

5251



Program Book

Community Service Project

AP STATE COUNCIL OF HIGHER
EDUCATION

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

**STUDY ON TRADITIONAL HEALTH CARE METHODS
HANUMANTHUWAKA AERA**

BY

PYDA SRAVANI

REGD.NO:720130805251



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

2020 – 2023

DECLARATION

IPYDA SRAVANI ,Student of III B.Sc – C.B.Z, Mrs. A.V.N College, affiliated to Andhra University here by declared that this project entitled “**TRADITIONAL HEALTHCARE METHODS**” is a genuine work carried out by me under the guidance of **Mrs.A.Archana**, 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: 16/03/23

PLACE: Visakhapatnam

Name & ^{P. Saravani}Signature of the student

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.

Program Book for Community Service Project

Name of the Student: PYDA SRAVANI

Name of the College: MR'S AVN College

Registration Number: 720 130 80 5251

Period of CSP: Oct 01 From: Oct -01 To: Dec -28-2022
2022

Name & Address of the Community/Habitation:

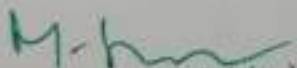
MRS. A.V.N COLLEGE

VISAKHAPATNAM – 530001
ANDHRA PRADESH



CERTIFICATE

This is to certify that project entitled as "STUDY ON TRADITIONAL HEALTH CARE METHODS IN MRS.A.V.N. COLLEGE " is bonafide work done by **PYDA SRAVANI** (Regd.no: 720130805251), B.Sc – C.B.Z student under my guidance. I Dr ms Archana certify that the project work done by him/her is original and has not been submitted to any other information.


(M. Simhadri Naidu)
PRINCIPAL
Mrs. A.V.N. COLLEGE
PRINCIPAL
VISAKHAPATNAM

A. Archana
DR. ARCHANA
MENTOR

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: MR'S AVN college

Department: BSc (CBZ)

Name of the Faculty Guide:

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

Name of the Student: PYDA SRAVANI

Programme of Study

Year of Study: 2023 IIIrd year.

Register Number: 720130805251

Date of Submission: 16 /03/ 2023

Student's Declaration


I, P. Sravan, a student ofProgram, Reg. No. 720130805251 of the Department of....., College do hereby declare that I have completed the mandatory community service from..... toin (Name of the Community/Habitation) under the Faculty Guideship of..... (Name of the Faculty Guide), Department of.....in Mrs. A.V.N. College..... College

P. Sravan
(Signature and Date)
16/03/23

Endorsements

Faculty Guide A. Archana

Head of the Department A. Archana


Principal
PRINCIPAL
Mrs. A.V.N. COLLEGE
VISAKHAPATNAM



CHAPTER 1: EXECUTIVE SUMMARY

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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.

I visited the Sarjagandhi colony located on Near Hanumanthnagar, Visakhapatnam. This colony is the one of the oldest colony in Visakhapatnam.

In this colony more than 4000 people were living all types of religions were living in this colony but they were not show partiality in with other neighborhoods.

I am living in that colony since 2002 in this all people living in all with a family as is situated at the earliest development of Visakhapatnam i.e. be 1940 visited the nearby houses who are following traditional methods and mode of living.

In this area many people are illiterate and major group aged so they know different types of traditional methods they follow this methods or their methods on their ancestors.

I went to the houses and collect the data.

Objectives:-

1. To Change the literacy people to become literate people.
2. Promote equality: It gives equality to all people living in a territory & gives equal chances and opportunities.
3. To motivate people: programs are working for the motivation of community people.

Outcomes:

- * Greater sense of personal efficacy, personal identity, spiritual growth.
- * Greater into personal development particularly the ability to work well with others.

ACKNOWLEDGEMENTS

I would like to express my special thanks to our respected M. Simhadri raide sir, dean of our class teachers for their support and encouragement for completing this project.

I would like to express my kind gratitude to our mentor Dr. Arichana madam for his time and effort he provided throughout the year for completing Csp project your useful advice and suggestion. course really helped to me during the projects completion.

I would like to express my thanks my collegues in developing the project and people who have willingly helped me out with their abilities.

Certificate from Official of the Community

This is to certify that Ravindra (Name of the Community Service Volunteer) Reg. No. 7200280529 of AV.M. College..... Name of the College) underwent community service in Hannamonthusaka (Name of the Community) from Oct - 01..... to Dec - 28.....

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

[Signature] 19/09/23
Authorized Signatory with Date and Seal


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.

It is to be noted beside of Hanumanthwada situated on Visakhapatnam city.

According to historical records, this colony was started on the year 1940 in that time the city was developing more than 4000 people were living in this colony and people are living with unity in there are some people literate so they don't know the actual position @ situation.

In this colony major people are aged groups not so they well know the different types of traditional methods and they explain to other peoples.

All classes of people are living in this colony middle class people mostly living this colony have good ethics like helping others and clean mess good habits work hard as so many people.

WEEKLY REPORT

WEEK - 5 (From Dt Dec:25.... to Dt Dec:28.....)

(21)

Objective of the Activity Done: Project Final Report writing.

Detailed Report:

In this final week, we the 5 members of our team had gathered in college and analyzed 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 in our team on the final report and how to make it. We analyzed 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 understanding the data in respect of Economy. At last we submitted our report to the College.

We have worked daily 6 hrs for this project. Finally we have exceeded maximum 150 hrs to complete the project and submit to college. We enjoyed a lot during this project.

WEEKLY REPORT

WEEK - 4 (From Dt Dec-19.... to Dt Dec-25....)

Objective of the Activity Done: project implementation in village.

Detailed Report:

In this fourth week we have implemented our project in Sang:garahi "Hanumanthuraka" village. This implementation of project included with the ideas and awareness on the Traditional Health care methods and their use in our day-to-day life and used to our body to maintain good health.

Created and implemented an awareness on the difference between Health care methods and traditional Health care methods and used of Health care methods uses of health care methods and their ideas on the health care methods and also importance of health care in our day-to-day life.

we motivated the villagers about the daily health care methods and explained about their needs in our body

CHAPTER 5: OUTCOMES DESCRIPTION

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

I am Selected Sanjeygarthi for community service project
During this community service project I went to the community
to find cracks and observe the social activities of economic
value of the community the people using good habits
and social distance the health.

Describe the problems you have identified in the community

PROBLEMS IN

- * Don't you follow Health Care methods
- * There high of getting spoil sanitted Health Care methodes
- * They doesnt have any ideas on Health & Hygiene
- * scarcity of English medicine
- * They are some people show partially and use to detect problems
- * They don't follow any Health Care methods
- * They don't follow any types Hygiene and their uses
- * They are follow the ancient diets in this room.
- * They doesnt have an ideas on the eastern medicine.
- * They doably /heridly follow there ancient works.

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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.

SOLUTIONS FOR THE PROBLEMS IN NITTARPOU:

- * They must follow a perfect health care methods
 - * They have minimum ideas on Traditional health care methods
 - * They have minimum ideas on normal/English Health care methods
 - * They must have an ideas on health is hygiene followed in this ex-
 - * They who follows our generation mindset and way of life style.
 - * They must active on social media to know general Awareness.
 - * They can accept general Health Care methods and should know about their uses.
- They must follows all above activities perfectly for maintain my a good health conditions.



azhanna

D/NO : 7/135

Age: 35

27.

used first in case of any emergency?

(A) Traditional medicines.

(B) Who gave you this knowledge?

A Family.

(C) Cough.

A hot water bath (Asthma).

(D) Removing colour of the teeth.

A Lemon juice, and salt.

(E) Leg Pains.

A Mustard oil, and hot oil



GPS Map Camera
Visakhapatnam, Andhra Pradesh, India
Rameswaramulla, Visakhapatnam
530040
Lat 17.70609°
Long 83.296082°



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Visakhapatnam, Andhra Pradesh, India
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Rameswaramulla, Visakhapatnam
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Long 83.296082°



GPS Map Camera
Visakhapatnam, Andhra Pradesh, India
Rameswaramulla, Visakhapatnam
530040
Lat 17.70609°
Long 83.296082°



Description of the Community awareness programme/s conducted w.r.t the problems and their outcomes.

COMMUNITY AWARENESS PROGRAMMES:

on total 6 community awareness programmes were conducted in keep with village on topics of:

- (1) A perfect Traditional Health care methods.
- (2) Health and Hygiene.
- (3) General Health care methods.
- (4) Comparison (or) difference between General Health care or Traditional Health care methods.
- (5) Uses of Health care methods.
- (6) Needs of Good Health.

All these 6 programmes are implemented for the maintenance of health and hygiene and raise their good health.

The project was helped me to learn more Traditional health care methods and this programme conducted to aware the villages and maintaining a good and happy life.

Q1 hair loss

A *amrita* *bilva*

Q2 in case long hair

A *shankhachurna*

Q3. Danadrubha.

A. *ashwagandha*, *amrita*

Q4. Headache.

A hot oil

(b) Prevention of wrinkles on the face.

A *ashwagandha*, *amrita*, *ashwagandha* and oil.



tya

e curiae.

D/No: 7-136/3

Age: 30

used first in case of any emergency)

A Allopathy medicines

Q who gave you the knowledge?

A Family.

Q leg pains.

A pranab gou

Q Ear problems.

A agru.

Q how lose?

A. Swamp and acetic acid.

6) ಕೂಡಾ ವ್ಯಕ್ತಿಯ ವ್ಯವಹಾರವು ಏನು ಸ್ವಲ್ಪಮಟ್ಟಿಗೆ ಕೂಡಿಸುವುದು?

A1 Traditional methods.

7) Fever:

A. ಪುಡಿ and ಸೂರ್ಯಕಿರಣ.

8) Sun Burn (Tanning)

A. ಸಿಪಿಕ್ ಅಂಶ.

9) ಸ್ವಲ್ಪ ಕೂಡಿಸುವುದು?

A. ಸ್ವಲ್ಪ ಸ್ವಲ್ಪ.

10) tall pimples.

A. ಸೂರ್ಯಕಿರಣ.

11) ಹಸಿ ಅಂಶ:

A. ಸೂರ್ಯಕಿರಣ.



Q/No: 14-156/3 Age: 34

wife

used first in case of any emergency medicines.

Q who gave you this knowledge?

A Family

Q hair colour

A Sunnandh, and G.

Q no. of kids.

A 2 oil

Q body pain's

A hot oil and receipts

(6) Breathing problems?

A: O_2 CO_2 , SO_2 .

(7) Vomiting

A: H_2O , NaCl .

(8) Swelling of the legs.

A: NaCl and hot water.

(9) Cough

A: NaCl .

(10) Are these medicines prepared in advance or are they prepared immediately?

A: yes

Q
A
Q
A
Q
A
Q
A



पदार्थजी D/NO: 25-116/11 Age: 23

house wife.

used first in case of any emergency,

A, Allopathic medicines.

Q) who gave you this knowledge?

A, Family

Q) Surroundings or in stores?

A, yes.

Q) how to protect our face in the burning?

A, cover and shift side.

Q) Nail around?

A, nail around.

⑥ using health care methods.

A. yes.

⑦ Hair fall.

A. ~~toothpaste~~.

⑧ Cold.

A hot water and ~~oil~~

⑨ Cough.

A ~~toothpaste~~.

⑩ Throat sore

A hot water and ~~oil~~

⑪ Head ache :

A. ~~tooth~~.

⑫ Pimples.

A. ~~toothpaste~~.



1/NO: 7/365/1 Age: 17

① They are used first in case of any emergency.

A Traditional medicines.

② Who gave you this knowledge?

A: Books and Family.

③ Traditional health care methods are cur.

(a) partly.

(b) totally.

④ Traditional health care ingredients are available in many (r) person shop.

A. yes

⑤ Eye diseases.

A. surgery and $\frac{1}{2}$ $\frac{1}{2}$

6) Nails spoiling

A ~~peppercorn~~.

7) Face glow?

A ~~peppercorn~~.

8) cough.

A ~~peppercorn~~ and hot water

9) Throat sore.

A ~~peppercorn~~ and hot water

10) Headache.

A ~~peppercorn~~.



Prayyamma D / NO : 25-200

Age: 45

use cube.

used first in case of any emergency.

Q. Traditional medicines.

Q) Who gave you the knowledge?

A) Family

Q) Are traditional medicines available in our surroundings?
or in store.

A) Yes

Q) Breathing problems.

A) Ghee, turmeric water

Q) Nall around.

A) pepper.

⑧ hair lose.

A Shika kaay, kurukudakayalu

⑨ motions (blood & water)

A auro and Sphingol Sphingol Sphingol .

⑩ Ear problems.

A Sphingol

⑪ Increase long hair

A Sphingol , Sphingol and Sphingol

⑫ cough.

A1 Karakkaya.

⑬ Skin ACUM

A. Chenaga pindi (Sphingol)

⑭ wrinkles

A. Sphingol and Sphingol .



Ally;

D/NO: 7/135

Age: 28

? wife

ed first in case of any emergency?

proprietary medicines.

(2) Who gave you this knowledge?

(A) Family.

(3) Are traditional medicines available in our surroundings or in store.

(A) yes.

(4) Face pimples

A Turmeric

(5) The face skin beautiful.

A yes.

(6) could

A hot water and Turmeric

(7) Leg pains.

A Eucalyptus oil

(6) vomiting.

A. వామనం, జ్వరం.

Q. Health care tips.

A. శుభ్రత కొరత ఉంటే వ్యాధులు వ్యాపించే అవకాశం ఉంది. ఆరోగ్యకరమైన ఆహారం తీసుకోవడం మరియు వ్యాయామం చేయడం ఆరోగ్యానికి మంచిది.

Q. Sore throat.

A. టిఫిన్, hot water, పాలు, టామాటో.

Q. Usually you use health care methods for any problems.

A. చికిత్స కోసం వైద్యులను సంప్రదించడం మరియు ఔషధాలను తీసుకోవడం.

Q. Conjunctivitis.

A. కంటి రుగ్మత.





Student Self-Evaluation for the Community Service Project

Student Name: P. Soman
 Registration No: 720130805251
 Period of CSP: From: Oct-01 To: Dec-28
 Date of Evaluation: 16/08/23
 Name of the Person in-charge: Devaki palli vankatish (Sanj: gandhi) coraly
 Address with mobile number: Reddagadda

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:

P. Soman
Signature of the Student

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

Student Name: PYDA SRAVANI
 Registration No: 720130805251
 Period of CSP: From: Oct 01 To: Dec 28
 Date of Evaluation: 16/03/23
 Name of the Person in-charge: Devaroopalli Venkatesh (valurtes) sanjigadhu colony.
 Address with mobile number: Pandhureddam uisakthapittrae AP.

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
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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:

D. Venkatesh
Signature of the Supervisor

