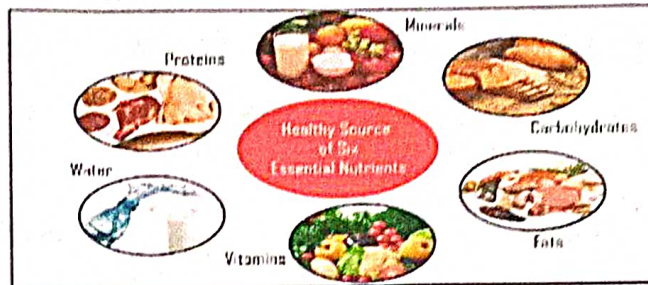


**STUDY ON FOOD HABITS IN THE Boyapalem Village of
Anandapuram mandal, visakhapatnam district, Andhra Pradesh.**



Community service project

Submitted in the partial fulfilment for B. Sc Degree



Submitted by

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Under the Guidance of faculty mentor

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NAAC Re accredited with A Grade

Department of Botany

CERTIFICATE

Certified that the Community Service Project entitled "STUDY ON FOOD HABITS" IN THE BOYAPLEM VILLAGE OF ANANDAPURAM MANDAL/MUNICIPALITY OF VISHAKAPATNAM DISTRICT, ANDHRA PRADESH" is a bonafide work done by V.GANESH under my guidance in the Department of Botany, Dr. V. S. Krishna Govt. Degree College (A), Visakhapatnam

(Dr. T. M. A. Niveditha)

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DECLARATION

I declare that the Community Service Project work entitled "Food habits in the Boyapalem village Of ANANDAPURAM mandal/municipality of Vishakapatnam districts, Andhra Pradesh" is under the guidance of Dr. T. M. A. Niveditha, lecturer in Botany submitted as part of academic curriculum during 2021-22.

Visakhapatnam

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Date:

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Bt.b.c

ACKNOWLEDGEMENTS

My first acknowledgement is to my mentor, Dr.T.M.A.Niveditha, Lecturer in Boatny, Dr. V. S. Krishna Govt. Degree College (A), Viskhapatnam. She has extended constant encouragement, without which, I would not have completed this work on time.

I am especially grateful to Dr.I.Vijaya Babu, Principal, for his cooperation during the course of my work.

I am thankful to Dr. P. Sree Vani, HOD and other faculty members of Department of Botany and to my family members for their encouragement and support while conducting survey.

I am thankful to all Village Sarpanch, Staff of Schivaalayam and Respondents for providing necessary information to complete my Community Service Project.

V.GANESH

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Study area of Community Service Project (CSP)

Project Specifications (Area)

The study area for community service project is Boyapalem Village which is in Anandapuram constituency. It is in Vishakapatnam district of Andhra Pradesh. In this village there are 5 wards. The population of the village is 1569 . Among them male are 800 - and women are 769. The ward chosen for the study of Community Service project is 02. The ward consists of 40 households and average house hold size is 4 Literacy rate is 48.30% out of which 56.16% males and 40.39% females are literate.

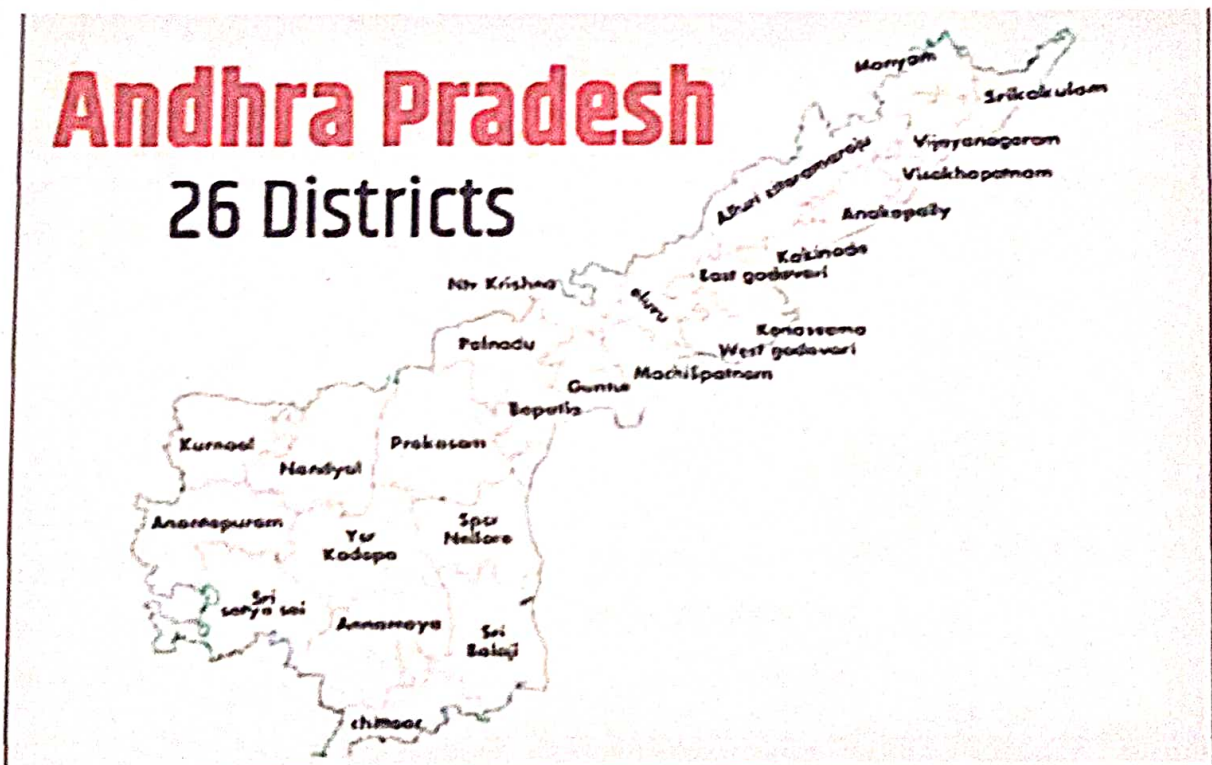


Fig.1 Andhra Pradesh

About Vishakapatnam District :Vishakapatnam district is one of the twenty-six districts in the Coastal Andhra region of the Indian state of Andhra Pradesh, with its headquarters located at Vishakapatnam. It is one of the nine coastal districts, located in the extreme northeastern direction of the state.

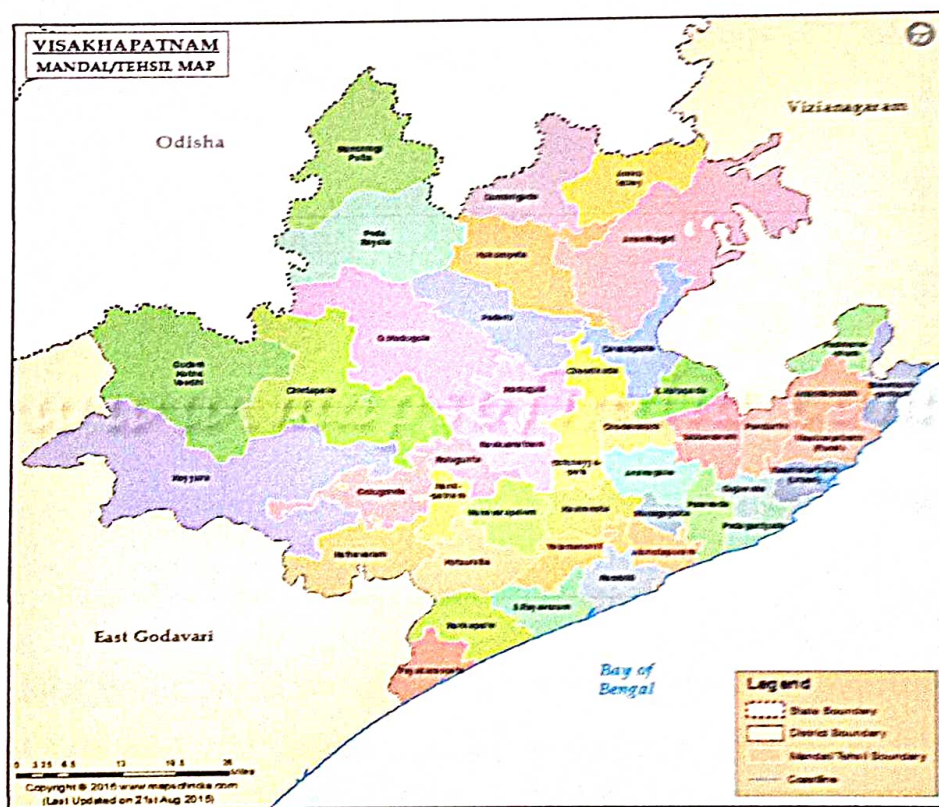


Fig.2

Fig.2 VISHAPATNAM District

About Kothurumandal: According to Census 2011 information the location code or village code of Kothuru village is 580107. Kothuru village is located in Kothurumandal of Srikakulam district in Andhra Pradesh, India. It is situated 58km away from district headquarter Kothuru. Kothuru is the sub-district headquarter of Kothuru village. As per 2009 stats, Kotturu is the gram panchayat of Kothuru village.

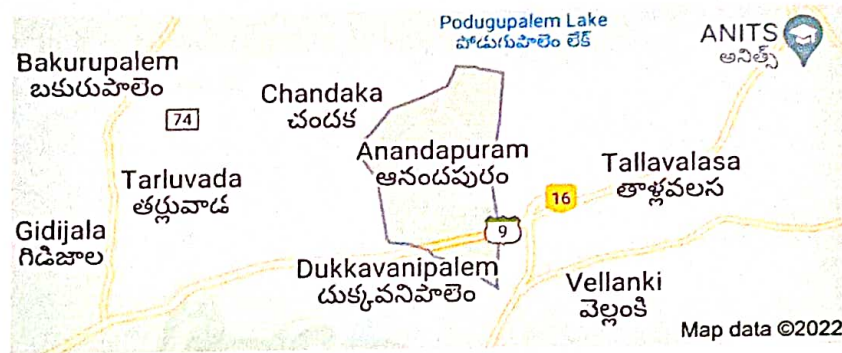


Fig.3 Anandapuram Mandal

The total geographical area of village is 507 hectares. Boyapalem has a total population of 8,209 peoples, out of which male population is 4,053 while female population is 4,156. Literacy rate of Boyapalem village is 59.29% out of which 66.62% males and 52.14% females are literate. There are about 2,034 houses in Boyapalem village.

About Irapadu: According to Census 2011 information the location code or village code of Boyapalem village is 531163. Boyapalem village is located in Anandapuram mandal of Vishakapatnam district in Andhra Pradesh, India. It is

situated 8km away from sub-district headquarter Anandapuram (tehsildar office) and 15km away from district headquarter Vishakapatnam. As per 2009 stats, Gottipalli is the gram panchayat of Boyapalem village.

The total geographical area of the village is 613 hectares. Boyapalem has a total population of 2,379 peoples, out of which male population is 1,193 while female population is 1,186. Literacy rate of Boyapalem village is 48.30% out of which 56.16% males and 40.39% females are literate. There are about 707 houses in Boyapalem village. Pincode of Boyapalem village locality is 531163.

Thagarapuvalasa is the nearest town to Boyapalem for all major economic activities, which is approximately 10km away.

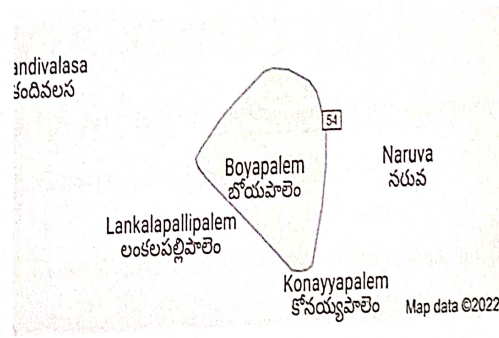


Fig 4 .Study area of Community Service Project-Boyapalem Village

Objectives

The main objectives of the present community service project on Food habits is

1. To study the socioeconomic status
2. To promote the habit of eating food regularly on time.
3. To give awareness on good eating habits to achieve health goals
4. To educate people not to eat unhealthy diets.

Awareness on child Childhood malnutrition

5. To promote eating of healthy foods like leafy vegetables, pulses, fruits and vegetables
6. To promote eating of immunity boosters like lemon, eye sight promoters like carrot and calcium rich food curd as part of regular diet.
7. To make them aware of nutritional values of lemon, carrot, curd, fish etc.
8. To promote the consumption of brown rice and millets (whole grains) by explaining its immense health benefits by

Popularizing the theme of 2023 International Year of Millets which is declared by United Nations. The primary aim of this initiative is to increase the awareness of millets' health benefits among the general public.

9. To educate not to consume alcohol.

Methodology:

After getting mapped with Mentor Dr. T.M.A. Niveditha, Lecturer in Botany attended a orientation programme on 02/06/2022 through Google meet conducted by Department of Botany and noted down the whole process of Community Service Project especially received information on how to conduct Survey, how to take geotagged photos and to identify the problems of my study ward.

The following methodology has been followed to complete the Community Service Project.

A. Primary data source Primary data was collected by using a structured questionnaire by interacting with individuals and groups. During the survey a total of 40 respondents were interviewed in which 14 are female and 16 are male.

B. Secondary data sources: Secondary data was collected from internet sources.

C. Research tools: The collected data was tabulated in excel spreadsheet and obtained tables, bar graphs, and pie charts. Through these bar graphs, and pie charts the results were analysed.

Course of study:

Initially in the first week, interacted with village Sarpanch, Sachivaalaya staff to get the information and sketch about the ward. After obtaining the required information about the ward 2 which consists of 40 households, based on a questionnaire, started a Socioec

onomics survey during the first week and completed it by weekend. Daywise activity is noted down in the logbook for the first week.

During the survey various problems related to health, hygiene, and consumption of alcohol were identified. Daywise activity is noted in the logbook for the second week. After identifying the above problems, it is noted that imparting healthy food habits among the people of the ward 2 are very important to lead a healthy lifestyle to combat all kinds of health problems, communicable disease. Awareness programmes were conducted during the second week on identified problems. Daywise activity is noted down in the logbook for the second week.

During the third week the mini project on food habits is implemented based on a questionnaire. After three weeks, the data collected was carefully tabulated in an Excel spreadsheet and analysed for results.

During the fourth week, a project report is written and submitted based on the data obtained during the survey.

During the survey a total of 40 respondents were interviewed in which 14 are female and 16 are male.

Socio Economic survey

Analysis of data

All the families inhabiting in this ward are belonging to Schedule Tribe.

Occupation

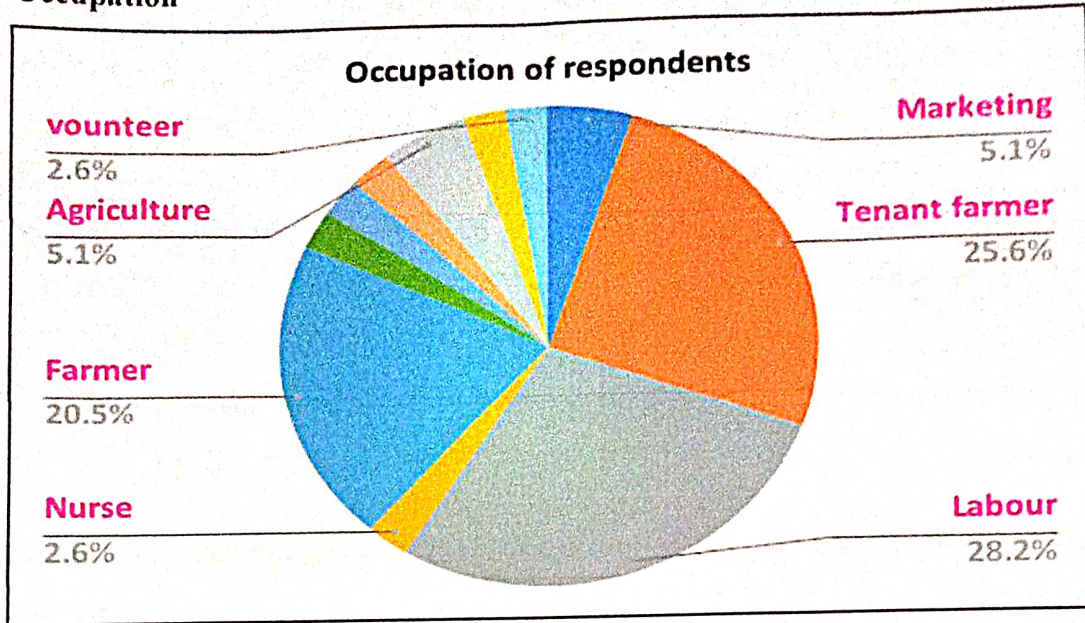


Fig. 5 Occupation of respondents

The figure.1 indicates the different types of occupational profile of the respondents such as volunteer 2.6%, marketing, 5.1% farmer, 20.5%, nurse 2.6%, labourers 28.2%, agricultural labour 5.1%r & agriculture tenants 23.1%.

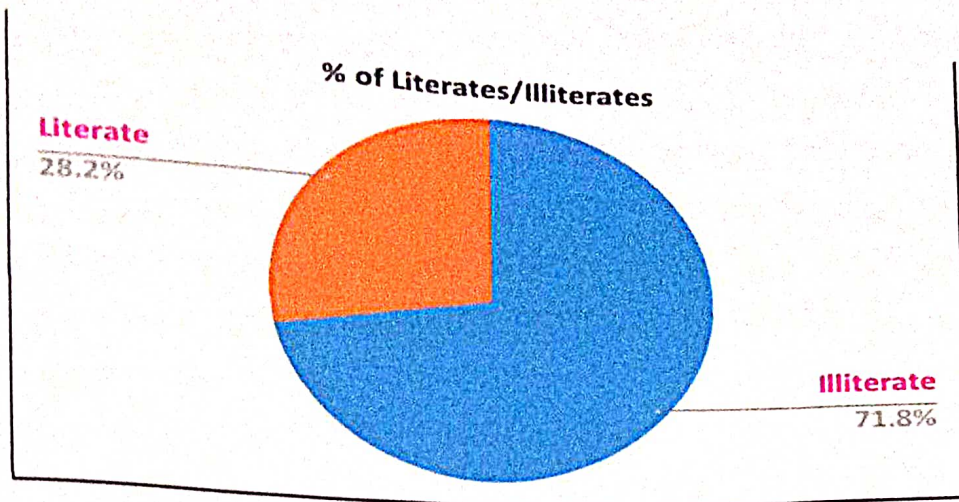


Fig. 6 Educational Profile

As per the above fig.6 28.2% respondents are literates and 71.8% respondents are illiterates.

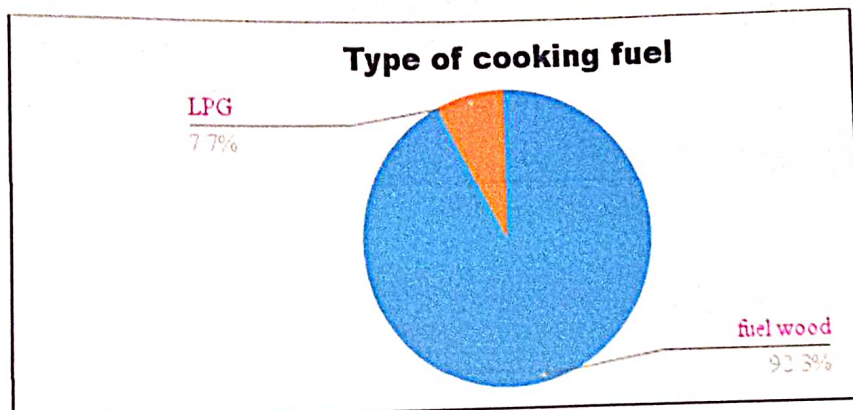


Fig. 7 Types of cooking fuel

As per the fig. 7 most of the people in this ward are using fuel wood & some of the people are using LPG. 92.3% of people are using fuel wood & 7.7% of people using LPG as cooking fuel. Due to lack of knowledge about the importance of LPG and low income 92.3% are using fuel wood as cooking fuel.

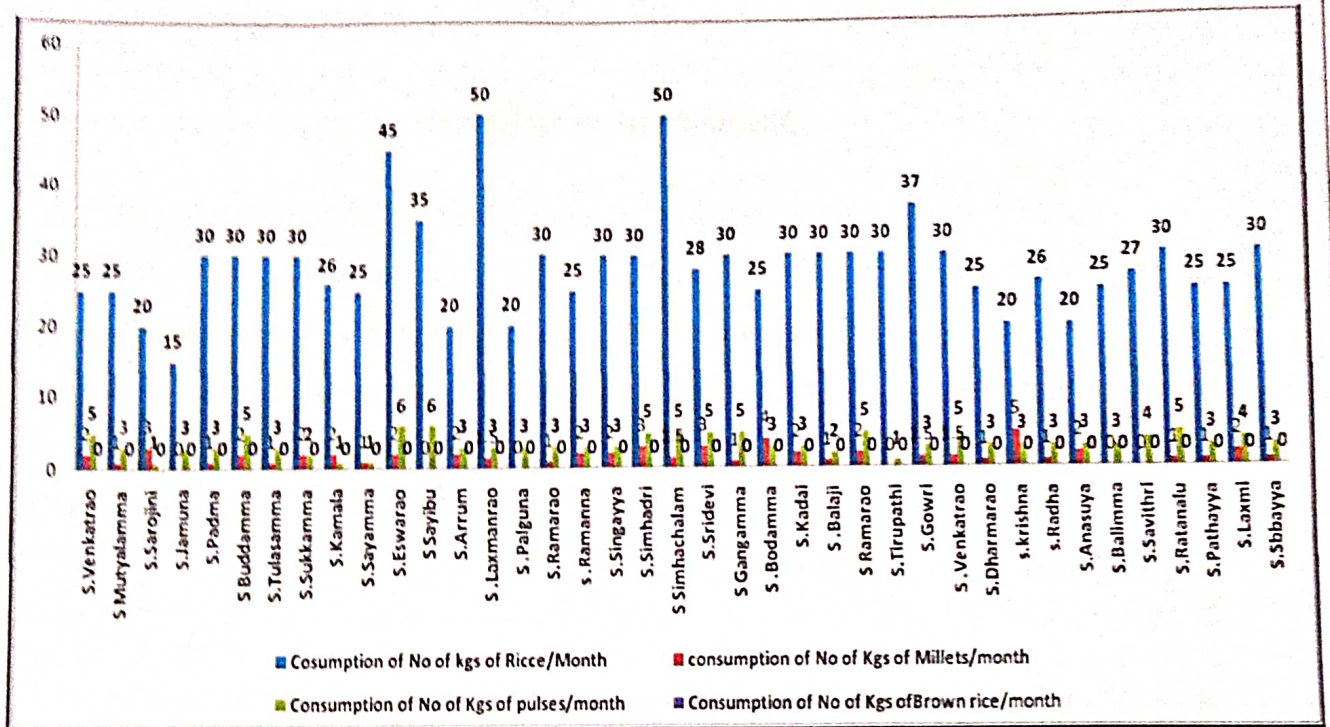


Fig. 8 Representing consumption of Rice, millets, pulses and brown rice in kgs per month per family

Based on the above figure. 8 most of the people are consuming rice, & pulses, less amount of millets. No one is consuming brown rice because of low income, lack of knowledge about the nutritional benefits of brown rice. But Brownrice is rich in nutrients and provides numerous health benefits and it is a rich source of vitamins, reduces heart disease risk and controls blood sugar levels. Small amount of millets are being consumed due to lack of knowledge.

Problems identified

1. Not conscious about health, hygiene and food habits.
2. They are not eating immunity boosters like lemon, A vitamin rich food carrot and calcium rich food curd due to low income
3. Most of the people are using fuel wood to cook food. Using fuel wood is very problem during winter and rainy season to get it fire immediately
4. Eating more carbohydrates
5. Due to lack of awareness on the importance of brown rice, they are not eating it.
6. Some people are eating millets. When compared to rice, its consumption is very less. They do not know the immense health benefits of millets.
7. Consumption of fruits is less due to low income.
8. Among the pulses only re gram is more consumed, among the leafy vegetables only one or two types *Hibiscus sabdariffa* (gongura) and *Amaranthus viridis* (thotakura) are more consumed
9. In most of the families it is identified as a regular habit of alcohol consumption.
10. Food based non communicable health problems were observed.
11. Some families are still using fuel wood for cooking

4.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.

1.A person's ability to maintain a healthy diet is often not within their control. It is influenced by the food environment where they live, early life nutrition, income, and accessibility. Whatever be the financial condition, during ill health everyone is spending money on medicines. Instead of spending money on medicine after getting affected by non-communicable health problems like heart disease, diabetes and cancer, better to follow Hippocrates quote, "food be the medicine, medicine be the food"

Promoting healthy eating plate concept by displaying the following important healthy eating food groups with their nutritional value at public places like bus stops, schools, post office, banks, parks will be the effective solution to build a healthy society.

- 1.Vegetables, leafy vegetables and pulses.
2. Fruits
3. Fish, eggs, nuts and seeds, legumes or beans.
4. Wholegrain or high cereal fibre varieties.
5. Milk, Curd

2. Healthy eating habits should reach the public by making short films on the importance of healthy eating habits and advertising them in theatres, televisions. Developing attractive podcasts and broadcasting them in Ryot bazaars, parks, walking tracks will be an effective measure to promote healthy eating.

3. Distribution of brown rice through a public distribution system along with other nutrition assistance programs.

4. Even though some millets, brown rice are non-palatable when compared with polished rice, a massive campaign will allow them to take them as part of their diet.

5. Above solutions will pave the way for a long term solution for developing fit India with healthy individuals.

6. Most of the drinks and unhealthy instant making foods are being advertised in televisions. Now it is the need of the hour to advertise

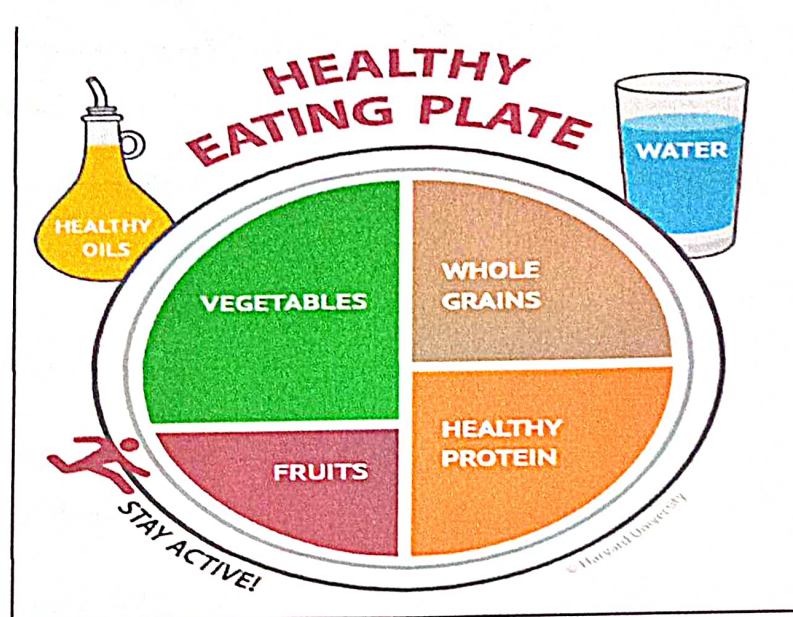
5. Community awareness programmes conducted

By identifying above problems awareness programmes were conducted on health and hygiene and healthy food habits by showing the images with its nutritional value which can boost immunity, improve eyesight and reduce common health problems like diabetes and blood pressure.

1. Healthy diet and healthy eating plate: According to the WHO, healthy diets are rich in fibre, fruit, vegetables, lentils, beans, nuts, and wholegrains. These diets are balanced, diverse and meet a person's

macronutrient (protein, fat, carbohydrate and fibre) and micronutrient (minerals and vitamins) needs depending on their stage of life.

Healthy diets contain fat intake of less than 30% of total energy. These should be mainly unsaturated fats, with less from saturated fats. Trans fats should not be consumed. Sugar intake of less than 10% of total energy, but preferably less than 5%. Salt intake of less than 5g per day. Fruit and vegetables intake at least 400g per day.



2. Sensitized the people of this ward on importance of millets, whole grains Eating wholegrain foods such as brown rice, millets can help reduce the risk of developing heart disease and diabetes. The United Nations has unanimously declared 2023 as the International Year of Millets. The 193 member UN General Assembly adopted a resolution sponsored by India and supported by over 70 nations declaring 2023 as the International Year of Millets

Whole grains: Grains are a staple food in households around the world. They have three parts: the bran (the nutritious outer layer), the germ (the seed's nutrient-rich embryo) and the endosperm (the germ's food supply, which is high in starchy carbs). They're typically high in iron, magnesium, manganese, phosphorus, selenium, B vitamins and dietary fiber.

3. Awareness on Childhood malnutrition: Breastfeeding is one of the most effective ways to ensure the development of a healthy immune system in children, protecting against childhood malnutrition and poor health throughout the life course.

4. Awareness of problems associated with regular consumption of alcohol were explained. Those are the development of chronic diseases and other serious problems including: High blood pressure, heart disease, stroke, liver disease, digestive problems and cancer.

5. Awareness campaigns were conducted on importance and nutritional value of the following food items in this ward.

1. Curd 2. Pulse 3. leafy vegetables 4. Lemon 5. carrot 6. Millets 7. Fruits

HEALTH BENEFITS OF LEMON

IMPROVE DIGESTION **WEIGHT LOSS** **ANTI-CANCER** **GOOD FOR HEART AND COLDS**

PREVENT KIDNEY STONES **PROTECT AGAINST ANEMIA**

CLEANSE LIVER, KIDNEY AND BLOOD **CLEAR AND GLOWING SKIN**

NUTRIENTS (per 100 g)

VITAMINS	A 1 µg	B₃ 0,1 mg	B₅ 0,19 mg	B₉ 0,08 mg	C 53 mg	E 0,15 mg	
ENERGY	29 kcal	FIBER	2,8 g	MAGNESIUM	8 mg	POTASSIUM	138 mg

Health Benefits of Lemon

VITAMINS	MINERALS
C 98% B₆ 5% B₁ 3% B₂ 2%	Copper 13% Calcium 6% Iron 4% Potassium 4%

Dietary Fiber 15%
Carbohydrate 4%
Protein 2%
Calories 7%

LEMON

- helps fade scars
- soothes toothache
- helps reduce weight
- cures cholera & malaria
- controls high blood pressure
- treats rheumatism & arthritis
- provides relief from fever & cold
- eases pain of sunburn & bee stings
- stops internal bleeding & nose bleeds

Health Benefits of Carrot



Nutrients*
 Dietary Fiber 12%
 Carbohydrate 3%
 Calories 2%
 Protein 1%

Vitamins*
 Vitamin A 276%
 Vitamin K 12%
 Folate 7%
 Vitamin B6 5%

Minerals*
 Manganese 8%
 Potassium 7%
 Copper 5%
 Iron 5%

*% Daily Value per 100g. For e.g. 100g of carrot provides 276% of daily requirement of manganese.



Improves eyesight

Boosts immune system



Prevents heart diseases

Regulates blood sugar levels



Reduces high blood pressure

Prevents macular degeneration



Maintains good digestive health

Reduces risk of cancer and stroke



*mg per 100g

VITAMIN C

@thefitnesschef_

FRUIT

GUAVA



228 mg

BLACKCURRANTS



181 mg

KIVI



93 mg

LEMON



77 mg

PELSIMMON



66 mg

STRAWBERRIES



60 mg

ORANGE



53 mg

MANGO



36 mg

PASSION FRUIT



30 mg

BLACKBERRIES



21 mg

VEGETABLES



242 mg



150 mg



142 mg



90 mg



80 mg

CAULIFLOWER



46 mg

CABBAGE



44 mg

POTATO



20 mg

SWEET POTATO



2 mg

CHILLI SAUCE



75 mg



Some Incredible benefits of curd

Improves your
cardiovascular
health

Provides a
stronger
immune
system

Natural
cleanser
for skin

Strengthens
bones and
teeth



Helps reduce high
blood pressure

Improves
digestion

HEALTH BENEFITS OF MILLET

Organic  Facts
www.organicfacts.net



Beneficial in detoxifying body



Lowers bad cholesterol level



Prevents onset of breast cancer



Helps to prevent type 2 diabetes



Effective in reducing blood pressure



Helps to protect against heart diseases



Aids in treating respiratory conditions such as asthma



Helps to optimize kidney, liver and immune system health



Reduces risk of gastrointestinal conditions like gastric ulcers or colon cancer



Eliminates problems like constipation, excess gas, bloating and cramping



Nutrients*
Carbohydrate 27%
Protein 26%
Calories 18%
Dietary Fiber 11%

Vitamins*
Thiamin 26%
Niacin 22%
Folate 20%
Vitamin B6 16%

Minerals*
Copper 35%
Phosphorus 27%
Magnesium 26%
Iron 16%

*% Daily Value per 100g. For e.g. 100g of millet provides 35% of daily requirement of copper

The United Nations has unanimously declared 2023 as the International Year of Millets.

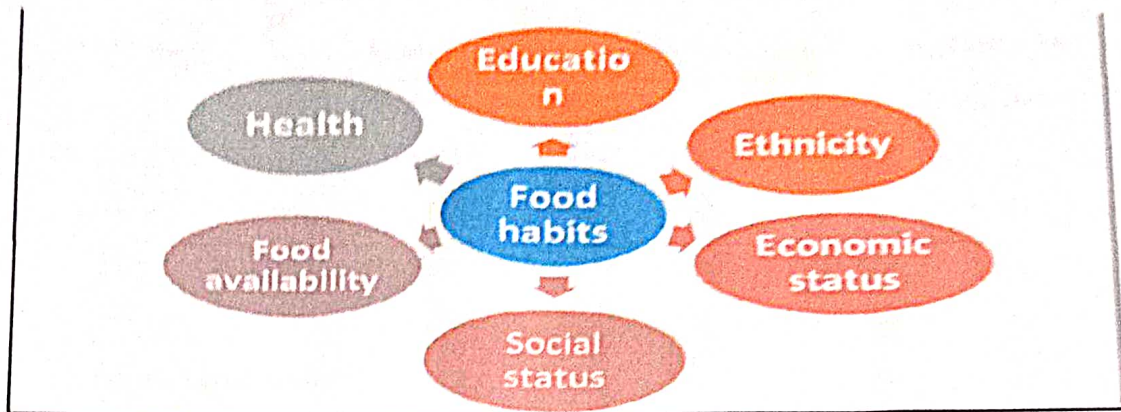
Mini Project on food habits

Introduction

Food refers to anything that is eaten to provide energy and keep the body healthy. Food habit refers to why and how people eat, which foods they eat, and with whom they eat, as well as the ways people obtain, store, use, and discard food.

Nutrition education is very important in the life of every human being. Nutrition education would help you make many wise decisions about food. For example, what type to eat, when to eat, how many times you would eat a day and what combinations of food provide a healthy diet. Education also gives you consumer information which would help you to buy food wisely from the marketplace. In short, education helps you to make informed food choices which will provide the necessary nutrients for a healthy body at a minimum cost. Education helps you to form certain food habits and change others. For example, education can make you decide to eat fruits at every meal because you have learnt about its nutritional benefits. Education can also make you decide not to eat certain foods because of their harmful effect on your body.

These factors make people form food habits.



The following factors that influence our food choices

- Biological determinants such as hunger, appetite, and taste.
- Economic determinants such as cost, income, availability.
- Physical determinants such as access, education, skills (e.g. cooking) and time.
- Social determinants such as culture, family, peers and meal patterns.

Analysis of data

a) Breakfast & Lunch: Most of the people are taking porridge rice as breakfast and lunch. Some are taking rice with vegetable curry. Fig.9 indicates that 95% are taking rice and vegetable curry. 2.5% of the respondents reported that they are taking rice and dal, 2.5% are taking rice and rasam.

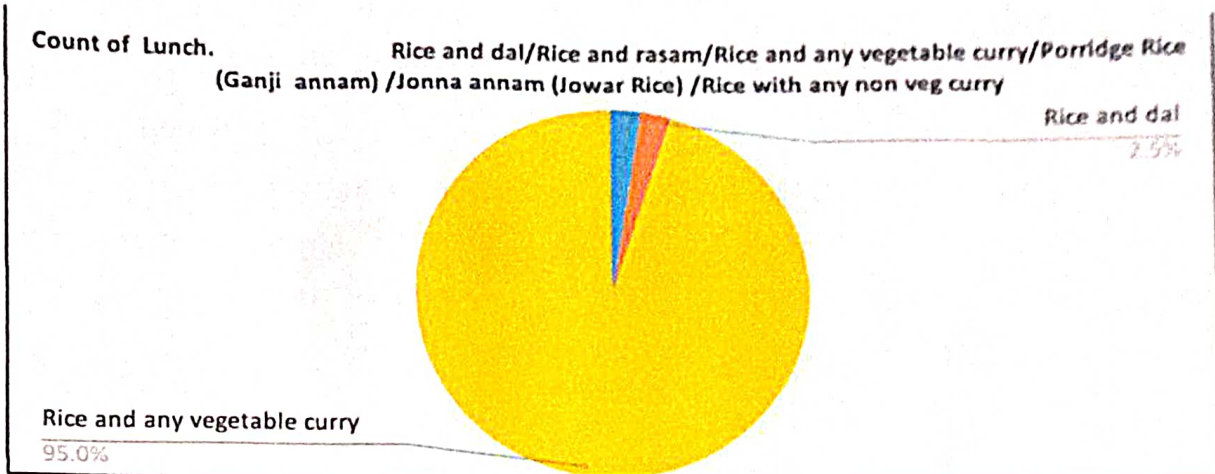


Fig.9 Food taken as Lunch by the respondents.

(b) Consumption of curd in meal:

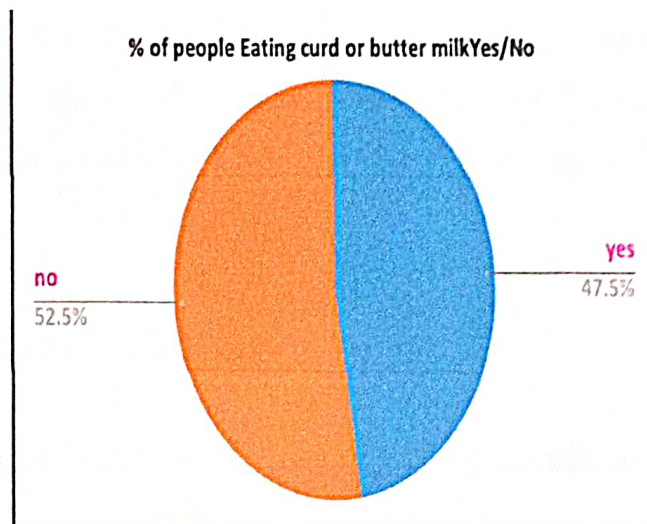


Fig. 10. People eating curd /Buttermilk

In lunch 47.5% of the people are eating curd. 52.5% of the people are not eating either curd or buttermilk due to low income(Fig.10)

(c)Consumption of different types of pluses:

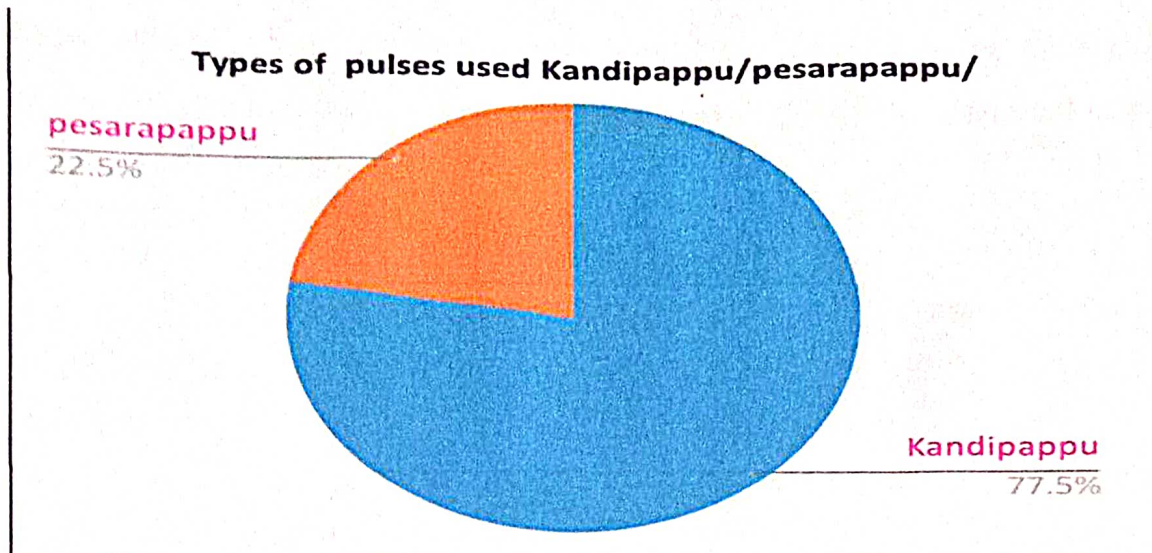


Fig.11 Types of pulses consumed

Among the pulses Kandipappu, pesarapappu, and senagapappu most of the people (77.5%) are using red gram(kandipappu) and 22.5% of the people are using pesarapappu. No one is consuming (Bengal gram) senagapappu(Fig.11)

(d)Consumption of leafy vegetables:

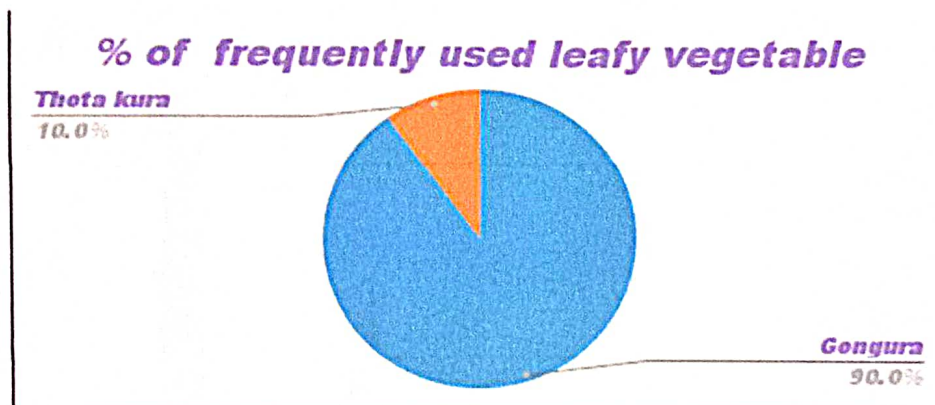


Fig12.Frequently used leafy vegetable

Based on the above fig.12 90% of people are using gongura (*Hibiscus sabdariffa*) because of more availability and remaining 10% of peoples are using thotakura (*Amaranthus viridis*) (Fig.12).

(e) Consumption of different kinds of fruits:

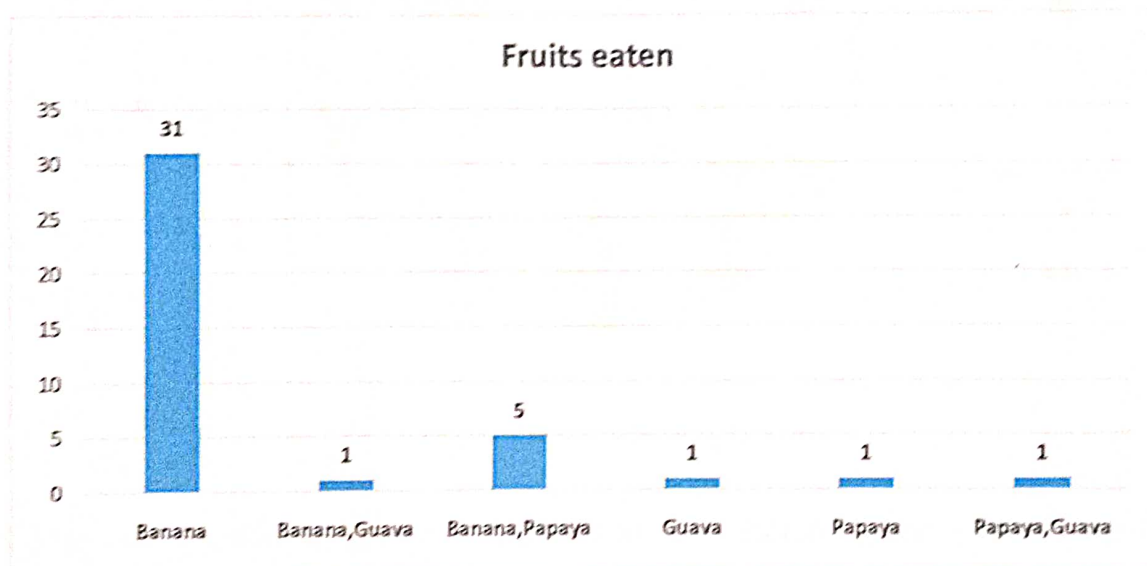


Fig 13. Consumption of different fruits in daily life

Most of the people (31) are consuming banana, banana and papaya is consumed by 5 people, banana, guava, papaya are consumed by one each. Most people are consuming bananas because of its availability in all seasons (Fig.13)

(f) Favorite food /dish:

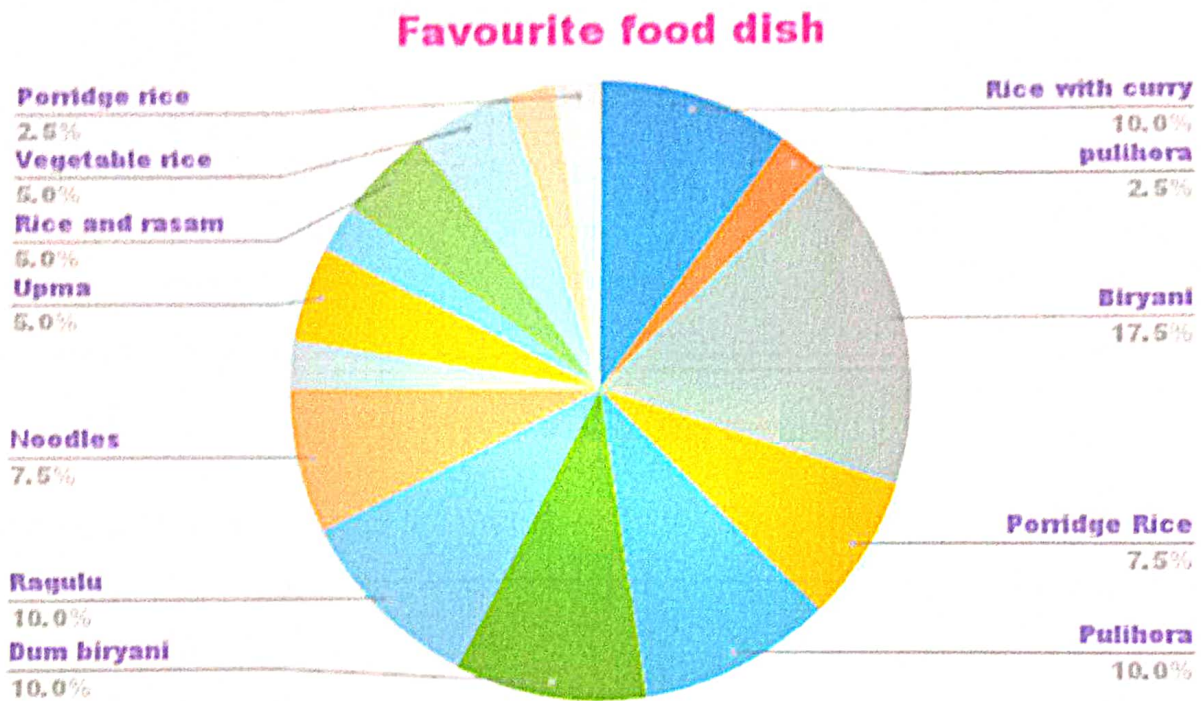


Fig 14. Favourite food/ dish

Based on the above figure 14 information is collected on the most favourite food of respondents. 17.5% members likes Biryani, 10% of people likes rice

with curry, 10% of people like ragulu, 10% of people like dum biryani, 10% of people like pulihora, 10% of people like porridge rice, noodles like 7.5% people, vegetables rice like 5%, rice and rasam like 5%, upma like 5% of people. Here consumption of fast by 7.5% people is observed

(g) Consumption of non-veg:

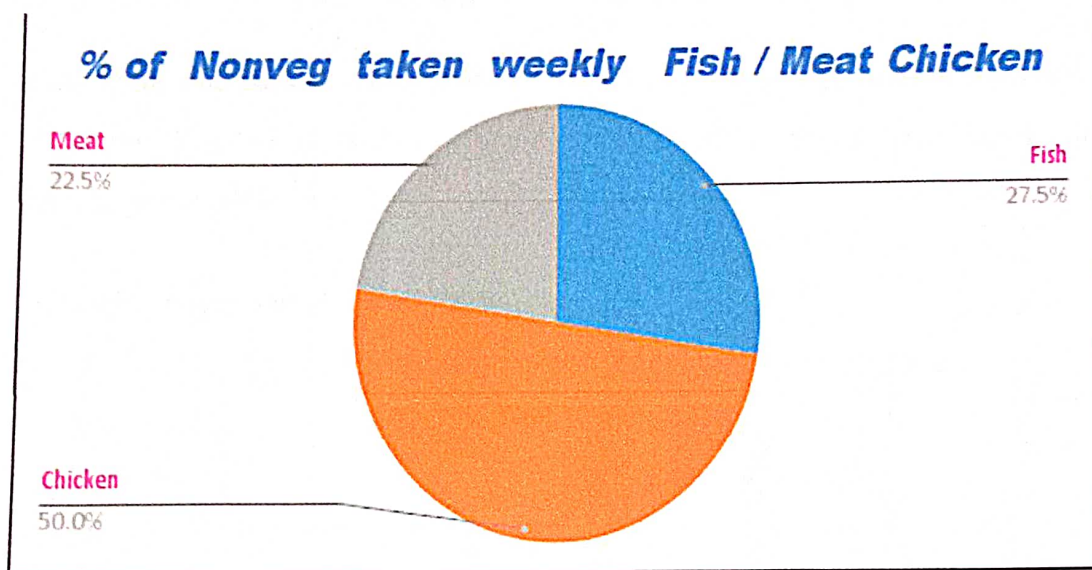


Fig.15 Non veg taken per week

Half percent of the people are taking chicken Fish is taken by 27.5% and meat by 22.5%. more consumption of chicken is due to its low cost when compare d to mutton and fish (Fig.15)

Dinner: Almost all the respondents reported that they are taking rice and vegetable curry as dinner.

(h) Eyesight problem:

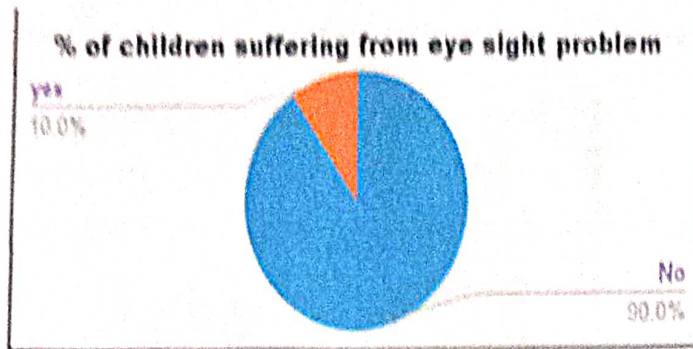


Fig 16. children suffering from eye sight

Among all the children in the ward only 10%of children are affected by sight problems. The reason is that they are not consuming vitamin rich foods like carrots, papaya(Fig. 16)

(i)Consumption of alcohol

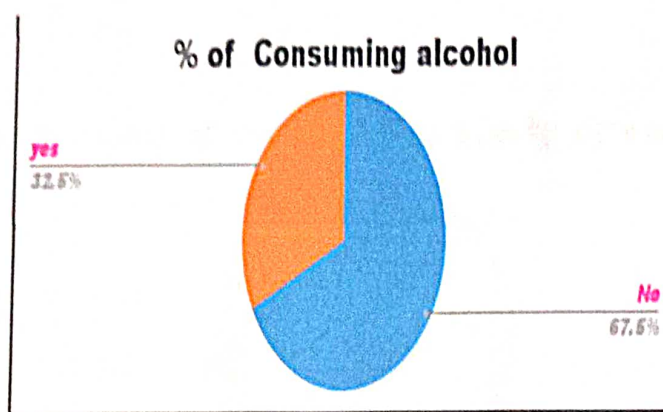


Fig.17 .Consuming alcohol

Consumption of alcohol: Based on the above fig.17, 67.5% of people are not consuming alcohol and 32.5% of people are not consuming alcohol.

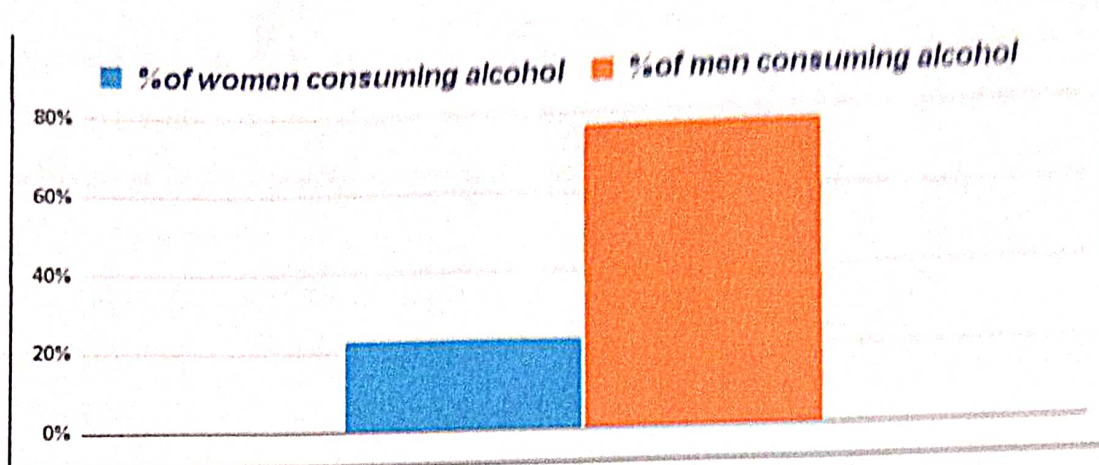


Fig18. Consuming of alcohol both women and men

Above fig 18 Indicates that 23.3% of women are consume alcohol and 77.7% of men are consuming alcohol.

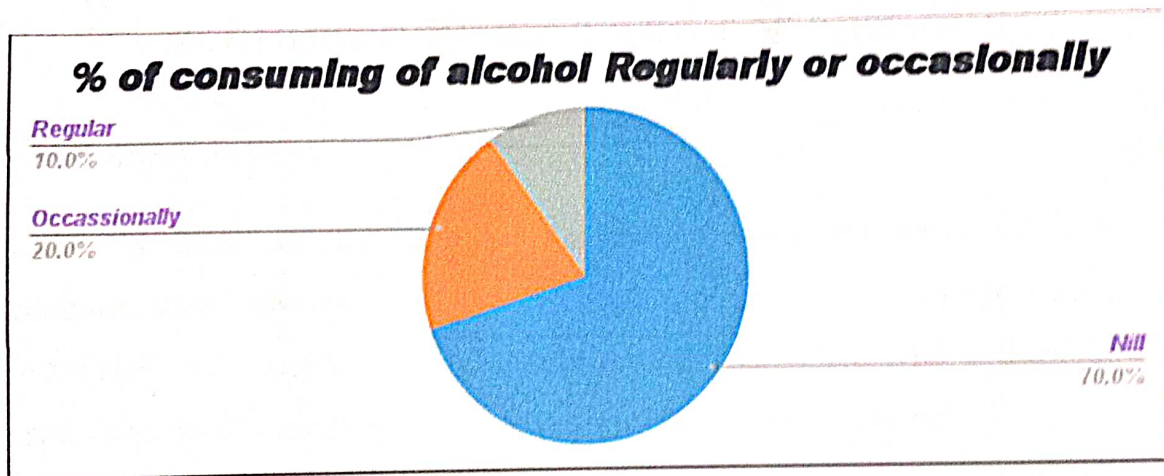


Fig19. Consuming of alcohol regularly /occasionally

According to fig .19. 10%of people consuming alcohol regularly because of they are addicted and 20%of people are consuming alcohol occasionally and remaining 70% of people are not consuming alcohol.

Recommendations and conclusions

Recommendations

Unhealthy diets and the resulting malnutrition are major drivers of non-communicable diseases (NCDs). Malnutrition includes undernutrition, overweight and obesity, and other diet-related NCDs like type 2 diabetes, cardiovascular disease (heart diseases) and stroke, and some cancers.

Low fruit and veg intake is linked to several cancers, cardiovascular disease and stroke. Low intake of fibres, grains, nuts, seeds, micronutrients linked to diabetes, cardiovascular disease and stroke, and some cancers.

Alcohol consumption is also observed. It is also an important reason for malnutrition in family members. Because, the earned income is spent on consuming alcohol instead of spending it on family for their healthy diet. Consuming alcohol occasionally during festivals will not affect the family, but regular consumption will have a more adverse effect on family health, education and wellbeing. Excessive alcohol use can lead to the development of chronic diseases and other serious problems including: High blood pressure, heart disease, stroke, liver disease, digestive problems and cancer. It is highly recommended to give counselling to alcohol addicted people, if necessary, they should be taken to de addiction centres.

It is highly recommended to promote the concept of healthy eating plate through nutritional education by village volunteers, millets consumption, consumption of sprouts of green gram (Pesarapappu), egg as protein source counselling to alcohol consuming people for their family wellbeing

Some of the children are suffering from eye sight problems, free eye camps must be conducted during the vacation period. Free health camps for identifying the health problems like Blood pressure and diabetes should be conducted ward wise by prior intimation of time on non-working day as most of the people will not be available during working days.

Conclusion:

A healthy diet is a diet that maintains or improves overall health. A healthy diet provides the body with essential nutrition: fluid, macronutrients such as protein, micronutrients such as vitamins, and adequate fiber and food energy. As per the healthy eating plate concept everyone should eat vegetables, fruits, whole grains and protein rich foods. At the same time the production should be increased,

should be available at affordable cost to make a regular eating habit of healthy foods instead of consuming instant energy giving processed foods. Most of the drinks and unhealthy instant making foods are being advertised on televisions. Now it is the need of the hour to advertise and broadcast about all healthy foods in an attractive manner to reach its nutritional value and health benefits each and every one

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Day	S.No	Date & time of visit	Name of the person	Address	Gender & age	Observations made during survey
Day 1	1.	05-06-2022	V. Dinkar	Boyapalem (village)	30-male	Taking balanced diet
	2.	05-06-2022	P.kittu	Boyapalem	35-female	Taking less amount of millet
	3.	0505-06-2022	T. Govind	Boyapalem	40-male	Good health & hygiene
	4.	05-06-2022	T. Srinu	Boyapalem	30-male	Good health & hygiene take the diet on time
	5.	05-06-2022	P. Satyana rayan	Boyapalem	60-male	Malnutrition
	6.	05-06-2022	V. Ramarao	Boyapalem	40-male	Blood pressure bp is quite high
	7.	05-06-2022	P.laxami	Boyapalem	50-male	Deficiency of vit.a

Day 2	8.	05-06-2022	T. Konda	Boyapalem	55-male	Good health
	9.	05-06-2022	V. Mohan	Boyapalem	45-male	Taking balanced diet
	10.	05-06-2022	Ch. Raju	Boyapalem	43-male	Taking balanced diet
	11.	05-06-2022	P. Applaredy	Boyapalem	35-male	Blood pressure bp is quite high
	12.	05-06-2022	J. John	Boyapalem	22-male	Good health
	13.	06-06-2022	P. Venkatesh	Boyapalem	21-Male	
	14.	06-06-2022	V. Ramalakshmi	Boyapalem	24-female	Blood pressure bp is quite high
	15.	06-06-2022	P. Pavan	Boyapalem	19-male	Good health
	16.	06-06-2022	K. Jansi	Boyapalem	20-female	Taking balanced diet
	17.	06-06-2022	K. Shyam	Boyapalem	28-male	Deficiency of vit.a

	18	06-06-2022	G.lakshmi	Boyapalem	45-female	Good health
	19	06-06-2022	V.Geetha	Boyapalem	24-female	Good health
	20	06-06-2022	G.Bhanu	Boyapalem	17-female	Taking balanced diet
	21	06-06-2022	B.chandu	Boyapalem	27-female	Deficiency of vit.a
	22	06-06-2022	V.Narendra	Boyapalem	Male-19	Blood pressure bp is quite high
	23	07-06-2022	M.maneesha	Boyapalem	27-female	Deficiency of vit.a
	24	07-06-2022	V. Santhi	Boyapalem	30-female	Blood pressure bp is quite high
	25	07-06-2022	B. Ramanan	Boyapalem	40-male	Good health
	26	07-06-2022	B.Govind	Boyapalem	37-male	Taking balanced diet
	Day 3					

	27	07-06-2022	T. Venu	Boyap lem	40-male	Good health	
	28	07-06-2022	V. Esu	Boyap lem	38-male	Good health	
	29	07-06-2022	P. Reddy	Boyap lem	40-male	Taking balanced diet	
	30	07-06-2022	N.mani	Boyap alem	38-female	Good health	
	31	07-06-2022	P. Suri	Boyap lem	41-male	Good health	
	32	08-06-2022	P. Sunil	Boyap lem	38-male	Good health	
	Day 4	33	08-06-2022	T. Kiran	Boyap lem	40-male	Taking balanced diet
		34	08-06-2022	T. Basha	Boyapl em	42-male	Good health
		35	08-06-2022	K. Ramaub abu	Boyap lem	45-male	Taking balanced diet

	36	08-06-2022	K. Srinu	Boyap lem	42-male	Taking balanced diet
	37	08-06-2022	T. Suresh	Boyap lem	40-male	Good health
	38	08-06-2022	T. Vinod	Boyap lem	45-male	Taking balanced diet
	39	08-06-2022	V. Sekhar	Boyap lem	30-male	Good health
	40	08-06-2022	P. Raja	Boyap lem	35-male	Taking balanced diet
Day 5	41					
	42					
	43					
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	52					
	Day 6	53				
54						
55						
56						

Second Week

Day	S.No	Date & time of visit	Awareness campaign Conducted
	1	09-06-2022	What is a healthy diet?
	2	10-06-2022	Sensitized the people of this ward on importance of millets on health, whole grains as 2023 is declared as international year of Millets by United Nations to increase the consumption of Millets
	3	11-06-2022	Unhealthy diets and its impact
	4	12-06-2022	Childhood malnutrition
	5	13-06-2022	Nutritional value of 1.Curd2.Pulses3. leafy vegetables4.lemon5.carrot6.Millets7.Fruits8.Fish
	6	14-06-2022	Importance of wearing masks, regular hand wash, steam inhalation, salt water gargling, home isolation to prevent the spread of COVID 19 infection as Corona virus infection is causing high risk respiratory problems Important herbals like myrobalan (<i>Terminalia chebula</i>), Long Pepper (<i>Piper longum</i>), pepper, ginger garlic drink as home remedy to prevent or lessen the severity the problem initially.
	7	15-06-2022	Importance of biodegradable products and ecofriendly products to protect environment

V. Ganesh
Signature of the student

Third Week

S.no	Date From	To	Work
01	16-06-2022	22-06-2022	Implementation of Project work on Food habits

Fourth Week

S.no	Date from	To	Work
01	23-06-2022	29-06-2022	Presentation of project Work



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AWARENESS CAMPAIGN PHOTOS





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