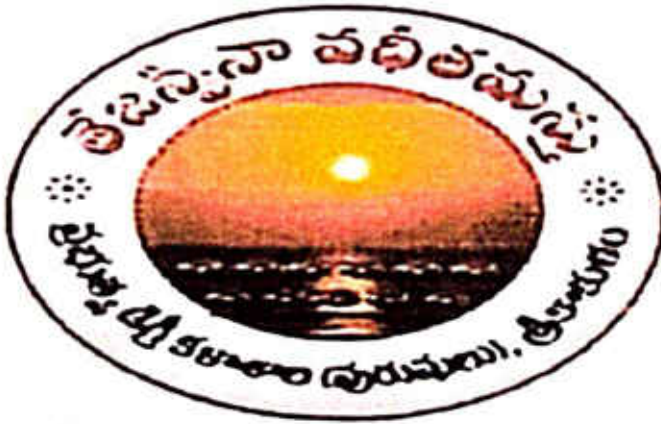


A PROJECT
ON
COMMUNITY SERVICE

Submitted in the partial fulfillment of the requirements for the award of
degree of BSc

By
Biddika likhitha
2222001049007
Semester 2 (BZC)
batch 2022-2025
Under the supervision
D.Adinarayana
Lecturer in Chemistry

GOVERNMENT DEGREE COLLEGE(Men), SRIKAKULAM



WEBSITE: WWW.gcmsklm.ac.in

ACKNOWLEDGEMENT

I would like to express my gratitude to all those who gave me the possibility to complete the Community Service Project. Special thanks to Mentor D. Adhinarayana sir who help me in stimulating suggestions and encouragement to complete this project.

I would like to thank all the staff from the department of chemistry for their able guidance and support to complete this project


I would also like to express my gratitude to our principal madam for her tremendous support to complete this project.

CERTIFICATE

I certified that **Biddika.likhitha** studying Bsc Cbz group has completed and submitted the project report on "FOOD HABITS" further partial fulfillment of the requirements for the award of Bachelor of science under my supervision during the academic year 2022-2023

Date:

Place: Nallaraiguda



project guide
D. Adhinarayana
Lecture in chemistry
GDC (M), srikakulam

DECLARATION

I hereby declare that the Community Service Project report entitled "FOOD HABITS" submitted by me to the Govt Degree College (M), srikakulam in partial fulfillment of the requirement for the award of the degree of Bsc Cbz is a record of bonified project work carried out by me under the guidance of D.Adhinarayana sir.I further declare that the work reported in this project has not been submitted and will not be submitted either in part or in full, for the award of any other degree in this institute or other institute or University.

Srikakulam
Date:.

B. Likhitha
Signature of the candidate
Name

AWARENESS REPORT:

PROBLEMS IDENTIFIED

- * Uneven roads in every street
- * Water problems in every Street
- * Improper drainage system

EFFECTS FACED BY PEOPLE

- * Because of having uneven roads there are so many vehicles are damaged , not only that but also oldaged people are getting hard to walk on these roads.
- * There is a need of water to everyone but in our village there are no proper gov.tap connection to each house but some are having them. Mostly people in my ward are not having gov. tap connection.
- * There are so many problems are taking place on having improper drainage system.

SUGGESTIONS

At first , I would like to explain all about those problems and I said to them as you should complaint to the Valenteer to clear these problems and the valenteer said that all those problems will be cleared by our sarpanch and secretary.I told them that we have to maintain a proper usage of them neatly.

BY :

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1. Introduction
2. Objectives
3. Methodology
4. Log book
5. Socio-economic survey
Report-Pics
6. Awareness program
7. Project
8. Conclusion

INTRODUCTION

Food habits and Nutritional Problems:

Food is essential for all humans for survival. Food Habits and imbalanced intake of diet by an individual results in the malnutrition or cause of many health problems. Especially women, children and pregnant women must be always cautious to take proper food intake with essential nutrients. Because poor diet and disease are caused by food insecurity. Somet by causing diarrhoea and other illness.

There is a saying 'you are what you eat' seems to be proven true. It is important to know what food to eat in order to stay healthy. Health depends to a large extent on Nutrition and Nutrition on food we take. Hence Nutrition and Health are two sides of the same coin and food is the most important factor for health and fitness.

Healthy Food Habits:

Healthy Food habits includes a variety of foods in adequate amounts and correct proportions to meet the requirements of all essential nutrients such as proteins, carbohydrates, fats, vitamins, minerals, water and fibre. This also includes proper Schedule for the intake of light and heavy foods, when to take and when not to take, health condition of the individual. For example person who is suffering from kidney stones should not often take calcium rich foods. We have to take foods that suits our age and health. The most common eating idiosyncracies include skipping meals, consuming fast foods in a routine way, avoiding fruits, and vegetables, frequent snacking. Hence it is essential for each and every individual to adopt proper food habits.

OBJECTIVE

The aim and objective of this project is to find out in a closed community about the following food habits and to analyse whether they are adopted to healthy food habits and if not to incorporate sound eating habits by creating awareness in them to recognise good eating habits followed with regular exercise.

- *About the type of foods most people are interested to take.*
- *Food intake in regular Time intervals.*
- *Main meal in view of the majority of the people.*
- *Whether interested to take fresh food or cooked & preserved food.*
- *Taking fresh fruits and vegetables.*
- *Sweets /junk foods.*
- *Whether drinking sufficient quantity of water.*
- *Regular weight check up.*
- *Monitoring individual food behaviour.*
- *Any form of eating disorders.*
- *Effect of socio-economic status on food habits.*

METHODOLOGY

1. Study site :

The place selected for the project was comes under 2th ward korivetta village,ponduru mandal and srikakulam district. Approximately 30 families were covered under this ward. This is a rural area with 75% of people were farmers. This area is used for the cultivation of rice and vegetables

2. Quantitative study :

The quantitative study of my project includes about the number of children, youngsters,elder women and men, pregnant women, people with physical and mental ailments, their food intake based on quantity per day and their food habits.

3. Qualitative study:

The qualitative study was carried out based on their cultural pattern of food habits among various socio-economic, educational and age grou

4. Data Collection :

Initially socio-economic survey and other background survey was done and the data was collected from them.

Secondly their food habits data was collected from the initially prepared questionnaire which consists of 14 questions to know about their food habits, cooking methods, storage food,time intervals followed,and how much expenditure was spent on food,in detail.

GOVT. DEGREE COLLEGE(M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : B. Likhitha


Group : CB2 (BSC)

Registration Number : 2222001049007

Name of the Mentor : D. Adhinarayana

Name of the Project : Food habits

Date & Day	Activity done	Number of Hours Spent	Signature of the student
9-5-23	SOCIO ECONOMIC SURVEY	4 hours	B. Likhitha
10-5-23	SOCIO ECONOMIC SURVEY	5 hours	B. Likhitha
11-5-23	SOCIO ECONOMIC SURVEY	4 hours	B. Likhitha
12-5-23	SOCIO ECONOMIC SURVEY	6 hours	B. Likhitha
13-5-23	SOCIO ECONOMIC SURVEY	3 hours	B. Likhitha
14-5-23	SOCIO ECONOMIC SURVEY	4 hours	B. Likhitha
15-5-23	SOCIO ECONOMIC SURVEY	4 hours	B. Likhitha
16-5-23	SOCIO ECONOMIC SURVEY	5 hrs	B. Likhitha


Signature of the Mentor

GOVT. DEGREE COLLEGE(M), SRIKAKULAM
COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : B. Likhitha

Group : CB2 (BSC)

Registration Number : 2222001049007

Name of the Mentor : D. Adhinayajana

Name of the Project :

Date & Day	Activity done	Number of Hours Spent	Signature of the student
17-5-23	AWARENESS PROGRAMME	4 hrs	B. Likhitha
18-5-23	AWARENESS PROGRAMME	3 hrs	B. Likhitha
19-5-23	AWARENESS PROGRAMME	5 hrs	B. Likhitha


Signature of the Mentor

GOVT. DEGREE COLLEGE(M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : B.Likhalta

Group : CBZ (BSC)

Registration Number : 2222001049007

Name of the Mentor : D. Adhinarayana

Name of the Project : Food habit

Date & Day	Activity done	Number of Hours Spent	Signature of the student
20/5/23	FOOD HABITS	4 hrs	B.Likhalta
21-5-23	FOOD HABITS	3 hrs	B.Likhalta
22-5-23	FOOD HABITS	4 hrs	B.Likhalta
23-5-23	FOOD HABITS	5 hrs	B.Likhalta
24-5-23	FOOD HABITS	4 hrs	B.Likhalta
25-5-23	FOOD HABITS	6 hrs	B.Likhalta
26-5-23	FOOD HABITS	4 hrs	B.Likhalta
27-5-23	FOOD HABITS	5 hrs	B.Likhalta
28-5-23	FOOD HABITS	6 hrs	B.Likhalta
	FOOD HABITS		


Signature of the Mentor

GOVT. DEGREE COLLEGE(M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : B. Likhitha
 Group : CB2 (BSC)
 Registration Number : 2222001049007
 Name of the Mentor : D. Adhinarayana
 Name of the Project : Food habits

Date & Day	Activity done	Number of Hours Spent	Signature of the student
29-5-23	PROJECT WRITING	4 hrs	B. Likhitha
30-5-23	PROJECT WRITING	5 hrs	B. Likhitha
31-5-23	PROJECT WRITING	6 hrs	B. Likhitha
1-6-23	PROJECT WRITING	5 hrs	B. Likhitha
2-6-23	PROJECT WRITING	3 hrs	B. Likhitha
3-6-23	PROJECT WRITING	4 hrs	B. Likhitha
4-6-23	PROJECT WRITING	4 hrs	B. Likhitha
5-6-23	PROJECT WRITING	5 hrs	B. Likhitha
6-6-23	PROJECT WRITING	6 hrs	B. Likhitha
7-6-23	PROJECT WRITING	6 hrs	B. Likhitha


 Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY CONSOLIDATION REPORT

Name of the student : B. Likhitha
Group : CBZ (BSC)
Name of the Mentor : D. Adhinarayana
Name of the Project : Food habits

Ward/ Habitat	Nallaraiguda	Panchayat	Baluru-2	Post Office	Baluru
Mandal	Bhramini	District	Panvelkuppam maniam	Pin Code	532455

1. Total Number of Houses in the Habitat/Ward:

2. Number of Houses Caste-wise:

SC _____ ST 25 OC _____ BC-A _____ BC-B _____ BC-C _____ BC-D _____

3. Common Health problems in the Habitat/Ward:

(i) Malaria

(ii) Diarrhoea

(iii)

4. Number of White Ration Cards: 25

5. Number of Illiterates in the Ward/ Habitat/ Village: 17

6. Number of Graduates in the Ward/ Habitat/ Village: 20

7. Number of Job Holders: 8

8. Number of PWD People: 01

9. Number of DWACRA Groups in the Ward/ Habitat/ Village:

10. Road connectivity to the Ward/ Habitat/ Village: Yes / No

11. Bus facility available: Yes / No

12. Problems identified in the Ward/ Habitat/ Village:


(i) Drainage Problems

(ii) doesn't have good Travelling Road facilities.

(iii)

(iv)


Signature of the Mentor


Signature of the Student



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : CB-2 (BSC)
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	30-23	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda Baluru-2
Post office	Baluru	Mandal	Bhamin	District	Prakasam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	A. Rajaram	M	28	10 th	Autodriver	7000/-
2.	A. padma	F	26	inter	housewife	-
3.	A. Rashmi	F	5	1st class	-	-
4.	A. Rashmi	F	1	-	-	-

2. Social Status details:

(i) Community: SC/ST/BC-A-B-C-D/OC (ii) Sub-Caste: savarna (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): Own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 2 Acres

(vi) Livestock resources: Cows _____ Oxen _____ Buffaloes ✓ Sheep/Goats ✓

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/Wood/ others specify _____

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle ✓

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 9347 6347 93

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problem

(ii) Road Problem

(iii)

Place: Nallaraiguda

Date: 9-5-23

B.L.Khilka
Signature of the Student

Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ (BSC)
Name of the mentor : D. Adhinarayana
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
30-23	A. Rajarao	Nalloraiguda	Bhamini	Paravathi Puram Mangalam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

- a. I eat a good breakfast.
 b. I experienced feeling of hunger during the day
 c. I eat meat.
 d. I eat vegetables.
 e. I eat fruits.
 f. I eat dairy products
 g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- a. Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day once a day several times a week
less often never

Fresh vegetables & Fruits:

- Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?

no

11. Do you know your current body mass index?

no

12. Have your ever been on a diet, if so, what kind?

no

13. Mention the food items from the healthiest to the unhealthiest from your point of views?

unhealthiest : junk foods
healthiest : rice, vegetables, fruits

14. How much do you think a healthy diet affects?

Restful sleep

a. No impact. B. little impact c. big impact. D. none

Health

a. No impact. B. little impact c. big impact. D. none

Weight.

a. No impact. B. little impact c. big impact. D. none

Mental condition.

A. No impact. B. little impact c. big impact. D. none

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : B. Lakshmi

Group : CBZ CBSC

Registration Number : 2222001049007

Area of the Survey conducted:

House No.	1 - 20	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda
Post office	Balera	Mandal	Tshamini	District	Palakurichi

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	B. Raikanna	M	50	intermediate	farmer	5000/- Monthly
2	B. puja	F	45	-	house wife	-
3	B. Sreevemi	F	25	Degree	-	-
4	B. Veenuha	F	23	Degree	-	-
5	B. Vamsi	M	20	Degree	-	-

2. Social Status details:

(i) Community: SC/ST/BC-A-B-C-D/OC (ii) Sub-Caste: Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): Own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows 1 Oxen 0 Buffaloes 0 Sheep/Goats 0

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify LPG

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle ✓

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 8897663677

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problem

(ii)

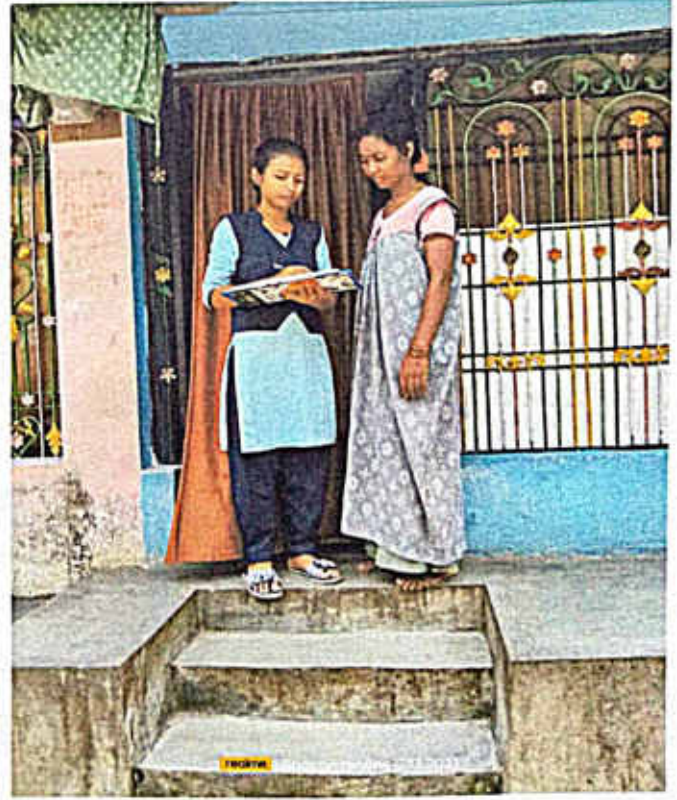
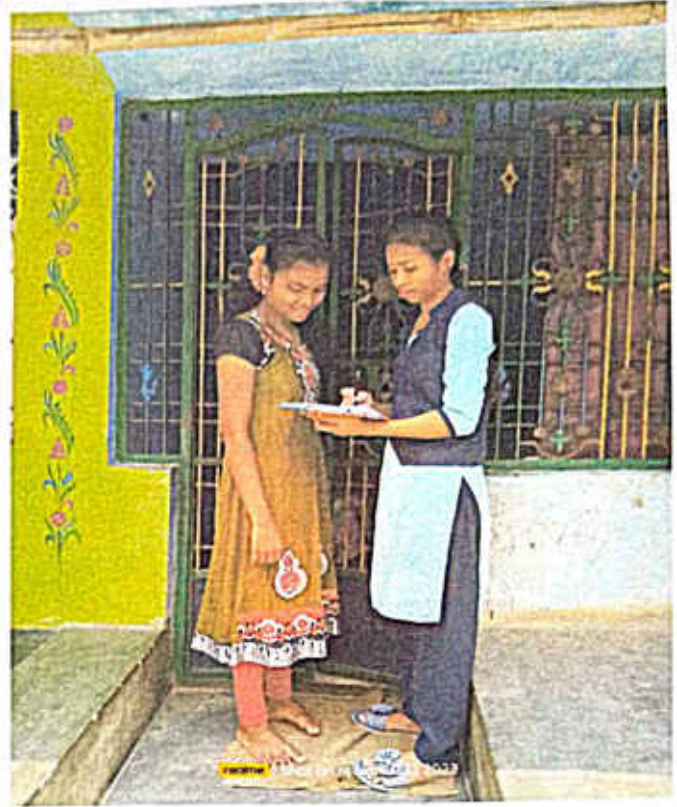
(iii)

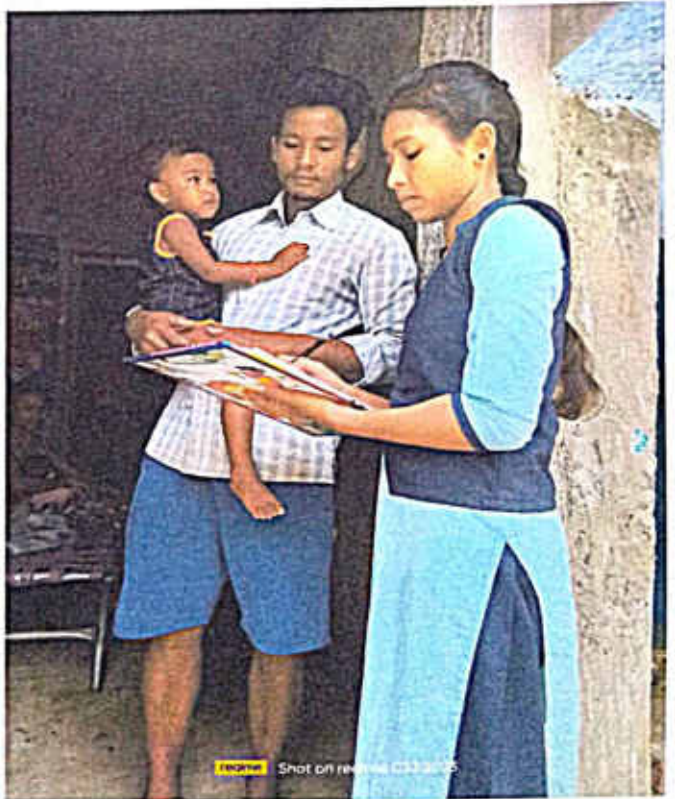
Place: Nalloraiiguda

Date: 10-5-23

B.L.Khilla
Signature of the Student

[Signature]
Signature of the Mentor







GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ (BSC)
Name of the mentor : D. Adhinarayana
Name of the project : Food Habits

Case No	Name of the person	Village / Ward	Mandal	District
-20	B. Pushpa	Nallaraiguda	Bharmine	Parvathipuram Mammyam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

- a. I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- a. Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day once a day several times a week
less often never

Fresh vegetables & Fruits:

- Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?

NO

11. Do you know your current body mass index?

NO

12. Have your ever been on a diet, if so, what kind?

NO

13. Mention the food items from the healthiest to the unhealthiest from your point of views?

healthiest : rice, vegetables
unhealthiest : junk food

14. How much do you think a healthy diet affects?

Restful sleep

a. No impact.

B. little impact

big impact. D. none

Health

a. No impact.

little impact

c. big impact. D. none

Weight.

a. No impact.

B. little impact

big impact. D. none

Mental condition.

A. No impact.

little impact

c. big impact. D. none

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha

Group : CB2 (BSC)

Registration Number : 2222001049007

Area of the Survey conducted:

House No.	3-20	Habitat /Ward	Mallaraiguda	Panchayat /Municipality	Nallaraiguda
Post office	Baluru	Mandal	Bhramini	District	Parvathipuram manyam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	B. Laxmi	F	35	-	-farmer	3000/-
2.	B. Narasimhulu	M	39	intermediate	-farmer	3000/-
3.	B. Rahul	M	19	Degree	-	-
4.	B. Mounika	F	17	10 th	-	-
5.	B. Vijay	M	16	inter	-	-

2. Social Status details:

(i) Community: SC/ST/BC-A-B-C-D/OC (ii) Sub-Caste: Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows Oxen Buffaloes Sheep/Goats

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify LPG

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle No

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 9704330628

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problem

(ii) Road Problem

(iii)

Place: Nallaraiguda

Date: 11-5-23

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ CBSC
Name of the mentor : D. Adhinarayana
Name of the project : Food Habits

Case No	Name of the person	Village / Ward	Mandal	District
-20	B. Laxmi	Nallaraiguda	Bhamini	Poorvaikipuram manyam

1. How many times a day do you eat?

3- Times

2. Please answer the following according to your particular eating habits?

- a. I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- a. Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day once a day several times a week
less often never

Fresh vegetables & Fruits:

- Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?

NO

11. Do you know your current body mass index?

NO

12. Have your ever been on a diet, if so, what kind?

NO

13. Mention the food items from the healthiest to the unhealthiest from your point of views?

healthiest : rice, vegetables, fruits
unhealthiest : junk foods

14. How much do you think a healthy diet affects?


Restful sleep
a. No impact. B. little impact c. big impact. D. none

Health
a. No impact. B. little impact c. big impact. D. none

Weight.
a. No impact. B. little impact c. big impact. D. none

Mental condition.
A. No impact. B. little impact c. big impact. D. none

B. Likhita
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Lakshitha
Group : CBZ (BSC)
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	5-1	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda
Post office	Baluru	Mandal	Bhamini	District	Puvvuthurupalem mandyam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	A. Kalyan	29 M	29	10 th	-farmer	3000/-
	A. gowri	F	28	10 th	-farmer	2000/-
	A. sarika	F	1	-	-	-

2. Social Status details:

(i) Community: SC/ST/BC-A-B-C-D/OC (ii) Sub-Caste: savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows Oxen Buffaloes Sheep/Goats

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/Wood/ others specify LPG

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle NO

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 9151208993

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problem

(ii) Road Problem

(iii)

Place: Nallaraiguda

Date: 12-5-23

B. Likhitha
Signature of the Student

[Signature]
Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ CBSC
Name of the mentor : Adhinarayana sir
Name of the project : Food Habits

Case No	Name of the person	Village / Ward	Mandal	District
5-1	A. Kalyan	Nallaraiguda	Bhaminé	Pozvalthipuram mamam

1. How many times a day do you eat?

3-times

2. Please answer the following according to your particular eating habits?

- a. I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- a. Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

Several times a day once a day several times a week

less often never

Fresh vegetables & Fruits:

Several times a day once a day several times a week

less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?

N/O

11. Do you know your current body mass index?

N/O

12. Have your ever been on a diet, if so, what kind?

N/O

13. Mention the food items from the healthiest to the unhealthiest from your point of views?

healthiest : fruits, rice, vegetables
unhealthiest : junk foods

14. How much do you think a healthy diet affects?

Restful sleep

a. No impact. B. little impact c. big impact. D. none

Health

a. No impact. B. little impact c. big impact. D. none


Weight.

a. No impact. B. little impact c. big impact. D. none

Mental condition.

A. No impact. B. little impact c. big impact. D. none

B. Bhikha
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : CBZ (BSC)
Registration Number : 2222001049007
Area of the Survey conducted:

House No.	3-20	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda Baluru
Post office	Baluru	Mandal	Bhaminē	District	manyam Paruthipetam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	B. Subhashini	F	25	10 th	house wife	-
2	B. Anthoni	M	26	10 th	farmer	3000/-

2. Social Status details:

(i) Community: SC/ST/BC-A-B-C-D/OC (ii) Sub-Caste: Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows Oxen Buffaloes Sheep/Goats

- (vii) Do you have own toilet? Yes/No ✓
- (viii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify LPG
- (ix) Do you have white Ration Card? Yes/No ✓
- (x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle ✓

4. Health Details:

- (i) Ailments in family:
- (ii) Treatment in which Hospital: Govt/Private ✓
- (iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

- (iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

- (i) Do You have TV: Yes/No ✓
- (ii) Do you have Mobile: Yes ✓
- (iii) Mobile Number: 8688969673
- (iv) Do you have Computer/Laptop: Yes/No ✓
- (v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

- (i) Drainage Problem
- (ii) Road Problem
- (iii)

Place: Nallaraiguda

Date: 12-5-23

B. Likhitha
Signature of the Student

[Signature]
Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ CBSC
Name of the mentor : D. Adhanavayama
Name of the project : Food habits

Case No	Name of the person	Village / Ward	Mandal	District
20	B. Subhashini	Nallarasiguda	Bhamini	Parvathipuram mandal

1. How many times a day do you eat?

3- times

2. Please answer the following according to your particular eating habits?

- a. I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- a. Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No Yes

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day once a day several times a week
less often never

Fresh vegetables & Fruits:

- Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?

NO

11. Do you know your current body mass index?

NO

12. Have your ever been on a diet, if so, what kind?

chapathi

13. Mention the food items from the healthiest to the unhealthiest from your point of views?

healthiest : rice, fruits
unhealthiest : sweets

14. How much do you think a healthy diet affects?

Restful sleep

a. No impact. B. little impact c. big impact. D. none

Health

a. No impact. B. little impact c. big impact. D. none


Weight.

a. No impact. B. little impact c. big impact. D. none

Mental condition.

A. No impact. B. little impact c. big impact. D. none

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha

Group : CBZ (BSC)

Registration Number : 2222001049007

Area of the Survey conducted:

House No.	1-22	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda
Post office	Paluru	Mandal	Bhamini	District	pranithipuram manya

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	A. Jamaki	F	32	10 th	housewife	-
2.	A. Suresh	M	35	9 th	Auto driver	2000/-
3.	A. Ganidham	M	4			
4.	A. Emamash	M	6	1 st class		
5.	A. Aish	M	3			

2. Social Status details:

(i) Community: SC/ST/BC-A-B-C-D/OC (ii) Sub-Caste: Savava (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows Oxen Buffaloes Sheep/Goats

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify LPG

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 9347582271

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problem

(ii) Road Problem

(iii)

Place: Nalloraiquda

Date: 13-5-23

B. Lakshmi
Signature of the Student

[Signature]
Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : BZC (BSC)
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

use No	Name of the person	Village / Ward	Mandal	District
- 22	A. Janaki	Nalloraiyeda	Bhamini	Parvathi puram manyam

1. How many times a day do you eat?

3- times

2. Please answer the following according to your particular eating habits?

- I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

Yes

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

Several times a day once a day several times a week

less often never

Fresh vegetables & Fruits:

Several times a day once a day several times a week

less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?
NO

11. Do you know your current body mass index?
NO

12. Have your ever been on a diet, if so, what kind?
NO

13. Mention the food items from the healthiest to the unhealthiest from your point of views?
healthiest : rice, vegetables
unhealthiest : junk foods

14. How much do you think a healthy diet affects?

Restful sleep		
a. No impact.	<input checked="" type="checkbox"/> B. little impact	c. big impact. D. none
Health		
a. No impact.	B. little impact	<input checked="" type="checkbox"/> c. big impact. D. none
Weight.		
a. No impact.	<input checked="" type="checkbox"/> B. little impact	c. big impact. D. none
Mental condition.		
A. No impact.	<input checked="" type="checkbox"/> B. little impact	c. big impact. D. none

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : CBZ (BSC)
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	3-30	Habitat /Ward	Nalloraiiguda	Panchayat /Municipality	Nalloraiiguda
Post office	Baleru	Mandal	Bhamini	District	Baleru-2

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	B. Balarama	M	35	BED	Service	1000/-
2.	B. Lalitha	F	29	Degree	housewife	-
3.	B. Samdhya	F	29	inter	-	-
4.	B. Somesh	M	30	IT	-	-

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 5 Acres

(vi) Livestock resources: Cows Oxen Buffaloes Sheep/Goats

(vi) Do you have own toilet? Yes/No ✓

(vii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify LPG

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle ✓

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 8394786537

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problems

(ii) Road problems

(iii)

Place: Nallaraiguda

Date: 14-5-23

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ (CBSC)
Name of the mentor : D. Adhinayana
Name of the project : Food habits

Case No	Name of the person	Village / Ward	Mandal	District
-30	B. Baloraju	Nallaraiguda	Shamini	Parvathipuram Mamam

1. How many times a day do you eat?

3 - times

2. Please answer the following according to your particular eating habits?

- a. I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- A. Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day once a day several times a week
less often never

Fresh vegetables & Fruits:

- Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?

90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?

90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?

NO

11. Do you know your current body mass index?

NO

12. Have your ever been on a diet, if so, what kind?

NO

13. Mention the food items from the healthiest to the unhealthiest from your point of views?

healthiest : rice, fruits
unhealthiest : junk foods

14. How much do you think a healthy diet affects?

Restful sleep

a. No impact. B. little impact c. big impact. D. none

Health

a. No impact. B. little impact c. big impact. D. none

Weight.

a. No impact. B. little impact c. big impact. D. none

Mental condition.

A. No impact. B. little impact c. big impact. D. none

B. Likhitha
Signature of the Student

[Signature]
Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Lekshmi

Group : CBZ (BSC)

Registration Number : 2222001049007

Area of the Survey conducted:

House No.	3-26	Habitat /Ward	Mallaraiguda	Panchayat /Municipality	Mallaraiguda
Post office	Baluru	Mandal	Bhamini	District	Prabhavaram manyam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	B. Sukku	M	50	-	farmer	9,000/-
2	B. Gayamthi	F	45	-	farmer	5,000/-
3	B. Mammadhara	M	25	intermediate	-	-
4	B. Venkatesh	M	24	veterinary	-	-
5	B. Chinna babu	M	20	Degree	-	-

2. Social Status details:

(i) Community: SC/ST/BC-A-B-C-D/OC (ii) Sub-Caste: Savaya (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): Own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 6 Acres

(vi) Livestock resources: Cows Oxen Buffaloes Sheep/Goats

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify _____

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 9151208977

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problem

(ii) Road problem

(iii)

Place: Nallaraiguda

Date: 14-5-23

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ (BSc)
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

use No	Name of the person	Village / Ward	Mandal	District
26	B. Gyanthi	Nallaraiguda	Bhamini	Paruthi Puram Mangalam

1. How many times a day do you eat?

3- times

2. Please answer the following according to your particular eating habits?

- a. I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- A. Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day once a day several times a week
less often never

Fresh vegetables & Fruits:

- Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?
NO

11. Do you know your current body mass index?
NO

12. Have your ever been on a diet, if so, what kind?
NO

13. Mention the food items from the healthiest to the unhealthiest from your point of views?
healthiest : vegetables, rice,
un healthiest : junk foods

14. How much do you think a healthy diet affects?

Restful sleep			
a. No impact.	B. little impact	<input checked="" type="radio"/> c. big impact.	D. none
Health			
a. No impact.	<input checked="" type="radio"/> B. little impact	c. big impact.	D. none
Weight.			
a. No impact.	<input checked="" type="radio"/> B. little impact	c. big impact.	D. none
Mental condition.			
A. No impact.	<input checked="" type="radio"/> B. little impact	c. big impact.	D. none

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : CBZ (BSC)
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	4-21	Habitat /Ward	Nallanalguda	Panchayat /Municipality	Nallanalguda
Post office	Balezu	Mandal	Bhamini	District	panvalbi puram manyam

1. Household Details:

S.No.	Name of the Person	Gender M/f	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	B. mahesh	M	40	B.ed	Head master	50,000/-
2.	B. Rami	F	30	Dict	Teacher	5,000/-
3.	B. Ambulthā	F	12	7th class	-	-
4.	B. Anas	M	9	3rd class	-	-
5.	B. Anir	m	8	1st class	-	-

2. Social Status details:

(i) Community: SC/ST/BC-A B-C-D/OC (ii) Sub-Caste: Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 3 Acres

(vi) Livestock resources: Cows - Oxen - Buffaloes - Sheep/Goats -

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify _____ ✓

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle ✓

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 9959316447 ✓

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problem

(ii) Road Problem.

(iii)

Place: Nallaraiguda

Date: 15-5-23

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. LK hilka
Group : CBZ (BSC)
Name of the mentor : D. Adhimorayama
Name of the project : Food habits

use No	Name of the person	Village / Ward	Mandal	District
-21	B. Rani	Nallaraiguda	Bhamini	Paruthipattanam manyam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

a. I eat a good breakfast

b. I experienced feeling of hunger during the day

c. I eat meat.

d. I eat vegetables.

e. I eat fruits.

f. I eat dairy products

g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

A. Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

Several times a day once a day several times a week

less often never

Fresh vegetables & Fruits:

Several times a day once a day several times a week

less often never

8. What percentage of your regular diet consists of meat products?
 90% 75% 50% 25% less than 25%
9. How much of your diet consists of vegetables and non-animal products?
 90% 75% 50% 25% less than 25%
10. Do you or have you ever has cholesterol problems?
 NO
11. Do you know your current body mass index?
 NO
12. Have your ever been on a diet, if so, what kind?
 NO
13. Mention the food items from the healthiest to the unhealthiest from your point of views?
 healthiest : rice, vegetables
 un healthiest : junk foods
14. How much do you think a healthy diet affects?

Restful sleep

- a. No impact. B. little impact c. big impact. D. none

Health

- a. No impact. B. little impact c. big impact. D. none

Weight.

- a. No impact. B. little impact c. big impact. D. none

Mental condition.

- A. No impact. B. little impact c. big impact. D. none

B. Likhitha
 Signature of the Student


 Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : CBZ (BSC)
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	4-27	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda Baluru-2
Post office	Baluru	Mandal	Bhamini	District	Pravalliputtam maniam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	A. Suresh	M	30	B.Tech	farmer	5000/-
2.	A. Lalitha	F	28	10 th	housewife	-
3.	A. Abhinandham	m	4	-	-	-
4.	A. Sajam	M	2	-	-	-

2. Social Status details:

(i) Community: SC/SI/ BC-A-B-C-D/ OC (ii) Sub-Caste: Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): Own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows — Oxen — Buffaloes — Sheep/Goats —

- (vii) Do you have own toilet? Yes/No ✓
 (viii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify _____
 (ix) Do you have white Ration Card? Yes/No ✓
 (x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle ✓

4. Health Details:

- (i) Ailments in family:
 (ii) Treatment in which Hospital: Govt/Private ✓
 (iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

- (iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

- (i) Do You have TV: Yes/No ✓
 (ii) Do you have Mobile: Yes ✓
 (iii) Mobile Number: 8008026643
 (iv) Do you have Computer/Laptop: Yes/No ✓
 (v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

- (i) Drainage Problem
 (ii) Road problem.
 (iii)

Place: Nalloraguda

Date: 16-5-23

B. L. K. K. K. K.
 Signature of the Student


 Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CB2 (Bsc)
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
4-27	A. Lalitha	Nalluraguda	Bhamini	Parvathipuram Mamajam

1. How many times a day do you eat?

3- times

2. Please answer the following according to your particular eating habits?

- a. I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- A. Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day once a day several times a week
less often never

Fresh vegetables & Fruits:

- Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?
NO

11. Do you know your current body mass index?
NO

12. Have your ever been on a diet, if so, what kind?
NO

13. Mention the food items from the healthiest to the unhealthiest from your point of views?
healthiest : rice, vegetables, fruits
un healthiest : junk foods

14. How much do you think a healthy diet affects?

Restful sleep
a. No impact. B. little impact c. big impact. D. none

Health
a. No impact. B. little impact c. big impact. D. none

Weight.
a. No impact. B. little impact c. big impact. D. none

Mental condition.
A. No impact. B. little impact c. big impact. D. none

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : CBZ (BSC)
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	4-22	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda Baluru-2
Post office	Baluru	Mandal	Bhramini	District	patancheru manyam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	B. Divya	M	30	5th	-farmer	5000/-
2.	B. Sushma	F	28	intermediate	school secretary	6000/-
3.	B. Navadeep	m	19	4th class	-	-
4.	B. deepthi	F	7	2nd class	-	-
5.	B. Poojika	F	6	-	-	-

2. Social Status details:

(i) Community: SC/S[✓]/ BC-A-B-C-D/ OC (ii) Sub-Caste: Suava (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca[✓]/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection[✓]

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows ✓ Oxen _____ Buffaloes _____ Sheep/Goats _____

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/Wood/ others specify _____

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle No

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 6307049276

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

(i) Road Problem

(ii) Drainage problem.

(iii)

Place: Nallaraiguda

Date: 17-5-23

B. Lakshitha
Signature of the Student


Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ (CBSC)
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
4-22	B. Pournia	Nallaraiguda	Bhamini	Parvathipuram manyam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

- a. I eat a good breakfast
 b. I experienced feeling of hunger during the day
 c. I eat meat.
 d. I eat vegetables.
 e. I eat fruits.
 f. I eat dairy products
 g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- a. Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day once a day several times a week
less often never

Fresh vegetables & Fruits:

- Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?

NO

11. Do you know your current body mass index?

NO

12. Have your ever been on a diet, if so, what kind?

NO

13. Mention the food items from the healthiest to the unhealthiest from your point of views?

healthiest : rice, vegetable
un healthiest : junk food

14. How much do you think a healthy diet affects?

Restful sleep

a. No impact. B. little impact c. big impact. D. none

Health

a. No impact. B. little impact c. big impact. D. none

Weight.

a. No impact. B. little impact c. big impact. D. none

Mental condition.

A. No impact. B. little impact c. big impact. D. none

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : CBZ (BSC)
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	4-28	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda Baluru-2
Post office	Baluru	Mandal	Bhamini	District	panvelipuram manyam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	A. Adhamma	F	48	-	-farmer	5000/-
2.	A. Usha	F	23	Diet	-	-
3.	A. Narayana	M	20	Degree	-	-

2. Social Status details:

(i) Community: SC/SI/BC-A-B-C-D/OC (ii) Sub-Caste: suvara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): OWN

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows ✓ Oxen ✓ Buffaloes ✓ Sheep/Goats ✓

(vi) Do you have own toilet? Yes/No

(vii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify _____

(ix) Do you have white Ration Card? Yes/No

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private

(iii) Any PWD Persons in family: Yes/No

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No

5. Other Details:

(i) Do You have TV: Yes/No

(ii) Do you have Mobile: Yes

(iii) Mobile Number: 9007862532

(iv) Do you have Computer/Laptop: Yes/No

(v) Is internet available at home: Yes/No

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problem

(ii) Road problem

(iii)

Place: Nallaraigud

Date: 18-5-23

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhita
Group : CBZ (BSC)
Name of the mentor : D. Adhinorayana
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
1-24	A. Narayana	Nallaraiguda	Bhaminē	Paruthipuram Mamam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

- a. I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.
3. What meal would you consider to be your main meal of the day?
a. Breakfast b. lunch c. dinner d. others
4. What does your main meal consist of and how it is prepared?
a. Freshly prepared. B. restaurant meal. C. precooked microwave. D. other
5. Have you been avoiding some foods for health reasons? Yes / No
6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

Several times a day once a day several times a week
less often never

Fresh vegetables & Fruits:

Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?

NO

11. Do you know your current body mass index?

NO

12. Have your ever been on a diet, if so, what kind?

NO

13. Mention the food items from the healthiest to the unhealthiest from your point of views?

healthiest : rice, vegetables, fruits
un healthiest : junk foods

14. How much do you think a healthy diet affects?

Restful sleep

a. No impact. B. little impact c. big impact. D. none

Health

a. No impact. B. little impact c. big impact. D. none

Weight.

a. No impact. B. little impact c. big impact. D. none

Mental condition.

A. No impact. B. little impact c. big impact. D. none

B. Likhilka
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhika
Group : CBZ (CBSC)
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	3-23	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda
Post office	Balezu	Mandal	Bhamini	District	Prathipuram

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	B. Rajanna	M	39	-	-farmer	6000/-
2.	B. Jyothi	F	35	-	-farmer	3000/-
3.	B. Sagar	M	19	5th class	-	-
4.	B. Sandeep	M	17	10th class	-	-

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): Own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows _____ Oxen _____ Buffaloes _____ Sheep/Goats ✓

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/Wood/ others specify _____

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle ✗

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 7075899493

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

(i) Damage problem

(ii) Road problem

(iii)

Place: Nallaraiguda

Date: 19-5-23

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhilka
Group : CBZ (CASC)
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
-23	B. Rajanna.	Nallaraiguda	Bhaminé	Perinthipuzham manyam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

- a. I eat a good breakfast
 b. I experienced feeling of hunger during the day
 c. I eat meat.
 d. I eat vegetables.
 e. I eat fruits.
 f. I eat dairy products
 g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- a. Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day once a day several times a week
less often never

Fresh vegetables & Fruits:

- Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?

NO

11. Do you know your current body mass index?

NO

12. Have your ever been on a diet, if so, what kind?

NO

13. Mention the food items from the healthiest to the unhealthiest from your point of views?
Healthiest : rice, vegetables, fruits
un healthiest : junk food

14. How much do you think a healthy diet affects?

Restful sleep
a. No impact. B. little impact big impact. D. none

Health
a. No impact. little impact c. big impact. D. none

Weight.
a. No impact. little impact c. big impact. D. none

Mental condition.
A. No impact. B. little impact big impact. D. none

B. Lokketha
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : CBZ (BSC)
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	1-21	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda
Post office	Baluru	Mandal	Bharmine	District	panvalthipulimmanyan

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	Ramamao	M	34	P.G	Teacher	25,000/-
2.	B. Nirmala	F	35	B.ed	Teacher	40,000/-
3.	B. Sakshi	F	5	1st class	-	-
4.	B. mokshith	m	2	-	-	-

2. Social Status details:

(i) Community: SC/ST/BC-A-B-C-D/OC (ii) Sub-Caste: Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows — Oxen — Buffaloes — Sheep/Goats —

- (vii) Do you have own toilet? Yes/No ✓
 (viii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify _____
 (ix) Do you have white Ration Card? Yes/No ✓
 (x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle

4. Health Details:

- (i) Ailments in family:
 (ii) Treatment in which Hospital: Govt/Private ✓
 (iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

- (iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

- (i) Do You have TV: Yes/No ✓
 (ii) Do you have Mobile: Yes ✓
 (iii) Mobile Number: 707 5279118
 (iv) Do you have Computer/Laptop: Yes/No ✓
 (v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

- (i) Drainage problem
 (ii) Road problem
 (iii)

Place: Nallaraiguda

Date: 20-5-23

B. Likhitha
 Signature of the Student


 Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhita
Group : CBZ CBSC
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
-21	B. Ramarao	Nallaraiguda	Bhamini	Pollathipuram manyam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

- I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

Several times a day once a day several times a week

less often never

Fresh vegetables & Fruits:

Several times a day once a day several times a week

less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?

NO

11. Do you know your current body mass index?

NO

12. Have your ever been on a diet, if so, what kind?

NO

13. Mention the food items from the healthiest to the unhealthiest from your point of views?

healthiest : rice, vegetables

un healthiest : junk foods

14. How much do you think a healthy diet affects?

Restful sleep

a. No impact. B. little impact big impact. D. none

Health

a. No impact. B. little impact big impact. D. none

Weight.

a. No impact. little impact c. big impact. D. none

Mental condition.

A. No impact. B. little impact big impact. D. none

B. Likhitha
Signature of the Student

[Signature]
Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha

Group : CBZ (CBSC)

Registration Number : 2222001049007

Area of the Survey conducted:

House No.	3-29	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda Baluru-2
Post office	Baluru	Mandal	Bhamini	District	Parthivapuram, Marjara

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	A. Subbharao	M	40	-	farmer	7000 F
2.	A. Bhonalu	F	38	-	housewife	
3.	A. Sumanthi	F	19	GNM nursing	-	-
4.	A. Chanki	M	16	intermediate	-	-
5.	A. Karthik	M	15	intermediate	-	-

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): Own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows Oxen Buffaloes Sheep/Goats

- (vii) Do you have own toilet? Yes/No ✓
(viii) Type Cooking fuel used: LPG/Kerosene/Wood/ others specify _____
(ix) Do you have white Ration Card? Yes/No ✓
(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle ✕

4. Health Details:

- (i) Ailments in family:
(ii) Treatment in which Hospital: Govt/Private ✓
(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

- (iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

- (i) Do You have TV: Yes/No ✓
(ii) Do you have Mobile: Yes ✓
(iii) Mobile Number: 8093983451
(iv) Do you have Computer/Laptop: Yes/No ✓
(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

- (i) Road problem
(ii) Drainage Problem
(iii)

Place: Nallaraiguda

Date: 21-5-23

B. Lakshmi
Signature of the Student


Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : Bsc (CBZ)
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

use No	Name of the person	Village / Ward	Mandal	District
- 29	A. Chanti	Nallaraiguda	Bhamine	Poorvathipuram manyam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

I eat a good breakfast

b. I experienced feeling of hunger during the day

c. I eat meat.

d. I eat vegetables.

e. I eat fruits.

f. I eat dairy products

g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

Several times a day once a day several times a week

less often never

Fresh vegetables & Fruits:

Several times a day once a day several times a week

less often never

8. What percentage of your regular diet consists of meat products?
 90% 75% 50% 25% less than 25%
9. How much of your diet consists of vegetables and non-animal products?
 90% 75% 50% 25% less than 25%
10. Do you or have you ever has cholesterol problems?
 NO
11. Do you know your current body mass index?
 NO
12. Have your ever been on a diet, if so, what kind?
 NO
13. Mention the food items from the healthiest to the unhealthiest from your point of views?
 healthiest : rice, vegetables, fruits
 unhealthiest : junk foods
14. How much do you think a healthy diet affects?

- | | | |
|-------------------|------------------|---|
| Restful sleep | | |
| a. No impact. | B. little impact | <input checked="" type="checkbox"/> big impact. D. none |
| Health | | |
| a. No impact. | B. little impact | <input checked="" type="checkbox"/> big impact. D. none |
| Weight. | | |
| a. No impact. | B. little impact | <input checked="" type="checkbox"/> big impact. D. none |
| Mental condition. | | |
| A. No impact. | B. little impact | <input checked="" type="checkbox"/> big impact. D. none |

B. Likhitha
 Signature of the Student

[Signature]
 Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : CBZ (BSC)
Registration Number : 2222001049007
Area of the Survey conducted:

House No.	3-29	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda
Post office	Balaru	Mandal	Bhamini	District	Parvathipuram manyam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	A. Mahesh	M	25	10th	-farmer	5000/-
2.	A. Srinjanya	F	24	10th	housewife	-
3.	A. Nagabasan	m	30	Diet	-Teacher	8000/-
4.	A. Bangaraju	m	35	-	-farmer	5000/-

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 9 Acres

(vi) Livestock resources: Cows ✓ Oxen Buffaloes Sheep/Goats

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/Wood/ others specify _____ ✓

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle ✓

4. Health Details:

(i) Ailments in family: _____

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 91208947345 ✓

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problem

(ii) Road Problem

(iii) _____

Place: Nallavaguda

Date: 22-5-23

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ CBSC
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
3-29	A. Sowjanya	Nallaraiguda	Bhamine	Parvathipuram manyam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

- I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day once a day several times a week
less often never

Fresh vegetables & Fruits:

- Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?
 90% 75% 50% 25% less than 25%
9. How much of your diet consists of vegetables and non-animal products?
 90% 75% 50% 25% less than 25%
10. Do you or have you ever has cholesterol problems?
 NO
11. Do you know your current body mass index?
 NO
12. Have your ever been on a diet, if so, what kind?
 NO
13. Mention the food items from the healthiest to the unhealthiest from your point of views?
 healthiest : rice, vegetables, fruits
 un healthiest : junk foods
14. How much do you think a healthy diet affects?

Restful sleep

a. No impact. B. little impact big impact. D. none

Health

a. No impact. B. little impact big impact. D. none

Weight.

a. No impact. little impact c. big impact. D. none

Mental condition.

A. No impact. B. little impact big impact. D. none

B. Likhita
 Signature of the Student


 Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : CBZ CBSC
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	3-26	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda
Post office	Baleru	Mandal	Bhamini	District	Parvathipuram manyam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	A. Manga	M	42	5 th	farmer	7000/-
2.	A. Jyotha	F	37	-	farmer	4000/-
3.	A. neema	F	19	intermediate	postal	18000/-
4.	A. Akhila	F	18	intermediate	-	-
5.	A. Seethu	m	15	10 th	-	-
6.	A. Vikash	m	13	8 th	-	-

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 2 Acres

(vi) Livestock resources: Cows Oxen Buffaloes Sheep/Goats

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify _____

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle ✓

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 9388471246

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problem

(ii) Road Problem

(iii)

Place: Nallaraiguda

Date: 23-5-23

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ (BSC)
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
-26	A. Akhela	Nallanaiguda	Bhaminē	Parvathipuram manyam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

I eat a good breakfast

b. I experienced feeling of hunger during the day

c. I eat meat.

d. I eat vegetables.

e. I eat fruits.

f. I eat dairy products

g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

Several times a day once a day several times a week

less often never

Fresh vegetables & Fruits:

Several times a day once a day several times a week

less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?
No

11. Do you know your current body mass index?
No

12. Have your ever been on a diet, if so, what kind?
No

13. Mention the food items from the healthiest to the unhealthiest from your point of views?
healthiest : rice, vegetables, soups
un healthiest : junk food

14. How much do you think a healthy diet affects?

Restful sleep		
a. No impact.	B. little impact	<input checked="" type="checkbox"/> c. big impact. D. none
Health		
a. No impact.	B. little impact	<input checked="" type="checkbox"/> c. big impact. D. none
Weight.		
a. No impact.	<input checked="" type="checkbox"/> B. little impact	c. big impact. D. none
Mental condition.		
A. No impact.	B. little impact	<input checked="" type="checkbox"/> c. big impact. D. none

B. Likhilka
Signature of the Student

[Signature]
Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : CBZ (BSC)
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	5-28	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda Baluru-2
Post office	Baluru	Mandal	Bhamini	District	Prasanthipuram mandam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	A. Thuma	M	32	-	farmer	5000/-
2.	A. mamatha	F	29	4th	farmer	3000/-
3.	A. Suman	M	1	-	-	-

2. Social Status details:

(i) Community: SC/ST/BC-A-B-C-D/OC (ii) Sub-Caste: Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows Oxen Buffaloes Sheep/Goats

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify _____

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 4585209398

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problems

(ii) Road Problem

(iii)

Place: Nallaraigada

Date: 23-5-23

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ (BSC)
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

use No	Name of the person	Village / Ward	Mandal	District
-28	A. Thuma	Nallarasiguda	Bhaminē	Paruthipuram manyam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

- I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- a. Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day once a day several times a week
less often never

Fresh vegetables & Fruits:

- Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?

NO

11. Do you know your current body mass index?

NO

12. Have you ever been on a diet, if so, what kind?

NO

13. Mention the food items from the healthiest to the unhealthiest from your point of views?

healthiest : rice, vegetables
unhealthiest : junk foods

14. How much do you think a healthy diet affects?

Restful sleep

a. No impact. B. little impact big impact. D. none

Health

a. No impact. B. little impact big impact. D. none

Weight.

a. No impact. little impact c. big impact. D. none

Mental condition.

A. No impact. B. little impact big impact. D. none

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : CBZ (BSC)
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	<u>5-25</u>	Habitat /Ward	<u>Nallaraiguda</u>	Panchayat /Municipality	<u>Nallaraiguda</u>
Post office	<u>Baluru</u>	Mandal	<u>Bhamini</u>	District	<u>Pranithipetnammanyam</u>

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
<u>1.</u>	<u>B. Venkatarao</u>	<u>M</u>	<u>25</u>	<u>10th</u>	<u>farmer</u>	<u>4000/-</u>
<u>2.</u>	<u>B. Somesh</u>	<u>m</u>	<u>30</u>	<u>-</u>	<u>farmer</u>	<u>3000/-</u>
<u>3.</u>	<u>B. Chammathi</u>	<u>F</u>	<u>22</u>	<u>-</u>	<u>housewife</u>	<u>-</u>
<u>4.</u>	<u>B. Samra</u>	<u>m</u>	<u>50</u>	<u>-</u>	<u>farmer</u>	<u>3000/-</u>

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): OWN

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources. Cows ✓ Cren Buffaloes Sheep/Goats

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/Wood/ others specify _____

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle X

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability
1.	B. Samraj	M	50	handy capped

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 9398472089

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

(i) Drainage problem

(ii) Road Problem

(iii)

Place: Nallazai guda

Date: 24-5-23

B. Likhita
Signature of the Student


Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ (BSC)
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

use No	Name of the person	Village / Ward	Mandal	District
-25	B. Venkata Rao	Nallaraiguda	Bhamine	Poovathipuram manyam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

- a. I eat a good breakfast
- b. I experienced feeling of hunger during the day
- c. I eat meat.
- d. I eat vegetables.
- e. I eat fruits.
- f. I eat dairy products
- g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast
- b. lunch
- c. dinner
- d. others

4. What does your main meal consist of and how it is prepared?

- A. Freshly prepared.
- B. restaurant meal.
- C. precooked microwave.
- D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day
- once a day
- several times a week
- less often
- never

Fresh vegetables & Fruits:

- Several times a day
- once a day
- several times a week
- less often
- never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?
NO

11. Do you know your current body mass index?
NO

12. Have your ever been on a diet, if so, what kind?
NO

13. Mention the food items from the healthiest to the unhealthiest from your point of views?
healthiest : rice, vegetables, fruits
unhealthiest : junk food

14. How much do you think a healthy diet affects?

Restful sleep
a. No impact. B. little impact c. big impact. D. none

Health
a. No impact. B. little impact c. big impact. D. none

Weight.
a. No impact. B. little impact c. big impact. D. none

Mental condition.
A. No impact. B. little impact c. big impact. D. none

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhilka
Group : CBZ (BSC)
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	5-25	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda Baloru-2
Post office	Baloru	Mandal	Bhamini	District	Pravathipattanam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	A. Prasad	M	40	-	farmer	5000/-
2.	A. Geetha	F	39	-	Housewife	-
3.	A. Rajya	F	25	8th	home nursing	2000/-
4.	A. Maniyamma	F	15	9th	-	-

2. Social Status details:

(i) Community: SC/SI/ BC-A-B-C-D/ OC (ii) Sub-Caste: Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows Oxen Buffaloes Sheep/Goats

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify ✓

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle ✗

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 8389449396

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problem

(ii) Road Problem

(iii)

Place: Nallaraiguda

Date: 25-5-23

B. Lakshitha
Signature of the Student


Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CB2 (BSC)
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

Case No	Name of the person	Village / Ward	Mandal	District
-25	A. Prasad	Nallaraiguda	Bhramini	Paravathi Periam manyam

- How many times a day do you eat?
3 times
- Please answer the following according to your particular eating habits?
 - I eat a good breakfast
 - I experienced feeling of hunger during the day
 - I eat meat.
 - I eat vegetables.
 - I eat fruits.
 - I eat dairy products
 - I eat sweets.
- What meal would you consider to be your main meal of the day?
 - Breakfast lunch
 - dinner
 - others
- What does your main meal consist of and how it is prepared?
 - Freshly prepared.
 - restaurant meal.
 - precooked microwave.
 - other
- Have you been avoiding some foods for health reasons? Yes / No Yes
- Do you have any particular food allergies?
No

- What is your daily food intake frequency of the following food categories?

Sweet foods:

Several times a day	<input type="radio"/>	once a day	<input checked="" type="radio"/>	several times a week	<input type="radio"/>
less often	<input type="radio"/>	never	<input type="radio"/>		

Fresh vegetables & Fruits:

Several times a day	<input type="radio"/>	once a day	<input checked="" type="radio"/>	several times a week	<input type="radio"/>
less often	<input type="radio"/>	never	<input type="radio"/>		

8. What percentage of your regular diet consists of meat products?
 90% 75% 50% 25% less than 25%
9. How much of your diet consists of vegetables and non-animal products?
 90% 75% 50% 25% less than 25%
10. Do you or have you ever has cholesterol problems?
 NO
11. Do you know your current body mass index?
 NO
12. Have your ever been on a diet, if so, what kind?
 NO
13. Mention the food items from the healthiest to the unhealthiest from your point of views?
 healthiest : juice, vegetables, fruits
 unhealthier : junk food
14. How much do you think a healthy diet affects?

Restful sleep

a. No impact. B. little impact big impact. D. none

Health

a. No impact. B. little impact big impact. D. none

Weight.

a. No impact. little impact c. big impact. D. none

Mental condition.

A. No impact. B. little impact big impact. D. none

B. Likhelha
 Signature of the Student


 Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : CBZ (BSC)
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	2-21	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda
Post office	Balattu	Mandal	Bhominē	District	Balattu-2 Ponnathipuzham

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	B. Rama Rao	m	30	inter	farmer	5000/-
2.	B. Alomitha	F	29	inter	Teacher	10000/-
3.	B. Ravathi	m	5	1st class	-	-

2. Social Status details:

(i) Community: SC/SY/BC-A-B-C-D/OC (ii) Sub-Caste: Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows Oxen Buffaloes Sheep/Goats

- (vii) Do you have own toilet? Yes/No ✓
- (viii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify _____
- (ix) Do you have white Ration Card? Yes/No ✓
- (x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle ✓

4. Health Details:

- (i) Ailments in family: _____
- (ii) Treatment in which Hospital: Govt/Private ✓
- (iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

- (iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

- (i) Do You have TV: Yes/No ✓
- (ii) Do you have Mobile: Yes ✓
- (iii) Mobile Number: 9494208977
- (iv) Do you have Computer/Laptop: Yes/No ✓
- (v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

- (i) Drinking Problem
- (ii) Road Problem.
- (iii) _____

Place: Nallaraigada
 Date: 26-5-23

B. L. R. K. H. S. H. S.
 Signature of the Student


 Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ (BSC)
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
-21	B. Alomitha	Nallaraiguda	Bhamini	Pasuvate puram manyam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

- I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day once a day several times a week
less often never

Fresh vegetables & Fruits:

- Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?
 90% 75% 50% 25% less than 25%
9. How much of your diet consists of vegetables and non-animal products?
 90% 75% 50% 25% less than 25%
10. Do you or have you ever has cholesterol problems?
 No
11. Do you know your current body mass index?
 NO
12. Have your ever been on a diet, if so, what kind?
 No
13. Mention the food items from the healthiest to the unhealthiest from your point of views?
 healthiest : rice, vegetables, fruits
 unhealthiest : junk food
14. How much do you think a healthy diet affects?

Restful sleep

a. No impact.

B. little impact

big impact. D. none

Health

a. No impact.

B. little impact

big impact. D. none

Weight.

a. No impact.

little impact

c. big impact. D. none

Mental condition.

A. No impact.

B. little impact

big impact. D. none

B. Lakshmi
 Signature of the Student

[Signature]
 Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : CBZ (BSC)
Registration Number : 2222001049007
Area of the Survey conducted:

House No.	1-31	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda Tsaluru-2
Post office	Tsaluru	Mandal	Bhamini	District	Pravathi purnam mandal

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	B. Tayanthi	F	32	-	house wife	-
2	B. Nukayya	m	45	-	farmer	5000/-
3	B. Samsundham	m	26	10th class	-	-
4	B. Gramgadhari	m	8	4th class	-	-
5	B. Juliyami	F	5	-	-	-

2. Social Status details:

(i) Community: SC/ST/BC-A-B-C-D/OC (ii) Sub-Caste: Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): own

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows — Oxen — Buffaloes ✓ Sheep/Goats —

(vi) Do you have own toilet? Yes/No ✓

(vii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify LPG

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle No

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 6305677345

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problem

(ii) Road Problem

(iii)

Place: Nallaraiguda

Date: 27-5-23

B. Likhita
Signature of the Student

[Signature]
Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Srikanth
Group : CBZ (BSC)
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

Case No	Name of the person	Village / Ward	Mandal	District
1-31	B. Jayanthi	Nallaraiguda	Bhamini?	Parvathi putram manyam

1. How many times a day do you eat?

3 - times

2. Please answer the following according to your particular eating habits?

- a. I eat a good breakfast
- b. I experienced feeling of hunger during the day
- c. I eat meat.
- d. I eat vegetables.
- e. I eat fruits.
- f. I eat dairy products
- g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast lunch
- c. dinner
- d. others

4. What does your main meal consist of and how it is prepared?

- Freshly prepared.
- B. restaurant meal.
- C. precooked microwave.
- D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day
- once a day
- several times a week
- less often
- never

Fresh vegetables & Fruits:

- Several times a day
- once a day
- several times a week
- less often
- never

8. What percentage of your regular diet consists of meat products?
 90% 75% 50% 25% less than 25%
9. How much of your diet consists of vegetables and non-animal products?
 90% 75% 50% 25% less than 25%
10. Do you or have you ever has cholesterol problems?
 NO
11. Do you know your current body mass index?
 NO
12. Have your ever been on a diet, if so, what kind?
 NO
13. Mention the food items from the healthiest to the unhealthiest from your point of views?
 healthiest: fruits, vegetables, rice
 unhealthiest: junk foods
14. How much do you think a healthy diet affects?

- Restful sleep
 a. No impact. B. little impact c. big impact. D. none
- Health
 a. No impact. B. little impact c. big impact. D. none
- Weight.
 a. No impact. B. little impact c. big impact. D. none
- Mental condition.
 A. No impact. B. little impact c. big impact. D. none

B. Lekhitha
 Signature of the Student

[Signature]
 Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha

Group : CBZ CBSL

Registration Number : 2222001049007

Area of the Survey conducted:

House No.	4-40	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda -Balemu-2
Post office	Balemu	Mandal	Bhamini	District	Prakasapuram Rayachoti

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1-	A. Ramesh	M	35	B.Tech	Teacher	16000/-
	A. Seetha	F	28	Degree	housewife	-
	A. Joseph	m	28	10 th	farmer	6000/-
	A. Sakumithala	F	27	Degree	housewife	

2. Social Status details:

(i) Community: SC/ST/BC-A-B-C-D/OC (ii) Sub-Caste: Savara (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): OWN

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 2 Acres

(vi) Livestock resources: Cows Oxen Buffaloes Sheep/Goats

(vii) Do you have own toilet? Yes/No ✓

(viii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify LPG

(ix) Do you have white Ration Card? Yes/No ✓

(x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private ✓

(iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 9177561163

(iv) Do you have Computer/Laptop: Yes/No ✓

(v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

(i) Drainage Problem

(ii) Road Problem

(iii)

Place: Nallaraiguda

Date: 28-5-23

B. Lakshita
Signature of the Student

[Signature]
Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ (CBSC)
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

use No	Name of the person	Village / Ward	Mandal	District
-40	A. Ramesh	Nallanaiguda	Bhamini	Ponnalapuram manyam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

I eat a good breakfast

b. I experienced feeling of hunger during the day

c. I eat meat.

d. I eat vegetables.

e. I eat fruits.

f. I eat dairy products

g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

No

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

Several times a day once a day several times a week

less often never

Fresh vegetables & Fruits:

Several times a day once a day several times a week

less often never

8. What percentage of your regular diet consists of meat products? 90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products? 90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?

No

11. Do you know your current body mass index?

NO

12. Have your ever been on a diet, if so, what kind?

No

13. Mention the food items from the healthiest to the unhealthiest from your point of views?

healthiest : fruits, vegetables

unhealthiest : junk foods

14. How much do you think a healthy diet affects?

Restful sleep

a. No impact.

B. little impact

big impact. D. none

Health

a. No impact.

B. little impact

big impact. D. none

Weight.

a. No impact.

little impact

c. big impact. D. none

Mental condition.

A. No impact.

B. little impact

big impact. D. none

B. Likhitha
Signature of the Student

Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha

Group : CB2 (BSC)

Registration Number : 2222001049007

Area of the Survey conducted:

House No.	3-21	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda Baluru-2
Post office	Baluru	Mandal	Bhramini	District	panvelkipuram manyam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	B. Bampi	F	39	-	-farmer	3000/- month
2	B. Baykavarao	M	45	4th class	-farmer	4000 T M
3	B. gonitha	F	20	Grinnelasting	-	-
4	B. Likhitha	F	18	Degree	-	-
5.	B. Jay	M	16	intermediate	-	-
6.	B. Saji Kirum	M	24	9th class	-	-

2. Social Status details:

(i) Community: SC/ST/BC-A-B-C-D/OC (ii) Sub-Caste: Sabva (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): OWN

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows ✓ Oxen Buffaloes Sheep/Goats

- (vii) Do you have own toilet? Yes/No ✓
- (viii) Type Cooking fuel used: LPG/Kerosene/ Wood/ others specify LPG
- (ix) Do you have white Ration Card? Yes/No ✓
- (x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle ✓

4. Health Details:

- (i) Ailments in family:
- (ii) Treatment in which Hospital: Govt/Private ✓
- (iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

- (iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

- (i) Do You have TV: Yes/No ✓
- (ii) Do you have Mobile: Yes ✓
- (iii) Mobile Number: 8500324614
- (iv) Do you have Computer/Laptop: Yes/No X
- (v) Is internet available at home: Yes/No

6. Any specific problems identified in the village/ Ward:

- (i) Road Problem
- (ii) Drainage Problem
- (iii)

Place: Nallaraiguda

Date: 24-5-23

B. L. Khetta
Signature of the Student

[Signature]
Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ (BSc)
Name of the mentor : D. Adhinarayana
Name of the project : Food habits

use No	Name of the person	Village / Ward	Mandal	District
- 21	B. Sampi	Nallaraiguda	Bhamini	Parvathipuram manyam

1. How many times a day do you eat?

3-times

2. Please answer the following according to your particular eating habits?

- a. I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast b. lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- a. Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

Yes

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day once a day several times a week
less often never

Fresh vegetables & Fruits:

- Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?
90% 75% 50% 25% less than 25%

9. How much of your diet consists of vegetables and non-animal products?
90% 75% 50% 25% less than 25%

10. Do you or have you ever has cholesterol problems?

NO

11. Do you know your current body mass index?

NO

12. Have your ever been on a diet, if so, what kind?

N.

13. Mention the food items from the healthiest to the unhealthiest from your point of views?

Healthiest :- fruits, vegetables, unhealthiest :- junk foods

14. How much do you think a healthy diet affects?

Restful sleep

a. No impact. B. little impact c. big impact. D. none

Health

a. No impact. B. little impact c. big impact. D. none

Weight.

a. No impact. B. little impact c. big impact. D. none

Mental condition.

A. No impact. B. little impact c. big impact. D. none

B. Likhitha
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : B. Likhitha
Group : B2C (BSC)
Registration Number : 2222001049007

Area of the Survey conducted:

House No.	3-28	Habitat /Ward	Nallaraiguda	Panchayat /Municipality	Nallaraiguda
Post office	Balam	Mandal	Thamini	District	Ponnurupuram mandal

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	B. Dilleswarayan	M	45	5 th class	Farmer	5000/-
	B. Asanathi	F	35	-	COOK	3000/-
	B. Santhosh	M	17	10 th	-	-
	B. Sanjay	m	16	inter	-	-

2. Social Status details:

(i) Community: SC/ST/BC-A-B-C-D/OC (ii) Sub-Caste: savana (iii) Religion: Hindu

3. Economic Status details:

(i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow

(ii) House status (Own/ Rented): OW

(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 1 Acres

(vi) Livestock resources: Cows Oxen Buffaloes Sheep/Goats

- (vii) Do you have own toilet? Yes/No ✓
- (viii) Type Cooking fuel used: LPG/Kerosene/Wood/ others specify LPG
- (ix) Do you have white Ration Card? Yes/No ✓
- (x) Do you have vehicle? Two-wheeler/ Auto/ Car/ Any other vehicle ✓

4. Health Details:

- (i) Allments in family:
- (ii) Treatment in which Hospital: Govt/Private ✓
- (iii) Any PWD Persons in family: Yes/No ✓

S.No.	Name of the Person	Gender	Age	Nature of Disability

- (iv) Do you have Govt. Arogya Sri Card: Yes/No ✓

5. Other Details:

- (i) Do You have TV: Yes/No ✓
- (ii) Do you have Mobile: Yes ✓
- (iii) Mobile Number: 9985400671
- (iv) Do you have Computer/Laptop: Yes/No ✓
- (v) Is internet available at home: Yes/No ✓

6. Any specific problems identified in the village/ Ward:

- (i) Drainage Problem
- (ii) Road Problem
- (iii)

Place: Nallaraiguda

Date: 30-5-23

B. Lakshmi
Signature of the Student

[Signature]
Signature of the Mentor



GOVT. DEGREE COLLEGE(MEN), SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : B. Likhitha
Group : CBZ
Name of the mentor : D. Adhenarayana
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
1-28	B. Santhosh	Nallawariguda	Bharami	Pozunthipuram Mangalam

1. How many times a day do you eat?

3 times

2. Please answer the following according to your particular eating habits?

- I eat a good breakfast
b. I experienced feeling of hunger during the day
c. I eat meat.
d. I eat vegetables.
e. I eat fruits.
f. I eat dairy products
g. I eat sweets.

3. What meal would you consider to be your main meal of the day?

- a. Breakfast lunch c. dinner d. others

4. What does your main meal consist of and how it is prepared?

- Freshly prepared. B. restaurant meal. C. precooked microwave. D. other

5. Have you been avoiding some foods for health reasons? Yes / No

6. Do you have any particular food allergies?

Boringal

7. What is your daily food intake frequency of the following food categories?

Sweet foods:

- Several times a day once a day several times a week
less often never

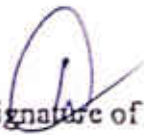
Fresh vegetables & Fruits:

- Several times a day once a day several times a week
less often never

8. What percentage of your regular diet consists of meat products?
 90% 75% 50% 25% less than 25%
9. How much of your diet consists of vegetables and non-animal products?
 90% 75% 50% 25% less than 25%
10. Do you or have you ever has cholesterol problems?
 No
11. Do you know your current body mass index?
 No
12. Have your ever been on a diet, if so, what kind?
 No
13. Mention the food items from the healthiest to the unhealthiest from your point of views?
 Healthiest :- fruits, vegetables, jowar, mize etc.
 unhealthiest : Junk foods
14. How much do you think a healthy diet affects?

- Restful sleep
 a. No impact. B. little impact big impact. D. none
- Health
 a. No impact. B. little impact big impact. D. none
- Weight.
 a. No impact. little impact c. big impact. D. none
- Mental condition.
 A. No impact. B. little impact big impact. D. none

B. Likhitha
 signature of the Student


 Signature of the Mentor

CONCLUSION

I'mlikhitha studying in B.sc first year Cbz group.I had completed the community service project on "FOOD HABITS" in our Village and submitted the report to my mentor.My project is about the food habits of our Village people.I conducted questionnaire to different age groups people about their regular diet.Most of the old aged people considered lunch as their main meal of the day. They taking food only two times per day due to digestive problems. We find out the major problem facing by our villagers and dropped thu Sarpanch attention towards the problem by conducting awareness program in our Village.

It was interesting to carry out this project to know about different opinions, food habits and problems of our villagers. Finally I believe that my project is complete under vision of my mentor. I thank him for his guidance and support.

By
B.likhitha

