

COMMUNITY SERVICE PROJECT

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

BY
KADUSU SANDHYA
2222001056004
Semester 2 (CBMB)
Batch 2022-2025

Under the supervision of
CHS. SUDHAKAR
Lecturer in MICRO BIOLOGY
GOVERNMENT DEGREE COLLEGE(Men), SRIKAKULAM



Website: www.gcmsklm.ac.in



Government Degree College (M), Srikakulam



CSP Internal Assessment (2020-2021)

Name of the student :	Kadusu Sandhya .	
Class & Year of study	B.Sc CBMB[2022-2025]	
Registered Mobile Number	8328000233	
Assessment Component	Max Marks	Marks Secured
1. Project Log	20	
2. Project Implementation	30	
3. Project Report	25	
4. Presentation	25	
Total out of 100	100	

1. Signature of the mentor: 
2. Signature of the faculty of the same course: 
3. Faculty from the languages:

ACKNOWLEDGEMENT

I would like to express my gratitude to all those who gave me the possibility to complete the **community service project**. Special thanks to Mentor **CHS. SUDHAKAR** 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 KADUSU SANDHYA studying BSC CBMB group has complete and submitted the project report on **"FOOD HABITS"** further partial fulfillment of the requirements for the award of Batchelor of Science under my supervision during the academic year 2023-2024

Date:

Place:

Project guide:

CHS. SUDHAKAR

Lecturer in Micro Biology

GDC (M), Srikakulam

DECLARATION

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

Date:

Place:

K. Sandhya
Signature of the candidate

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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. Sometimes by causing diarrhoea and other illness.

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

Healthy Food Habits:

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

OBJECTIVE

The aim and objective of this project is to find out in a closed community about the following food habits and to analyze whether they are adopted to healthy food habits and if not to incorporate sound eating habits by creating awareness in them to recognize 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 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 11th ward Cheedupudi village of Srikakulam district. Approximately 25 families were covered under this ward. This is a rural area with 75% of people were farmers. This area is used for the cultivation of rice and vegetables.

2. Quantitative study:

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

3. Qualitative study:

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

4. Data collection:

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

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

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : Kadusu Sandhya

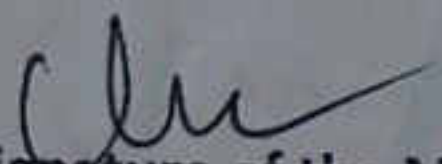
Group : Bsc.CBMB.

Registration Number : 2222001056004

Name of the Mentor : C.H.S. Sudhakar.

Name of the Project : Project Writing.

Date & Day	Activity done	Number of Hours Spent	Signature of the student
29-5-2023	Project writing	9:30	K.Sandhya
30-5-2023	Project writing	10:30	K.Sandhya
31-5-2023	Project writing	7:00	K.Sandhya
1-6-2023	Project writing	2:30	K.Sandhya
2-6-2023	Project writing	3:30	K.Sandhya
3-6-2023	Project writing	1:30	K.Sandhya
4-6-2023	Project writing	2:30	K.Sandhya
5-6-2023	Project writing	3:30	K.Sandhya
6-6-2023	Project writing	9:30	K.Sandhya
7-6-2023	Project writing.	2:30	K.Sandhya


 Signature of the Mentor

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : Kadusu. Sandhya

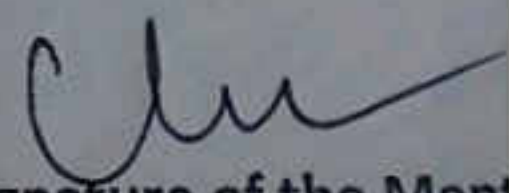
Group : Bsc. CBMB

Registration Number : 2222001056004

Name of the Mentor : C.H.S. Sudhakar

Name of the Project : Socio-Economic Survey.

Date & Day	Activity done	Number of Hours Spent	Signature of the student
09.05-2023	Socio - Economic Survey	7:30hrs	K. Sandhya
10.05-2023	Socio - Economic Survey	6:00hrs	K. Sandhya
11.05-2023	Socio - Economic Survey	7:00hrs	K. Sandhya
12.05-2023	Socio - Economic Survey	4:30hrs	K. Sandhya
13.05-2023	Socio - Economic Survey	6:00hrs	K. Sandhya
14.05-2023	Socio - Economic Survey	5:30hrs	K. Sandhya
15.05-2023	Socio - Economic Survey	6:30hrs	K. Sandhya
16.05-2023	Socio - Economic Survey	7:30hrs	K. Sandhya
17.05-2023	Socio - Economic Survey	6:30hrs	K. Sandhya
18.05-2023	Socio - Economic Survey	7:30hrs	K. Sandhya


 Signature of the Mentor

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : Kadusu. Sandhya

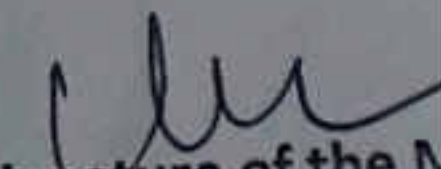
Group : Bsc.CBMB

Registration Number : 2222001056004

Name of the Mentor : C.H.S. Sudhakar

Name of the Project : Awareness Programme.

Date & Day	Activity done	Number of Hours Spent	Signature of the student
17-05-2023	Awareness Programme.	05-hrs	K.Sandhya
18-05-2023	Awareness Programme	07-hrs	K.Sandhya
19-05-2023	Awareness Programme.	06-hrs	K.Sandhya


Signature of the N



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : Koduru Sandhya

Group : CBMB

Registration Number : 22220050156004

Area of the Survey conducted: Food habits

House No.	1-35	Habitat /Ward	2	Panchayat /Municipality	Boduthi
Post office	Boduthi	Mandal	Savarnakal	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	Mr. Adinarayan	M	65	-	Farmer	80000
	Mr. Annapurna	F	55			

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: Velam (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: 1 Acres

(vi) Livestock resources: Cows 2 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 _____ ✓

(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: 8328000233 ✓

(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) No drinking water facility.

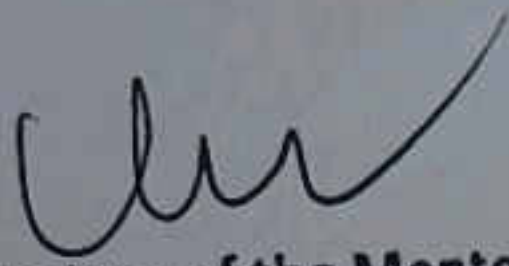
(ii) No roads facility

(iii)

Place:

Date:

K. Sadhu
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : Koduso. Sandhya

Group : C.BMB

Registration Number : 2222001056004

Area of the Survey conducted: ~~Roo~~ cheedupadu

House No.	1-26	Habitat /Ward	2	Panchayat /Municipality	Buduthi
Post office	Buduthi	Mandal	Samarakata	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. Thavudu	M	42	10 th	Farmer	65,000 year
2.	K. laxhomi	F	35	5 th	house maker	-
3.	K. Sandhya	M/F	18	degree	Studying	-
4.	K. padheer	M	17	ITI	Studying	-

2. Social Status details:

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

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: 4 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 _____

(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: 8639246620

(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) NO, drinking water facility

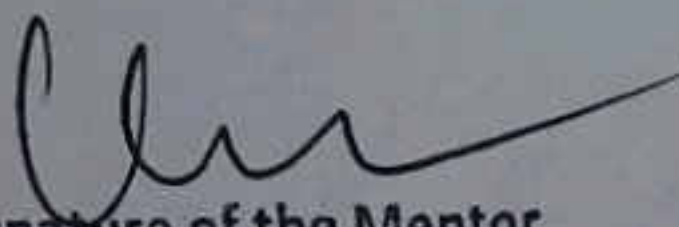
(ii) NO, drainage facility

(iii)

Place:

Date:

K. Sandhya
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO – ECONOMIC SURVEY

Name of the Student : Koduru Sandhya

Group : CBMB

Registration Number : 2222001056004

Area of the Survey conducted: cheepudi

House No.	1-25	Habitat /Ward	2	Panchayat /Municipality	Boduthi
Post office	Boduthi	Mandal	Saravakota	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	T. Kaiduna	M	65	-	Farmer	65000
2.	T. Raviamma	F	16			

2. Social Status details:

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

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: 1 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 _____ ✓

(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: 9121972331

(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) No drinking water facility

(ii) No roads facility

(iii)

Place:

Date:

K Sandhya
Signature of the Student

[Signature]
Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : Kadusu Sandhya

Group : CBMB

Registration Number : 22220101056004

Area of the Survey conducted: Cheedupudi

House No.	<u>1-17</u>	Habitat /Ward	<u>2</u>	Panchayat /Municipality	<u>Boduthi</u>
Post office	<u>Boduthi</u>	Mandal	<u>Sarakata</u>	District	<u>Srikakulam</u>

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	<u>P. Sainu</u>	<u>M</u>	<u>50</u>	<u>-</u>	<u>Farmer</u>	<u>65000</u>
2.	<u>P. Teja</u>	<u>F</u>	<u>45</u>	<u>-</u>		
	<u>P. Jayari</u>	<u>M</u>	<u>17</u>	<u>-</u>		
	<u>P. Yogeeswaro</u>	<u>F</u>	<u>15</u>	<u>-</u>		

2. Social Status details:

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

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 2 Oxen - Buffaloes - Sheep/Goats -

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

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

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

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

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private

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

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

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

5. Other Details:

(i) Do You have TV: Yes/No

(ii) Do you have Mobile: Yes

(iii) Mobile Number: 8339241697

(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) No. water facility

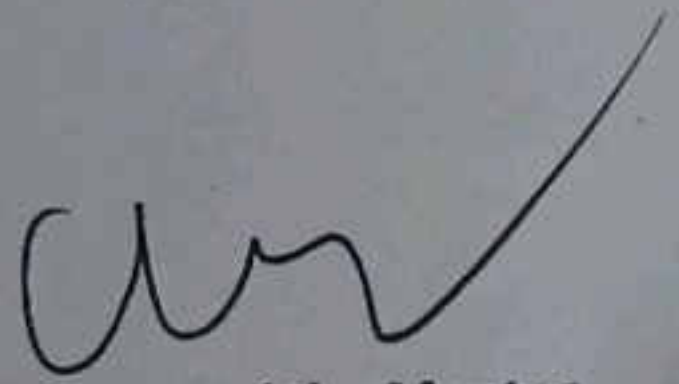
(ii) No. drainage facility

(iii)

Place:

Date:

K. Sandhya
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : Kasodu Sandhya

Group : CBMB

Registration Number : 2222001056004

Area of the Survey conducted: Buduthi

House No.	<u>2-8</u>	Habitat /Ward	<u>2</u>	Panchayat /Municipality	<u>Buduthi</u>
Post office	<u>Buduthi</u>	Mandal	<u>Savarakota</u>	District	<u>Srikakulam</u>

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	<u>N. Appanna</u>	<u>M</u>	<u>45</u>	<u>-</u>	<u>Farmer</u>	<u>65000</u>
	<u>N. Amapurna</u>	<u>F</u>	<u>35</u>	<u>-</u>		
	<u>N. Mohish</u>	<u>M</u>	<u>23</u>	<u>Bek</u>		
	<u>N. Ashok</u>	<u>M</u>	<u>21</u>	<u>Bek</u>		

2. Social Status details:

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

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 2 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 _____ ✓

(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: 8328067932 ✓

(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) No Water Facility

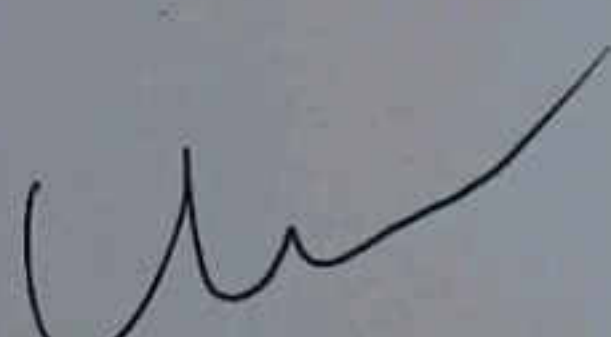
(ii) No Food's facility

(iii)

Place:

Date:

K. Sandhya
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : Koduru Sandhya

Group : CBMB

Registration Number : 2222001056004

Area of the Survey conducted: Cheepuduti

House No.	2-12	Habitat /Ward	2	Panchayat /Municipality	Boduthi
Post office	Boduthi	Mandal	Savaraduta	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	y. Ramesh	M	55		Farmer	65,000
	y. Achamma	F	40			
	y. pradeep	M	17			

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: Vellam (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 1 Buffaloes 1 Sheep/Goats 1

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

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

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

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

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private

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

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

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

5. Other Details:

(i) Do You have TV: ☒ Yes/No

(ii) Do you have Mobile: ☒ Yes

(iii) Mobile Number: 830001079

(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) No drinking water

(ii) No drainage

(iii)

Place:

Date:

K. Sandhya
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : Koduru Sandhya

Group : CBMB

Registration Number : 22220056009

Area of the Survey conducted: Cheedupudi

House No.	<u>2-8</u>	Habitat /Ward	<u>2</u>	Panchayat /Municipality	<u>Boduthi</u>
Post office	<u>Boduthi</u>	Mandal	<u>Savarakata</u>	District	<u>Srikakulam</u>

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	<u>N. Suryamayana</u>	<u>M</u>	<u>45</u>		<u>Farmer</u>	<u>85,000</u>
	<u>N. Laxmi</u>	<u>F</u>	<u>35</u>			
	<u>N. Sneetha</u>	<u>F</u>	<u>18</u>	<u>degree</u>		
	<u>N. Sai</u>	<u>M</u>	<u>15</u>	<u>Inter</u>		

2. Social Status details:

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

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 2 Oxen — Buffaloes — Sheep/Goats —.





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



Name of the student : K. Sandhya
Group : CBM-B
Name of the mentor : CH. S. Shudhakar
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
1-26	Kodusu Sandhya	Cheedupadi	Savarakata	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 ✓
- b. I experienced feeling of hunger during the day ✓
- c. I eat meat. ✓
- d. I eat vegetables. ✓
- e. I eat fruits. ✓
- f. I eat dairy products ✓
- g. I eat sweets. ✓

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

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

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

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

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

6. Do you have any particular food allergies?

NO

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

Sweet foods:

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

Fresh vegetables & Fruits:

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

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

90% ☐ 75% ☐ 50% ☐ 25% ☒ less than 25% ☐

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

90% ☐ 75% ☒ 50% ☐ 25% ☐ less than 25% ☐

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

NO

11. Do you know your current body mass index?

NO

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

NO

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

healthiest :- vegetables, fruits

unhealthiest :- ~~junk~~ junk food, oil food

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

Restful sleep

a. No impact.

B. little impact

☒ big impact. D. none

Health

a. No impact.

☒ little impact

c. big impact. D. none

Weight.

a. No impact.

☒ little impact

c. big impact. D. none

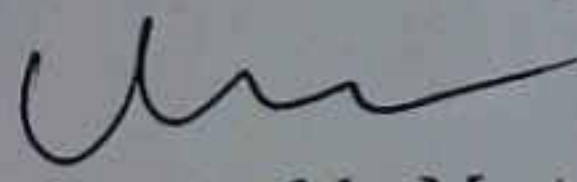
Mental condition.

☒ No impact.

B. little impact

c. big impact. D. none

K. Sandhya
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO – ECONOMIC SURVEY

Name of the Student : Kodusu Sandhya

Group : CBMB

Registration Number : 222201056004

Area of the Survey conducted: Cheedupudi

House No.	1-69	Habitat /Ward	2	Panchayat /Municipality	Boduthi
Post office	Boduthi	Mandal	Saivakata	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	Kodusu. Lakshmanam	M	45	degree	Army	85,000
2.	Kodusu. Aruna	M F	33	Inter	house maker	-
3.	Kodusu. pyetha	M F	12	10th	Studing	-
4.	Kodusu. pavitha	F	9	9th	Studing	-

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: Velam (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: 4 Acres

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

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

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

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

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

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private

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

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

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

5. Other Details:

(i) Do You have TV: Yes/No ☒

(ii) Do you have Mobile: Yes ☒

(iii) Mobile Number: 9492417971

(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) current problem

(iii)

Place:

Date:

K. Sandhya
Signature of the Student


Signature of the Mentor



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



Name of the student : kodusu.Sandhya
Group : C.B.M.B
Name of the mentor : C.H.S Shudhakar
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
1-69	Kodugu. Lakshman Rao	Cheedupathi	Savarakata	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 ✓
- b. I experienced feeling of hunger during the day ✓
- c. I eat meat. ✓
- d. I eat vegetables. ✓
- e. I eat fruits. ✓
- f. I eat dairy products ✓
- g. I eat sweets. ✓

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

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

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

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

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

6. Do you have any particular food allergies?

NO

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

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

Fresh vegetables & Fruits:

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

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

90% ☐ 75% ☐ 50% ☐ 25% ☒ less than 25% ☐

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

90% ☐ 75% ☒ 50% ☐ 25% ☐ less than 25% ☐

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

NO

11. Do you know your current body mass index?

NO

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

NO

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

healthiest :- vegetables, fruits

unhealthiest :- Junk food, oil food.

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

Restful sleep

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

Health

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

Weight.

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

Mental condition.

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

K. Sandhya
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : Kadusu. Sandhya

Group : CBMB

Registration Number : 2222001056004

Area of the Survey conducted: Cheepodipudi

House No.	1-02	Habitat /Ward	01	Panchayat /Municipality	Bedurthi
Post office	Bedurthi	Mandal	Saravaka	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	G. Gowinda Rao	65	M	-	Farmer	65.000
2.	G. Santhosh	45	F	-	-	-
	G. Ramamurthy	20	M	10th	-	-
	G. Ramya	17	F	10th	-	-

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: Udumbar (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 2 Oxen - Buffaloes - Sheep/Goats 3.

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

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

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

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

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private

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

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

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

5. Other Details:

(i) Do You have TV: Yes/No

(ii) Do you have Mobile: Yes

(iii) Mobile Number: 7732024595

(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) current problem

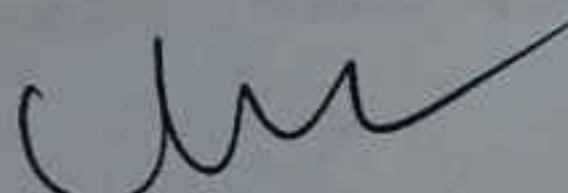
(ii) water problem

(iii)

Place:

Date:

k. Sandhya
Signature of the Student


Signature of the Mentor



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



Name of the student : Kadusu Sandhya
Group : CBMB
Name of the mentor : CHS Shudhakar
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
1-02	G. Gowinda Rao	Cheedupudi	Taravakata	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 ✓
- b. I experienced feeling of hunger during the day ✓
- c. I eat meat. ✓
- d. I eat vegetables. ✓
- e. I eat fruits. ✓
- f. I eat dairy products ✓
- g. I eat sweets ✓

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

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

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

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

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

6. Do you have any particular food allergies?

NO

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

Sweet foods:

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

Fresh vegetables & Fruits:

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

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

90% ☐ 75% ☐ 50% ☒ 25% ☐ less than 25% ☐

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

90% ☐ 75% ☒ 50% ☐ 25% ☐ less than 25% ☐

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

NO

11. Do you know your current body mass index?

NO

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

NO

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

Healthiest :- vegetables, fruits

Unhealthiest :- junk food, oil food

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

Restful sleep

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

Health

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

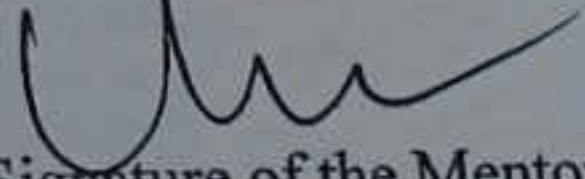
Weight.

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

Mental condition.

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

K Sandhya
Signature of the Student


Signature of the Mentor



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

Name of the Student : Kodusu Sandhya

Group : CBMB

Registration Number : 2222001 056004

Area of the Survey conducted: Cheedupodi

House No.	<u>2-3</u>	Habitat /Ward	<u>1</u>	Panchayat /Municipality	<u>Buduthi</u>
Post office	<u>Buduthi</u>	Mandal	<u>Savarakota</u>	District	<u>Srikakulam</u>

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
<u>1</u>	<u>K. Bhaskar</u>	<u>55</u>	<u>M</u>	<u>-</u>	<u>Farmer</u>	<u>65,000</u>
	<u>K. Raghuathi</u>	<u>45</u>	<u>F</u>	<u>-</u>		<u>-</u>
	<u>K. Suresh</u>	<u>23</u>	<u>M</u>	<u>degree</u>		<u>-</u>
						<u>-</u>

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: Velam (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 2 Oxen 2 Buffaloes - Sheep/Goats 2

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

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

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

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

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private

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

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

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

5. Other Details:

(i) Do You have TV: ☒ Yes/No

(ii) Do you have Mobile: ☒ Yes

(iii) Mobile Number: 9491034412

(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)

(ii)

(iii)

Place:

Date:

K. Sandhya
Signature of the Student

[Signature]
Signature of the Mentor



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



Name of the student : Kadusu Sandhya
Group : C.B.M.B
Name of the mentor : Ch.S. Shudhakar
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
2-3	K. Bhaskar Rao	Cheduppi	Savarakota	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 ☒
- b. I experienced feeling of hunger during the day ☒
- c. I eat meat. ☒
- d. I eat vegetables. ☒
- e. I eat fruits. ☒
- f. I eat dairy products ☒
- g. I eat sweets. ☒

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

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

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

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

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

6. Do you have any particular food allergies?

No

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

Sweet foods:

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

Fresh vegetables & Fruits:

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

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

90% ☐ 75% ☐ 50% ☒ 25% ☐ less than 25% ☐

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

90% ☐ 75% ☒ 50% ☐ 25% ☐ less than 25% ☐

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

NO

11. Do you know your current body mass index?

NO

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

NO

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

Healthiest :- vegetables

Un healthiest :- fruits

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

Restful sleep

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

Health

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

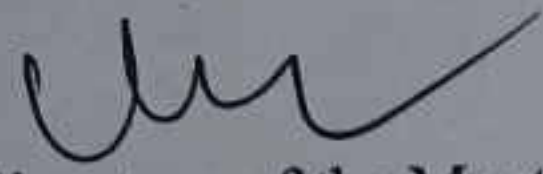
Weight.

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

Mental condition.

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

K. Sardhya
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : Kodusu Sandhya

Group : C.BMB

Registration Number : 2222001056004

Area of the Survey conducted: Cheedipadi

House No.	1-63	Habitat /Ward	A	Panchayat /Municipality	Boduthi
Post office	Boduthi	Mandal	Savarakata	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. Musaya	M	45	-		
	N. Uma	F	40	-		
	N. Venkatesh	M	19	B.Tech		
	N. Bagarandha	M	17	IT		

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: Udumbar (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: 4 Acres

(vi) Livestock resources: Cows 2 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 _____ ✓

(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: 9493342030

(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

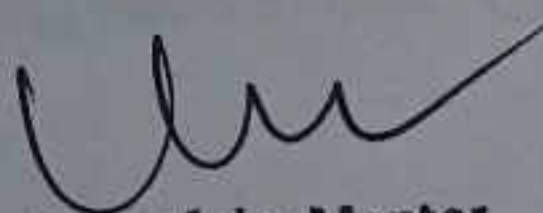
(ii) current problem

(iii)

Place:

Date:

k. Sandhya
Signature of the Student


Signature of the Mentor



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



Name of the student : kodusu. Sandhya
Group : CBMB
Name of the mentor : CHS. Shudhakaran
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
1-63	N. Musaya	cheepadi	Savarakota	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 ✓
- b. I experienced feeling of hunger during the day ✓
- c. I eat meat. ✓
- d. I eat vegetables. ✓
- e. I eat fruits. ✓
- f. I eat dairy products ✓
- g. I eat sweets. ✓

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

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

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

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

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

6. Do you have any particular food allergies?

NO

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

Sweet foods:

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

Fresh vegetables & Fruits:

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

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

90% ☐ 75% ☐ 50% ☒ 25% ☐ less than 25% ☐

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

90% ☐ 75% ☒ 50% ☐ 25% ☐ less than 25% ☐

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

NO

11. Do you know your current body mass index?

NO

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

NO

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

Healthiest :- vegetables, fruits

UnHealthiest :- Junk food, oil food

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

Restful sleep

a. No impact.

☒ B. little impact

c. big impact. D. none

Health

a. No impact.

☒ B. little impact

c. big impact. D. none

Weight.

☒ a. No impact.

B. little impact

c. big impact. D. none

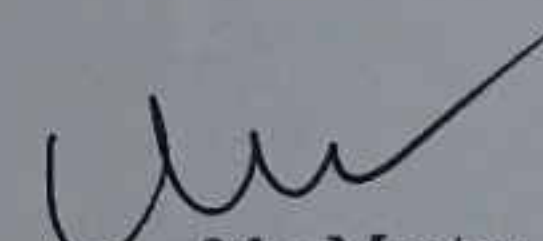
Mental condition.

☒ A. No impact.

B. little impact

c. big impact. D. none

k. Sandhya
Signature of the Student


Signature of the Mentor



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

Name of the Student : Kadusri Sindhya

Group : C.B.M.B

Registration Number : 2222001056004

Area of the Survey conducted: Buduthi

House No.	1-26	Habitat /Ward	2	Panchayat /Municipality	Buduthi
Post office	Buduthi	Mandal	Savarnakota	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	Suryanarayana	M	49	-	Farmer	65.0000
2.	Vasanthi	F	35	-		
3.	Ajay	F	17	5th		
4.	Indu	F	15	10th		

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: Viduthi (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: 4 Acres

(vi) Livestock resources: Cows 4 Oxen 4 Buffaloes 4 Sheep/Goats 2

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

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

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

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

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private

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

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

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

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 8624662420

(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

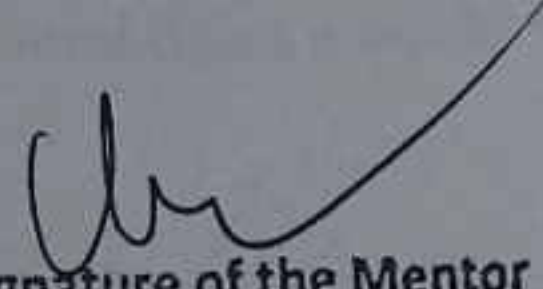
(ii) current problem

(iii)

Place:

Date:

K. Sanoliza
Signature of the Student


Signature of the Mentor



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



Name of the student : kadu S. Sandhya
Group : CBMB
Name of the mentor : CHS. Shadhkar
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
1-25	K. Sarganarayana	Chetupudi	Savakota	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 ✓
- b. I experienced feeling of hunger during the day ✓
- c. I eat meat. ✓
- d. I eat vegetables ✓
- e. I eat fruits. ✓
- f. I eat dairy products ✓
- g. I eat sweets. ✓

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

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

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

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

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

6. Do you have any particular food allergies?

no

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

Sweet foods:

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

Fresh vegetables & Fruits:

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

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

90% ☐ 75% ☐ 50% ☒ 25% ☐ less than 25% ☐

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

90% ☐ 75% ☒ 50% ☐ 25% ☐ less than 25% ☐

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

NO

11. Do you know your current body mass index?

NO

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

NO

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

Healthiest :- vegetables

Unhealthiest :- Junk food

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

Restful sleep

a. No impact.

☒ B. little impact

c. big impact. D. none

Health

☒ a. No impact.

B. little impact

c. big impact. D. none

Weight.

☒ a. No impact.

B. little impact

c. big impact. D. none

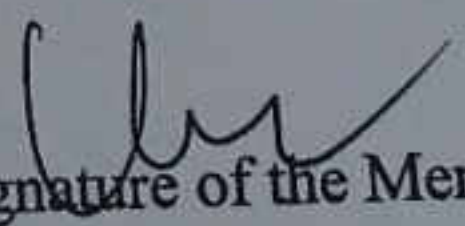
Mental condition.

☒ A. No impact.

B. little impact

c. big impact. D. none

K. Sandhya
Signature of the Student


Signature of the Mentor



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

Name of the Student : Kodusu Sandhya
Group : CBMB
Registration Number : 2222001056004
Area of the Survey conducted: Cheepudhi

House No.	<u>9-4</u>	Habitat /Ward	<u>2</u>	Panchayat /Municipality	<u>Boduthi</u>
Post office	<u>Boduthi</u>	Mandal	<u>Savarakota</u>	District	<u>Srikakulam</u>

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	<u>K. Kaishna</u>	<u>M</u>	<u>39</u>	<u>-</u>	<u>Farmer</u>	<u>65.000</u>
2.	<u>K. parvatha</u>	<u>F</u>	<u>32</u>	<u>-</u>		
3.	<u>K. Sanyama</u>	<u>F</u>	<u>17</u>	<u>Inter</u>		
4.	<u>K. Sankar</u>	<u>M</u>	<u>14</u>	<u>9th</u>		

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: Velama (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: - Acres

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

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

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

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

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

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private

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

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

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

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 9391104394

(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) current problem

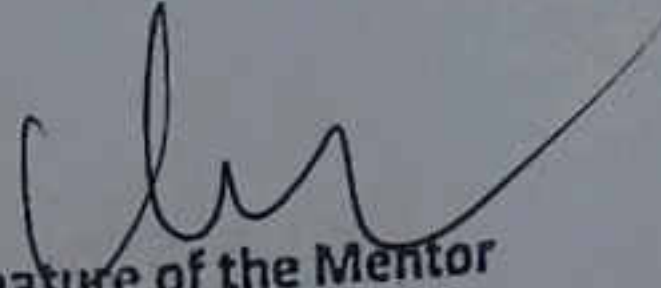
(ii) water problem

(iii)

Place:

Date:

K. Sandhya
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : Kodu su. Sandhya

Group : CBMB

Registration Number : 22200156004

Area of the Survey conducted: Cheepudi cheedepudi

House No.	1-33	Habitat /Ward	3	Panchayat /Municipality	Boduthi
Post office	Boduthi	Mandal	Sambakata	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. laxmi narayana	WFM	45	-	Farmer	6000.
2.	K. Ravithirane.	W F	35	-		
3.	K. Tanuja	W F	17	10th		
4.	K. Dhenuh	W F	11	9th		

2. Social Status details:

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

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 ☒

(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: 830216549 ☒

(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) No drinking water facility.

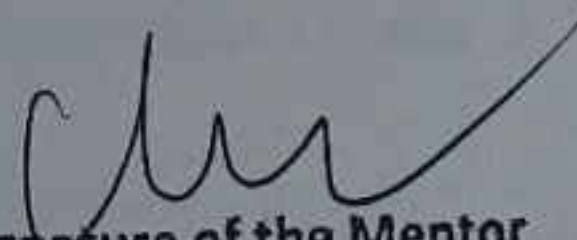
(ii) No drainage facility

(iii)

Place:

Date:

K. Sandhya
Signature of the Student


Signature of the Mentor



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



Name of the student : Koduru Sandhya
Group : CBMB
Name of the mentor : CHS Sheshankar
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
1-33	K. Tanujaya	cheelupudi	sarakajata	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 ✓
- b. I experienced feeling of hunger during the day ✓
- c. I eat meat. ✓
- d. I eat vegetables. ✓
- e. I eat fruits. ✓
- f. I eat dairy products. ✓
- g. I eat sweets. ✓

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

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

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

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

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

6. Do you have any particular food allergies?

No

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

Sweet foods:

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

Fresh vegetables & Fruits:

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

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

90% ☐ 75% ☐ 50% ☐ 25% ☐ less than 25% ☒

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

90% ☐ 75% ☐ 50% ☒ 25% ☐ less than 25% ☐

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

No

11. Do you know your current body mass index?

No

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

No

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

Healthiest:-vegetables, juice, fruits etc. . . .
Un Healthiest:-oil food.

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

Restful sleep

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

Health

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

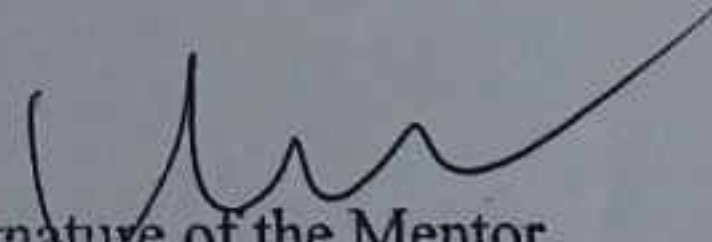
Weight.

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

Mental condition.

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

K. Sandhya
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : Koduru Sandhya

Group : CBMB

Registration Number : P222001056004

Area of the Survey conducted: cheedepudi

House No.	<u>1-34</u>	Habitat /Ward	<u>3</u>	Panchayat /Municipality	<u>Buduthi</u>
Post office	<u>Buduthi</u>	Mandal	<u>Savarakota</u>	District	<u>Srikakulam</u>

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	<u>K. Appanna</u>	<u>M</u>	<u>65</u>	<u>-</u>	<u>lab</u>	<u>85000</u>
2.	<u>K. Sakuntala</u>	<u>F</u>	<u>56</u>	<u>-</u>		
3.	<u>K. gopi</u>	<u>M</u>	<u>30</u>	<u>B.tech</u>		

2. Social Status details:

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

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 _____

(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: 855510749

(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) No Water facility

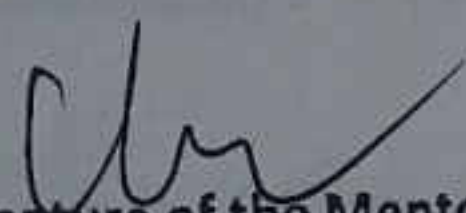
(ii) No roads facility

(iii)

Place:

Date:

K. Sandhya
Signature of the Student


Signature of the Mentor



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



Name of the student : Kodusu Sandhya
Group : CBMB
Name of the mentor : CHS Shudhakar
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
1-34	K. Gopi	Chiedupudi	Savarakota	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 ✓
- b. I experienced feeling of hunger during the day ✓
- c. I eat meat ✓
- d. I eat vegetables ✓
- e. I eat fruits ✓
- f. I eat dairy products ✓
- g. I eat sweets ✓

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

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

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

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

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

6. Do you have any particular food allergies?

No

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

Sweet foods:

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

Fresh vegetables & Fruits:

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

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

90% ☐ 75% ☐ 50% ☐ 25% ☐ less than 25% ☒

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

90% ☐ 75% ☐ 50% ☒ 25% ☐ less than 25% ☐

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

No

11. Do you know your current body mass index?

No

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

No

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

Healthiest:- vegetables, rice, fruits etc - - -

Un Healthiest:- non veg etc - - -

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

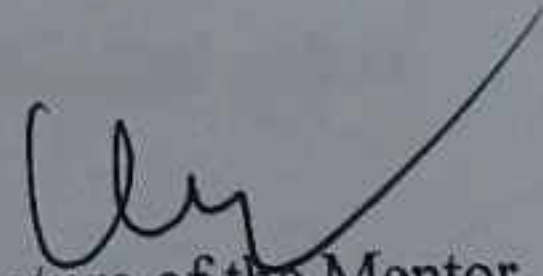
Weight.

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

Mental condition.

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

k. Sandhya
Signature of the Student


Signature of the Mentor



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



Name of the student : Kadujo. Sandhya
Group : C.B.M.B
Name of the mentor : CHS. Shudakar
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
256.	Gr. Anna purna	cheedupudi	saravakota	Srikakulam

1. How many times a day do you eat?

4 Times

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

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

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

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

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

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

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

6. Do you have any particular food allergies?

No

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

Sweet foods:

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

Fresh vegetables & Fruits:

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

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

90% ☐ 75% ☐ 50% ☐ 25% ☒ less than 25% ☐

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

90% ☐ 75% ☐ 50% ☒ 25% ☐ less than 25% ☐

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

No

11. Do you know your current body mass index?

No

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

No

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

Healthiest:- vegetables, rice, curries.
Un Healthiest:- oil food.

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

Restful sleep

a. No impact.

B. little impact

c. ☒ big impact. D. none

Health

a. No impact.

B. ☒ little impact

c. big impact. D. none

Weight.

a. ☒ No impact.

B. little impact

c. big impact. D. none

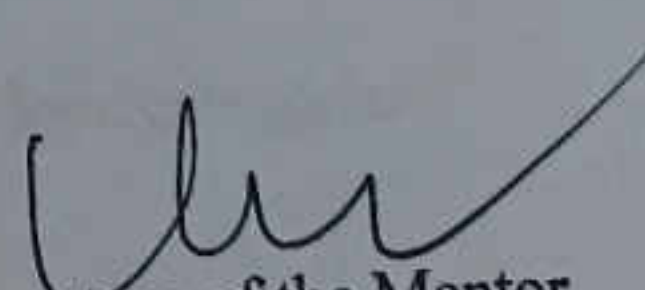
Mental condition.

A. ☒ No impact.

B. little impact

c. big impact. D. none

K. Sandhya
Signature of the Student


Signature of the Mentor



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



Name of the student : Koduru Sandhya
Group : CBMB
Name of the mentor : CHS Sudhakar
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
1-25	t.kaishna	cheedupudi	Savavakota	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 ✓
- b. I experienced feeling of hunger during the day ✓
- c. I eat meat. ✓
- d. I eat vegetables. ✓
- e. I eat fruits. ✓
- f. I eat dairy products ✓
- g. I eat sweets. ✓

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

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

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

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

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

6. Do you have any particular food allergies?

(No)

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

Sweet foods:

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

Fresh vegetables & Fruits:

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

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

90% ☐ 75% ☐ 50% ☐ 25% ☒ less than 25% ☐

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

90% ☐ 75% ☒ 50% ☐ 25% ☐ less than 25% ☐

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

No

11. Do you know your current body mass index?

No

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

No

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

Healthiest: Vegetables, fruits, Eggs, . . .
UnHealthiest: Samosa, junk food etc. . .

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

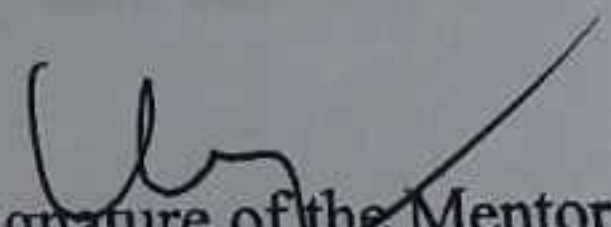
Weight.

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

Mental condition.

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

Ic. Sandhya
Signature of the Student


Signature of the Mentor



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



Name of the student : Kadusu Sandhya
Group : CBMB
Name of the mentor : CH.S Shudakar
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
1-17	P. Sainu	1	Saravakota	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 ✓
- b. I experienced feeling of hunger during the day ✓
- c. I eat meat. ✓
- d. I eat vegetables. ✓
- e. I eat fruits. ✓
- f. I eat dairy products ✓
- g. I eat sweets. ✓

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

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

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

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

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

6. Do you have any particular food allergies?

No

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

Sweet foods:

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

Fresh vegetables & Fruits:

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

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

90% ☐ 75% ☐ 50% ☐ 25% ☐ less than 25% ☒

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

90% ☐ 75% ☐ 50% ☒ 25% ☐ less than 25% ☐

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

No

11. Do you know your current body mass index?

No

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

No

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

Healthiest: Vegetables, currys, rice etc . . .
Un Healthiest: oil food, non veg . . .

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

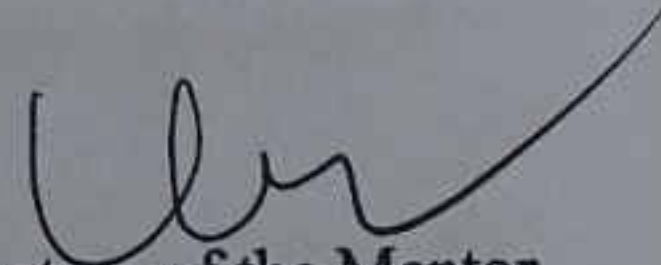
Weight.

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

Mental condition.

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

Le Sandhya
Signature of the Student


Signature of the Mentor



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



Name of the student : K. Sandhya
Group : CBMB
Name of the mentor : CHS Sudhakar
Name of the project : Food HABITS

House No	Name of the person	Village / Ward	Mandal	District
2-8	N. Ashok	cheepuduthi	Savavabada	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 ✓
- b. I experienced feeling of hunger during the day ✓
- c. I eat meat ✓
- d. I eat vegetables ✓
- e. I eat fruits ✓
- f. I eat dairy products ✓
- g. I eat sweets ✓

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

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

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

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

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

6. Do you have any particular food allergies? No

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

Sweet foods:

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

Fresh vegetables & Fruits:

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

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

90% ☐ 75% ☐ 50% ☐ 25% ☒ less than 25% ☐

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

90% ☐ 75% ☒ 50% ☐ 25% ☐ less than 25% ☐

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

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

12. Have you ever been on a diet, if so, what kind? ^{No}

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

Healthiest:- vegetables, juice, curries.
Un Healthiest:- oil food

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

Restful sleep

a. No impact.

B. little impact

c. big impact. ☒ D. none

Health

a. No impact.

B. little impact

c. big impact. ☒ D. none

Weight.

a. No impact.

B. little impact ☒

c. big impact. D. none

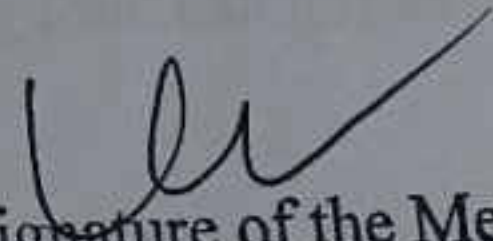
Mental condition.

A. No impact.

B. little impact ☒

c. big impact. D. none

K. Sandhya
Signature of the Student


Signature of the Mentor



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



Name of the student : K. Sandhya
Group : CBMB
Name of the mentor : CHS Sathakam
Name of the project : FOOD HABITS

House No	Name of the person	Village / Ward	Mandal	District
2-12	Y. Ramesh	cheedupudi	Savarakata	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 ✓
 - I experienced feeling of hunger during the day ✓
 - I eat meat. ✓
 - I eat vegetables. ✓
 - I eat fruits. ✓
 - I eat dairy products ✓
 - I eat sweets. ✓
- What meal would you consider to be your main meal of the day?
 - Breakfast
 - lunch
 - dinner ✓
 - others
- What does your main meal consist of and how it is prepared?
 - Freshly prepared. ✓
 - restaurant meal.
 - precooked microwave.
 - other
- Have you been avoiding some foods for health reasons? Yes / No ✓
- 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 ☐

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

90% ☐ 75% ☐ 50% ☒ 25% ☐ less than 25% ☐

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

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

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

No
13. Mention the food items from the healthiest to the unhealthiest from your point of views?

*Healthiest: vegetables, rice, Eggs.
Unhealthiest: junk food*

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

Restful sleep

a. No impact.

B. little impact

c. ☒ big impact. D. none

Health

a. No impact.

B. little impact

c. ☒ big impact. D. none

Weight.

a. No impact.

B. ☒ little impact

c. big impact. D. none

Mental condition.

A. ☒ No impact.

B. little impact

c. big impact. D. none

K. Sandhya
Signature of the Student

[Signature]
Signature of the Mentor



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



Name of the student : kodusu Sandhya
Group : CBMB
Name of the mentor : CHS Shudhan
Name of the project : Food habits

House No	Name of the person	Village / Ward	Mandal	District
2-8	U. Suneetha	cheedipudi	Savaralesta	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 ✓
- b. I experienced feeling of hunger during the day ✓
- c. I eat meat. ✓
- d. I eat vegetables. ✓
- e. I eat fruits. ✓
- f. I eat dairy products ✓
- g. I eat sweets. ✓

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

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

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

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

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

6. Do you have any particular food allergies?

No

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

Sweet foods:

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- less often ☐ never ☐

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90% ☐ 75% ☐ 50% ☒ 25% ☐ less than 25% ☐

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

No

11. Do you know your current body mass index?

No

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

No

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

Healthiest: vegetables, fruits, etc. . . .

UnHealthiest: junk food etc. . . .

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

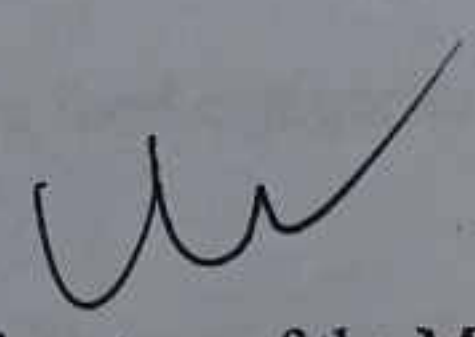
Weight.

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

Mental condition.

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

lc Sandhu
Signature of the Student


Signature of the Mentor



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



Name of the student : Koduru Sandhya
Group : CBMB
Name of the mentor : CH-S Sathakam
Name of the project : FOOD HABITS

House No	Name of the person	Village / Ward	Mandal	District
2-8	N-Sureetha	Cheepidudi	Saravakota	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 ✓
 - I experienced feeling of hunger during the day ✓
 - I eat meat. ✓
 - I eat vegetables. ✓
 - I eat fruits. ✓
 - I eat dairy products ✓
 - I eat sweets. ✓
- What meal would you consider to be your main meal of the day?
 - Breakfast
 - lunch
 - dinner ✓
 - others
- What does your main meal consist of and how it is prepared?
 - Freshly prepared. ✓
 - restaurant meal.
 - precooked microwave.
 - other
- Have you been avoiding some foods for health reasons? Yes / No ✓
- Do you have any particular food allergies? No
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10. Do you or have you ever has cholesterol problems?

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11. Do you know your current body mass index?

No

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

No

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

Healthiest :- vegetables, currys juice
Un Healthiest :- oil food etc. . . .

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

le Sandhu
Signature of the Student

[Signature]
Signature of the Mentor



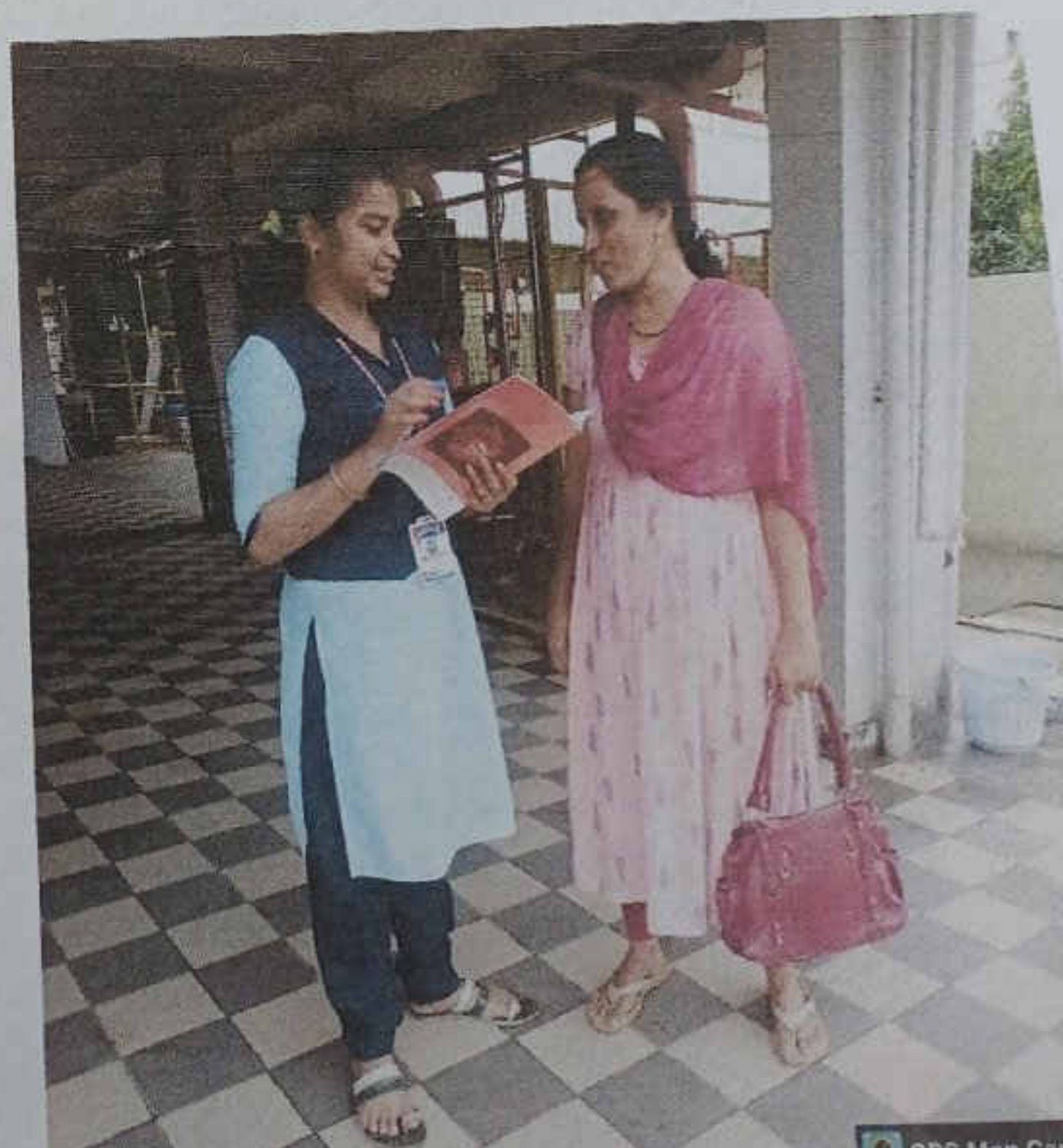
Srikakulam, Andhra Pradesh, India
 1-42-35, New Brg Rd, RTC Complex Area, Shanti Nagar
 Colony, Balaga, Srikakulam, Andhra Pradesh 532001, India
 Lat 18.309519°
 Long 83.892189°
 20/09/23 04:29 PM GMT +05:30



Srikakulam, Andhra Pradesh, India
 1-43-16, New Brg Rd, RTC Complex Area, Shanti Nagar
 Colony, Balaga, Srikakulam, Andhra Pradesh 532001, India
 Lat 18.309012°
 Long 83.892487°
 20/09/23 05:14 PM GMT +05:30



Srikakulam, Andhra Pradesh, India
 1-43-16, New Brg Rd, RTC Complex Area, Shanti Nagar
 Colony, Balaga, Srikakulam, Andhra Pradesh 532001, India
 Lat 18.308683°
 Long 83.892722°
 20/09/23 05:13 PM GMT +05:30



Srikakulam, Andhra Pradesh, India
 1-43-16, New Brg Rd, RTC Complex Area, Shanti Nagar
 Colony, Balaga, Srikakulam, Andhra Pradesh 532001, India
 Lat 18.309012°
 Long 83.892487°
 20/09/23 05:15 PM GMT +05:30



CONCLUSION

I'm KADUSU SANDHYA, studying in B.SC first year CBMB group. I had completed the community service project on "**FOOD HABITS**" in our village and submitted the report to my mentor. My project is about the food habits of our Village people, I conducted questionnaire to different age groups people about their regular diet. Most of the old aged people considered lunch as their main meal of the day. They taking food only two times per day due to digestive problems. We find out the major problem facing by our villagers and dropped the Sarpanch attention towards the problem by conducting awareness program in our village.

· It was interesting to carry out this project to know about different opinions, food habits and problems of our villagers. Finally, I believe that my project is complete under vision of my mentor. I thank him for his guidance and support.

By
KADUSU SANDHYA

AWARENESS REPORT:

PROBLEMS IDENTIFIED

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

EFFECTS FACED BY PEOPLE

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

SUGGESTIONS

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

BY: Kadusu sandhya.