

Model Program Book
**COMMUNITY
SERVICE
PROJECT**



Designed & Developed by



**ANDHRA PRADESH
STATE COUNCIL OF HIGHER EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

PROGRAM BOOK FOR COMMUNITY SERVICE PROJECT

Name of the Student:

Angela Pawan Kumar

Name of the College:

MCA - Anna's College

Registration Number:

10013000000000000000

Period of CSP:

From:

To:

Name & Address of the Community / Habitation :

_____ University

YEAR



Community Service Project Report

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

Name of the College: Mrs. AUN College

Department: BSc [M.E. CS]

Name of the Faculty Guide: Mrs. Radha Rani

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

Name of the Student: Anigala Pavan Kumar.

Programme of Study

Year of Study: 2020 - 2023

Register Number: 720130805272

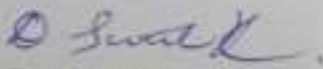
Date of Submission:

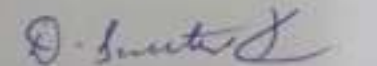
Student's Declaration


I, A. Pavan Kumar student ofProgram, Reg. No. 720130805272 of the Department of Electronics,Mrs. A.V.N College do hereby declare that I have completed the mandatory community service from..... toin (Name of the Community/Habitation) under the Faculty Guideship of: Latha Bari, (Name of the Faculty Guide), Department of Electronics.....in Mrs. A.V.N..... College

(Signature and Date)

Endorsements


Faculty Guide


Head of the Department


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

Certificate from Official of the Community

This is to certify that Arigelo Pantoja (Name of the Community Service Volunteer) Reg. No. 220130105002 of Mrs. A.M.O. College (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
Apsara for giving this wonderful opportunity to us
and I'm also thankful to the Andhra University

I would also like to thank our College
Principals and all the faculty and their members who
guided us in the completion of this project and also
thankful for providing me with this wonderful opportunity
to work on a project would not have been possible
without their help's rights

Secondly, I would also like to thank to
All of the Community of "Dabagarden" for giving
the proper responses.

I am extremely grateful to the people of my
high blooded sectors responded with high level of
valuable suggestions and guidance for completion

My project this co-operation and healthy citizens comes
trandy and useful with them

Thank you.

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.

Jalaripeta is located at Uthakapatnam district. It is an urban neighborhood in the Indian city of Uthakapatnam. The area with population of More than 50,000. The area is divided into all sectors. I have done my survey in Two Sectors there. 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 use in approximate manner in following their daily life activities. In Now-a-days while doing survey it is observed that people are following a are healthy and unhealthy.

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 member Present : 20

No. of People living in own-houses : 14

no. of people living in Rent houses : 6

How many families are Consuming healthy Food : 50%

How Many people are healthy : 75%.

How Many people are unhealthy : 25%

States of healthy : 75% of people are with normal health whereas as remaining 25% of people are seems to be unhealthy

→ Common Problems are reported by Community participants.

(1) Diabetes (2) Sugar (3) B.P (4) Obesity

→ Common Problems Observed by Survey :-

(1) Mostly oldage are with sugar and diabetics.

(2) Ever have seen 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 becomes a growing problem around the world that affected not only the health food is a basic need for every human being. Many Government schemes are implemented on the distribution of food to every one for their daily needs based on ration card. As per view on New-a-days all are eating the food does not makes a person health just gives Energy. Fast Foods and junk Food makes a person. Also unhealthy oil foods, sweets in balance a person health, and not maintaining proper time keeps a person unhealthy.

Methodology:

For the present study the research concentrated on social - economical back-ground, health problems in relation to quality of foods and quantum of usage of consumer products with harmful chemicals by the people in study are scientific facts behind community needs:-

Food is one of the most diverse Eco-systems. It covers an enormous range of fruits, vegetables, herbs, seeds, dishes etc.

While some of these items are too basic and are a part of our regular meals, others many have some mind-blowing quality.

ACTIVITY LOG FOR THE FIRST WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	P. lakshmi Age :- 30 Topic :- Food habits Address: Jalaripeta Usp	Eating a healthy food Overall -the day	P. lakshmi
Day - 2	N. Sajeetha Age :- 40 Topic :- Food habits Add: Jalaripeta Usp 520001	that family is eating an healthy food and keeping them with hydration	N. Sajeetha
Day - 3	P. Dhana lakshmi Age :- 34 Topic :- Food habits Add: Jalaripeta Usp 520001	In a day -their kens taking 3 to 4 meals 3 liter of water	P. Dhana lakshmi
Day - 4	Ch. padmarathi Age :- 39 Topic :- Food habits Add: Jalaripeta Usp 520001	they are on eating of unhealthy food which is food by oil	Ch. padmarathi
Day - 5	Ch. Nookanani Age :- 42 Topic :- Food habits Add: Jalaripeta Usp 520001	they are on eating of unhealthy foods which is made by oil -their body was in balance position.	Ch. Nookanani
Day - 6	N. Rama devi Age :- 40 Topic :- Food habits Add: Jalaripeta Usp 520001	Eating an healthy food.	N. Rama devi

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 / Kotha Jalaripeta - Near Golla Ueedhi, Usp.

In this report I was noticed that here people are not following a health diet which will help them very much some of the families which were having in the community where following on healthy and diet and eating on healthy and rich in nutrition food now-a-days people are not eating health and nutrition food that will damage their health and lead to get some problem in their body the community which was surveyed in that most of families were eating on healthy and nutrition food where was the remaining people where eating outside junk food and oily foods community most the patients were diabetics and sugar.

ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	B. Devika Sri Age:- 21 Topic:- Food habits Add:- Jalaripeta Usp	Having on health diet and eating the nutritious food	B. Devika Sri
Day - 2	B. Yellamma Age:- 40 Topic:- Food habits Add:- Jalaripeta Usp	Eating 2 meals a day with fruits	B. Yellamma
Day - 3	Ch. Jyothi Age:- 25 Topic:- Food habits Add:- Jalaripeta Usp	Eating an unhealthy food in a day	Ch. Jyothi
Day - 4	M. Ramya Age:- 28 Topic:- Food & habits Add:- Jalaripeta Usp	Eating a health food and having sugar	M. Ramya
Day - 5	K. priyanka Age:- 31 Topic:- Food habits Add:- Jalaripeta Usp	All the Family Member in her family was eating health based food	K. Priyanka
Day - 6	Ch. Pydanuma Age:- 43 Topic:- Food habits Add:- Jalaripeta Usp	Not have an health diet plan and eating more oily food	Ch. Pydanuma

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

I have got the information from our Community (Kotha Jalaripala - Near Golla Weedhi (Makhapalram)) In this two Community residency half of the families were following an healthy and eating nutrition food which are in rich in vitamin and proteins some families were not have any healthy plan for the day they not even plan and eat those healthy foods everyday eating of outside foods and oily foods which will causes cholesterol and body imbalance (Obesity) the people which are eating healthy foods they were gave a suggestion to the all families as people 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 shield.

ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	A. Larni Age:- 60 Topic:- Food habits Add:- Jalaripeta Usp	Sugar Patient but Maintaing healthy Food	A. Larni
Day - 2	S. Geetha Age:- 52 Topic:- Food habits Add:- Jalaripeta Usp	She is a diabetics Patient	S. Geetha
Day - 3	P. Anusha Age:- 48 Topic:- Food habits Add:- Jalaripeta Usp	Every day eating Road Side Food	P. Anusha
Day - 4	Ch. Anuraj Age:- 50 Topic:- Food habits Add:- Jalaripeta Usp	Sugar Patient eating lot of Sweets	Ch. Anuraj
Day - 5	K. Jagadeesh Age:- 52 Topic:- Food habits Add:- Jalaripeta Usp	Eating healthy food daily	K. Jagadeesh
Day - 6	G. Ranush Age:- 49 Topic:- Food habits Add:- Jalaripeta Usp	Sugar patient but now maintaining healthy food	G. Ranush

WEEKLY REPORT

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

Objective of the Activity Done:

Field Report:

In this week, I was went to the another
village in our Community (Kurchannur Temple
Solliveedhi USP).

That 50% of the Family Members were having health
- that are Mostly / sugar / diabetics. and some other
a disease. The remaining Families who are living in
residency were following a healthy food diet
are rich in nutrition and vitamins which
help the body very much in good condition
are having water like 3 to 4 liter in a
which help them for digestion and hydration
in that residence the younger people are
not eat oil food, junk food, which will people
allowing the eating is a healthy food

WEEKLY REPORT

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

Objective of the Activity Done:

Detailed Report:

In this week, I was went to the another residency in our Community (Kurchanwaba Temple Near. Salliveedhi Vsp).

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 a healthy food diet which are rich in nutrition and vitamins which will help the body very 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 the younger people are addicted to oil food, junk food, which will people are following the eating is a healthy food.

ACTIVITY LOG FOR THE THIRD WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	P. Prikitta Age:- 24 Topic:- Food habits Add:- Jalaripeta Usp	Eating healthy food	P. Prikitta
Day - 2	K. Raja Varma Age:- 41 Topic:- Food habits Add:- Jalaripeta Usp	not having a proper diet	K. Raja Varma
Day - 3	T. Krishna Veni Age:- 36 Topic:- Food habits. Add:- Jalaripeta Usp	eating healthy food and drinking	T. Krishnaleni
Day - 4	R. Revathi Age:- 32 Topic:- Food habits Add:- Jalaripeta Usp	Eating unhealthy food	R. Revathi
Day - 5	K. Tirumulaiah Age:- 25 Topic:- Food habits Add:- Jalaripeta Usp	Eating healthy food	K. Tirumulaiah
Day - 6	B. Chandu Age:- 20 Topic:- Food habits Add:- Jalaripeta Usp	Eating unhealthy food and healthy food	B. Chandu

WEEKLY REPORT

WEEK - 3 (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, on the such as the number of times the person eats meal in a day

So after my completion of asking the question to the each person of the family then I asked a 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 the proper nutrition foods gives a healthy life.

-this times there is less sugar patient and all the families were following a rich healthy diet.

ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	K. Kameshwari Age: 50 Topic: Food habits Add: Jalaripeta Usp	Eating healthy food and sugar patient	K. Kameshwari
Day - 2	V. Priya Age: 25 Topic: Food habits Add: Jalaripeta Usp	Eating unhealthy food and not drinking enough water	V. Priya
Day - 3	M. Keerthi Age: 28 Topic: Food habits Add: Jalaripeta Usp	Eating lot of Junk foods, and having that.	M. Keerthi
Day - 4	Ch. Manjya Age: 31 Topic: Food habits Add: Jalaripeta Usp	Eating healthy food lot of sweets, Schokies.	Ch. Manjya
Day - 5	K. Santhu Age: 23 Topic: Food habits Add: Jalaripeta Usp	Eating healthy and unhealthy food	K. Santhu
Day - 6	Y. Yamuna Sri Age: 20 Topic: Food habits Add: Jalaripeta Usp	Not eating Food on time and unhealthy	Y. Yamuna Sri

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 are the last question of Community Project Survey.

- In this week-5, I was added another residency - for survey in that most of the younger and older persons not having on healthy diet and eating, Junk foods, sweets, oily foods, chocolates, which will brings unhealthy 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 in-a-day will a vitamin and protein and I asked all people about they said eating a lot of vegetables, fruits gives us vitamin and protein.

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 Jolaripeta Near Golla Veedhi, Mysakhapatram. The Survey was done on each and every house for the Project Purpose. In that area some people are very lower in their earning and some are to riched and well settled and some are middle class families and some families are not having money to buy proper food to eat they are to poor and can't eat like every one. they are not having sufficient money for the healthy nutritious food to eat like other.

so these kind of families were didn't answered any questions for Community Service Project the details.

I noticed in my area.

Describe the problems you have identified in the community

The Problem I was identified in our Community
is they are sugar and obesity people who are
under age of 40 to 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. Was
consuming by them and they getting health
problems like Mostly sugar, Obesity, In my Community
Area. To know that accurate in my problem to
the areas of Community there were facing the
Nutrients in the food items are Junk Foods,
which harm their healthy life style.

- there 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:-

- (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 liters of water.
- (4) There are many people who didn't consume healthy food which will make their life healthy.
- (5) changing of outside junk food for a week, which including, vegetables, fruits etc.

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 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 Program of Community Service conducted by the College Management.

I learned to give Proper Explanation on Particular Topic to other.

I also learned the way of interacting with others and communicating and get to know their Problem which they are Facing and I learned the way of Preparation of documentation on the Problem of people learned to be stay with Patient when others are not answering to My Community Service Project questions.

Through this Program all are the Noticed that Consuming leading of healthy food gives us healthy life And this Program Teach Every one to be healthy.

Student Self-Evaluation for the Community Service Project

Student Name: Arigela Pavan Kumar

Registration No: 720130805272

Period of CSP: From: To:

Date of Evaluation:

Name of the Person in-charge:

Address with mobile number:

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:

Signature of the Student

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

Student Name: -Arigela Pavan Kumar

Registration No: 720130805292.

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) 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:

Signature of the Supervisor

