

COMMUNITY SERVICE
PROJECT

Submitted in the partial fulfillment of the requirements for the award of
B.Sc Degree.

By
MOKHARA SOMESWARI
2222001049053
Semester 2 (BZC)
Batch 2022-25
Under the Supervision
G.RAMAKRISHNARAO
Lecturer in Botany

GOVERNMENT DEGREE COLLEGE(Men), SRIKAKULAM



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ACKNOWLEDGEMENT

I would like to express my gratitude to all those who gave me the possibility to complete this Community Service Project. Special thanks to Mentor G.RAMAKRISHNARAO 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 Botany 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 **M SOMESWARI** studying BSc CBZ group has completed and submitted the project report on "FOOD HABITS" further partial fulfilment of the requirements for the award of Batchelor of Science under my supervision during the academic year 2022-25.

Date:

Place: *Chilakapalem*

project guide

G.RAMAKRISHNARAO

Lecturer in Botany

GDC(M), Srikakulam



DECLARATION

I hereby declare that the community service 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 G. RAMAKRISHNARAO 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 of University.

Srikakulam

Date

Signature of the candidate

Name: m. sameswari

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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 idio syncracies 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 Chilakapalem Village, ETCHERLA Mandal and Srikakulam Dist. Approximately 25 families were covered under this Village. This is a rural area with 75% of people were farmers. This area is used for cultivation of vegetables.

2. Quantitative study :

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

3. Qualitative study:

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

4. Data Collection :

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

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

GOVT. DEGREE COLLEGE(M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : M. Someeswari

Group : B.Sc [C.B.Z]

Registration Number : 2222001049053

Name of the Mentor : G. Ramakrishna sir

Name of the Project : Food habits

Date & Day	Activity done	Number of Hours Spent	Signature of the student
9/5/2023 Tuesday	Socio-Economic survey	6	M. Someeswari
10/5/2023 Wednesday	Socio - Economic survey	5	M. Someeswari
11/5/2023 Thursday	Socio - Economic survey	6	M. Someeswari
12/5/2023 Friday	Socio - Economic survey	5	M. Someeswari
13/5/2023 Saturday	Socio - Economic survey	9	M. Someeswari
14/5/2023 Sunday	Socio - Economic survey	5	M. Someeswari
15/5/2023 Monday	Socio - Economic survey	6	M. Someeswari
16/5/2023 Tuesday	Socio - Economic survey	7	M. Someeswari



Signature of the Mentor



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

LOG BOOK

Name of the student : m. somegowari
Group : B-5C [C.B.2]
Registration Number : 2222001041053
Name of the Mentor : G. Ramakrishnan sir
Name of the Project : Food habits

Date & Day	Activity done	Number of Hours Spent	Signature of the student
17/5/2023 Wednesday	Awareness programme	6	m. somegowari
18/5/2023 Thursday	Awareness programme	5	m. somegowari
19/5/2023 Friday	Awareness programme	7	m. somegowari


Signature of the Mentor

GOVT. DEGREE COLLEGE(M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : m.someswari

Group : B.sc [C.B.7]

Registration Number : 2222001049053

Name of the Mentor : G. Ramakrishnan sir

Name of the Project : Food habits

Date & Day	Activity done	Number of Hours Spent	Signature of the student
20/5/2023 Saturday	Food habits	5	m.someswari
21/5/2023 Sunday	Food habits	6	m.someswari
22/5/2023 Monday	Food habits	5	m.someswari
23/5/2023 Thursday	Food habits	7	m.someswari
24/5/2023 Wednesday	Food habits	6	m.someswari
25/5/2023 Thursday	Food habits	5	m.someswari
26/5/2023 Friday	Food habits	6	m.someswari
27/5/2023 Saturday	Food habits	8	m.someswari
28/5/2023 Sunday	Food habits	6	m.someswari


Signature of the Mentor

GOVT. DEGREE COLLEGE(M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : M. Someeswari

Group : B.6c [C.B.2]

Registration Number : 22 22001049053

Name of the Mentor : G. Ramakrishnan sir

Name of the Project : Food habits

Date & Day	Activity done	Number of Hours Spent	Signature of the student
29/5/2023 Monday	Project writing	11	M. Someeswari
30/5/2023 Tuesday	Project writing	9	M. Someeswari
31/5/2023 Wednesday	Project writing	10	M. Someeswari
01/6/2023 Thursday	Project writing	11	M. Someeswari
02/6/2023 Friday	Project writing	5	M. Someeswari
03/6/2023 Saturday	Project writing	6	M. Someeswari
04/6/2023 Sunday	Project writing	5	M. Someeswari
05/6/2023 Monday	Project writing	10	M. Someeswari
06/6/2023 Tuesday	Project writing	11	M. Someeswari
07/6/2023 Wednesday	Project writing	9	M. Someeswari


Signature of the Mentor



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

Name of the Student : mokhara Bomeswari

Group : B.Sc (CBZ)

Registration Number : 2222001049053

Area of the Survey conducted: chalakapiem

House No.	17-18a	Habitat /Ward	4	Panchayat /Municipality	chalakapiem
Post office	etcherla	Mandal	etcherla	District	srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	JAPPA	M	52	-	Auto driver	52,000
2.	J. AKKMA	F	45	-	Worker	thousands
3.	J. VAPKA	F	14	9th		

2. Social Status details:

(i) Community: SC/ST/BC-A-B-C-D/OC (ii) Sub-Caste: Naga ^{vajram} (iii) Religion: Hindu

3. Economic Status details:

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

(ii) House status (Own/ Rented):

(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 ___

(vi) 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: NO

(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: 9908742260

(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) water problem

(ii) garbage problem

(iii)

Place: chilakapalem

Date: 01/5/2023

m. someswari
Signature of the Student

[Signature]
Signature of the Mentor



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

Name of the Student : m. someswari
Group : B-6C [C-BZ]
Registration Number : 2222001049053
Area of the Survey conducted: chilakapiram

House No.	11-178	Habitat /Ward	3	Panchayat /Municipality	Chilakapam
Post office	Ethelica	Mandal	Ethelica	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	M. Raju	M	50	-	Auto driver	
2.	M. Rajyalaxmi	F	46	5 th class		55,000
3.	m. Ishu	F	15	- 9 th class	student	Thru send
4.	m. gayathri	F	14	- 8 th class	student	

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

(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) 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 Moblle: Yes ✓
 (iii) Mobile Number: 9949516792
 (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 water Problem
 (ii) stole rights Problem
 (iii)

Place: chilakapiem

Date: 9/5/2023

m-someswaraj
 Signature of the Student

[Signature]
 Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : M. SOMESWARAI
Group : B.Sc [C.B.F.]
Registration Number : 2222001049053
Area of the Survey conducted: [2222001049053] chitakapiem

House No.	10-178	Habitat /Ward	3	Panchayat /Municipality	chitakapiem
Post office	ethella	Mandal	etcherai	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	J. Ramu	M	55	-	farmer	
2.	J. Sithamma	F	48	-	farmer	60,000
3.	J. Ramma	M	30	inter	worker	Thousnd
4.	J. Anpika	F	26	degri		
5.	J. Bashkar	M	29	-		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

(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 2 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:

(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) Sanitation problem

(ii) Drinking water problem

(iii)

Place: chilakapalem

Date: 9/5/2023

M. Someswaraj
Signature of the Student

[Signature]
Signature of the Mentor



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

Name of the Student : m. someswari
Group : B.Sc [C.B.2]
Registration Number : 2222001049053
Area of the Survey conducted: chilakapalem

House No.	27-178	Habitat /Ward	3	Panchayat /Municipality	Chilakapalem
Post office	Rethela	Mandal	Rethela	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	N. Rajarao	M	54		Auto driver	52,000
2.	N. Yasoda	F	45	5th	worker	thousand
3.	N. Krishan	M	19	degree		
4.	N. Bhavanikumar	M	17	inter		

2. Social Status details:

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

3. Economic Status details:

- (i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow
(ii) House status (Own/ Rented):
(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection
(iv) Availability of Agricultural land: Yes/ No
(v) Extent of Agricultural land: X 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 2PW

(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: 7207022076

(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) Water problem

(ii) No street lights problem.

(iii)

Place: chilakapiem

Date: 10/5/2023

m. someswari
Signature of the Student


Signature of the Mentor



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

Name of the Student : m. someswari
Group : B.Sc [C.B.Z]
Registration Number : 2222001049053
Area of the Survey conducted: chitlakapalem

House No.	26-178	Habitat /Ward	3	Panchayat /Municipality	Chitlakapalem
Post office	Etceola	Mandal	Etthelal	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	J. Ramxao	M	56	Degree		
2.	J. Adilaxmi	F	45	-	Housewife	60,000
3.	J. Himabindu	F	16	Inter		Thousand
4.	J. mounika	F	14	8th		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 7 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: 950544991

(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) Water problem

(ii) Road Problem

(iii)

Place: chiakapiem

Date: 10/5/2023

m. somebwarj
Signature of the Student

Signature of the Mentor



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

Name of the Student : m.someshwari
Group : B.C [C.B-2]
Registration Number : 2222001049053
Area of the Survey conducted: chilakapiem

House No.	23-178	Habitat /Ward	3	Panchayat /Municipality	chilakapiem
Post office	etheria	Mandal	etheria	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	J. ASHODU	M	50	-	worker	
2.	J. mugathamma	F	45	-	worker	55, Thous
3.	J. GRAYATHAI	F	10	degree		nd
4.	J. RAVAN KUMAR	M	10	-	4 th	

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: X 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 FWD 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: 9908450782

(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: chilakapalem

Date: 10/5/2023

m somezwarj
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : M. Someswari
Group : B.S.C [CBZ]
Registration Number : 2222001049053
Area of the Survey conducted: Chilakapalem

House No.	22-178	Habitat /Ward	4	Panchayat /Municipality	Chilakapalem
Post office	Ethelada	Mandal	Ethelada	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	J. Parvitha	M	40	degree	worker	
2.	J. Ramya	F	35	inter	-	55,000
3.	J. Rajamma	F	55	-	worker	Thousand
4.	J. Jaspe	M	2	-	-	

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: X Acres

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

- (vi) 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 -NO
 (iii) Mobile Number: —
 (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: chilakapalem

Date: 11/5/2023

m. somaswari
 Signature of the Student


 Signature of the Mentor



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

Name of the Student : m. somebwarî
Group : B.sc [CBZ]
Registration Number : 2222001049053
Area of the Survey conducted: chilakapalem

House No.	20-178	Habitat /Ward	4	Panchayat /Municipality	chilakapalem
Post office	Ethelra	Mandal	ethelra	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	B. Jyothi	F	38	5th class	worker	55,000
2.	B. Ramesh	M	15	6th class	student	husband

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: X 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: 9515445955

(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) sanitation problem

(ii) water problem

(iii)

Place: Chilakapalem

Date: 11/5/2023

m. somegowdi
Signature of the Student

[Signature]
Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO-ECONOMIC SURVEY

Name of the Student : m. somaswari
Group : B.Sc [C.B.2]
Registration Number : 2222001049053
Area of the Survey conducted: chilakapiem

House No.	14-178	Habitat /Ward	4	Panchayat /Municipality	chilakapiem
Post office	ethelga	Mandal	ethelga	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	m. Adinarayan	M	45	-	Business	54,000
2.	m. Damakami	F	36	-	Worker	7,000
3.	m. Anuradha	F	19	degree		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented): ✓

(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 3 Oxen ___ Buffaloes ___ Sheep/Goats 1

- (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: 9502813936
- (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) Wasteage Problem
- (ii) Roads Problem
- (iii)

Place: Chilakapalem

Date: 11/5/2023

m. somebwarf
Signature of the Student

[Signature]
Signature of the Mentor



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

Name of the Student : m. Somenwari
Group : B.Sc [C.B.Z]
Registration Number : 2222001049053
Area of the Survey conducted: chilakapalem

House No.	11-179	Habitat /Ward	2	Panchayat /Municipality	Chilakapalem
Post office	Ethena	Mandal	Ethena	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	J. Parvthamma	F	45		farmer	
2.	J. Suteshe	M	28	-inter	worker	50,000
3.	J. Rameshe	M	25	degged	student	thousand

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

(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 3 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: 7993049625

(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) Roads problems

(ii) water problems.

(iii)

Place: chilakapiem

Date: 14/5/2023

m. somebwasif
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO-ECONOMIC SURVEY

Name of the Student : M. Edmeswari
Group : B.Sc [C.B.T]
Registration Number : 2222001049053
Area of the Survey conducted: Chilakapiem

House No.	7-178	Habitat /Ward	2	Panchayat /Municipality	Chilakapiem
Post office	etchera	Mandal	etchera	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	N. Appalaraju	M	45	-	Auto driver	
2.	N. Bagyalaxmi	F	34	10 th	teacher	54,000
3.	N. Jagan	F	20	2 nd	student	thousand
4.	N. Siva	M	8	1 st	student	

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented): ✓

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

(iv) Availability of Agricultural land: Yes/ No ✓

(v) Extent of Agricultural land: X 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) Aillments 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: ~~9207000000~~ 9652627900

(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) street lightes Problem

(ii) drainage Problem

(iii)

Place: chilakapem

Date: 14/5/2023

m.someshwari
Signature of the Student


Signature of the Mentor



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

Name of the Student : M. SOMESWARAI
Group : B.B.C [C.B.7]
Registration Number : 2222001049053
Area of the Survey conducted: Chitlakapalem

House No.	8-178	Habitat /Ward	3	Panchayat /Municipality	Chitlakapalem
Post office	etcheria	Mandal	etcheria	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	M. Ravi	M	50	-	worker	50,000
2	M. Gowri	F	46	2 nd class	worker	10,000
3	M. Lavanya	F	14	9th		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: X 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: 7893906217

(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: chilakapalem

Date: 14/5/2023

m. GOMESWARJI
Signature of the Student


Signature of the Mentor



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

Name of the Student : m. someswari
Group : B.S.C [C.B.Z]
Registration Number : 2222001049053
Area of the Survey conducted: chilakapalem

House No.	1-87	Habitat /Ward	2	Panchayat /Municipality	Chilakapalem
Post office	etcherla	Mandal	etcherla	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	K. Rajendra	♂ M	40	inter pass	worker	50,000
2	K. Ramamma	♀ F	35	inter pass	housewife	thousand
3	K. Punthipalukumar	M	4	L.K.U		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented): ✓

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

(iv) Availability of Agricultural land: Yes/ No ✓

(v) Extent of Agricultural land: X 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: 9966042679

(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) waste problem

(ii) stall rights problem

(iii) drinking water problem

Place: chilakapalem

Date: 14/5/2023

m. someswari
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : M. SOMESWASI

Group : B.Sc [C.B.Z]

Registration Number : 2222001049053

Area of the Survey conducted: Ekhilakapuri Kinthal

House No.	1-84	Habitat /Ward	1	Panchayat /Municipality	Acc Polavadasa
Post office	Kinthal	Mandal	Ponduru	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	P. Nageswari	M	45	10th	farmer	
2.	P. Narasamma	F	40	-	housewife	
3.	P. Manika	F	18	Degree		
4.	P. Suvama	F	17	inter		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: _____ Acres

(vi) Livestock resources: Cows 3 Oxen _____ Buffaloes _____ Sheep/Goats 2

- (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: NO
- (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: 8790955815
- (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) water problems
- (ii) roads problem
- (iii)

Place: Singuru
 Date: 14/5/2023

M. Sampawari
 Signature of the Student

[Signature]
 Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : mokhata-someswari

Group : B.Sc [C.BZ]

Registration Number : 222200104053

Area of the Survey conducted: chitlakapiem

House No.	6-178	Habitat /Ward	2	Panchayat /Municipality	Chitlakapiem
Post office	etcherla	Mandal	etcherla	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	m. SUTHA	M	70	-	Farmer	
2.	m. Rajma	F	63	-	Farmer	60,000
3.	m. APPAMA	M	48	-	Worker	Thousand
4.	m. varalaxmi	F	32	inter Pass		
5.	m. chruhadham	M	3			

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

(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 2 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: NO

(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: 9704891138

(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) street lights problem


(ii) primage problem

(iii)

Place: chilakapalam

Date: 14/5/2023

m. Gomegwarri
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : mokhara someswari

Group : B.Sc (C.B.T)

Registration Number : 2222001049053

Area of the Survey conducted: chilakapiem

House No.	4-178	Habitat /Ward	2	Panchayat /Municipality	chilakapiem
Post office	etcheria	Mandal	etcheria	District	sriakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	J. lakshmi	M	45	-	worker	
2.	J. vimala	F	35	-	worker	52000
3.	J. Jhansi	F	18	inter pass		thousand

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: vagavamsam (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 Yes
- (v) Extent of Agricultural land: 8 Acres
- (vi) Livestock resources: Cows 1 Oxen 1 Buffaloes 1 Sheep/Goats 1

(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) Aillments in family: NO

(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: ~~9448 885 46 55~~ 8367333492

(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 facility

(ii) Dringge problem

(iii)

Place: chitakaplem

Date: 15/5/2023

m. sompswari
Signature of the Student

[Signature]
Signature of the Mentor



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

Name of the Student : M. Someswari
Group : BSCCEBZ
Registration Number : 2222001049053
Area of the Survey conducted: Chilikapiem

House No.	12-178	Habitat /Ward	3	Panchayat /Municipality	Chilikapiem
Post office	Ethelga	Mandal	Ethelga	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	J. Venkatesh	M	55	-	Framer	
2.	J. Nageswaram	F	40	-	Framer	60,000
3.	J. Naidu	M	38	-	Worker	Thousand
4.	J. Anuradha	F	36	10th Pass	.	
5.	J. Jayanth	M	12	5th stand		
6.	J. Sai	M	11	4th stand		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

(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 2 Oxen Buffaloes Sheep/Goats 2

(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: 9701608338

(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) roads problem

(ii)

(iii)

Place: Chilakapalem

Date: 15/5/2023

m. Someswari
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : mokhara Somebwarî

Group : B.Sc [C.B.Z]

Registration Number : 2222001049053

Area of the Survey conducted: chitakapiem

House No.	5-178	Habitat /Ward	2	Panchayat /Municipality	chitakapiem
Post office	etcheria	Mandal	etcheria	District	SRIKAKULAM

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	J. Asirodu	M	50	-	Farmer	
2.	J. Jayamma	F	45	-	worker	35,000
						Thousand

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

(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: NO

(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: 7702847304

(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 water problem

(ii) Drinking water problem

(iii)

Place: Chikkakaplem

Date: 15/5/2023

m. Someswari
Signature of the Student



Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : makhata somaswari

Group : B.S.C(C.B-2)

Registration Number : 222200104053

Area of the Survey conducted: chilakapalem

House No.	4-178	Habitat /Ward	3	Panchayat /Municipality	Chilakapalem
Post office	etcherla	Mandal	etcherla	District	Sriakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	mAPPna	M	40	5th	Farmer	54,000
2.	mRamanna	F	37	5th	worker	thousands
3.	mAnil	m	16	5th		
4.	m. Anu	F	14	9th		

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC

(ii) Sub-Caste: nagavamsam

(iii) Religion: Hindu

3. Economic Status details:

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

(ii) House status (Own/ Rented):

(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: NO

(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: 7569179879

(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) water problem

(ii) Road facility

(iii)

Place: chilakaplem

Date: 15/5/2023

m. someswari
Signature of the Student



Signature of the Mentor





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

Name of the Student : m. someswari
Group : B.Sc [C.B.Z]
Registration Number : 2222001049053
Area of the Survey conducted: sh. madalvalasa

House No.	1-27	Habitat /Ward	2	Panchayat /Municipality	madalavalasa
Post office	madalvalasa	Mandal	ponduru	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	P. Appalamaidu	M	41	-		
2.	P. Kalyani	F	38	10 th pass	Housewife	
3.	P. Hyma	F	19	degree		
4.	P. Rohith	M	13	7 th class		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: X Acres

(vi) Livestock resources: Cows 1 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: No

(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: 9850990363

(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: modalavalasa

Date: 15/5/2023

m. somegowri
Signature of the Student



Signature of the Mentor



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

Name of the Student : mokhara someswari

Group : B.Sc [CBZ]

Registration Number : 2222001049053

Area of the Survey conducted: chilakapalem

House No.	13-128	Habitat /Ward	2	Panchayat /Municipality	chilakapalem
Post office	etcheria	Mandal	etcheria	District	srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	J. adilarami	F	54	-	farmer	52,000
2.	J. minarayao	M	39	10 th pass	farmer	
3.	J. Raju	F	25	-		
4.	J. Jyothi Prakash	M	8	3 rd class		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

(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 ___

(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: NO

(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: 8179515942

(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 facility

(iii)

Place: chilakaplam

Date: 16/5/2023

m. somaswari
Signature of the Student

[Signature]

Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : mokhara . someswari

Group : B.sc [CBZ]

Registration Number : 2222001049053

Area of the Survey conducted: chilakapalem

House No.	3-178	Habitat /Ward	3	Panchayat /Municipality	chilakapalem
Post office	etcheria	Mandal	etcheria	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	m. yasoda	F	36	-	workar	5000
2.	m. someswari	F	18	Dip	(workar)	thousand
3.	m. vijayalaxmi	F	15	10 th		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: _____ 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: NO

(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: 9948351194

(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) water problem

(ii) Drainage problem

(iii)

Place: chilakapalem

Date: 16/5/2023

M. Somenwaraj
Signature of the Student



Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : mokhata someswari

Group : B.Sc [C.B.Z]

Registration Number : 2222001049053

Area of the Survey conducted: chilakapalem

House No.	3-179	Habitat /Ward	2	Panchayat /Municipality	chilakapalem
Post office	etcherai	Mandal	etcherai	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	M. ASIPAPADU	M	50	-	Farmers	50,000
2.	M. SANGAMMA	F	40	-	worker	
3.	M. JYOTHI	F	17	Intermed		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: _____ 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: NO

(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: 6304197144

(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 facility

(ii) Drainage Problem.

(iii)

Place: Chilakapalem

Date: 16/5/2023

M. Someswaraj
Signature of the Student



Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : mokhara somaswari

Group : B.sc [C.B.7]

Registration Number : 222200104053

Area of the Survey conducted: chilakapalem

House No.	6-179	Habitat /Ward	1	Panchayat /Municipality	chilakapalem
Post office	etcheria	Mandal	etcheria	District	Sriakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	M. Lakshman Rao	M	50	-	Farmer	
2.	M. Jyothi	F	45	-	Farmer	70,000
3.	M. Ramona	M	24		software	thou.sands

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

(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 ___

- (vii) Do you have own toilet? Yes/ No
- (viii) Type Cooking fuel used: LPG/Kerosene/Wood/ others specify LEPU
- (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: NO
- (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: 6305132923
- (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 facility.
- (iii)

Place: Chilakapalem

Date: 16/5/2023

M. Edmeswarif
Signature of the Student



Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : mokhara somegowari

Group : B.Sc(CBZ)

Registration Number : 222200104053

Area of the Survey conducted: chilakapiem

House No.	3-177	Habitat /Ward	1	Panchayat /Municipality	Chilakapiem
Post office	etchera	Mandal	etchera	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	M. chinmammu	F	50	-		
2.	M. Ramma	M	35	-	Farmer	75,000
3.	M. vijaya	F	30	5th	worker	thous am
4.	M. Devadasu	M	30		C.X.P	
5.	M. Adilaxmi	F	27		Police	
6.	M. Kamali	F	16	inter		

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC

(ii) Sub-Caste: nagavaman

(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 2 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: NO
 (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: 7396118826
 (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) Roads facility
 (iii)

Place: Chilakapalem

Date: 16/5/2023.

m. somezwar
 Signature of the Student


 Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO – ECONOMIC SURVEY CONSOLIDATION REPORT

Name of the student : m. someswari
Group : B.Sc [C.B.Z]
Name of the Mentor : G. Ramkrishnasir
Name of the Project :

Ward/ Habitat	2	Panchayat	chilakapalem	Post Office	etcherla
Mandal	etcherla	District	Srikakulam	Pin Code	5324002

- Total Number of Houses in the Habitat/Ward: 95
- Number of Houses Caste-wise:
SC _____ ST _____ OC _____ BC-A _____ BC-B _____ BC-C _____ BC-D 95.
- Common Health problems in the Habitat/Ward:
(i) sugar
(ii) fever
(iii)
- Number of White Ration Cards: 95
- Number of Illiterates in the Ward/ Habitat/ Village: 15
- Number of Graduates in the Ward/ Habitat/ Village: 10
- Number of Job Holders:
- Number of PWD People:
- Number of DWACRA Groups in the Ward/ Habitat/ Village: 15
- Road connectivity to the Ward/ Habitat/ Village: Yes / No
- Bus facility available: Yes / No
- Problems identified in the Ward/ Habitat/ Village:
(i) drinking water problem
(ii) drainage problem
(iii) street lights problem
(iv)

Signature of the Mentor

m. someswari
Signature of the Student

SOCIO - ECONOMIC SURVEY







Awareness Programme





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



Name of the student : M. SOMESWARAI
 Group : BSC(C.B-2)
 Name of the mentor : G. RAMAKRISHNA RAO SIR
 Name of the project : FOOD HABITS

House No	Name of the person	Village / Ward	Mandal	District
14-178	M. Adinayana	Chilakapiem	Ethelra	Srikakulam

1. How many times a day do you eat?

2 times

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

- a. I eat a good breakfast — NO
- b. I experienced feeling of hunger during the day — NO
- c. I eat meat. — NO
- d. I eat vegetables. — YES
- e. I eat fruits. — YES
- f. I eat dairy products — YES
- g. I eat sweets. — NO

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?
65 kg

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

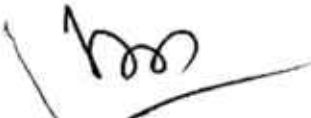
13. Mention the food items from the healthiest to the unhealthiest from your point of views?

Vegetables, meals, fruits

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

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

m. some way
Signature of the Student


Signature of the Mentor



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



Name of the student : m. someswari
Group : B.sc [C.B.Z]
Name of the mentor : G. Ramakrishnarao
Name of the project : FOOD HABITS

House No	Name of the person	Village / Ward	Mandal	District
13-178	M. Venkatesh Rao	Chilakapalem	Ethelina	Srikakulam

1. How many times a day do you eat?

2 times

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

a. I eat a good breakfast - NO

b. I experienced feeling of hunger during the day - NO

c. I eat meat. - NO

d. I eat vegetables. - YES

e. I eat fruits. - YES

f. I eat dairy products - YES

g. I eat sweets. - NO

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?
77 kg

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?

meats, vegetables, fruits, meat,

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

m. somegor
Signature of the Student


Signature of the Mentor



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



Name of the student : m. someswari
Group : B.SCC.B.Z
Name of the mentor : G. Jaganakrishan Sir
Name of the project : FOOD Habits

House No	Name of the person	Village / Ward	Mandal	District
11-178	M. RAJU	chilakapiem	ethesia	srikakulam

- 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 — YES
 - I experienced feeling of hunger during the day — YES
 - I eat meat. — NO
 - I eat vegetables. — YES
 - I eat fruits. — NO
 - I eat dairy products — NO
 - I eat sweets. — NO
- 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
- 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 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?

75 kg

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?

vegetables, fishes, meat, meals.

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

m. someswasi
Signature of the Student


Signature of the Mentor



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



Name of the student : M. Somaswari
Group : B.Sc [C-B-2]
Name of the mentor : U. Yamakrishnam sir
Name of the project : FOOD HABITS

House No	Name of the person	Village / Ward	Mandal	District
10-178	J. Ramu	Chilakapalem	Etcheola	Srikakulam

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 — YES
b. I experienced feeling of hunger during the day — NO
c. I eat meat. — YES
d. I eat vegetables. — YES
e. I eat fruits. — YES
f. I eat dairy products — YES
g. I eat sweets. — NO

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?

70 kg

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?

Fruits, meat, meats, vegetables.

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

M. Schemeswari
Signature of the Student


Signature of the Mentor



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



Name of the student : M. SOMESWARAI
Group : B.S.C [C.B.E]
Name of the mentor : G. DAMAKRISHNAN
Name of the project : FOOD HABITS.

House No	Name of the person	Village / Ward	Mandal	District
B-178	M. Sowai	Chinakopalem	Elcherla	Srikakulam

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 - YES
b. I experienced feeling of hunger during the day - NO
c. I eat meat. - NO
d. I eat vegetables. - YES
e. I eat fruits. - NO
f. I eat dairy products - NO
g. I eat sweets. - NO

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?

100 50 kg

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?

meat, meals, vegetabels

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

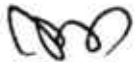
Weight.

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

Mental condition.

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

m. someswari
Signature of the Student


Signature of the Mentor



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



Name of the student : M. Someswari
 Group : B.6C [CBZ]
 Name of the mentor : N. Tamalkishansir
 Name of the project : FOOD HABITS

House No	Name of the person	Village / Ward	Mandal	District
7 + A2	N. APPIARAJU	chirakapalem	Elcherla	Srikakulam

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 yes

b. I experienced feeling of hunger during the day NO

c. I eat meat. NO

d. I eat vegetables. yes

e. I eat fruits. yes

f. I eat dairy products NO

g. I eat sweets. NO

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?

68kg

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?

vegetables, meals, meat

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

m. schnezwayi
Signature of the Student


Signature of the Mentor



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



Name of the student : M. Someswari
Group : B.Sc [C-B-7]
Name of the mentor : U. JAMAKRISHNA SIR
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
1-87	K. Rajendra	Chilakapalem	etcherla	Srikakulam

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 — yes
b. I experienced feeling of hunger during the day — yes
c. I eat meat. — yes
d. I eat vegetables. — yes
e. I eat fruits. — NO
f. I eat dairy products — NO
g. I eat sweets. — NO

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?

60 kg

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?

fruit, meat, meals, meat

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

M. Someswari
Signature of the Student


Signature of the Mentor



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



Name of the student : m. somebawari
 Group : B.Sc [C.B.T]
 Name of the mentor : G. Ramakrishna Sri
 Name of the project : FOOD Habits

House No	Name of the person	Village / Ward	Mandal	District
1-84	P. Narsing Rao	Eruguru	Panduru	Srikakulam

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 - YES
- b. I experienced feeling of hunger during the day - YES
- c. I eat meat. - YES
- d. I eat vegetables. - YES
- e. I eat fruits. - YES
- f. I eat dairy products - YES
- g. I eat sweets. - NO

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?

56 kg

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?

vegetables, fruits, meat,

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

m. someswasi
Signature of the Student


Signature of the Mentor



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



Name of the student : m. someswaraj
Group : B.Sc [C.B.T.]
Name of the mentor : M. Rama Krishna Sir
Name of the project : FOOD HABITS

House No	Name of the person	Village / Ward	Mandal	District
6-178	M. RAJANAMA	chilakapiem	Etcherla	Srikakulam

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 — NO
b. I experienced feeling of hunger during the day — NO
c. I eat meat. — NO
d. I eat vegetables. — YES
e. I eat fruits. — NO
f. I eat dairy products — YES
g. I eat sweets. — NO

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?

75 kg

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?

pulses, vegetables, meats,

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

m. somebwas
Signature of the Student


Signature of the Mentor



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



Name of the student : m. some swari
Group : B.Sc [C.B.T]
Name of the mentor : G. Yamakrishna sir
Name of the project : food habits

House No	Name of the person	Village / Ward	Mandal	District
4-178	J. VanaJaxi	Chilakapalem	Etcherai	Srikakulam

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 — Yes
- b. I experienced feeling of hunger during the day — NO
- c. I eat meat. — NO
- d. I eat vegetables. — Yes
- e. I eat fruits. — NO
- f. I eat dairy products — Yes
- g. I eat sweets. — NO

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?
65 kg

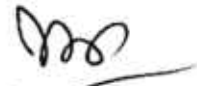
12. Have your ever been on a diet, if so, what kind?
NO

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

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

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

m. some...
Signature of the Student


Signature of the Mentor



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



Name of the student : M. Someswari
Group : B.Sc [C.BZ]
Name of the mentor : N. Tama Krishan Sir
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
3-178	Balamurali	Chilakapalle	Etcherla	Srikakulam

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 - Yes
b. I experienced feeling of hunger during the day - NO
c. I eat meat. - Yes
d. I eat vegetables. - Yes
e. I eat fruits. - Yes
f. I eat dairy products - Yes
g. I eat sweets. - NO

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?

70kg

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?

fruits, vegetables, meat

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

m. some8wari
Signature of the Student


Signature of the Mentor



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



Name of the student : m. sathya wari
Group : B.S.C [C.B.E.]
Name of the mentor : Sr. Yamalashan Sri
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
5-178	S - P. J. Jayamma	chilakapiem	etcheria	Srikakulam

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 - YES
- I experienced feeling of hunger during the day - NO
- I eat meat. - NO
- I eat vegetables. - YES
- I eat fruits. - YES
- I eat dairy products - NO
- I eat sweets. - NO

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?

70 kg

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?

frutes, vegetables, meels

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

m. Ganeswar
Signature of the Student


Signature of the Mentor



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



Name of the student : m. someswari
 Group : B.Sc [C.B.Z]
 Name of the mentor : M. Prakasham Sir
 Name of the project : FOOD HABITS.

House No	Name of the person	Village / Ward	Mandal	District
1-27	P. Kalpani	modalavajasa	PANDRU	SRIKAKULAM

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 - YES
- b. I experienced feeling of hunger during the day - NO
- c. I eat meat. - YES
- d. I eat vegetables. - YES
- e. I eat fruits. - YES
- f. I eat dairy products - YES
- g. I eat sweets. - NO

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?

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?
62 kg

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?
meat, meats, vegetables.

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

m. Someswari
Signature of the Student


Signature of the Mentor



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



Name of the student : nokhona someswari
Group : B.S.C (C.B.Z)
Name of the mentor : N. Yamakrishnasiri
Name of the project : Food habit

House No	Name of the person	Village / Ward	Mandal	District
3-167	M. Jothi	Village	Etcherla	Sriakulam

- 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 - Yes
 - I experienced feeling of hunger during the day - Yes
 - I eat meat. - Yes
 - I eat vegetables. - Yes
 - I eat fruits. - Yes
 - I eat dairy products - NO
 - I eat sweets. - NO
- 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
- 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 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?
40kg

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?

meat, meals, vegetables

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

m. Sameswari
Signature of the Student


Signature of the Mentor



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



Name of the student : mokhata someswari
Group : B.S.C (C.B.Z)
Name of the mentor : N. Yamalakrishan sir
Name of the project : Food Habit

House No	Name of the person	Village / Ward	Mandal	District
3-154	M. Asirithani	village	Etchorla	Srikakulam

- 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 NO
 - I experienced feeling of hunger during the day YES
 - I eat meat. NO
 - I eat vegetables. YES
 - I eat fruits. YES
 - I eat dairy products NO
 - I eat sweets. NO
- 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
- 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 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?
70kg

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?
vegetables, fruitses, meat

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

m. someguy
Signature of the Student


Signature of the Mentor



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



Name of the student : mokhata somebwar
 Group : B.6C [CBZ]
 Name of the mentor : G. Tama Krishan Sir
 Name of the project : FOOD HABITS.

House No	Name of the person	Village / Ward	Mandal	District
3-177	M. vijaya	chilakpalem	elcherla	Srikakulam

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 — NO
- b. I experienced feeling of hunger during the day — YES
- c. I eat meat. — NO
- d. I eat vegetables. — YES
- e. I eat fruits. — NO
- f. I eat dairy products — YES
- g. I eat sweets. — NO

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?

45 kg

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

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

meat, fruits, vegetables.

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

m. some & wari
Signature of the Student



Signature of the Mentor



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



Name of the student : mokhasa somegawari
Group : B.sc [C.B.Z]
Name of the mentor : N. Ramakrishna sir
Name of the project : FOOD Habits

House No	Name of the person	Village / Ward	Mandal	District
3-177	m. chinnammdu	chilakipalem	atcherla	Srikakulam

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 — NO

b. I experienced feeling of hunger during the day — YES

c. I eat meat. — NO

d. I eat vegetables. — YES

e. I eat fruits. — NO

f. I eat dairy products — NO

g. I eat sweets. — NO

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?

55.8

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?

meat, vegetables, meat.

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

m. somebati
Signature of the Student


Signature of the Mentor



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



Name of the student : M. SOMESWARAN
Group : B.O.C.C.B.7
Name of the mentor : G. TAMAKAISHUMA SIR
Name of the project : FOOD HABITS.

House No	Name of the person	Village / Ward	Mandal	District
	M. RAMMOH	CHITAKAPIEM	ETCHERIA	SRIKAKULAM

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 - yes
b. I experienced feeling of hunger during the day - yes
c. I eat meat. - NO
d. I eat vegetables. - yes
e. I eat fruits. - NO
f. I eat dairy products - NO
g. I eat sweets. - NO
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?

60kg

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?

vegetables, meat, fruites

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

m. somegwasip
Signature of the Student


Signature of the Mentor



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



Name of the student : mokhara someswari
Group : B.Sc [C.B.T]
Name of the mentor : U. Ramakrishna sri
Name of the project : FOOD HABITS.

House No	Name of the person	Village / Ward	Mandal	District
3-178	m. Yasoda	chilakapalem	etcherla	SRIKAKULAM

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 - Yes

b. I experienced feeling of hunger during the day - Yes

c. I eat meat. - NO

d. I eat vegetables. - Yes

e. I eat fruits. - NO

f. I eat dairy products - Yes

g. I eat sweets. - NO

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?

40kg

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?

vegetables, meedas, fruites

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

M. Someswari
Signature of the Student


Signature of the Mentor



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



Name of the student : M. Someswarf
Group : BSC [CBZ]
Name of the mentor : N. Ramakrishnasir
Name of the project : FOOD HABITS.

House No	Name of the person	Village / Ward	Mandal	District
4-128	M. Ramma	Chilakapalem	etcheral	Srikakulam

1. How many times a day do you eat?

2 times

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

- a. I eat a good breakfast - YES
b. I experienced feeling of hunger during the day - YES
c. I eat meat. - NO
d. I eat vegetables. - YES
e. I eat fruits. - YES
f. I eat dairy products - NO
g. I eat sweets. - NO

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?

60 kg.

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?

vegetables, fruits, meat

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

m. Ganeswarji
Signature of the Student

Dom

Signature of the Mentor



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



Name of the student : mokhata somebwayi
Group : B.Sc [C.B.E]
Name of the mentor : M. TAMAKRISHNASIR
Name of the project : FOOD HABITS

House No	Name of the person	Village / Ward	Mandal	District
13-128	J. Adilarami	chilakapalem	etcheria	srikakulam

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 - yes
b. I experienced feeling of hunger during the day - no yes
c. I eat meat. - NO
d. I eat vegetables. - yes
e. I eat fruits. - NO
f. I eat dairy products - NO
g. I eat sweets. - NO

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?

50kg

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?

fruits, vegetables, meals

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

m. somegowri
Signature of the Student


Signature of the Mentor



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



Name of the student : molchana someswari
Group : B.S.C (C.B.2)
Name of the mentor : N. Ramakrishna Rao
Name of the project : Food habit

House No	Name of the person	Village / Ward	Mandal	District
3-172	M. Anil	Village	Etcherla	Srikakulam

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 ✓ yes
- b. I experienced feeling of hunger during the day ✓ yes
- c. I eat meat. ✓ yes
- d. I eat vegetables. ✓ yes
- e. I eat fruits. ✓ yes
- f. I eat dairy products NO
- g. I eat sweets. ✓ yes

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?
45kg

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?

fruits, vegetables, meat

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

m. somegwarip
Signature of the Student


Signature of the Mentor



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



Name of the student : mokhaya someswari
Group : B.Sc [C.B.E]
Name of the mentor : N. Tamakrishnanarao
Name of the project : FOOD HABITS.

House No	Name of the person	Village / Ward	Mandal	District
3-179	m. sangamma	chilakapalem	etchera	Srikakulam

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 — yes
- b. I experienced feeling of hunger during the day — yes
- c. I eat meat. — NO
- d. I eat vegetables. — yes
- e. I eat fruits. — yes
- f. I eat dairy products — NO
- g. I eat sweets. — NO

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?

63kg

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?

vegetables, fruits, meat

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

m. somewari
Signature of the Student


Signature of the Mentor



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



Name of the student : m. somegowari
Group : B.S.C [C.B.T]
Name of the mentor : n. jama kishan Rao
Name of the project : FOOD HABITS.

House No	Name of the person	Village / Ward	Mandal	District
	m. Appana	Chinakopem	etchora	srikakulam

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 - YES
b. I experienced feeling of hunger during the day - YES
c. I eat meat. - NO
d. I eat vegetables. - YES
e. I eat fruits. - NO
f. I eat dairy products - NO
g. I eat sweets. - NO

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?

62 kg

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?

vegetables, fruits, junk foods, meats.

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

m. some wasi
Signature of the Student


Signature of the Mentor

☀️ Food Habits ☀️





CONCLUSION

I'm M SOMESWARI studying in BSc 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 three times a day. We find out the major problem facing by our Villagers and dropped the sarpanch attention towards the problem by conducting awareness program in our village.

It was interesting to carry out this project to know about opinions, food 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

MOKHARA SOMESWARI