

**A PROJECT
ON
COMMUNITY SERVICE**

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

**By
Kornana dillewarrao
2222001056005
Semester 2 (cbmb)
Batch 2022-2025
Under the supervision
Shs.Sudhakar
Lecturer in Microbiology**

GOVERNMENT DEGREE COLLEGE(Men), SRIKAKULAM



WEBSITE: WWW.gcmsklm.ac.in

ACKNOWLEDGEMENT

I would like to express my gratitude to all those who gave me the possibility to complete the Community Service Project. Special thanks to Mentor D. Adityanayana 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 microbiology 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 **K. Dilleswarrao** studying Bsc CB group has completed 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 2022-2023.

Date:

Place: **Kesavarayuni palem**

Project guide
Shs.Sudhakar,
Lecture in microbiology
GDC (M), srikakulam

DECLARATION

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

Srikakulam
Date:

K. Dillewarra Rao

Signature of the candidate
Name:

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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.

The old 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 idiosyncrasies 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.

1. Study area:

METHODOLOGY

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

2. Quantitative study

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

3. Qualitative study:

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

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

LOG BOOK

Name of the student : KORNANA DILLESWARA RAO

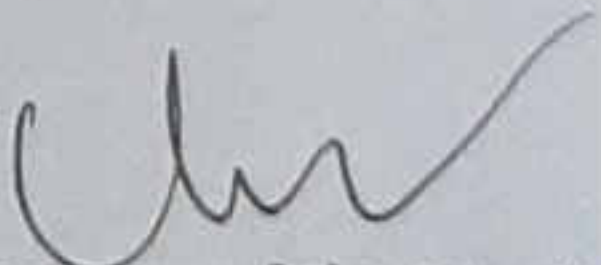
Group : BSC CBMB

Registration Number : 2222001056005

Name of the Mentor : CHA. SUDHAKAR

Name of the Project : project writting

Date & Day	Activity done	Number of Hours Spent	Signature of the student
29-05-23	project writting	9:30hrs	K. DILLESWARA RAO
30-05-23	project writting	10:30hrs	K. DILLESWARA RAO
31-05-23	project writting	7:00hrs	K. DILLESWARA RAO
1-06-23	project writting	2:30hr	K. DILLESWARA RAO
2-06-23	project writting	3:30hrs	K. DILLESWARA RAO
03-06-23	project writting	4:00hrs	K. DILLESWARA RAO
4-06-23	project writting	4:30hrs	K. DILLESWARA RAO
5-06-23	project writting	5:00hrs	K. DILLESWARA RAO
6-06-23	project writting	7:10hrs	K. DILLESWARA RAO
7-06-23	project writting	2:30hrs	K. DILLESWARA RAO


Signature of the Mento

GOVT. DEGREE COLLEGE(M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : K. DILLISWARA RAO

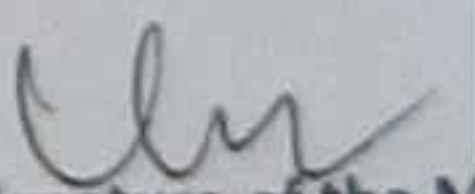
Group : CBMB

Registration Number : 2222001086005

Name of the Mentor : S. H. S. SUDHAKAR

Name of the Project : Awareness programme

Date & Day	Activity done	Number of Hours Spent	Signature of the student
17-05-23	Awareness programme	05 Hours	K. DILLISWARA RAO
18-05-23	Awareness programme	07 Hours	K. DILLISWARA RAO
19-05-23	Awareness programme	06 Hours	K. DILLISWARA RAO


Signature of the M

GOVT. DEGREE COLLEGE(M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : KORNANJA DILLESWARA RAO

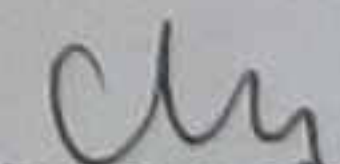
Group : CBMB

Registration Number : 2222001056005

Name of the Mentor : CHA. Sudhakar

Name of the Project : Socio Economic Survey.

Date & Day	Activity done	Number of Hours Spent	Signature of the student
09-5-23	Socio-economic Survey	7:30hrs	K. DILLESWARA RAO
10-5-23	Socio-economic Survey	6:00hrs	K. DILLESWARA RAO
11-05-23	Socio-economic Survey	7:00hrs	K. DILLESWARA RAO
12-05-23	Socio-economic Survey	4:30hrs	K. DILLESWARA RAO
13-05-23	Socio-economic Survey	6:00hrs	K. DILLESWARA RAO
14-05-23	Socio-economic Survey	5:30hrs	K. DILLESWARA RAO
15-05-23	Socio-economic Survey	6:00hrs	K. DILLESWARA RAO
6-05-23	Socio-economic Survey	6:00hrs	K. DILLESWARA RAO


 Signature of the Mentor

GOVT. DEGREE COLLEGE(M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : KORNANA DILLESWARA RAO

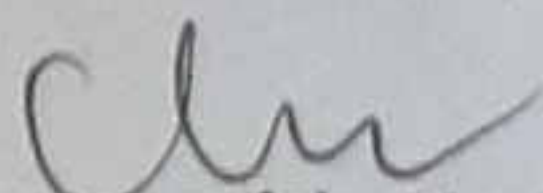
Group : CBMB

Registration Number : 2222004056005

Name of the Mentor : CHA SUDHAKAR

Name of the Project : food habits

Date & Day	Activity done	Number of Hours Spent	Signature of the student
20-05-23	FOOD Habits	4:30hrs	K. DILLESWARA RAO
21-05-23	FOOD Habits	7:00hrs	K. DILLESWARA RAO
22-05-23	food Habits	5:00hrs	K. DILLESWARA RAO
23-05-23	FOOD Habits	6:30hrs	K. DILLESWARA RAO
24-05-23	-food Habits	7:00hrs	K. DILLESWARA RAO
25-05-23	-food Habits	5:30hrs	K. DILLESWARA RAO
26-05-23	food Habits	6:00hrs	K. DILLESWARA RAO
27-05-23	food Habits	7:00hrs	K. DILLESWARA RAO
28-05-23	-food Habits	5:30hrs	K. DILLESWARA RAO


 Signature of the Mentor



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

Name of the Student : KORNANA DILESWARA RAO

Group : BSC CBMB

Registration Number : 2222001056005

Area of the Survey conducted: Kesavarayuni palem

House No.	0-00	Habitat /Ward	Kesavarayuni palem	Panchayat /Municipality	Kesavarayuni palem
Post office	Kesavarayuni palem	Mandal	Laveru	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	KORNANA APPALARAJU	M	46	5th class	farmer	10/month
2	K. parvathi	F	43	7th class	Homemaker	
3	K. Ramakrishna	M	21	B.Sc. ml.T comp	ward	12,000
4	K. Dileswararao	M	19	degree	studying	

2. Social Status details:

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

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

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

4. Health Details:

(i) Ailments in family:

(ii) Treatment in which Hospital: Govt/Private

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

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

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

5. Other Details:

(i) Do You have TV: Yes/No

(ii) Do you have Moblle: 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) lack of Internet facility for studies

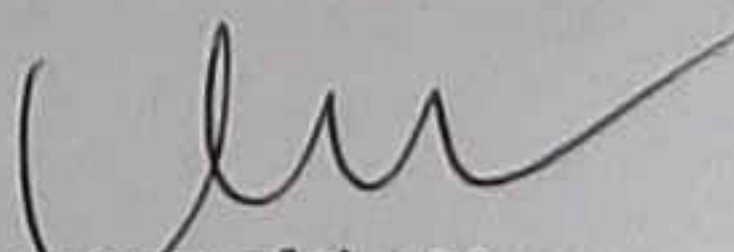
(ii)

(iii)

Place: Kesavarayunipalem.

Date:

K. Dileswara Rao
Signature of the Student


Signature of the Mentor



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

Name of the Student : KORNANA DILLESWARAO

Group : CBMB

Registration Number : 222200056005

Area of the Survey conducted: Kesavarayuni Palem

House No.	0-01	Habitat /Ward	Kesavarayuni Palem	Panchayat /Municipality	Kesavarayuni Palem
Post office	Kesavarayuni Palem	Mandal	Lavuru	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	KORNANA Rambabu	49	M		farmer	10/maud
2.	K. laxmi	43	F		Cook	
3.	K. sauker	29	M	10th standard		
4.	K. srinakar	25	M		Auto driver	

2. Social Status details:

(i) Community: SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: mala (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 — 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) 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 9391189927

(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)

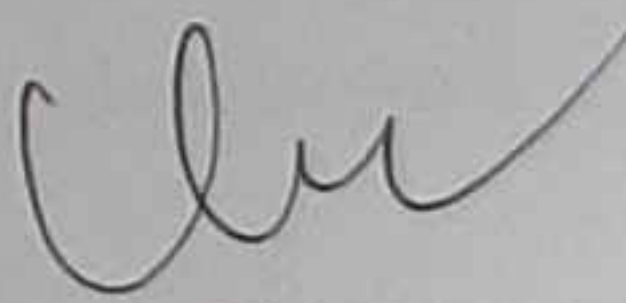
(ii)

(iii)

Place: Kesavarayunipalem

Date:

K. Rameshwar Rao.
Signature of the Student


Signature of the Mentor



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

Name of the Student : K. DILLESWARA RAO

Group : CBMB

Registration Number : 2222001056005

Area of the Survey conducted: Kesavarayuni palem

House No.	1-193	Habitat /Ward	Kesavarayuni palem	Panchayat /Municipality	Kesavarayuni palem
Post office	Kesavarayuni palem	Mandal	Laveru	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	Bouela. Romanla	M	90	NHCL	NHCL	25,000 mthly
2	B. Ravanamma	F	35	10th	Cook	
3	B. Uvalaxmi	F	15	10th studying		
4	B. Charan	M	11	7th		

2. Social Status details:

(i) Community: ☒ SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: mala (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 _____.

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

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

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

(ix) 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)

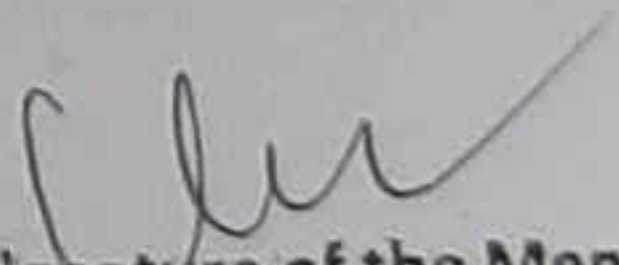
(ii)

(iii)

Place: Kesavarununi palem

Date:

K. Dilligunna Rao
Signature of the Student


Signature of the Mentor



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

Name of the Student : KORNANTA DILLESWARA RAO

Group : CBMB

Registration Number : 2222001056005

Area of the Survey conducted: Kesavarayoni palem

House No.	1-00	Habitat /Ward	Kesavarayoni palem	Panchayat /Municipality	Kesavarayoni palem
Post office	Kesavarayoni palem	Mandal	Lavenu	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	mamidi Ramarao	M	40	10th	labour	25000
2.	m. suridamma	F	39	inter	cook	
3.	m. manoj	M	13	5th		
4.	m. chitti	F	8	3th		

2. Social Status details:

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

(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:

(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) Lack of good drainage facility

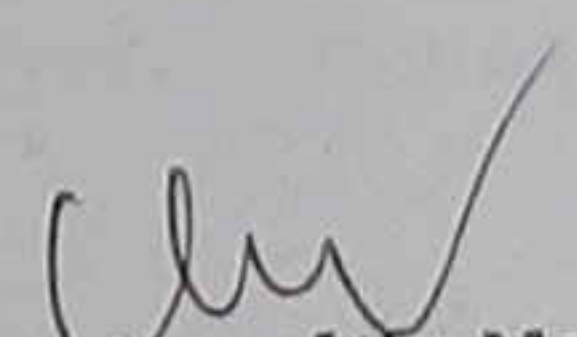
(ii)

(iii)

Place: Kesavarayuni palem

Date:

K. DILGSwara Rao.
Signature of the Student


Signature of the Mentor



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

Name of the Student : K. DILLESWARA RAO

Group : CBMB

Registration Number : 2222001056005

Area of the Survey conducted: kesavarayuni palem

House No.	0-005	Habitat /Ward	kesavarayuni palem	Panchayat /Municipality	kesavarayuni palem
Post office	kesavarayuni palem	Mandal	Laveru	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. Venkatesh	M	40	7th class	labour	10,000
2.	K. Kalavathi	F	38	10th class		
3.	K. Suroop	F	13	5th class		
4.	K. Rupa	F	4			

2. Social Status details:

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

(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) lack of a good dumping yard for recycling waste

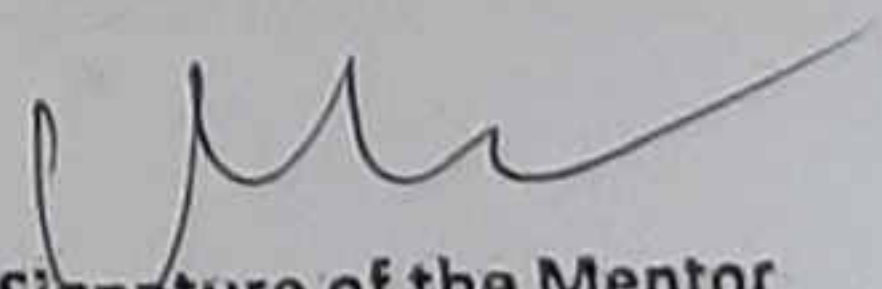
(ii)

(iii)

Place: Kesavarayuni Palem

Date:

K. D. Sureswara Rao
Signature of the Student


Signature of the Mentor



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

Name of the Student : KORNANA DILLESWARA RAO

Group : CBMB

Registration Number : 9222001056005

Area of the Survey conducted: Kesavarayuni palem

House No.	0-01	Habitat /Ward	Kesavarayuni palem	Panchayat /Municipality	Kesavarayuni palem
Post office	Kesavarayuni palem	Mandal	Lavenu	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	KORNANA TAVITI BABU	M	49	10th class	Painter	10,000 month
2	K. CSUGRAMMA	F	45	7th class	labour	
3	K. SULA	F	29	Degree		
4	K. SRAVANI	F	23			

2. Social Status details:

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

(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) drainage problem.

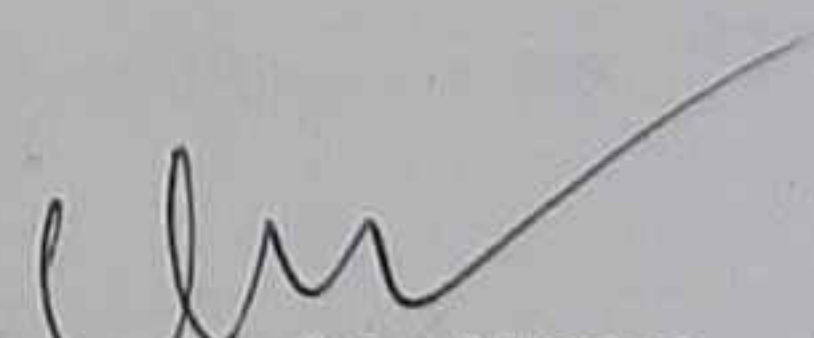
(ii)

(iii)

Place: Kesavarayuni palem

Date:

K. DILLESWARA RAO
Signature of the Student


Signature of the Mentor



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

Name of the Student : K. DILLESWARA RAO

Group : CBMB

Registration Number : 2222001056005

Area of the Survey conducted: Kesavarayuni palem

House No.	0-04	Habitat /Ward	Kesavarayuni palem	Panchayat /Municipality	Kesavarayuni palem
Post office	Kesavarayuni palem	Mandal	loveru	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	Ilakala. Laxminarayana	m	49	5th		
2	P. Bhadraya	m	44	TH	labar	10,000
3	P. Bhavani	f	20	Degree stud	former	
4	P. parvati	f	17	inter		

2. Social Status details:

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

(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: 6304321377

(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)

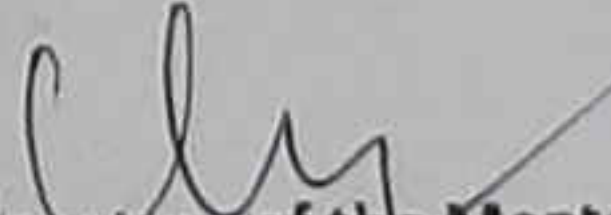
(ii)

(iii)

Place: Kesavarayuni palem

Date:

K. D. N. Eswara Rao.
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : K. DILESWORAYU

Group : CBMB

Registration Number : 2222.001056005

Area of the Survey conducted: Kesavavarayuni palem

House No.	04	Habitat /Ward	Kesavavarayuni palem	Panchayat /Municipality	Kesavavarayuni palem
Post office	Kesavavarayuni palem	Mandal	Lavasa	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	Yogati Sathyam	M	50	10th class	former	10,000 rupees
2	Y. Sarojini	F	49	12th class	labour	
3	Y. Aswani	F	19	degree study		
4	Y. Jayaraj	M	17	inter study		

2. Social Status details:

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

(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) drainage problem.

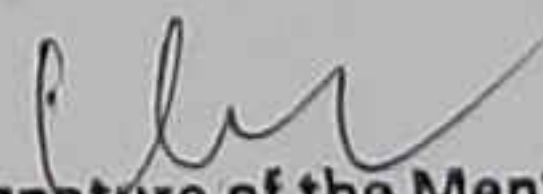
(ii)

(iii)

Place: Kesavarayuni Palem

Date:

K. DILLUSWARA RAO.
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : K. DILLESWARA RAO

Group : CBMB

Registration Number : 2222001056005

Area of the Survey conducted: Kesavarayuni palem

House No.	0-004	Habitat /Ward	Ks palem	Panchayat /Municipality	Ks palem
Post office	Kesavarayuni	Mandal	Laveru	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	Domana. Pavithra Babu	M	50	10th	former	
2	D. Sivaramma	F	49	5th	labour	
3	D. Jyothi	F	28	degree Grad		
4	D. Tulasi	F	18	Nursing stud		

2. Social Status details:

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

(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)

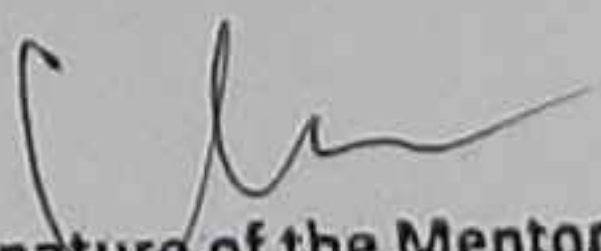
(ii)

(iii)

Place: Kesavarayuni, palani

Date:

K. D. Sureshwararao
Signature of the Student


Signature of the Mentor



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

Name of the Student : K. Dileswara Rao

Group : CBMB

Registration Number : 2222001056005

Area of the Survey conducted: Kesavarayuni Palem

House No.	0-0-1	Habitat /Ward	K-S Palem	Panchayat /Municipality	K-S Palem
Post office	K-S Palem	Mandal	Cheruvu	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	Kuppili Sadyam	M	50	Interdub	formal	10,000
2	K. Laxmi	F	47			
3	K. Jagadeesh	M	25	degree	A-	
4	K. Venkatesh	M	20			

2. Social Status details:

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

(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:

(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) Dringage Problem.

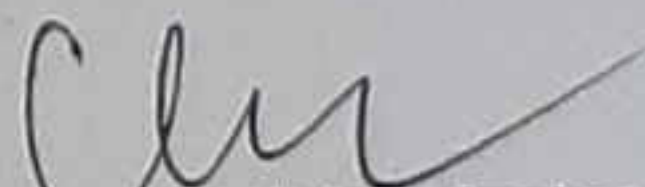
(ii)

(iii)

Place: Kesavarayanur taluk

Date:

K. D. Lleswarappa
Signature of the Student


Signature of the Mentor



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

Name of the Student : K. DILLESWARA RAO

Group : CBMB

Registration Number : 2222001056005

Area of the Survey conducted: Kesavarayuni Alem

House No.	0-01	Habitat /Ward	Kesalem	Panchayat /Municipality	Kesalem
Post office	Kesalem	Mandal	Loveru	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	Domana Bhavani	F	45	5th	former	10,000 month
2	D. Sai	M	20	Inter		
3	D. Suresh	M	18		labour	
4						

2. Social Status details:

(i) Community: ☒ SC/ST/ BC-A-B-C-D/ OC (ii) Sub-Caste: Mala (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 _____

(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:

(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)

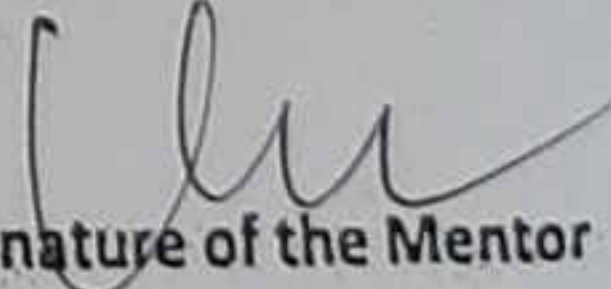
(ii)

(iii)

Place: Kesavarayuni palem

Date:

K. Dillswaro Rao
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : K. DILLESWARA RAO

Group : CBMB

Registration Number : 2222001056005

Area of the Survey conducted: Kesavaraipalem

House No.	0-01	Habitat /Ward	Kx palem	Panchayat /Municipality	Kx palem
Post office	Kx palem	Mandal	Lovru	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	Banula. Sanyasray	M	50	taluk class	female	10,000. monthly
2	B. Ramappanna	F	48			
3	B. Sanku	M	29	degree	autodriver	12,000 monthly
4	B. Sai	M	25			

2. Social Status details:

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

(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) Drainage problem.

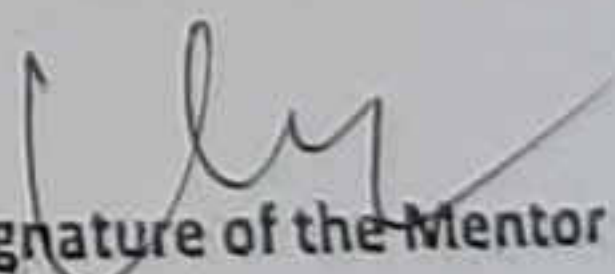
(ii)

(iii)

Place: Kesavarayuni palem

Date:

K. Dillewarao Rao
Signature of the Student


Signature of the Mentor



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

Name of the Student : K. DILLIswara Rao

Group : CBMB

Registration Number : 2222004056005

Area of the Survey conducted: Kesavarayoni Palen

House No.	K-04	Habitat /Ward	Kx Palen	Panchayat /Municipality	Kx Palen
Post office	Kx Palen	Mandal	Lowen	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly Monthly)
1	Nimma Amilkumar	M	50	lathi	former	19000
2	Nimma Ramesh	M	45	lathi	labour	
3	M. Suresh	F	20	Degree		
4	M. Laxmi	F	17	lathi		

2. Social Status details:

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

(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) Water problem Boring water.

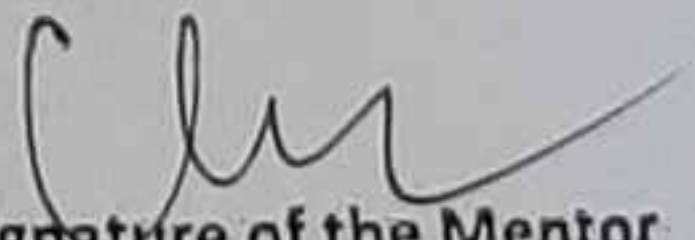
(ii)

(iii)

Place: Kesavarayuni Palem

Date:

K. DILLISWARA RAO.
Signature of the Student


Signature of the Mentor



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

Name of the Student : K. DILESWARA RAO.

Group : CBMB

Registration Number : 2222001056005

Area of the Survey conducted: Kesavarayuni palen

House No.	0-04	Habitat /Ward	Ks Palen	Panchayat /Municipality	Ks Palen
Post office	Ks Palen	Mandal	Love	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	Teri. Ramulamma	F	50		Labour	
2	Teri. Balu	M	18	Degree stud		

2. Social Status details:

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

(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)

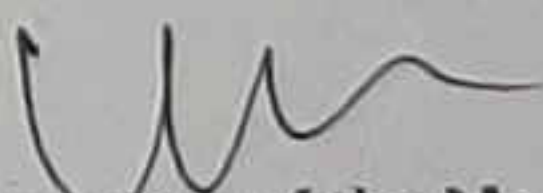
(ii)

(iii)

Place: Kesavarayonipalem

Date:

K. DDU Swara Rao.
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : K. DILLI SWAMY RAO

Group : CBMB

Registration Number : 2222001056005

Area of the Survey conducted: Kesavarayuni: palem

House No.	0-051	Habitat /Ward	K x palem	Panchayat /Municipality	K x palem
Post office	K x palem	Mandal	Laveru	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	Annu. laxman Rao	M	50	High		
2	A. Kautthamma	F	45		labour	10,000
3	A. alagaraju	M	29	Inter		
4	A. Uma	M	22	Software	Software	35,000 month

2. Social Status details:

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

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

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

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

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

4. Health Details:

(i) 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:

(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) Drivage problem

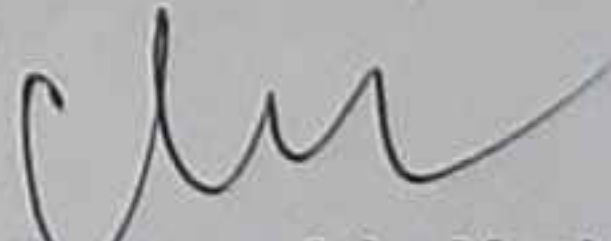
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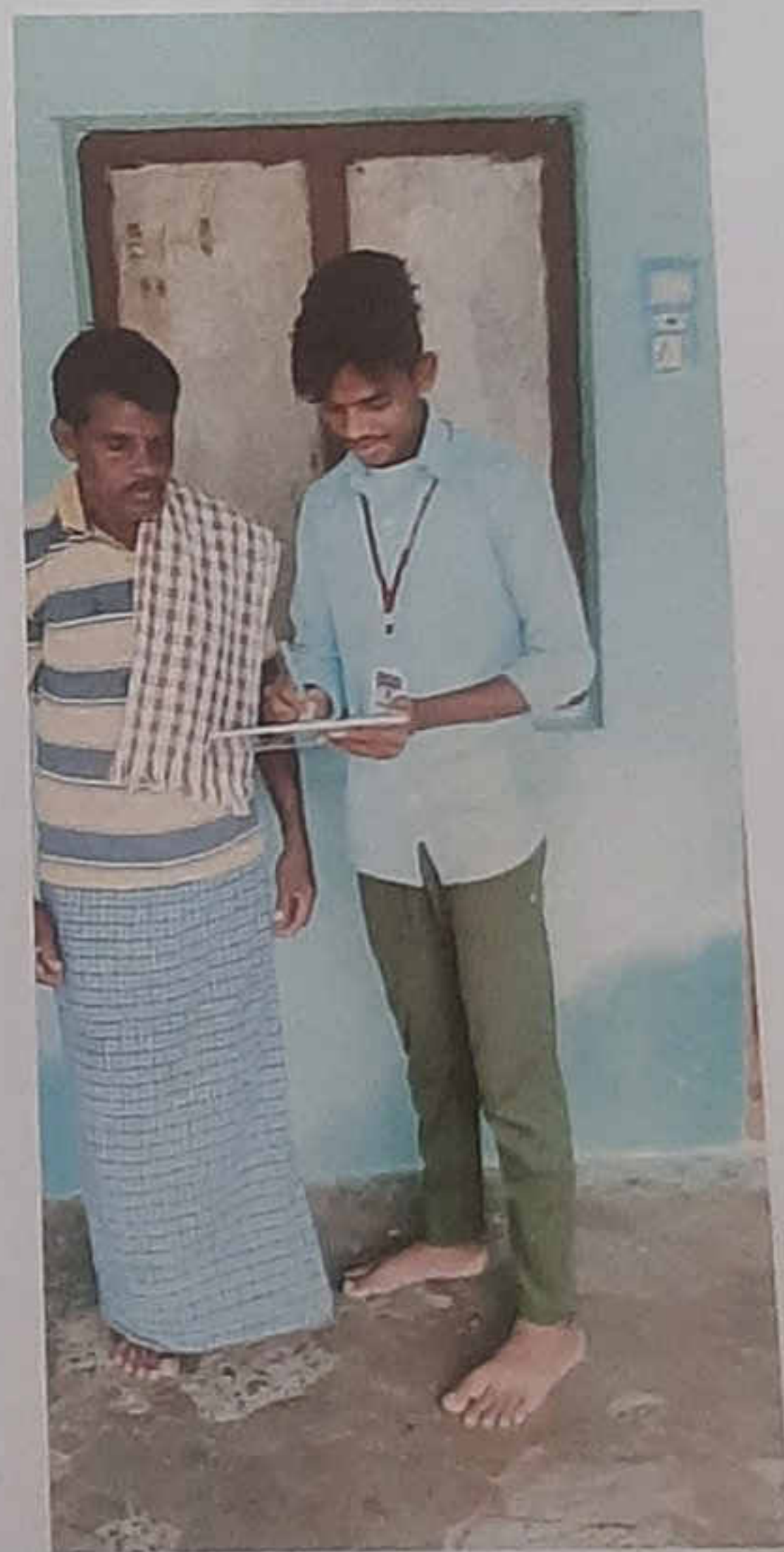
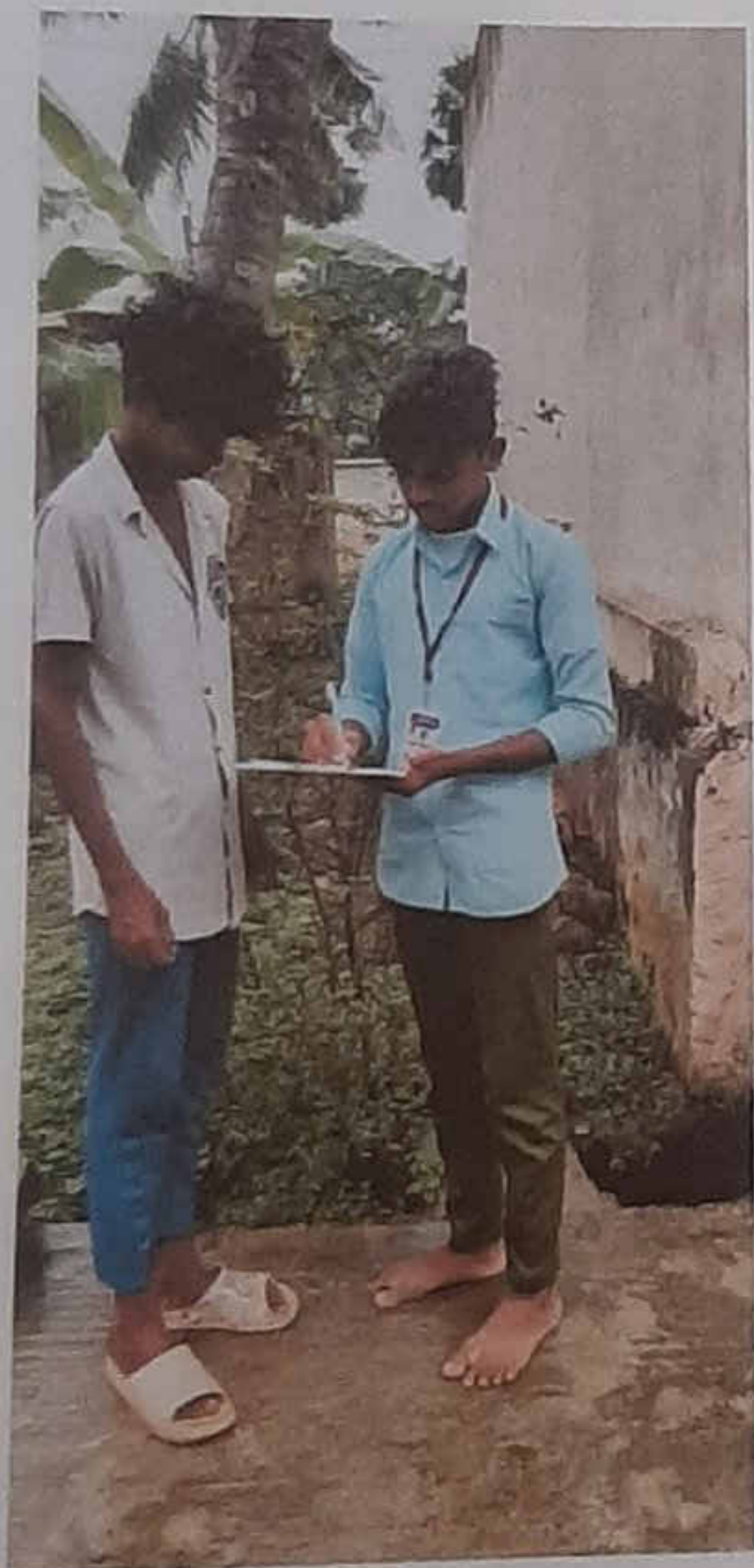
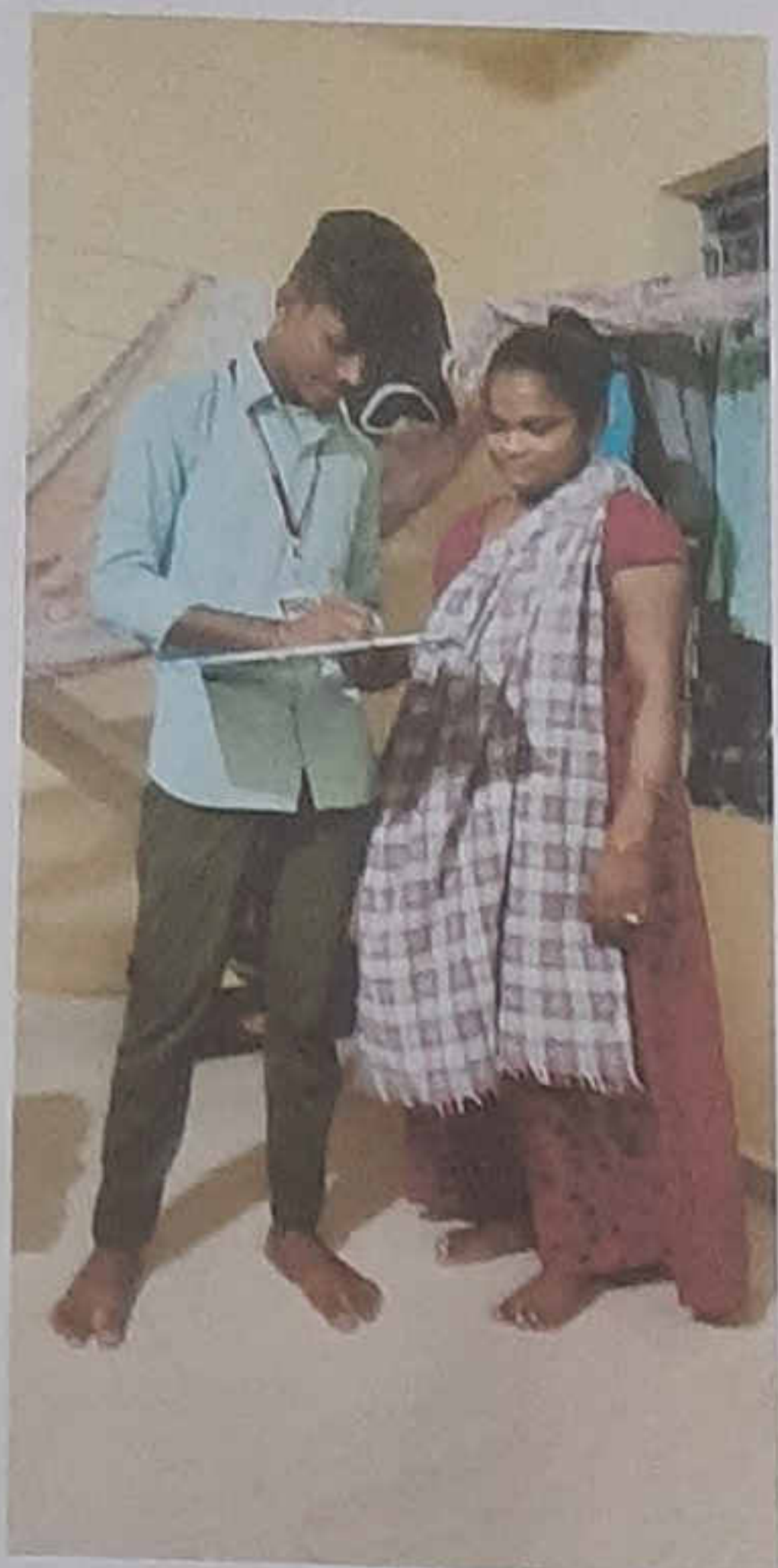
(iii)

Place: Kesavarayudu palam

Date:

K - Dileswara Rao
Signature of the Student


Signature of the Mentor





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



Name of the student : K. DILESWARAO

Group : BSC CBMB

Name of the mentor : CHS SUDHAKAR

Name of the project : food HABITS

House No	Name of the person	Village / Ward	Mandal	District
101	L. Ramababu	Kesavarayuni palem	Lavuru	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 ✓
- 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?

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?

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. Nilesuwa Rao
Signature of the Student


Signature of the Mentor



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



Name of the student : K. DINESWARA RAO

Group : CBMB

Name of the mentor : CHB: Sudhakar

Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
1-101	K. Laxmi	Kesavavayuni palem	Laveru	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?

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?

Healthy foods - Rice, dal, carrots

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

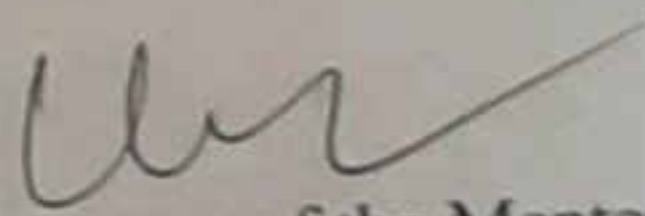
Mental condition.

A. No impact.

B. little impact ☒

c. big impact. D. none

K. D. Umeswara Rao.
Signature of the Student


Signature of the Mentor



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



Name of the student : KORNALA DILLESWARA RAO

Group : CBMB

Name of the mentor : CHA Sudhakar

Name of the project : food HABITS

House No	Name of the person	Village / Ward	Mandal	District
0-06	Bouela-Ravanamma	Kesavarayuni palem	Lavena	Srikakulam

- How many times a day do you eat?
- 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?

- 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 ☐



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



Name of the student : K. DILLESWARAO RAO
Group : CBMB
Name of the mentor : CH. SUDHAKAR
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
D-04	mamidi Ramarao	Kesavarayuni palem	Laveru	Srikakulam

- How many times a day do you eat?
- 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?

- 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?
 yes
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?
 Healthy foods : - milk, rice
 Unhealthy foods : - Noodles.
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. D. Sureshwar Rao.
 Signature of the Student


 Signature of the Mentor



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



Name of the student : K. DILLESWARA RAO

Group : B.Sc. CBMB

Name of the mentor : CHX. SUDHAKAR

Name of the project : Food Habits.

House No	Name of the person	Village / Ward	Mandal	District
005	KORNTANTA - KALAVATHI	KESAVARAYUNIPALEM	Laveru	Srikakulam.

- How many times a day do you eat?
- 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?

- 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?

Healthy food: - Rice, carrot.

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

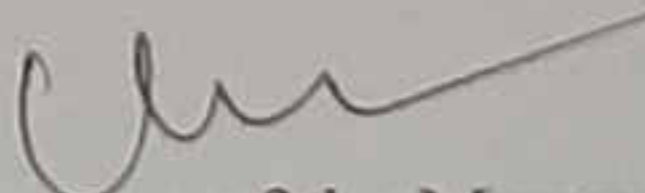
Weight.

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. DILLESWARA RAO.
Signature of the Student


Signature of the Mentor



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



Name of the student : K. DILLAWARA RAO

Group : B.Sc. CBMB

Name of the mentor : CHS. SELLAKAR

Name of the project : Food Habits.

House No	Name of the person	Village / Ward	Mandal	District
0-004	KORANTHA S. SWARAMMA	Kesavarayunipalem	Laveru	Srikakulam.

1. How many times a day do you eat?

5 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?

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?
Healthy food: - Rice,
Unhealthy 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

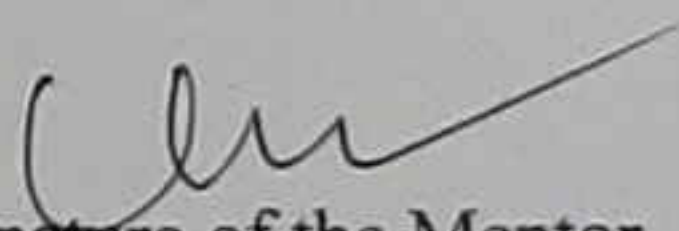
Weight.

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. DILLESWARA RAO.
Signature of the Student


Signature of the Mentor



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



Name of the student : K. NILESWARA RAO

Group : CBMB

Name of the mentor : CHA. SUDHAKAR

Name of the project : FOOD HABITS

House No	Name of the person	Village / Ward	Mandal	District
004	KORNANTA SONYANARAPU	KESWANARUPU	LAVAN	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?

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 ☐



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

Name of the student : K. DILGWARA RAO
Group : CBMB
Name of the mentor : CHA. SODHAKAR
Name of the project : Food HABITS

House No	Name of the person	Village / Ward	Mandal	District
0-04	yagati yamma	Kesavarayuni palem	Loweru	Srikakulam

- How many times a day do you eat?
5 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?

- 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?

Healthy food: Rice

Unhealthy food: 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

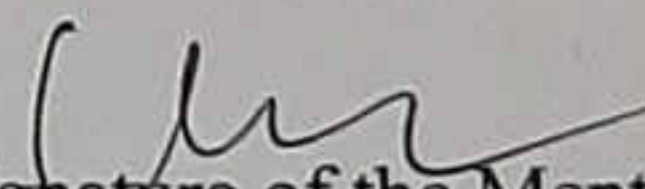
Weight.

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. DILLIGWARA RAO
Signature of the Student


Signature of the Mentor



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



Name of the student : K. DILLESWARA RAO
Group : CBMB
Name of the mentor : CHA. SUDHAKAR
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
004	Domana. Asiramma	Kesavarayuni palen	Lavuru	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?

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 ☐

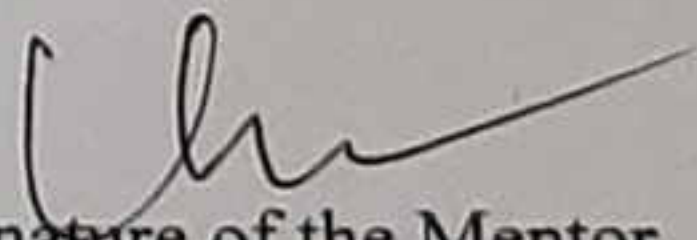
Fresh vegetables & Fruits:

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?
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. DILLESWARA RAO
Signature of the Student


Signature of the Mentor



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



Name of the student : K. DILLISWARA RAO
Group : CBMB
Name of the mentor : CHS. SUDHAKAR
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
0-04	K. Satyam	Keravareyupalem	Govru	Srikakulam

- How many times a day do you eat?
2 days.
- 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?

- 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?
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

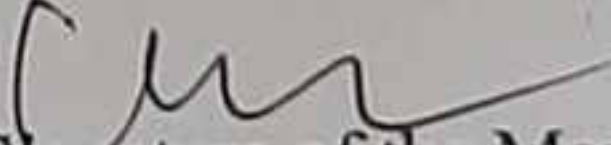
Weight.

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. DILLI GOWD RAO
Signature of the Student


Signature of the Mentor



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



Name of the student : K. D. L. S. Rao
Group : CBMB
Name of the mentor : CHS. Sudhakar
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
0-04.	KORATA. RAOODU	KESAVARAOPIPETU	LOWME	SRIKALAM

- 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?

- 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?

Healthy food: Rice

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

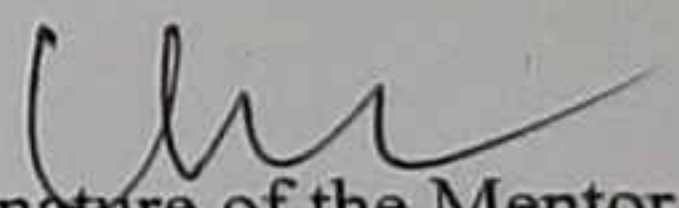
Weight.

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. Dileswara Rao
Signature of the Student


Signature of the Mentor



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



Name of the student : K - Dileswara Rao
Group : CBMB
Name of the mentor : CHS. Sudhakar
Name of the project : FOOD HABITS

House No	Name of the person	Village / Ward	Mandal	District
0-04	Banula Asakha	Kesavarayuni palu	Lavene	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?

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?

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

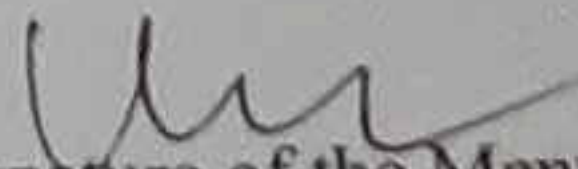
Weight.

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. Dilligam RAO
Signature of the Student


Signature of the Mentor



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



Name of the student : K. DILLIWARA RAO.
Group : CBMB
Name of the mentor : CHS. SODHAKAR
Name of the project : food habits

House No	Name of the person	Village / Ward	Mandal	District
00-01	B. Adilaxmi	Kesavarayuni padu	Laveni	Srikakulam

1. How many times a day do you eat?

4 times

2. 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. ✓

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

- Breakfast
- lunch
- dinner ✓
- others

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

- Freshly prepared. ✓
- restaurant meal.
- precooked microwave.
- 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?
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?
Healthy food : Rice.
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

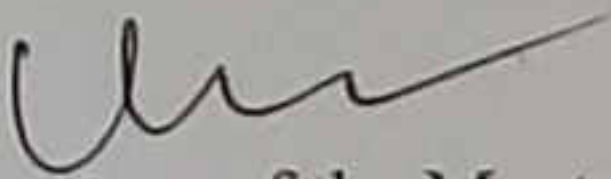
Weight.

- 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. OPILSWARA RAO
Signature of the Student


Signature of the Mentor



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



Name of the student : K Dillewara Rao
Group : CBMB
Name of the mentor : CHS Sudhakar
Name of the project : Food Habits

House No	Name of the person	Village / Ward	Mandal	District
0-04	TERI - Dalamma	Kesavarampeta	Lowaru	Srikakulam

- How many times a day do you eat?
Three
- 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. B. restaurant meal. C. precooked microwave. D. other
- Have you been avoiding some foods for health reasons? Yes / No ✓
- Do you have any particular food allergies?

- 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?

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

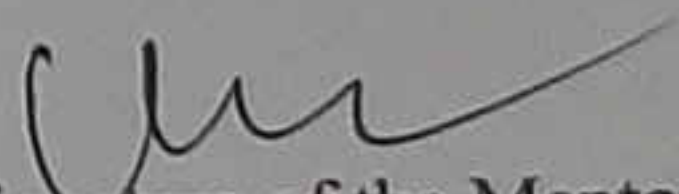
Weight.

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. Dillswara Rao
Signature of the Student


Signature of the Mentor



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



Name of the student : KORANTHA DILKSWARAO
Group : CBMB
Name of the mentor : CHS. Sudhakar
Name of the project : FOOD HABITS.

House No	Name of the person	Village / Ward	Mandal	District
0-051	Annu. Srikanth	Kesawarayuni palem	Lavenu	Srikakulam.

- How many times a day do you eat?
2 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?

- 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?
 Healthy food:- Rice, Carrot
 Un Healthy food:- oil-food, Ice creams.
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

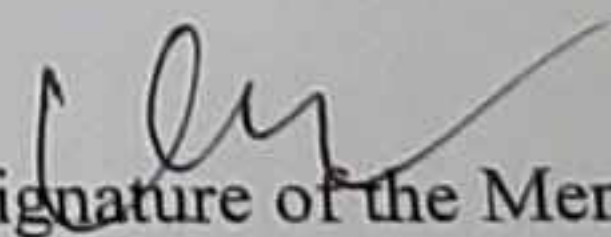
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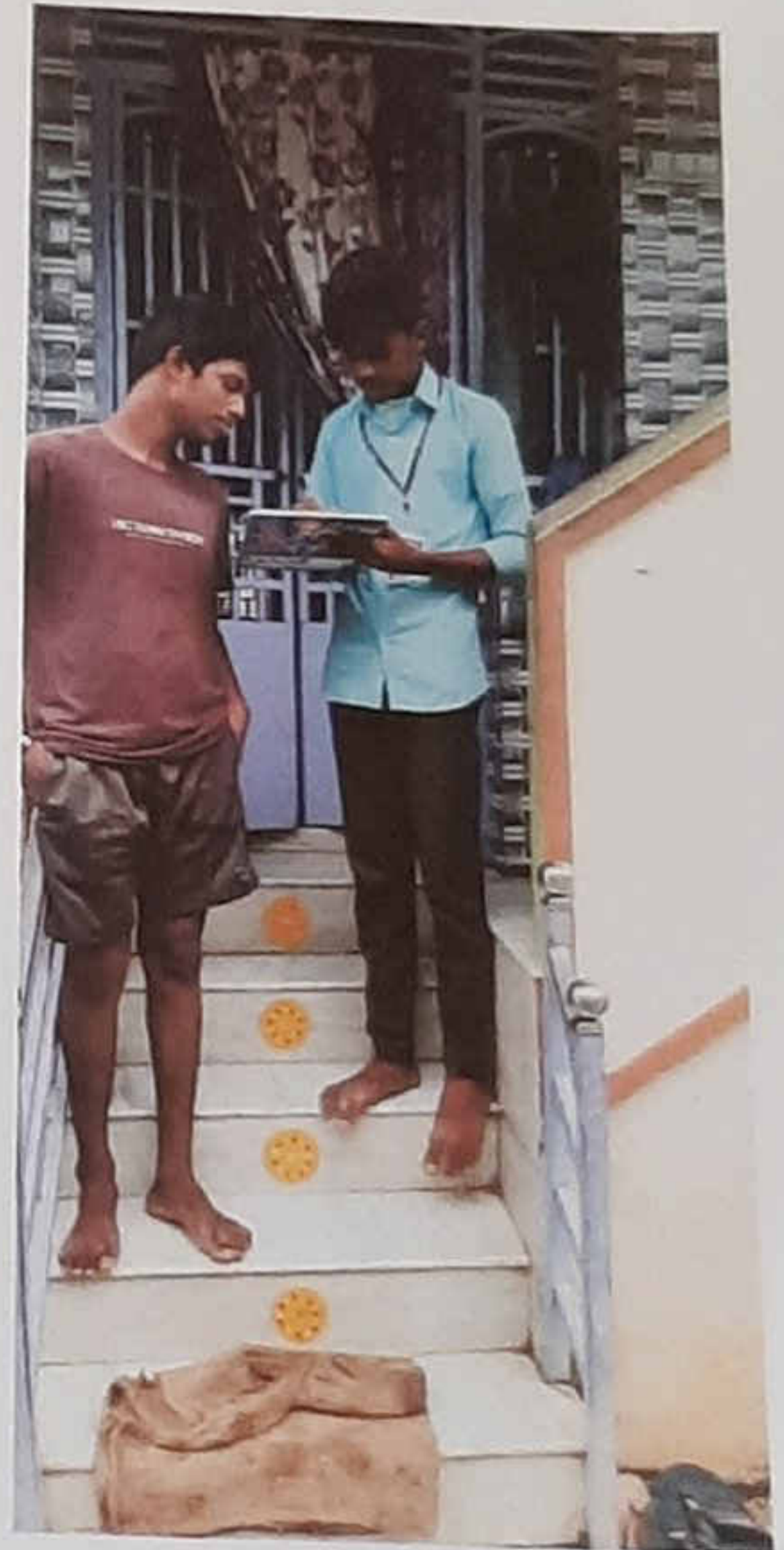
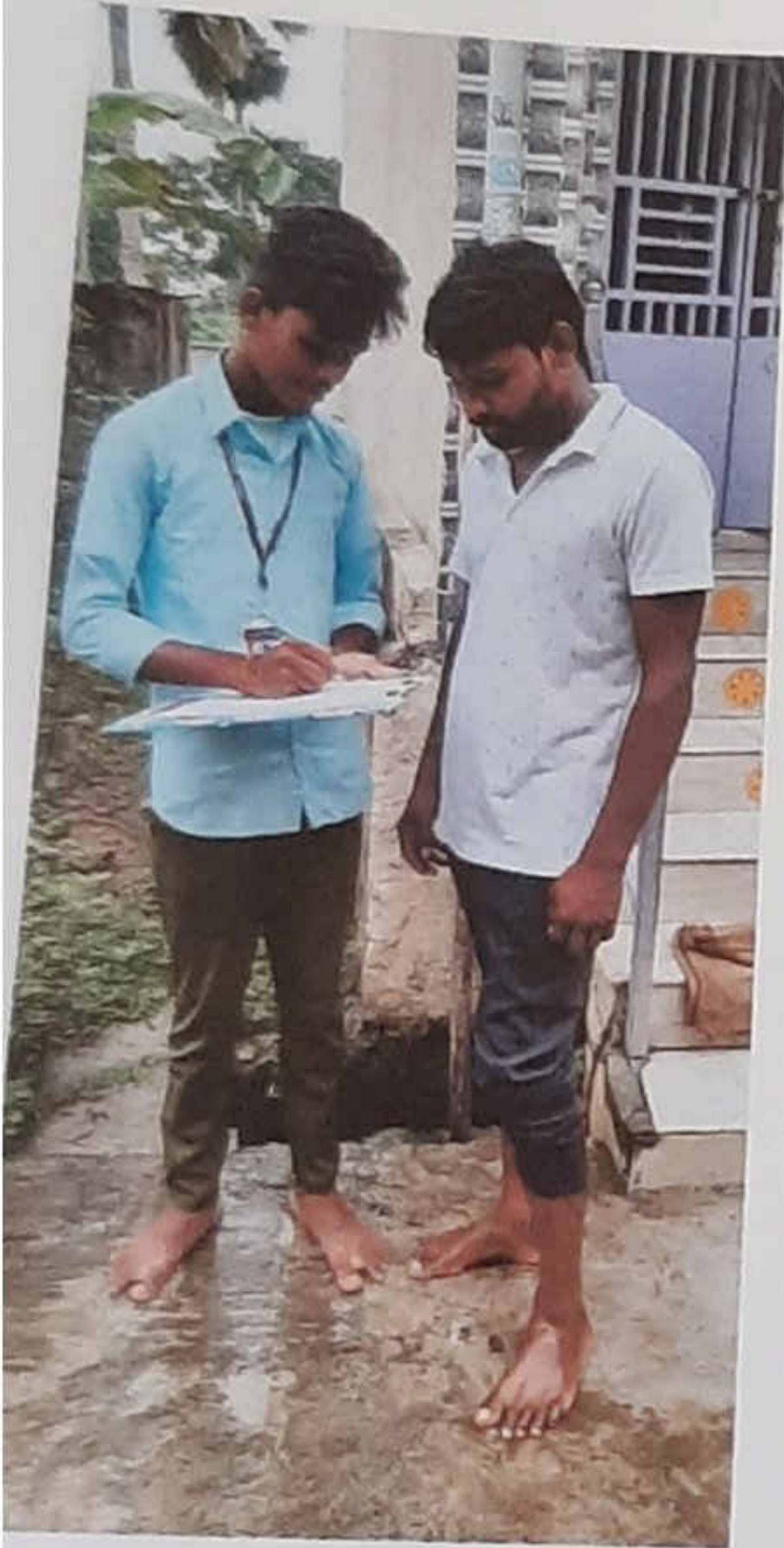
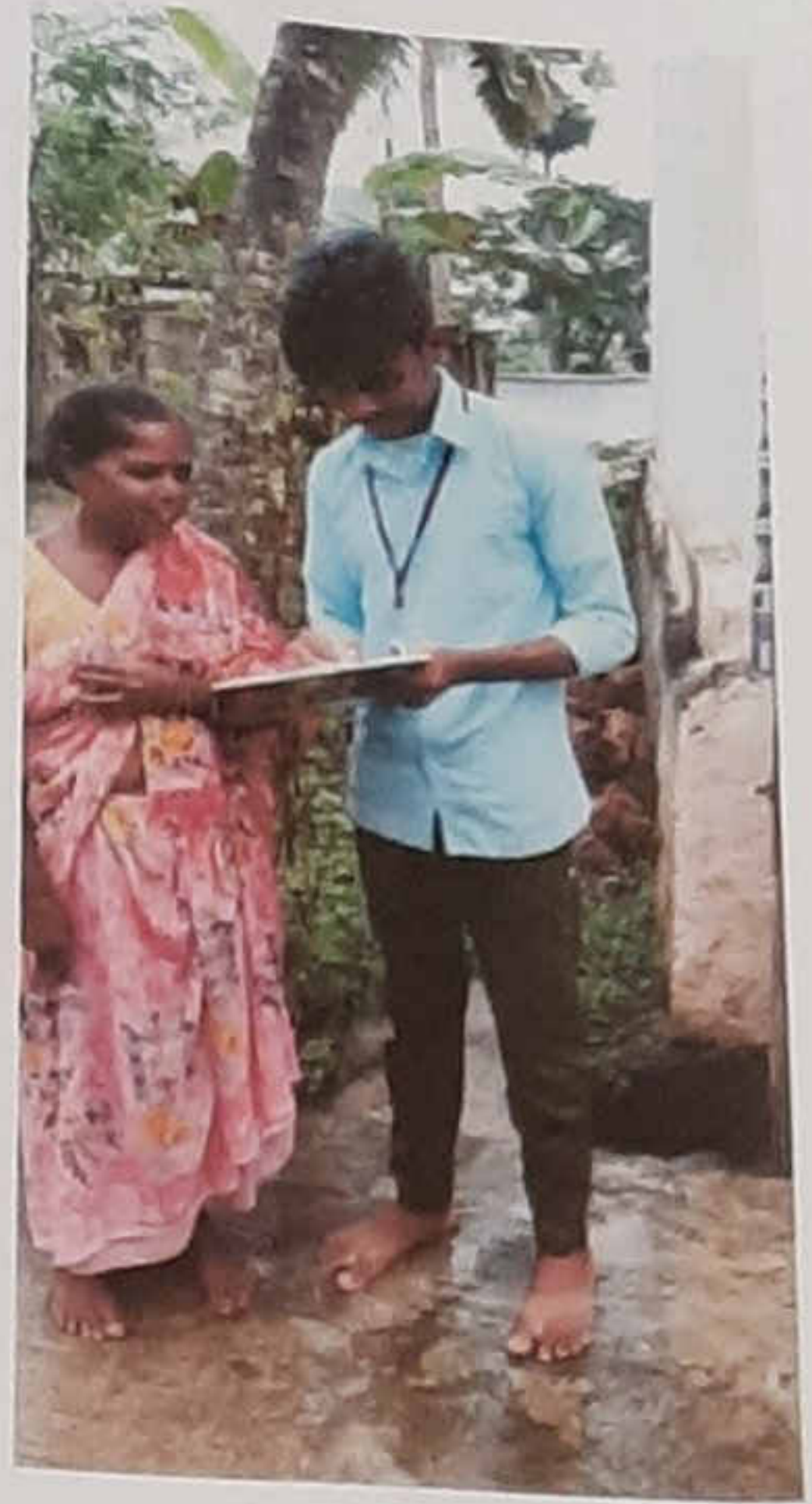
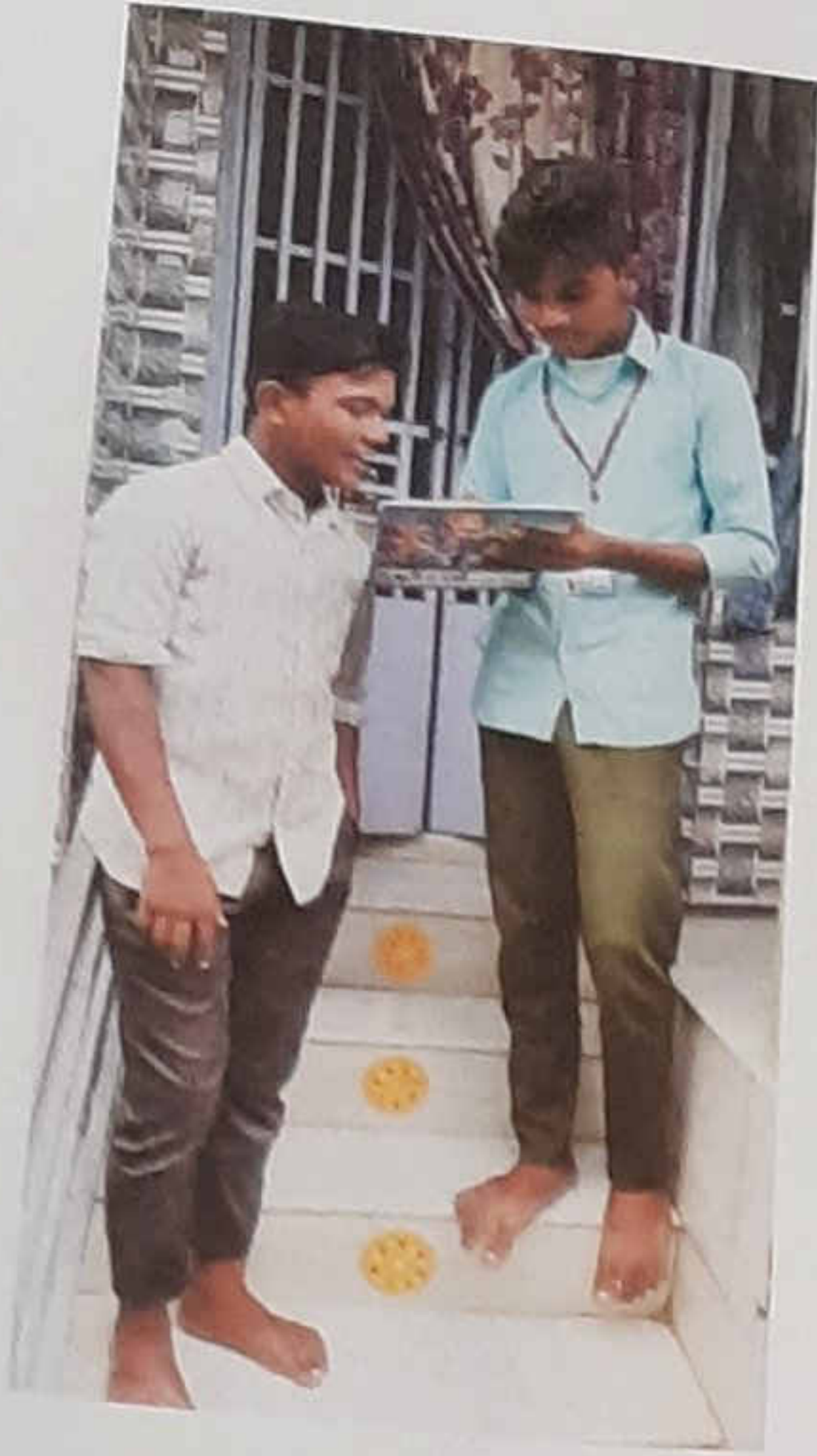
a. No impact. B. ☒ little impact c. big impact. D. none

Mental condition.

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

K. D. Muthuswara Rao.
 Signature of the Student


 Signature of the Mentor





CONCLUSION

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

Kornana dilleswarrao