days all the people are eating the food does not make a person healthy
but give various food habits and some food make a person more
unhealthy. So, habits, food imbalance, a person health and not
maintaining proper food habits a person unhealthy.

Methodology - In the present study the researcher concentrated on
economical background. Health problem is related to quality of food
and quantity of usage of common products with harmful chemicals
by the people in daily life.

Identified needs based Community need - Food is one of the most
basic requirements of human life. Common usage of fruits, vegetables,
herbs, seeds, etc.

While some of the food items are too less and are
a part of our system and some other are too more and
losing quality.

ACTIVITY LOG FOR THE FIRST WEEK

| DAY & DATE | BRIEF DESCRIPTION OF THE DAILY ACTIVITY | LEARNING OUTCOME | Person in-charge Signature |
|------------|--|--|----------------------------|
| Day - 1 | L. Varkala Kunnath Curry Qty: 50 Topic: Food habits Address: Kozhikode town | Eating a healthy food makes us fit | <i>[Signature]</i> |
| Day - 2 | L. Varkala Kunnath Curry Qty: 50 Topic: Food habits Address: Kozhikode town | Steps towards eating a healthy food and keeping them with regularity | <i>[Signature]</i> |
| Day - 3 | L. Varkala Kunnath Curry Qty: 50 Topic: Food habits Address: Kozhikode town | In a day this can be made 2 or 3 times | <i>[Signature]</i> |
| Day - 4 | L. Varkala Kunnath Curry Qty: 50 Topic: Food habits Address: Kozhikode town | Along with eating a healthy food, exercise is made by us | <i>[Signature]</i> |
| Day - 5 | L. Varkala Kunnath Curry Qty: 50 Topic: Food habits Address: Kozhikode town | Along with eating a healthy food, which is made by us, there is a regularity | <i>[Signature]</i> |
| Day - 6 | L. Varkala Kunnath Curry Qty: 50 Topic: Food habits Address: Kozhikode town | Eating a healthy food | <i>[Signature]</i> |

WEEKLY REPORT

WEEK - 1 (From Dt. to Dt.)

Objective of the Activity Done:

Detailed Report:

I have abstracted this information from our community health center records. In the process I was advised that some people are not following a health diet which will help them stay away from the diseases which were leading in the community. Some were eating an healthy diet and eating an healthy and also in addition had some 2 days fast. We are not eating healthy and nutrition food that will damage their health and leads to get some problem in their body. The community which was changed in diet food in families were eating an healthy and nutritious food whereas the remaining people were eating simple rice food and vegetable.

which was showing this healthy diet is that

community which the patients were diabetes and hypertension.

ACTIVITY LOG FOR THE SECOND WEEK

| DAY & DATE | BRIEF DESCRIPTION OF THE DAILY ACTIVITY | LEARNING OUTCOME | Person In-charge Signature |
|------------|--|--|----------------------------|
| Day - 1 | 8. Chandra Natar Age: 20 Gen: Good habits Address: Biswanath colony | learning to healthy diet and eating the nutritious food | Chandra |
| Day - 2 | 8. Vishva Age: 22 Gen: Good habits Address: Biswanath colony | eating a meal a day with fresh | Vishva |
| Day - 3 | 4. Lakshita Age: 21 Gen: Good habits Address: Biswanath colony | eating an unhealthy food in a day | Lakshita |
| Day - 4 | 8. Samra Age: 20 Gen: Good habits Address: Biswanath colony | eating healthy food and having eggs | Samra |
| Day - 5 | 4. Anagras Age: 20 Gen: Good habits Address: Biswanath colony | All the family members in the morning are eating healthy food | Anagras |
| Day - 6 | 1. Prashant Age: 20 Gen: Good habits Address: Biswanath colony | not have an healthy diet plan and eating more oily food. | Prashant |

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have got this information from our community club members and by total visiting (Changabara and Anangapalle villages) in the community academy hall. All the families were following an healthy and eating nutrition and what are in this is vitamin and protein some of them were not use any healthy diet for long and they not use rice and eat some healthy foods. They are eating of whole foods and vegetables with oil, curries, chutneys and taking iron tablets (obesity).

The next week we eating healthy foods by use your a suggestion to the all families. They were eat whole to eat healthy nutrition and for better health and not use any oil instead use the water and eat for long a time and eat any thing and eat with in a limit of the mass to avoid their the healthy will you to find

ACTIVITY LOG FOR THE THIRD WEEK

| DAY & DATE | BRIEF DESCRIPTION OF THE DAILY ACTIVITY | LEARNING OUTCOME | Person In-charge Signature |
|------------|---|--|----------------------------|
| Day - 1 | A. Jaisankar Age: 41 Topic: food habits Address: nutritional reading | diagnose patient and maintaining healthy food | Jaisankar |
| Day - 2 | S. Sankar Age: 52 Topic: food habits Address: nutritional reading | Diagnose patient | S. Sankar |
| Day - 3 | P. Prakash Age: 33 Topic: food habits Address: nutritional reading | Diagnosing eating pattern and food | Prakash |
| Day - 4 | Prakash Age: 41 Topic: food habits Address: nutritional reading | diagnose patient eating in or between | Prakash |
| Day - 5 | V. Sankar Age: 41 Topic: food habits Address: nutritional reading | Eating healthy food daily | Sankar |
| Day - 6 | A. Sankar Age: 47 Topic: food habits Address: nutritional reading | diagnose patient but also maintaining healthy food | Sankar |

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week, a visit was made to the
senior residing in the community (Chennai)
residing arrangements. On that day the
elderly members of the family members were
having health issues that are really big
diabetes and some other common ones. In
examining families who are living in that
residing were following an healthy and diet
which are in the nutrition and vitamins which
will help the body very much in good condition.
That helps body to get energy and create energy
also the health issue families are following now a
healthy food and all people get families in that
community were maintaining an healthy diet. They were
not sure for maintain a body strong and good
they are having water also like also a little fruit
day which help them for digestion and hydration
eating is that residing in gender groups are
addicted to eating food. Some food which will give
them a dopamine but not energy and healthy. We
then take proper care following the diet 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 | B. Chaitan age: 29 Topic: food habits Address: balanced reading | eating healthy food | Chaitan |
| Day - 2 | K. Kishu Venkata age: 40 Topic: food habits Address: balanced reading | not having a paper diet | K. Kishu |
| Day - 3 | C. Krishna Veni age: 60 Topic: food habits Address: balanced reading | eating healthy food and drinking 8 liter water | krishna |
| Day - 4 | L. Lakshmi age: 31 Topic: food habits Address: balanced reading | eating unhealthy food | Lakshmi |
| Day - 5 | K. Sivaramulu age: 21 Address: balanced reading Topic: food habits | eating healthy food | Sivaramulu |
| Day - 6 | S. Chandu age: 22 Topic: food habits | eating unhealthy food and healthy food | Chandu |

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

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

To check my completion of asking the questions to the each person of the family, then I asked about the healthy diet they said that healthy diet will help you being healthy and the food which you are taking is the only main thing for your body condition and health. The proper nutrition would give a healthy life and in some family members are eating oily and some food items which will damage to the healthy life.

So, from 23 less than articles and all the families were following a very 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. Zephaniah Age: 30 Sex: Male Address: Kibaki road | Eating healthy food and eggs patient | V. Ochieng |
| Day-2 | M. Jais Age: 28 Sex: Male Address: Kibaki road | Eating unhealthy food and not consuming water | Ochieng |
| Day-3 | P. Jais Age: 31 Sex: Male Address: Kibaki road | Eating lot of junk food and having fat | Jais |
| Day-4 | K. Jais Age: 29 Sex: Male Address: Kibaki road | Eating unhealthy food | V. Ochieng |
| Day-5 | P. Jais Age: 32 Sex: Male Address: Kibaki road | Eating healthy and unhealthy food | Jais |
| Day-6 | A. Jais Age: 31 Sex: Male Address: Kibaki road | not eating food on time | Jais |

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week - 3, I had created some more sessions on food habits on our daily home's eating. This time to test ourselves on community health survey.

This week 3, I have added another session for survey to test most of the groups and their members who were having an healthy diet and eating some food such, vegetables, oily foods, which will bring valuable life to them.

Not in that community some people who are still maintaining healthy diet and eating nutritious food. I stated them about nutrition and which include protein and vitamins. They said eating a lot of vegetables, fruits give vitamins and contain and I stated people about how many meals they take in a day. Mostly they answered a meal is a day.

And some of the people were not drinking enough water and I stated them eating a healthy food and drinking enough in a day will make your healthy and good to others.

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 Bahagard and Bahagard. In Bahagard the survey was done on cash and why have the people in that area some people are very poor in their earnings and some are rich and some are middle class families and some families are not having money to buy from food to eat they are too poor and can't eat like other. So they are not having sufficient money in the healthy nutrition food to eat like other.

In that kind of families some didn't answered my questions for some reason.

and some of the families answered my questions they answered very well to my survey questions.

So all the people are very healthy and consuming a healthy food in that survey area. Some are the details a table in my case.

Describe the problems you have identified in the community

The problems I was identified in our community is they are obese and obesity made with one under age of 18 to 20 years and in the community some families are not eating an healthy food they are eating no food which gives them an unhealthy life food, they are taking more calories by them and they getting health problems like obesity, diabetes, cholesterol in my community about to know the problems in my community some people they were taking and I know that some schools breaks from it to make in our community were not returning to being students.

meeting with all individuals that we personally work on to fix lot of troubles in my area

they were not keeping coming for the food while give them nutrition they are all eating a lot of food, sugary foods, lot of carbs etc which makes their healthy lifestyle

in the families they are not doing enough water, they are only drinking 1 liter 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 made aware on benefits of healthy food.
2. Every family should change their identity and activities in the food they consuming daily.
3. Encourage the school to discuss about it to a site or make the extra digital poster.
4. They can every or make use digital poster healthy food it is better to suggest them and make them think about the healthy food which will make their life healthy.
5. Choosing of organic food that has a more full a month continuing the food will and healthy food which includes vegetables, fruits etc.

LONG-TERM ACTION PLAN:-

1. There should be know which food is healthy than body.
2. How could be a break time 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 enjoy class in the program of community health conducted by the community. I learned to give more explanation on each day basis to each.

I learned to say it interesting with other and community and get to know the problems with by my way and I learned to say it motivation in demonstration on the problem. It made a learned to be stay with patient when others are not allowing to my community health point questions.

I learned to know straight forward and funny with other people.

The main problem in the community is to be maintain a health diet plan say for all not having an healthy diet.

of being eat unhealthy then they will get unhealthy.

through this program all are noticed that concerning leading to healthy food gives us healthy life and this program that 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 B.Sc. may do a project on Organic Farming or Microclimate 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.

Student Self-Evaluation for the Community Service Project

Student Name: Ch. Egan W. V. 001

Registration No.: 120130130-5159

Period of CSP: From _____ To _____

Date of Evaluation: _____

Signature of the Person in-charge:
Address with mobile number:

Draw rate your performance in the following areas:

Rating Scale: 1 is lowest and 5 is highest rank

| | | | | | |
|---------------------------------------|---|---|---|---|---|
| 1) Overall communication | 1 | 2 | 3 | 4 | 5 |
| 2) Written communication | 1 | 2 | 3 | 4 | 5 |
| 3) Presentation | 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) Productivity | 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 for 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: _____

Ch. Egan W. V. 001
Signature of the Student

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

Student Name: Ch. Eogh Eshin
Registration No: 120150301534
Period of CSP: From _____ To _____
Date of Evaluation: _____
Name of the Person in-charge: _____
Address with mobile number: _____

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) <u>Overall communication skills</u> | 1 | 2 | 3 | 4 | 5 |
| 2) <u>Written communication</u> | 1 | 2 | 3 | 4 | 5 |
| 3) <u>Presentation</u> | 1 | 2 | 3 | 4 | 5 |
| 4) <u>Interaction ability with community</u> | 1 | 2 | 3 | 4 | 5 |
| 5) <u>Positive attitude</u> | 1 | 2 | 3 | 4 | 5 |
| 6) <u>Self-confidence</u> | 1 | 2 | 3 | 4 | 5 |
| 7) <u>Ability to learn</u> | 1 | 2 | 3 | 4 | 5 |
| 8) <u>Work Plan and organization</u> | 1 | 2 | 3 | 4 | 5 |
| 9) <u>Preparation</u> | 1 | 2 | 3 | 4 | 5 |
| 10) <u>Creativity</u> | 1 | 2 | 3 | 4 | 5 |
| 11) <u>Quality of work done</u> | 1 | 2 | 3 | 4 | 5 |
| 12) <u>Time Management</u> | 1 | 2 | 3 | 4 | 5 |
| 13) <u>Understanding the Community</u> | 1 | 2 | 3 | 4 | 5 |
| 14) <u>Achievement of Desired Outcomes</u> | 1 | 2 | 3 | 4 | 5 |
| 15) <u>OVERALL PERFORMANCE</u> | 1 | 2 | 3 | 4 | 5 |

Date:

Signature of the Supervisor



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