



# Program Book

Community Service Project

AP STATE COUNCIL OF HIGHER  
EDUCATION

IA STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH

**SURVEY ON DAILY FOOD HABITS USED BY PEOPLE AT  
ADDATEEGA AREAS**

BY  
**PALLI PRAVEEN KUMAR**  
REGD.NO: 720130805244



Estd : 1860

**PROJECT WORK SUBMITTED TO MRS. A.V.N COLLEGE,  
AFFILIATED TO ANDHRA UNIVERSITY, VISAKHAPATNAM FOR  
THE PARTIAL FULFILMENT OF DEGREE OF  
BACHELOR OF SCIENCE  
2020 – 2023**

## DECLARATION

I, PALLI PRAVEEN KUMAR, Student of II B.Sc – C.B.Z, Mrs. A.V.N College, affiliated to Andhra University here by a genuine work carried out by me under the guidance of Mrs.A.ARCHAN, Lecturer in ZOOLOGY, Mrs.A.V.N College, Visakhapatnam, Andhra Pradesh. Furthermore, this project work was not submitted to any other institution or University for awarding any Degree.

DATE:

PLACE: Visakhapatnam

*P. Praveen Kumar*  
Name & Signature of the student

**MRS. A.V.N COLLEGE**



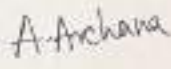
Estd: 1860  
VISAKHAPATNAM - 530001  
ANDHRA PRADESH

**CERTIFICATE**

This is to certify that project entitled as "DAILY FOOD HABITSHABITS" in "Mrs.A.V.N COLLEGE" is bonafide work done by PALLI PRAVEEN KUMAR (Regd.no:720130805244), B.Sc - C.B.Z student under my guidance. I certify that the project work done by him/her is original and has not been submitted to any other information.

  
(M. Simhadhri Naidu)

PRINCIPAL  
MRS. A.V.N. COLLEGE  
VISAKHAPATNAM

  
(A. Archana)  
MENTOR

Program Book  
for  
Community Service Project

Name of the Student: PALLI PRAVEEN KUMAR

Name of the College: MYS AVN COLLEGE

Registration Number: 720130805244

Period of CSP: Oct - 2021 From: Oct - 2021 To: Dec - 28, 2021

Name & Address of the Community/Habitation: Adasadeega (vill), Santyada (MD)  
VLM (Gest) - 530160.

### 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.

**Student's Declaration**


I, P. Praveen Kumar student of S.S.P. Program, Reg. No. 12010202000000000000 of the Department of Zoology, Mrs. A.V.N. College do hereby declare that I have completed the mandatory community service from 10/10/2023 to 12/10/2023 in Adoptive (Name of the Community/Habitation) under the Faculty Guideship of A. Archana, (Name of the Faculty Guide), Department of Zoology in Mrs. A.V.N. College

P. Praveen Kumar  
(Signature and Date)

**Endorsements**

Faculty Guide A. Archana

Head of the Department A. Archana

  
Principal

PRINCIPAL  
Mrs. A.V.N. COLLEGE  
VISAKHAPATNAM





## Community Service Project Report

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

Name of the College: MVS AVN COLLEGE

Department: BSc. [CBZ] [CHEMISTRY, BOTANY, ZOOLOGY]

Name of the Faculty Guide:

Duration of the CSP: From Oct. To Dec: 2022-2023

Name of the Student: PALLI PRAVEEN KUMAR

Programme of Study: BSc - Chemistry, Botany, Zoology

Year of Study: 3<sup>rd</sup> year

Register Number: 720130805144

Date of Submission: 16/03/2023

Certificate from Official of the Community

This is to certify that Gonda Ranamma (Name of the Community Service Volunteer) Reg. No. 20000000000000000000 of Mrs. AVM College (Name of the College) underwent community service in Addateeraga (Name of the Community) from Oct-1 to Dec-28.

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

G. Ramanna

Authorized Signatory with Date and Seal

### ACKNOWLEDGEMENTS

My Sincere efforts have made me to accomplish the task of completing this Project.

I am highly indebted to the faculty guide Mrs. Dr. Archana for his guidance and constant supervision as well as for providing necessary information regarding the Project and also for his support in completing the Project.

I would like to express my gratitude towards My Parents for their kind cooperation and encouragement which helped me in the completion of this Project. My thanks and appreciations also go to my teammates Eswar M, Kumar, Bhuvanesh and P. rani in helping the Project and to the people who have willingly helped me get out with their abilities.

At last, I end up by expressing My Special gratitude and thanks to Addateega village People for giving me such attention and time.

## 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.

### ACTIVITIES DONE :

- ① Survey conducted in village
- ② Conducted community Awareness about Daily Food Habits
- ③ Project implemented in village
- ④ Created Project Village

### LEARNING ACTIVITIES :

- ① To Sensitize to the living conditions of the People who are around us.
- ② To realize the stark realities of the society.
- ③ To develop societal consciousness, Sensibility, Responsibility and Accountability.
- ④ To initiate developmental activities in village.

### LEARNING OUT COMES :

- 1) Apply fundamental & Safety disciplinary concepts and Healthy food take
- 2) Demonstrate of food items we take.
- 3) Use effectively oral, written and visual Communication.
- 4) Integrate information from multiple source.
- 5) Identify and new varieties of diet
- 6) Demonstrate an awareness in People.
- 7) Usage of veg and non-veg items in daily diet.

## 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.

### VILLAGE :- ADDATEEGA

#### VILLAGE PROFILE :-

- Addateega is a small village Present behind the Anapud reservoir.
- village has a cement road with street lights and with a water tank.
- people depending on daily wages.
- People compulsorily celebrates the "festivals" and many more rituals.

#### SOCIO-ECONOMIC CONDITIONS :-

The main source of income to villagers are agricultural, cattle rearing and daily wages. About only 3 to 4 members are in govt and private dignified jobs only 5% of villagers are rich and 88% are middle classed and 7% of people are still in poor stage from the last five years nearly 10% of villagers were migrated to towns for livelihood.

### WEEKLY REPORT

WEEK - 3 (From Dt. 18/10/23 to Dt. 23/10/23)

Objective of the Activity Done: Community Survey Awareness Programme conducted.

Detailed Report: In this week, we have conducted totally 4 programmes in village to aware villagers during survey. We found that villagers should need awareness on their aspects. So that they can change their minds and steps forward towards community development.







Proliferous campaign conducted to bring the awareness on villagers about need of development on the farm food and giving ideas on Proliferous food are discussed in this programme.

Health and Hygiene. We awarded people to avoid surroundings in cleanliness. We awarded them about unhealthy habits.

Green leaf vegetables used and their needs for the health and to maintain the diet. And conducted awareness on the Green leaf vegetables.

This weekend our survey ended up with the awareness programmes and discussed about their style of food.

ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Project Implementation plan is Made	Data Analysis critical Thinking Problem - Solving	
Day - 2	Explaining about different types of dry date and uses	learning about their <del>uses</del> uses.	
Day - 3	Awareness on Non-veg food and importance	Taking Suggestion on programme	
Day - 4	Created and implemented a meeting for the Sprouts & Pulses	learned how to store them	
Day - 5	Survey the villagers about milk Products.	collection & analysis data	
Day - 6	Survey the villagers	Data collection and Analytic.	

### WEEKLY REPORT

WEEK - 4 (From Dt. Dec. 19/20 to Dt. Dec. 26/22)

Objective of the Activity Done: PROJECT IMPLEMENTATION IN VILLAGES.

Detailed Report:

In this fourth week, we have implemented our project in Adabarega village. This implementation of project included, with the ideas and awareness on the dry fruits and dates and their uses on our daily diet and used to our health.







Both veg - non-veg uses for our body to maintain our daily diet. And we also explained about the proteins regarding the food items. And differences b/w the veg - non-veg.

Milk products uses and also their needs to our body and for our diet. Milk contains calcium. Calcium is used for our muscle growth.

We motivated the villagers about the daily diet, and explained about their needs to our body.



ACTIVITY LOG FOR THE FIFTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Organizing the primary data collected through survey.	Collected data written in res- -also	
Day - 2	Tabulation of collected data for analysis	Data - Analyst Decision - making	
Day - 3	Making tables for better understanding	Analysing the problems.	
Day - 4	Analysing the Organised data and collected data from mlse sourced.	Analytics Data Analysis Research.	
Day - 5	Making data suitable to form final report and final Report Making	Decision making Project manage- -ment	
Day - 6	Submission of final report by team in college.	community service Project final report submitter & completed.	

## WEEKLY REPORT

WEEK - 8 (From Dt. Dec-23<sup>rd</sup> to Dt. Dec-29<sup>th</sup>)

Objective of the Activity Done: Project Final Report Writing.

### Detailed Report:

To this final week, we the 5 members of our team had gathered in college and analysed the raw data collected during survey. The primary data was clearly and neatly observed and created tabulation of data and represented data in graphs. we made final report of our survey and submitted in college.

First we collected/organized the primary data collected through survey. Then we discussed with our team on the final report and how to make it. we analysed the raw data and made tabulation of raw data for easy understanding and further study.

Then the final report was made with the tabular data, graphical data, every one understand the data irrespective of library at last we submitted our report to the college.

We have worked daily 6 hrs for this project. totally we have worked maximum "180hrs" to complete this project and submit to college, we enjoyed a lot during this project.

## CHAPTER 5: OUTCOMES DESCRIPTION

Details of the Socio-Economic Survey of the Village/Habitation. Attach the questionnaire prepared for the survey.

### Socio-Economic Survey of Adapatra:

Adapatra village is an economically and socially stable village. The economic conditions of village are very fine as everyone owned own houses excepting few people who has no full-time work, they are struggling financially as if their physical stability. Villagers have acres of agriculture lands, cattle to rear etc. The village is socially down but villagers have best coordination among them. They collectively celebrates festivals grandly.

### QUESTIONS ASKED IN THE SURVEY:

- ① What type of food do you take as break-fast?
- ② What type of food do you take as lunch?
- ③ What type of food do you take as Dinner?
- ④ How many time you take food in a day?
- ⑤ What type of food do you take regularly?
- ⑥ Do you take sprouts, dry fruits?
- ⑦ Do you take milk, and milk products?
- ⑧ How many times <sup>would</sup> you take non-veg in a week?
- ⑨ What types of pulses you take more?

Describe the problems you have identified in the community

- ① Do you use Meat / Fish / chicken in mite?
- ② In which day you have fasting week?
- ③ What type of ingredients while fasting?

### PROBLEMS IN ADARTEGA:

1. Don't have / follow daily diet.
2. There is a high chance of getting Protein-  
- account food deficiencies.
3. They don't have any ideas on the  
maintain perfect daily food
4. Scarcity of food items.
5. They are some people should patiently  
and use to detect problems.
6. They have idea on pulses when  
compared with other food items.
7. They don't follow any diet for  
- their health.
8. They don't follow any types of  
dry dates (or) dry fruits for their  
health purpose.
9. They don't have ideas on the perfect  
diet.
10. They are follow this ancient diet  
in this era.

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.

\* They don't follow new generation food and dieting aspects.

### SOLUTIONS FOR THE PROBLEMS IN ADATEEGA:

- \* They must follow a perfect diet
- \* They have a minimum diet rules ideas for their health issues.
- \* They <sup>should</sup> have an idea on the healthy food items in this era.
- \* They also follow our generation foods and cultures.
- \* They must be active on social media and communication.
- \* They have minimum idea on healthy food items.
- \* They can accept good food items like, dry dates, fruits, pulses and green leafy vegetables etc..
- \* They must follow all above activities perfectly to maintain a good healthy body.

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

Student Name: **PALLI PRAVEEN KUMAR**  
 Registration No: **12050805344**  
 Period of CSP: From: **Oct-01** to: **Dec-28**  
 Date of Evaluation: **16/02/23**  
 Name of the Person in-charge: **Ganta Ramarama (volunteer), Addalagiri-1 (VW)**  
 Address with mobile number: **gantyasa (ind) V2M (int) 58160, 9558992221**

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	2	3	4	5
1) Oral communication					
2) Written communication	1	2	3	4	5
3) Interactions	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) Decision making	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:

*G. Ramarama*  
Signature of the Supervisor

**Student Self-Evaluation for the Community Service Project**

Student Name: **PALLI PRAVEEN KUMAR**  
 Registration No: **712030801244**  
 Period of CSP From **Oct-23** To **Dec-23**  
 Date of Evaluation: **16/12/2023**  
 Name of the Person in-charge: **Dr. Archana, HOD of Zoology.**  
 Address with mobile number: **Visakhapatnam, 989069410.**

Please rate your performance in the following areas:

Rating Scale: 1 is lowest and 5 is highest rank

	1	2	3	4	5
1) Oral communication					
2) Written communication					
3) Presentations					
4) Interaction ability with community					
5) Flexibility/Adaptability					
6) Self-confidence					
7) Ability to work					
8) Work Plan and organization					
9) Professionalism					
10) Creativity					
11) Quality of work done					
12) Time Management					
13) Understanding the Community					
14) Achievement of Desired Outcomes					
15) OVERALL PERFORMANCE					

Date:

*P. Praveen Kumar*  
Signature of the Student



GPS Map Camera  
Egurekondaparthi, Andhra Pradesh, India  
Unnamed Road, Egurekondaparthi, Andhra Pradesh 525160, India  
Oct 19, 2023



GPS Map Camera  
Egurekondaparthi, Andhra Pradesh, India  
Unnamed Road, Egurekondaparthi, Andhra Pradesh 525160, India



GPS Map Camera  
Egurekondaparthi, Andhra Pradesh, India  
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Oct 19, 2023



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Egurekondaparthi, Andhra Pradesh, India  
Unnamed Road, Egurekondaparthi, Andhra Pradesh 525160, India  
Oct 19, 2023





Google



**GPS Map Camera**

Egvalakondasanti, Andhra Pradesh, India  
Unnamed Road, Egvalakondasanti, Andhra  
Pradesh 535180, India  
Lat 18.212719°  
Long 83.55889°  
17/01/23 08:59 AM GMT +05:30



U-095 Map Camera  
Srinivasulu Reddy, Andhra Pradesh, India  
Kondal Road, Srinivasulu, Andhra Pradesh, India  
Pincode: 522104, India  
Lat: 15.2118°  
Long: 81.2118°



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# QUESTIONNAIRE

- 1. Do you use any...  Yes  No
- 2. How often do you use...  Daily  Weekly  Monthly  Rarely  Never
- 3. Do you prefer...  Yes  No
- 4. Do you use...  Yes  No
- 5. Do you use...  Yes  No
- 6. Do you use...  Yes  No
- 7. Do you use...  Yes  No
- 8. Do you use...  Yes  No
- 9. Do you use...  Yes  No
- 10. Do you use...  Yes  No
- 11. What is your favorite brand name? \_\_\_\_\_
- 12. Do you prefer...  Yes  No
- 13. Do you use...  Yes  No
- 14. Do you use...  Yes  No
- 15. Do you use...  Yes  No

## DAILY FOOD HABITS

NAME : SUTURU TEJA  
Occupation : student  
Gender : male  
AGE : 12

### QUESTIONNAIRE:

1. Do you know the importance of a proper diet?  Yes /  No
2. How many times in a day do you eat? 3 times
3. Do you prefer veg / Non-veg mostly? veg
4. Do you take Pulses?  Yes /  No
5. How many times in a week do you prefer veg / Non-veg 3 times veg
6. How many times in a week do you prefer Green leafy vegetables once, twice & three
7. Do you take Sprouts  Yes /  No
8. Do You take pulses  Yes /  No
9. Do you have any idea on vitaminaceous and Proteinas food items  Yes /  No
10. Do you take Salads  Yes /  No
11. What your Favourite food item egg fried rice
12. Do you Prefer junk food.  Yes /  No
13. Do you use Milk Products  Yes /  No
14. Any body having diabetes in your family  Yes /  No.
15. Do you eat cool Products Like icecreams, etc  Yes /  No

## DAILY FOOD HABITS

NAME : SURESH KISHORE  
Occupation : Computer Operator  
Gender : Male  
AGE : 34

### QUESTIONNAIRE:

1. Do you know the importance of a proper diet?  Yes / No
2. How many times in a day do you eat? 3 times
3. Do you prefer veg / Non-veg mostly? Veg  Yes/No
4. Do you take Pulses?  Yes/No
5. How many times in a week do you prefer veg/Non-veg Veg
6. How many times in a week do you prefer Green leafy vegetables 4 times  Yes/No
7. Do you take Sprouts  Yes/No
8. Do You take pulses  Yes/No
9. Do you have any idea on vitaminaceous and Proteinaceous food items  Yes/No
10. Do you take Salads  Yes/No
11. What your Favourite food item Poha Sam  Yes/No
12. Do you Prefer junk food.  Yes/No
13. Do you use Milk Products  Yes/No
14. Any body having diabetes in your family  Yes/No.
15. Do you eat cool Products Like Icecreams, etc  Yes/No

## DAILY FOOD HABITS

NAME : VAMKIRAJU DEVA  
Occupation : Electrician  
Gender : MALE  
AGE : 28

### QUESTIONNAIRE:

1. Do you know the importance of a proper diet? Yes / No
2. How many times in a day do you eat? 3 times
3. Do you prefer veg / Non-veg mostly? non-veg Yes/No
4. Do you take Pulses? Yes/No
5. How many times in a week do you prefer veg/Non-veg non-veg
6. How many times in a week do you prefer Green leafy vegetables 5 times Yes/No
7. Do you take Sprouts Yes/No
8. Do You take pulses Yes/No
9. Do you have any idea on vitaminaceous and Proteinas food items Yes/No
10. Do you take Salads Yes/No
11. What your Favourite food item Pongal Yes/No
12. Do you Prefer junk food. Yes/No
13. Do you use Milk Products Yes/No
14. Any body having diabetes in your family Yes/No.
15. Do you eat cool Products Like icecreams, etc Yes/No

## DAILY FOOD HABITS

NAME : RANA LUCILLA  
Occupation : Student  
Gender : male  
AGE : 09

### QUESTIONNAIRE:

1. Do you know the importance of a proper diet?  Yes /  No
2. How many times in a day do you eat? 3 times
3. Do you prefer veg / Non-veg mostly? non-veg  Yes /  No
4. Do you take Pulses?  Yes /  No
5. How many times in a week do you prefer veg / Non-veg veg
6. How many times in a week do you prefer Green leafy vegetables 3 times  Yes /  No
7. Do you take Sprouts  Yes /  No
8. Do you take pulses  Yes /  No
9. Do you have any idea on vitaminaceous and Proteinaceous food items  Yes /  No
10. Do you take Salads  Yes /  No
11. What your Favourite food item chicken fry  Yes /  No
12. Do you Prefer junk food.  Yes /  No
13. Do you use Milk Products  Yes /  No
14. Any body having diabetes in your family  Yes /  No
15. Do you eat cool Products Like icecreams, etc  Yes /  No

## DAILY FOOD HABITS

NAME : SURUBU ETWARIDAO  
Occupation : Electrician  
Gender : MALE  
AGE : 42

### QUESTIONNAIRE:

1. Do you know the importance of a proper diet?  Yes /  No
2. How many times in a day do you eat? 3 Times
3. Do you prefer veg / Non-veg mostly? Non-veg
4. Do you take Pulses?  Yes /  No
5. How many times in a week do you prefer veg/Non-veg  
Non-veg
6. How many times in a week do you prefer Green leafy  
vegetables more than 5 times
7. Do you take Sprouts  Yes /  No
8. Do you take pulses  Yes /  No
9. Do you have any idea on vitaminaceous and Proteinaceous food  
items  Yes /  No
10. Do you take Salads  Yes /  No
11. What your Favourite food item EGG RICE
12. Do you Prefer junk food.  Yes /  No
13. Do you use Milk Products  Yes /  No
14. Anybody having diabetes in your family  Yes /  No.
15. Do you eat cool Products Like icecreams, etc  Yes /  No



## DAILY FOOD HABITS

NAME : SIRIGAM DEMUDU  
Occupation : Farmer Man  
Gender : MALE  
AGE : 48

### QUESTIONNAIRE:

1. Do you know the importance of a proper diet? Yes/No ✓
2. How many times in a day do you eat? More than 3 times
3. Do you prefer veg / Non-veg mostly? Non-veg Yes/No ✓
4. Do you take Pulses?
5. How many times in a week do you prefer veg/Non-veg Non-veg More
6. How many times in a week do you prefer Green leafy vegetables Regularly 2-3 in week
7. Do you take Sprouts Yes/No ✓
8. Do You take pulses Yes/No ✓
9. Do you have any idea on vitaminaceous and Proteins food items
10. Do you take Salads Yes/No ✓
11. What your Favourite food item Rice Yes/No ✓
12. Do you Prefer junk food. Yes/No ✓
13. Do you use Milk Products Yes/No ✓
14. Any body having diabetes in your family Yes/No. ✓
15. Do you eat cool Products Like icecreams, etc Yes/No ✓

## DAILY FOOD HABITS

NAME : GATTUM DEMUDAMMA  
Occupation : Daily wagee  
Gender : Female  
AGE : 55

### QUESTIONNAIRE:

1. Do you know the importance of a proper diet? Yes/No
2. How many times in a day do you eat? 3 times
3. Do you prefer veg / Non-veg mostly? veg Yes/No
4. Do you take Pulses?
5. How many times in a week do you prefer veg/Non-veg veg more than 4 times
6. How many times in a week do you prefer Green leafy vegetables More than 9 times in week Yes/No
7. Do you take Sprouts Yes/No
8. Do You take pulses Yes/No
9. Do you have any idea on vitaminaceous and Proteinas food items Yes/No
10. Do you take Salads Yes/No
11. What your Favourite food item CURD RICE Yes/No
12. Do you Prefer jun c food. Yes/No
13. Do you use Milk Products Yes/No
14. Any body having diabetes in your family Yes/No
15. Do you eat cool Products Like icecreams, etc Yes/No

## DAILY FOOD HABITS

NAME : PRIYI ANURADHA  
Occupation : STUDENT  
Gender : FEMALE  
AGE : 16

### QUESTIONNAIRE:

1. Do you know the importance of a proper diet? Yes/No
2. How many times in a day do you eat? 3 times
3. Do you prefer veg / Non-veg mostly? veg Yes/No
4. Do you take Pulses? Yes/No
5. How many times in a week do you prefer veg/Non-veg more the 6-times
6. How many times in a week do you prefer Green leafy vegetables more the 4 Yes/No
7. Do you take Sprouts Yes/No
8. Do You take pulses Yes/No
9. Do you have any idea on vitaminaceous and Proteinaceous food items Yes/No
10. Do you take Salads Yes/No
11. What your Favourite food item Biryani Yes/No
12. Do you Prefer junk food. Yes/No
13. Do you use Milk Products Yes/No
14. Any body having diabetes in your family Yes/No.
15. Do you eat cool Products Like icecreams, etc Yes/No

## DAILY FOOD HABITS

NAME : PRAKASH ANANDARAO  
Occupation : Student  
Gender :  MALE  
AGE : 22

### QUESTIONNAIRE:

1. Do you know the importance of a proper diet?  Yes /  No
2. How many times in a day do you eat? 3 to 4 times
3. Do you prefer veg / Non-veg mostly? Non-veg  Yes /  No
4. Do you take Pulses?
5. How many times in a week do you prefer veg / Non-veg Non-veg - 5 times  Yes /  No
6. How many times in a week do you prefer Green leafy vegetables 2 to 3 times
7. Do you take Sprouts  Yes /  No
8. Do you take pulses  Yes /  No
9. Do you have any idea on vitaminaceous and Proteinaceous food items  Yes /  No
10. Do you take Salads  Yes /  No
11. What your Favourite food item Tandoori Chicken  Yes /  No
12. Do you Prefer junk food.  Yes /  No
13. Do you use Milk Products  Yes /  No
14. Any body having diabetes in your family  Yes /  No
15. Do you eat cool Products Like icecreams, etc  Yes /  No

## DAILY FOOD HABITS

NAME : PRACHI ANURADHA  
Occupation : STUDENT  
Gender : FEMALE  
AGE : 16

### QUESTIONNAIRE:

1. Do you know the importance of a proper diet? Yes / No
2. How many times in a day do you eat? 3 times
3. Do you prefer veg / Non-veg mostly? veg Yes/No
4. Do you take Pulses? Yes/No
5. How many times in a week do you prefer veg/Non-veg veg mostly
6. How many times in a week do you prefer Green leafy vegetables 5 to 8 times
7. Do you take Sprouts Yes/No
8. Do You take pulses Yes/No
9. Do you have any idea on vitaminaceous and Proteinaceous food items Yes/No
10. Do you take Salads Yes/No
11. What your Favourite food item PULSES
12. Do you Prefer junk food. Yes/No
13. Do you use Milk Products Yes/No
14. Any body having diabetes in your family Yes/No
15. Do you eat cool Products Like icecreams, etc Yes/No

## DAILY FOOD HABITS

NAME : Shela Jain  
Occupation : House wife  
Gender : Female  
AGE : 27

### QUESTIONNAIRE

1. Do you know the importance of a proper diet?  Yes/No
2. How many times in a day do you eat? 2 times
3. Do you prefer veg /Non-veg mostly? veg  Yes/No
4. Do you take Pulses?
5. How many times in a week do you prefer veg/Non-veg mostly veg
6. How many times in a week do you prefer Green leafy vegetables 2 times  Yes/No
7. Do you take Sprouts
8. Do you take pulses  Yes/No
9. Do you have any idea on vitaminaceous and Proteinaceous food items  Yes/No
10. Do you take Salads  Yes/No
11. What your Favourite food item aloo bhajia  Yes/No
12. Do you Prefer junk food.  Yes/No
13. Do you use Milk Products  Yes/No
14. Any body having diabetes in your family  Yes/No.
15. Do you eat cool Products Like icecreams, etc  Yes/No

## DAILY FOOD HABITS

NAME : PALLI VEERAMMA  
Occupation : House wife  
Gender : Female  
AGE : 48

### QUESTIONNAIRE:

1. Do you know the importance of a proper diet?  Yes / No
2. How many times in a day do you eat? 2 times
3. Do you prefer veg / Non-veg mostly? non-veg
4. Do you take Pulses?  Yes/No
5. How many times in a week do you prefer veg/Non-veg  
non-veg
6. How many times in a week do you prefer Green leafy  
vegetables not this way
7. Do you take Sprouts  Yes/No
8. Do You take pulses  Yes/No
9. Do you have any idea on vitaminaceous and Proteinaceous food  
items  Yes/No
10. Do you take Salads  Yes/No
11. What your Favourite food item Goan  Yes/No
12. Do you Prefer junk food.  Yes/No
13. Do you use Milk Products  Yes/No
14. Any body having diabetes in your family  Yes/No.
15. Do you eat cool Products Like icecreams, etc  Yes/No



# Virtual Internship Completion Certificate

This is to certify that

**PRAVEEN KUMAR PALLI**

Mrs. A.V.N. Degree College

has successfully completed 10 weeks  
**AWS Cloud Virtual Internship**  
During Sep - Nov 2022

Supported By **aws** academy

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Chairman, Andhra Pradesh  
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Dr. Satya Rajan Bhowal  
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